

# 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

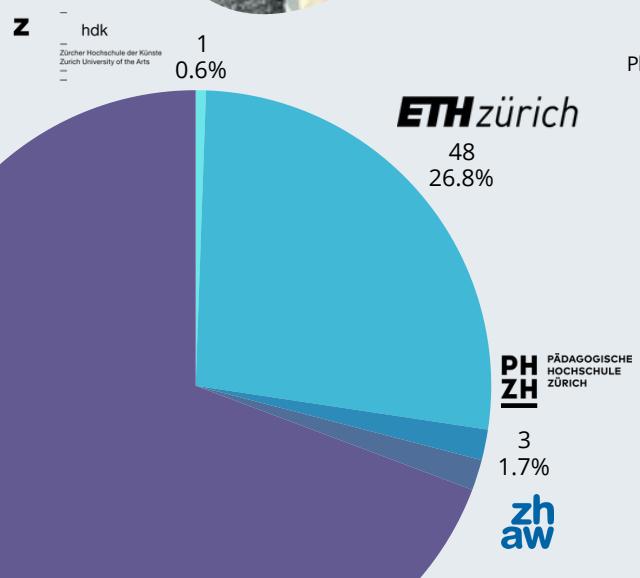
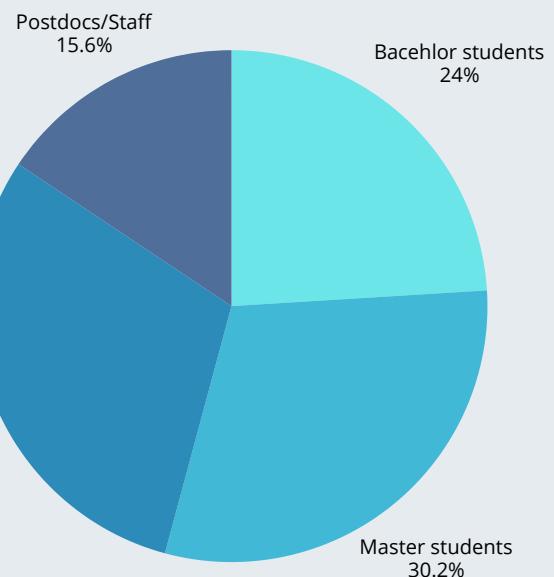


**210**  
 Registered members

**11**  
 Volunteers

**179**  
 Active members  
 (with voting rights)

**31**  
 Associate members  
 (no voting rights)



# Ongoing Projects

PROJECTS	DETAILS	OUTCOME
<b>Zäme Mental Gsund (Feb 2025 – May 2026)</b>	Bringing SKY Campus events to students at Zürich universities	<ul style="list-style-type: none"> <li>• Workshops at 4 universities in Zürich</li> <li>• Happiness Retreats</li> </ul>
<b>Make Irchel More Sustainable (Jan 2025 – Dec 2025)</b>	Social sustainability project at UZH Irchel Campus	<ul style="list-style-type: none"> <li>• Monthly workshops on Irchel Campus</li> <li>• Happiness Retreat for MNF students</li> </ul>

## 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 :-)"*

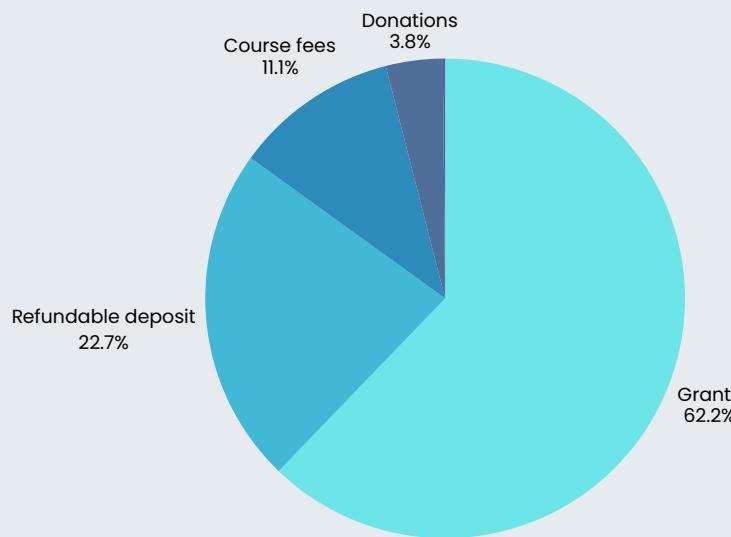
*"Joining the retreat is an act of kindness towards yourself. It is a good opportunity if you want to spend some time on yourself, for your growth and progress."*

*"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. "*

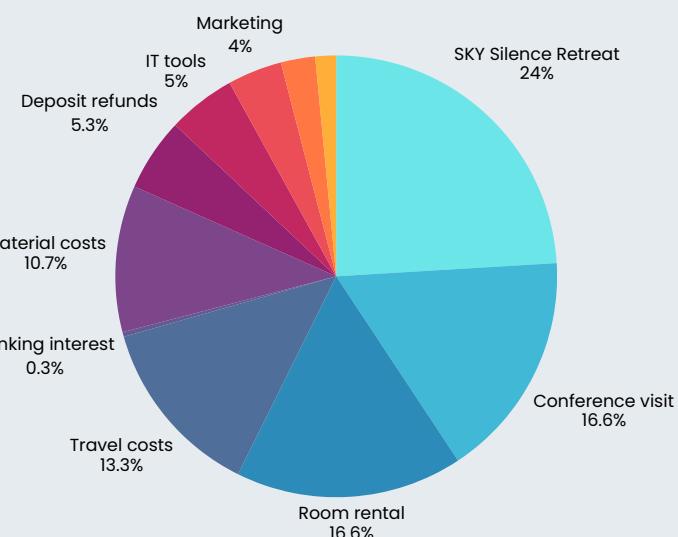
# Financial statement

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

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## 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

