



Environmental Fact of the Day

Thermocol is non-biodegradable because it is photolysis resistant. Thermocol needs a very long time to degrade naturally in the environment. Hence, thermocol is burnt to reduce the waste but incinerating thermocol is more harmful than littering those in our environment.



Utkal Divas (Odisha Day) or Utkala Dibasha is celebrated on 1st April every year to remember the formation of the Odisha state after a struggle to be recognized as an independent state. The state was carved out of the combined Bengal-Bihar-Orissa province. Odisha is famous for its heritage sites and enthralling views.

Constitutional Values

Nominal and Real Executive: There are two parts of the executive in India, nominal executive and real executive. The president who is the Head of the State is the nominal and formal executive. Theoretically, all the executive powers are vested by the Constitution in the President of India. But, in practice these are not exercised by him/her. These are actually used by the Prime Minister and the Councils of Ministers. The Council of Ministers with the Prime Minister at the head is the real executive. The President can not act without the advice of the Council of Ministers.

Benefits of Sugarcane Juice

- Instant energy booster
- Helps to fight against cancer
- Boosts immunity
- Prevents constipation
- Protects liver





The National Maritime Day is celebrated every year on 5th April to illustrate the awareness in supporting intercontinental commerce and the global economy as the most well-organized, safe and sound, environmentally responsive approach of transporting goods from one corner to another corner of the world. The World Maritime Theme for 2021, “Seafarers: at the core of shipping’s future”.

Benefits of Aloe Vera Juice

- Improves the immune system
- Boosts metabolism
- Aids weight loss
- Improves hair growth
- Improves digestion



Environmental Fact of the Day

Marine pollution is a combination of chemicals and trash, most of which comes from land sources and is washed or blown into the ocean. This pollution results in damage to the environment, to the health of all organisms, and to economic structures worldwide.



Constitutional Values

Prime Minister as the real executive: It is the Prime Minister who is the pivot of the parliamentary executive. All the members of the Council of Ministers are appointed by the President on the recommendations of the Prime Minister. He/She presides over the meetings of the Cabinet and is the only link between the Council of Ministers and the President. Any Minister can be removed from office if the Prime Minister decides. When the Prime Minister resigns, the entire Council of Ministers has to go.



The World Health Day is a global health awareness day celebrated every year on 7th April, under the sponsorship of the World Health Organization, as well as other related organizations. To create awareness on the benefits of being healthy, each year draws attention to a specific health topic of concern to people all over the world. The theme for 2021 is "Building a fairer, healthier world".

Benefits of Indian Coral Tree leaf (Kalyana Murungai):

- Rich in protein, minerals & vitamins
- Cures cough & cold
- Strengthens bones
- Good waist line reducer



Environmental Fact of the Day

Waste generated by health-care activities is about 85% non-hazardous waste. Remaining 15% hazardous material may be infectious, toxic or radioactive. Environmentally sound management of health care wastes can prevent adverse health and environmental impacts from the unintended release of chemical or biological hazards in order to protect the health of patients, health workers, and the general public.



Constitutional Values

Equality before Law: The Constitution guarantees that all citizens will be equal before law. It means that everyone will be equally protected by the laws of the country. No person is above law. It means that if two persons commit the same crime, both of them will get the same punishment without any discrimination.



The name of the month, April comes from a Roman word for “second” – aprilis – as it was the second month of the Roman year. The name Latin Aprilis, which is derived from the Latin aperire meaning “to open” could be a reference to the blossoming of flowers and trees, a common occurrence throughout the month of April in the Northern Hemisphere.

