7) To show the formicanter, we write over
$$f(m) = -f(m)$$

19 (m), $0 \le m \le \pi$

10 : $\int_{-g(-a)} (-\pi) \le m \le \pi$

11 (m) = $\int_{\pi} (m \cdot m) (m \cdot m)$

12 (m) = $\int_{\pi} (m \cdot m) (m \cdot m) (m \cdot m) (m \cdot m)$

13 | $f(m) = \frac{\pi}{4}$

14 | $f(m) = \frac{\pi}{4}$

15 | $f(m) = \frac{\pi}{4}$