



2016

HEALTH, NUTRITION & FOOD INNOVATION

January							February							March							April						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6				1	2	3		
4	5	6	7	8	9	10	8	9	10	11	12	13	14	7	8	9	10	11	12	13	4	5	6	7	8	9	10
11	12	13	14	15	16	17	15	16	17	18	19	20	21	14	15	16	17	18	19	20	11	12	13	14	15	16	17
18	19	20	21	22	23	24	22	23	24	25	26	27	28	21	22	23	24	25	26	27	18	19	20	21	22	23	24
25	26	27	28	29	30	31	29							28	29	30	31				25	26	27	28	29	30	

May							June							July							August						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
30	31				1				1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30	31				

September							October							November							December						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4	31				1	2			1	2	3	4	5	6				1	2	3	4
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	

Pulse crops such as lentils, beans, peas and chickpeas are a critical part of the general food basket. Pulses are a vital source of plant-based proteins and amino acids for people around the globe and should be eaten as part of a healthy diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions and cancer; they are also an important source of plant-based protein for animals. In addition, pulses are leguminous plants that have nitrogen-fixing properties which can contribute to increasing soil fertility and have a positive impact on the environment.

Gazetted Holidays 18

Date	Day	Holiday	Date	Day	Holiday
Jan 26	Tue	Republic Day	Aug 25	Thu	Janamashtami
Mar 24	Thu	Holi	Sep 12	Mon	Id-ul-Zuha (Bakrid)
Mar 25	Fri	Good Friday	Oct 02	Sun	Mahatma Gandhi's Birthday
Apr 14	Thu	Dr. B. R. Ambedkar B'Day ?	Oct 11	Tue	Dussehra
Apr 15	Fri	Ram Navami	Oct 12	Wed	Muharram
Apr 20	Wed	Mahavir Jayanti	Oct 30	Sun	Diwali (Deepavali)
May 21	Sat	Buddha Purnima	Nov 14	Mon	Guru Nanak's Birthday
Jul 06	Wed	Idul Fitr*	Dec 13	Tue	Milad-Un-Nabi
Aug 15	Mon	Independence Day	Dec 25	Sun	Christmas Day

(? Govt. usually decide later, * Subject to sighting of moon)

Restricted Holidays 34

Date	Day	Holiday	Date	Day	Holiday
Jan 01	Fri	New Year's Day	Jul 06	Wed	Rath Yatra
Jan 14	Thu	Makara Sankranti	Aug 17	Wed	Parsi New Year's Day/ Nauroz
Jan 15	Fri	Pongal	Aug 18	Thu	Raksha Bandhan
Jan 16	Sat	Guru Govind Singh's Birthday	Sep 05	Mon	Ganesh Chaturthi /Vinayaka Chaturthi
Feb 12	Fri	Basant Panchami/ Sri Panchami	Sep 14	Wed	Onam
Feb 19	Fri	Shivaji Jayanti	Oct 08	Sat	Dussehra (Maha Saptami) Addl.
Feb 22	Mon	Guru Ravidas's Birthday	Oct 09	Sun	Dussehra (Maha Ashtami) Addl.
Mar 04	Fri	Swami Dayanand Saraswati Jayanti	Oct 10	Mon	Dussehra (Maha Navami)
Mar 07	Mon	Maha Shivratri	Oct 16	Sun	Maharishi Valmiki's Birthday
Mar 23	Wed	Holika Dahan, Dolyatra	Oct 19	Wed	Karaka Chaturthi (Karva Chouth)
Mar 27	Sun	Easter Sunday	Oct 29	Sat	Deepavali (South India)
Apr 08	Fri	ChaitraSukladi/GudiPadava/Ugadi/ Cheti	Oct 29	Sat	Naraka Chaturdasi
Apr 13	Wed	Vaisakhi/ Vishu	Oct 31	Mon	Govardhan Puja
Apr 14	Thu	Mesadi / Vaisakhadi / Bahag Bihu(As)	Nov 01	Tue	Bhai Duj
Apr 21	Thu	Hazrat Ali's Birthday	Nov 06	Sun	Pratihar or Surya Sashti (Chhat Puja)
May 08	Sun	Guru Rabindranath's Birthday	Nov 24	Thu	Guru Teg Bahadur's Martyrdom Day
Jul 01	Fri	Jamat-UI-Vida	Dec 24	Sat	Christmas Eve

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