Benefits of Eclipta prostrata (Karisalankanni keerai):

- Strengthens hair roots & promotes hair growth
- Controls high blood pressure
- Improves body metabolism
- Relief from migraine pain



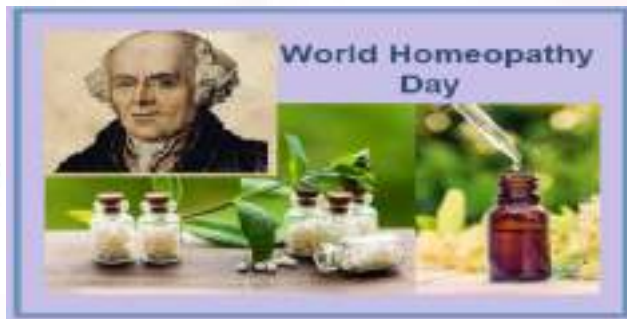
Environmental Fact of the Day

Plastic does not decompose easily. Styrofoam and plastic bags take up to one thousand years to decompose and thus contaminate the soil. When they are thrown into the water, they contribute to the deaths of thousands of marine animals.



Constitutional Values

No Discrimination on the basis of Religion, Race, Caste, Sex or Place of Birth: The State cannot discriminate against a citizen on the basis of religion, race, caste, sex or place of birth. This is necessary to bring about social equality. Every citizen of India has equal access to shops, restaurants, places of public entertainment or in the use of wells, tanks or roads without any discrimination. However, the state can make special provisions or concessions for women and children.



Environmental Fact of the Day

Radon is a naturally occurring radioactive gas that has no smell, color or taste which may be found in highly concentrated indoor environments, such as homes and workplaces. Radon is estimated to cause between 3% and 14% of all lung cancers in a country, depending on the national average radon level and smoking prevalence. Radon indoor concentrations can easily be measured with a small passive detector.



The World Homeopathy Day is celebrated each year on 10th April to pay tribute to homeopathy and its contribution to the world of medicine. The day is observed on the occasion of the birth anniversary of German Physician Dr Christian Friedrich Samuel Hahnemann, the founder of homeopathy.

Benefits of Coral Jasmine leaf (Pavalamalli):

- Cures malaria and other fever
- Provides relief from dengue
- Relieves joint pain
- Cures cold & cough



Constitutional Values

Equality of Opportunity to all Citizens in matter of Public Employment: The State cannot discriminate against anyone in the matter of public employment. All citizens can apply and become employees of the State. Merits and qualifications will be the basis of employment. However, there are some exceptions to this right. There is a special provision for the reservation of posts for citizens belonging to Scheduled Castes, Scheduled Tribes and other Backward Classes(OBCs).



Environmental Fact of the Day

About 70% of our planet is covered with oceans. The Earth has acquired the nickname Blue Planet. The remaining 30% is the solid crust located above sea level, hence called the “continental crust”.



Constitutional Values

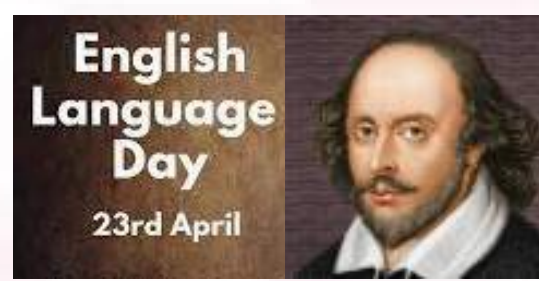
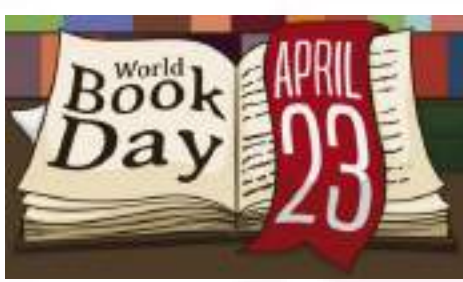
Abolition of Untouchability: Practising untouchability in any form has been made a punishable offence under the law. This provision is an effort to uplift the social status of millions of Indians who had been looked down upon and kept at a distance because of either their caste or the nature of their profession.

World Earth day is observed every year on 22nd April to mark the anniversary of the birth of the modern environmental movement in 1970. This day is celebrated to increase awareness about the importance of the planet. The theme of this year's Earth Day is “Restore Our Earth”, which will focus on natural processes, emerging green technologies and innovative thinking that can restore the world's ecosystems.

Benefits of Green Tea:

- Fights against cancer
- Lowers cholesterol
- Protects against heart diseases
- Boosts immune system





Every year 23rd April is celebrated as world book and copyright day to promote the enjoyment of books and reading. It is necessary to recognize the magical powers of books because they generate a link between the past and the future, a bridge between generations and across cultures.

English Language Day at the UN is celebrated on 23rd April, the day coincides with both the birthday and death day of William Shakespeare. The United Nations has established language days for each of the Organization's six official languages (Arabic, Chinese, English, French, Russian, Spanish) in order to celebrate multilingualism and cultural diversity.

Benefits of Amaranthus Tender (Thandu Keerai):

- Good source of Vitamins & Iron
- Rich in protein & potassium.
- Lowers cholesterol
- Prevents the premature greying of hair
- Boosts the immune system



Environmental Fact of the Day

Aluminum can be recycled forever. Recycling one aluminum can saves enough energy to run our TVs for at least 3 hours. 80 trillion aluminum cans are used by humans every year.



Constitutional Values

Abolition of Titles: All the British titles like Sir(knighthood) or Rai Bahadur which were given to the British loyalists during the British rule, have been abolished because they created distinctions of artificial nature. However, the President of India can confer civil and military awards to those who have rendered meritorious service to the nation in different fields. The civil awards such as Bharat Ratna, Padma Vibhushan, Padam Bhushan and Padma Shri and the military awards like Veer Chakra, Paramveer Chakra, Ashok Chakra are conferred.



National Panchayati Raj Day (National Local Self-Government day) is the national day of Panchayati Raj System in India celebrated by Ministry of Panchayati Raj on 24th April annually. In 1992 a major change in the Panchayat system of India came in the form of the passage of the Panchayati Raj Act (73rd Amendment). The act came into existence with effect from April 24th, 1993. Then Prime Minister of India Dr. Manmohan Singh declared the first National Panchayati Raj Day on 24th April 2010.

World Veterinary Day is observed every last Saturday of April month globally to raise awareness in the public about the important roles veterinarians play. The theme of World Veterinary Day 2021, which falls on 24th April, is “Veterinarian response to the COVID-19 crisis.”



Environmental Fact of the Day

The soil pollution causes large tracts of land to become hazardous to health. Unlike deserts, which are suitable for its native vegetation, such land cannot support most forms of life. The emission of toxic and foul gases from landfills pollutes the environment and causes serious health hazards.



World Intellectual Property Day is celebrated every year on 26th April and was established by the World Intellectual Property Organisation (WIPO) in the year 2000 to raise awareness about patents, copyright, trademarks & designs and how they impact daily life. Intellectual property rights play an important role in encouraging innovation and creativity. The theme of this year's celebration is “Intellectual property and small businesses: Taking big ideas to market.”

Benefits of Mango:

- Controls blood pressure
- Gives relief from anemia
- Prevents cancer
- Aids in weight gain
- Enhances skin health



Constitutional Values

Fundamental duties: Ten Fundamental Duties have been added in Part-IV of the Constitution under Art 51A in the year 1976 through the 42nd Constitutional Amendment. Unlike Fundamental Rights which are justiciable, the Fundamental Duties are non-justiciable which means that their violation i.e. non-performance of these duties is non-punishable.



PAMBAN BRIDGE



Pamban Bridge is a 2.2 km long railway bridge which connects the town of Mandapam in mainland India with Pamban island and Rameswaram. It was India's first sea bridge. The rail bridge is, for most of the part, a conventional bridge resting on concrete piers, but has a double-leaf bascule section midway, which can be raised to let ships and barges pass through.

Benefits of Spinacia oleracea (Pasalai keerai):

- Strengthens bones
- Prevents nervous problems
- Boosts immune system
- Rich in vitamins & minerals



Environmental Fact of the Day

Recycling one glass bottle saves enough energy to power a normal light bulb for about four hours. Glass does not decompose easily, recycling it might be more beneficial to the environment. The recycling of one glass bottle not only saves energy but the energy saved can also power a normal light bulb for about four hours.



Constitutional Values

Directive principles promoting social and economic equality:

1. The state should ensure for its people adequate means of livelihood.
2. The State should ensure fair distribution of the material resources of the country for the common good.
3. The state should distribute the wealth in such a way that the wealth is not concentrated in a few hands.
4. There should be equal pay for equal work for both men and women.
5. The state is directed to take steps to impact compulsory and free education to the children up to the age of 14 years.



Environmental Fact of the Day

A plastic bag is used for an average of 12 minutes but will remain in the environment for 1,000 years before it decomposes. Say no to plastic bags when you go shopping!. 160,000 plastic bags are used globally every second! 5 trillion plastic bags are produced yearly.



World day for safety and health at work is observed on 28th April every year by the International Labour Organisation (ILO) and United Nation (UN) since 2003, to promote the prevention of occupational accidents and diseases globally. It is an awareness-raising campaign intended to focus international attention on the magnitude of the problem and on how promoting and creating a safety and health culture can help to reduce the number of work-related deaths and injuries.

Benefits of Black nightshade (Manathakkali):

- Good for skin health
- Cures fever & cough
- Prevents inflammation
- Improves liver function
- Stimulates kidney function



Constitutional Values

Directive principles promoting social and economic equality:

1. The state should try to secure participation of workers in the management of the factory.
2. Childhood and Youth should be protected against exploitation. Men, women and children should not be forced by economic necessity to enter jobs and vocations not suited to their age or strength.
3. The state should ensure to the people (a) the right to work (b) the right to education (c) the right to state assistance in cases of unemployment, old age, sickness and disablement.
4. The state should make provisions for securing just and humane conditions of work for the workers and maternity relief for women.



Environmental Fact of the Day

Around 20% of the world's total oxygen is produced in the Amazon rainforest, where 1% of tree species sequester 50% of the region's carbon. The forest has 16,000 different species of trees and is estimated to have nearly 400 billion individual trees. All of this arboreal magnificence sequesters between 90 and 140 billion metric tons of carbon. When we lose forest habitat, that carbon makes its way back into the atmosphere.



International Dance Day is a global celebration of dance, created by the Dance Committee of the International Theatre Institute, the main partner for the performing arts of UNESCO. The event takes place every year on 29th April, which is the birth anniversary of Jean-Georges Noverre, the creator of modern ballet. Theme of International Dance Day 2021 is 'Purpose of Dance'.

Benefits of Turkey Berry (Sundakkai):

- Strengthens bones and teeth
- Cures paralysis & cough
- Prevents gas trouble
- Reduces body heat
- Cures night blindness
- Rich in antioxidants



Constitutional Values

Principles related to Gandhian thought:

1. The state shall promote the educational and economic interests of the weaker sections of the society and in particular the interests of the scheduled castes and scheduled tribes.
2. The state shall take steps to organize the village panchayats. These panchayats should be given such powers and authority as may be necessary to enable them to function as units of self government.



As part of Gram Swaraj Abhiyan, Ayushman Bharat Diwas is celebrated across the country every year on 30th April. The Ayushman Bharat programme seeks to provide and promote affordable medical facilities in the remote parts of the country. Ayushman Bharat is a flagship scheme of Government of India which was launched as recommended by the National Health Policy in 2017, to achieve the vision of Universal Health Coverage (UHC).

Benefits of Tendli(Ivy gourd):

- Improves digestion
- Prevents constipation
- Controls blood pressure & blood sugar levels
- Reduces the risk of heart disease



Environmental Fact of the Day

Lighting accounts for 15% of global electricity use. Switching to LEDs will use 90% less energy and last far longer than with the use of incandescent lights.



Constitutional Values

Principles related to Gandhian thought:

1. The state shall make efforts to prevent the consumption of alcoholic drinks and other harmful drugs.
2. The state shall try to promote cottage industries in rural areas.
3. The state shall take steps to improve the quality of livestock and ban the slaughter of cows and calves and other milch and draught cattle.