



# SRINIVAS UNIVERSITY

Mangalore-575001, Karnataka, India

College of Management and Commerce

**MEDITATION AND MINDFULNESS CLUB**



**Mrs. Ashwini**  
**Faculty Coordinator**



**Lana I Ka Suchiang**  
**Student Coordinator**

### **Proposed Activities:**

- 1) Helping the students to learn how to practice and maintain a regular mindfulness and meditation practice.
- 2) To practice meditation and mindfulness in a group to promote healthy ways of thinking, living, and being
- 3) To teach support and spread awareness for meditation to all interested students and faculty on campus
- 4) Discussing the challenges they are having with their practice and just be social with other follow mediators
- 5) Once in a week 30 minutes silent group mediation sessions where all the club members can come and mediate with others

### **Faculty Coordinator Address:**

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### **Student Coordinator Address:**

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