



World Milk Day is an international day established by the Food and Agriculture Organization (FAO) of the United Nations to recognize the importance of milk as a global food. It has been observed on **June 1** each year since 2001.

### Health Benefits of Milk

1. Strengthens Bones
2. Reduces Fatigue
3. Low Carb
4. Good for Teeth and Gums
5. Mental Health
6. Eye Health





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 Black Pepper**

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



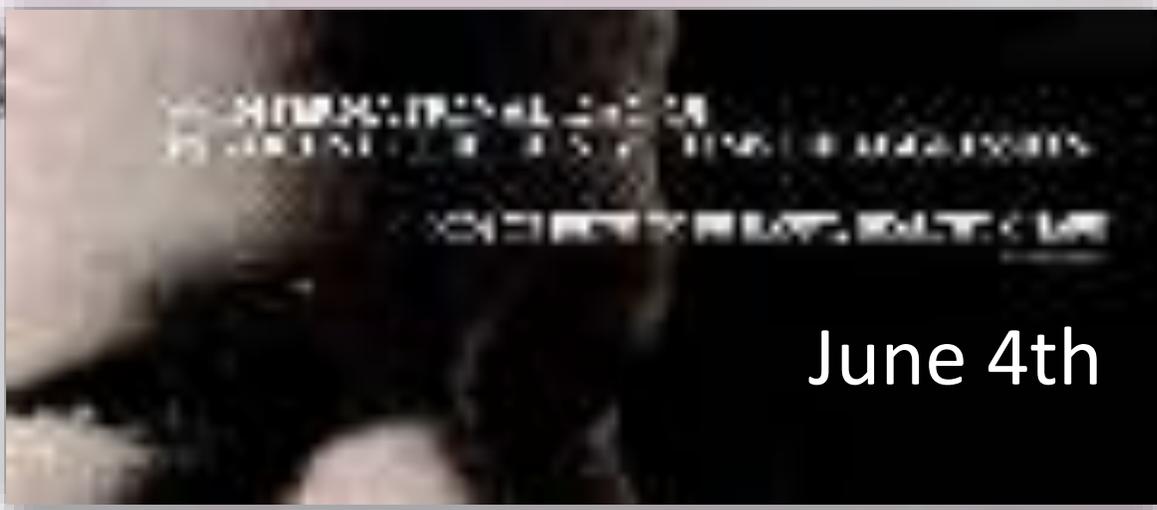


The bicycle is a simple, affordable, reliable and symbol of sustainable transportation. It conveys a positive message to foster sustainable consumption and production which has a positive impact on climate.

## Benefits of CINNAMON



Antibacterial  
Antifungal  
Immunity Booster  
Heart Protector  
Anti-Diabetic  
Digestive Stimulant  
Anti-Inflammatory



June 4th

On 19 August 1982, at its emergency special session on the question of Palestine, the General Assembly, “appalled at the great number of innocent Palestinian and Lebanese children victims of Israel’s acts of aggression”, decided to commemorate 4<sup>th</sup> June of each year as the International Day of Innocent Children Victims of Aggression

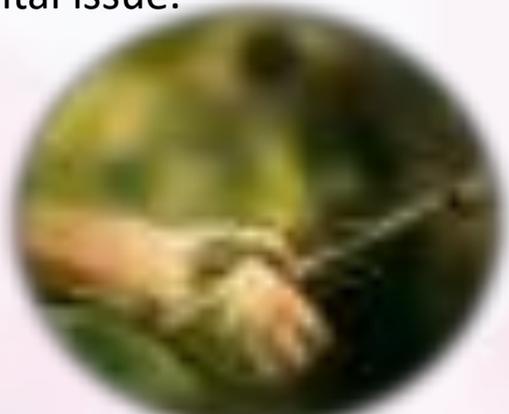
- Improves Digestion
- Beats Bad Breath
- Improves Appetite
- Detoxifies the Body
- Fights Anaemia





# Environment

## June 5<sup>th</sup> Day



World Environment Day is the most renowned day for environmental action. Since 1974, it has been celebrated every year on 5 June; engaging governments, businesses and citizens to focus their efforts on a pressing environmental issue.





