

## Benefits of Little millet (Saamai):

- Rich in fiber
- Reduces high blood pressure
- Helps in weight loss
- Prevents type-II diabetes



## Environmental Fact of the Day

Eighty-six percent of Indian bodies of water are deemed “critically polluted.” A study conducted by the nonprofit group, Centre for Science and Environment, found that most polluted waters are in the Karnataka, Telangana and Kerala regions. This is likely due to an increase in highly polluting industrial presence.



## Constitutional Values

The Goods and Services Tax (GST) is a Value added Tax (VAT) proposed to be a comprehensive indirect tax levy on manufacture, sale and consumption of goods as well as services at the national level. It replaces all indirect taxes levied on goods and services by the Indian Central and state governments. The tax came into effect from 1 July 2017 through the implementation of the One Hundred and First Amendment of the Constitution of India by the Indian government. It was introduced as the One Hundred and Twenty Second Amendment Bill of the Constitution of India.

In India, **Doctor's Day** is observed on 1<sup>st</sup> July to mark the importance of doctors in our lives. This day is also meant to commemorate the medical industry and its advancements.

**National Postal Worker Day** is observed every year on 1<sup>st</sup> July to thank and appreciate all men and women who work consistently and diligently to deliver all our mail and packages.

**GST day** is celebrated to mark the importance of GST, which is the new Indian taxation system. GST stands for Goods and Service Tax. It is an indirect tax used in India on the supply of goods and services.

The Institute of Chartered Accountants of India (ICAI) was established on 1<sup>st</sup> July, 1949 and so in India it is marked as a **Chartered Accountants Day**. It is the second-largest professional accounting and finance body in the world.



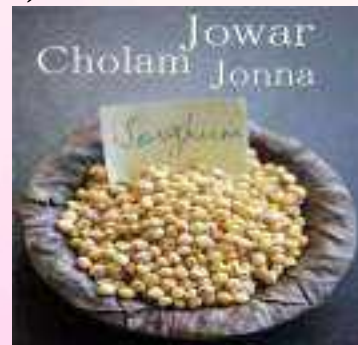


**World Sports Journalists Day** is celebrated on 2<sup>nd</sup> July, to mark the services of sports journalists for the promotion of sports. This day has been earmarked as the official day of celebration because of its significance as the date when the International Sports Press Association was established at the 1924 Paris Olympics.

**World UFO Day**(unidentified flying object) is an awareness day for people to gather together and watch the skies for unidentified flying objects. The first World UFO Day was celebrated in 2001.

### **Benefits of Sorghum Millet (Cholam):**

- Improves heart health
- Improves digestion
- Rich in fiber
- Helps in weight loss



### **Environmental Fact of the Day**

The process of manufacturing paper releases nitrogen dioxide, sulfur dioxide, and carbon dioxide into the air, contributing to pollution such as acid rain and greenhouse gases. By saving a tone of paper, you can save 17 trees, 26000 liters of water, 4000 kilowatt of power supply and 240 liters of fuel.



### **Constitutional Values**

Local self bodies: The urban local bodies, Municipal Corporations in big cities, Municipal Councils in smaller cities and Nagar Panchayats in transitional areas have been strengthened by the 74<sup>th</sup> Constitutional Amendment Act 1992. Like Panchayati Raj Institutions, they have also reserved seat for Scheduled castes, Scheduled Tribes and other weaker sections, as well as for women.



The third of July is marked as an **International plastic bag-free day**. Plastic Bag Free Day is a global initiative that aims to eliminate the use of single-use plastic bags in the world. Plastic bags were first introduced in 1965. On average, plastic bags are used for 25 minutes, Yet, it takes between 100 to 500 years for a plastic bag to disintegrate (depending on the type of plastic).

**International Co-operative Day** is an annual celebration of co-operative movement observed on the first Saturday in July since 1923 by the International Co-operative Alliance. This year, the International Day of Cooperatives is celebrated on 3<sup>rd</sup> July 2021 as “Rebuild better together”.



## Environmental Fact of the Day

17 trees are used to make one ton of paper. An 80 GSM A4 sheet weighs 10 gm. Therefore 0.00017 trees are needed to make a sheet of paper.



## Constitutional Values

**Local self government:** The District Administration headed by the District Magistrate not only performs traditional functions of maintaining law and order and collection of revenues, but also does significant development work. It is the real implementation tool for the implementation of development and welfare programmes of State and central governments.

