

TODAY HOROSCOPE

ARIES Uninvited visitors could cause some stress, Aries. You wanted to spend your day resting, but now you have to entertain people, and this could prove irritating. It's better to keep the visit short and sweet than feel obligated to play host when you aren't up to it. You will want to stay on good terms with your guests. Be polite but firm and then relax.

TAURUS Some callous words spoken carelessly could make you feel hurt and insecure, Taurus. They may not have been intentional, but even so, bear in mind that they're only words. They tell you far more about the one who said them than they do about you. Spend the evening with people who love and respect you. You mirror the best in them, and that's why they enjoy your company.

GEMINI Attempts to attend a festival, party, or other group activity could be hampered by minor obstacles like traffic jams, forgetting things, and getting lost, Gemini. This can be frustrating and irritating, but don't let it stop you. It's important to be out with your friends today. Fill up the car, get a good map, and make your way to the place by the side streets. Have some fun!

CANCER Some friends may put you in front of a lot of people, Cancer, perhaps to make an impromptu speech or lead a discussion. Generally, you don't mind this, but today you're in a quiet mood and would rather stay on the sidelines. You could grit your teeth and do what they ask. But don't be afraid to tell your friends how you feel. They don't really want to make you uncomfortable.

LEO Someone who's a little belligerent and abrasive could interrupt the flow of ideas at a class or workshop dedicated to spiritual and metaphysical concepts and values. This won't sit well with you, Leo, but you aren't the type to be confrontational. Don't worry. Let the person have his or her say, then let everyone else debate. Enjoy yourself and learn from all the ideas.

VIRGO An upset between you and a friend might cause you to wonder what you did wrong, Virgo. Chances are you were just in the wrong place at the wrong time. Your friend may have money problems and be too embarrassed to talk about it. Wait a few days and call again to see how things are. Your friend will feel more like talking, and all should be OK between you.

LIBRA Too many outside responsibilities at once could have you at odds with a current love partner, Libra. Your beloved may seem to be demanding a choice between your job and the relationship. Don't read things into the situation that aren't there, and don't be too proud to talk about it. Pride really can come before a fall. Explain the circumstances in detail and all should be well.

SCORPIO An unexpected problem with a task you're trying to finish could cause a temporary upset between you and those closest to you, Scorpio. This might have your family stomping out of the house in anger. Remember that everybody has their own concerns, and probably wouldn't have reacted this way otherwise. Finish what you have to do and patch things up later. All should be well.

SAGITTARIUS An upsetting dream about someone you love deeply could cause you to awaken suddenly in the night, Sagittarius. You might have to ground yourself a little in reality before trying to go back to sleep. Stay calm. The dream isn't prophetic. It probably relates to your own fears about this person, or maybe even about yourself. Wait until morning and write down the dream. The meaning should clarify by then.

CAPRICORN A misunderstanding with a family member or partner could mar your morning, Capricorn. One of you is less communicative than usual. It might take some effort to bring the issues into the open and work them out. They probably seem more serious than they are. Both you and the other person are apt to be stressed out and a little on edge. Cut yourselves some slack.

AQUARIUS This might be the perfect day to go out, Aquarius, or stay in and turn off the phone. Friends and relatives could be stressed, and phone conversations could touch off some misunderstandings and cause unnecessary hurt feelings. If you must talk to people, keep the conversations light and brief. You won't want to mar a nearly perfect day.

PISCES Recent stress could leave you wanting to spend the day shopping for items that may be nice but aren't really necessary, Pisces. This is fine, since you may want to spruce up your surroundings. Take care you don't go overboard, and be careful not to take home something that you wouldn't normally go for. You don't want to have to return an unwanted object to the store.

5 silent killer diseases that you may have and not know about

Everyone is prone to chronic illnesses. While some are preventable, others can be difficult to predict. Doctors believe early diagnosis and treatment can make recovery better and easier. However, to do that, one must be aware of their condition, which is only possible through early identification of symptoms or regular health screenings. But what if some diseases are asymptomatic, meaning they do not show any signs until it's too late. These illnesses are also called 'silent killers'. Some of the diseases are listed below:

High blood pressure, also called hypertension, is considered to be one of the top silent killers of all time. It occurs when the force of the blood against the walls of the blood vessels is consistently too high, causing a lot of damage. If not controlled or managed, it can increase your risk of heart-related ailments including a heart attack and a stroke. Most people with hypertension showcase no symptoms



unless the pressure is dangerously high.

High cholesterol is also called a silent killer, due to the reason that it does not produce any symptoms in patients until the levels reach a dangerous high. High cholesterol occurs when there is an excessive buildup of fatty substance also called LDL 'bad' cholesterol in the blood. It is primarily caused by unhealthy fatty, processed foods, toxic habits such as alcohol consumption and smoking and lack of exercise. Diabetes refers to when

a patient has too much glucose or blood sugar in their bloodstream. It either occurs when the pancreas does not produce enough insulin or when the body cannot effectively utilize the insulin it produces, explains the Mayo Clinic. Diabetes makes for a concerning health ailment, mainly because it is a silent disease. It is called a 'silent killer' because in most cases patients do not know that they have the condition and symptoms only appear when the illness has reached a con-

cerning stage.

