December.
2023.

Founder's Edition

QUARK

SCIENCE MAGAZINE

QUARK/EDITION 4/ISSUE 2 /DECEMBER 2023

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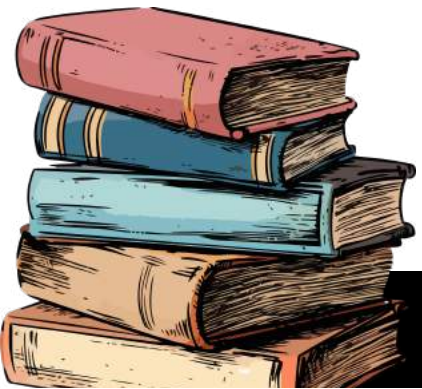
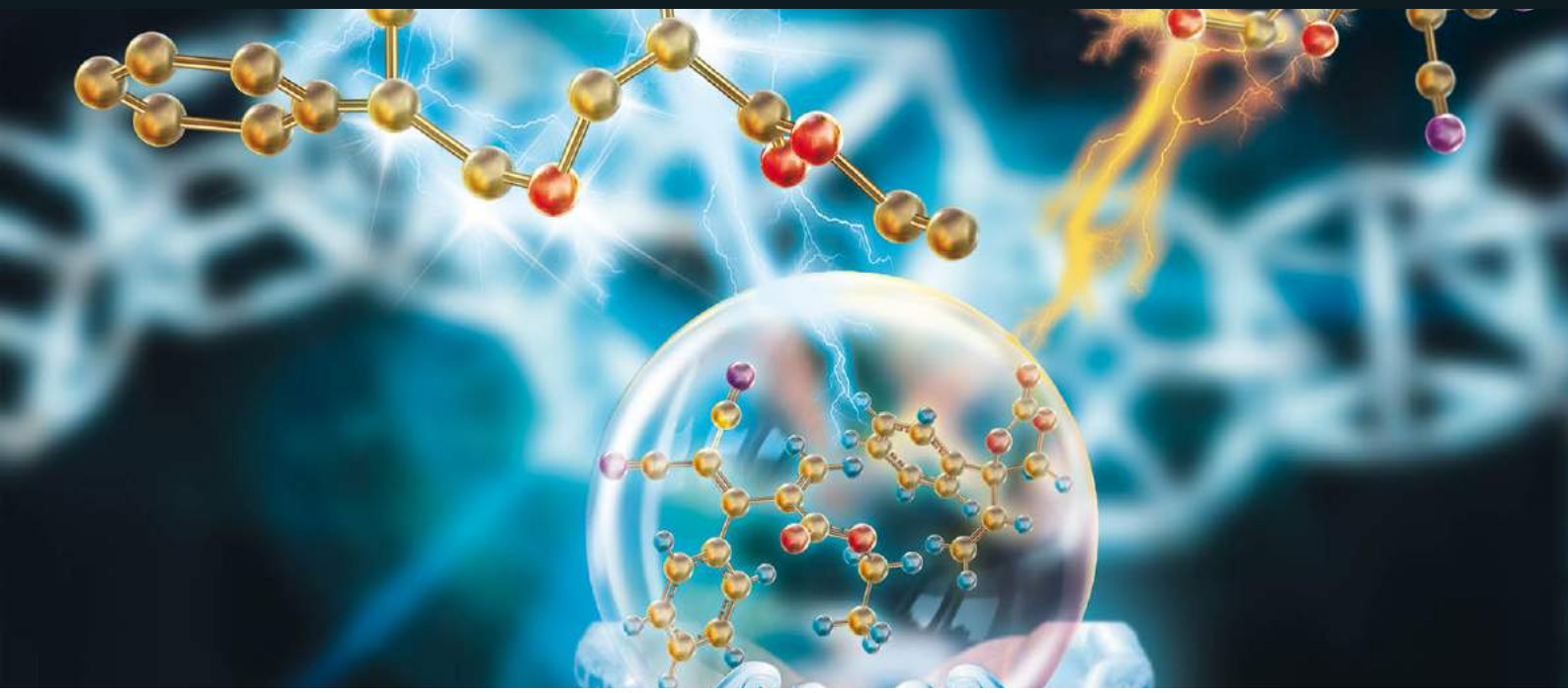
ESCAPE ROOM



"Escape Room" delivers an adrenaline-fueled adventure, blending clever puzzles with intense suspense. The narrative grips you, making it hard to escape its grip. A thrilling maze of mystery and excitement!

QUARK



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VISION PRO

DEC 2023 | VOL. 06

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PRODUCT OF THE YEAR

With its stunning appearance and cutting-edge technology, the Apple Vision Pro redefines visual perfection. A captivating 5K OLED display with vivid colors, rich contrasts, and razor-sharp details is framed by its incredibly small bezels, enhancing the viewing experience to new heights. Both professionals and multimedia fans can benefit from the ProMotion technology's smooth navigation and transitions.

The Vision Pro stands out thanks to its adaptability and connectivity. For creative professionals, the availability of multiple Thunderbolt 4 connections, USB-C, HDMI, and an SDXC card slot allows for easy integration and productive productivity. Immersion is increased by the high-fidelity audio system, which supports the visual splendour.

The streamlining tvOS makes it easy and user-friendly to navigate through apps and content. With Siri integration, voice control is convenient and increases usability overall. True Tone technology optimizes the display for a comfortable viewing experience by adjusting to the lighting.

In conclusion, the Apple Vision Pro offers an unmatched visual experience and raises the bar for display technology. For those wanting a premium visual experience, it is a must-have because of its sleek design, excellent display quality, productivity-enhancing capabilities, and easy integration inside the Apple ecosystem.Vision Pro is a testament to Apple's dedication to innovation and perfection and is another example of their mastery.

Editorial

- MOHD. ARHAM

I stand amid the whirling wonders in the magnificent waltz of cosmic exploration, my heart fluttering with joy at the great display of discovery. I am enthralled with the disclosures that science's never-ending quest for knowledge has uncovered in a way that is similar to a lover whispering gentle secrets in a beguiled ear. My spirit is constantly drawn to the great cosmos, a wonderful tapestry fashioned from cosmic threads and stardust, and every step I take there reveals new layers of awe. It is a never-ending, musical dance in which each insight and discovery is like a soft, lingering touch that reawakens a never-ending need for understanding and knowledge.

I am fascinated by the tremendous grace that lies inside the smallest particles and their complex quantum mechanics in this huge cosmic ballet. These particles both reveal and hide their mysteries, like the mysterious flutter of a lover's eyelashes. It's a captivating waltz that alternates between disclosing the most intimate details and concealing them behind exquisite choreography that never fails to pique my interest.

I see a beautiful blend of human genius and an unwavering desire for truth in laboratories, those havens of inquiry and experimentation. These hallowed places are where inspiration and perseverance combine, where science and the non-tangible world collide, and where breakthroughs are made. Standing on the brink of the unknown are scientists, the modern-day prophets of knowledge. Their eyes sparkle like a thousand stars, reflecting our deep-seated desire to solve the riddles that have captivated and awed us since the beginning of time.

The footsteps of great thinkers and historical luminaries resound through the passageways of time, rocking the foundations of our comprehension with their constant commitment to knowledge and exploration. The daring rebellion of Galileo, the revolutionary discoveries of Copernicus, and the profound inventiveness of Einstein are not just passages in a dusty book; rather, they are beacons of light that lead the way for future generations of people. They illuminate the unknown lands that entice us to explore with a soft but alluring radiance.

