



# St. Xavier's College Jaipur

Affiliated to the University of Rajasthan Approved under Section 2(f) and 12(B) of UGC Act, 1956  
A Christian Minority Educational Institution under Section 2(g) of NCMEI Act, 2004



## IQAC Newsletter



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## Well Being for All : सर्वे भवन्तु सुखिनः

In a world characterised by rapid change, well-being stands as a crucial element defining our lives and communities. At its essence, well-being signifies a state of happiness and contentment, marked by low levels of distress, robust physical and mental health, and an optimistic outlook that contributes to a high quality of life for individuals. This call urges action to ensure physical and mental health as an inherent right for all globally, aiming to raise awareness and drive tangible steps toward safeguarding well-being universally.

St. Xavier's College Jaipur proudly stands as an institution deeply committed to fostering an environment where the well-being of each individual takes precedence. Guided by a vision to ignite young minds through transformative education, the college aspires to cultivate global citizens distinguished by their competence, character, and compassion. The mission of the college is devoted to steering the youth towards self-actualization and excellence. The college ardently promotes an

environment that not only educates but also elevates, ensuring that every individual thrives in an atmosphere valuing and safeguarding their well being—a fundamental tenet of their rights as global citizens.

### Enhancing Well-being in Educational Settings: Holistic Approaches and Collaborative Initiatives

The National Assessment and Accreditation Council (NAAC) prioritises the comprehensive well-being of college stakeholders by promoting elevated standards in safety, inclusivity, and support mechanisms, thereby fostering a conducive environment for holistic well-being. The accreditation process by NAAC emphasises the cultivation of an environment that nurtures mental health, academic excellence, and a supportive atmosphere, ensuring the overall welfare of all individuals within the college community.

The following initiatives are strongly advocated to ensure the holistic well-being of the stakeholders of the institute:

- Institutional Policies for Well-being that encompass provisions for comprehensive mental health support services, physical fitness programmes, and easily accessible counselling facilities made available to students, faculty, and parents.



- Inclusive Environment Initiatives to enhance accessibility, accommodate diverse needs, and cultivate a supportive atmosphere.
- Health and Recreational Facilities such as gymnasiums, sports facilities, and wellness programmes.
- Professional Development Sessions that focus on enhancing the skills of faculty members, fosters research initiatives, and cultivates a

positive teaching environment conducive to academic growth.

- Collaborative Partnerships with mental health organisations, experts, and non-governmental organisations (NGOs) to cater to the diverse needs of students, staff, and parents within the institution.
- Feedback and Improvement Processes for refining existing programmes and devising new strategies for improving the quality of support and services provided.
- Parent Engagement programmes to engage and educate parents with the necessary knowledge and guidance essential for supporting their children's overall well-being.

## Principal's Message

Prof. (Fr.) S. Xavier SJ

*Let all be happy and healthy, Let all experience auspiciousness, Let no one be suppressed by grief.*

I am delighted to address our community through the IQAC newsletter, focusing on the crucial theme of *Well-being for All*. We recognize the need to balance academic pursuits with overall well-being, ensuring a nurturing environment for everyone—students, faculty, and staff. Our commitment is evident through initiatives like counselling services, mental health awareness, and fitness programmes, aiming for the holistic development of our community. I would like to throw light on the symbiotic relationship between academic success and well-being, emphasising their integral roles. Let us reflect on the significance of well-being, extending our celebration beyond academic achievements to embrace resilience, empathy, and solidarity. Together, we strive to cultivate an

enriching college environment, acknowledging and embracing the diverse experiences within our community. The theme *Well-being for all* guides us as we collectively work towards an environment where each member can flourish academically, physically, emotionally, and mentally.



# IQAC Coordinator's Message

Well-being is crucial for the staff and students in higher education as it not only enhances individual resilience and performance but also contributes to overall academic and professional success, fostering a positive and supportive learning environment. In the third edition of the IQAC newsletter, we spotlight the myriad events organised by college units, dedicated to enhancing the well-being of our community, students, and staff. From mindfulness workshops to fitness initiatives, the diverse range of activities showcased underscores our commitment to fostering a holistic environment. These endeavours not only promote physical health

but also prioritise mental and emotional wellness. It is heartening to witness our college units coming together weaving a tapestry of well-being, emphasising that a thriving community is built on the foundation of individual wellness.

As you delve into the pages of this newsletter, may you find inspiration and practical insights to incorporate well-being into your daily life. Let us continue supporting each other toward a healthier, happier, and more connected community. Congratulations to our dedicated newsletter coordinators and the supporting members for crafting an insightful issue on *Well-Being for All*.

**Mr. Yashwardhan Singh**

## Well Being for the Students

### InYouth

The Department of Business Administration in collaboration with Entrepreneurship Cell of St. Xavier's College Jaipur, hosted INYOUTH, themed Infinite Perspectives: Shaping Future at St. Xavier's College Jaipur.

#### Resource Persons:

Resource persons for this event were **Mr. Vikram Agnihotri**, first Indian bilateral amputee with a driving licence, professional car racer, inspirational speaker, and children's book author; **Mr. Amit Lodha**, 1998 batch Indian Police Service (IPS) officer of Bihar Cadre; **Ms. Saloni Khanna**, a distinguished alumna of Delhi University, Economist and a TEDx speaker; **Mr. Divas Gupta**, the Ikgai coach and a TEDx speaker and **Mr. Suyal**, social media influencer and model.

#### About the Event:

Mr. Agnihotri with his elevating words set the tone of the event. It was followed by a session with Mr. Amit Lodha in which he shared some of his very challenging and motivating experiences in his professional life, calling forth courage and vigour from his audience. Ms. Saloni Khanna, also shared her wealth of knowledge and experience, inspiring the audience with her journey and contributions to various fields. Mr. Divas Gupta engaged the audience with his insightful session, sharing his expertise on mastering the stage and becoming an exceptional speaker. Last session of Mr. Suyal kept the students engaged in social media content creations. The event also had a competition of video-making and presentation on aspiring entrepreneurs called Brandism.



### Fit India Week

The Sports and Yoga Club organized "Fit India Week", featuring five days of yoga sessions in the Yoga Udhyan on the college campus. This event was organized under the aegis of the Ministry of Youth Affairs and Sports, Government of India, as part of the Fit India Week program.

