

# National & International Days – Year Book



**GLOBAL  
TO LOCAL,  
BE VOCAL**

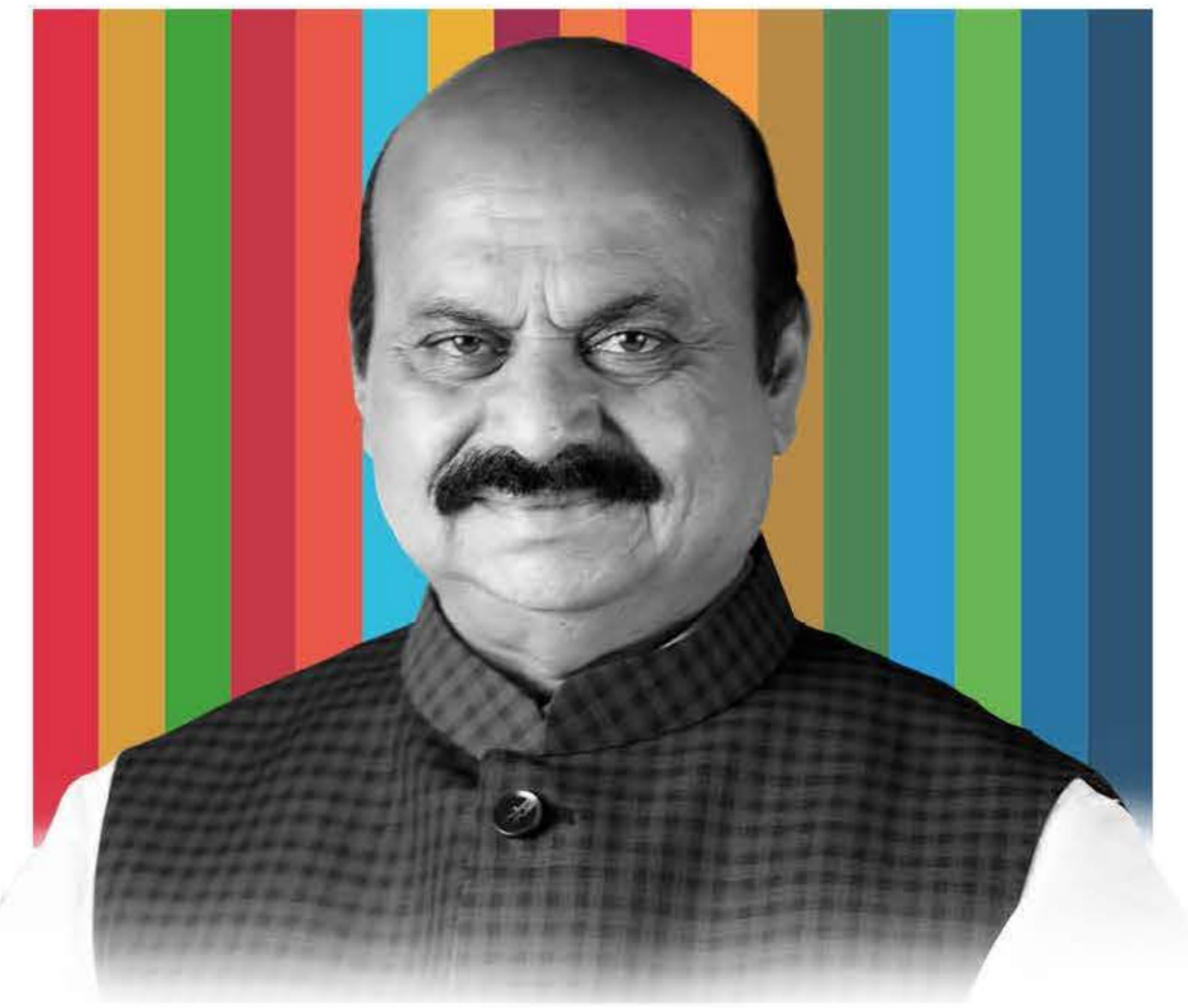
Leave No One Behind



**Shri. Basavaraj Bommai**

**Chief Minister**

**Government of Karnataka**



## Message

The **2030 Agenda for Sustainable Development** adopted by 193 United Nations member states in 2015, provides a shared blueprint for peace and prosperity for people and the planet. The **17 Sustainable Development Goals (SDGs)** are a universal call to action by all member countries, including India. Karnataka plays a pivotal role in the achievement of SDG targets in the state and aims to fulfil the vision declared for 2030.

Karnataka has been actively working towards **spreading awareness about SDGs, primarily focused on vulnerable groups of people**. Effective messaging in SDG communication materials such as posters, handbooks, and videos have encouraged various stakeholders to support Sustainable Development Goals. One of the initiatives to create awareness and call people to action is aligning SDGs into National and International days. SDG Coordination Centre (SDGCC), working in the Department of Planning, Programme Monitoring & Statistics, prepares the information, education and communication (IEC) materials to prompt people towards responsible actions.

I urge all the departments to use the creative materials for awareness, prepare engaging collaterals, and also **share them on digital platforms**, including social media. In the true spirit of **Jan Bhagidari, as envisaged by our honourable Prime Minister**, we must involve the stakeholders, particularly the most disadvantaged groups, to create awareness about various programmes and facilities provided by the government.

We must look at the Sustainable Development Goals as not just the government's responsibility but also as a duty of every citizen. As the goals seek to create a more **equitable environment through responsible growth and consumption**, let us all come forward to ensure that Karnataka achieves the SDG targets for 2030!



**Shri. Munirathna**

**Minister**

**Planning, Programme Monitoring & Statistics  
Government of Karnataka**



## Message

Karnataka, with its progressive outlook, is now looking forward to achieving the targets of Sustainable Development Goals (SDGs) by 2030. SDGs represent the aspirations of the global community, universally acknowledged by governments **to make progress across social, economic, and environmental dimensions**. Reinforcing State's commitment to achieving Sustainable Development Goals 2030: Strategies and Action Plan for Karnataka – a vision framework for attaining SDGs, there is a need for robust action from all stakeholders.

**Information, Education & Communication (IECs)** is one of the strategies to spread awareness to the general public and achieve the desired result. UNDP's Sustainable Development Goals Coordination Centre (SDGCC), part of the Department of Planning, Programme Monitoring and Statistics, has created several IECs to build awareness about SDGs. One such effort is **aligning SDGs into national and international days**. This approach focuses on achieving global goals through local action, whole year round.

I am pleased to acknowledge the release of the **International Days Yearbook**. In my view, the book serves to create awareness and calls everyone to act with a sense of urgency and zeal. By taking a step towards action, let us all join hands for a sustainable future, **without leaving anyone behind!**

A handwritten signature in black ink, appearing to be 'Munirathna', written in a cursive style.

**Shri. Munirathna**  
Minister



**Smt. Vandita Sharma, IAS**

**Chief Secretary**

**Government of Karnataka**



## Message

The Sustainable Development Goals (SDGs) are 17 global goals adopted by the United Nations to create a better world by 2030. These SDGs primarily address socio-economic development issues, including **poverty, hunger, health, education, climate change, gender equality, water, sanitation, energy and environment**, covering a broad spectrum of social issues.

India is committed to achieving these 17 goals for the country's sustainable future. While NITI Aayog oversees the implementation of the SDGs at the national level, the Department of Planning, Programme Monitoring and Statistics of the Government of Karnataka formulates strategies to achieve these goals in our State.

**Karnataka ranks third in the SDG India Index 2020-21** with a score of 72 - an improvement from its earlier score of 66 in 2019-20. While the significant progress is to be applauded, we must strive to address the State's challenges. Issues such as **poverty which is at 13.16%, and anaemia among women and children, which is about 45% and 65%, respectively**, need immediate attention. The State must also continue to act to **increase enrolment in higher education, especially among girls; reduce fossil fuel consumption and single use plastics and reduce offences against children and women.**

Creating awareness is one of the many steps to solution to address the issues. To this effect, the Department of Planning, Programme Monitoring and Statistics, in coordination with UNDP-SDGCC, has undertaken a task to disseminate vital information through informative communication campaigns.

On National and International observances, we not only promote the days' significance but also build awareness and help **mobilise resources to bridge gaps**. UNDP-SDGCC has created more than 80 IEC materials on specific days to promote action-oriented strategies aligned with the year's theme. The IECs focus on achieving Sustainable Development Goals through local action and contribute to the global goals, thereby creating a sustainable future.

I hope that these **IECs encourage all the stakeholders to act and achieve** the set goals with an impetus to leave no one behind!



**Dr. Shalini Rajneesh, IAS**

**Additional Chief Secretary**

**Department of Planning, Programme Monitoring & Statistics**

**Government of Karnataka**



## Acknowledgements

The essence of planning lies in successfully achieving the desired outcomes, notwithstanding the constraints & challenges! Thanks to the **United Nations Sustainable Development Goals**, there is a uniformity & unanimity across the world to nudge people in general & governments in particular, towards strategic action.

We observe **85 national days & festivals and international days** round the year, with gusto & forget about it, till it comes next year! Besides, we have constant measuring of important milestones through Global & National indices. The UNDP assisted SDG Coordination Centre (SDGCC) in Planning Department, has attempted to leverage these dedicated days with specific '**action agenda**' based on actual data analytics and evaluation studies.

The purpose of creating the IEC materials is to **sensitize** the departmental officials, media and all other stakeholders about the developmental gaps that exist in our State/Society and what each one of us can do to conquer them! I thank the **Project Head Dr. Mukund Raj** ably assisted **Ms. Roopa Gowda and Ms. Shobha Veigas** for bringing in the expertise of UNDP and synthesizing it with departmental realities to create innovative and time bound action points.

I hope under the able leadership of our Hon'ble Chief Minister, Planning Minister and Chief Secretary we will achieve vision 2030, even before 2030!



# Sneak Peek

Each and every day of the year is a celebration in itself. Some days are distinguished as National & International Days with a unique spirit to inspire mankind. The days are observed by creating awareness and educating communities about topics that need global attention.

At the core of its heart, this book is set to inspire conversations around a sustainable planet that intends to leave no one behind. We have identified around 85 days that symbolise the values of humanity and provide us with an opportunity to be vocal.

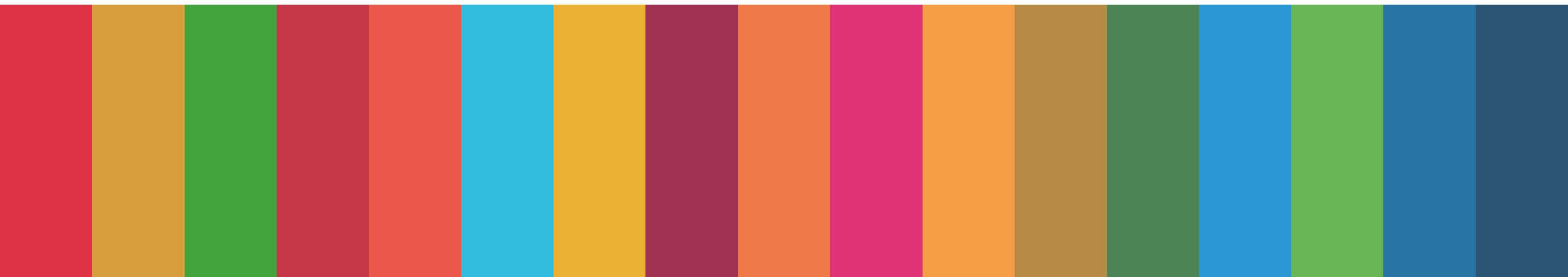
Digital growth has provided access to unlimited data and information, yet, by and large, there seems to be a lack of awareness leading to apathy.

We encourage the readers to be apprised of the issues.

Sip your favourite brew and enjoy this dispatch brewing in the world of sustainable development. We hope this book motivates readers to get involved in social development and fosters a healthy dialogue among their friends and communities on topics concerning humanity.

We hope every sip leads to an inspiring conversation, every sentence to greater wisdom, and every small step to **leaving no one behind!**

**Dr. Mukund Raj**  
Project Head, SDGCC





# Global Index

Index	Global Index India		India Index Karnataka	
	India Rank	Score	Karnataka Rank	Score
Global Innovation Index	46	36.4	1	42.50
SDG Index	120	60.1	3	72.00
Global Health Security Index 2021	66	42.8	9	57.93
Energy and Climate Index - 2022	3	70.2	14	50.10

# India Index

Index	#1 in Country		Karnataka	
	State	Score	Rank	Score
Ease of living Index 2021			1	66.70
Export Preparedness Index 2021-22	Gujarat	78.86	3	61.72
Logistics Ease Across Different States	Gujarat	3.66	8	3.18
Food Safety Index	Gujarat	72	9	51
SDG Urban India Index 2021-22	Shimla	75.50	13	Bengaluru 69.07
Municipal Performance Index 2021	Indore	66.08	28	Hubli- Dharwad 48.14



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# January 01 NEW YEAR



## NEW YEAR

# RESOLUTION





# January 15

## MAKAR SANKRANTI



Happy  
Makar Sankranti

**LET US BEGIN TO MOVE TOWARDS SUSTAINABILITY**

LET US BEGIN TO MOVE TOWARDS SUSTAINABILITY



# January 24



## INTERNATIONAL DAY OF EDUCATION

24 January



**Changing Course, Transforming Education  
Your Action Matters**

Adopt a needy school/class/child for education



Mobilize resources - Fund & Skills



Donate Computers or Create a Smart Class



Volunteer to teach digital skills to students /teachers



Ensure girl from a deprived family go for higher education/vocational training



Sponsor a child with disability for education



Provide career guidance



**Education is a precious gift that last forever  
Contribute to SDGs by giving the gift of  
"Education" to a deprived child**