Every new discovery we make on our cosmic journey is like a beautiful, alluring note in the vast orchestra of life—one that draws us deeper and deeper into the unknown. The universe is a huge, unexplored ballroom of discovery with mysteries yet to be solved, wonders to behold, and wisdom to be acquired. It is a love, a romance, an unending embrace that pulls us onward and into the unknown worlds where the secrets of the cosmos wait to be discovered, led by the unwavering wisdom of those who came before us.

We set out on a journey through the vast cosmic theatre with every step, and in our search for knowledge, we become more deeply entwined in the never-ending dance of discovery, where the wisdom of the great thinkers of history and the scientific acumen of the present day come together to illuminate the way into the unknown regions of the cosmos.

Letter from the editor

Dear Arham,

Letter

I am writing to express my concern regarding the declining interest in writing among Welham students, as many now prefer contributing to Quark. To address this issue, I propose that Quark expands its scope to become a daily Welham life magazine, welcoming contributions from all students. This move could rekindle interest in writing and creativity among our student body. I eagerly await your feedback on this idea.

Sincerely,

Eshaan Tiwari
Senior Editor, Quark

Dear Eshaan Tiwari,

Reply

I appreciate your proposal to broaden Quark's scope, aiming to engage more students and enhance creativity. We plan to schedule a meeting in the coming weeks to delve deeper into this idea. Your initiative in addressing the declining interest in writing at Welham is commendable, and we look forward to a productive discussion. Thank you for your dedication to improving the Welham experience.

Sincerely,

Mohammad.Arham Rizwan
Editor-in-chief,Quark

Aditya-L1

written by: Manik Mittal

3rd Feb, 2023

Tech used in Aditya -L1

India's Aditya-L1 mission, led by ISRO, showcases state-of-the-art technology for solar exploration. With its advanced coronagraph and multi-wavelength imaging instruments, Aditya-L1 offers unprecedented insights into the Sun's complex dynamics. The X-ray monitor observes high-energy solar processes, while robust data transmission capabilities ensure real-time monitoring. Solar Wind Particle Experiment (SWEPAM) analyzes the solar wind, contributing to space weather studies. Stabilization systems maintain precise orientation for uninterrupted observations. Aditya-L1's technological prowess not only advances solar science but also promises practical applications, making it a significant leap in India's space capabilities.

www.isro.gov.in

India's Aditya-L1 mission, led by ISRO, is focused on understanding our nearest star, the Sun. Its primary objectives include unraveling the mysteries of the solar corona, the Sun's outermost layer, and studying its magnetic fields. This research aims to provide crucial insights into solar activities and space weather, which have the potential to impact Earth.

Aditya-L1 seeks to predict solar flares and coronal mass ejections that can disrupt technology on Earth. By investigating the Sun's magnetic fields, the mission aims to enhance our understanding of solar phenomena, like sunspots and flares, leading to more accurate solar storm predictions. Additionally, the mission will provide valuable data on solar wind, improving space weather forecasting models crucial for space missions and Earth's technological infrastructure.

The benefits of Aditya-L1 extend beyond scientific knowledge, with practical applications in various fields. It can enhance astronaut safety during space missions, bolster the resilience of Earth's power grids, GPS systems, and communication networks, and improve the efficiency of solar power generation.

In conclusion, Aditya-L1 is poised to advance our knowledge of the Sun and its effects on space and Earth. With ISRO's expertise and international collaboration, this mission represents a significant step forward in solar science and space research.

SONIC MEDICINE

FOUNDER'S 2023

Every day, when you sit down and plug on your headphones do you realize that you feel comforted as soon as your favourite song plays next on the playlist? Or maybe you feel suddenly excited with a tinge of dedication when your ears get the opportunity to hear an upbeat tune? If you do, don't worry you are not alone in this world. Sound, often termed as the vibrations of the particles in air, liquid or solid, is simply a mere friend. At times it can be harmful and at others, it becomes the best thing you have ever experienced.

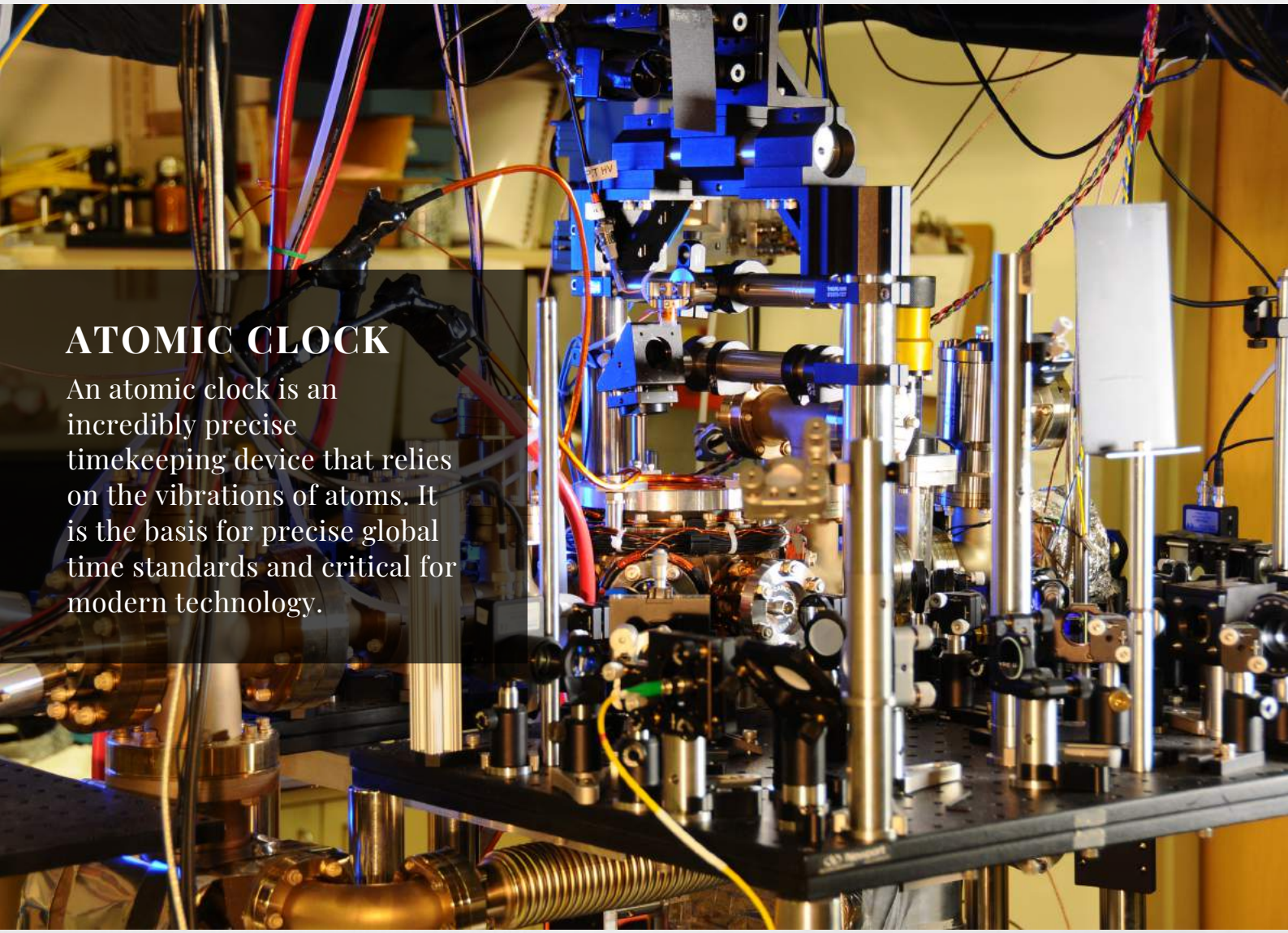
Noise, is also a type of sound, do you like it? Let me give you an example, would you like sitting in your car, stuck in a traffic jam where the other drivers keep beeping? Now think about sitting in the same situation with your speaker turned on and playing your favourite song. We often talk about sound as a type of medicine, I wondered myself before sitting here and writing this down why do we say this? This statement has now taken a peaceful seat in the assembly of clichés. Thinking about it now gives me a clear picture of the very fact that has been just in front of us and we couldn't see it. It is none other than rhythm that makes sound a medicine. Rhythm is a pattern that is scientifically proven to soothe our minds. Sound with rhythm, seems familiar right? Music it is that fits in perfectly with this description. Music has an incredible ability to influence our emotions and even our body language. The way you think depends on a few things like your friends' circle, surroundings, and the kind of music you hear. One such example is the very famous physicist, Albert Einstein. Einstein indeed loved to play his violin, he said that he found inspiration and relaxation in the beautiful sound of music. While we now know him for his undoubtedly exceptional mind in the field of theoretical physics, his playing the violin played a significant role in his overall well-being and creative thinking processes. Well, I will let science back up your thoughts falling. When you listen to music you definitely enjoy it, and your brain releases a very well-known chemical, Dopamine. While it has become an everyday common word that we often use with friends, we should understand what this actually means. Dopamine or the 'feel-good' neurotransmitter (a messenger in your brain) when flooded can enhance your mood, and reduce stress (which children of our age is experiencing nowadays) and even its powers can extend so much so to erode the feeling of pain. Now you might think how do sad songs help you? Every music has its own benefits. Sad songs can help you express and release your own emotions, just like crying when you are sad makes you feel better, listening to sad songs helps you get your feelings out. Music is also used as therapy for mentally retarded people, in the form of Sonic Waves.

