



World AIDS Day falls on 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

Benefits of Ghee

- Improves Immunity
- Improves Eye Health
- Improves Bone Development
- Promotes Digestion





December 02

The **National Pollution Control Day** is celebrated every year on 2nd December in India to honor and memorialize the thousands of human beings who had lost their existence because of the Bhopal gas calamity. Bhopal gas tragedy occurred in the year 1984 on the night of 2nd&3rd December. Many people died due to poisonous gas Methyl Isocyanate also known as MIC. Bhopal Gas Tragedy is considered as one of biggest industrial pollution disasters.

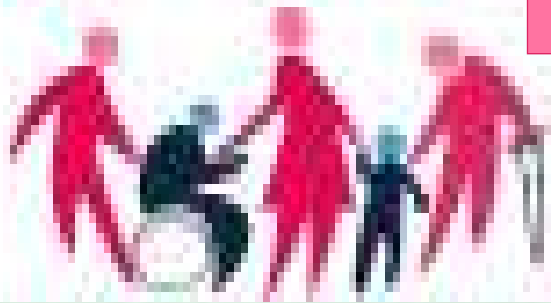
Methods to Prevent Pollution

- Plant more trees
- Reduce vehicle exhausts
- Industrial area should be cited far away from residential area





International Day of
Disabled
Person



December 03

The International Day of Persons with Disabilities (earlier International Day of Disabled Persons/World Disability Day) is celebrated every year on 3rd December since 1992. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development. It aims to increase awareness of the situation of persons with disabilities in every aspect of life: political, social, economic and cultural life.

Benefits of Mustard Oil

- Boosts Our Appetite
- Promotes Sweating
- Good For Hair
- Fights Bacterial Infections





December 04

Indian Navy played a crucial role during the Indo-Pakistan war in the year 1971 and started Operation Trident. To commemorate the attack and to accomplish the role of Naval force every year, Navy Day is celebrated on 4th December.

Benefits of Fig

- Prevents Hypertension
- Heals Sore Throat
- Reduces The Risk Of Heart Disease
- Good For Bones



செல்வி ஜெ.ஜெயலலிதா நினைவு நாள்



YOUNGSTERS
 SHOULD HAVE THE DREAM TO LIVE
 WITH THE CLEAR VISION
 AND EXCELLENT IDEAS
 SO YOU CAN FACE THE CHALLENGES
 WHICH ARE PUT IN FRONT OF YOU
 WITHOUT ANY STRUGGLE

உயர்வான மனம் உட்கொண்ட
 மனிதன் தான் உலகத்தை
 மாற்றும். உன் உணர்வு, உன்
 சிந்தனை, உன் மனம் உன் பாதை.

Being Human

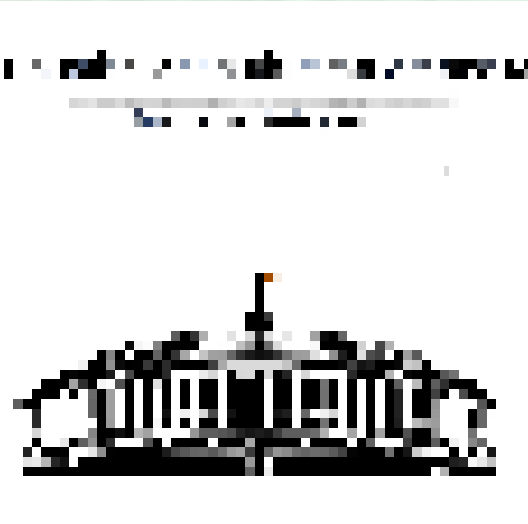
Dr. Jayalalitha
 with the students

December 05



December 05

International Volunteer Day (IVD) mandated by the UN General Assembly, is held each year on 5th December. It is viewed as a unique chance for volunteers and organizations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organizations (NGOs), United Nations agencies, government authorities and the private sector.



Mahaparinirvan Divas is observed on the 6th of December every year to mark the death anniversary of Dr BR Ambedkar. He was the chief architect of the Constitution of India. He was also an eminent Indian jurist, economist, politician and social reformer who inspired the Dalit Buddhist movement as well as the rights of women and labour.

