



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/PROGRAM/NSS/SPECIAL SESSION/2025-26/0631

Date: 17/09/2025

Special Session on 'Ibda no Kokoro – Mending Heart & Touching Souls'

The **National Service Scheme (NSS)** of St. Xavier's College Jaipur, in internal collaboration with **SAP** and external collaboration with **UNICEF**, is organizing a special session on **'Ibda no Kokoro – Mending Heart & Touching Souls'** by **Mr. Arpit Sharma** on **19 September 2025** as a part of Swachhata Fortnight.

The session will focus on stress management, mindfulness practices, and techniques to maintain a balanced lifestyle. It aims to spread awareness about the importance of mental health among students. This initiative aligns with **SDG 3: Good health and wellbeing** and **SDG 17: Partnership for the goals**.

The session details are as follows: -

- **Resource person:** Mr. Arpit Sharma, Founder & Director of India's leading Counselling centre: "Mano Matrix Counselling Services and Mind Wellness Centre", Jaipur
- **Date:** 19/09/2025
- **Venue:** Dr Bhimrao Ambedkar Conference Room
- **Time:** 12:00 pm

All interested students are requested to participate actively and make the event a success. Attendance of NSS volunteers is mandatory.

For further details, please contact:

- Program Coordinator: Mr. Vijay Kr Tripathi (vijaykumar@xscjpr.edu.in)
- NSS Coordinator: Dr. Ritu Mehra (ritumehra@xscjpr.edu.in)
- SAP Coordinator: Dr. Juniet Maria Jose (sap.xscj@xscjpr.edu.in)

Principal

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

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Copy forwarded to the following for information and necessary action:

1. Vice-Principal, St. Xavier's College Jaipur
2. Coordinators, NSS & SAP, 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"

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India Tel: +91 9772252000

Email: nss.xscj@xscjpr.edu.in Website: www.xscjpr.edu.in/xsc-nss/