



Lung cancer is the leading cause of cancer related deaths in the entire world. **World Lung Cancer Day** is observed on 1st August to raise awareness about the causes and treatment of lung cancer and to highlight the need of sufficient research funding to look for breakthroughs in the study and treatment of lung cancer.

Benefits of Papaya:

- Helps to fight against cancer
- Promotes heart health
- Prevents Asthma
- Protects liver
- Improves digestion



Environmental Fact of the Day

Exposure to certain hazardous chemicals like asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products can cause lung cancer. People also inhale these as toxic air pollutants from emissions from power plants or industry smokestacks, and sometimes from the workplaces.



LUNG CANCER



Constitutional Values

India is a Sovereign state: The Preamble declares India as a Sovereign state. It is free from any external control. No foreign power can interface in the internal affairs of India. India can determine her foreign affairs according to her free will.



International Clouded Leopard Day (ICLD) is a day of international awareness celebrated on 4th August every year. This day is an attempt to increase the profile of Clouded leopards both in captivity and in the wild.

Benefits of Cluster Beans:

- Improve Blood Circulation
- Improve Cardiac Health
- Help in digestion
- Strengthen bone health



Environmental Fact of the Day

The clouded leopard is more at home in the trees than on the ground and can move nimbly through the dense forests of southeast Asia and the eastern Himalayas. Their decline was caused by habitat destruction and overhunting for their skins, say IUCN scientists. Clouded leopards prefer to live in closed, primary evergreen tropical rainforests in Southeast Area, a habitat that is experiencing the world's fastest deforestation.

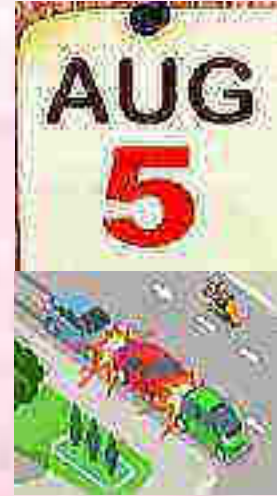
Constitutional Values

Indian parliamentary government: (i) close relationship between the legislature and the executive, (ii) responsibility of the executive to the legislature, (iii) the executive having a Head of the State as the nominal executive, and a Council of Ministers headed by the Prime Minister as the real executive.



Environmental Fact of the Day

One of the main reasons cars have a negative impact on the environment, in general, is their excessive use of gas and their emissions which pollute the air. When car accidents occur, the risk of gas being spilled is high. This means that gas is wasted and can in some cases even run the risk of starting a fire.



Constitutional Values

Fundamental duties: Fundamental duties have greater importance as these duties reflect certain basic values like patriotism, nationalism, humanism, environmentalism, harmonious living, gender equality, scientific temper and inquiry, and individual and collective excellence.

On August 5, 1914, the world's first electric traffic signal was installed to the corner of Euclid Avenue and East 105th Street in Cleveland, Ohio. It was designed by James Hoge and patented in 1918. The first traffic signal comprised of four pairs of red and green lights that served as stop-go indicators, each mounted on a corner post.

Benefits of Banana:

- Improves Digestion
- Reduces Weight
- Reduces Stress
- Energy Booster
- Cures Heartburn





Environmental Fact of the Day

The detonation of an atomic bomb creates radioactive dust that falls out of the sky into the area around the site of the explosion. Wind and water currents carry the dust across a much larger radius than the initial explosion, where it contaminates the ground, water supply and the food chain.



Hiroshima day is observed on 6th August. US troops attacked the city of Hiroshima, Japan during World war II. This was the first time in world history to report the use of nuclear weapon ever since 1945. It killed approximately 1.4 million human beings.

Benefits of Sweet Potato :

- Improves Digestion
- Promotes Weight Gain
- Rich in Vitamins
- Good Sources of Iron



Constitutional Values

The 42nd constitutional amendment act added a Directive principle , which ensures Protection and improvement of environment and safeguarding of forests and wild life. A number of Programmes like Save the Tiger project Rhino, elephant etc. are being implemented in pursuance of the newly added directive principle.