**4** QUALITY EDUCATION





# January 24



Nourish her with nutrition



Feed her mother's first milk



Give her sufficient iron rich food



Raise her as an equal



Give her life



Invest in her education



## NATIONAL GIRL CHILD DAY

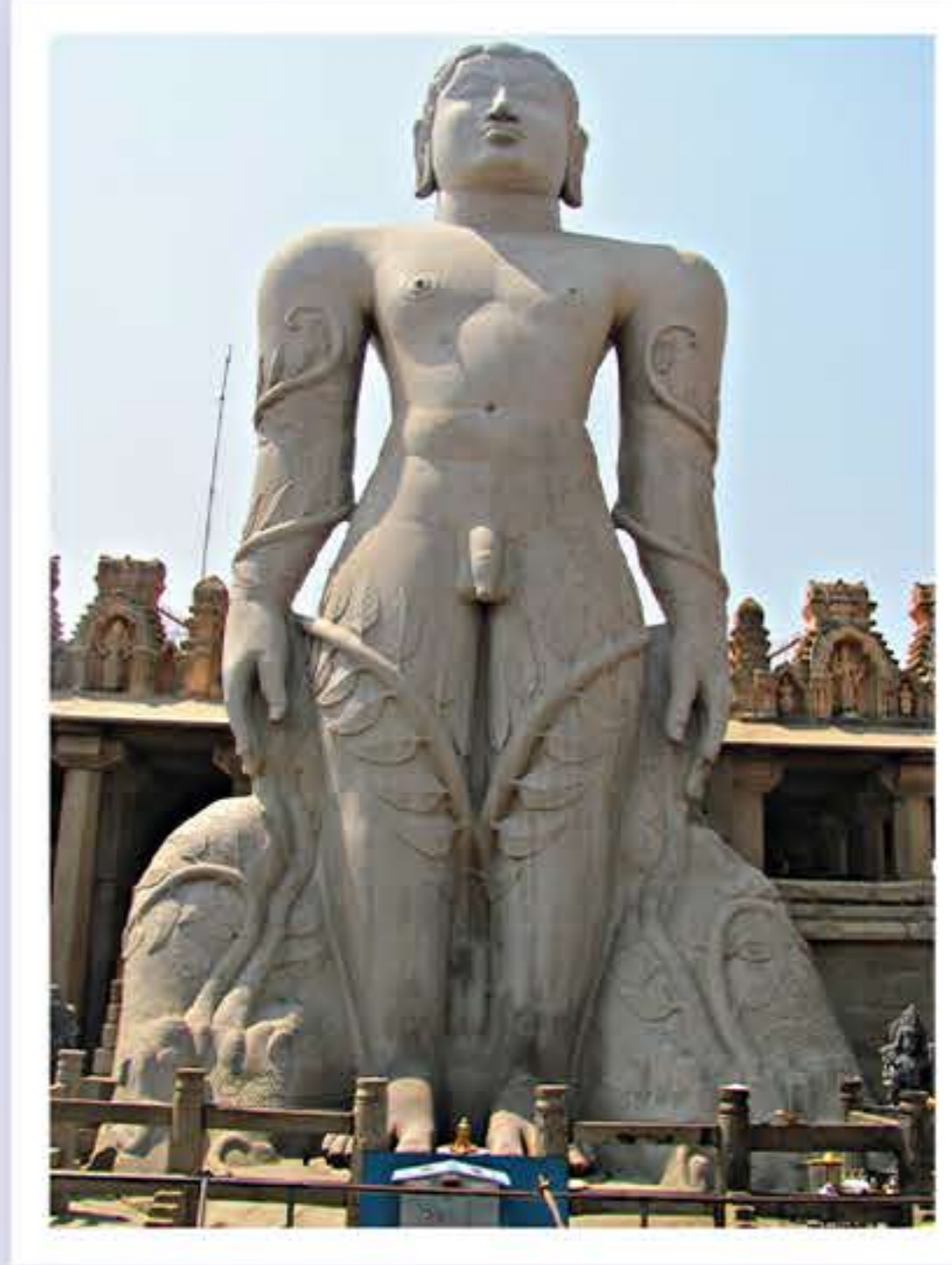
24 January

**YOUR DAUGHTER WILL MAKE YOU PROUD ONE DAY – LET HER LIVE**



# January

# National Tourism Day

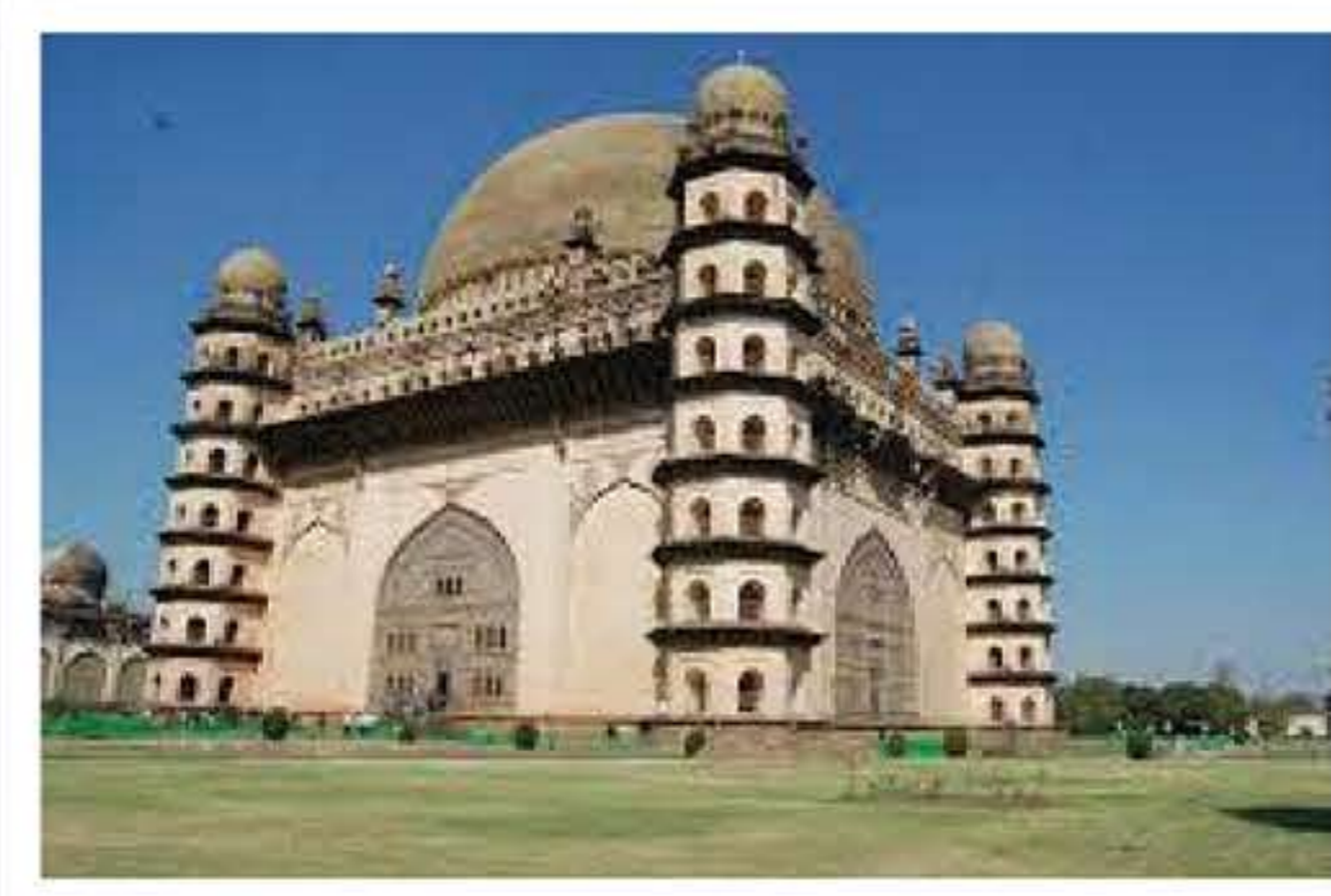


## National Tourism Day

25 January

# Karnataka

An Incredible world awaits you



### PROMOTE SUSTAINABLE TOURISM

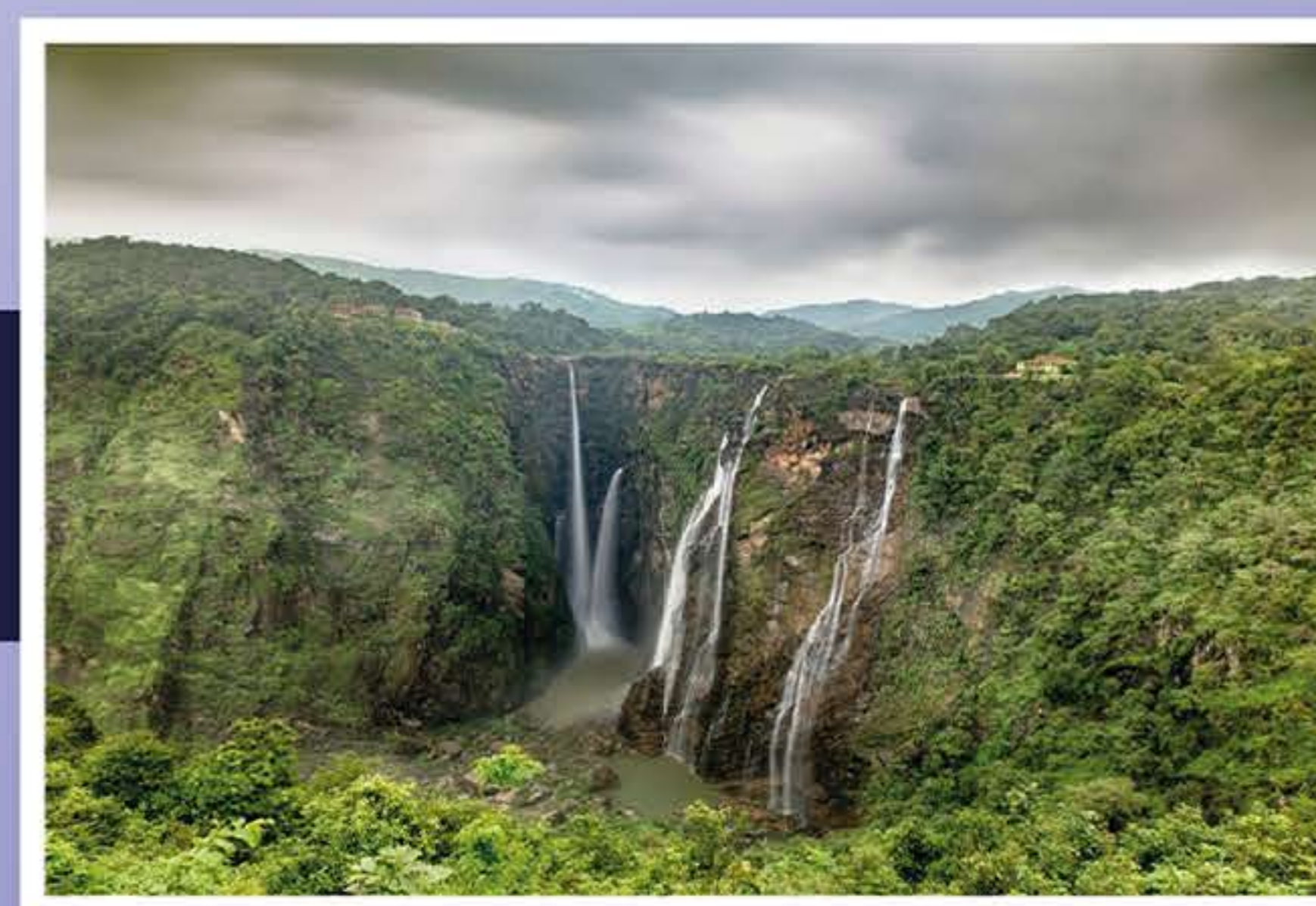


- Travel more locally
- Travel with reusables (bottles, mug, bags)
- Use restaurants/hotels run by locals
- Say no to illegal trade



- Buy from local stores/markets
- Use local guides
- Respect the practices of local people

**Don't Pollute, smoke or make noise in forest/beaches/hill stations**



**SAVE FORESTS & MOUNTAINS, CLEAN THE BEACHES; PROTECT THE MONUMENTS**



# January 25



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



## NATIONAL **VOTERS' DAY**

25 JANUARY

**"NO VOTER TO BE LEFT BEHIND"**

### EVERY VOTE MATTERS

- ✓ To exercise your right to vote
- ✓ To choose your representatives
- ✓ To be confident and proud of the inclusiveness
- ✓ To be the proud citizen of the democratic country

Register on the voting list - <https://www.nvsp.in/>



# February 02



## WORLD WETLANDS DAY

			<b>2, FEBRUARY</b>			
--	--	--	--------------------	--	--	--

### WETLANDS ACTION FOR PEOPLE AND NATURE

#### What You can do



Reduce, reuse, and recycle your waste and trash



Reduce the use of pesticides and fertilizers



Maintain a compost pit at home



Do not pollute lakes, rivers, oceans, and forests



Reduce ground water recharge



Keep your pets under control



Avoid stormwater run-off

**WETLANDS ARE THE KIDNEYS OF THE EARTH. KEEP THEM HEALTHY**



# February 04



## WORLD CANCER DAY

4, February



### CLOSE THE CARE GAP

#### Cancer Prevention: Tips to Reduce Your Risk



Regular Medical Care



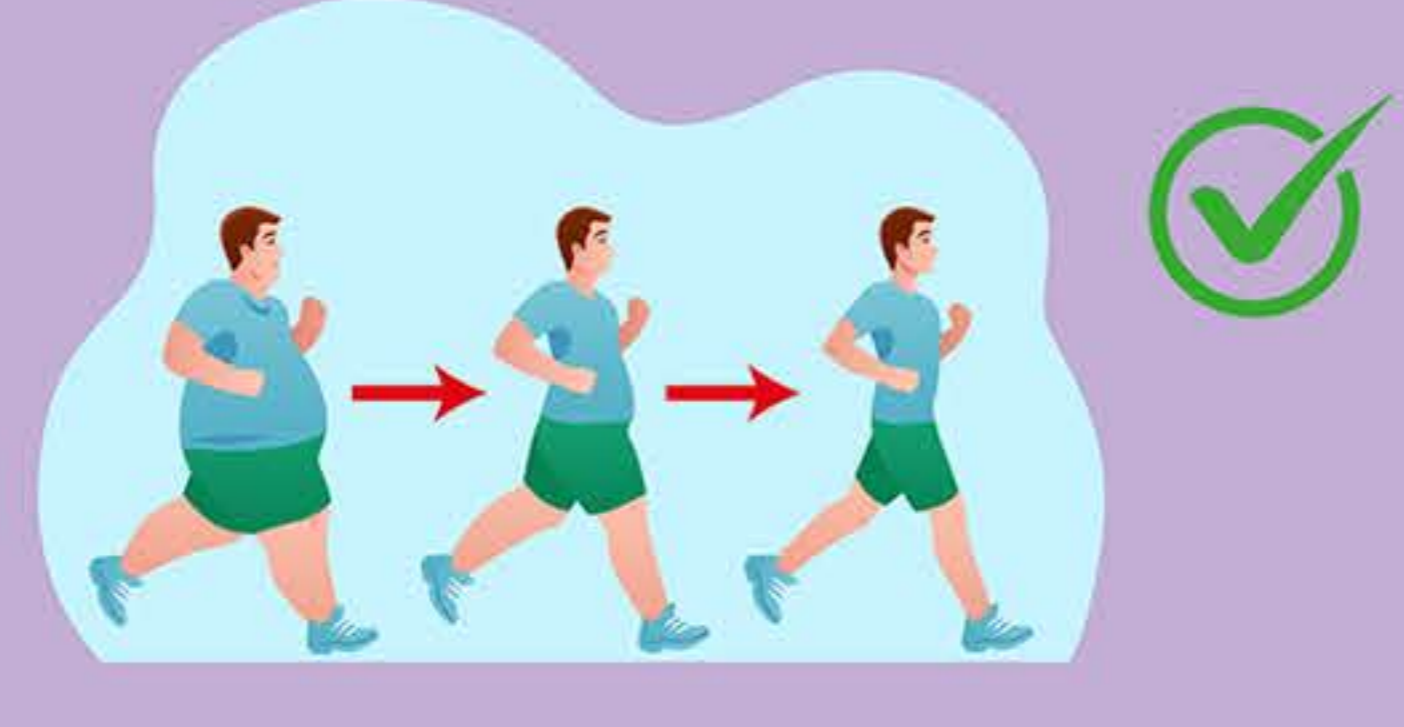
Cut Back on Alcohol



Eat Healthy Balanced Diet



Avoid Tobacco



Maintain a Healthy Weight



Avoid Excessive Exposure to Radiation



Exercise Regularly



Avoid exposure to industrial and environmental toxins



Get Quality Sleep



Avoid Risky Behaviours  
(Practice safe sex, don't share needles)



# February 10

10 February 2022



## WORLD PULSES DAY

10 February



### PULSES ARE

### BENEFITS ARE

- Good source of iron → Reduce Malnutrition
- High in potassium → Improves digestive and muscular functions
- Source of plant-based protein → Provides Protein to the body
- Excellent source of folate → Improves nervous system function and prevent foetal defects
- High in fibre → Reduce the risks of cardiovascular diseases.
- Low in fat and contain no cholesterol → Reduce the risks of cardiovascular diseases.
- Low glycaemic index foods → Stabilize blood sugar
- Naturally gluten-free → Ideal option for coeliacs
- Stored for a long time → Help to increase the diversity of diets

### LOVE PULSES FOR HEALTHY DIET & PLANET





# February 11



International day of  
**Women  
And Girls In  
Science**

11, February



## FULL AND EQUAL ACCESS AND PARTICIPATION FOR WOMEN AND GIRLS IN SCIENCE



Buy science toys & kits for girls to create interest



Subscribe science magazines



Gift a microscope



Encourage girls for higher education



Encourage young girls to research



Introduce female role models in science



Encourage participation in special programs



Support learning opportunities



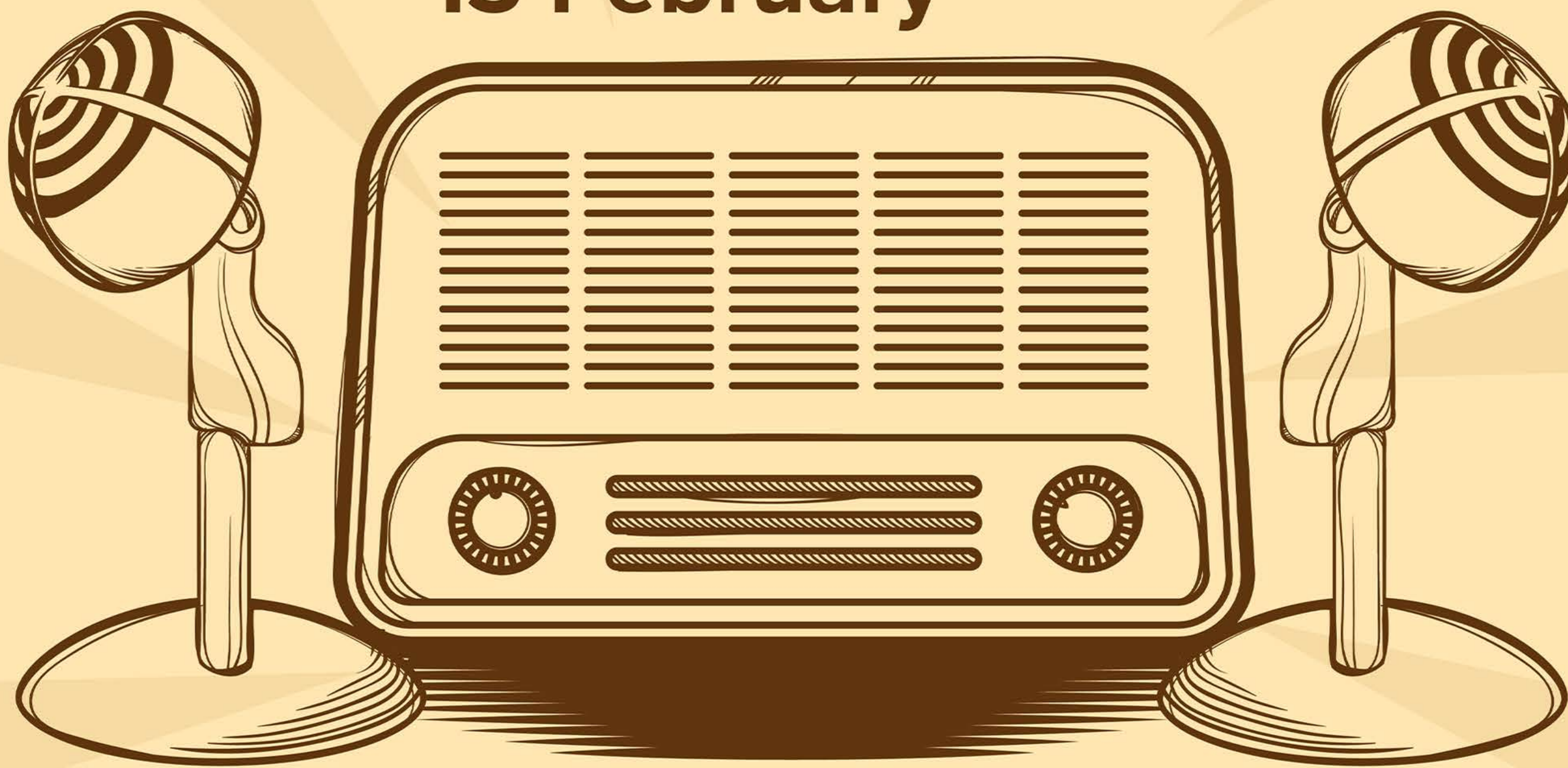
**MAKE YOUR DAUGHTER TO BE INNOVATIVE... CREATIVE ... A SCIENTIST**



# February 13



## World Radio Day 13 February



### Radio and Trust



**Make your voice heard on local radio**



**Share your talents and knowledge**



**Identify local best practices and share**



**Provide local news to the radio**



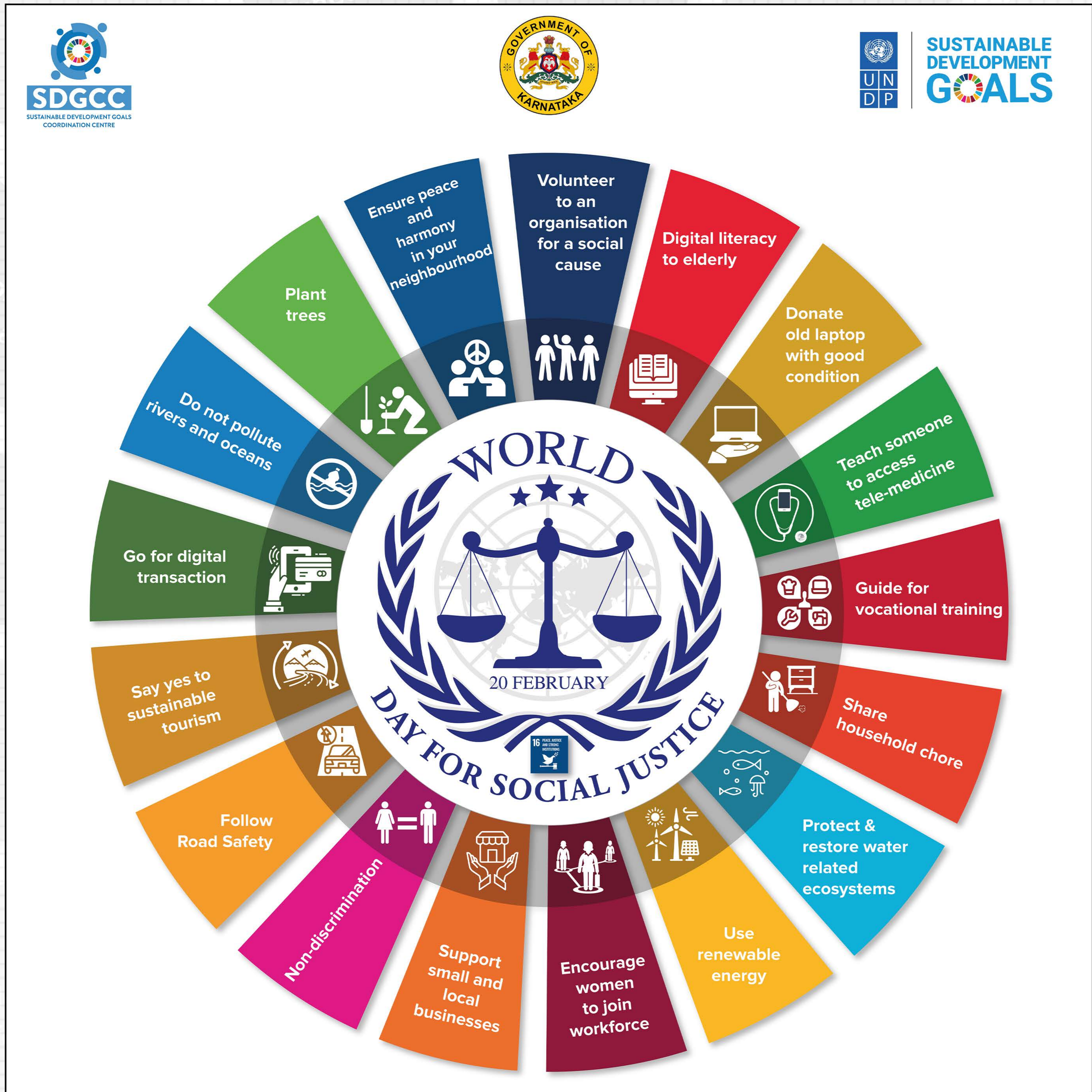
**Educate people on social justice issues**