The United Nations has declared June 7 as World Food Safety Day to draw global attention to the health consequences of contaminated food and water.



**Health Benefits of Carrots (Mooli)**

- Excellent source of Vitamin A
- Good source of fiber
- Low in calories
- Contains antioxidants
- Promotes heart health
- Supports eye health
- Improves skin health
- Boosts immune system
- Aids in digestion



June 8th



We celebrate World Oceans Day to remind everyone of the major role the oceans have in everyday life. They are the lungs of our planet, providing most of the oxygen we breathe. They are a major source of food and medicines and a critical part of the biosphere.



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



June 9, 2020

**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 km<sup>2</sup> of the interior and northeastern coast of Greenland.

### Benefits of RADISH

- + Cleanses the body
- + Boosts immunity
- + Improves vision
- + Reduces cholesterol
- + Treats kidney stones





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 CUMIN  
(It takes care of all  
the internal organs)**

- Promotes weight loss
- Improves digestion
- Prevents constipation
- Regulates blood sugar
- Protects heart and liver
- Cures common cold





The Elephant Foot Glacier is located on the Kronprins Christian Land peninsula. Research has shown that as a whole, the outlying glaciers and ice caps account for 5 to 7 percent of Greenland's total ice coverage, but they are responsible for 20 percent of its contribution to sea level rise.

## Benefits of DRY GINGER

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





**Anti Child Labour Day** is observed on 12 June every year across the world. It was introduced in 2002 by the International Labour Organisation. It provides the opportunity to provide an environment for children to grow and live a dignified life and to fight against child labour throughout the world.

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

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





# GLOBAL WIND DAY

JUNE 15<sup>th</sup>

**Global Wind Day** is observed every year on June 15<sup>th</sup> to make people aware about the uses of wind energy, power and the possibilities to change the world. Global Wind Day is organised by Wind Europe and Global Wind Energy Council (GWEC).

## Benefits of HOLY BASIL/ TULASI



- Reduces stress
- Improves memory
- Boosts immunity
- Promotes heart health
- Aids in digestion
- Reduces inflammation
- Supports skin health
- Enhances mood



**Zavikon Island** bridge is 32 feet in length. It is the **Shortest International Bridge in the world**. It connects a Canadian island with an American island in the middle of the Saint Lawrence River.



**Benefits of ASAFOETIDA**

- Powerful antimicrobial
- Relieves indigestion
- Lowers blood pressure
- Relieves inflammation pain
- Lowers blood sugar levels
- Rich in minerals



Desertification and Drought Day was officially declared by the UN General Assembly as “World Day to Combat Desertification and Drought” on June 17. The main objective is to promote public awareness of the issue.

### Benefits of COCONUT

1. Reg. blood Thyroid Function
2. Improve Blood Circulation
3. Maintain the Family Welfare
4. Skin. Good immunity
5. Reduce cholesterol level





Vaadhoo Island, which is one of the islands of Raa Atoll in the Maldives. It's a tiny island with just over 500 inhabitants. The reason behind this glowing beach is because of the sea planktons present in it. These are considered to be the major responsible creatures for this bioluminescent phenomenon. The creatures emit light which is only seen in the dark at the night time.



### **Benefits of PALM JAGGERY**

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



**Salar de Uyuni** (or **Salar de Tunupa**) is the world's largest salt flat, at 10,582 square kilometers. It is at the Daniel Campos Province in Potosí in southwest Bolivia, near the crest of the Andes at an elevation of 3,656 meters (11,995 ft) above sea level.

