

The art of practicing yoga may help in controlling an individual's mind, body and soul. Yoga is a 5,000 years old Indian body of knowledge.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------|-----------------------|-----------|----------|--------------|----------|
| | O New Year | | | | | |
| | | 2 | 3 | 4 | 5 | 6 |
| | | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Pongal | Thiruvalluvar Day | • Uzhavar Thirunal | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | Republic Day | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | 0 | | | |
| 28 | 29 | 30 | 31 | | | |





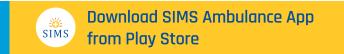


Jogging is good for your well-being. It improves your cardiovascular fitness, helps to reduce Blood pressure and increase good cholesterol (HDL).

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------------|--------|---------|-----------|----------|--------|----------|--|
| | | | | 1 | 2 | 3 | |
| World Cancer Day 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | • 15 | 16 | 17 | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 26 | 27 | 28 | | | | |







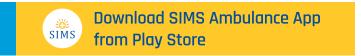


In Olympics, India has won the Hockey gold a maximum of 8 times. India recorded the largest number of consecutive victories -30 times between 1928-1960.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
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| | | | | 0 | 2 | 7 | |
| | | | | - 1 | Z | 5 | |
| | | | | | World Kidney Day | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| | | | | | | • | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| Telugu New Year | | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| | | | | Mahaveer Jayanthi | Good Friday | 0 | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | |









Thali - Indian style meal made up of various dishes which are served on a platter. It is a perfectly balanced meal that has all essential nutrients & makes it a wholesome experience.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|---------|-----------|-----------------|--------|--|--|
| | | | | | | World Health Day | |
| | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | | Tamil New Year/ Dr Ambedkar Jayanti | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| • | | | | World Liver Day | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| | | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
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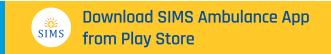


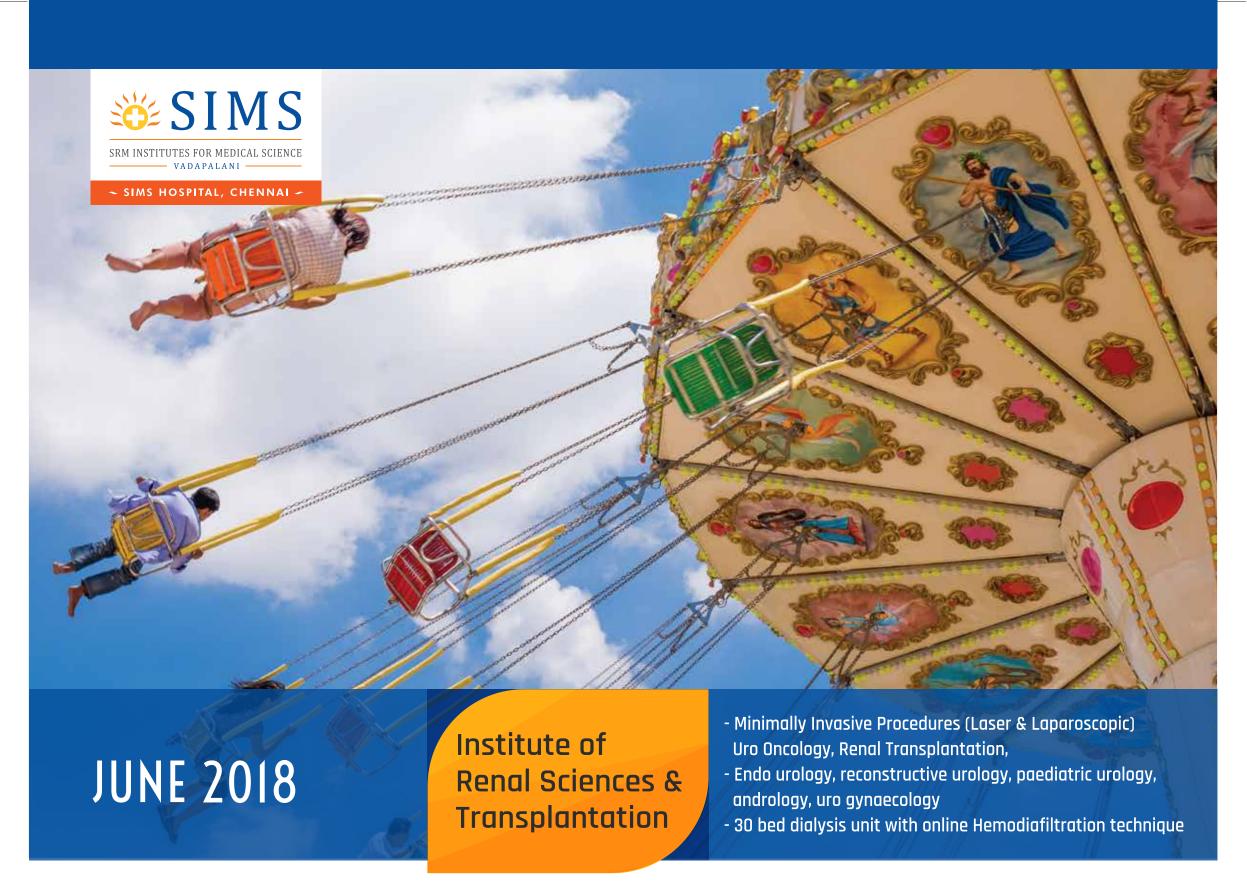
Sunlight provides Vitamin D essential to human body. Time spent in Natural surroundings boosts immunity improves happiness

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|---------|-----------------|--|--------|----------|--|
| | | May Day | World Astma Day | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 | • 15 | 16 | 17 | 18 | 19 | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 | ° 29 | 30 | Anti-tobacco Day/ World no tobacco Day | | | |









Giant wheel ride commonly seen in Theme parks is originally called as **Ferris Wheel**. Such activities test your comfort zone & prepare you to enhance your ability and endurance.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|---------|-----------|---------------------------|--------------------------|----------|--|
| | | | | | 1 | 2 | |
| 3 | 4 | 5 | 6 | 7 | World Brain Tumor Day | 9 | |
| 10 | 11 | 12 | • 13 | World Blood Donors Day | Ramzan 15 | 16 | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| 24 | 25 | 26 | ° 27 | 28 | 29 | 30 | |





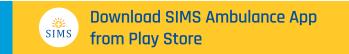


Bharatanatyam is the oldest dance form of India that coordinates hand, body, feet movements & facial expressions to match the accompanying music.

