

Share a Smile Day

Of course, every day is a good day to show off those bright and shiny smile muscles, but Share a Smile Day is even more special. It's a time to be more aware and make an effort to smile at someone. Smile at a neighbour, at the grocery store clerk, at a taxi driver, a family member or a co-worker. Anyone in the immediate vicinity deserves a smile. Keep the day a secret and make them wonder what you're up to or, even better, tell them that it's Share a Smile Day and request that they pass their smile on to someone else!



#UNPLUG

Reclaim Your Happiness: The Power of a Smartphone Break

While our devices promise convenience, they also contribute to stress, anxiety, and even feelings of isolation.



Slipping a warm cup of coffee, scrolling through social media, and ordering food online has become the modern-day ritual for many. Our smartphones are seamlessly integrated into our daily lives, serving as alarm clocks, communication tools, entertainment hubs, and even

personal assistants. However, this constant connectivity often comes at a cost. While our devices promise convenience, they also contribute to stress, anxiety, and even feelings of isolation. Taking a break from your smartphone can do wonders for your mental well-being, helping to reset your mood and bring a sense of calm to your day.

The Digital Overload

Smartphones keep us perpetually plugged in, exposing us to an endless stream of notifications, emails, and social media updates. While staying informed is valuable, excessive screen time can lead to information overload, reducing our ability to focus and increasing stress levels. Studies show that frequent smartphone use can heighten anxiety and disrupt sleep pat-

terns, both of which are crucial for maintaining a balanced mood. Moreover, social media, a major component of smartphone usage, often fuels comparison and self-doubt. Scrolling through picture-perfect lives curated online can make us feel inadequate, even when we're doing well. The dopamine rush from likes and comments creates a cycle of dependency, making it harder to disconnect.

The Benefits of Unplugging

Taking a break from your smartphone, even for a short period, can have immediate and long-term benefits. When you unplug, your mind gets a chance to rest, reducing stress and improving overall mood. One of the primary benefits is improved focus and productivity. Without constant notifications, your attention span improves, allowing you to be more present and engaged in your tasks. Additionally, reducing screen time before bed helps regulate melatonin production, leading to better sleep quality. Good sleep is essential for

emotional balance and overall well-being. Another advantage is the enhancement of relationships. Being present in conversations strengthens connections with friends and family, leading to more meaningful interactions. Furthermore, without digital distractions, your brain has more room to think creatively and process ideas without interruptions. Finally, stepping away from social media removes the pressure to keep up with online trends, reducing anxiety and allowing you to focus on real-life experiences.

How to Take a Smartphone Detox

Going completely off the grid may not be realistic for everyone, but small, intentional breaks can still have a positive impact. Starting small is a great way to ease into a digital detox. Try putting your phone away during meals or while commuting to help minimize distractions. Setting boundaries can also be effective. Designate tech-free zones at home, such as the bedroom or dining area, to create spaces for relaxation and connection. Another practical step is using

the 'Do Not Disturb' mode to silence non-essential notifications, reducing unnecessary interruptions. Engaging in offline activities, such as reading a book, going for a walk, or picking up a screen-free hobby, can also help reduce dependency on digital devices. For those who want to take it a step further, trying a 'Digital Sabbath,' dedicating one day a week to minimal smartphone usage, can offer a refreshing break and encourage real-world interactions.

A Refreshing Change

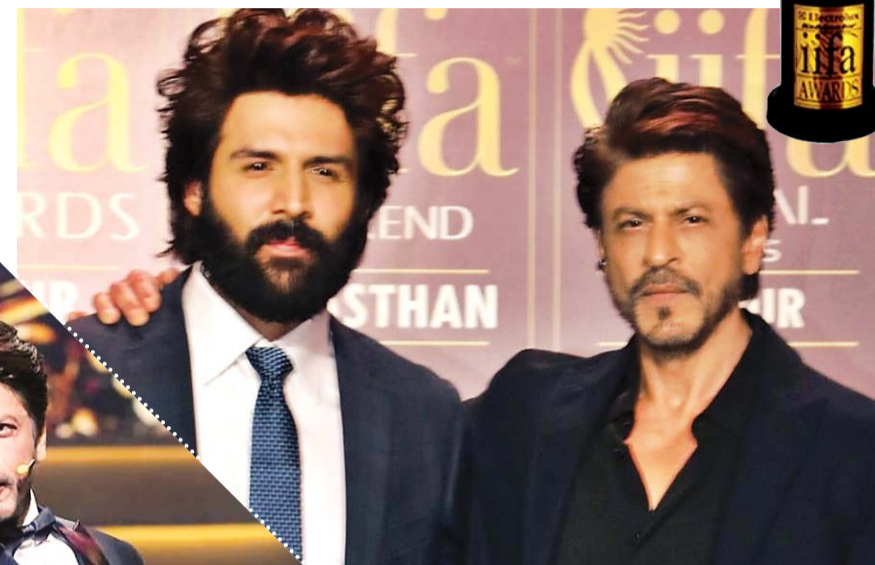
Breaking free from your smartphone, even temporarily, can have profound effects on your mental well-being. It gives you the chance to be more present, reconnect with yourself, and truly enjoy the moment. So,

