

ACTIVITY REPORT 2024-25



A year of spreading joy and love

"When we founded SKY Campus Zürich just one year ago, we never imagined how deeply this initiative would resonate. In a time when student well-being often feels like an afterthought, our mission to foster inner development and mental resilience found incredible support from students, researchers, and institutional partners alike.

From Yoga sessions under the open sky to intimate retreats that transformed how we relate to stress and emotions, this year has been a living example of what's possible when young people are empowered with tools for inner strength.

As we look ahead, our vision is to empower a generation of changemakers rooted in inner clarity and service, to sustainably build resilient and joyful university campuses in Zürich."

Vinay Shekhar
President,
SKY Campus Zürich

Raksha Ravikumar
Outgoing Vice-President,
SKY Campus Zürich

IMPACT SNAPSHOT

48+

Workshops
conducted

340+

Workshop
Participants

7

SKY Campus
Happiness Retreats

50

Retreat Participants

SKY Campus Zürich at a glance

About Us

- **Founded:** July 11, 2024, at the University of Zürich
- **Our Purpose:** To promote mental well-being and inner development through evidence-based programs in breathwork, meditation, and service-based leadership
- **Affiliation:** Under the patronage of the Rektoratsdienst at UZH
- **Leadership Team (2024-25):**
 - Vinay Shekhar, PhD student, UZH – President
 - Dr. Raksha Ravikumar, PostDoc, UZH – Vice-President
 - Sudev Sankar, PhD student, UZH – Treasurer
- **Community Leaders:**
 - Mantra Kumar (Bachelor student, ETH Zürich)
 - Izia Wang (Master student, UZH)
 - Dr. Nicole Härter (PostDoc, UZH)



Our Activities

Our programs are open to all students, researchers, staff, and faculty across universities in Zürich. Over the past year, SKY Campus Zürich has focused on creating meaningful opportunities for inner growth and community building through:

- **Breathwork & meditation workshops**
- **SKY Campus Happiness Retreat:** our flagship three-day program, offering a research-backed curriculum in breathwork, meditation, and psychosocial wellness
- **Follow-up events for retreat graduates:** exclusive sessions to deepen and sustain retreat learnings.
- **Community building:** fostering service-based leadership and a more joyful campus culture
- **Advocacy:** encouraging universities to invest in student wellbeing and inner development.

Where our members come from



210

Registered members

11

Volunteers

179

Active members
(with voting rights)

31

Associate members
(no voting rights)

Postdocs/Staff
15.6%

Bachelor students
24%

PhD students
30.2%

Master students
30.2%

Z hdk
Zürcher Hochschule der Künste
Zürich University of the Arts
1
0.6%

ETH zürich

48
26.8%

PH ZH
PÄDAGOGISCHE
HOCHSCHULE
ZÜRICH

3
1.7%

zhaw

124
69.3%

Ongoing Projects



PROJECTS



DETAILS



OUTCOME

Zäme Mental Gsund (Feb 2025 – May 2026)

Bringing SKY
Campus events to
students at Zürich
universities

- Workshops at 4 universities in Zürich
- Happiness Retreats

Make Irchel More Sustainable (Jan 2025 – Dec 2025)

Social
sustainability
project at UZH
Irchel Campus

- Monthly workshops on Irchel Campus
- Happiness Retreat for MNF students

In their own words

These testimonials by participants attest why SKY Campus programs matter on campus

"I thought I would participate in a simple meditation course (whatever this is). I must say I was positively surprised. I am from nature a very sceptical and critical person and not veeeery sociable :) (I hate small talk). And against all odds I really adored participating, doing breathwork and connect! It really changed so much in my life. I cannot really name what, but I haven't felt such a big difference in a while."

"First I was a bit anxious going in because I didn't know what to expect. But I enjoyed it more than I expected. It was really like a mental reset button!"

"I was amazed by how my attitude changed after the retreat. I was thinking for a long time whether I should participate or not because I still had an upcoming exam, but during the retreat I noticed that life is so much more than just exams and university. I met wonderful people (like a family to me) and had a lot of fun, new learnings and some deep reflections. I was much more relaxed after the retreat and performed well at the exam afterwards. The breathing techniques were very helpful and I am still practicing them daily."

