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## 1. World Food Day (Oct. 16, 2022)

Every year **16 October** is observed as World Food Day. This day marks the founding of the Food and Agriculture Organization of the United Nations (FAO).in 1945. The day is observed to draw the attention of the world to the issue of hunger and equitable access to food amongst the poor in the world.

## **Background to the Day**

World Food Day was established at the 20th Session of the Conference of FAO 1979, held in Rome, on the suggestion of the former Hungarian minister of agriculture and food Dr Pal Romany.

It gradually became a way to raise awareness about hunger, malnutrition, sustainability and food production in the world.

# Theme of the World Food Day 2022

The theme of the world food day 2022 is: Leave no one Behind

The theme reflects the current global hunger situation in the world due to climate change, covid pandemic and war in Ukraine has led to sharp increase in the prices of food energy and fertilizer prices. This has led to sharp deteriorating global food security crises and all-time high numbers of people at risk of experiencing serious levels of hunger in Asia and Africa.

The recently released Global Hunger Index 2022 has put India into a severe risk category.

The world food day calls upon the leaders of the world and the civil society to take urgent action so that no one is left behind toi face hunger and food insecurity.

### Food and Agriculture Organization (FAO)

It is a specialised agency of the United Nations.

It was set up on 16 October 1945.

It's Headquarters: Rome, Italy

It was conferred with the Nobel Peace Prize 2020.

Director-General: QU Dongyu

## 2. Global Handwashing Day (Oct. 15, 2022)

The Global Handwashing Day is observed on 15 October every year around the world. It is an attempt to raise awareness amongst the people and the countries to the benefits of handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives.

The habit of washing hands at the right time in the right way prevents many diseases including diarrhoea, covid, stomach infections and encephalitis.

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## **Background to the Day**

Global Handwashing Day was founded by the **Global Handwashing Partnership.** The first Global Handwashing Day was held in 2008, when over 120 million children around the world washed their hands with soap in more than 70 countries on 15 October. Since then it has been observed around the world.

## Theme of the Global Handwashing Day 2022

The 2022 Global Handwashing Day theme is "Unite for Universal Hand Hygiene."

## Benefit of washing hand with soap

Elaborating the benefits of washing hands with soap the Global Handwashing Partnership says that "Germs that can cause diseases lodge in dirt, grease, and the natural oils on hands. Water alone does not dislodge them, but soap helps break down germ-carrying oils. Soap also facilitates rubbing and friction which can remove germs from the hands, and so that germs can be rinsed away with water. Using soap also adds to the time spent washing and ensures a more effective wash. With proper use, all soaps are equally effective at removing germs that cause disease."

## 3. International Day of Rural Women 2022 (Oct. 15, 2022)

**International Day of Rural Women** is celebrated on **15 October** every year.

## **Important facts**

- This day is dedicated to lakhs of women who live in remote rural areas.
- This day is celebrated to celebrate and make people aware of their achievements and contribution towards rural development and agriculture.
- The day focuses on gender equality and women empowerment in rural areas.
- These women include women from rural areas who contribute to the production of food and building agriculture and rural development around the world.
- This day reminds us that the world cannot be progressive if rural society is neglected.
- The theme for International Day of Rural Women 2022 "Rural Women, key for a world free from hunger and poverty."

#### **Background of the Day**

- The United Nations has been working since **1945** in the direction of maintaining peace and friendship in all the countries of the world.
- In the year 1995, the Fourth World Conference on Women was held in Beijing, China.
- The main topic of discussion in this was women empowerment.
- On **18 December 2007**, the United Nations announced that **15 Octobe**r would be observed annually around the world as the International Day of Rural Women.

Since then this day is celebrated globally.

## 4. World Students' Day (Oct. 15, 2022)

**World Students Day** is celebrated every year on **15 October** to mark the birth anniversary of former President **APJ Abdul Kalam.** 

## **Important facts**

- The day is celebrated to pay tribute to Kalam's selfless contribution towards the development of education in the society.
- He was so devoted to teaching that he went back to his teaching profession the very next day after completing his term as the 11th President of India.
- Kalam always encouraged his students to become the best. He said "If you fail, never give up because F.A.I.L. means 'First Attempt In Learning'.
- The day reiterates the importance of education and recognizes the Fundamental Right to Education.
- Theme for World Teachers' Day 2022 "the transformation of education begins with teachers".

