



**AUG 4**

International Clouded Leopard day is annual awareness day celebrated on every 4th of August for recognition and initiative to lift the status of clouded leopards both in the captivity and wild.

### **Benefits of Buckwheat / Marakkotumai**

- + IT HAS MORE PROTEIN THAN RICE, WHEAT, MILLET, OR CORN
- + GREAT FOR THE LIVER
- + DIABETIC FRIENDLY
- + AID IN WEIGHT LOSS
- + GLUTEN FREE
- + NON-ALLERGENIC, HIGHLY DIGESTIBLE PROTEIN





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.

### **Health Benefits of Barley:**

1. Prevents Bone Disorders
2. Lowers Cholesterol
3. Prevents Asthma
4. Improves Immunity





Hiroshima day is observed on 6<sup>th</sup> 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.

### **Health Benefits of Barnyard Millet / Kuthiraivali**

1. Low in Calories
2. Rich in Fibers
3. Low Glycemic Index
4. Good Sources of Iron





The Union Government has declared August 7<sup>th</sup> 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.

### **Health Benefits of Matar Dal**

1. Rich in Fibers
2. Reduces the Risk of Heart Disease
3. Controls Blood Sugar Level







**AUGUST 10**

The **International Biodiesel Day (IBD)** is celebrated every year on August 10 in a bid to create awareness about non fossil-fuels (Green Fuels). The day also honours the research experiments by Sir Rudolf Diesel who ran an engine with peanut oil in the year of 1893. His research experiment had predicted that vegetable oil is going to replace the fossil fuels in the next century with fuel different mechanical engines

### **Health Benefits of Horse Gram**

1. Prevents Anemia
2. Reduces the Risk of Cancer
3. Improves Bone Health
4. Helps in Weight Loss



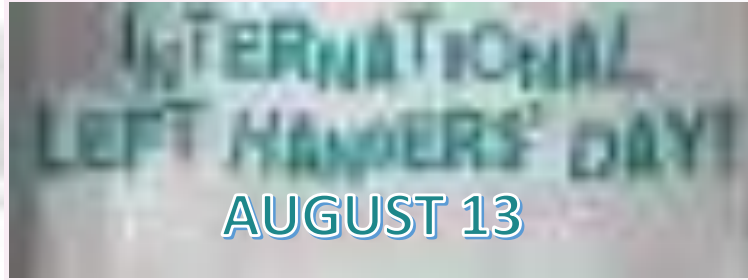


The United Nations' (UN) **International Youth Day** is celebrated on **August 12** each year to recognize the efforts of the world's **youth** in enhancing global society. It also aims to promote ways to engage them in becoming more actively involved in making positive contributions to their communities



### **Health Benefits of Rajma**

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



**Harry Brearley invented the first true stainless steel.** On 13<sup>th</sup> August 1913, after much experimentation Brearley came up with the formula of mixing 12.8% chromium with 0.24% carbon, to create a steel which did not rust. Brearley's discovery revolutionized the steel industry in Sheffield.

