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IMPORTANT DAYS

National Nutrition Week

- In India, **National Nutrition Week** is observed every year from September 1 to September 7 to raise public awareness about nutrition and healthy eating habits.
- The week is observed to make people understand the **importance of nutritional and adaptive eating habits** so that they can maintain a healthy lifestyle.

History:

- In **1975**, the members of the **American Dietetic Association (ADA)**, now called the **Academy of Nutrition and Dietetics**, started **National Nutrition Week** in March.
- It was observed to raise public awareness about good nutrition and also to promote the profession of dietitians.
- The initiative received such a warm response that the week-long celebration went on for a month in 1980.
- In India, the **history of National Nutrition Week** dates back to **1982** when the government launched a campaign 1982 to educate individuals about the importance of nutrition and urged them to maintain a healthy and sustainable lifestyle.
- The government of **India** launched '**POSHAN Abhiyan**' in **2018** to educate people about health and nutrition as they play a significant role in overall human development and social infrastructure.

2nd September - World Coconut Day

- Every year on **September 2**, **World Coconut Day** is commemorated to raise awareness of the value of this crop in eradicating poverty.
- This day also honors the **Asian Pacific Coconut Community's** founding day (APCC).

History

- This day was **first celebrated** in **2009** by the **Asia Pacific Coconut Community**.
- Since then, there has been no going back.

- Collaborating with **UN-ESCAP (United Nations Economic and Social Commission for the Asia Pacific)**, **APCC** goes on to highlight its versatility and how it plays an important role in keeping us healthy.
- India also celebrates this day with great gusto.
- The Coconut Development Board promotes this in various states such as **Kerala, Tamil Nadu, Karnataka, Goa, West Bengal, Andhra Pradesh, Odisha, etc.**

3rd September - Skyscraper Day:

- Every year, **September 3 is observed as National Skyscraper Day 2022.**
- Across the globe, **skyscrapers have defined people's vivid imagination and creativity.**
- A skyscraper is a tall habitable building with multiple floors.
- These high-rise buildings are around 100 meters or 150 meters in height.

HISTORY:

- National Skyscrapers Day is celebrated every year on September 3, on the birth anniversary of **Louis H. Sullivan, often called the 'father of modern skyscrapers.**
- This name was coined in the 1880s for the high-rise buildings of the United States.
- Sullivan is known as the 'father of modern skyscrapers' as he was the chief architect behind famous buildings such as the Wainwright Building, the Bayard-Condict Building, the Krause Music Store, and more.
- As per [guinnessworldrecords.com](https://www.guinnessworldrecords.com), **the world's first skyscraper came up in Chicago in 1885.**
- It's a 10-story building, with its peak at 138 feet.
- It was called the 'Home Insurance Building'.

International Day of Charity- September 5

- **September 5th** is recognized as the **International Day of Charity.**
- In 2012, the **United Nations General Assembly** proclaimed it.
- **Mother Teresa**, who had always worked in charity, was remembered on September 5 to mark her **passing anniversary.**

- For “work undertaken in the struggle to overcome poverty and distress, which also constitute a threat to peace” **Mother Teresa was awarded the Nobel Peace Prize in 1979.**
- The main goal of the Worldwide Day of Charity is to increase awareness and offer a common platform for charity-related events for people, charitable, philanthropic, and volunteer groups to use for their own goals on a local, national, regional, and international level.

Teachers' Day 2022- September 5

- **Dr. Sarvepalli Radhakrishnan's birthday, September 5, is commemorated each year in India with Teachers' Day 2022.**
- He was a **Bharat Ratna winner, academic, and former president of India.**
- When Dr. Radhakrishnan took office as the **second President of India in 1962**, his students approached him to seek permission to celebrate September 5 as a special day.
- Dr. Radhakrishnan instead requested them to observe September 5 as Teachers' Day, to **recognize the contribution of teachers the society.**
- Ever since then, September 5 is celebrated as Teacher's Day across schools, colleges, universities, and educational institutions. Students put on performances, and dances and host elaborate shows for their most-loved teachers.

