

Daily Calendar

Sources for science journalists

AlphaGalileo Calendar AlphaGalileo (Europe) British Medical Journal EurekaAlert (Europe) Nature New Scientist (UK) Science Science Daily Mori (UK) Office

Science Journalism >> An Introduction to Science Journalism >>

Sylheti language/Time

from Robi (Sun) Note that these Calendar months do not fall in as January being Mohorrom or Boishakh. All calendars consists of different number of days

Preschool Language and Skills/2

parts, calendar, imitation, etc.). Only routine instructions should be given. For example, being asked to sit for lunch as part of the daily routine

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Motivation and emotion/Book/2022/To-do lists

different ways to-do lists can be designed, this includes paper, using an app, calendar blocking (or time blocking), and dividing up to-do lists into more achievable

Energy, Society, and the Environment/Concentrated Solar Power BEVs

Battery aging is normally calculated using the calendar aging and cycle loss formulas, which is: $Q_{calendar\ loss} = f e^{Ea/RT} t^{1/2}$ $Q_{cycle\ loss} = B1 \cdot e^{B2 \cdot I \cdot rate}$

This covers Battery electric vehicles and the prevention of battery degradation due to vehicle to grid systems

What is vehicle to grid technology?

It is a system where a consumer of battery electric vehicles to discharge their vehicles to supply energy back to the electrical grid when their vehicles are not in use. This is done by the help of signals and the time of the day which could help inform systems whether to direct the power to the vehicle or to draw energy out of the vehicle to supply the grid with energy to help with supply load from power plants. Vehicles would be charged up and ready to be utilized upon the users set time and will have enough energy to power the car for emergencies.

Vehicle to grid implementation helps majorly with the environment as a certain aspect would be overcome with their help. With the use of vehicle to grid systems on a larger scale would contribute towards Decarbonisation as it would lead to a decrement in use of coal powered stations world wide and with the same help, it would bring up efficiency in the power grid lines as they would help power houses, businesses, etc in case of a power outage or can also be used as a back up power source during natural disasters where it would be too dangerous to the grid to be operational and also to humans during a situation

One of the main concerns of introducing vehicle to grid systems is that different manufacturers tend to use proprietary charging solution rather than a universal which would be a hinderance. To over come this, an agreement would have to be made between vehicle manufacturers to install a universal connector port to their vehicles to make the implementation quicker. An additional concern would be controlling discharge/charge speeds and voltage as it may differ per vehicle or the V2G systems would need to have a voltage regulator. It is recommended that slower charging systems would be a better solution as this would help to elongate the life of the battery packs installed in vehicles.

Battery degradation due to vehicle to grid systems

It is a known issue where lithium-ion batteries are known to degrade over time whether being used or not. Daily use of the batteries will help keep the life cycle on the better health side, but it is a known issue whereas the batteries age, they lose the capacity of charge they can hold. Many factors must be taken into considerations, such as age of the vehicle, how often the vehicle is used, how often the battery is charged, temperature, etc. This needs to be made as efficient as possible with minimal degradation as lithium ion would not be good for the environment. Battery aging is normally calculated using the calendar aging and cycle loss formulas, which is:

$$Q_{\text{calendar loss}} = f e^{E_a/RT} t^{1/2}$$

$$Q_{\text{cycle loss}} = B_1 \cdot e^{B_2 \cdot I_{\text{rate}} \cdot Ah}$$

$$B_1 = a \cdot T^2 + b \cdot T + c$$

$$B_2 = d \cdot T + e$$

(Wang et al., 2012)

Combining the calendar loss and cycle loss formula, you would obtain the overall remaining life cycle for the battery.

