

Hindu Communities of Northeastern University: Art of Mindfulness

Hindu communities of Northeastern organized a reflection and meditation event that focuses on the Art of Divine Mindfulness and overcoming negative emotions. With community members, the group explores boredom, anxiety, loneliness, laziness, anger, distractions, and how to succeed in dealing with these emotions. As you can see from the pictures below, people were separated into small groups in an effort to promote discussion on different resolutions and on ways to further and grow the Hindu community. This particular meeting explored the emotions of anxiety and anger in an effort to help those that may feel nervous in such a large campus like others and those that may have resentment toward others.

See attached photos below for more insight on the event



