

TODAY HOROSCOPE

ARIES The more tightly you try to hang onto something, Aries, the more likely it is it will want to slip through your fingers. Grab what you want, but don't squeeze too hard. Maintain an important balance between showing someone you care by taking them under your wing and allowing them the freedom to be their own person. Sensitive feelings are operating today, so proceed with care.

TAURUS Matters involving love and romance might not go exactly the way you'd like, Taurus. You could be waiting for your partner to make the next move, since you're unsure of which way the relationship is progressing. At the same time, it may be that your partner is the one waiting for you. Keep the lines of communication open and stop playing confusing mind games.

GEMINI Things should be going well for you in the love and romance department, Gemini, but you could find that today things get a bit tenuous. While you want things to be clear and planned out, it could be that your partner longs for more freedom and spontaneity. Tension may result if either party becomes too set in their ways. The tension may arise when neither partner wants to take the lead.

CANCER People may be wondering how to proceed while you're off doing your own thing. Don't go in one direction and leave someone else behind, Cancer. In matters regarding love and romance, you may have to slow down and communicate with your partner. Take the lead and try not to get slowed down by other people's indecisiveness. You know which direction to go, so go there.

LEO Recent events in the love and romance department may have you feeling like you aren't getting your needs met, Leo. Remember that other people aren't mind readers the way you are. If someone's behavior isn't right with you, say so. Romantic partnerships should uplift and support your dreams, not something you make personal sacrifices for just to maintain.

VIRGO Be careful that you aren't manipulating a romantic situation so your partner loses any power, Virgo. You may think your actions are noble and well meaning, but you may be creating a scenario that has no basis in reality. People could be impressionable, but that doesn't mean you should take advantage of this by promoting your own interests at the expense of another's.

LIBRA Things in the love department may be looking up for you, Libra, but beware that you aren't getting pushed around. Your partner could feel the need for more freedom in the relationship, while you're hoping to find more commitment. Take it one day at a time. Don't get ahead of yourself by projecting scenarios that may not come to fruition. You're only setting yourself up for disappointment.

SCORPIO You may find that you're indecisive when it comes to issues concerning love and romance, Scorpio. For some reason, you have a tendency to pull one way and then the other, yet neither way seems very rewarding. Don't feel like you have to take concrete action at this time. In fact, if you do, this commitment may cause you more frustration later.

SAGITTARIUS Things should be going well for you in the love and romance department, Gemini, but you could find that today things get a bit tenuous. While you want things to be clear and planned out, it could be that your partner longs for more freedom and spontaneity. Tension may result if either party becomes too set in their ways. The tension may arise when neither partner wants to take the lead.

CAPRICORN You're quite sure of yourself and solid about many things except one. When it comes to romantic relationships, you feel a bit unsure and inadequate, Capricorn. It could be that you're indecisive about how to proceed. There's a strong urge to take charge, but also a tendency to slow things down and let others take the lead. Figure out your needs before you make long-term plans with others.

AQUARIUS When it comes to love and romance, things are definitely in your favor, Aquarius. The thing to be aware of today is that there might be some manipulation on the part of someone close to you. Take care that someone else's need for freedom isn't negatively affecting your relationship. Communication is key in order to maintain a healthy romance at any level.

PISCES Things regarding love and romance may be a bit dicey for you, Pisces. You may find that you have to make a few adjustments in order to remain on the same page as your loved ones. Neither one of you may feel like taking the lead at this time, causing some hesitation in the relationship. While each of you is trying to second-guess the other, confusion is likely to reign.

Omega-3 Deficiency Can Lead To Hair Fall; Here Are Some Food Source You Shouldn't Miss

Various health issues are caused due to the deficiency of certain vitamins and minerals in the body. One such problem is hair fall. There are so many people complaining about losing a lot of hair these days. Some also complain that their hair is thinning and getting dry and brittle day by day. Seeking solutions, many turn to beauty products, shampoos and whatnot. But, do you know, sometimes, this could be because of insufficient amounts of omega-3 in the body? Yes, nutritionist Lovneet Batra shared an Instagram Stories discussing the importance of omega-3.



and hair fall: Here's what you should eat Right from taking care of your heart health to helping the body perform a variety of functions smoothly, omega-3 is essential for the body. According to Lovneet, if you are experiencing

increased hair loss or have noticed that your hair is thinning or feeling dry and brittle, consider taking omega-3. She says, "Just as omega-3 fats help retain moisture in the skin, they also help keep your hair healthy. Changes in hair texture, integrity, and density may indicate a low omega-3 status."

Not only this, the health expert mentions the foods that you must eat in this condition. Food items that are rich in omega-3 include ghee, olive oil, almonds, walnuts, flax seeds and chia seeds.

