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IMPORTANT DAYS**International Labour Day Observed on May 1**

- **International Labour Day**, also known as **May Day**, is observed every year on **May 1** to commemorate the **struggles and achievements of workers**.
- The **2026 theme**, as highlighted by the **International Labour Organization**, is “**Ensuring a Healthy Psychosocial Working Environment**”.
- **International Labour Day** was first celebrated on **May 1, 1890**, following its declaration by the **International Congress of Socialist Parties in Europe on July 14, 1889**.
- In **India**, the first celebration of **International Labour Day** was held in **Chennai in 1923**.

Gujarat Foundation Day Observed on May 1

- **Gujarat Foundation Day**, also known as **Gujarat Gaurav Diwas**, is celebrated every year on **May 1** to mark the **formation of Gujarat in 1960 after separation from Bombay State**.
- In **2026**, the state-level celebrations are held in **Surat**, featuring **cultural programmes and police motorcycle stunts**, reflecting a blend of **tradition and modern progress**.
- In **1956**, these regions were merged into **Greater Bombay State**, comprising both **Gujarati-speaking and Marathi-speaking populations**.
- On **May 1, 1960**, under the **Bombay Reorganisation Act, 1960**, **Bombay State was divided into Gujarat and Maharashtra**, giving Gujarat a **distinct cultural and linguistic identity**.

World Tuna Day Observed on May 2

- **World Tuna Day** is observed every year on **May 2** to raise awareness about the **importance of tuna conservation**.
- The day was established by the **United Nations General Assembly** and has been observed annually since **2017**.
- **Tuna** is an **economically important fish species**, widely consumed and significant for **global food security and livelihoods**.
- **Thailand** is one of the **largest producers of tuna** in the world

World Laughter Day 2026 Observed on May 3

- **World Laughter Day 2026** is observed on **May 3, 2026**, as it falls on the **first Sunday of May** every year.
- The day was established in **1998** by **Dr Madan Kataria**, founder of the **Laughter Yoga Movement**.

- The **theme for 2026** is “**World Peace Through Laughter**”, focusing on the role of laughter in **reducing stress, improving immunity, and promoting peace**.
- The **first celebration** of World Laughter Day was held on **May 10, 1998**.

Coal Miners Day Observed on May 4

- **Coal Miners Day** is observed every year on **May 4** to recognise the **contribution of coal miners** to the economy and energy sector.
- **Coal** is a **major fossil fuel rich in carbon** and remains a **key source of energy** for power generation and industrial use.
- **Coal mining** refers to the **extraction of coal from the earth**, which plays a crucial role in **energy production and industrial development**.

World Press Freedom Day Observed on May 3

- **World Press Freedom Day** is observed every year on **May 3** to promote the importance of **press freedom and independent media**.
- The day was proclaimed by the **United Nations General Assembly** in **December 1993**, following a recommendation by the **United Nations Educational Scientific and Cultural Organization General Conference**.
- The **theme for 2026** is “**Shaping a Future of Peace**”.

World Asthma Day 2026 Observed on First Tuesday of May

- **World Asthma Day** is observed every year on the **first Tuesday of May** to raise awareness about **asthma**, a chronic respiratory disease affecting the lungs. In **2026**, it is observed on **5 May 2026**.
- The day is organized by the **Global Initiative for Asthma (GINA)** to promote better understanding, prevention, and management of asthma.
- Theme for **2026**: “**Access to anti-inflammatory inhalers for everyone with asthma – still an urgent need**”
- First observed in **1998** across more than **35 countries**

World Athletics Day 2026 Observed on 7 May

- **World Athletics Day 2026** is observed on **7 May 2026** to promote awareness about **athletics** and encourage participation in sports.
- The day was first observed in **1996** and was launched by **Primo Nebiolo**, President of the **International Amateur Athletic Federation (IAAF)**, to honour sportspersons and inspire youth to bring pride to the nation.

- Initiative launched by the **International Amateur Athletic Federation (IAAF)** under the theme “**Athletics for a Better World**”
- **International Amateur Athletic Federation (IAAF)** founded in **1912** for governing athletics globally
- Renamed as **International Association of Athletics Federations (IAAF)** in **2001**

World Thalassaemia Day 2026

- **World Thalassaemia Day** is observed every year on **8 May** to spread awareness about **Thalassaemia**, a genetic blood disorder, and to support patients suffering from the disease.
- The day aims to raise awareness about the challenges faced by patients suffering from **Thalassaemia** and the importance of early diagnosis and treatment.
- In **1994**, the **Thalassaemia International Federation (TIF)** established **8 May** as World Thalassaemia Day.
- The day is observed in memory of **George Englezos**, son of the founder and President of the **Thalassaemia International Federation (TIF)**.