#### Resource Persons:

**Dr. Ajay Dandotiya**, the Sports and Yoga Club coordinator, conducted the session on day 1. Divya Jhahhariya, a third-year BA pass course student and a national-level yoga player taught various asanas on day 2. On day 3, Ms. Diksha Saraswat, an alumna from our college conducted the session titled "Experience Inner Joy through Yoga and Meditation." Dr. Ramakant Mishra, a Yoga teacher at the University of Rajasthan, was invited to conduct the session on day 4. The session on the last day, titled "Yoga to Reduce Stress," was led by Dr. Ajay Dandotiya.

#### About the session:

The participants were guided through various asanas, proline positions and breathing exercises to alleviate stress. All the participants took the Yoga pledge to practice yoga in their day-to-day lives for a better and healthier lifestyle. The positive feedback from the attendees underscores the sessions' success, providing a strong foundation for future initiatives.



## Exam Stress and Exam Preparation

The Mental Health and Counselling Cell (MHCC) at St. Xavier's College Jaipur organised a session on Exam Stress and Exam Preparation for the first-year students. This initiative aimed to provide professional guidance on management of students' mental health concerns particularly related to examinations.

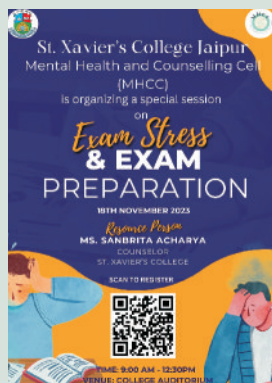
### Resource Person:

**Ms. Sanbrita Acharya**, Counsellor, St. Xavier's College Jaipur was the resource person of the session. Ms. Acharya is well versed with Humanistic - Existential, Cognitive Behavioural and Solution - Focused Therapy.



### About the Session:

Adhering to the theme of World Mental Health Day 2023 - Mental health is a universal right, the session aimed to enhance accessibility to mental health resources for college students. The comprehensive session covered multifaceted topics essential for comprehending and mitigating exam-related stress. It emphasised the cultivation of vital coping skills necessary for nurturing resilience. Practical demonstrations were employed to instruct students on specific coping mechanisms designed to effectively manage exam-related stress.



## Let's Talk: Movie Screening and Group Discussion

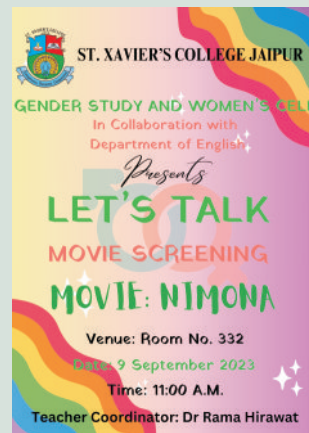
9 September 2023

The Gender and Women's Cell, in collaboration with the Department of English at St. Xavier's College, Jaipur,

organised a thought-provoking movie screening of Nimona as part of the Let's Talk event on 9 September 2023.

### About the Session:

A Movie Screening and subsequent Group Discussion were arranged for the students of St. Xavier's College Jaipur. The film Nimona, directed by Patrick Osborne, an animated fantasy production delving into themes of identity, gender, and transformation, was selected for screening. The movie portrayed the narrative journey of the central character, Nimona, challenging societal norms and expectations within a fantastical realm. Its distinctive storytelling and potent messages captivated the audience, as it navigated the protagonist's quest for self-identity. The event provided a platform to engage in meaningful discussions about gender, identity, and empowerment and offered a space for critical thinking and reflection, promoting a deeper understanding of these issues.



## HIV/AIDS Awareness Marathon

9 September 2023

The Red Ribbon Club at St. Xavier's College Jaipur organised a 5 km awareness marathon on 9 September 2023, in collaboration with the Rajasthan State AIDS Control Society under the National AIDS Control Programme.

### About the Event:

Aimed at spreading HIV/AIDS awareness among the youth, the marathon commenced with a poignant message from Prof





Fr S Xavier SJ, Principal of the college. Student volunteers also created impactful posters to disseminate AIDS awareness. Vice Principal Fr. Dr. Raymond Cherubin SJ inaugurated the event, motivating the 15 participants while 100 students and faculty members cheered them on. Abhishek Tirkey of B.Com. III Year emerged as the winner, followed by Manish Yadav (BA Pass Course I Year) as the first runner-up and Ajay Choudhary (BA Pass Course II Year) as the second runner-up.

the conclave was to illuminate students about the expansive array of career opportunities available within the field of psychology and to motivate them toward a gratifying career trajectory. The event witnessed an active involvement from enthusiastic students, demonstrating a keen interest in exploring and engaging with the multifaceted opportunities and prospects related to Psychology.

## InPsych'23: Conclave on Career Guidance in the Field of Psychology

11 October 2023

On the occasion of World Mental Health Day, the Department of Psychology, in collaboration with the Mental Health and Counselling Cell (MHCC), organised a conclave on career guidance in the field of Psychology.

### Resource Persons:

**Dr. Vandana Chaudhary**, Child Psychologist and Founder of NurtureHue Solutions; **Ms. Priyal Malhotra**, Organisational / Industrial Psychologist; **Ms. Manisha Sharma**, Clinical Psychologist and Director of ThinkWell Counseling & Mind Wellness Centre and **Ms. Sanbrita Acharya**, Counsellor and Art Therapist served as the distinguished resource persons for this conclave.

### About the Event:

The event featured esteemed speakers who shared their personal experiences, offering invaluable insights into their respective journeys in psychology. The primary objective of

## Ethics on Plate and Orientation programme of Xavier's Intellectual Forum (XIF)

25 October 2023

On 25 October 2023, Xavier's Intellectual Forum (XIF) at St. Xavier's College Jaipur, organised an engaging discussion session titled Ethics on Plate along with the orientation programme for XIF for the year 2023-24.

