



St. Xavier's College Jaipur

Affiliated to University of Rajasthan, Jaipur
Accredited with A Grade by NAAC (First Cycle, 2025)
An ISO 14001:2015 Certified Institution

NATIONAL SERVICE SCHEME (NSS)



Ref: SXCJ/ACAD/NSS/SESSION/2025-26/0748

Date: 24/09/2025

Session on Mindfulness in Action: Cultivating Mental Clarity and Balance

This is to inform you all that the National Service Scheme (NSS) of St. Xavier's College Jaipur, in collaboration with SAP and UNICEF, is organising a Session on "Mindfulness in Action: Cultivating Mental Clarity and Balance" on 27 September 2025. This session aims to help participants understand and practice mindfulness techniques to enhance focus, reduce stress, and maintain emotional balance in everyday life.

All interested students and faculty members are cordially invited to attend and benefit from this interactive session.

The event details are as follows: -

- Date: 27/09/2025
- Venue: Dr. Bhimrao Ambedkar Conference Room
- Time: 9.00 AM

For further details, please contact:

- NSS Coordinator: Dr. Ritu Mehra (ritumehra@xscjpr.edu.in)
- Program Coordinator: Ms. Aneesha Jain (aneeshajain@xscjpr.edu.in)

Principal
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Copy forwarded to the following for information and necessary action:

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

"To create men and women for others"

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