Sound, particularly in the form of music, has a remarkable ability to enhance your emotional state. Not just a source of entertainment; music is a medicine that can be taken anytime and anywhere. So, the next time you face a speed-breaker in life, just don't forget to take this pill, a Sonic Medicine.

Eshaan Tiwari

THE ATOMIC CLOCK

-GARVIT AGARWAL
VII



ATOMIC CLOCK

An atomic clock is an incredibly precise timekeeping device that relies on the vibrations of atoms. It is the basis for precise global time standards and critical for modern technology.

INTRODUCTION

Have you ever considered the passage of time? We always do, after all. But what about a clock whose results are so precise that even the law of time has to bow before it? The atomic clock is shown here. Louis Essen invented this super gadget at the UK National Physics Laboratory and is now used in many popular programs.

ABOUT GPS

This is a GPS unit. Yes, GPS satellites send signals every second to show your present location and even a fraction of a second delay prevents the GPS from working. The atomic clock comes into play here. The nuclear clock performs as planned due to its exceptional precision.

SCIENCE

I discussed its applications and history, but how does it work? Some complicated mechanics are required to make a clock this accurate. But believe me, it's simple to grasp. As a result, Cerium (Cs55) is effectively frozen at absolute zero.

As a result, both lower and higher voltages are produced. The greater voltage is disconnected. The lower voltage is emitted to charge the quartz oscillator. This powers up the quartz oscillator.

The number of oscillations is tallied similarly to the pendulum method, and the duration recorded tells us about the vibrations made in one oscillation. The clock will work if the frequency is proper, which is one second. If the frequency is too high or too low, the clock will be inaccurate.

> TIME IS MONEY,MONEY IS WORTHLESS, HENCE,TIME IS WORTHLESS

WHICH SNACK ATTRACTS CLIENTS?

But the crucial question is how it bends the law of time. It was even demonstrated that if two atomic clocks are synchronised and one of them is raised higher or lower, time will slow down or speed up. This indicates that a person who is walking will experience slower time than a person who is sitting.

This can be utilized in geology (the study of the earth's climate and land for humans). This can be connected to a detector to detect changes over time. This can then be employed, similar to GPS satellites, to deliver data straight to labs. This can help geologists change and reassess everything they previously understood about the earth.

The atomic clock is too amazing to be true, and it must have some flaw that can cause it to fail. If you've considered that, you're accurate since it does have a problem. The important thing is where we set it since any higher level will make the time slower and any lower level would make the time faster. That implies there is no guarantee of the time's correctness.

-Mohd. Daniyal
VIII

> WHY DID THE ATOMIC CLOCK START A STAND-UP COMEDY CAREER? BECAUSE IT HAD THE PERFECT TIMING AND A REAL ATOMIC SENSE OF HUMOR!

Ideomotor Effect

Have you ever considered the delicate sway a single thought or suggestion may have over your actions, even when you are not aware of it? Thank you for visiting the fascinating world of the ideomotor effect! This intriguing phenomena clarifies the puzzling connection between our brain processes and our bodily reactions. The fundamental idea behind the ideomotor effect is to explain how our bodies move automatically and unconsciously in reaction to our thoughts or mental images.

Fundamentally, it means that, despite being unaware of it, our thoughts have the ability to influence how we behave. To put it in another way, our bodies can automatically carry out a given activity just by thinking about it. Let's explain this using an example to understand the ideomotor effect's workings. Imagine mentally replicating the action of squeezing a fictitious lemon, and feeling the fictitious juice trickle down your fingers. Your hand is likely to unintentionally mimic the motion of squeezing even if you don't actually have a lemon in your hand.

This phenomena is a result of the complicated relationship between the activation of mental representations and the motor regions of our brain.

The pendulum experiment is a well-known example of an experiment that effectively illustrates the ideomotor effect. It offers a potent illustration of the subconscious mind's power and the fascinating relationship between our ideas and behaviour. Researchers and practitioners continue to be fascinated by this phenomenon across a variety of fields, from commonplace interactions to therapeutic uses and design considerations. We can better understand how our ideas and body interact if we explore and embrace the idea of the ideomotor impact. We may now be in awe of the complex interactions between our bodies and minds thanks to this understanding. Remember the ideomotor effect the next time you're mesmerized by the apparent link between your thoughts and actions so that you're able to appreciate the fascinating modus operandi behind it.

-Eshaan Tiwari
VIII

THE MYSTERIES OF DARK MATTER

Dark matter, which makes up around 27% of the universe's mass-energy content, is a mysterious cosmic entity that permeates the whole universe. Despite having a significant impact on the cosmos, dark matter continues to be mysterious and opaque, making it difficult for scientists to understand its makeup.

Dark matter's existence was first proposed by Swiss astronomer Fritz Zwicky in the 1930s, and it was later confirmed by studies of galaxy dynamics. The rotational speeds of galaxies were discovered by astronomers to be inconsistent with their apparent mass alone. Dark matter condensed due to the increased gravitational pull needed to maintain these velocities.

One of the strongest arguments in favor of dark matter comes from research on galaxy clusters. Gravitational lensing, a phenomenon in which massive objects bend and distort light, provided conclusive evidence of the existence of dark matter.