the next time you find yourself mindlessly scrolling, consider putting your phone down and savouring life beyond the screen. A little disconnection might be exactly what you need to reboot your mood!

Inside Scoop : Extravaganza and Sizzling Speculations!



The countdown is on, and the excitement is palpable! Jaipur is about to witness the most extravagant Bollywood event of the year! As IIFA 2025 descends upon the Pink City, all eyes are on the electrifying lineup of performances, set to dazzle the stage. With a mix of confirmed showstoppers and high-voltage rumoured acts, this year's IIFA promises to be a night of pure magic. So, who's ready to set the stage ablaze? Let's dive into the most awaited performances!



The Kapoor Sisters' Grand Tribute to Raj Kapoor

It's a family affair! Kareena Kapoor and Karisma Kapoor are all set to pay a heartfelt tribute to their legendary grandfather, Raj Kapoor. With an emotional medley of his timeless classics like *Jeena Yahan*, *Marna Yahan* and *Pyar Hua Ikrar Hua*,

this performance is bound to tug at the heartstrings. "Honouring my grandfather on such a grand stage is a surreal moment for us," Kareena shared ahead of the show. Expect nostalgia, elegance, and a touch of old-school Bollywood glamour!

Madhuri Dixit: The Dancing Diva's Spellbinding Act

Madhuri Dixit is all set to mesmerize Jaipur with her grace, elegance, and flawless dance moves. A little birdie tells us that her act will be a tribute to Bollywood's golden era, featuring iconic numbers like *Ek Do Teen* and *Ghagra*. "Performing in Jaipur, a city rich in culture and heritage, makes this milestone even more memorable," Madhuri shared. If there's one thing we know, it's that Madhuri never disappoints!



Confirmed Showstoppers: The Glittering Lineup

#IIFA JAIPUR

The Grand Finale: A Rajasthani Extravaganza?

To close the night, there's speculation of a jaw-dropping tribute to Rajasthan's rich culture. Imagine a mega-act featuring Bollywood's biggest stars performing against the backdrop of traditional Rajasthani dancers, swirling lehengas, and soul-stirring folk music. If this turns out to be true, it'll be an IIFA moment for the ages!

The Performances We Hope to See: The Rumor Mill is Buzzing!

Katrina Kaif and Vicky Kaushal: The Couple's First IIFA Performance?

This one has the internet buzzing! Will newlyweds, Katrina and Vicky, perform together on stage for the first time? A sizzling *Kala Chashma* routine or a dreamy *Raataan Lambiyen* moment would be absolute gold! While there's no official confirmation yet, we're keeping our fingers crossed for this Bollywood power couple to set the stage on fire.

Deepika Padukone: The Queen's Royal Act?

The whispers are strong! Deepika Padukone might grace the stage with an act celebrating Bollywood's most powerful female characters. Think *Mohe Rang Do Laal* meets *Deevani Mastani*, with Deepika looking every bit the regal goddess she is. Manifesting this one into reality!

Kareena Kapoor Khan: The Queen of Glamour Takes the Stage

This is a big hide. But Bebo never fails to impress! While the details of her performance remain under wraps, sources hint at a sultry and stylish act, featuring a mix of her most loved songs. With her effortless charm and sizzling screen presence, Kareena's performance is sure to be a showstopper.



Shah Rukh Khan: The King's Grand Comeback!

When SRK takes the stage, expect nothing less than pure magic! The *Badshah of Bollywood* is making his highly anticipated return to the IIFA stage, and fans are already speculating whether he'll recreate

some of his iconic moves, from *Chaiyya Chaiyya* to *Joome Jo Pathaan*. With his signature charm and larger-than-life energy, Shah Rukh's performance is guaranteed to be one for the books!



While the confirmed lineup is already fire, there are some performances we're dying to witness. Will these Bollywood bigwigs surprise us? Fingers crossed!

