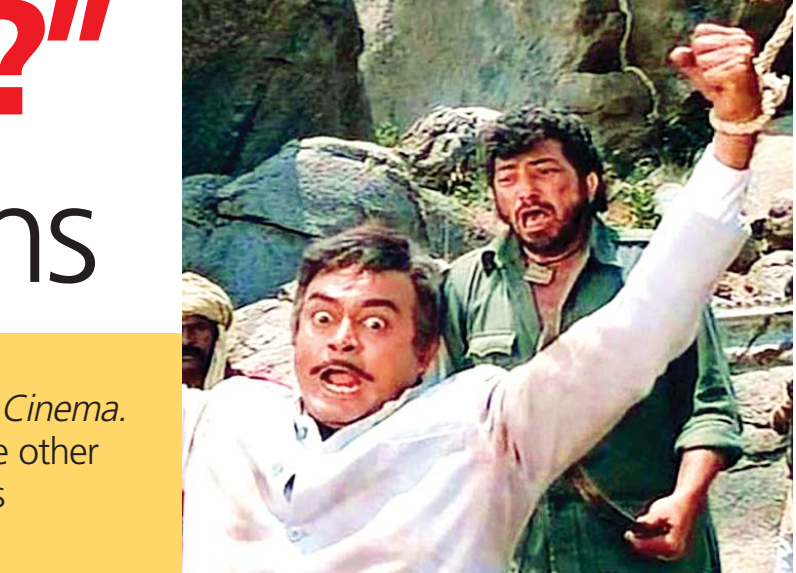


International Day for Disarmament and Non-Proliferation Awareness

The International Day for Disarmament and Non-Proliferation Awareness is observed on March 5 every year. This special day was created by the United Nations to encourage a broader understanding of disarmament and non-proliferation, especially among young people. Disarmament refers to reducing or eliminating weapons, while non-proliferation aims to prevent the spread of weapons, particularly nuclear ones. The day coincides with the date the Treaty on the Non-Proliferation of Nuclear Weapons took effect, highlighting its significance in promoting peace and security worldwide.



#PARENTING

Becoming Conservative

Becoming a parent may have psychological effects that you don't expect.



Becoming a parent is often described as one of life's most fulfilling experiences, yet it comes with profound psychological changes that many do not anticipate. The transition from an individual or couple-focused life to one centered around a newborn brings an emotional rollercoaster, filled with joy, stress, anxiety, and moments of overwhelming love. While the benefits of parenthood are undeniable, the mental and emotional challenges it introduces are just as significant.

Identity Shift and Self-Perception

One of the most unexpected psychological effects of parenthood is the shift in self-identity. Parents, especially first-time ones, often struggle to balance their pre-parent selves with their new responsibilities. Hobbies, career ambitions, and personal goals may take a backseat, leading to feelings of loss or confusion about their identity. Over time, many parents find ways to redefine themselves while embracing their new role, but the transition can be challenging.

The Impact on Mental Health

Postpartum depression and anxiety are commonly associated with mothers, but new fathers are also susceptible to mental health struggles. The pressure of providing security for a family, coupled with lack of sleep and changes in the relationship dynamic, can lead to stress and emotional exhaustion. Recognizing the need for self-care and seeking support when necessary are crucial steps in maintaining mental well-being.

Relationship Dynamics and Parenting Challenges

Having a child can significantly alter the dynamics of a relationship. Couples, who were once focused solely on each other, now have to navigate shared parenting responsibilities, often leading to conflicts regarding childcare duties, financial pressures, and differing parenting philosophies. Effective communication and teamwork become essential in ensuring that the relationship remains strong despite the added pressures of parenthood.

Increased Empathy and Emotional Growth

On a positive note, parenthood fosters emotional growth and deepens one's capacity for empathy. The intense love and responsibility for a child often translate into greater understanding and patience in other areas of life. Many parents report becoming more compassionate individuals, not just towards their children but also towards their partners, colleagues, and society as a whole.

Embracing Change and Personal Development

Parenthood challenges individuals to grow in ways they never imagined. It teaches resilience, patience, and adaptability as parents navigate the ups and downs of raising a child. The journey often brings a newfound appreciation for time management, emotional intelligence, and problem-solving skills. While the challenges can be overwhelming, they also present opportunities for personal development, making parenthood not just about raising a child, but also about evolving as an individual.



