



7.2.1

BEST PRACTICE 2

Holistic Development: Student Enrichment Beyond Classrooms

2. NURTURING PHYSICAL AND PSYCHOLOGICAL DEVELOPMENT

2.1 SPORTS EVENTS

2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS

2.3 INPSYCH: WELL BEING OF THE LIVING BEING

2.4 MENTAL HEALTH DRIVES

2.5 MENTAL HEALTH AND COUNSELLING CELL (MHCC)



2. NURTURING PHYSICAL AND PSYCHOLOGICAL DEVELOPMENT

At St. Xavier's College Jaipur, physical and psychological development are integral components of our holistic approach to education. Through a range of activities and initiatives, we prioritize the well-being and growth of our students, both physically and mentally. In the realm of physical development, we offer various sports events, fitness workshops, and yoga sessions to promote physical health and well-being. Additionally, our college emphasizes psychological development through counselling services, mental health awareness drives, InPsych (annual academic festival organised by the Department of Psychology to promote mental health awareness) and workshops aimed at enhancing emotional intelligence and resilience. By nurturing both physical and psychological aspects of our students' development, we aim to cultivate well-rounded individuals who are equipped to thrive in all aspects of life.

2.1 SPORTS EVENTS

At St. Xavier's College Jaipur, sports events are not just about competition; they are platforms for fostering physical fitness, teamwork, and sportsmanship among our students. Through these events, students engage in a wide array of athletic competitions, from traditional sports to newer activities, promoting a culture of active living and healthy competition. These events not only showcase our students' athletic prowess but also instill values of discipline, perseverance, and camaraderie, contributing to their holistic development both on and off the field.

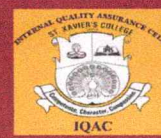

Principal

St. Xavier's College Jaipur
Nevta-Mahapura Road, Jaipur



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S.No.	Event Name	Organising Unit	Date/Duration	No. of Beneficiaries
1	Inter-Department Athletics Tournament (Men)	St. Xavier's College Jaipur	14 February 2023	9
2	Inter-Department Basketball Tournament (Men)	St. Xavier's College Jaipur	9 February 2023	26
3	Inter-Department Kabaddi Tournament (Men)	St. Xavier's College Jaipur	6 February 2023	21
4	Inter-Department Badminton Tournament (Men)	St. Xavier's College Jaipur	27 January 2023	2
5	Inter-Department Football Tournament (Men)	St. Xavier's College Jaipur	21 January 2023	32
6	Inter-Department Carrom Tournament (Men)	St. Xavier's College Jaipur	18 January 2023	4
7	Inter-Department Cricket Tournament (Men)	St. Xavier's College Jaipur	16 January 2023	31
8	Inter-Department Kho Kho Tournament (Men)	St. Xavier's College Jaipur	11 January 2023	23
9	Inter-College Shooting Tournament (Men)	University of Rajasthan	3 January 2023	4
10	Inter-College Cycling Tournament (Men)	University of Rajasthan	28 December 2022	2
11	Inter-College Squash Racquet Tournament (Men)	University of Rajasthan	20 December 2022	5
12	Inter-College Judo Tournament (Men)	University of Rajasthan	18 December 2022	1



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13	Inter-College Badminton Tournament (Men)	University of Rajasthan	9 December 2022	5
14	Inter-College Athletics Tournament (Men)	University of Rajasthan	6 December 2022	12
15	Inter-College Basketball Tournament (Men)	University of Rajasthan	1 December 2022	12
16	Inter-College American Football Tournament (Men)	University of Rajasthan	30 November 2022	5
17	Inter-College Handball Tournament (Women)	University of Rajasthan	28 November 2022	11
18	Inter-College Football Tournament (Men)	University of Rajasthan	24 November 2022	15
19	Inter-College Boxing Tournament (Men)	University of Rajasthan	22 November 2022	1
20	Inter-College Handball Tournament (Men)	University of Rajasthan	15 November 2022	1
21	Inter-College Volleyball Tournament (Men)	University of Rajasthan	7 November 2022	9
22	Inter-College Cricket Tournament (Men)	University of Rajasthan	3 November 2022	15
23	Inter-College Yoga Tournament (Women)	University of Rajasthan	2 November 2022	1
24	Inter-College Chess Tournament (Men)	University of Rajasthan	1 November 2022	1
25	Inter-College Lawn Tennis Tournament (Men)	University of Rajasthan	1 November 2022	4
26	Inter-College Kho-Kho Tournament (Women)	University of Rajasthan	28 October 2022	15



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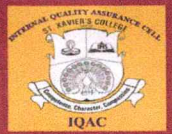


27	Inter-College Kabaddi Tournament (Men)	University of Rajasthan	20 October 2022	8
28	Inter-College Basketball Tournament (Women)	University of Rajasthan	17 October 2022	11
29	Inter-College Volleyball Tournament (Women)	University of Rajasthan	14 October 2022	11
30	Inter-College Kabaddi Tournament (Women)	University of Rajasthan	7 October 2022	3
31	Inter-College Swimming Tournament (Men)	University of Rajasthan	30 September 2022	1
32	Inter-College Table Tennis Tournament (Men)	University of Rajasthan	28 September 2022	4
33	Inter-Department Athletics Tournament (Girls)	St. Xavier's College Jaipur	17 February 2022	12
34	Inter-Department Badminton Tournament (Boys)	St. Xavier's College Jaipur	14 February 2022	6
35	Inter-Department Basketball Tournament (Boys)	St. Xavier's College Jaipur	10 February 2022	22
36	Inter-College American Football Tournament (Men)	University of Rajasthan	3 January 2022	8
37	Inter-College Cricket Tournament (Men)	University of Rajasthan	30 December 2021	16
38	Inter-College Handball Tournament (Men)	University of Rajasthan	22 December 2021	11
39	Inter-College Chess Tournament (Men)	University of Rajasthan	21 December 2021	6
40	Inter-College Shooting Tournament (Men and Women)	University of Rajasthan	20 December 2021	6



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41	Inter-College Athletics Tournament (Men and Women)	University of Rajasthan	17 December 2021	18
42	Inter-College Wrestling Tournament (Men)	University of Rajasthan	15 December 2021	2
43	Inter-College Basketball Tournament (Men)	University of Rajasthan	14 December 2021	12
44	Inter-College Football Tournament (Men)	University of Rajasthan	13 December 2021	17
45	Inter-College Softball Tournament (Men)	University of Rajasthan	12 December 2021	1
46	Inter-College Judo Tournament (Men)	University of Rajasthan	10 December 2021	2
47	Inter-College Basketball Tournament (Women)	University of Rajasthan	7 December 2021	12
48	Inter-College Kabaddi Tournament (Men)	University of Rajasthan	6 December 2021	12
49	Inter-College Table Tennis Tournament (Men)	University of Rajasthan	5 December 2021	5
50	Inter-College Volleyball Tournament (Women)	University of Rajasthan	3 December 2021	7
51	Inter-College Boxing Tournament (Men)	University of Rajasthan	2 December 2021	3
52	Inter-College Volleyball Tournament (Men)	University of Rajasthan	1 December 2021	11
53	Inter-College Badminton Tournament (Men and Women)	University of Rajasthan	28 November 2021	12
54	Inter-College American Football Tournament (Men)	University of Rajasthan	23 January 2020	5



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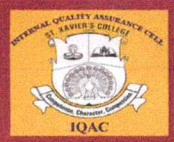


55	Inter-Department Handball Tournament (Men)	St. Xavier's College Jaipur	18 December 2019	26
56	Inter-Department Basketball Tournament (Men)	St. Xavier's College Jaipur	16 December 2019	20
57	Inter-Department Table Tennis Tournament (Men)	St. Xavier's College Jaipur	11 December 2019	5
58	Inter-Department Badminton Tournament (Men)	St. Xavier's College Jaipur	9 December 2019	6
59	Inter-Department Football Tournament (Men)	St. Xavier's College Jaipur	6 December 2019	32
60	Inter-Department Athletics Tournament (Men)	St. Xavier's College Jaipur	4 December 2019	9
61	Inter-College Mini Golf Tournament (Men)	University of Rajasthan	2 December 2020	1
62	Inter-College Cricket Tournament (Men)	University of Rajasthan	2 December 2019	16
63	Inter-College Handball Tournament (Women)	University of Rajasthan	21 November 2019	10
64	Inter-College Athletics Tournament (Men)	University of Rajasthan	19 November 2019	3
65	Inter-College Boxing Tournament (Men)	University of Rajasthan	17 November 2019	2
66	Inter-College Kabaddi Tournament (Men)	University of Rajasthan	4 November 2019	1
67	Inter-College Football Tournament (Men)	University of Rajasthan	31 October 2019	16
68	Inter-College Table Tennis Tournament (Men)	University of Rajasthan	17 October 2019	5