**SAY YES TO RADIO**



# February 20

## World Day for Social Justice





March  
01



SUSTAINABLE  
DEVELOPMENT  
GOALS



**ZERO**  
DISCRIMINATION DAY

01, March

No matter what they look like, where they come from or whom they love they have the right to live a full and productive life with dignity

**WE ARE ALL HUMAN  
WE ARE ALL EQUAL**

**STOP DISCRIMINATION**



# March 08



## March

## International Women's Day

**GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW**



Invest in girl's education, not on gold



More job opportunities for women



Recognize unpaid labour as work



Promote women leaders & give them decision making roles



Invest in women's business ideas



# March 18



**LET'S CELEBRATE TILAK HOLI AND SAVE WATER,  
WOODS & ENVIRONMENT**





# March 22



## WORLD WATER DAY

Ground water : Making the invisible visible

22 March

6 CLEAN WATER AND SANITATION



Groundwater is a hidden treasure that enriches our lives;  
Protect them from overexploitation

**GROUNDWATER MAY BE OUT OF SIGHT,  
BUT IT MUST NOT BE OUT OF MIND**

Protect them from overexploitation



# March 22

## Do's & Don'ts



SUSTAINABLE  
DEVELOPMENT  
**GOALS**

### Catch The Rain

Valuing Water - Making Every Drop Count



World  
*Water*  
Day  
**22<sup>ND</sup> MARCH**

Be the first  
**champion  
for Change!**

**6** CLEAN WATER  
AND SANITATION



**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION





# March 22

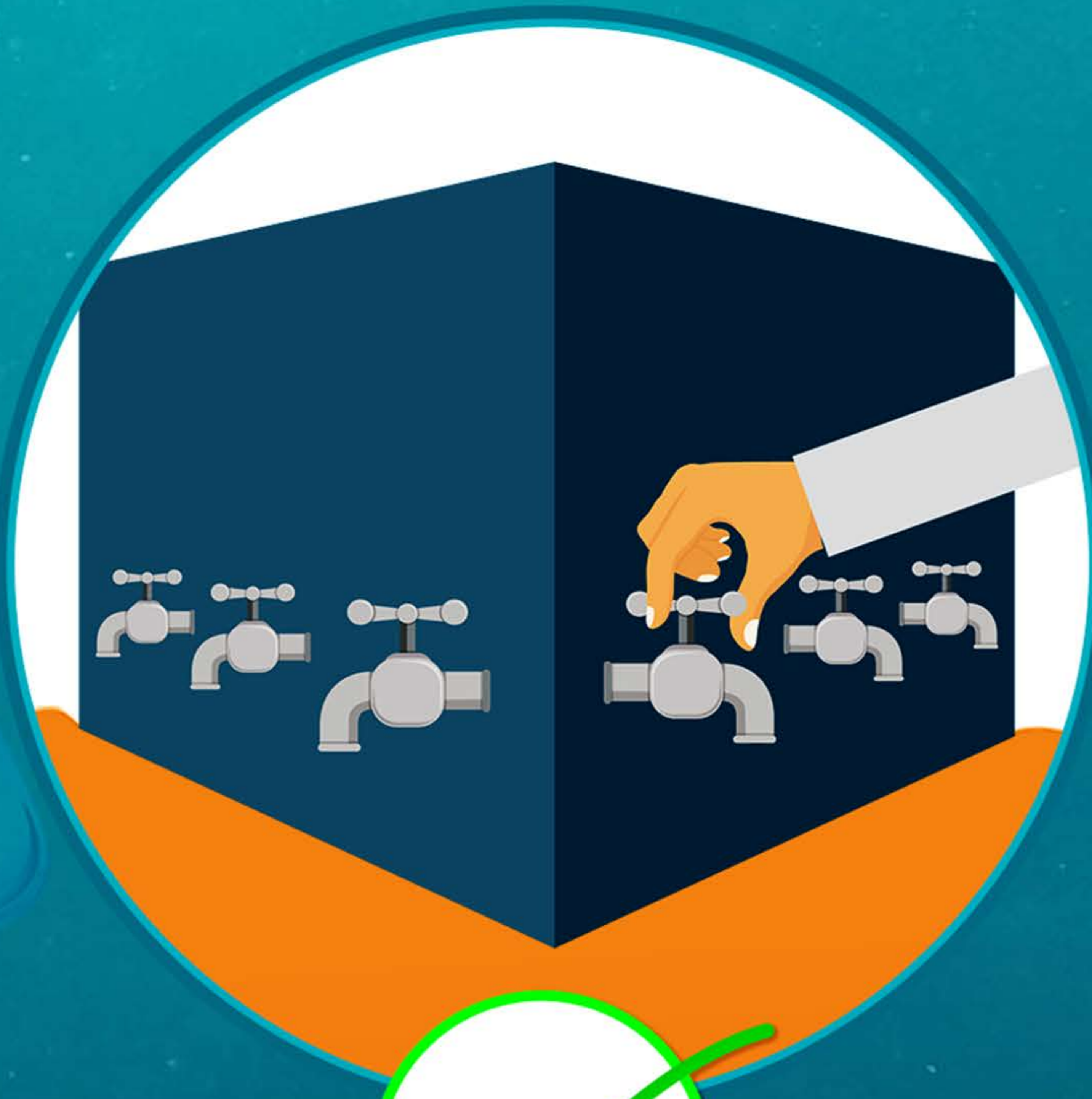
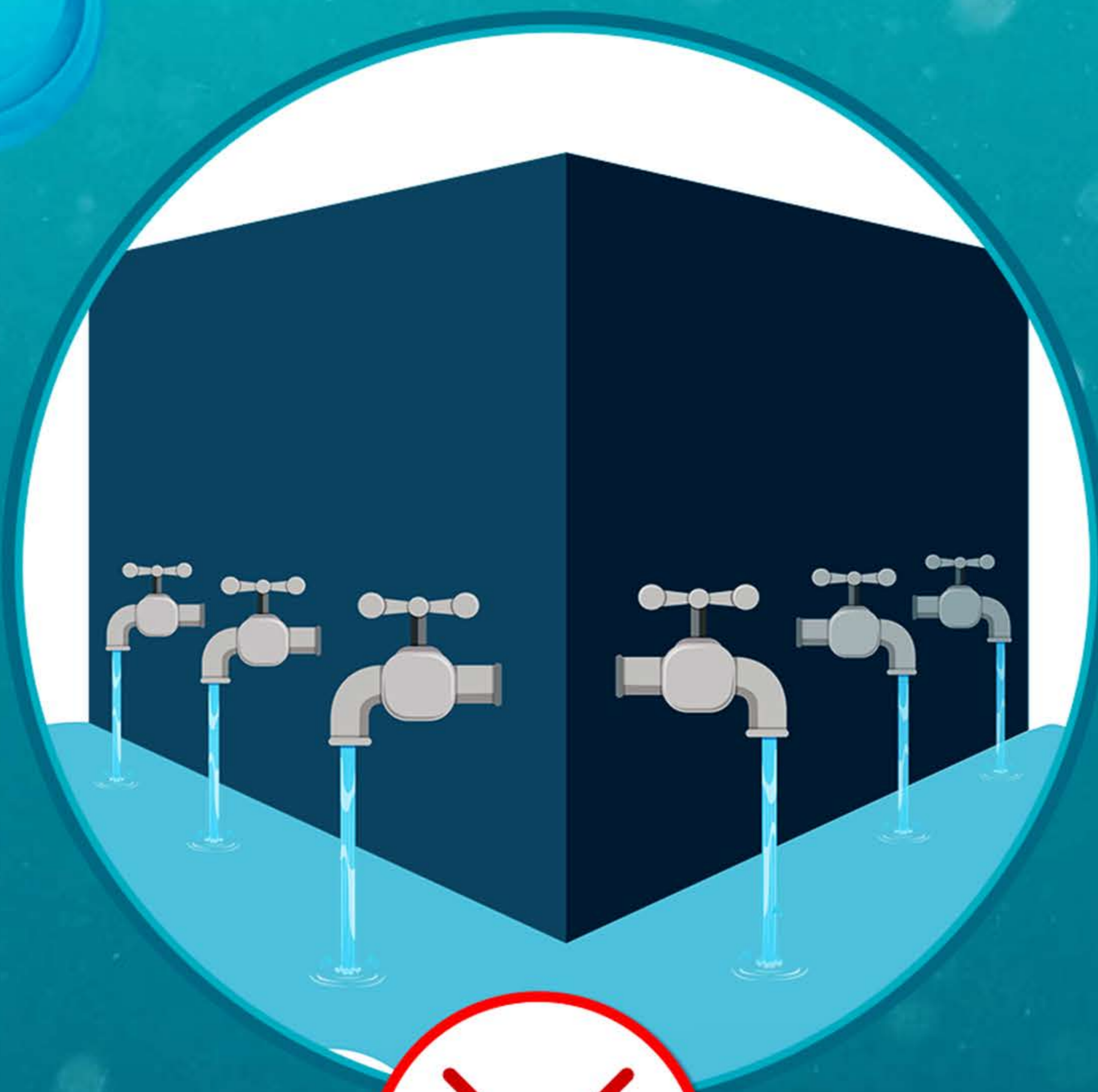
## Do's & Don'ts

Responsible Action



### Responsible Action

Valuing Water – Making Every Drop Count



World  
*Water*  
Day  
22<sup>ND</sup> MARCH

Be the first  
**champion  
for Change!**





# March 22

## Do's & Don'ts

Responsible Call



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



### Responsible Call

Valuing Water – Making Every Drop Count



World

*Water*  
Day

22<sup>ND</sup> MARCH

Be the first  
**champion  
for Change!**

6 CLEAN WATER  
AND SANITATION



12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION





# March 22

## Do's & Don'ts



SUSTAINABLE  
DEVELOPMENT  
**GOALS**

**Responsible Consumption**  
Valuing Water – Making Every Drop Count



World  
**Water**  
Day  
**22<sup>ND</sup> MARCH**

Be the first  
**champion  
for Change!**





# March 26

## EARTH HOUR



# EARTH HOUR

60 MIN



26, MARCH

MAKE AN IMPACT IN ONLY 60 MINUTES!

## SWITCH OFF YOUR LIGHTS FOR AN HOUR

**8:30 PM - 9.30 PM**



**JOIN THE MILLIONS TO SHOW YOUR SUPPORT TO  
SAVE OUR FUTURE & PLANET**

SWITC

HOUR



# April 02



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



## HAPPY UGADI



2 April



- Jaggery -----> Prevents Anemia
- Neem -----> Detoxifies the system
- Green Mangoes -----> Boosts Immunity
- Dal Obbatu -----> Builds Muscles
- Ugadi Pachadi -----> Cleans away the vata, pitta, kapha

MAY ALL BEINGS BE HEALTHY, HAPPY AND PEACEFUL

Jaggery

Neem

Green Mangoes

Boosts Immunity





### INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

6 APRIL

Securing a  
Sustainable  
and Peaceful  
Future for All



#### THE CONTRIBUTION OF SPORTS



**Creates a safe space for all to engage and interact**



**Breaks down complex social barriers**



**Promotes peace, inclusivity and diversity**



**Contributes to better health and individual development**



**Acts as an outlet for emotions**



**Strengthens communities and nations**



# April 07



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



07 APRIL

## WORLD HEALTH DAY

3 GOOD HEALTH  
AND WELL-BEING



ACTION FOR CLEAN AIR, WATER  
AND FOOD FOR  
**#HEALTHIERTOMORROW**



### CLEAN AIR

- ✓ Walk or cycle to commute
- ✓ Go local
- ✓ Choose renewable energy
- ✓ Plant more trees and restore greenery

### CLEAN WATER

- ✓ Save water
- ✓ Save the wetlands
- ✓ Minimise chemical usage
- ✓ Recycle and Reuse

### NUTRITIOUS FOOD

- ✓ Consume fruits and vegetables
- ✓ Choose whole grain and protein-rich foods
- ✓ Limit high-processed foods
- ✓ Avoid alcohol and tobacco



## COVID-19



SUSTAINABLE  
DEVELOPMENT  
GOALS

# COVID-19

**PRECAUTION + VACCINATION = PROTECTION**

## Get the Vaccine to prevent from Covid -19



### Who is eligible for vaccination? Who should be vaccinated first?

18+

- Anyone above 18 years



- Give priority to older people at home



- Take 2 doses of vaccination



- Get the second dose after 28 days



- Antibodies develop 2 weeks after receiving the second dose



**STAY HOME  
STAY SAFE**



# COVID-19

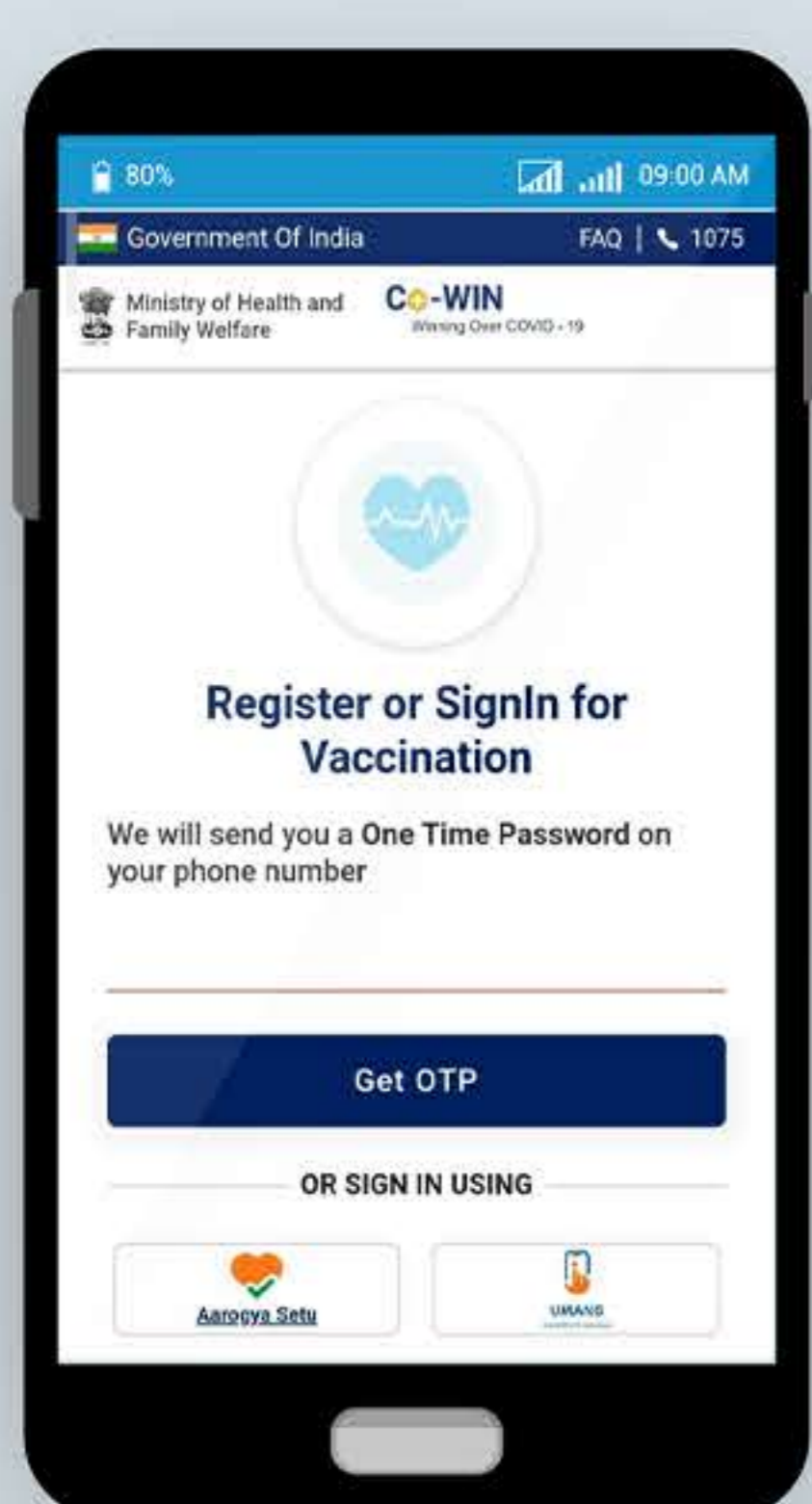
**PRECAUTION + VACCINATION = PROTECTION**