Sholay Playing At Raj Mandir "Kitne Aadmi The?" -This Question Remains

As Rajasthan proudly welcomes the finest of Indian cinema, the International Indian Film Academy (IIFA) 2025 is set to mark a historic milestone with a spectacular dual celebration, the Golden Jubilee of *Sholay* and the 50th anniversary of Jaipur's legendary *Raj Mandir Cinema*. Among the most awaited highlights of IIFA 2025 is a special, invite-only screening of *Sholay* on March 9th at 11 A.M., hosted at none other than Raj Mandir, Jaipur's iconic cinematic palace. As two legends of Indian cinema, *Sholay* and Raj Mandir, celebrate 50 glorious years together, this exclusive event will be a once-in-a-lifetime tribute to storytelling, nostalgia, and the enduring magic of Bollywood.

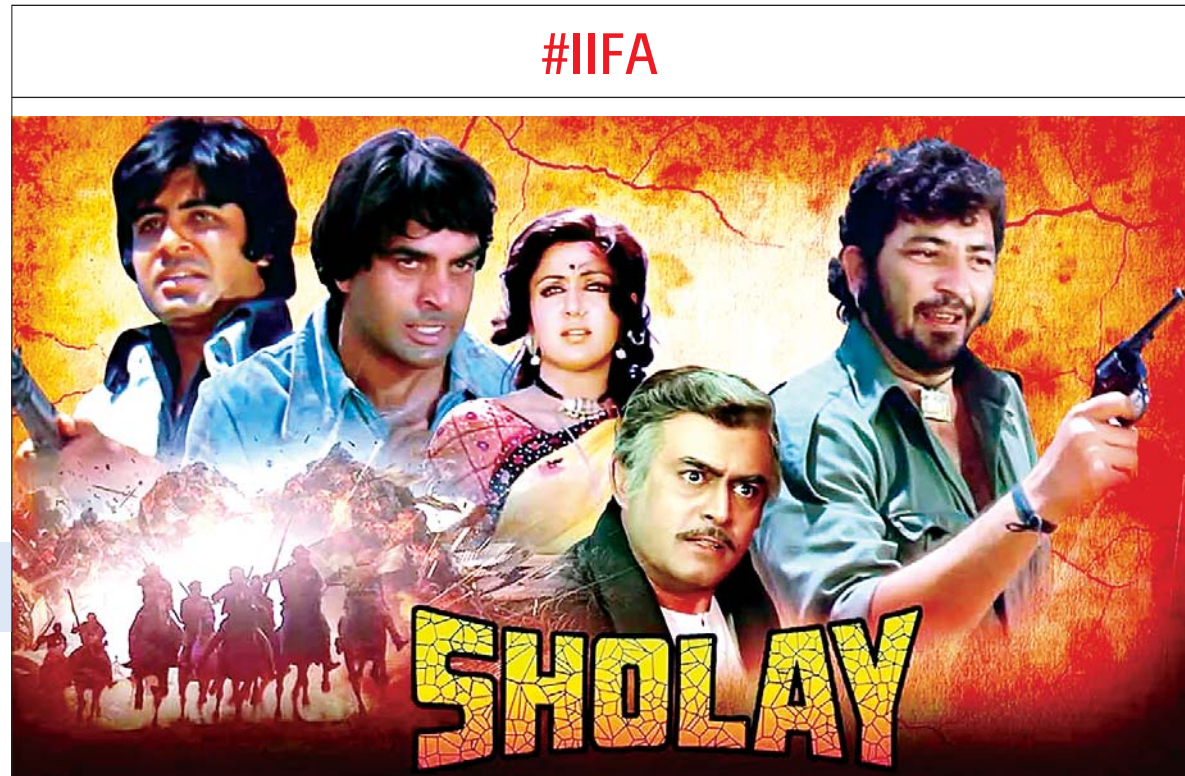


screening of *Sholay* will take place at Raj Mandir, Jaipur, marking 50 glorious years of one of Indian cinema's greatest masterpieces. This historic screening is not just a tribute to a film that redefined storytelling, action, and cinema itself, but also a homage to Raj Mandir, a theatre that has been an emblem of grandeur for half-a-century. As Jaipur prepares to host IIFA 2025, this grand celebration will bring together the biggest names in Bollywood, film enthusiasts, and media from around the world. The Silver Jubilee edition of IIFA promises to be an unforgettable spectacle, and this exclusive screening of *Sholay* at Raj Mandir will be one of its most talked-about highlights.

