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### 1. World Toilet Day ( Nov. 19, 2022 )

Every year on 19 November '**World Toilet Day**' is celebrated.

#### Important facts

- According to the World Health Organization report, currently around **360 crore people** around the world are deprived of toilets.
- According to the 2011 census in India, **67 percent of households** in villages and **13 percent of households in cities** practise open defecation.
- According to the Research Institute of Compassionate Economics, despite **40 percent of the country's households** having toilets, one member from each household regularly goes to open defecation.
- To change this thinking of the people and keep cleanliness in mind, '**World Toilet Day**' is celebrated every year on 19th November.
- The Government of India also celebrates this day as a part of its **Swachh Bharat Mission** with an aim to promote awareness about cleanliness.
- The Department of Drinking Water & Sanitation (DDWS), Ministry of Jal Shakti, under the Swachh Bharat Mission (Grameen) is organising '**Swachhta Run**' across rural India, to mark the World Toilet Day.

#### Theme of 2022

- The 2022 theme is '**Making the Invisible Visible**'.
- The theme explores how inadequate sanitation systems spread human waste into rivers, lakes and soil and polluting underground water resources.
- The theme focuses on **groundwater sanitation**.

#### Background of the day

- It was an initiative started by **Singaporean Jack Sim**, who founded an NGO called the **World Toilet Organization** in the year 2001.
- The **United Nations** also recognized the right to water and sanitation as a **fundamental human right in 2010**.
- On **24 July 2013**, the **United Nations General Assembly (UNGA)** in its **67th session** passed a resolution designating 19 November as World Toilet Day.
- The UNGA resolution titled '**Sanitation for All**' encouraged increasing access to public health and sanitation, especially for people from the poorer sections of society.

## **2. International Men's Day ( Nov. 19, 2022 )**

International Men's Day

**International Men's Day** is observed on **19 November** to remember all the men in the society and their contribution in all aspects of life.

### **Important facts**

- The day aims to remember positive male role models and honour their contributions in all aspects of life.
- This year's International Men's Day theme is "**Helping Men and Boys.**"
- The theme aims to work towards improving the health and well-being of men globally.
- The day encourages men to teach boys the values, character and responsibilities of being a man in life.
- On this day, express your heartfelt gratitude to the men in your life and wish them '**happiness, success and prosperity**'.

### **Background of the day**

- International Men's Day was first celebrated in **1999 by Dr. Jerome Teelaksingh**, Professor of History at the University of the West Indies in **Trinidad and Tobago**, to commemorate the birth anniversary of his father.
- He encouraged everyone to use the day to raise issues related to men and boys.
- However, International Men's Day was inaugurated in 1992 by **Thomas Oster**.
- The day was revived in 1999 by Dr Jerome Teelaksingh, lecturer in history at the University of the West Indies in Trinidad and Tobago.
- Dr. Tilak Singh proposed the observance of International Men's Day on 19 November to mark his father's birthday.
- International Men's Day was formally celebrated for the first time on **19 November 2007**.

## **3. 5th Naturopathy Day celebrated across the nation ( Nov. 18, 2022 )**

5th Naturopathy Day celebrated across the nation

Every year Naturopathy Day is observed on **18th November** to popularize and make people aware about the benefits of Naturopathy.

**Naturopathic medicine** is a system that uses natural remedies to help the body heal itself. It embraces many therapies, including herbs, massage, acupuncture, exercise, and nutritional counselling.

The term Naturopathy was used by **John Scheel of Germany in 1895** but it was and was popularized by Benedict Lust. **Benedict Lust** is known as the father of modern-day Naturopathy.

### **Background to the Day**

It was on this day that Mahatma Gandhi founded the All India Nature Cure Foundation trust on **November 18, 1945**. Gandhi ji is considered the **founding figure of Naturopathy** in India, as it was largely through his efforts that this practice became popular in India.

