



**International Day of the Older Persons** is observed on 1<sup>st</sup> October every year to raise problems faced by the elder persons and to promote the development of a society for all ages. The United Nations General Assembly adopted a resolution on 14<sup>th</sup> December 1990 and designates 1<sup>st</sup> October as the International Day of Older Persons.

### **Benefits of Black Coffee**

- Improves Energy Level
- Helps to Burn Fat
- Improves Physical Performance
- Rich in Antioxidants





**World Habitat Day** is celebrated annually on the first Monday of October. The event focuses on the state of human settlements and on the basic right of all to adequate shelter. It also aims to remind people that they are responsible for the habitat of future generations. World Habitat Day was established in 1985 by the UN General Assembly through Resolution 40/202, and was first celebrated in 1986.

**Benefits of Neem**





The Appalachians first formed roughly 480 million years ago during the Ordovician Period. The Appalachians are among the oldest mountains on Earth, born of powerful upheavals within the terrestrial crust and sculpted by the ceaseless action of water upon the surface. The two types of rock that characterize the present Appalachian ranges tell much of the story of the mountains' long existence.

### **Benefits of Jaggery**

- Purifies Blood
- Improves Metabolism
- Rich in Iron
- Improves Digestion





Trigeminal Neuralgia Awareness Day is observed on October 7 and serves as an opportunity for those living with facial pain and their loved ones to come together to raise awareness, educate people about this rare condition, and raise money to support organizations and research.

### Benefits of Oregano







October 8

**Indian Air Force Day** is celebrated on 8<sup>th</sup> October. It was officially started in the year 1932. The Air Force Day is celebrated at Hindon base in the presence of IAF chief and senior officials of the three armed forces. These celebrations include an air display where the most crucial and vintage aircraft put up a magnificent show. Indian Air Force is also known as “**Bhartiya Vayu Sena**”.

### **Benefits of Rose Tea**

- Improves Blood Circulation
- Rich in Vitamins
- Prevents Wrinkles
- Reduces Body Fat





**World Post Day** is celebrated in remembrance of the establishment of Universal Postal Union (UPU) in 1874 in Bern, Switzerland. It was declared as the World Post Day by the UPU Congress held in Tokyo, Japan, in 1969. It aims to raise awareness about the role of post in everyday lives of people and businesses.



### **Benefits of Mango Leaves**

- Lowers Blood Pressure
- Reduces the Risk of Hypertension
- Treats Restlessness



**Virtual Reality(VR)** technology was invented in 1957 by Morton Heilig. His multimedia device called the Sensorama, is considered one of the earliest VR systems. However, the term ‘virtual reality’ was coined much later in 1987 by researcher Jaron Lanier.

## Health Benefits of Grapes

- Rich in antioxidants
- Improves heart health
- Supports brain function
- Promotes healthy skin
- Aids in weight management

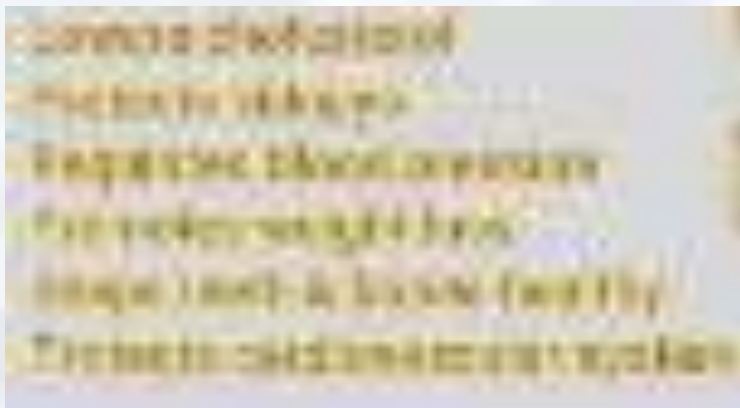


October 13

INTERNATIONAL DAY  
FOR DISASTER REDUCTION

The United Nations General Assembly has designated October 13 as the **International Day for Disaster Risk Reduction** to promote a global culture of disaster risk reduction. It is an opportunity to acknowledge the progress being made toward reducing disaster risk and losses in lives, livelihoods and health in line with the **Sendai Framework for Disaster Risk Reduction 2015-2030** adopted at the Third UN World Conference on Disaster Risk Reduction in Japan in March 2015.

## Benefits of Orange







October 14

**World Standards Day**, also known as International Standards Day, is celebrated on October 14 each year. The day is marked to celebrate the contributions of experts and scientists across the world in developing voluntary standards within standards development organisation (ISO, IEEE, ITU etc.). The purpose of the day is to raise awareness about the importance of standardisation to the global economy among the consumers, regulators and industry.