### **Health Benefits of Lobia/ Black-eyed pea**

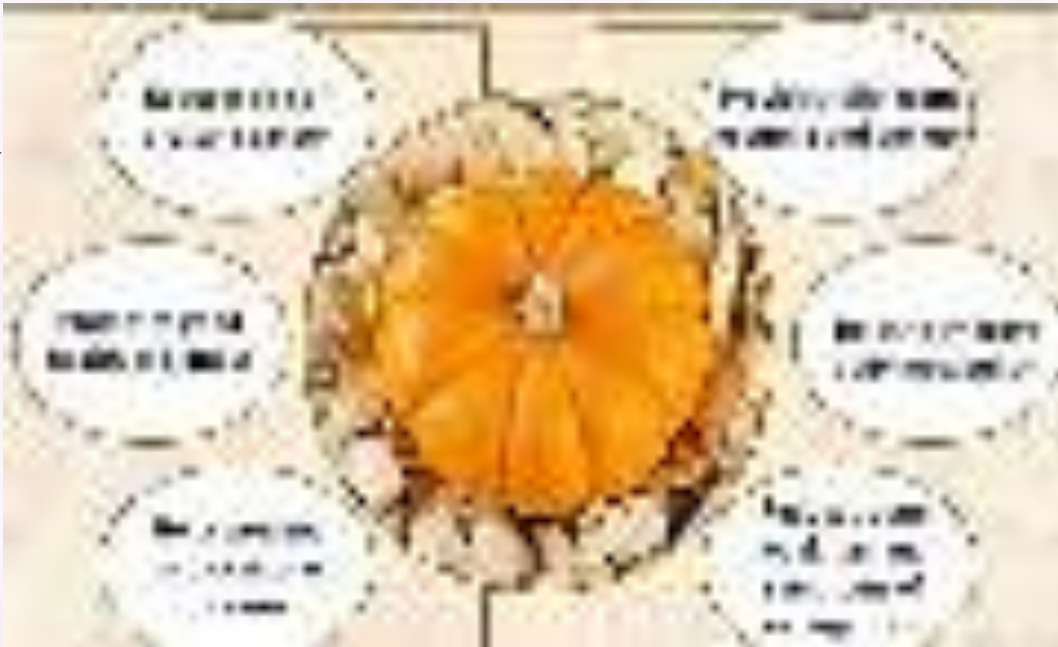
1. Rich in Vitamins
2. Maintains Cholesterol Level
3. Good for Weight Loss
4. Keeps Skin Healthy





**France** was the first country to introduce the registration plate with the passage of the **Paris** Police Ordinance on August 14, 1893.

## Health Benefits of Pumpkin Seed







On 17<sup>th</sup> 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.

### **Health Benefits of Carom Seed/Ajwain**

1. Improves digestive health
2. Helps to reduce toothache
3. Helps in curing common cold
4. Relieves from Arthritis pain





The Music Academy, Madras is a landmark institution in the history of the fine arts. It was inaugurated on August 18, 1928 at the YMCA Auditorium, Esplanade by Sir CP Ramaswami Aiyar, it was conceived to be the institution that would set the standard for Carnatic music. In the process, it began in 1929 the practice of hosting annual conferences on music, which in turn spawned the December music festival of Madras, one of the largest cultural events of the world.



### **Health Benefits of Chia Seed**

1. Improves digestive health
2. Good for heart
3. Rich in nutrients
4. Helps to boost body metabolism



AUGUST 19

**World Photography Day** originates from the invention of the Daguerreotype, a photographic process developed by Frenchmen Louis Daguerre and Joseph Nicéphore Niépce in 1837. According to the reports, On 9<sup>th</sup> January 1839, the French Academy of Sciences announced about the Daguerreotype. About ten days later, on August 19, the French government purchased the patent and announced the invention as a gift to the world.

### **Benefits of DRY GINGER**

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





**Indian Akshay Urja or Renewable Energy Day** is celebrated on the 20th of August every year. It is observed to mark the importance of renewable energy resources in India. This day marks the birthday anniversary of Rajiv Gandhi, former Prime Minister of India.

### **Benefits of Palm candy /Panakarkandu**

- Rich in minerals
- Good sources of Vitamin B1,B2,B3,B6& B12
- Helps to treat anemia
- Remedy for cold and cough







21<sup>st</sup> August is celebrated as the International Day of Remembrance of and Tribute to the Victims of Terrorism in order to honor and support the victims and survivors of terrorism and to promote and protect the full enjoyment of their human rights and fundamental freedoms.

### **Benefits of Nutmeg**

1. Ensures good bone health
2. Acts as an anti-oxidant
3. Improves blood circulation
4. Cures toothache





**The Great Banyan Tree** is over 250 years old and covers about 14,500 square meters of land (3.5 acres) in the Acharya Jagadish Chandra Bose Botanical Garden near Kolkata (Calcutta), making it the widest tree in the world. Banyan is the tree, native to India and is botanically it is known as *Ficus benghalensis*.



### **Benefits of ASAFOETIDA**

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



**AUGUST 25**

The **National Eye Donation Fortnight** is a very important day in the medical world and for those who have lost their eyesight. The event of National Eye Donation Fortnight was started in the year 1985 by the Ministry of Health under the Government of India. It was launched by seeing the lack of eye donors in India.