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|---------------------------------|--------|---------|-----------|----------|--------|---------------------|--|
| Doctors Day | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | | | | | • | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| National Plastic surgery Day | | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| | | | | | 0 | World hepatitis day | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | | | | | | | |
| 29 | 30 | 31 | | | | | |









Every baby has a special cry. A mother can recognise her baby's cry just in 3 days of baby's birth. Indeed – A child is the precious gift a couple could pray for.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|---------|-----------------------------|----------|--------|----------|--|
| | | | World Brest Feeding week | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | • | |
| 12 | 13 | 14 | Independence Day | 16 | 17 | 18 | |
| 19 | 20 | 21 | Bakrid 22 | 23 | 24 | 25 | |
| ° 26 | 27 | 28 | 29 | 30 | 31 | | |







Altruism is defined as the unselfish devotion to the welfare of others. Study found that people are more likely to perform feats of generosity after observing another do the same.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------|---------|-----------|-------------------|-------------|-------------------------|
| | | | | | | 1 |
| Krishna Jayanthi 2 | 3 | 4 | 5 | 6 | 7 | World Physiotherapy day |
| 9 | 10 | 11 | 12 | Ganesh Chathurthi | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | Muharram 21 | 22 |
| 23 | 24 | ° 25 | 26 | 27 | 28 | World Heart Day |
| 30 | | | | | | |







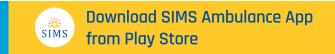


Children know no fear or bias. They just need to be guided to coexist in harmony with the world, environment and the life it supports.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|------------------|---|------------------|--------------|---------------------|---------------------------|--|
| | | Gandhi Jayanthi | | | | | |
| | | 2 | 3 | 4 | 5 | 6 | |
| | • | | | | World Arthritis Day | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| | | World Spine Day / World Anesthesia day | World Trauma Day | Ayutha Pooja | Vijaya Dasami | World Osteoporosis Day | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| | | | 0 | | World Obesity Day | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| | World Stroke Day | | | | | | |
| 28 | 29 | 30 | 31 | | | | |







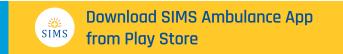


Spending time together help kids and parents having a stronger emotional bond. Children learn to bring balance to their lives when they see their parents setting aside time for what they value

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|-----------|--------------------|----------|--------|----------|--|
| | | | | 1 | 7 | 3 | |
| | | Deepavali | • | | _ | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| | | | World Diabetic Day | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| | | | Milad-un-Nabi | 0 | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | | |







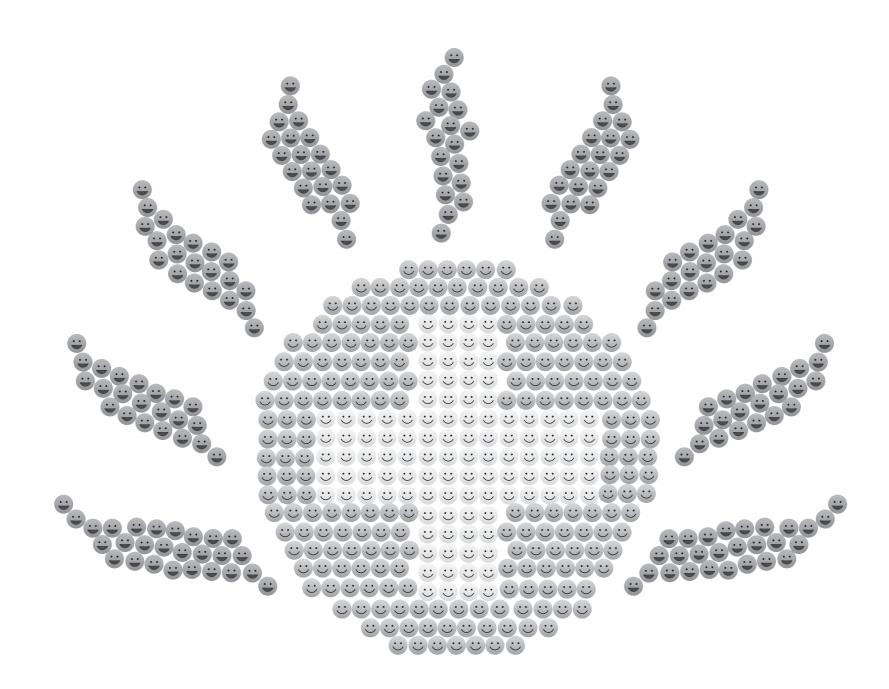


Dove is a variety of domestic pigeon known for its ability to find its way home. Because of this skill, doves were used to carry messages. Also Dove is denoted as symbol of peace.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--------|--------------|-----------|----------|--------|----------------|--|
| | | | | | | World Aids Day | |
| 2 | 3 | 4 | 5 | • | 7 | 8 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 | Christmas 25 | 26 | 27 | 28 | 29 | |
| 30 | 31 | | | | | | |







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