Northeast Greenland National Park is the world's largest national park and the 9<sup>th</sup> largest protected area. It was established in 1974. A large area that covers and protects 972,001 sq. km. of the interior and northeastern coast of Greenland.

## Benefits of CASHEWS/ KAJU:

- Boost heart health
- Lower high blood pressure
- An excellent source of antioxidants
- Reduce the risk of anemia
- Good for gums and teeth





World Zoonoses Day is observed every year on 6<sup>th</sup> July to emphasize and spread awareness about zoonotic disease amongst people and teach them to take the right action. Zoonoses is a disease which can be transmitted from animals to humans. According to reports, 2 out of every 3 infectious diseases in people originated within animals. The first vaccination against a zoonotic disease was administered by Louis Pasteur on 6<sup>th</sup> July 1885.

### Benefits of Almonds:

- Prevent heart diseases
- Prevent diabetes
- Improve digestion
- Strengthen bones
- Prevent hair fall



## Environmental Fact of the Day

Sixty percent of all human infectious diseases are considered zoonoses. An estimated 75 percent of emerging infectious diseases, that have been on the rise in recent decades, are transmitted from animals; examples include Ebola, HIV and influenza.



## Constitutional Values

**Ordinance:** If there is immediate need of a law when the Parliament is not in session, it is done through an Ordinance which is issued by the President on the advice of the Council of Ministers headed by the Prime Minister. It has all the effectiveness of a law. But as soon as the Parliament comes in to session, the ordinance has to be approved by it. In any case, if it is not approved by the Parliament within six weeks, the ordinance comes to an end.



## Environmental Fact of the Day

According to the Water Footprint Calculator, it takes 22 gallons of water to make one pound of plastic. That means it takes at least double the amount of water to produce a single-use bottle as the amount of water in the actual bottle.



July 7 is celebrated as **Global Forgiveness Day**. The great opportunities to remind ourselves of the importance of forgiveness, to value the forgiveness that others have offered us in the past, and to focus on forgiving those we may need to forgive—including ourselves.

**World Chocolate Day**, sometimes referred to as International Chocolate Day, is an annual observance that occurs globally on 7<sup>th</sup> July.

### Benefits of Dark chocolate:

- Improves blood flow
- Protects the skin against sun
- Improves brain function
- Reduces stress
- Maintains healthy heart



## Constitutional Values

**The President:** The President is an internal part of the Parliament and in this capacity he/she enjoys many legislative powers. The President addresses the Parliament every year at the commencement of the first session and after each general election to the Lok Sabha. He/She summons and prorogues the sessions of Parliament and can dissolve the Lok Shaba on the advice of the Council of Ministers.



Vaadhoo Island is one of the islands of Raa Atoll in the Maldives. It's a tiny island with just over 500 inhabitants with a glowing beach. The reason behind this glowing beach is the sea planktons present in it. These are considered to be the major responsible creatures for this bioluminescent phenomenon. The creatures emit light which is only seen in the dark at night.

### **Benefits of Raisins(Dry grapes):**

- Reduce acidity
- Good for eyes
- Help in digestion
- Good for skin & hair
- Prevent cancer



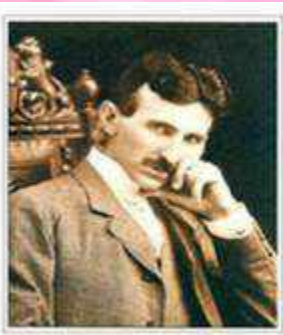
### **Environmental Fact of the Day**

Carbon dioxide (CO<sub>2</sub>) is a virulent air polluting element and 31% of all atmospheric CO<sub>2</sub> comes from automobiles alone. Too much of this gas in the environment is harmful to human health and detrimental to the ozone layer.



### **Constitutional Values**

**The President:** The President enjoys certain financial powers. No money bill can be introduced in the Lok Sabha without his/her prior recommendation. In other words, all the money bills are initiated in the Lok Sabha only with the assent of the President.



International  
**NIKOLA  
TESLA  
DAY**  
July 10



On July 10, some organizations throughout the world informally celebrate **Nikola Tesla Day**, also known as World Tesla Day. It commemorates the birthday of Nikola Tesla, renowned Serbian-American inventor and engineer. Tesla is responsible for many inventions, but he is best known for designing the modern alternating current electricity supply system. He invented the transformer known as Tesla coil in 1891.