"Kitne Aadmi The?" -A Dialogue That Echoes Through Generations

Sholay is not just a movie. It is an emotion, a cultural phenomenon, and a cinematic revolution that changed Indian filmmaking forever. Released in 1975, *Sholay* redefined action, drama, and character-driven storytelling, setting a new benchmark for Hindi cinema. It was not just a film, it was an experience that audiences lived, breathed, and carried with them through generations. Even after five decades, every Indian, young or old, can instantly recall its iconic dialogues, legendary characters, and unforgettable music. From Amitabh Bachchan's brooding *Jai* and Dharmendra's charming *Veeru* to Hema Malini's fiery *Basanti* and Anjad Khan's

terrifying *Gabbar Singh*, every role in *Sholay* became immortal. The film's cinematography, set against the rugged landscape of Ramgarh, gave it a Hollywood-style Western appeal, making it a visual masterpiece. The film's songs, like *Yeh Dosti* and *Mehbooba Mehbooba*, still resonate with music lovers, while its gripping screenplay is studied by filmmakers worldwide. *Sholay* was not just a box-office success, it was a game-changer that transformed Hindi cinema forever. Now, as *Sholay* turns 50, there could be no better place to honour this milestone than Raj Mandir, a cinema hall that has been a temple for movie lovers for half-a-century.



Raj Mandir - The Pride of Jaipur, A Cinematic Palace Like No Other

If Bollywood is the heartbeat of Indian cinema, Raj Mandir is its royal throne. Established in 1976, Raj Mandir was designed to be more than just a cinema hall, it was built as a cinematic palace, where movie-watching would feel like a majestic experience.

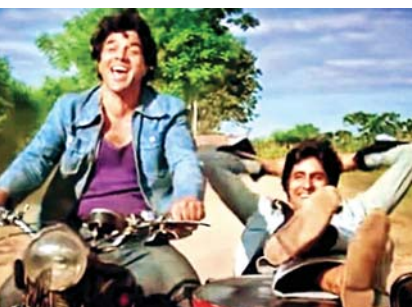


Located in the heart of Jaipur, Raj Mandir is not just a theatre, it is a landmark, drawing tourists and movie lovers from across the globe. Known for its opulent interiors, grand chandeliers, and intricately designed architecture, Raj Mandir offers an ambiance that transports audiences to a bygone era of cinematic grandeur. The mesmerizing interiors, adorned with ornate carvings and a ceiling that mimics a starlit sky, create an aura of old-world charm blend-

ed with royal elegance. The moment you step inside, you are transported into a world of cinematic splendour, where every film feels like a grand spectacle.

A Historic Moment for Jaipur and The Most Awaited Event of IIFA 2025

Jaipur has always been a city of heritage, royalty, and artistic brilliance, and this exclusive screening of *Sholay* at Raj Mandir is a moment of immense pride for the Pink City. Bringing together two icons of Indian cinema, this event is set to be one of the most prestigious highlights of IIFA 2025. Andre Timmins, Co-Founder of IIFA, shared his heartfelt excitement on the occasion, saying, "IIFA 2025 is not just a celebration, it's a journey through time, honouring 50 years of *Sholay* at Jaipur's iconic Raj Mandir. As we mark IIFA's Silver Jubilee, we are celebrating more than milestones, we are celebrating legends, memories, and the magic of cinema, that has touched hearts for generations. *Sholay* is more than a film, it's an emotion, a timeless masterpiece that continues to inspire storytellers and audiences alike. And what better place to honour its legacy than Raj Mandir, a theatre that has been a historical sanctuary for movie lovers for five decades. This tribute is our way of bringing together the soul of Indian cinema with the grandeur of an architectural marvel, creating a moment that will be cherished forever. It's a historic celebration of cinema and culture. IIFA 2025 promises to be an unforgettable homage to the power of storytelling, uniting film lovers in a celebration of the magic that makes Indian cinema



so special." With IIFA celebrating its 25th anniversary, the Silver Jubilee edition promises to be an unparalleled cinematic spectacle, uniting Bollywood's biggest stars, industry legends, and film enthusiasts under one roof. Jaipur is all set to dazzle with glamour, excitement, and cinematic grandeur, making IIFA 2025 the most anticipated event of the year.

As the countdown begins, the excitement in Jaipur is electric. The city is ready to welcome the finest of Indian cinema, the glitz of Bollywood, and the magic of storytelling in a celebration that will be remembered for years to come. Only the tickets are so expensive, I hear, that Jaipur will be seeing this event only on the pages of the newspaper. Probably, a serious attempt to keep the riff raff out, sigh! We all love our stars! So sad!

rajeshsharma1049@gmail.com



#GEOLOGY

Earth's Continents

A controversial new theory suggests that the Milky Way galaxy's arms sent comets hurtling towards early Earth, where impacts built new continental crust.



