



TODAY HOROSCOPE

ARIES




Tension may build today from all directions, Aries. Everyone may seem to be operating as part of a great conspiracy against you. Don't get paranoid. This scenario is most likely far from the truth of the matter. Try to embrace change and don't treat it like an enemy. Outdated ways of doing things may get in the way of important progress toward success.

TAURUS




Spread your ideas out to the world, Taurus. Now is a great time to go on a long trip, or at least begin planning one. Explore the far reaches of your space, literally and figuratively. Join others who share a similar spiritual mission. By reaching out to new and different people, you can have some unforgettable experiences with the potential to have a positive impact on your life.

GEMINI




Take time out to change the things in your life that need restoring, Gemini. Explore your emotional needs and find ways to satisfy them. You may need to adopt a radically different approach in order to get where you need to go. Even if things seem unstable at first, they're likely to smooth out and be much more dependable eventually. Be an individual.

CANCER




Today may be quite emotionally intense, Cancer. Your greatest gifts may get you into trouble on a day like this, but that doesn't mean you should stop being yourself for even one minute. There's a great deal of important information to exchange, so remain open to all opportunities and possibilities. Meet the world with open arms.

LEO




You may need to make some distinct mental adjustments in order to fit in with the energy of the day, Leo. Try to tune into these energies and see what kind of balance they can bring to your life. Be more mindful of your words and don't say things you don't really mean. Be genuine in all your interactions.

VIRGO




There's likely to be a bit of tension today regarding your position in society, Virgo. Maybe you're running into issues that stem from your involvement in the collective versus your focus on your personal issues. Make sure these two aspects of your life are in balance. Unexpected things may pop out of the woodwork to keep you on your toes.

LIBRA




There's a bit of rigidity in the air today that might leave you feeling as if you're butting heads with everything you come in contact with, Libra. Try not to get too bent out of shape if people disagree with your opinions. People need their space, and emotions will be operating at a fairly high level. Consider this during all your encounters.

SCORPIO




Your emotions may surprise you today as unexpected issues crop up out of nowhere, Scorpio. Take time to smooth the wrinkles in your current plan of attack regarding your involvement with the world. A self-centered approach will create barriers between you and those you wish get near. Consider how your actions affect those you love, and make any necessary adjustments in your approach.

SAGITTARIUS




You may wonder what all the fuss is about today, Sagittarius. People may be getting all worked up over nothing. Don't get absorbed in the melodrama. Set the record straight and bring out the truth as you see it. Don't let others hide behind façades, and don't do the same. It's important that everyone be aware of how you feel.

CAPRICORN




Today is a wonderful and productive day for you, Capricorn. Don't hog the limelight. Let other people feel like they're being heard, too. You might get into trouble if your head gets too big or your attitude too stubborn. Opinions will be strong, so give people room to voice their own. They will appreciate your patience and tolerance.

AQUARIUS



Today is a wonderful and productive day for you, Capricorn. Don't hog the limelight. Let other people feel like they're being heard, too. You might get into trouble if your head gets too big or your attitude too stubborn. Opinions will be strong, so give people room to voice their own. They will appreciate your patience and tolerance.

PISCES



You have quite the juggling act on your hands today, Pisces. Things may fly at you from all directions, all demanding your attention. Give equal weight to your needs. You will be on an important road with a great deal of responsibility. Don't shy away from a starring role. You have the diplomacy and peaceful nature required to be a successful leader.

4 monsoon skincare tips to get glowing and shiny skin

The monsoon season brings relief from the scorching heat but it also brings its own set of challenges for our skin as the increased humidity and moisture in the air can make the skin prone to breakouts, dullness and infections. However, with the right skincare routine, one can achieve a glowing and shiny complexion even during the rainy season.

Cleanse and Tone Regularly: During the monsoon, the skin is exposed to excess moisture, which can lead to clogged pores and breakouts. To combat this, it is crucial to cleanse the skin thoroughly to remove dirt, sweat and excess oil. Opt for a gentle cleanser that suits the skin type and use it twice a day. Additionally, one can follow up with a toner to remove any remaining impurities and restore the pH balance of the skin. A well-cleansed and toned face provides the perfect canvas for healthy and glowing skin.

Hydrate and Moisturise: Although the weather is relatively



humid during the monsoon, it doesn't mean that the skin doesn't require hydration. The rainwater and humidity can strip away the natural moisture from the skin, leaving it dull and dry. To maintain a glowing complexion, make sure to drink an adequate amount of water throughout the day to keep the body and skin hydrated. Additionally, use a lightweight mois-

turiser that suits the skin type to lock in moisture and prevent dryness. Look for non-comedogenic and water-based products to avoid clogging your pores.

Exfoliate Regularly: Exfoliation is an essential step in any skincare routine, and it becomes even more crucial during the monsoon. The increased humidity can cause a build-up of dead skin cells, leading to a dull and

lacklustre complexion. Exfoliating the skin once or twice a week can help in removing dead skin cells, unclogging pores and stimulating cell renewal. Choose a gentle exfoliator that suits the skin type to avoid irritation and damage. Regular exfoliation will reveal fresh and glowing skin, allowing better absorption of skincare products.

