

Calendar | Mìosachan
2026



**Healthy Body
Healthy Mind**

**Bodhaig Fhallain
Inntinn Fhallain**

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

CHI



Emily MacKenzie Student | UHI North, West and Hebrides

JANUARY | AM FAOILLEACH

2026

January is Dry January, Veganuary, and Cervical Cancer Awareness Month. Follow the UHI Health and Wellbeing Facebook page and join us for #NewYearNewYou!

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

Services available for all students at:
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Helen Anton Staff | UHI

FEBRUARY | AN GEARRAN 2026

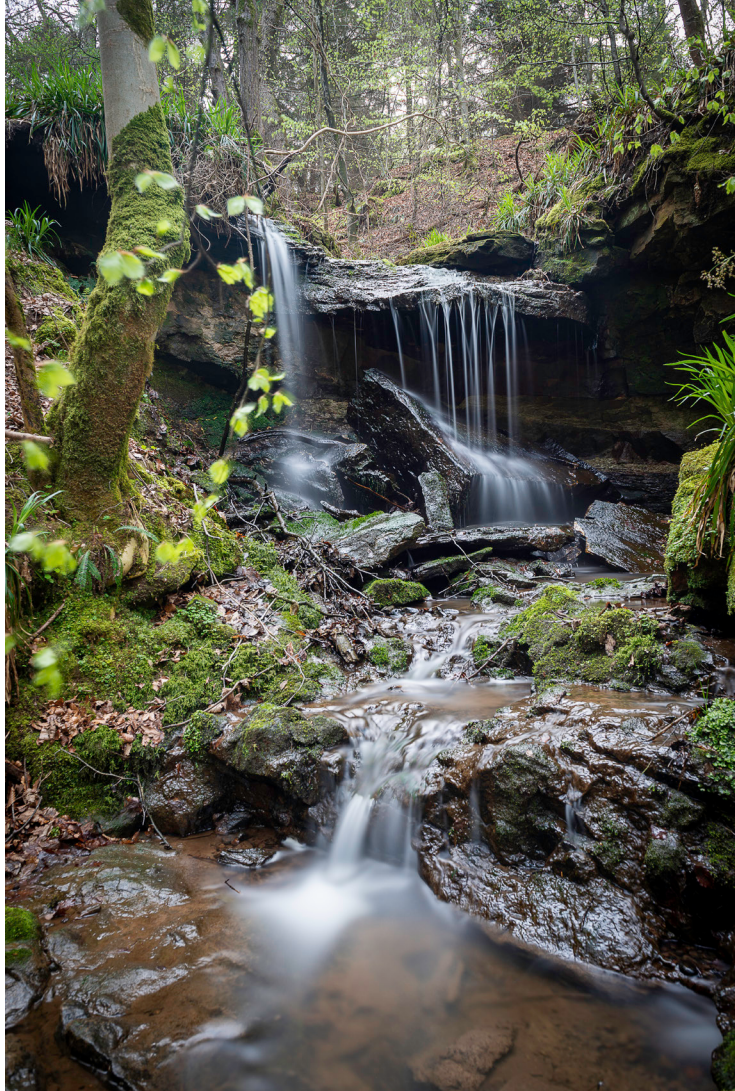
February is LGBTQ+ History Month and National Heart Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

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David Murphy Student | UHI Inverness

MARCH | AM MÀRT

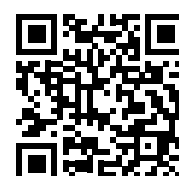
2026

March is Women's History Month, Prostate Cancer Awareness Month, Ovarian Cancer Awareness Month, Brain Tumour Awareness Month, Endometriosis Awareness Month, and the Marie Curie Daffodil Appeal. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
						1 St. David's Day (Christian) International Wheelchair Day Zero Discrimination Day
2 Holika Dahan (Hindu) 2 to 4 Purim (Judaism)	3 World Hearing Day	4 4-6 Hola Mohalla (Sikh)	5	6 World Book Day	7	8 International Women's Day
9	10	11	12 University Mental Health Day	13	14 Holi (Hindu)	15 Laylat al-Qadr (Islam)
16 16 to 22 Neurodiversity Celebration week	17 St. Patrick's Day	18 Global Recycling Day	19 Navratri (Hindu) 19 to 20 Eid al-Fitr (Islam) (Ramadan ends)	20 International Day of Happiness Ostara/Spring Equinox (Wicca/ Pagan)	21 International Day for the Elimination of Racial Discrimination World Down Syndrome Day	22 World Water Day
23	24	25	26	27	28 Earth Hour Day	29 World Bipolar Day
30 Autism Acceptance Week is 30 March to 2 April	31					

