

SCIENCE CLUB

Science Club, a place for students who are interested in science to learn about scopes of science, be it from medicines to environment. It is an organization which helps in the awareness of scientific discoveries, activities and use the conceptual knowledge for application in real world. It conducts activities like science quiz, science exhibitions, discussions, etc. to develop scientific spirits, creativeness and provide an opportunity to comprehend science through experimentation.

Xavier's Daily



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➔ Challenge yourself!

People make me, save me, change me, raise me.
What am I??

Answer - Money

➔ Spectrum's Corner

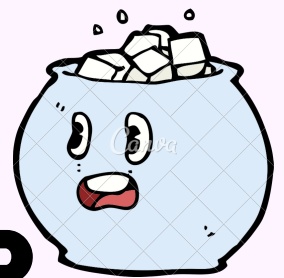
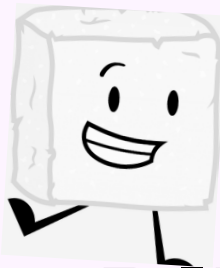
Thought of the Day

"Karma is a boomerang. Just sit back and count the weeks until reality gives them the slap in the face you didn't have the chance to deliver."

Word of the Day

envison \ verb
: imagine as a future possibility,
visualize

eg. "Envisioning the end is enough to
put the means in motion."



DIET SUGAR

Written by- Aman Abhik | Designed by- Anshi

Artificial sweetener even known as synthetic sugar substitution, that provide sweet taste like sugar but significantly less food energy than sugar-based sweeteners, i.e., making it zero calorie or low-calorie sweetener. It's a derived through manufacturing of plant extracts/processed by chemical and sugar alcohols such as erythritol, xylitol, and sorbitol are derived from sugars.

Reasons why artificial sugar is better than normal sugar: a normal sugar usually sticks to our teeth and bacteria convert them to acids which lead to tooth decay, while artificial do not stick to our teeth. Artificial sweeteners have no calories so it's even use for weight control, and it is not a carbohydrate so even diabetic patients can have them. Even diabetic professional has concluded that moderate use of it is a safe replacement for sugar as it helps in managing blood glucose and weight.

But even excess of anything is bad or sometime worst, even if it is best otherwise. It is unlikely to cause headache, depression, or seizures but some individuals could be more sensitive to these effects than others. Artificial sweeteners are generally considered safe but should be avoided by people who have phenylketonuria or are allergic to sulphonamides.



DID YOU KNOW?

Artificial sugars, being 200 to 300 times sweeter than regular sugar can cause your taste buds to become numb and can cause you to crave for more sweets than usual