HAPPY NATIONAL



Aug-07

The Union Government has declared August 7th as **National Handloom Day** from 2015 onwards. The main objective is to generate awareness about the importance of the handloom industry among the public. It is also to remember Swadeshi Movement which is now known as “Make in India”. The swadeshi movement was launched on this day in 1905 at the Calcutta Town Hall.

The Quit India Movement (translated into several Indian languages as the Leave India Movement), also known as the August Movement, was a movement launched at the Bombay session of the All India Congress Committee by Mahatma Gandhi on 8th August 1942, during World War II, demanding an end to British rule in India.



Aug-08



International Day
of the World's
Indigenous Peoples



Every year **International Day of the World's Indigenous Peoples** is celebrated on 9th August to encourage people from around the world to spread the UN's message on the protection and promotion of the rights of indigenous peoples.

International Coworking Day is celebrated on the 9th August every year since 2010. On this day in 2005, Brad Neuberg, a software engineer, made a blog post to introduce the idea of coworking to the world.

The United States on 9th August, 1945 dropped a second bomb on Japan at **Nagasaki** and the bomb is also known as 'Fat Man'. It was dropped three days after the atomic bombing of Hiroshima.



Benefits of TAMARIND:

- Boosts Immune System
- Aids in Digestion
- Improves Nerve Function
- Helps to Manage Diabetes



Environmental Fact of the Day

The two atomic bombs dropped on Japan in 1945 killed and maimed hundreds of thousands of people, and their effects are still being felt today.



Constitutional Values

The Election Commission has taken several new initiatives in the recent past.(i) a scheme for use of State owned Electronic Media for broadcast/telecast by political parties,(ii) restrictions on Opinion and Exit Polls(because these polls might influence voters).



Environmental Fact of the Day



Lion populations face a risk of extinction from numerous threats, including habitat loss due to encroachment by humans. Livestock farmers may use poisons, rifles and snares to remove lions from their land. In addition, prey species have been depleted by the bush meat trade, and lion populations have become increasingly fragmented as a consequence. In some countries it is still legal to shoot lions for sport.



World Biofuel Day is observed every year on 10th August to create awareness about the importance of non-fossil fuels as an alternative to conventional fossil fuels and to highlight the various efforts made by the Government in the Biofuel sector.

World Lion Day is annually observed on 10th August with an aim to raise awareness and gather support for lion conservation. The big cat is listed as an endangered species in the IUCN Red List.

Constitutional Values

The Election Commission has taken several new initiatives in the recent past (i) checking criminalization of politics, (ii) computerization of electoral rolls, (iii) providing electors with Identity cards.

Benefits of Winter Melon (Ash gourd):

- Boost immune system
- Aids in weight loss
- Improves digestion
- Prevents constipation





The second Wednesday of August is the day where art meets handwriting. Nibs ready, it's **World Calligraphy Day!** Poets believe there is beauty within the flow of words. Similarly, calligrapher's find beauty assembling those words on paper in an artistic and beautiful fashion.

Benefits of Pumpkin:

- Boosts metabolism
- Reduces blood pressure
- Prevents kidney stone
- Reduces bad cholesterol
- Promotes heart health



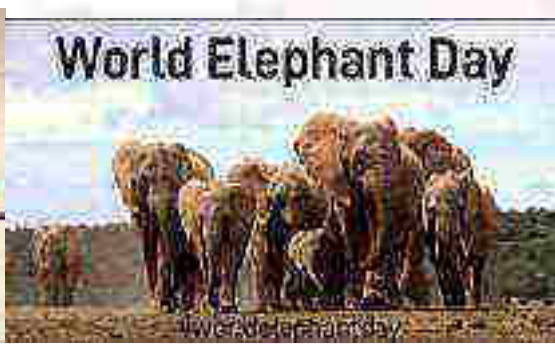
Environmental Fact of the Day

Geothermal energy can be generated in areas where magma lies close to the surface. This is good for increasing renewable energy use. Ash ejected by the volcano acts as a good fertilizer for soils. Volcanoes attract many tourists, who enjoy the dramatic scenery that they produce.



