



LGBRIMH
TEZPUR, ASSAM

January
2026

150 YEARS OF
EXCELLENCE
1876-2026

MENTAL HEALTH AWARENESS

“Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.”

SUN	MON	TUE	WED	THU	FRI	SAT
				1 New Year's Day	2 Hazarat Ali Birthday	3
4	5	6	7	8	9	10
11	12	13 Magh Bihu	14	15	16	17
18	19	20	21	22 Basanta Panchami	23	24
25 Republic Day	26	27	28	29	30 World Leprosy Day	31

● Gazetted Holiday ● Restricted Holiday ● Health Observance



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February

2026

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MENTAL HEALTH AWARENESS

"Self-care is how you take your power back. Breathe deeply and step forward."

SUN	MON	TUE	WED	THU	FRI	SAT
1 Guru Ravi Das's Birthday	2	3	4 World Cancer Day	5	6	7
8	9	10	11	12 Swami Dayananda Saraswati Birthday	13	14
15 Maha Shivratri	16	17	18	19 Shiva ji Jayanti	20	21
22	23	24	25	26	27	28

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March
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MENTAL HEALTH AWARENESS

“You don't have to struggle in silence. You can be un-silent. Strength is found in sharing.”

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 World Hearing Day	4 Holi	5	6	7
8 International Women's Day	9	10	11	12	13	14
15	16 National Immunization/Vaccination Day	17	18	19 Chaitra Suktadi/Gudi Padava/Ugadi/Cheti Chand	20 World Oral Health Day	21 World Down Syndrome Day
22	23	24 World Tuberculosis Day	25	26	27	28
29 World Bipolar Day	30	31 Mahavir Jayanti				

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April
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MENTAL HEALTH AWARENESS

“There is hope, even when your brain tells you there isn’t. Trust the process.”

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 World Autism Awareness Day	3 Good Friday	4
5 Easter Sunday	6	7 World Health Day	8	9	10	11 World Parkinson's Day
12	13	14 Vaisakhi/Visu/Meshadi	15 Bohag Bihu	16	17	18
19	20	21	22	23	24	25 World Malaria Day
26	27	28	29	30		

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May
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MENTAL HEALTH AWARENESS

“Mental health is not a destination, but a process. It’s about how you drive, not where you’re going.”

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Buddha Purnima	2
3	4 World Hand Hygiene Day/World Asthma Day	5	6	7	8	9 Guru Rabindranath Tagore's Birthday
10	11 International Nurses Day	12	13	14	15	16
17 World Hypertension Day	18	19	20	21	22	23
24	25	26	27 Id-UI-Zuha(Bakrid)	28 International Day of Action for Women's Health	29	30
31 World No-Tobacco Day						

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June
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MENTAL HEALTH AWARENESS

“You are allowed to feel messed up and inside out. It doesn't mean you're defective - it means you're human.”

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 World Environment Day	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 International Day of Yoga	22	23	24	25	26 International Day Against Drug Abuse and Illicit Trafficking Day	27
28	29	30				

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July
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MENTAL HEALTH AWARENESS

“Healing takes time, and asking for help is a courageous step towards a better tomorrow.”

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Doctors' Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Rath Yatra	16	17	18
19	20	21	22 World Brain Day	23	24	25
26	27	28 Hepatitis Day	29	30	31	

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August
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MENTAL HEALTH AWARENESS

“Mental health is not a sign of weakness. It is a sign of being human and alive.”

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Independence Day
16	17	18	19	20	21	22
23	24	25	26 Milad-Un-Nabi/Id-e-Milad	27	28 Raksha Bandhan	29
30	31 International Overdose Awareness Day					

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September

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MENTAL HEALTH AWARENESS

“Check in on your friends. Check in on yourself. Connection is the antidote to isolation.”

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10 World Suicide Prevention Day	11	12
13	14 Ganesh Chaturthi	15	16	17	18	19
20	21 World Alzheimer's Day	22	23	24	25	26
27	28	29	30			

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October
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MENTAL HEALTH AWARENESS

"It's okay to not be okay, but it's not okay to stay that way without support."

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
					Gandhi Jayanti	
4	5	6	7	8	9	10
						World Mental Health Day
11	12	13	14	15	16	17
				Global Handwashing Day		
18	19	20	21	22	23	24
Dussehra (Saptami)	Dussehra (Maha Ashtami)	Dussehra				
25	26	27	28	29	30	31
	Maharishi Valmiki's Birthday			Karwa Chouth		

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November
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MENTAL HEALTH AWARENESS

“Be kind to your mind. It is the only place you have to live in forever.”

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Diwali	9 Govardhan Puja	10	11 Bhai Duj	12	13	14 World Diabetes Day
15 Chhath Puja	16	17	18	19	20	21
22	23	24 Guru Nanak's Birthday	25	26	27	28
29	30					

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December

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MENTAL HEALTH AWARENESS

“Peace of mind is a beautiful gift which only we can give to ourselves.”

SUN	MON	TUE	WED	THU	FRI	SAT
		1 World AIDS Day	2	3 World Disability Day	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 Hazarat Ali Birthday	24 Christmas Eve	25 Christmas	26
27	28	29	30	31		

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