### **Benefits of Chrysanthemum Tea**

- Improves Heart Health
- Improves Vision
- Boosts Immune System
- Acts as a Nerve Relaxant





October 15

**World Students' Day is celebrated on 15<sup>th</sup> October which is the birth anniversary of the Missile Man of India Dr. Abdul Kalam.** The United Nations had declared in 2010 as World Students' Day on 15<sup>th</sup> October. Dr. A.P.J. Abdul Kalam's role in teaching and his dedication can't be explained in words. He always identified himself as a teacher.

### **Benefits of Yam**

- Increases the Nutrient Absorption in the body
- Improves Bowel Habits
- Increases the production of Red Blood Cells



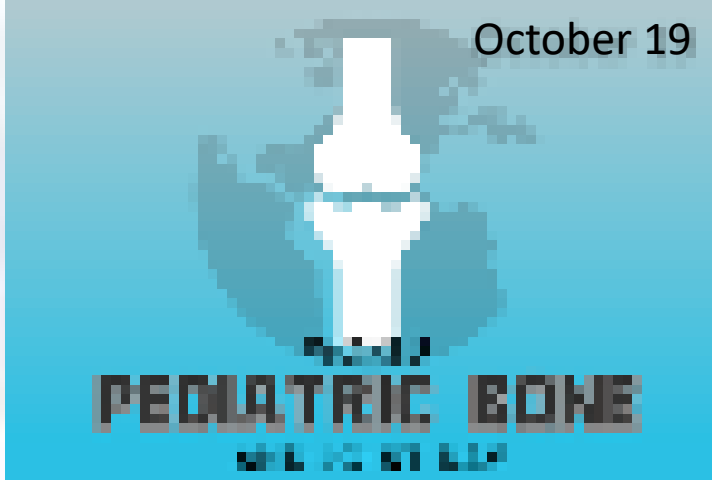


**World Food Day** promotes global awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all. The Food and Agriculture Organization of the UN (FAO) designated 16<sup>th</sup> October as World Food Day in 1979.

## **Benefits of Eating Healthy**

- Improves Insulin Sensitivity
- Improves Immune System
- Speeds up the Metabolism
- Helps to Reduce Weight





The Pediatric Specialty Group established the first World **Pediatric Bone and Joint Day** on October 19, 2012. It aims at focusing on the bone and joint-related conditions that kids, adolescents, and parents should be aware of.







The National Solidarity Day is observed every year on October 20 in India. The day is observed in our country to honour the armed forces, who guard our extension borders. It is the day on which China attacked India in 1962.

### **Benefits of Papaya Seed**

- Good for Liver
- Cleanses Body Toxins
- Kills E-Coli Bacteria
- Helps to Reduce Weight





**The Police Commemoration Day** is observed every year on October 21 to pay homage to police martyrs. The day commemorates supreme sacrifices of ten policemen while defending borders with China in 1959. This day was observed in all Police Lines throughout the country to mark memory of these gallant police personnel killed on duty during the year.



### **Benefits of Pumpkin Seed**

- Reduces the Level of LDL Cholesterol
- Promotes Good Sleep
- Rich in Minerals
- Treats Insomnia



Thor's Well is a circular hole, that was formed after a sea cave collapse. It is located on the Oregon Pacific Coast in the North West of the USA. At high tides, the waves come in under the hole and seem to fill it from the bottom, while spray bursts out of the top. As the waves recede, the hole empties and it looks like the sea is draining away into a bottomless hole, before it refills and empties again. Thor's Well has many nicknames including the drainpipe of the Pacific.

### **Benefits of Plum**

- Reduces the Level of Cholesterol
- Eliminates Stress & Fatigue
- Rich in Antioxidant
- Prevents Cancer





**World Day for Audiovisual Heritage** is celebrated all over the world on **27th October**. In 2005, UNESCO (United Nations Educational, Scientific and Cultural Organization) General Conference declared October 27 as World Day for Audiovisual Heritage. It seeks to raise awareness about the need to preserve important audiovisual materials for future generations.

### **Benefits of Lime**

- Stimulates Digestive System
- Helps to Detoxify Blood
- Promotes Good Oral Health
- Improves Immune System







October 28



October 28 is celebrated as International Animation Day. It's a day to recognize and celebrate the artists, the scientists and the technicians behind animated art including animated movies. It was created by the International Animated Film Association (Association Internationale du Film d'Animation) in 2002.

## Benefits of Corn



Helps in promoting  
Digestion

Helps in promoting  
Heart

Helps in promoting  
Energy

Helps in promoting  
Energy

Helps in promoting  
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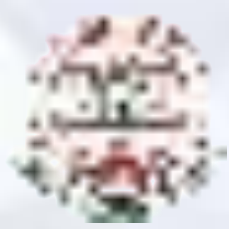


October 29

International  
Internet Day!