"I joined the SKY campus happiness retreat the weekend before my PhD defense, as the upcoming defense was causing me a lot of stress and anxiety. The retreat really helped me to feel balanced, calm and positive for my defense and I am glad that I did it. I am grateful to the teachers, who are lovely people with a very positive energy. In the retreat, we learned some breathwork and meditation practices to include in daily life, which I think are very powerful and valuable tools. In my opinion, the retreat can be beneficial to anyone, but especially if you feel overwhelmed with exams and studying or need help with stress management, I can highly recommend it :-)"

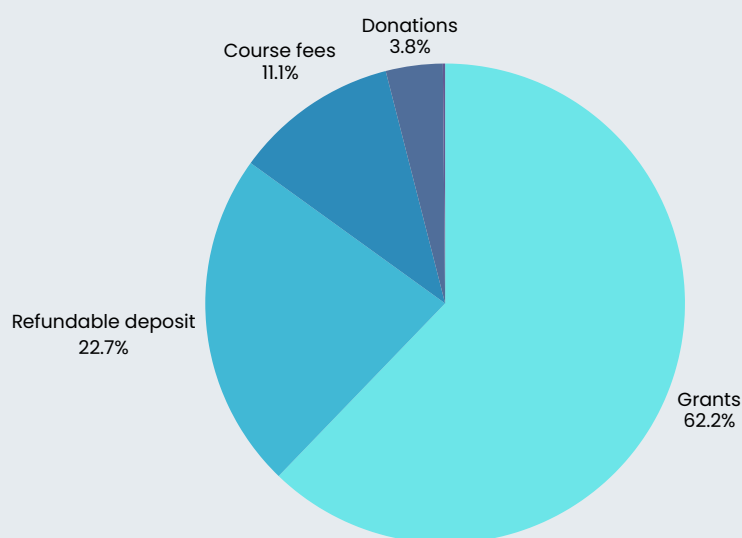
"Joining the retreat is an act of kindness towards yourself. It is a good opportunity if you want to spend some time on yourself, for your growth and progress."

"I came in with certain expectations, but what I experienced still went far beyond I have imagined. The Retreat met me where I was—and then quietly, powerfully, it shifted something in me."

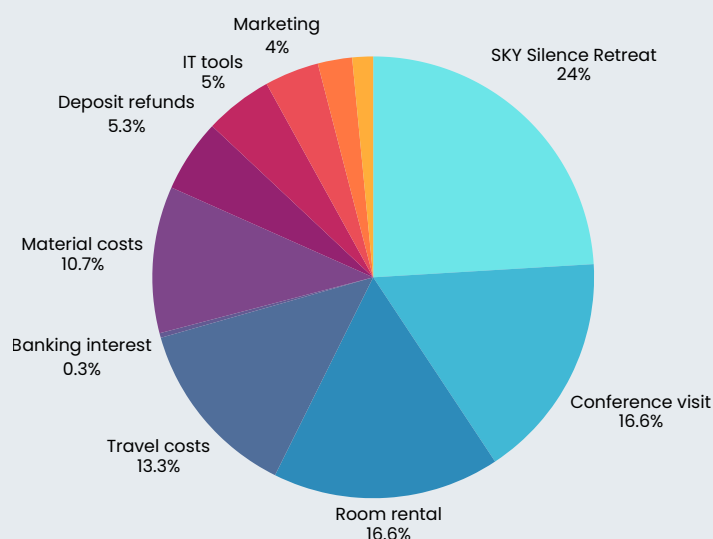
Financial statement

SKY Campus Zürich operates with a strong commitment to transparency and responsible resource use. As a student-led initiative, we prioritize making our programs accessible and affordable while ensuring financial sustainability for future activities.

Current assets in the bank (as of 17.07.2025) - 6571.77 CHF



Income - 16269.88 CHF



Expenditure - 9624.91 CHF

*The financial statement is a snapshot of the current situation. Additional expenditure in terms of trainer and knowledge fees (payable to our knowledge partner, Art of Living Switzerland), reimbursements for purchases made by the volunteers and additional income from sponsors (like the MNF, UZH and D-EAPS, ETH) will be settled by the end of the current calendar year.

