The Big Bang Theory

How the universe was born

13.8 billion years ago

Our infinite universe was in size of the atom and sunddenly universe was blast this is big bang

this blast was pure energy and this energy was spread and finally space was born and at the same time(aur sath he) time came into existence(astitwa,mojudgi).

This energy spread in many years and this energy slowly started cooling down (यह एनर्जी धीरे धीरे ठंडी होने लगी )

And due this spreading of energy matter(particles and many small particles was formed that is called atom) was born and slowly started formation of subatoms

Electron proton neutron here two type things was fromed

matter and anti matter formation started

in matter we are made world are made

and in case of anti matter :- when anti matter collide with each other they destroy themselves and finally all antimatter was destroyed

finally matter ball was left which was not destroyed(और मटर का गोला बच गया था जो डिस्ट्रॉय नहीं हुआ)

and then suddenly matter ball blasted this accident was very good for our us because due this everything was going to be discovered planet galaxy stars sun our

earth life

so after blast of matter ball all particles was started cooling down which is inside the matter ball

and finally everything was started to become (और आखिर में सब कुछ बनना सुरु हो गया)

and a force started doing its work (और एक फाॅर्स अपना काम करने लगा)

and due to this force all atoms are attract to each other and this force is called force of gravity.

In starting mostly hydrogen atom was existing and due to gravity hydrogen atom compressed and

And due to more compression higher heat energy was released means when temperature is reaches

Upto 1 crore degree then nuclear fusion process was started and slowly slowly a big star was discovered that means sun was discovered.

And slowly slowly all stars was discovered all star was attract each other due to gravity and group of

Star we are now looking and then those grpup of stars discovered galaxies.

And slowly slowly process was continue and discovered a lot of galaxies in the universe

In the middle our milky way galaxy was founded. But there were still dust particles present

And many years later due to gravity dust particles was attract each other and planer was making

Rocky planet was discovered and finally earth was discovered.

**How to increase our will power and self-control**

**Here two types of person:-**

One who has strong willpower so he can do anything in life .

but second whose(jiska) wil lpower is not strong they get nervous in every small situation.

Who can’t control his mind, who cant control his feeling.

They can’t achieve anything in his life. Whatever their aim.

Like my mind is saying me lets go to watch TV right now but my exam is tomorrow

I know that if I go to watch TV then my time will be wasted

but I still go to watch TV so here I am in control of my mind my willpower is very week

So how we can strong our willpower :-

First of all, we should not do the work that our mind is forcing us to do.( सबसे पहले हमें जिस काम को करने के लिए हमारा मन फाॅर्स कर रहा उसे नहीं करना चाहिए)

We should follow small task in everyday like today I have to watch tv for one hour.

Like today I don’t want to feel negative , today I have to feel good etc etc.

That means make small task everyday in the morning and strongly followed it and

Also say well done myself.

And then we should also work for our aim in daily basis.

You should have to far away from negative people of your life who demotivate you.

you should have to work on what you are feel fear.

**Affirmation**

**Hello friends this is priya here today I am going to tell all of you morning affirmation please repeat this after me and follow this in your life..**

**So lets start …..**

Today is very special day for my life.

I can achieve my aim.

I am worthy of good things.

I am a very positive person.

I am happiest person in the world.

What is UBI?...

Idioms:-

14. See eye to eye

**What does it mean?**To agree completely

### Once in a blue moon

**What does it mean?** Rarelyso

### 4. Break a leg

**What does it mean?** To wish someone luck

Two facts

Pinch of salt and wet blanket and bed egg

About Ceo’s of the company

Microsoft CEO (Chief Executive Officer)

Satya Nadella

Consistency = satya Nadella

Intelligent = ram is enjoy his life

Satya Nadella wants to become a cricketer

His favourite bat is signature by sachin Tendulkar.

Born on 19th of august 1967. And was born on Hyderabad(Andhra pradesh) telugu speaking family. his father was ias officer. And mother was professor of Sanskrit. His parents wants satya Nadella high study .

His school friend was ram . he enjoy his life very much he is a very intelligent person but not struggle . he clear jee mains and crack the iit madras.

Satya completed his 12th from science stream. And prepare for jee mains but not cleared. Then he was take admission in college. In Electrical engineering branch from the manipal institute of technology in 1988.

Then wo chale gye America. In America he takes master degree in cs. He learn how to make software.

University of Wisconsin-milwaukee in 1990.

After then he also did mba. From shikago school of business.

When he was doing mba. He was also doing jobs in Microsoft company. He joined sun microsystems as a software developer in 1992. He was not iitian his grade in class normal he was not a topper but he is a very struggle man. He did his work in consistency. Inhe sabke sath unki shaddi bhi hogyi unki he school classmate anupma ke saath. She is an architect engineer. Satya Nadella has 3 child 2 daughter and one son . she is a house wife. He is a very good listener. And also a good decision maker.

In 1999 he was a vice president of the Microsoft bcentral.

Satya Nadella got many project and he completed his project in very good way. Like gaming project, cloud computing , small business project etc etc.

In 2007 his salary was 7 lakh dollar and 7 million dollar stock.

And then he become a president of microsoft’s server and tools business.

And before become a ceo of Microsoft he was a vice president of microsoft’s cloud and enterprise group.

And finally he was a ceo of Microsoft. And today he is a ceo of Microsoft company his friend is doing job.

Todays facts :-

1. Successful people are not gifted they just continuously work hard then succeed on purpose. —**G.K. Nielson**
2. Life laugh at you when you are unhappy 😔😔
3. Life smile at you when you are happy. 🙂🙂
4. Life salute you when you make other happy. – Charlie chaplin

**How to control your emotions in any situation**

You have to choose that which emotions you should keep in your life and which emotions not.

We have ability this emotions is beneficial or not for me. And we all know that this emotions is not good for our life and for not become a good human beings.

We should think about our emotions and write it on the page.

like I not choose anger emotions in whatever situation I have not to be anger.

Agar koi mujhe negative feel krwa rha hai to uske karan mein apna mood off kr lete hu aur koi bhi kaam krne ka mn nhi kr rha mera to hm emotionally fool hain is emotion ko hme apne life se htana hai agar hme khush rehna .

Agar koi hme gussa dila rha hai to hme gussa nhi krna kyuki ye hmare behaviour me hain he nhi.

Kisi ne hme hurt kiya to hme badla nahi lena kyu ki badla lena hmare behaviour mein hai he nahi. Bs unse dur ho jana hai .

because hm kisi ke control mein nahi hai