

# Daily Current Affairs 22 March 2025



 **Solve** 

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## Daily Current Affairs: 22 March 2026

**Q1.** On which date is the International Day of Happiness observed globally every year?

- (a) March 15
- (b) March 20
- (c) April 1
- (d) May 5

**Ans.(b)**

**Sol.** The correct answer is (b) March 20

Explanation:

- The International Day of Happiness is celebrated worldwide on March 20 to recognize the importance of happiness and well-being as universal goals.
- The United Nations established this day to emphasize that economic growth alone is insufficient; it must be balanced with social well-being and environmental sustainability.
- In 2026, the celebration is marked by the launch of the World Happiness Report, which provides deep insights into global life satisfaction levels.
- The day encourages governments to design policies that prioritize the quality of life, including better healthcare, education, and social justice.
- It serves as a reminder that happiness is intrinsically linked to peace, stability, and effective governance within a nation.

Information Booster:

- The United Nations General Assembly officially proclaimed this day through Resolution 66/281 in July 2012.
- The first International Day of Happiness was celebrated in 2013, following the initiative spearheaded by the country of Bhutan.

Additional Knowledge:

- March 15 (Option a): This date is often associated with World Consumer Rights Day, aimed at raising global awareness about consumer rights and needs.
- April 1 (Option c): Widely known as April Fools' Day; however, in a technical context, it often marks the beginning of the financial year in India.
- May 5 (Option d): Often celebrated as World Hand Hygiene Day by the WHO or Midwives Day; it does not coincide with major UN happiness initiatives.

**Q2.** Which country pioneered the concept of "Gross National Happiness" (GNH) over Gross Domestic Product (GDP), inspiring the International Day of Happiness?

- (a) Norway
- (b) Finland
- (c) Bhutan
- (d) Switzerland

**Ans.(c)**

**Sol.** The correct answer is (c) Bhutan

Explanation:

- Bhutan played the foundational role in initiating the concept of a global day for happiness, having prioritized Gross National Happiness (GNH) since the 1970s.

- The GNH philosophy suggests that the beneficial development of human society takes place when material and spiritual evolution occur side by side.
- The Bhutanese model is built on four main pillars: sustainable development, cultural preservation, environmental protection, and good governance.
- This approach challenged the traditional reliance on GDP as the sole indicator of a nation's progress and success.
- Bhutan's advocacy led the UN to adopt a more inclusive and balanced approach to economic development to promote poverty reduction and well-being.

Information Booster:

- The term "Gross National Happiness" was coined by Bhutan's fourth King, Jigme Singye Wangchuck, in 1972.
- The UN General Assembly hosted a high-level meeting on "Happiness and Well-Being: Defining a New Economic Paradigm" in 2012 based on Bhutan's proposal.

Additional Knowledge:

- Finland (Option b): Frequently ranked as the happiest country in the World Happiness Report, but it was not the originator of the GNH concept.
- Norway and Switzerland (Options a & d): Both are consistently high-ranking nations in well-being indices due to strong social safety nets, but they follow traditional economic growth models supplemented by social metrics.

**Q3.** What is the central theme or focus area of the World Happiness Report 2026?

- (a) Happiness in the Green Economy
- (b) Well-being in the Digital Age
- (c) Mental Health and Post-Pandemic Recovery
- (d) Social Equality and Happiness

**Ans.(b)**

**Sol.** The correct answer is (b) Well-being in the Digital Age

Explanation:

- The World Happiness Report 2026 specifically focuses on the impact of technology on human life, titled "Well-being in the Digital Age."
- The report examines how social media usage, artificial intelligence, and digital connectivity influence overall life satisfaction and mental health.
- It analyzes whether technology acts as a bridge for social support or a source of increased anxiety and comparison-based unhappiness.
- Researchers use this report to understand global trends and provide policymakers with evidence-based data to regulate digital spaces for better public health.
- Key factors measured include income levels, trust in public institutions, and the individual's freedom to make life choices in an increasingly digitized world.

Information Booster:

- The World Happiness Report is a publication of the Sustainable Development Solutions Network (SDSN), powered by data from the Gallup World Poll.
- It typically ranks 150+ countries based on a three-year average of their residents' self-reported life evaluations.

Additional Knowledge:

- Green Economy (Option a): While environmental sustainability is a pillar of happiness, it was not the specific primary focus for the 2026 report.
- Mental Health (Option c): This is a constant underlying factor in all happiness reports but was the highlighted focus of earlier editions during the COVID-19 years.
- Social Equality (Option d): This remains a crucial metric for the "trust" and "social support" variables but is considered a subset of general governance in the 2026 thematic structure.

**Q4.** The UN Resolution 66/281, which established the International Day of Happiness, emphasizes which of the following as a "universal aspiration"?

- (a) Total Digital Connectivity
- (b) Happiness and Well-being
- (c) Uniform Global Taxation
- (d) Absolute Industrial Growth

**Ans.(b)**

**Sol.** The correct answer is (b) Happiness and Well-being

Explanation:

- Resolution 66/281 was adopted by the UN General Assembly on June 28, 2012, recognizing happiness and well-being as fundamental human goals.
- The resolution states that these aspirations should be recognized in the public policy objectives of all countries.
- It acknowledges the need for a balanced approach to economic growth that promotes sustainable development and poverty eradication.
- The UN invites Member States, international organizations, and civil society to observe the day through education and public awareness-raising activities.
- The focus is on creating a "happier" world by ensuring that every individual has access to the basic necessities and freedoms required for a dignified life.

Information Booster:

- The resolution was a result of a year-long diplomatic effort led by Bhutan and supported by 68 other member nations.
- It aligns with the Sustainable Development Goals (SDGs), particularly those focused on good health, reduced inequality, and climate action.

Additional Knowledge:

- Digital Connectivity (Option a): This is a tool for development but is not defined as the ultimate universal aspiration by the UN Charter or this specific resolution.
- Industrial Growth (Option d): The resolution actually critiques "absolute" industrial growth if it happens at the cost of the environment or social equity.

**Q5.** According to the principles of the International Day of Happiness, which factor is considered a "critical role" for governments to improve life satisfaction?

- (a) Maximizing military expenditure
- (b) Promoting effective governance and institutional trust
- (c) Encouraging unregulated social media growth
- (d) Prioritizing GDP over all social welfare metrics

**Ans.(b)**

**Sol.** The correct answer is (b) Promoting effective governance and institutional trust

Explanation:

- Governments play a decisive role in happiness by ensuring law and order, transparency, and reliable public services.
- Institutional trust—the belief that the government and justice system are fair—is one of the strongest predictors of a country's happiness ranking.
- Investing in social infrastructure like healthcare and education creates a supportive environment where citizens can thrive.
- Effective taxation systems that fund social welfare programs help in reducing the gap between the rich and the poor, leading to higher collective well-being.
- Governance that protects human rights and promotes inclusive growth ensures that no segment of the population is left behind in the pursuit of happiness.

Information Booster:

- Research shows that countries with low levels of corruption and high levels of civic engagement consistently score higher on the happiness scale.
- The "Social Support" variable in the World Happiness Report measures whether citizens feel they have someone to count on in times of trouble, which is often facilitated by government-backed community programs.

Additional Knowledge:

- Military Expenditure (Option a): High defense spending often correlates with regional instability, which can decrease national happiness.
- Unregulated Social Media (Option c): The 2026 report specifically warns about the negative impacts of unregulated digital platforms on mental health.
- GDP priority (Option d): The entire philosophy of Happiness Day is to move away from viewing GDP as the primary metric of success.

