



Rare Disease Day

Rare Disease Day is an observance held on the last day of February to raise awareness about diseases that most people will not know of, as well as to improve access to treatment. It's important for average people to get more informed about the ways that rare diseases affect individuals and create a space where there are more opportunities to show support, and perhaps, even help in some ways! Many people living with uncommon illnesses often feel forgotten. Raising awareness can inspire research, understanding, and hope for better treatments.

#HEALTH

Do You Always Remember Your Dreams?

Factors such as age, sleeping patterns, and a tendency to daydream might impact your ability to remember dreams in the morning.



How frequently do you remember dreams? Have you ever woken up knowing that you've dreamed but were unable to recall the details? It turns out that the ability to remember a dream might be influenced by a combination of factors.

Researchers in Italy spent the past four years studying 'morning dream recall,' as it's termed, publishing their findings in the journal *Communications Psychology*. Their work explores how various traits and behaviours seemingly influence our ability to remember our dreams when we wake up. Understanding the dynamics of morning dream recall has significant implications for studying dreaming as a whole, a mysterious brain function that continues to evade precise scientific understanding.

"Our findings suggest that dream recall is not just a matter of chance but a reflection of how personal attitudes, cognitive traits, and sleep dynamics interact," lead author, Giulio Bernardi, a Psychologist from the IMT School for Advanced Studies Lucca, said in a university statement. "These insights not only deepen our understanding of the mechanisms behind dreaming but also have implications for exploring dreams' role in mental health and in the study of human consciousness."

Bernardi and his colleagues studied over 200 participants, between the ages of 18 and 70. The researchers asked the participants to record their dreams and to wear a sleep monitoring wristwatch for a 15-day period. Before and after this period, participants completed tests and questionnaires on various personal topics, including their interest in dreams, tendency towards dis-

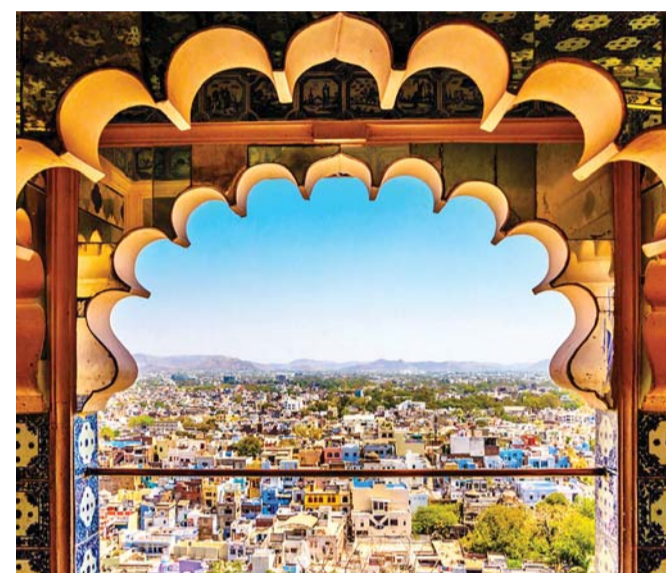
traction, and anxiety levels. The researchers observed a wide range of morning dream recall abilities among participants, along with several potential influencing factors. For example, people with a self-reported positive view on dreams and a tendency to daydream remembered their dreams more frequently. The seasons seemed to play a role as well, as there was an overall higher rate of dream recall during the spring across participants, as opposed to during the winter.

People, who spent more time in light sleep, as well as young people in general, were also more likely to remember their dreams. Older people, on the other hand, more often woke up with the feeling that they'd dreamed, but were unable to remember the dream, a phenomenon the researchers called 'white dreams.' Interestingly, their "observations support the notion that white dreams represent actual dream experiences, with memories of their content fading upon waking," they wrote in the study.

"Data collected within this project will serve as a reference for future comparisons with clinical populations," said Valentina Elce, first author of the study and PhD student in Cognitive, Computational, and Social Neurosciences, also at the IMT School for Advanced Studies Lucca. "This will allow us to move forward the research on the pathological alterations of dreaming and their potential prognostic and diagnostic value." It's worth emphasizing that dreams are self-reported, making the study vulnerable to biases. However, Bernardi, Elce, and their colleagues' identification of potential influences on morning dream recall, nevertheless, sheds light on a mysterious brain function, that has captivated humanity for millennia.