Bonus: Kartik Aaryan's 'Hosting Lessons' from King Khan

In a fun behind-the-scenes moment, Shah Rukh Khan took Kartik Aaryan under his wing and gave him some tips on hosting in Jaipur! Kartik, who will be emceeing the awards, had a blast learning from the best. SRK playfully declared, "Padharo mare desh, Rajasthan!" and had Kartik repeat after him like an eager student. To which Kartik quipped, "Agar hosting bhi itni royal ho sakti hai, toh main puri mehnat se karunga! Bas koi mujhe Rajputana thali na khilaye stage pe!" Looks like we're in for a night full of entertainment, witty banter, and some major hosting magic from Kartik! With over 100 A-list celebrities descending upon Jaipur and a lineup, that's a mix of confirmed blockbuster acts and hopeful surprises, IIFA 2025 is shaping up to be a historic, star-studded affair. Get ready for lights, camera, and maximum action as Bollywood takes over the Pink City for a night of unforgettable performances and glamorous moments!

Ranveer Singh: The Ultimate Showman's Rajasthani Spectacle?

Ranveer Singh is known for his over-the-top, high-energy performances, and what better place than Jaipur for him to embrace his inner *Maharaja*? Rumors suggest that he might fuse Bollywood beats with Rajasthani folk, delivering a grand spectacle with *dhols*, dancers, and all the *tadka* you can imagine. If this happens, expect sheer madness on stage!



Alia Bhatt: A Tribute to Bollywood Queens?

Rumors suggest that Alia Bhatt is planning a special act dedicated to the legendary heroines of Bollywood. From *Ghar More Pardesiya* to *Kesariya*, this performance could be an absolute visual delight. If she does take the stage, expect an ethereal, high-energy showcase filled with grace and grandeur.



Shahid Kapoor and Kiara Advani: The Ultimate Dance Duo?

Fans are holding their breath for a Shahid-Kiara performance! The Kabir Singh duo's chemistry is undeniable, and if they reunite for an on-stage act, we're predicting a sizzling medley of *Mere Sohneya*, *Bekhayali*, and some upbeat dance numbers. Now, that's what we call *couple goals*!



#SOCIAL CONNECTIONS

A World of Distractions

The Inattention Pandemic: The Digital Age's Silent Crisis

In today's fast-paced digital age, attention spans are shrinking at an alarming rate. The world is caught in what many are calling 'The Inattention Pandemic,' a crisis affecting individuals, businesses, and society as a whole. From social media scrolling to endless notifications, our ability to focus is being constantly hijacked, leading to lower productivity, stunted personal growth, and is deteriorating social connections.

Children today are growing up in a world where screens dominate their attention from infancy. Parents, often unknowingly, contribute to this by using smartphones and tablets as digital pacifiers, keeping children entertained with videos and games. This early dependence on digital devices is reshaping cognitive development, making it harder for children to develop patience, deep focus, and problem-solving skills. Instead of engaging in imaginative play and outdoor activities, young minds are being trained to expect constant stimulation from screens. This issue extends to adults as well, as modern lifestyles are increasingly dictated by digital interactions, creating a culture of fragmented attention and perpetual distraction.



How Does Inattention Affect Us Daily?

Whether at work, home, or in social interactions, the inability to concentrate has become a universal struggle. Employees find it harder to focus on tasks, leading to inefficiencies. Students struggle with retention and comprehension, affecting learning outcomes. Even leisure activities, like reading a book or watching a movie,

are often interrupted by distractions, diminishing their joy and depth. Businesses suffer too. Shortened attention spans force advertisements to be punchier, making it harder for brands to build deep relationships with consumers. Decision-making is becoming more impulsive, leading to financial mistakes and poor long-term planning.

Social Media: The Biggest Culprit

The primary driver of this crisis is social media. Platforms like Instagram and TikTok are designed to keep users engaged with an endless stream of dopamine hits. Algorithm-driven feeds encourage constant scrolling, reducing users' ability to focus. Studies suggest that the average person's attention span has dropped significantly with many

becoming less thoughtful, replaced by reactionary outrage. In the corporate world, inattention leads to inefficient meetings and reduced teamwork. Employees juggle emails, chats, and social media, reducing deep thinking and problem-solving abilities.



A Society Fragmented by Inattention

The consequences of the inattention pandemic extend beyond individuals. Society is increasingly dependent on surface-level information. Misinformation spreads rapidly, as people rarely take the time to verify facts. Public debates are

becoming less thoughtful, replaced by reactionary outrage. In the corporate world, inattention leads to inefficient meetings and reduced teamwork. Employees juggle emails, chats, and social media, reducing deep thinking and problem-solving abilities.