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69	Inter-College Shooting Tournament (Men)	University of Rajasthan	9 October 2019	2
70	Inter-College Basketball Tournament (Women)	University of Rajasthan	3 October 2019	9
71	Inter-College Squash Racquet Tournament (Men)	University of Rajasthan	26 September 2019	2
72	Inter-College Basketball Tournament (Men)	University of Rajasthan	14 September 2019	12
73	Inter-College Badminton Tournament (Men)	University of Rajasthan	11 September 2019	6
74	Inter-College Cross Country Tournament (Women)	University of Rajasthan	8 September 2019	1
75	Inter-College Swimming Tournament (Men)	University of Rajasthan	7 September 2019	3
76	Inter-Department Badminton Tournament (Boys and Girls)	St. Xavier's College Jaipur	21 December 2018	9
77	Inter-Department Volleyball Tournament (Boys)	St. Xavier's College Jaipur	19 December 2018	26
78	Inter-Department Football Tournament (Boys)	St. Xavier's College Jaipur	17 December 2018	32
79	Inter-Department Cricket Tournament (Boys)	St. Xavier's College Jaipur	12 December 2018	31
80	Inter-Department Basketball Tournament (Boys)	St. Xavier's College Jaipur	10 December 2018	24
81	Inter-Department Athletics Tournament (Boys)	St. Xavier's College Jaipur	6 December 2018	18

[Signature]
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82	Inter-College University Mini Golf Tournament (Men)	University of Rajasthan	14 March 2019	2
83	Inter-College University American Football Tournament (Men)	University of Rajasthan	16 January 2019	7
84	Inter-College University Rollball Tournament (Men)	University of Rajasthan	12 December 2018	1
85	Inter-College University Handball Tournament (Men)	University of Rajasthan	16 November 2018	9
86	Inter-College University Cricket Tournament (Men)	University of Rajasthan	12 November 2018	16
87	Inter-College University Athletics Tournament (Men)	University of Rajasthan	12 October 2018	2
88	Inter-College University Air Rifle Tournament (Men and Women)	University of Rajasthan	8 October 2018	5
89	Inter-College University Squash Racquet Tournament (Men)	University of Rajasthan	5 October 2018	1
90	Inter-College University Basketball Tournament (Men)	University of Rajasthan	19 September 2018	12
91	Inter-College University Badminton Tournament (Men and Women)	University of Rajasthan	12 September 2018	9
92	Inter-College University Football Tournament (Men)	University of Rajasthan	8 September 2018	16



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93	Inter-College University Swimming Tournament (Men)	University of Rajasthan	7 September 2018	2
94	Inter-College University Table Tennis Tournament (Men)	University of Rajasthan	5 September 2018	5

2.1 SPORTS EVENTS: 2022-23 ACADEMIC SESSION



Criterion 7/St. Xavier's College Jaipur/Sports Events/2022-23



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2.1 SPORTS EVENTS: 2021-22 ACADEMIC SESSION



Criterion 7/St. Xavier's College Jaipur/Sports Events/2021-22

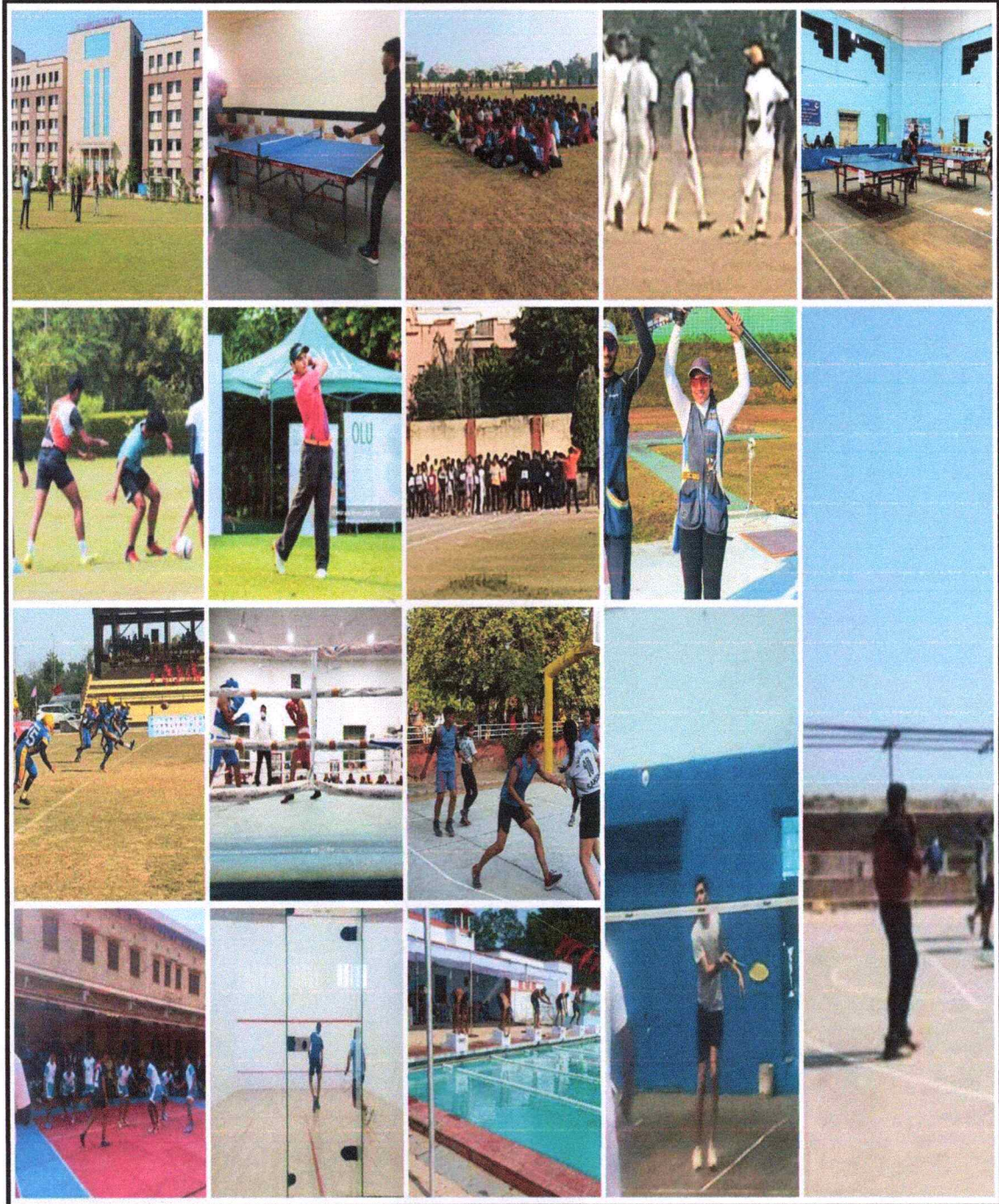


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2.1 SPORTS EVENTS: 2019-20 Academic Session



Criterion 7/St. Xavier's College Jaipur/Sports Events/2019-20



St. Xavier's College Jaipur

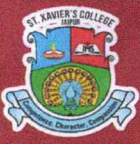
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2.1 SPORTS EVENTS: 2018-19 ACADEMIC SESSION



Criterion 7/St. Xavier's College Jaipur/Sports Events/2018-19



2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS

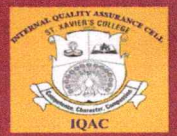
At St. Xavier's College Jaipur, we prioritize the physical well-being of our students by organizing regular physical fitness workshops and sessions. These workshops aim to educate students about the importance of maintaining a healthy lifestyle through proper exercise and nutrition. Led by qualified instructors, these sessions cover a range of topics including workout routines, injury prevention, and overall fitness tips. By actively participating in these workshops, students not only improve their physical health but also develop lifelong habits that contribute to their overall well-being.

