

Constitution
of
SKY Campus Happiness
at
IOWA STATE UNIVERSITY
Student Organization

PREAMBLE

“A violence-free society, disease-free body, quiver-free breath, confusion-free mind, inhibition-free intellect, trauma-free memory, all-encompassing ego and a sorrow-free soul is a birthright of every individual.” - Sri Sri Ravi Shankar



Article I – Name

The name of this organization shall be SKY Campus Happiness at Iowa State University.

Article II – Purpose

Our purpose is to create happy and mindful campus communities where students, faculty, and staff thrive in life and lead with clarity of mind, resilience, purpose, and belonging.

We serve society by strengthening the individual. This chapter - SKY Campus Happiness brings stress management tools and techniques for personal and professional success through the contemporary and scientific use of evidence-based breathwork and meditation, yoga, and personal awareness seminars. The club also aims to provide students opportunities for community service projects and trainings on and off campus to develop human values and leadership skills

SKY Campus Happiness four pillar approach:

- **EVIDENCE BASED PRACTICES**

We teach breathwork and meditation practices for well-being and resilience

- **INCLUSION AND SOCIAL CONNECTION**

We create opportunities for meaningful connections through interactive exercises, empathy training, and group activities. Provide a safe place for students to dialogue, express concerns, find camaraderie and a sense of belonging.

- **SERVICE AND LEADERSHIP**

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

- **EMOTIONAL INTELLIGENCE TRAINING**

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

SKY Campus Happiness Chapter Offerings:

SKY Happiness Retreat (3 day sky flagship program) :

Immersive 3-day *resilience* training through evidence-based SKY meditation and breath-work, taught by 1000 hr certified instructors of IAHV. This training provides a strong framework for establishing preventive self-care habits and routines with tools that

build positive communities, inspire leadership and foster emotional intelligence. Research studies have shown this program helps to reduce stress, anxiety and loneliness, while increasing optimism, social connectedness and enhance overall mental wellbeing of individuals. Available component adding value and community building includes instructor-led weekly follow-up sessions

Customized SKY Wellness Workshops (weekly/monthly ~ 30 min - 1 hr meditation sessions)

These 30min-1 hr session introduce breath work, meditation and social connection as tools for student well-being and mental health

Goal - Provide tools and create awareness on value of self-care and mind-body connections

Graduate Programs - SKY Silent Retreat and SKY Leadership Training

Anyone who has taken the SKY Happiness Retreat is eligible for the Graduate Programs within SKY Campus Happiness. These can be organized and offered on-campus or online bringing together students, staff and faculty from across the nation.

Those who take these two programs get enabled to conduct wellness workshops and also organize various events and retreats.

The **SKY Silent Retreat** is offered online and in person. In this, students release deep stress and fatigue, develop a deeper understanding of their own patterns of thoughts and behavior, and dive into self-exploration and purpose.

The **SKY Leadership Training** trains students in public speaking, communication, teamwork, leadership skills. They become meditation facilitators and learn to organize their own events. This is offered online and in person, and attended by SKY club members from across 72 universities. There is strong mentor support in this program.

These students become SKY leaders and are able to share mental-wellbeing practices to hundreds of students.

Sahaj Samadhi - advanced meditation program

Affiliations

This student body is inspired by SKY Campus Happiness of the International Association of Human Values, a 501(c)(3). IAHV offers programs to reduce stress and develop leaders so that human values can flourish in people and communities. We foster the daily practice of human values – a sense of connectedness and respect for all people and the natural environment, an attitude of non-violence, and an ethic of social service. IAHV holds special consultative status with the United Nations Economic and Social Council (ECOSOC). It has also been accredited as one of the Best Charities by Independent Charities of America.

Official website: www.iahv.org, www.campus happiness.org

Article III – Statement of Compliance

SKY Campus Happiness abides by and supports established Iowa State University policies, State and Federal Laws and follows local ordinances and regulations. SKY Campus Happiness agrees to annually complete President's and Treasurer's Training.

Article IV – Non-Discrimination Statement

Iowa State University and SKY Campus Happiness do not discriminate on the basis of genetic information, pregnancy, physical or mental disability, race, ethnicity, sex, color, religion, national origin, age, marital status, sexual orientation, gender identity, or status as a U.S Veteran.

Article V – Membership

Section 1: Requirements

Membership shall be open to all registered students in good standing at Iowa State University

As a recognized student organization at **IOWA STATE UNIVERSITY**, our organization shall not deny membership to any student on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, or gender identity or expression.

Section 1 – Active Members

Active membership is open to all **IOWA STATE UNIVERSITY** students with the right to vote and hold office.

Section 2 – Associate Members

Associate membership is open to faculty and interested community partners outside the University setting, i.e. the (local/AMES CITY) - community (they may not hold office or vote). Associate members may not vote or hold office.