8 September - International Literacy Day

- **International Literacy Day** is an international observance, celebrated each year on **8 September**, that was declared by **UNESCO on 26 October 1966 at the 14th session of UNESCO's General Conference.**
- The day spread awareness about the importance of literacy for individuals, communities, and societies and the need for intensified efforts toward more literate societies.

History:

- **UNESCO designated September 8th as Worldwide Literacy Day in 1966** to remind the international community of the value of literacy for people, communities, and societies, as well as the necessity for further efforts toward a more literate society.

- For the first time, it was observed in 1967.

8 September - World Physical Therapy Day

- **World Physical Therapy Day** is celebrated every year on **September 8**
- Every year, World Physical Therapy Day 2021 is celebrated to raise awareness about the important role of physiotherapists in keeping people fit and well.
- On this day, the contribution of physiotherapists in society and how they motivate people to stay fit and independent is celebrated.

History:

- World Physical Therapy Day was founded on **September 8** in **1996**.
- It was designed to mark the solidarity of the **global physiotherapy community** in **1951**.
- On this day, the work of physical therapists is acknowledged.
- It emphasizes advancing and promoting the profession and expertise.

World Suicide Prevention Day- 10 September

- **World Suicide Prevention Day** is an awareness day observed on **10 September** every year, to provide worldwide commitment and action to prevent suicides, with various activities around the world

Themes:

- The three-year theme for **World Suicide Prevention Day** from **2021 to 2023** is "**Creating hope through action.**"
- This theme attempts to instill hope and brightness in all of us by serving as a reminder that there are alternatives to suicide.

History:

- The **International Association for Suicide Prevention** and the **World Health Organization (WHO)** created **World Suicide Prevention Day (WSPD)** in **2003**.

- Since then, every year on September 10th, organizations, governments across the globe, and the common people participate to increase awareness of the issue, decrease stigma, and give a clear message that suicide can be avoided.

11 September - National Forest Martyrs Day

- **National Forest Martyrs Day** is marked on **September 11**.
- The day as the name suggests is observed to pay tributes to those who laid down their lives to **protect the jungles, forests, and wildlife across India**.

HISTORY

- **After the Ministry of Environment and Forest made the declaration**, this day officially came into existence and it was in the year **2013**.
- The ministry selected this date (11 September) because, **on this day in 1730**, the Khejarli massacre took place in the country.
- On the orders of the then **king Maharaja Abhay Singh of Rajasthan**, the soldiers started cutting trees to provide wood for a new palace.
- During that time, a woman identified as Amrita Devi offered her head instead of the sacred Khejarli tree.
- Angry over the act, people in that village rose in protest and offered their lives in place of trees.
- After beheading her, the soldiers went on to slaughter over 350 people including Amrita's children. On hearing this massacre, the shocked king instantly ordered his soldiers to stop killing the people and apologized to those who belonged to the Bishnoi community.
- Along with his apology, King Maharaja Abhay Singh made a declaration stating that no cutting of trees and killing of animals will take place in areas that are around the Bishnoi villages.

World First Aid Day

- **World First Aid Day** is celebrated every year on the **second Saturday of September**.
- This year, **World First Aid Day** falls on **September 10**.

- It is celebrated to raise public awareness of how First Aid can save thousands of lives in everyday crises.

History

- The **International Federation of Red Cross and Red Crescent Societies (IFRC)** established **World First Aid Day** in 2000.
- Henry Dunant, a young Geneva trader, endured terrible suffering and torment on **June 24, 1859, during the battle of Solferino**.
- Nevertheless, the man helped build temporary hospitals and acquired the equipment and materials they required.
- His 1863 book- A Memory of Solferino served as the impetus for the creation of the **International Committee of the Red Cross**
- According to the book, Dunant suggested establishing a separate group that would offer prompt assistance to soldiers who were injured.
- He is regarded as a co-founder of the **International Committee of the Red Cross (ICRC)**, which was established after his articles went viral.

Grandparents' Day- 11 September

- **Grandparents' Day** is celebrated each year on the **first Sunday after Labour Day**.
- This year it **falls on September 11**.
- To mark this day by remembering the contribution of our grandparents to our lives.