The Ultimate IIFA 2025 Fan Guide

Whether you attend the event, spot your favourite star, or simply revel in the electrifying atmosphere, IIFA 2025 in Jaipur promises an unforgettable experience! Stay alert, stay glamorous, and get ready to be swept away by the Bollywood magic. See you in the Pink City!



Shruti Kothari

How to Attend IIFA 2025: Your Ticket to the Biggest Night

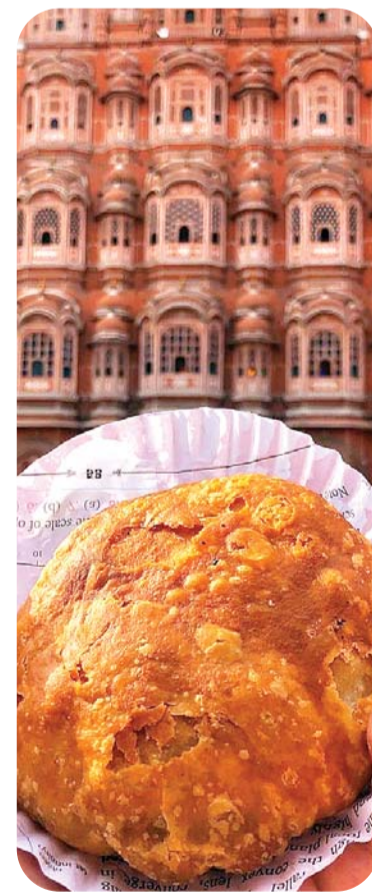
IIFA is an invite-only event, but fans can still be part of the action! Here's how!

- **Buy Official Tickets:** Keep an eye on IIFA's official website and social media pages for ticket announcements. Limited sections may be open to fans, so, act fast when sales go live!
- **Win Exclusive Passes:** Many brands and sponsors run con-

tests where lucky winners get access to the event. Stay tuned to promotions from official IIFA partners.

- **Be a Part of the Green Carpet Buzz:** Even if you can't get into the main show, head to the venue early to grab a prime spot near the green carpet and watch Bollywood royalty arrive in style.

If you're planning to visit Jaipur, now is the best time! The stars have aligned in your favour, not just in the sky but also in the *Gulaabi Nagri*. With IIFA 2025 bringing Bollywood's biggest names to town, this is your golden opportunity to witness the magic up close. From celebrity spotting to indulging in the city's vibrant culture, here's how to make the most of your IIFA experience.



Where to Enjoy Jaipur's Best Food

No visit to Jaipur is complete without indulging in its mouthwatering food! Here's where to try your taste buds!

- Dal Baati Churma and Laal Maas at *Laxmi Mishan Bhandar* (LMB) and *Swarna Mahal*.
- Pyaaz Kachori at *Rawat Mishan Bhandar*.
- Ghevar and Mawa Kachori at *Laxmi Mishan Bhandar*.
- Trendy Cafés and Fine Dining: Try *Bar Palladio* and *Steam* at Rambagh Palace for a stylish dining experience.



#JAIPUR DIARIES



Best Hotels to Stay Near the IIFA Venue

If you want to stay close to the action, book your accommodation at.

- **Luxury Stays:** Taj Rambagh Palace, The Oberoi Rajvilas, Fairmont Jaipur.
- **Mid-Range Hotels:** ITC Rajputana, Jaipur Marriott Hotel, Hilton Jaipur.
- **Budget-Friendly Options:** Zostel Jaipur, The Hosteller, or boutique heritage stays in the old city.

Explore Jaipur During IIFA: Best Places to Visit

Between IIFA events, explore Jaipur's stunning heritage and vibrant city life!

- **Amer Fort:** Experience royal grandeur at this iconic fort that has been a backdrop for many Bollywood films.
- **City Palace and Hawa Mahal:** Capture Instagram-worthy moments at these historical

landmarks.

- **Jaipur Markets:** Shop for traditional *juttis*, *bandhani dupattas*, and gemstone jewellery at Johri Bazaar and Babu Bazaar.
- **Chokhi Dhani:** Immerse yourself in *Rajasthani* culture with folk performances and authentic cuisine.



