

On 14 December 1990, the United Nations General Assembly designated 1 October as the International Day of Older Persons.

International Day Of Older Persons

October 1st



"The Age of Longevity: Rethinking Systems for Longer Lives".

-Theme 2026



The oldest verified person in recorded history is Jeanne Calment of France, who lived to the age of 122 years and 164 days



The 7 pillars of healthy ageing refer to the core lifestyle and wellness habits recommended for a high quality of life in later years, though scientists also use a separate "7 pillars of aging" framework to describe biological aging processes.

- Physical Activity
- Nutrition
- Restorative Sleep
- Cognitive Health
- Social Connection
- Stress and Emotional Balance
- Preventive Healthcare and Purpose



Global life expectancy has reached 73.5 years in 2025, an increase of 8.6 years since 1995. The number of persons aged 80 years or over is growing even faster and is projected to surpass the number of infants by the mid-2030s and reach 265 million



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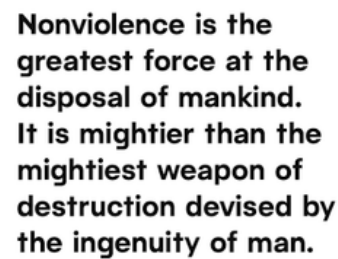


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THE BIRTH OF
SATYAGRAHA
27 JUNE 1992, PETERMARITZBURG, SOUTH AFRICA



DAY
OF
PEACE

A photograph of two hands, palms facing each other, with a world map painted on them. The map uses a color palette of blues, greens, and oranges. The hands are positioned below the title 'DAY OF PEACE'.

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Celebrated every year on 11 October, International Day of the Girl is a global moment to celebrate girls everywhere, amplifying their voices, actions and leadership..



Worldwide, an estimated 650 million girls and women alive today were married before their 18th birthday, with 12 million girls married off every year. South Asia holds the highest global burden at over 40%.

UNICEF is working to end child marriage in 64 countries globally.



End child marriage and invest in girls' rights – our 2026 theme.



Every girl deserves a childhood. Every girl deserves the freedom to learn, to grow, to make her own choices and to define her own future. Yet millions of girls are still denied that freedom.