The observed lensing effects in these clusters cannot be explained by the visible matter present, proving the existence of invisible, gravitationally important matter.

While dark matter's gravitational influence is undeniable, conventional detection methods are unable to detect it. It has no light-emitting or absorbing properties, rendering it immune to electromagnetic radiation. For scientists attempting to directly observe or interact with dark matter, this poses a tremendous challenge.
Many experiments, including those employing deep underground detectors and particle accelerators, have attempted to directly detect dark-matter particles. One popular theory suggests that weakly interacting massive particles (WIMPs) are potential candidates for dark matter. Despite extensive efforts, precise detection of dark-matter particles is still elusive. With cutting-edge technology and creative approaches, the quest to reveal dark matter's secrets continues. Future efforts, like the Euclid mission of the European Space Agency and the Large Synoptic Survey Telescope (LSST), will attempt to map the distribution of dark matter on cosmic scales with unprecedented precision. Experiments in particle physics aim to produce dark matter particles under controlled circumstances. Examples of these experiments are those carried out at the Large Hadron Collider (LHC).

In conclusion, dark matter has an undeniable role in altering the universe on a large scale. It still poses a mystery that hinders our comprehension of the foundational elements of the university. The search for dark matter continues to be a testament to humanity's unrelenting pursuit of knowledge and the desire to unravel the deepest mysteries of the universe as scientific advancements persist.

-Arnav Virmani
VIII

THE ROLE OF AI IN FUTURE

Medicines

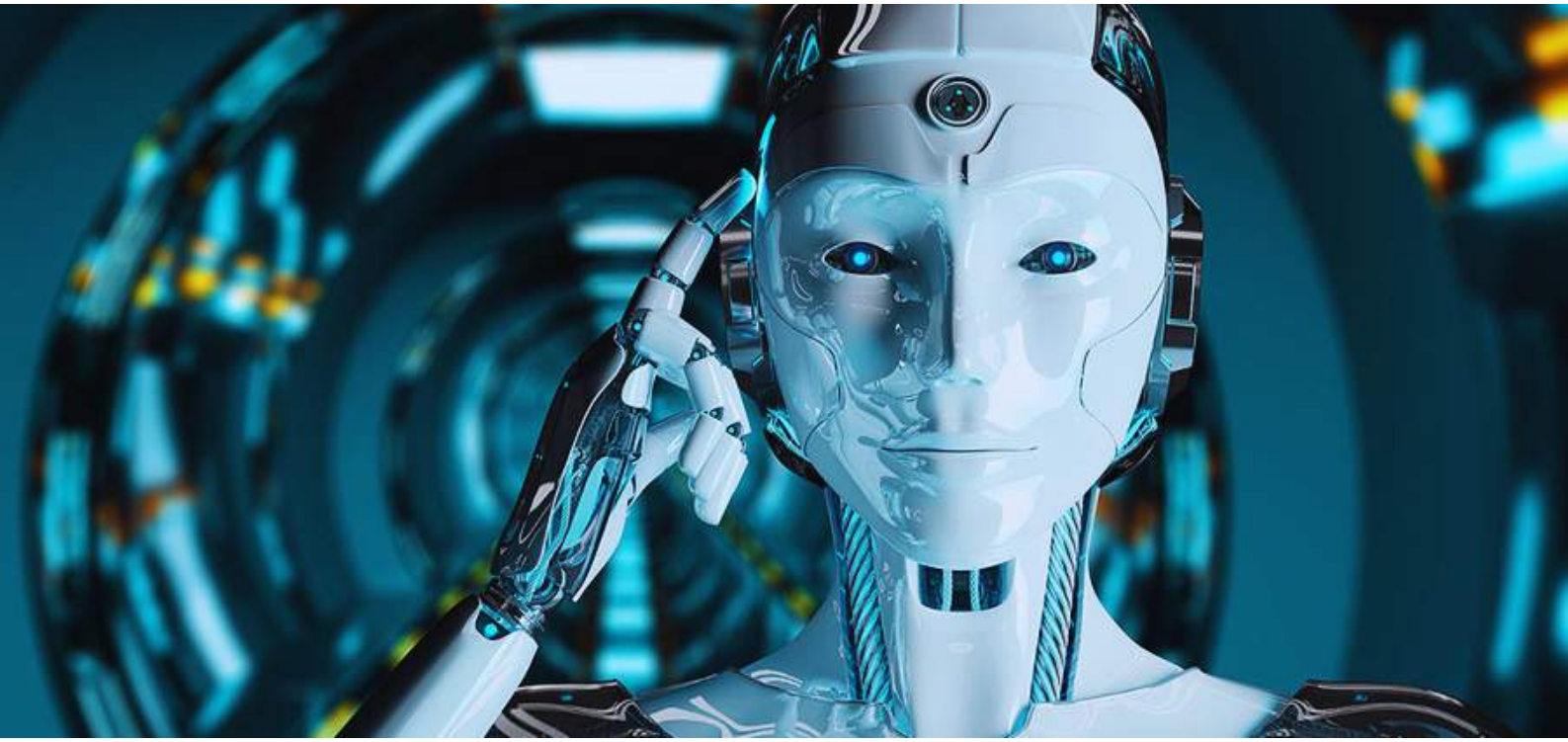
With its recent rapid advancements, artificial intelligence (AI) has the potential to completely transform a wide range of human endeavors. Artificial intelligence (AI) has the potential to significantly change how we diagnose, treat, and oversee medical care. The application of AI in the healthcare sector has enormous potential to improve patient outcomes, expedite administrative tasks, and increase the accuracy of medical diagnosis.

AI'S POTENTIAL TO GREATLY INCREASE DIAGNOSTIC ACCURACY

in medicine is one of its most interesting applications. More patient data, including genetic information, imaging scans, and medical records, may be processed by AI systems far more quickly and thoroughly than by human doctors. This makes diagnostics more accurate and timely possible.

AI algorithms, for instance, have already proven to be more successful than human professionals in the detection of conditions like diabetes retinopathy and cancer using medical imaging. By spotting minute patterns and abnormalities that the human eye might overlook, these devices allow for earlier and more precise diagnosis.

Because AI makes personalized medicine possible, therapy approaches could undergo a radical change. AI can assist medical professionals in customizing treatment strategies for each patient by examining the genetic composition, medical history, and lifestyle of the patient. By eliminating one-size-fits-all remedies, this not only eliminates side effects but also raises the likelihood of a good outcome.



Finding and creating new medications is an expensive, time-consuming, and risky procedure. By evaluating enormous databases of chemical compounds and biological interactions, forecasting possible medication candidates, and even simulating clinical trials, artificial intelligence (AI) can expedite this process. This technology not only saves money and time, but it also finds medications that would not have been found through more conventional means.

AI has the potential to greatly increase healthcare administrative efficiency in areas other than clinical applications. Healthcare workers can concentrate on patient care by delegating routine patient interactions, billing queries, and appointment bookings to Chat Bots and virtual assistants. AI-driven solutions can reduce administrative load and error risk by streamlining data entry and retrieval in electronic health record management.