## **Benefits of ALOE VERA**



# INTERNATIONAL YOGA DAY



**JUNE 21**

CBSE in partnership with Fit India Mission has organized a live session to celebrate International Yoga Day 2020



**Resource Person: Ms. Shilpa Shetty,**  
renowned fitness icon and experienced yoga practitioner.



**Date :** 21st June (Sunday) 2020.  
**Time:** 5.00 PM



**Platform:** Fit India you tube Channel and  
CBSE social media platforms MoS(I/C), MoYAS

Students and Parents are requested to join the live session and experience the benefits of Yoga.

**Regards,**  
**Principal Sishya School, Hosur**  
**& Department of Health and Physical Education.**



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

**Phong Nha-Ke Bang National Park**

- 1. Phong Nha Cave
- 2. Paradise Cave
- 3. Dark Cave
- 4. Sun Cave



**JUNE 23**

The first Olympic Games were held in Athens (Greece) from 6<sup>th</sup> April to 15<sup>th</sup> April 1896. 14 countries participated in these games. Olympic Day was introduced in 1948 to commemorate the birth of the modern Olympic Games on 23<sup>rd</sup> June 1894 at the Sorbonne in Paris.

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



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



**Senet** is the oldest known board game in the world. It was played in Ancient Egypt and game boards have been found in Predynastic and First Dynasty burials dating as far back as 3500 BCE. Senet boards were rectangular slabs made of wood, limestone, or faience. Although historians aren't quite sure how exactly the game was played, **Timothy Kendall and R.C. Bell** have made their own reconstructions of the game. Kendall and Bell's rules are based on pieces of texts mentioning Senet and these rules have been adopted by modern senet players.

- Increases Memory power
- Gets Rid of Headaches
- Aids Weight Loss
- Eases Joint Pain
- Controls Blood Pressure
- Protects the Kidney



**Benefits of**  
Kalonji (Nigella  
Seeds) /  
**Karunjeeragam**  
(Black Cumin Seed)



The **zircon crystals** from Australia's Jack Hills are believed to be the oldest thing ever discovered on Earth. Researchers have dated the crystals to about 4.375 billion years ago, just 165 million years after the Earth formed. The zircons provide insight into what the early conditions on Earth were like.

### **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



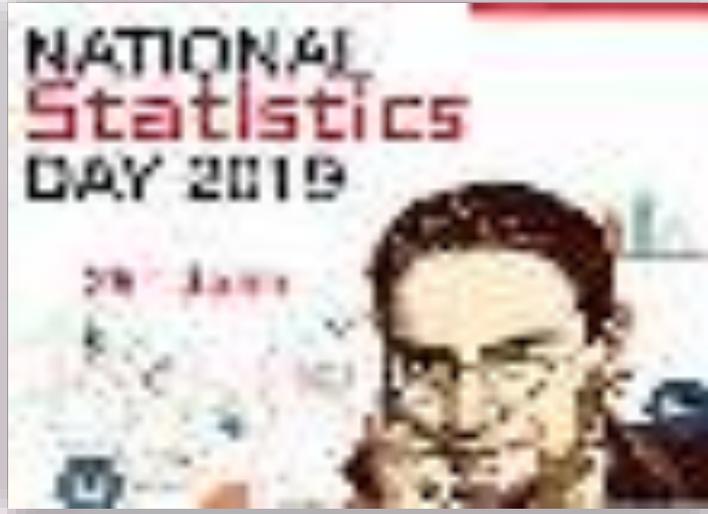


From 7<sup>th</sup> December 1987, the General Assembly decided to observe 26<sup>th</sup> June as the International Day against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

**Benefits of ONION**

- All-India Health Council
- University of Delhi
- ...
- ...
- ...
- ...
- ...





**National Statistics Day** is celebrated annually on occasion of Birth anniversary of India's eminent statistician, **Late Prof Prasanta Chandra Mahalanobis**, in recognition of his invaluable contribution in establishing National Statistical System. The day also commemorates contributions made by Mahalanobis in fields of statistics and economic planning.