S.No.	Name of the Event	Organising Unit	Date	No. of Beneficiaries
1	Yoga Session	Sports and Yoga Club	21 June 2023	95
2	Sports and Yoga Orientation	Sports and Yoga Club	12 September 2022	120
3	One Week Training Programme on Yoga and Meditation	Sports and Yoga Club	25-30 July 2022	34
4	Two-day online Yoga Workshop	Yoga Club	23 - 24 November 2021	359
5	Two-day online Yoga Workshop	Yoga Club	5 - 6 March 2021	151
6	Two Week Certificate Course in Yoga	Yoga Club	1 -14 March 2021	25
7	Two-day Workshop on "Life Skills - Yoga, Physical Fitness, Health and Hygiene "	Department of Computer Science in collaboration with Life Skills Enhancement Cell (LSEC)& Swachhta Action Plan (Hygiene)	23- 24 September 2020	136

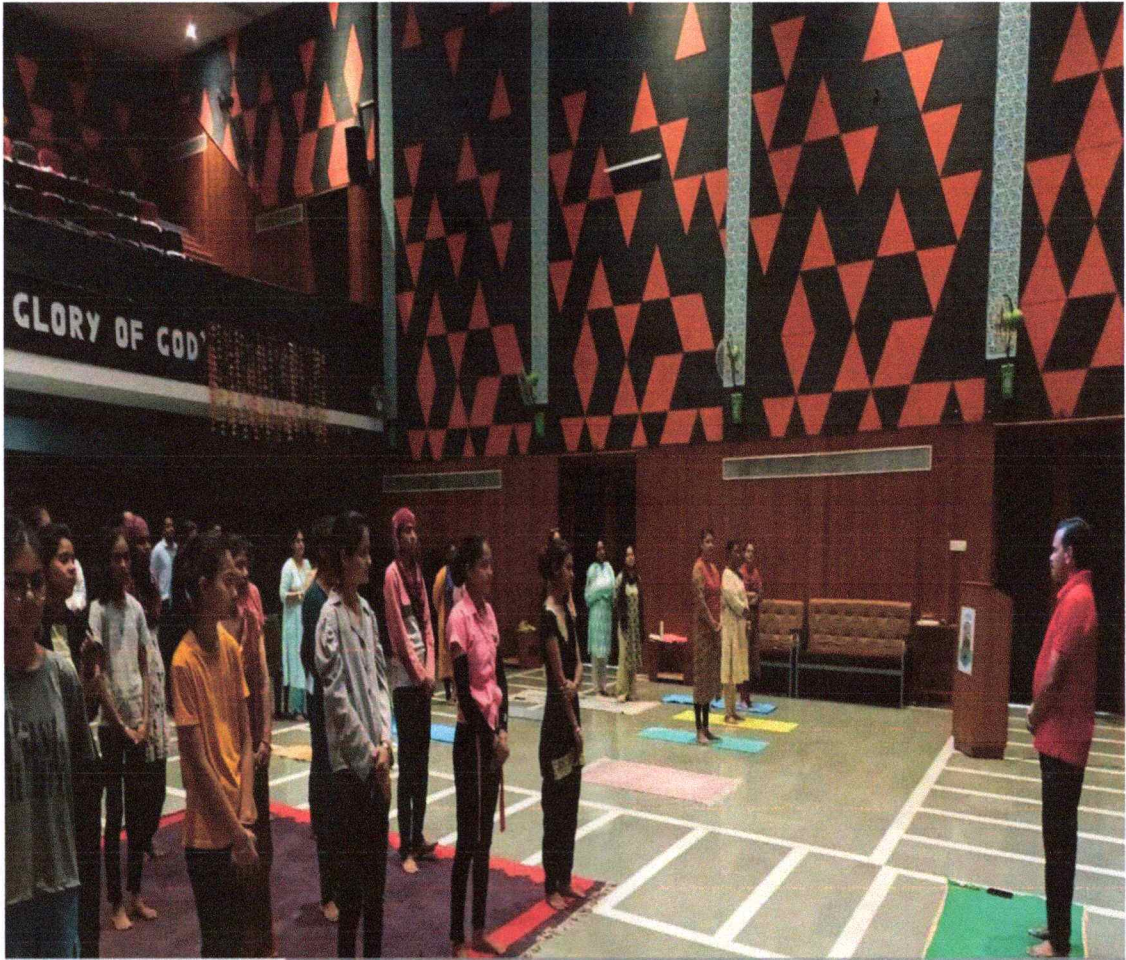


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2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 1



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Bhankrota
Rajasthan
India

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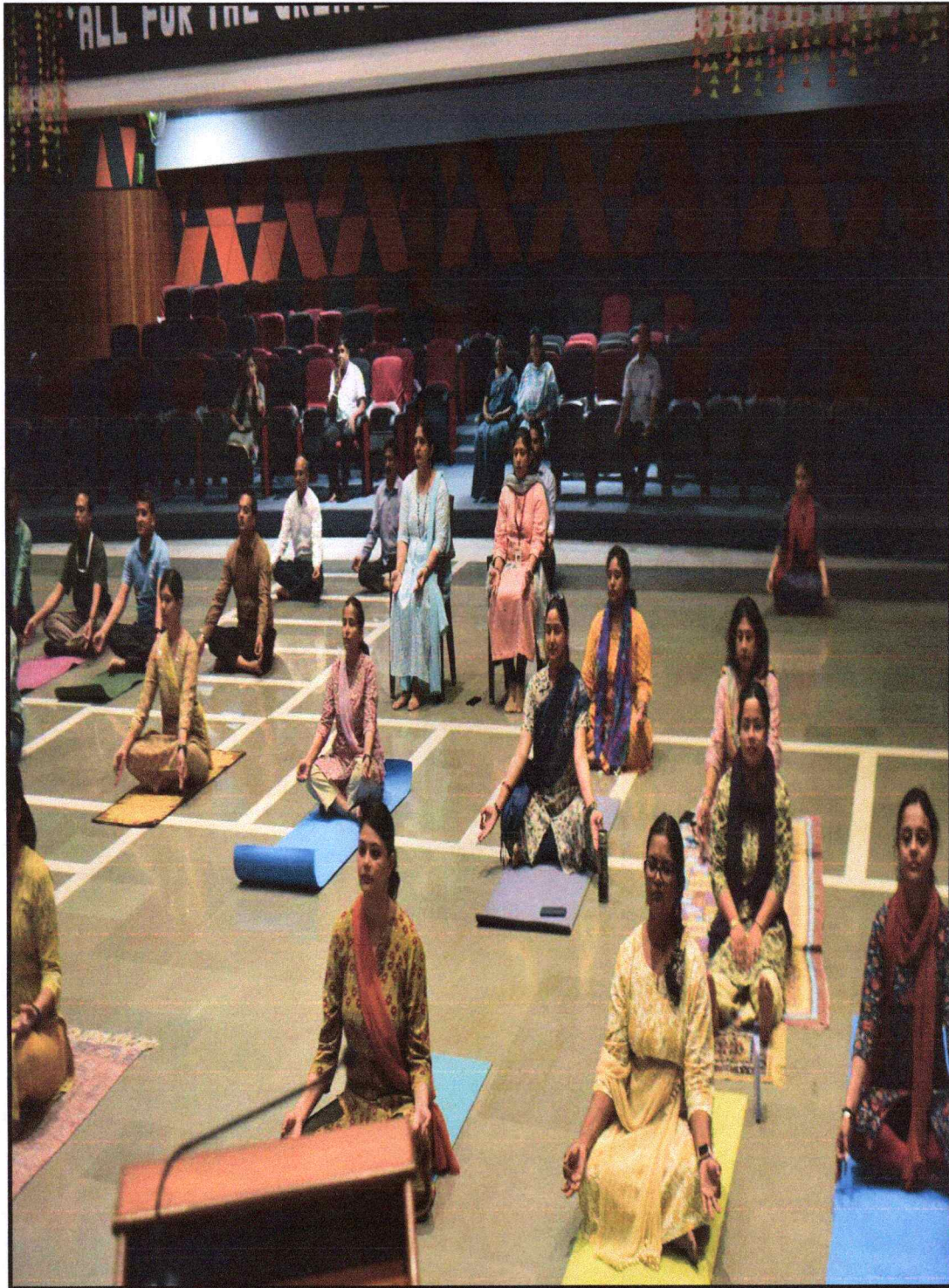
Criterion 7/Sports and Yoga Club/Yoga Session/21 June 2023

