



World Civil Defence Day is celebrated on 1st March 2020. The day is observed to raise awareness of public protection from natural and technogenic disasters and rescue service work. World Civil Defense Day was instituted by the International Civil Defense Organization (ICDO) General Assembly in 1990. It commemorates the day when the ICDO Constitution came into force as an intergovernmental organization in 1972. ICDO was established by French Surgeon-General George Saint-Paul in 1931 in Paris.

Benefits of Watermelon

- 1. Controls High Blood Pressure
- 2. Reduces Body Fat
- 3. Hydrates the Body
- 4. Improves Eye Health
- 5. Keeps Kidneys Healthy



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.

Constitutional Values

Secularism:

We all are pleased when anyone says that India is a home to almost all major religions in the world. In the context of this plurality (means more than one or two; many), secularism is seen as a great constitutional value. Secularism implies that our country is not guided by any one religion or any religious considerations. However, the Indian state is not against religions. It allows all its citizens to profess, preach and practise any religion they follow. At the same time, it ensures that the state does not have any religion of its own. Constitution strictly prohibits any discrimination on the ground of religion.



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 a heights of 650 feet (200 meters). The main cavern is large enough to house an entire New York City block.



Benefits of Wonderberry

- Cures Stomach ulcer
- Wonderful herb to cure mouth soreness
- Leaves act as a natural dewormer for children
- Improves eye vision

Environmental Fact of the Day



Industrial pollution continues to cause significant damage to the earth and all of its inhabitants due to chemical wastes, pesticides, radioactive materials etc. It affects wildlife and ecosystems and disrupts natural habitats. Adopting new technology, efficient training of employees for safe use and development of better technology for disposal of waste, and being more conscientious about the use of raw materials can help to control industrial pollution

Constitutional Values

Democracy:

The Preamble reflects democracy as a value. As a form of government it derives its authority from the will of the people. The people elect the rulers of the country and the elected representatives remain accountable to the people. The people of India elect them to be part of the government at different levels by a system of universal adult franchise, popularly known as 'one man one vote'. Democracy contributes to stability, continuous progress in the society and it secures peaceful political change. It allows dissent and encourages tolerance. And more importantly, it is based on the principles of rule of law, inalienable rights of citizens, independence of judiciary, free and fair elections and freedom of the press.



World Hearing Day
3 March



Environmental Fact of the Day



Hunting affects the biosphere, where the living organisms exist. It affects the biosphere because wildlife is directly related to the biosphere and hunting disrupts natural order. Besides natural predation, hunting directly affects the natural environment and results in decline in the wildlife.

World Hearing Day is held on 3rd March each year to raise awareness of how to prevent deafness and hearing loss and to promote ear and hearing care across the world. Each year, the World Health Organization decides the theme. The theme for World Hearing Day in 2021 is “Hearing care for all!”. The International Communication Project (ICP) proudly supports and promotes World Hearing Day and its theme.

Constitutional Values

To ensure Justice: Justice implies that the government will try to promote the welfare of all the sections of the people. The Preamble embraces three types of Justice-social, economic and political. To ensure Social Justice the constitution has made special arrangements for the weaker sections of the society, abolished untouchability, provided free education up to a certain standard, etc. with a view to providing political justice, the Constitution has introduced the principle of universal adult franchise and has given an equal right to all adult citizens to be elected or appointed to public services. Economic justice implies that the Constitution seeks to ensure economic security for the common people and to do way with unequal distribution of income and wealth.

Food for Healthy Ears





March 4 is commemorated as National Security Day to praise the work of security forces, who ensure that the citizens of India can sleep peacefully, without fretting over the security of the country.

Benefits of Arrowroot

Aids in weight loss	Improves heart health
Boosts energy levels in body	Prevents neural tube defects
Beneficial in managing diabetes	Aids in growth and development of body
Prevents anemia and improves blood circulation	



Environmental Fact of the Day



We need to grow more trees to make our surroundings better and to compensate for the deforestation and reducing effects of air pollution. Trees contribute a lot to the environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife.

Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. M A Ayyangar represented Madras. He was a prominent member of the steering committee.