Benefits of Hibiscus

- Lowers Cholesterol
- Prevents Liver Damage
- Good For Digestion
- Rich In Anti-aging Properties





Flowing through six countries, the Rhine River has served as a link between southern and northern Europe since Roman times. The Rhine then serves as a border between Germany and France, narrows through deep gorges and meanders through steep-sided valleys renowned for vineyards and castles. At the Netherlands border, the Rhine splits into tributaries that cross an extensive delta and empty into the North Sea. Scientists have discovered that the river is five million years old.

Benefits of Kalpasi/ Stag Flower (Spice)

- Helps To Heal Wounds
- Improves Digestion
- Helps To Suppress Respiratory Disorders
- Maintains Body Temperature





The UN General Assembly declared 9th December as International Anti-Corruption Day, to be observed annually. International Anti-Corruption Day aims to raise awareness of corruption and of the role of the Convention in combating and preventing corruption.



Benefits of Kesar/Saffron

- Improves Eyesight
- Treats Insomnia
- Improves The Function Of Brain
- Heals Wounds



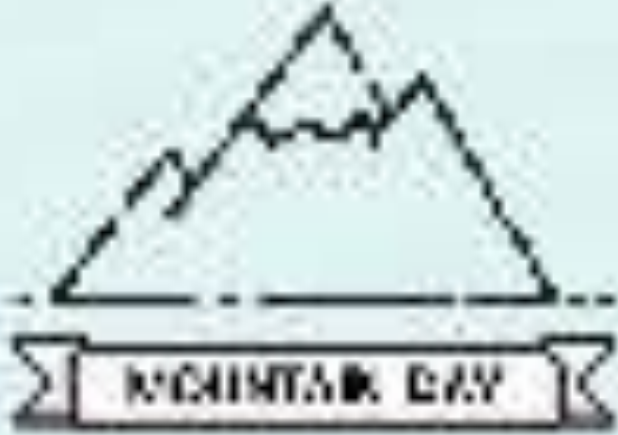
Human Rights Day is observed by the international community every year on 10th December. The United Nations General Assembly adopted the Universal Declaration of Human Rights on the same day in the year 1948.

Health and Safety of
ಕರ್ನಾಟಕ ಸರ್ಕಾರ



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11 DECEMBER -
INTERNATIONAL

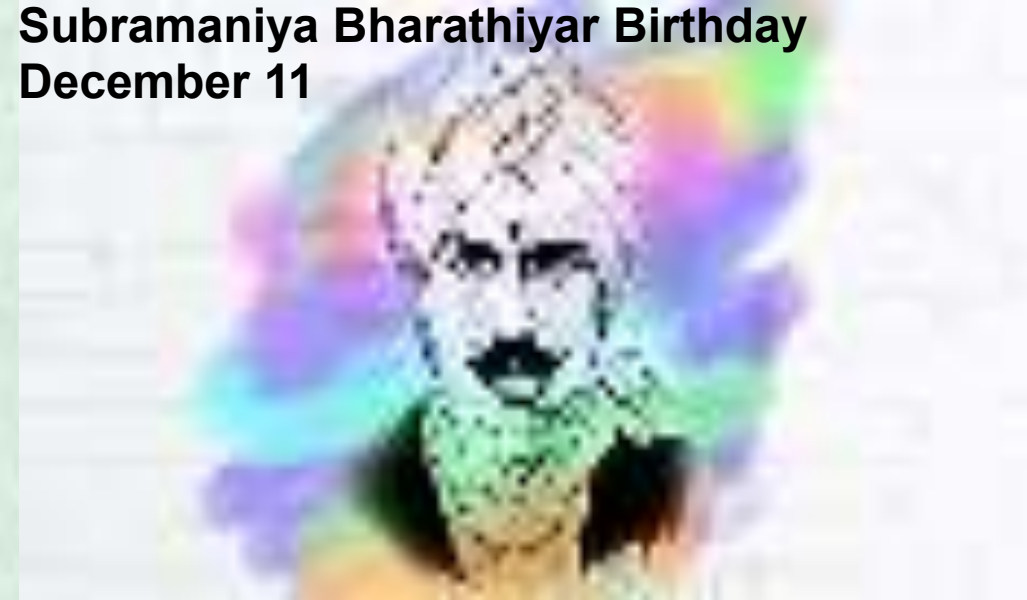


International Mountain Day is celebrated on 11th December to create an awareness about the importance of mountains to life, to highlight the opportunities and constraints in mountain development, and to build alliances that will bring positive change to mountain people and environments around the world



மகாகவி சுப்பிரமணிய
பாரதியாரின் பிறந்த நாள்
டிசம்பர் 11

**Subramaniya Bharathiyar Birthday
December 11**



Live in the present and shape the future; do not be casting lingering looks to the distant past for the past has passed away, never again to return.

