



National Technology Day is celebrated every year on May 11 to highlight the achievements of engineers and scientists in the field of technology and science. It was first observed on May 11, 1999, and aims to commemorate the scientific and technological achievements of Indian scientists and engineers. The National Technology Day 2021 theme is 'Science and Technology for a sustainable future'.





International  
**NURSE**  
DAY  
12 MAY



Every year International Nurses Day is celebrated on 12<sup>th</sup> May to commemorate the birth anniversary of Florence Nightingale. This day also celebrates the contribution of nurses to the society around the world. On this day the International Council of Nurses Organisation produces an International Nurses kit to educate and assist health workers globally with a different theme every year. The theme for the year 2021 is: A Voice to Lead - A vision for future healthcare.



International Day of Families is observed every year on 15<sup>th</sup> May. Family is the basic unit of society. This day provides an opportunity to raise awareness about the issues related to the families and to increase knowledge about the social, economic and demographic processes that affect them. “Families and New Technologies” is the theme for International Family Day 2021.



**World Telecommunication Day** is observed every year on 17<sup>th</sup> May since 1969. It marks the founding of International Telecommunication Union (ITU) when the first International Telegraph Convention was signed in Paris on 17<sup>th</sup> May, 1865. It is also known as World Telecommunication and Information Society Day. The theme for World Telecommunication and Information Society Day (WTISD) 2021 is “Accelerating Digital Transformation in challenging times”.

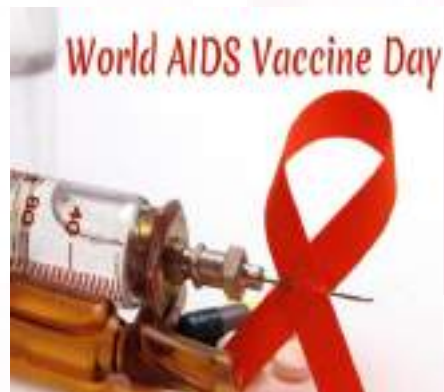
**World Hypertension Day** is celebrated by World Hypertension League (WHL) on 17<sup>th</sup> May since 2006. The day promotes the awareness about hypertension and to encourage people to prevent and control this silent killer epidemic. The theme for World Hypertension day 2021 is “ Measure Your Blood Pressure Accurately, Control It, Live Longer”.



**World Hypertension Day**



**International Museum Day** is observed on 18<sup>th</sup> May every year to raise awareness about museums and their role in society. The International Council of Museums (ICOM) created International Museum Day in 1977. The Organisation suggested a proper theme every year which may include globalization, bridging cultural gaps and care for the environment. The theme for International Museum day 2021 is “The Future of Museums: Recover and Reimagine”.



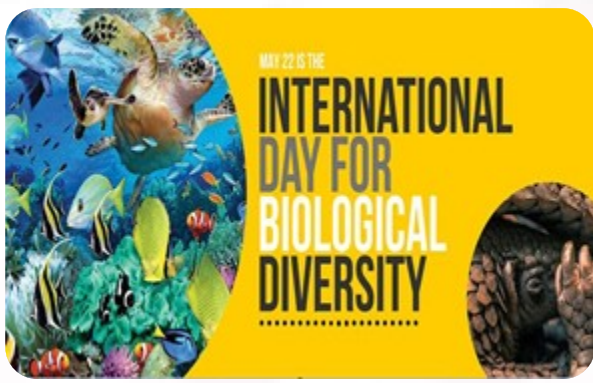
**Worlds AIDS Vaccine Day** or HIV Vaccine Awareness Day is observed every year on 18<sup>th</sup> May. This day marks the efforts of thousands of researchers, scientists, health professionals who have contributed to the process of finding safe and effective AIDS medicine. It is also an opportunity to educate communities about the importance of preventive HIV vaccine research.



Every year on the third Friday in May **National Endangered Species Day** is celebrated annually to raise awareness about the importance of wildlife conservation and restoration efforts for all imperiled species. Endangered Species Act 1973, focuses on the protection of wildlife and threatened species.

**National Anti-Terrorism Day** is observed every year on 21<sup>st</sup> May to spread awareness about the violence caused by the terrorists and also in the memory of former Indian PM Rajiv Gandhi who passed away on this day.





The United Nations has proclaimed 22<sup>nd</sup> May as the International Day for Biological Diversity (IDB) to raise global awareness about the importance of protecting biological resources and the global biodiversity that shapes our environment. The theme for International Day for Biological Diversity 2021 is “We're part of the solution”.



Commonwealth Day is an annual celebration of the Commonwealth association and its members. Focusing on a different theme each year, it takes place on the second Monday in March. Its purpose is to promote understanding about global issues, international co-operation and the work of the modern Commonwealth. The theme for Commonwealth Day 2021 is 'Delivering a Common Future'. This year's theme highlights how the 54 member countries in the Commonwealth family are 'innovating, connecting and transforming' to help achieve some of its biggest goals, like protecting natural resources and boosting trade.





## Environmental Fact of the Day

Plastic bottles require up to 700 years to dissolve. 80% of plastic bottles never get recycled. 24,000,000 liters of oil is needed to produce these billions of plastic bottles.



