International Day of Care and Support – 29 October: 'Building sustainable care and support systems through decent work'

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News

Under UN General Assembly resolution A/RES/77/317 (adopted 24 July 2023), the International Day of Care and Support is observed every year on 29 October. The 2026 theme (UN Women): 'Building sustainable care and support systems through decent work' – focusing on paid care workers' labour rights, working conditions, social protection, wages and representation. Globally, women spend 2.5 times as many hours on unpaid care work as men.

Key facts

Date	29 October – UNGA resolution A/RES/77/317 (2023)
2026 theme	Building sustainable care and support systems through decent work
Unpaid care	Women spend 2.5 times as many hours as men (UN Women)
ILO data	45% of women outside the labour force cite care responsibilities as the reason (men 5%)
India (TUS 2024)	Unpaid domestic work – women 289 min/day, men 88; caregiving – women 137, men 75 min

ILO resolution	'Decent work and the care economy' – International Labour Conference, June 2024

Background

- Background: caring for children, the elderly, persons with disabilities and the sick – paid (nurses, domestic workers) and unpaid (within families) – is called the 'care economy'. The UN resolution recognises that women and girls bear most of this burden.
- SDG: Goal 5 (Gender Equality) – target 5.4 calls for recognising and valuing unpaid care and domestic work. The ILO's '5R' approach: recognise, reduce, redistribute, reward and represent care work.
- Indian economy: the National Statistics Office (NSO) of the Ministry of Statistics and Programme Implementation (MoSPI) conducted the first Time Use Survey in 2019 and the second in 2024. Unpaid work is not counted in GDP.
- Constitution: Article 42 – just and humane conditions of work and maternity relief (Directive Principle). Maternity Benefit Act, 1961 (2017 amendment – 26 weeks' leave). The Code on Social Security, 2020 extends protection to unorganised workers.

Tamil Nadu link: the 'Kalaignar Magalir Urimai Thogai' (₹1,000 a month), recognising the work of women heads of families, was launched on 15 Sept 2023 – C.N. Annadurai's birth anniversary – in his home district Kancheepuram; about 1.06 crore women were covered. The government led by CM Vijay continues the payment (May 2026).

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