



राजस्थान अध्यापक पात्रता परीक्षा रीट 2024 गुरुवार को दो पारियों में आयोजित की गई। परीक्षा सेंटर पर पहुंचने में स्टूडेंट्स को बहुत परेशानी का समान पड़ा क्योंकि सरह की सड़कें विकास कार्यों के चलते हर तरफ खोद के छोड़ दी गई हैं। एग्जाम शुरू होने से एक घण्टे पहले एंट्री बंद करने से कुछ भागकर पहुंचे तो कुछ रह गए। लंबी लाइन भी लगी।

फोटो : दिनेश भारद्वाज

डबल इंजन की सरकार जनता का कर्जा उतारने का काम करेगी : दिया कुमारी

वित्त मंत्री की प्रमुख घोषणाएं

- मां योजना में स्किन ट्रांसप्लांट हो सकेगा। रोबोटिक सर्जरी और नए पैकेज जोड़े जाएंगे।
- संभाग स्टरीय मेडिकल कॉलेज में 14 नए पैरामेडिकल कॉर्स शुरू किए जाएंगे।
- हॉस्पिटल मैनेजर्स का अलग से कैडर बनेगा, अस्पतालों के मैनेजर्सेट के लिए अलग से स्टाफ होगा।
- राजस्थान डिजिटल हेल्थ मिशन के तहत आईपीडी मरीजों के लिए सिंगल विडो रिंजस्ट्रेशन सिस्टम शुरू होगा।
- प्रदेश के प्रमुख पर्यटन स्थलों पर स्थानीय पैट्रिंग बनाइ जाएगी, इस पर 35 करोड़ रुपए खर्च होंगे।
- आपदा राहत के लिए 55 विक्रक रिस्पोन्स क्लीकल उपलब्ध कराए जाएंगे।
- बीकानेर बांसवाड़ा सहित नए शहरी निकायों में अग्रिंशमन वाहन उपलब्ध कराए जाएंगे। इस पर 1050 करोड़ रुपए खर्च होंगे।

एक स्मार्ट पहल आजीवन खुशियों की गारंटी के लिए

एलआईसी का स्मार्ट पेंशन

यूआईएन: 512N386V01 प्लान संख्या: 879
एक नॉन-पार, नॉन-लिंक्ड, व्यक्तिगत, बचत, तत्काल वार्षिकी योजना

ऑनलाइन भी उपलब्ध

LIC भारतीय जीवन बीमा निगम
LIC INDIA FOREVER
ट्रॉल पल आपके साथ

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हमारा वॉट्सऐप नं. 8976862090 'HI'

कृषि एवं किसान कल्याण मंत्रालय
भारत सरकार



“मौसम के जोखिमों से हमारे मेहनती किसान भाई—बहनों के हितों को सुरक्षित करने में प्रधानमंत्री फसल बीमा योजना काफी कारगर साबित हो रही है। इसका लाभ करोड़ों किसानों को मिल रहा है।”

— नरेन्द्र मोदी, प्रधानमंत्री



फसल को मिला सुरक्षा का साथ मेरी पॉलिसी मेरे हाथ

फसल बीमा कराओ, सुरक्षा कवच पाओ

प्रधानमंत्री फसल बीमा योजना की उपलब्धियाँ

- **21.95 करोड़** किसान भाई—बहनों को अब तक मिला फसल बीमा का लाभ
- **₹1.72 लाख करोड़** के दावों का भुगतान किसानों को किया
- **72.61 करोड़** से अधिक किसान आवेदन प्राप्त

देशव्यापी हेल्पलाइन **14447**

ज्ञानकारी के लिए QR कोड स्कैन करें

ज्ञानकारी के लिए QR कोड स्कै

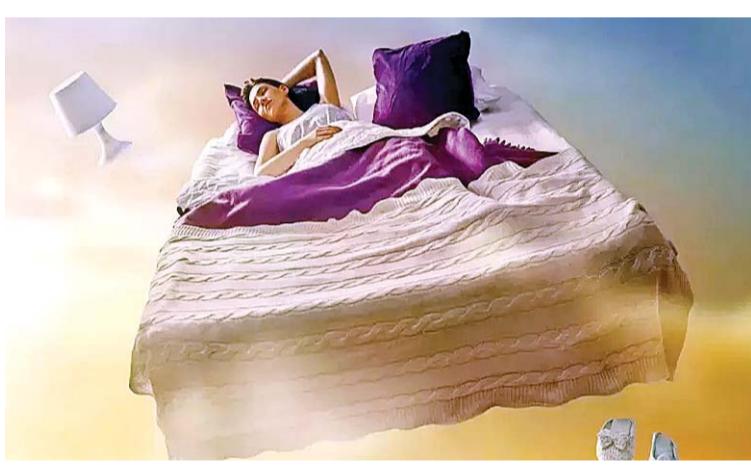


Rare Disease Day

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.

