

Constitution of “Mindfulness Meditation Student Group of University of Toronto”

1. Name

The official name of this recognized campus group is “Mindfulness Meditation Student Group of University of Toronto”

The acronym or abbreviation of this group is: MMSG UofT

2. Purpose and Objectives

Vision:

Developing members to overcome the rising struggle against anxiety, stress, and depression, which arise through various pressures of student and work life. Focusing on rejuvenating the mental and physical wellbeing of members and practicing letting go of past regrets, helping overcome current challenges and planning for a happier future.

Mission:

Teaching and practicing the authentic teachings of the Buddha to gain true inner peace and happiness for all interested members.

How to achieve our goal:

- Organizing meditation, education, and social outreach sessions through the Theravada Buddhist tradition with the help of the monks of Buddha Meditation Centre of GTA (Mahamevna Bhavana Asapuwa).
- Our experienced monks will teach mindfulness meditations such as breathing meditation, loving-kindness meditation and many more. There will be many opportunities to practice chanting for protection and happiness.
- Discussions and questions are highly encouraged and will be answered through the real teachings of the Buddha.
- Providing social work opportunities (i.e. Blood donations, community cleanup, tree planting events, etc.) with likeminded individuals and creating a practical and enjoyable way of applying what we learn.

3. Membership

Membership to the group is open to all the University of Toronto members (students, staff, faculty and alumni).

Current students:

U of T current students are permitted to run, nominate, and vote in elections and constitutional amendments. They can be elected for the executive committee.

Members from Staff, Faculty and Alumni:

Members from this category can do everything a general member can do. However, they can NOT vote in any capacity, which means they can't run for elections and they can hold only non-voting executive position such as an advisor to the MMSG UofT.

Executive committee:

- Ninety percent of the executive members should be from current U of T students with voting rights.
- Ten percent can be alumni in executive committee with no voting rights.

Non-U of T members:

The group is open to non-U of T members. However, these members do not hold the aforementioned rights. Members must register with a designated executive by submitting their full name and a valid email address.

The membership fee will be \$0 per year.

4. Executive List and Duties

The executive committee shall be comprised of minimum four (4) elected officers. These include a President, Vice-President, a Secretary, and a Treasurer.

Assistant Secretary and Assistant Treasurer position can be assigned for the smooth functioning of the MMSG UofT.

The President shall:

- Oversee the operations, management and success of the group
- Be the spokesperson for the group
- Hold signing officer authority along with the Treasurer for financial purposes
- Preside over board meetings as well as general meetings
- Ensure transition of office to the future Executives

The Vice-President shall:

- Assume duties of the President in his/her absence
- Oversee the various committees
- Ensure that all the activities of the club meet regulations and policies of the University of Toronto
- Coordinate organizational recruitment efforts

The Secretary shall:

- Make a list of all registered members
- Maintain the web sites and member contact list
- Record notes and motions for meetings

- Notify all members of meetings
- Handle official correspondence of the organization

The Assistant Secretary shall:

- Assume duties of the Secretary in his/her absence
- Help Secretary maintain the web sites and member contact list
- Record notes and motions for meetings as required
- Notify all members of meetings as required
- Handle official correspondence of the organization as per guidance of Secretary

The Treasurer shall:

- Record all financial transactions of the group
- Hold signing officer authority along with the President for financial purposes
- Maintain a budget of income and expenses along with receipts
- Advise members on financial position of the group
- Prepare an annual budget for the group as well as budgets for specific events

The Assistant Treasurer shall:

- Assume duties of the Treasurer in his/her absence
- Help treasurer to record all financial transactions of the group
- Help treasurer to maintain a budget of income and expenses along with receipts
- Advise members on financial position of the group as required
- Help treasurer to prepare an annual budget for the group as well as budgets for specific events

The group may appoint Directors or Coordinators for various committees such as social committee, publicity committee, and so on; however, such positions do not hold executive decision making authority.