History:

- The story starts with a **9-year-old boy, Russell Capper**, who sent a letter to **President Richard Nixon** in 1969.
- The letter, reportedly, asked the president to set aside a day to celebrate the presence of grandparents.
- In 1977, senators passed a joint resolution to the senate and requested the president to set aside a **National Grandparents' Day**.



- Congress passed the resolution.
- In 1978, President Jimmy Carter signed the proclamation.
- The first National Grandparents' Day was celebrated on September 10, 1978.

Hindi Diwas- September 14

- Every year on September 14, Hindi Diwas or Hindi Day is celebrated to honor Hindi's use as an official language in India.
- According to Article 343 of the Indian Constitution, the language was accepted.

History:

- It was observed for the first time on September 14, 1953.
- Later, Pt. Jawaharlal Nehru said that the nation will observe this day as Hindi Diwas.
- There are 22 scheduled languages in India, although only Hindi and English are formally utilized at the level of the Union government of India.
- The fourth most often spoken language worldwide is Hindi.
- As a result of the Constituent Assembly of India's adoption of Hindi written in Devanagari script as the official language of the Republic of India on this day in 1949, Hindi Divas is observed on September 14.

Engineer's day in India- 15 September

- Every year 15th September is celebrated as National Engineer's Day to mark the birth anniversary of Sir Mokshagundam Visvesvaraya.
- Engineer's Day is celebrated to pay tribute to Bharat Ratna Sir Mokshagundam Visvesvaraya.

History

- In 1968, the Indian government declared Sir M Visvesvaraya's birth anniversary as Engineers' Day.
- Since then, this day is celebrated to honor and acknowledge all engineers who have contributed and still do so to build a modern and developed India.

International Day of Democracy- September 15

- The **International Day of Democracy** also known as **World Democracy Day** is observed every year on **15 September**.
- It is a day that highlights the importance of the participation of all members for the proper functioning of a democracy.
- According to the **United Nations (UN)**, the **International Day of Democracy** provides an opportunity to **review the state of democracy in the world**.

History

- According to **Inter-Parliamentary Union (IPU)**, the **International Day of Democracy** was established through a resolution passed by the **UN General Assembly** in **2007**.
- It further states that the **first International Day of Democracy** was observed by **46 national parliaments** on **15 September 2008**.

16 September - World Ozone Day

- **World Ozone Day** is observed on **September 16** every year to spread awareness among people about the depletion of the **Ozone Layer** and find possible solutions to preserve it.
- On this day, people from all over the world hold talks and seminars on the ozone layer.
- Educators teach students about the benefits of the **Ozone layer** and special events and activities are organized to spread awareness.

World Ozone Day 2022 Theme

- "**Montreal Protocol@35: global cooperation protecting life on earth**" is the theme of **World Ozone Day 2022**.

World Ozone Day History

- It was in **1994** when the **UN General Assembly** declared **16 September** as the **International Day for the Preservation of the Ozone Layer OR World Ozone Day**.
- As mentioned earlier, the date commemorates the signing of the '**Montreal Protocol** on **Substances that Deplete the Ozone Layer** which was signed on **16 September 1987**.

International Red Panda Day

- **International Red Panda Day** is celebrated **every year on the third Saturday of September**.
- This year, the day falls on **17 September**.
- International Red Panda Day is commemorated to raise awareness about the red panda conservation issues.

History:

- **International Red Panda Day (IRPD)** was launched by **Red Panda Network (RPN)** in **2010**.
- More than 16 schools and zoos from around the world participated in its launch.
- Currently, more than 60 zoos take part in the celebration of International Red Panda Day.
- Many conservation organizations and schools also celebrate this day by conducting various types of events like having informational presentations and seminars about the red panda.

World Bamboo Day- September 18

- **Every year on September 18, World Bamboo Day** is marked as a day of celebration to raise global awareness of bamboo.
- Bamboo has been an everyday usage wood in areas where it grows naturally, but its use does not seem to be sustainable owing to exploitation.