## Constitutional Values

Article 368 dictates the procedure for constitutional amendments. Amendments are additions, variations or repeal of any part of the constitution by Parliament. An amendment bill must be passed by each house of Parliament by a two-thirds majority of its total membership when at least two-thirds are present and vote. Certain amendments pertaining to the constitution's federal nature must also be ratified by a majority of state legislatures.

A lunar eclipse occurs when the moon moves into the Earth's shadow. This can occur only when the Sun, Earth, and Moon are exactly or very closely aligned with Earth between the other two, and only on the night of a full moon. A totally eclipsed Moon is sometimes called a blood moon due to its reddish color, which is caused by Earth completely blocking direct sunlight from reaching the Moon. The first lunar eclipse of 2021 will take place on May 26<sup>th</sup>.

### Benefits of Asafoetida (Hing)

- Cures respiratory disorders
- Rich in minerals
- Lowers blood sugar level
- Prevents constipation
- Maintains blood pressure level





My tribute to the visionary  
and statesman  
**Pt. Jawaharlal Nehru**  
on his death anniversary.



Pt. Jawaharlal Nehru  
November 14, 1889 - May 27, 1964



The first Prime Minister of India and Freedom Fighter, Jawaharlal Nehru died on May 27 1964. Jawaharlal Nehru was an eminent leader of the Indian independence movement, who served India as Prime Minister from its establishment in 1947 as an independent nation. He was also known as Pandit Nehru due to his roots with the Kashmiri Pandit community, while Indian children knew him better as Chacha Nehru.

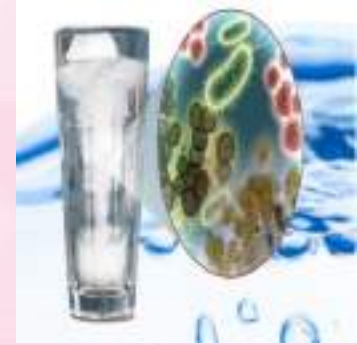
### **Benefits of cloves:**

- Natural mouth freshener
- Boosts the immune system
- Aids weight loss
- Improves liver health
- Maintains respiratory health



## **Environmental Fact of the Day**

Ground water in Bangladesh is contaminated with arsenic. Arsenic is very toxic, acute poison and a carcinogen. Approximately 85% of the total area of Bangladesh has contaminated ground water.



## **Constitutional Values**

Abolition of titles:

- 1.No title, not being a military or academic distinction, shall be conferred by the State.
- 2.No citizen of India shall accept any title from any foreign State.
3. No person who is not a citizen of India shall, while he holds any office of profit or trust under the State, accept without the consent of the President any title from any foreign State.
4. No person holding any office of profit or trust under the State shall, without the consent of the President, accept any present, emolument, or office of any kind from or under any foreign State.



The International Day of Action for Women's Health is an international observance celebrated on 28<sup>th</sup> May every year since 1987. This day is being coordinated by the Women's Global Network for Reproductive Rights (WGNRR).

### Benefits of lemon:

- Natural mouth freshener
- Boosts the immune system
- Aids weight loss
- Improves liver health
- Maintains respiratory health



### Environmental Fact of the Day

46 percent of plastics produced on the planet float in oceans. 80 percent of all trash floating in the oceans is made of plastic, i.e., around 46,000 pieces per square mile.



### Constitutional Values

**Parliamentary Form of Government:** 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.



The "International Day of United Nations Peacekeepers", an international day observed on 29<sup>th</sup> may to pay tribute to all the men and women who have served and continue to serve in United Nations peace keeping operations for their high level of professionalism, dedication, and courage and to honor the memory of those who have lost their lives in the cause of peace. The theme for this year's Day is "The road to a lasting peace: Leveraging the power of youth for peace and security."



World Anti-Tobacco Day or World No Tobacco Day is observed on May 31 every year across the globe to make people aware and educate them about the harmful effects of tobacco on health which causes cardiovascular diseases, cancer, tooth decay, staining of teeth etc. The World No Tobacco Day theme for 2021 is “Commit to Quit.”

### Benefits of Red Rice:

- Prevents Asthma
- Controls diabetes
- Prevents heart disease
- Good for bone health
- Rich in fiber



### Environmental Fact of the Day

The smoke generated from burning tobacco, called secondhand smoke or environmental tobacco smoke, contains more than 7,000 toxic chemicals that pollute both indoor and outdoor environments and can be toxic even after the tobacco product is put out. The health impacts of environmental tobacco smoke exposure include lung cancer, cardiovascular disease and pulmonary disease.



### Constitutional Values

The Indian constitution is considered federal in nature, and unitary in spirit. It has features of a federation, including a codified, supreme constitution; a three-tier governmental structure (central, state and local); division of powers; bicameralism; and an independent judiciary. It also possesses unitary features such as a single constitution, single citizenship, an integrated judiciary, a flexible constitution, a strong central government, appointment of state governors by the central government, All India Services (the IAS, IFS and IPS), and emergency provisions. This unique combination makes it quasi-federal in form.