## **About APJ Abdul Kalam**

- Dr. A.P.J. Abdul Kalam was born on **15 October 1931 in Rameswaram, Tamil** Nadu.
- He served as the 11th President of India from the year 2002 to the year 2007.
- Dr. Kalam joined the 'Indian Space Research Organisation' in 1962 and there he got the credit of making India's first indigenous satellite (SLV-IIII) missile as a project director.
- Abdul Kalam is considered the **father of India's missile program.**
- Dr. Kalam was awarded honorary doctorates by 48 universities and institutions in India and abroad.
- He also served as the Chief Scientific Adviser to the Prime Minister from 1992 to 1999.
- Dr. Kalam was awarded the **Padma Bhushan** in the year **1981**, the **Padma Vibhushan in the year 1990** and the 'Bharat Ratna' in the year **1997**.
- He died of cardiac arrest on **27 July 2015** during an event at the Indian Institute of Management, Shillong.

## Dr. Abdul Kalam also wrote many books, the main ones are -

• India 2020: A Vision for the **New Millennium (1998)** 

- Wings of Fire: End Autobiography (1999)
- Ignited Minds: Unlearning the Power Within India (1999)
- Mission India

## 5. World Standards Day (Oct. 14, 2022)

World Standards Day is organized every year on **14 Octobe**r at the international level.

## **Important facts**

- The day is dedicated to informing consumers, policy makers and businesses about the importance of standardized measures, technologies and industries.
- On this day many organizations plan programs to convey the importance of standardization on a global scale.
- The day honors the efforts of thousands of experts who have played an important role in the development of standards on a global scale.
- The theme for World Standard Day 2022 'Shared Vision For a Better World.'

### **Background of the day**

- The day marks the first meeting of representatives of **25 countries**, held in **London in 1956**, who decided to create an international organization to facilitate standardization.
- This day was first organized in the **year 1970.**
- The Indian Standards Institute was **established in 1947** with the objective of harmonious development of standardization activities in India.
- The Indian Standards Institute has been transformed into the Bureau of Indian Standards through the **Bureau of Indian Standards Act 1986.**
- The Bureau of Indian Standards carries out the activities of standardization, marking and quality certification of goods.

## 6. International Day for Disaster Risk Reduction (Oct. 13, 2022)

International Disaster Risk Reduction Day is organised every year on **13 October** to raise awareness about disaster mitigation and risk mitigation around the world.

### **Important facts**

- In 2022, this international day will focus on **Target G** of the **Sendai Framework.**
- The Sendai Framework is a progressive framework and this important framework aims to reduce the number of people affected and critical infrastructure damage caused by disasters by 2030.

- The Sendai Framework emphasizes the need to fulfil the 2015 Paris Agreement.
- The primary goal of the Sendai Framework is to avoid new risks and mitigate existing risks.
- The theme of 2022 Early Warning

## Background of the day

- The day was started in 1989 following the call of the United Nations General Assembly (UNGA) to promote a culture of disaster reduction across the world.
- The day celebrates how people and communities around the world are reducing their exposure to disasters and raising awareness of the importance of reining in the risks they face.
- In 2009, UNGA officially designated 13 October as the date to celebrate this day.

## 7. NHRC 30th Foundation Day (Oct. 12, 2022)

The **National Human Rights Commission (NHRC)** is celebrating its **30th Foundation Day** on October 12, 2022.

## **Important facts**

- Vice President **Jagdeep Dhankhar** Addresses the National Human Rights Commission's (NHRC) Foundation Day function in New Delhi.
- He said, human rights are essential for human development and social stability, NHRC is playing a vital role in spreading awareness and human rights literacy among different sections of the society.
- NHRC, India has retained its **A-grade status** of recognition for its dedicated efforts and high standards with the Global Alliance of National Human Rights Institutions for the fourth consecutive term.
- The commission has zealously defended human rights and freedoms.