Corbett National Park, got its name in 1957 after Jim Corbett, the famous naturalist and photographer. This is India's first national park and beyond doubt the most attractive park in India. The park is located in the foothills of the Himalayas, in the midst of lush greenery and uneven mountains with varying heights, ranging from about 1300 feet to nearly 4000 feet.



### **Benefits of Jackfruit**

1. Strengthens our Immune System
2. Boosts Energy
3. Good for Eyes and Skin
4. Protects against Cancer





**AUGUST 27**

The phenomenon of **Guinness World Records** began in September 1955 when the Chairman of the Guinness Brewery, **Sir Hugh Beaver**, decided to publish a volume of definite facts. The first Guinness Book of Records was printed in 1,000 copies and despite an initial skepticism from retailers, the book became an instant hit. The annual Guinness book is published in more than 100 countries and 25 languages and is the highest-selling book with more than 3 million copies sold annually across the globe.

### **Benefits of PALM JAGGERY**



1. Highly Nutritious
2. Improves Digestion
3. Reduces Weight
4. Treats Cold And Cough
5. Eases Joint Pain



**AUGUST 28**

The Washington State Department of Transportation (WSDOT) has achieved the Guinness World Records title for the longest floating bridge. The Evergreen Point Floating Bridge measures 2,349.55m (7,708.49 ft) and connects Seattle to Bellevue, both cities in Washington State, USA.



### **Benefits of Cluster Beans**

1. Improves Blood Circulation
2. Improves Cardiac Health
3. Reduces Weight
4. Highly Nutritious



In the year **1982** National Nutrition Week celebration was initiated by the Central Government of India. The campaign was started to spread awareness and encourage the people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle.

### **Benefits of Banana**

1. Improves Digestion
2. Reduces Weight
3. Reduces Stress
4. Energy Booster
5. Cures Heartburn





September 02

World  
Coconut Day



World Coconut Day was observed on 2<sup>nd</sup> September. It was established in 2009 to commemorate the formation day of Asian Pacific Coconut Community (APCC) which is under the aegis of the United Nations Economic and Social Commission for Asia and the Pacific (UN-ESCAP). The day highlights the importance and uses of coconuts.

### **Benefits of COCONUT**

1. Improves Brain Function
2. Regulates Thyroid Function
3. Keeps Heart Healthy
4. Maintains Body Mass







Skyscraper day is observed to acknowledge the architectural and engineering tricks that make such buildings possible today. Skyscraper Day is celebrated on Louis H. Sullivan's birthday (1856), the architect credited with the first skyscrapers(The Wainwright Building).

### **Benefits of Black Pepper**

- ❖ Improves Digestion
- ❖ Healthy Skin
- ❖ Cures sinus
- ❖ Helps in weight loss





Anna University was established on September 4, 1978. Since January 2002, it has become the largest affiliating technical university in the world having more than 220 self-financing colleges, 5 government aided colleges and 6 other constituent colleges from various parts of Tamil Nadu.

## **Benefits of BAY LEAVES**

1. Improves Heart Health
2. Reduces Anxiety and Stress
3. Helps in Cancer Prevention
4. Improves Hair Health





The Calcutta High Court was established on 1<sup>st</sup> July 1862. It is the oldest high court in India. It has jurisdiction over West Bengal, and the union territory of the Andaman and Nicobar Islands. Its building was designed by British architect Walter Granville, who worked in India during Victorian times and based on the structure of Cloth Hall at Ypres in Belgium.

## **Benefits of CINNAMON**

1. Rich in Antioxidants
2. Reduces the Risk of Heart Disease
3. Controls Blood Sugar Level





WORLD PHYSIOTHERAPY DAY

September 08



World PT Day takes place every year on 8<sup>th</sup> September. The day is an opportunity for physiotherapists from all over the world to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent.

### **Benefits of WONDERBERRY /MANATHAKKALI**



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





International Sudoku Day is celebrated on 9<sup>th</sup> September. It was established by the World Puzzle Federation on 9/9 as a fun symbolic date that represents the sudoku grid.