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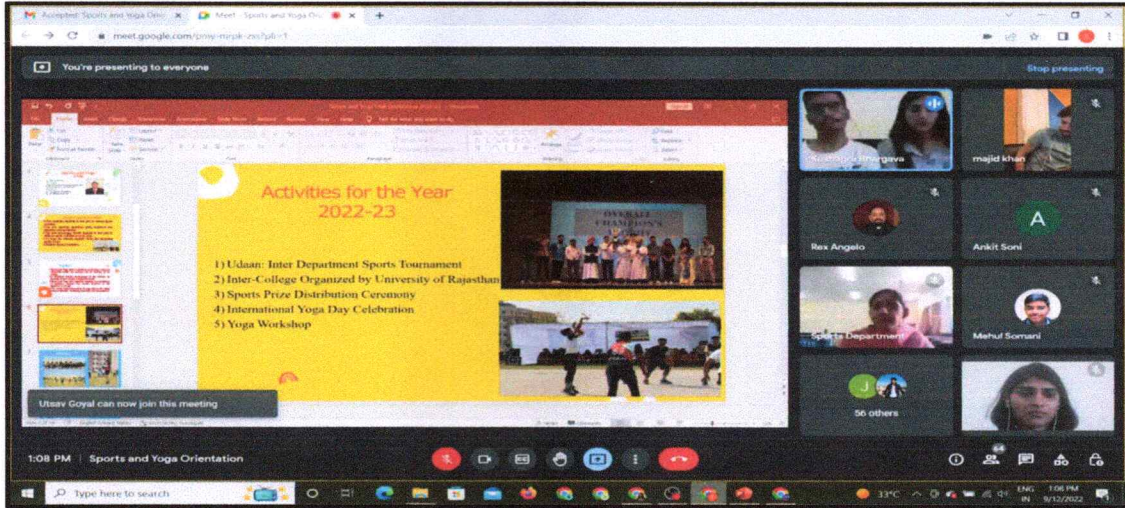
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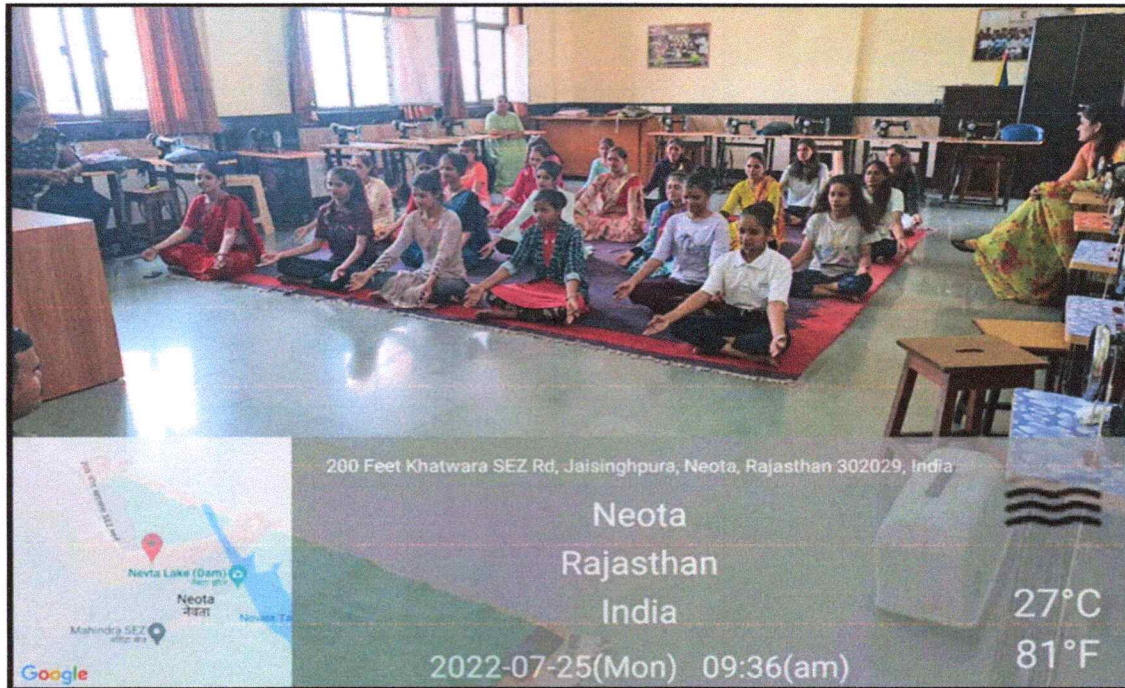
Criterion 7/Sports and Yoga Club/Yoga Session/21 June 2023

2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 2



Criterion 7/Sports and Yoga Club/Sports and Yoga Orientation/12 September 2022

2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 3



Criterion 7/Sports and Yoga Club/One Week Training Programme on Yoga and Meditation/25-30 July 2022



2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 4



ST XAVIER'S COLLEGE - JAIPUR

NEVTA - MAHAPURA ROAD, JAIPUR - 302029

Yoga club is organizing a two-day

YOGA WORKSHOP

on 23rd and 24th November.

SESSION-I



Management of
stress through
yogic lifestyle

Dr. Anurodh Singh Sisodia
(Director -In charge of UGC-HRDC,
LNIFE Gwalior)

SESSION-II



Importance of
yoga for health
and happiness

Dr. R.S. Badhoriya
(Lecturer at Yoga Center Distance Education,
Jiwaji University, Gwalior)

meet.google.com/dra-ihgd-vkp



23rd - 24th November 2021

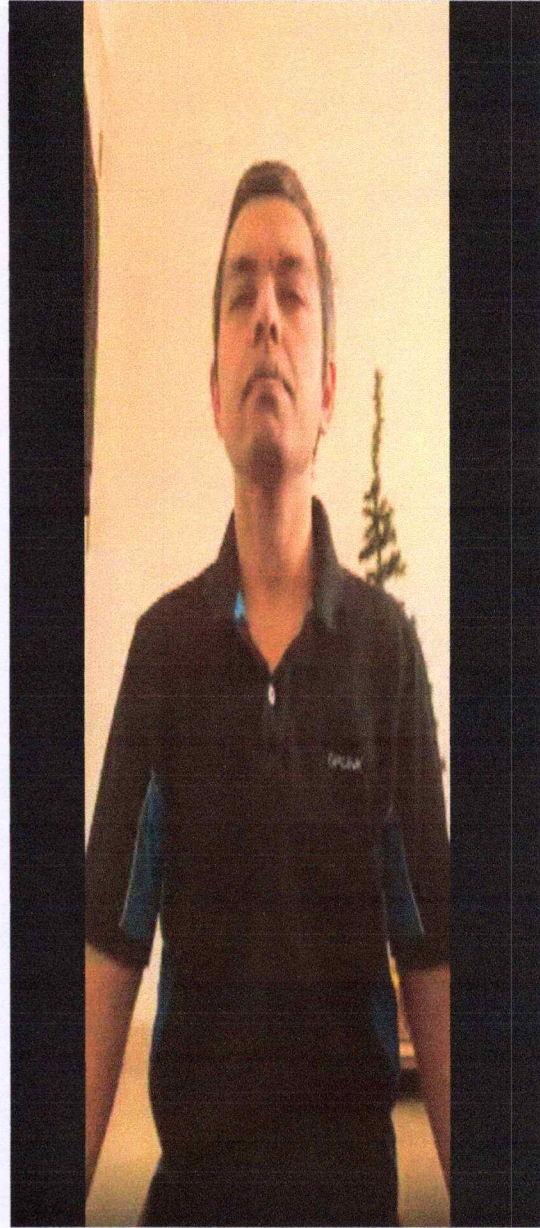
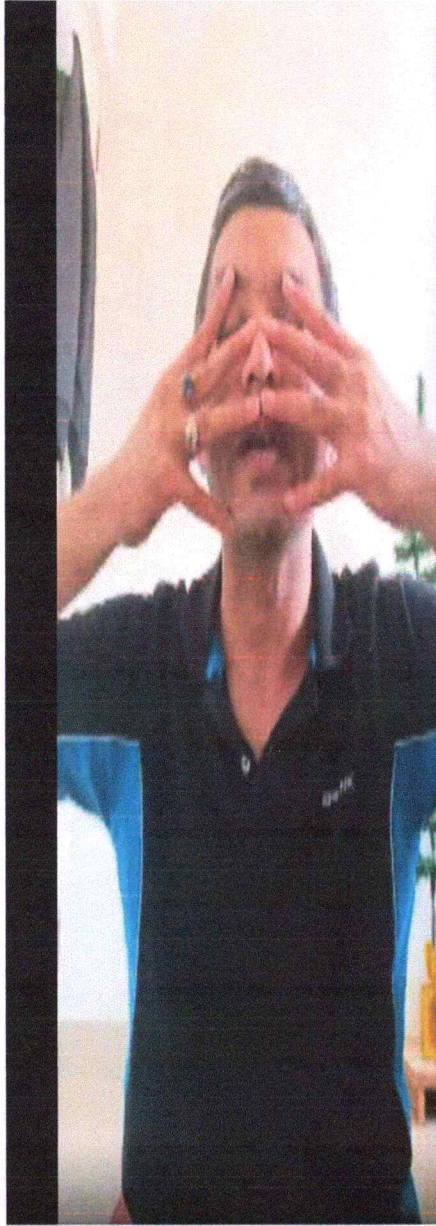