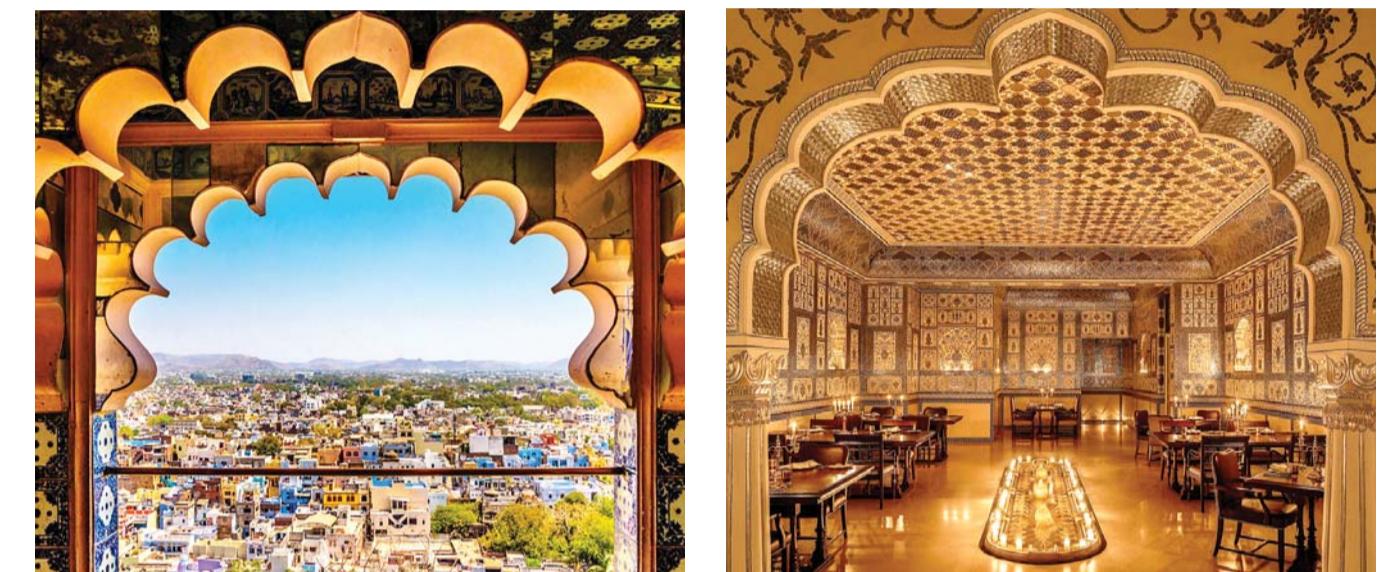
Researchers in Italy spent the past four years studying 'morning dream recall,' as it's termed, publishing their findings in the journal *Communications Psychology*. Their work explores how various traits and behaviours seemingly influence our ability to remember our dreams when we wake up. Understanding 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-

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!



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 tickets go live!
- 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.
- Win Exclusive Passes: Many brands and sponsors run contests where lucky winners get access to the event. Stay tuned to promotions from official IIFA partners.

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 *Gulabi 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 treat your taste buds!

- Dal Baati Churma and Laal Maas at *Laxmi Mishthan Bhitar* (LMB) and *Sucrana Mahal*.
- Pyaaz Kachori at *Rawat Mishthan Bhitar*.
- Ghewar and Mawa Kachori at *Laxmi Mishthan Bhitar*.
- Trendy Cafes 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.



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!