World Stroke Day is observed every year on October 29 by the World Stroke Organization (WSO) to highlight the medical condition, raise awareness about the risks and to ensure better treatment. Stroke is a medical condition, which causes the death of brain cells due to a lack of oxygen. It is caused due to either blockage of a blood vessel or bleeding in the brain.





World Thrift Day is celebrated every year on 31<sup>st</sup> October to promote savings and financial security of individual and nation as a whole. In India due to death of late Prime Minister Indira Gandhi on the same day in 1984 this day is being celebrated on 30<sup>th</sup> October. The first International Thrift Congress which was held in Milan, Italy in 1924 had declared October 31 as the World Thrift day. The aim of celebrating this day is to change our behaviour towards the saving and constantly reminds us the importance of wealth.

### **Benefits of Sapota**

- Improves Vision
- Controls Hair Fall
- Rich in Vitamin A
- Controls Blood Pressure





INTERNATIONAL DAY TO  
END IMPUNITY

PCIM

CRIMES AGAINST  
JOURNALISTS

November 02

The United Nations General Assembly proclaimed 2<sup>nd</sup> November as the 'International Day to End Impunity for Crimes against Journalists' in General Assembly Resolution. The Resolution urged Member States to implement definite measures countering the present culture of impunity. The date was chosen in commemoration of the assassination of two French journalists in Mali on 2<sup>nd</sup> November 2013.

### **Benefits of Palm Jaggery/ Karupatti**

- Rich in Minerals
- Relieves Constipation
- Heals Migraines
- Good for Weight Loss







**The Gulf of Alaska:** It's not two oceans meeting, its glacial melt water meeting the off shore waters of gulf of Alaska. The reason for this strange phenomenon is due to the difference of water density, temperature and salinity of the glacial melt water and off shore waters of gulf of Alaska, making it difficult to mix.



Health benefits of pears
1. Pears are a good source of fiber
2. Pears are a good source of potassium
3. Pears are a good source of antioxidants
4. Pears are a good source of vitamins
5. Pears are a good source of minerals
6. Pears are a good source of phytonutrients

## Benefits of Pears



The **Hogfish** is a pointy-snouted reef fish that can change from pearly white to mottled brown to reddish in a matter of milliseconds as it adjusts to shifting conditions on the ocean floor. Scientists have long suspected that animals with quick-changing colors don't just rely on their eyes to tune their appearance to their surroundings—they also sense light with their skin. But exactly how “skin vision” works remains a mystery.

## **Benefits of MORINGA / DRUMSTICK LEAVES**

- Fights against bacterial diseases
- Makes our bone healthier
- Controls blood glucose levels
- Controls blood cholesterol levels





The World Tsunami Awareness Day is dedicated to promoting a global culture of tsunami awareness around the world. It is observed on 5<sup>th</sup> November every year. It is started by the United Nations General Assembly in December 2015. The term ‘Tsunami’ is a Japanese term which means “harbour wave”. A tsunami is a series of giant waves caused by earthquakes or undersea volcanic eruptions and underwater landslides.

### **Benefits of Cumin**

- Promotes Weight Loss
- Improves Digestion
- Regulates Blood Sugar
- Protects Heart and Liver
- Cures Common Cold





**November 06**

The **International Day for Preventing Environmental Exploitation during War and Armed Conflict** was observed on November 6. The day aims to ensure that the environment is not destroyed during incidents of armed confrontations. The most common target during the conflicts has been the environment, as forests have been cut down, water wells polluted, crops burned, soil poisoned and animals killed.

### **Benefits of Tree**

•A row of trees can reduce dust and pollen particles by 50%.

•Filters rain water and protects our river, lakes and oceans from stormwater pollution

•Improves air quality by absorbing pollutants and CO<sub>2</sub>





**November 09**

The National Legal Services Day is celebrated on 9<sup>th</sup> November to spread awareness for ensuring reasonable fair and justice procedure for all citizens. National Legal Services Day (NLSD) was first started by Supreme Court of India in 1995 to provide help and support to poor and weaker sections of the society.

### **Benefits of Sugarcane**

- Promotes Weight Loss
- Improves Digestion
- Strengthens Bones and Teeth
- Protects Liver
- Helps to fight against Cancer





**November 10**

World Science Day for Peace and Development was proclaimed by the UN Educational, Scientific and Cultural Organization (UNESCO) in 2001. *The World Science Day for Peace and Development (WSDPD) is annually held on November 10 to raise awareness on the benefits of science worldwide. The WSDPD is also known as World Science Day.*

### **Benefits of Brown Rice**

- Helps in Diabetes Control
- Helps in Preventing Obesity
- Rich in Antioxidants
- Helps to Boost Heart Health





Armistice Day takes place on 11<sup>th</sup> November each year and marks the end of the First World War. It is a day of commemoration, an occasion to remember the some 8.5 million soldiers who died across the world during the 1914–18 war.

