



# February monthly report

Prabhpreet Singh, VPS

2021



## January 2020 Monthly Report

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### February 1<sup>st</sup>:

- storage room
- Student event meeting
- Meeting with Adrian (International)

### February 2<sup>nd</sup>:

- TWEM
- Orientation meeting

### February 3<sup>rd</sup>:

- AAC

### February 4<sup>th</sup>:

- Meeting with the VPS

### February 5<sup>th</sup>:

- Origami event

### February 8<sup>th</sup>:

- Staff meeting

### February 9<sup>th</sup>:

- TWEM
- Storage room

### February 10<sup>th</sup>:

- Anti-racism initiative

### February 16<sup>th</sup>:

- Event Discussion





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### February 16<sup>th</sup>:

- Meeting with Adrian
- Board meeting

### February 19<sup>th</sup>:

- Mentorship plan meeting

### February 22<sup>nd</sup>:

- Wellness Week
- Meeting with UFV connection page

## General Updates from February

### 1.1. Wellness week:

The executive team brings Wellness week. A week full of workshops, events, townhalls. where we are focus on various aspects of wellness. We are collaborating with a lot of partners from UFV in this week. I am personally hosting 3 workshops:

1. Cultural appreciation with international department – 10:00 A.M. on 25<sup>th</sup> Feb
2. Mindfulness 101 with Mindfulness program – 5:00 P.M. on 25<sup>th</sup> Feb
3. Conversation nation – 5:30 P.M. on 26<sup>th</sup> Feb

### 1.2. Pow-wow fitness class:

Extremely excited for the Pow-wow fitness class event done by the internet sensation Michelle Reed. It is on **February 25 -12:30pm**

### 1.3. March Events:





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We will be doing a couple of really exciting events in March. We will be having a bullet journal 101 workshop with Vanessa Yu and a Tai chi workshop.

