

Each year, on 1 December, the world commemorates World AIDS Day

1 DECEMBER 2025

WORLD AIDS DAY

World AIDS Day is a global movement to unite people in the fight against HIV and AIDS. Since 1988, communities have stood together on World AIDS Day to show strength and solidarity against HIV stigma and to remember lives lost.



The Red Ribbon is the universal symbol of awareness and support for people living with HIV

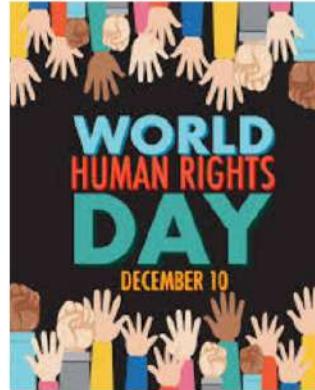
The global theme for World AIDS Day 2025 is "Take the rights path: My health, my right!"

The day serves as a critical moment for governments and organizations to make and fulfill commitments to end the AIDS epidemic by 2030.



International days and weeks are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. Over the years, a detailed understanding of the HIV epidemic has emerged through the collection, analysis and dissemination of data, helping programmes to reach the right people in the right place and at the right time.

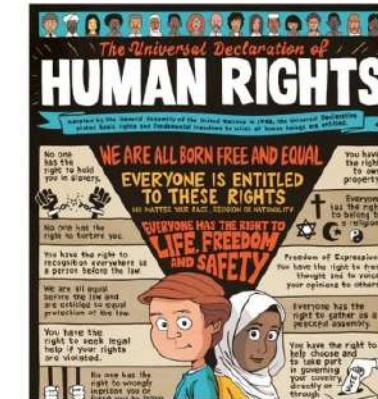
Human Rights Day is observed every year on 10 December – the day on which the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights.



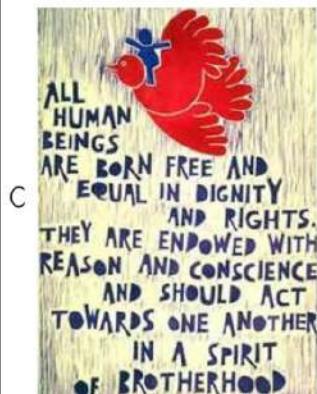
The Universal Declaration of Human Rights empowers us all. The principles enshrined in the Declaration are as relevant today as they were in 1948. We need to stand up for our own rights and those of others.

The theme for Human Rights Day 2025 is "Our Everyday Essentials,"

In this period of turbulences and unpredictability, where many feel a growing sense of insecurity, disaffection and alienation, the theme of Human Rights Day is to reaffirm the values of human rights and show that they remain a winning proposition for humanity.



The Universal Declaration of Human Rights (UDHR) is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world,



Human rights are **ESSENTIAL** They are the essentials we all share, the common ground that unites us across differences of race, gender, belief, or background. In a world of uncertainty, human rights remain our everyday constants. When everything feels unstable, your right to safety, to speak freely and to participate in decisions that affect us, become the bedrock of our lives

The United Nations General Assembly designated 11 December "International Mountain Day". As of 2003, it has been observed every year to create awareness about the importance of mountains to life,



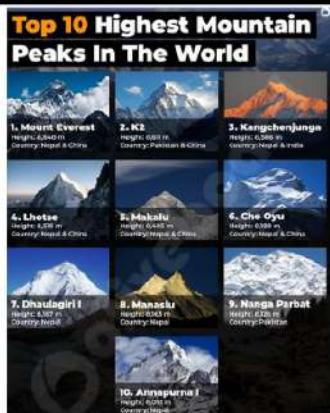
International Mountain Day 2025 is an opportunity to highlight the importance of glacier preservation for agriculture, water security and the livelihoods of vulnerable mountain communities.

” Mountains are the source of 60–80% of the world's freshwater, which comes from glaciers, snowmelt, and rivers.

