```
package Stringprograms;

public class extract_words {

   public static void main(String[] args) {
        String s="Hello World1234567890 Hi";
        System.out.print("The extracted words
are:"+s.substring(0,11));
        System.out.print(s.substring(21,24));
   }

}
Output:
The extracted words are:Hello World Hi
```