

2021-2022

PCE Happiness & Wellbeing Centres: Activity Calendar

August '21						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September '21						
Su	M	Tu	W	Th	F	Sa
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28	29	30	31			

October '21						
Su	M	Tu	W	Th	F	Sa
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24	25	26	27	28	29	30
31						

November '21						
Su	M	Tu	W	Th	F	Sa
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28	29	30				

December '21						
Su	M	Tu	W	Th	F	Sa
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26	27	28	29	30	31	

January '22						
Su	M	Tu	W	Th	F	Sa
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30	31					

February '22						
Su	M	Tu	W	Th	F	Sa
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26	27	28				

March '22						
Su	M	Tu	W	Th	F	Sa
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April '22						
Su	M	Tu	W	Th	F	Sa
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May '22						
Su	M	Tu	W	Th	F	Sa
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29	30	31				

June '22						
Su	M	Tu	W	Th	F	Sa
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26	27	28	29	30		

July '22						
Su	M	Tu	W	Th	F	Sa
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Date	Activity and Target Audience
4th Aug 2021	Settling In Well! : 1st Year Students
30th Aug 2021	Digital Wellbeing Support Workshop: Students and Staff
30th Aug 2021	Recruitment of Centre Members: PCE
6th Sep 2021	Healthy Living, Healthy Lifestyle: 2nd, 3rd and 4th Year
14th Sep 2021	Self Care: Emotional Investment: PCE Staff
30th Sep 2021	Time Management (Online Session): Students
10th Oct 2021	Professional Habit, Goal and Identity: Students
Daily Wellbeing Activities	
Counselling sessions: One to One and Group Counselling (Contact in following address)	
Mindfulness (Guided and Individual Practice): Morning and Evening	
Academic Support (Presentation, Referencing, and Assignment Writing): 9 Am to 4 PM	
Mini Library & Reading Corner (self help, philosophy, book club): 9 Am to 4 PM	
Happy Space (Discussion, Idea Synthesis, Relaxation): 9 Am to 4 PM	
Printing, Lamination and Photo Copy Services: 9 Am to 4 Pm	
Address	
Happiness and Wellbeing Centre, Opposite to Nangkha Campus CERD building	
https://emcwub.pce.edu.bt	
Follow our announcement on vlc/pce webpage/ social media pages	
Contact Us at : 17760197 or pcewc.pce@rub.edu.bt	