July is American with Disabilities Act Anniversary

- **The Americans with Disabilities Act (ADA)** became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

- The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. The ADA is divided into five titles (or sections) that relate to different areas of public life.

July is Independence Day

- In the 1700s, America wasn’t really a nation of ‘**united states**.’ Instead, there were 13 colonies with distinct personalities. From 1763 to 1773, Britain’s King George III increasingly placed pressure on the colonies as he and the British Parliament enacted a succession of draconian taxes and laws on them. Excessive taxes on British luxury goods like tea and sugar were designed to benefit the British crown without any regard for the hardships of the colonists. By 1764, the phrase “Taxation without representation is tyranny” spread throughout the colonies as the rallying cry of outrage.

- Many more colonists had come to lean more toward independence, as a result of growing hostility towards Britain and the spread of revolutionary views like those conveyed in the bestselling pamphlet published in early 1776 by **Thomas Paine** – “**Common Sense.**”

- In July 2, 1776, in a virtually unanimous vote, the Continental Congress voted in favor of Lee’s resolution for independence, and on July 4th, it formally adopted the Declaration of Independence, which had been written largely by Jeerson. Ultimately, the drafting of the Declaration of Independence was a contentious process. After much debate over what to include and what to leave out, Thomas Jefferson, tasked with pulling the document together, envisioned a nation where “Life, Liberty and the pursuit of happiness” crystallized the very meaning of being an American. The document proclaimed the 13 American colonies’ liberation from Britain and reaffirmed their rights as free men – declaring that they were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states.

July is Thurgood Marshall’s Birthday

- Thurgood Marshall was instrumental in ending legal segregation and became the **first African American justice of the Supreme Court**.

- He was an American lawyer who was appointed as an associate justice of the Supreme Court in 1967. He was the first African American to hold the position and served for 24 years, until 1991. Marshall studied law at Howard University. As counsel to the **NAACP**, he utilized the judiciary to champion equality for African Americans. In 1954, he won the **Brown v. Board of Education** case, in which the Supreme Court ended racial segregation in public schools.

- In 1934, Marshall began working for the Baltimore branch of the National Association for the Advancement of Colored People (NAACP). In 1936, Marshall moved to New York City to work full time as legal counsel for the NAACP. Over several decades, Marshall argued and won a variety of cases to strike down many forms of legalized racism, helping to inspire the American civil rights movement.
July is Dalai Lama's Birthday

- His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of Tibet. He was born on 6 July 1935, to a farming family, in a small hamlet located in Taktser, Amdo, northeastern Tibet. At the age of two, the child, then named Lhamo Dhondup, was recognized as the reincarnation of the previous 13th Dalai Lama, Thubten Gyatso.
- In 1950, after China’s invasion of Tibet, His Holiness was called upon to assume full political power. In 1954, he went to Beijing and met with Mao Zedong and other Chinese leaders, including Deng Xiaoping and Chou Enlai. Finally, in 1959, following the brutal suppression of the Tibetan national uprising in Lhasa by Chinese troops, His Holiness was forced to escape into exile. Since then he has been living in Dharamsala, northern India.
- His Holiness the Dalai Lama is a man of peace. In 1989 he was awarded the Nobel Peace Prize for his non-violent struggle for the liberation of Tibet. He has consistently advocated policies of non-violence, even in the face of extreme aggression. He also became the first Nobel Laureate to be recognized for his concern for global environmental problems.

July is The Hajj

- The Hajj, an annual pilgrimage and one of the pillars of Islam. All able-bodied Muslims are required to undertake the journey to Mecca at least once in their lifetime. Once in Mecca, all Muslims perform a series of rituals.
- The Hajj is associated with the life of Islamic prophet Muhammad from the 7th century AD, but the ritual of pilgrimage to Mecca is considered by Muslims to stretch back thousands of years to the time of Abraham. During Hajj, pilgrims join processions of millions of people, who simultaneously converge on Mecca for the week of the Hajj, and perform a series of rituals: each person walks counter-clockwise seven times around the Kaaba (a cube-shaped building and the direction of prayer for Muslims), walks briskly back and forth between the hills of Safa and Marwah seven times, then drinks from the Zamzam Well, goes to the plains of Mount Arafat to stand in vigil, spends a night in the plain of Muzdalifa, and performs symbolic Stoning of the Devil by throwing stones at three pillars.

July is Eid al-Adha (Islamic Holiday)

- Eid al-Adha, or the “Feast of Sacrifice,” signifies the willingness of the Prophet Ibrahim, known as Abraham in Christianity and Judaism, to sacrifice his son, Ismail as ordered by Allah. It is one of Islam’s most important holidays.
- Usually lasting three to four days, and celebrated by millions of Muslims worldwide, the holiday begins on the 10th day of the Muslim calendar lunar month of Dhul-Hijja, at the time of Hajj, the annual pilgrimage to Mecca. In the United States, Eid al-Adha 2021 is predicted to begin around July 19 or 20 (depending on sightings of the moon) and will end with the culmination of Hajj a few days later.
- Considered the holiest of the two Eids, the other being Eid al-Fitr, or “Festival of Breaking the Fast,” that commemorates the end of Ramadan, it is one of two major Muslim holidays celebrated across the globe each year.

