

TODAY HOROSCOPE

ARIES



You will keep a level head today, Aries, so take this opportunity to make rational decisions about the most intense issues on the table. Stay grounded and concentrate on what you need to do. Don't get caught up in the usual emotional drama. Restriction and limitation are main themes of the day that will help you reach your goals.

TAURUS



Your playful attitude will be a welcome addition to the sober, restrictive tone of the day. On the other hand, it may behoove you to be serious in order to accomplish what you need to get done. The choice is up to you. However, you would probably be wise to spend this day taking care of chores and nagging errands that you've put off for quite some time.

GEMINI



This is a terrific day for you, Gemini. You will feel a greater sense of appreciation and respect for the people around you. The planning and hard work you've contributed recently is finally paying off. People are likely to arrive at your level of thinking. You'll find you can connect on a very productive level. Your emotions are under control and your thoughts crystal clear.

CANCER



There's a restrictive, sober tone to the day that may wear you down, Cancer. The trick to working this energy to your advantage is to adjust your game plan to fit the mood. Take care of mundane chores and small obstacles. Make realistic plans and follow through with short-term goals. Water your plants. Do things that require discipline and grounding.

LEO



Come down from the clouds today, Leo. It's important to connect with what's going on down here. It could be that you're missing your target because you failed to take certain details into account that are obvious to everyone else. Attend to projects that require your attention. Realistic planning and disciplined actions are the best activities to engage in.

VIRGO



There's a lethargic pace to the day that might leave you frustrated, Virgo. It may seem as if things aren't progressing as quickly as you'd like. Don't be seduced by the idea that everything needs to get done sooner. Faster isn't necessarily better. Focus on quality and efficiency. Examine what could be considered wasteful action. Streamline your daily routine.

LIBRA



This is a terrific day for you to accomplish a lot, Libra. You may feel restricted in your emotions and unable to make certain deep-level connections, but don't worry about it. If the time doesn't feel right to engage in deep conversation, don't push it. Concentrate on the things that you need to get done personally and professionally.

SCORPIO



Slow down a bit today and do some planning. There's a steady, grounded mood that will help bring your thoughts and actions down to Earth. The wind may not be filling your sails as much as you'd like, but you can use this to your advantage. The underlying reservation in people's attitudes and opinions will aid you quite a bit. Eliminate the fluff and concentrate on what's real.

SAGITTARIUS



There's a call for you to focus on tangible items today, Sagittarius. Your emotions may be a bit restricted, but you will find comfort in beautiful, luxurious surroundings. Don't be surprised if people are a bit more critical than usual. What they intend as helpful may come across as hurtful. Try to keep a positive spin on things or you may slip down a negative spiral of self-pity.

CAPRICORN



The more you let your ego and fantasies swell today, Capricorn, the more friction you will encounter. Others aren't going to be fooled, nor are they going to want to deal with frivolity. You might consider letting someone else take the lead while you focus more on your internal energy. Don't be surprised if you cry for no apparent reason. It's important that the tears come out.

AQUARIUS



You will fit in perfectly with just about every situation you encounter today, Aquarius. Things are going well for you, so take advantage of the energy. You will find that you can accomplish a lot with very little effort. Other people will respect that. If something needs to be done meticulously and efficiently, you're the one for the job.

PISCES



Don't expect a reaction from people today even if you tell the funniest jokes. Others are likely to be reserved and uptight. For the most part, the day's forecast calls for conservative skies and a slight chance of grumpiness. The best way to handle this is to engage in activities that require discipline, grounding, and efficiency. Finish your chores and plan fun things for evening.

