



TODAY HOROSCOPE

ARIES




Today you may be overcome by a current of humanist thought, Aries. Your consciousness is traveling, and you probably couldn't care less about the details of the events going on around you. You're freethinking, which is inspired by your spirit of fairness. You may even be in a situation where you have to act as a kind of "enlightened" referee, which you will only be too happy to do!

TAURUS




Even if you're a good judge of character, Taurus, the people who know you say that you base your opinions on your personal feelings, which often affect your good judgment. Today your critics are wrong, and your judgments are as precise and objective as they can possibly be. They may even help you out of a sticky situation.

GEMINI




You tend to want to explain everything that goes on around you, Gemini. You rationalize everything in an instant, and group all your experiences into great theories. But you've been very quiet for quite some time now. It's as if something is keeping you from speaking. Today you will get a few words in, so don't worry.

CANCER




As a Cancer, you don't really like to talk about things. Talking just isn't one of your specialties. Everyone has his/her own role, and yours is to take action and create, not talk about doing it. However, the planetary positions today might make you utter a few very deep words. Come on! Tell us a little something about how you feel deep inside!

LEO




Scientists seem to live in a world apart from the rest of us, Leo, and from the events in everyday life, because they're so absorbed in other realities. This is a lot like your universe. If you were a scientist, you might do what they sometimes do - make parallels, like those learned men who apply their scientific reasoning to events in the world by analogy. Tell us your theories!

VIRGO




You're often like a Zen master who doesn't say anything to pupils for months, until the day the pupils begin to not believe any more and find themselves growing indifferent to the whole thing. Then the master pronounces one or two phrases that are so incredibly true that no one knows what to say! You could be that Zen master today.

LIBRA




It's time to take some time out of your busy day for your personal life, Libra. One of your family members or friends may need to talk to you, and you need to listen attentively to what they have to say. You need to use all your wonderful energy to get down to the heart of the matter. Who knows? You may discover some hidden treasures along the way.

SCORPIO




Today is a good day to clarify your life, Scorpio. You may have understood lately that it's useless to undertake anything new when you're confused. You've figured out that all it takes to get out of that state is to take care of yourself, eat better, get more sleep, or take a vacation. Your mind will be sufficiently rested today to deal with all the problems that come your way.

SAGITTARIUS




Are you going to be available to other people today? Someone in your entourage may need to confide in you. If the superficiality of the exchange bothers you, you will understand what the atmosphere of today is all about! Yes, you're available, but not for just anything. You're in no mood to waste time at the moment.

CAPRICORN




You may come in contact with someone today with whom you enjoy a highly emotional exchange. You may even fall in love! Be very attentive to your moods and everything going on inside you, Capricorn. They will be particularly strong, and they will help you understand what is changing in you. Just be careful to distinguish your feelings from those of your (future?) partner.

AQUARIUS



You may come in contact with someone today with whom you enjoy a highly emotional exchange. You may even fall in love! Be very attentive to your moods and everything going on inside you, Capricorn. They will be particularly strong, and they will help you understand what is changing in you. Just be careful to distinguish your feelings from those of your (future?) partner.

PISCES



Today you may get the opportunity to feel proud of yourself. But don't let things get too out of hand. It isn't often that you allow yourself this little bit of narcissism. Everything you say will be pertinent, and people will let you know. For once, the stars are giving you the opportunity to cater to your own ego, so take advantage of it!

Fitness enthusiasts, this is why pre-workout supplements can be extremely harmful to your heart

On Twitter, we recently spotted a thread about the adverse effects of consuming pre-workout supplements and fat burners, especially in the wake of increasing incidences of heart ailments and cardiac arrests. "Guys, please don't panic over the #heartattack incidents happening pan India. I have spoken to a lot of people and have concluded that please limit alcohol, smoking, junk (food), and try abandoning caffeine. Gymgoers, stop using pre-workouts and fat burners. Take care and have fun! Lose weight," Nishit Shaw, an entrepreneur and trade analyst, wrote. He added that while "coffee in India is simple — instant, less caffeine, good to go", the "problem is energy drinks, pre-workouts etc. It takes a toll". But, is there any truth to the claim? We reached out to experts to understand the relationship between pre-workout supplements, energy drinks, and heart health.



