

# 2021-2022

## PCE Happiness & Wellbeing Centres: Fall 2022 Activity Calendar

December '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	

January '22						
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	26	27
28	29	30	31			

February '22						
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					

March '22						
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

April '22						
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

May '22						
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

June '22						
Su	M	Tu	W	Th	F	Sa
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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		

July '22						
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						

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

October '22						
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					

November '22						
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			

Date	Activity and Target Audience
1st March	Centre Advocacy: General
20th March	Recruitment of Centre Members: PCE Students
30th April	Certificate Course on Career Counselling: BCC participant
17th April	Time Management (Online Session): 1st and 2nd yr stds
22nd May	Self Care: Emotional Investment: PCE Staff (through zoom)
28th May	Life After PCE: Final Year Students
Daily Wellbeing Activities	
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 Nangka Campus CERD building	
<a href="https://emcwub.pce.edu.bt">https://emcwub.pce.edu.bt</a>	
Follow our announcement on vlc/pce webpage/ social media pages	
Contact Us at : 17760197 or pcewc.pce@rub.edu.bt	