

#THERAPY

White noise is old news, pink noise is the rage now

Studies suggest that pink noise offers a range of benefits beyond simply promoting relaxation



Imagine a sound that gently lulls you to sleep, improves focus, and even enhances memory. This isn't magic, it's the power of pink noise. Unlike white noise, which can sound harsh due to its equal emphasis on all frequencies, pink noise prioritises lower frequencies. This creates a calming effect similar to sounds found in nature. Think of it as a soothing symphony designed by Mother Nature herself!



Benefits beyond Relaxation: A well-rounded Wellness tool

- Improved Sleep Quality:** Pink noise can mask disruptive sounds, allowing you to drift off to sleep more easily and enjoy a deeper, more restful slumber.
- Enhanced Memory Consolidation:** Research indicates that pink noise might play a role in solidifying memories during sleep.
- Reduced Stress:** The calming nature of pink noise can help reduce stress levels, promoting a sense of peace and tranquility.
- Better Focus:** By masking distractions, pink noise may improve your ability to focus on tasks and enhance concentration.

Understanding the Noise Spectrum: White vs. Pink vs. Green

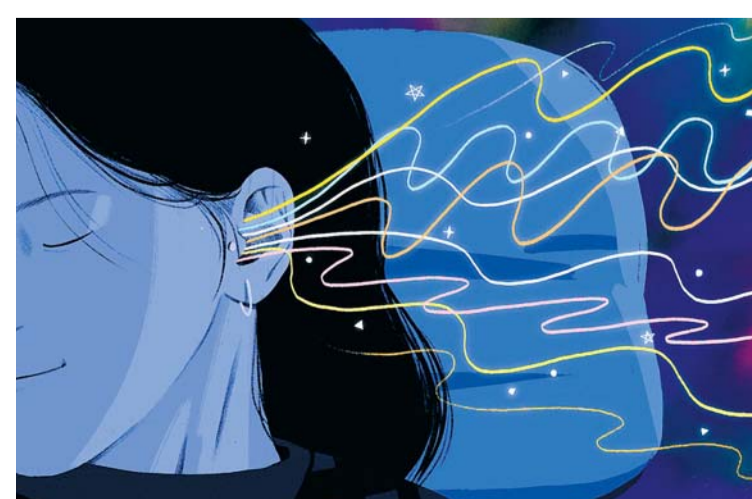
It's important to differentiate pink noise from other types.

- White Noise:** This static-like sound provides equal intensity across all frequencies, which some find unpleasant.
- Green Noise:** A sub-category of pink noise, green noise focuses specifically on nature sounds, making it even more relaxing.

Considering the Cautions: Using Pink Noise wisely

- Volume:** While generally safe, pink noise isn't a one-size-fits-all solution. Here are some points to consider, according to Agarwal.
- Individual Sensitivity:** Some individuals might find pink noise irritating. Start with low volumes and experiment to find what works for you.
- Overdependence:** Avoid relying solely on pink noise for sleep. Aim to develop healthy sleep habits alongside its use.
- Hearing Health:** Prolonged exposure to loud noise, including pink noise, can damage hearing. Listen at moderate volumes.
- Effectiveness Variation:** The effectiveness of pink noise varies from person to person. Experiment and see if it benefits you.

Pink noise offers a unique and natural approach to promoting relaxation, sleep quality, and potentially even cognitive function. However, individual sensitivity and healthy listening habits are key considerations. Use pink noise as a tool to enhance your well-being, but remember, a balanced approach to sound is essential for optimal health. So, why not explore the world of pink noise and see if it unlocks a new level of tranquility in your life!



Josephine Quinn.



Shailaza Singh
Published author, poet and a YouTuber

Some excerpts

No matter what kind of history you read, each culture seems to be saying that they came first or their people discovered or invented everything or even created the first civilization. What is the truth?

(Laugh) That's great. I think as a historian, you end up realising that the idea of coming first never works because then, there's always so much of stuff from earlier that you have to justify. Even if we just stick to human history, what we actually have records of, it's only the last tiny, tiny minimal proportion of what's going on. The stories people are telling each other, the wars that are happening, there's so much that is only preserved, interestingly in places, which retained an oral culture for a really long time. So, if you go to places like Australia or Polynesia and so on, where oral traditions remained the main way of passing on memory until really the last century or two, that's the kind of place where you can begin to see stories that are reaching back tens of thousands of years in some cases, where you begin to see climate change from the Ice Age coming up into the myths, that are being told and so on. But I think apart from that, and again, it's a very big picture, if you're looking at sort of ideologies and the lights people give the world and so on, I think it's impossible to say that any particular place or thing comes first, because from the very beginning, people are interacting with each other, they're interacting across it. I know it is very inconvenient for the leaders of modern nations, but people just didn't organise themselves neatly into those same structures in the past.