Other foods that can help boost hair health What you eat affects your hair as well as skin. A healthy, well-balanced diet can help control hair fall and enhances your overall hair quality.

Other than foods rich in omega-3, other foods that are good for your hair include: eggs, berries, spinach, nuts, seeds, avocados and green leafy vegetables.

Nothing Phone (3a) series, iQOO Neo 10R, and other smartphones launch in March 2025

March 2025 has arrived, bringing exciting times for smartphone enthusiasts. This month promises a plethora of powerful smartphone releases in India, kicking off on Sunday, March 2. Samsung has made a splash by launching not just one, but three new smartphones this morning. Additionally, the Xiaomi 15 series is set to debut today at MWC 2025. Here's a quick overview of the smartphones hitting the Indian market this month.



Samsung Galaxy A Series: Samsung has introduced three new models in its Galaxy A series today: the Galaxy A56, A36, and A26. All three smartphones run on Android 15 with One UI 7.0 and are guaranteed six years of OS updates. They all feature a 50MP camera for high-quality photography and come equipped with a robust 5000mAh battery.

Xiaomi 15 Series: The Xiaomi 15 series will also be unveiled today at 6:30 PM. This launch includes the Xiaomi 15 and Xiaomi 15 Ultra, which will be available for purchase on Amazon. The standout features of the Ultra model may include the Snapdragon 8 Elite processor and a remarkable 200MP periscope camera. It will also feature a 6000mAh battery with 90W fast charging capabilities.

Poco M7 5G: Poco is set to launch the M7 5G on March 3 at 12 noon, and it will be available on Flipkart. Pricing details have been

revealed, with the smartphone expected to cost under Rs 10,000. It will be powered by the Snapdragon 4 Gen 2 processor and will offer 12GB of RAM (6GB physical and 6GB virtual). Featuring a 6.88-inch display and a 50MP camera, the phone will have a 5160mAh battery to keep it going throughout the day.

Nothing Phone (3a) Series: On March 4 at 3:30 PM, the Nothing Phone (3a) series will make its debut in India. The lineup may include the Nothing Phone (3a) and the Nothing Phone (3a) Pro, both powered by the Snapdragon 7s

Gen 3 processor. Common features include a 50MP camera and a durable 5000mAh battery.

Vivo T4x: Lastly, the Vivo T4x is launching in India on March 5 at 12 noon, also available on Flipkart. This phone is expected to feature the MediaTek Dimensity 7300 processor, along with a significant 6500mAh battery and support for 44W fast charging, making it a strong contender for power users.

iQOO Neo 10R: The iQOO Neo 10R is set to launch on March 11 and is confirmed to feature Qualcomm's Snapdragon 8s Gen 3 chipset. It is expected to boast a stunning 1.5K OLED display with a smooth maximum refresh rate of 144Hz. Additionally, the device may come equipped with a hefty 6,400mAh battery that supports 80W wired charging.

Stay tuned for these exciting releases this month!

SU DO KU-053

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SU DO KU-SOLUTION-052

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3	4	1	6	9	5	8	7	2
7	6	9	4	2	8	1	3	5
2	7	6	9	3	1	5	8	4
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RECIPE: CARROT CAKE ICE CREAM

INGREDIENTS:
2 tablespoons unsalted butter
1 1/4 cups finely shredded carrots
1/3 cup brown sugar
1/4 teaspoon kosher salt
1 1/4 teaspoons cinnamon
1/2 teaspoon ground ginger
4 ounces soft cream cheese
1 can (14 ounces) sweetened condensed milk
1 teaspoon vanilla extract
2 1/4 cups heavy cream
1/3 cup toasted chopped pecans
1/3 cup chopped walnuts



DIRECTIONS:
Combine butter, carrots, brown sugar, and salt in a saucepan over medium heat. Cook and stir until

carrots are just getting tender, about 5 minutes. Season with cinnamon and ginger. Cook for 1 more minute. Turn off heat, and let cool.

Meanwhile, whisk together cream cheese, sweetened condensed milk, and vanilla extract in a bowl until smooth. Stir in cooled carrot mixture and transfer to the refrigerator until needed. Beat cream in a chilled glass or metal bowl with an electric mixer until medium-stiff peaks form. Add cooled carrot-cream cheese mixture and whisk into the whipped cream. Fold in chopped walnuts and pecans with a spatula. Transfer mixture into a chilled airtight container and place a piece of plastic wrap directly onto the mixture. Cover with a lid and freeze until solid, at least 4 hours, but best overnight.

JOKE

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

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	2437807
S.P. South	2432778
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