## **National Human Rights Commission**

- The National Human Rights Commission (NHRC) of India was established on 12 October
  1993 through an ordinance issued by the President.
- It was provided statutory status by the The **Protection of Human Rights Act** (PHRA), 1993.
- Headquarters New Delhi
- Chairperson A retired Supreme Court Chief Justice or a Supreme Court Judge can be appointed by the President as the Chairman of the NHRC.
- The First Chairman of NHRC Justice Ranganath Mishra

- The Current and the 8th Chairman of NHRC is Justice Arun Kumar Mishra
- Role NHRC's role is to protect human rights and recommend measures for their effective implementation.
- MOTO of NHRC "33830483347 283328482441 384118352803 / May all be happy."
- It has been taken from **Brihadāranyaka Upanishad**

## 8. World Arthritis Day (Oct. 12, 2022)

World Arthritis Day is observed every year on **12 Octobe**r to spread awareness about the existence and impact of arthritis and musculoskeletal diseases.

## **Important facts**

- On this day, doctors and other professionals work to spread awareness through campaigns and different activities.
- On this day, the patients of Arthritis are also advised about proper treatment etc. to recover from this disease.
- On this day enough information is given about all types of arthritis like gout lupus, osteoarthritis, rheumatoid arthritis etc.
- Theme of World Arthritis Day 2022 "It's in your hands, take action".
- The theme aims to encourage people with arthritis, their caregivers, families, and the general public to avail every opportunity to take action to improve their lifestyle.

## Background of the day

- World Arthritis Day (WAD) was established by **Arthritis and Rheumatism International (AR**I) and was first observed on 12 October 1996.
- Since then many global communities such as the Arthritis Foundation have joined to raise awareness, provide support and outreach to communities, support stronger policies and research work.

### What is Arthritis?

- Arthritis is a disease associated with inflammation and pain of the joints. Which is called **arthritis or rheumatism.**
- Two of the most common types of arthritis are osteoarthritis and rheumatoid arthritis.
- The most effect of arthritis is seen in the knees and then in the hip bones. Many people feel pain and stiffness in their body from time to time.
- Arthritis is caused by irritation and damage to the tissues of the joints.
- It is most commonly found in adults over the age of 65, but it can also occur in children, adolescents, and young adults.

## 9. International Day of the Girl Child (Oct. 11, 2022)

International Girl Child Day is celebrated annually and internationally every year on **11 October.** 

### **Important facts**

- Its aim is to raise awareness about gender-based discrimination and inequality faced by girls.
- The day focuses on the need to address the challenges faced by girls, empower them and promote the fulfilment of their rights.
- According to the United **Nations Population Fund (UNFPA)**, the day celebrated globally by the United Nations (UN) aims to stand with girls who are more vulnerable to discrimination and violence than boys.
- The theme of International Day of the Girl Child of year 2022 "Our time is now—our rights, our future".

## **Background of the day**

- On **December 19, 2011**, the United Nations General Assembly passed **Resolution 66/170** and declared October 11 as International Day of the Girl Child to recognize the rights of girls and the challenges faced by girls around the world.
- For the first time this day was celebrated on **11 October 2012.**
- The theme of the first International Day of the Girl Child was 'Ending Child Marriage'.

#### 10. World Mental Health Day (Oct. 10, 2022)

World Mental Health Day is observed every year on **October 10.** 

#### **Important facts**

- The day is celebrated across the world to raise awareness about the importance of mental health.
- According to the World Health Organisation, this day provides an opportunity for all people working on mental health issues to speak about their work.
- The day highlights the importance of how efforts towards mental health are important and what needs to be done next.
- The theme for 2022 'Make mental health and well-being for all a global priority'.

#### Background of the day

- World Mental Health Day was first observed on 10 October 1992.
- It was an initiative of the **World Federation for Mental Health,** a global organization with over 150 member countries.
- This day was initiated by **Richard Hunter,** Deputy Secretary General of World Federation for Mental Health.
- World Mental Health Day was celebrated for the **first time in 1994 with a specific theme** 'Improving the quality of mental health services around the world'.

#### Mental health status in India

- WHO estimates that around **7.5 percent** of Indians suffer from some mental disorder.
- 56 million Indians suffer from depression and 38 million Indians suffer from anxiety-related disorders.
- According to WHO, there is a huge shortage of **psychiatrists** in India.
- India accounts for 36.6 percent of suicides globally.

#### Initiatives of Government of India

- National Mental Health Programme (NMHP) in 1982
- Mental Healthcare Act, 2017
- Manodarpan Initiative provides psycho-social support to students for their mental health and well-being.