Constitutional Values

The Election Commission has taken several new initiatives in the recent past (i) simplifying the procedure for maintenance of accounts and filing of the same by candidates and (ii) a variety of measures for strict compliance of Model Code of Conduct for providing a level playing field to contestants during the elections.



Environmental Fact of the Day

Around 90% of African elephants have been wiped out in the past century - largely due to the ivory trade - leaving an estimated 415,000 wild elephants alive today. Asian elephants are also under threat, having declined by at least 50% in the last three generations. There are only around 45,000 left in the wild.



International Youth Day is celebrated on 12th August around the globe to focus on the development and protection of youth in society. The theme of International Youth Day 2021 is, “Transforming Food Systems: Youth Innovation for Human and Planetary Health”.

World Elephant day is observed on 12th August annually to make people understand to preserve and protect the giant animal elephant. This is the way to bring the world together to help elephants.

Benefits of Elephant Foot Yam:

- Prevents colon cancer
- Strengthens bones
- Prevents muscle pain
- Boost immunity



Constitutional Values

Public opinion plays an important role in a democracy. A democratic government draws its authority from the people and claims its legitimacy from the consent of the governed. No government can function without the support of the people.



International Lefthanders Day is observed on 13th August every year, to raise awareness about the problems and difficulties that left handed persons faced.

World Organ Donation Day is observed on 13th August to spread awareness about the importance of organ donation.

World Lizard Day is celebrated on 14th August every year. It is being celebrated across political boundaries by the niche of reptile-lovers, conservationists and educators.



Benefits of Taro root:

- Improves blood circulation
- Reduces fatigue
- Improves vision
- Boost immune system



Environmental Fact of the Day

Reptiles are important components of the food webs in most ecosystems. They fill a critical role both as predator and prey species. Reptile species can also have a useful anthropogenic role in ecosystems. In some areas, they help control the numbers of serious agricultural pests by consuming rodent and insect pests.



Constitutional Values

The process of development of public opinion generates thinking, promotes awareness and invites people's views on issues of public concern. An alert and free public opinion is a check on absolute power and it promotes a process to be responsive to the needs and aspirations of the people. It also influences government in making laws in the interest of the people.



Environmental Fact of the Day

Carbon dioxide and fluorine, gases that can be toxic to humans, can collect in volcanic ash. Inhaling volcanic ash can cause breathing problems and damage the lungs. Inhaling large amounts of ash and volcanic gases can cause a person to suffocate. Suffocation is the most common cause of death from a volcano.



On 16th August 1962 India and France exchanged the instruments of ratification under which France ceded to India full sovereignty over the territories it held. Pondicherry and the other enclaves of Karaikal, Mahe and Yanam came to be administered as the Union Territory of Puducherry from 1 July 1963. Thus the union territory celebrates Independence Day on both August 15 and 16. Puducherry will celebrate its second Independence Day (De Jure Day) on August 16.

Benefits of Hibiscus Tea:

- Good Source of Antioxidants
- Controls Cholesterol
- Reduces Blood Pressure
- Rich in Vitamin C



Constitutional Values

The Bihar Panchayat Amendment Bill, 2006 has extended reservation for women in the three-tier Panchayati Raj system to 50 per cent. Elections in the state have seen 54 per cent of the seats being won by women panchayat members.



Environmental Fact of the Day

Volcanic eruptions can be extremely damaging to the environment, particularly because of a number of toxic gases possibly present in pyroclastic material. It typically consists mainly of water vapour, but it also contains carbon dioxide and sulphur dioxide gas.



On 17th August 1947 the Radcliffe Line was declared as the boundary between India and Pakistan, following the Partition of India. The line is named after Sir Cyril Radcliffe who was commissioned to equitably divide 4,50,000 km sq. of territory with 88 million people.

Benefits of Dry Ginger :

- Lowers Cholesterol
- Cures Indigestion
- Lowers blood sugar
- Relieves headache due to common cold



Constitutional Values

Goal and Objectives of National Policy for Empowerment of Women, 2001.

The goal of this Policy is to bring about the advancement, development and empowerment of women. Specifically, the objectives of this Policy include: Creating an environment through positive economic and social policies for full development of women to enable them to realize their full potential.



Environmental Fact of the Day

Accidental spills from ships account for about 15 percent of the oil entering the ocean every year. Tankers and barges have spilt nearly six million tonnes of oil into the marine environment since 1970, with large spills (greater than 700 tonnes) responsible for most of the oil spilt into water bodies



Subhash Chandra Bose (also called Netaji) died on 18th August 1945. Netaji is known for his role in India's independence movement. A participant of the noncooperation movement and a leader of the Indian National Congress, he was part of the more militant wing and known for his advocacy of socialist policies.

Constitutional Values

Goal and Objectives of National Policy for Empowerment of Women, 2001. The goal of this Policy is to bring about the advancement, development and empowerment of women. Specifically, the objectives of this Policy include: (i) Equal access to participation and decision making of women in social, political and economic life of the nation. (ii) Equal access to women to health care, quality education at all levels, career and vocational guidance, employment, equal remuneration, occupational health and safety, social security and public office.

Benefits of Horse Gram :

- Prevents Anemia
- Reduces the Risk of Cancer
- Improves Bone Health
- Helps in Weight Loss





Benefits of Rajma:

- Lowers Blood Pressure
- Improves Memory Power
- Helps to Prevent Osteoporosis
- Controls Blood Sugar Level



Environmental Fact of the Day

The Bornean orangutan (*Pongo pygmaeus*) is now critically endangered, with populations in sharp decline due to habitat destruction and illegal hunting, the IUCN declared. Bornean orangutans live only on the island of Borneo, where their populations have declined by 60 percent since 1950.



Constitutional Values

Goal and Objectives of National Policy for Empowerment of Women, 2001. The goal of this Policy is to bring about the advancement, development and empowerment of women. Specifically, the objectives of this Policy include: (i) Strengthening legal systems aimed at elimination of all forms of discrimination against women (ii) elimination of discrimination and all forms of violence against women and the girl child.

World Photography Day is observed on 19th August annually to raise awareness about the importance of photography.

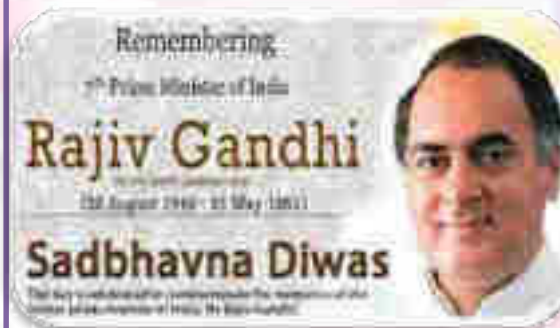
World Humanitarian Day is observed annually on 19th August around the world to pay tribute to aid workers who risk their lives in humanitarian service. This day also honours the work of women in crises throughout the world.

International Orangutan Day has been set for August 19th, every year to help encourage the public to take action in protecting this amazing species in the wild.





Sadbhavna Divas is observed on 20th August every year to commemorate the memory of our late Prime Minister Rajiv Gandhi. In English, Sadbhavna means goodwill and bonafide.



Indian Akshay Urja Day is celebrated on 20th August annually to raise awareness about the development of renewable energy in India. It is a campaign that is celebrated since 2004. This day commemorates the birthday of former Prime Minister Rajiv Gandhi.

World Mosquito Day is observed on 20th August every year to commemorate the British doctor, Sir Ronald Ross's discovery in 1897 that 'female anopheles mosquitoes transmit malaria to humans'. The theme for World Mosquito Day 2021 is 'Reaching the zero malaria target'.



International Day of Medical Transporters is observed on 20th August every year to honor the ambulance drivers and the important work they do. The day also encourages us to learn more about the job of a medical transporter.



The World Senior Citizen's Day is celebrated on 21st August each year. The celebration took place for the first time in 1991. The day is intended to increase awareness of the factors and issues that affect older adults, such as health deterioration and elder abuse. It is also a day to recognize and acknowledge the contributions of older people to society.



World Sanskrit Day, also known as Vishvasamskritadinam, is an annual event focused around the ancient Indian language of Sanskrit that incorporates lectures about the language and is aimed to promote its revival and maintenance. It is celebrated on Shraavanapoornima, that is the Poornima day of the Shraavana month in the Hindu calendar. The Sanskrit organisation Samskrita Bharati is involved in promoting the day. This year Sanskrit day is observed on 22nd August.

Raksha Bandhan, also spelled as Rakshabandhan, is a Hindu festival that celebrates the bond between brothers and sisters. On the day of Raksha Bandhan, sisters tie a thread - known as Rakhi - on the wrist of their brothers and pray for their wellbeing and safety. In return, brothers give gifts to sisters and promise to take care of them.





Environmental Fact of the Day

Larval mosquitoes contribute to aquatic food chains by serving as food sources for many predators, including fish and birds. If a mosquito survives to adulthood, it flies away from its aquatic habitat. This transfers the mosquito's biomass (its material weight) to the terrestrial ecosystem.



Constitutional Values

National Integration: National Integration is the awareness of a common identity amongst the citizens of a country. It means that though the individuals belong to different communities, castes, religions, cultures and regions and speak different languages, all of them recognize the fact that they are one. This kind of integration is very important in the building of a strong and prosperous nation.

International Day for the Remembrance of the Slave Trade and its Abolition is observed on 23rd August every year to remind us about the tragedy of all the people affected by the tragedy of the transatlantic slave trade. It provides a chance to think about the historic causes and the consequences of the slave trade.

Benefits of ASAFOETIDA:

- Lowers Blood Pressure
- Rich in Minerals
- Lowers Blood Sugar Level
- Relieves Migraine





Environmental Fact of the Day



Noise pollution is generally defined as regular exposure to elevated sound levels that may lead to adverse effects in humans or other living organisms. According to the World Health Organization, sound levels less than 70 dB are not damaging to living organisms, regardless of how long or consistent the exposure is.



Constitutional Values

Sarva: Sarva Siksha Abhiyan(SSA) was launched in 2001. The goals of SSA are as follows:

- (i) Enrollment of all 6-14 age group children in school/Education Guarantee Scheme(EGS) center/ Bridge course by 2005.
- (ii) Bridge all gender and social category gaps at primary stage by 2007 and at elementary education level by 2010.

International Strange Music Day is celebrated every year on 24th August to play and focus on the sorts of music that we have never experienced.

Pluto Demoted Day is observed on 24th August of every year. The commemoration of the day began when Pluto's status was demoted by the International Astronomical Union (IAU) from a full-sized planet to a dwarf planet. Pluto Demoted Day is memorialized to remember the discovery of this dwarf planet.

Benefits of Guava :

- Lowers Cholesterol
- Boosts Immunity
- Improves Sleep Quality
- Promotes Weight Loss





Environmental Fact of the Day

Environmental factors like pollutants, temperature variations, ultraviolet radiations, toxic gases, chemicals, bacteria, smoking, various drugs, variable humidity, and cosmetics affect the various parts of eyes like cornea and conjunctiva in several ways leading to eye disorders like cataract, conjunctivitis etc.