### About the Session:

This event was intended to provide students with a platform to share thoughts and opinions

**ST. XAVIER'S COLLEGE JAIPUR**  
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 A Christian Minority Jeeb Education Institute under Section 29(1) of Act No. 100

**XAVIERS INTELLECTUAL FORUM**

XAVIER'S INTELLECTUAL FORUM PROVIDES:  
 \*Platform to express opinions and thoughts  
 \*Form your concrete opinions  
 \*Skill development in process

JOIN US FOR ENGAGING DISCUSSIONS AND OPPORTUNITIES TO EXPAND YOUR INTELLECTUAL HORIZON

**ORIENTATION PROGRAMME**  
 Topic: "Is IQ the only factor of one's intelligence?"  
 Date: 25th October 2023 (Wednesday)  
 Time: 12:30 pm  
 Venue: Girl's lounge (First Floor)

Register Here [QR Code]

ORGANISER: Rev. Fr. Dr. S. Xavier SJ  
 TEACHER COORDINATOR: Dr. Shree Prati



on topics that develop sensitivity towards diverse intelligentsia. The event started with introducing the newcomers to the forum and its code of conduct, followed by a group discussion titled "Is IQ the only factor of one's Intelligence?" The students adopted a variety of strategies to develop and support their arguments. After a lively exchange in a structured format, the event concluded in favour of IQ not being the sole factor for one's intelligence.

# Wellbeing for Staff

## Faculty Development Programme - Work Pressure and How to Manage It

The Department of Psychology, with the Life Skills Enhancement and Anandam Cell (LSEAC), organised a two day Faculty Development Programme (FDP) on Work Pressure and How to Manage It. Ms.



Sanbrita Acharya, Counsellor, St. Xavier's College Jaipur was the resource person for this event. This two-day FDP was centred around comprehending the dynamics of stress, recognizing the origins of stress in the workplace, evaluating



workplace conflicts, and implementing effective strategies for conflict resolution, alongside training on assertiveness. In addition to these sessions, art therapy activities designed to mitigate stress and role-play activities were organised.

## International Yoga Day

The 9th International Yoga Day celebration was organised by the Sports and Yoga Club of St. Xavier's College Jaipur on 21 June 2023. The objective of the event was to promote and raise awareness about practising yoga. Dr. Ajay Dandotiya, Assistant Director, Department of Physical Education, enlightened the participants about yoga and its importance in our daily lives. He demonstrated and allowed practice of standing as an as and as an as that are related to



relieving common problems like digestion, spondylitis, back pain, and common cold, followed by pranayama.

## Breast Cancer: Being Aware and Battling

On 26 October 2023 the Gender Study and Women's Cell at St. Xavier's College Jaipur, organised an insightful event on Breast Cancer - Being Aware and Battling for all the female members of staff and students to commemorate Breast Cancer Awareness Month. Dr. Nidhi Patni, Clinical and Radiation Oncologist, Bhagwan Mahaveer Cancer Hospital and Research Centre, Jaipur was the esteemed resource person of the session. Dr. Patni provided information regarding the risk factors that predisposes women to be more vulnerable to getting breast cancer. She also demonstrated how to assess oneself at home for symptoms of breast cancer and thoroughly addressed the attendees' concerns regarding uncertainties and misconceptions surrounding the disease.



## Reimbursement of Chiranjeevi Yojana Annual Premium

Exhibiting a commitment to employee welfare, the College Management took the initiative to encourage all staff to register for the Chiranjeevi Yojana, which is a beneficial health insurance plan that provides financial assistance for medical treatment or hospitalisation. The annual premium amount was reimbursed for all staff members associated with the institute.



# Well being for the Community

## Melodies of Hope



The National Service Scheme (NSS) of St. Xavier's College Jaipur organised a musical event titled Melodies of Hope for cancer patients on 13 July 2023. This event was carried out in collaboration with Sanjeevni - Life beyond Cancer, an organisation renowned for its Comprehensive Cancer Care initiatives.



The primary objective of Melodies of Hope was to infuse joy, positivity, and solace into the lives of cancer patients through the profound medium of music, amidst the challenging journey of cancer treatment.

## Health Camp in Jaisinghpura Village

The Department of Business Administration in collaboration with Unnat Bharat Abhiyan Cell of St. Xavier's College Jaipur, organised a free health check-up camp in the Jaisinghpura village to provide various free medical services to the community on 20 September 2023. The resource persons of the event were a team of doctors and medical staff from the Sehat Sathi Foundation, an organisation dedicated to providing for the diverse health needs of people. The camp provided multiple free tests like ECG, eye test, gynaecology check up, blood tests, etc. and distributed free medicines for minor ailments for 167 villagers.

## Perinatal Healthcare

The Department of Psychology, St. Xavier's College organised an Awareness Session on Perinatal Health, in collaboration with the Unnat Bharat Abhiyan (UBA) Cell of the college. This event was held in the community centre in Narottampura Village on 4 November 2023 with an objective to spread awareness about the mental and physical aspects of prenatal and postpartum care of women additionally featured the distribution of complimentary Calcium Tablets to the attendees.



# Activities and Achievements

## Session on ICT Research Tool: Statista

2 September 2023

The Arrupe Central Library at St. Xavier's College Jaipur in collaboration with the Institutional Quality Assurance Cell (IQAC), organised an enlightening session for the faculty on Statista on 2 September 2023. The resource person for the session was Mr Neeraj Tiwari, Associate Director of Academia India. The session aimed at familiarising teaching faculties with Statista, an indispensable research tool for accessing valuable statistical data and insights. The modules covered included Statistics and Reports, Market Insights, Consumer Insights, Company Insights, and E-commerce.



## Three Day Workshop on Research & Publication for Academics

4 to 6 September 2023

A 3-day workshop on Research and Publications for Academicians was organised by the Research and Development Cell (RDC) and the Faculty Development Training & Exchange programme Cell (FDTEPC). The resource person for the workshop was Fr Dr Joseph Varghese, CMI - Director, Research, Christ University, Bengaluru. The workshop centred on developing a research idea, conducting literature review, indexing parameters, manuscript preparation and selection of journals. This workshop was aimed at enhancing the research skills of academicians and proved to empower them with practical insights and strategies essential for navigating the intricacies of the research process and publication requirements.



