



World Milk Day is observed globally on 1st June every year since 2001 to celebrate the important contributions of the dairy sector to sustainability, economic development, livelihoods and nutrition. The theme for World Milk Day 2021 will focus on 'sustainability in the dairy sector'.

### Benefits of Milk:

- Strengthens immune system
- Reduces muscle & joint pains
- Reduces fatigue
- Good for teeth & gums
- Promotes heart health
- Cleanses the skin



### Environmental Fact of the Day

80% of the water pollution is caused due to domestic sewage like throwing garbage on open ground and water bodies. Water pollution is the major cause of various diseases like cholera and typhoid.



### Constitutional Values

President's rule: In India, President's rule is the suspension of state government and imposition of direct Union government rule in a state. Under Article 356 of the Constitution of India, in the event that a state government is unable to function according to Constitutional provisions, the Union government can take direct control of the state machinery.



## Environmental Fact of the Day

Around 70% of the industrial waste is dumped into the water bodies where it pollutes the usable water supply.



## Constitutional Values

Supreme court is the apex court of the national judicial system

- Supreme court is the interpreter of the Constitution
- Supreme court guardian of citizens' fundamental rights
- Supreme court ultimate court of appeal in civil & criminal matters
- Supreme court headed by Chief Justice of India, appointed by President

Telangana Formation Day symbolizes the day when the state of Telangana was officially separated from Andhra Pradesh. This day celebrates the success of the Telangana Movement that led to the birth of a new state. It is observed annually on 2<sup>nd</sup> June since 2014. The struggle of Telangana to generate a new state began in the early 1950's.

## Benefits of Seeraga samba rice :

- Rich in fiber
- Helps in lowering cholesterol
- Prevents cancer





In April 2018, the United Nations General Assembly declared 3rd June as international World Bicycle Day to recognize the uniqueness, longevity and versatility of the bicycle, which is an affordable, environment friendly and sustainable means of transportation.

### Benefits of Cycling :

- Relieves stress
- Strengthens immune system
- Burns calories
- Boosts metabolism
- Reduces the risk of heart disease



### Environmental Fact of the Day

Vehicle emissions contribute to the formation of ground level ozone (smog), which can trigger health problems such as aggravated asthma, reduced lung capacity, and increased susceptibility to respiratory illnesses, including pneumonia and bronchitis.



### Constitutional Values

Principles related to International Peace and Security: The Constitution makers included some principles which provide guidelines to our foreign policy. These are:

1. The state shall promote international peace and security.
2. The state shall endeavor to maintain just and honorable relations with other nations.
3. The state shall foster respect for international laws and treaty obligations.
4. The state shall encourage settlement of international disputes by arbitration, i.e. mutual agreement.



Every year on 4<sup>th</sup> June, The United Nation's (UN) International Day of Innocent Children Victims of Aggression is observed to raise awareness about the children who have suffered a lot throughout the world and are victims of physical, mental and emotional abuse. On this day UN affirms the commitment to protect the rights of children.

### Benefits of Kichili samba rice:

- Strengthens muscles and nerves
- Good for diabetics
- Low glycemic index
- Aids weight loss
- Boosts immune system



### Environmental Fact of the Day

152 million children worldwide are victims of child labor; 88 million are boys and 64 million are girls. 71 percent of child labor takes place in agriculture, which includes fishing, forestry, livestock herding and aquaculture.



### Constitutional Values

India has a parliamentary form of government at both the central and state levels. The President is the Head of the State and a nominal executive, whereas the Prime Minister as head of the Council of Ministers is the real head of the executive. There is a close relationship between the executive and legislature and the Council of Ministers is collectively responsible to the Parliament.



World Environment Day is observed every year on 5<sup>th</sup> June since 1974 and is celebrated by more than 100 countries. The environment is a major issue, which not only affects the well-being of the people but also hampers economic development throughout the world. The theme of World Environment Day 2021 is "Ecosystem Restoration".





