



# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Year's Day	2	3
4 World Braille Day	5	6	7	8	9	10
11 National Human Trafficking Awareness Day	12	13 Lohri	14 Makar Sankranti / Pongal / Uttarayan	15 Indian Army Day	16	17
18	19	20 World Day of Social Justice	21	22	23	24 National Girl Child Day
25 National Voter's Day	26 Republic Day	27	28	29	30 Martyr's Day	31



# January - Wellness Events & Workshops

## ✿ **Jan 1 – New Year's Day (Intentional Living, Goal Mapping)**

- Vision Board & Life Domains Mapping Workshop
- Design Your Life Blueprint for 2026

## ✿ **Jan 4 – World Braille Day (Disability Inclusion)**

- Designing an Inclusive Workplace: Awareness & Action
- Understanding Visual Impairment and Accessibility at Work

## ✿ **Jan 11 – National Human Trafficking Awareness Day**

- Ethics in Action: Values & Ethical Decision-Making
- Psychological Impact of Exploitation & Trauma Awareness

## ✿ **Jan 13-14 – Lohri / Makar Sankranti / Pongal / Uttarayan**

- Cultural Wellness Celebration & Storytelling Circle
- Rising Together: Motivation, Gratitude & New Beginnings

## ✿ **Jan 15 – Indian Army Day (Resilience & Leadership)**

- Leadership Lessons from the Armed Forces
- Mental Resilience Under Pressure Workshop

## ✿ **Jan 20 – World Day of Social Justice**

- Employee Wellbeing & Psychological Safety Session
- POSH & Workplace Dignity Awareness

## ✿ **Jan 24 – National Girl Child Day**

- Women in Leadership & Career Enablement
- Financial Independence & Confidence Building for Women

## ✿ **Jan 25-26 – National Voters' Day / Republic Day**

- Values, Ethics & Constitution Awareness Session
- Critical Thinking & Media Literacy Workshop

## ✿ **Jan 30 – Martyrs' Day**

- Mental Strength, Sacrifice & Service Reflection
- Resilience & Ethical Courage in Adversity

## ✿ **Carnival of the Month – January**

- Brain Freeze Corner: High-Energy Brain Games
- LEGO Vision City: Building the Ideal Year Together





# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
			World Cancer Day		International Day of Zero Tolerance for FGM	
8	9	10	11	12	13	14
		World Pulses Day	International Day of Women & Girls in Science			Valentine's Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
					World NGO Day	



# February - Wellness Events & Workshops

## ✿ **Feb 4 – World Cancer Day**

- Cancer Awareness, Early Detection & Preventive Health Session
- Breaking Down AQI, Lifestyle Risks & Long-Term Health Impact

## ✿ **Feb 6 – International Day of Zero Tolerance for FGM**

- Zero Tolerance to Harmful Practices: Human Rights & Dignity
- Psychological & Social Impact of Gender-Based Violence

## ✿ **Feb 10 – World Pulses Day (Nutrition)**

- Mindful Eating & Emotional Nutrition Awareness
- Protein, Energy & Digestive Health for Everyday Performance

## ✿ **Feb 11 – International Day of Women & Girls in Science**

- Overcoming Imposter Syndrome in High-Achieving Women
- Career Acceleration & Future-Readiness Workshop

## ✿ **Feb 14 – Valentine's Day (Healthy Relationships)**

- Healthy Boundaries, Communication & Emotional Intelligence
- Understanding Attachment Styles, Love & Financial Alignment

## ✿ **Feb 27 – World NGO Day**

- Kindness in Action: Giving Back to Communities
- Purpose, Empathy & Social Impact Awareness

## ✿ **Carnival of the Month – February**

- The Laughing Wonderland: Comedy, Illusion & Joyful Engagement
- Playful Mind Games for Stress Release & Team Bonding





# March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zero Discrimination Day	2	3	4 Holi	5	6	7
8 International Women's Day	9	10	11	12	13	14 Pi Day
15 World Consumer Rights Day	16 National Vaccination Day	17	18 Global Recycling Day	19	20 International Day of Happiness	21 World Down Syndrome Day
22 World Water Day	23	24 World TB Day	25	26	27	28
29	30	31				