-Mohammad.Daniyal
VIII

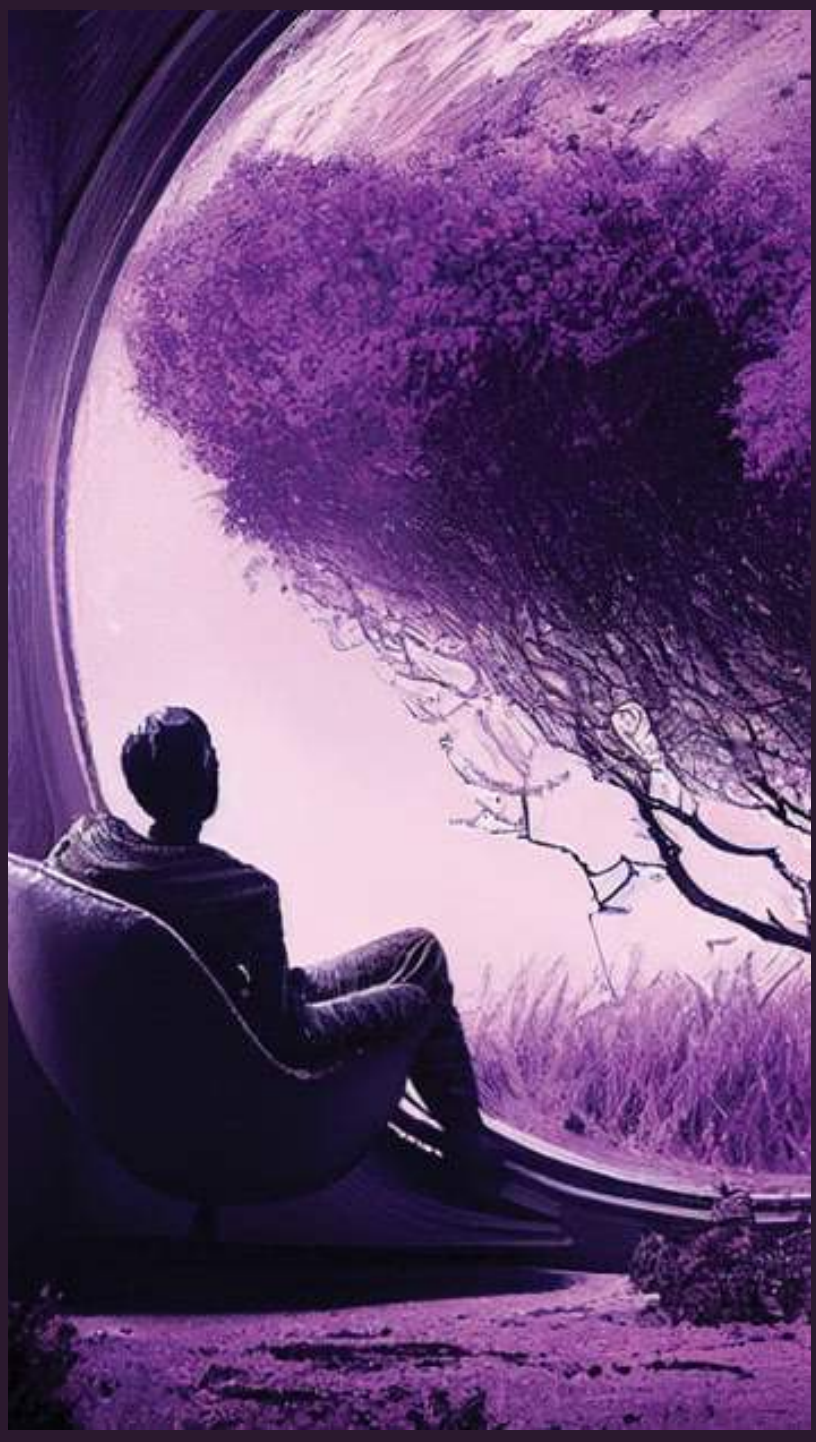
Artificial intelligence technology has expedited the growth of telemedicine. AI-enabled remote patient monitoring devices may continually gather and analyze data, giving healthcare professionals access to information in real time. This eliminates the need for frequent in-person visits and is especially useful for managing chronic diseases, as clinicians can make well-informed recommendations based on a patient's continuing health status.

By evaluating massive datasets, AI can assist in the prediction of illness outbreaks and patient outcomes. AI can better manage resources by looking at patterns in healthcare data, identify high-risk patients who can benefit from preventive care, and providing early alerts of possible epidemics.

AI has a lot of potential in medicine, but there are drawbacks as well. Priorities include data security, privacy issues, and the requirement for strict laws to guarantee patient safety. Establishing transparency, accountability, and objectivity in AI systems is also essential to fostering confidence in these technologies.

Age-related diseases

Age-related illnesses pose a serious threat to contemporary medical treatment. The need to comprehend and treat the complex web of diseases that typically appear later in life is increasing as our population ages. These illnesses, which are frequently chronic and progressive in nature, can have a substantial impact on one's quality of life and are a major cause of medical expenses. The most prevalent age-related illnesses, their underlying causes, and possible management and prevention techniques have been covered in this article.



Heart disease and stroke are examples of cardiovascular disorders that rank among the top causes of death for the elderly. Numerous variables, such as atherosclerosis, high blood pressure, and lifestyle decisions like eating poorly and not exercising, can contribute to these illnesses. Regular exercise, a heart-healthy diet, and medication as needed are preventive measures.

Parkinson's, ALS, Alzheimer's, and other neurodegenerative illnesses impact the central nervous system and brain. Progressive neuronal deterioration characterizes these disorders which frequently lead to mobility problems, cognitive impairment, and, in extreme situations, total reliance on caregivers. These illnesses are still being researched, with an emphasis on early detection and possible therapies.

The illness, known as osteoporosis, weakens bones, making them brittle and more likely to break. It is prevalent in the elderly, particularly in women who have gone through menopause, and is frequently brought on by hormonal fluctuations, insufficient calcium and vitamin D, and a sedentary lifestyle. Weight-bearing exercise, dietary modifications, and bone-strengthening medications are examples of management techniques.

"AGE IS NATURE'S MASTERPIECE, AND IT IS THE PASSAGE OF TIME THAT REVEALS THE BEAUTY OF THE INTRICATE PATTERNS IT WEAVES."

"Nature ages gracefully, painting the world with the wisdom of time."

As people age, conditions including glaucoma, cataracts, and age-related macular degeneration can have a major effect on their eyesight. Maintaining vision can be aided by routine eye exams and early intervention, such as glaucoma medication or cataract surgery.

CANCER

A set of illnesses collectively known as cancer are defined by the unchecked proliferation of aberrant cells. All ages are susceptible to cancer, however the risk rises with age. Prostate, breast, and colon cancers are among the many cancers that are more common in the elderly. Cancer risk can be lowered by routine checkups and lifestyle modifications like stopping smoking and eating a healthy weight.

DIABETES

Adults are the main victims of Type 2 diabetes, which is now a worldwide epidemic. This metabolic condition is the outcome of improper blood sugar regulation by the body. Obesity, poor diet, and genetic predisposition are risk factors. Prevention and treatment include maintaining a healthy weight, eating well, getting regular exercise, and sometimes taking medication.