Mighty forces beyond the solar system, billions of years ago, might have shaped much of the land beneath our feet today. A study proposes that Earth's continental crust went through major growth spurts when the early solar system surfed through the four major spiral arms of the Milky Way. The galactic passages triggered a rain of comets on Earth, and their giant impacts built colossal amounts of new crust.



"It blows my mind that the continental crust we're standing on, where the majority of Earth's biomass is, has a potentially fundamental connection to the cosmos," says Chris Kirkland, a Geologist at Curtin University in Australia and lead author of the paper. Kirkland and his colleagues matched the dates of crust growth to the timing of galactic movements, both of which occurred every 170 million to 200 million years, and tied that timing to comet impacts via trace crystals and tiny glass beads in the ground, that preserved details of the collisions. But the theory has proved controversial. Although the study covers the scale of the Milky Way, the work began by analysing minuscule crystals, only 100 microns wide. Those crystals have settled in places where Earth's earliest continental history is preserved, ancient stable blocks of crust in Greenland and in Australia. But they once resided within the vast, seething ocean of magma deep underground, before they journeyed upwards, trapped within a melted blob that speared onto the surface and hardened into new crust. Despite the harrowing journey, the crystals kept a precise record of their birth. Confined within them are elements, such as uranium, that decay in a clockwork fashion, allowing scientists to use them to track age. Other elements in the crystals mark the composition of the parental magma.

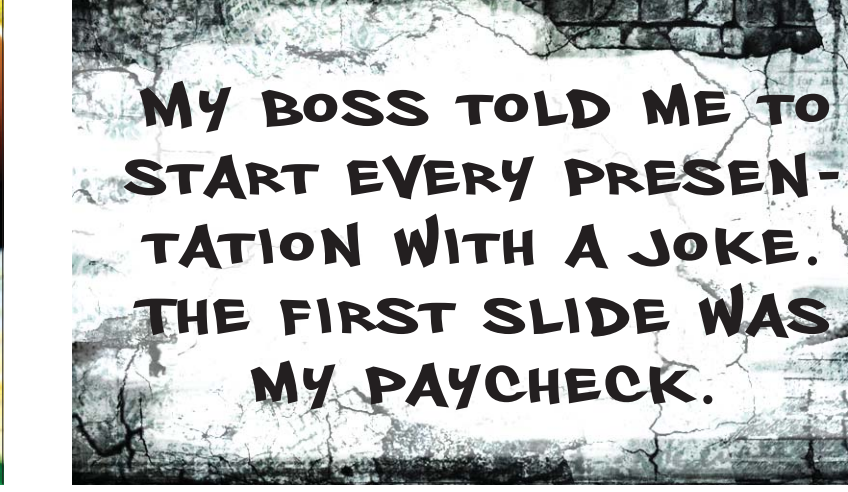
Using these records, Kirkland's team deduced that during a period, stretching roughly 3.8 billion to 2.8 billion years ago, magma punctured the surface and built new crust every 170 million to 200 million years. That pattern matches the rate at which Earth passes through the galaxy's spiral arms. But why would this galactic scale be imprinted on Earth? Kirkland and his colleagues argue that as the solar system moves into a spiral arm, the enhanced stellar density in the arm dislodges comets from the Oort cloud, the vast reservoir of icy bodies that could extend as far as about 1.6 light-years beyond the sun, sending some on an inward trajectory towards Earth. The bombardment of comets excavated huge volumes of Earth's surface, creating tremendous heat but releasing pressure below. "The rocky bit on top acts like a champagne cork or a valve on a pressure cooker," says Tim Johnson, a Geologist at Curtin



Evidence for the theory can be found not just within the crystals but also in areas called spherules. When a comet strikes Earth, the ultra-hot sediments, that were blasted into the atmosphere, fuse into molten rain, then solidify again on the ground as a layer of tiny glass beads known as spherules. The team notes that two spherule beds, which occurred around 3.45 billion and 3.25 billion years ago, match times of enhanced crust production (derived from the crystals) and when the solar system moved into a spiral arm. "It's a brilliant insight," says Brendan Murphy, a Geologist at St. Francis Xavier University in Nova Scotia, who studies global tectonics and was not involved in the study. "It's certainly got me thinking about the early Earth in a way I hadn't thought about before."

Bill Botke, a Planetary Scientist at the Southwest Research Institute, agrees that comet showers are quite rare. And when they happen, the comets are very unlikely to hit Earth. "In science, it's worth being ambitious but not ambitious to the point where you push the data beyond what's reliable," Landis says.

THE WALL



BABY BLUES



ZITS



By Rick Kirkman & Jerry Scott

