



TODAY HOROSCOPE

ARIES




You may be a bit unclear about your professional direction today, Aries. Your motivation has disappeared without warning. What happened? It may be that you need to become involved in projects that have more universal resonance. Projects that concern only your interests or that are of narrow scope no longer hold your attention.

TAURUS




You could be seeing mirages at the moment, Taurus, most notably in the environment around you. You may have the impression that people are lying to you or that they're hiding something from you. Or it may be that you're the one who lies about certain things or hides what you do. Why are you making it all so complicated? Don't be afraid to express your feelings.

GEMINI




Hold on to your wallet, Gemini, because you may have some strange (though noble) impulses to give away your money or spend a large amount on something useless. You should think about spending your money in a better way or not at all. Why not consider donating some of your time rather than money to those in need?

CANCER




Today isn't a good day to sign contracts or make any substantial purchases, Cancer. Go to the grocery store, by all means, but buy hamburger, not tenderloin. Keep your money at home and safeguard your reserves. Don't negotiate about anything. No matter how good the offer sounds or how compelling the deal, walk away.

LEO




Are you certain you can't modify your current situation, Leo? Are you a prisoner of a lifestyle that isn't of your own making or is a throwback to the past? People have been asking you to take on too many responsibilities and this is weighing you down. Don't be afraid to distance yourself from these situations. Learn to say no.

VIRGO




The forecast for you is excellent, Virgo. You can rely on today's aspects to restore your self-confidence, which has been sorely tried during the past few days. The charismatic seducer in you can swagger forth, certain of conquest. However, don't go too far. Wait a while for reality to dispel the cloud of ecstasy and you will be able to see the future more clearly.

LIBRA




You may have some trouble communicating today, Libra. It's as though something is distorting your perception. Don't be surprised if once evening comes you feel like forgetting about everything and traveling to the other side of the world. Tomorrow you will see clearly again. Without a doubt, there are adventures in store for you!

SCORPIO




You are radiant and glowing with happiness today, Scorpio! This is a refreshing change after the gloom of the past few weeks. Apparently, the decisions you made worked out for the best. Or even better, perhaps you're in love? In any case, it will be even easier than usual for you to communicate with others and share your joy. Let the good times roll!

SAGITTARIUS




Your goal for today is to enchant your mate. There's no reason not to try. Indeed, it's an excellent day for love. But don't exaggerate your seductive wiles, Sagittarius. Since the day's aspects tend to distort your perception of things, you may be deceived by what you see in the mirror. Be careful about what you do and how you do it!

CAPRICORN




You're in splendid shape today, Capricorn! Did a fairy godmother brandish a magic wand to dispel all the little difficulties of the past few weeks? Enjoy this moment of relief from worries. As for your love life, some exciting opportunities may arise. Be on the lookout for them. Whatever you do, don't let them pass you by!

AQUARIUS



It's certainly clear that you have faith in your actions, Aquarius! You feel no fear or doubt as you progress toward your goals at a fast clip, cruising along on calm seas under clear skies. This new atmosphere is likely the product of your renewed commitment. Reward yourself for your accomplishments, but you should wait a few days before launching an all-out celebration.

PISCES



This is a moment to start being creative and stop worrying that you don't have talent, Pisces. Who's to say what "talent" is? In the romance department, the love of your life might be right under your nose. Try lifting your eyes from the romance novels and look around. The perfect mate could be any number of people in your daily life. You just have to open your eyes.

Respiratory infections in monsoon: 5 home remedies to keep cold and cough at bay

Monsoon is a season when you become more vulnerable to respiratory infections such as cold and cough. From using salt water to drinking ginger tea, here are 5 mom-approved home remedies you should try to get rid of respiratory infections in monsoon.

The pitter-patter of the rain may make you reach for those delicious pakoras, but you can't deny that monsoon brings with it a lot of health problems such as respiratory infections. These infections are something I have been prone to since childhood. But thanks to my mother, it has never really aggravated in my case. Not one, she has 5 remedies for respiratory infections such as the common cold. While I have faith in my mom's home remedies, you should consult a medical expert before trying them out, Let's know if they actually work.

How to keep infections in monsoon away?

