

Media Update

20 March 2019

United Nations


International Day of Happiness

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What is the International Day of Happiness? It's a day to be happy, of course! Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world. In 2015, the UN launched the [17 Sustainable Development Goals](#) that seek to [end poverty](#), [reduce inequality](#), and protect our planet – three key aspects that lead to well-being and happiness. Last year, the Smurfs rallied behind the 17 Sustainable Development Goals for the International Day of Happiness.

The United Nations invites each person of any age, plus every classroom, business and government to join in celebration of the International Day of Happiness.

Background

The General Assembly of the United Nations in its [resolution 66/281](#)  of 12 July 2012 proclaimed 20 March the International Day of Happiness recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives. It also recognized the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples.

The resolution was initiated by Bhutan, a country which recognized the value of national happiness over national income since the early 1970s and famously adopted the goal of Gross National Happiness over Gross National Product. It also hosted a High Level Meeting on "Happiness and Well-Being:



Defining a New Economic Paradigm" during the sixty-sixth session of the General Assembly.

"خوشی کا عالمی دن" "20 مارچ"

خوشی اور فلاح تمام نوع انسانی کے لیے ایک فطری تمنا ہے اور عالمی سطح پر بنیادی ہدف بھی ہے۔ خوشی کا عالمی دن، اس امر کو مد نظر رکھتے ہوئے کہ سماجی، اقتصادی اور ماحولیاتی فلاح غیرمنقسم ہیں اور لوگوں کی خوشی پر اثر انداز ہوتے ہیں، پائیدار اور شمولیاتی ترقی کی ترویج کرتا ہے۔ ممبر ممالک، این جی اوز اور سول سوسائٹی کو تعلیم، عوامی شعور بڑھانے کی سرگرمیوں کے ذریعے اس دن کو منانے کی دعوت دی جاتی ہے۔ اقوام متحدہ نے اس دن کو اپنی 2012 کی قرارداد نمبر A/RES/66/281 میں ایک عالمی دن کے طور پر منظور کیا۔

<http://www.un.org/en/events/happinessday>

International Day of Nowruz

21 March 2019

MESSAGE OF THE SECRETARY-GENERAL

“For more than 300 million people across the world, Nowruz is about new beginnings: the arrival of a new year; the first day of spring; the renewal of nature.

For all of us, it is a chance to reaffirm our commitment to peace, human rights and human dignity; to fostering dialogue and mutual respect; to protecting the planet and building a future that leaves no one behind.

The International Day of Nowruz is celebrated in a spirit of friendship, reconciliation and harmony. I offer best wishes to all who are marking this observance. May the Nowruz holiday serve as an inspiration to us all. “

اقوام متحدہ کے سیکرٹری جنرل کا پیغام

نوروز کا عالمی دن

21 مارچ 2019



"دنیا میں 300 ملین سے زائد افراد نوروز کا تہوار سالِ نو کے آغاز، موسمِ بہار کی ابتداء یا فطرت کی تجدید کے طور پر مناتے ہیں۔"

یہ دن ہم سب کو موقع فراہم کرتا ہے کہ اس دن ہم امن، انسانی وقار اور حقوق، مکالمے کے فروغ اور باہمی احترام، کرہ ارض کے تحفظ اور ایک ایسے مستقبل کے عہد کی تجدید کریں جس میں کوئی بھی پیچھے نہ رہ جائے۔

نوروز کا عالمی دن دوستی، مصالحت اندیشی اور ہم آہنگی کے جذبے کے تحت منایا جاتا ہے۔ میں نوروز منانے والے تمام افراد کو نیک خواہشات پیش کرتا ہوں۔ دعا ہے کہ نوروز کا تہوار ہم سب کے لیے باعثِ مسرت ہو۔"

International Nowruz Day was proclaimed by the United Nations General Assembly, in its resolution [A/RES/64/253](#) of 2010, at the initiative of several countries that share this holiday (Afghanistan, Albania, Azerbaijan, the Former Yugoslav Republic of Macedonia, India, Iran (Islamic Republic of), Kazakhstan, Kyrgyzstan, Tajikistan, Turkey and Turkmenistan.

Inscribed in 2009 on the [Representative List of the Intangible Cultural Heritage of Humanity](#) as a cultural tradition observed by numerous peoples, Nowruz is an ancestral festivity marking the first day of spring and the renewal of nature. It promotes values of peace and solidarity between generations and within families as well as reconciliation and neighbourliness, thus contributing to cultural diversity and friendship among peoples and different communities.

