

Well-being as a practice of world citizenship

Science-based breathwork, meditation, connection and service leadership for university communities

LIVING DHARMA | NURTURING WORLD CITIZENSHIP | VRIJE UNIVERSITEIT AMSTERDAM | 20 OCTOBER 2026

1 About us

SKY Campus Happiness is an internationally recognized well-being and resilience program built specifically for college students. It supports mental, emotional and social health with practical tools for college and beyond. The experiential, accessible curriculum combines evidence-based breathwork and meditation, emotional intelligence, stress management, social connection and service-based leadership training. It meets students wherever they are - whether facing academic pressure, social transition, homesickness or mental health challenges, or simply seeking something new and engaging within a community.

The flagship program teaches scientifically validated breathing and meditation practices shown to reduce anxiety, stress, worry and depression, while strengthening physical health, belonging, resilience, optimism, social connection and overall well-being.

2 The need we respond to

Germany: The TK Report 2023 found that 68% of students are exhausted by stress, 53% experience concentration disorders and 43% have sleep problems.

Anxiety: More than 63% of U.S. college students report overwhelming anxiety; in the Netherlands, the figure is 4 in 10.

Suicidal thoughts: The share of students seriously considering suicide nearly doubled from 6% to 11% between 2012 and 2020, and rose to 25% during the pandemic.

Netherlands: 44% of students report depression, 1 in 3 experience extreme loneliness and 1 in 2 experience psychological struggles.

Evidence from Yale and Stanford

Yale: A randomized study of 131 university students found that SKY Breath Meditation improved well-being, positive affect, mindfulness and social connectedness, while reducing stress and depression.

Stanford-affiliated research: A randomized study found that SKY-based breathing reduced post-traumatic stress symptoms and anxiety in military veterans.

Seppala et al., Frontiers in Psychiatry, 2020; Journal of Traumatic Stress, 2014

3 Living Dharma in our work

For SKY Campus, values become real through repeated practice. Breathwork and meditation cultivate awareness and steadiness; reflective exercises turn empathy into daily choices; group practice creates belonging; and service leadership invites participants to use inner resilience for the well-being of others.

4 Contribution to world citizenship

Our programs help people meet pressure with clarity, relate across differences with empathy, and act with a spirit of service. By strengthening personal well-being and social connection together, SKY Campus supports more caring, inclusive and responsible university communities.

5 What we do

01

Introduction workshops

One- to two-hour sessions introduce stress management, calming breathwork, empathy exercises, connection-building activities and practical mental frameworks.

02

SKY Happiness Retreat

A 9-12 hour, three-day resilience program combining SKY Breath Meditation, yoga, emotional intelligence, reflection and community-building.

03

Leadership and sustained practice

Follow-up group practice, advanced meditation and leadership development help participants deepen habits and bring well-being initiatives to campus.

6 Four pillars of practice

EVIDENCE BASED PRACTICES

We teach breathwork and meditation practices, including SKY Breath Meditation, for well-being and resilience.

SERVICE AND LEADERSHIP

We inspire a service ethic and cultivate leadership skills through purpose-driven teamwork and service projects.

INCLUSION AND SOCIAL CONNECTION

We create meaningful connections through interactive exercises, empathy training and group activities.

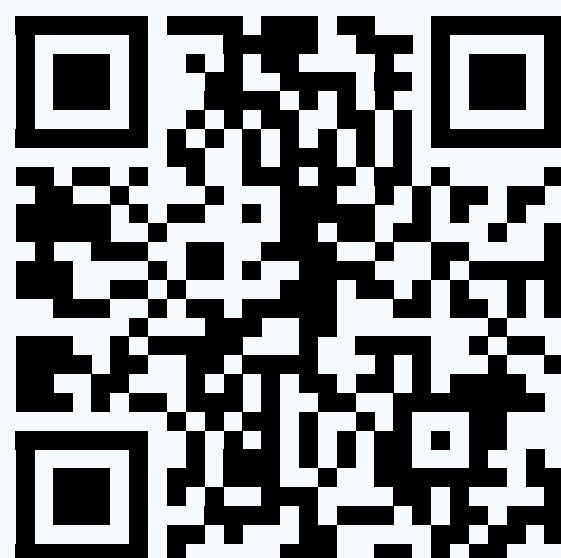
EMOTIONAL INTELLIGENCE TRAINING

We explore mental frameworks for a happy and successful life on and off campus.

ONE MESSAGE TO TAKE AWAY

SKY Campus envisions happy and mindful campus communities where students, faculty and staff thrive with clarity, resilience, purpose and belonging by bringing evidence-based SKY Breath Meditation, emotional intelligence, social connection and service leadership to every campus.

7 Learn more



SKY Campus Netherlands

skycampus happiness.org

Balkrishna Patankar

b.patankar@skycampus.nl | +31 6 15155339

Gunjan Arora

garora@skycampus.nl | +31 6 84045929

Scan to explore programs and research