

## **Mindfulness and Meditation Club at UCSD**

### **Article I. Name of Student Organization**

- This organization shall be called the Mindfulness and Meditation Club at UCSD

### **Article II. Statement of Purpose**

• The goal of this organization is to provide a space for students who enjoy meditation, want to try meditation, want to naturally relieve themselves of stressors pertaining to college life, or want to find a group of open and non judgemental like minded people. We will seek to promote equality, diversity, and empathy in our discussions, and a comfortable environment for all students who choose to join. Organization members will find a great community that embraces them with open arms, and an experience that will make these hard times a lot easier.

### **Article III. Non-profit Statement**

- Mindfulness and Meditation Club is a non-profit organization

### **Article IV. Requirements for Membership**

- There are no dues required for membership. Anyone is eligible for membership, there are

no restrictions, though those who display unkind mannerisms or words will be asked to leave. Those who would like to become a member shall be welcomed at any point in the year, all you must do is show up! Members are identified as undergraduate students, and administrative members will be identified as administrators of the club.

### **Article V. Frequency of Organization Meetings**

• Our organization will meet from one to two times a week. There will not be a required number of meetings, as our meetings will be casual. We will have a weekly sign in, so we can establish who is the most committed to the club, in case we need to register another administrator later on.

### **Article VI. Qualifications for Holding Office and Methods of Selecting and Replacing Officers**

• Only registered UCSD undergraduate students may hold office or be a part of this club. Officers will be elected by interviewing for the best and most reliable candidates. Only registered UC San Diego students may vote in elections for the selection of the organization's officers. They will be elected in early September, right before the school year begins. Officers will be removed if they are not completing their duties or have harmed others. The 6 officer positions are as following:

### **Article VII. Risk Management**

- Mindfulness and Meditation Club at UC San Diego is a registered student organization at the University of California, San Diego, but not part of the University itself.

- Mindfulness and Meditation Club at UC San Diego understands that the University does not assume legal liability for the actions of the organization.
  
- Co President/ meditation leader/ sangha facilitator: Alok Sakya
  - The president will manage the overall duties and provide a schedule and activities for the weekly meetings, as well as lead sanghas and sats
- Co president/ meditation leader/ sangha facilitator: Josue Canizales
  - The Co president/meditation leader will lead the meditation series
- Co-treasurer: Ron Lien
- Co-treasurer: Alex Wen
- Historian: Alexa Osuna
- Public Relations: Hima Kathi
- Secretary: Stephanie Mak