



## List of Important Days and Themes May 2023

Date	Day	Theme / Key Points
1 May, 2023	International Labour Day 2023	<b>Key points</b> <ul style="list-style-type: none"><li>• It is also known as International Worker's Day and May Day.</li><li>• First Labour Day or May Day was celebrated in Madras (Chennai) by the Labour Kisan Party of Hindustan on May 1, 1923.</li></ul>
1 May 2023	Maharashtra and Gujarat Statehood Day	<b>Key points</b> <ul style="list-style-type: none"><li>• On May 1st, 1960, the bilingual state of Bombay was divided into two separate states , Maharashtra and Gujarat.</li></ul>
7 May 2023 first Sunday of every May	World Laughter Day 2022 (First Sunday of every May )	<b>Key points</b> The day was first celebrated in Mumbai in 1998 when Dr Madan Kataria, founded the Laughter Yoga Movement
2 May 2023	World Tuna Day	<b>Theme 2023:</b> The Global Tuna Industry: Trailblazing through Tough Times
3 May 2023	World Press Freedom Day 2023	<b>Theme 2022:</b> Shaping a Future of Rights: Freedom of Expression as a Driver for All Other Human Rights
2 May 2023 (every year on first Tuesday of May)	World Asthma Day 2023	<b>Theme 2023:</b> Asthma care for all
4 May 2023	International Firefighter's Day 2022	<b>Key points</b> Fire department comes under Ministry Of Home Affairs



4 May 2023	Coal Miners Day 2023	<b>Key points</b> First coal mine was opened in 1575 by one George Bruce of Carnock, Scotland.
5 May 2023	World Portuguese Language Day 2023	<b>Unknown fact</b> <ul style="list-style-type: none"><li>• Longest word in Portuguese has 29 letters.</li><li>• While English's "antidisestablishmentarianism" has 28 letters</li><li>• The longest Portuguese word is "anticonstitucionalíssimamente"</li><li>• The word means, "in a very unconstitutional way."</li></ul>
5 May 2023	World Hand Hygiene Day 2023	<b>Theme 2023:</b> Together, we can accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority.
5 May 2023	Buddha Purnima/ Buddha Jayanti 2023	<b>Key Points:</b> This year marks the 2585th birth anniversary of Gautam Buddha
5 May 2023	International Day of the Midwife 2023	<b>Theme 2023:</b> Together Again: From Evidence to Reality
6 May 2023	International No Diet Day 2023	<b>Key Points:</b> The first International No Diet Day was celebrated in the United Kingdom (UK) in 1992.
7 May 2023	BRO 64th Raising day 2023	<b>Key Points:</b> The Border Roads Organisation (BRO) was founded on 7th May 1960.
7 May 2023	World Athletics Day 2023	<b>Theme 2023:</b> Athletics for All – A New Beginning
8 May 2023	World Red Cross Day 2023	<b>Theme 2023:</b> Everything we do comes from the heart.
8 May 2023	World Thalassemia Day 2023	<b>Theme 2023:</b> Strengthening Education to Bridge the Thalassemia Care Gap



<b>10 May 2023</b>	World Lupus Day 2023	<b>Key points:</b> Common symptoms of Lupus disease are joint and muscle pain, recurrent mouth ulcers, intermittent fever and extreme fatigue.
<b>10 May 2023</b>	International Day of Argania 2023	<b>Key Points 2023:</b> In 1988, UNESCO declared the Arganeraie Biosphere Reserve, which is the endemic production area of the argan tree, as a designated area.
<b>11 May 2023</b>	National Technology Day 2023	<b>Theme 2023:</b> Integrated Approach in Science and Technology for a Sustainable Future
<b>12 May 2023</b>	International Day of Plant Health	<b>Theme 2023:</b> Plant Health for Environmental Protection
<b>12 May 2023</b>	International Nurses Day 2023	<b>Theme 2023:</b> Our Nurses, Our Future
<b>13 May 2023</b>	World Migratory Bird Day 2023	<b>Key Point:</b> The Secretariat of the Agreement on the Conservation of African-Eurasian Migratory Waterbirds (AEWA) and the Secretariat of the Convention on the Conservation of Migratory Species of Wild Animals (CMS) started this day in 2006.
<b>15 May 2023</b>	International Day of Families 2023	<b>Theme 2023:</b> Demographic Trends and Families
<b>16 May 2023</b>	International Day of Living Together in Peace 2023	<b>Key points</b> <ul style="list-style-type: none"><li>• The year 2000 was recognised as “The International Year for a Culture of Peace.</li><li>• 2001 to 2010 was recognised as the “International Decade for a Culture of Peace and Non-Violence for Children of the World.”</li></ul>
<b>16 May 2023</b>	International Day of Light 2023	<b>Key points</b> Anniversary of the first successful operation of the laser in 1960 by physicist and engineer, Theodore Maiman.