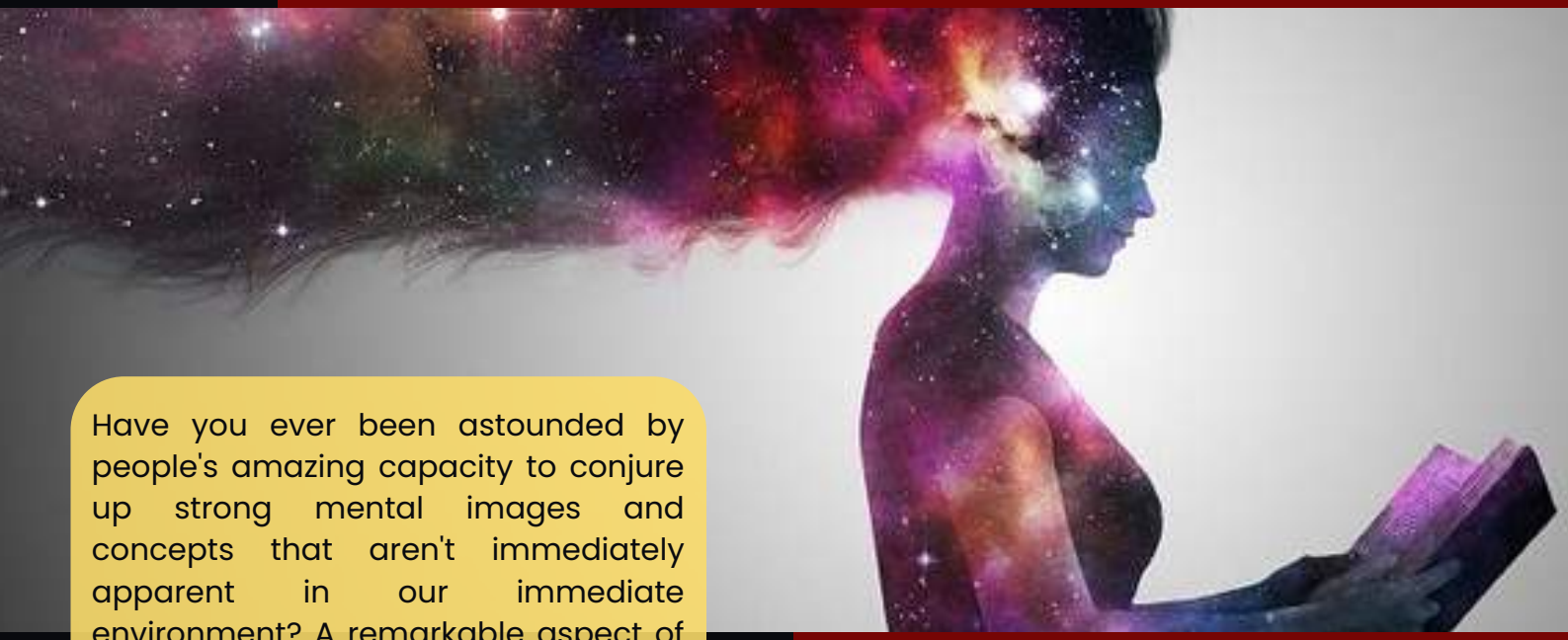
ARTHRITIS

The term "arthritis" refers to a variety of joint conditions, the most prevalent of which being rheumatoid arthritis and osteoarthritis. These ailments result in pain, stiffness, and decreased range of motion. Although heredity and joint trauma can also be factors, age is frequently associated with them. Physical therapy, pain management, and lifestyle modifications are all part of management.

Diseases associated with aging are a complicated and diverse issue that heavily impacts people, families, and healthcare systems. Age-related diseases are unavoidable, but there are steps we can take to lower our risk and control their consequences. Optimal lifestyle choices, timely identification, and continuous investigation are crucial factors in enhancing the health and overall wellbeing of the senior citizenry. Our capacity to offer efficient preventive and therapeutic measures will advance along with our comprehension of these disorders. The ultimate goal is to ensure that people can have longer, healthier, and more active lives, regardless of their age.

-Sanidhya Agarwal
VIII D

IMAGINATION



Have you ever been astounded by people's amazing capacity to conjure up strong mental images and concepts that aren't immediately apparent in our immediate environment? A remarkable aspect of the human experience, imagination is a special cognitive ability that distinguishes humans from other animals. Let's examine imagination in more detail and see why it is such a remarkable feature of human thought.

See your mind as a well-oiled machine, with different departments collaborating to bring your creative ideas to reality. The hippocampus, parietal cortex, and prefrontal cortex are the main instruments of this cognitive orchestra. These brain areas cooperate harmoniously, each lending a unique skill to the vast orchestra of the imagination. Often referred to as the brain's thinking centre, the prefrontal cortex aids in problem solving, decision-making, and scenario visualisation—all crucial steps in the creative process.

The memory keeper, the hippocampus, houses a tremendous bank of ideas and inspiration for our creative pursuits by storing a treasure trove of our prior experiences. Last but not least, the parietal cortex, sometimes referred to as the "creative corner," helps develop novel and inventive notions, stretching the bounds of your imagination.

The power of imagination to cause the brain to function as though we were truly experiencing the things we envision is an intriguing feature of it. For instance, your brain's visual and sensory perception regions light up as if you were at a sunny beach when you close your eyes and visualise it. This emphasises how closely our real-world sensory experiences and our imagination are related. It seems as though we are able to travel through our brains to different eras and locations without leaving our own heads.

Imagine!

The default mode network (DMN) is an intriguing network located in the enormous span of the human brain. When our thoughts stray, this network comes to life, enabling us to daydream and think creatively. Consider DMN as a clubhouse for imagination, where new and fascinating ideas are born and grown. It is the source of our most creative ideas and evidence of the infinite capacity of the human intellect.

Imagination is not just a frivolous quality for creative endeavours; science and problem-solving both greatly benefit from it. In actuality, creative ideas have been the source of numerous historical breakthrough discoveries.

Default Mode network

Our creative faculties develop and grow from childhood to maturity, much like a talent that is honed with encouragement and practice. Our early experiences and exposure to the outside world greatly influence how our imagination develops. Our creative faculties grow and become more acute with each inventive endeavour, much like a fledgling athlete becomes more skilled with consistent practice. Our ability to think creatively is constantly evolving, which is evidence of the human mind's adaptability and aptitude for lifelong learning and development.

The default mode network (DMN) is an intriguing network located in the enormous span of the human brain. When our thoughts stray, this network comes to life, enabling us to daydream and think creatively. Consider DMN as the clubhouse for imagination, where new and fascinating ideas are born and grow.

It is the source of our most creative ideas and evidence of the infinite capacity of the human intellect.
Imagination is not just a frivolous quality for creative endeavours; science and problem-solving both greatly benefit from it. In actuality, creative ideas have been the source of numerous historical breakthrough discoveries. Think about someone like Albert Einstein, whose creative ideas about the nature of space and time led to the development of his theories of relativity. Imagination is the fuel that propels creativity and advancement because it enables us to dream big and see what might be. It increases our motivation to bring those fantastical ideas to life.

Coffee

A personal medicine

Coffee, that aromatic elixir, transcends its role as a mere beverage for many. It becomes a source of comfort, a daily ritual, and even a form of pers onal medicine. While the link between coffee and health is often debated, numerous studies suggest that this beloved brew offers an array of benefits.

The science behind coffee's health impact is fascinating. It's packed with antioxidants that help combat free radicals and protect cells from harm. These antioxidants are believed to contribute to coffee's potential health perks. Plus, caffeine, the natural stimulant in coffee, can boost alertness and focus.

But coffee is more than just a health tonic. It's a moment of comfort, a daily ritual to unwind, reflect, and recharge. It brings people together, fostering a sense of community in coffee shops worldwide. It's also a cultural symbol, holding a special place in traditions and heritage.