Talking to Professor Quinn is like jumping into the pensieve of memories in J.K. Rowling's *Harry Potter*. When she speaks, you feel as if you have stepped into a time machine that will take you back to where it all first began. She was visiting the Jaipur literature festival 2024, and I had the opportunity to interview her.



Brian A. Catlos and Josephine Quinn in conversation with Sanjoy K. Roy.



The Bumblebee Bat

The bumblebee bat is the world's smallest mammal. Weighing in at 0.05 to 0.07 ounces, with a head-to-body length of 1.14 to 1.29 inches and a wingspan of 5.1 to 5.7 inches, the bumblebee bat, also known as *Kitti's hog-nosed bat*, is the smallest mammal in the world, according to the Guinness Book of World Records. To see this tiny bat for yourself, you'd have to visit one of a select few limestone caves on the Khwae Noi River in Kanchanaburi Province of southwest Thailand.

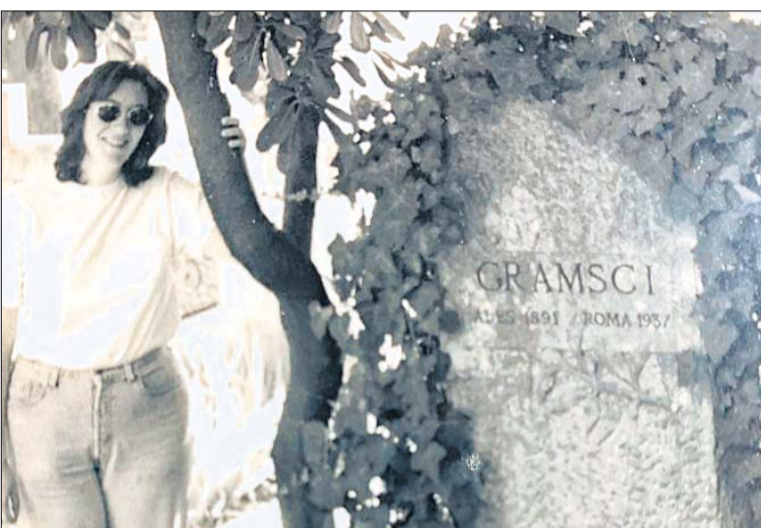
West is not the best...

Throughout the history, the Europeans have proclaimed their civilization as the best. They believed that they were born to educate an illiterate world and they were the ones who invented and discovered everything. However, Professor Josephine Quinn believes that the western civilization's achievements were nothing more than borrowed patchwork from different civilizations.



Josephine Quinn and Peter Frankopan in conversation with Mary Beard.

#TALKING



Josephine Quinn on her first trip to Rome.

But I read somewhere that there was a woman called 'Eve' and she was in Africa. Is that true? So the truth is that all humans are interrelated, which means that on some level, we all share the same ancestry. The idea of, I think what you're talking about is *mitochondrial Eve*, who was this character created by scientists, who were working on DNA, couple of decades ago, to describe the fact that everyone is interconnected. The theory was that you could connect it all back to one person, who would have been in Africa. Today, the studies on DNA have progressed quite a lot further than that and quite recently scientists have discovered that we're actually all interconnected.

I mean the way people say is everyone is everyone's 11th cousin within quite large geographical areas. So, you probably don't even need to go back as far as Eve to find people who are connected to each other.

Generally, children find history very boring and you are into ancient history. How do you find it interesting? Why are you in this profession and what makes it interesting for you? Actually, when I first went to university, I was a languages person. I was doing classical languages. I have done a lot of modern languages before that and I never expected to be in history. In fact, I had given up history at school

because it was so boring. At that time, there was an experiment going on in British schooling system, where they introduced us to very local history. But I wanted to know about the whole world and I was being forced to learn about interesting but local stories, but I wanted to know a much bigger picture than that.

It was only when I started studying in the university that I realised it was possible to do a kind of history, that told you about people who were nothing like you. In school, the idea behind teaching us local history was that they could help us to relate to people who came from the same place as us, but what I suddenly realised at university through amazing teachers and great courses that actually what's more amazing are the people who aren't like us, the people who bring something new and different and that's why I love teaching about Greece and Rome in the Classics Faculty at Oxford.

I absolutely love teaching my students about the Greeks and Romans. Sometimes, my students tend to think that the Greeks and Romans are quite similar to us, they kind of, imagine that a Roman Senator might be rather like a British politician or something. But I tell them that they were nothing like today's people, these were very strange and different people. I think that's so important for children at school, in particular, to learn that all these categories that we think of

as being completely natural, whether it's sexuality, nation, ethnicity, all sorts of preferences, were seen completely differently in the past and the people thought differently saw themselves differently. I find that so liberating and the idea that you can say to kids, you think that the world you're brought up in, that the categories you encounter, the way that your parents, your teachers live their lives, it gives you the parameters, you can only make choices within them, am I going to be, you know, the majority way or do whatever is the kind of minority alternative and so on. I want to say to them that you can completely rethink your lives, look at these people who are utterly different to you, see the world in completely different ways, you can take that and make the world you want to.