"21 مارچ" "نوروز کا عالمی دن"

نوروز ایک قدیم تہوار ہے جو بہار شروع ہونے کے پہلے دن اور قدرت کی تجدید کو ظاہر کرتا ہے اور مختلف معاشروں کے افراد کے درمیان امن و آشتی کی ترویج کرتا ہے۔ نوروز کا بین الاقوامی دن نسلوں اور خاندانوں کے مابین باہمی احترام کے ساتھ ساتھ مختلف معاشروں کے مابین دوستی اور مصالحت کو ظاہر کرتا ہے۔ اس دن چھٹی منانے والے کئی ممالک کی تحریک پر، یہ دن اقوام متحدہ کی جنرل اسمبلی کی جانب سے 2010 میں منظور کیا گیا۔ A/RES/64/253 کی قرار داد نمبر

<http://www.un.org/en/events/nowruzday>

International Day for the Elimination of Racial Discrimination

21 March 2019

Theme: Mitigating and countering rising nationalist populism and extreme supremacist ideologies.

Racist extremist movements based on ideologies that seek to promote populist, nationalist agendas are spreading in various parts of the world, fueling racism, racial discrimination, xenophobia and related intolerance, often targeting migrants and refugees as well as people of African descent. In its recent [resolution on eliminating racism](#), the United Nations General Assembly reiterated that all human beings are born free and equal in dignity and rights and have the potential to contribute constructively to the development and well-being of their societies. The resolution also emphasized that any doctrine of racial superiority is scientifically false, morally condemnable, socially unjust and dangerous and must be rejected, together with theories that attempt to determine the existence of separate human races.

The [Special Rapporteur](#) on contemporary forms of racism, racial discrimination, xenophobia and related intolerance, E. Tendayi Achiume, in her recent [report on nationalist populism](#), analyzed the threat posed by nationalist populism to the fundamental human rights principles of non-discrimination and equality. She condemned nationalist populism that advances exclusionary or repressive practices and policies that harm individuals or groups on the basis of their race, ethnicity, national origin and religion, or other related social categories.

In her [report on glorification of Nazism online](#), Ms. Achiume identified recent trends and manifestations of glorification of Nazism, neo-Nazism and other practices that contribute to fueling contemporary forms of racism, racial discrimination, xenophobia and related intolerance. She highlighted States' obligations under human rights law to counter such extreme ideologies online, as well as the responsibilities of technology companies in the light of human rights principles.

Background

The International Day for the Elimination of Racial Discrimination is observed annually on 21 March. On that day, in 1960, police opened fire and killed 69 people at a peaceful demonstration in Sharpeville, South Africa, against the apartheid "pass laws". Proclaiming the Day in 1966, the General Assembly

called on the international community to redouble its efforts to eliminate all forms of racial discrimination ([resolution 2142 \(XXI\)](#)).

In 1979, the General Assembly adopted a Programme of activities to be undertaken during the second half of the Decade for Action to Combat Racism and Racial Discrimination ([A/RES/34/24](#)). On that occasion, the General Assembly decided that a week of solidarity with the peoples struggling against racism and racial discrimination, beginning on 21 March, would be organized annually in all States.

Since then, the apartheid system in South Africa has been dismantled. Racist laws and practices have been abolished in many countries, and we have built an international framework for fighting racism, guided by the International Convention on the Elimination of Racial Discrimination. The Convention is now nearing universal ratification, yet still, in all regions, too many individuals, communities and societies suffer from the injustice and stigma that racism brings.

Racial discrimination

Racial and ethnic discrimination occur on a daily basis, hindering progress for millions of people around the world. Racism and intolerance can take various forms — from denying individuals the basic principles of equality to fuelling ethnic hatred that may lead to genocide — all of which can destroy lives and fracture communities. The struggle against racism is a matter of priority for the international community and is at the heart of the work of the Office of the High Commissioner for Human Rights.

