

$$E=mc^2$$

$$\text{Energy} = \text{mass} \times \text{speed of light}^2$$

Energy = mass × (speed of light)²

Energy is the capacity to do work, and mass is a measure of the amount of matter. The speed of light is a constant, approximately 300,000,000 meters per second. This equation shows that energy and mass are interchangeable. A small amount of mass can be converted into a large amount of energy. This is the principle behind nuclear power and nuclear weapons. The equation was first proposed by Albert Einstein in 1905. (1879-1955) Einstein's theory of relativity revolutionized physics and our understanding of the universe. It showed that space and time are not separate entities but are intertwined into a single fabric called spacetime. The equation [E=mc²](#) is one of the most famous and important equations in physics. It has led to many discoveries and applications, including the development of nuclear energy and the understanding of black holes and the universe's expansion.

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