



World Mental Health Day : 10 October :-

World Mental Health Day, marked annually on October 10th, emphasizes the importance of mental well-being. This day aims to raise awareness, debunk myths, and promote mental health support. World Mental Health Day was established in 1992 by the World Federation for Mental Health (WFMH), led by Deputy Secretary General Richard Hunter. The first celebration was observed on October 10th with participation from 12 countries. The theme for World Mental Health Day 2024 is 'Mental Health At Work' which refers to the psychological well-being of people in their workplace environment.

DAILY UPDATE 2 : IMPORTANT DAY



National Post Day (India) : 10 October :-

Every year on October 10, National Post Day is commemorated as an extension of World Post Day, which is observed on October 9. National Post Day commemorates the Indian postal department's role for over 150 years. The British launched postal service in India. It was established in 1854 by Lord Dalhousie. It is currently managed by the Ministry of Communications and is the world's largest postal system. India has 23 postal circles and 9 postal zones including Army Post Office. Post offices in Indian follow a 6-digit PIN Code system, which was introduced in India in 1972.



World Sight Day 2024 : 10 October :-

World Sight Day is commemorated annually on the second Thursday in October to spread awareness regarding vision impairment and blindness. In 1988, the Lions Club International Foundation established the "Sight First" campaign, which gave rise to World Sight Day. Only in 1999 did the World Health Organization (WHO) collaborate with the International Agency for the Prevention of Blindness (IAPB) to formally establish World Sight Day. The first observance took place on October 12, 2000. This year, World Sight Day falls on October 10, 2024, with the theme "Children, Love Your Eyes".



Army commanders to hold top security conference along China border in Sikkim :-

All senior commanders of the Indian Army will be gathering in Sikkim for an important conference. This summit, set for October 10-11, will be the first time top Army officials have met along the Line of Actual Control (LAC) with China. According to sources, significant individuals such as Defence Minister Rajnath Singh will address the conference. The discussions will center on critical security challenges, particularly the present situation along the LAC, with a special emphasis on the sensitive regions of Ladakh and Arunachal Pradesh, where Indian and Chinese forces have frequently engaged in standoffs and face-offs.



Ponniyin Selvan 1 & 2 by Kalki Translated by Gowri Ramnarayan Launched :-

Penguin Random House is excited to announce the publication of "Ponniyin Selvan 1 & 2" by Kalki, translated by Gowri Ramnarayan, in collaboration with Rendezvous by The Chambers at Taj Coromandel, Chennai, and The Madras Reading Club. The book launch commemorates Ponniyin Selvan's 75th anniversary. Shri Mani Ratnam, a renowned director, launched the book. The 125th anniversary of Kalki Krishnamurthy's birth occurs in 2024. In honour of this momentous occasion, Gowri Ramnarayan-Kalki's granddaughter and an acclaimed playwright and musician-presents a fresh and dynamic translation of the epic.



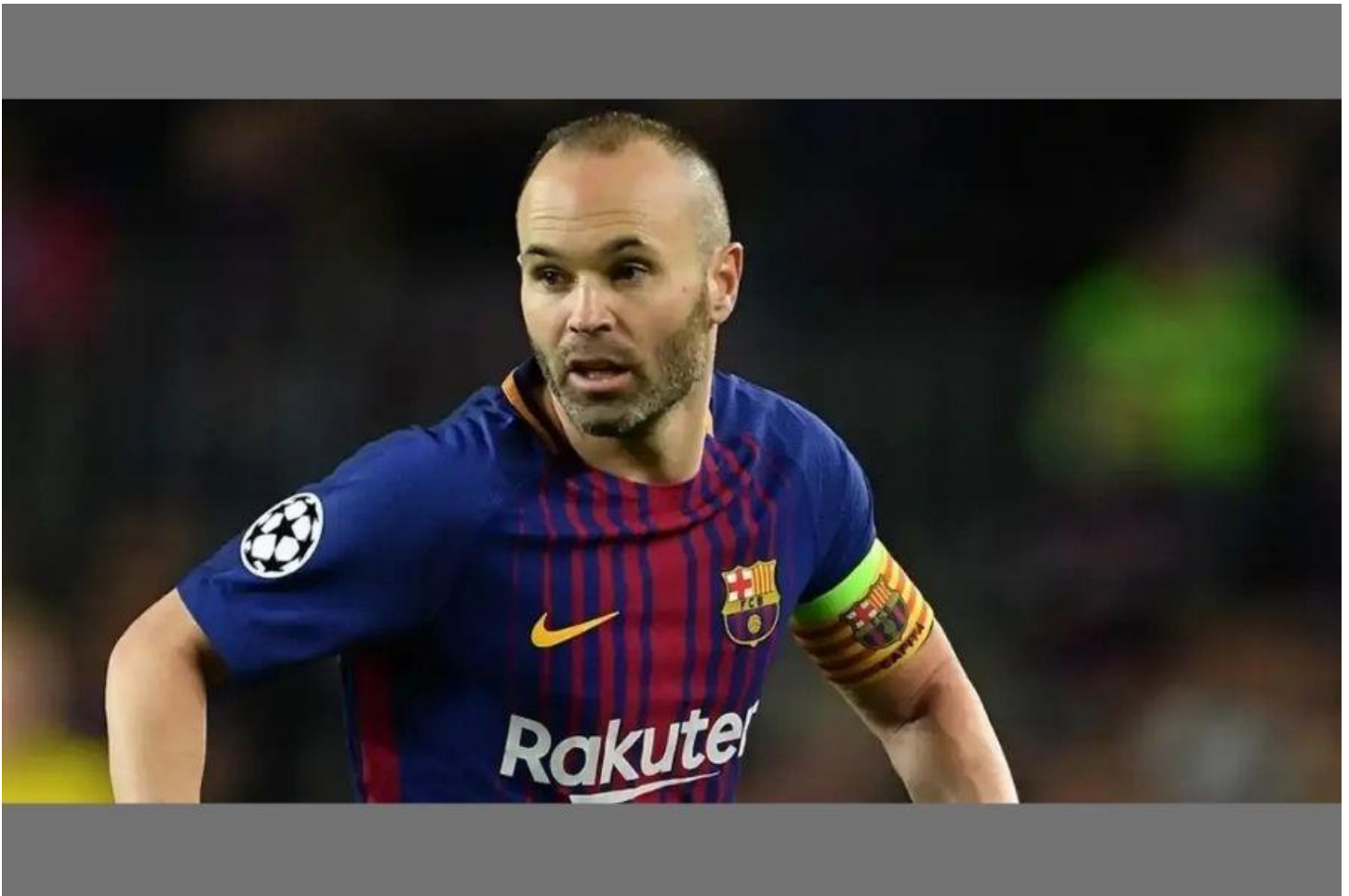
Former Delhi AIIMS director, cardiac surgery pioneer Dr P Venugopal passes away at 82 :-

