

# The planetary personalities

## How To Be A Planet In The Solar System 101

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In the magical land of cosmos, there was a magnificent Milky Way galaxy filled with breathtaking views and celestial bodies. In a small corner of this galaxy, a convocation of the planets of the solar system was planned. Ev-

eryone was invited to listen to the planets, who qualified the 2006 Planet Test, speak at the convocation. Well, all except Pluto. Why? Simply put: to not rub salt on his wounds. You see, the Planet Test was a grand trial that assessed the planets like never before. Nervous but composed, nine planets appeared for the test.

The selection criteria was simple but stringent. Firstly, the planet must orbit around Sun, the principal. Secondly, it must have a nearly spherical shape. Finally, it should be dominant enough to keep the mischievous asteroids roaming around in check. The participants were judged on their performance based on these three factors. Once the results were announced, all the participants passed with flying colours, except poor Pluto, who was left heartbroken.

The ceremony commenced with the congratulatory opening remarks by Sun. As he appreciated the glorious planets for their splendid performance, he invited them on stage to address the audience.

Mercury, with his fiery and adventurous spirit, initiated, "I am the ground breaker, closest to Sun and orbit with dedication. Though the smallest in the solar system, I managed to keep the migrant bodies around my area as my moons with my quick wit and strong core." Everyone applauded his little but firm



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de-meanour. Next was Venus, the epitome of beauty and elegance. She had a gentle and nurturing nature. "Behold! I'm Venus, the second planet from Sun, orbiting it with grace. The vagrant bodies in my region have become my followers due to my radiance and compassion." Venus was celebrated by the celestial crowd.

Suddenly, just as the fearless warrior Mars was stepping into the spotlight, there was a commotion. There were hushed whispers that someone gate-crashed the convocation ceremony! Amidst the esteemed heavenly bodies, a small, lopsided face peeked out. He made his way onto the stage, grabbed the mic, and spoke, "For those who don't know, I am Pluto. Until last week, I was one of the revered planets who are being felicitated in this ceremony. But through no fault of my own, I was kicked out of this clique. Why, you ask? Apparently, I do not meet the planetary conditions anymore."

Sniffing between sobs, he continued, "No matter how much I tried to convince the mischievous asteroids to stay put, they never listened and bullied me.

### The science of it

According to new rules by International Astronomical Union, a celestial body must have the following to be called a planet:

- Must be round
- Must orbit the sun
- Its gravitational force must clear the space around it of other objects. Some of these objects crash into planets while others become moons.

How is it my fault? All of us 'dwarf planets' orbit the Sun. We are nearly round. Some of us even have moons. I have 5 moons! But just because we don't have gravitational dominance in our orbit, we are not called planets. For 76 years, I was a planet. Yet, I was casted away. These fickle humans, I tell you all!"

The planets sighed in agreement as they were equally displeased about this turn of events. Standing up in solidarity, they gathered to give their little brother Pluto a big hug. From that day forward, the planets did their best to include Pluto and other dwarf planets in all their activities and helped them in every way they could.



Illustration: Aditri Bhatnagar, IX A & Ekansh Sonar, IX C, AIS Saket

# The power of laughter

## A Universal Language Of Connection & Joy

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Laughter bridges cultural divides and fosters unity. A cornerstone of mental health, particularly beneficial for students and the elderly, it also promotes a positive bodily sensation. So, let's delve into its myriad benefits.

### The medicine within

World-class doctors have hailed laughter as the best medicine as it triggers the release of hormones like endorphins and serotonin,

hormones that combat stress, anxiety, depression etc. Studies have shown how laughter helps as an agent of recovery from various illnesses by improving blood flow and oxygen circulation throughout the body.

### The impact on the mind

Laughter has both positive and negative psychological effects as it acts as a powerful bonding agent. It bridges the gap between individuals of different backgrounds, religions, ages, and cultures, creating a sense of unity. However, it has negative effects as ex-

cessive laughter can serve as a defence mechanism and be a relationship breaker.

### Unlocking educational potential

Laughter can enhance memory, stimulate creativity, and serve as a valuable coping mechanism for students. It fosters a positive learning environment, encouraging students to approach problem-solving with an open mind. By fostering a positive attitude, laughter lays the foundation for success.

Laughter is the best medicine for everyone. It is not just a fleeting pleasure but a fundamental aspect of being human. By incorporating humour into our lives, we can unlock its full potential, fostering deeper connections, boosting our well-being, and enriching our journeys. So, go ahead, laugh freely – it's the best medicine we all possess. [G I](#)