# March - Wellness Events & Workshops

## ✿ Mar 1 – Zero Discrimination Day

- Zero Discrimination at Work: Building Inclusive & Fair Teams
- Psychological Safety, Respect & Equity in the Workplace

## ✿ Mar 4 – Holi (Festival of Inclusion & Belonging)

- Festive Celebration Circle: Music, Stories & Shared Rituals
- Inclusion Through Joy: Colours, Connection & Togetherness

## ✿ Mar 8 – International Women's Day

- Voice, Presence & Psychological Safety for Women
- Creative Expression & Strength Building (Art, Movement & Self-Defense)

## ✿ Mar 14 – Pi Day (Cognitive Thinking)

- Brain Fitness & Mental Agility Games
- Focus, Memory & Logical Thinking Workshop

## ✿ Mar 15 – World Consumer Rights Day

- Understanding Consumer Rights & Ethical Consumption
- Financial Literacy for Smart, Responsible Choices

## ✿ Mar 16 – National Vaccination Day (India)

- Workplace Health, Immunity & Disease Prevention
- Vaccines & Supplements: Myths vs Facts

## ✿ Mar 18 – Global Recycling Day

- Sustainability Starts at Work: Waste & Recycling Awareness
- Responsible Consumption & Circular Thinking

## ✿ Mar 20 – International Day of Happiness

- Laughter, Gratitude & Positive Psychology Practices
- Science of Happiness: Meaning, Money & Wellbeing

## ✿ Mar 21 – World Down Syndrome Day

- Inclusion Sensitisation & Neurodiversity Awareness
- Ability-Focused Perspectives & Inclusive Living

## ✿ Mar 22 – World Water Day

- Behaviour Change for Daily Water Conservation
- Hydration, Health & Productivity Awareness





# April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Tax Submissions	2 World Autism Awareness Day	3	4
5	6 World Health Day	7	8	9	10	11
12 Baisakhi / Vishu / Bohag Bihu	13	14	15	16	17	18 World Heritage Day
19	20	21	22 Earth Day	23 World Book Day	24	25
26	27	28 World Day for Safety & Health at Work	29	30		



# April - Wellness Events & Workshops

## ✿ **Apr 1 – Tax Submissions & Financial Wellness**

- Financial Wellness, Budgeting & Smart Tax Planning
- Investments, Savings & Long-Term Financial Clarity

## ✿ **Apr 2 – World Autism Awareness Day**

- Neurodiversity & Emotional Wellbeing Awareness
- Inclusive Thinking: Strength-Based Support for Neurodiverse Individuals

## ✿ **Apr 7 – World Health Day**

- Lifestyle Reset: Sleep, Nutrition, Movement & Stress
- Holistic Health: Physical, Mental & Ergonomic Wellbeing

## ✿ **Apr 13 – Baisakhi / Vishu / Bohag Bihu**

- Festive Celebration Circle: Culture, Music & Stories
- Community Bonding Through Traditions & Gratitude

## ✿ **Apr 18 – World Heritage Day**

- Stories from Our Roots: Personal & Cultural Heritage
- History, Identity & Collective Memory Exploration

## ✿ **Apr 20-24 – World Immunization Week**

- Vaccine Awareness & Preventive Health Education
- Immunity, Protection & Lifelong Health Choices

## ✿ **Apr 22 – Earth Day**

- Mindful Living, Nature Connection & Sustainability
- Everyday Eco Habits for Personal & Planetary Health

## ✿ **Apr 23 – World Book Day**

- Book Exchange & Meaningful Dialogue Circles
- Creative Writing for Reflection & Expression

## ✿ **Apr 28 – World Day for Safety & Health at Work**

- Workplace Safety, Ergonomics & Injury Prevention
- Psychological First Aid, CPR & Self-Protection Awareness

## ✿ **Carnival of the Month – April**

- Express Through Flow: Guided Fluid Art for Stress Release
- Creative Expression, Relaxation & Emotional Reset