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Criterion7/Yoga Club/Two-day online Yoga Workshop/23-24 November 2021



2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 5



Criterion 7/Yoga Club/Two-day online Yoga Workshop/5-6 March 2021



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2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 6



ST. XAVIER'S COLLEGE, JAIPUR

Haboo Fort Road, Jaipur - 302001, Rajasthan
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Ref: SXC/ACAD/YOGA/2021/3853

17 February 2021

NOTICE

This is to inform that Yoga Club is offering a two-week certificate course in "YOGA". It is a 14 hours course (one class per day). It is mandatory for the participants to have at least 75% attendance in the course. After completion of the Course, participants will get a certificate for the same. The course is open for students/parents/guardians/Alumni interested in yoga. Kindly pay the fees through offline mode and then fill the registration form attached with the notice. For any query kindly, contact the teacher coordinator.

Course Duration: 1st -14th March 2021

Fees:

i) Students: - ₹ 500

ii) Others (Parents /Guardians/ Non-Xavierites/Alumni):- ₹ 850

Mode of Fee payment: Offline (Contact Teacher Coordinator)

No. of Seats: 25 seats

Time: 6:30-7:30am (One Hour)

Registration Form Link:

https://docs.google.com/forms/d/1YW8Mq3yv6wHINLdN_PyO_tXLBIkPf-nFjTDgEpsPRMg/edit

Coordinators: Dr. Ajay Dandotiya (9329439701)
Ms. Sunita Choudhary


Principal

Ref: SXC/ACAD/YOGA/2021/3854-3869

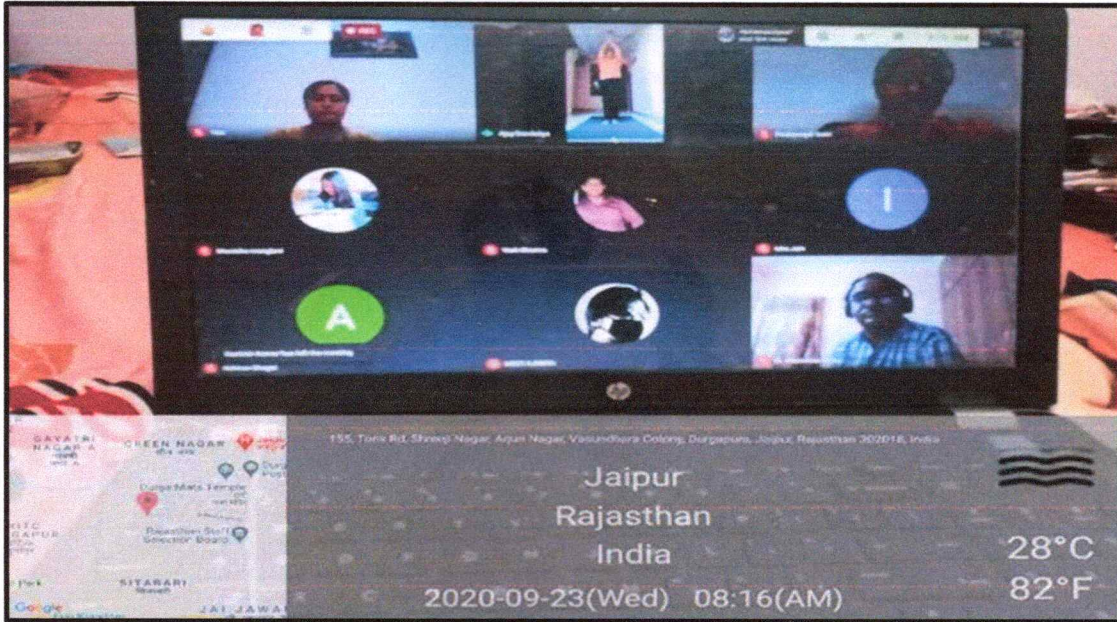
Copy forwarded to the following for information and necessary action.

- 1.-2. Vice-principals, St Xavier's College, Jaipur
3. Coordinator, Yoga Club, St Xavier's College, Jaipur
4. All Heads of Department, St Xavier's College, Jaipur
5. Website Coordinator, St Xavier's College, Jaipur
6. Office, St Xavier's College, Jaipur

Criterion 7/Yoga Club/Two Week Certificate Course on Yoga/1-14 March 2021



2.2 PHYSICAL FITNESS WORKSHOPS AND SESSIONS: EVENT 7



Criteria 7/Department of Computer Science in collaboration with Life Skills Enhancement Cell (LSEC)& Swachhta Action Plan (Hygiene)/Two-day Workshop on Life Skills and Yoga/23-24 September 2020

2.3 INPSYCH: WELL BEING OF THE LIVING BEING

InPsych: Well Being of the Living Being, an annual event hosted by the Department of Psychology at St. Xavier's College Jaipur, serves as a cornerstone for fostering emotional well-being and mental health awareness among students. Through a series of events and interactive sessions, InPsych provides a platform for students to explore various aspects of psychology, understand mental health challenges, and learn coping strategies. By promoting open dialogue and reducing stigma surrounding mental health issues, InPsych plays a pivotal role in nurturing students' emotional resilience and overall well-being, contributing to their holistic development during their academic journey.

S.No.	Event Name	Organising Unit	Date/Duration	No. of Beneficiaries
1	InPsych: Well Being of the Living Being	Department of Psychology	21 November 2022	350



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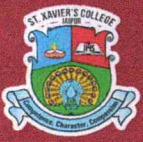


2.3 INPSYCH: WELL BEING OF THE LIVING BEING: EVENT 1



Criterion 7/Department of Psychology/InPsych: Well Being of the Living Being/21 October 2022

Jasmin?
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Criterion 7/Department of Psychology/InPsych: Well Being of the Living Being/21 October 2022


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2.4 MENTAL HEALTH DRIVES

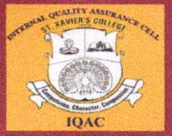
Mental health drives serve as proactive initiatives aimed at promoting psychological well-being and resilience among students. Through informative sessions, workshops, and awareness campaigns, these drives seek to destigmatize mental health issues, provide support, and encourage help-seeking behavior. By fostering a culture of understanding and support, the college endeavors to create a conducive environment where students feel empowered to prioritize their mental health and seek assistance when needed. These drives play a crucial role in promoting mental well-being and resilience, ultimately contributing to a healthier and more supportive college community.

S.No.	Event Name	Organising Unit	Date/Duration	No. of Beneficiaries
1	Two Day Workshop on Projective Techniques	Mental Health and Counselling Cell	27 & 30 January 2023	110
2	Webinar on Neuropsychiatric Aspect of Epilepsy	Department of Psychology	29 November 2022	80
3	Expert Session on Emotional Intelligence	Department of Psychology	14 September 2022	61
4	Webinar on 'Mental Health and Substance Abuse'	Mental Health and Counselling Cell	16 February 2022	32
5	Two Days Workshop on Rorschach Inkblot Test	Department of Psychology	26 - 27 November 2021	68
6	World Mental Health Day	Mental Health and Counselling Cell	9 October 2021	158
7	Panel discussion on 'Prevent Suicide: Connect, Communicate and Care'	Mental Health and Counselling Cell	10 September 2021	94
8	Online Interactive webinar on 'A Cry for Help: Suicide Prevention'	Mental Health and Counselling Cell	9 September 2021	93

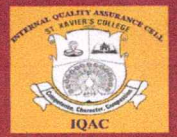


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9	PSYED: Career Counselling and Prospects in Clinical and Counselling Psychology	Mental Health and Counselling Cell	12 March 2021	60
10	Connection between the Body and Mind	Department of Psychology	16 February 2021	72
11	Movie Screening and Essay Writing Competition- A Beautiful Mind	Department of Psychology	19 December 2020	57
12	Movie Screening and Group Discussion - The Social Dilemma	Department of Psychology	28 November 2020	89
13	Webinar on Self Awareness: Knowing Yourself	Department of Psychology	6 November 2020	68
14	Interactive Session on Mental Health for All	Department of Psychology	9 October 2020	250
15	Webinar on Living in the times of Pandemic- Psychological Impact of Lockdown and Self Isolation	Department of Psychology	19 September 2020	150



