



January monthly report

Prabhpreet Singh, VPS

2021



January 2020 Monthly Report

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January 6th:

- TWEM
- Meeting with the executive director.

January 7th:

- Mindfulness trial run
- Event planning

January 11th:

- ABCS meeting
- Staff meeting

January 12th:

- Student connection meeting
- Election meeting
- Meeting the president and the executive director

January 13th:

- Meeting with the program and service co-ordinator
- Meeting John Fernando
- Meeting with the finance manager

January 18th:

- Meeting with the VPE and President for event planning
- Strat plan

November 19th:

- TWEM
- Wellness week planning





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General Updates from January

1.1. Mindfulness Event:

Presenting Mindfulness 101 workshop held by the students of Mindfulness program. It's a workshop done by students for the students. It's happening on Thursday 21st at 3:00 P.M.

1.2. Coming events in January:

There are 4 events happening just in the rest of January alone.

1. Mindfulness workshop
2. Origami workshop
3. Yoga workshop
4. Finding identity

1.3. Winter Planning:

A lot of exciting events are planned for the winter semester including wellness week. Really excited to see how the vents for the rest of our term go.