## Orientation and Auditions of Xavier's Music, Theatre, Anchoring and Dance Society

2 and 9 September 2023

The month started off by holding auditions by various cultural societies of the college to recruit new talent from the coming batch of students. Auditions invited for Xavier's Music Society (XMS), Xavier's Theatre Society (XTS) and Anchoring Society on 2 September 2023 and Xavier's Dance Society (XDS) on 9 September 2023 took place in the college auditorium. The students showcased their talents and were oriented for their respective societies. These events marked the beginning of a dynamic, creative journey for the cultural societies, enhancing their commitment to excellence.



## Investiture Ceremony and Teachers' Day Celebrations

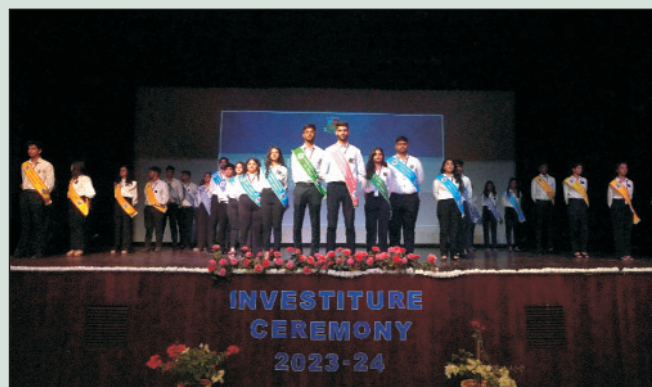
5 September 2023

The Investiture Ceremony of the Student Council and Teachers' Day Celebrations were held in the college auditorium. The ceremony began with a majestic march of the elected student body, followed by an oath taking ceremony and the badging of the student body. The solemn ceremony concluded with the presidential address by Rituman Sharma. The theme of the Teachers' Day celebration was Classroom

## Essay & Elocution Competition - Raj Mission 2030

4 September 2023

The Literati Cell of the college organised an Essay Writing Competition under the government initiative - Mission Rajasthan 2030. The competition was held on 4 September 2023, on the topic My Vision for Rajasthan 2030. Various students from different departments and classes competed against each other. The competition was a huge success and three students were selected - Pranjal Saini, Rishita Bothra, Shrey Agarwal as winners to represent the college at the district level.



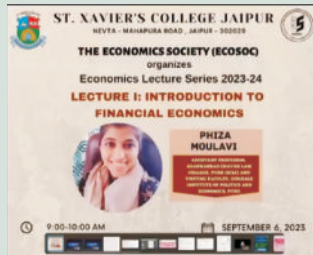


Chronicles- Lights, Camera, Knowledge! The event commenced with the welcome address by members of the management followed by honouring of the faculty members by Xavier's Alumni Association and a short cultural programme for the teachers.

## Economics Lecture Series - I

6 September 2023

The Department of Economics at St. Xavier's College Jaipur, organised an online lecture under Economic Lecture series on the topic Introduction to Financial Economics. The speaker of the day, Ms Phiza Moulavi, Assistant Professor, Shankarrao Chavan Law College, Pune provided a foundational overview of the key concepts and principles that underlie the field of financial economics. The lecture was aimed at familiarising the students with the various aspects of financial economics and its importance in understanding financial markets, financial literacy, and decision-making.



## Book Donation Drive and Inauguration of Arrupe Central Library (ACL) Extension Centre

6 to 14 September 2023

The Department of Arts in collaboration with the Unnat Bharat Abhiyan Cell, organised Bibliobuli - A Book for Cause, a book donation drive from September 6 to 13, 2023. The books collected by the students were donated to The Arrupe Central Library Extension Centre at Maa Sharda Public Sr. Sec. School in Chatarpura, a village adopted by the college, which was inaugurated on 14 September 2023. The extension aimed to enhance educational resources in the nearby village and strengthen community ties.



## National Level E-quiz on Right to Education for All: Myth or Reality

8 to 12 September 2023

In observance of International Literacy Day, the Department of Arts and the Xavier's Electoral Literacy Society at St. Xavier's College Jaipur, hosted a national-level e-quiz, Sakashar Bharat, from September 8 to 12, 2023. It highlighted the importance of education in promoting informed citizenship by combining literacy instruction with knowledge of the election process in a novel way. This event emphasised the value of comprehending democratic rights and responsibilities of all citizens.



## Orientation of Mental Health and Counseling Cell and Session on Right to Information Act

9 September 2023

The Mental Health and Counselling Cell (MHCC), in collaboration with the Department of Psychology, organised the MHCC Orientation to familiarise the incoming students with the essential role and services offered by the MHCC. Ms. Priyal Malhotra, counsellor, educator, and researcher, served as the resource person for this event. Additionally, the event titled Empowering Tomorrow's Leaders: Right to Information Act was organised by the Department of Arts. Focused on educating young individuals about their roles and responsibility in fostering an open democracy, the workshop aimed to equip students with essential skills and understanding for effective implementation of the RTI Act.



## NSS Interview of Core Team

9 and 13 September 2023

The National Service Scheme of St. Xavier's College Jaipur invited student applications for NSS Core Council for the academic year 2023-24. Students from various departments



actively participated in the event. The selected candidates for the NSS Core Council were announced based on their interview performance, NSS experience and attendance. The following students were selected as coordinators: Mr. Akshat Chaturvedi (B.Com. III), Mr. Ankit Pareek (B.Com. III), Mr. Enosh Lawrence (B.Com. III) and Ms. Ishita Bhati (B.C.A. III).

## Sports Trials

9, 16 and 30 September 2023

The Sports and Yoga Club organised sports trials for students to select college teams in multiple games, based on student preferences. The first round of trials, including Handball, Badminton, Table Tennis, and Chess, started on 9 September 2023. The second round, for Basketball, Cricket, Athletics, and Kabaddi, took place on 16 September 2023. The final round for Football, Kho Kho, and Volleyball was held on 30 September 30. Trials took place for both boys and girls, and a total of 204 responses were received from students across all departments, reflecting enthusiastic participation in a range of sports.