## Vaccination Registration Process Online

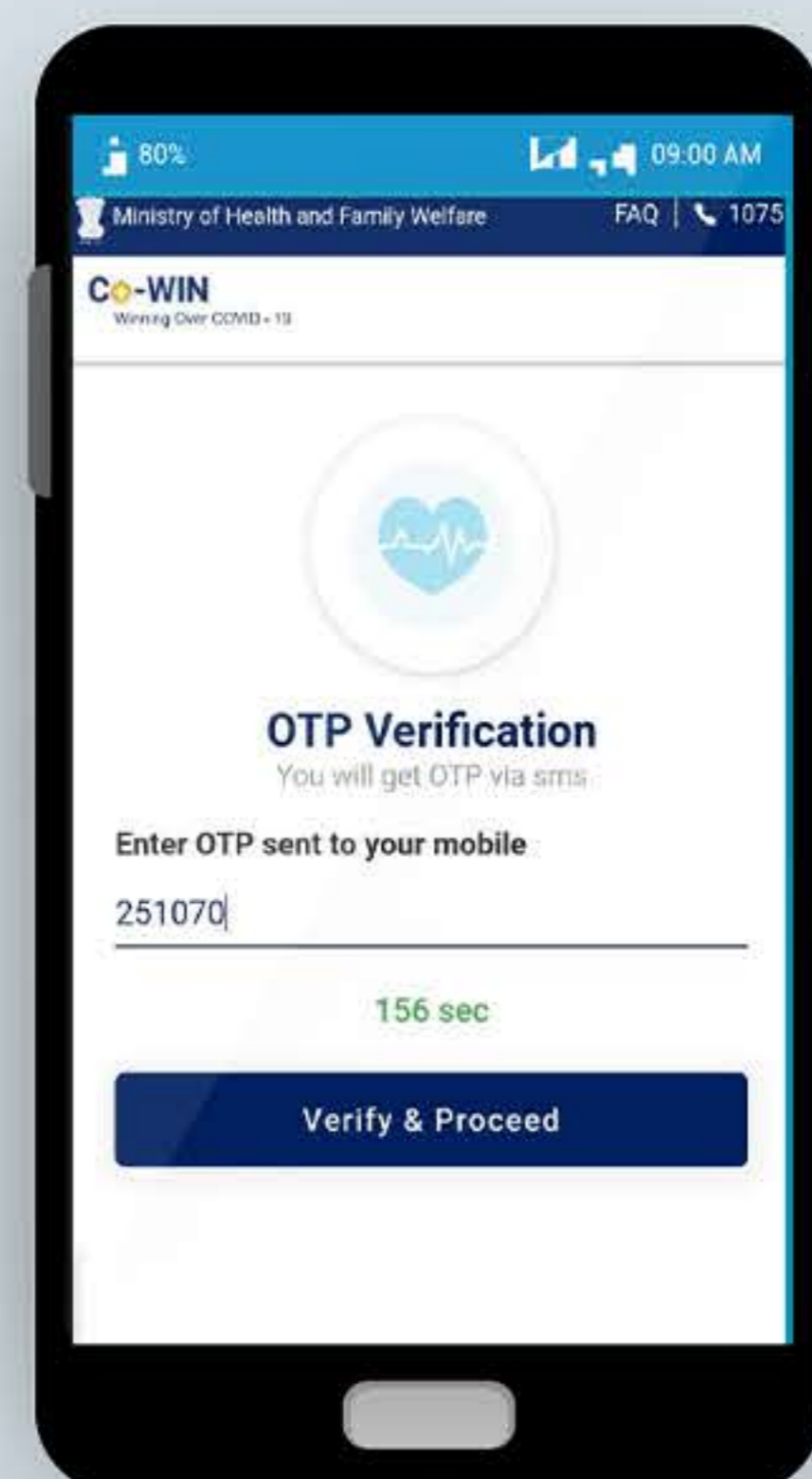


### 1) Log on to [www.cowin.gov.in](http://www.cowin.gov.in)

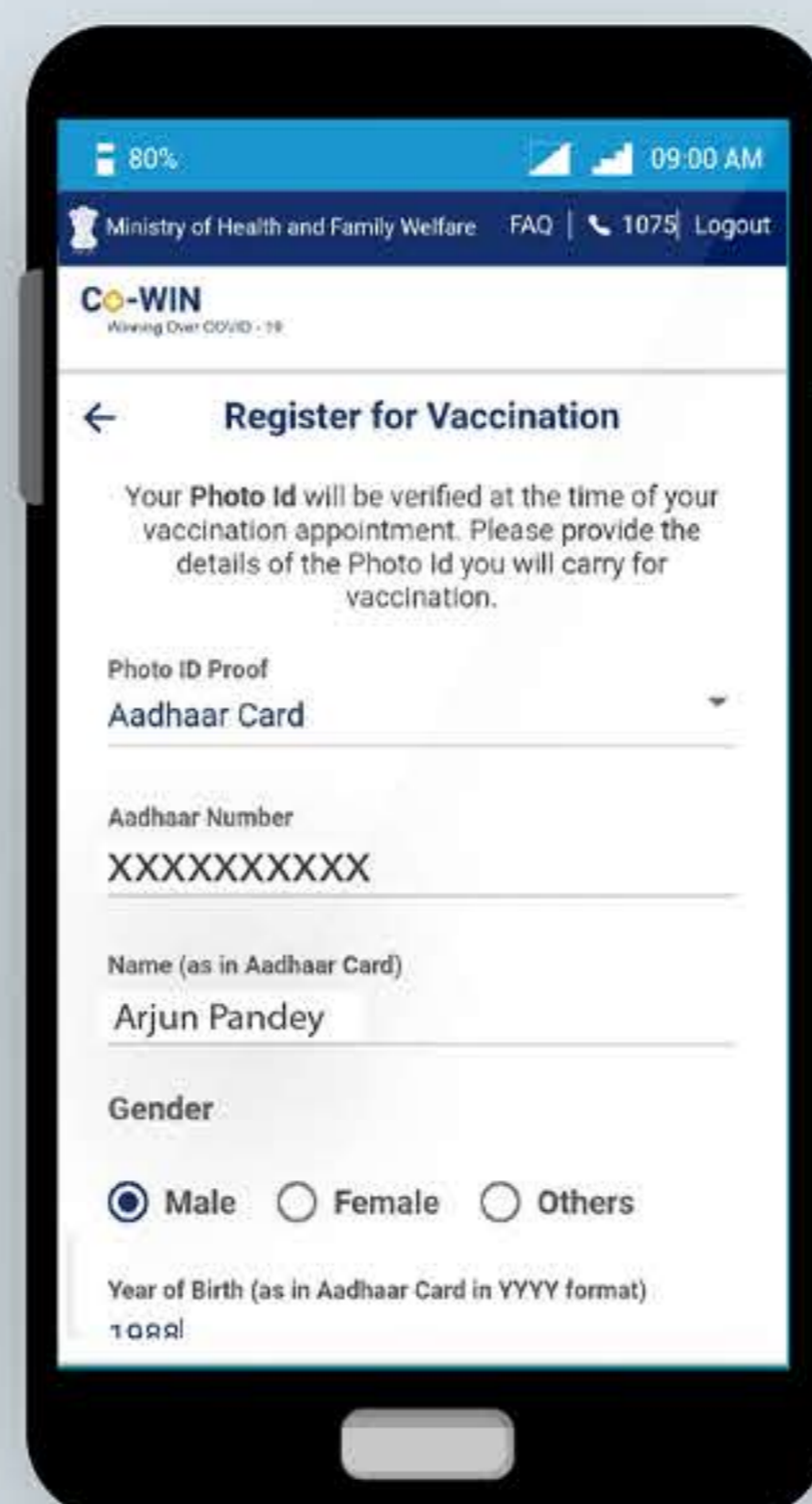
- 2 Enter the OTP
- 3 Submit photo ID document, enter its number, name, age and year of birth mentioned in the document
- 4 One can register 4 people. Enter your family information in the same pattern and click on the schedule button.
- 5 Enter pin code/district to get the date and hospital



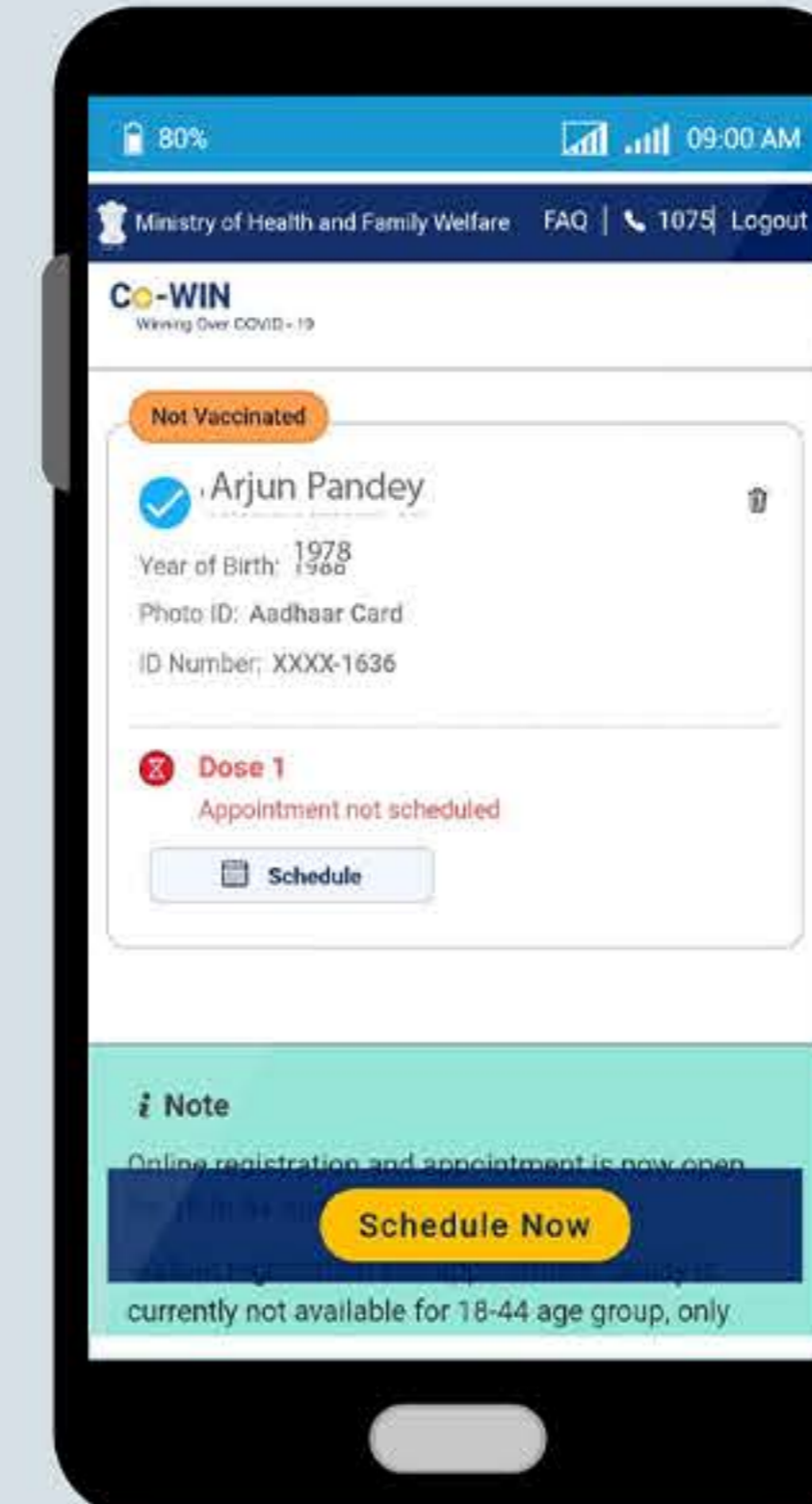
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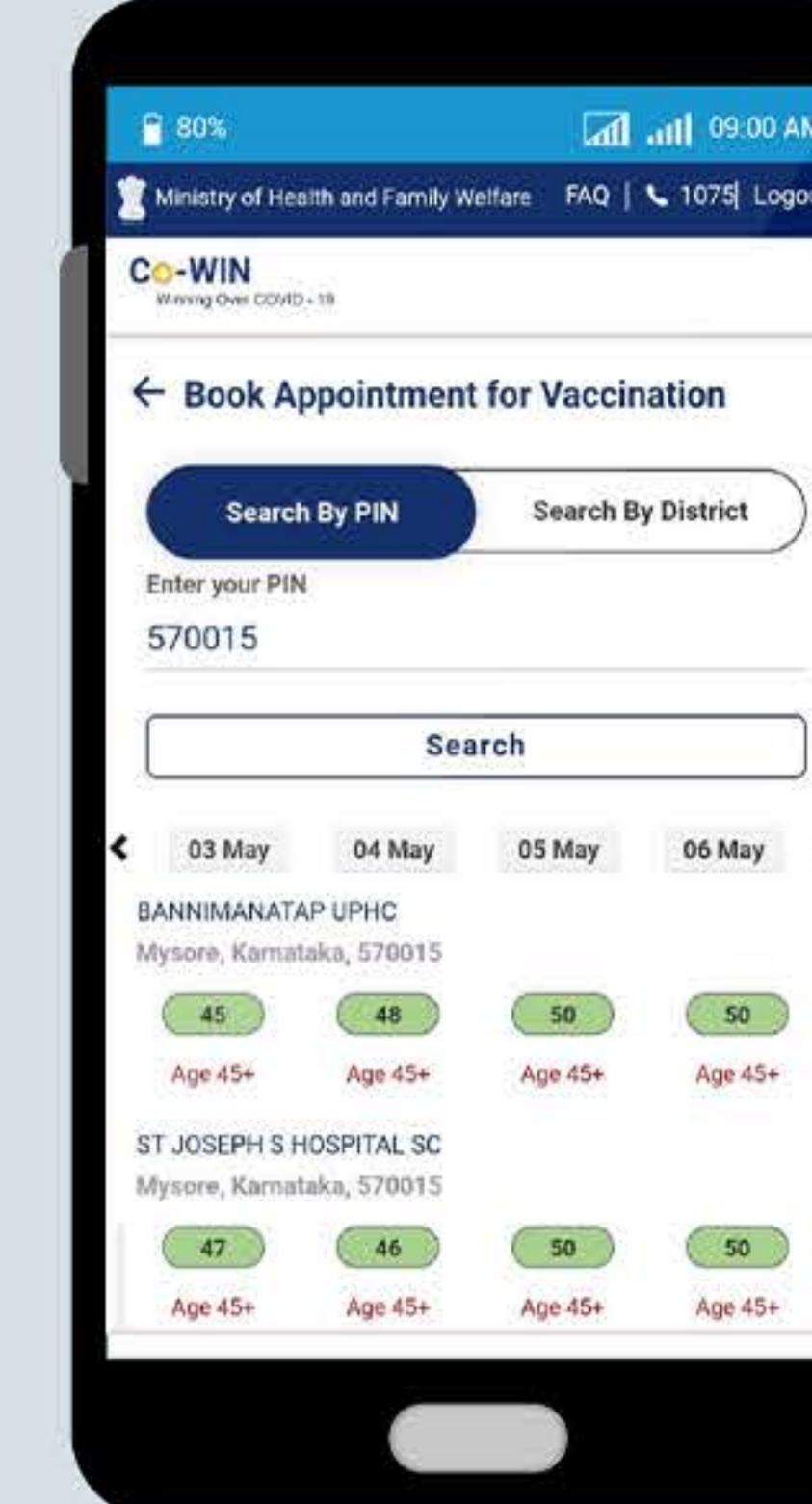
2



3



4



5

### Any one document required for Registration

- Aadhaar Card
- Driving License
- PAN Card
- Passport
- Pension Passbook
- NPR Smart Card
- Voter ID





# COVID-19



## COVID-19

**PRECAUTION + VACCINATION = PROTECTION**

### Precautions to be taken after the vaccination



#### What should you do when receiving / after receiving the vaccine?



**Wear Mask**



**Use hand sanitizer**



**Maintain Social Distance**



**Rest for half an hour at the vaccination center**



**If there is any health issue, contact your doctor immediately**

#### How to safeguard you and your family?

- Stay at home- Break the Chain
- Wear mask to cover the nose & mouth
- Stay away from infected people
- Follow government guidelines without fail





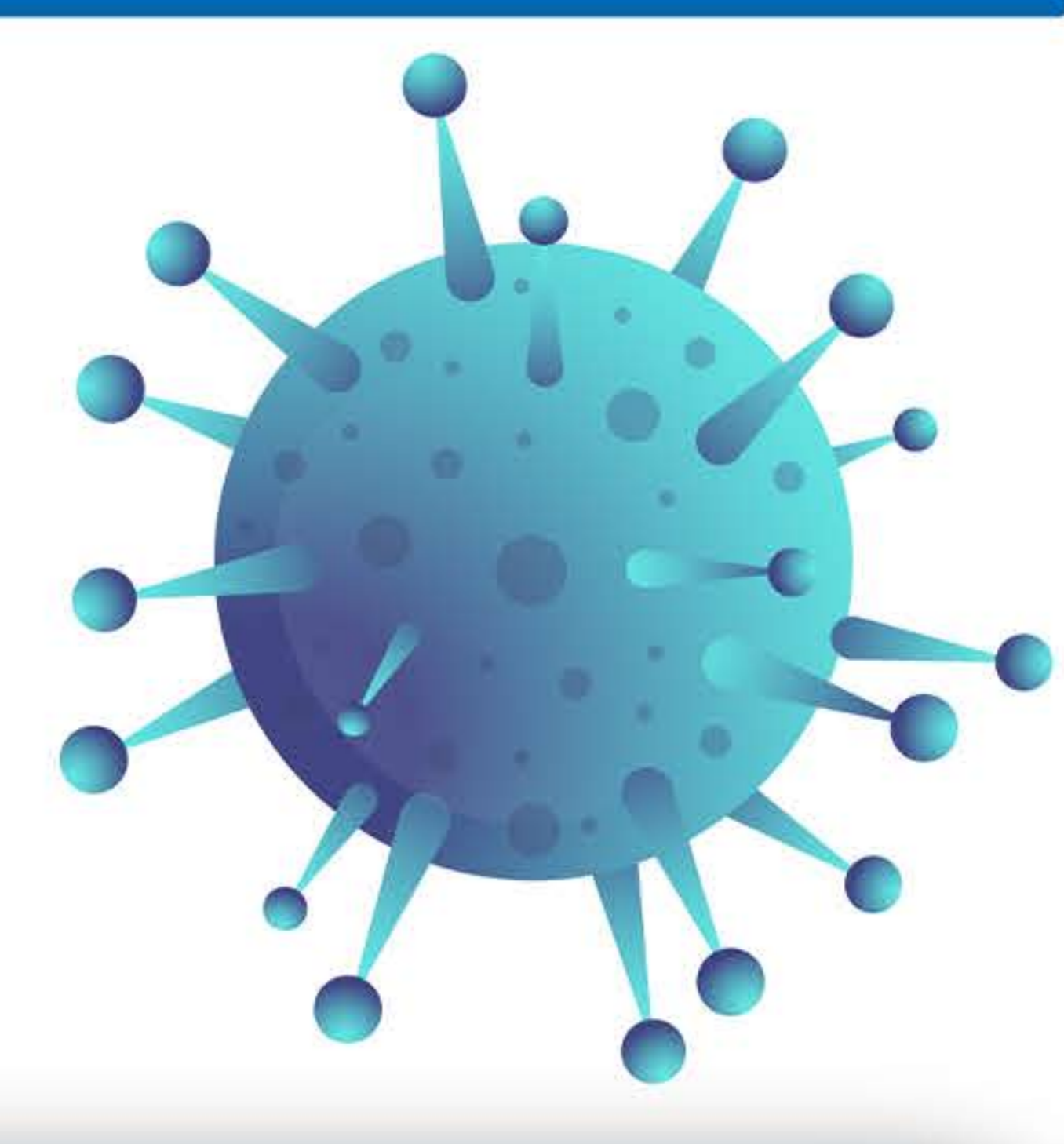
# COVID-19



## COVID-19

**PRECAUTION + VACCINATION = PROTECTION**

### Protect you and your family from Covid-19



**Wear Mask**



**Maintain Social Distance**



**Wash your hands regularly with soap**



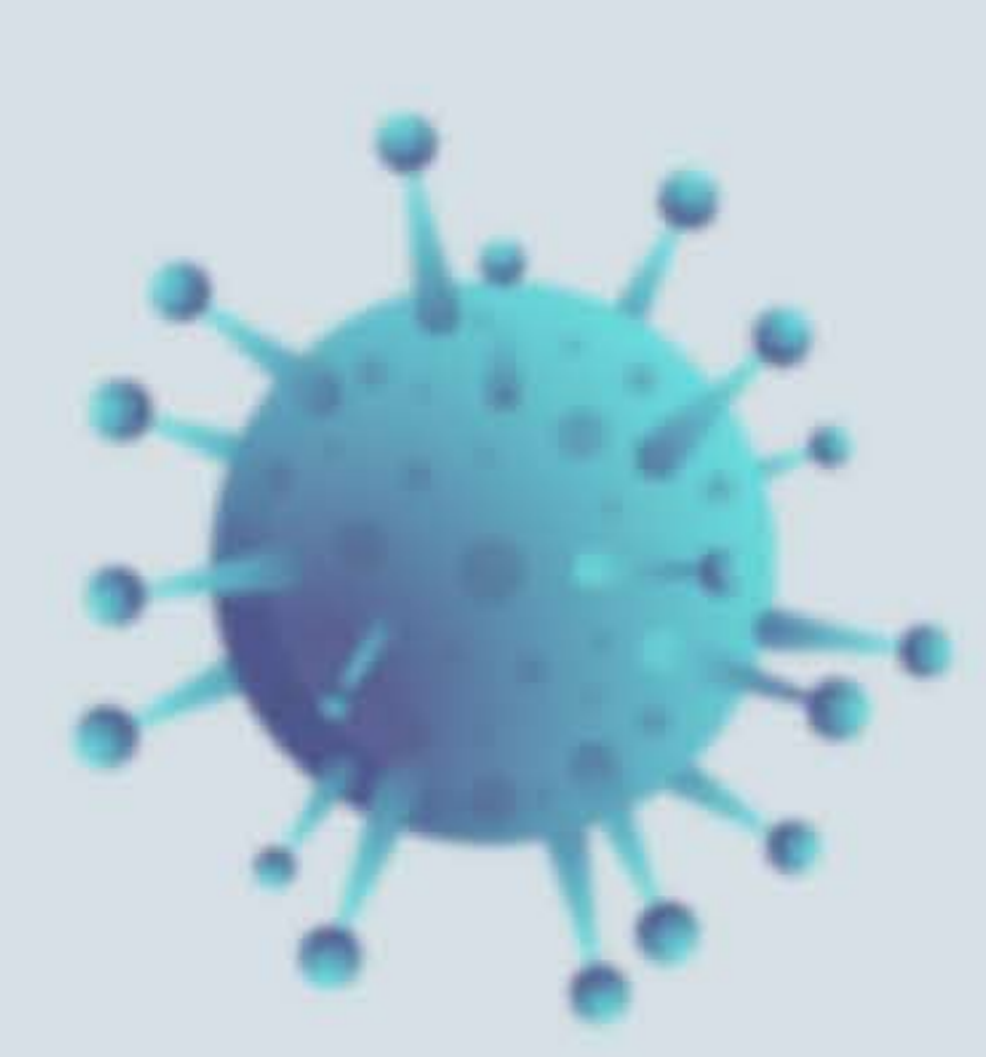
**Do not spit in public places**



**Drink hot water. Eat fresh nutritious food**



**Consult doctor if you find any symptoms**



**STAY HOME  
STAY SAFE**



# April 11



## NATIONAL SAFE MOTHERHOOD DAY

April 11

**“MOTHERHOOD – THE GREATEST GIFT”**

Have a safe journey to motherhood by :

