

# VIVEKANAND MANCH



## VM DIGEST

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NOV  
2021

Our  
Monthly Newsletter



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# Thought of the



# Month



*"See for the highest, aim  
at the highest, and you  
shall reach the highest."*



*-Swami  
Viveknanada Ji*

# Noteworthy Occasions

## 1 November - Haryana Day

Haryana state was carved out of the former state of East Punjab on a linguistic basis on 1st November 1966. Therefore, every year, Haryana Day is observed on 1st November.

## 7 November - Infant Protection Day

Infant Protection Day is observed on 7 November to spread awareness regarding protecting, promoting, and developing infants. No doubt infants are tomorrow's citizens

## 7 November - National Cancer Awareness Day

National Cancer Awareness Day is observed on 7 November to spread awareness about cancer and to make it a global health priority.

## 9 November - Legal Services Day

Legal Services Day is observed on 9 November in India to raise awareness among the people where Legal Literacy is lacking

## 11 November - National Education Day

It is observed on 11 November annually to commemorate the birth anniversary of India's first Education Minister Maulana Abul Kalam Azad.

## 11 November - Armistice Day (Remembrance Day)

This day is observed in the commemoration of the end of World War I.

## 14 November - Children's Day

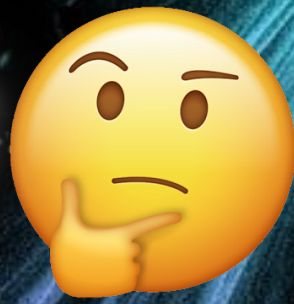
Children's Day is celebrated on 14 November in India and is also known as Bal Divas. This day increases awareness in people about the rights, care, and education of children

## 26 November - Constitution Day of India

Law day is also known as Constitution Day or Samvidhan Divas. It is observed on 26 November to commemorate the adoption of the Constitution of India



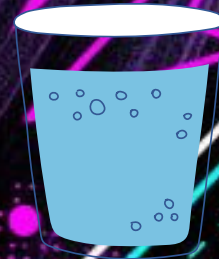
# Interesting Facts



The total weight of all the ants on Earth is greater than total weight of all the humans on the planet

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Hot water will turn into ice faster than cold water.



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Starfish can re-grow their arms. In fact, a single arm can regenerate a whole body.

[CLICK HERE](#)

Your nostrils work one at a time.

[CLICK HERE](#)



The moon has moonquakes.

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# कविता

## तन्हा रह जाता हूँ

यारो की महफ़िल में,  
जब सबके हाथों में हाथ होते हैं,  
बस उस पल एक मैं ही तन्हा रह जाता हूँ।



दुनियादारी के झमेले में,  
कुछ पल शायद तुम्हारी याद न आये ।  
लेकिन फिर रातों की साज़िशों से,  
पुरानी यादों में कैद हो जाता हूँ।  
मैं फिर भी हर रोज़ तुम्हारा इंतज़ार करता  
रह जाता हूँ।



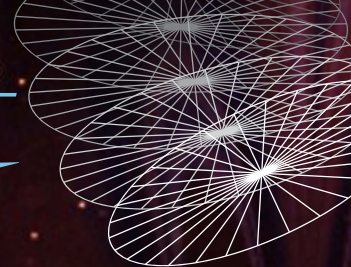
ये जानते हुए की तुम नहीं लौटोगे,  
मैं फिर भी तन्हा रह जाता हूँ।

-रश्मि प्रिया

(एल. एन. एम् . यू  
दरभंगा, बिहार)



# Tech Delight



## Lichens may one day detoxify the air in your home

- Current ventilation systems—the “V” in HVAC—generally aren’t designed to detoxify indoor air and can actually increase exposure to airborne pathogens.
- A new strategy has emerged to replace mechanical indoor purification systems with biological ones.
- Maria Paz Gutierrez, associate professor of architecture, has begun to explore the potential of using lichens rather than plants as living air purifiers, and installing them along interior walls, rather than exterior walls.
- With support from the Bakar Fellowship Program, Dr. Gutierrez aims to fabricate small-scale “lichen building blocks” and test their capacity to purify indoor air. She describes her unorthodox approach and what drew her to it.







# CURRENT AFFAIRS

(For complete articles, visit the links provided with the headlines)



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# ON YOUR WAY

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