Section 3 – Alumni Members

Alumni membership is open to former **IOWA STATE UNIVERSITY** students who were members of the organization (they may not vote or hold office). Alumni members may not vote or hold office.

Section 4 – Membership Rules of Order

As a recognized student organization at **IOWA STATE UNIVERSITY**, our organization shall not deny membership to any student on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, or gender identity or expression.

Section 5 – Dues

No membership fee shall be charged to any members.

Section 6 – Removal of members

- a. Reasons for removal may include, but are not limited to, use of derogatory language, bullying, harassment, theft, repeated disruptions during meetings, or any other action deemed unacceptable by the current Student Disciplinary Regulations (Code of Conduct).
- b. The removal process may be initiated by any member of the organization.
 - A formal call for removal must first be brought to the officers of the organization. A member may call for removal of another member by emailing the President of

- the organization and requesting to discuss their concerns at the nearest officer meeting.
- Officers must have a majority vote of approval to move the removal process to a general membership vote. Officers will vote by show of hands.
- c. Membership may be revoked by a majority vote of club membership present at the voting meeting.
 - d. Voting will be conducted by secret ballot at a general meeting.
 - The voting method will be an anonymous virtual form or secret paper ballot (method decided by organization officers).
 - e. The member in question must be provided a summary of the reasons for removal at least one week in advance of the general membership vote.
 - f. The vote will be announced at least one week prior to the meeting with a summary of the reasons for removal.
 - g. The member will be allowed to speak to the membership for a maximum of 5 minutes before voting occurs. The member in question will be asked to leave the meeting while deliberation and voting commences. The member in question will be informed of the results and be allowed access to the ballots if requested.
 - h. The member in question may attempt to appeal the results of the vote by contacting the Advisor of the organization and submitting a written statement. The advisor must respond with their decision within 10 days. No secondary appeals will be permitted.
 - i. Member in question may request reinstatement 365 days after removal.
 - Member must submit a written request for reinstatement to officers.
 - Officers must reach a unanimous vote through a show of hands to reinstate member.

Article VI – Officers

Section 1: Officer Positions and Duties

- a. President
 - Facilitate officer meetings and general meetings.
 - Oversee the activities of the officers and general membership.
 - Maintains record of membership in the student organization database.
 - Serve as the Risk Management Officer to (a) help minimize potential risks for club activities, (b) recommend risk management policies or procedures, (c) to submit documentation to ISU’s Risk Management Office and (d) to ensure that proper waivers and background checks are on file with Risk Management for events.
 - Maintain contact with the Advisor regarding organization activities and concerns
 - Complete all trainings as required by Iowa State University policy.
- b. Treasurer
 - Manage the club’s finances.
 - Hold the club’s purchasing card (p-card) and assigns additional p-card(s) to other designated club members.
 - Maintain the club’s budget and work with officers to determine spending allowances.
 - Collect dues at the beginning of each semester.
 - Work with Advisor to approve each expenditure before payment.
 - Complete all trainings as required by Iowa State University policy.

Section 2: Elections

- a. Elections will occur annually during the month of SEPTEMBER
- b. Members interested in running for an officer position will complete a nomination form and submit the form to the current President at least one week prior to the general membership vote.
- c. Voting will occur at a general meeting. The date of the meeting will be announced at least one month in advance through an email to all members.
- d. At the voting meeting, each candidate will have 2 minutes to speak in front of general membership.
- e. Voting will occur by secret ballot on an anonymous virtual form or secret paper ballot. Candidates will be elected by a majority vote of members present at the meeting.
 - In the case of a tie, an immediate run-off election will be held between the tied candidates. Voting will occur by secret ballot in which members will write the name of their chosen candidate on a piece of paper and submit it to the outgoing President.
 - In the case that no candidate receives a majority vote, an immediate run-off election will be held between the two highest voted candidates. Voting will occur by secret ballot in which members will write the name of their chosen candidate on a piece of paper and submit it to the outgoing President.
- f. The term of office for all officer positions shall be one year, beginning SEPTEMBER 20 and ending SEPTEMBER 19

Section 3: Impeachment/Removal

- a. Officers can be removed from their position by a vote of club membership.
- b. Grounds for removal include, but are not limited to, failure to uphold the responsibilities of the position, use of derogatory language, bullying, harassment, theft, repeated disruptions during meetings, or any other action deemed unacceptable by the current Student Disciplinary Regulations (Code of Conduct).
- c. Any club member may initiate the impeachment process by bringing a written request for removal and reasons for removal to the highest-ranking officer not in question for removal.
 - The officers will hold a special meeting with the Advisor to deliberate.
 - The officers (excluding the officer in question) and Advisor must have a majority vote of approval of all officers to move the impeachment process to a general membership vote. The officer in question may not be present for the officer vote. Officers will vote by a show of hands.
- d. Officers can be removed from their position by a majority vote of club membership present at the voting meeting.
 - Voting will be conducted by secret ballot at a general meeting.
 - The vote will be announced at least one week prior to the meeting.