What experts say about exercising when you're tired

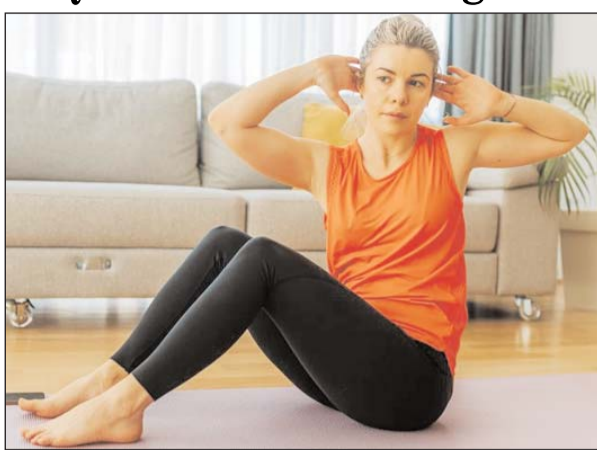
It's the end of another long day at the office after a poor night's sleep. As usual, you're exhausted, yet you want to stop at the gym on the way home to get the exercise you need to stay healthy. Should you work out when you are suffering from chronic sleep loss?

This conundrum is a widespread problem, considering 1 in 3 Americans are sleep deprived, according to the US Centers for Disease Control and Prevention.

"It is definitely a bidirectional relationship, not one or the other," said Dr. Phyllis Zee, director of the Center for Circadian and Sleep Medicine at Northwestern University's Feinberg School of Medicine in Chicago.

"First, there is clear data to show that regular exercise improves sleep quality — moderate exercise in the morning, afternoon or very early evening can improve deep sleep," Zee said. Deep sleep is the healing stage in which your body repairs and restores itself. Also called "slow wave" sleep, it can only be achieved if your sleep quality is good, with few to no nighttime interruptions.

"Research also shows that if you sleep better, you're more likely to be



able to engage in exercise and your physical activity levels are going to be higher," Zee said.

"So I would say that even if you have had a bad night's sleep, you should maintain your physical activity."

Need for quality sleep

To be healthy, the body needs to move through four stages of sleep several times each night. During the first and second stages, the body starts to decrease its rhythms. Doing so prepares us for the third stage — a deep, slow-wave sleep where the body is literally restoring itself on a cellular level, fixing damage from the day's wear and tear and consolidating memories into long-term storage. Rapid eye movement sleep, called REM, is the final stage in which we

dream. Studies have shown that missing REM sleep may lead to memory deficit and poor cognitive outcomes as well as heart and other chronic diseases and an early death.

On the flip side, years of research has found sleep, especially the deepest, most healing kind, boosts immune functioning.

Since each sleep cycle is roughly 90 minutes long, most adults need seven to eight hours of relatively uninterrupted slumber to achieve restorative sleep and be healthy, according to the CDC. Sleep debt, along with irregular sleep duration, has been linked to an increased risk of obesity, heart disease, dementia and mood disorders such as anxiety and depression.

Be careful about injuries

One night of poor sleep shouldn't have to impact your workout routine, but chronic sleep deprivation leading to multiple days of exhaustion is another matter, experts say. It may not be wise to hit the gym or play a sport when you're barely putting one foot in front of the other, said sleep specialist Dr. Raj Dasgupta, an associate professor of clinical medicine at the University of Southern California's Keck School of Medicine.

"Without sleep, your muscles can't recover from the stress you put them through during workouts. It doesn't do you much good to keep breaking down your muscles without giving them time to recover and grow stronger," Dasgupta said.

In addition, you're more likely to suffer an injury when you're exhausted, he explained, due to slowed reaction times from your tired brain working to make decisions during the workout or sport.

"Poor sleep can also affect your motivation to exercise in the first place. You might find yourself dreading your normal workouts and hating every minute in the gym, which is not good for long-term adherence to a fitness plan," Dasgupta said.

Vivo Y29 5G launched with 5500 mAh battery and 50 MP AI camera

Vivo has launched the Vivo Y29 5G smartphone in India. It is a mid-range device with a starting price of Rs 13,999, and has an IP64 rating for dust and splash resistance. Vivo also claims that it has "Military Grade" durability. This makes it the first in its segment with this level of durability. It features a sleek design with a unique circular Dynamic Light, which enhances the camera module with vibrant lights during music playback and dynamic reminders. It has a slim 8.1mm frame and weighs 198g. It has a 6.68-inch 120Hz LCD screen and 1000 nits of peak brightness, which ensures clear viewing under bright sunlight. These numbers are in line with its competitors at similar price points.