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

### 1 SKY Campus Happiness Retreat

### 2 SKY Campus Silence Retreat

### 3 SKY Campus Leadership Training

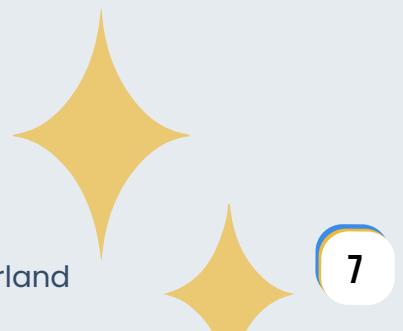
- **SKY Campus Happiness Retreat** – Enhances mental well-being and emotional resilience through powerful breathwork, meditation, and practical life skills.
- **Silence Retreat** – Offers a deep inner reset, building clarity, self-awareness, and inner peace through guided silence and advanced practices.
- **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.

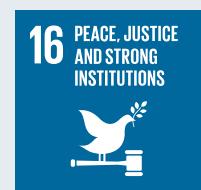


## Our Sustainable Practices

- **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.



## 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.

# 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

**ETH DEAPS**   **UZH ALUMNI**   **Universität Zürich Faculty of Science**

**sky CAMPUS ZÜRICH**

**TAME MENTAL GROUND**

**SUPPORTED BY:**

**Prävention und Gesundheitsförderung**

[bit.ly/skychr](https://bit.ly/skychr)

*Gain Focus, DROP ANXIETY*

*with an invited guest!*

**08 MAY 2025, 17:30 - 19:00**

**VSUZH STÜBLI**  
**UZH CAMPUS IRCHEL**

**TAME MENTAL GROUND**

**Universität Zürich Faculty of Science**

**sky CAMPUS ZÜRICH**

[bit.ly/skygfd](https://bit.ly/skygfd)

**PAINT AND MEDITATE**  
**WORKSHOP**

**17 May 5th, 17:30 - 19:30**

**UZH Zentrum**

**LIMITED SPACES! REGISTER NOW!**

[bit.ly/skypamed](https://bit.ly/skypamed)

**Prävention und Gesundheitsförderung**

**sky CAMPUS ZÜRICH**

**TAME MENTAL GROUND**

*Plant & Meditate*  
**WORKSHOP**

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

[bit.ly/skymwlne](https://bit.ly/skymwlne)

**Strebergärtli**  
**Universität Zürich Faculty of Science**

**sky CAMPUS ZÜRICH**

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

**AM INTERNATIONALE TAG DES YOGA**

**21 Juni 2025, 9:30**

**Irchelpark**

[bit.ly/skyiyd](https://bit.ly/skyiyd)

**sky CAMPUS ZÜRICH**

**Universität Zürich Faculty of Science**

**Prävention und Gesundheitsförderung**

**#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](https://bit.ly/skyidg)

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

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

**Scan the code to register yourself for the apéro**

[bit.ly/skynhwz](https://bit.ly/skynhwz)

**Nachhaltigkeits Woche Zürich**

**sky CAMPUS ZÜRICH**

**k[nol]w breath**  
**k[nol]w 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 apéro**

[bit.ly/skynhwz](https://bit.ly/skynhwz)

**Nachhaltigkeits Woche Zürich**

**sky CAMPUS ZÜRICH**

Joy is never tomorrow, it is always NOW!

**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!**



**SUPPORTED BY:**

ZÄME MENTAL GÜND, 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!



**ZÄME MENTAL GÜND, Nachhaltigkeits Woche Zürich, Prävention und Gesundheitsförderung, sky CAMPUS ZÜRICH**

SKY CAMPUS ZÜRICH PRESENTS

**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  
ETH DEAPS  
For more info, visit: [bit.ly/skys tob](http://bit.ly/skys tob)



**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

**SCAN ME**



Ein Workshop vom **sky CAMPUS ZÜRICH**

**Music and Meditation**  
Journey from sound to silence  
With an invited guest!

10 May 2025 16:00 hrs



**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

**VUZ** Vereinigung akademischer Mitbauer der Universität Zürich

**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

Pre-register yourself before the scholarships run out!

Venue: ASVZ Irchel

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

**SUPPORTED BY:**

ZÄME MENTAL GÜND, 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](http://bit.ly/skyleader)

**10**

# Glimpses from our events





# Donors & Partners



Kanton Zürich  
Gesundheitsdirektion  
**Prävention und  
Gesundheitsförderung**



Universität  
Zürich <sup>UZH</sup>  
Rektoratsdienst



Universität  
Zürich <sup>UZH</sup>  
Faculty of Science



**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**



**ASVZ**

 **Strebergärtli**  
Gemeinschaftsgarten Campus Irchel



**Nachhaltigkeits  
Woche** Zürich



Universität  
Zürich <sup>UZH</sup>

**ETH** zürich

Psychological Counseling Services

# WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS 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!



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[linkedin.com/sky-campus](https://www.linkedin.com/sky-campus)



[@skycampuszurich](https://www.instagram.com/skycampuszurich)

### 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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