These home remedies can help you get rid of respiratory infections in the following ways:



1. Ginger, clove and mint tea: Natural herbs have been proven to be beneficial for your health for centuries. They contain medicinal properties that can help strengthen the immune system. Drinking tea made using ginger, clove, and mint might prove more beneficial to ward off infections. A study published in the International Journal of Health Sciences found that ginger contains therapeutic properties that can help you get rid of infections such as cold and cough. Studies have also shown that mint and clove contain properties that can help fight off infections

and provide some relief from congestion.

2. Include vitamin C in the diet: Has your mom ever asked you to eat more citrus fruits such as amla, lemon, orange, kiwi and strawberry? You should take vitamin C supplements regularly will not only keep common monsoon infections at bay but help keep yourself healthy. Include more fruits and vegetables rich in vitamin C in your diet.

3. Eucalyptus oil: Eucalyptus oil contains eucalyptol, which has properties to help you get rid of congestion and phlegm. Apply some eucalyptus oil

on your chest to let the accumulated phlegm start wearing off. Studies have also found that it could be beneficial in removing the bacteria present in the nose and chest.

4. Gargle with salt water: One of the most basic remedies by all mothers is salt water gargles to get rid of a soar throat. Mix some salt in a glass of water and then gargle. Drinking this concoction helps the bacteria and phlegm to get removed from the throat. It may also provide relief from throat pain and cough.

5. Stay hydrated: Well, this one is not exactly something only my mom recommends. It is a known universal fact that drinking water helps prevent the accumulation of mucus in the throat. You can also drink some lukewarm water to keep the throat and chest clear. Plus, it is important to drink water to avoid dehydration, which is the root cause of several problems such as chest congestion. Drink 8-10 glasses every day to keep the viruses that cause infections at bay.

Google Play removing ‘legacy’ Wear OS watch faces in 2026

Wear OS is unsurprisingly going all-in on the Watch Face Format introduced two years ago, with support for all other “legacy” types going away in early 2026. The Watch Face Format is a declarative XML format that means there's no executable or embedded code. Developers don't have to deal with battery performance or code optimizations. One downside, however, is the lack of certain functionality, though WFF continues to add new features. Last year, Google said new Wear OS 5 watches only support the Watch Face Format. As of January 2025, all new watch faces published to the Play Store must use the Watch Face Format, though



existing ones can still be updated.

On January 14, 2026, legacy Wear OS watch faces built using AndroidX or Wearable Support Library (WSL) can no longer be installed on any watch from Google Play. Faces that have already been installed will continue to work, but developers will no longer be able to

release updates.

Additionally, one-off watch face purchases, in-app purchases, and subscriptions for these legacy offerings will no longer be possible. Developers have to:

To prepare for these changes and to continue publishing watch faces to the Play Store, developers using AndroidX or WSL to

build watch faces must migrate their watch faces to the Watch Face Format and resubmit to the Play Store by January 14, 2026.

Developers using Watch Face Studio to build watch faces will need to resubmit their watch faces to the Play Store using Watch Face Studio version 1.8.7 or above

At I/O 2025, Google previewed version 4 of the Watch Face Format for Wear OS 6 with photos support, “transitions when exiting and entering ambient mode,” improvements to color, and text auto-sizing.

There's also Watch Face Push to allow developers, like Facer and Pujie, to create watch face marketplaces.

SU DO KU-141

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

SU DO KU-SOLUTION-140

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

RECIPE: LOW-CARB ALMOND CINNAMON BUTTER COOKIES

INGREDIENTS:

2 cups blanched almond flour
½ cup unsalted butter, softened
½ cup low-calorie natural sweetener (such as Swerve®)
1 large egg
1 teaspoon sugar-free vanilla extract
1 teaspoon ground cinnamon



degrees F (175 degrees C). Line a baking sheet with parchment paper.

DIRECTIONS:

Preheat the oven to 350

sweetener, egg, vanilla, and cinnamon together in a bowl until well combined. Roll dough into twelve 1-inch balls. Place balls onto the prepared baking sheet. Press down twice with a fork onto each ball to make a crisscross. Bake in the preheated oven until the edges are golden, 12 to 15 minutes. Cool on the baking sheet briefly before transferring to a wire rack to cool completely.

JOKE

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

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
Gulmour 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	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