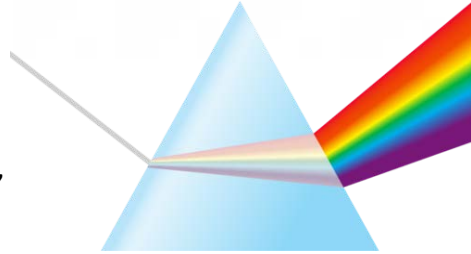


# Sunlight



Sunlight or white light is made up of seven colours called VIBGYOR.

These colours are violet, indigo, blue, green, yellow, orange and red.



Rainbow is an example of splitting of white light into its component of seven colours.

## Effects of Sunlight on Earth:

1. Sunlight plays a vital role in the water cycle, causing evaporation, condensation, and precipitation.
2. It influences weather patterns and seasons on Earth.

## Harmful Effects of Sunlight:

1. Overexposure to sunlight can lead to sunburn and skin damage.
2. Prolonged exposure to harmful ultraviolet (UV) rays from the Sun can increase the risk of skin cancer.

## Uses of Sunlight:

1. Sunlight is used in solar panels to generate electricity.
2. It is used for solar heating systems to provide hot water and heat for homes and buildings.
3. Sunlight is harnessed for drying clothes and food.

## Safety Measures in Sunlight:

1. Use sunscreen with UV protection to prevent sunburn and skin damage.
2. Wear sunglasses to protect your eyes from harmful UV rays.