

TODAY HOROSCOPE

ARIES Get out of the doldrums and enjoy life, Aries. The situation is such that if you remain stagnant for a little while, you will soon sink into a spiral of depression and downward thinking. If you stay afloat and focused on your dreams, you will remain active in your pursuit of all your life's goals. You will have the power of the Universe behind you, supporting you all the way.

TAURUS This morning is your time to shine, Taurus. You should be in a good mood, with a positive outlook that helps you attack the day's tasks with vitality. Elements of the unexpected may pop up and remind you that things don't always go according to plan. This should be fine, however. You will find that your easygoing approach to life will come in handy when the scheduled route doesn't work.

GEMINI You may get a bit frustrated in the morning because of a lack of commitment on the part of others, Gemini. You may find it hard to pin down an answer when everything seems to be up in the air. The good news is that things should run much more smoothly by this evening and well into tonight. Note a major boost in emotional self-confidence now. After dark is definitely your time to shine.

CANCER The energy you put out today will most definitely fuel the fire, Cancer, so make sure you have an extinguisher within reach. There's a spark of excitement in the air indicating that something new and different is coming around the bend. You may feel anxiety building up. Be patient and you will find that good things naturally come your way.

LEO You may feel indecisive today, Leo, especially in the morning. Other people's actions may confuse you. Don't worry. Concentrate on your projects and goals. Other people can take care of themselves. Don't feel like you need to make sure everyone is attended to before you start your day. In fact, you may be the one who needs to be cared for by others. Ask for a shoulder to lean on if you need it.

VIRGO Emotionally, you should be feeling quite good today, Virgo. This is important since you may get thrown off balance by a strange, unexpected force. The more stable you are on the inside, the less disruption this foreign energy will cause. Keep in mind that unexpected things usually happen for a reason. There might be a key opportunity waiting for you now.

LIBRA Free your mind and consider alternative options, Libra. This is a time to throw away the old to make room for the new. There's a distinct advance in original and forward thinking today. You should make it a point to go to higher levels of thought now. The more idealistic in your approach to people and situations, the better off you will be.

SCORPIO You might find your energy comes in strong, erratic bursts today, Scorpio. Don't be surprised if you're high as a kite one moment and down in the dumps the next. Even if you're driving everyone crazy with your yo-yo behavior, don't let this stop you from keeping on in this fashion. You're probably able to keep very good track of the dozens of things going on around you.

SAGITTARIUS You may feel a tendency to do things the same old way today simply because it's what feels most comfortable, Sagittarius. Even though the familiar route may be tempting now, it's actually better if you seek a different way to go. Things may feel chaotic, especially in the morning and early afternoon. Still, don't automatically resist things that are new and different.

CAPRICORN An extra log has been thrown on your fire today, Capricorn, so don't be surprised if you burn especially hot. Use your internal furnace to make some breakthroughs and bring matters to a higher level. Turn up the intensity on certain issues that require more life. You will bring a great deal of positive energy to just about everything you touch, so use it wisely.

AQUARIUS Don't feel like you have to rationalize everything, Aquarius. Accept the fact that there are some things in life that occur without a specific logical explanation. More than likely these are the most interesting events and experiences that add the most spice to your routine existence. Embrace the unknown and encourage more spontaneity and playfulness in your world.

PISCES In order to reach your destination, you may have to take an unusual route today, Pisces. Zigzag your way to the finish line. Don't automatically assume that this is a bad thing. You may find that this is the preferred path. You're likely to experience many side adventures and make some wonderful discoveries. Try to remember how you got there so you can find these spots again.

An overactive thyroid can be risky for your bones; here are signs to spot

An overactive thyroid basically means hyperthyroidism, which happens when the thyroid gland in the body overproduces thyroid hormones. It ends up increasing the body's metabolism thereby leading to sudden weight loss and other signs.

If left untreated, hyperthyroidism can lead to serious health issues such as irregular heartbeat, spiked blood pressure, related heart issues, infertility issues. Not only that, it can also cause sight related issues which can lead to double vision, eye ache and light sensitivity.

Bone health and hyperthyroidism

But what many people don't know is that it can have a disturbing effect on one's bone health. Let's understand why this happens.

