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1. World Arthritis Day (Oct. 12, 2022)

World Arthritis Day is observed every year on **12 October** 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 (ARI)** 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.

2. 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**'.

3. 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.

4. World Post Day (Oct. 9, 2022)

Every year **9 October** is observed as World Post Day in the world. The purpose of World Post Day is to create awareness of the role of the postal sector in people's and businesses' everyday lives and its contribution to the social and economic development of countries.

Background of the day

World post day is observed on 9 October to mark the anniversary of the establishment of the **Universal Postal Union (UPU)** in 1874 in the Switzerland's capital, Berne.

It was declared World Post Day by the UPU Congress held in Tokyo, Japan in 1969. Since then this day is observed all over the world.

Theme of the World Post 2022: **Post for Planet**

Universal Postal Union (UPU)

It was set up in 1874 and its headquarters is in the Switzerland capital city of Berne.

It is the second oldest international organization worldwide (after the International Telecommunication Union, (ITU).

It became a specialised agency of the United Nations on 1 July 1948.

UPU coordinates postal policies among member nations, in addition to the worldwide postal system.

India joined the Universal Postal Union in **1876**.

5. World Smile Day (Oct. 8, 2022)

World Smile Day is celebrated every year on the **first Friday of October**. World Smile Day for the year 2022 was celebrated on **7 October**.

Important facts

- The purpose behind celebrating Smile Day was to dedicate one day in a year to **smiles and kind acts**.
- **The theme** of World Smile Day remains the same every year -- '**Do an act of kindness, Help one person smile**'.

Background of the day

- World Smile Day was first celebrated in **1999 by artist Harvey Ball**.
- Harvey Ball, a commercial artist from **Worcester, Massachusetts (US)**, created the smiley face in **1963**.
- This picture became a **symbol of goodwill and enthusiasm** on the planet.
- Harvey Ball declared the **first Friday of October** each year as World Smile Day.
- He intended that one day every year should be dedicated to smiling and kind acts around the world.
- After Harvey's death in 2001, the **Harvey Ball World Smile Foundation** was created to honour his name and memory.
- This foundation is the **official sponsor** of World Smile Day every year.

6. Indian Air Force Day (Oct. 8, 2022)

8 October is **Indian Air Force day**. Indian Air Force was raised on **October 8, 1932**, and it is completing **90 years** 8 October, 2022.

Important facts

- This time Air Force Day flypast was done over **Sukhna Lake in Chandigarh**.
- Historically for the first time, the Air Force Day parades and fly-pasts have been taken out of the National Capital Region by the Indian Air Force.
- President **Draupadi Murmu** and Defence Minister **Rajnath Singh** were present on this occasion.
- This time **75 aircraft** participated in the flypast, while **9 aircraft** were put on **standby mode**.

- **The Light Combat Helicopter LCH** which was recently inducted into the Indian Air Force displayed its air capabilities in the sky at Sukhna Lake.
- **Tejas, Sukhoi, MiG-29, Jaguar, Rafale and Hawk** were also part of the flypast.

About Indian Air Force

- It was officially established on **8 October 1932**.
- It is the air wing of the Indian Armed Forces whose primary mission is to secure Indian airspace and conduct aerial activities during armed conflicts.
- Over **170,000 personnel** are serving in the Indian Air Force.
- It ranks as the **fourth largest operational air force in the world**.
- The motto of the Indian Air Force is '**Touch the Sky with Glory**' and was taken from the eleventh chapter of the **Bhagavad Gita**.
- After independence, it participated in **four wars** with Pakistan and one war with the People's Republic of China.
- It works with the **United Nations' peacekeeping missions**.
- It participated in relief operations during natural calamities like the **Gujarat cyclone in 1998, the tsunami in 2004** and the **floods in North India**.

7. World Space Week (Oct. 7, 2022)

World Space Week is observed annually from the **4th to 10th of October** every year.

Important facts

- In India, World Space Week 2022 is being celebrated in collaboration with the **Indian Space Research Institute (ISRO) and Atal Innovation Mission (AIM)**.
- During this, a National Space Quiz Competition is being organized to increase the interest of the school children towards astronomical knowledge and science.
- It is dedicated to celebrate the contribution of **space science and technology** to the betterment of the human condition.
- In the **year 1999**, the **United Nations General Assembly (UNGA)** declared the World Space Week to be celebrated.
- It commemorates **Sputnik-1**, the **first man-made Earth satellite**, launched on **4 October 1957**.
- **The theme** of Space Week 2022 is "**Space and Sustainability**" with a focus on achieving sustainability in space.
- It is coordinated by the **United Nations in collaboration with the World Space Week Association (WSWA)**, a non-profit organization.

8. National Wildlife Week (Oct. 7, 2022)

The **national Wildlife Week** is being celebrated across the country from **October 2 to October 8**.

Important facts

- This year, India is celebrating the **68th edition** of Wildlife Week.
- Its objective is to spread the message of protecting and preserving India's flora and fauna.
- During Wildlife Week in India, environmentalists and conservationists organize workshops to help people understand the importance of protecting wildlife.
- Several awareness raising activities are also organized during this week.
- **In 1952**, the Wildlife Board of India conceived the concept of **Wildlife Week** to create awareness about the long-term goals of protecting India's wildlife.
- On 20 December 2013, the United Nations General Assembly declared **3 March as World Wildlife Day**.

9. World Cotton Day (Oct. 7, 2022)

Every year **7 October** is celebrated as '**World Cotton Day**' across the world.

Important facts

- World Cotton Day is celebrated by the **United Nations** to raise awareness about the important role of the cotton sector in international trade, economic development and poverty alleviation.
- Cotton is considered a major source of livelihood and income for many rural laborers and stockholders, including women.
- It provides employment and income to some of the poorest rural areas around the world.
- The day promotes sustainable trade policies and enables developing countries to benefit from every stage of the cotton value chain.
- **India is the second largest producer and largest consumer** of cotton in the world.

Background of the day

- The initiative of World Cotton Day was **started in 2019**.
- The day originated when four cotton producers in sub-Saharan Africa—**Benin, Burkina Faso, Chad and Mali**—known as the '**Cotton Four**'—proposed to observe the day on 7 October every year in the **World Trade Organization (WTO)**.

- The World Trade Organization hosted the launch of World Cotton Day on 7 October 2019 as an initiative of Cotton-4 countries.

10. World Teachers' Day (Oct. 5, 2022)

World Teachers' Day is celebrated across the world on **5 October** every year to recognize the work of teachers, researchers and professors.

Important facts

- On this day, people come together and organize meetings, conferences to identify and find solutions to the problems being faced by teachers in the country as well as globally.
- The day is celebrated by the United Nations Educational, Scientific and Cultural Organization (UNESCO) along with the United Nations Children's Fund (UNICEF), International Labor Organization (ILO) and Education International.
- The theme of World Teachers' Day 2022 - "**The Transformation of Education Begins With Teachers**".

Background of the World Teachers' Day

- **In 1994**, October 5 was declared by **UNESCO** as World Teachers' Day.
- It was a part of the **Intergovernmental Conference organised by UNESCO** in Paris that recognized the status of teachers in collaboration with the **International Labour Organisation (ILO)**.
- On the other hand, **India** has been celebrating **5 September as Teacher's Day since 1962**.
- In India, Teachers' Day is celebrated on 5 September to honor the country's second President, **Dr Sarvepalli Radhakrishnan**, whose birth anniversary falls on the same day.