The National Eye Donation Fortnight is observed every year from 25th August to 8th September. It is a campaign which aims to create mass public awareness about the importance of eye donation and to motivate people to pledge their eyes for donation after death.

Healthy Food for Eyes



Constitutional Values

Sarva: Sarva Shiksha Abhiyan(SSA) was launched in 2001. The goals of SSA are as follows:

- (i) Universal retention by 2021.
- (ii) Focus on elementary education of satisfactory quality with emphasis on education for life.



Environmental Fact of the Day



When a non-native species overtakes an area, it can negatively impact delicate ecosystems through pollution and the spreading of disease. Stray animals usually aren't vaccinated, leading to the transmission of rabies and other life-threatening diseases to other animal populations.



Women's Equality Day commemorates the passage of the 19th Amendment to the U.S. Constitution which granted the women right to vote. In 1971, the U.S. Congress officially recognized August 26 as Women's Equality Day.

International Dog Day is celebrated on 26th August to recognise the number of dogs that need to be rescued each year.

Benefits of Pears:

- Lower blood pressure
- Boost Immune system
- Rich in Fibre
- Lower cholesterol level
- Prevent cancer



Constitutional Values

The forty second constitutional amendment added a Directive principle , which ensures Protection and improvement of environment and safeguarding of forests and wild life. A number of Programmes like Save the Tiger project Rhino, elephant etc. are being implemented in pursuance of the newly added directive principle.



Environmental Fact of the Day

When too many fish are taken out of the ocean it creates an imbalance that can erode the food web and lead to a loss of other important marine life, including vulnerable species like sea turtles and corals.



World Rock Paper Scissors Day is celebrated on 27th August every year. Rock Paper Scissors is considered the oldest hand game in the world. It's also a day to play Rock Paper Scissors just for fun or to settle a dispute.

Benefits of Barley:

- Prevents Bone Disorders
- Lowers Cholesterol
- Prevents Asthma
- Improves Immunity



Constitutional Values

Our foreign policy is in consonance with the principles of international peace and security, and maintaining just and honourable relations between nations.



International Read Comics in Public Day is observed on 28th August every year to encourage the general public to read comic books. It's also a day to celebrate the various comic genres and styles. Superman, Batman, Wonder Woman, Captain America, and Spiderman are some of the most popular superheroes in history.



National Sports Day is celebrated on 29th August every year to honour the birthday of Dhyan Chand a field hockey player. National Sports Day is also known as Rashtriya Khel Divas.

The International Day against Nuclear Tests is observed on 29th August. It was established on December 2, 2009, at the 64th session of the United Nations General Assembly by the resolution 64/35, which was adopted unanimously. The International Day Against Nuclear Tests aims to raise public awareness about the effects of global nuclear weapon tests, and advocates the banning of nuclear tests as a step to achieving a safer world.





AUGUST
31TH

International Overdose Awareness Day is a global event held on 31st August every year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

Benefits of Fenugreek seeds:

- Improve digestive problems
- Improve cholesterol level
- Control diabetes
- Cure constipation



Environmental Fact of the Day

According to researchers, more than 150 different human and veterinary drugs have been discovered in trace quantities in landscapes as far away as the Arctic. More than 4,000 prescription drugs used for human and animal health eventually end up in the environment. They can pollute directly from pharmaceutical plants, as well as humans and animals. These chemicals can affect the health and behaviour of wildlife, including insects, fish, birds, and other animals, as they make their way into terrestrial and aquatic environments.



Constitutional Values

74th Constitutional amendment act of 1992:

1. Constitution of urban local bodies (namely, Municipal Corporation, Municipal Council, and Nagar Panchayat) in every Indian State.
2. Constitution of Wards Committees within the territorial area of a municipality, to ensure people's participation in civic affairs at the grass-root level.