HISTORY:

- The World Bamboo Organization was formally recognized on **September 18, 2009**, during the **8th World Bamboo Congress in Bangkok**. Delegates from almost 100 countries attended the event and agreed to designate September 18 as World Bamboo Day, which was unanimously supported by all attendees.
- In addition, the day is also marked as the **Royal Thai Forestry Day**.
- In 2009 on this day, the Deputy Governor of Bangkok as a representative of the Royal Thai Government, Ms. Susanne Lucas, Executive Director of WBO, and Mr. Kamesh Salam, President of WBO, along with others named the day World Bamboo Day.

21 September- Alzheimer's Day

- Every year on **September 21**, people all across the world mark **World Alzheimer's Day**.
- The purpose of the day is to **increase public awareness of the stigma associated with Alzheimer's disease and related dementias**.
- To commemorate our tenth anniversary, World Alzheimer's Day was established at the start of **ADI's annual conference in Edinburgh on September 21, 1994**.
- Alzheimer's is a progressive illness, meaning that over many years, the symptoms of dementia gradually get worse.
- Alzheimer's disease causes **modest memory loss** in its early stages, but by the disease's latter stages, people are unable to converse or react to their surroundings.
- This illness is a degenerative brain disorder that impairs memory and makes thinking coherently challenging or practically impossible.

International Day of Peace- September 21

- The **International Day of Peace**, also officially known as **World Peace Day**, is a **United Nations-observed annually on 21 September**.
- this year 2022 the slogan is: "**End Racism, Build Peace**".
- The **United General Assembly declared September 21, as World Peace Day, in 1981**.
- The date initially chosen was the regular opening day of the annual sessions of the General Assembly.
- The day aims to promote and maintain peace among all people and 24 hours of global ceasefire and non-violence for groups in active combat.

22 September- World Rose Day

- **World Rose Day** is annually celebrated on **September 22** in dedication to the **welfare of cancer patients**.
- On this day, people around the world work towards bringing cheer and hope into the lives of all those people who have been affected by cancer.

- More importantly, it seeks to remind patients and their caregivers, that they are not alone in this battle against the deadly disease.

History:

- **World Rose Day** for cancer patients is observed in honor of **Melinda Rose, a Canadian girl, who was diagnosed with Askin's Tumour**, a rare blood cancer when she was just 12 years old.
- Doctors said that she only has a few more weeks to live, but because of her undying spirit and hope, she went on to **live for six months**.
- She spent this time cheering up other cancer patients by sharing poems, letters, verses, e-mails, etc, with them.
- Her kindness and hope in such difficult times of her life worked as an inspiration for World Rose Day.

23 September-International Day of Sign Languages

- The **International Day of Sign Languages** is observed on **September 23 every year**.
- It is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.

History

- The **first International Day of Sign Language** was observed across the world on **September 23, 2018, with the theme “With Sign Language, Everyone is Included!”**
- The day was celebrated as part of the **International Week of the Deaf, which will take place on 24-30 September**.
- The International Week of the Deaf was first celebrated in September 1958 and has since evolved into a global movement of deaf unity
- The **United Nations General Assembly (UNGA)** has proclaimed 23 September as the **International Day of Sign Languages (IDSL)** intending to raise awareness of the significance of sign language in the full realization of the human rights of people who are deaf.

25 September-World Pharmacists Day

- Every year on **September 25, World Pharmacist Day** is observed.
- This yearly remembrance aims to recognize the work of pharmacists in promoting world health.
- It is also intended to stimulate and support global healthcare initiatives.

Themes:

- **“Pharmacy united in action for a healthier world”** is the theme of World Pharmacists Day on 25 September 2022.

History:

- Every year on September 25, the world celebrates World Pharmacist Day.
- On this day in 2009, the **World Congress of Pharmacy and Pharmaceutical Sciences** saw the official opening of the **International Pharmaceutical Federation (FIP) Council**.
- On the same day in **1912 when the FIP was founded**, World Pharmacist Day is observed.
- By commemorating this day, the FIP hopes to raise awareness of the importance pharmacists play in advancing global healthcare.

25 September- World River Day

- **World Rivers Day** is celebrated on the **fourth Sunday of September every year**
- This year it **falls on September 25**, to increase public awareness about rivers and to encourage their conservation.
- The day celebrates Earth's waterways, in which over 60 countries participate every year.