The **first** Naturopathy day was observed in India on **18 November 2018**,

### **Naturopathy Day 2022**

The main event was organized at the **National Institute of Naturopathy, Pune**. On the occasion a special cover envelope was released to commemorate the 5th Naturopathy Day.

Gandhi memento was given to the cycle rallies participants, which originated from New Delhi, Wardha and Hyderabad and converging at Pune. Certificates were given to the Startup Yoga Challenge winners. Students from more than 25 colleges participated in the event with faculties. The program concluded with Mallkhambh presentation.

### **Theme of the Naturopathy Day 2022**

The theme of the Naturopathy day 2022 was: **Naturopathy: An Integrative Medicine.**

## **4. National Epilepsy Day ( Nov. 17, 2022 )**

National Epilepsy Day

Every year, November 17 is celebrated as **National Epilepsy Day**.

### **Important facts**

- Its purpose is to create awareness among the victims of epilepsy and their relatives.
- The **World Health Organization (WHO)** estimates that there are **50 million** people with epilepsy worldwide, of whom 80 percent live in developing countries.
- Although epilepsy is treatable, three-quarters of those affected in underdeveloped countries do not receive the necessary care.
- About **10 million** people in India experience seizures associated with epilepsy.
- Every year the **second Monday of February** is observed as **International Epilepsy Day (IED)**.
- In 2022, International Epilepsy Day was celebrated on **14th February**.

## Background of the day

- **Epilepsy Foundation of India** established National Epilepsy Day as a national campaign to reduce epilepsy in India.
- **Dr Nirmal Surya** established the Epilepsy Foundation of **India in 2009 in Mumbai, Maharashtra.**
- This non-profit Epilepsy Foundation aims to improve the quality of life of people and change societal perceptions regarding epilepsy.

## What is Epilepsy?

- Epilepsy is the **fourth most common neurological disorder** in the world.
- In this disorder, brain activity becomes abnormal, causing seizures or abnormal behaviour and loss of sensation.
- Although anyone can develop epilepsy, it is more commonly seen in young children and adults, and in males than females.
- Changes in taste, smell, vision, hearing or touch, dizziness, trembling in the limbs, staring, doing the same thing over and over again are its main symptoms.

## 5. National Press Day ( Nov. 16, 2022 )

National Press Day

**National Press Day** is observed every year on 16 November to commemorate a free and responsible press.

### Important facts

- National Press Day draws our attention to the freedom and responsibilities of the press.
- With the aim of establishing high ideals in journalism in India, the First Press Commission had envisioned a **Press Council**. Thereafter, on **July 4, 1966**, the Press Council was established.
- This council started its formal work from **16 November 1966**. Keeping this date in mind, National Press Day started.
- In India, the press has been called '**watchdog**' and the Press Council of India has been called '**moral watchdog**'.
- Since the year 1997, the Council has celebrated the day in a significant manner through seminars with relevant themes.
- Information and Broadcasting Minister **Anurag Thakur** presided over the National Press Day function in New Delhi.

- **Article 19** of the Constitution of India provides for the right to freedom of speech and expression.
- India ranks **150th position among 180 countries** in World Press Freedom Index 2022.

### **Press Council of India**

- It is a **statutory body** created by the **Press Council Act, 1978**.
- The objective of the Press Council of India is to maintain and improve the freedom of the press and the standards of the press in India.
- It has a **Chairman** and there will be **28 members**.
- Chairperson, Press Council of India - **Justice Ranjana Prakash Desai**

## **6. National Newborn Week ( Nov. 15, 2022 )**

National Newborn Week

In **India**, **National Newborn Week** is celebrated every year from 15 to 21 November.