### Benefits of Pista:

- Boosts immune system
- Assists in stress management
- Reduces the risk of strokes
- Rich in vitamin B
- Improves eye- health



### Environmental Fact of the Day

It takes at least 450 years for a single plastic bottle to decompose. Single-use bottles are usually made of polyethylene terephthalate (PET) — a material that photo degrades instead of biodegrading. Even when bottles break down through photo degradation, tiny pieces of micro plastic are left behind which can reach critical drinking sources and harm wildlife.



### Constitutional Values

**Judicial Powers:** The President of India, as Head of the State, possesses certain special judicial prerogatives. He/She has the power to grant pardon or reduce sentence of a person convicted of offence.





**World Population Day** is observed annually on 11<sup>th</sup> July to focus attention on the urgency and importance of population issues.

**Paper Bag Day** is observed on 12<sup>th</sup> July annually to recognize the importance of an invention of Paper Bag that we mostly take it for granted. In 1852, Francis Wolle, a schoolteacher, invented the first machine to mass-produce paper bags.

### **Benefits of Walnut:**

- Lowers cholesterol level
- Boosts memory
- Promotes heart health
- Helps in weight loss



### **Environmental Fact of the Day**

Paper bags are almost 100% recyclable and can decompose within just a month. Paper bags can be reused at home and can even be used to make compost. Paper bags are safer for pets, other animals.

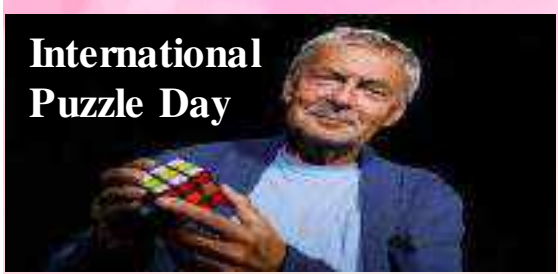


### **Constitutional Values**

Emergency powers of the President: War, External Aggression or Armed rebellion: A 'proclamation of emergency' is issued by the President, if he/she is satisfied that the security of India or any part thereof is threatened by war, external aggression or armed rebellion.



## International Puzzle Day



**International Puzzle Day** celebrates the birth of Dr. Erno Rubik, the inventor of Rubik's Cube. Rubik was born on July 13, 1944 in Budapest, Hungary during World War II. Rubik's famous invention was the Rubik's cube. It became a worldwide craze in the 1980s. Within a year after the toy was first exported from Rubik's native Hungary in May of 1980, sales of the toy topped five million.

**International Rock Day** is observed on 13<sup>th</sup> July of every year. Rock is a large rough mass of one or more hard minerals formed naturally and are fragmented from large rocks. Earth's outer layer is made of rocks and appears to us like mountains.

## Benefits of Groundnuts:

- Boost memory power
- Promote heart health
- Contain good fat
- Regulate blood sugar level
- Promote brain health



## Environmental Fact of the Day

Stone crushing creates enormous quantity of dust of various sizes which passes into air and disperses significant amount of suspended particulate matter (SPM) and gaseous pollutants into the atmosphere. The polluted air not only affects the workers but also the nearby population, agricultural crops and livestock.



## Constitutional Values

Emergency powers of the President: The third type of emergency, which is called 'financial emergency' is declared when a situation arises whereby the financial stability or credit of India or of any part of the country is threatened.



**Shark Awareness Day** aims to both dispel the fear, stigma, and misinformation surrounding sharks and also raise awareness of this creature's plight, inspiring people all over the world to take action in their defense. The World Wide Fund for Nature has released a report highlighting the risks to Sharks in the Mediterranean region on the occasion of Shark Awareness Day which is observed on July 14<sup>th</sup> every year.

### **Benefits of Green peas:**

- Improve digestion
- Promote healthy eyes
- Regulate blood sugar
- Prevent memory loss
- Increase bone strength



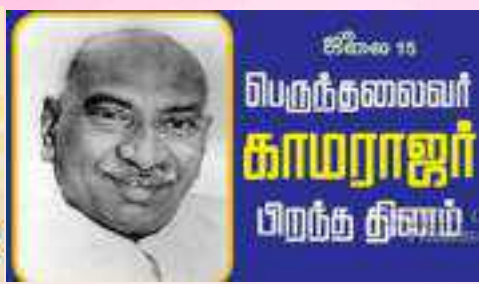
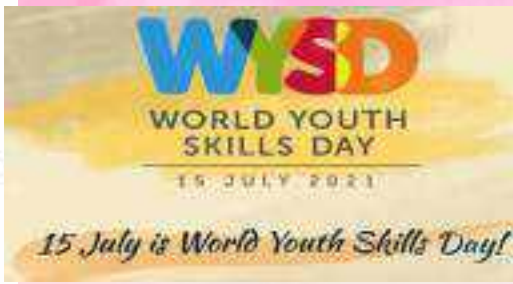
### **Environmental Fact of the Day**

Millions of animals are killed by plastics every year, from birds to fish to other marine organisms. Nearly 700 species, including endangered ones, are known to have been affected by plastics. Nearly every species of seabird eats plastics. Most of the deaths to animals are caused by entanglement or starvation. Seals, whales, turtles, and other animals are strangled by abandoned fishing gear or discarded six-pack rings.