Has the idea of 'God' evolved through the history? Has the human mind evolved through the ages? I have, yet in my career as a historian, to see any evidence that the human mind has evolved over the ages (laughs). I'm afraid, I mean I wish it was different but I really don't think so, I do have moments of revelation where, for instance, you can see that the context has changed and this, maybe, explains a little bit about religion, sometimes.

So, there was a moment when I went to visit some colleagues, who were digging on a site at the island of Lemnos in the northern Aegean

Sea. It's a beautiful Greek island, very deserted, importantly for this particular anecdote, quite remote and there's not a lot of towns on Lemnos. It wasn't the tourist season at the time. I remember going to the first evening, the sun had set, the stars were out and they were everywhere.

I was just seeing the Milky Way, which you don't see very often in England, or many places these days, but it was, the whole sky was carpeted with stars. In a way, it wasn't stars in the sky, it was stars and then tiny bits of black space in between them. A thought struck me that if I lived in a world before the invention of electricity and every time, I looked in the sky after the sun went down, I saw this, then, I might be a little scared but also just very impressed with whatever it is that is creating that fact for me, and this was a revelation for me because then, I realised why all societies develop some kind of 'religion.' I think the idea that there is something very powerful and strange beyond our reach and that's just not available. But these days, we don't even have time for these kind of revelations. Unfortunately, in that sense, the human mind has evolved, but was actually written down by the philosopher Plato in the 4th century BC and he specifically says that I am using this as an example. Imagine if there was an island like this. So, from the very beginning, it was supposed to be a non-existent thing, this enormous island in the Atlantic. He was using it to do some thought experiments about what if there was this kind of place that worked this sort of way, sort of utopian idea,

but then what happened was people loved this idea so much, they wanted it to be real and so people started to say, well, what island was he thinking of and everyone forgot that he actually had specifically said this is not a real place, this is an imaginary place. So, I do, I love when people, kind of, try and say, oh, we finally found Atlantis, you know, this volcano or this, that and the other. It's like, well, brilliant, but if you do, then, the person, who made Atlantis up, knew nothing about it. But it's been such an interesting idea since, I'm so glad that he made it up and also that some people have, kind of, taken it more seriously than he intended because it's very revealing what people say about Atlantis, where they imagine it, how they imagine it.

When you study history as a subject, do you see any human behaviour repeating throughout the ages? Yes, and then, of course, one wants to leap to the very negative things, like somehow, we still managed to have war and so on, even though, we have many examples of it not being very helpful. But on a positive note, I think, there is a universal desire for connection and that is something that you can see over and over again, in different societies, that no matter what the really physical barriers, often to contact, to meeting other people and that kind of thing, the technological barriers and so on, people continue to overcome them. So, now there are fewer physical or technological barriers to travelling around the earth, and people want to go into space and people are imagining that there might be aliens and so on to meet. So, I think there's a kind of desire to constantly expand the human horizon. I think it's 'that something' that repeats.

From Jackets to Cushions Jaipur-based designer, Pallavi Jaipur has made tops, skirts and shirts using the material. "Being a designer, we need to present something new every day or an old thing in a new manner. Banarasi Silk is such a beautiful and charming textile and it makes everything look beautiful. The textile has been used in a certain way in the past but now, I have seen a lot many things made of Banarasi Silk, from cushions, curtains to even night wears. We are into clothing, so have used the material in several different ways relating to clothes," she asserts. "We keep experimenting with different silhouettes so that it can be accessible to all people and we can get something for everyone. I have made jackets and tops with the material since it's a signature style. I have also made crop tops, off-shoulder tops and shirts. I have made a skirt for me using my mother's Banarasi Silk Saree with pockets and belt," she adds.

From Jackets to Cushions

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Banarasi jewellery

Trying some jewellery made from the material. "Banarasi silk is a material that looks heavy and different, and yet, it's not really heavy



Josephine Quinn and Peter Frankopan.

#TRADITIONAL

Banarasi with a Twist

The regal silk is not just limited to mommy sarees but is being experimented in many styles



Yukti Sharma

here is something regal about Banarasi Silk and that's why they say every woman must own a Banarasi silk saree in her wardrobe. However, the evergreen material creates a heavy look of the saree, makes it difficult to wear it regularly. However, the material is now not just limited to sarees, as people are experimenting with the material and making pants, skirts, jewellery, footwear and much more out of it and making it apt for every occasion. Alia Bhatt was spotted wearing a Banarasi silk and Parineeti Chopra donned pants made of Banarasi silk. We check with city-based designers and bloggers on how they are using this material in a different way.

