

## Testwale Current Affairs PDF

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### 1. 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.

### 2. 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.

## **3. 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.
- 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)

#### **4. Public Service Broadcasting Day ( Nov. 12, 2022 )**

Public Service Broadcasting Day

**Public Service Broadcasting Day** was observed on **12 November, 2022**.

##### **Important facts**

- The day is celebrated every year to commemorate the only visit of Mahatma Gandhi to **All India Radio in Delhi in 1947**.
- The Father of the Nation addressed the displaced people who had temporarily settled in **Kurukshetra** in Haryana after Partition.
- Gandhiji had said that he saw the medium of radio as a miraculous power of God.
- A special programme is being organised in the premises of All India Radio, New Delhi to mark the occasion.
- **In the year 2001**, this day was officially declared as Public Service Broadcasting Day.

#### **5. World Pneumonia Day ( Nov. 12, 2022 )**

World Pneumonia Day

**World Pneumonia Day** is observed on **November 12** every year.

##### **Important facts**

- The day aims to raise awareness about pneumonia and shed light on its symptoms, prevention and treatment.
- According to the World Health Organisation, 170,180 children under the age of 5 died of pneumonia in 2019.
- Pneumonia affects children and families everywhere, but deaths are highest in southern Asia and sub-Saharan Africa.
- The World Pneumonia Day 2022 theme - "**Championing the fight to stop pneumonia.**"

## **Background of the day**

- World Pneumonia Day was first observed on 12 November 2009 under '**Stop Pneumonia**', an initiative of the Global Coalition Against Child Pneumonia.
- After that, WHO and UNICEF launched an integrated global action plan to prevent and control pneumonia.

## **What is Pneumonia?**

- Pneumonia is an infection in one or both **lungs** caused by bacteria, viruses, or fungi.
- Any infection causes inflammation in the lungs, which is called pneumonia.
- Although most pneumonia is caused by bacterial infection.
- Viral infections like influenza or covid-19 virus can also affect the lungs and cause serious damage to them.
- Symptoms include high fever and chills, cough with phlegm, physical weakness and feeling unwell, shortness of breath and rapid breathing, and rapid pulse.

## **6. World Science Day ( Nov. 11, 2022 )**

World Science Day

**World Science Day** for Peace and Development is observed every year on **10 November**. The main purpose of celebrating this day is to make people aware about the development and development of science, as well as giving necessary information related to it.

### **Important Facts**

- This day was observed in Budapest in **1999** jointly by the International Council of Science and UNESCO in pursuance of the World Conference on Science.
- This day was established by **UNESCO** to raise awareness about the benefits of science around the world.
- Theme of World Science Day 2022 for Peace and Development: "**Basic Science for Sustainable Development**".
- The purpose of World Science Day for Peace and Development is to decide whether to inform its citizens about the developments in the field of science. It throws light on the role of scientists in enhancing our understanding of science and developing society.

### **Significance of this day**

- To strengthen public awareness on the role of science for a peaceful and sustainable society.
- To promote national and international solidarity for shared science between countries.

- To renew national and international commitment to the use of science for the benefit of society and to draw attention to the challenges facing science and to mobilise support for scientific endeavours.

## **7. National Education Day ( Nov. 11, 2022 )**

National Education Day

Every year **11 November** is celebrated as **National Education Day** to commemorate the birth anniversary of **Maulana Abul Kalam Azad**, the first Education Minister of India.

### **Important facts**

- On this day, his exemplary contribution in the field of education and educational institutions is remembered.
- He was the first education minister of independent India and served the country as education minister from 1947 to 1958.
- National Education Day is celebrated in all educational institutions to raise awareness about the importance of literacy.
- The Ministry of Education ( Formerly The Ministry of Human Resource Development) sets a different theme for National Education Day every year.
- The theme of this year is "Changing Course, Transforming Education".

### **Background of the day**

- In 2008 the Ministry of Human Resource Development (now Ministry of Education) decided to celebrate Maulana Abul Kalam Azad's birthday as National Education Day.

### **Maulana Abul Kalam Azad**

- Maulana Abul Kalam Azad was born in 1888 in Mecca, Saudi Arabia.
- A freedom fighter, he started Al-Hilal, a weekly magazine in Urdu, in 1912 to criticise British policies.
- After al-Hilal was banned, he started another weekly al-Bagah.
- He was opposed to partition and a supporter of Hindu-Muslim unity.
- He supported the non-cooperation movement (1920-22) started by Gandhiji and joined the Indian National Congress in 1920.
- In 1923 he was elected as the President of the Indian National Congress. At the age of 35 he became the youngest person to preside over the Indian National Congress.
- In 1947, he became the first Education Minister of independent India and he remained in this post till his death in 1958.

