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1. World Milk Day (June 1, 2022)

Every year 1 June is celebrated as World Milk Day to draw attention to the activities related to the dairy sector.

- The day is celebrated to recognize milk as a global food and to celebrate the dairy industry.
- The World Milk Day 2022 theme is 'Dairy Net Zero'.
- It is celebrated every year on 1 June as World Milk Day since 2001 by the Food and Agriculture Organisation (FAO) of the United Nations.
- 26 November is celebrated as National Milk Day, the birth anniversary of Varghese Kurien, father of white revolution and father of milk production in India.

Some other facts related to milk and milk products

- India is the largest milk producer in the world accounting for 22 per cent of the global production. Next come the United States, China, Pakistan and Brazil.
- Uttar Pradesh is the largest milk producing state in India and accounts for more than 17% of the total milk production in India.
- The availability of milk in India is 406 grams per person per day.
- Ordinary milk consists of 85 percent water and the remaining part consists of solid elements i.e. minerals and fats.
- Milk is rich in protein, calcium and riboflavin (Vitamin B-2).
- Milk also contains vitamins A, D, K and E, including phosphorus, magnesium, iodine, and many minerals and fats and energy.
- The purity of milk is measured by a lactometer.
- National Milk Research Institute is located in Karnal (Haryana).
- An organic compound called lactose is found in milk.
- Fresh milk has a pH of 6, when milk turns into curd, its pH becomes less than 6.
- Lactobacillus bacteria help in curdling from milk.

2. World Thyroid Day (May 26, 2022)

World Thyroid Day is celebrated every year on 25 May.

• This day is celebrated with the aim of spreading awareness about thyroid and to know about the prevention and treatment of thyroid diseases.

World Thyroid Day was first celebrated in the year 2008 by the American Thyroid

 Association (ATA) and the European Thyroid Association (ETA) with the aim of creating awareness about thyroid.

• What is thyroid?

- The thyroid is a small butterfly-shaped gland. It is located in the front of the neck.
- This gland produces tetraiodothyronine (T4) and triiodothyronine (T3) hormones in the body.
- Both these hormones released from the thyroid gland help all the cells of the body to function properly and both these hormones also contribute in controlling the process of metabolism.
- Thyroid problems arise when the thyroid gland produces more or less hormones, and due to this, every cell of the body starts getting affected.
- Hypothyroidism (sudden weight gain) is caused by a deficiency of thyroid hormones.
- An increase in thyroid hormones causes hyperthyroidism.
- Women are more prone to this disease than men.

3. International Day of Biodiversity- 22 May (May 23, 2022)

International Day of Biodiversity is celebrated every year on 22 May to raise awareness about the significant reduction in biological diversity caused by human activities.

- **Biodiversity** It refers to the variety of flora and fauna that make up an ecosystem. Conservation of ecosystems is important for natural balance and human survival.
- India is included in the 10 countries with the most biodiversity in the world.

Purpose of the day

- (i) To increase understanding and awareness about the issues of biodiversity.
- (ii) To make people aware about the importance of biodiversity on the one hand and its unprecedented loss on the other.
- The theme of 2022 is "Building a shared Future for All Life".

History of the day

- The idea was to celebrate this day at the Biodiversity Conference on December 29, 1992 in Nairobi, Kenya.
- Biodiversity Day was celebrated on 29th December till 2000, after that from the year 2001 it is celebrated on 22nd May.

4. 250th Birth Anniversary of Raja Ram Mohan Roy (May 21, 2022)

The Ministry of Culture is celebrating the 250th birth anniversary of Raja Ram Mohan Roy from 22 May 2022 to 22 May 2023 under the aegis of 'Azadi Ka Amrit Mahotsav'.

- The opening ceremony will be held at Raja Ram Mohan Roy Library Foundation, Salt Lake, Kolkata and Science City Auditorium, Kolkata.
- During the event, a statue of Raja Ram Mohan Roy will be unveiled by the Minister of Culture, G Kishan Reddy at the Raja Ram Mohan Roy Library Foundation, Kolkata.

About Raja Ram Mohan Roy

- Born 22 May 1772 in a Hindu Brahmin family in Radhanagar village in West Bengal's Murshidabad district, Bengal.
- Gopal Krishna Gokhale called him the 'Father of Modern India'.
- He was one of the pioneers of the Indian Renaissance.
- He was awarded the title of Raja by the Mughal Emperor Akbar II.
- He opposed customs such as Sati, polygamy, child marriage, the rigidity of the caste system.
- He formed Atmiya Sabha (Friendly Society) In 1814. It was for the religious reforms in the society.
- In 1828 he founded the Brahmo Samaj.
- The Brahmo Samaj was a reformist movement of Hinduism that aimed to fight the social evils prevalent in the society.
- As a result of hard work in fighting the practice of Sati, the Governor of Bengal Presidency Lord William Bentinck banned the practice of Sati in the year 1829.
- He died of meningitis on September 27, 1833, at Stapleton, near Bristol, while on a visit to Britain.

5. Anti-Terrorism Day (May 21, 2022)

Anti-Terrorism Day is observed on 21st of May every year.

- It is observed on the death anniversary of former Prime Minister Rajiv Gandhi.
- In 1991, he was assassinated in a suicide bombing, by Liberation of Tamil Tigers Eelam (LTTE) terrorist troop while campaigning at Sriperumbudur in Tamil Nadu.
- He served as the Prime Minister of India from 1984 to 1989.

The Center decided to observe May 21 as Anti-Terrorism Day by the government of the • then VP Singh.