- The voting method will be an anonymous virtual form or secret paper ballot (method decided by officers).
- e. The officer in question must be provided a summary of the reasons for removal at least one week in advance of the vote.
- f. The officer in question will be allowed to speak to membership for a maximum of 5 minutes before voting occurs. The officer in question will be asked to leave the meeting while deliberation and voting commences. The officer in question will be informed of the results and be allowed access to the ballots if requested.
- g. The officer in question may attempt to appeal the results of the vote by contacting the Advisor of the organization and submitting a written statement. The advisor must respond with their decision within 10 days. No secondary appeals will be permitted.

Section 4: Officer Replacement

- a. In the case of an officer vacancy, a special election must occur within one week of the position being vacated.
- b. Special elections must follow the same format as annual elections, outlined in Article VI Section 2.
- c. If no candidates come forward for the position, the officers may appoint a general member to the position with the member's approval.

Section 5: Minimum Cumulative GPA for Officers

The officers of this organization must meet the following requirements:

- a. Be in good standing with the university and enrolled: at least half time (six or more credit hours), if an undergraduate student (unless fewer credits are required to graduate in the spring and fall semesters) during the term of office, and at least half time (four or more credits), if a graduate level student (unless fewer credits are required in the final stages of their degree as defined by the Continuous Registration Requirement) during their term of office
- b. Have a minimum cumulative grade point average (GPA) as stated below and meet that minimum GPA in the semester immediately prior to the election/appointment, the semester of election/appointment and semesters during the term of office. For undergraduate, graduate, and professional students, the minimum GPA is 2.00. In order for this provision to be met, at least six hours (half-time credits) must have been taken for the semester under consideration
- c. Be ineligible to hold an office should the student fail to maintain the requirements as prescribed in (a) and (b)

Article VII – Advisor

Section 1: Duties

The duties of the advisor are to provide general oversight to the group and to ensure that the organization is complying with the standards set forth by Iowa State University and Memorial Union Student Engagement.

Section 2: Method of Selection

- a. Advisor candidates shall be verbally nominated by officers at a pre-determined officer meeting.

- b. A candidate may be elected through a majority vote of officers.
 - Officers will vote through a show of hands.
 - All officers must be present for a vote to occur.
- c. Once a candidate is selected, the President will contact the Advisor candidate to offer the position.
- d. If the Advisor candidate declines, the officers of the organization will repeat steps (a)-(c).

Section 3: Terms of Service

The Advisor of the organization shall serve at their leisure.

Section 4: Impeachment/Removal

- a. The Advisor can be removed from their position by a unanimous vote of club officers at an officer meeting.
 - Grounds for removal include, but are not limited to, failure to uphold the responsibilities of the position, use of derogatory language, bullying, harassment, theft, repeated disruptions during meetings, or any other action deemed unacceptable by current Disciplinary Regulations.
- b. The Advisor must be notified and given reason for removal at least one week prior to voting.
- c. The Advisor will be given the opportunity to speak in front of the club officers before a final decision is made. The Advisor may speak for 5 minutes, then they must leave the room while voting and deliberation occurs.
- d. The Advisor will be notified of the decision via email.

Section 5: Replacement

In the event an Advisor must be replaced, the method of selection shall be the same as described in Article VII Section 2.

Article VIII – Finances

- a. All monies belonging to this organization shall be deposited and disbursed through a bank account established for this organization at the Campus Organizations Accounting Office and/or approved institution/office (must receive authorization via Campus Organizations Accounting Office). All funds must be deposited within 48 hours after collection. The Advisor to this organization must approve and sign each expenditure before payment.
- b. Upon disbandment of SKY Campus Happiness, all funds and properties in excess of liabilities and expenses of dissolution will be distributed as determined by a majority of officers.
- c. Dues will be determined by a majority of officers at the beginning of each semester. Dues will not exceed available funds per semester.
 - a. Dues will be collected by the Treasurer within the first 3 weeks of each semester through the student organization marketplace.

Article IX – Amendments and Ratification

- a. The amendment process may be initiated by any club member.
 - Requests for amendment must be submitted in writing to the club officers

- The officers must have a majority vote of approval to move the amendment to a general membership vote.
- Officers will vote through a show of hands.
- b. The proposed amendment must be presented to general membership at least one week before the vote.
- c. Constitution may be amended by a majority vote of club membership present at the meeting.
 - Voting will take place at a club meeting.
 - Voting will be conducted by show of hands.
- d. Amendments to the organization's constitution must be submitted to Student Engagement within 10 days for approval.
- e. In the event a constitution is rejected because it does not meet Iowa State University policy and/or constitution requirements, the following may occur.
 - Any changes to bring the constitution into compliance may be made with unanimous approval from the President, Treasurer, and Advisor.
 - Notification of these changes must be communicated at the next full organizational meeting.

SKY CAMPUS HAPPINESS