**Benefits of  
Jamun /  
Java Plum/  
Naaval pazham**





# JUNE 30



Asteroid Day is an event observed on 30<sup>th</sup> June to provide online education about the asteroid. This event is held on the anniversary of the Siberian Tunguska event that took place on 30<sup>th</sup> June, 1908. It is a most harmful known asteroid related event on Earth in recent history. The United Nations passed a resolution for celebrating 30<sup>th</sup> June as Asteroid Day.

## Benefits of SUNLIGHT





**National Doctor's Day** is celebrated on the **1st of July** in India every year in the honour of Dr BC Roy. This day honours doctors across the country for their relentless service throughout the year.

### **Benefits of CASHEWS / KAJU**

1. Boosts Heart Health
2. Lowers High Blood Pressure
3. An Excellent Source Of Antioxidants
4. Reduces The Risk of Anemia
5. Good for Gums and Teeth





**World Sports Journalists Day** is celebrated on July 2, to mark the services of **sports journalists** for the promotion of **sports**. This day has been earmarked as the official day of celebration because of its significance as the date when the International **Sports** Press Association was established at the 1924 Paris Olympics



### **Benefits of POPPY SEEDS**



**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



**World Zoonoses Day** is held every year on July 6. The day commemorates 6<sup>th</sup> July 1885, when **Louis Pasteur** successfully administered the first vaccine against Rabies virus, a zoonotic disease. Zoonoses are infectious diseases (virus, bacteria and parasites) that can be spread from animals to humans, and vice versa.

### **Benefits of Kambu/ Pearl Millet**

1. Lowers Cholesterol
2. Lowers Blood Pressure
3. Prevents Anemia
4. Rich in Folic Acid
5. Good for Eyes





July 7 is celebrated as **Global Forgiveness Day**. The great opportunities to remind ourselves of the importance of **forgiveness**, to value the **forgiveness** that others have offered us in the past, and to focus on **forgiving** those we may need to **forgive**—including ourselves.



## Benefits of DARK CHOCOLATE



The Hikkim post office which is located in the Lahaul Spiti district of Himachal Pradesh has been functioning from November 5, 1983. At 4400m above sea level in northern India's remote Spiti Valley, the Hikkim **post office** is a vital connection to the outside **world**

2. PROTECTS BONE HEALTH AND MUSCLE HEALTH
3. GOOD FOR CARDIAC HEALTH
4. REGULATES BLOOD SUGAR LEVEL
5. LOWERING BLOOD CHOLESTEROL
6. HELPS IN GOOD DIGESTION

### **Benefits of FOXTAIL MILLET/ THINAI**



**Aravalli Hills, Haryana – The Oldest Mountain Range in India.** It spreads across 300 miles at a single stretch. Guru Shikhar is the acme of the Aravalli Range which is located in the Mount Abu. The peak of this place is found at a height of 5653 feet from the sea level.

### **Benefits of BRAHMI /VALLARAI**

1. Reduces Blood Sugar
2. Improves Skin Immunity
3. Treats Insomnia and deals with Mental Disorders
4. Acts as Memory Enhancer
5. Rich in Antioxidants





On July 10, some organizations throughout the world informally celebrate **Nikola Tesla Day**, also known as World Tesla Day. It commemorates the birthday of Nikola Tesla, renowned Serbian-American inventor and engineer. Tesla is responsible for many inventions, but he is best known for designing the modern alternating current electricity supply system. He invented the transformer known as Tesla coil in 1891.