From Jackets to Cushions

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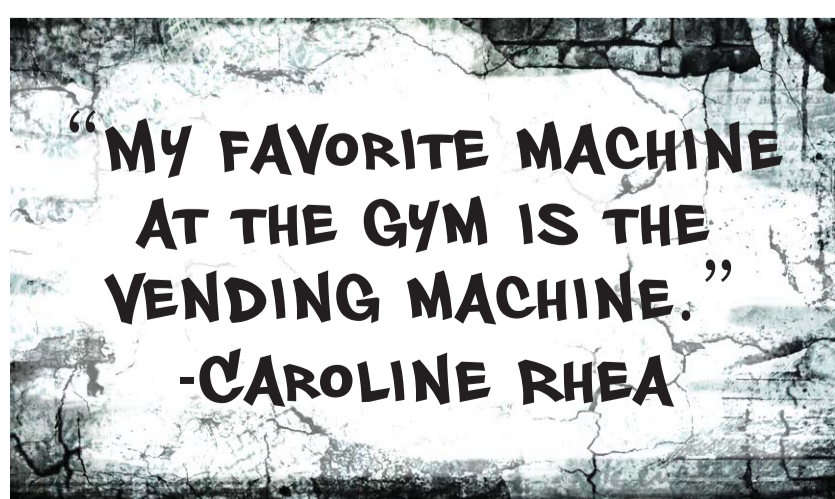


Not just that people are using the Banarasi Silk Sarees and donning them in a unique way "Silk material has always been my favourite and I think it's a fun fabric. I keep experimenting with the fabric and use it in different ways and how it always turns out is impeccable. Recently, I used a Banarasi silk saree as a skirt and styled it with a shirt and a broad belt to give it a bold look. It looked super-trendy and is a perfect balance between traditional and fashionable. One can totally mix match the skirt with different looks, wear statement jewellery and roll up the skirt sleeves. This is a good wedding guest look for a day function," shares Ayisha Agarwal, blogger.

Not a cliché Saree

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THE WALL

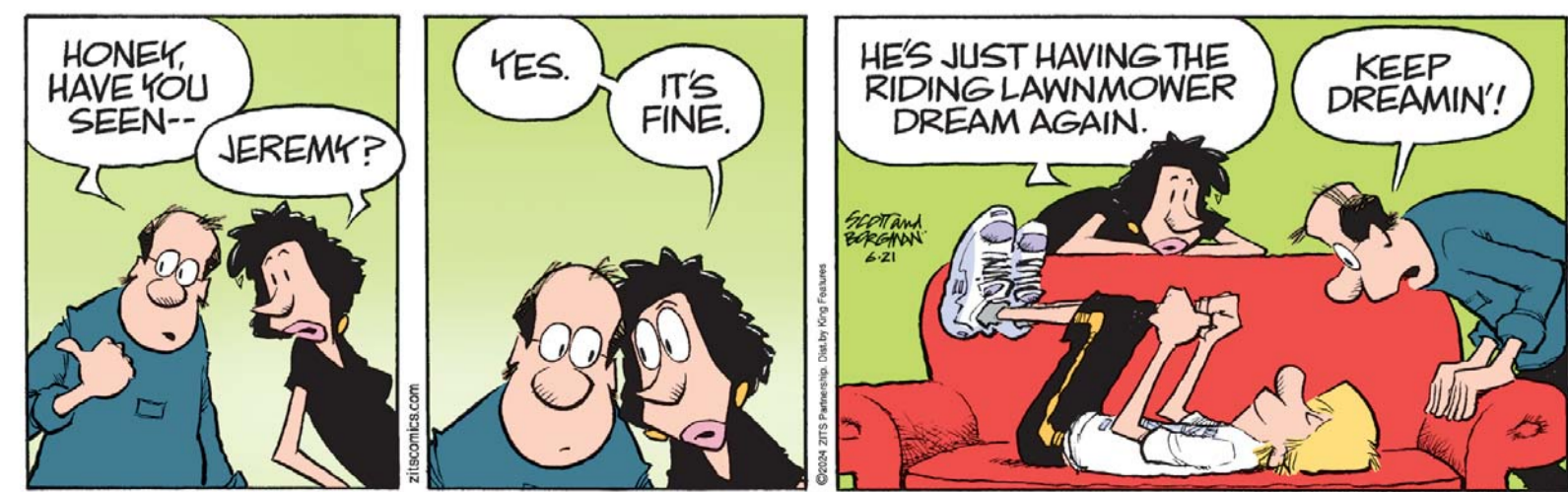


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman