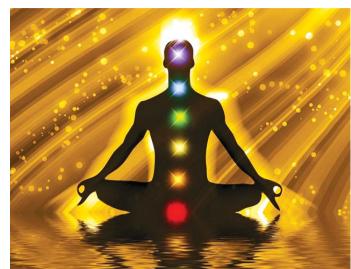
राष्ट्रदुत

Meditation Works 8 WEEKS OF MEDITATION CAN MAKE YOUR BRAIN QUICKER



according to new research Binghamton University. State University of

New York. Millions of people around the world seek mental clarity through meditation, most of them following or inspired by the centuries-old practices of

Anecdotally, those who their minds, recenter their houghts and cut through the noise' to show what really Scientifically, though, showing the effects of meditation on the human brain has proved to be tricky. A new study from Binghamton University's Thomas J. Watson College of Engineering and Applied Science tracked how practicing meditation for just a coubrain patterns of 10 students

The seed for the research came from a casual chat between Assistant Professor Weiving Dai and lecturer George Weinschenk, MA '01. PhD '07, both from the Department of Computer

in the University's Scholars

Weinschenk is a longtime meditation practitioner whose wife worked as an administrator at the Namgyal Monastery in Ithaca, which is the North American seat of the Dalai Lama's personal

monastery "I developed very close friendships with several of the monks," he said, "We would hang out together, and I even received instruction from some of the Dalai Lama's teachers. I took classes there. I read a lot and I earned a three-year certificate in Buddhist studies."

Dai has studied brain mapping and biomedical image processing, and while earning her PhD at the University of Pittsburgh, she tracked Alzheimer's disease patients using magnetic resonance imaging (MRI) scans.

"Yeah, meditation really can have a transformative effect on the brain," Weinschenk said. "She was a little skeptical, especially about whether such a short amount of time spent learning how to meditate, whether that would make any difference. She suggested we might be able to quantify such a thing with modern technology."

For the fall 2017 semester, Dai secured grant funding. and their collaboration began. Near the beginning of the semester, she took the partici-



pants to Cornell University for MRI scans of their brains. Weinschenk taught students how to meditate, told them to practice five times a week for 0 or 15 minutes, and asked them to keep a journal record of their practice. (The syllabus also included other lessons about the cultural transmissions of meditation and its applications for wellness.)

The results, recently pubin the journal Scientific Reports, show that meditation training led to faster switching between the

brain's two general states of One is called the default mode network, which is active when the brain is at wakeful rest and not focused on the outside world, such as during daydreaming and mind-wandering. The other is the dorsal attention network, which engages for attentiondemanding tasks.

The findings of the study demonstrate that meditation can enhance the brain connection among and within these two brain networks, indicating the effect of meditation on fast switching between the mind wandering and focusing its attention as well as maintaining attention once in the attentive state. "Tibetans have a term for

that ease of switching between states, they call i mental pliancy an ability that allows you to shape and mold vour mind," Weinschenk said. "They also consider the goal of concentration one of the fundamental principles of

Though once skeptical about the subject, "I'm pretty convinced about the scientific basis of meditation after doing this study," she added. "Maybe, I'll just go to George's class when he teaches it so that I can benefit, too!"









In 1940, Hedy met composer George Antheil at a dinner party. They started talking about music. Then about technology. Then about synchronized player pianos, how they could play in perfect synchronization using perforated paper rolls. And Hedy had an idea. What if you could use that same principle to synchronize radio frequencies? The transmitter and receiver could hop between 88 different frequencies (she chose 88 because that's the number of keys on a piano) in perfect sync, making the signal impossible to jam or intercept.