### **Benefits of Sorghum /Jowar**

1. Improves Digestion
2. Controls Cholesterol
3. Improves Bone Health
4. Improves Heart Health

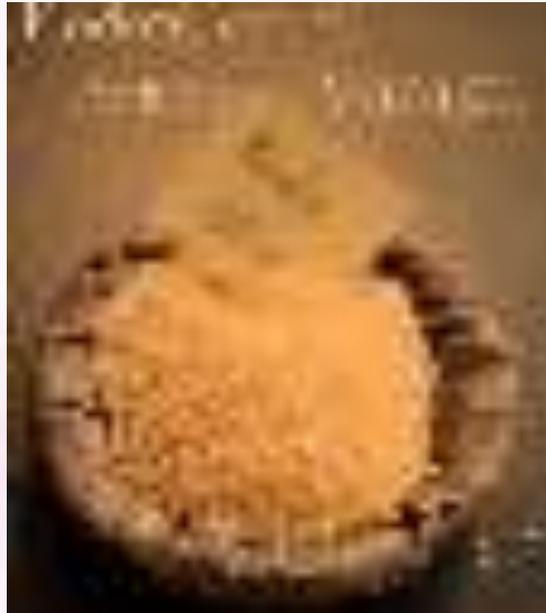


JULY 13

**International Puzzle Day** celebrates the birth of Dr. Erno Rubik, the inventor of Rubik's Cube. Rubik was born on July 13, 1944 in Budapest, Hungary during World War II. Rubik's famous invention was the Rubik's cube. It became a worldwide craze in the 1980s. Within a year after the toy was first exported from Rubik's native Hungary in May of 1980, sales of the toy topped five million.

### **Benefits of Varagu/ Kodo Millet**

1. Manages Blood Glucose Level
2. Rich in Antioxidants
3. Rich in Fibers
4. Reduces body weight
5. Increases serum Insulin Level





The **Kunchikal falls** is the **highest waterfalls in India and the second highest in Asia**. The tallest waterfall of India with a height of 1493 ft, is located near Agumbe in Shimoga district of Karnataka. Agumbe valley is among the places in India that receive very heavy rainfall and it has the only permanent rain forest research station in India.

## **Benefits of Samai/ Little Millet**

1. Rich in Fibers
2. Rich in minerals(zinc, iron & Calcium)
3. Rich in Antioxidants
4. Good for Weight loss





In December 2014, the United Nations General Assembly adopted a resolution declaring 15th July as World Youth Skills Day. The goal is to achieve better socio-economic conditions for today's youth as a means of addressing the challenges of unemployment and under employment.

### **Benefits Kollu/ HorseGram**

1. Helps in treating Kidney Stones and Heart Disease
2. High in Carbohydrate
3. Helps in Managing Obesity
4. Controls Blood Sugar





World Snake Day is an opportune time to get to know snakes better. This day of recognition was established to help people learn more about these misrepresented reptiles and to highlight the vital role they play in the balance of nature. It is celebrated by wildlife enthusiasts over the world with great passion

### **Benefits of Hibiscus Tea**



1. Good Source of Antioxidants
2. Controls Cholesterol
3. Reduces Blood Pressure
4. Rich in Vitamin C





JULY 20

On 12<sup>th</sup> December 2019, the General Assembly proclaimed **20<sup>th</sup> July** as World Chess Day to mark the date of the establishment of the International Chess Federation (FIDE) in Paris in 1924. A chess match between Ivan Nikolic and Goran Arsovic in Belgrade in 1989 ended with a draw in the game. It was recorded as the longest official check game and lasted 269 moves.

### **Benefits of Long Pepper/ Thippili**

1. Fights against bacterial infections
2. Helps in weight loss
3. Improves skeletal health
4. Relieves chronic headache and toothache
5. Prevents liver ailments