## Expert Lecture on G-20

13 September 2023

The Department of Political Science, St Xavier's College Jaipur conducted a guest lecture on India and G20. Dr. Rohit Kumar Singh, faculty from Janki Devi Memorial College enlightened the audience on topics like working of G20, year long process and efforts behind the 3 day summit. Dr Sanjay Kumar Mangla, resource person from Symbiosis Institute of Management Studies, Pune, provided insight on how people, trade and investment bring countries together. He also discussed various global and environmental issues discussed under India's presidency and the outcomes of G20.



## Transgender: Issues and Challenges and its Prospective Solutions

15 September 2023

AICUF in collaboration with the Department of Political Science, conducted an interactive session titled Transgender - Issues, Challenges & Prospective



Solutions. The esteemed speaker for the event was Pushpa Ji, a leader within the transgender community. Pushpa Ji highlighted several issues, including discriminatory laws, concerns over societal acceptance, inadequate access to medical facilities, and the lack of legal rights pertaining to marriage and family.

## NCC Selection Drive 2023

18 September 2023

The NCC Selection Drive for the year 2023 was held on 18 September 2023, with the primary objective of selecting 28 dedicated and disciplined cadets (17 Boys and 11 Girls) to join



the NCC unit. The event commenced with an orientation session led by the NCC instructor, emphasising the significance of NCC, its core values, and the selection criteria. Various assessments, including Physical Fitness Evaluation, Drill and Discipline Assessment, a Written Examination, and Personal Interviews, were conducted as part of the selection process. After a comprehensive evaluation, the final list of chosen candidates was officially announced on 19 September 2023.

## Let's Come Together: Orientation Session of UBA, SAP and LSEAC

22 September 2023

On 22 September 2023, an Orientation Day themed Let's Come Together was organised by the Unnat Bharat Abhiyan (UBA) Cell, Swachhta Action Plan (SAP) Committee, and Life Skill Enhancement & Anandam Cell (LSEAC). This event aimed to introduce students to the social responsibility initiatives and extension activities of the college. Emphasising holistic development, the programme focussed on community

engagement and social commitment as integral components of student growth.



## Freshers' Day Programme

23 September 2023

The Students' Council of St. Xavier's College Jaipur organised the Freshers' Day of the academic year 2023-24 for all the first year students. The theme for the same was Mystical Masquerade: A Glitzy Evening Gala. The winners for the title



of Mr & Miss Fresher were crowned after being judged on a display of talent, followed by a Q&A round. An Ice Breaking Session was conducted followed by a surprise Magic Show by Mr Gaurav Meena which complimented the theme of the gala beautifully. The event was concluded with refreshments and a cultural evening with a dance party.

## Swachhta Week

26 September to 2 October 2023

The Swachhta Action Plan (SAP) Committee organised a series of events and competitions to commemorate Swachhta Week from 26 September to 2 October 2023, in collaboration with various other bodies. These events aimed to promote awareness and action towards cleanliness and sustainability, encompassing various initiatives including:



- Swachhta Hi Sewa, a Cleanliness Drive in collaboration with NSS.
- National Green Corps (NGC) Orientation and Establishment of E-waste Collection Center by NGC.
- Three-Day Workshop on Swachh Udyam: Balancing Technology, Hygiene, and Sustainability

- Swachata Quiz Quest engaging participants in a quiz competition.
- Poster/Video Making Competition centred on Water, Waste, and Energy Management.
- Celebration of Gandhi Jayanti.

## NSS Day and Blood Donation Drive

27 September 2023

The National Service Scheme of St. Xavier's College Jaipur and the Red Ribbon Club with the collaboration of Suman Blood Bank organised a blood donation drive in the college campus. The chief guests Dr. Pradeep Choudhary (Rajasthan State AIDS Control Society, Medical Directorate, Govt. of Rajasthan) and Dr. Kapil Kumar Anand (Asst. Professor, S.S. Jain Subodh P.G. College) highlighted the works of Rajasthan State AIDS Control Society and roused the spirits of the NSS volunteers. On this event, the annual magazine of NSS - Parivartan - was unveiled and the core team of NSS office bearers for 2023-24 were badged.



## Alumni Talk Show and Stationery Donation Drive

30 September 2023

Xavier's Fintech Commerce Society organised a talk show Graduate Chronicles - Where Success Stories Unfold in the



presence of alumni Mr. Gaurav Rawat, Product Designer, Pilvo; Ms. Mishika Jain, Founder and CEO, Boujee Media and Mr. Diwakar Sharma, Business Analyst, Smartstream Technologies. They motivated and inspired the students to pursue their aspirations. Additionally, Syaahi, a stationery donation drive, was organised by Enlightened Echelon, under the aegis of the Department of English, in collaboration with All About Happiness (a social initiative partner under the Unnat Bharat programme), distributing essential stationery items to students attending the Government Upper Primary School in the nearby village.



## Mahatma Gandhi & Lal Bahadur Shastri Jayanti Celebration, Exhibition cum Sale

2 October 2023

St. Xavier's College Jaipur commemorated the birth anniversary of two national leaders, Mohandas Gandhi and Lal Bahadur Shastri.

The event was organised by Swachhta Action Plan Committee (SAP), Unnat Bharat Abhiyan Cell (UBA), National Service Scheme (NSS) and All India Catholic University Federation (AICUF). Representatives from Nai Bhor Sansthan, a transgender community, children from Jeevandaan Charitable Society, and students from the two village schools, adopted under the UBA scheme were a part of the celebrations. AICUF and



Vinobha Gyan Mandir also organised an Exhibition cum Sale on Gandhian Relics, held in the Arrupe Central Library, St. Xavier's College Jaipur.

## Orientation cum Informative Session on Minority Scholarship

4 October 2023

On 4 October 2023, The Minorities Welfare Committee of St. Xavier's College Jaipur organised an Informative Session on Minority Scholarships available to students of the minorities. The Speaker of the session was Dr. Salim Khan, Assistant Professor, Department of Business Administration St. Xavier's College Jaipur. The lecture started with an interactive session where the speaker informed the participants about the objective, motive and other relevant details of the scheme.



## Visit to Nahargarh Biological Park

6 October 2023

An educational trip to Nahargarh Biological Park was arranged by the Department of Science on 6 October 2023 for the students pursuing Bachelor's Degree in Science. This trip served the purpose to fulfil the requirements of Undergraduate Curriculum of the University of Rajasthan. Students were explained about the various flora and fauna species. Students enjoyed this educational trip with lots of learning opportunities.