### **Important facts**

- The theme of this week is '**Safety, Quality and Nurturing Care - Every Newborn's Birth Right**'.
- This week aims to reinforce the importance of neonatal health as a priority area of the health sector and reduce infant mortality by improving health care conditions for infants in the neonatal period.
- The main purpose of celebrating this week is to raise awareness about the care of newborn babies.
- The period of a child's neonatal period (the first twenty-eight days of life) is critical, as this period carries a higher risk of death than any other period during childhood.
- According to government statistics, every year 2.6 million babies die in the first week and in addition 2.6 million babies are stillborn every year.
- Prematurity, complications during birth and severe infections are the major causes of neonatal death.

## **7. Janjatiya Gaurav Divas ( Nov. 15, 2022 )**

Janjatiya Gaurav Divas

In the year 2022, for the **second time** in the country, **Janjatiya Gaurav Divas** is being celebrated on 15 November. **Jharkhand's foundation day** is also celebrated on 15 November, the birthday of **Birsa Munda**, who is known as **Dharti Aaba**. Jharkhand was carved out of Bihar in the year 2000 as a new state.

### Important facts

- President **Droupadi Murmu** paid tributes to Bhagwan Birsa Munda at Ulihatu village in Khunti district of Jharkhand on this occasion.
- The Central Government declared 15 November as Janjatiya Gaurav Divas in the **year 2021** to remember the contribution of tribal communities in the history and culture of the country.
- The date was chosen because it is the birth anniversary of **Birsa Munda**, who was an Indian freedom fighter, religious leader and folk hero of the Munda tribe of the Chota Nagpur plateau region.
- Tribal communities such as the **Santhals, Tamars, Kol, Bhil, Khasi and Mizos** participated strongly in India's freedom struggle through several movements.
- Santal rebellion, Khasi rebellion, Phukan and Barua rebellion, Naga struggle, Bhutia Lepcha rebellion, Palamu rebellion, Kharwar rebellion etc. are many such movements for independence, which shook the foundation of British rule.

### About Birsa Munda

- Birsa Munda was an Indian freedom fighter, religious leader and folk hero of the Munda tribe of the **Chota Nagpur Plateau region**.
- He was born on **15 November 1875** at **Ulihatu** in the erstwhile Bengal Presidency which is now in **Khunti district of Jharkhand**.
- He took Hindu religious lessons from a Vaishnava saint and studied ancient scriptures along with Ramayana and Mahabharata.
- He led an Indian tribal movement in the tribal region of modern Jharkhand and Bihar during British rule in the late 19th century.
- **Munda Rebellion** was one of the most important tribal movements, led by Birsa Munda in the south of Ranchi in **1899-1900**.
- In March 1900, while fighting the British with his guerrilla army, Munda was arrested in the Jamkopai forest of Chakradharpur. He died a few months later, on 9 June, while in custody.

## 8. World Kindness Day ( Nov. 14, 2022 )

World Kindness Day

**World Kindness Day** is celebrated across the world on **13 November** every year.

**Important facts**

- It is a special day, when we celebrate one of the special characteristics of mankind i.e. kindness.
- The feeling of kindness helps to improve the life of every human being.
- This year the day is being celebrated with the theme '**Be kind whenever possible.**'
- World Kindness Day was started in the **year 1998** by the **World Kindness Movement organisation**, which was founded by kindness organisations around the world at the **1997 Tokyo conference**.
- It is celebrated in many countries including **Canada, Japan, Australia, Nigeria and the United Arab Emirates**.
- From the **year 1998**, this day started being celebrated annually.
- It is celebrated in many countries including Canada, Japan, Australia, Nigeria and the United Arab Emirates. In the year 2009, Singapore celebrated the day for the first time.
- Australia started celebrating the day in 2012, France in 2015 and the USA in 2018. As of 2019, the World Kindness Movement had reached 27 different countries.