# May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Labour Day	2
3	4	5	6	7 World Asthma Day	8 World Red Cross Day	9
10 Mother's Day	11	12	13	14	15 International Day of Families	16
17 World Hypertension Day	18 World Museum Day	19	20	21	22	23
24	25	26	27	28	29 International Day of UN Peacekeepers	30
31 World No Tobacco Day						



# May - Wellness Events & Workshops

## ✿ May 1 – Labour Day

- Occupational Wellness, Ergonomics & Safe Work Practices
- Dignity of Labour, Recognition & Mental Wellbeing

## ✿ May 7 – World Asthma Day

- Breathing Techniques & Lung Capacity Awareness
- Asthma Triggers, Air Quality & Stress–Breath Connection

## ✿ May 8 – World Red Cross Day

- First Aid, Emergency Response & Personal Safety
- Compassion, Care & Mental Resilience in Crisis

## ✿ May 10 / May 15 – Mother's Day & International Day of Families

- Caregiver Wellbeing, Emotional Balance & Support
- Family Wellness, Parenting & Work–Life Harmony

## ✿ May 17 – World Hypertension Day

- Stress Management, Mindfulness & BP Awareness
- Heart-Healthy Living: Nutrition, Movement & Lifestyle

## ✿ May 18 – World Museum Day

- Art, Culture & Mental Wellness Reflection
- Mindfulness Through History, Creativity & Expression

## ✿ May 29 – International Day of UN Peacekeepers

- Discipline, Trust & Team Resilience Building
- Emotional Strength & Stress Management Lessons

## ✿ May 31 – World No Tobacco Day

- Smoking Cessation, Behaviour Change & Recovery
- Understanding Addiction, Stress & Long-Term Health

## ✿ Carnival of the Month – May

- Stress Buster Corner: Safe Emotional Release & Play
- Energy Reset Activities for Mood & Balance





# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Global Parents Day	2	3	4	5 World Environment Day	6
7 World Food Safety Day	8	9	10	11	12	13
14 World Blood Donor Day	15 World Elder Abuse Awareness Day	16	17	18	19	20
21 International Yoga Day	22	23	24	25	26	27
28	29	30				



# June - Wellness Events & Workshops

## ✿ Jun 1 – Global Parents Day

- Parenting Wellbeing: Managing Stress, Boundaries & Expectations
- Family Bonding, Gratitude & Emotional Reset

## ✿ Jun 5 – World Environment Day

- Green Habits & Sustainable Living for Everyday Life
- Eco-Anxiety, Climate Awareness & Mental Wellbeing

## ✿ Jun 7 – World Food Safety Day

- Food Safety, Hygiene & Clean Eating Awareness
- Digestive Health, Gut Signals & Mindful Eating

## ✿ Jun 14 – World Blood Donor Day

- Blood Donation Awareness: Myths, Facts & Social Impact
- Community Health & Life-Saving Responsibility

## ✿ Jun 15 – World Elder Abuse Awareness Day

- Understanding Elder Abuse & Emotional Safety
- Caregiver Stress, Elder Mental Health & Financial Protection

## ✿ Jun 21 – International Yoga Day

- Stress-to-Stillness: Yoga, Breathwork & Emotional Regulation
- Posture, Desk Yoga & Nervous System Reset

## ✿ Jun 21 – Father's Day

- Mental Health of Fathers & Breaking Stereotypes
- Gratitude, Family Connection & Emotional Expression

## ✿ June – Pride Month (LGBTQIA+ Inclusion)

- Inclusion, Belonging & Safe Dialogue Circles
- Allyship, Mental Health & Respectful Workplaces

## ✿ Carnival of the Month – June

- Posture & Physiotherapy Stations for Everyday Comfort
- Ergonomics, Body Awareness & Long-Term Musculoskeletal Health





# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Doctors' Day	2	3	4
5	6	7	8	9	10	11 World Population Day
12	13	14	15 World Youth Skills Day	16	17	18
19	20	21	22 World Brain Day	23	24 International Self-Care Day	25
26	27	28 World Hepatitis Day	29	30	31	



# July - Wellness Events & Workshops

## ✿ **Jul 1 – National Doctors' Day (India)**

- Preventive Healthcare & Early Detection Awareness
- Ask the Doctor: Everyday Health, Flu & Lifestyle Care

## ✿ **Jul 11 – World Population Day**

- Life in a Crowded World: Stress, Resources & Reflection
- Urban Density, Work Pressure & Mental Wellbeing

## ✿ **Jul 15 – World Youth Skills Day**

- Future Skills, Confidence & Career Navigation
- Mentorship, Professional Etiquette & Skill Mapping

## ✿ **Jul 22 – World Brain Day**

- Brain Health, Focus & Cognitive Energy Management
- Stress, Sleep, Nutrition & Mental Performance

## ✿ **Jul 24 – International Self-Care Day**

- Understanding Burnout, Boundaries & True Self-Care
- Energy Mapping & Sustainable Wellbeing Practices

## ✿ **Jul 28 – World Hepatitis Day**

- Hepatitis Awareness: Prevention, Myths & Screening
- Liver Health, Lifestyle Choices & Early Testing

## ✿ **Carnival of the Month – July**

- Relax & Recharge Corner: Deep Rest & Stress Relief
- Body, Mind & Energy Reset Experience





# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 World Lung Cancer Day
2	3	4	5	6	7 National Handloom Day	8
9	10	11	12 International Youth Day	13	14	15 Independence Day
16	17	18	19 World Humanitarian Day	20	21	22
23	24	25 Onam	26	27	28 Raksha Bandhan	29
30	31					



# August - Wellness Events & Workshops

## ✿ Aug 1 – World Lung Cancer Day

- Lung Health, Breathing Awareness & Preventive Lifestyle Choices
- Smoking Cessation, Air Quality & Respiratory Wellness

## ✿ Aug 1 – Breastfeeding & New Motherhood Awareness

- Postpartum Mental Health, Sleep & Emotional Transitions
- Inclusive Parenthood & Workplace Support for New Mothers

## ✿ Aug 7 – National Handloom Day

- Creativity Through Craft: Art, Mindfulness & Expression
- Sustainable Living, Conscious Choices & Cultural Pride

## ✿ Aug 12 – International Youth Day

- Confidence, Communication & Professional Presence
- Future Skills, Mental Resilience & Financial Foundations

## ✿ Aug 15 – Independence Day

- Emotional Freedom, Ethics & Responsibility at Work
- Mental & Financial Freedom with Collective Celebration

## ✿ Aug 19 – World Humanitarian Day

- Kindness, Empathy & Gratitude in Action
- Service, Meaning & Emotional Resilience

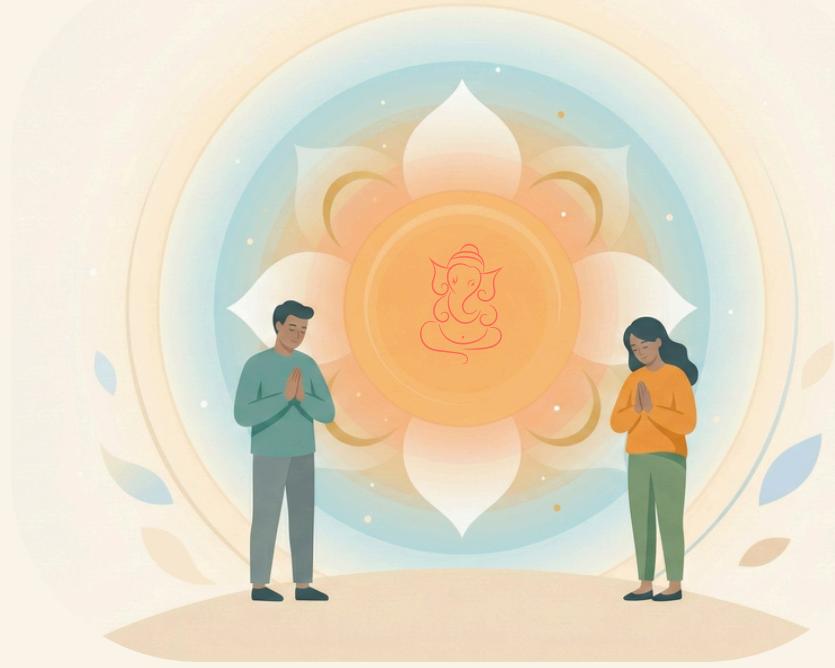
## ✿ Aug 25 – Onam / Aug 28 – Raksha Bandhan / Sep 4 – Janmashtami

- Joy, Belonging & Cultural Connection
- Mindful Celebrations, Food Awareness & Gratitude

## ✿ Carnival of the Month – August

- Zumba & Dance Station for Energy & Stress Release
- Movement, Music & Mood Elevation





# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Teachers' Day
6	7	8 World Literacy Day	9	10 World Suicide Prevention Day	11	12
13	14 Ganesh Chaturthi	15 International Day of Democracy	16 World Ozone Day	17 World Patient Safety Day	18	19
20	21 International Day of Peace	22	23 International Day of Sign Languages	24	25	26
27 World Tourism Day	28 World Rabies Day	29 World Heart Day	30			



# September - Wellness Events & Workshops

## ✿ Sep 5 – Teachers' Day

- Knowledge Sharing, Mentorship & Learning Exchange
- Gratitude, Recognition & Growth Appreciation

## ✿ Sep 8 – World Literacy Day

- Reading for Calm, Focus & Emotional Balance
- Storytelling, Shared Learning & Reflection

## ✿ Sep 10 – World Suicide Prevention Day

- Emotional Awareness, Listening & Support Skills
- Psychological Safety, Stress & Burnout Prevention

## ✿ Sep 14 – Ganesh Chaturthi

- Creative Expression, Art & Mindful Engagement
- Joy, Gratitude & Sense of Belonging

## ✿ Sep 15 – International Day of Democracy

- Employee Voice, Open Dialogue & Participation
- Giving and Receiving Feedback with Respect

## ✿ Sep 16 – World Ozone Day

- Eco-Habits, AQI Awareness & Environmental Responsibility
- Sustainability, Nature Connection & Mental Wellbeing

## ✿ Sep 17 – World Patient Safety Day

- Safety Culture, Care Awareness & Mental Wellbeing
- Infection Prevention, Hygiene & Responsibility

## ✿ Sep 21 – International Day of Peace

- Inner Peace, Reflection & Emotional Balance
- Conflict Resolution & Respectful Communication

## ✿ Sep 23 – International Day of Sign Languages

- Disability Inclusion & PWD Awareness
- Diversity, Equity & Inclusive Communication

## ✿ Sep 27 – World Tourism Day

- Mindful Travel, Balance & Mental Refresh
- Cultural Awareness & Wellbeing Through Exploration





# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 International Day of Older Persons	2 Gandhi Jayanti / International Non-Violence Day	3
4	5	6	7	8	9	10 World Mental Health Day
11 International Day of the Girl Child	12	13 International Disaster Risk Reduction Day	14 World Sight Day	15	16 World Food Day	17
18	19	20 Dussehra	21	22	23	24
25	26	27	28	29	30	31



# October - Wellness Events & Workshops

## ✿ **Oct 1 – International Day of Older Persons**

- Healthy Ageing, Empathy & Elder Care Awareness
- Caregiver Wellness, Longevity & Emotional Wellbeing

## ✿ **Oct 2 – Gandhi Jayanti / International Non-Violence Day**

- Mindfulness, Silence & Inner Calm Practices
- Values, Ethics & Non-Violent Communication

## ✿ **Oct 10 – World Mental Health Day**

- Mental Wellbeing, Emotional Resilience & Burnout Prevention
- Mind-Body Balance, Creative Expression & Psychological Safety

## ✿ **Oct 11 – International Day of the Girl Child**

- Women in Leadership, Confidence & Self-Defense
- Menstrual Health, Mental Load & Financial Independence

## ✿ **Oct 13 – International Disaster Risk Reduction Day**

- First Aid, CPR & Workplace Safety Preparedness
- Psychological First Aid & Crisis Response Awareness

## ✿ **Oct 14 – World Sight Day**

- Eye Health, Screen Hygiene & Digital Detox
- Vision Care, Ergonomics & Lifestyle Awareness

## ✿ **Oct 16 – World Food Day**

- Nutrition, Mindful Eating & Healthy Choices
- Food, Mood, Energy & Responsible Consumption

## ✿ **Oct 20 – Dussehra**

- Cultural Celebration, Values & Inner Strength
- Good Habits, Discipline & Emotional Balance

## ✿ **Carnival of the Month – October**

- Sound & Serenity Corner: Deep Relaxation & Calm
- Mindfulness, Sensory Healing & Emotional Reset





# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World Vegan Day	2	3	4	5	6	7
8	9	10 World Science Day	11	12	13	14 Children's Day
15 World Diabetes Day and World Prematurity Day	16 World Cervical Cancer Elimination Day	17 International Day of Older Persons	18 Diwali	19 International Men's Day	20	21
22	23	24	25 International Day for Elimination of Violence Against Women	26	27	28
29	30					



# November - Wellness Events & Workshops

## ✿ **Nov 1 – World Vegan Day**

- Plant-Based Nutrition, Mindful Eating & Balanced Diets
- Sustainable Food Choices & Conscious Consumption

## ✿ **Nov 10 – World Science Day**

- Science of Stress, Sleep & Cognitive Performance
- Evidence-Based Habits, Data & Health Awareness

## ✿ **Nov 14 – Children's Day (India)**

- Bring Your Inner Child to Work: Play, Creativity & Joy
- Games, Storytelling & Art for Emotional Refresh

## ✿ **Nov 15 – World Diabetes Day & World Prematurity Day**

- Diabetes Prevention, Nutrition & Lifestyle Awareness
- Maternal, Newborn Health & Early Care Education

## ✿ **Nov 16 – International Day for Tolerance**

- Empathy, Inclusion & Respectful Dialogue
- Bias Awareness, Belonging & Psychological Safety

## ✿ **Nov 17 – World Cervical Cancer Elimination Day**

- Women's Preventive Health, Screening & Awareness
- HPV, Early Detection & Breaking Health Stigma

## ✿ **Nov 18 – Diwali**

- Cultural Celebration, Gratitude & Inner Light
- Values, Renewal & Mindful Festivities

## ✿ **Nov 19 – International Men's Day**

- Men's Physical, Emotional & Mental Wellbeing
- Breaking Stigma, Positive Role Models & Brotherhood

## ✿ **Nov 25 – International Day for Elimination of Violence Against Women**

- POSH Awareness, Safety & Self-Defense
- Psychological Safety & Supportive Workplaces

## ✿ **Carnival of the Month – November**

- Game-On Arena: Energy, Play & Team Engagement
- Movement, Competition & Stress Release





# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World AIDS Day	2	3 International Day of Persons with Disabilities	4	5	6	7
8	9 International Anti-Corruption Day	10 Human Rights Day	11	12 Universal Health Coverage Day	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26	27	28
29	30	31 Year-End Reflection & Mental Reset				



# December - Wellness Events & Workshops

## ✿ **Dec 1 – World AIDS Day**

- HIV Awareness, Prevention & Myth-Busting
- Stigma-Free Workplaces, Dignity & Inclusion

## ✿ **Dec 3 – International Day of Persons with Disabilities**

- Disability Inclusion, Accessibility & Allyship
- Inclusive Communication & Universal Design Awareness

## ✿ **Dec 9 – International Anti-Corruption Day**

- Ethics, Integrity & Values-Based Decision Making
- Speak-Up Culture & Accountability at Work

## ✿ **Dec 10 – Human Rights Day**

- Human Rights, Dignity & Psychological Safety at Work
- Financial Rights, Awareness & Fraud Prevention

## ✿ **Dec 12 – Universal Health Coverage Day**

- Understanding Health Benefits, Coverage & Entitlements
- Preventive Care, Early Action & Holistic Health

## ✿ **Dec 25 – Christmas**

- Joyful Celebrations, Creativity & Togetherness
- Kindness, Giving & Community Connection

## ✿ **Dec 31 – Year-End Reflection & Mental Reset**

- Gratitude, Closure & Emotional Wellbeing
- Intentional Goal Setting & Mindful New Beginnings

## ✿ **Carnival of the Month – December**

- 360° Photo Booth: Celebration & Memory-Making
- Year-End Fun, Bonding & Festive Energy





# THANK YOU

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