- ✓ Registering at the nearest health facility as soon as pregnancy is detected
- ✓ Ensuring regular antenatal check-ups
- ✓ Consuming iron-folic acid supplements as recommended
- ✓ Consuming iron-rich nutritious food
- ✓ Taking sufficient rest and a well-balanced diet
- ✓ Breast feeding within one hour of birth (Yellow colostrum fluid)
- ✓ Learning about breast feeding, new born care and routine immunization



April 18th



## April 18th World Heritage Day

**PROUD OF OUR HERITAGE!  
PRESERVE FOR THE FUTURE!  
LET'S KEEP OUR HERITAGE SITES BEAUTIFUL!**

**Promote tourism and support local economy!**





April  
22

April 22



SUSTAINABLE  
DEVELOPMENT  
GOALS

April 22

# Earth Day

Together let us retain, restore and redeem our planet

- Plant a Tree
- Conserve Water
- Avoid Plastic
- Reduce, Reuse and Recycle
- Say No to Food Waste
- Stop Pesticides And Chemicals Use In The Garden





May  
01



SUSTAINABLE  
DEVELOPMENT  
GOALS

# LABOUR DAY

MAY 1ST

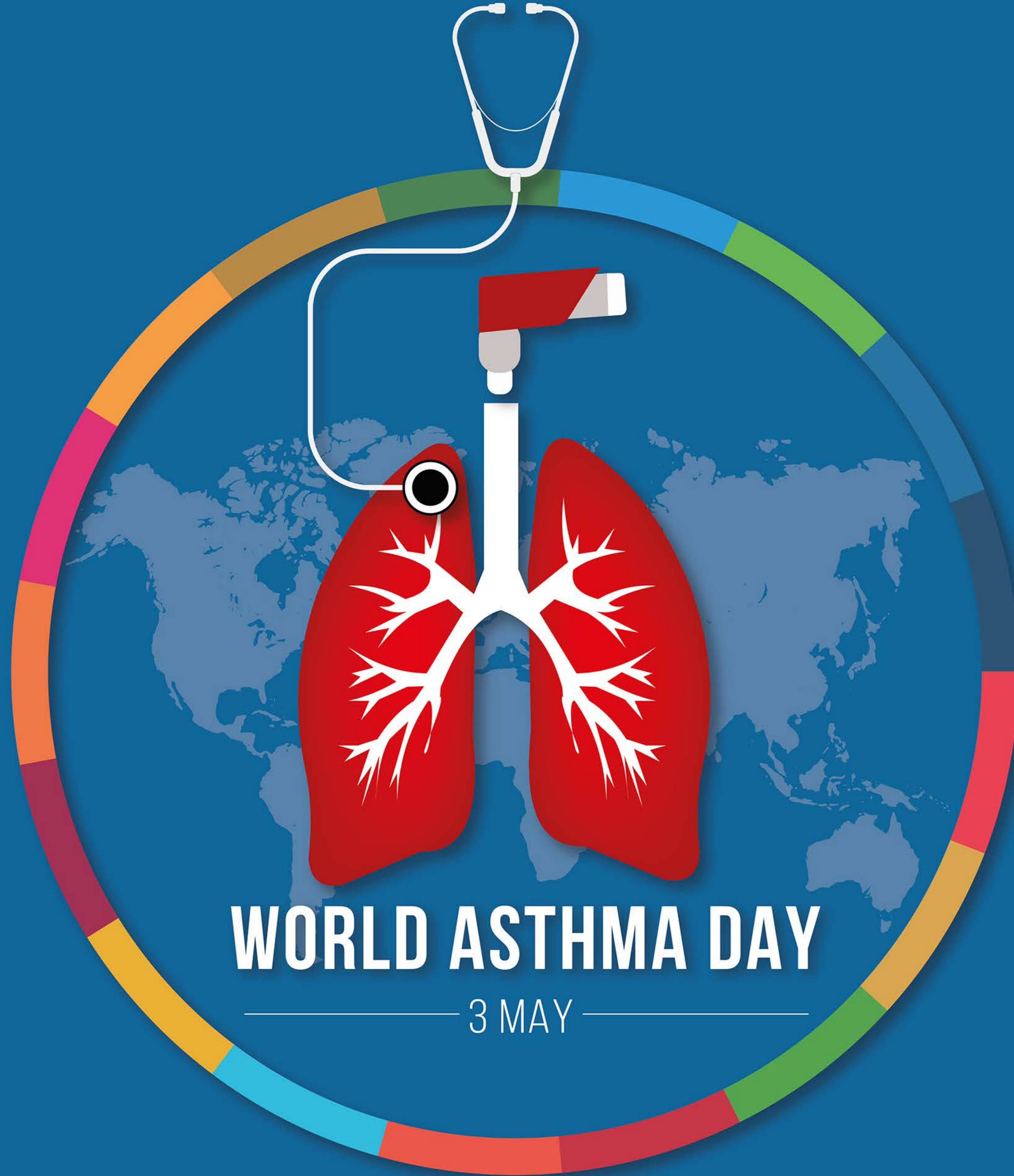


**Skilled Workers are our National Treasure!**  
**Their labour has helped build our Nation!**  
**Celebrating them for a brighter Future!**





# May 03



## WORLD ASTHMA DAY — 3 MAY —

Asthma is a condition in which your airways narrow and swell, making breathing difficult. The condition triggers coughing, wheezing and shortness of breath.

### How can we manage asthma the right way?

#### DETECT

- Know the symptoms and the first aid
- Consult a doctor at the nearest health centre

#### DIAGNOSE

- Undergo tests advised by your doctor
- Learn about the triggers and irritants

#### TREAT

- Learn how to use life-saving asthma devices
- Use prescribed medications for the symptoms



LEARN AND EDUCATE OTHERS | PRIORITIZE TREATMENT



May  
09



She is there whenever you need  
Love and confidence did she feed  
None like her, the world you scour  
Our mother, let us empower



*Mothers Day*  
May 9

**Celebrate Motherhood; Empower mothers**



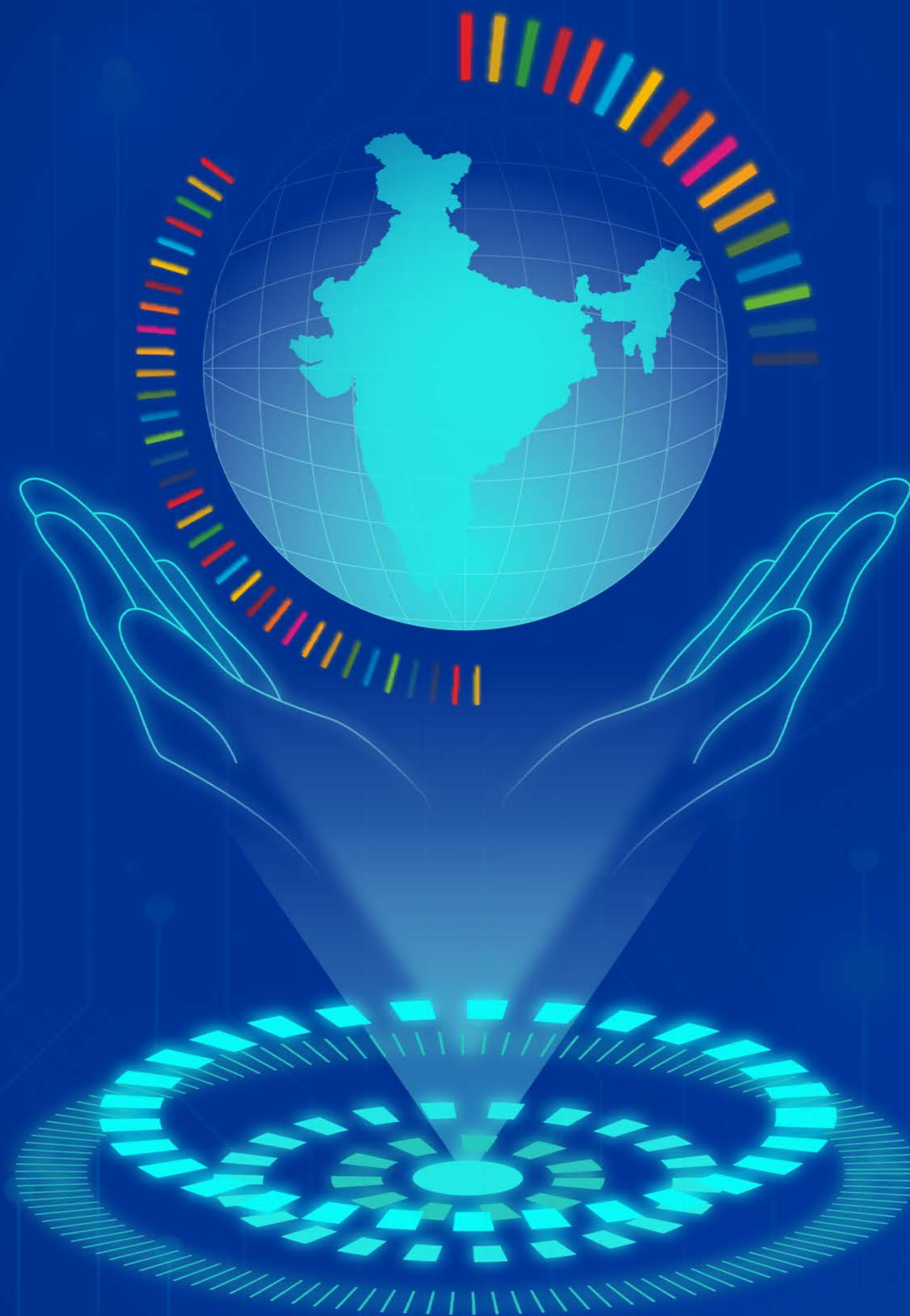
May  
11 MAY  
11



SUSTAINABLE DEVELOPMENT GOALS

NATIONAL TECHNOLOGY DAY

11 MAY



SCIENCE AND TECHNOLOGY FOR A SUSTAINABLE FUTURE



Enrol yourself to learn about technology



Enrol children in STEM programs



Support the poor through digital inclusion



Share and encourage innovative tech ideas



Educate the elders about digital literacy



BUILD RESILIENT INFRASTRUCTURE, PROMOTE SUSTAINABLE INDUSTRIALIZATION AND FOSTER INNOVATION



# May 12



SUSTAINABLE  
DEVELOPMENT  
GOALS



## INTERNATIONAL DAY OF PLANT HEALTH

PROTECT PLANTS  
PROTECT LIFE



12 MAY

### DID YOU KNOW?



Our health and the planet's health depend on plants



Plants make up **80%** of the food we eat



Plants provide **98%** of the oxygen we breath

### HOW CAN YOU PROTECT PLANTS AND PLANT HEALTH?

- ✓ Test the soil to determine its health
- ✓ Minimize the risk of plant pests
- ✓ Use composted yard waste
- ✓ Buy plants from responsible suppliers
- ✓ Choose sustainable pest and pesticide management

Healthy plants can help end hunger, reduce poverty, protect the environment, and boost economic development.



# May 15



## International Day of **FAMILIES** 15 May



### FAMILIES AND URBANIZATION



Eat at least one meal together every day



Plan fun activities together



Share feelings, celebrate small wins



Keep gadgets away during family time



Encourage healthy conversations



Follow a daily routine and prioritise rest

WAYS TO MAKE FAMILIES HEALTHIER

A SUSTAINABLE LIFESTYLE PROMISES A HEALTHIER FAMILY





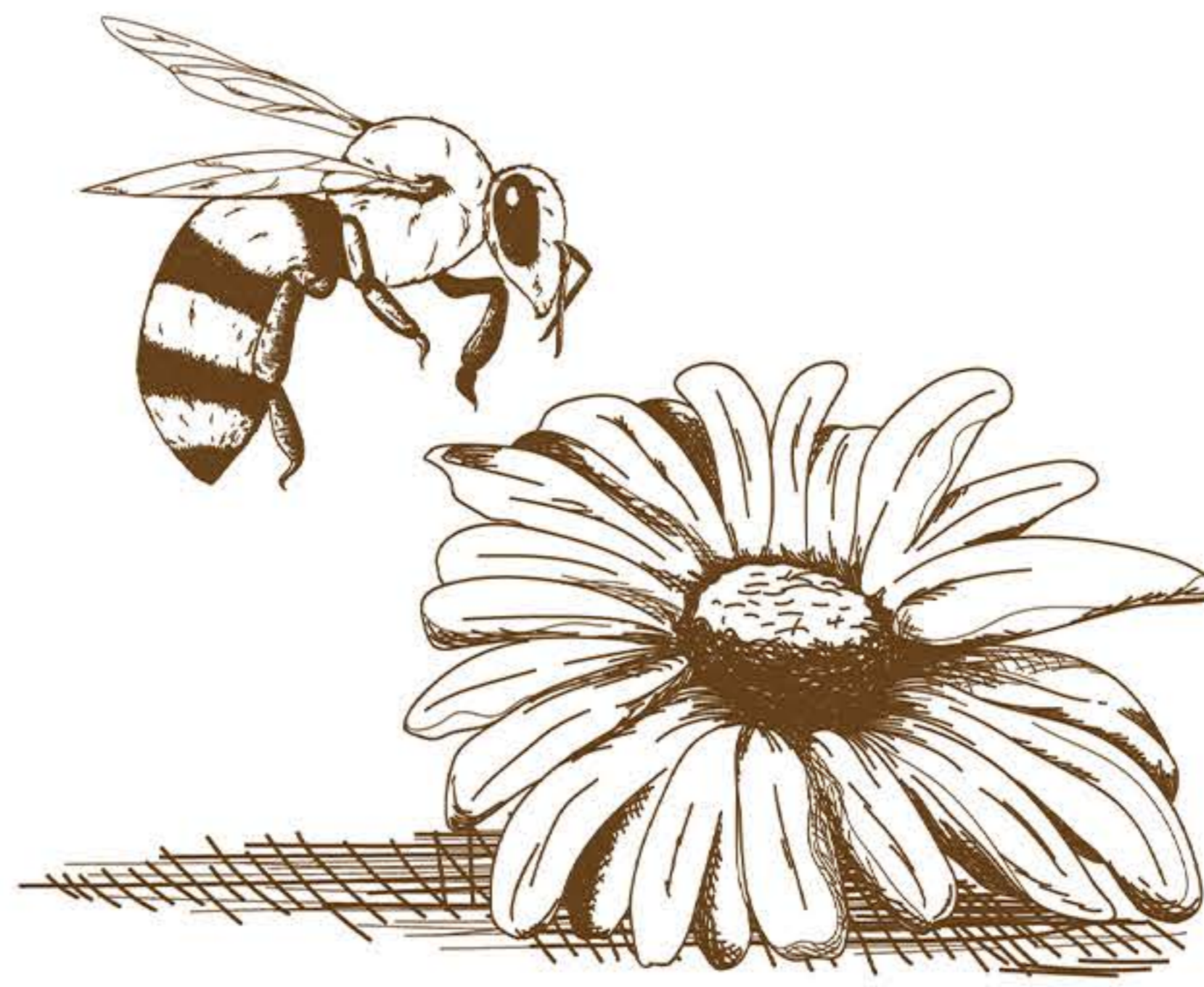
May  
20



# WORLD DAY

# Bee

20 May



• Buy honey and hive products from local farmers

• Grow nectar-bearing flowers in your garden

• Plant diverse and native flowering plants

• Set up a pollinator park in your locality

• Avoid pesticides that harm the bees

15 LIFE ON LAND



PROTECT THE ECOSYSTEM BY SAVING THE BEES AND THEIR HABITAT.



May  
31

COORDINATION CENTRE

SMOKING THRILLS BUT IT ALSO KILLS  
PUT IT OUT  
CLEAN AIR IS EVERYONE'S RIGHT



SMOKING THRILLS BUT IT ALSO KILLS  
PUT IT OUT BEFORE IT PUTS YOU OUT  
CLEAN AIR IS EVERYONE'S RIGHT



**WORLD NO  
TOBACCO DAY**  
**MAY 31**



**3** GOOD HEALTH  
AND WELL-BEING



**3** GOOD H  
AND WEL





# WORLD ENVIRONMENT DAY 5<sup>TH</sup> JUNE

Grow Trees

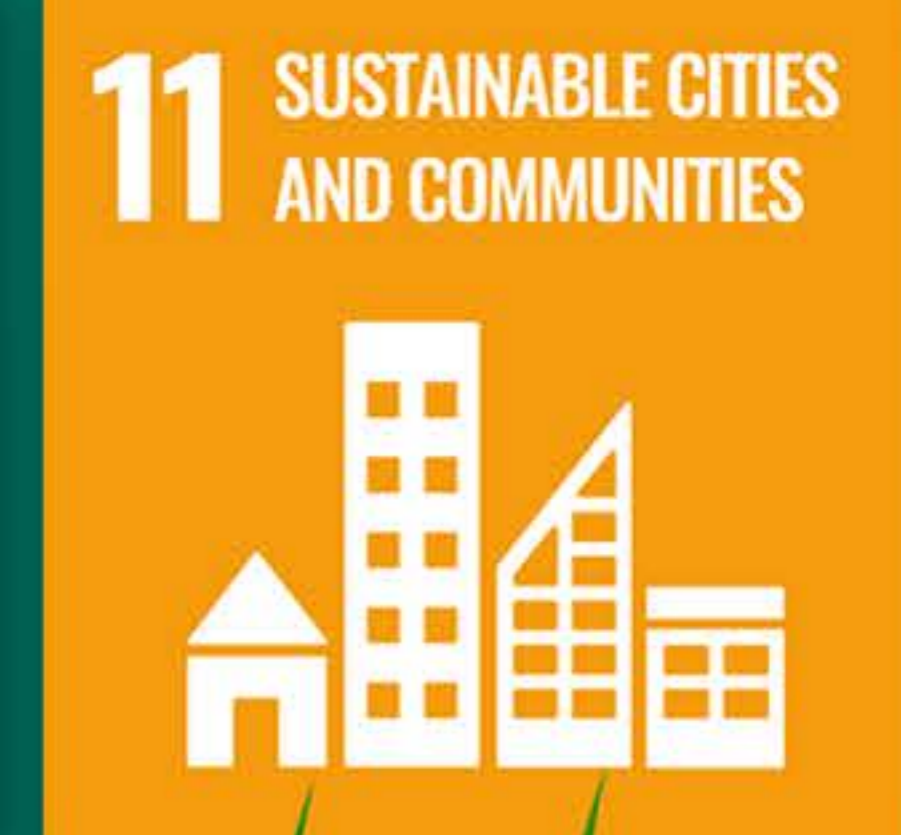
Make Green cities

Change diets

Clean up rivers and coasts

Rewild Gardens

A SMALL STEP CAN HELP TO  
RECREATE AND RESTORE OUR  
ECOSYSTEM





June  
08



# WORLD OCEAN DAY

8 June



**THE OCEAN:  
LIFE AND LIVELIHOODS  
MAKE IT SUSTAIN**

**SAVE  
SEA AND  
SEA RESOURCES**

**USE THE OCEAN  
DON'T ABUSE**

14 LIFE  
BELOW WATER



2 ZERO  
HUNGER



8 DECENT WORK AND  
ECONOMIC GROWTH





June  
12



# WORLD DAY AGAINST CHILD LABOUR

12 June

Act now: End child labour!



