

## **Associated Students of Fullerton College Resolution/Statement**

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**Date Passed: 2/12/2024**

**Vote: Unanimous**

### **Resolution on the installation and maintenance of a Prayer and Meditation Room**

**WHEREAS**, the current state of the prayer room on campus has been a concern to many students who seek mindfulness throughout the school year. In particular, many Muslim students grapple with finding space for prayer during Ramadan. The prayer room is unkept and inaccessible, making mid-day prayer and meditation nearly impossible. To respect and address the needs of all of our students, a prayer and meditation room would provide appropriate space for students to practice mindfulness on campus.

**WHEREAS**, Academic environments can be highly demanding and stressful for students, especially those juggling schoolwork, job responsibilities, and personal obligations. Research has shown that incorporating meditation rooms within academic facilities can help students manage stress, increase creativity and focus, and cultivate a sense of calm amidst hectic schedules. These meditation rooms can serve as a valuable asset in supporting student well-being and academic success by providing a space for students to center their breathing and practice stillness.[1]

**WHEREAS**, Mindful meditation has been found to offer numerous physical and mental benefits, such as relief from irritable bowel syndrome, fibromyalgia, psoriasis, anxiety, depression, and post-traumatic stress disorder. In addition, studies have shown that patients who engage in a mindfulness meditation program may experience positive effects on their depression, chronic pain, and anxiety levels. [2]

**WHEREAS**, Engaging in prayers has been linked with a range of positive outcomes, including a sense of calmness, peace, encouragement, and social support. Additionally, prayers can foster a sense of connection among individuals, reducing feelings of isolation, anxiety, and fear. These findings have important implications for individuals, communities, and healthcare providers who seek to promote physical and mental well-being. [3]

**WHEREAS**, Participants in a 2009 study who received a prayer intervention showed noteworthy progress in reducing their depression and anxiety levels. These individuals reported an increase in daily spiritual experiences and optimism compared to the control group. Remarkably, these benefits persisted for at least a month, even after the conclusion of the final prayer session. [4]

**THEREFORE BE IT RESOLVED**, Fullerton College creates space as a designated Prayer and Meditation room, possibly via a renovated study room in the library. A budget must be allocated to purchase necessary supplies such as prayer and yoga mats, chairs, religious scriptures, cushions, and pillows. During the library's operating hours, students will have access to the room, with the possibility of a limit on the number of occupants at any given time, as determined by the library.

**RESOLVED**, Associated Students recommends that Fullerton College, faculty, classified, and administration promote the establishment and accessibility of the Prayer and Meditation room via social media, President's Weekly Newsletter, or flyer.

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**Citation 1:**

<https://www.lcc.edu/diversity/meditation-room.html#:~:text=Meditation%20rooms%20are%20pr,oven%20to,amidst%20deadlines%20and%20hectic%20activities>

**Citation 2:**

<https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>

**Citation 3:**

<https://www.cnn.com/2020/06/17/health/benefits-of-prayer-wellness/index.html>

**Citation 4:**

<https://pubmed.ncbi.nlm.nih.gov/20391859/>