In the camera department, the Vivo Y29 5G comes with a 50MP rear camera with AI



Night Mode captures detailed low-light shots, while the 8MP front camera ensures sharp selfies. There's a secondary 0.08MP camera too. It has modes like Scene Modes, AI Photo Enhance, AI Erase, and a rear flash further to improve clarity and quality. This rear flash is a ring-like LED unit that supports dynamic lighting,

which allows users to customise the flashing lights in different colours during music playback or reminders and other alerts.

At its heart is a MediaTek Dimensity 6300 processor, which is built on a 6nm architecture. The device also houses a 5500mAh battery with 44W FlashCharge. It's no slouch, charging fully in

79 minutes according to Vivo's claims. The company also said that it maintains 80% battery capacity over four years.

Connectivity options of the Vivo Y29 5G include 5G, dual-band Wi-Fi, Bluetooth 5.4, GPS, OTG, FM, a USB Type-C port, and a 3.5mm audio jack.

The Vivo Y29 5G is available with up to 8GB RAM and up to 256GB storage. It runs on Funtouch OS 14, which is based on Android 14. It also has a side-mounted fingerprint scanner on the power button.

Pricing and Availability
4GB/128GB: Rs 13,999
6GB/128GB: Rs 15,499
8GB/128GB: Rs 16,999
8GB/256GB: Rs 18,999

The Vivo Y29 5G comes in Diamond Black, Glacier Blue, and Titanium Gold shades. It is available for purchase via the Vivo India website.

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SU DO KU-SOLUTION-301

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6	5	3	1	7	9	8	4	2
7	2	4	8	5	3	6	1	9
2	1	7	5	9	6	3	8	4
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RECIPE: ROASTED BROCCOLI-CHEESE SOUP

INGREDIENTS:

1 head broccoli, cut into bite-sized pieces
1 tablespoon olive oil
4 cloves garlic, minced, divided
1 cup chopped onions
1 cup shredded carrots
5 tablespoons butter, divided
¼ cup all-purpose flour
2 cups half-and-half
2 cups shredded Cheddar cheese
2 cups chicken broth



DIRECTIONS:

Preheat the oven to 350 degrees F (175 degrees C). Line a baking pan with a silicone mat.

Toss broccoli and olive oil together

in a bowl. Transfer to the prepared baking pan. Sprinkle 1/2 of the minced garlic over top.

Roast in the oven until broccoli is tender, 15 to 20 minutes, tossing occasionally.

Meanwhile, combine remaining

garlic and onions in a food processor; pulse until onion is chopped. Change to the shredding disc and grate carrots into the bowl. Melt 1 tablespoon butter in a medium skillet over medium heat. Add onion-carrot mixture to the skillet and saute until tender, 5 to 7 minutes. Remove to a plate. Add remaining 4 tablespoons butter to the same skillet. When melted, slowly stir in flour. Slowly stir in half-and-half, then stir in chicken broth. Simmer until thickened, 10 to 15 minutes.

Slowly drop in Cheddar cheese; add cooked vegetables and roasted broccoli; simmer for 5 minutes.

JOKE

Two women are walking home from the bar, they both have to piss so they slip into a nearby cemetery. One uses her panties to wipe herself, and the other uses a reef off a head stone. Next night, the husbands meet at the bar, one looks at the other and says, "I'm gonna have to watch my wife, she came home with no panties last night." The other one says, "Oh well, mine came home with a card wedged in her ass saying, 'You were loved and will be missed by the whole entire fire department.'"

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
2555631, 2505310
B.N. Charitable 2547418
Vivekanand Hospital 2433500
G.B. Pant Hosp, Satwari 2435572
Military Hospital Sat.

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 2565054
Pardeep, Nanak Nagar 2432148
Rameshwar, Bakshi Nagar 2580601
Sanjivani, GNagar 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 2547807
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