The smallest Post Office is located in Ochopee, FL (34141), at 61.3 square feet. The building was actually a storage place for irrigation pipes of an adjacent tomato farm. It was converted into a Post Office in 1953, after a fire that destroyed a previous Post Office and general store.



Health Benefits of Rajma

1. Lowers Blood Pressure
2. Improves Memory Power
3. Helps to Prevent Osteoporosis
4. Controls Blood Sugar Level

Environmental Fact of the Day

About **90%** of the energy the washing machine uses goes towards heating the water. Washing in cold saves energy, saves your clothes and could help save the planet.



Constitutional Values

Framers of the Indian constitution - 14 luminaries:
The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Dewan Bahadur N Gopalswami Ayyangar represented Madras. He was a member of the rules, business, drafting and several other committees.



March 08

International Women's Day is a global day to celebrate the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Health Benefits of Capsicum



1. Good for Heart
2. Gives Glowing Skin
3. Prevents Cancer
4. Cures Food Poisoning

Environmental Fact of the Day



Processed Food production contributes to climate change, eutrophication and acid rain, as well as the depletion of biodiversity. It is also a considerable drain on other resources, such as nutrients, land area, energy, and water.

Constitutional Values

Framers of the Indian constitution - 14 luminaries:
The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Dewan Bahadur Alladi Krishnaswami Ayyar represented Madras. He was a member of the rules, drafting, union powers and several other committees.



Northeast Greenland National Park is the world's largest national park and the 9th largest protected area. It was established in 1974. A large area that covers and protects 972,001 km² of the interior and northeastern coast of Greenland.

Benefits of ASAFOETIDA

1. Lowers Blood Pressure
2. Rich in Minerals
3. Lowers Blood Sugar Level
4. Relieves Migraine



Environmental Fact of the Day



Oil spills are harmful to marine birds and mammals as well as fish and shellfish. Without the ability to repel water and insulate from the cold water, birds and mammals will die from hypothermia. Juvenile sea turtles can also become trapped in oil and mistake it for food.

Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Jairamdas Daulatram represented East Punjab. He was a member of the advisory, union subjects and provincial constitution committees.



Environmental Fact of the Day



Groundwater supplies drinking water for 51% of the total U.S. population and 99% of the rural population. Groundwater helps grow our food. 64% of groundwater is used for irrigation to grow crops.

Constitutional Values

Farmers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Shankarrao Dattatraya Deo represented Bombay. He was a member of the minorities and the fundamental rights sub-committees; besides, he actively participated in several other advisory committees.

International Day of Awesomeness is a day to remember that everyone is awesome. Awesomeness happens every day and most of the time we barely recognize it when it happens. March 10 is to celebrate the awesomeness in yourself and in all the people around you.

Benefits of Cucumber

Aids in managing diabetes

Helps prevent constipation

Helps lower blood pressure

Reduces risk of kidney stones

Keeps body healthy & functioning

Provides bright & glowing complexion





The World Plumbing Council (WPC) is an international organization which aims to achieve the best possible plumbing for the world through growth and development of the world's plumbing industries. World Plumbing Day is an international event on March 11 every year, initiated by the World Plumbing Council as a means of highlighting the important role plumbing plays in the health, safety and sustainability of our community.