2.4 MENTAL HEALTH DRIVES: ACTIVITY 1



Criterion 7/ Department of Psychology Two Day Workshop on Projective Techniques/27 & 30 January 2023

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2.4 MENTAL HEALTH DRIVES: ACTIVITY 2



Criterion 7/Department of Psychology/Webinar on Webinar on Neuropsychiatric Aspect of Epilepsy/29 November 2022

Principal

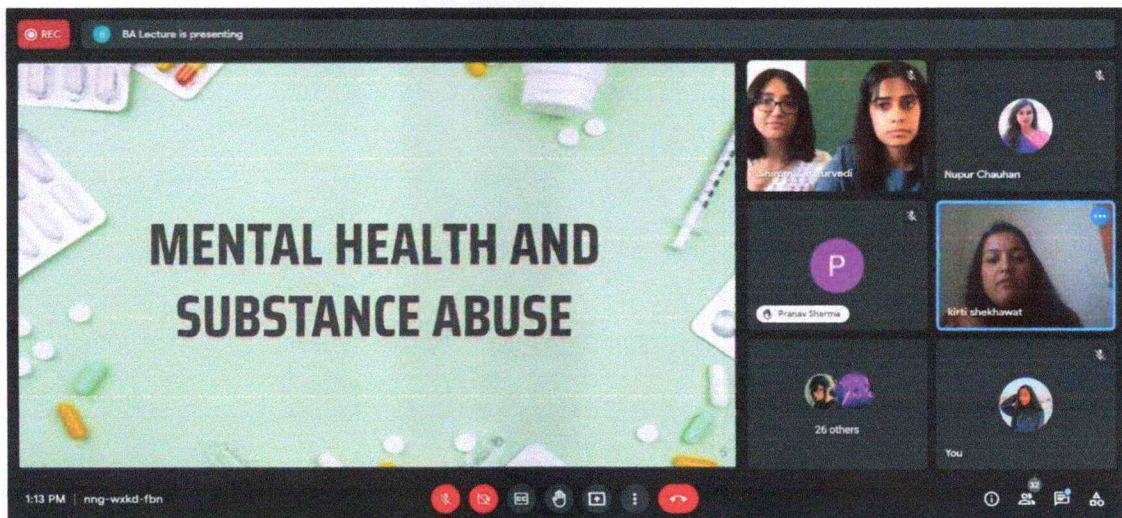
+91 9828726366

2.4 MENTAL HEALTH DRIVES: ACTIVITY 3



Criterion 7/Department of Psychology/Expert Session on Emotional Intelligence/20 September 2022

2.4 MENTAL HEALTH DRIVES: ACTIVITY 4



Criterion 7/Mental Health and Counselling Cell/Webinar on Mental Health and Substance Abuse/16 February 2022

2.4 MENTAL HEALTH DRIVES: ACTIVITY 5



Criterion 7/Department of Psychology/Two Days Workshop on Rorschach Inkblot Test/26-27 November 2021



Criterion 7/Department of Psychology/Two Days Workshop on Rorschach Inkblot Test/26-27 November 2021

2.5 MENTAL HEALTH DRIVES: ACTIVITY 6

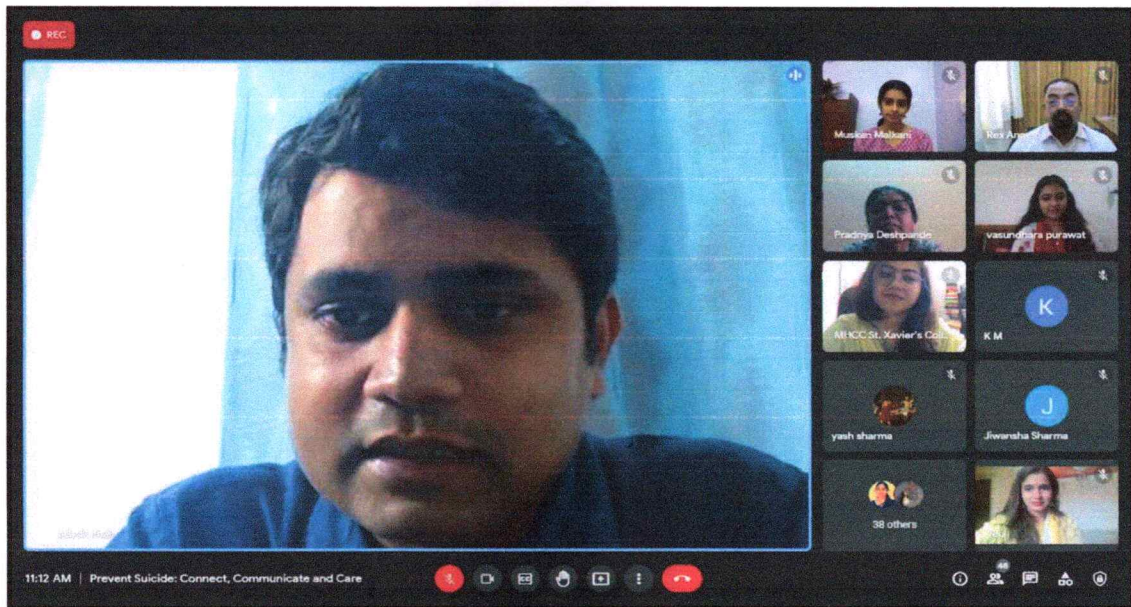


Criterion 7/Mental Health and Counselling Cell/World Mental Health Day/9 October 2021



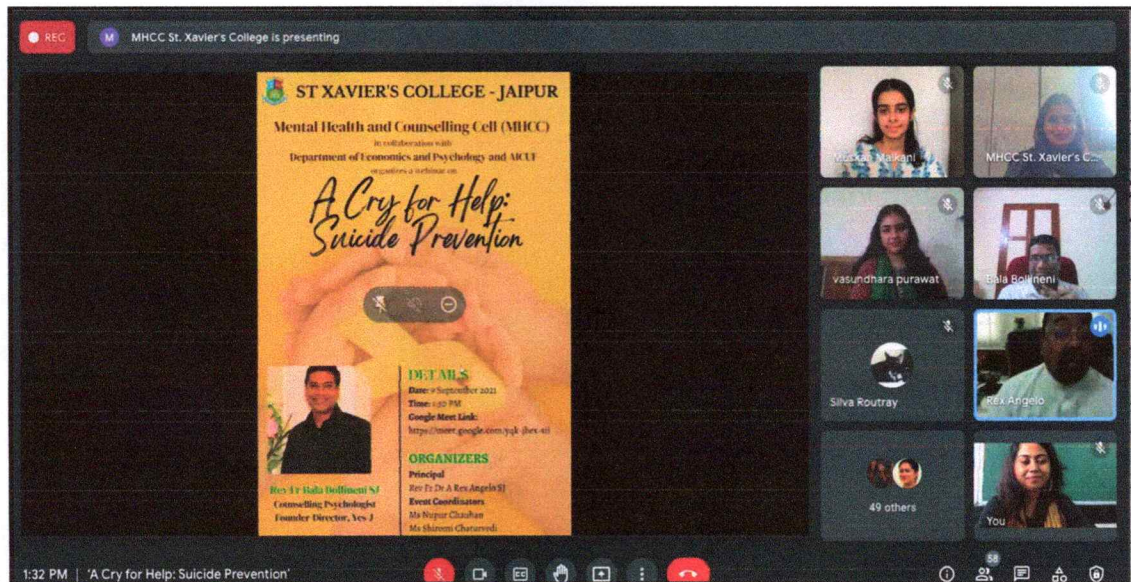
Criterion 7/Mental Health and Counselling Cell/World Mental Health Day/9 October 2021

2.4 MENTAL HEALTH DRIVES: ACTIVITY 7



Criterion 7/Mental Health and Counselling Cell/Panel discussion on 'Prevent Suicide: Connect, Communicate and Care'/10 September 2021

2.4 MENTAL HEALTH DRIVES: ACTIVITY 8




Criterion 7/Mental Health and Counselling Cell/Online Interactive webinar on 'A Cry for Help: Suicide Prevention'/9 September 2021


