

SENATE RESOLUTION

[SR-W23-002]

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TITLE	Expanding the Mediation Room on Campus

WHEREAS, UC Riverside is home to students from many diverse backgrounds, all of which have different needs to fulfill as they transition onto campus life;

WHEREAS, the Meditation room located in the HUB is seen as an essential space on campus for UCR students from various religious and spiritual backgrounds, where they use this space to practice their faith and meditate, especially during holy months, such as Ramadan and Lent;

WHEREAS, UCR is home to many Muslim students, who utilize the Meditation Room in order to pray the five daily prayers the Islamic faith requires. These prayers are to be done during specific allocated times throughout

the day, however the space supplied is not adequate for the amount of students that need to use it at the same time;

WHEREAS, due to the small sizing of the room, the location of the room, and the difficulty to access the room for students with disabilities, the room does not meet the needs of the UCR student population;

WHEREAS, due to the inaccessibility and limited capacity of the current meditation room, many students have been forced to conduct their religious and spiritual practices outside on sidewalks and in unsafe/inadequate spaces;

WHEREAS, due to the inaccessibility and limited capacity of the current meditation room, many students are unable to find quiet spaces where they can rest and meditate during finals week;

WHEREAS, within the [UC system](#), non-denominational spaces have been used as a space open to all students for contemplation, self-care, meditation, reflection, and prayer;

WHEREAS, spaces like the Meditation room are necessary for the overall physical, mental, emotional, social and spiritual wellness and health of all students at UCR;

WHEREAS, the Meditation room is such a vital space for all students on campus to take a step back from the fast paced nature of college and duties and instead focus on their mental health and take care of themselves however they seek fit;

WHEREAS, having multiple mediation rooms across campus is crucial for the well-being and mental health of UCR students during finals week;

WHEREAS, meditation is extremely important to the health and wellbeing of students since it presents many [benefits](#) for students academic success such as, but not limited to: an increased ability to process information, reduce inflammation, [Meditation to Boost Health and Well-Being | American Heart Association](#) support the immune system, control the brain's response to pain, improve sleep, and overall significantly improves mental health;

WHEREAS, the overall purpose of the Meditation room is to provide students the opportunity to take care of their needs and by doing so enhancing the student's experience at the University of California, Riverside;

WHEREAS, other UC campuses accommodate their students by supplying them with a spacious and easily accessible Meditation room like [UC Berkeley](#) and [UC Irvine](#), all of which are spacious and meet the needs of all students;

WHEREAS, UCR is known for the many diverse students we hold, and we pride ourselves in welcoming and encouraging all backgrounds, yet we fail to meet the needs of such students;

WHEREAS, for years students have been advocating for a larger and more accessible meditation room, and the need only continues to grow with UCR's growing population of diverse students;

Now, therefore, be it

RESOLVED, That The Associated Students of UC Riverside -

- (1) *Let It Be Resolved*, UCR HUB will communicate to provide more frequent spaces on campus for a meditation room
- (2) *Let It Be Further Resolved*, The ASUCR will communicate with campus administration and HUB administration to ensure the implementation of the meditation room comes to fruition
- (3) *Let It Be Further Resolved*, The ASUCR will ensure that the meditation room will service the needs of all students
- (4) *Let It Be Further Resolved*, The ASUCR will ensure the implementation of a meditation in various locations such as Orbach Library, Rivera Library, Student Success Center, HUB, and across various residential life/housing locations
- (5) *Let It Be Further Resolved*, The ASUCR will communicate with UCR HUB to ensure an expanded meditation room that can accommodate a large capacity of student that parallels that of our overall student population
- (6) *Let It Be Further Resolved*, The ASUCR will ensure that students are provided with multiple meditation rooms across campus during finals week where they can rest, practice their religious or spiritual faiths, and meditate.
- (7) *Let It Be Finally Resolved*, The ASUCR will communicate with the UCR HUB to create, implement, and provide temporary spaces for accessible meditation rooms while planning and awaiting future permanent locations

Cc:
SDRC
The Well
Basic Needs
Highlander Newspaper
HUB Governing Board
HUB Administration
Chancellor Wilcox
Vice Chancellors

Deans of all colleges
Ethnic and Gender Programs
UCR Libraries
UCR Housing

SUBMITTED ON - *January 27, 2023*

COMMITTEE APPROVED ON - *January 27, 2023*

VOTE COUNT - *4-0-1*

SENATE APPROVED ON - *February 1, 2023*

VOTE COUNT - *15-0-2*