## Environmental Fact of the Day

1.3 billion tons of food is wasted every year. Food waste generates 3.3 billion tons of carbon dioxide, which accelerates global climate change. Just one quarter of all wasted food could feed the 795 million undernourished people around the world who suffer from hunger.



World Food Safety Day is celebrated on 7<sup>th</sup> June to draw global attention to the consequences of contaminated food and water to health. Also, this day focuses on the way to reduce the risk of food poisoning. The safety of food is a key to achieve Sustainable Development Goals. The theme for World Food Safety Day 2021 is “Safe food today for a healthy tomorrow”.

## Benefits of Apple:

- Stimulates weight loss
- Strengthens immunity
- Good for heart
- Improves bone health
- Rich in nutrients



## Constitutional Values

Prohibition of traffic in human beings and forced labour: Traffic in human beings and begar and other similar forms of forced labour are prohibited and any breach of this provision shall be an offence punishable in accordance with law.



**World Oceans Day** is celebrated on 8<sup>th</sup> June every year to empower people of all ages to become leaders of their own and stop polluting ocean, water bodies. This day spreads awareness about reducing single-use plastics and taking action necessary to bring real change. The theme for World Oceans Day 2021 is “The Ocean: Life and Livelihoods”.

**World Brain Tumour Day** is celebrated on 8<sup>th</sup> June every year to raise awareness among people about the condition, educate people about the consequences and also help people suffering from a brain tumour.

### **Benefits of Broccoli:**

- Rich in calcium and fiber
- Prevents cancer
- Natural anti-biotic
- Cleanses intestines



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

Brain tumors are the fifth leading cause of cancer-related deaths. Approximately 4.3% of all brain tumor cases diagnosed every year occur in the children of ages 0-14. Brain tumours in children are different from those in adults and are often treated differently. Although as many as 60% of children with brain tumours will survive, they are often left with long-term side effects.



### **Constitutional Values**

**Socialist society:** Socialism has been made a constitutional value aimed at promoting social change and transformation to end all forms of inequalities. Our Constitution directs the governments and the people to ensure a planned and coordinated social development in all fields. It directs to prevent concentration of wealth and power in a few hands



## Environmental Fact of the Day

The 5 most common items found in coastal cleanups around the world are all single-use plastics. They are: plastic cigarette butts, food wrappers, plastic beverage bottles, plastic bottle caps, and plastic straws and drink stirrers.



June is the sixth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. It is believed that the month is named after the Roman goddess Juno, who is the wife of Jupiter and is also equivalent to the Greek goddess Hera.

## Constitutional Values

Directive Principles of State Policy: The State shall, in particular, strive to minimize the inequalities in income, and endeavor to eliminate inequalities in status, facilities and opportunities, not only amongst individuals but also amongst groups of people residing in different areas or engaged in different vocations.

## Benefits of Mapillai samba rice:

- Rich in vitamin B content and fiber
- Strengthens nerves and muscles
- Low Glycemic index
- Increases hemoglobin level.







## Environmental Fact of the Day

Over one million seabirds are killed by ocean pollution each year. Three hundred thousand dolphins and porpoises die each year as a result of becoming entangled in discarded fishing nets, among other items. One hundred thousand sea mammals are killed in the ocean by pollution each year.



A solar eclipse occurs when the moon comes in between the Earth and the sun. A solar eclipse can only take place at the phase of new moon, when the moon passes directly between the sun and Earth and its shadows fall upon Earth's surface. The first Solar Eclipse of 2021 will be visible on Thursday, June 10, 2021. It will be an annular solar eclipse.

## Benefits of Karuppu kavuni rice(black rice):

- Builds immunity
- Prevents cancer
- Reduces inflammation
- Improves liver health
- Reduces body weight



## Constitutional Values

**Liberty:** The Preamble prescribes liberty of thought, expression, belief, faith and worship as one of the core values. These have to be assured to every member of all the communities.



Mettur dam



The Mettur dam, also known as the Stanley Reservoir, is one of the largest dams in India and also the largest in Tamil Nadu, located across the river Cauvery where it enters the plains. This dam designed by British Engineer Ellis irrigates about six lakh hectares of land in the districts of Salem, Namakkal, Karur, Tiruchi, Pudukkottai, and Thanjavur.

### Benefits of Brown rice:

- Boosts immune system
- Prevents cancer
- Rich in antioxidants
- Reduces body weight



### Environmental Fact of the Day

48 percent of all victims of child labour are aged between 5 to 11 years. Around the world, there are 152 million children engaged in child labour; 73 million of them are engaged in hazardous work that directly harms their health, safety or moral development.



### Constitutional Values

Right to property: The right to property created a lot of problems in the way of attaining the goal of socialism and equitable distribution of wealth, it was removed from the list of Fundamental Rights in 1978 by 44<sup>th</sup> constitutional amendment. However, its deletion does not mean that we do not have the right to acquire, hold and dispose of property. Citizens are still free to enjoy this right. But now it is just a legal right and not a Fundamental Right.



The World Day Against Child Labour is held annually on 12<sup>th</sup> June. It is an international day to raise awareness and prompt action to stop child labour in all of its forms. The International Labour Organization (ILO) launched the World Day Against Child Labour in 2002. This day focuses attention on the prevalence of child labour throughout the world and the action and efforts essential towards eliminating it.





World Blood Donor Day is observed on 14<sup>th</sup> June every year to raise awareness about the urgency of blood donations all over the world and to acknowledge and appreciate blood donors for their support.

### Benefits of Beetroot:

- Natural immunity booster
- Prevents constipation
- Rich in vitamins & minerals
- Controls blood pressure



### Environmental Fact of the Day

More than 38,000 blood donations are needed every day. A single donation of blood can save multiple lives. About 1 in 7 people entering a hospital need blood.



### Constitutional Values

Protection of interests of minorities: Any minority group having a distinct language, script or culture of its own shall have the right to conserve the same. No citizen shall be denied admission into any educational institution maintained by the State or receiving aid out of State funds on grounds only of religion, race, caste, language or any of them.



**World  
Wind Day**  
**June 15**  
#GlobalWindDay



**World Wind Day** is observed on 15<sup>th</sup> June globally to promote clean energy and to make people aware about the uses of wind energy as well as the power and possibilities it holds to change the world. It is Organised by WindEurope and Global Wind Energy Council(GWEC).

**World Elder Abuse Awareness Day** is celebrated every year on 15<sup>th</sup> June to encourage the world to pay greater attention to the well-being and adequate care for the elderly. Elder abuse is a global social issue that affects the Health and Human Rights of millions of older persons around the world. The day was officially recognized by the United Nations General Assembly in December 2011.

### **Benefits of Rajamudi rice:**

- Rich in vitamin B & fiber
- Aids weight loss
- Helps in digestion
- Rich in antioxidants



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

Wind energy is one of the fastest-growing energy sources in the world. The largest wind turbine in the world is in Hawaii, USA. A single commercial turbine can power 600 homes. Wind energy is the only form of alternative energy that doesn't require water.



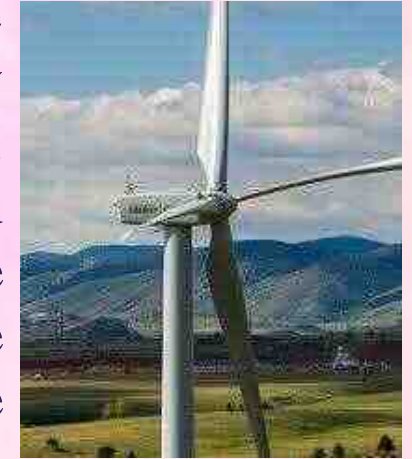
### **Constitutional Values**

**Right to Education:** The Right to Education is added by introducing a new Article 21A in the chapter on Fundamental Rights in by the 86<sup>th</sup> Constitutional Amendment. It was a long standing demand so that all children in the age group of 6-14 years(and their parents) 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

Wind turbines are prone to noise disturbances. Turbines may reduce the local bird population. Wind farms can be constructed in offshore locations. Winds are steadier and stronger in offshore locations but setting up the infrastructure is costlier.



## Constitutional Values

**Right to Equality:** Right to Equality is very important in a society like ours. The purpose of this right is to establish the rule of law where all the citizens should be treated equal before the law. It has five provisions(Article14-18) to provide for equality before law or for the protection of law to all the persons in India and also to prohibit discrimination on the grounds of religion, race, caste, sex or place of birth.

Kelavarapalli Dam has been constructed on the river Ponniar in Tamil Nadu and rises up to 13.50 m in height with a huge storing capacity. The dam leads the water to the districts of Cuddalore, Dharmapuri, Krishnagiri and Vellore. It is about 10 km away from Hosur and is on the road that diverts towards Kelavarapalli, off Bangalore road.

### Benefits of Bamboo rice:

- Good source of vitamin B6
- High protein content
- Controls joint pains
- Lower cholesterol levels
- Rich in fibre content





## Environmental Fact of the Day

Desertification may alter the living conditions of the local flora and fauna that makes it impossible for animals and plants to sustain their populations. After desertification, regions suffer from water shortages due to climate change and animals may suffer and die since water is vital for all life on our planet.



The United Nation General Assembly in 1994 declared 17<sup>th</sup> June as the “World Day to Combat Desertification and Drought”, to spread awareness about international cooperation to combat desertification and the effects of drought. It is a unique occasion to remind people that desertification can be effectively tackled, solutions are possible and what is important is participation and cooperation at all levels.

### Benefits of Karun kuruvai Rice:

- Good source of fiber
- Cures arthritis
- Removes bad cholesterol
- Treats elephantiasis
- Rich in fibre content



### Constitutional Values

**Human Rights:** Human rights are universal, fundamental and absolute; universal because they belong to all humans everywhere; fundamental because they are inalienable; absolute because they are basic to a real living.



## Environmental Fact of the Day

The rate of autism has steadily grown over the last 20 years. Autism now affects 1 in 68 children. Boys are four times more likely to have autism than girls. About 40% of children with autism do not speak. About 25%-30% of children with autism are able to speak some words at 12-18 months of age but then lose them.



## Constitutional Values

Directive principles of state policy:

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.

**Autistic Pride Day** is observed on 18<sup>th</sup> June to represent diversity and infinite possibilities. This is a day for the patients suffering from autism to come together with their families or caregivers. A day to promote awareness, acceptance and autonomy. The theme for Autistic Pride Day 2021 is 'Inclusion in the Workplace: Challenges and Opportunities in a Post-Pandemic World'.

**International Picnic Day** is celebrated on 18<sup>th</sup> June every year. This is a day to enjoy in nature, with your near and dear ones.

## Benefits of Jack fruit:

- Strengthens immune system
- Protects against cancer
- Prevents anemia
- Aids in healthy digestion
- Boosts energy



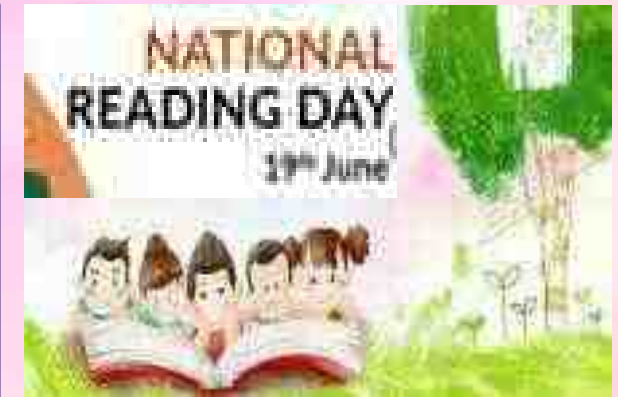




**World Sauntering Day** is celebrated on 19<sup>th</sup> June every year. The purpose is to remind people to slow down and enjoy life as opposed to rushing through it. It is also sometimes referred to as International Sauntering Day.



The 26<sup>th</sup> **National Reading Day** will be celebrated on 19<sup>th</sup> June 2021. It is celebrated to honor the father of the Library Movement in Kerala, the late Puthuvayil Narayana Panicker, whose death anniversary falls on 19th June. On 19<sup>th</sup> June 2017, Hon'ble Prime Minister launched the 22<sup>nd</sup> National Reading Month Celebrations and gave a clarion call to propagate the message of 'Read and Grow' among all the citizens of the country by 2022.



**World Sickle Cell Awareness Day** is held annually since 2008 to raise awareness about Sickle Cell Disease (SCD) and the struggle that the sufferers or a patient's family face. This day was officially adopted by the General Assembly of the United Nation, to recognize SCD as a public health concern. Sickle cell anemia is an inherited red blood cell disorder in which there aren't enough healthy red blood cells to carry oxygen throughout your body.



**Father's day** is observed every year on the third Sunday of June to commemorate fatherhood and appreciates all fathers for their support and contribution to society. In 2021, Father's Day falls on 20 June.

**World Refugee Day** is an international day designated by the United Nations to honour refugees around the globe. It falls each year on June 20 and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.



**International Yoga day** is celebrated across the globe on 21<sup>st</sup> June to raise awareness about yoga in life and to make people aware of the benefits of yoga. In India, International Yoga Day is celebrated by the Ministry of AYUSH. The theme for International Yoga Day 2021 is “Yoga for well-being.”

**World Hydrography Day** is observed on 21<sup>st</sup> June every year to increase public awareness about hydrography science. Every year the International Hydrographic Organisation (IHO) and its international members celebrate this day.

**World Music Day** is celebrated on 21<sup>st</sup> June every year to promote music on an international level and is a way to establish global harmony through music.

**Summer Solstice** is observed on 21<sup>st</sup> June. It is the longest day in India with the longest period of daylight.

## Benefits of Yoga:

- Strengthens bones
- Improves digestion
- Protects spine
- Makes you happier
- Gives inner strength



## Environmental Fact of the Day

Yoga is considered to be one of the most successful products of globalization. People aged between 30 and 49 years old practice yoga more than any other age group. 72% of yoga practitioners are women. There are more than 100 styles of yoga. Research has shown that practicing yoga can delay aging.

## Constitutional Values

Directive principles of state policy:

1) The state should distribute the wealth in such a way that the wealth is not concentrated in a few hands.



**KRINSHAGIRI DAM**



The Krishnagiri Dam is a dam that spans the Thenpennai River by the village of Dhuduganahalli, located in Krishnagiri district, Tamil Nadu, India. The Krishnagiri Dam is also known as Krishnagiri Reservoir Project (KRP) Dam. The KRP Dam is located 7 km away from Krishnagiri, between Dharmapuri and Krishnagiri which irrigates thousands of acres of land around Krishnagiri.

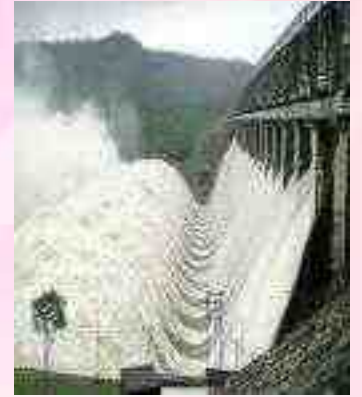
### **Benefits of Amla:**

- Rich in antioxidants
- Immunity booster
- Rich in Vitamin C
- Prevents constipation
- Promotes hair growth



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

Dams have many positive and negative effects on the environment. Their benefits include controlling stream regime, consequently preventing floods, obtaining domestic and irrigation water from stored water and generating energy from hydro power.



### **Constitutional Values**

Directive principles of state policy:

- 1) There should be equal work for both men and women.
- 2) 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

The five rings of the Olympic symbol – designed by Baron Pierre de Coubertin, co-founder of the modern Olympic Games – represent the five inhabited continents of the world. The six colors – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag contains at least one of them.



**United Nations public Service Day** is celebrated on 23<sup>rd</sup> June to highlight the contribution of public service in the development process. It recognizes the work of public servants and encourages young people to pursue careers in public sectors.

**International Olympic Day** was introduced in 1948 to commemorate the birth of the modern Olympic Games on 23<sup>rd</sup> June 1894 at the Sorbonne in Paris. The goal was to promote participation in sport across the globe regardless of age, gender or athletic ability.

### Benefits of Blueberries:

- Improve memory
- Prevent constipation
- Reduce high blood pressure
- Reduce belly fat
- Prevent cancer



## Constitutional Values

Directive principles of state policy:

- 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.



International Fairy Day is observed on 24<sup>th</sup> June every year. A day dedicated to the mythological spirits that fill our fairytales and imaginations! Fairies have existed in just about every culture around the world — though they differ from tale to tale.

### Benefits of Barnyard millet (Kuthiraivali):

- Rich in macronutrients
- High protein
- Rich in fiber
- Controls blood sugar
- Good source of iron



### Environmental Fact of the Day

Wildfires increase air pollution in surrounding areas and can affect regional air quality. The effects of smoke from wildfires can range from eye and respiratory tract irritation to more serious disorders, including reduced lung function, bronchitis, exacerbation of asthma and heart failure, as well as premature death.



### Constitutional Values

Directive principles of state policy: 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.



## Environmental Fact of the Day

Over 50% of all traffic accidents involve alcohol or drugs. 80% of all domestic violence reports are somehow related to alcohol or drugs. Drug abuse and addiction can affect almost every system in your body. Drugs affect feelings and moods, judgment, decision making, learning and memory.



**International Day against Drug Abuse and Illicit Trafficking** is observed on 26<sup>th</sup> June every year to make people aware of the harmful effects of drugs and to determine a society free of drug abuse. It was established by the United Nations General Assembly to strengthen global action and cooperation.

The UN General Assembly proclaimed 26<sup>th</sup> June as **International Day in Support of Victims of Torture** on 12<sup>th</sup> December, 1997 to eradicate torture and the effective functioning of the Convention against Torture and other cruel, inhuman or degrading treatment or punishment.

### Benefits of Kodo millet (Varagu):

- Contains calcium, vitamin B
- High protein
- Rich in fiber
- Prevents Constipation
- Good source of iron



## Constitutional Values

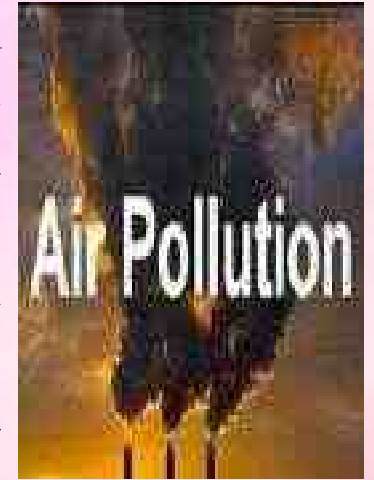
Directive principles of state policy:

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

Air pollution is responsible for 26% of deaths from ischemic heart disease, 24% of deaths from strokes, 43% from chronic obstructive pulmonary disease and 29% from lung cancer. In children, it is associated with low birth weight, asthma, childhood cancers, obesity, poor lung development and autism, among other health defects.



Midsummer(June 21, 24, 25) is the period of time in the middle of the summer. The exact dates vary among different cultures, but is primarily held close to the summer solstice. In terms of weather, farmers recognized the days around the solstice as the height, or middle, of summer. Crops were well under way and looking promising, so growers celebrated their anticipated harvest at Midsummer festivals.

## Benefits of Pearl millet (Kambu):

- Promotes heart health
- High in iron
- Improves respiratory health
- Energy booster
- Rich in vitamin B

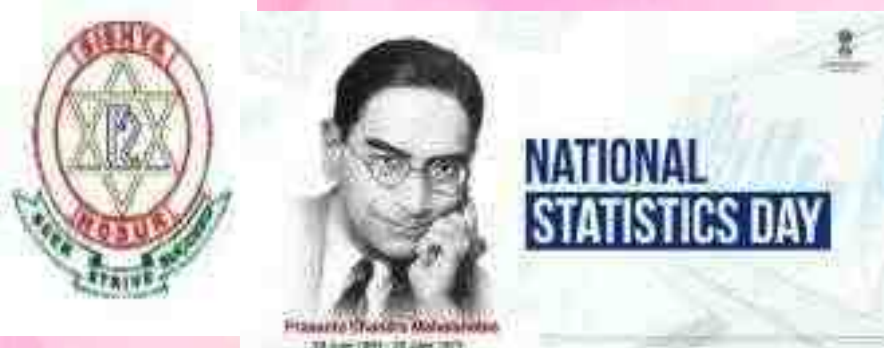


## Constitutional Values

Directive principles of state policy: The Constitution makers included some principles which provide guidelines to our foreign policy. These are:

1. The state shall promote international peace and security.
2. The state shall endeavor to maintain just and honorable relations with other nations





National Statistics Day is celebrated annually on occasion of Birth anniversary of India's eminent statistician, Late Prof. Prasanta Chandra Mahalanobis, in recognition of his invaluable contribution in establishing National Statistical System. The day also commemorates contributions made by Mahalanobis in fields of statistics and economic planning.

### Benefits of Foxtail millet (Thinai):

- Promotes heart health
- High in iron
- Improves respiratory health
- Energy booster
- Rich in vitamin B



### Environmental Fact of the Day

Eleven out of the top 12 cities with the highest levels of particulate pollution are located in India, according to a World Health Organization report. The report analyzed air monitoring stations across 4,300 cities worldwide in 2016. Kanpur, India tops the list, with a yearly average of 319 micrograms per cubic meter of the most harmful particle, PM2.5. Faridabad is next on the list, followed by Varanasi, Gaya, Patna and Delhi.



### Constitutional Values

Directive principles of state policy: The Constitution makers included some principles which provide guidelines to our foreign policy. These are:

1. The state shall foster respect for international laws and treaty obligations.
2. The state shall encourage settlement of international disputes by arbitration, i.e. mutual agreement.



Asteroid Day is an event observed on 30<sup>th</sup> June to provide online education about the asteroid. This event is held on the anniversary of the Siberian Tunguska event that took place on 30<sup>th</sup> June, 1908. It is the most harmful known asteroid related event on Earth in recent history. The United Nations passed a resolution for celebrating 30<sup>th</sup> June as Asteroid Day.

### Benefits of Finger millet/ Ragi:

- Strengthen bones
- Boosts immunity
- Rich source of protein
- Prevents Anemia
- Helps in weight loss



### Environmental Fact of the Day

Asteroids are small, rocky objects that orbit the Sun. The first asteroid was Ceres, discovered by Giuseppe Piazzi in 1801. There are currently over 600,000 known asteroids in our solar system. Most asteroids are found orbiting in the Asteroid Belt, a series of rings located between the orbits of Mars and Jupiter.



### Constitutional Values

Panchayati Raj System is a three tier system, having Gram Panchayats at village level, Panchayat Samities at intermediate or Block level and Zila Parishad at district level. These institutions work for the welfare and socio-economic development of the people of their respective areas.