Capture and Share the IIFA Magic

Make sure that your social media is as glamorous as IIFA itself!

- Use hashtags like *#IIFA2025Jaipur* and *#IIFAWithStars* to get noticed by celebrities and official pages.
- Keep your phone charged for selfies, live updates, and capturing unforgettable moments.
- If you spot a celeb, be polite, ask before taking photos and avoid crowding them.

Final Tip: Soak in the Bollywood Fever!
Whether you attend the event, spot your favourite star, or simply revel in the electrifying atmosphere, IIFA 2025 in Jaipur promises an unforgettable experience! Stay alert, stay glamorous, and get ready to be swept away by the Bollywood magic. See you in the Pink City!

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#PSYCHOLOGY

Make Your Partner Feel Truly Loved

One of the most significant ways people feel loved is when their needs are met with 'positive responsiveness.'

When you think about romantic love, what comes to your mind? Maybe, it's grand gestures, unbridled passion or that instant spark of attraction. But, a 2024 study published in the *Journal of Psychology* reveals that love is about so much more. Researchers asked participants what their partners did that made them feel most loved, and their answers highlighted three powerful, yet, often overlooked behaviours. Here are three ways to make your partner feel deeply loved.



Be Responsive to their Needs

One of the most significant ways people feel loved is when their needs are met with 'positive responsiveness.' Research shows that when we perceive others as caring, validating and supportive, it enhances the quality of our relationships. This isn't about fulfilling their every request, but about showing genuine care, affection and support. Researchers found that people feel most loved when their partners treat them positively through the following avenues.

- **Providing support.** Supporting your partner isn't just about being there during tough times, it's about actively contributing to their well-being. This can take the form of emotional support, respecting their autonomy, offering words of encouragement or being a shoulder to lean on. It can also mean providing tangible support, like helping with chores, running errands or giving advice when asked.
- **Enhancing their sense of worth.** One of the most powerful ways to make someone feel loved is by helping them see their own value. This goes beyond compliments, although those certainly help. It's about consistently showing that you recognize and appreciate who they are. This can be done by prioritizing them, respecting their opinions and acknowledging their achievements, both big and small. These affirmations build their self-esteem and deepen the emotional bond you share.

Lean into Authentic Connection

Another way to make your partner feel truly loved is by bringing your authentic self to your connection, regularly checking in with each other and showing them that it matters to you to spend quality time together. Participants suggested two primary ways in which partners nurtured their authentic connection and made them feel loved. Here's how you can apply them to your relationship!



- **Cultivate mutual affinity.** Mutual affinity is about wanting to be together, not out of obligation but because you genuinely enjoy each other's company. This can be as simple as spending quality time together, talking about a future together and having meaningful conversations or sharing experiences that bring you closer. It's about being present, both physically and emotionally.
- **Focus on being in sync with each other.** Feeling loved also comes from the sense of being understood. This happens when partners actively listen, empathize and show interest in each other's worlds. It's about being emotionally available, paying attention to small details and sharing vulnerabilities. For instance, if your partner mentions that they're nervous about an upcoming presentation, remember to check in afterwards, to see how it went.