The key to reaping the benefits of coffee as personal medicine is moderation. While it has its merits, excessive consumption can lead to adverse effects, including sleep disruption and jitteriness.

So, in a world that often whirls at a dizzying pace, coffee stands as a comforting and customizable elixir, brewing wellness one cup at a time.

Coffee the need of prevention

Coffee, a cherished beverage, has unveiled its unexpected role as a potent preventive agent. Recent research highlights coffee's positive impact on cardiovascular health, reducing inflammation and enhancing blood vessel function. Surprisingly, moderate coffee consumption is associated with a decreased risk of heart disease and stroke. Additionally, its active compounds, like chlorogenic acids, may improve insulin sensitivity, offering protection against type 2 diabetes. The once-considered morning ritual has now become a potential guardian, illustrating the unforeseen yet significant role coffee can play in preventing health conditions.

CAN

ANT-MAN'S SUIT

BE CREATED IN REAL LIFE

CAN-ANT MAN EXIST IN RL

-Priyansh Baluni
VII

The Ant-Man suit, which was first seen in the Marvel Cinematic Universe (MCU) for the cool kids move of the same name and has since been featured in several other movies, is a suit that can give its wearers shrink down to the size of an ant or to grow taller than a modern house. While in the ant form, you retain your normal strength and the suit allows the wearer to communicate with ants with the help of Pym particles.

Although the suit has not been developed in real life yet, scientists are making progress in the fields of miniaturisation nanotechnology, which could lead to the creation of real life version of the ant man's suit.

Miniaturisation is the process of reducing the size of an object. Scientists have already developed nanobots that are smaller than a grain of rice and can be used for medical purposes.

These robots are powered by tiny batteries and can be programmed to move and perform tasks. In the future, scientists could potentially use this technology to create a suit that shrinks its wearers to the size of an ant.

Nanotech is complex and involves manipulating matter at a molecular level to create a material with unique properties. Scientists already have nanobots that can travel to deliver drugs or medication to parts of body which are difficult to reach. In the future it may have the ability to control the ants.

While the fundamental physics of altering a human's volume and mass present significant challenges, the relentless efforts of scientists continue to push the boundaries of what is achievable. If, against the odds, a suit resembling Ant-Man's were to be constructed, it could revolutionize access to otherwise impossible locations, enabling the collection of valuable data on small organisms and even revisiting historical events with newfound perspectives. The tantalizing prospect of such a development keeps the realm of science and innovation brimming with exciting possibilities.

HUMOUR

-Mohammad. Arham
-Editor in chief

Why did Ant-Man always excel at comedy? Because his humor was so small, it could fit into any punchline!

Yummy !
A story by Mohd.Daniyal

Food cravings, those sudden and intense desires for specific foods, are a universal experience. Despite their sometimes mysterious nature, food cravings have a scientific basis. This article explores the factors behind these cravings and how they work. Food cravings often begin in the brain's reward system. When we eat certain foods high in sugar, fat, or salt, our brain releases dopamine, associated with pleasure and reward, reinforcing the desire for those foods.

Hormones also play a role. Ghrelin, the "hunger hormone," increases before meals, leading to cravings. In contrast, leptin, the "satiety hormone," reduces cravings after eating.

Emotions can trigger cravings, particularly stress, sadness, and anxiety. We may seek comfort in familiar, pleasurable foods when experiencing these emotions.

Cravings can also be learned through associations. If we link a food to a specific activity, we may develop cravings when repeating that activity.

Cultural norms, traditions, and societal influences often shape our food choices, leading to specific cravings. Food advertising further intensifies these desires.

Understanding the science of cravings can help manage them. Mindful eating, a balanced diet, and stress management techniques can reduce the intensity and frequency of cravings.

GPT News

Founder's 2023

POSSIBILITY

OF LIFE BEYOND EARTH

~ ChatGPT

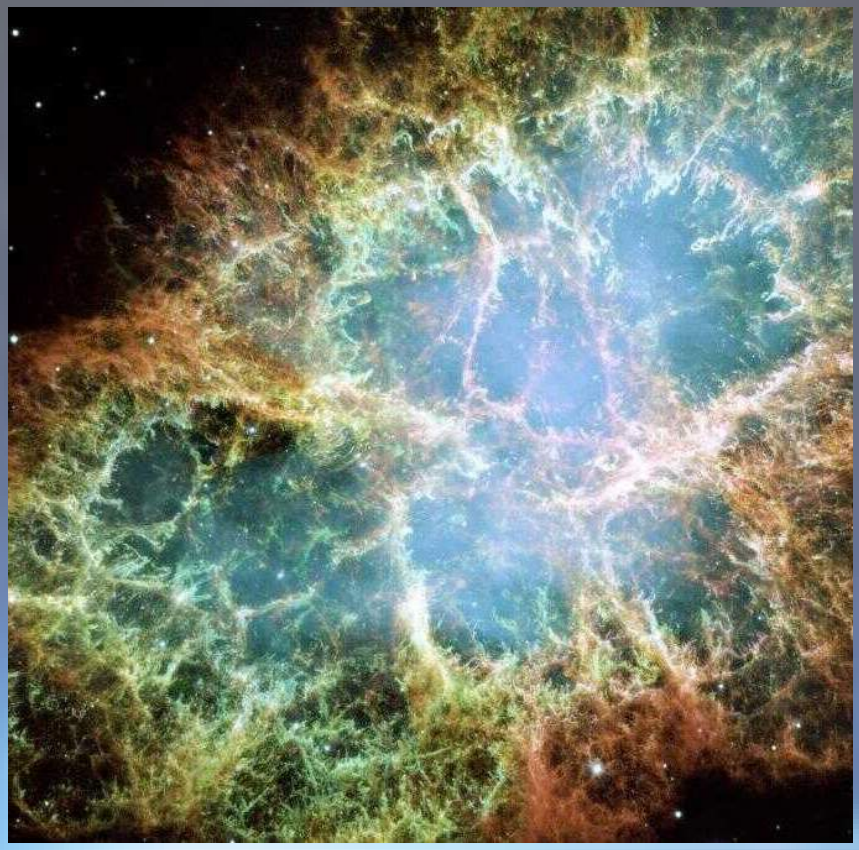
Have you ever gazed up at the night sky and wondered if we are alone in the vastness of the universe? The question of whether life exists beyond Earth has been one of the most intriguing mysteries that scientists have been trying to unravel. As we embark on this cosmic journey, let's delve into the possibilities and ponder the captivating idea of life beyond our home planet.

Our Milky Way galaxy is like a bustling city, filled with billions of stars. Each of these stars might have planets orbiting around them, just like Earth orbits the Sun. It's like a galactic neighborhood, and we are just one of the many residents. But, could any of these other planets host life? Imagine a place that's not too hot, not too cold, but just right – just like Goldilocks' perfect bowl of porridge. Scientists call this the "Goldilocks Zone," the region around a star where conditions are just right for liquid water to exist. Water is a crucial ingredient for life as we know it. So, the big question is, are there planets in the Goldilocks Zone where life could thrive? One of our closest neighbors in the solar system is Mars.