— Subramaniya Bharathiyar —





The nightingale of India

M S SUBBULAKSHMI

THE GREAT SINGING VOICE OF INDIA

1954-1955



M S SUBBULAKSHMI MEMORIAL DAY
December 11

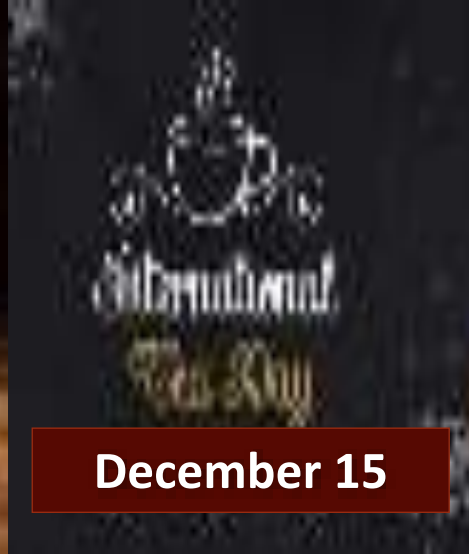


National energy conservation day is celebrated every year in India on 14th December. The Energy Conservation Act in India was executed by the Bureau of Energy Efficiency (BEE) in the year 2001. The Bureau of Energy Efficiency is a constitutional body which comes under Government of India and helps in the development of policies and strategies in order to reduce the energy use.

Benefits of Energy Conservation

- Reduces Energy Bills
- Reduces Energy Imports
- Conservation of Limited Resources
- Improves Energy Security
- Maintains a Sustainable Environment





December 15

Every year on December 15, tea-producing countries celebrate International Tea Day. The day seeks to draw the attention of governments and citizens around the world to the impact that tea trade has on workers and growers. The tea-producing countries that celebrate International Tea Day include: Bangladesh, Sri Lanka, Nepal, Vietnam, Indonesia, Kenya, Malawi, Malaysia, Uganda, India, Tanzania.



HEALTH BENEFITS OF GREEN TEA

 <p>Regulates blood pressure</p>	 <p>Improves heart health</p>	 <p>Lowers risk of diabetes</p>
 <p>Decreases brain function</p>	 <p>Reduces risk of cancer</p>	 <p>Enhances physical performance</p>
 <p>Offers antioxidant properties</p>	 <p>Promotes dental health</p>	 <p>Aids in weight loss efforts</p>



December 16

Vijay Diwas is celebrated on December 16 every year to commemorate India's victory over Pakistan in 1971. India had defeated Pakistan in this war. Another fact is that Bangladesh was born on this day. Hence, Bangladesh celebrates its independence day on December 16 every year.

Benefits of Sunflower seeds

- Good for bones
- Rich in antioxidant
- Controls cell damage
- Rich in minerals



December 17



The Wright brothers' first airplane flight on 17th December 1903, lasted just 12 seconds and news of the feat made it into only four newspapers the next morning. Yet, the pioneering, 120-foot (37 meters) flight in a fragile airplane over Kitty Hawk, North Carolina, had an enormous impact on the entire world.

Benefits of Honey





To protect the rights of the minority communities every year on 18th December Minorities Rights Day is observed in India. This day also focuses on bringing a better understanding and educating people about the issues related to minorities and their safety.

Benefits of Marigold Tea

- Lowers inflammation
- Reduces eye inflammation
- Good for digestion
- Good for skin





INTERNATIONAL HUMAN SOLIDARITY DAY

The United Nations' (UN) International Human Solidarity Day is annually held on December 20 to celebrate unity in diversity. It also aims to remind people on the importance of solidarity in working towards eradicating poverty.

Tips to Reduce Food Waste

- Only buy what you need
- Learn to preserve
- Make a weekly menu
- Avoid serving too much
- Understand 'use by' vs 'best before' dates





National Mathematics Day is celebrated on 22nd December every year to mark the birth anniversary of legendary Indian mathematician, Srinivasa Ramanujan and his contributions in the field of mathematics. The main objective behind the celebration is to raise awareness among people about the importance of mathematics for the development of humanity.