Austrian-American actress and inventor who pioneered the technology that would one day form the basis for today's WiFi, GPS, and tion systems. As a natural beauty seen widely on the big screen in films like Samson and Delilah and White Cargo, society has long ignored her

inventive genius. Lamarr was originally Hedwig Eva Kiesler, born in Vienna, Austria on November 9th, 1914 into a well-todo Jewish family. An only child, Lamarr received a great deal of attention from her father, a bank director and curious man, who inspired her to look at the world with open eyes. He would often take her for long walks where he would discuss the inner-workings of different machines, like the printing press or street cars. These conversations guided Lamarr's thinking and

at only 5 years of age, she could be found taking apart and reassembling her music box to understand how the machine operated. Meanwhile, Lamarr's mother was a concert pianist and introduced her to the arts, placing her in both ballet and piano lessons from a young age.

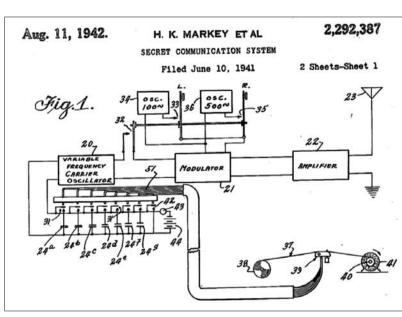
Lamarr's brilliant mind was ignored, and her beauty took center stage when she was discovered by director Max Reinhardt at age 16 She studied acting with Reinhardt in Berlin and was in her first small film role by 1930, in a German film called Geld auf der Strasse ('Money on the Street'). However, it wasn't until 1932 that Lamarr gained name recognition as an actress for her role in the controversial film,

Hedy Kiesler was 19 years old and starring in 'Ecstasy,' a Czech film that featured cinema's first onscreen female orgasm. Scandalized conservatives called her a whore. Nazi propaganda minister Joseph Goebbels banned the film. But Friedrich Mandl, one of

saw something else. He married her, and then imprisoned her. Mandl was a fascist who sold weapons to Hitler and Mussolini. He locked Hedy in his castle, dressed her up for dinner parties with Nazi

officials, and forbade her to act. She

Austria's wealthiest arms dealers,



#BEFORE TIME



was his trophy wife, his beautiful possession, forced to sit through endless business meetings where fascist arms dealers discussed militarv technology. But here's what Mandl didn't

realize: Hedy was listening. And Hedy was brilliant While her husband and his Nazi clients discussed torpedoes, radio

frequencies, and military communications, Hedy Kiesler was absorbing every word. She understood the technology. She saw the problems. And she started thinking about In 1937, Hedy escaped. She drugged her maid, stole her clothes,

fled to Paris, and then to London. Louis B. Mayer, the head of MGM Studios, saw her and offered a contract. She sailed to America. changed her name to Hedy Lamarr. and became a Hollywood star. The world saw a stunning actress. Time magazine called her

'the most beautiful woman in the world.' She appeared in films like 'Algiers' and 'Samson and Delilah,' her face on movie posters across

where else. She was thinking about the Nazis. About the war. About the technology she'd heard discussed in Mandl's castle She knew that radio-controlled

torpedoes could be jammed by the enemy, making them useless. If you transmitted a signal on a single fre quency, the enemy could detect it and disrupt it. Torpedoes would veer off course. Ships would be safe. But what if the signal kept changing frequencies? What if it hopped' from one frequency to another in a pattern only the transnitter and receiver knew?

The enemy couldn't jam what they couldn't predict. In 1940, Hedy met composer George Antheil at a dinner party. They started talking about music. Then about technology. Then about synchronized player pianos, how they could play in perfect synchronization using perforated paper

And Hedy had an idea. What if you could use that same principle to synchronize radio frequencies? The transmitter and ferent frequencies (she chose 88

the signal impossible to jam or intercept Together, Hedy and George developed the concept. They called it 'frequency hopping.' In 1942, they were granted U.S.

on a piano) in perfect sync, making

Patent 2,292,387 for a 'Secret Communication System.' They donated it to the U.S. Navy, hoping it would help defeat the Nazis. The Navy rejected it. Some accounts say they dismissed it because Hedy was 'just an

actress.' Others say the technology was ahead of its time. Whatever the reason, the Navy shelved the patent and told Hedy she could better serve the war effort by selling war bonds. So she did. Hedy Lamarr raised \$25 million for the war effort by auc tioning kisses and appearing at rallies. The world celebrated her beauty while ignoring her brain. Her patent expired in 1959

unused and forgotten. But in the 1960s, military engineers rediscovered frequency-hopping technology. They used it in Navy ships during the Cuban Missile Crisis. They used it in By the 1980s and '90s, frequency hopping became the foundation for:

4. All modern wireless commu-

Every time you connect to Wi-Fi, you're using technology Hedy amarr invented in 1941. But for decades, she got no cred t. No royalties. No recognition.

In 1997, 56 years after her patent the Electronic Frontier Foundation finally gave Hedy Lamarr the Pioneer Award, acknowledging her contribution to wireless technology She was 83 years old. She'd been gnored for more than half a century while her invention changed the

world. When she received the award, Hedy said: "It's about time." Hedy Lamarr died in 2000 at age 85. For most of her life, she was actress.' Her technological genius was dismissed, forgotten, or credit-

Today, her face is on currency in Austria. Her patent is recognized as foundational to modern technology. And every smartphone, every GPS device, every Bluetooth connection exists because a woman the world dismissed as 'just a pretty face' was actually one of the most important

inventors of the 20th century. She escaped a Nazi arms dealer's castle. She became a Hollywood icon. And she invented technology that now

runs the modern world. But for most of her life, people only wanted to talk about how beautiful she was.

Hedy Lamarr's story isn't just about underestimated genius, it's about how society treats brilliant women. How we reduce them to their appearance. How we ignore their contributions. How we credit men while erasing women.

The U.S. Navy told her to sell war bonds with her beauty instead of using her brain to win the war tion anyway That's not just sexism. That's theft. Every time you use Wi-Fi,

remember: a Hollywood actress who the world called 'just a pretty face' made it possible. And she did it while trying to defeat the Nazis who'd threatened

her, imprisoned her, and tried to reduce her to a decoration in a Hedy Lamarr didn't just escape. She won. In honour of Hedy Lamarr

(1914-2000), whose beauty the world celebrated but whose genius the world tried to erase.

rajeshsharma1049@gmail.com

#ESTHER ABRAHAM

Our First Miss India A Jew

The Jewish Trailblazer Who Became India's First Miss India

very first Miss India woman? In 1947, the same year India gained independ-Esther Victoria Abraham, better known by her stage name Pramila, made history by being crowned Miss India. But her story goes far beyond beauty pageants. She was an actress, producer, single mother, and a proud Indian Jew who broke barriers in an era when women's voices were still finding their place in

Early Life and Background

Esther Abraham was born in 1916 in Calcutta (now Kolkata) into the Bene Israel Jewish community, one of the oldest Jewish groups in India. Her family later moved to Mumbai, where she began her career in the world of

At a time when acting was not considered a 'respectable profession for women, especially from traditional families, Esther defied expectations. Her striking looks, intelligence, and fearless personality helped her rise to prominence in India's growing film industry.

Becoming Pramila: A Star of the Silver Screen Esther adopted the screen name

Pramila, a more Indian-sounding name, as was common for actresses of the time. She entered the world of Bollywood during the 1930s, when Indian cinema was still finding its

Pramila appeared in over 30 films, often portraying bold, confident women who stood up for themselves, a reflection of her real-life persona. Some of her well-known movies include Ulti Ganga (1942), Basant (1942),

and Our India (1947). Her acting career flourished at a time when the industry was male-dominated, and roles for

stereotypes. Pramila challenged ever win the title. that, both on and off the screen. Pramila balanced her roles Miss India 1947: A Crown of Independence

than beauty; she embodied free-

dom, diversity, and confidence

in a changing nation. As a

Jewish woman winning a

national title in newly inde

pendent India, Pramila stood as

proof that Indian identity could

transcend religion, ethnicity

After her success as an actress

woman in the 1940s and 1950s.

A Producer, Pioneer, and

and tradition.

as a mother, businesswoman and artist with grace and determination, setting a standard for In 1947, India celebrated two future generations of Indian births, that of a free nation and women in media and film that of its first Miss India. **Breaking Barriers and** Esther Abraham's crowning as **Defying Stereotypes** Miss India 1947 symbolized a new era of modern Indian wom-

anhood. She represented more

Esther Abraham's story is one of resilience and courage. In an era when women were expected to stay behind the scenes, she stepped into the spotlight, unapologetically.

She broke religious, cultur al, and gender barriers, proudly embracing both her Indian and Jewish identities. Her career showed that being Indian was not confined to one religion or ethnicity, a message that

remains powerful even today **Legacy and Recognition** Pramila became one of the first

women film producers in India. Pramila's contributions to She founded Silver Films, her Indian cinema and culture were own production company, a remarkable achievement for a shape the early identity of Bollywood and redefined beauty She was also a single mother standards in post-independence

of seven children, one of whom, Nagi Jahan, followed in her foot-Her life is now celebrated as a testament to India's pluralism steps and was crowned Miss India in 1967, making them the a reminder that the country's strength lies in its diversity When she passed away in 2006 at the age of 90, she left behind not only a family legacy but also a pioneering example of empow

erment and self-expression. Esther Abraham was more than just the first Miss India she was a symbol of independ ence, both for herself and for a newly free nation. She proved that identity courage, and talent could shine through barriers of religion and tradition.

In a time when the world was changing. Pramila stood tall, a Jewish woman crowned Miss India, an actress turned producer, and a mother who raised another beauty queen Her story remains a powerful in breaking boundaries and

By Jerry Scott & Jim Borgman

UNITED STATES PATENT OFFICE 2,292,38

SECRET COMMUNICATION SYSTEM

6 Claims. (Cl. 250—2)

Fig. 2 is a schematic diagram of the apparatus at a receiving station;
Fig. 3 is a schematic diagram illustrating a
starting circuit for starting the motors at the such as torpedoes.

An object of the invention is to provide a method of secret communication which is relatively simple and reliable in operation, but at the same time is difficult to discover or decipher.

Briefly, our system as adapted for radio control of a remote craft, employs a pair of synchronous records, one at the transmitting station and one at the receiving station, which change the tuning of the transmitting and receiving apparatus transmitting and receiving stations simultan ously;
Fig. 4 is a plan view of a section of a record

strip that may be employed;
Fig. 5 is a detail cross section through a record-responsive switching mechanism employed is

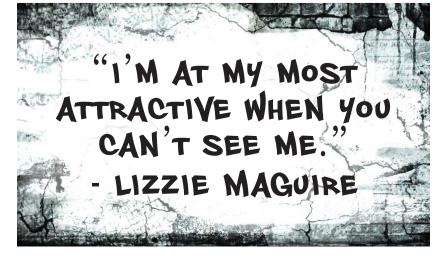
at the receiving station, and receiving appears of the transmitting and receiving appears of the records an enemy would be unable to determine at what frequency a controlling impulse would be sent. Furthermore, we contemplate employing records of the type used for many years in player pianos, and which consist of long years in player pianos, and which consist of long rolls of paper having perforations variously positions of paper having perforations variously positions occupies the position 10a and at the end of the operations occupies the position 10b. This mother ship discharges a torpedo 11 that travels

ZITS

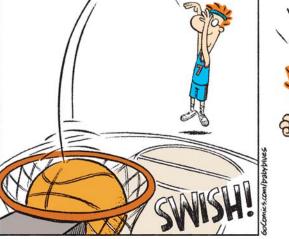
ESPORTS.

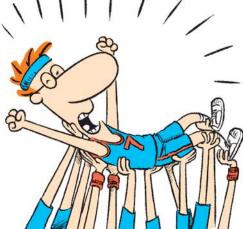






BABY BLUES







By Rick Kirkman & Jerry Scott