## Technoid and Pre-INKA'23

7 October 2023

The Department of Computer Science at St. Xavier's College Jaipur, hosted their annual departmental fest - Technoid themed From the 90s to Futuristic Fun. The fest featured a wide range of activities and entertainment for students and tech enthusiasts,





with over 450 registrations. On the same day, Enlightened Echelon, under the aegis of the Department of English successfully organised Pre-INKA'23. The staff

and the students of the department collected 100 bed sheets that were donated to the Mother Teresa Home in Pratap Nagar, Jaipur. The students also crafted a programme featuring songs and games for the residents.



## Orientation of Certificate Course on Paralegal Studies

9 October 2023

The Department of Political Science took the initiative to organise a 36 hours certificate course on Paralegal Studies, to equip the students with a basic understanding of the legality of some core concerns in Indian society. The Course not only helped them understand the legal issues closely but also helped them to play a constructive role in nation building by empowering them to navigate through the issues.



## Celebration of the International Day of the Girl Child in UBA adopted Villages

11 October 2023

The Department of Political Science in collaboration with Unnat Bharat Abhiyan Cell, St. Xavier's College Jaipur, celebrated the International Day of the Girl child on 11 October 2023, at Sunder Public Senior Secondary School and associate institutions of Mahapura Gram Panchayat. The theme of the celebration was Our time is now - Our right, our Future. The students of Political Science delivered self-defence training to the school and college students under the UBA umbrella. All the students showed much enthusiasm in learning self-defence techniques.



## Workshop on IPR - Patents and Designs

13 October 2023

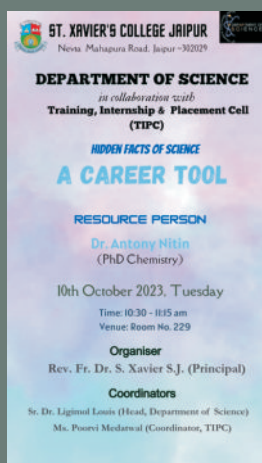
An online workshop on Intellectual Property Rights: Patents, Designs was organised at St. Xavier's College Jaipur, in collaboration with Rajiv Gandhi National Institute of Intellectual Property Management (RGNIIPM), Nagpur. Dr. Bharat N Suryawanshi, Assistant Controller of Patents & Designs, RGNIIPM Nagpur delivered his talk on Patents & Designs filing. In his talk, he briefly touched upon all aspects of Patents, Designs, Trade Mark, Copy Right and GI tags and explained the patent filing process with some examples.



## Interactive session on Career Orientation

10 October 2023

Department of Science, St. Xavier's College Jaipur organised an interactive session on Career Orientation in collaboration with the Training, Internship, and Placement Cell (TIPC) for B.Sc. third-year students. Dr. Antony Nitin described numerous analytical instrument techniques and how they are used in the food, chemical, and pharmaceutical industries. He also shared some important links related to training, internship, workshop and expert lecturers in Government, semi government and private institutes.



## INKA'23

14 October 2023

INKA'23, the literature festival of St. Xavier's College Jaipur, was organised by the Department of English on 14 October 2023. The theme for this year was MeltInk Stories: Daastan-e-

Alfaaz. Nine events were held both online and offline, the central event being Identity Unscripted - Poetry Slam, which explored the self and focused on individuality, along with



storytelling and debate competition. The author's session, with Ms Ria Chowdhury, helped the students know more about the art of fiction and non-fiction writing and the process of publishing, whereas the session with RJ Nupur gave the participants insight about the world of Radio.



## Alumni Interaction Session-I, Department of Economics

16 October 2023

Economics Society (Ecosoc SXCJ), Department of Economics, in collaboration with Xavier's Civil Services Society, St. Xavier's College Jaipur, organised an Alumni Interaction Session-I on 16 October 2023. For the first alumni interaction, Ms Vedika Bihani, IPS, 2023, was invited. She is a voracious reader and explorer and an alumna of the Department of Economics from the 2019 Batch. Ms Vedika emphasised the importance of managing time, planning effectively, and always having a plan B in mind. She encouraged students to have faith in themselves and give their all during exams.



## Alumni Interaction Session-I, Department of English

17 October 2023

Department of English of St. Xavier's College Jaipur, organised an Alumni Interaction Session on the topic, Career Options in Journalism Beyond Politics and How to Crack Them. The speaker of the session was Ms Poorvi



Singhal, an alumna of the Undergraduate batch of 2019-2022, in conversation with Ms Jennifer, a PR professional and a food and travel journalist and an MA in Magazine Journalism from Cardiff University, UK. More than 60 students attended the session from all the various departments of the college.

## Financial Literacy and Lecture Series - I (Industry Expert)

18 October 2023

The Department of Commerce, in collaboration with HDFC Bank and Unnat Bharat Abhiyaan, St. Xavier's College Jaipur, organised a social extension activity on Financial literacy - Secure your Finances, Secure your Future at Khatwara Village. The representatives from HDFC Bank provided financial literacy and empowered individuals in the rural area. The Department of Business Administration in collaboration with E-Cell organised an Expert Lecture on the topic Campus to Corporate Readiness with Mr. Hemant Bhati, Director Gunin Media & Co



- Founder Clapping Joker Films in the campus. The session focused on the significance of a positive workplace culture in retaining and nurturing talent.



## Workshop on Indian Foreign Policy in the 21st Century

19 and 20 October 2023

The Department of Political Science in collaboration with Xavier's Constitution Club, St. Xavier's College Jaipur, organised a two day workshop on India's Foreign Policy and Changing Global Dimensions on 19 and 20 October 2023. Dr. Mushtaq Hussain, Assistant Professor, BITS Law School, Mumbai delivered an



eye opening session on the Israel-Palestine Conflict on 19th and on the 20th Ms. Neelam Bhatia, Assistant Professor, Shivaji College, Delhi University delivered a session exploring the intricacies of Indian Foreign Policy.



prepared from their visit and presented business ideas. The trophy of overall winners was awarded to IIS Deemed to be University Jaipur. In total, 120 students from different schools and colleges participated in the event.