Sun Protection: Many people tend to overlook sun protection during the monsoon season, assuming that the clouds will shield them from harmful UV rays. However, it is essential to remember that UV rays can penetrate through the clouds, leading to skin damage and premature ageing. Therefore, applying sunscreen should be an integral part of your monsoon skincare routine. Choose a broad-spectrum sunscreen with an SPF of 30 or higher and apply it generously to your face and exposed body parts before stepping out. Reapply every few hours, especially if you get wet in the rain or sweat excessively.

OPPO Reno 14 series, Pad SE to launch on July 3: Livestream, what to expect

OPPO is set to launch the Reno 14 series smartphones and Pad SE tablet in India on July 3. Both these devices were initially launched in China, and are now on their way to the Indian market. Therefore, the Indian-bound models of these devices are expected to retain the specifications of their China counterparts. Here is all you need to know:

OPPO Reno 14 series and Pad SE: Launch event details

Date: July 3, 2025
Time: 12:00 PM IST
Livestream: OPPO India YouTube channel

Ahead of the launch, OPPOhas confirmed that Reno 14 series will feature triple-camera setup and offer AI-powered multimedia editing tools such as AI Voice



Enhancer, AI Editor 2.0, AI Recompose, AI Perfect Shot, AI Style Transfer, and more. For the Pad SE, OPPO has confirmed that the Android tablet will pack a 9340 mAh battery.

OPPO Reno 14 series: What we know so far

The Reno 14 Pro will be powered by the MediaTek Dimensity 8450 chipset, paired with up to 12GB RAM and up to 512GB internal storage. The smartphone

will pack a 6,200mAh battery.

OPPO has confirmed that the Reno 14 Pro will feature a triple 50MP rear camera setup, comprising a main OV50E sensor with optical image stabilisation (OIS), a 116-degree ultra-wide lens, and a telephoto JN5 sensor offering 3.5x optical zoom and up to 120x digital zoom.

At the front, it will sport a 50MP JN5 cam-

era with autofocus. The device is expected to feature a 6.83-inch OLED display with 120Hz refresh rate and IP69-rated protection against dust and water.

The Reno 14 is expected to be largely identical to the Pro model in terms of overall design and display technology, with a few key differences. It is likely to feature a slightly smaller 6.59-inch OLED display, a different camera configuration, and a lower-capacity 6,000mAh battery. On the rear, the Reno 14 is confirmed to include a 50MP Sony IMX882 main sensor with OIS, paired with an 8MP ultra-wide lens and a 50MP telephoto camera. The front camera is expected to be a 50MP unit. The device will support 80W fast charging.

SU DO KU-157

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

SU DO KU-SOLUTION-156

6	4	9	1	2	5	8	3	7
3	2	8	7	4	6	9	1	5
7	1	5	9	8	3	4	2	6
4	6	1	3	7	9	2	5	8
5	3	2	8	6	4	7	9	1
8	9	7	2	5	1	3	6	4
2	8	3	5	1	7	6	4	9
9	5	4	6	3	8	1	7	2
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RECIPE: HOMEMADE LASAGNA

INGREDIENTS:

- ½ pound ground pork
- ½ pound lean ground beef
- ½ cup minced onion
- 1 (28 ounce) can crushed tomatoes
- 1 (8 ounce) can tomato sauce
- 2 tablespoons chopped fresh parsley, divided
- 1 clove garlic, crushed
- 1 ½ teaspoons dried basil
- 1 ½ teaspoons salt
- ½ teaspoon dried oregano
- ¾ teaspoon white sugar
- 1 (16 ounce) package lasagna noodles
- 1 pound small-curd cottage cheese
- ¾ cup grated Parmesan cheese
- 3 large eggs
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- 1 (16 ounce) package shredded mozzarella cheese

DIRECTIONS:

Combine pork and ground beef in a large, deep skillet over medium-high heat; cook and stir until browned and crumbly, 5 to 7 minutes. Add onion and cook until



translucent, about 5 minutes. Stir in crushed tomatoes, tomato sauce, 1 tablespoon fresh parsley, garlic, basil, salt, oregano, and sugar. Reduce heat to medium-low and simmer, stirring occasionally, for 30 minutes. While the sauce is simmering, bring a large pot of lightly salted water to a boil.

Cook lasagna noodles in the boiling water, stirring occasionally, until tender yet firm to the bite, 8 to 10 minutes. Drain and set aside.

While the noodles are cooking, preheat the oven to 375 degrees F (190 degrees C).

Mix cottage cheese, Parmesan cheese, eggs, remaining 1 tablespoon fresh parsley, salt, and pepper in a large bowl until combined.

Assemble lasagna: Spread a spoon or two of sauce over the bottom of a 9x13-inch baking dish just to coat it. Place two layers of noodles over the sauce to cover. Layer with 1/2 of the cheese mixture, 1/2 of the remaining sauce, and 1/2 of the mozzarella cheese. Repeat layers once more using the remaining noodles, cheese mixture, sauce, and mozzarella. Cover the baking dish with aluminum foil. Bake in the preheated oven for 30 to 40 minutes. Remove the foil and bake until cheese is golden brown, 5 to 10 more minutes.

Remove from the oven and let stand for 10 minutes before cutting and serving.

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	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	2502020
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