

Calendar | Mìosachan  
**2025**

**Healthy Body  
Healthy Mind**

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**Bodhaig Fhallain  
Inntinn Fhallain**



Images from staff and students  
Dealbhan bho luchd-obrach is oileanaich

**CHI**





Jacquie MacIntyre Student | UHI Inverness

# JANUARY | AM FAOILLEACH

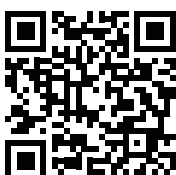
# 2025

January is Alcohol Concern Dry January, Veganuary, and Cervical Cancer Awareness Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Dil	Dim	Dic	Diar	Dih	Dis	Did	
		1	2	3	4	5	
		New Year's Day			World Braille Day	Twelfth Night (Christian)	
6	7	8	9	10	11	12	
Epiphany (Christian)					Human Trafficking Awareness Day		
13	14	15	16	17	18	19	
Lohri/Maghi (Hindu, Sikh)	Mahayana New Year (Buddhist)	Martin Luther King Day			World Religion Day		
20	21	22	23	24	25	26	
Brew Monday (Samaritans) Guru Gobind Singh Birthday (Sikh) 20-26 Cervical Cancer Prevention Week				International Day of Education	Burns Night (Scotland)		
27	28	29	30	31			
Holocaust Memorial Day Lailat al-Miraj (Islam)		Lunar/Chinese New Year					

Services available for all students at:  
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Kateryna Shevardina Student | UHI Moray

# FEBRUARY | AN GEARRAN

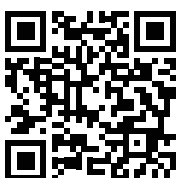
# 2025

February is LGBTQ+ History Month and National Heart Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
					1	2
					World Hijab Day	Candlemas (Christian) Imbolc (Wicca/Pagan)
3	4	5	6	7	8	9
Vasant Panchami (Hindu) 3-9 Race Equality Week 3-9 Sexual Abuse and Sexual Violence Awareness Week	World Cancer Day	Ash Wednesday (Christian)	Time To Talk Day International Day of Zero Tolerance to Female Genital Mutilation			
10	11	12	13	14	15	16
10-16 National Apprenticeship Week	International Day of Women and Girls in Science Thaipusam (Hindu)		Shevat/Tu Bishvat (Judaism) Magha Puja/Makha Bukha (Buddhist)	St. Valentine's Day (Christian) Lailat al Bara'ah (Islam) International Book Giving Day	Nirvana Day (Buddhist)	
17	18	19	20	21	22	23
Random Acts of Kindness Day				Care Day		
24	25	26	27	28		
		Maha Shivaratri (Hindu)		International STAND UP to Bullying Day		

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Lois Gray Staff | UHI North, West and Hebrides

# MARCH | AM MÀRT

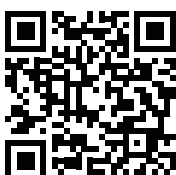
# 2025

March is Prostate Cancer Awareness Month, Women's History Month, Ovarian Cancer Awareness Month, Brain Tumour Awareness Month, and Marie Curie Daffodil Appeal

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
					1	2
					St. David's Day (Christian) Start of Ramadan International Wheelchair Day Zero Discrimination Day	
3	4	5	6	7	8	9
World Hearing Day			Hindi New Year/Ramayana (Hindi) World Book Day		International Women's Day	9-15 Multiple Sclerosis (MS) Awareness Week
10	11	12	13	14	15	16
			Holika Dahan (Hindu) University Mental Health Day	Purim (Judaism) Hola Mohalla (Sikh) Holi (Hindu)		Disabled Access Day
17	18	19	20	21	22	23
17-23 Neurodiversity Celebration Week 17-23 Sign Language Week St. Patrick's Day (Christian)	Global Recycling Day		International Day of Happiness	International Day for the Elimination of Ostara/Spring Equinox (Wicca/Pagan) World Down Syndrome Day	World Water Day Earth Hour Day	
24	25	26	27	28	29	30
24-30 World Autism Acceptance Week		Laylat al-Qadr (Islam)				World Bipolar Day Eid al-Fitr (Islam) (Ramadan ends) Navratri (Hindu)

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Vicki Teven Student | UHI Highland Theological College

# APRIL | AN GIBLEAN

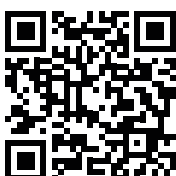
# 2025

April is Autism Acceptance Month, Stress Awareness Month, Testicular Cancer Prevention Month, Bowel Cancer Awareness Month, and Care Experienced History Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
	1	2	3	4	5	6
World Autism Awareness Day						
7	8	9	10	11	12	13
World Health Day			World Parkinsons Day		12-20 Passover (Judaism)	
14	15	16	17	18	19	20
Vaisakhi/Baisakhi (Hindu and Sikh)				Good Friday (Christian)		Easter Sunday (Christian)
21	22	23	24	25	26	27
Earth Day		St George's Day (Christian)				
28	29	30				
28-4 Lesbian Visibility Week						

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Kieran Thompson Staff | UHI Perth

# MAY | AN CÈITEAN

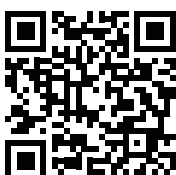
 WINNER 2025

May is Skin Cancer Awareness Month, Celiac Awareness Month, and National Walking

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
			1	2	3	4
			Beltane (Wicca/Pagan)			International Family Equality Day
5	6	7	8	9	10	11
Buddha Day (Buddhism) 5-11 Deaf Awareness Week						Pesach Sheni/Second Passover (Judaism)
12	13	14	15	16	17	18
International Nurses Day 12-18 Mental Health Awareness Week			Global Accessibility Awareness Day 15-16 Lag B'Omer (Judaism)		International Day Against Homophobia and Transphobia	
19	20	21	22	23	24	25
					World Schizophrenia Day	
26	27	28	29	30	31	
				Guru Arjan Martyrdom (Sikh) World Multiple Sclerosis (MS) Day		

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Sarah Donaldson Student | UHI Centre for Rural Health Studies

# JUNE | AN T-ÒGMHIOS

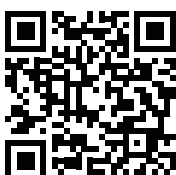
# 2025

This month is LGBTQ+ Pride Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
						1
						National Cancer Survivor's Day 1-3 Shavuot (Judaism)
2	3	4	5	6	7	8
2-8 Volunteers' Week			World Environment Day 5-6 Waqf al Arafah/Hajj (Islam)	Eid al-Adha (Islam)		World Oceans Day
9	10	11	12	13	14	15
9-15 Men's Health Week 9-15 Carers Week					World Blood Donor Day	
16	17	18	19	20	21	22
16-22 Learning Disability Week		Autistic Pride Day		World Refugee Day	Summer Solstice/Litha (Wicca/ Pagan)	
23	24	25	26	27	28	29
23-29 World Wellbeing Week			Al-hirja/Muharram (Islam)	National PTSD Awareness Day		
30						

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Melissa O'Keefe Student | UHI Inverness

# JULY | AN T-IUCHAR

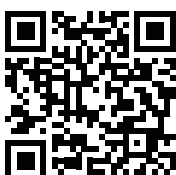
# 2025

July is Plastic Free Month and Disability Pride Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
	1	2	3	4	5	6 <small>Day of Ashura/Muharram (Islam)</small>
7	8	9	10 <small>Asalha Puja/Dharma Day (Buddhist)</small>	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 <small>World Hepatitis Day</small>	29	30	31 <small>International Friendship Day</small>			

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Inez Kohls Student | UHI Centre for Rural Health Studies

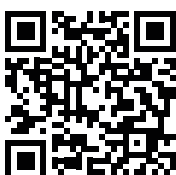
# AUGUST | AN LÙNASTAL

# 2025

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
				1	2	3
				Lughnassadh/Lammas (Wicca/Pagan) Cycle to Work Day		
4	5	6	7	8	9	10
				8-9 Tu B'Av (Judaism)		Raksha Bandhan (Hindu) International Day of the World's Indigenous People
11	12	13	14	15	16	17
18	19	20	21	22	23	24
World Humanitarian Day						
25	26	27	28	29	30	31

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Sandra Cairncross Student | UHI Sabhal Mòr Ostaig

# SEPTEMBER | AN T-SULTAIN

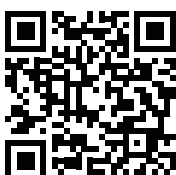
# 2025

September is World Alzheimer's Month, Thyroid Cancer Awareness Month, Blood Cancer Awareness Month, and Organic September

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
1	2	3	4	5	6	7
			World Sexual Health Day	Milad un-Nabi (Islam)		
8	9	10	11	12	13	14
World Literacy Day		World Suicide Prevention Day		Stand Up To Cancer Day		
15	16	17	18	19	20	21
						UN International Day of Peace World Alzheimer's Day Mabon/Autumn Equinox (Wicca/Pagan)
22	23	24	25	26	27	28
	BI-Visibility Day International Day of Sign Languages					
29	30					
World Heart Day						

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Paul Kelly Student | UHI North, West and Hebrides

# OCTOBER | AN DÀMHAIR

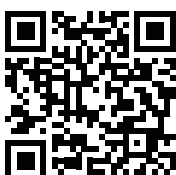
# 2025

October is Breast Cancer Awareness Month, GoSober for October, Stoptober (Smoking), and Black History Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
		1	2	3	4	5
		Dussehra (Hindu)	2-4 Rosh Hashanah (Judaism)			
6	7	8	9	10	11	12
6-12 Dyslexia Awareness Week 6-12 Dyspraxia Awareness Week		Dyslexia Awareness Day		World Mental Health Day	11-12 Yom Kippur (Judaism)	
13	14	15	16	17	18	19
13-19 OCD Awareness Week			16-18 Sukkot (Judaism)	International Students' Day	Anti-Slavery Day	
20	21	22	23	24	25	26
Installation of Scriptures as Guru Granth (Sikh) Diwali (Hindu) 20-26 Care Experienced Week (Scotland)			23-24 Shemini Atzeret (Judaism)	24-25 Simchat Torah (Judaism)		
27	28	29	30	31		
				All Hallow's Eve (Christian) Samhain/Hallowe'en (Wiccal/Pagan)		

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Nadja Korner Student | UHI Moray

# NOVEMBER | AN T-SAMHAIN

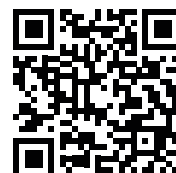
# 2025

November is Movember (Men's Health Awareness Month), and Lung Cancer Awareness Month

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
					1	2
					All Saints' Day (Christian) Stress Awareness Day	
3	4	5	6	7	8	9
		Kartik Purnima (Hindu)				Remembrance Sunday
10	11	12	13	14	15	16
10-16 Anti-Bullying Week			World Kindness Day	World Diabetes Day		
17	18	19	20	21	22	23
		International Men's Day	Transgender Day of Remembrance			
24	25	26	27	28	29	30
24-30 Estranged Students Solidarity Week		International Day for the Elimination of Violence Against Women Start of 16 Days of Activism to End Violence Against Women and Children		Chhath Puja (Hindu)		St. Andrew's Day (Christian)

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Glen Dickson Student | Scottish School of Forestry

# DECEMBER | AN DÙBHLACHD

# 2025

Follow our Health & Wellbeing Facebook page for #DestressDecember!

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
1	2	3	4	5	6	7
World AIDS Day Gita Jayanti (Hindu) 1-7 Grief Awareness Week	International Day for the Abolition of Slavery Giving Tuesday	International Day of Persons with Disabilities		International Volunteer Day		
8	9	10	11	12	13	14
Bodhi Day (Buddhist)		International Human Rights Day	Christmas Jumper Day (Save the Children)			
15	16	17	18	19	20	21
Dhanu Sankranti (Hindu)			International Migrants Day			Yule/Winter Solstice (Wicca/Pagan)
22	23	24	25	26	27	28
		Christmas Eve	Christmas Day (Christian) 25-2nd Hanukkah (Judaism)	Boxing Day		
29	30	31				
		Hogmanay/New Year's Eve				

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