Benefits of Paneer

- Good for bones
- Controls blood pressure
- Helps to reduce weight
- Provides instant energy





The 'Kisan Diwas' or National Farmers Day is observed across the country on **23rd December** to celebrate the birth anniversary of **Chaudhary Charan Singh**, the former Prime Minister of India. It is celebrated to promote awareness among the citizens to understand the importance of the contributions of the farmers to the society and overall economic and social development of a country. Government also aims to encourage the farmers across the country by organizing various activities like debates and seminars on agriculture.

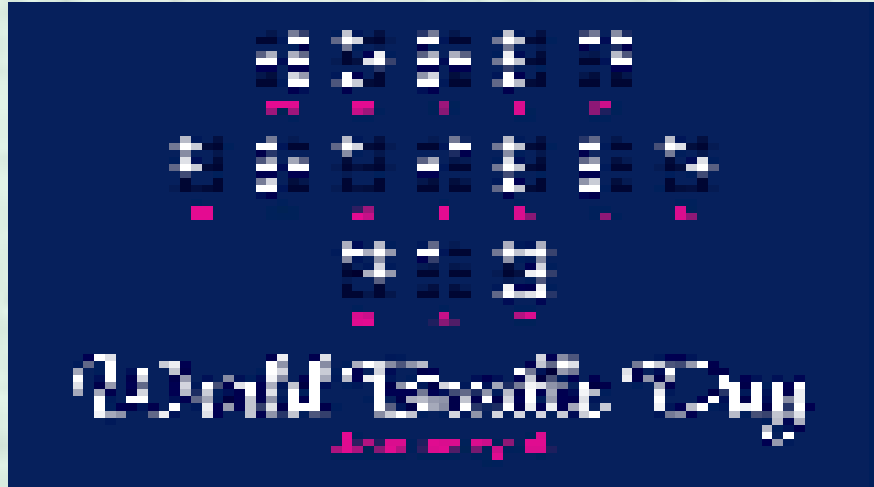


Benefits of Tomatoes

- Lowers Hypertension
- Good for Digestion
- Helps to Improve Vision
- Good for Skin and Hair



Global Family Day is an international day of peace and sharing celebrated every January 1 by the citizens of the world. It aims at uniting and spreading peace by considering and promoting the idea that – Earth is a one Global Family so as to make the world a better place to live for everyone.



We celebrate World Braille Day every year on January 4 because it's Louis Braille's birthday. He's the inventor of braille! Louis was born in 1809 in France and became blind after an accident during his childhood days. But, he quickly mastered his new way of living. When Louis was just 15 years old, he created a reading and writing system based on Charles Barbier's Night Writing System.

Benefits of Laughing

- Improves Breathing
- Makes You Look Young
- Helps to Reduce Stress
- Reduces the Risk of Heart Disease





In 1851, Physicist **Léon Foucault** demonstrated the rotation of the earth with an experiment conducted in the Paris panthéon. By constructing a fixed 67-meter swinging lead bob beneath the central dome, Foucault was able to prove that the earth was in fact in rotation at all times, as the plane of the pendulum never changed, yet it seemed to move with earth's rotation.

Benefits of Turmeric



- 

Health
 Turmeric is a natural...
 It is a natural...
 the best thing that you can...
 do for your health.
- 

Flavor
 Turmeric is a natural...
 It is a natural...
 the best thing that you can...
 do for your health.
- 

Beauty
 Turmeric is a natural...
 It is a natural...
 the best thing that you can...
 do for your health.



On January 6, 1838, Samuel Morse's telegraph system is demonstrated for the first time at the Speedwell Iron Works in Morristown, New Jersey. The telegraph, a device which used electric impulses to transmit encoded messages over a wire, had eventually revolutionized long-distance communication, reaching the height of its popularity between 1920s and 1930s.

Benefits of Lady Finger / Okra



- Improves Eyesight
- Boosts Immune System
- Controls Blood Sugar Level
- Lowers Cholesterol



Phonograph

The history of sound recording started in mid-19th century when French inventor Édouard-Léon Scott de Martinsville patented the earliest known device that recorded sound from the air. This invention (patented on March 25, 1857) called Phonograph paved the way for the future inventors who introduced to the world not only better capable sound recording devices, but also sound reproducing devices. Only few decades after Scott's invention, the world was presented with the ground breaking device made by Thomas Edison that had changed the way we listen to music and the landscape of music industry - Phonograph (or better known as Gramophone).