Benefits of Drinking Water

1. Helps to reduce weight
2. Good for skin
3. Fights infection
4. Get rid of body toxins



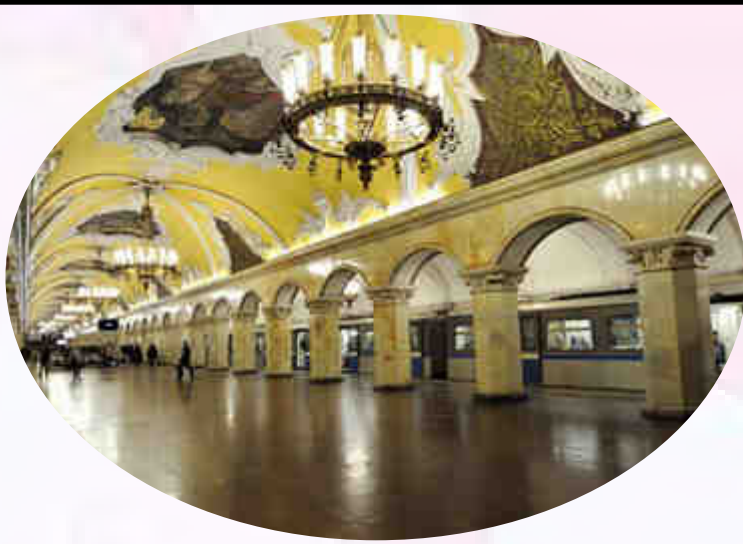
Environmental Fact of the Day

Fixing one faucet can save almost 10% of an average homeowner's annual water bill. According to Environmental Protection Agency, an average household's leaks can account for more than 10,000 gallons of wasted water each year. This is as much water is needed to do 270 loads of laundry.



Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Shrimati G Durgabai represented Madras. She was a member of the steering and rules committees.



The Moscow Metro (also known as the People's Palace) was inaugurated in 1935 in the era of Stalin. It is one of the biggest and densest in the world. It is made up of 14 lines, 228 stations and is 393,7 kilometers long. The deepest station at 84 meters below ground is Victoria Park (Park Pobedi), where you can find the longest escalator, at 126 meters long.

Benefits of Salt



- Salt maintains the fluid balance in the body.
- Helps removing excess acidity of the cells, especially neurons.
- Prevents muscle cramps.
- Allows nutrient absorption.

Environmental Fact of the Day



Litter adversely affects the environment. Littering along the road, on the streets or by the litter bins, toxic materials or chemicals in litter can be blown or washed into rivers, forests, lakes and oceans, and, eventually can pollute waterways, soil or aquatic environments.

Constitutional Values

Farmers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. T.T Krishnamachari represented Madras. He was a member of the drafting committee.



INTERNATIONAL DAY OF ACTION FOR RIVERS



International Day of Action for Rivers is celebrated on 14th March to raise awareness about the importance of rivers and climate change. The day was earlier known as International Day against Dams, for Rivers, Water, and Life. In India also several projects are started for the conservation of rivers or against dam construction. The Narmada Bachao Andolan was one of them.





World Consumer Rights Day is celebrated on 15th March to raise global awareness about consumer rights and needs. Celebrating the day is a chance to demand that the rights of all consumers are respected and protected and to protest against market abuses and social injustices which undermine those rights.

Benefits of TAMARIND

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



Environmental Fact of the Day

Ways to

Protect the environment at home



1. Conserve energy
2. Save water
3. Use eco-friendly products
4. Use filtered water
5. Start a compost pile
6. Plant vegetables
7. Recycle and reuse
8. Pick up litter
9. Make homemade desserts
10. Use cloth shopping bags



Constitutional Values

Farmers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. H C Mookerjee represented Bengal. He was a vice-president of the assembly and member of the minority rights sub-committee and provincial constitution committee



The Marble Caves (also known as Cuevas de Mármol) are located in the Patagonian Andes, on a peninsula of solid marble. This unique geological formation sits in waters shared by Argentina and Chile, and is only accessible by boat. Over more than 6,000 years, lake currents lapped at the marble, slowly carving out the smooth formations you see today. Though the marble itself isn't a brilliant blue, it dances with cerulean displays of color when the water reflects its light. As a result, it changes color throughout the year, depending on water levels and season.

Benefits of Carrot



Improves eyesight



Prevents heart diseases



Reduces high blood pressure



Environmental Fact of the Day



Acid rain can be extremely harmful to forests. Acid rain that seeps into the ground can dissolve nutrients, such as magnesium and calcium, that trees need to be healthy. Acid rain also causes aluminum to be released into the soil, which makes it difficult for trees to absorb water.

Constitutional Values

Farmers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. K M Munshi represented Bombay. He was one of the most prominent members of the Assembly. He was a member of several committees including the rules, steering and advisory committees.



The largest underground shopping center in Asia, COEX Mall is located in Seoul, South Korea. The stunning Starfield Library is situated in this huge coex mall. It is an open public space where anyone can freely come in, relax and immerse themselves in books along with other bibliophiles. A wide selection of books in various genres such as humanities, economics, hobbies, etc. are readily available.