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Student Projects/Importance of Ramadan and Fasting

fast for Ramadan. Ramadan falls on the ninth month of the Islamic lunar calendar and according to Islamic belief, it is to commemorate the first revelation

IMPORTANCE OF RAMADAN AND FASTING

It is about 1.8 billion Muslims around the world waking up before dawn to fast for Ramadan. Ramadan falls on the ninth month of the Islamic lunar calendar and according to Islamic belief, it is to commemorate the first revelation of the Quran to Prophet Muhammad. Do you know why fasting is a part of Ramadan?. The religion of Islam requires all muslims to abide by its five pillars: the Confession Of Faith, pilgrimage, almsgiving, five daily prayers and fasting. During Ramadan they wake up before the sunrise, eat a meal which is called as "suhoor"; and begin their fast with the first prayer of the day called "Fajr". They observe a dry fast until the sun this means strictly no food or any liquid during the fasting period. Muslims are also expected to withdraw themselves from engaging in entertainment, sexual activity and speaking or acting in a negative manner. Senior individuals, very young children, individuals who are chronically ill, pregnant and breastfeeding women, women who are menstruating or individuals who are temporarily ill are allowed to skip their fast and can makeup at a later time. The fast is typically broken with dates and water, followed by evening prayer and then a post fast meal known as "iftar". By the end of these 30 days it would be like we get more connected to our religion and family. Ramadan is followed by celebration called Eid ul Fitr or Id. Thus it is all about attaining happiness and peace of mind.

What Matters

Part 4: Measure how you spend your time. For one week carry a diary, calendar, or small log book with you. Several times during each day, record how

Alleviating Loneliness/Ideas for nurturing relationships

relationship check-ins to discuss concerns or future plans. Shared Calendar: Use shared calendars to coordinate activities and stay organized. Apologize and Forgive:

Investing time in nurturing relationships is crucial for building strong and meaningful connections. Here are various ways a person can dedicate time to consistently, frequently, and effectively engage with others:

Regular Communication:

Phone Calls: Schedule regular phone calls to catch up and share experiences.

Video Calls: Utilize video calls for a more personal connection, especially if you can't meet in person.

Texting/Instant Messaging: Send regular messages to check in, share updates, or just say hello.

Quality Time:

Face-to-Face Interaction: Whenever possible, spend time in person to strengthen the bond.

Shared Activities: Engage in activities you both enjoy, fostering a connection through shared experiences.

Celebrate Milestones:

Birthdays and Anniversaries: Remember and celebrate important dates to show you care.

Achievements: Acknowledge and celebrate each other's successes and milestones.

Active Listening:

Empathetic Listening: Pay attention to the other person's feelings and concerns.

Ask Open-Ended Questions: Encourage deeper conversations and understanding.

Express Gratitude:

Thank You Notes: Send occasional notes expressing gratitude for their presence in your life.

Verbal Appreciation: Don't hesitate to express appreciation during conversations.

Support in Times of Need:

Offer Help: Be there for others during challenging times by offering assistance or a listening ear.

Empathy: Show empathy and understanding, letting them know you care about their well-being.

Shared Goals and Planning:

Future Planning: Discuss and plan activities or goals together, fostering a sense of shared future.

Collaborative Projects: Work on projects together, whether personal or professional.

Surprise Gestures:

Unexpected Gifts: Surprise them with thoughtful gifts or gestures to show you're thinking of them.

Spontaneous Outings: Plan unexpected outings or activities for a change of pace.

Celebrate Diversity:

Respect Differences: Embrace and respect each other's differences and unique qualities.

Learn Together: Explore new interests and hobbies together, broadening your horizons.

Routine Check-Ins:

Scheduled Meetings: Set aside time regularly for relationship check-ins to discuss concerns or future plans.

Shared Calendar: Use shared calendars to coordinate activities and stay organized.

Apologize and Forgive:

Open Communication: Address conflicts openly and apologize when necessary.

Forgiveness: Learn to forgive and move forward, understanding that everyone makes mistakes.

Virtual Engagement:

Online Games or Activities: Engage in virtual games or activities to bond, especially if distance is a factor.

Virtual Events: Attend online events together to share interests and experiences.

By incorporating these practices into daily life, individuals can invest time and effort into building and maintaining strong, healthy relationships. Consistency, quality engagement, and genuine care are key to

nurturing lasting connections with others.

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