Benefits of Peas





January 8

Typing Day, also referred to as World Typing Day or International Typing Day, is an annual event that originated in Malaysia in 2011. It is held on January 8. Typing Day was established to commemorate the Malaysian Speed Typing Contest 2011. It was originally conceived by the Team TAC (Type Auto Corrector), a group of young professionals that has designed and developed Second Key, a tool for automatic correction of typing mistakes in any type-written interface.

Benefits of Amla

- Good for skin
- Rich in vitamin C
- Immunity booster
- Good for hair



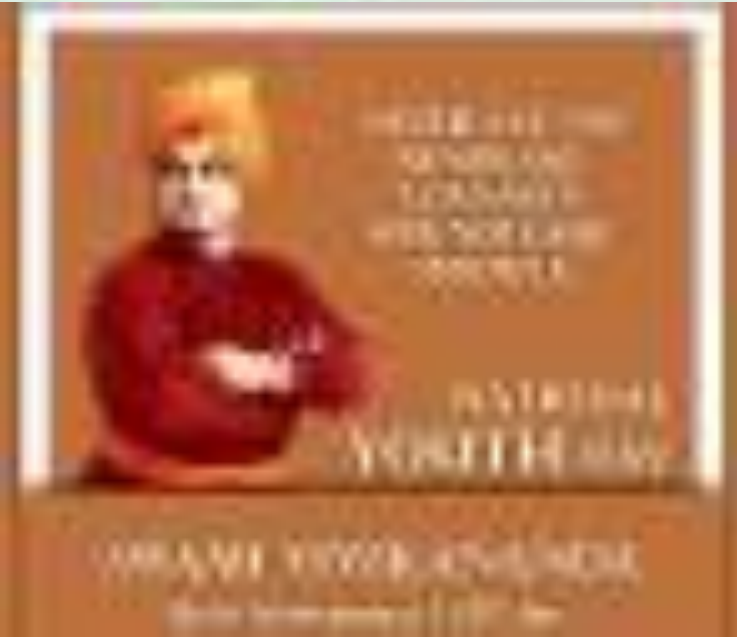
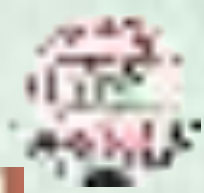


Lal Bahadur Shastri was the second Prime Minister of Independent India and he was greatly impressed by Mahatma Gandhi. He gave the slogan of “Jai Jawan Jai Kisan” which means “Hail the soldier, Hail the farmer”. Post India’s Independence, he became the Parliamentary Secretary in U.P. He also became the Minister of Police and Transport in 1947. As a Transport Minister, he had appointed women conductors for the first time.

Benefits of Coriander Seed

- Regulates Blood Pressure
- Good for Bones
- Reduces Cholesterol Levels
- Reduces Skin Inflammation





India celebrates **National Youth Day** on January 12. This date was chosen to honor the birthday of Swami Vivekananda, one of India's greatest spiritual and social leaders. He saw hope for the future in every child and believed that with “muscles of iron” and “nerves of steel” they could bring about social change. He himself personified the eternal energy of the youth and a restless quest for truth.

Benefits of Avocado

- Good for Eyes
- Good for Digestion
- Prevents Bad Breath
- Good for Liver





On January 13, the first-ever Mickey Mouse cartoon appeared in newspapers throughout the United States. American Disney comics began in 1930 when Walt Disney himself began writing a Mickey Mouse daily comic strip for newspapers with Ub Iwerks, the animator of the art. Walt Disney was given a special Oscar in 1932 for the creation of Mickey Mouse where the press tagged Mickey as the “first non-human to win an Oscar.”

Benefits of Peanut

- Regulates Blood Sugar Level
- Gives Healthy Hair
- Reduces Bad Cholesterol
- Good for Brain





January 15

Army Day is observed on 15th January every year in India, in recognition of Field Marshal K.M. Cariappa's taking over as the first Commander-in-Chief of the Indian Army from General Sir Francis Butcher, the last British Commander-in-Chief of India. At the time of Indian independence, the command of the Indian army was in the hands of the British General Sir Francis Butcher. So this was the right time to hand over the full control of the country in the hands of the Indians; hence Field Marshal K.M.Cariappa became the first Indian Army Chief of Independent India on 15 January 1949.