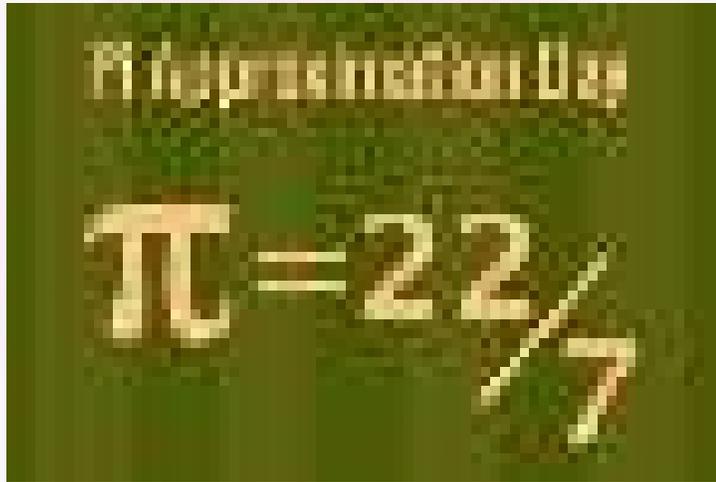


**Erdapfel:** The world's oldest terrestrial globe exists in Germany. The globe shows the world as it was known in 1492 when it was created by Martin Behaim. The Erdapfel, or 'earth apple' shows what people in the 1400s knew and thought of the world around them.

## **Benefits of Thoothuvallai/ Climbing Brinjal**

1. Treats cough and cold
2. Rich in antioxidant
3. Anti-Inflammatory
4. Acts as mosquito repellent





**JULY 22**

Pi Approximation Day is celebrated worldwide on 22nd July every year. The reason why this day is celebrated on 22nd July is because of the value of Pi- 22/7. The fraction 22/7 is said to be the common approximation of Pi ( $\pi$ )

### **Benefits of Nutmeg**

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





**JULY 23**

Lothal is a small mature Harappan settlement near Gulf of Khambat in Dhalka taluk of Ahmadabad in Gujrat. It was first excavated in 1957 by S R Rao. Lothal Port is the oldest port in India. The notable structures at Lothal include a dockyard, warehouse, workshop for manufacturing of stone beads, evidence of shell working and rice husk.

### **Benefits of Ponnanganni keerai/ Sessile Joyweed**



- Increases Iron (GROWTH)
- Lung PROPERTIES
- Regulates NERVOUS SYSTEM
- Prevents (ANEMIA)
- Helps in (W)IGHT LOSS
- Reduces BODY FAT



**JULY 24**

July 24 is celebrated as International Self-Care Day. This day was established in 2011, and the focus is on the awareness of the importance of self-care and empowering people with the knowledge and ability on how to be active participants in their own wellness.

## **Benefits Of Pranayama**



1. Improves the focus and self-awareness
2. Helps to lose weight
3. Improves state of mind
4. Burns extra fat



JULY 27

Kargil Vijay Diwas 2020: It is celebrated on 26 July to commemorate the victory of the Indian soldiers over the infiltrating Pakistani troops. This year is the 21st anniversary of Kargil Vijay Diwas.

### Benefits of BAY LEAVES





World Nature Conservation Day is celebrated on 28<sup>th</sup> July annually around the world to increase awareness about protecting the natural resources and to make people understand about the importance of the conservation of nature.

### **Benefits of Nilavembu**

1. Lowers Blood Sugar level
2. Helps in digestive Problem
3. Detoxifies the body
4. Acts as a Blood Purifier





International Tiger Day is an annual celebration to raise awareness for tiger conservation, held annually on 29<sup>th</sup> July. It was created in 2010 at the Saint Petersburg Tiger Summit. The goal of the day is to promote a global system for protecting the natural habitats of tigers and to raise public awareness and support for tiger conservation initiatives.

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

- Increases memory power;
- Strengthens the brain nerves
- Gives strength to the bone
- Acts as Energy Booster





JULY 30

INTERNATIONAL  
DAY OF FRIENDSHIP



The **International Day of Friendship** is United Nation (UN) day that promotes the role that friendship plays in promoting peace in many cultures. It is observed on July 30 each year.

### **Benefits of Proso Millet / Panivaragu**

1. Rich in Vitamins
2. Rich in essential Amino acids
3. High in Lecithin which supports Neural Health System.