The theme for International Mountain Day 2025 is "Glaciers matter for water, food and livelihoods in mountains and beyond".



DID YOU KNOW?
The Summit of Mt. Everest is made up of marine limestone which means the highest point on earth was once at the bottom of sea.



Notable mountains-
Highest above sea level:
Mount Everest, located in the Himalayas, is the highest mountain above sea level.
Tallest from base to peak:
Mauna Kea in Hawaii is the tallest mountain when measured from its base on the ocean floor, though much of it is underwater.
Oldest:
The Barberton Greenstone Belt in South Africa is considered one of the oldest mountain ranges on Earth.
Longest above sea level:
The Andes Mountains in South America are the longest aboveground mountain range.
Longest overall:
The Mid-Ocean Ridge is the longest mountain range on Earth, stretching over 40,000 miles and mostly hidden beneath the ocean.

World Meditation Day
is an annual
observance on
December 21,
designated by the
United Nations in 2024.

WORLD MEDITATION DAY

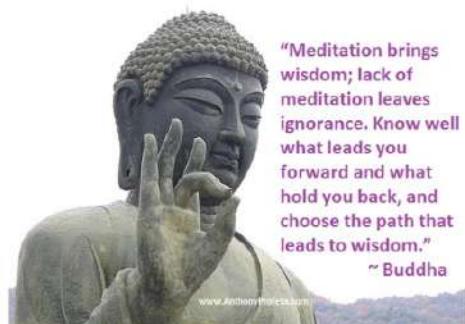


The day is intended to highlight the universal potential of meditation to address modern challenges like stress and conflict, and to promote well-being, inner peace, and a sense of global connection.

The 2025 World Meditation Day theme is "One Nation. One Heart. One World."

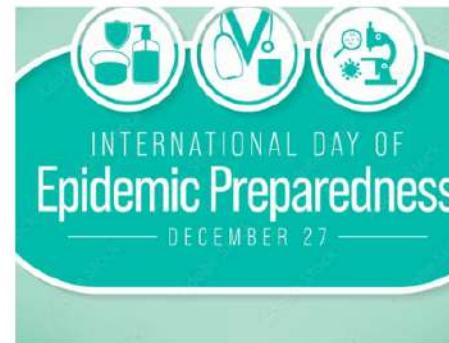


The UN acknowledges the benefits of meditation in achieving its sustainable development goals, particularly Goal 3, which focuses on "Good Health and Well-Being"



Meditation is increasingly recognized for its contributions to mental health – a fundamental human right – and its alignment with the **Sustainable Development Goals**. According to archaeologists, meditation dates back to 5,000 BCE, and the practice itself has ties to ancient Egypt and China, Judaism, Hinduism, Jainism, Sikhism and Buddhism, as well as to Christianity and Islam.

The International Day of Epidemic Preparedness is observed annually on December 27.



The day was established by the United Nations General Assembly (UNGA) on 7 December 2020 to emphasize the importance of prevention, preparedness, and partnership against epidemics, drawing lessons from the COVID-19 pandemic.

As exemplified by the coronavirus disease (COVID-19) pandemic major infectious diseases and epidemics have devastating impacts on human lives, wreaking havoc on long-term social and economic development.

This day encourages countries, organizations, and individuals to engage in education and advocacy to strengthen health systems and promote effective epidemic response strategies.



The International Day of Epidemic Preparedness aligns with several Sustainable Development Goals (SDGs) by promoting global health and reducing inequalities in health care access:

- **SDG 3: Good Health and Well-being** – Ensuring healthy lives and promoting well-being for all at all ages, with a focus on epidemic prevention and response.
- **SDG 10: Reduced Inequalities** – Addressing health care disparities and ensuring access to essential health services, especially for vulnerable populations.
- **SDG 17: Partnerships for the Goals** – Encouraging global collaboration and partnerships to combat epidemics and strengthen health systems worldwide.