

**AWAREnest Mindfulness lab**  
**School of Psychological Sciences**  
**Bangalore Central Campus**

Mindfulness is a practice gaining significant attention due to its positive impact on mental well-being and overall health. **AWAREnest Mindfulness Lab** serves as a dedicated space to promote mindfulness research, education, and practice within the university. The lab contributes to building a culture of well-being, resilience, and mindful awareness among students and staff.

## **Objectives**

1. Create student communities of practice that engage in mindfulness and foster these practices across the university to improve student well-being.
2. Facilitate and conduct scientific research on mindfulness.
3. Develop and deliver evidence-based mindfulness programs for diverse groups, including students, employees, and community members.

## **Scope**

- **Community of Practice: Building Mindful Communities**

The lab provides students with opportunities to engage in mindfulness practice, discussion, and reflection. Participation is open to students and research scholars across the university. The focus is to enhance student well-being, personal development, and the cultivation of mindful communities within and beyond campus.

Practices take various forms—both formal and informal—including mindful breathing, meditation, journaling, artwork, and reflective dialogue. Sessions are facilitated by trained faculty members or experts in the field. By embedding mindfulness into the university experience, **AWAREnest Mindfulness Lab** supports academic, emotional, and social flourishing, contributing to a more compassionate and resilient campus culture.

- **Research Opportunities**

The lab offers a platform to conduct and support rigorous research on mindfulness. Collaborative partnerships with academic institutions and experts enable meaningful exploration of mindfulness and its multidimensional benefits. Research focuses on areas such as cognitive functioning, emotional well-being, behavioral regulation, and physical health. The lab also promotes dissemination of findings to contribute to the broader scientific community.

- **Mindfulness-Based Workshops and Training**

AWAREnest Mindfulness Lab conducts structured and evidence-based mindfulness workshops and training programs for students, faculty, and the wider community. These programs integrate principles from traditional mindfulness practices and contemporary psychological science. Participants gain practical skills to navigate stress, academic pressures, and life transitions.

- **Student Engagement**

Postgraduate student volunteers are recruited to help facilitate community practice sessions across campus. These volunteers receive training from faculty trainers and research scholars specializing in mindfulness.

Research scholars working in the field of mindfulness are encouraged to utilize the lab to support their research activities. They also organize collaborative research discussions, seminars, and knowledge-sharing sessions to advance the field.

- **Faculty Involvement**

Faculty members interested in mindfulness practice, training, or research are welcome to collaborate with the AWAREnest Mindfulness Lab. They may contribute through workshop delivery, research partnerships, or mentorship in mindfulness-based initiatives.

## **Contact**

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