### **Benefits of TAMARIND**

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





**September 10**

World Suicide Prevention Day (WSPD) is observed on 10<sup>th</sup> September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world. This day is organised by the International Association for Suicide Prevention (IASP).

### **Benefits of Sweet Potato**

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





**September 11**

On the sixteenth edition of the Games, Kuala Lumpur would become the first Asian hosts of the Games. The XVI Games, held in Kuala Lumpur were also the first Games to feature team sports – including Cricket, Hockey, Netball and Rugby Sevens.

### **Benefits of Pine Nuts**

- Boosts Energy Level
- Prevents Cancer
- Maintains Eye Health
- Good for Brain





The **British Motor Museum** is the home to the world's largest collection of historic British cars, over 400 in all, from the very first Land Rover to Lady Penelope's FAB1. The Museum opened in 1993 as an amalgamation of the British Motor Industry Heritage Trust's preserved car collection.



### **Benefits of Red Banana**

- Improves Immune System
- Rich in Vitamin C
- Boosts Energy Level
- Maintains Eye Health
- Good for Heart





The Engineering Community across India celebrates **Engineers Day** on 15<sup>th</sup> September every year as a tribute to the greatest Indian Engineer **Bharat Ratna Mokshagundam Visvesvaraya**. Sir Visvesvaraya was credited with inventing the block system, automated doors that close the water overflows. He designed and patented the floodgates which were first installed at the Khadakwasla reservoir in Pune in 1903.

## Benefits of Bhringraj

- Controls Blood Pressure
- Relieves from Migraine Pain
- Treats Skin and Eye Problems
- Healthy Hair





**World Ozone Day** is observed on 16<sup>th</sup> September every year to spread the awareness among people about the depletion of Ozone Layer and search possible solutions to preserve it. This day was first celebrated on 16<sup>th</sup> September 1995.

### **Benefits of Phyllanthus Niruri/ Keelanelli**

1. Treats Cold and Cough
2. Good for Eyes
3. Healthy Hair
4. Good for Kidney





பெண்களிடம்  
'ஈரண்டினையப் பிடுங்கி விட்டு  
புத்தகம் சொடுத்தால் பொருள்

சுந்தர பெரியார்.

ஈ.வே.ரா. பெரியாரின் பிறந்தநாள் – செப்டம்பர் 17



The **Georgia Aquarium** is the largest aquarium in the world, either measured by the number of fish (more than 100,000) or the volume of water (more than a million cubic feet). It houses about 500 species in 60 habitats with 12,000 square feet of viewing windows, and it costs \$290 million to build.

### **Benefits of Guava**

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







Captain Durba Banerjee was the first pilot of Indian Airlines in 1956 and the first Indian woman commercial pilot. In 1959, Captain Durba Banerjee started her aviation career as a DC3 pilot flying a Dakota with the Air Survey of India. Later, she joined Indian Airlines in Calcutta in 1966.

### Benefits of Arrowroot



Aids in weight loss	Improves heart health
Increases energy levels in body	Prevents muscle cramps
Beneficial in managing diabetes	Aids in good blood circulation of body
Prevents constipation and improves digestive health	



September 28



**28<sup>th</sup> September is World Rabies Day.** It is celebrated annually to raise awareness about rabies prevention and to highlight progress in defeating this horrifying disease. 28<sup>th</sup> September is also marked as anniversary of the death of Louis Pasteur, the French chemist and microbiologist, who developed the first rabies vaccine.



### **Benefits of Shallot/ Small Onion**



**World Heart Day (WHD)** is observed annually on **29<sup>th</sup> September** across the world. The day which is celebrated annually creates awareness on Cardiovascular Disease (CVD) including heart disease & stroke and highlights the preventive and control measures. It was launched in 2000 by the World Heart Federation as an annual event.





September 30

**International Translation Day** is observed on 30<sup>th</sup> September every year to raise awareness about the translation profession and to pay tribute to the work of language professionals. It helps in promoting cultural heritage and mutual respect in our changing world.

### Benefits of Papaya

	Fights cancer		Relieves stress & burn
	Prevents tooth decay		Improves digestion
	Prevents osteoporosis		Checks up on cholesterol