Masina Hospital, Mumbai, many patients with no previous medical history are showing up on cardiologists' doors to seek medical assistance. "They aren't elderly people who may have obvious risk factors for heart disease, like diabetes or obesity. These are, in fact, physically fit, often young adults, who have been referred to us after experiencing high blood pressure or other heart-related problems with no apparent cause," he said.

Of these, Dr Hamdulay said, many consume protein shakes, energy bars, or sports drinks — also described as "multi-ingredient dietary formulas" by healthline.com — to boost their workout performances in terms of energy and endurance. Concurring, Anam Golandaz, clinical dietitian, Masina Hospital, Mumbai, added that those who "want to achieve their training targets even faster" have turned to a wide range of workout supplements to do the trick. "Such supplements contain a variety of ingredients, including amino acids, B vitamins, caffeine, creatine and artificial sweeteners, each playing a specific role in

improving performance," Golandaz told. However, she pointed out caffeine is one of the primary ingredients in most pre-workout supplements "as it increases muscle strength and reduces fatigue during exercise". "Most pre-workout mixes contain more than 200 milligrams of caffeine, the equivalent of two cups of coffee, to improve energy levels. But these highly-caffeinated drinks can cause nausea, insomnia, and a potentially serious heart condition known as Atrial Fibrillation, which causes irregular heartbeat (arrhythmia)," she added. Further, "very high levels of caffeine and amino acids can lead to palpitations, diarrhoea, nausea, high blood pressure, joint related issues as well", pointed out Dr Gowri Kulkarni, head of medical operations, MediBuddy, which, according to a 2014-World Health Organization (WHO) study published in Frontiers in Public Health can cause "cause heart failure, leading to death" in extreme cases.

Samsung declined to make 2025 iPhone SE 4 displays, says report

A new supply-chain report says that Samsung declined to make displays for the iPhone SE 4, expected to debut in 2025 with a major upgrade. The Korean report says that Samsung was unable to reach agreement with Apple on the price of the displays, and so they will instead be made by China's BOE ...



The report says that Tianma failed to show that it could meet Apple's quality standards for the display, so BOE has now been awarded the sole contract. Some risk, but neither company will be too unhappy. The switch to BOE does introduce some level of risk. Samsung, which previously made the displays for the iPhone 13 and 14, will have ironed out all the production line challenges, enabling it to achieve high yields from the start. While BOE can take the lessons learned from Samsung, there are still likely to be some glitches along the way to mass production. Apple also generally likes to have multiple suppliers, both to reduce risk and to maximize its negotiating power.

SU DO KU-075

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6		5		1	7		4
2				9			
	3	7	5				

SU DO KU-SOLUTION-074

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7	2	8	4	6	3	9	5	1
6	3	4	9	5	7	1	2	8
2	8	9	6	1	4	7	3	5
1	5	7	8	3	2	6	9	4
4	1	5	2	7	6	3	8	9
3	9	2	1	4	8	5	6	7
8	7	6	3	9	5	4	1	2

RECIPE: FRITO CHICKEN CASSEROLE

INGREDIENTS:
1 tablespoon unsalted butter
1 small onion, chopped
4 cups cubed cooked chicken breast
1 (15.25 ounce) can black beans, rinsed and drained
1 (15.2 ounce) can corn, drained
1 (10.5 ounce) can condensed cream of chicken soup
1 (10 ounce) can diced tomatoes and green chiles (such as RO*TEL®), undrained
1 (4 ounce) can chopped green chilies
1 (4 ounce) package cream cheese
? cup chopped fresh cilantro
2 cups shredded Cheddar cheese
1 (10 ounce) bag chili and cheese flavored corn chips (such as Fritos® Chili Cheese® Corn Chips)



DIRECTIONS:
Preheat the oven to 350 degrees F (175 degrees C).
Melt butter in a large saucepan over medium heat. Add onion and cook until softened, about 5 minutes.
Add chicken, beans, corn, cream of

chicken soup, tomatoes and chiles (with juice), green chiles, cream cheese, and cilantro. Cook until cream cheese has melted, about 5 minutes.
Spread out 1/3 of the chips on the bottom of a 9x13 inch rectangular casserole dish. Top with 1/2 of the chicken mixture. Top chicken mixture with 1/3 of shredded Cheddar cheese. Repeat the layer. Top the 2nd layer with remaining 1/3 of the chips and remaining 1/3 of Cheddar cheese.
Bake in the preheated oven until cheese has melted and is lightly browned, about 30 minutes. Remove from the oven, cover, and let sit for 30 minutes so it can set before cutting into squares.