Principal




2.4 MENTAL HEALTH DRIVES: ACTIVITY 9



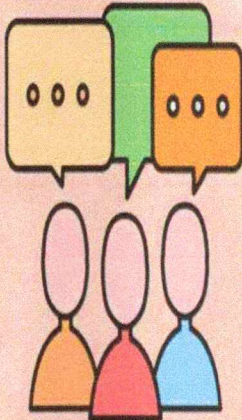
ST XAVIER'S COLLEGE - JAIPUR
Mental Health and Counselling Cell (MHCC)
in collaboration with the
Department of Economics and Psychology
organizes a Panel Discussion on


PSYED: CAREER COUNSELLING AND PROSPECTS IN CLINICAL AND COUNSELLING PSYCHOLOGY



Ms Ishhita Gupta
Clinical Psychologist

Date: 12 March, 2022
Time: 12:30-1:30pm
Google Meet Link:
<https://meet.google.com/onf-obzu-upw>



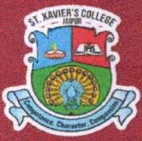


Ms Trishala Gupta
Counselling Psychologist

Teacher Coordinators:
Ms Nupur Chauhan, Ms Shiromi Chaturvedi

Organizer:
Rev Fr Dr A Rex Angelo SJ, Principal

Criterion 7/Mental Health and Counselling Cell/PSYED: Career Counselling and Prospects in Clinical and Counselling Psychology/12 March 2022

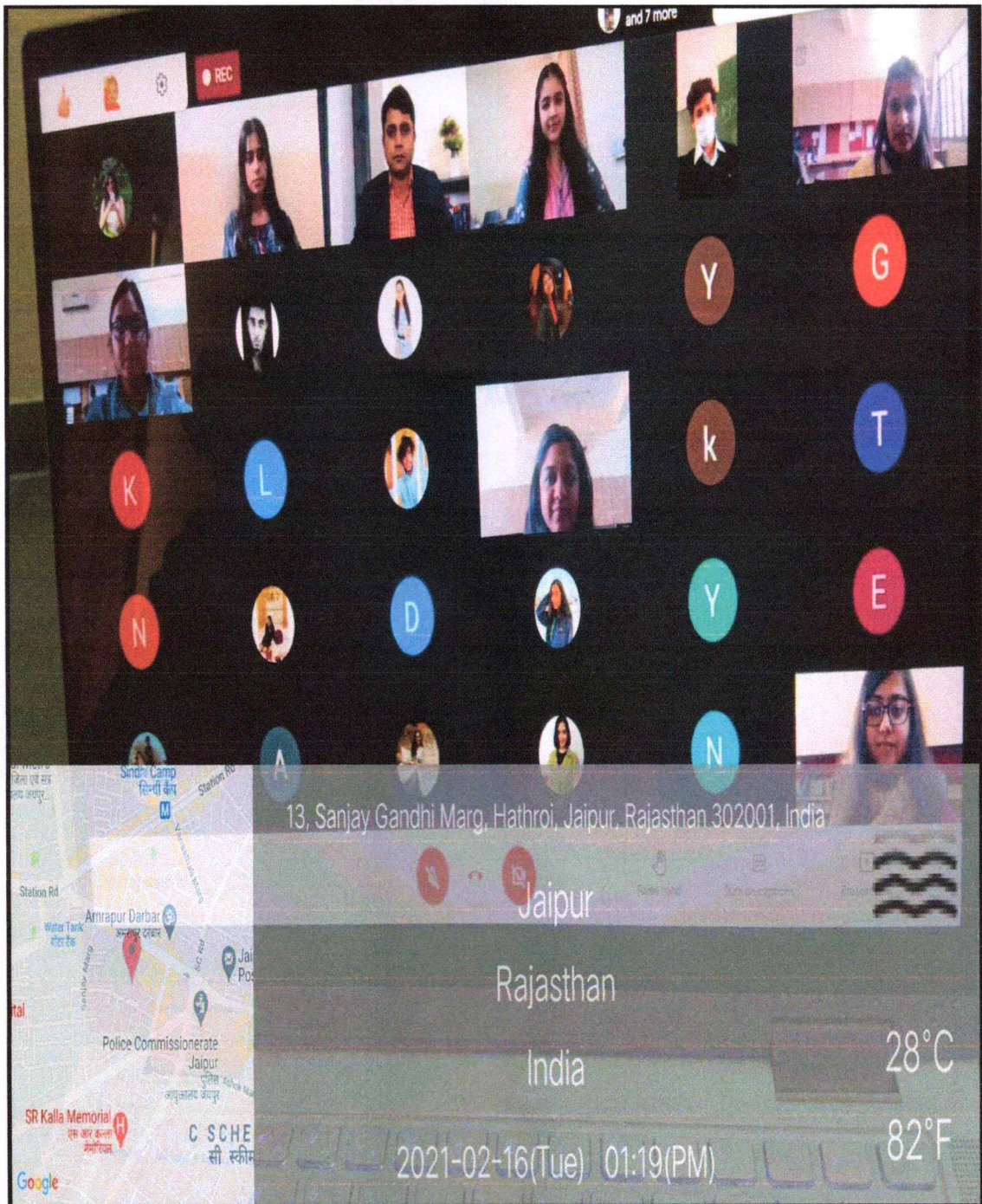


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A Christian Minority Educational Institution under Section 2(g) of NCMEI Act, 2004



2.4 MENTAL HEALTH DRIVES: ACTIVITY 10



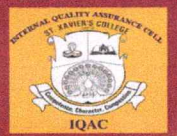
Criterion 7/Department of Psychology/Mental Health Webinar on Connection between Mind and Body/16 February 2021

Principal



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2.4 MENTAL HEALTH DRIVES: ACTIVITY 11

St. Xavier's College, Jaipur
DEPARTMENT OF ECONOMICS AND PSYCHOLOGY
[• Economics Society (EcoSoc) •]

MOVIE SCREENING OF

A BEAUTIFUL MIND

RATIONALITY OF THOUGHT IMPOSES A LIMIT ON A PERSON'S
CONCEPT OF HIS RELATION WITH COSMOS

- • JOHNNASH • -

[Date: Saturday, 19th December 2020]

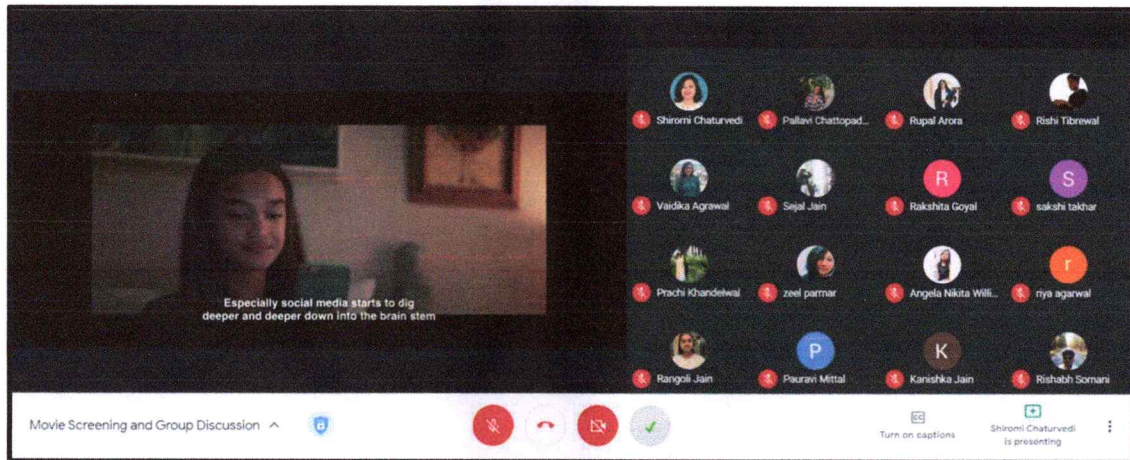
Time: 12:30 PM

Google Meet: <https://meet.google.com/hof-etfm-mjj>

Criterion 7/Department of Psychology/Movie Screening of A Beautiful Mind and Essay Writing Competition/19 December 2020