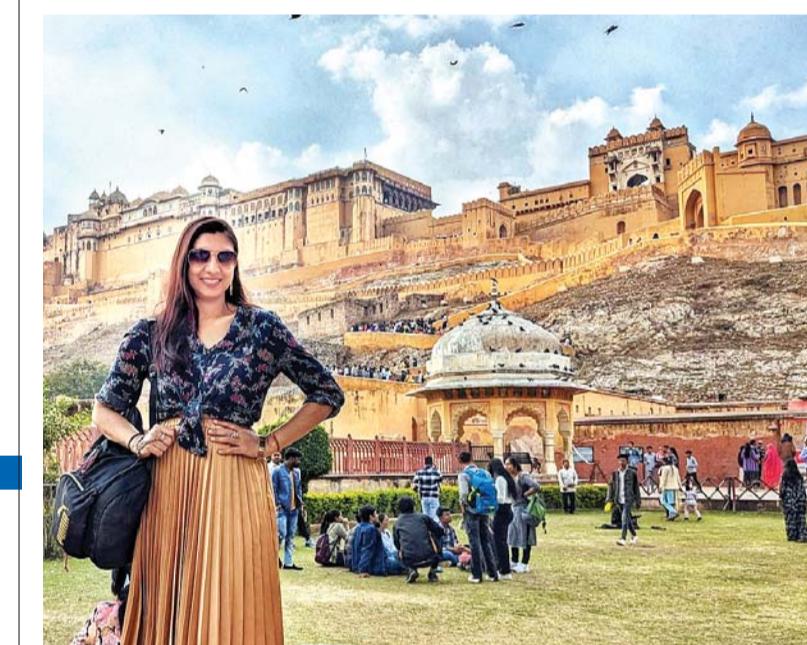
rajeshsharma1049@gmail.com



Explore Jaipur During IIFA: Best Places to Visit

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

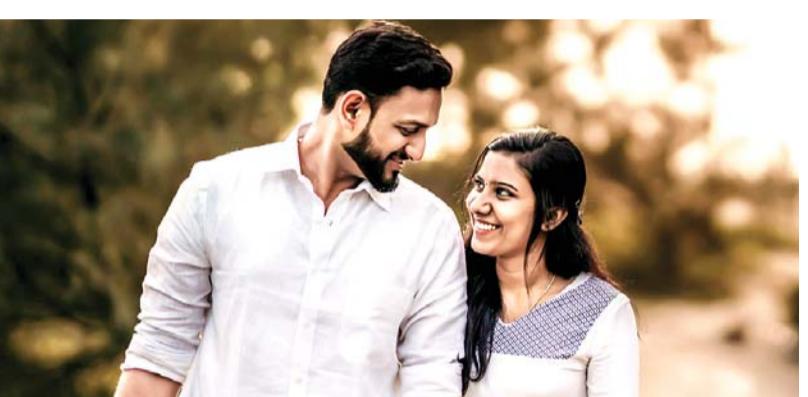
- Amer Fort: Experience royal grandeur at this iconic fort that has been a backdrop for many Bollywood films.
- City Palace and Hawa Mahal: Capture Instagram-worthy moments at these historical landmarks.
- Jaijpur Markets: Shop for traditional *juttis*, *bandhani dupattas*, and gemstone jewellery at Johri Bazaar and Bapu Bazaar.
- Chokhi Dhani: Immerse yourself in Rajasthani culture with folk performances and authentic cuisine.

#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:

- Show your affection: Affection can be shown in countless ways, from a warm hug to a loving text message. 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.
- Enhancing their sense of security: Security is one of the most powerful ways to make someone feel loved. It's about 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.



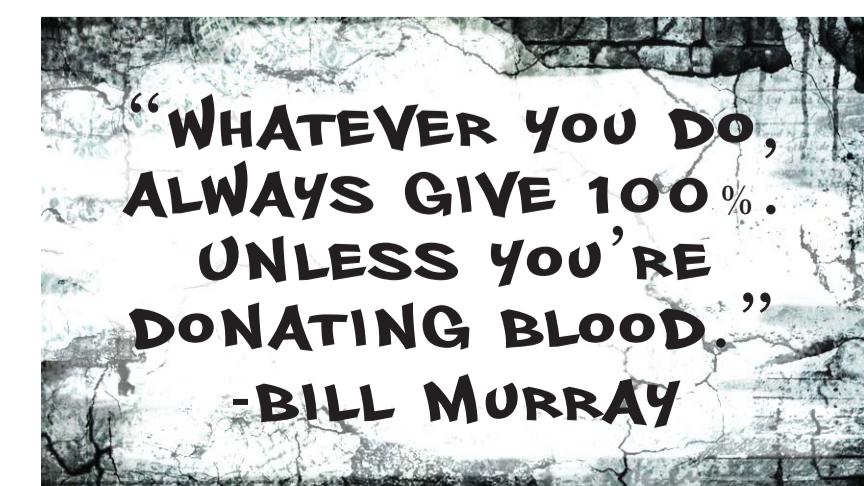
Lean into Authentic Connection

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:

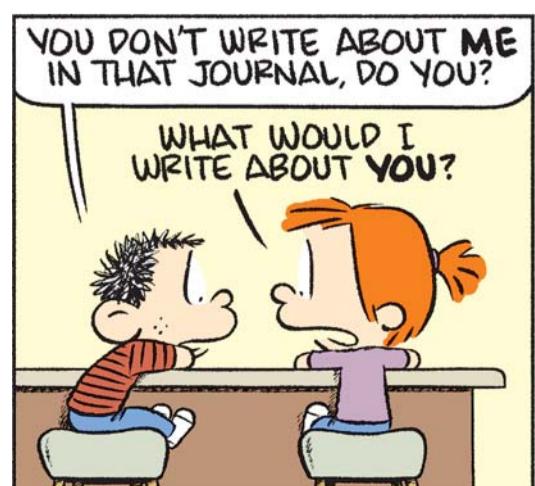
- Cultivate mutual affinity: Mutual affinity is about wanting to be together, not out of obligation but because you genuinely enjoy each other's company. This can be as simple as spending quality time together, talking about a future together and having meaningful conversations or sharing experiences that bring you closer. It's about being present, both physically and emotionally.
- 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.

Ners 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.

THE WALL



BABY BLUES



Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman



