



## **BODHI MINDFULNESS CLUB (BMC)**

**SCHOOL OF BUDDHIST STUDIES & CIVILIZATION**

**GAUTAM BUDDHA UNIVERSITY**

EXPRESS-WAY, GREATER NOIDA,

DIST: GAUTAM BUDDHA NAGAR

UTTAR PRADESH, 201312

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### **About BMC**

*Bodhi* means Buddha hood and Buddha-Nature, Supreme Enlightenment and Perfect Mindfulness. The *Bodhi* is not only in psychical Enlightenment but also in physical light. It is known as the “will” in psychology and as the “heart” in physiology. *Bodhi-citta* as symbolized by a Full moon, perfect & round & bright, eight inches in diameter, situated in his heart, and consisting of great compassion and deep wisdom.

The Bodhi-Mindfulness Club aims to create a community around the pursuit of living a more mindful, reflective, and skillful life. BMC hopes to develop the meditation skills of its members and foster discussion of matters of practical importance. In short, BMC is dedicated to creating a community which promotes human flourishing and the art of living well.

BMC is the only club on campus that provides an opportunity to learn about, discuss, reflect on, and practice various forms of meditations and mindfulness. The club provides, at a minimum, an hour each week for students to come and learn about not only what various types of meditation and mindfulness are, but especially why they’re important and how to apply them to daily life. Everyone is welcome to share insight, stories, thoughts, etc. as the group is a learning experience for everyone.

Each meeting is a chance for students relax for an hour at the beginning of the week - to center themselves and walk away with a new perspective, a sense of connectedness, and maybe a bit of wisdom.

## **MISSION**

Introduce to Buddhist meditation methods to all students. Provide the meditation methods to help the students' develop mindfulness, loving-kindness, compassion and relaxation technique. And promote the meditation education to nearby University from GBU's meditation students.

## **Objectives of BMC(For Self Development)**

- ✓ To be arranging weekly meeting for sharing & discussing of owns meditative experiences.
- ✓ To be learn advance practices of meditation for becoming good meditation trainer.
- ✓ To be arranging trips/visit to Buddhist meditation centers for acquiring to deep experiences of meditation.

## **For GBU's Campus Development**

- ✓ To be arrange workshop/presentation to GBU students for meditation awareness.
- ✓ To be arrange one/two days retreat/workshop on Mindfulness Meditation for GBU's faculties/family members. To be arrange and celebrating Buddhist cultural events for harmony & peace in society.
- ✓ To be doing survey and publishing journal on meditative experiences by GBU students. To be camping about environment/nature awareness among students.

## **For Educational and Social Development**

- ❖ To be promoting the meditation education to others primary schools, colleges nearby university.
- ❖ To be arrange two hours workshop on meditation in daily life for nearby villager/local public by GBU's meditation trainers.
- ❖ To be arrange quiz programme for Buddhist Ethics awareness among nearby schools/college's students.

**Membership: Eligibility for Membership**

Membership is for all students from the All Schools/Departments of Gautam Buddha University regardless of their gender or racial, ethnic, or cultural background.

Any action of insulting or discrimination to other religions is not tolerated. Any member who commits this disrespect action will be warned at the first. If the member continues to do it, he or she will be removed from the club.

**Co-ordinator**

**Dr.Manish Meshram**

**Mo. No. 8860855578**