Termination of Executives or General Members:

Any member of the club who commits an act negatively affecting the interests of the club and its members, including non-disclosure of a significant or continuing conflict of interest, may be given notice of removal.

The member up for removal shall have the right to defend his/her actions.

A two-thirds majority vote of the current members present in favor of removal is required. The member must have the right to an appeal before the general membership, and the majority vote of the general membership will have the final say on the matter.

The member will be removed from the club's membership and will lose any privileges associated with being a member of the club.

Executive members are subject to the same termination or impeachment process and, as determined by the vote, may lose their executive position along with their membership to the group.

5. Elections

The executive committee shall strike the Elections Committee and appoint one (1) Chief Returning Officer (CRO) and two (2) Scrutinizers from the general members on the committee to conduct and hold elections in March. All members of the Elections Committee shall be non-biased in the results of the election and shall be required to disclose any and all conflicts of interest in the election.

The CRO Returning Officer shall accept nominations only from group members that are also registered U of T members (staff, faculty, students and alumni) for candidacy of executive positions from the general membership before the beginning of March. Candidates have to be members in good standing and be part of the group for at least one month prior to the nomination period.

The CRO shall select three (3) election dates before March 30th for the voting period. These dates will be announced in a minimum of two (2) weeks prior to elections dates and must fall on weekdays.

The CRO and Scrutinizers shall provide each U of T member with a paper ballot on the voting dates and ask the member to place their ballot in an enclosed box.

In preparation for a tie, the CRO shall select an executive from amongst the executive committee, to cast their ballot and seal it in an envelope. In the event of a tie for an executive position, one of the two Scrutinizers shall break the seal and count the ballot in order to break the tie.

After the election is over, the CRO and Scrutinizers shall count the ballots. The candidate with the most votes shall be elected to the position. The CRO and Scrutinizers shall submit a report of the results of the elections to the Executive Committee and general members.

Registered U of T members may not vote by proxy. Non-U of T members may not nominate or vote in elections.

Only U of T members who have paid any applicable membership fees and have been a member in good standing for 30 days prior to election dates are eligible for voting.

Term of executive positions shall be from May 1st to April 30th.

6. Finances

The Treasurer shall keep records of all income and expenses. The Treasurer shall present the group's financial health at the annual general meetings. The Executive Committee will vote on expenditures of over \$100.00 by majority vote at an executive meeting.

The group's executive or members may not engage in activities that are essentially commercial in nature. This is not intended to preclude the collection of membership fees to cover the expenses of the group, or of charges for specific activities, programs or events, or to prohibit groups from engaging in

legitimate fundraising. However, the group will not have as a major activity a function that makes it an on-campus part of a commercial organization, will not provide services and goods at a profit when that profit is used for purposes other than those of the organization, and will not pay salaries to some or all of its officers.

7. Meetings

A) Annual General Meetings (AGMs):

The group shall hold general meetings at least twice per year, i.e. once per academic term.

The Executive Committee will announce these dates two (2) weeks prior to holding the meetings. These meetings are intended to go over the group's annual activity plan, financial health and propose or vote on constitutional amendments, if any. Motions will require 2/3 majority of registered members in attendance for a vote to be cast. The motion with the most votes will be passed.

b) Executive Meetings:

The executive committee shall meet on a monthly basis where date and times are to be set by an executive. The quorum of executive meetings shall be 50%+1 of executives.

8. Amendments

Any registered U of T members may propose and vote on amendments to this constitution. The Executive Committee will administer the process of having amendments discussed at general meetings.

Constitutional amendments shall require a 2/3 majority to be passed at Annual General Meetings by registered U of T members in attendance.

The Executive Committee shall formally adopt the new constitution and submit the revised constitution to the respective University offices (i.e. The Office of Student Life, The University of Toronto Students' Union, etc) within two (2) weeks of its approval by general members.