- Anti-terrorism pledge is taken on this day in all government offices, public sector undertakings, other public institutions etc.
- Last year, the MHA had proposed that officers take an 'anti-terrorism oath' in their rooms/ offices to avoid public gatherings during the COVID-19 pandemic.

Aim of the Day

- Raising awareness of terrorism and violence and how it affects the general public.
- To demonstrate how harmful terrorism is to the country.

6. World Bee Day (May 20, 2022)

World Bee Day is celebrated every year on 20 May across the world.

- The day is observed to raise awareness about the essential roles played by bees in supporting people and the environment.
- Bees are known to be one of the hardest working organisms on the planet and bring immense benefits to the people and the natural ecosystem around them.
- Bees carry pollen grains from flower to flower and help with the production of fruits, nuts and seeds, which contribute significantly to food security and nutrition.

Theme of the year 2022

- 'Bee Engaged: Celebrating the diversity of bees and beekeeping systems'.
- It is organised by the Food and Agriculture Organisation (FAO).
- The event will focus on highlighting the importance of honeybees and sustainable beekeeping systems.

History and Significance of the day

- World Bee Day is celebrated on the birth anniversary of Slovenian beekeeper Anton Jansa, the pioneer of modern beekeeping.
- He was born on 20 May 1734.
- In 2016, Slovenia proposed celebrating World Bee Day on 20 May each year.
- The first World Bee Day was observed on 20 May 2018.
- Bees play a major role in maintaining the balance between humans, plants, animals and the environment.

7. International Museum Day 18 May (May 18, 2022)

International Museum Day is celebrated on 18 May across the world to raise awareness about how important museums are in the development of society.

Background

- International Museum Day was established in 1977 by the International Council of Museums.
- The day aims to raise awareness of museums as an important means of cultural exchange, promotion of cultures and development of mutual understanding, cooperation and peace between peoples.

About International Council of Museums (ICOM)

- It is the main and only organisation of museums and museum professionals with a global scope, committed to the promotion and protection of natural and cultural heritage, present and future, tangible and intangible heritage.
- It serves as a network of museum professionals (35,000 members in 137 countries) dealing in a wide range of museum and heritage-related disciplines.
- It was established in 1946 and is headquartered in Paris, France.

8. Sikkim Statehood Day 2022 (May 16, 2022)

The Prime Minister Narendra Modi has greeted the people of Sikkim on their Statehood Day, 16 May.

Sikkim Statehood Day

• On May 16, 2022, Sikkim officially completed 47 years of becoming a state of India.

About Sikkim

- Location northeastern part of the country
- Capital Gangtok
- Borders Tibet Autonomous Region of China, Bhutan, West Bengal and Nepal
- Established as 22nd state of India on 16th May 1975
- Ruler Namgyal dynasty ruled Sikkim until 1975
- India's highest peak and the world's third highest mountain Mount Kanchenjunga lies in Sikkim
- Rivers Teesta river and its tributaries such as the Rangit, Lhonak, Talung and Lachung.

- Teesta river tributary Brahmaputra river
- Chief Minister Prem Singh Tamang
- Governor Ganga Prasad

9. International Nurses Day (May 12, 2022)

International Nurses Day is celebrated around the world every year on 12th May, the anniversary of Florence Nightingale's birth. She was born on this day in 1820.

- The Day is a wonderful opportunity to express gratitude to nurses for the work they do.
- The theme of 2022 'Nurses: A Voice to Lead Invest in Nursing and respect rights to secure global health.'
- Significance of the day
- More than half of all healthcare workers in the world are nurses.
- Nurses are at the forefront of fighting epidemics and providing high quality and dignified treatment and care.
- The COVID-19 pandemic reminds us of the vital role of nurses.
- Without nurses and other healthcare workers, it is not possible to win the battle against epidemics and achieve the Sustainable Development Goals or Universal Health Coverage (UHC).

About Florence Nightingale

- Florence Nightingale is considered the father of the modern nursing movement. She is also known as "The Lady with the Lamp".
- Florence's most important contribution was in the Crimean War (1854). When he served the injured by lighting candles in the deep darkness of the night.
- He was awarded the Royal Red Cross by Queen Victoria in the year 1869.
- He died on August 13, 1910 at the age of 90.

10. National Technology Day (May 11, 2022)

National Technology Day is observed every year on 11 May to honour the contributions of India's scientific community including scientists, researchers and engineers.

Significance of the day

• It reminds people of the scientific achievements of the country.

- It is a day to honour all those who have contributed to the advancement of science.
- It honours the hard work and efforts of all those who have contributed to the technological progress of our country.
- **Theme of the year 2022** An Integrated Approach to Science and Technology for a Sustainable Future.
- The theme was launched by Union Minister Jitendra Singh.
- History of the day
- National Technology Day was first officially celebrated on 11 May 1999.
- The primary goal of this day was to recognize scientific and technological achievements.
- On May 11, 1998, India successfully carried out nuclear tests at the army's Pokhran test range in Rajasthan.
- In doing so, India became the sixth country to join the 'nuclear club'.
- The test was led by the late APJ Abdul Kalam, an aerospace scientist who became the eleventh President of India.
- On the same day in 1998, India test-fired its first indigenous aircraft Hansa-3 which took off in Bengaluru.
- On that day, the surface-to-air missile Trishul was also successfully test fired.
- With many technological advancements in a single day, the Government of India announced the celebration of May 11 as National Technology Day.
- It was officially signed by the then Prime Minister Atal Bihari Vajpayee.
- Since then, the Technology Development Board (TDB) which is a statutory body under the Department of Science and Technology at the Centre is celebrating this day.