

Important Days in May 2026, National and International Days

August 1, 2026 • vajiramandravi.com

 VAJIRAM & RAVI Institute for IAS Examination						
IMPORTANT DAYS IN MAY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May is an important month that includes a wide range of national and international observances related to labour, health, environment, culture, science and global awareness. Important Days in May 2026 help people understand key global issues such as biodiversity, press freedom, tobacco control and sustainable development. In India, this month also includes important festivals, public holidays and historical commemorations.

Important Days in May 2026

Important Days in May 2026 include global awareness days, national observances, cultural festivals and international campaigns. These days focus on themes like environmental protection, public health, communication, agriculture and peace. The list below provides a complete and structured view of all major days in May 2026 that are important for knowledge and awareness.

List of Important Days in May 2026

The List of Important Days in May 2026 has been tabulated below:

Important Days in May 2026		
Date	Event / Occasion	Significance
May 1	Labour Day, Maharashtra Day, Gujarat Day, Buddha Purnima (Vesak)	Honors workers' contributions, marks state formation and celebrates Buddha's life and teachings.
May 2	World Tuna Day	Promotes sustainable fishing and conservation of tuna species.
May 3	World Laughter Day	Observed on the first Sunday of May to promote health wellness and positivity
May 3	World Press Freedom Day	Highlights the importance of free and independent media.
May 5	World Asthma Day	Organized by the Global Initiative for Asthma to raise awareness for Asthma
May 5	World Portuguese Language Day	Promotes the Portuguese language and cultural diversity.
May 7	World Athletics Day	Raises awareness for Sports, fitness and health among youth globally
May 8	World Red Cross Day	Observed as celebration of the principles of the International Red Cross and Red Crescent Movement on H. Dunant's birthday.
May 8-9	Time of Remembrance and Reconciliation (WWII)	Honors victims of the Second World War .
May 9	World Migratory Bird Day	Observed on Second Saturday of May, Raises awareness about protection of migratory birds .
May 9	Maharana Pratap Jayanti	The birth anniversary of Maharana Pratap , also celebrated on May 22 in some regions
May 10	Mother's Day	Celebrated on the 2nd Sunday of May to honor mothers worldwide.

May 10	International Day of Argania	Promotes sustainable use of argan trees and their products.
May 11	National Technology Day	Commemorates the Operation Shakti conducted under Pokhran Nuclear Test 1988.
May 12	International Nurses Day	Celebrated on the birth anniversary of Florence Nightingale.
May 12	International Day of Plant Health	Focuses on protecting plants and agriculture from pests and diseases.
May 15	International Day of Families	Highlights the importance of family values and social support.
May 16	International Day of Living Together in Peace	Encourages unity, tolerance and peaceful coexistence.
May 16	International Day of Light	Celebrates the role of light in science and development.
May 16	Statehood Day of Sikkim	Commemorates the integration of Sikkim as 22nd state of India
May 17	World Hypertension Day	Initiated by World Hypertension League (WHL) to promote awareness of High BP screening, prevention and control.
May 17	World Telecommunication and Information Society Day	Promotes digital communication and technology development.
May 18	International Museum Day	Initiated by International Council of Museums (ICOM) to promote Museum as part of cultural exchange, education and development.
May 19	World Fair Play Day	Encourages honesty and fairness in sports and life.
May 20	World Bee Day	Highlights the importance of bees in pollination and ecosystem balance.

May 21	International Tea Day	Recognizes tea as an important agricultural and cultural product.
May 21	World Day for Cultural Diversity	Promotes cultural understanding and dialogue.
May 22	International Day for Biological Diversity	Focuses on protecting biodiversity and ecosystems.
May 23	International Day to End Obstetric Fistula	Raises awareness about maternal health issues.
May 24	International Day of the Markhor	Promotes conservation of the endangered markhor species.
May 25	World Football Day	Celebrates football as a global sport.
May 25	Ganga Dussehra	The day is also called Gangavataran and marks the day when Goddess Ganga descended on the Earth.
May 25-31	Week of Solidarity with Non Self Governing Territories	Supports people living in non self governing regions.
May 26	Eid al Adha	It is the festival of sacrifice among Muslims and observed based on the sighting of the moon.
May 28	Menstrual Hygiene Day	Initiated by WASH United in 2013 to promote awareness for Menstrual Health and Hygiene.
May 29	International Day of UN Peacekeepers	Honors peacekeepers working in conflict zones.
May 30	International Day of Potato	Highlights the importance of potato in food security .
May 31	World No Tobacco Day	Spreads awareness about harmful effects of tobacco.

Major Important Days in May 2026 Explained

The significant days that fall in the month of May 2026 has been explained below:

May 1 - Labour Day, Maharashtra Day and Buddha Purnima

May 1 is widely recognized as Labour Day, which honors workers and their contribution to society. In India, it is also celebrated as Maharashtra Day, marking the formation of the state in 1960. Buddha Purnima, observed on the same day, commemorates the birth, enlightenment and teachings of Lord Buddha, making it a spiritually significant day.

May 3 - World Press Freedom Day

World Press Freedom Day highlights the importance of a free and independent media in a democratic society. It reminds governments to respect freedom of expression and ensures the safety of journalists.

May 10 - World Migratory Bird Day

This day focuses on protecting migratory birds and their habitats. It spreads awareness about environmental conservation and the need to maintain ecological balance.

May 12 - International Day of Plant Health

This day emphasizes the importance of protecting plants from pests and diseases. Healthy plants are essential for food security, agriculture and environmental sustainability.

May 15 - International Day of Families

International Day of Families highlights the role of families in building strong societies. It encourages awareness about issues affecting families and promotes social development.

May 16 - International Day of Light

This day celebrates the importance of light in science, technology and daily life. It recognizes contributions in fields like physics, medicine and communication.

May 17 - World Telecommunication Day

World Telecommunication and Information Society Day focuses on the importance of communication technologies. It highlights how digital connectivity helps in development and global communication.

May 20 - World Bee Day

World Bee Day raises awareness about the role of bees in pollination and agriculture. It encourages efforts to protect bees, which are essential for food production and biodiversity.

May 21 - International Tea Day

Tea is one of the most consumed beverages in the world. This day recognizes the importance of tea production and supports workers involved in the tea industry.

May 22 - International Day for Biological Diversity

This day focuses on protecting plants, animals and ecosystems. It highlights the importance of biodiversity for maintaining ecological balance and sustainable development.

May 29 - International Day of UN Peacekeepers

This day honors the contribution of peacekeepers who work in conflict areas to maintain peace and security. It recognizes their dedication and sacrifices.

May 31 - World No Tobacco Day

World No Tobacco Day spreads awareness about the harmful effects of tobacco use. It encourages people to quit smoking and promotes healthier lifestyles.

Related Post	
Important Days in January 2026	Important Days in 2026
Important Days in February 2026	Important Days in March 2026
Important Days in April 2026	Important Days in May 2026
Important Days in June 2026	Important Days in July 2026
Important Days in August 2026	

Source: <https://vajiramandravi.com/current-affairs/important-days-in-may-2026/>

© Vajiram & Ravi. For personal use only.