Cancer is a life-threatening condition. What makes it concerning is that most cancers, including breast cancer, cervical cancer, colorectal cancer, ovarian cancer and lung cancer, are silent. It is only detectable or confirmed through screening, which is an important tool for preventing cancer and making an early diagnosis. Depending on the location of the cancers, the treatment procedures can start.

Fatty liver diseases can be of two types: Nonalcoholic fatty liver disease (NAFLD) and Alcoholic fatty liver disease, also called alcoholic steatohepatitis. NAFLD is a type of fatty liver that is not related to alcohol consumption, whereas AFLD occurs due to heavy alcohol use. Fatty liver disease progresses gradually, which is why it does not manifest itself in the form of symptoms. It is a silent killer, wherein people experience no symptoms or mistake the signs for other benign ailments.

The first big week of tech launches in 2025: Samsung Galaxy S25 Ultra, Noise ColorFit Pro 6 and more

It was the busiest week for new tech launches since the start of 2025. Samsung unveiled its highly anticipated Galaxy S25 series. Besides this, there were several major updates, from Noise launching ColorFit Pro 6 series smartwatches to LG introducing the LG S95TR and LG S90TY soundbars.

Samsung Galaxy S25 series Amid high expectations, Samsung officially launched its Galaxy S25 series this week, featuring the Galaxy S25 Ultra, Galaxy S25+ as well as the Galaxy S25 smartphones.

Galaxy S25 Ultra: Powered by a customised Snapdragon 8 Elite chipset, the flagship comes with a quad-camera setup, which includes an upgraded 50MP ultrawide camera sensor, a 200MP primary shooter, a 50MP telephoto camera having 5x optical zoom and a 10MP telephoto snapper with 3x optical zoom. It has a 6.9-inch Quad



HD+ display that has up to 120 Hz of refresh rate. Further, it comes with a 5,000 mAh battery that supports up to 45W wired charging, wireless charging and reverse wireless charging.

Galaxy S25+: Galaxy S25+ shares several key features with its flagship sibling, but comes with a smaller 6.7-inch display and the Snapdragon 8 Elite chipset.

On the back, it has a 50MP primary sensor, a 12MP ultrawide shooter, and a

10MP telephoto camera, while there is a 12MP selfie camera as well. Boasting a 4,900 mAh battery, S25+ supports similar charging speeds as the S25 Ultra.

Galaxy S25: This one comes with a 6.2-inch Full HD+ display, besides the same camera panel as the S25+. Further, it has a 4,000 mAh battery and weighs just 162 grams.

Samsung Galaxy S25 Edge

The highly rumoured Galaxy S25 'Slim', which is

now officially called the Galaxy S25 Edge, was teased at the Galaxy Unpacked event both on stage as well as in the experience zone in San Jose's SAP Center. The handset marks a return of the "Edge" branding to the company's lineup after a big gap of eight years and is expected to make its debut in the second half of the year.

Noise ColorFit Pro 6 series Noise has unveiled its Noise ColorFit Pro 6 Series, which includes the ColorFit Pro 6 Max and ColorFit Pro 6 smartwatches.

Powered by several AI functions like AI Watch Faces and AI Companion, Noise said that health monitoring is a core feature of this series and is powered by the Noise Health Suite that offers precise heart rate tracking and others.

The series has the EN2 processor and features Bluetooth 5.3 for seamless connectivity across both Android and iOS platforms.

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SU DO KU-SOLUTION-021

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RECIPE: SALMON CAKES

INGREDIENTS:

1 tablespoon extra-virgin olive oil
 ¼ cup minced onion
 2 tablespoons minced red bell pepper
 2 tablespoons minced celery
 salt and pepper to taste
 1 tablespoon capers
 1 ¼ pounds fresh wild salmon, coarsely chopped
 ¼ cup mayonnaise
 ¼ cup panko bread crumbs
 2 cloves garlic, minced
 1 teaspoon Dijon mustard
 1 pinch cayenne pepper
 1 pinch seafood seasoning (such as Old Bay®)
 1 tablespoon panko bread crumbs, or to taste
 2 tablespoons olive oil, or as needed



DIRECTIONS:

Heat extra virgin olive oil in a skillet over medium heat. Cook and stir onion, red pepper, celery, and a pinch of salt in hot oil until onion is soft and transluc-

cent, about 5 minutes. Add capers; cook and stir until fragrant, about 2 minutes. Remove from heat and cool to room temperature.

Stir salmon, onion mixture, mayonnaise, ¼ cup bread crumbs, garlic, mustard, cayenne, seafood seasoning, salt, and ground black pepper together in a bowl until well-mixed. Cover the bowl with plastic wrap and refrigerate until firmed and chilled, 1 to 2 hours.

Form salmon mixture into four 1-inch thick patties; sprinkle remaining panko bread crumbs over each patty.

Heat olive oil in a skillet over medium-heat. Cook patties in hot oil until golden and cooked through, 3 to 4 minutes per side.

JOKE

Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer: "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

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, 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