

ARBIT



Inside Scoop : Extravaganza and Sizzling Speculations!

राष्ट्रदूत

Rashtradoot

Metro

"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!

**Reclaim Your Happiness:
The Power of a Smart-
phone Break**

'उत्तर भारत में कई भाषाएँ हैं, जो अब लुप्त सी हो गई हैं'

**स्टालिन, तमिलनाडु के मु.मंत्री ने नई शिक्षा नीति के विरोध में
नया तर्क दिया कि हिन्दौ, तमिल को भी अपने में समावेश कर
लेगी तथा तमिल मृत प्रायः हो जायेगी**

-लक्ष्मण वैंकट कुची-

-राष्ट्रदूत दिल्ली ब्यूरो-

नई दिल्ली, 28 फरवरी।

तमिलनाडु में दिक्षिणपंथी इकोसिस्टम हिंदौ के मुद्दे पर वैसी ही तमिलनाडु को इस भावनात्मक मुद्दे को जलतं बनाए रखने और विधानसभा चुनावों से पहले इसे उछालने में मदद मिल रही है।

जहाँ भाषाया व संस्कृते के बाहर राष्ट्रीय शिक्षा नीति को प्रसंगित किया जाए, वहाँ इसके विपरीत, द्रमुक और तमिलनाडु सरकार के लोग इसे हिंदौ थोकें पर क्षमा देख रहे हैं और इसके खिलाफ प्रचार की ओर देख रहे हैं और इसे आवाजनक मुद्दे का प्रकार देख रहे हैं। हालांकि ऐसे लोग हैं, जो मानते हैं कि भाषा का मुद्दा अपनी प्रासंगिकता खो चुका है, पर जब यह कहा जाए कि दिल्ली की हिन्दौ पार्टी ("तमिल") भाषा की हत्या कर रही यह मुद्दा आम जनावरों को अपील करता है।

और तमिलनाडु के मुख्यमंत्री तथा द्रमुक के चीफ एम.के. स्टालिन बिल्कुल यही का रहे हैं। उन्होंने हिंदौ थोकें के खिलाफ आदेलन छोड़ दिया है, अपनी बात समझते हुए वे कहते हैं

- अब तक यह माना जा रहा था कि भाषा का मुद्दा खत्म सा, बेअसर हो गया है तमिलनाडु में। पर, जिस तरीके से स्टालिन ने नई शिक्षा नीति के संदर्भ में हिंदौ पेश किया है, वह पुनः जागृत सा हो गया है।
- राज्यपाल आर.एन. रवि के इस विवाद में कूद पड़ने से अब यह मुद्दा पुनः जीवित हो गया है कि उत्तर भारत, दक्षिण पर हिन्दौ लादना चाहता है, तमिलनाडु को मारने के लिये।
- स्टालिन सरकार के ओर से राज्य के विधि मंत्री, एस. रघुपति ने भी राज्यपाल के रवैये के खिलाफ तीव्रा वक्तव्य दिया कि ही एम.के. सरकार का दो भाषा फार्मूला ज्यादा सफल हुआ है, क्योंकि, तमिलनाडु ने भारी प्रगति की, शिक्षा, मैंडिसन तथा इकॉनमी के क्षेत्र में, दो भाषा वाले फार्मूला के कारण।
- राज्यपाल ने इस तर्क के जवाब में कहा कि तीन भाषा फार्मूला के अंतर्गत प्रदेश के यूथ में हिन्दौ पढ़ने का भी मौका मिलता है और "यूथ" राष्ट्रीय स्तर पर, नौकरी पा सकता है। दो भाषा फार्मूला के कारण युवाओं को दक्षिण भारत की अन्य क्षेत्रीय भाषा पढ़ने का मौका भी नहीं मिलता। उनका "जॉब मार्केट" सिकुड़ता जा रहा है।
- बहरहाल अब यह विवाद और फैलता जा रहा है, तमिलनाडु की सरकार व केन्द्रीय सरकार के बीच और तमिलनाडु का युवा इस लड़ाई में फँसकर दिशा भ्रम की स्थिति में है।

कि उत्तर भारत की कई भाषाएं मर रही गया है।

अब तक होई भी बोल रहा,

इसका कारण सिर्फ हिंदौ है। हिंदौ हर

भाषा के लिए यही खत्म पैदा कर देती

है, इसलिए उक्ती सरकार व राज्य

विधायिका की ओर विधायिका कर रहा है।

उन्होंने हिंदौ

राष्ट्रीय शिक्षा नीति का विधायिका कर रहा है।

उन्होंने देखा कि वहाँ विधायिका कर रहा है।

#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.



ipping a warm cup of coffee, scrolling through social media, and ordering food online, this 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, excess 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 patterns.