## International Artist Day

25 October 2023

Xavier's Art Society, St. Xavier's College Jaipur, celebrated International Artist Day by conducting a one-day workshop facilitated by Mr. Jai Babu, a Pali based origami artist. He captivated the students with his remarkable origami skills, showcasing an array of art-related techniques. Along with live demonstrations of the art, the students were also given hands-on experience under his guidance in the art of origami.



## National Unity Day

31 October 2023

The Unnat Bharat Abhiyan Cell, All India Catholic University Federation (AICUF), and the National Service Scheme (NSS) celebrated National Unity Day (Rashtriya Ekta Diwas) which is observed on 31 October to mark the birth anniversary of the Iron Man of India, Shree Sardar Vallabhbhai Patel. The students, teacher coordinators came together in the North Quadrangle of the campus and followed the lead of Prof. Fr. S. Xavier SJ, Principal, St. Xavier's College Jaipur, to take the Rashtriya Ekta Diwas Pledge. The objective of the initiative was to instil a sense of national pride in the unity of Indian diversity.



## Synergy '23

27 - 28 October 2023

Synergy 23 - Revitalizing the Rural Economy, organised by the Economics Department, commenced with a group of students embarking on an industrial visit to Bagru, to explore the hand block printing industry on day one. On day two, the event EconoPoly took place, alongside the event named State of the Nation. Following these events, Rural Rupantar and Press Quest were held, where students presented the documentaries



# Academic Calendar (Sept 2023)

DATE	DAY	EVENT	Cell/Club/Committee/Dept
2	Sat	Session on ICT Research Tool: Statista	ACL
		XMS, XTS, and Anchoring Orientation and Auditions	XMS, XTS, Literati Cell
4	Mon	Essay & Elocution Competition - Raj Mission 2030	Literati Cell
		Three Day Workshop on Research & Publication for Academics (4-6 Sept)	RDC & FDTEPC
5	Tue	Investiture Ceremony & Teachers' Day Celebration	Students' Council
6	Wed	Economics Lecture Series - I	Dept of Economics
		Book Donation Drive Launch (6-13 Sept)	Dept of Arts
8	Fri	National level E-quiz on Right to Education for All: Myth or Reality (Literacy Day) (8-12 Sept)	Dept of Arts
9	Sat	XDS Orientation and Auditions	XDS
		MHCC Orientation	MHCC
		NSS Interview of Core Team	NSS
		Sports Trials Begins	Dept of Phy Edu
		Let's Talk (Movie Screening & Group Discussion)	SWC
		HIV/AIDS Awareness Marathon	Red Ribbon Club
		Workshop on Right To Information (RTI)	Dept of Arts
13	Wed	NCC and NSS Selection Drive for First Year Students	NCC/NSS
		Expert Lecture on G-20	Dept of Pol Sc
14	Thu	Arrupe Central Library (ACL) Extension Centre Inauguration @ Lalya ka Bas Village (Hindi Divas)	Arts Dept and UBA Cell
15	Fri	Interactive Session on Transgenders	AICUF
18	Mon	NCC Selection Drive 2023	NCC
20	Wed	Health Camp in Jaisinghpura Village	Dept of Business Adm & UBA Cell
22	Fri	Orientation programme for UBA, SAP, and LSEAC	UBA, SAP, LSEAC
23	Sat	Freshers' Day programme	Students' Council
26	Tue	Swachta Week programme Begins (26 Sept to 2 Oct)	SAP
27	Wed	NSS and Red Ribbon Club Orientation (NSS Day)	NSS and RRC
		Blood Donation Drive	NSS, RRC, RR
		NGC Orientation and Establishment of E-waste Collection centre in Campus	NGC
30	Sat	Alumni Interactive Session - I	Dept of Commerce
		Syaahi - Stationery Donation Drive	Dept of Eng and UBA Cell

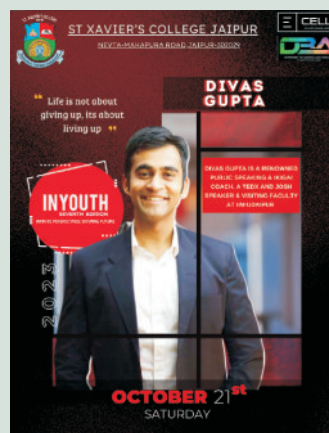
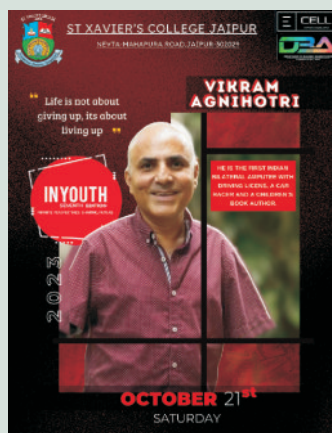
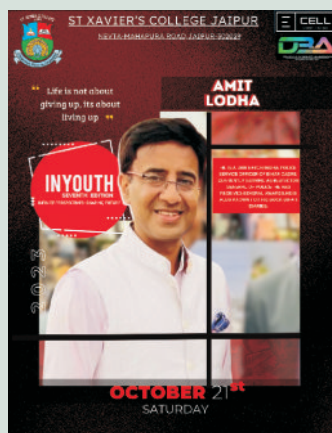


The **Women's Table Tennis team** won the Silver medal in the Inter-college Tournament hosted by the University of Rajasthan on 30 September 2023.