Overactive thyroid not only speeds up your metabolism but also increases the rate at which bone mineral density is lost. This increased rate can make



it tough for the body to keep building new bones, leading to increased risk of osteoporosis. This obviously does not happen overnight and that's what makes the whole process of timely diagnosis important.

Osteoporosis is a silent disease which creeps up without showing any obvious signs. Something similar happens in case of bone density loss, which is often an outcome of thyroid problems. So basically people are clueless about their bone health until they face an injury. A minor fall can lead to

severe fractures, and breaking of bones, which can be hard to handle. That's when often people start a series of tests to understand why it happened just to find out that they had an overactive thyroid.

Hyperthyroidism signs to note

Some typical signs of an overactive thyroid or hyperthyroidism, apart from weight loss are anxiety, restlessness, irritability, sensitivity to heat, palpitations, weakness, trembling of hands, sleep issues.

Sometimes people may develop a goiter, a

swelling at the base of their neck as a result of hyperthyroidism. Thinning of skin and brittle hair are also some symptoms. It is said that sometimes these signs are hard to identify among the elderly population, hence making regular health check ups all the more important.

If you notice these signs combined, book an appointment with your doctor and get it tested.

Diagnosis

To diagnose an overactive thyroid, you need a simple blood test that can assess your thyroid stimulating hormone (TSH), which is responsible for the thyroid hormones in your body. This along with T4 and T3 test results can tell you if you have hyperthyroidism.

Doctors also prescribe people to supplement with calcium and Vitamin D3 along with other supplements like magnesium, zinc, copper and iron. But make sure that you let your doctor prescribe it.

Poco C71 with 6.88 inch 120Hz refresh rate, 5,200mAh battery launched in India: Price, specs and more

Poco has launched a new budget phone in India, the Poco C71 with a 120Hz IPS LCD display, 5,200mAh battery and up to 6GB of RAM. The new phone from the Xiaomi sub-brand is priced at around ₹6,000 and will compete with the likes of the Samsung Galaxy M05 and Infinix Smart 9 HD.

Poco C71 Price and colour options:

Poco C71 starts at a price of ₹6,499 for the 4GB RAM/64GB storage variant and ₹7,499 for the 6GB RAM/128GB storage variant. The phone will be available to buy from Flipkart starting from 8th April at 12 noon.

It will be available in



Power Black, Desert Gold and Cool Blue colour variants. In terms of the design, the phone comes with a pill shaped camera module with a dual tone finish, something that Poco has also used with its pricier models like the X7 Pro.

Poco C71 specifications:

Poco C71 features a 6.88-inch HD+ IPS LCD display with a 120Hz refresh rate and 600 nits of peak brightness. The phone comes with a side-mounted fingerprint scanner and a 3.5mm headphone

jack to connect wired earphones. It comes with an IP52 dust and water resistance rating, meaning it can withstand some dust and very little exposure to water. The phone is powered by UNISOC T7250 based on 12nm process with Mali-G57 MP1 GPU. It is paired with 4/6GB of LPDDR4X RAM and 64/128GB of eMMC 5.1 internal storage, which is expandable up to 2TB via the microSD card slot. Unlike the more expensive Poco phones with HyperOS support, this device runs Android 15 (Go Edition) with the promise of 2 years of OS updates and 4 years of security patches.

SU DO KU-081

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SU DO KU- SOLUTION -080

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

RECIPE: BASIC CRÊPES

INGREDIENTS:

1 cup all-purpose flour
2 large eggs
½ cup milk
½ cup water
¼ teaspoon salt
2 tablespoons butter, melted

DIRECTIONS:

Whisk flour and eggs together in a large mixing bowl; gradually add in milk and water, stirring to combine. Add salt and melted butter; beat until smooth. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter



onto the griddle, using approximately ¼ cup for each crêpe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook until the top of the crêpe

is no longer wet and the bottom has turned light brown, 1 to 2 minutes. Run a spatula around the edge of the skillet to loosen the crêpe; flip and cook until the other side has turned light brown, about 1 minute more. Serve hot.

Tips

Read our picks for the best non-stick cookware to make cooking your favorite recipes that much easier.

Once you've mastered this basic recipe, try your hand at a crêpe cake!

JOKE

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesus is watching me?" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesus."

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	2457807
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