History of World Rivers Day:

- In **2005, Mark Angelo**, an internationally-celebrated river conservationist, approached the United Nations during its Water for Life campaign — a decade-long initiative to raise awareness about threatened water resources across the planet.
- Angelo advocated for an annual World Rivers Day to help anchor the campaign.
- **World Rivers Day was seen by agencies of the United Nations** as a good bet for the aims of the World for Life decade and other proposals.
- The **first World Rivers Day was celebrated in over a dozen countries**.

- Now, the annual event is marked by celebrations in more than 60 countries and the participation of millions of people.

25 September- Antyodaya Diwas

- **Antyodaya Diwas is observed on September 25th each year in India.**
- It commemorates the **birth anniversary of Indian leader Pandit Deendayal Upadhyaya** and is held to remember his life and legacy.
- He was one of the most famous figures in Indian political history.
- This year's **Antyodaya Diwas commemorates Upadhyaya's 105th birthday.**
- He was a Bharatiya Janata Sangh (BJS) co-founder and a Rashtriya Swayamsevak Sangh (RSS) theorist.
- **Pandit Deendayal Upadhyaya was born on September 25, 1916,** in the village of Chandrabhan near the town of Fareh in Mathura, Uttar Pradesh.
- He grew up in a Brahmin family.

26 September-World Contraception Day

- **World Contraception Day 2022 is held on September 26** to raise awareness about various contraceptive techniques and to empower young people to make educated decisions about their sexual and reproductive health.

History:

- It was **established on September 26, 2007,** by ten international family planning organizations to raise awareness about contraception and to assist couples in making educated decisions about starting a family, so that every pregnancy is desired.

26 September- World Environmental Health Day

- **September 26** is observed annually as **World Environmental Health Day** across the globe.
- It was established that year by the **International Federation of Environmental Health (IFEH),** a body of 44 member states, to raise awareness regarding the health of our environment.

Themes:

- World Environmental Health Day theme 2022 is “**Strengthening Environmental Health Systems for the Implementation of the Sustainable Development Goals**”

History:

- The **International Federation of Environmental Health (IFEH)** recognized September 26 as World Environmental Health Day in 2011.
- On this day in 2011, the Federation established the day during a meeting in Indonesia.

26 September- World Day of the Deaf

- **World Deaf Day** is celebrated **every year on the last Sunday of September**.
- This year World Deaf Day was celebrated on the **26th of September**.
- The last week of September is celebrated as the **International Week of the Deaf by the World Federation of the Deaf (WFD)** and its national associations all over the world.

History

- The **World Federation of the Deaf** initiates World Deaf Day in the year of 1958.
- This day falls on the **last Sunday of September**.
- The first World Conference of the World Federation of the Deaf took place in Rome, Italy in 1951.
- The last week of September is observed as the International Week of the Deaf and International Day of Sign Language.
- In 1959, the **United Nations and World Health Organization** recognized the World Federation of the Deaf.
- In 2018, International Sign Language is recognized during the last week in September along with World Day of the Deaf.

World Tourism Day: September 27

- **World Tourism Day** is celebrated on the **27th of September every year**.

- World Tourism Day is celebrated to pay tribute to the tourism industry and encourage people to travel and honor those who were working in the tourism sector.

Theme 2022:

- This year the **host country** is **Indonesia** and the World Tourism Day **Theme 2022** is **“Rethinking Tourism”**.

History

- The **United Nations World Tourism Organization** celebrated World Tourism Day as an **International Observance on 27th September 1980**.
- The statutes of the United Nations World Tourism Organization were adopted in the year 1970 on 27th September.
- So, this date is chosen as World Tourism Day.
- At its **Twelfth Session in Istanbul, Turkey, in 1997**, the United Nations World Tourism Organization General Assembly decided to select a country as a host each year to act as the Organization’s partner in the celebration of World Tourism Day.
- The late **Ignatius Amaduwa Atigbi, a Nigerian** was the one who proposed the idea of making 27th September a World Tourism Day.
- The **color of World Tourism is Blue**.