Financial Support

Our Donors

- Gesundheitsdirektion Kanton Zürich
- Faculty of Natural Sciences, University of Zürich
- Department of Earth and Planetary Sciences, ETH Zürich
- Alumni Fonds, University of Zürich
- Sustainability Week Zürich
- Association of Students (VSUZH), University of Zürich
- Association of PhDs, Postdocs and mid-level staff (VAUZ), University of Zürich
- Association of PhDs, Postdocs and mid-level staff (AVETH), ETH Zürich
- Student Minds Network
- Rektoratsdienst, University of Zürich



We express our deepest gratitude to all our donors who are supporting us to fulfill our vision of stress-free university campuses in Zürich.

Organizational Structure 2025–26

Executive Board



Vinay Shekhar
President
PhD student, UZH



Izia Wang
Vice President
Master student, UZH



Dr. Nicole Härter
Treasurer
Postdoc, UZH

Advisory Board



Dr. Charu Basu



Dr. Indranil Basu



Dr. Raksha Ravikumar

Community Leaders



Lu Tian
PhD student, ETHZ



Mantra Kumar
Bachelor student, ETHZ



Fabian Altorfer
Bachelor student, UZH



Gabriela
Bachelor student, UZH

Vision for 2025–26 : Become a Leadership Incubator

This year, SKY Campus Zürich's initiatives have laid the foundation for an inclusive, mindful, and resilient student community across the city. In the coming year, we aim to deepen this impact through the 3-module SKY Campus Leadership Incubator program. This transformative journey cultivates not only individual well-being, but also the inner capacity for leadership and meaningful contribution. Through this, we envision a community of empowered student leaders who will carry the values of self-awareness, service, and connection beyond the university by becoming active contributors to the well-being of the wider Zürich community.

SKY Campus Leadership Incubator Program

1 SKY Campus Happiness Retreat

2 SKY Campus Silence Retreat

3 SKY Campus Leadership Training

The SKY Campus Leadership Incubator Program consists of the following 3 modules:

- **SKY Campus Happiness Retreat** – Enhances mental well-being and emotional resilience through powerful breathwork, meditation, and practical life skills.
- **Silence Retreat** – Offers a deep inner reset, building clarity, self-awareness, and inner peace through guided silence and advanced practices.
- **SKY Leadership Training** – Empowers students to lead with purpose and compassion, equipping them with tools for mindful leadership and community impact.

Program backed by evidence

- Studies published in **Frontiers in Psychiatry (2020)** and **Journal of American College Health (2020)** show that SKY (Sudarshan Kriya) breathwork, the core practice of this retreat, **reduces stress, anxiety, and depression** while **improving focus** and **emotional regulation** in students.
- Research on silent retreats (for eg. **Frontiers of Human Neuroscience, 2018**) shows significant increases in cognitive control, mental clarity, creativity, and emotional resilience along with a reduction in mental fatigue.
- Programs integrating breathwork, mindfulness, and leadership training have been shown (for eg. **Frontiers in Psychology, 2019**) to increase key traits of good leaders like self-awareness, stress-resilience, empathy, and team-building capacity.

Goals for 2025–26

- ✦ 10 Happiness Retreats (reach 250+ students)
- ✦ 5 Silence Retreats (reach 80 students)
- ✦ 2 Leadership Trainings (train 40 student leaders)
- ✦ Build the first cross-university student-led Leadership Incubator in Switzerland

Sustainability at SKY Campus Zürich

At SKY Campus Zürich, sustainability goes beyond the environment. It's about social sustainability: creating resilient, healthy, and inclusive communities. We believe that mental well-being, inner development, and a culture of service are key to building a sustainable future.

Pioneering the IDG Framework

In a rapidly changing world, universities can no longer focus solely on academic excellence. They must also nurture the inner capacities of their students. We are proud to be the only student-led **Inner Development Goals** (IDG) hub in Switzerland, embedding the five IDG dimensions (**Being, Thinking, Relating, Collaborating, Acting**) into university life. Our workshops and retreats help students develop these skills, creating changemakers who can tackle sustainability challenges with both competence and compassion.



INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development
IDG Hub SKY Campus Zürich



Our commitment to SDGs

Through our programs, we directly contribute to:

- **SDG 3** – Good Health & Well-Being: Helping students manage stress and develop emotional resilience.
- **SDG 4** – Quality Education: Offering evidence-based training in emotional intelligence, leadership, and mindfulness.
- **SDG 16** – Peace, Justice & Strong Institutions: Cultivating inner capacities for empathy, collaboration, and ethical decision-making.