World Red Cross and Red Crescent Day 2026

- **World Red Cross and Red Crescent Day** is observed every year on **8 May** to spread awareness about humanitarian values, relief activities, and the importance of the Red Cross and Red Crescent Movement across the world.
- The day is celebrated on the birth anniversary of **Henry Dunant**, who was born on **8 May 1828**.
- **Henry Dunant** was the founder of the **International Committee of the Red Cross (ICRC)**.
- Henry Dunant was also awarded the **Nobel Peace Prize** for his humanitarian contributions.
- The proposal to observe this day was studied by an **International Commission** established during the **14th International Conference of the Red Cross**.

Victory Day 2026 Celebrated on May 9 in Russia Commemorating End of Second World War in Europe

- **Victory Day** is observed every year on **May 9** as one of the most significant national holidays in **Russia**, marking the surrender of **Nazi Germany in 1945** during the **Second World War**.
- The day commemorates the signing of the **German Instrument of Surrender** in Berlin, which led to the end of the war in Europe.
- Victory Day was first observed across the **15 Republics of the former Union of Soviet Socialist Republics (USSR)** following the declaration of victory after the Second World War.

National Technology Day 2026 Observed on May 11 to Mark Pokhran Nuclear Tests and Promote Scientific Advancement

- **National Technology Day** is observed every year on **May 11** to recognise the contributions of **scientists, research, and technological advancements** in India.
- The day commemorates the successful **Pokhran nuclear tests conducted on May 11, 1998** under **Operation Shakti** at the **Pokhran Test Range in Rajasthan**.
- **National Technology Day** was first declared by former Prime Minister **Atal Bihari Vajpayee** and was first observed on **May 11, 1999**.
- The day aims to **promote awareness about the importance of technology, innovation, and scientific research** in national development.

International Nurses Day 2026 Observed on May 12 to Honour Contribution of Nurses

- **International Nurses Day** is observed every year on **12 May** to recognise the **contribution of nurses to society and healthcare systems**.
- The day commemorates the **birth anniversary of Florence Nightingale**, the pioneer of modern nursing.
- The **International Council of Nurses** announced the theme for 2026 as **“Our Nurses. Our Future. Empowered Nurses Save Lives.”**
- In **1974, 12 May** was officially designated as **International Nurses Day**.

Mental Health Awareness Week 2026 Observed from May 11 to 17 with Theme ‘Action’

- **Mental Health Awareness Week 2026** is being observed from **May 11 to May 17, 2026**
- The week is organised by the **Mental Health Foundation** and supported by organisations like **Mind** and the **National Health Service**
- The theme for 2026 is **‘Action’**, focusing on **moving beyond awareness to practical steps for mental wellbeing**
- The campaign also promotes **‘Wear It Green Day’** to show **solidarity for mental health awareness**

International Day of Families 2026 Observed on 15 May

- **International Day of Families** is celebrated every year on **15 May** to raise awareness about the **importance of families in society**.
- The **theme for 2026** is **“Families, Inequalities and Child Wellbeing.”**
- The day was proclaimed by the **United Nations General Assembly in 1993** and was **first observed in 1994**.

World Hypertension Day 2026 Observed on 17 May

- **World Hypertension Day 2026** is observed annually on **17 May** to create awareness about **Hypertension**, high blood pressure, and related health complications.
- The observance is promoted by the World Hypertension League, which is an umbrella organisation representing **85 National Hypertension Societies and Leagues** across the world.
- The World Hypertension League was launched on **14 May 2005**, and World Hypertension Day has been officially observed every year since **2006**.

World Telecommunication and Information Society Day 2025 Observed on 17 May

- **World Telecommunication and Information Society Day 2025** is observed annually on **17 May** to highlight the importance of **Telecommunication, Information Technology, and Digital Connectivity** in global development.
- The United Nations General Assembly declared **17 May** as **World Telecommunication and Information Society Day**.
- The observance has been celebrated annually since **1969** to commemorate the foundation of the International Telecommunication Union.
- The International Telecommunication Union was established on **17 May 1865** and is a specialised agency responsible for global telecommunication and information communication technologies.

International Museum Day 2026 Observed on 18 May

- **International Museum Day 2026** is observed annually on **18 May** to raise awareness about the importance of museums in society and their role in preserving cultural heritage.
- The observance is promoted by the International Council of Museums, which has organised the day every year since **1977**.
- The decision to **establish International Museum Day** was adopted during a general meeting of the **International Council of Museums** held in **Moscow, Russia**.
- The first official **International Museum Day** was celebrated in **1977**.

