

STUDENT SENATE BILL 2019-1051

TITLE: Sky

AUTHOR: Senate Allocations Committee

AMOUNT: \$300.00

Special Request for:

Programming	\$0.00
Advertising	\$250.00
Copies	\$50.00
Food	\$0.00
Travel	\$0.00
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Grand Total	\$300.00

President: Dhairyasheel Pawar

Active Members: 25

Purpose: Sky aims at “youth empowerment” and takes the responsibility for enhancing the quality of students’ life by providing them a comprehensive set of tools practical tools like breathing techniques, meditation and yoga etc for releasing stress, mastering emotions and raising self-awareness. We all realize that stress and depression are real, and are affecting us irrespective of our age and background. We at Sky are working towards creating a stress free UF and bringing the mind to focus.

Activities: We have been present on campus for over 5 years now and have been consistently offering free meditation sessions in the Reitz Union and teaching breathing techniques for stress release free of cost. We also hold two workshops a year, one in each semester where we invite trained meditation facilitators to come and conduct a workshops.

Proviso: This allocation will exhaust at the end of the fiscal year on June 30, 2019