World Rabies Day 2022: September 28

- World Rabies Day is celebrated on 28th September of every year.
- Rabies is a deadly virus that spreads to people from the saliva of infected animals.
- World Rabies Day is celebrated to raise awareness about the deadly disease and educate people on how to fight against this disease.

Theme:

- World Rabies Day 2022 Theme is **“Rabies: One Health, Zero Deaths”**.

History

- The **Global Alliance for Rabies Control (GARC)** established World Rabies Day in 2007.
- This day was recognized by the **World Health Organization (WHO)**.

- They choose the date 28th September to observe World Rabies Day to remember the **French Scientist Louis Pasteur**.
- In 1895, the French Scientist Louis Pasteur passed away on this day (28th September) created the vaccination for rabies

International Day of Awareness of Food Loss and Waste: September 29

- The **International Day of Awareness of Food Loss and Waste** is observed on **29th September of every year**.
- International Day of Awareness of Food Loss and Waste is observed to raise awareness about food loss and food waste.

History

- In 1945, The Food and Agriculture Organization of the United Nations was established.
- In 2019, the **United Nations General Assembly** declared the 29th of September as the International Day of Awareness of Food Loss and Waste.
- **Andorra and San Marino** played an important role in the proposal of the International Day of Awareness of Food Loss and Waste.
- This day is observed to raise awareness about food wastage and food loss.
- This day also recognizes the fundamental role of sustainable food in food production security and nutrition.

World Heart Day: September 29

- **Every year World Heart Day** is celebrated on **29th September**.
- The main objective of World Heart Day is to inform people about cardiovascular disease (CVD) including heart disease and stroke.
- Every year around 18.6 million people die all over the world due to heart disease, stroke, and CVD.

Theme:

- World Heart Day Theme 2022 is “**Cardiovascular Health for Everyone**”.

History:

- In **1999**, **The World Heart Federation (WFH)** along with the World Health Organization (WHO) established World Heart Day.
- The idea to celebrate **World Heart Day** was proposed by **Antoni Bayes de Luna**, who was the president of WFH **from 1997 to 1999**.
- The first celebration of this day took place on **24th September 2000**.
- **Until 2011**, **World Heart Day** was celebrated on the **last Sunday of September**.
- In **2012**, the leaders in the world committed to reducing **the worldwide mortality from non-communicable diseases by 25 percent by 2025**.

World Maritime Day 2022:

- **World Maritime Day** is celebrated on the **last Thursday of September** of every year.
- This year **2022 World Maritime Day** falls on the **29th of September**.
- World Maritime Day is celebrated to spread the importance of shipping safety, the Maritime environment, and its security.

Theme:

- World Maritime Day theme 2022 is “**New technologies for greener shipping.**”

History:

- **The International Maritime Organization (IMO)** established World Maritime Day.
- **The International Maritime Organization (IMO)** started in the year of **1948**.
- It came into force on **March 17, 1958**.
- After twenty years of the IMO came into action, **World Maritime Day** was first celebrated in **March of 1978** and eventually, it moved to the end of September.
- With the slogan, “**Safe, Secure, and efficient shipping on clean oceans**”, the IMO members strive to take care of the safety and natural resources in the Maritime Industry.

International Translation Day-30 September

- **International Translation Day** is observed on **September 30** every year across the globe to raise awareness about language professionals and bring awareness about languages.
- International Translation Day 2022 also aims to pay tribute to the work of language professionals.

Themes:

- The theme of International Translation Day is '**A World Without Barriers**.'

History

- September 30, according to the **UN**, celebrates the feast of **St. Jerome, the Bible translator**, who is considered the patron saint of translators.
- St. Jerome, United Nations add, was a priest from North-eastern Italy, who is known mostly for his endeavor of translating most of the Bible into Latin from the Greek manuscripts of the New Testament.
- He also translated parts of the **Hebrew Gospel into Greek**.
- He learned Latin in school and was fluent in Greek and Hebrew, which he picked up from his studies and travels. Jerome died near Bethlehem on September 30, 420, the UN added.
- **On May 24, 2017, the General Assembly** adopted a resolution on the role of language professionals in connecting nations and fostering peace, understanding, and development, and declared **September 30 as International Translation Day**.