Offer them a Strong Sense of Stability

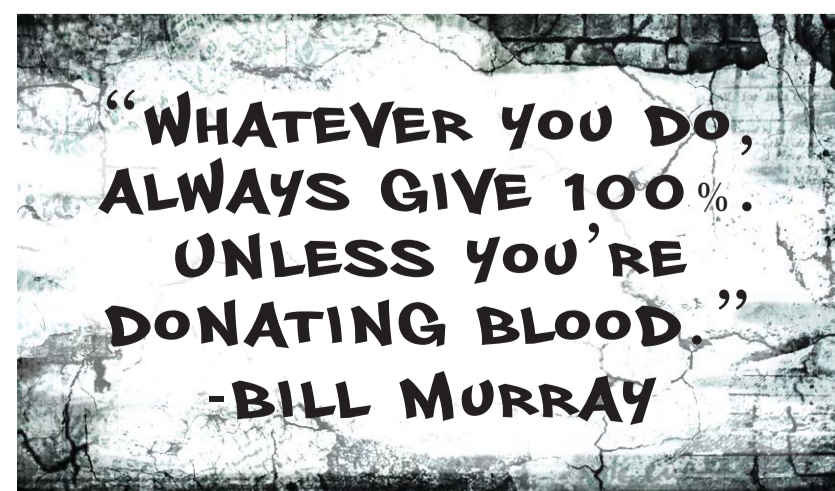


Lastly, one of the most powerful ways to make your partner feel loved is by being a trustworthy, unwavering presence in their lives. This is about being reliable and creating a relationship where they feel safe, secure and valued throughout, even in your most challenging times together.

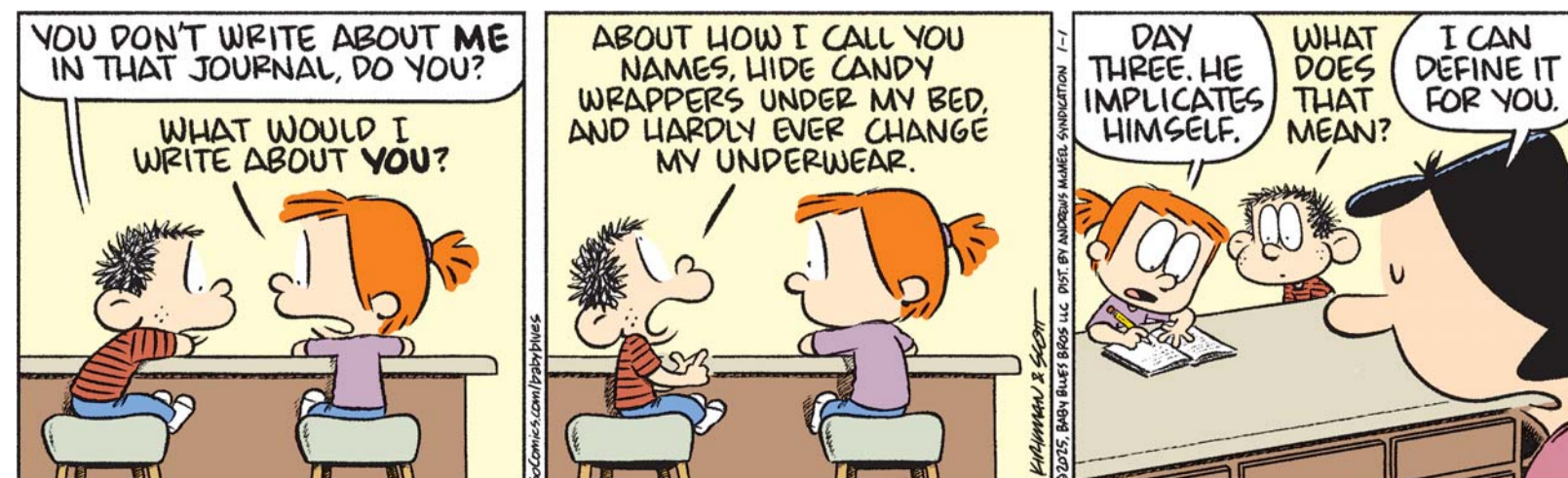
Researchers found that people feel deeply loved when they experience such dependability and unconditional love from their partners. Here's how to incorporate this into your own relationship!

- **Be dependable.** Dependability is about being someone your partner can count on, no matter the circumstances. This doesn't mean you have to be perfect, but it does mean showing up consistently, whether that's by keeping promises, being honest or offering support in times of need. Even small gestures, like sending a quick text to check in during a hectic day or remembering meaningful anniversaries, can reinforce your dependability.
- **Show them that your love can be trusted.** This involves loving your partner without conditions or extreme expectations. It's about accepting them as they are, flaws and all, and standing by them through both successes and failures. For instance, if your partner makes a mistake or is struggling with self-doubt, offer compassion instead of criticism. This creates a powerful sense of safety, where your partner feels free to be their authentic self without fear of judgment, rejection or abandonment. The beauty of these behaviours is that they don't require perfection, just genuine effort, intention and consistency. At its core, love is about creating a space where two people can be their truest selves without fear.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