JOKE

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things. He immediately phoned the police, who asked, "Is someone in your house?" and George said, "No," and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available. George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all." Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed. One of the policemen said to George, "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"

HELP LINE

Important Telephone Nos.	
Civil Secretariat	2547365-69
Jammu University	2435259,2435248
RRL, Jammu	2544382, 2549051
Army	2432453, 2432653
Municipality Jn. Lines	2578503, 2542192
Passport Office	2433359
Postal Services	
H.P.O. City	2543606
Gandhi Nagar	2435863
Fire Services	
City	2544263
Gandhi Nagar	2457705
Canal	2554064
Gangyal	2480026
Cooking Gas dealers	
Chenab Gas	2547633
Gulmoure Gas	2430835
H.P. Gas	2578456
Jakfed	2548297
Shivangi Gas	2577020
Tawi Gas	2548455
Power House	
Gandhi Nagar	2430180
Canal Road	2554147
Janipur	2533359
Nanak Nagar	2430776
Parade	2542289
Satwari (Jammu Cantt.)	2452813
City Hospitals	
G.M.C Jammu	2584290, 91, 94, 2584211,25
GMC Causality	2575364
S.M.G.S. Jmu	2547635, 258477
Govt. Hosp. G Nagar	2430041, 2431740
C.D. Hospital Jammu	2577064, 2548012
Dental Hospital Jmu	2544670
Psychiatric Diseases Hos.	2577444
Ascoms Sidhra	262251,262267 ,262536, 39
B.N. Charitable	2555631, 2505310
Vivekanand Hospital	2547418
G.B. Pant Hosp, Satwari	2433500
Military Hospital Sat.	2435572
City Nursing Home	
Alfirdous, Bathindi	2466685
Ankur, Trikuta Nagar	2461922
Aastha, Amphalla	2576707
B.L. Suri Mem.Sainik Colony	2465059
Care& Cure, Trikuta Nagar	2470112
Green Court, Exch. Road	2546331
Harbans Singh Mem. Rehari	2578897
Kalandi, Subash Nagar	2573400
Kapoor's Bakshi Nagar	2579153
Katoch, Karan Bagh	2547821
Lochan, Trikuta Nagar	2473600
Madaan's G.Nagar	2436549, 2456727
Dayanand, B.C. Road	2545225, 2540198
Mediaid, Channi Himmat	2466744
Medicure Gandhi Nagar	2435070
Navyug, New Rehari	2560504
Pardeep, Nanak Nagar	2432148
Rameshwar, Bakshi Nagar	2580601
Sanjivani, G.Nagar	2433354
Sita, Gandhi Nagar	2435007
Suri, Talab Tillo	2505080
Suvidha, Canal Road	2555965
Triveni, Gandhi Nagar	2452664
Police Station, Jammu City	
Bagh-e-Bahu	2459777
Bakshi Nagar	2580102
Bus Stand	2566499
City	2543688
Gandhi Nagar	2430528
Gangyal	2481204
Nowabad	2565274
Pacca Danga	2448610
Railway Station	2472870
Sainik Colony	2468666
Satwari	2430364
Channi Himmat	2465164
Transport Nagar	2475444
Trikuta Nagar	475133,2470679
G. Nagar	2459660
S.S.P. City	2477807
S.P. South	2433778
Police Control Room	100
Airlines	
Air Port	2450520,21 ,2430449
Indian Airlines	2574312
Spice Jet	2431887
Go Air	2435668
Kingfisher	2432651
Jet Airways	2453999
RAILWAYS	
Railway Enquiry	131,132, 2476407
Booking	2470318
Reservation	2470315
TELECOM DEPARTMENT	
Directory Enquiry	197
Fault Repair	180
Billing Complaint	2543896
Trikuta Nagar Exchange	2470000
HELP LINE R S PURA	
Police Station Miran Sahib	263259
Police Station RS Pura	01923-250221
S D M R S pura	01923-252333
Tehsildar R S Pura	250223
Telecom R S Pura	250220
Fire Service R S Pura	252194
HP Gas Agency R S Pura	251567
Bharat Gas Agency R S Pura	251975
Community Health Centre R S Pura	250243