January 18

Thesaurus Day is celebrated on January 18 to honor Peter Mark Roget, the author of *Roget's Thesaurus*, who was born on this day in 1779. In 1840, Roget got retired from a successful career in medicine and spent the rest of his life working on “Roget’s Thesaurus of English Words and Phrases.” The work was the result of decades of collecting lists of words and categorizing them, much like a scientist would collect specimens. In Roget’s case, he collected words. He published his first thesaurus in 1852, it was more than a book of synonyms – a complete categorization and organization of each word with its meaning.

Benefits of Black Pepper

- ❖ Improves Digestion
- ❖ Good for Skin
- ❖ Cures sinus
- ❖ Helps in weight loss





WORLD QUARK DAY is celebrated on January 19. Quark is a European superfood staking its claim on supermarket shelves around the world. Quark is a delicious high-protein, low-fat alternative to soft cheese and yogurt that can be used for baking, cooking and blending.

Benefits of Curd

- ❖ Good for Heart
- ❖ Improves Digestion
- ❖ Helps in weight loss
- ❖ Enhances Immunity





JAN. 2

The International Day of Acceptance is a day dedicated to social acceptance of disability and to honor the late Annie Hopkins, founder of 3E Love and creator of the International Symbol of Acceptance. Annie Hopkins has created the symbol of *International Symbol of Acceptance* as a gesture to recognize social acceptance of disability. It is a worldwide observance that is created to honour Annie Hopkins and her incredible work to make the disability as a socially acceptable thing.

Health Benefits of Horse Gram

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





Hockey is one of the most ancient games in the world -a crude form of the sport played in Egypt some 4,000 years ago. The history of hockey can be traced back to 1527 in Scotland. Back then, it was called ‘hokie’ – where players hit around a small ball with sticks. However, the first version of modern-day field hockey was developed by the British sometime between the late 18th and early 19th century. It was introduced as a popular school game and made its way to the Indian army during British rule in the 1850s. The Indian Hockey Federation (IHF) was formed in 1925, one year after the formation of the International Hockey Federation (FIH).



Health Benefits of Chia Seeds

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



January 22

The Celebration of Life Day is an annual commemoration celebrated on January 22 of every year. Of course, we adore our children and grandchildren in every walks of our life on each day as they are considered to be the precious gift of anyone's life. Hence Celebration of Life Day is commemorated to honour all the children and grandchildren. It is also a Day that has evolved as a way to celebrate one's own life at any age.

Benefits of Red Banana

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



National Girl Child Day
24th January



NATIONAL
VOTERS
DAY

January 25

National Tourism Day

Let the world take notice of India



National Girl Child Day was first initiated in 2008 by the Ministry of Women and Child Development. The purpose of this day is to spread awareness about the gender-based discrimination that girls face in our society and to bring change in the attitude towards girls.

Benefits of Nutmeg

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





The world's smallest flowering plant is the watermeal, or *Wolffia globosa*. This bright green oval plant is about the size of a grain of rice!. This duckweed has other potential commercial applications: it could be a source of renewable and sustainable fuel to replace fossil fuels. Also, because it contains around 44 percent protein, it can be used to make bioplastics.



Benefits of Jackfruit

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



Lala Lajpat Rai immensely contributed in attaining independence the nation. He helped in establishing few schools in the country. He also initiated the foundation of Punjab National Bank.. During the independence movement, he was famous as ' Lal Bal Pal' trio. He earned the title of 'Punjab Kesari' or the 'Lion of Punjab'.



Fantasmagorie is considered to be the oldest cartoon in the world. The very short animation is one of the earliest examples of traditional (hand-drawn) animation. It was created in 1908 by **French cartoonist Émile Cohl**.

Benefits of Ragi/ Finger Millet

1. Relaxes the Body
2. Good sources of Protein and Amino Acids
3. Good for Bones
4. Keeps Diabetes in Check
5. Prevents Cardiovascular Disease





विद्यया ऽ मृतमश्नुते
मृतमश्नुते विद्यया

MAHATMA GANDHI

CULTURE DAY - 30 JANUARY, 2021



30 January

MARTYR'S DAY



If we want to reach
real peace in this
world, we should start
educating children