## **8. Odisha celebrated 'Mandia Day' ( Nov. 11, 2022 )**

Odisha celebrated 'Mandia Day'

Odisha Chief Minister **Naveen Patnaik** has announced to observe the **first Thursday of the Margasira** month of the Hindu calendar on **November 10** as '**Mandia Day**' or '**Millet Day**' in the state.

### **Important facts**

- Its objective is to popularise and promote the use and cultivation of **superfood- millet** among the people.
- Odisha has become the **first state** in the country to declare November 10 as a day dedicated to millets.
- The state government started the **Odisha Millet Mission** in the year 2017-18.
- It is a flagship program of the **Department of Agriculture and Farmers' Empowerment**.
- Initially Millet Mission was implemented in 30 blocks of seven districts of the state. Now it is being implemented in 142 blocks of 19 districts.
- On the **first Thursday of Margasira month** people across the state worship **Mahalaxmi** and offer millet to the goddess of wealth and prosperity.
- Apart from millet snacks, ragi sweets have also been included in the mid-day meals of schools in Sundergarh and Keonjhar districts.
- The United Nations General Assembly has declared the year 2023 as the **International Year of Millets** after India proposed it to the Food and Agriculture Organization (FAO).

### **About Millets**

- Millets are high nutrient cereal crops and are classified as small seeded grasses.
- They include jowar (sorghum), ragi (finger millet), korra (foxtail millet), arke (kodo millet), sama (little millet), bajra (pearl millet), chena/barr (proso millet) and sanwa (barnyard millet).
- India is one of the major producers of millets in the world with an estimated share of about 41% in the global production.
- Major producers of millets are **Rajasthan, Andhra Pradesh, Telangana, Karnataka, Tamil Nadu, Maharashtra, Gujarat and Haryana**.
- Millet has been notified as a **nutritional cereal** by the government in April 2018.
- They are a rich source of **protein, fiber, minerals, iron, and calcium** and have a low **glycemic index**.

- The production of millets in India has increased by 16 % to 17.26 million tonnes (MT) in the 2019-20 crop year (July-June) from 14.5 MT in 2015-16.
- In March 2021, India led a UN General Assembly resolution to declare 2023 as the International Year of Millets.
- India's proposal was supported by 72 countries.
- India is the **5th largest exporter** of Millets globally.

## **9. National Legal Services Day ( Nov. 9, 2022 )**

National Legal Services Day

**National Legal Services Day (NLSD)** is celebrated every year on **9 November** in India.

### **Important facts**

- It is celebrated to commemorate the commencement of the **Legal Services Authorization Act, 1987**, which came into force on 9 November 1995.
- Legal awareness camps are organised by the State Legal Services Authorities across the country to make people aware about the availability of free legal aid on this day.
- Apart from this, nationwide programs are organised every year to make people aware about the various services provided by the Legal Services Authorities.
- The main objective of organising this day is to make people aware of the law to ensure justice for all, as well as to provide free legal aid and advice to the poor and weaker sections of the society.
- This day was started in the year 1995 by the Supreme Court of India to provide help and support to the poor and weaker sections of the society.
- The Chief Justice of India is the Chief Patron of the National Legal Services Authority and a second senior judge of the Supreme Court of India is the acting Chairman of the Authority.

## **10. Uttarakhand Foundation Day ( Nov. 9, 2022 )**

Uttarakhand Foundation Day

**Uttarakhand Foundation Day** also known as Uttarakhand Day is celebrated every year on **9 November**. The state of Uttarakhand was carved out of Uttar Pradesh on **9 November 2000**.

### **How was Uttarakhand formed?**

- In 1950, the name of the United Provinces was changed to Uttar Pradesh.



- However, the government of Uttar Pradesh could not meet the needs of the people of this Himalayan region.
- Hence, people started demanding a separate state in the form of Uttarakhand after the formation of Uttarakhand Kranti Dal.
- There was a widespread movement in the 90s for the demand for a separate state which turned violent in 1994.
- Eventually, on November 9, 2000, the 27th state of India, Uttaranchal was formed by the **Uttar Pradesh Reorganisation Act, 2000**.
- Its name was changed to Uttarakhand on **1 January 2007**.

### **About Uttarakhand**

- location - **Northwestern part of the country**
- Capital - **Dehradun**
- Formation - November 9, 2000 as **27th state** of India
- Chief Minister - **Pushkar Singh Dhami**
- Governor - **Gurmit Singh**
- State Animal - **Alpine Musk Deer**
- State Bird - **Himalayan Monal**
- State Flower - **Brahma Kamal**
- Districts - **13**