HELPS PREVENT
OSTEOPOROSIS



HELPS PREVENT
ARTHRITIS



FIGHTS OFF
HEART DISEASE



LOWERS THE ODDS
OF SOME CANCERS

Benefits of Spinach



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

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Benegal Narsing Rau was not a member of the assembly but was perhaps as important in the framing of the Constitution as Dr. Ambedkar himself. He was represented India at the United Nations

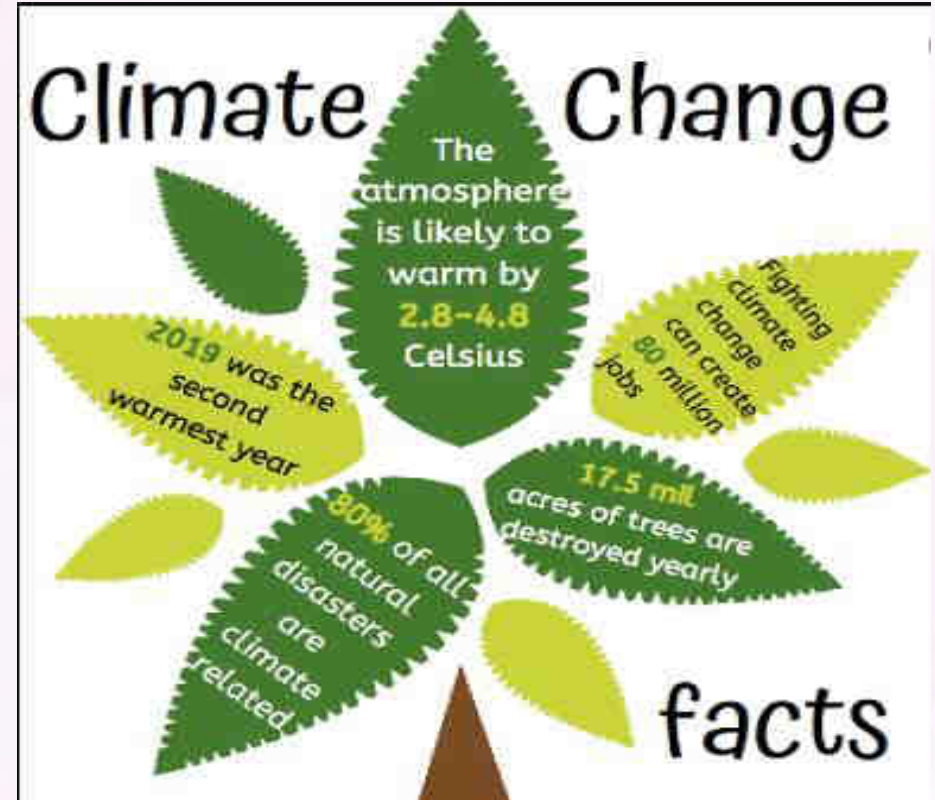


ORDNANCE FACTORIES Day (India)



The Ordnance Factories' Day is observed on 18th March. The production of India's oldest Ordnance Factory, which is at Cossipore of Kolkata, was started in 18th March, 1802. OFB is the 37th largest defence equipment manufacturer in the world, 2nd largest in Asia, and the largest in India. The day is celebrated by displaying the rifles, guns, artillery, ammunition etc. in exhibitions all over India. The celebrations start with a parade and the exhibition will also display the photographs of various mountaineering expeditions.

Environmental Fact of the Day



Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. N Madhava Rau represented Orissa. He was a member of the drafting committee.

Benefits of Beetroot

- Helps to prevent respiratory problems
- Good for liver
- Increases stamina





Environmental Fact of the Day

Sparrows are listed as endangered species due to electromagnetic radiation from the cell phone towers. The radiation is making the sparrows infertile due to which they are considered as endangered. The less use of cell phones can save our little chirping sparrows back to normal.



The World Sparrow Day & International Day of Happiness are celebrated on 20th March. These days are celebrated to create awareness among the people and also to educate the people to conserve the resources and also to stay happy with the available resources.

Benefits of Pineapple



Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamental rights. Saiyad Mohammed Saadulla represented Assam. He was a member of the steering and drafting committees.



