



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



MENTAL HEALTH AND COUNSELLING CELL

Ref No.: SXCJ/ACAD/MHCC/LECTURE/2026-27/0841

Date: 18.09.2026

Guest Lecture on “The Psychology of Doomscrolling: The Mind Behind the Feed”

The Mental Health and Counselling Cell (MHCC) of St. Xavier's College Jaipur is organising a Guest Lecture on “**The Psychology of Doomscrolling: The Mind Behind the Feed**” as part of its Mental Health Drive.

The session will be facilitated by **Ms. Jeevidha Saraswat**, Counselling Psychologist, Indira IVF Centre, who has over three years of experience in providing mental health support to adults, adolescents, and children. Her areas of expertise include adult counselling, anxiety, stress, emotional regulation, self-esteem, job stress, relationship difficulties, life transitions, and personal growth.

The session aims to provide participants with an understanding of the psychological processes associated with doomscrolling, its implications for emotional well-being, and practical strategies for developing healthier digital habits. It will also provide an opportunity for participants to interact with an experienced counselling psychologist and gain practical insights into mental health, therapeutic approaches, emotional well-being, and coping strategies.

Details of the Session

Date: 25 September 2026

Time: 12:00 PM onwards

Venue: Dr. Bhimrao Ambedkar Conference Room

All students and faculty members are encouraged to attend the session and benefit from the interaction.

For more information, please contact:

Dr. Arpit Sharma (arpitsharma@xscjpr.edu.in)

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Principal

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Copy forwarded to the following for information and necessary action:

1. Vice Principals, St. Xavier's College Jaipur
2. Coordinator, MHCC, 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
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“To create men and women for others”

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