### **Benefits of Flattened Rice/ Poha**

- Good for Heart
- Good for Diabetics
- Good for Bone Health
- Rich in Iron





World Pneumonia Day, marked every year on 12<sup>th</sup> November, was established by the Stop Pneumonia Initiative in 2009 to raise awareness about the toll of pneumonia – a leading killer of children around the world – and to advocate for global action to protect against, help prevent and effectively treat this deadly illness.







INTERNATIONAL  
DAY FOR THE  
ERADICATION  
OF POVERTY

**November 17**



The observance of the International Day for the Eradication of Poverty can be traced back to 17 October 1987. On that day, over a hundred thousand people gathered at the Trocadéro in Paris, where the Universal Declaration of Human Rights was signed in 1948, to honour the victims of extreme poverty, violence and hunger. They proclaimed that poverty is a violation of human rights and affirmed the need to come together to ensure that these rights are respected.

## **Benefits of Barley**

- Boosts Immune System
- Helps to Protect Against Gallstones
- Makes Intestine Healthy
- Provides Skin Care





The tiger, known as the Lord of the Jungle, displays India's wildlife wealth. Strength, agility and power are the basic aspects of the tiger. The Bengal Tiger was declared as the National Animal of India in April 1973, with the initiation of Project Tiger, to protect the tigers in India. Prior to this, the lion was the National animal of India.



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

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



Guinness World Records Day (GWR Day) is an annual celebration of record-breaking, a day which sees thousands of people around the world come together with one common goal, to become a title holder. First held in 2004 to mark Guinness World Records becoming the best-selling copyright book of all time, GWR Day is now a much-anticipated event each year that has inspired some iconic record-breaking achievements.

### **Benefits of Pirandai / Adamant Creeper**

- Increases memory power
- Strengthens the brain nerves
- Gives strength to the bones
- Acts as energy booster





World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20<sup>th</sup> November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. World Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for children.







One of the most famous patterns is the Fibonacci sequence, which is made up of Fibonacci numbers. Fibonacci was the nickname of Leonardo de Pisa, an Italian mathematician (1175–1245), the best known for the sequence of numbers that bears his name. The Fibonacci sequence of numbers begins with two numbers: 1, 1. Each new number is then found by adding the two preceding numbers: 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, . . .

### **Benefits of Yam**

- Increases the Nutrient Absorption in the Body
- Improves Bowel Habits
- Increases the Production of Red Blood Cells





November 24

Evolution Day marks the anniversary of the publication of Charles Darwin's famous work '*On the Origin of Species*', published on 24<sup>th</sup> November 1859. It celebrates the theory of evolution and promotes the study of evolutionary biology.

## Benefits of Spinach





Women's rights activists have been observing 25<sup>th</sup> November as a day against gender-based violence since 1981. This date was selected to honour the Mirabal sisters, three political activists from the Dominican Republic who were brutally murdered in 1960 by order of the country's ruler, Rafael Trujillo (1930-1961). On 7 February 2000, the General Assembly officially announced 25<sup>th</sup> November as the International day for the Elimination of Violence Against Women and in doing so, it invites govern, international organizations as well as NGOs to join together and organize activities designed to raise public awareness of the issue every year on this date.

## **Benefits of Sapota**

- Improves Vision
- Controls Hair Fall
- Rich in Vitamin A
- Controls Blood Pressure





November 26 is celebrated as **National Law Day or Constitution Day** to acknowledge the efforts of the framers of the Constitution of India. The Constituent Assembly of India was founded on 9<sup>th</sup> December 1946 to write the Constitution of India. The drafting committee was chaired by **Dr. B R Ambedkar**, who was the Law Minister then. The Constituent Assembly held 11 sessions and took a period of 2 years, 11 months and 18 days before it signed two copies of the document: one in Hindi by the name of “Bhartiya Samvidhan” and another in English “The Constitution of India”.



## **Benefits of Pineapple**





Rajagopuram of Sri Ranganathaswamy Temple in Tiruchirapalli, Tamil Nadu is famous because it holds the record of being the tallest Gopuram in the world. Rajagopuram rises from the base area of around 32500 sq ft, moving up in eleven progressively smaller tiers. It was constructed on top of a stone base that is about 300 years old.



## Benefits of Avocado

- Prevents Bad Breath
- Aids in Marinating Healthy Skin
- Protects Liver From Damages
- Treats Vitamin K Deficiency-Related Bleeding





**November 30**

Computer Security Day is an annual event and is celebrated on the 30<sup>th</sup> November each year. It is designed to raise awareness and to promote best practices in Information Security. The main objective of this event is to bring together international and local IT and security professionals to share their experiences, acquire knowledge and gain an understanding to safeguard their organization's most valuable asset-information.

### **Benefits of Rice Flour**

- High Fiber Content
- Good For Digestion
- Good For Skin
- Enhances Liver Health