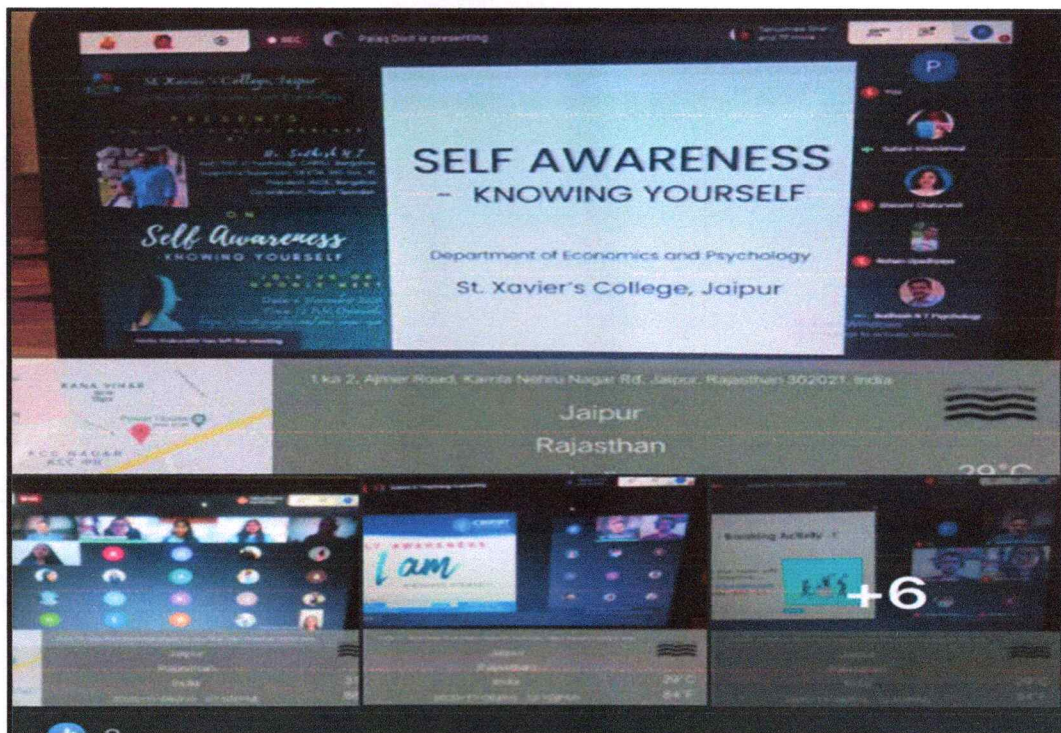

Principal

2.4 MENTAL HEALTH DRIVES: ACTIVITY 12



Criterion 7/ Department of Psychology/Movie screening of The Social Dilemma followed by the Group Discussion/28 November 2020

2.4 MENTAL HEALTH DRIVES: ACTIVITY 13

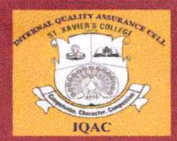


Criterion 7/Department of Psychology/Webinar on Self Awareness: Knowing Yourself/6 November 2020




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2.4 MENTAL HEALTH DRIVES: ACTIVITY 14




ST. XAVIER'S COLLEGE, JAIPUR
DEPARTMENTS OF ECONOMICS AND PSYCHOLOGY

PRESENTS

Interactive Session

MENTAL HEALTH FOR ALL

Resource Person



DR. PRADNYA DESHPANDE
CLINICAL PSYCHOLOGIST
COMMITTEE MEMBER, PREVENTION OF SEXUAL HARRASSMENT AT WORK (POSH), PSYCHIATRIC CENTRE, JAIPUR
CONSULTANT, CENTRE FOR ADVOCACY AND RESEARCH (CFAR)
PROJECT DIRECTOR, HEALING CENTRE FOR WOMEN, JAIPUR

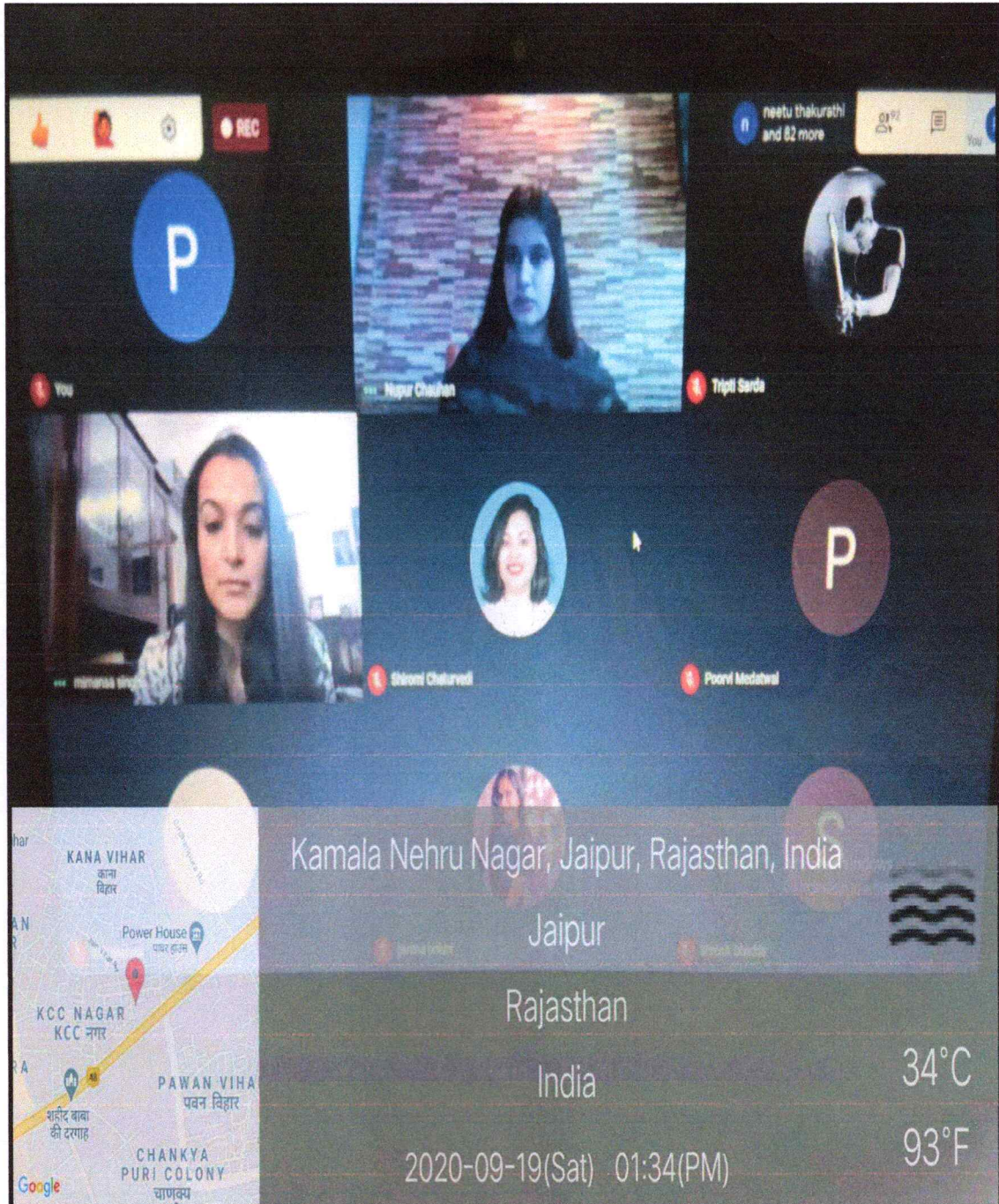
Date: 9 October 2020
Time: 1:30 PM

Join us on Google Meet
<https://meet.google.com/foh-ypow-oqt>

Criterion 7/ Department of Psychology/Interactive Session on Mental Health for All/ 9 October 2020



2.4 MENTAL HEALTH DRIVES: ACTIVITY 15



Criterion 7/Department of Psychology/Webinar on Living in the times of Pandemic- Psychological Impact of Lockdown and Self Isolation/19 September 2020

Principal



2.5 MENTAL HEALTH AND COUNSELLING CELL (MHCC)

The Mental Health and Counselling Cell at St. Xavier's College Jaipur provides a vital support system for students, offering confidential counselling services and psychological assistance to address various mental health concerns. Staffed with trained counsellors and mental health professionals, the cell offers a safe and non-judgmental space for students to express their emotions, seek guidance, and receive personalized support tailored to their needs. Through individual counselling sessions, group therapy, workshops, and outreach programs, the cell strives to promote mental well-being and resilience among students, empowering them to navigate challenges and thrive academically and personally. The availability of such resources underscores the college's commitment to prioritizing the mental health and holistic development of its student community.



Criterion 7/Mental Health and Counselling Cell (MHCC)