EVERYDAY CURRENT AFFAIRS – MARCH 04, 2026

NATIONAL

- **Raisina Dialogue 2026**
- ✓ The Raisina Dialogue 2026 will be held in New Delhi from 5th March, organized by Observer Research Foundation with India's Ministry of External Affairs.
- ✓ Launched in 2016, it is India's premier geopolitics forum, convening leaders, ministers, CEOs, and scholars to debate security, trade, AI, climate, and global governance.
- ✓ The 2026 theme, "Samskara – Assertion, Accommodation, Advancement," reflects sovereignty shifts, plurilateral coalitions, and technological transformation shaping the global order.
- ✓ It will be inaugurated by Narendra Modi and Alexander Stubb, featuring high-level discussions on US–China dynamics and multipolar renewal.

INTERNATIONAL

- **'Global Mind Health Report - 2025'**
- ✓ The American Non-Government Organisation Sapien Labs released its global report titled Global Mind Health in 2025: Mind Health – The Ability to Navigate Life's Challenges and Function Productively.
- ✓ As per the report, India's youth aged 18 to 34 years ranked 60th out of 84 countries, with a Mind Health Quotient score of 33.
- ✓ In contrast, Indians aged 55 years and above ranked 49th globally, recording a significantly higher Mind Health Quotient score of 96.

- ✓ Among youth aged 18 to 34 years, the top-ranked countries are Ghana (1st), Nigeria (2nd), and Kenya and Zimbabwe (3rd).
- ✓ For the 55 years and above category, the leading countries are Indonesia (1st), El Salvador (2nd), and Ghana and Mexico (3rd).

BOOKS & AUTHOURS

- ➢ **'Mahatma: A Great Communicator'**
- ✓ Ministry of Labour & Employment (MoL&E) and Ministry of Youth Affairs & Sports (MYAS), released the book titled "Mahatma: A Great Communicator" at a function held at Gandhi Darshan, Rajghat, in New Delhi.
- ✓ The book was authored by Dr Dhiraj Kakadia, Additional Director General (DG) of Akashvani.
- ✓ It has been published by Navajivan Trust in three languages—Hindi, English and Gujarati.
- ✓ The book examines the life of Mahatma Gandhi, focusing on the impact of his communication skills during India's freedom struggle.

IMPORTANT DAYS

- ➢ **World Obesity Day – March 04**
- ✓ World Obesity Day will be observed on March 4, 2026, highlighting the urgent global obesity crisis under the theme "8 Billion Reasons to Act on Obesity."
- ✓ Established by the World Obesity Federation in 2015 and moved to March 4 in 2020, the day promotes systemic reforms and reduces stigma around obesity as a complex chronic disease influenced by genetics, environment, food systems, and healthcare access.
- ✓ Rising obesity rates increase risks of heart disease, Type 2 diabetes, stroke, certain cancers, and mental health disorders.
- ✓ The campaign calls for collective action through healthier diets, physical activity, medical support, and community-driven policies to build stronger health systems worldwide.

- ➢ **National Safety Day – March 04**

- ✓ India is observing National Safety Day on March 4, 2026, marking the 55th National Safety Week under the theme "Engage, Educate & Empower People to Enhance Safety."
- ✓ Spearheaded by the National Safety Council, the day promotes workplace safety, occupational health, and accident prevention, reflecting nearly six decades of continuous safety awareness initiatives.
- ✓ The 2026 campaign emphasizes active participation, skill-building, and individual responsibility to minimize accidents and strengthen a proactive safety culture across industries.
- ✓ Extended as National Safety Month, March features workshops, drills, awareness campaigns, and training sessions. The observance also highlights environmental protection alongside employee well-being and regulatory compliance.

APPOLO STUDY CENTRE