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 reset, 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

Gone 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

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,

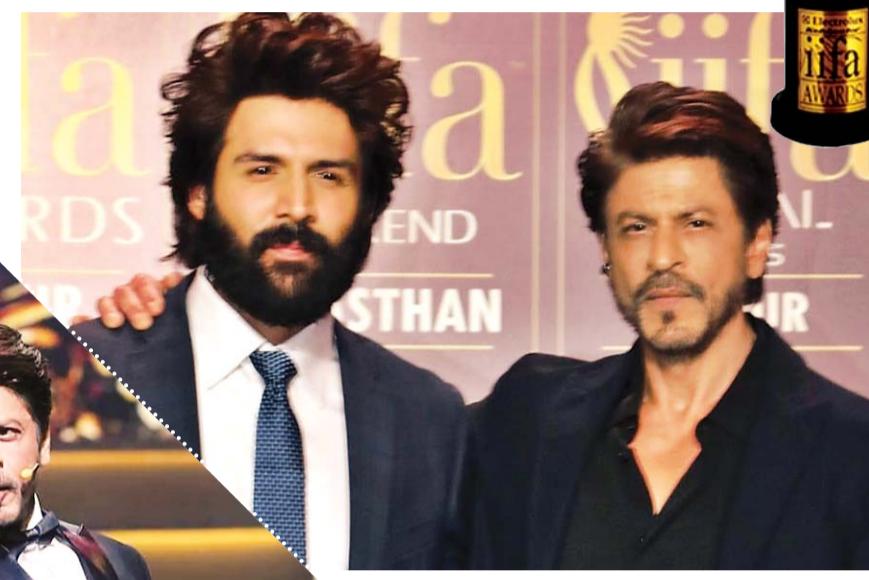
Inside Scoop : Extravaganza and Sizzling Speculations!



Shruti Kothari



Shah Rukh Khan dancing.



SRK with Kartik Aaryan.



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!"

The Kapoor Sisters' Grand Tribute to Raj Kapoor

It's a family affair! Kareena Kapoor Khan 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!



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 *taaka* you can imagine. If this happens, expect sheer madness on stage!

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 *Deewani Mastani* with Deepika looking every bit the regal goddess she is. Manifesting this one into reality!

#IIFA JAIPUR

Confirmed Showstoppers: The Glittering Lineup

Shahid Kapoor: High-Energy Dance Extravaganza

Shahid Kapoor is gearing up to bring his electrifying dance skills to the IIFA stage. Known for his high-energy performances, we're expecting a power-packed showcase, featuring his biggest hits like *Mujra Hi Mujra* and *Shaam Shaandar*. Get ready for some killer moves and non-stop adrenaline!

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!

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

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

With his one has the internet buzzing! Will newly-weds, Katrina and Vicky, perform together on stage for the first time? A sizzling *Kala Chashma* routine or a dreamy *Raataan Lambiyan* 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.

Alia Bhatt: A Tribute to Bollywood Queens?

Rumours suggest that Alia Bhatt is planning a special act dedicated to the legendary heroines of Bollywood. From *Ghar More Pardesi* 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!

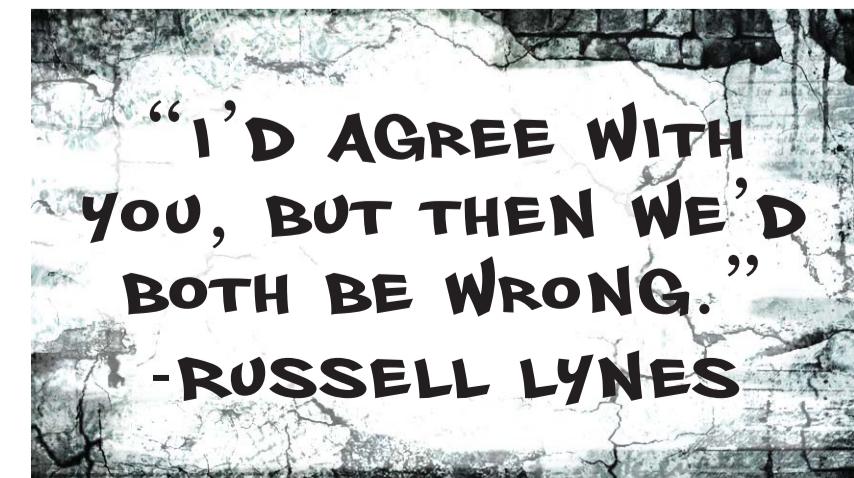
Kareena Kapoor Khan: The Queen of Glamour Takes the Stage

This is a big deal. 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.

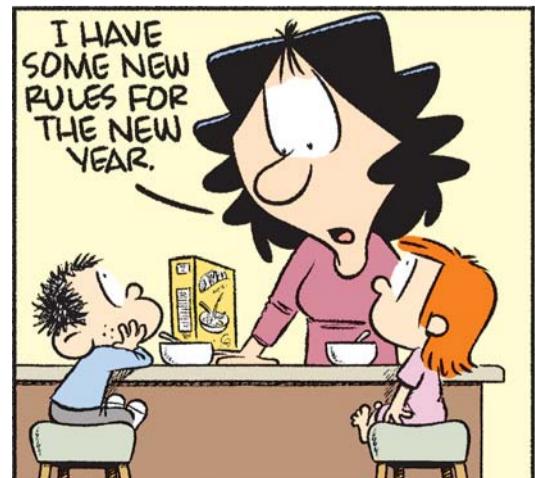
Shah Rukh Khan: The King's Grand Comeback!

When SRK takes the stage, we 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 *Jhoom Jo Pathaan*. With his signature charm and larger-than-life energy, Shah Rukh's performance is guaranteed to be one for the books!

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

#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

struggling to focus for more than a few minutes without distractions. Technology is rewiring the brain to expect instant gratification. The ability to sit down and deeply engage in a task is becoming essential for problem-solving and critical thinking. This is deteriorating over time, this affects cognitive functions, reducing creativity, patience, and emotional intelligence.

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. Engaging in 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.