World Water Day is celebrated on 22nd March every year since 1993. It focuses on the importance of freshwater and advocating for the sustainable management of freshwater resources. This day is an opportunity to learn more about water related issues, be inspired to tell others and take action to make a difference. The theme of World Water Day 2021 is valuing water.

Benefits of Pumpkin seeds

- Rich in minerals & protein
- Prevents kidney stone formation
- Reduces inflammation for arthritis.



Environmental Fact of the Day

The total volume of water available on Earth is about 1.4 billion km, and about 70% of the earth is covered with water. The largest quantities of water are in the oceans. Freshwater in the world is only 2.5% of the total water available on this planet.



Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. Satyanarayan Sinha represented Bihar. He was a member of the steering committee and the provincial constitution committee.



World Meteorological Day is celebrated on 23rd March every year to seek the attention towards weather and climate for the safety and well being of the society. The World Meteorological Organisation (WMO) of the United Nations was established on March 23, 1950 to replace the International Meteorological Organization. The first World Meteorological Day was launched on March 23, 1961.

Benefits of Sunlight



Environmental Fact of the Day

Solar energy is a free source of energy, and it is found in abundance. Though the sun is 90 million miles away from the earth, it takes less than 10 minutes for light to travel from that distance. Horticulture and agriculture seek to make the maximum use of solar energy.



Constitutional Values

Framers of the Indian constitution - 14 luminaries: The imprint of these 14 luminaries is seen across the Indian Constitution and especially in sections that deal with minority rights, federalism, the judiciary and fundamentals rights. B Pattabhi Sitaramayya represented Madras. He was a member of the rules, states, union subjects and provincial constitution committees.



World Tuberculosis (TB) Day is held on March 24 every year to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. The date marks the day in 1882 when Dr Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards diagnosing and curing this disease. The theme of World TB Day 2021 is 'The Clock is Ticking'.

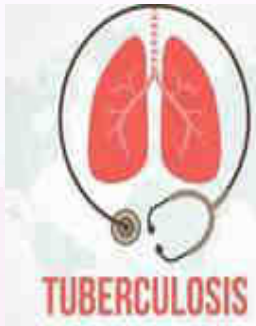
Healthy Balanced Diet for Tuberculosis

- Cereals, millets and pulses
- Vegetables and fruits rich in vitamin A,C and E.
- Milk and milk products, meat, eggs & fish
- Oils, fats and nuts and oils seeds.



Environmental Fact of the Day

About one quarter of the world's population is infected with tuberculosis(TB) bacteria. Only a small proportion of those infected will become sick with TB. People with weakened immune systems have a much greater risk of falling ill from TB. A person living with HIV is about 20 times more likely to develop active TB.



Constitutional Values

Single Citizenship means that every Indian is a citizen of India, irrespective of the place of his/her residence or birth in the country. This is unlike the United States of America where there is the system of double citizenship. A person is a citizen of a State where he/she lives as well as he/she is a citizen of U.S.A. This provision in the Indian Constitution definitely reinforces the values of equality, unity and Integrity..



March 25

March is named after Mars, the Roman God of War. The name of March comes from Martius, the first month of the earliest Roman calendar. The Roman calendar originally began in March and the months of January and February were added later, after a calendar reform.



Benefits of Drumstick leaves(Murungai Keerai)

- Helps to improve body immunity
- Promotes weight loss
- Strengthens the blood vessel walls
- Rich in vitamin A,C & Iron
- Regulates blood sugar level
- Improves and maintains healthy digestive system



Environmental Fact of the Day

Air pollution is a mixture of solid particles and gases in the air. Car emissions, chemicals from factories, dust, pollen and mold spores may be suspended as particles. Ozone, a greenhouse gas, contributes a major part to air pollution. When ozone causes air pollution, it's also called smog. Inhaling air pollution takes away at least 1-2 years of a typical human life.



Constitutional Values

Federal System and Parliamentary Form of Government: the federal system reflects the constitutional value of unity and integrity of the nation, and more importantly the value of decentralization of power. The parliamentary form of government reflects the values of responsibility and sovereignty vested in the people. The core principle of a parliamentary government is the responsibility of the executive to the legislature consisting of the representatives of the people.