The United Nations has been concerned with this issue since its foundation and the prohibition of racial discrimination is enshrined in all core international human rights instruments. It places obligations on States and tasks them with eradicating discrimination in the public and private spheres. The principle of equality also requires States to adopt special measures to eliminate conditions that cause or help to perpetuate racial discrimination

"21 مارچ" "نسلی امتیاز کے خاتمے کا عالمی دن"

نسلی امتیاز، تعصب اور غیر ملکیوں سے نفرت معاشرے میں، غیر معمولی حد تک تناؤ پیدا کرتے ہیں اور تصادم کی صورت حال میں نفرت بھڑکانے کے لیے ایک ہتھیار کے طور پر استعمال کیے جاتے ہیں۔ انسانی حقوق کی عالمی قرارداد اس نسلی امتیاز کے خاتمے کی تائید کرتی ہے۔

<http://youtube.com/watch?v=H7W7NiaUel>

"نسل پرستی اور نسلی امتیاز کے خلاف جدوجہد کرنے والے افراد سے یکجہتی کا ہفتہ"

" 21 مارچ "

نسلی اور علاقائی امتیاز روزانہ کی بنیاد پر واقع ہوتے ہیں جس دنیا بھر میں لاکھوں افراد کی ترقی کی راہ مسدود ہو جاتی ہے۔ اقوام متحدہ کو اپنے قیام کے وقت سے ہی اس مسئلے کے حوالے سے تحفظات لاحق ہیں اور اسی لیے امتیازی سلوک کی روک تھام تمام کا ذکر بین الاقوامی انسانی حقوق کی دستاویزات میں موجود ہے۔ نسل پرستی اور نسلی امتیاز کے خلاف جدوجہد کرنے والے افراد سے یکجہتی کا ہفتہ نسل پرستی، نسلی امتیاز اور غیر ملکیوں سے نفرت کو ختم کرنے پر توجہ دینے کا موقع فراہم کرتا ہے۔ اقوام متحدہ کی جنرل میں یکجہتی کے اس ہفتے کا اعلان کرتے ہوئے تمام A/RES/34/24 اسمبلی نے 1979ء کی قرارداد نمبر ممالک سے اس میں حصہ لینے کی درخواست کی۔

<http://www.un.org/en/events/racialdiscriminationday/events.shtml#week>

World Down Syndrome Day

21 March 2019

Down syndrome is a naturally occurring chromosomal arrangement that has always been a part of the human condition, exists in all regions across the globe and commonly results in variable effects on learning styles, physical characteristics or health.

Adequate access to health care, to early intervention programmes and to inclusive education, as well as appropriate research, are vital to the growth and development of the individual.

In December 2011, the General Assembly declared 21 March as World Down Syndrome Day ([A/RES/66/149](#)). The General Assembly decided, with effect from 2012, to observe World Down Syndrome Day on 21 March each year, and Invites all Member States, relevant organizations of the United Nations system and other international organizations, as well as civil society, including non-governmental organizations and the private sector, to observe World Down Syndrome Day in an appropriate manner, in order to raise public awareness of Down syndrome.

For WSD 2019, Down Syndrome International focuses on:



Leave no one behind: All people with Down syndrome must have opportunities to live fulfilling lives, included on a full and equal basis with others, in all aspects of society. The [2030 UN Agenda for Sustainable Development](#), a global plan of action for people, planet and prosperity, pledges that “no one will be left behind”.

Background

Down Syndrome

Down Syndrome is a genetic occurrence caused by extra material in chromosome 21 that results in intellectual disability. It is not yet known why this occurs.

Prevalence

The estimated incidence of Down Syndrome is between 1 in 1,000 to 1 in 1,100 live births worldwide. Each year approximately 3,000 to 5,000 children are born with this chromosome disorder and it is believed there are about 250,000 families in the United States of America who are affected by Down Syndrome.

The quality of life of people with Down Syndrome can be improved by meeting their health care needs, which include: regular check-ups with health professionals to monitor mental and physical condition and to provide timely intervention be it physiotherapy, occupational therapy, speech therapy, counselling or special education. Individuals with Down Syndrome can achieve optimal quality of life through parental care and support, medical guidance and community based support systems like inclusive education at all levels. This facilitates their participation in mainstream society and the fulfilment of their personal potential.