Our Sustainable Practices


- **Low-Waste Events:** We use paper cups and compostable tableware, encourage participants to bring their own bottles and plates, and recycle diligently.
- **Mindful Marketing:** Digital screens are our primary outreach tool; printed materials are used sparingly and strategically.
- **Responsible Travel:** For most of the retreats and workshops, local SKY trainers from Zürich are invited. We use public transport for events and materials, minimizing car use.
- **Inclusive Access:** All workshops are free, and retreats are heavily subsidized for students. Events are held on barrier-free university premises.
- **Food Philosophy:** All event meals are vegetarian or vegan, cooked in-house or ordered from caterers who deliver in reusable containers. We prioritize local and seasonal ingredients.






Why This Matters

By weaving sustainability into every aspect of our work, from program design to how we serve food, SKY Campus Zürich models how inner and outer sustainability can come together. Students don't just learn about sustainability; they experience it in action.

Flagship Events

SKY Campus Happiness Retreat!



 Breathwork
 Social connection
 Positive psychology
 Service and leadership
 Meditation

09 May	10 May	11 May
FRI	SAT	SUN
ASVZ IRCHEL	ASVZ IRCHEL	ASVZ IRCHEL
18:00-21:30	09:15-14:30	09:15-14:30

Other course dates: 27 - 29 June


Course fees:
 Regular/Faculty - 300 CHF
 Postdocs/mid-level staff/Jobseekers - 200 CHF
 PhD students - 100 CHF
 Bachelor/Master students - FREE

bit.ly/skychr

SUPPORTED BY:

ETH DEAPS, UZH alumni, Universität Zürich Faculty of Science, sky CAMPUS ZÜRICH

Gain Focus,
DROP ANXIETY
with an invited guest!



08 MAY 2025, 17:30 - 19:00
VSUZH STÜBLI
UZH CAMPUS IRCHEL

bit.ly/skygfd

sky CAMPUS ZÜRICH, Universität Zürich Faculty of Science

PAINT AND MEDITATE WORKSHOP

May 5th, 17:30 - 19:30

UZH Zentrum

bit.ly/skypamed

LIMITED SPACES! REGISTER NOW!

Paint, Connect and Rejuvenate



sky CAMPUS ZÜRICH, Prävention und Gesundheitsförderung

Plant & Meditate
WORKSHOP

When: April 14, 17:30 - 20:00
Where: Strebergärtli Campus Irchel
Cost: FREE (Registration necessary)

bit.ly/skypize

sky CAMPUS ZÜRICH, Strebergärtli, Universität Zürich Faculty of Science

YOGA AM IRCHELPARK
EIN ATEM. EIN KÖRPER. EINE WELT.



AM INTERNATIONALE TAG DES YOGA

21 Juni 2025, 9:30

Irchelpark

bit.ly/skyiyd

sky CAMPUS ZÜRICH, Universität Zürich Faculty of Science, Prävention und Gesundheitsförderung, FOCUS WERLID

sky CAMPUS ZÜRICH

#MINISYMPOSIUM

INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development
IDG Hub SKY Campus Zürich

SUCCESS WITHOUT STRESS. IS THAT EVEN POSSIBLE?



Fostering Inner Development of students to transform campuses from Stress Zones to Thriving Communities

Date: 13 May 2025
Time: 15:00 - 17:00
Location: UZH Zentrum
More info: bit.ly/skyidg

Dr. Veronica Quito University of Coimbra
Dr. Fabian Kraxner, M.D. Mental Health Company
Valérie Henzen Reflect

knolw breath knolw life

Discover how **breathwork and meditation** can help you cultivate mental well-being, empowering you to build a **sustainable mindset** and take meaningful action towards a more balanced, eco-conscious future.

18:30 - 20:00
Monday, 7th April 2025
ETH HG

Scan the code to register yourself for the apero

bit.ly/skyinhwz

Nachhaltigkeits Woche Zürich, sky CAMPUS ZÜRICH

THE IMPORTANCE OF MENTAL HYGIENE

Well-being for a better tomorrow

17:30 - 19:00 Thursday, 27th March 2025

Location: ZHdK, Zürich

Join us to:

- Discover the power of self-care through breathwork and meditation
- Experience and learn simple tools that you can practice any time
- Learn how sustainable development starts from inner development

Register Now!

bit.ly/skyzhdk

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Nachhaltigkeits Woche Zürich

Prävention und Gesundheitsförderung

sky CAMPUS ZÜRICH

HAPPIER HOUR

Celebrating the International day of Happiness with Students around the world!