If you could send a message to potential extraterrestrial neighbors, what would you say? Get creative and share your interstellar greetings! Estimating the Number of Communicative Civilizations: Scientists use the Drake Equation to estimate the number of civilizations in our galaxy that might be capable of communication. It's like a cosmic math problem that takes into account factors like the rate of star formation and the likelihood of planets having suitable conditions for life. While the equation involves a fair amount of uncertainty, it sparks conversations about the potential abundance of life in the Milky Way.As we ponder the possibility of extraterrestrial life, we also confront the Great Filter – a concept suggesting that there might be cosmic hurdles that prevent life from progressing to advanced stages. Fermi's Paradox raises the question: If there are so many potentially habitable planets, why haven't we encountered advanced extraterrestrial civilizations yet? These ideas add layers of complexity to the search for cosmic companions.Navigating Cosmic Challenges: The Great Filter and Fermi's Paradox present intriguing challenges to our quest for extraterrestrial life. It's like navigating a cosmic obstacle course, forcing us to consider the factors that may influence the development and longevity of intelligent civilizations. As we explore these cosmic conundrums, we gain a deeper appreciation for the uniqueness of our own existence.

What do you think could be the Great Filter, and how might civilizations overcome cosmic challenges to thrive? In our cosmic journey exploring the possibilities of life beyond Earth, we've ventured into the realms of neighboring planets, exoplanets, and the mysteries of the universe. The quest for extraterrestrial life is not just a scientific endeavor; it's a journey that sparks our imagination, fuels our curiosity, and challenges us to contemplate our place in the vastness of space.

As we look up at the night sky, let's continue to wonder about the cosmic possibilities that await us. Are we alone in the universe, or is there life beyond Earth, waiting to be discovered? The answer remains elusive, but the journey of exploration, inquiry, and discovery continues, inviting us to be curious, open-minded, and ever ready to embrace the wonders that the cosmos may reveal.



~ChatGPT

GENES & GENETICS

Genetics, a profound field at the intersection of science and nature, has been instrumental in deciphering the fundamental building blocks of life. It delves into the intricate world of genes, heredity, and genetic variation, offering insights into how traits are passed from one generation to the next. As we unravel the mysteries of DNA, this knowledge not only contributes to our understanding of human biology but also holds immense promise for revolutionary medical applications like gene therapy.

Within the realm of genetics, the spotlight shines brightly on gene therapy, a groundbreaking approach that aims to treat or prevent genetic disorders by manipulating or replacing faulty genes. This cutting-edge medical innovation holds the potential to address a myriad of ailments, from rare genetic diseases to more prevalent conditions like cancer and cardiovascular disorders.

There are two primary categories of gene therapy: somatic and germanline. Somatic gene therapy targets non-reproductive cells and focuses on treating specific individuals with genetic disorders. Germanline gene therapy, on the other hand, targets reproductive cells and can result in genetic modifications passed on to future generations, presenting ethical and technical complexities.

Gene therapy has already demonstrated its efficacy in treating certain genetic disorders, most notably in cases of severe combined immunodeficiency (SCID), where children with weakened immune systems can now receive life-saving treatment. However, this breakthrough is not without its challenges and concerns.

Ethical dilemmas arise around issues of consent, unintended consequences, and the possibility of creating designer babies. Furthermore, safety concerns are paramount, as off-target genetic modifications and unforeseen side effects require careful examination to minimize risks.

HUMOUR

Why did the DNA bring a ladder to the comedy club?

Because it heard the gene pool up there was pretty shallow, and it wanted to climb to a higher level of humor!

In conclusion, genetics has unveiled the intricate code of life, shedding light on heredity and the genetic basis of diseases. Gene therapy, as an innovative application of this knowledge, has the potential to revolutionize the field of medicine by correcting or preventing genetic disorders. The path forward requires a delicate balance between scientific progress and ethical responsibility to ensure that genetic research and therapy serve the greater good. As we continue to advance in genetics, our commitment to these principles will shape the future of healthcare, offering hope for countless individuals and families affected by genetic disorders.

VIDEO GAMES

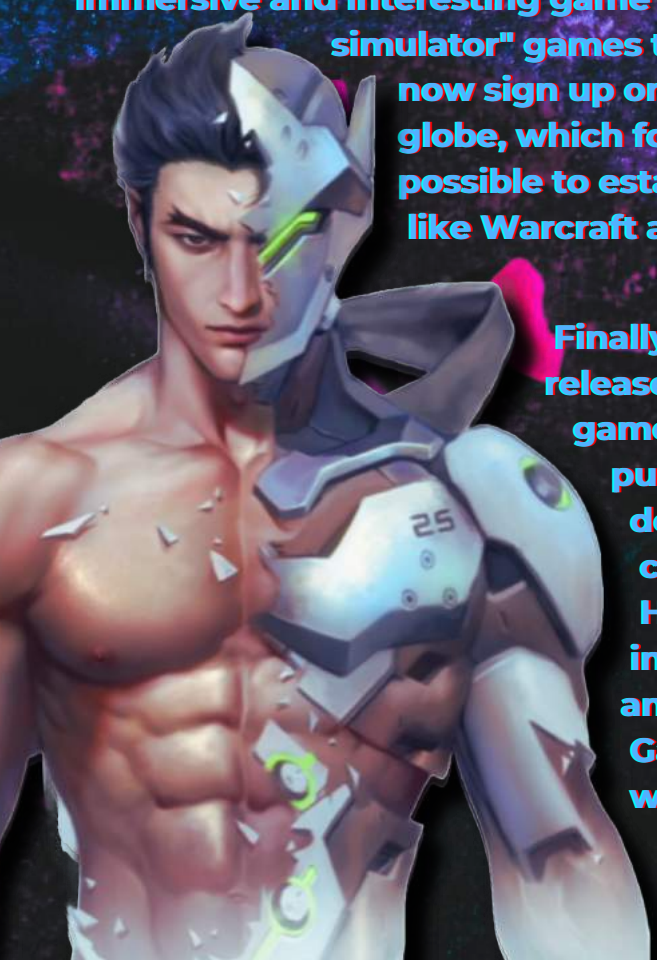
TECH BEHIND THEM

-Priyansh Baluni
VII

Video games have been a well-liked source of entertainment for many years. Gamers have long been enthralled by the immersive experience of playing video games, from the first versions of Pac Man and Space Invaders to murder games like Fortnite and Overwatch. What is the science underlying these games, though? What effects has technology had on how we play games?

A computer program, or code like the cool kids like to say, "game script go bro," is at the heart of every video game. This code is produced by the same programmers who make the game's graphics, animation, sound effects, and user interfaces. After that, the code is compiled into a form that can be read by a computer or video game console (the PS5 for the richer set of lads). At that point, the game was ready to be played for hours on end.

AI is another area of video game technology that has made tremendous strides over time. AI has several features that have come with it, such as procedural generation, which makes games feel much more dynamic and lifelike. This is especially true in the virtual reality space, where players can design more immersive and interesting game experiences, such as the well-known "walking simulator" games that employ procedural generation. People can now sign up online and play with other people from around the globe, which forces us to interact socially. This has made it possible to establish sizeable online communities for games like Warcraft and League of Legends.



Finally, technology has made it simpler to create and release video games. The only way to introduce a game to the general public in the past was through a publisher like Nintendo. Now that digital destruction has arrived, independent game creators may release titles like Hollow Knight and Hades to a larger audience. The number of independent game developers has skyrocketed, and gaming technology has advanced as a result. Games and the way we play will advance along with technology. Don't forget to touch the grass as well.

"Our virtues and our failures are inseparable, like force and matter. When they separate, man is no more." – Nikola Tesla

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Published by Ms. Sangeeta Kain, Principal
Welham Boys' School
www.welhamboys.org