World AIDS Vaccine Day 2026 Observed on 18 May

- **World AIDS Vaccine Day 2026** is observed annually on **18 May** and is also known as **Human Immunodeficiency Virus Vaccine Awareness Day**.
- The day is observed to create awareness about the need for an effective **Human Immunodeficiency Virus Vaccine** and to highlight the importance of research in preventing **acquired immunodeficiency syndrome**.

- **World AIDS Vaccine Day** was first observed in **1998**.
- The concept of the observance was first introduced in **1997** by Bill Clinton at Morgan State University.

World Metrology Day 2026 is observed annually on 20th May

- **World Metrology Day** is observed annually on **20 May** to raise awareness about the importance of metrology and measurement science.
- The day commemorates the signing of the **Metre Convention** in **Paris, France, in 1875** by representatives of 17 nations.
- **Metrology** refers to the science of measurement.
- The first **World Metrology Day** was celebrated in **1961**.
- The day is promoted by the **Measurement Standards Laboratory (MSL)** and international metrology organizations.

Anti-Terrorism Day 2026 Observed on 21 May

- **Anti-Terrorism Day** is observed every year on **21 May** in India to spread awareness about the dangers of terrorism, violence, and extremism.
- The day is observed to promote **peace, unity, harmony, and national integration** among citizens.
- **Anti-Terrorism Day** is observed on the death anniversary of former Prime Minister **Rajiv Gandhi**, who was assassinated in 1991 during an election campaign.

World Day for Cultural Diversity for Dialogue and Development Observed on 21 May

- **World Day for Cultural Diversity for Dialogue and Development** is observed every year on **21 May** to raise awareness about the importance of **cultural diversity, dialogue, inclusion, and sustainable development**.
- The day was adopted by the **United Nations Educational, Scientific and Cultural Organization (UNESCO)** in 2001.

International Day for Biological Diversity 2026 Observed on 22 May

- The **International Day for Biological Diversity 2026** is observed on **22 May** every year to raise awareness about the importance of **biological diversity and environmental conservation**.
- The official theme for **International Day for Biological Diversity 2026** is “**Acting Locally for Global Impact.**”

Commonwealth Day 2026 Observed on May 24

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- **Commonwealth Day** is observed every year on **May 24 in India**, while most countries of the **Commonwealth of Nations** celebrate it on the **second Monday of March**.
- The day is celebrated to commemorate the **birth anniversary of Queen Victoria** and to recognise the unity, cooperation and shared values among Commonwealth nations.
- Commonwealth Day was earlier known as **Empire Day**. It was first observed in the **United Kingdom in 1904** by **Reginald Brabazon**.

International Day of Action for Women's Health 2026 – May 28

- **International Day of Action for Women's Health** is observed every year on **28 May** to raise awareness about women's health issues and promote their overall well-being, especially in the areas of **Sexual and Reproductive Health and Rights (SRHR)**.
- The observance aims to remind governments, policymakers, healthcare institutions, and the general public about the importance of ensuring accessible, affordable, and quality healthcare services for women.

International Day of United Nations Peacekeepers Observed on May 29

- The **International Day of United Nations Peacekeepers** is observed every year on **May 29** to honour the dedication and sacrifice of UN peacekeepers across the world.
- The first **United Nations Peacekeeping Mission** was established in **May 1948**. The mission, named United Nations Truce Supervision Organization (**UNTSO**), was deployed in **Palestine**.

International Everest Day 2025 Observed on May 29

- **International Everest Day 2025** is observed on **May 29** to commemorate the historic first successful ascent of **Mount Everest** in **1953**.
- The day honours Tenzing Norgay of Nepal and Edmund Hillary of New Zealand, who became the first climbers to reach the summit of Mount Everest.
- Mount Everest is located on the border between **Nepal and China** and is the **highest mountain in the world above sea level**.

World No Tobacco Day 2026 – 31 May

- **World No Tobacco Day** is observed every year on **31 May** to raise awareness about the harmful effects of tobacco consumption and promote tobacco-free lifestyles.
- The day is organized by the **World Health Organization (WHO)** and is also known as **World Anti-Tobacco Day**.
- The first **World No Tobacco Day** was observed by the member states of the **World Health Organization (WHO)** in **1987**.

About World Health Organization (WHO)

- Headquarters: Geneva, Switzerland
- Director-General: Tedros Adhanom Ghebreyesus
- Established: **1948**
- The World Health Organization (WHO) has 194 member