16:00 - 17:15 Thursday, 20th March 2025

UZH Zentrum

Register Now!

bit.ly/skyhaha

SUPPORTED BY:

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Nachhaltigkeits Woche Zürich

Universität Zürich

Prävention und Gesundheitsförderung

sky CAMPUS ZÜRICH

THE SCIENCE OF BREATH

Learn more about the link between breath and mental well-being

February 25, 5:30 PM - 7:00 PM

NO-C60, ETH Zürich, Clausiusstrasse 2-30, 8006 Zürich

For more info, visit: bit.ly/skytob

ETH DEAPS

SCAN HERE

sky CAMPUS ZÜRICH

GESTRESST IN DIE PRÜFUNGSSESSION?

Lieber nicht.

Lerne Atemtechnik und Stressmanagement und meistere die Prüfungen mit confidence

Im Anschluss an den Workshop bekommen alle Teilnehmenden ein leckeres, nahrhaftes Abendessen zum Mitnehmen

Di., 28.01.25
19:30-20:10
ZOOM

Ein Workshop vom

sky CAMPUS ZÜRICH

Music and Meditation

Journey from sound to silence

With an invited guest!

10 May 2025
16:00 hrs

SCAN ME

bit.ly/skymume

sky CAMPUS ZÜRICH

NURTURING RESILIENCE

FALL MENTAL WELL-BEING SERIES

NOV 19 OVERCOMING ANXIETY 18:30 - 20:30

NOV 26 WORK LIFE BALANCE 18:30 - 20:30

DEC 03 ART OF COMMUNICATION 18:30 - 20:30

DEC 10 BODY MIND HARMONY 18:30 - 20:30

VAUZ

sky CAMPUS ZÜRICH

SKY Campus Happiness Retreat!

Learn SKY, an evidence-based breathing technique to lower stress and anxiety

Breathwork & Meditation

Emotional Intelligence

Inclusion and Belonging

Service Leadership

Breathwork, Meditation and Yoga

Retreat Dates and Info*

Mar 21-23 Apr 11-13

May 09-11 Jun 27-29

Venue: ASVZ Irchel

*Limited number of scholarships available for students registered at Zürich universities (UZH, ETH, HWZ, ZHAW, PHZH, ZHDK)

SUPPORTED BY:

ETH ZÜRICH

Nachhaltigkeits Woche Zürich

Prävention und Gesundheitsförderung

sky CAMPUS ZÜRICH

Mindful leadership

Resilience Building Workshop for Student Leaders

Date: 03 October '24
Time: 18:30 - 20:30 hrs
Venue: UZH KOL
Cost: FREE

Sign Up Today!

bit.ly/skyleader

10

Glimpses from our events





Donors & Partners



Kanton Zürich
Gesundheitsdirektion

**Prävention und
Gesundheitsförderung**



**Universität
Zürich^{UZH}**
Rektoratsdienst



**Universität
Zürich^{UZH}**
Faculty of Science

VΛUZ

UZH alumni

GEGRÜNDET 1883 ALS
ZÜRCHER HOCHSCHULVEREIN

ETH

DEAPS



AVETH

Akademische Vereinigung des Mittelbaus der ETH Zürich
Academic Association of Scientific Staff at ETH Zurich



IMPULSFABRIK

VS^{UZH}

Verband Studierende
Universität Zürich



Rflect



Strebergärthli
Gemeinschaftsgarten Campus Irchel



**Nachhaltigkeits
Woche Zürich**



**Universität
Zürich^{UZH}**

Psychological Counseling Services

ETH zürich

WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEREROUS SUPPORT

We are grateful to all our sponsors, partners, champions, advisors, volunteers, and the student community, without whom this would not have been possible.



THANK YOU VERY MUCH!



skycampus.ch



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Publication Details

Authors: Vinay Shekhar (President), Dr. Raksha Ravikumar (Vice-president)

Date of Publication: July 2025

Publisher: SKY Campus Zürich under the patronage of the Rektoratsdienst, University of Zürich

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