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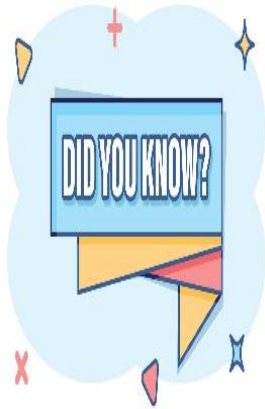
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After a long gap of two months, we come back with a fresh start to learn English with Linguists Academy!

We look forward to a wonderful and happening year ahead!





What is a Seedball?

A Seedball is simply that - a seed inside of a ball of charcoal dust mixed with some nutritious binders. We are focusing on helping reduce the costs of planting various useful indigenous plant species (mostly trees and grass) in Kenya.

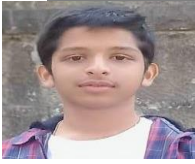


The biochar coating of the ball helps protect the seed within from predators such as birds, rodents and insects and extremes of temperature until the rains arrive! Once soaked, the seedball will help retain and prolong a moist environment around the seed to encourage germination

INTERESTING FACTS ABOUT ENGLISH LANGUAGE:

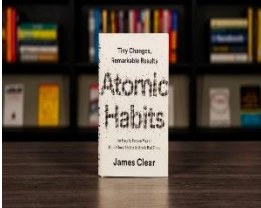
- 1. Only two English words in current use end in "-gry". They are "angry" and "hungry".*
- 2. 11% of the entire English language is just the letter E.*
- 3. The word 'set' has the highest number of definitions.*
- 4. The first English dictionary was written in 1755.*





Book Review – Atomic Habits

Ojas Gujar – Std X



Atomic Habits, a book by James Clear is one of the most interesting books I've read lately. It's a pretty short read and it's filled with specific actions you can take to change your habits and, ultimately, the results of your life.

The book starts with a glimpse of the writer's hardships he faced in life. He convinces us with various examples that simple habits can change the whole life for anyone who believes in oneself. The book calls for understanding the science behind human behaviour, selecting the effective habits, and letting the magic of compounding do the job for us.

When we think about atoms, we think of the scientific concept regarding chemistry. But in this book the writer perfectly describes the meaning of Atoms as:

- 1) an extremely small amount of a thing
- 2) the source of immense energy or power

The most important part of the book is the title. How subtly the meaning of this word has been described when looked at together. Habits that are repeated every day, which may seem unimportant/small, can become a source of immense energy or power to navigate through life!

When we think about changing our habits, we think about the New Year resolutions, the 21-day process or we search for someone to inculcate those habits in oneself and waste the precious time when we can start that habit then and there!

Here, in this book the writer has briefly explained the process about habits. It is as follows:

❖ Make it Obvious

This first law is about how to create good habits.

❖ Make it Attractive

The second law is about how to convince yourself to follow these habits.

❖ Make it Easy

The third law is all about making it easy to actually accomplish your desired behaviours, automating as much as possible.

❖ Make it Satisfied

Make it exciting and fulfilling to accomplish. Lastly, I would like to add that this book is not as theoretical as other books and is rather a short and sweet read. It is a must read and is applicable for all ages. The more you delay to read, the more you will need to read



Understanding Climate Change

Vedant Tuptewar – Std X



Climate change refers to significant changes in global temperatures and weather patterns over time. Human activities like burning fossil fuels, deforestation, and industrial processes release greenhouse gases, such as carbon dioxide, into the atmosphere. These gases trap heat, causing global temperatures to rise known as global warming.

The effects of climate change are severe. Rising temperatures lead to melting glaciers and polar ice caps, which contribute to rising sea levels. This threatens wildlife habitats. Climate change causes more frequent and intense weather events, such as hurricanes, droughts, and heat waves. These can devastate agriculture, lead to water shortages, and displace populations. Climate change also impacts biodiversity. As temperatures rise and weather patterns shift, many plant and animal species struggle to adapt, leading to ecosystem changes and, in some cases, extinction. Efforts to combat climate change include reducing greenhouse gas emissions, transitioning to renewable energy sources, and implementing conservation practices.

World Environment Day is celebrated on 5 June worldwide. On this world environment day global cooperation and action are important to make climate change and protect our planet. By reducing our carbon footprint and promoting sustainable practices, we can make a difference and fight against climate change.



Urbanisation : A Double -Edged Sword

Avaneesh Gavli – Std X



Urbanisation is a mass movement of people to cities from rural areas. This phenomenon is increasing rapidly throughout history. Cities have played a role as centres of Commerce culture and innovation. They have a vibrant and colourful lifestyle which attracts people from villages to move towards cities. they provide greater opportunities of work and earning money.

Cities are of great benefit. They offer wealth. They too have a wide range of jobs in various fields from technology and Finance to health care and education. They are hubs of culture with Museum theatres etc. These are the key points that attract one from the village to move to the city but cities have their own negatives.