"21 مارچ" ڈاؤن سینڈروم کا عالمی دن

ڈاؤن سینڈروم جنیاتی طور پر کروموزوم میں اضافی مواد کی بناء پر واقع ہوتا ہے جس سے دماغی معذوری پیدا ہوتی ہے۔ اس کی وجوہات / اسباب کا تعین اب تک نہیں کیا جا سکا۔ معذور افراد کے حقوق پر اقوام متحدہ کا معاہدہ / عہد نامہ اس امر کی تائید کرتا ہے کہ ایسے افراد، بشمول ڈاؤن سینڈروم میں مبتلا افراد، دوسرے افراد کی طرح یکساں حقوق کے مستحق ہیں۔ ڈاؤن سینڈروم کا عالمی دن عوام الناس میں شعور پیدا کرنے کا موقع فراہم کرتا ہے اور اس امر کا اعادہ کرتا ہے کہ ڈاؤن سینڈروم سے متاثرہ تمام افراد، اگر انہیں مناسب مدد اور موقع فراہم کیا جائے تو وہ اپنی صلاحیت کا بھرپور استعمال کر سکتے ہیں اور معاشرے میں اہم کردار ادا کر سکتے ہیں۔ اقوام متحدہ کی جنرل اسمبلی نے اس دن کا اپنی 2011 کی قرارداد میں اعلان کیا۔ A/RES/66/149 نمبر

International Day of Forests

21 March 2019



<https://youtu.be/Mt8N-sZPVuk>

Forests are part of your life in more ways than you realize. When we drink a glass of water, write in a notebook, take medicine for a fever or build a house, we do not always make the connection with forests. And yet, these and many other aspects of our lives are linked to forests in one way or another. Forests, their sustainable management and use of resources, including in fragile ecosystems, are key to combating climate change, and to contributing to the prosperity and well-being of current and future generations. Forests also play a crucial role in poverty alleviation and in the achievement of the Sustainable Development Goals (SDGs).
Forests and Education – Learn to Love Forests

Every 21 March the United Nations raises awareness of the importance of all types of forests. This year the International Day of Forests promotes education to [Learn to Love Forests](#). It underscores the importance of education at all levels in achieving sustainable forest management and biodiversity conservation. Healthy forests mean healthy, resilient communities and prosperous economies.

Background

Forests cover one third of the Earth's land mass, performing vital functions around the world. Around 1.6 billion people - including more than 2,000 indigenous cultures - depend on forests for their livelihoods, medicines, fuel, food and shelter.



Forests are the most biologically-diverse ecosystems on land, home to more than 80% of the terrestrial species of animals, plants and insects. Yet despite all of these priceless ecological, economic, social and health benefits, global deforestation continues at an alarming rate - 13 million hectares of forest are destroyed annually. Deforestation accounts for 12 to 20 percent of the global greenhouse gas emissions that contribute to climate change.

The International Day of Forests is held annually on 21 March to raise awareness of the importance of forests to people and their vital role in poverty eradication, environmental sustainability and food security. Sustainable management of all types of forests are at the heart of unlocking challenges of conflict-affected, developing and developed countries, for the benefit of current and future generations.

"جنگلات کا عالمی دن"

"21 مارچ"

جنگلات زمین کے ایک تہائی حصے پر محیط ہیں۔ زمین پر سب سے زیادہ متنوع حیاتیاتی ماحولی نظام کے طور پر جنگلات زمین پر پائے جانے والے جانوروں، پودوں اور کیڑوں کی نصف سے زائد آبادی کو گھر فراہم کرنے کے ساتھ ایک پناہ گاہ، روزگار اور جنگلات پر دارومدار کرنے والی آبادیوں کو تحفظ فراہم کرتے ہیں۔ اس کے باوجود، عالمی سطح پر، سالانہ 13 ملین ایکڑ جنگلات کی تباہی کے ساتھ، جنگلات کی خطرناک حد تک کٹائی کی جا رہی ہے۔ جنگلات اور درختوں کا عالمی دن موجودہ اور آنے والی نسلوں کی بہتری کے لیے ہر قسم کے جنگلات کے تحفظ اور پائیدار انتظام کے بارے میں شعور اجاگر کرتا ہے۔ ممبر ممالک کی درخت لگانے کی مہمات جیسی مختلف سرگرمیوں کے ذریعے یہ دن منانے کی حوصلہ افزائی کی جاتی ہے۔ اقوام متحدہ کی میں اس دن کا اعلان کیا۔ A/RES/67/200 جنرل اسمبلی نے 2012ء کی قرارداد نمبر

<http://youtube.com/watch?v=zQkw6Ux7Fyg>

<http://www.un.org/en/events/forestsday>