March 26

Hosur cattle farm in Tamil Nadu's Krishnagiri District began its journey as a horse-rearing center during the British rule in 19th century, one of the largest farms in Asia. The farm was handed over to the Agricultural Department of India of Madras on September 1, 1924 as a Cattle Breeding Station. The farm was renamed as District Livestock Farm subsequent to the reorganization of Livestock Research Station on 1st January 1970.

Benefits of Milk

- Helps to improve bone health
- Strengthens immune system
- Rich source of calcium & minerals
- Nourishes dry skin
- Makes teeth strong & healthy



Environmental Fact of the Day

The World Health Organization (WHO) defines noise above 65 decibels(dB) as Noise Pollution. According to the National Park Service(NPS) in the United States, Noise Pollution has an enormous environmental impact and does serious damage to wildlife.



Constitutional Values

Universal Adult Franchise: The values of equality and justice are reflected in yet another salient feature of the Constitution. Every Indian after attaining certain age(at present 18 years) has a right to vote. No discrimination can be made on the basis of religion, race, caste, sex, descent and place of birth or residence. This right is known as universal adult franchise.



March 29

World Theatre Day was launched by the International Theatre Institute (ITI) and was celebrated for the first time on 27th March 1962. It is celebrated annually by ITI Centers and the International Theatre Community, to raise the importance of the art form "theatre" across stages around the world through dramatic performances.

Benefits of Balloon Vine (Mudakathan Keerai)

- Strengthens bones & joints
- Relieves cold & cough
- Revives metabolism
- Natural appetizer
- Strong anti-inflammatory properties



Environmental Fact of the Day

Paper from trees can be recycled to a maximum of six times, after which, its fibers become too weak to hold together. It means if the daily run of any country's popular magazine or newspaper was to be recycled, it could save about 75,000 trees.



Constitutional Values

The Constitution clearly divides the powers between the two sets of governments, so that the Centre and States exercise their powers within their respective spheres of activity. None violates its limits and tries to encroach upon the functions of the other. The division has been specified in the Concurrent List. The Union List consists of 97 subjects of national importance such as Defence, Railways, Post and Telegraph, etc. The State List consists of 66 subjects of local interest such as Public Health, Police, Local Self Government, etc. The Concurrent List has 47 subjects such as Education, Electricity, Trade Union, Economic and Social planning etc.



The registrar of National Day Calendar has officially designated March 30 as National Virtual Vacation Day that was established by Terrance Talks Travel in 2016, to celebrate the rise of technology that helps to see the world from the comfort zone. Internet, augmented and virtual reality headsets, and online exhibitions all can help us to travel the world at the click of a button.

Benefits of Pirandai/ Adamant Creeper

- Reduces joint pain & swelling
- Promotes weight loss
- Increases memory power
- Controls blood sugar levels



Environmental Fact of the Day

Glass does not decompose easily and is categorized as one of the human-made longest-lasting materials. We use glasses in our everyday lives just like plastics. However, a glass bottle may take up to 1 million years to decompose in the environment. This means that a glass manufactured and used 5000 years ago may still be present in the environment.



Constitutional Values

Parliamentary Government: In India we have parliamentary form of government both at the central and state level. The Indian system reflects all the main features of a 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.



World Backup Day was started in 2011 by Youngstown State University Student, Ismail Jadun. It is celebrated on 31st March every year. This day is for the people to learn about the increasing role of data in our lives and the importance of regular backups. A backup is a second copy of all our important files.

Benefits of Indian Borage (Karpooravalli)

- Provides relief from osteoporosis & arthritis
- Boosts immune system
- Relief from cold/cough
- Effective in treating skin disorders



Environmental Fact of the Day

India contributes only about five percent of the world's greenhouse gas emissions that are leading to climate change. However, about 700 million Indians directly face the threat of global warming today, as it affects farming, causes droughts, floods and storms.



Constitutional Values

Close Relationship between the Legislature and the Executive: In India, there is a close relationship between the executive, i.e., the council of Ministers with the Prime Minister at the head and the legislature, i.e. the Parliament. Only the leader of the majority party or coalition of parties can be appointed as the Prime Minister. All the members of the Council of Ministers must be the Members of Parliament. It is only on the advice of the Council of Ministers that the President can summon and prorogue the sessions of both Houses of Parliament and even dissolve the Lok Sabha.