

Asana Club Mindfulness Retreat - Event Details and Budget

Event Name: Asana Club Mindfulness Retreat - Inner Balance Day

Description: Join the Asana Club for a rejuvenating mindfulness retreat designed to enhance mental clarity and emotional well-being.

Date and Time: July 15, 2025, 5:00 PM - 7:00 PM IST

Location: University Meditation Garden

Organizer: Asana Club in collaboration with the Counseling Department

Event Type: Wellness Retreat

Start Date: July 15, 2025, 5:00 PM IST

End Date: July 15, 2025, 7:00 PM IST

Additional Notes: Participants should bring a yoga mat, cushion, and notebook. Limited to 50 attendees; register by June 1st.

Category	Item	Cost (INR)
Venue	Rental Fee	2,000.00
Equipment	Yoga Mats (50 units)	5,000.00
Equipment	Cushions (50 units)	3,000.00
Equipment	Sound System Rental	1,500.00
Personnel	Mindfulness Expert Honorarium	4,000.00
Personnel	Volunteer Refreshments	1,000.00
Marketing	Flyers and Posters	1,200.00
Miscellaneous	Contingency Fund (10%)	1,770.00
	Total Estimated Cost	19,470.00