**9. World Diabetes Day ( Nov. 14, 2022 )**

World Diabetes Day

**World Diabetes Day** is being observed across the globe on **November 14**.

**Important facts**

- The day provides an opportunity to raise awareness of diabetes as a global public health issue and the efforts needed to diagnose, prevent and manage it.
- This year the theme of World Diabetes Day 2022 is '**Access to Diabetes Education**' and underlines the multi-year theme **of 'Access to Care'**.
- According to the World Health Organisation, around **422 million people** worldwide suffer from diabetes and **1.5 million people** die each year due to diabetes.
- According to the World Health Organisation, cases of diabetes are increasing rapidly in India, with an estimated **8.7%** of the population in the age group of 20 and 70 years suffering from diabetes.
- The government and the health department are making concerted efforts to spread awareness about the disease so that it can be managed in a better way.

**Background of the day**

- The day is observed every year on 14 November to mark the birthday of **Sir Frederick Banting**, who discovered **insulin** in 1922 along with **Charles Best**.

- World Diabetes Day was first observed in **1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO)** in response to the growing concerns about the disease and to spread awareness about it. Since then it is celebrated every year.

### **What is Diabetes?**

- Diabetes is a disease that occurs when **blood glucose** is too high.
- Blood glucose is the main source of energy and is obtained from food.
- Insulin is a hormone made by the **pancreas** that helps glucose from food get into cells to be used for energy.
- Sometimes the body doesn't make enough insulin or doesn't use insulin well. This condition is called diabetes.

### **Types of diabetes**

- **Type 1** - In type 1 diabetes the body does not make insulin. It mostly affects children of 14-16 years of age.
- **Type 2** - In type 2 diabetes, the body is unable to make or use insulin properly. Type 2 diabetes can develop at any age. However, this type of diabetes often occurs in middle-aged and older people. Type 2 is the most common type of diabetes.

## **10. National Children's Day ( Nov. 14, 2022 )**

### Children's Day

Every year on **14 November**, National Children's Day is celebrated across the country.

### **Important facts**

- The day commemorates the birth anniversary of the **first Prime Minister of India, Pandit Jawaharlal Nehru**.
- Nehru was a great supporter of children's rights and an all-inclusive education system where knowledge is accessible to all.
- He believed that children are the future of the country and the foundation of the society, so their well-being should be taken care of.
- Children's Day is celebrated all over the country to raise awareness about the rights, care and education of children.

### **Background of the day**

- In India, it was celebrated as '**Universal Children's Day**' on November 20, 1956.



- However, after the death of Jawaharlal Nehru, a resolution was passed in the Indian Parliament to mark his birthday as **National Children's Day**.
- Along with being an efficient administrator, Nehru worked to build some of India's most prestigious educational institutions, such as AIIMS, IITs and IIMs.

### **About Pandit Jawaharlal Nehru**

- He was born on 14th November 1889 at **Allahabad, United Provinces**, his father was Motilal Nehru and his mother was Swaruprani Thussu.
- He moved to England at the age of 15 to study at Harrow School.
- He then studied natural science from the **University of Cambridge**.
- Nehru studied law and started his practice at the **Allahabad High Court in 1912**.
- When he met Mahatma Gandhi for the first time in 1916, he was very impressed by his teachings.
- He became the Indian National Congress's **General Secretary in 1923**.
- He was the party president when Purna Swaraj was first announced at the **Lahore session in 1929**.
- He was a prominent face of the independence movement after Gandhi. He was jailed on several occasions.
- He headed the interim government in **1946**.
- After the country got independence, he successfully integrated the country with Sardar Vallabhbhai Patel and his associate VK Krishna Menon.
- He initiated many projects for the development of the country like establishment of **IITs, Defence academies etc.**
- He was the first prime minister of India (**1947-64**).
- He is the longest-serving prime minister of the country, having held this position for **17 years**.
- He passed away on **May 27, 1964**.
- His birth anniversary is celebrated as **National Children's Day in the country**.

### **Some of Nehru's Works**

- The Discovery of India
- Letters from a Father to His Daughter
- Glimpses of World History
- Toward Freedom (Autobiography)