Urbanisation can strain all the resources of a city. Basic services, water, facilities can pass their limits leading to lower facilities. Also they are more costly than the rural areas to live in. Traffic congestion and pollution again is a problem to notice. In metro cities like Delhi Mumbai and Bangalore have all these problems. These are only some of the key problems, there are many more concerning one's. Cities are overcrowded and there are housing and slum problems, unemployment is also a problem to notice. Cities have higher crime rates than the villages. In my opinion moving to Urban cities is a diplomatic choice and can be good or bad at times.



World Bicycle Day

Ojas Dakhve – Std X

Every year the world celebrates 'World Bicycle Day' on June 3. It is celebrated to spread awareness of cycling and about the benefits of cycling. In April 2018, the United Nations General Assembly declared June 3 as World Bicycle Day. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.



Cycling is a healthy, low impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for health as well as the environment. The theme for World Bicycle Day in 2024 was 'Promoting Health, Equity and Sustainability through cycling.'

WHO- World Health Organization actively promoted cycling for its benefits to health and the environment, including- increasing physical activity, reducing non-communicable diseases such as cancer and diabetes and decreasing air as well as noise pollution.

❖ **World Environment Day**

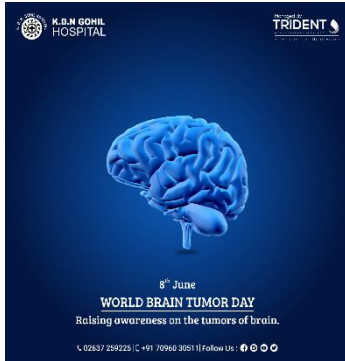
World Environment Day was established in 1972 by the United Nations at the Stockholm Conference on the Human Environment, which had resulted from discussions on the integration of human interactions and the environment. One year later, in 1973, the first WED was held with the theme "Only One Earth"

It is important to save the environment for the survival of the planet and the living beings in it. When we send less waste to landfills, animals can live and thrive without being exposed to harmful substances. We also help reduce carbon emissions to the atmosphere. When we protect the environment, we are saving ourselves from the problems that will arise in the future.

Reference: Google: For educational purpose only

❖ World Brain Tumor Day

Every year on June 8th, the world unites to raise awareness about brain tumors on World Brain Tumor Day. This international day serves as a powerful platform to educate the public, advocate for improved patient care, and celebrate the resilience of those living with this challenging condition.



Reducing Stigma: Like many health conditions, brain tumors can be accompanied by stigma or misconceptions. Brain Tumor Day works to dispel myths and promote understanding and empathy for individuals living with brain tumors.

Supporting Patients and Families: For individuals diagnosed with a brain tumor and their families, the journey can be incredibly challenging both emotionally and practically. Brain Tumor Day provides a platform to offer support, share resources, and foster a sense of community among those affected.

Reference: Google: For Educational purpose only

❖ Father's Day

"A father is someone you look up to, no matter how tall you grow."



This Day is celebrated on different dates in various countries of the world. However, in countries like India, USA, UK, Japan, Ireland, Bangladesh, Pakistan and others, Father's Day is observed on the Third Sunday of June which falls on 16th June for the year 2024.

The importance of a father can't be neglected or ignored at all. He is like a superhero who is always ready to take on everyday troubles for his children. The significance of a father is beyond words as he is the person who works tirelessly to fulfil the requirements of his family. To honour the contribution of all such fathers and fatherly figures and to celebrate paternal bonding, a special day is observed every year as Father's Day.

Reference: Google: For educational purpose only

❖ 4. International Yoga Day



Yoga for self and society:

This year marks the 10th International Day of Yoga with the theme "Yoga for Self and Society." Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfilment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on

this special day.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

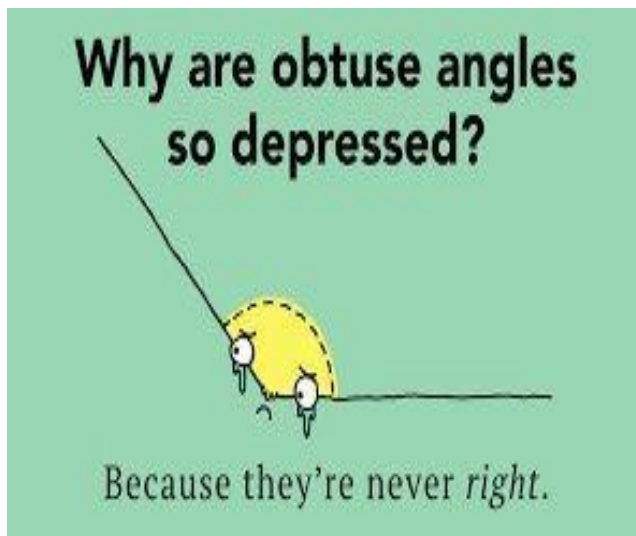
Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

Reference: Google: For educational purpose only



PUNS





"Love is like a tree, it grows of its own accord, it puts down deep roots into our whole being."



"To be without trees would, in the most literal way, to be without our roots."

So, let's take an oath to plant trees in our own surroundings and make the world happier and greener!

