



# ST. XAVIER'S COLLEGE JAIPUR

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

Affiliated to the University of Rajasthan  
Approved under Section 2(f) & 12(B) of the UGC Act, 1956  
A Christian Minority Jesuit Institution  
An ISO 14001:2015 Certified Institution



Ref.: SXCJ/ACAD/NSS/2024-25/1773

09 December 2024

## Desh Ka Prakriti Parikshan Abhiyan

The National Service Scheme and the Department of Science is organizing the 'Desh Ka Prakriti Parikshan Abhiyan' in collaboration with the National Institute of Ayurveda (Deemed to be University) under the Ministry of AYUSH, Government of India.



Date: 11 December 2024



Venue: North Quadrangle & Ayush Udyan

This campaign aims to promote health awareness by helping participants understand their Prakriti (body constitution) and adopt a healthy lifestyle. Participants will answer 22 simple questions about their body and lifestyle using a dedicated mobile application. Personalized dietary and lifestyle recommendations will also be provided, along with a digital certificate. An awareness program of the college's practices regarding Ayurveda through Ayush Udyan will also be showcased.

We invite all students and staff to actively participate and make this initiative a success.


### *For more details, contact:*

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Ref.: SXCJ/ACAD/NSS/2024-25/1774-1778

### **Copy forwarded to the following for information and necessary action:**

1. Vice-principal, St. Xavier's College Jaipur
2. Programme Officer, NSS, St. Xavier's College Jaipur
3. Heads of all the Departments, St. Xavier's College Jaipur
4. Website Coordinator, St. Xavier's College Jaipur
5. Principal Office, St. Xavier's College Jaipur