How Can We Protect Ourselves?

The inattention pandemic may be widespread, but there are ways to combat it. Simple lifestyle changes can significantly improve focus and cognitive abilities. Limiting social media use and practicing mindful engagement with content can help reclaim attention. Setting time limits and avoiding unnecessary scrolling are essential first steps.

Structured work techniques such as the Pomodoro method (focused intervals) or deep work (distraction-free focus) can enhance productivity. Encouraging deep reading, instead of relying on short videos, can help rebuild attention spans. Exercise and mindfulness practices, like meditation, improve attention and cognitive function.



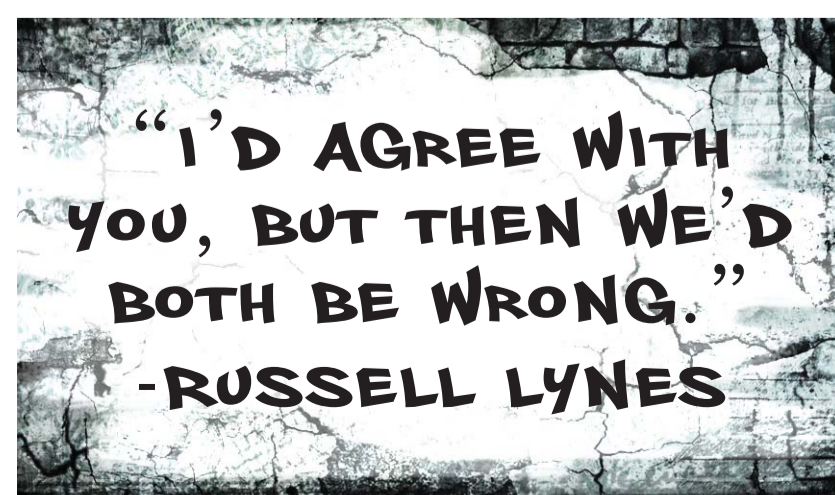
Teaching Children The Art of Focus

If the next generation is to escape the inattention trap, teaching children the importance of focus from an early age is critical. Parents and schools can help by introducing books, setting boundaries on digital device usage, engaging children in attention-based activities like puzzles, and incorporating mindfulness into daily routines.

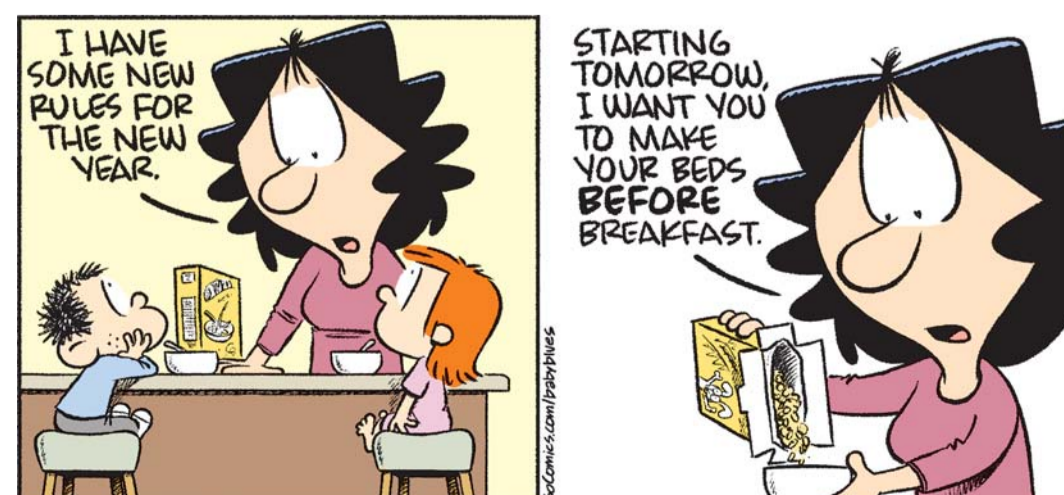
The Future of Attention in a Technological World

The rapid advancement of technology will continue to challenge our ability to focus. Virtual reality, AI-driven content, and advanced social media algorithms will demand even more of our attention. As businesses compete for every second of our screen time, individuals must take charge of their focus and discipline. The future will belong to those who can disconnect from distractions, engage deeply, and think critically. While the digital world offers immense benefits, ensuring that it does not erode our cognitive abilities is one of the biggest challenges of our time. The inattention pandemic is real, but with conscious effort, it can be reversed. It is time to reclaim our focus before it is too late.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