### **Constitutional Values**

**THE UNION PARLIAMENT:** The legislative branch of the Union government is called the Parliament that consists of the President and two Houses known as the House of the People (Lok Sabha) and the Council of States (Rajya Sabha). Lok Sabha or the House of the People is the lower house. It is the people's representative body. Rajya Sabha (the Council of States) is the upper house of Parliament.



## Environmental Fact of the Day

One of the most shocking car air pollution facts is that motor vehicles are responsible for around 51% of carbon monoxide pollution. The gas contributes to smog pollution, deteriorates air quality, and can be deadly in high concentration. Car pollution statistics clearly show that motor vehicles also discharge nearly 34% of all nitrogen oxide and all volatile substances in the environment that are dangerous for human health and plant life.



## Constitutional Values

Judicial Review is a process through which the judiciary examines the constitutionality of a legislative act or executive order. If on examination it is found that there has been a violation of the Constitution, the judiciary declares it to be null and void or unconstitutional.

**World Youth Skills Day** is celebrated on 15<sup>th</sup> July every year to raise awareness about the importance of technical, vocational education & training and the development of other skills relevant to both local and global economies. The former Chief Minister of Tamil Nadu, Perunthalaivar Kamarajar birth anniversary has been observed as Tamil Nadu's **Educational Development Day**. It aims to remind people about his contribution to boosting the school education facilities of Tamil Nadu state.

## Benefits of Chickpeas:

- Boost immunity
- Reduce cholesterol
- Rich in calcium, fiber & iron
- Prevent memory loss





WORLD SNAKE DAY

**World Snake Day** is to increase awareness about the different species of snakes all around the world. Snakes seem to have a negative connotation and a lot of people are scared of snakes.

### Benefits of Horse Gram:

- Reduces the risk of cancer
- Helps in weight loss
- Prevents anemia
- Boosts immune system
- Improves bone strength



### Environmental Fact of the Day

There are over 3000 kinds of snakes in the world. They are present in every continent except Antarctica. Snakes, like other reptiles, are cold-blooded. There are around 700 species of venomous snakes. The venom is used for self-defence and for killing prey. Snakes use their tongue to smell.



### Constitutional Values

**Judiciary:** The Supreme Court is at the apex of the unified judiciary of India. The Chief Justice and other Judges are appointed by the President. It has Original, Appellate and Advisory Jurisdictions. It is also a court of record. It functions as the guardian of the Constitution.



**JULY 17**  
is observed as  
**World  
Day for  
International  
Justice**



**World Day for International Justice** is observed annually on 17<sup>th</sup> July every year. It is also known as the Day of International Criminal Justice or International Justice Day. This day recognizes the emerging system of international criminal justice.

**World Emoji Day** is observed on 17<sup>th</sup> July every year since 2014. The day is celebrated to represent an idea or an emotion through electronic means.



**International Nelson Mandela Day** is observed on 18<sup>th</sup> July every year. The day celebrates Mandela's life and legacy in a sustainable way that will bring about the needful changes. The theme for 2021 Mandela Day - One hand can feed another, prioritizes action against hunger and the continuing fight against poverty.

### **Benefits of Cardamom:**

- Improves appetite
- Enhances digestion
- Serves as a mouth freshener
- Improves blood circulation
- Aids weight loss



### **Environmental Fact of the Day**

The burning of plastics releases toxic gases like dioxins, furans, mercury and polychlorinated biphenyls (better known as BCPs) into the atmosphere, and poses a threat to vegetation, and human and animal health. Burning plastic also releases black carbon (soot), which contributes to climate change and air pollution.



### **Constitutional Values**

**Interest groups:** Interest groups are organized groups of people which seek to promote their specific interests. Their characteristics are: (a) they are well-organized, (b) they have certain common interests, (c) the interest that unites the members is specific and particular, (d) the members of such organized groups seek to attain, protect and promote their interests for which they are united.



## Environmental Fact of the Day



Thermocol is a non-biodegradable substance so it has become one of the major causes of environmental pollution. Burning thermocol produces harmful gases which can cause cancer. Using this is also hazardous to health.



## Constitutional Values

Pressure groups: In the democratic functioning of a polity, pressure groups play a vital role. They seek to promote, discuss, debate and mobilize public opinion on major public issues. In this process, they educate people and widen their vision, enhance their democratic participation and raise and articulate various issues. These groups try to bring changes in public policy.

On 12<sup>th</sup> December 2019, the General Assembly proclaimed 20<sup>th</sup> July as World Chess Day to mark the date of the establishment of the International Chess Federation (FIDE) in Paris in 1924. Under initiative of FIDE, July 20 has been observed as **International Chess Day** by chess players around the world since 1966.

**National Moon Day** commemorates the day when man first walked on the moon in 1969.

### Benefits of Playing chess:

- Builds self confidence
- Improves concentration
- Raises IQ
- Improves problemsolving skill







Pi Approximation Day

$$\pi = 22/7$$

22<sup>nd</sup> July



Pi Approximation Day is observed on 22<sup>nd</sup> July every year because of the value of Pi that is 22/7. Whereas Pi Day is celebrated on 14<sup>th</sup> March which is similar to the approximate value of 3.14 and also coincides with Albert Einstein's birthday.

Chandrayaan-2 was launched on 22<sup>nd</sup> July 2019 from Satish Dhawan Space Center, Sriharikota. It was India's second mission to the Moon.

### Benefits of Dates (Khajoor):

- Promote heart health
- Help in weight loss
- Improve eye sight
- Prevent hair loss
- Support brain function



### Environmental Fact of the Day

Laundry detergents are bad for the environment.

Detergents do not completely biodegrade and so contaminate our water supplies, rivers and oceans with toxic heavy metals like cadmium and arsenic.



### Constitutional Values

People's participation: People's participation in the election is what makes our democracy a representative and participatory democracy. But the meaning of people's participation does not begin and end with their voting in elections. People's participation is also expressed through public debates, newspaper editorials, protest demonstrations and their active involvement in governmental programmes.



National  
Broadcasting Day  
23 July



## Environmental Fact of the Day

Burning prohibited materials, such as garbage, plastic and painted or treated wood, is harmful to the environment because these materials release toxic chemicals that pollute our air. Polluted air can be inhaled by humans and animals, and deposited on the soil and surface water and on plants.



## Constitutional Values

The Directive principles of state policy: The main aim of the Directive principles of State policy is to create social and economic conditions under which all the citizens can lead a good life. These principles aim to establish social and economic democracy in the country. These principles act as a yardstick in the hands of the people to measure the performance of governments in respect of achieving the objective.

**National Broadcasting Day** is observed on 23<sup>rd</sup> July all over India. On this day in 1927, the first-ever radio broadcast in the country went on the air from the Bombay Station under the Indian Broadcasting Company.

## Benefits of Coconut:

- Improves brain function
- Rich in fiber content
- Improves digestion
- Good for healthy bones and teeth.





Kargil Vijay Diwas is observed on 26<sup>th</sup> July and is named after the success of Operation Vijay. The Indian armed forces had defeated Pakistan on July 26, 1999. Since then, the day is celebrated as 'Kargil Vijay Diwas'. This day is celebrated to honour the Kargil War Heroes.

### Benefits of Bay leaf:

- Rich source of vitamins & minerals
- Prevents cancer
- Aids in healing wounds & sores.
- Prevents dandruff



### Environmental Fact of the Day

Cardboard is biodegradable, it produces Methane (the greenhouse gas) as it breaks down. If cardboard is not recycled, then it will end up in landfill and increase the amount of Methane that is released into the atmosphere. As a result, it will take up unnecessary space and contribute to global warming as well.



### Constitutional Values

**Right to Education:** The Right to Education is added by introducing a new Article 21A in the Chapter on Fundamental Rights in 2002 by the 86<sup>th</sup> Constitutional Amendment. All the children in the age group of 6-14 years can claim compulsory and free education as a Fundamental Right. It is a major step forward in making the country free of illiteracy.



## Environmental Fact of the Day

Waste oils are considered hazardous waste and have some dangerous properties. One litre of waste oil can contaminate one million litres of water. Waste oils in rivers, lakes and streams threaten aquatic life. Also, if waste oils are left on the ground, they can severely contaminate soil.



## Constitutional Values

Ballot paper is a piece of paper which indicates the names of the candidates together with their election symbols. It is used to record the choices made by voters.

Hang Son Doong (Mountain River Cave) is the largest cave in the world. It is located at the heart of Phong Nha-Ke Bang National Park in the Quang Binh province of Vietnam. It was formed during the Cambrian-Permian geological eras, putting it at a date between 400–450 million years old. It stretches for over three miles (five kilometers), and it reaches heights of 650 feet (200 meters). The main cavern is large enough to house an entire New York City block.

### Benefits of Karunjeeragam (Black Cumin Seed) :

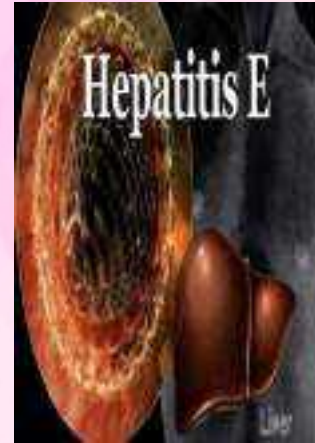
- Increases memory power
- Gets rid of headaches
- Aids weight loss
- Eases joint pain
- Controls blood pressure





## Environmental Fact of the Day

Hepatitis E is a liver disease caused by infection with a virus known as hepatitis E virus (HEV). Every year, there are an estimated 20 million HEV infections worldwide, leading to an estimated 3.3 million symptomatic cases of hepatitis E. The virus is transmitted via the fecal-oral route, principally via contaminated water.



**World Nature Conservation Day** is observed on 28<sup>th</sup> July every year to recognize that a healthy environment is a foundation for a stable and productive society and for future generations. We must protect, conserve and sustainably manage our natural resources.

**World Hepatitis Day** is observed annually on 28<sup>th</sup> July to generate an opportunity to step up national and international efforts on hepatitis. This day makes people aware of the hepatitis disease and its consequences in the life of the people suffering from it.

### Benefits of Cabbage :

- Reduces blood pressure
- Good source of folic acid
- Preserves kidney function
- Good for eye health
- Prevents cancer



### Constitutional Values

The Secret Ballot is a voting method in which the voters' choices are made confidential, in an election or in a referendum. The method is a means of achieving the objective of secrecy.



**International Tiger Day** is observed every year on 29<sup>th</sup> July to spread awareness about the need for the conservation of Tigers, promote the protection of the natural habitat of tigers. This day is also known as Global Tiger Day.

### Benefits of Carrot:

- Improves digestion
- Improves kidney & liver function
- Regulates blood pressure
- Improves eyesight



### Environmental Fact of the Day

Tigers are globally listed as “Endangered” on the International Union for the Conservation of Nature (IUCN) Red List of Threatened Species. The Malayan and Sumatran sub-species are listed as “Critically Endangered.” Wild tigers are hunted to meet the demands of the \$20 billion a year illegal wildlife market.



### Constitutional Values

Electronic Voting Machine(EVM) is a simple electronic device used in place of ballot papers and boxes which were used earlier in conventional voting system. It was first used in 1982 in the bye-election to Parur Assembly Constituency of Kerala for a limited number of polling stations(50 poling stations). During the General Elections of 2004 in India, elections were conducted using a total of 10.75 lacs EVMs.



## Environmental Fact of the Day



80 to 85% of electronic products were discarded in landfills or incinerators, which can release certain toxics into the air. E-waste represents 2% of America's trash in landfills, but it equals 70% of overall toxic waste. The extreme amount of lead in electronics alone causes damage in the central and peripheral nervous systems, the blood and the kidneys. 20 to 50 million metric tons of e-waste are disposed worldwide every year.



**International Friendship Day** is celebrated on 30<sup>th</sup> July to mark the importance of friends and friendship in life. The day also advocates the role that friendship plays in promoting peace in several cultures across the world. **System Administrator Appreciation Day** is observed annually on the last Friday of July to recognize the time and effort of the administrator's, device doctors, tech-therapists who sacrifice and work their magic at unsocial hours.

## Benefits of Ridge Gourd:

- Rich in beta carotene
- Boosts immunity
- Reduces constipation
- Removes dead skin cells
- Helps in weight reduction



## Constitutional Values

The Proportional Representation is an electoral device to ensure representation of all sections of the people more or less in proportion to their voting strength. Under this system any group, whether it is a political party or interest group will secure representation in proportion to the popular votes it obtains