# Academic Calendar (Oct 2023)

DATE	DAY	PARTICULARS	Cell/Club/Committee/Dept
2	Mon	Mahatma Gandhi & Lal Bahadur Shastri Jayanti Celebration	SAP, UBA & NSS
		Exhibition cum Sale	AICUF
4	Wed	Orientation cum Informative Session on Minority Scholarship	Minority Committee
6	Fri	Visit to Nahargarh Biological Park	Dept. of Science
7	Sat	Technoid	Dept. of Comp. Sc. & Tech-X
		Pre-INKA'23	Dept. of English
9	Mon	Orientation of Certificate Course on Paralegal Studies	Dept. of Pol. Sc.
10	Tue	Interactive session on Career Orientation	Dept. of Science
11	Wed	International Day of the Girl Child Celebration in UBA adopted Villages	Dept. of Pol. Sc. & UBA
		InPsych'23	Dept. of Psychology
13	Fri	Online Workshop on IPR - Patents and Designs	IPR & IIC
14	Sat	INKA'23	Dept. of English
16	Mon	Alumni Interactive Session-I	Dept. of Economics
17	Tue	Alumni Interactive Session-I	Dept. of English
18	Wed	UBA Activity (Financial Literacy)	Dept. of Commerce & UBA
		Lecture Series - I (Industry expert)	Dept. of Business Adm
		Voter Registration	Dept of Arts
19	Thu	Workshop on Indian Foreign Policy in 21st century (19 - 20 Oct)	Dept. of Pol. Sc.
21	Sat	InYouth (Youth Summit 7th edition)	Dept. of Business Adm
25	Wed	International Artist Day	Art Club
		Ethics on Plate and XIF Orientation	XIF
26	Thu	Cancer Awareness Session - Breast Cancer Awareness Month	GSWC
27	Fri	Pre-Synergy Event & Conclave	Dept. of Economics
28	Sat	Synergy 2023	Dept. of Economics
31	Tue	National Unity Day	AICUF & UBA



# Student and Staff Achievements



**Dr. Narendra Lamba** achieved a significant milestone by earning a Ph.D. degree.



**Dr. Sunita** successfully defended her thesis and joined the Ph.D. fraternity of the college.



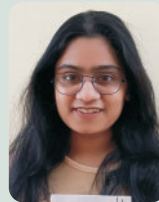
**Dr. Dharmveer Yadav** published two books on Cloud Computing and E-Commerce Technologies in the month of October, with the ISBN No. 978-81-8047-272-8 and 978-93-5736-193-4, respectively.



**Saya Kumari**, a student of B.A. Pass Course has been selected for the Republic Day parade.



**Jyoti Yadav** (B.A Eng Hons. I) got selected for the Senior State Basketball Championship 2023.



**Devangshree Saini**, an M.A. English student, published a book *Broke, Healed and Loved* with ISBN 9798889513759.



**Dr. Anik Sarkar** made a notable contribution by publishing a chapter titled *Prospective Role of Melatonin in Pathogen Suppression and Host Resistance* in eBook with DOI <http://dx.doi.org/10.1201/9781003343752-19> and research article titled *Spermine induced endogenous signal ameliorates osmotic stress in Lens culinaris in the reputable Scopus indexed journal* with DOI <https://doi.org/10.1007/s12298-023-01374-w>

## MOU HIGHLIGHTS

### Academic:

- St. Xavier's College (Autonomous), Mumbai
- St. Xavier's College, Kathmandu, Nepal

### Industry/NGO:

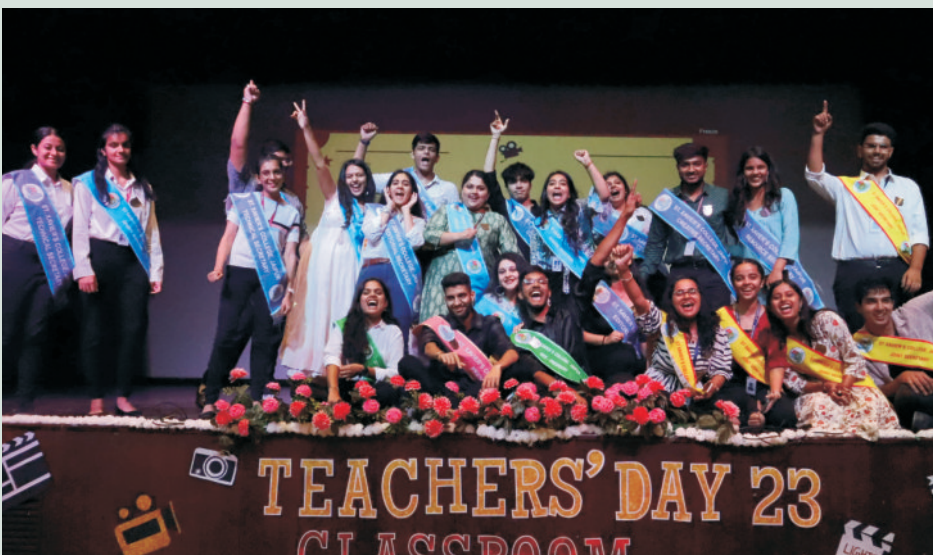
- PHD Chamber of Commerce & Industry
- Suman Blood Bank
- Sanjeevani: Life Beyond Cancer



**Shivam Goyal** (B.B.A II) won the Bronze medal in the Inter-college Swimming Tournament organised by the University of Rajasthan on 2 October 2023.



**Bhankrota, Rajasthan, India**  
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 Long 75.67688°  
 24/11/23 01:52 PM GMT +05:30



# Coordinators' Message



Ms. Nupur Chauhan

Greetings dear readers!

It is our immense pleasure to present to you the 3rd issue of the IQAC Newsletter centred on the theme Well Being for All. This edition is a comprehensive exploration of the myriad activities undertaken by St. Xavier's College Jaipur, all aimed at fostering wellness among various stakeholders within and outside the college community. Our aim with this newsletter is to shed light on the multifaceted aspects of well-being and how they resonate within educational settings, the broader community, and the lives of each individual. Throughout these pages, you will explore a diverse array of initiatives and activities undertaken by the college to promote a holistic well-being.

The collective efforts of our students, faculty, and community members have led to remarkable achievements of milestones, which we proudly share in this issue. Their dedication and unwavering commitment to enhancing well-being serve as a testament to our shared vision. We hope this newsletter serves not only as an informative read but also as a source of inspiration for you to actively contribute to the promotion of well-being in your spheres of influence. Together, let us continue striving for a world where well-being is valued and nurtured as an essential cornerstone of life.

Regards

Ms. Nupur Chauhan & Ms. Ruhi Sinha, Coordinators IQAC Newsletter (Issue-3)



Ms. Ruhi Sinha



**WE ARE NOT A TEAM BECAUSE WE WORK TOGETHER  
WE ARE A TEAM BECAUSE  
WE RESPECT, TRUST AND CARE FOR EACH OTHER.**