July is World Population Day

- World Population Day was established in 1989 by the Governing Council of the United Nations Development Programme – UNDP. The inspiration for this holiday was the peaking public interest in the celebration of ‘Five Billion Day’ on July 11, 1987. This original date was decided to be set as ‘World Population Day’ by the United Nations General Assembly, and resolution 45/216 made this official in December 1990.
- It is observed on 11 July every year to raise awareness among people about the impact of a growing population and issues including gender equality, the importance of family planning, poverty, maternal health, human rights, etc.
- World Population Day serves to highlight the growing problems that come with a growing global population. Overpopulation is a crucial issue, especially considering that world resources are depleting at an unsustainable rate. Awareness about the effects of overpopulation on development and nature is emphasized. The increasing population also sheds light on health problems faced by women during pregnancy and childbirth, making the need for family planning, gender equality, and maternal health more important than ever.
• The issue of population is also causing strain on society: heinous crimes are happening more than ever in the areas of gender inequality and human rights, especially in developing countries.

**July is Asalha Puja (Buddhist Holiday)**

• Asalha Puja Day (Asanha Puja, Asarnha Bucha, Dhamma Day) is a Buddhist festival that occurs on the full moon of the eighth lunar month, which is usually in July. The festival pays homage to the Buddha and commemorates the Buddha’s first sermon and the founding of the Buddha’s Sangha - four noble truths.
• The day is observed by donating offerings to the temples, monks and listening to Buddha’s sermons. An important activity is to chant the scriptures telling of this event in the original Pali language.
• All temples in Thailand have organized religious activities to observe this occasion. Various religious groups, government agencies, private organizations, and the general public have encouraged each other to practice in accordance with Buddha’s teachings such as leading to a happy and peaceful life.

**July is Developmental Disability Professionals Day**

• Developmental Disability Professionals Day is observed on July 15 every year. This day is all about recognizing the work done by developmental disability professionals, who often go unnoticed despite providing services to some of the most vulnerable people in the country. The National Association for Qualified Intellectual Disabilities Specialists (N.A.Q.), the primary national organization recognizing developmental disability professionals, established the day in 2020.

**July is Nelson Mandela International Day**

• Mandela Day is not meant as a public holiday, but as a day to honor the legacy of Nelson Mandela, South Africa’s former President, and his values, through volunteering and community service. In 2009, the United Nations proclaimed Mandela’s birthday (July 18th) to be Nelson Mandela International Day. The holiday asks people to spend 67 minutes doing something good for others, which represents the 67 years he spent working toward change.
• Nelson Mandela was the president of South Africa from 1994-1999. He was the first black president of South Africa, and the first president to be elected in a fully representative election. Nelson Mandela’s government focused on destroying the Apartheid government in the country, which had focused on racial segregation enforced by the law.
• In school, Mandela studied law and became one of South Africa’s first black lawyers. In the 1950s, he was elected leader of the youth wing of the African National Congress (ANC) liberation movement. When the government prohibited the ANC for racial reasons, Mandela organized a secret military movement. He had previously been involved in peaceful protests but when they were met with violence from the government, he went on to support an armed movement. Mandela was imprisoned from 1962-1990 for treason and conspiracy against the government. He was sentenced to life in prison but was released early when the ANC became legal again.
• Mandela received the Nobel Peace Prize in 1993 for peacefully destroying the Apartheid regime and laying the foundation for democracy. In addition to the Nobel Peace Prize. After retirement from politics, Mandela started the Nelson Mandela Foundation that focused on combating HIV/AIDS and supported rural development and school construction.

**July is National Parent’s Day**

• National Parents’ Day honors all parents on the fourth Sunday in July. No matter where our parents may be, this day serves to celebrate their important role in our lives. In May we celebrated mothers, and in June we celebrated fathers. It follows that in July we can bring all our parents together and show them some appreciation all at once.
• Parents play a vital role in the lives of children. From our birth, parents protect, teach, provide, and serve as role models. As part of a family, we look to them for guidance. We mirror their behavior and learn to be a core part of our communities.
Throughout our lives, our parents lead us to be independent thinking individuals. As many of us know, those efforts can be challenging. The world is changing as quickly as they grow. Often the sleepless nights and worry seem endless. On this particular Sunday, we honor all parents who do everything to raise and protect their children.

**July is Islamic New Year**

- The Islamic New Year — also known as the **Arabic New Year** or **Hijri New Year** — is the first day of **Muharram**, the first month in the Islamic calendar. The first year of this calendar began in Gregorian CE 622 when the **Prophet Muhammad** emigrated from Mecca to Medina with his companions. In the Islamic calendar, days begin at sunset. The event falls on a different day every year because the Islamic year is 11 to 12 days shorter. As rituals and prayers mark the occasion, Muharram is known as the month of remembrance and is sacred to Muslims across the world.
- The word Hijri is derived from Hijra meaning **migration**. The starting point of Islamic Mecca and other areas, Muslims of the 7th century CE faced religious persecution for their beliefs. Therefore, the exodus of Muhammed and his followers to the city that would later be called **Medina** — a movement called the Hijra – where Muhammad would set forth a Constitution that delineated Muslim’s rights and responsibilities. This event is of great importance in the Muslim faith, which is why Islamic New Year commemorates this sacred moment of history.

**July is International Friendship Day**

- International Friendship Day was designated by the United Nations General Assembly (**U.N.**). On July 30, we step back and get thankful for these relationships worldwide, as they promote and encourage peace, happiness, and unity. The U.N. encourages governments, community groups, and other organizations to coordinate activities and events that celebrate the friendships that we keep close to us. Many events focus on **reconciliation**, bridging **understanding** and consensus, and finding **comfort** in those friendships that feel like home.

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