<b>16 May 2023</b>	National Dengue Day 2023	<b>Theme 2023:</b> Fight Dengue, Save Live
<b>16 May 2023</b>	Sikkim's statehood day	<b>Key points</b> On 16th May 1975, Sikkim became a part of India as its 22nd state by the 36th constitutional amendment act.
<b>17 May 2023</b>	World Telecommunication and Information Society Day (WTISD)	<b>Theme 2023:</b> Empowering the least developed countries through information and communication technologies
<b>17 May 2023</b>	World Hypertension Day 2023	<b>Theme 2023:</b> Measure Your Blood Pressure Accurately, Control It, Live Longer
<b>18 May 2023</b>	International Museum Day 2023	<b>Theme 2023:</b> Museums, Sustainability, and Well-being
<b>18 May 2023</b>	World AIDS Vaccine Day Or HIV Vaccine Awareness Day 2023	<b>Key points:</b> • Western blot test is used to confirm a positive HIV diagnosis.
<b>19 May 2023</b>	National Endangered Species Day 2023	<b>Theme 2023:</b> Celebrating the 50th anniversary of the endangered species act
<b>20 May 2023</b>	World Bee Day 2023	<b>Theme 2023:</b> Bee engaged in pollinator-friendly agricultural production
<b>20 May 2023</b>	World Metrology Day 2023	<b>Theme 2023:</b> Measurements supporting the global food system.
<b>21 May 2023</b>	International Tea Day 2023	<b>Key point:</b> The first International Tea Day was held in Delhi, India
<b>21 May 2023</b>	World Day for Cultural Diversity for Dialogue and Development	<b>Key point:</b> The day adopted by UNESCO as a result of the destruction of the Buddha statues of Bamiyan in Afghanistan in 2001.



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<b>21 May 2023</b>	National Anti Terrorism Day 2023	<b>Key point:</b> On this day, Rajiv Gandhi was killed by a woman suicide bomber of the Liberation of Tamil Tigers Ilam (LTTE), a terrorist group in Sriperumbudur, Tamil Nadu.
<b>22 May 2023</b>	International Day for Biological Diversity 2023	<b>Theme 2023:</b> From Agreement to Action: Building Back Biodiversity
<b>23 May 2023</b>	International Day to End Obstetric Fistula 2023	<b>Key Point:</b> Obstetric fistula is a devastating childbirth injury, and a neglected public health and human rights issue.
<b>23 May 2023</b>	World Turtle Day 2023	<b>Key Point 2023:</b> Founded in 1990 by Susan Tellem and Marshall Thompson, the non-profit organization known as American Tortoise Rescue took the initiative to establish World Turtle Day in the year 2000. This annual celebration originated in Malibu, California, and has since gained recognition globally.
<b>24 May 2023</b>	Indian Commonwealth Day 2023	<b>Theme 2023:</b> Forging a Sustainable and Peaceful Common Future.
<b>25 May 2023</b>	World Thyroid Awareness Day 2023	<b>Theme 2023:</b> “It’s not you. It’s your thyroid
<b>25 May 2023</b>	International Missing Children’s Day 2023	<b>Key Points:</b> The United States’ National Missing Children’s Day designated by Ronald Reagan in 1983.
<b>28 May 2023</b>	World Menstrual Hygiene Day 2023	<b>Theme 2023:</b> Making menstruation a normal fact of life by 2030
<b>28 May 2023</b>	International Day of Action for Women’s Health 2023	<b>Theme 2023:</b> Our Voices, Our Actions, Our Demand: Uphold Women’s Health and Rights Now



<b>28 May 2023</b>	World Hunger Day 2023	<b>Theme 2023:</b> celebrating sustainable solutions to hunger and poverty
<b>29 May 2023</b>	International Day of UN Peacekeepers 2023	<b>Theme 2023:</b> Peace begins with me
<b>29 May 2023</b>	World Digestive Health Day 2023	<b>Theme 2023:</b> Your Digestive Health: A Healthy Gut From the Start
<b>29 May 2023</b>	International Everest Day 2023	<b>Key points:</b> In Tibetan language the Everest is known as Chomolungma (means Mother Goddess of the World) and in Nepali, It is known as Sagarmatha.
<b>30 May 2023</b>	Hindi Journalism Day 2023	<b>KeyPoints:</b> Goa celebrated Liberation Day on 19th December as the state got liberated on 19 December 1961.
<b>30 May 2023</b>	Goa Statehood Day 2023	<b>KeyPoints:</b> The first Hindi newspaper, Udant Martand, was published on May 30, 1826. (Editor: Pandit Jugal Kishore Shukla)
<b>31 May 2023</b>	World Vape Day / World No Tobacco Day	<b>Theme 2023:</b> We need food, not tobacco

## List of National & International Days in May 2023

### May 1-Labour Day

Labour Day is celebrated every year on 1 May to commemorate the struggle of workers for better working conditions, wages, and benefits. Antarrashtriya Shramik Diwas or Kamgar Din is the name given to Labour Day in India.

### May 3- Press Freedom Day



World Press Freedom Day is celebrated every year on 3 May to raise awareness about the importance of a free and independent press in promoting human rights and democracy.

### **May 8- World Red Cross Day**

World Red Cross Day, is celebrated every year on 8 May to commemorate the birth anniversary of the Red Cross's founder. The aim of celebrating this day is to raise awareness about the importance of humanitarian services and encourage support for the Red Cross and Red Crescent organizations.

### **May 12- International Nurses Day**

This day is celebrated to honor the work of nurses and raise awareness about the important role they play in healthcare. International Nurses Day is celebrated every year on 12 May across the world.

### **May 21- National Anti-Terrorism Day**

Every year on 21 May National Anti-Terrorism Day is observed in the nation to commemorate the death anniversary of the former prime minister of India, Rajiv Gandhi.

### **May 31- World No Tobacco Day**

The World Health Organization and global partners celebrate World No Tobacco Day every year on 31 May and organize an annual campaign as an opportunity to raise awareness of the harmful and deadly effects of tobacco use