Dr. P Venugopal, the former director of the All India Institute of Medical Sciences (AIIMS), New Delhi, died at the age of 82. Dr. Venugopal, a leader in cardiac surgery in India during the 1970s, performed the country's first heart transplant at AIIMS in New Delhi. Throughout his career, he conducted over 50,000 heart operations. During his four-decade employment, he led the AIIMS cardiothoracic center and ultimately became dean and director. Dr. Venugopal, along with his wife Priya Sarkar, had recently published his memoir titled *Heartfelt: A Cardiac Surgeon's Pioneering Journey*, which was released on July 7 this year.



Mollywood actor T P Madhavan passes away at 88 :-

T.P. Madhavan, a Malayalam actor, died Wednesday (October 9, 2024) at a private hospital in Kollam, Kerala. He was 88. T. P. Madhavan, the first general secretary of the Association of Malayalam Movie Artists (AMMA), appeared in over 600 films. Madhavan made his film debut in 1975, when actor Madhu offered him his first opportunity. He rose to prominence as an antagonist before transitioning to humor and eventually becoming a character actor. Afterwards he made a few more appearances in serials and films. In recent years, Madhavan has been suffering from age-related ailments. Chief Minister Pinarayi Vijayan expressed his condolences on the demise of Madhavan.



Andres Iniesta Announces Retirement from Football :-

Andres Iniesta, the great of Spain and Barcelona, has announced his retirement after an outstanding 22-year career. The 40-year-old just recently performed for UAE Pro League team Emirates, but opted not to renew his contract until 2025. Iniesta completed 674 matches for Barcelona in all competitions, the fourth-most in the club's history, before departing to join Vissel Kobe in 2018. The former Spain midfielder initially joined the club aged 12, making his senior debut in 2002, and going on to enjoy a trophy-laden career with the Spanish giants, including winning nine LaLiga titles and four Champions Leagues.



Haryana, Kashmir election results :-

The northern Indian state of Haryana and Indian-administered Kashmir sprung shocks as votes were tabulated in assembly elections. Most exit polls expected a hung assembly in Kashmir, but a coalition of the primary challenger Congress and the National Conference Party (NCP) is on track to win a landslide in the 90-member house and create a government. In Haryana, which also has 90 seats, Prime Minister Narendra Modi's Bharatiya Janata Party (BJP) has upended pollsters' projections of a Congress landslide. The BJP-led government appears on course to return for a rare third consecutive term in Haryana.



PM Modi to visit Laos for India-Asean summit :-

PM Narendra Modi will travel to Laos for the India-Asean Summit on October 10-11 to honor the tenth anniversary of India's Act East Policy, which emphasizes India's support for 'Freedom of Navigation in the South China Sea region' amid China-Philippines territorial conflicts that could escalate into a larger conflict. At the summit, the Prime Minister will reiterate India's strong support for Asean centrality and unity, as well as the Asean Outlook on the Indo-Pacific. The Asean-India summit will review progress of India-Asean relations through Comprehensive Strategic Partnership and chart the future direction of cooperation, an official said.