

Precis#8

Meditation is a practice that focuses the mind on a specific object, thought or activity to train attention and awareness. It has been shown to have many benefits for physical and mental health, including reducing stress and anxiety, improving sleep, and increasing feelings of calmness and relaxation.

Studies have also shown that meditation can have positive effects on the brain, including increasing grey matter density in areas associated with learning and memory and decreasing grey matter density in the amygdala, an area of the brain involved in processing stress. Despite the many benefits of meditation, it can be intimidating for those who have never tried it before.

However, there are many easy and accessible ways to get started, such as finding a guided meditation app or joining a meditation group.

(131)

Title :- Meditation: ^{The} Brawny Brains

Practising meditation can build attention towards a specific task. It is effective for treating physical and mental health; increase grey matter density in amygdala. Initially, it can fear people, but opting different ways can ease the process.

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Precis#9

Men and women are of equal rank but they are not identical. They are a peerless pair being supplementary to one another, each helps the other so that without one the existence of the other cannot be conceived and, therefore it follows as a necessary corollary from these facts that anything that will impair the status of either of them will involve the equal ruin of them both. In framing any scheme of women's education this cardinal truth must be constantly kept in mind. Man is supreme in the outward activities of a married pair and therefore it is in the fitness of things that he should have a greater knowledge thereof. On the other hand, home life is entirely the sphere of woman and, therefore in domestic affairs, in the upbringing and education of children, woman ought to have more knowledge. Not that knowledge should be divided into water tight compartments or that some branches of knowledge should be closed to anyone, but unless courses of instruction are based on discriminating appreciation of these basic principles, the fullest life of man and woman cannot be developed. (187)

TITLE:- Balance in Gender

Despite identical differences, men and women are equal. Their existence for support of each other is essential, otherwise it can cause the destruction of both genders. Usually, man is considered responsible for outward activities while woman for inwards. These facts are not ~~solely~~ effective ^{society} & rather it can affect the life of both man and woman. due to such biasness.

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