Put the child  
in school.  
Not on Toil

24X7 Child Helpline



1098

4 QUALITY  
EDUCATION



10 REDUCED  
INEQUALITIES



8 DECENT WORK AND  
ECONOMIC GROWTH



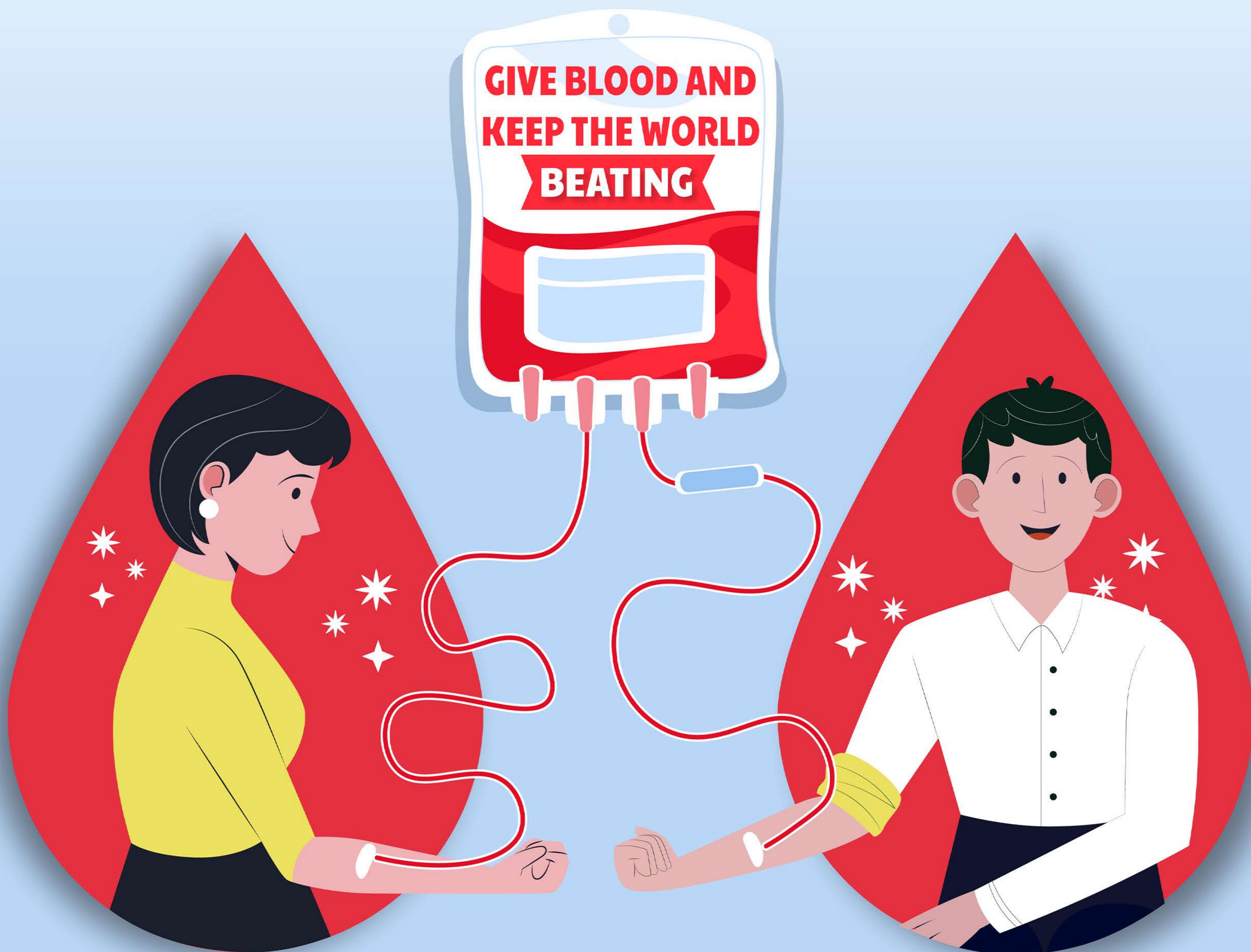


June  
14

# World Blood Donor Day



SUSTAINABLE  
DEVELOPMENT  
GOALS



**BE THE DONOR; BECOME A LIFE SAVIOUR**

**3** GOOD HEALTH  
AND WELL-BEING



**WORLD BLOOD  
DONOR DAY  
14TH JUNE**





June  
21

# International Day of Yoga



## International Day of Yoga



21 JUNE

Stretch your body and relax your mind  
like never before

YOGA FOR WELL-BEING  
BE WITH YOGA, BE AT HOME

3 GOOD HEALTH  
AND WELL-BEING





# July 15

## WORLD



SUSTAINABLE  
DEVELOPMENT  
GOALS

### WORLD

# YOUTH

## Skills DAY

### 15 JULY



**MAKE INDIA PROUD**  
**AT WORLD SKILLS COMPETITION 2022**



**REIMAGINING YOUTH  
SKILLS POST-PANDEMIC**



**CELEBRATE THE RESILIENCE  
AND CREATIVITY OF YOUTH**

For further information

[www.https://www.kaushalkar.com](https://www.kaushalkar.com)

[Karnatakaskills@kaushalkar.com](mailto:Karnatakaskills@kaushalkar.com)

[@Skill\\_Karnataka](https://twitter.com/Skill_Karnataka)

For further information



July  
29



SUSTAINABLE  
DEVELOPMENT  
GOALS



SHOOT  
only with  
camera

Their Survival is in our hands  
Save the Tiger. Save the Nation Pride

INTERNATIONAL  
**TIGER DAY**  
JULY 29

15 LIFE  
ON LAND





# July 30



SUSTAINABLE DEVELOPMENT GOALS



16 PEACE, JUSTICE AND STRONG INSTITUTIONS



## World Day against Trafficking in Persons

30 July

5 GENDER EQUALITY



Victims of human trafficking are often followed, watched, and coerced online before getting trapped.



Following internet safety is important to protect yourself and your loved ones.

- ✓ Set your social media accounts to private
- ✓ Accept requests only from people you know
- ✓ Do not share your personal information
- ✓ Be cautious when sharing your live location
- ✓ Learn about the warning signs of human trafficking
- ✓ Do not share your travel itineraries online
- ✓ Do not respond to mails that seem suspicious
- ✓ If a person is harassing you, block or report the account

IF YOU FEEL YOU ARE IN DANGER, DO NOT HESITATE TO GET HELP OR RAISE AN ALARM

**KNOW THE HELPLINES**

CHILD - 1098 / WOMEN - 181 / EMERGENCY - 112 / CYBER CRIME - 1930



# August 12



INTERNATIONAL

# YOUTH

# DAY

AUGUST 12



TRANSFORMING FOOD SYSTEMS:  
**Youth Innovation for Human  
and Planetary Health**



Integrate biodiversity;  
Restore the planet and Protect life





## DEPARTMENT OF YOUTH EMPOWERMENT AND SPORTS (DYES)



# YOUTH HELPLINE TO HELP YOU



Are you shattered because of some issue?



Low because you didn't find ways?



Do you need guidance or counselling?



Do you need to enrol in Sports?



Do you need career guidance?



Do you want to know the youth programs and schemes?



Are you a sports achiever and need scholarship or hostel?

Then, Why Wait

# Call - 155265



Our services are free of cost

Work hours : 9.00 am - 5.00 pm



# August 19

An illustration for International Humanitarian Day. It features a stylized Earth with a blue ocean and green continents. On top of the Earth, three people are shown: a woman in a red vest with a white cross on her back is packing boxes; a man in a red shirt with a white cross on his chest is handing a box to a woman in a red sari who is holding a baby. The boxes have icons of a cross, a shirt, and a water bottle. The background is a dark blue night sky with white clouds, yellow stars, and a city skyline. The text 'International Humanitarian Day' is written on a red ribbon across the Earth, and '19th August' is written below it. Logos for SDGCC, Government of Karnataka, and UNDP are in the top left, and 'Sustainable Development Goals' is in the top right. A hashtag '#TheHumanRace' is at the bottom.

**SDGCC**  
SUSTAINABLE DEVELOPMENT GOALS  
COORDINATION CENTRE

GOVERNMENT OF  
KARNATAKA

UN  
DP

SUSTAINABLE  
DEVELOPMENT  
GOALS

**International Humanitarian Day**

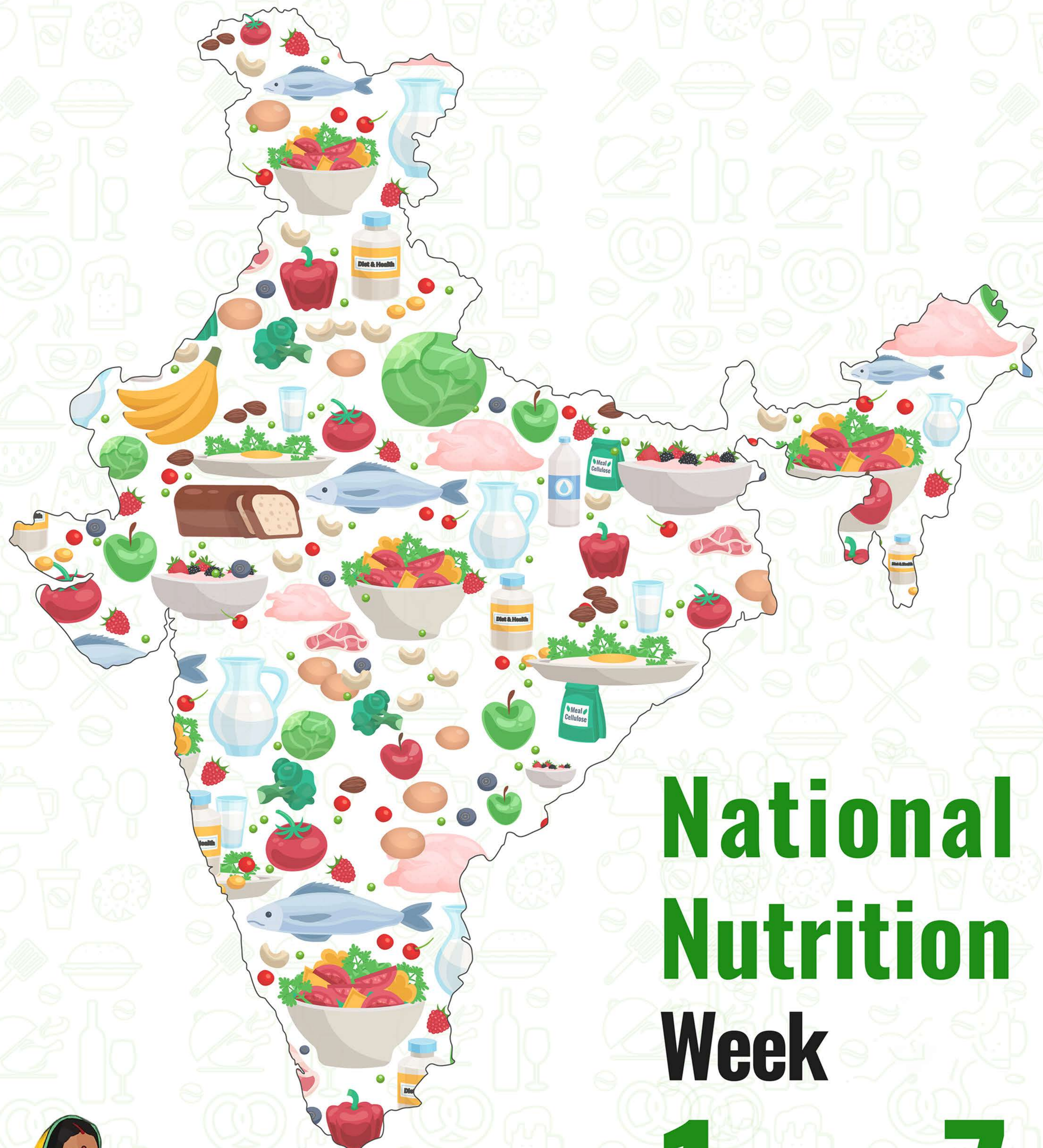
**19th August**

**IN THE RACE AGAINST THE CLIMATE CRISIS,  
WE CAN'T LEAVE ANYONE BEHIND**

**#TheHumanRace**



# September 1-7



## National Nutrition Week 1 to 7 September



Feeding smart right from start  
Eat well Feel well - Boost your Immunity





# September

North Karnataka

Nutrition

## Our Food is Our Medicine



North Karnataka

Towards  
Nutrition



YOUR MEAL IS YOUR STRENGTH

### Your Daily Meal



Jowar Roti  
(2 Roti=90 Calorie)



Rice  
(1/2 Cup=135 Calorie)



Groundnut  
chutney  
powder  
(2 Tbspn=86 Calorie)



Curd  
(1/2 Cup=62 Calorie)

### Add to your Plate



Niger Seeds  
chutney powder  
(2 Tbspn=120 Calorie)



Meat  
(1/2 Cup=165 Calorie)



Legumes  
(1/2 Cup=81 Calorie)



Vegetables and  
Fruits



Milk  
(100ml small glass=44 Calorie)



Leafy Vegetables  
(1 bowl=91 Calorie)

Have all this and Gain  
900-1200 Calories



Eat Locally Sourced Nutritionally Rich Food  
"Healthy Food Healthy Life"

Have all this and Gain  
900-1200 Calories





# Our Food is Our Medicine

YOUR MEAL IS YOUR STRENGTH



South Karnataka

Towards Nutrition



YOUR MEAL IS YOUR STRENGTH

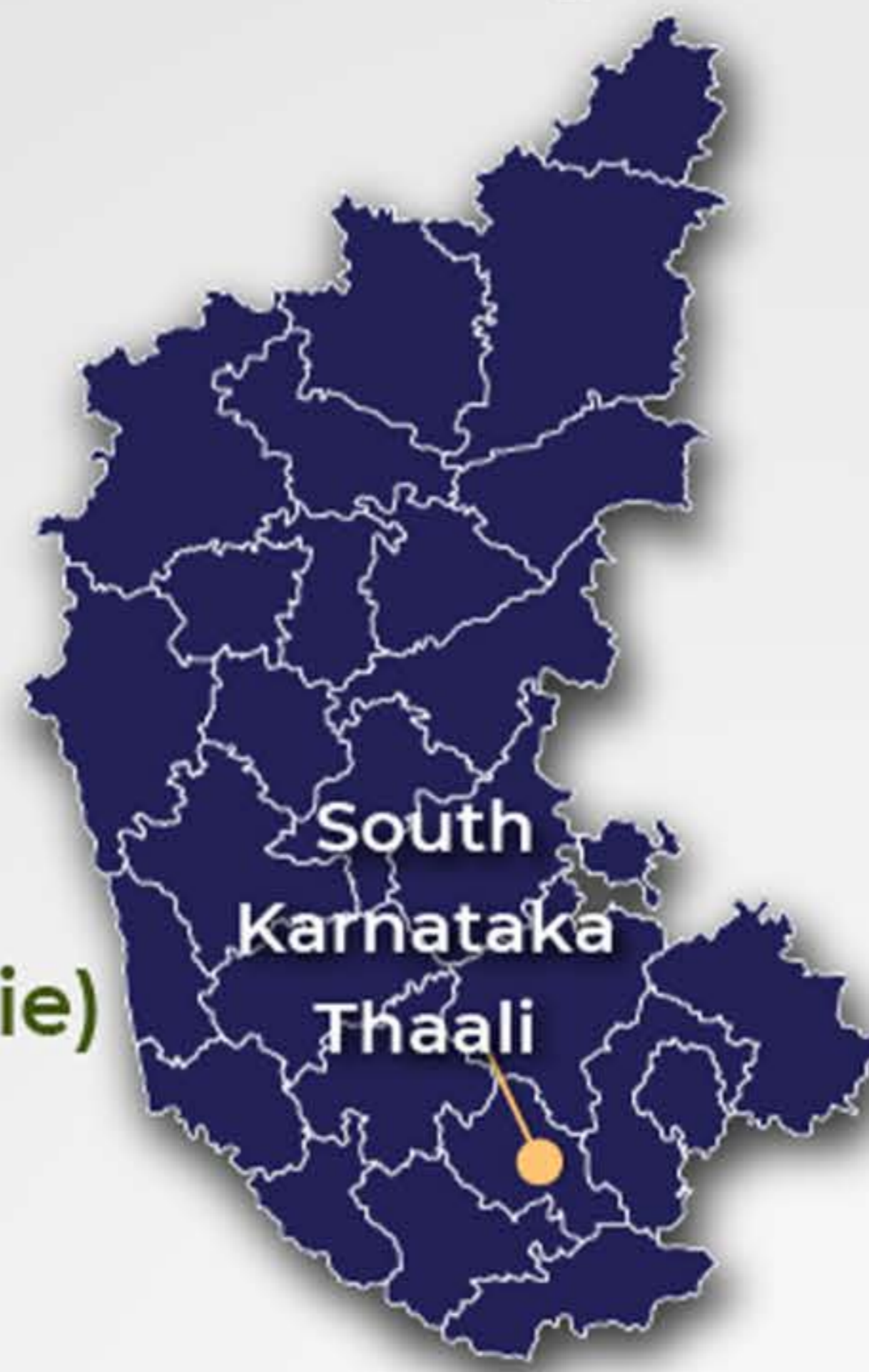
## Your Daily Meal



**Ragi ball**  
(1 med size=64 Calorie)



**Meat**  
(1/2 cup=165 Calorie)

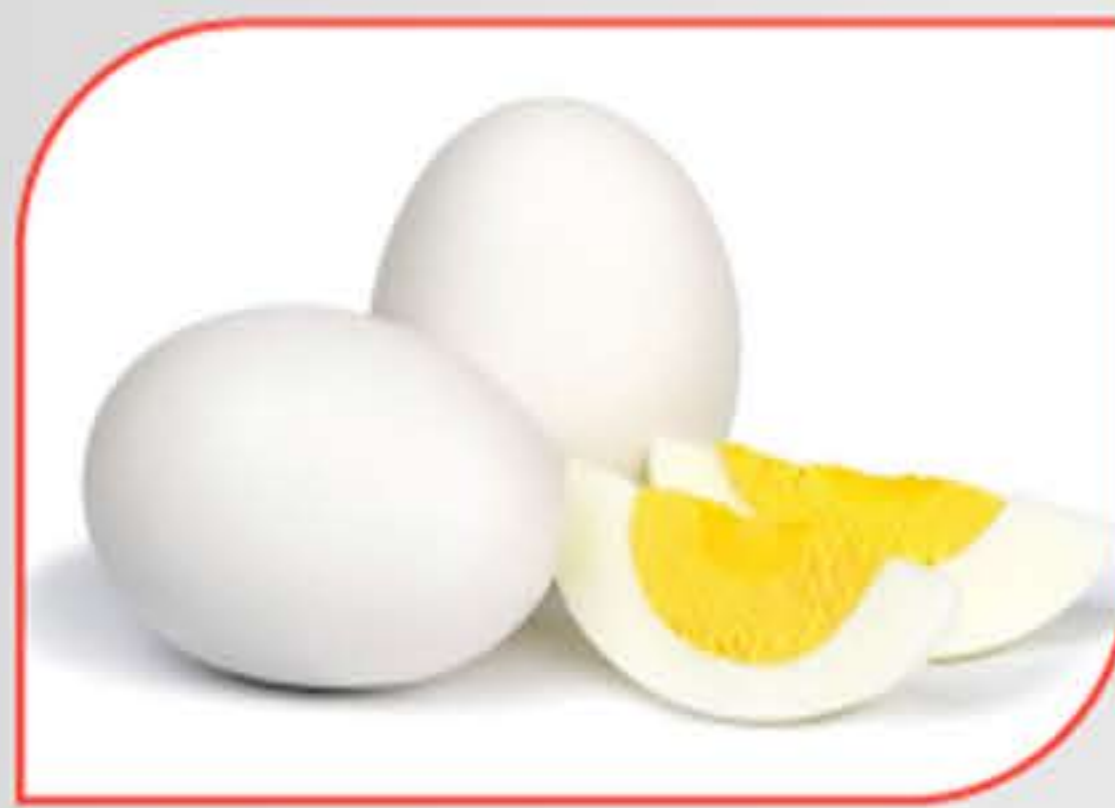


**Cooked Rice**  
(1/2 Cup=135 Calorie)



**Curd**  
(1/2 Cup=62 Calorie)

## Add to your Plate



**Egg**  
(1 boiled=77 Calorie)



**Legumes**  
(1 bowl=87 Calorie)



**Milk**  
(1 glass=40 Calorie)



**Carrots**  
(Raw 1 med size=41 Calorie)



**Sweet Potato**



**Leafy Vegetables**  
(1 bowl=91 Calorie)

Have all this and Gain  
900-1200 Calories



Eat Locally Sourced Nutritionally Rich Food  
"Healthy Food Healthy Life"





# September

## Our Food is Our Medicine

YOUR MEAL IS YOUR STRENGTH



Malenadu Karnataka

Towards Nutrition



YOUR MEAL IS YOUR STRENGTH

### Your Daily Meal



**Rice Roti**  
(1 Roti=153 Calorie)



**Rice**  
(1/2 cup=135 Calorie)



**Coconut**  
(2 Tbspn=72 Calorie)



**Milk and Curd**  
(1 glass=40 Calorie)

### Add to your Plate



**Mango**  
(Raw mango rasam  
1 cup=60 Calorie)



**Lemon**  
(1 big glass (200ml)  
=44 Calorie)



**Meat**  
(1/2 cup=165 Calorie)



**Leafy Vegetables**  
(1 cup=91 Calorie)



**Elephant Yam**  
(1/2 cup=84 Calorie)



**Raw Banana**  
(1/2 cup=86 Calorie)

Have all this and Gain  
900-1200 Calories



Eat Locally Sourced Nutritionally Rich Food  
"Healthy Food Healthy Life"



# September

## Our Food is Our Medicine

YOUR MEAL IS YOUR STRENGTH



Coastal Karnataka

Towards Nutrition



YOUR MEAL IS YOUR STRENGTH

### Your Daily Meal



**Fish**  
(1 serving=90 Calorie)



**Rice**  
(1/2 cup=135 Calorie)



**Coconut**



**Ivy Gourd**  
(1 cup=100 Calorie)

### Add to your Plate



**Bitter Gourd**  
(1 cup=40 Calorie)



**Coconut Oil**



**Meat**  
(1/2 cup=165 Calorie)



**Leafy Vegetables**  
(Raw 1 bowl=91 Calorie)



**Milk and Curd**  
(1 glass=40 Calorie)



**Cashew nuts**  
(Burfi 1 piece=65 Calorie)

Have all this and Gain  
900-1200 Calories



Eat Locally Sourced Nutritionally Rich Food  
"Healthy Food Healthy Life"

Have all this and Gain  
900-1200 Calories





# September 05

**SDGCC**  
SUSTAINABLE DEVELOPMENT GOALS  
COORDINATION CENTRE

**GOVERNMENT OF KARNATAKA**

**UNDP**

**SUSTAINABLE DEVELOPMENT GOALS**

**HAPPY Teacher's DAY**

**5, September**

**Recover and Revitalize Education for the COVID-19 Generation.**

**4 QUALITY EDUCATION**



# September

# 08

## INTERNATIONAL



## INTERNATIONAL

# LITERACY DAY



LITERACY FOR A HUMAN-CENTRED RECOVERY:  
NARROWING THE DIGITAL DIVIDE



# September 09

**SDGCC**  
SUSTAINABLE DEVELOPMENT GOALS  
COORDINATION CENTRE

**GOVERNMENT OF  
KARNATAKA**

**UN  
DP**

**SUSTAINABLE  
DEVELOPMENT  
GOALS**

## World EV Day

**9, September**

**COMMIT TO CLEANER AIR,  
LOWER EMISSIONS AND  
A MORE SUSTAINABLE FUTURE**

I pledge to make my next vehicle Electric  
I pledge to make my business EV

**3** GOOD HEALTH AND WELL-BEING

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**11** SUSTAINABLE CITIES AND COMMUNITIES

**13** CLIMATE ACTION



# September 15



## INTERNATIONAL DAY OF DEMOCRACY

15, SEPTEMBER



10  
REDUCED  
INEQUALITIES



### ENCOURAGING TO STRENGTHEN DEMOCRACY

Built on inclusion, equal treatment and participation



# September 16



SUSTAINABLE  
DEVELOPMENT  
GOALS



## WORLD OZONE DAY

16 SEPTEMBER

**MONTREAL PROTOCOL**  
Keeping us, our food and vaccines cool.

13 CLIMATE  
ACTION



14 LIFE  
BELOW WATER





# September 18

**SDGCC**  
SUSTAINABLE DEVELOPMENT GOALS  
COORDINATION CENTRE

**GOVERNMENT OF  
KARNATAKA**

**UN  
DP**

**SUSTAINABLE  
DEVELOPMENT  
GOALS**

## WORLD BAMBOO DAY

18, September

**15** LIFE ON LAND

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**PLANT MORE BAMBOO  
and Promote Bamboo Growth**

**#PlantBamboo**



# September 18

**SDGCC**  
SUSTAINABLE DEVELOPMENT GOALS  
COORDINATION CENTER

GOVERNMENT OF  
KARNATAKA

UN  
DP

SUSTAINABLE  
DEVELOPMENT  
GOALS

# INTERNATIONAL EQUAL PAY DAY

18, September

**EQUAL PAY FOR WORK OF EQUAL VALUE**

<b>8</b> DECENT WORK AND ECONOMIC GROWTH 	<b>5</b> GENDER EQUALITY 	<b>10</b> REDUCED INEQUALITIES 	<b>1</b> NO POVERTY 
---	---------------------------------	---------------------------------------	----------------------------

18,



# September 21



# — WORLD — ALZHEIMER'S DAY

21, SEPTEMBER



KNOW DEMENTIA, KNOW ALZHEIMER'S



# September 21



21, SEPTEMBER



## INTERNATIONAL DAY OF PEACE

Recovering better for an equitable  
and sustainable world

16 PEACE, JUSTICE  
AND STRONG  
INSTITUTIONS





# September 25



## ANTYODAYA DIWAS

25, SEPTEMBER



UPLIFT THE POOR PEOPLE IN SOCIETY





# September 26



## WORLD CONTRACEPTION DAY



26, SEPTEMBER

**MAKE INFORMED CHOICES ON  
SEXUAL AND REPRODUCTIVE HEALTH**

3 GOOD HEALTH  
AND WELL-BEING



For more information please  
consult a doctor or visit your  
nearest Public Health Center

<https://hfwcom.karnataka.gov.in>

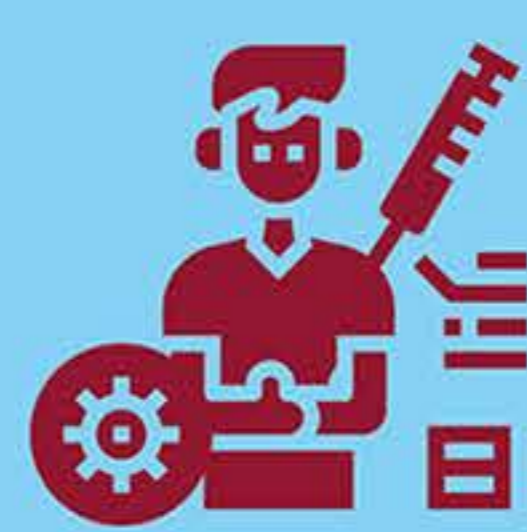


# September 27



**WORLD  
TOURISM  
DAY**  
27, SEPTEMBER

**TOURISM FOR INCLUSIVE GROWTH**



**Get vaccinated**

**11** SUSTAINABLE CITIES  
AND COMMUNITIES



**8** DECENT WORK AND  
ECONOMIC GROWTH



**and travel safe**



# September 29



Target 12.3

29, September

**STOP FOOD LOSS AND WASTE;  
FOR THE PEOPLE - FOR THE PLANET**



**Don't waste food  
Take only as much as you need and finish it all**



# October 01

INTERNATIONAL DAY OF THE

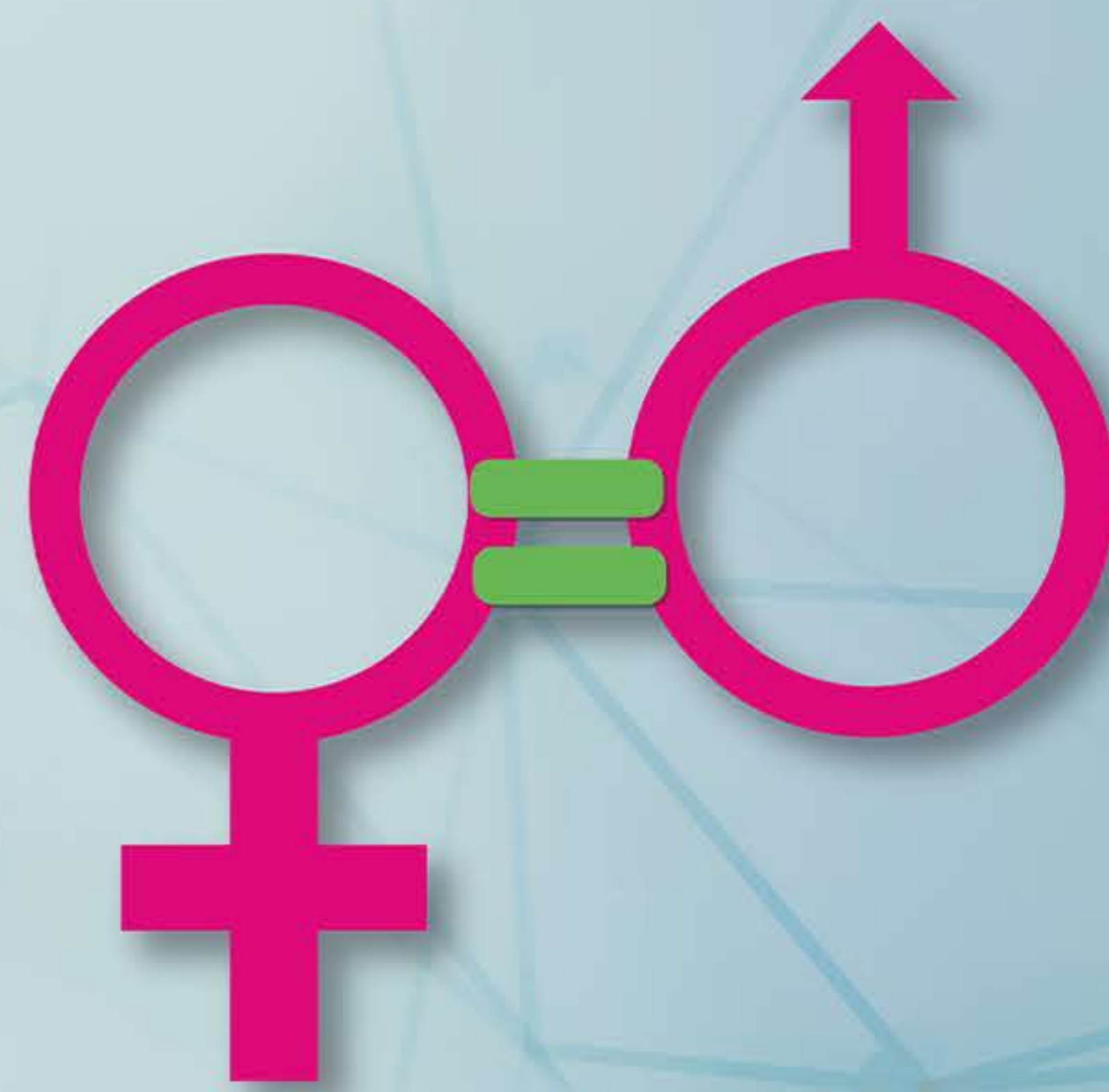


## INTERNATIONAL DAY OF THE OLDER PERSONS



01, OCTOBER

DIGITAL EQUITY FOR ALL AGES



ENSURE PRIVACY AND SAFETY OF  
OLDER PERSONS IN THE DIGITAL WORLD



# October 10



## WORLD MENTAL HEALTH DAY

MENTAL HEALTH IN AN UNEQUAL WORLD

10, OCTOBER



LET US HELP PEOPLE IN REGAINING THEIR LIVELIHOOD,  
THEREBY ENABLING THEIR MENTAL WELL BEING



FOR MORE DETAILS



<https://skillconnect.kaushalkar.com/>  
<https://santhe.kaushalkar.com/register>



# October 11



## INTERNATIONAL DAY OF THE GIRL CHILD

MY VOICE, OUR EQUAL FUTURE

11, OCTOBER

5 GENDER  
EQUALITY



Make every girl's life to access to health, skills, recognition and investment as leaders of social change & free from gender-based violence

#DayoftheGirl #GenerationEquality



# October 17



## INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

17 October

**Building Forward Together:  
Ending Persistent Poverty, Respecting all People and our Planet.**

**1** NO  
POVERTY



**Identify the poor, share the schemes & help them to  
access the benefits**

**#Leavenoonebehind**

Ending Persistent Poverty, Respecting all People and our Planet.



# October 30



## WORLD THRIFT DAY 30, OCTOBER



### UNDERSTANDING THE IMPORTANCE OF SAVINGS

LITTLE DROPS MAKE AN OCEAN. SMALL SAVING GIVES WHEELS TO NATION ECONOMY.



Control your expenses



Make a budget



Spend wisely



Be self-reliant



Buy only essential things



Make investments.



Cut short your electricity, water and others bills

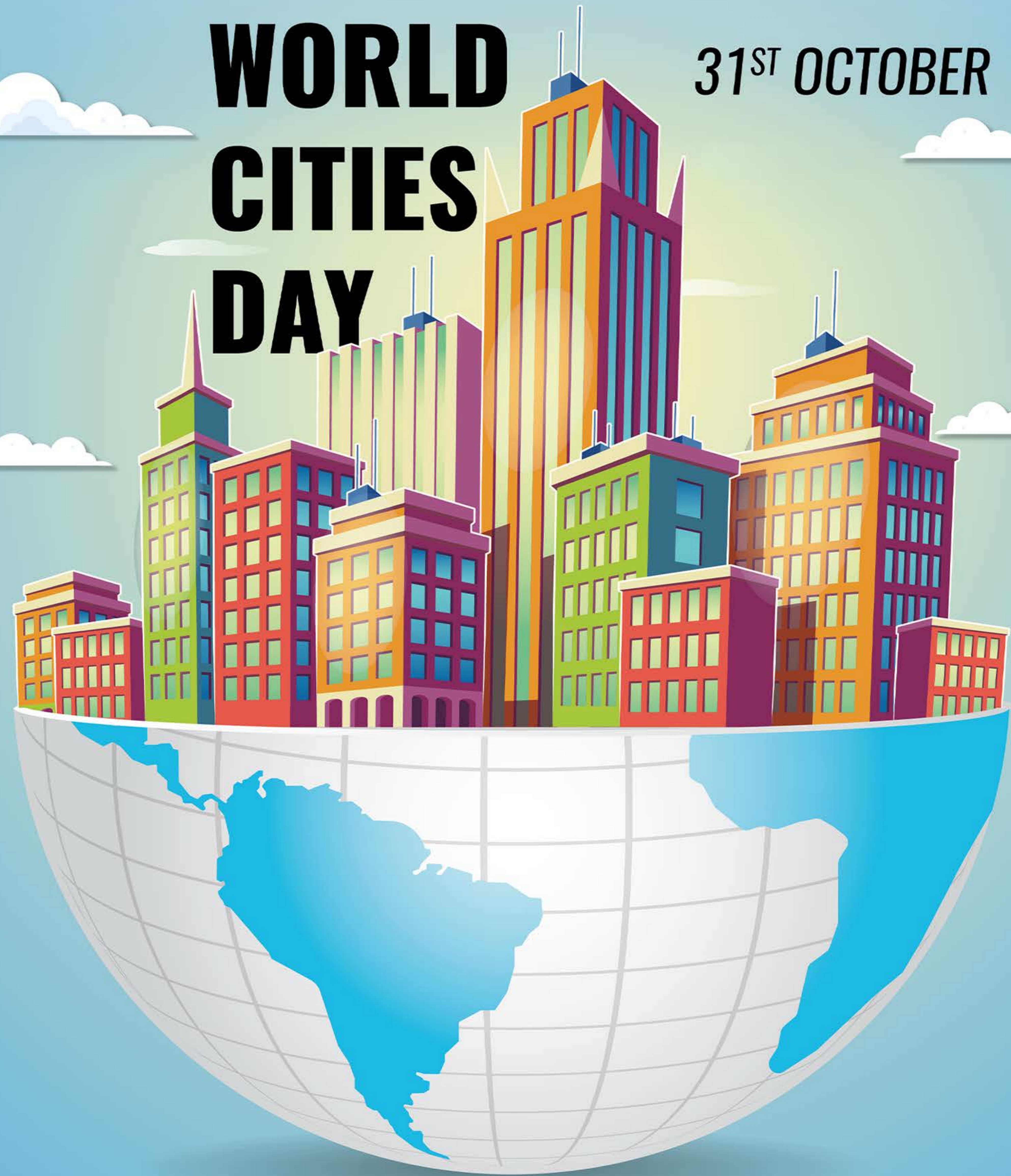


# October 31



## WORLD CITIES DAY

31<sup>ST</sup> OCTOBER



### ADAPTING CITIES FOR CLIMATE RESILIENCE

*I love my city. Therefore, I say*



No to Plastic



No to Spitting



No to Smoking in public places



No to urinating in Public places

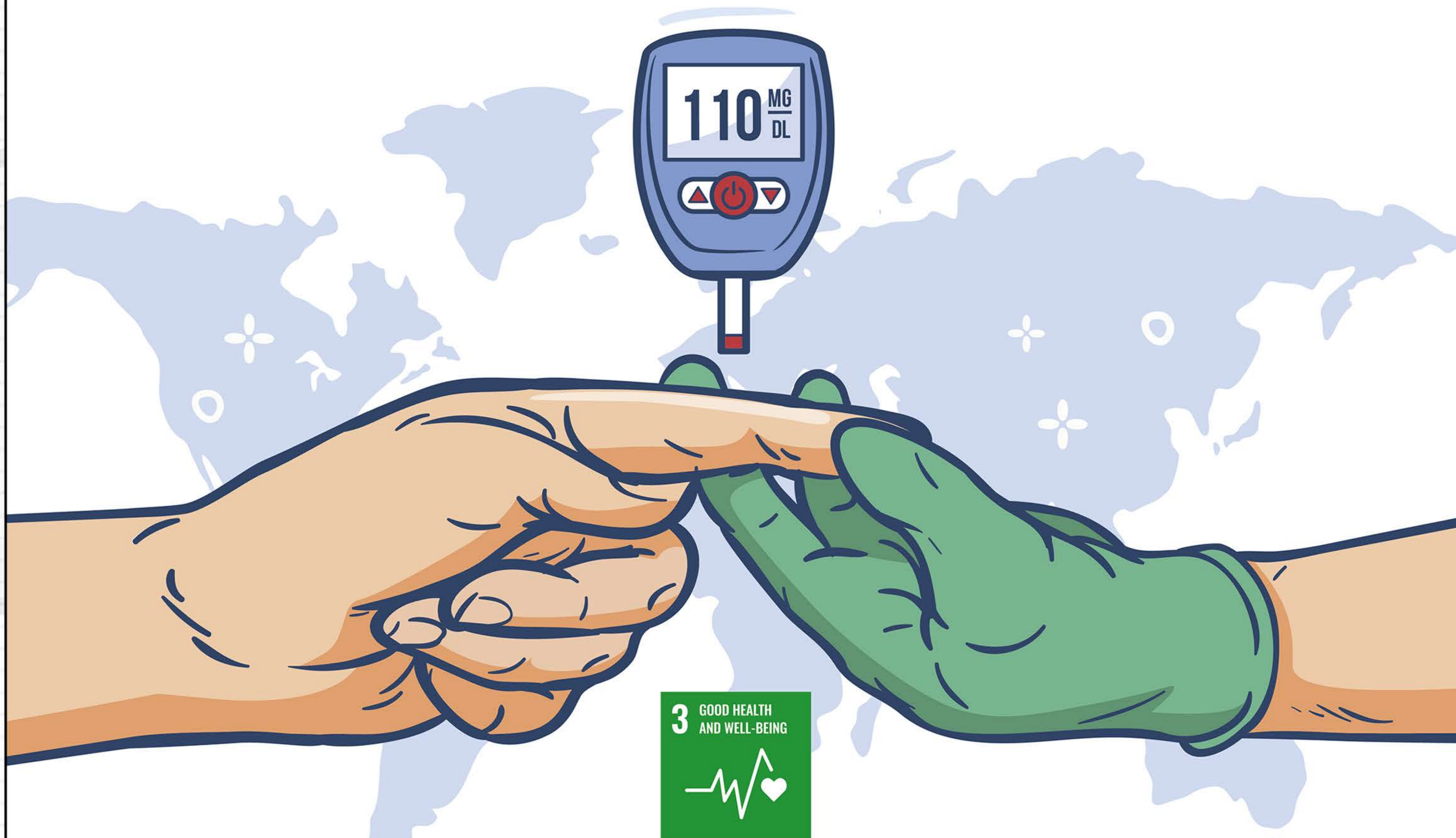


No to throwing garbage on the road

Join Hands for BETTER CITY, BETTER LIFE



# November 14



## WORLD DIABETES DAY

14, November

### Access to Diabetes care



Access to insulin



Access to oral medicines



Access to education and psychological support



Access to healthy food and a safe place to exercise



# November 14

# HAPPY



## HAPPY CHILDREN'S DAY

14, November



### A BETTER FUTURE FOR EVERY CHILD

Let every child recover from interruptions and learning losses experienced through the pandemic



Safe Return to School



Quality Learning



Better Nutrition



Safe Environment



Safe Play





# November 19

# WORLD TOILET DAY



## WORLD TOILET DAY 19 NOVEMBER



### VALUING TOILETS

#### THIS IS NOT JUST A TOILET



It protects girls and women from sexual crime



Safe toilet safe health



It protects drinking water sources, rivers and beaches

LET EVERY HOUSEHOLD CONSTRUCT AND  
USE TOILET FOR SAFE AND HEALTHY LIFE





# November 25



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



INTERNATIONAL DAY

**FOR THE ELIMINATION  
OF VIOLENCE  
AGAINST WOMEN**

25 NOVEMBER

Every woman has the right to life free from  
violence and its consequences

**SAY NO TO VIOLENCE AGAINST WOMEN**

Women Helpline | Emergency Helpline



**181**



**112**

5



10



Let every woman have a bright future,  
free of violence



# November 26

Love your Country; Respect your Constitution

## CONSTITUTION DAY

26, November

Love your Country; Respect your Constitution

Take a Pledge to fulfil your duties  
towards the Nation

### THE CONSTITUTION OF INDIA PREAMBLE

**WE, THE PEOPLE OF INDIA**, having  
solemnly resolved to constitute India into a  
[**SOVEREIGN SOCIALIST SECULAR  
DEMOCRATIC REPUBLIC**] and to secure to  
all its citizens:

**JUSTICE**, social, economic and political;  
**LIBERTY** of thought, expression, belief, faith  
and worship.

**EQUALITY** of status and of opportunity and  
to promote among them all;

**FRATERNITY** assuring the dignity of the  
individual and the [unity and integrity of the  
Nation]

**WE HEREBY ADOPT, ENACT AND GIVE TO  
OURSELVES THIS CONSTITUTION**

FOLLOW, ADHERE AND PROTECT CONSTITUTION  
BY PERSEVERING TO MAKE IT MORE  
MEANINGFUL WITH WORDS AND DEEDS



# December 01



## WORLD AIDS DAY

1, December



3 GOOD HEALTH AND WELL-BEING

3 GOOD HEALTH AND WELL-BEING



### END INEQUALITIES. END AIDS

LET US NOT LEAVE NO ONE BEHIND

#### SERVICES



Integrated Counselling & Testing Centres (ICTC) –  
Districts & Taluk Hospitals



Prevention of Parent to Child Transmission (PPTCT)  
Centre- Districts & Taluk Hospitals



Care & Support Centres



STI Centres at every district hospital



Free ART @ ART Centres

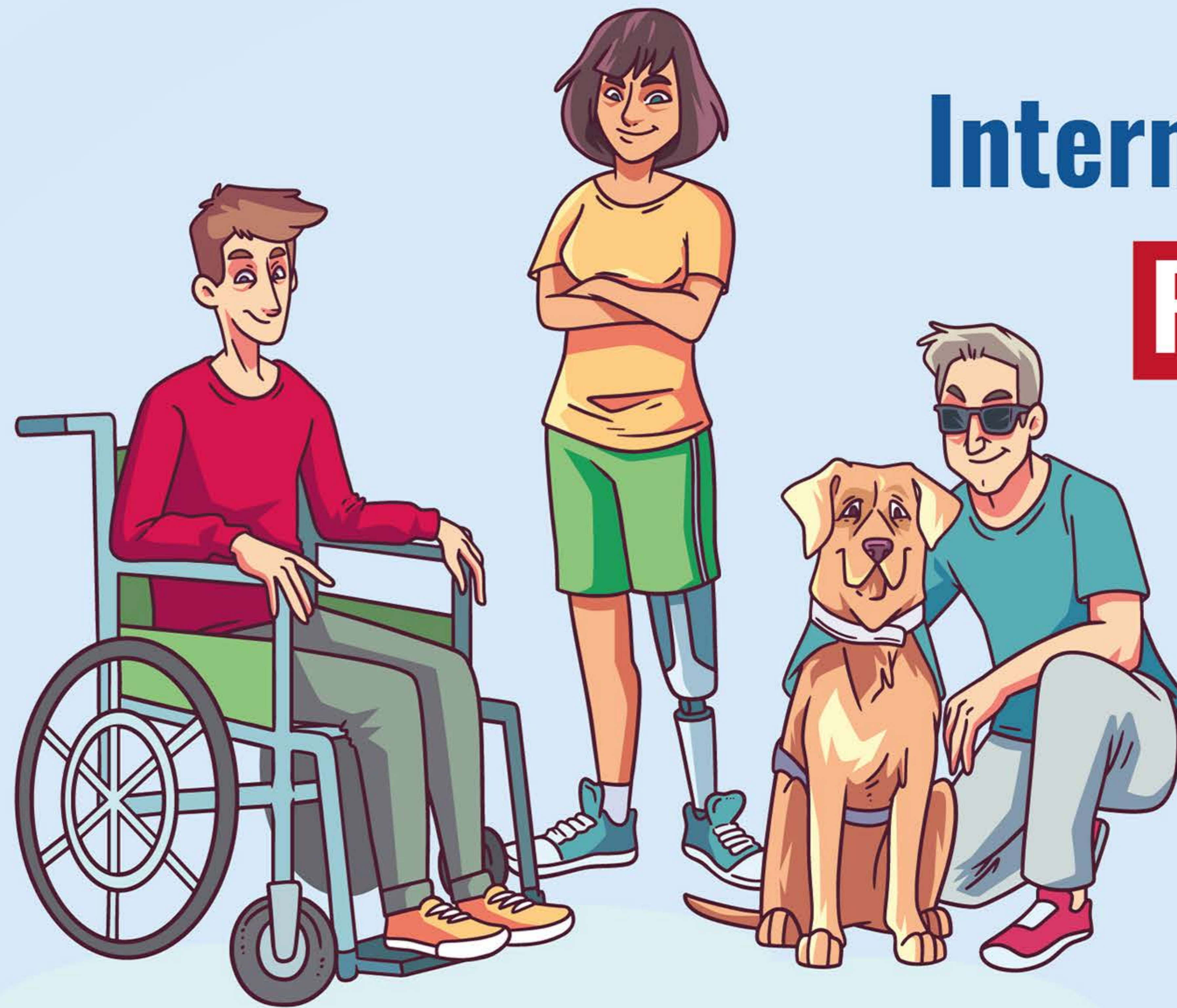
Helpline

1097



# December 03

International Day of



## International Day of

# PERSONS WITH DISABILITIES

3 December

Leadership and participation of persons with disabilities toward an inclusive, accessible, and sustainable post COVID-19 world

### Do you want to help the differently abled people?

**STOP**  
Discrimination



No stigma and Discrimination

Listen to their Voices

Reinforce the good treatment

Inclusive Strategy in every institution

Provide Skills & Employment

4

QUALITY  
EDUCATION



8

DECENT WORK  
AND  
ECONOMIC GROWTH



10

REDUCED  
INEQUALITIES



11

SUSTAINABLE CITIES  
AND COMMUNITIES



17

PARTNERSHIPS  
FOR THE GOALS



Inclusive Strategy in every institution








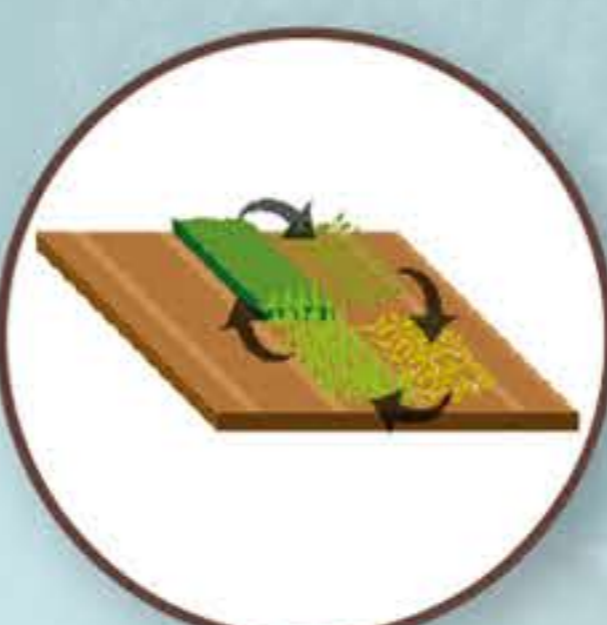
# December 05



## World Soil Day 5, DECEMBER

HALT SOIL SALINIZATION, BOOST SOIL PRODUCTIVITY

### What can you do?

 <p><b>Test Soil Quality</b></p>	 <p><b>Use Farmyard/ Vermicompost / biofertilizers</b></p>
 <p><b>Cover up bare soil with continuous plant cover (mulching)</b></p>	 <p><b>Bring more trees onto farmland (agroforestry)</b></p>
 <p><b>Reduce Soil compaction from machinery</b></p>	 <p><b>Crop diversification to improve soil health</b></p>



**GET YOUR SOIL HEALTH CARD  
FOR HEALTHY SOIL, HEALTHY LIFE**

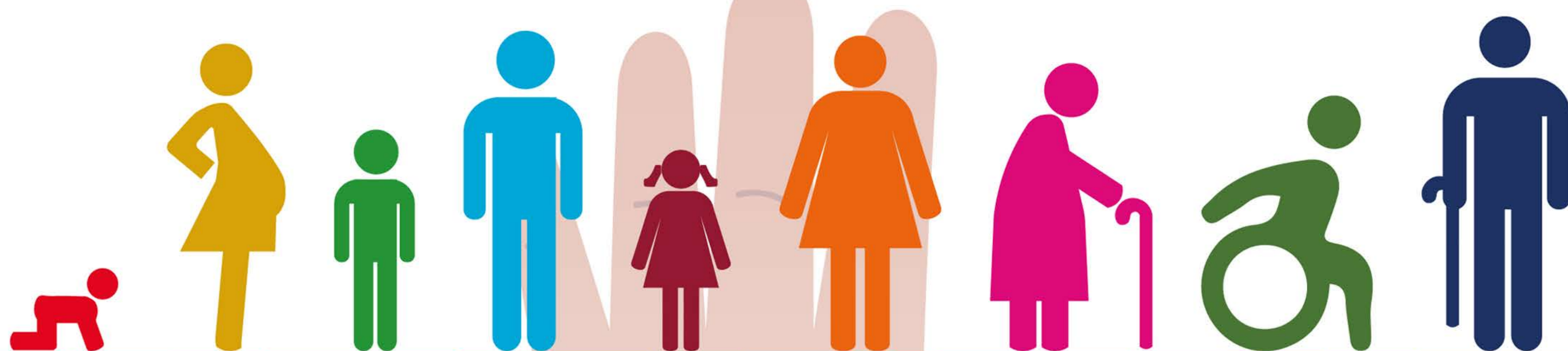


# December 10

## HUMAN RIGHTS DAY



### INTERNATIONAL HUMAN RIGHTS DAY 10<sup>TH</sup> DECEMBER



## EQUALITY

Reducing Inequalities, Advancing Human Rights  
All Human, All Equal

### What Can you do?



Promote human rights in all our actions



Respect human rights by do no harm to anyone



Protect human rights by providing positive assistance

All human beings are born free and equal in dignity and rights-**Article 1 of the UDHR**



# December 12



**Leave No One's Health Behind:**  
Invest in Health Systems for All

INTERNATIONAL  
**UNIVERSAL HEALTH COVERAGE DAY**  
12, DECEMBER

## AYUSHMAN BHARAT Arogya Karnataka Scheme for BPL & APL Families

### FINANCIAL ASSISTANCE

Up to **Rs.5 lakh** per annum for BPL

Up to **Rs.1.50 lakh** per annum for APL (30%)



**REQUIRED 2 DOCUMENTS**  
Aadhar Card and Ration Card



### MAKE YOUR CARD IN

Gram Panchayat/PHC/Block or District Hospital/Karnataka One /Bangalore One/Seva Sindhu Centres

Contact Helpline: 104

Toll Free Number: 1800-425-8330



# December

# 14

# National Energy Conservation Day



## National Energy Conservation Day

14th December



**MAKE ENERGY EFFICIENT INDIA**

### USE RENEWABLE ENERGY

Energy Efficiency at our homes, offices and in our Surroundings

#### Now to Vow



Using renewable energy like solar energy



Switching off electrical appliances and equipment's when not in use



Use Electrical Vehicles



Bike, walk or take public transport to reduce carbon emissions



Promote green buildings



## SAVE ENERGY SAVE EARTH



# December 22



SUSTAINABLE  
DEVELOPMENT  
**GOALS**



## NATIONAL Mathematics Day

22 DECEMBER

**Mathematics is fun**

$$1 \times 1 = 1$$

$$11 \times 11 = 121$$

$$111 \times 111 = 12321$$

$$1111 \times 1111 = 1234321$$

$$11111 \times 11111 = 123454321$$

$$111111 \times 111111 = 12345654321$$

$$1111111 \times 1111111 = 1234567654321$$

$$11111111 \times 11111111 = 123456787654321$$

$$111111111 \times 111111111 = 12345678987654321$$

4 QUALITY  
EDUCATION



Math is one of the basic sciences of life.  
It is the cradle of all creation, without  
which the world cannot move



# SUSTAINABLE DEVELOPMENT GOALS

**1** NO POVERTY



**2** ZERO HUNGER



**3** GOOD HEALTH AND WELL-BEING



**4** QUALITY EDUCATION



**5** GENDER EQUALITY




**6** CLEAN WATER AND SANITATION



**7** AFFORDABLE AND CLEAN ENERGY



**8** DECENT WORK AND ECONOMIC GROWTH




**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE




**10** REDUCED INEQUALITIES



**11** SUSTAINABLE CITIES AND COMMUNITIES



**12** RESPONSIBLE CONSUMPTION AND PRODUCTION



**13** CLIMATE ACTION




**14** LIFE BELOW WATER



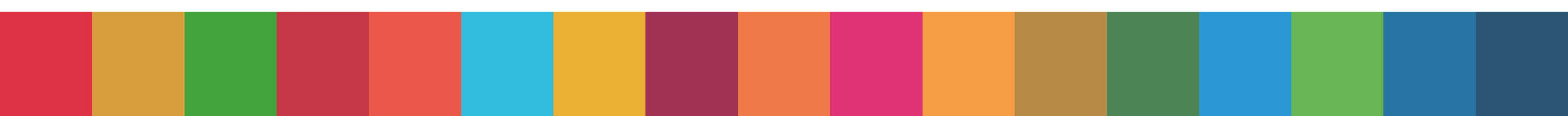
**15** LIFE ON LAND



**16** PEACE, JUSTICE AND STRONG INSTITUTIONS



**17** PARTNERSHIPS FOR THE GOALS







## **Sustainable Development Goals Coordination Centre**

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