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Kira Quinton Student | UHI North, West and Hebrides

APRIL | AN GIBLEAN

 **WINNER 2026**

April is World Autism Acceptance Month, Stress Awareness Month, Testicular Cancer Awareness Month, Bowel Cancer Awareness Month, and Care Experienced History Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

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Sigita Matulaityte Student | UHI North, West and Hebrides

MAY | AN CÈITEAN

2026

May is Skin Cancer Awareness Month, Coeliac Awareness Month, and National Walking Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

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Berit Schonfelder Student | Scottish Association for Marine Science

JUNE | AN T-ÒGMHIOS

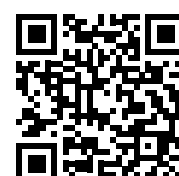
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June is Pride Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
1	2	3	4	5	6	7
1 to 3 Shavuot (Judaism) 1 to 7 Volunteers' Week				World Environment Day		
8	9	10	11	12	13	14
World Oceans Day 8 to 14 Carers Week and Loneliness Awareness Week	9 to 15 Men's Health Week					World Blood Donor Day
15	16	17	18	19	20	21
15 to 21 Learning Disability Week	Muharram (Islam)		Autistic Pride Day	Stop Cyber Bullying Day	World Refugee Day	Summer Solstice/Litha (Wicca/Pagan)
22	23	24	25	26	27	28
		World Wellbeing Week is 24 to 29 June	Day of Ashura/Muharram (Islam)		National PTSD Awareness Day	
29	30					

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Kate Masson Student | UHI North, West and Hebrides

JULY | AN T-IUCHAR

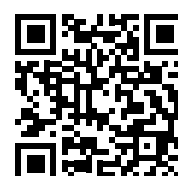
2026

July is Plastic Free July and Disability Pride Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dil	Dim	Dic	Diar	Dih	Dis	Did
		1	2	3	4	5
		Asalha Puja/Dharma Day (Buddhist)				
6	7	8	9	10	11	12
6 to 12 Alcohol Awareness Week						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				International Self Care Day Samaritans Awareness Day		National Schizophrenia Awareness Day World Drowning Prevention Day
27	28	29	30	31		
World Hepatitis Day			International Friendship Day			

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Erica Delaney Student | UHI Orkney

AUGUST | AN LÙNASTAL

2026

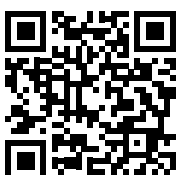
August is National Wellness Month and Happiness Happens Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

National Grief Awareness Day

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Inez Kohls Student | UHI Centre for Rural Health Sciences

SEPTEMBER | AN T-SULTAIN

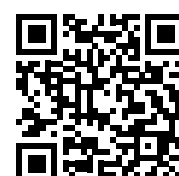
2026

September is World Alzheimer's Month, Thyroid Cancer Awareness Month, Blood Cancer Awareness Month, and Sleepentember. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

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Alison MacWilliam Staff | UHI Centre for History

OCTOBER | AN DÀMHAIR

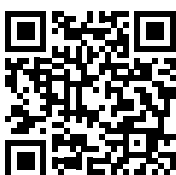
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October is Breast Cancer Awareness Month, Bullying Prevention Month, ADHD Awareness Month, Menopause Awareness Month, Sober October, Stoptober (Smoking), and Black History Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

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Glen Dickson Student | UHI North, West and Hebrides

NOVEMBER | AN T-SAMHAIN

2026

November is Movember (Men's Health Awareness Month), Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, and Mouth Cancer Action Month. Follow the UHI Health and Wellbeing Facebook page for more student and health related events.

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

St. Andrew's Day (Christian)

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Veronika Sitkei Student | UHI Perth

DECEMBER | AN DÙBHLACHD

2026

Follow the UHI Health and Wellbeing Facebook page and join us for #DestressDecember!

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

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