



# TODAY HOROSCOPE

ARIES




People may want to talk a great deal, but they're avoiding their feelings today, Aries. Put your emotions on the back burner and let your mind take over. Deal with the facts and make sure your emotions don't interfere with the information you receive. Things can get clouded if you don't stay true to the communication that's taking place. Be conscious of the impact of your words.

TAURUS




You should be able to evaluate your emotions from a detached perspective today, Taurus. Use this opportunity to take action based on what you discover. Make sure your actions are based on practicality and you aren't acting rashly in response to someone else's hasty maneuvers. You will be amazed at the incredible things that develop if you think first.

GEMINI




If you're talking about another person today, Gemini, don't say anything that would upset them if they were standing next to you. Gossip may run rampant, but that's no excuse to contribute to it. Be aware that what you say has a strong impact on the people around you. It's likely to spread to many more ears than you think.

CANCER




It's important to take action on a day like this, Cancer. Trust yourself and your instincts. Often you have the perfect counsel for everyone but you. Keep in mind that you might have to turn to others for the best advice for you. Talk things out and then take action. Hesitation will only have negative consequences. You have all the facts you need.

LEO




You might be unfocused and confused about which way to go, Leo. Your baffled look isn't giving others much confidence in your ability to make a good decision. Don't feel obliged to stay in an unhealthy situation. It may be time to let go and break some ties to things that are no longer working for you. Feel good about extracting yourself from old habits.

VIRGO




It's important to get outside and feel the wind, Virgo. Reconnect with nature and be aware of the four elements, especially the air. Take deep breaths and fill your lungs with the energizing life force. Imagine yourself on a mountain looking over a vast ocean. Expand your awareness so that nothing escapes your attention. Keep your head clear of clutter and be open to new adventures.

LIBRA




Make practical use of the thoughts you've synthesized in the last few days, Libra. Stretch your boundaries and extend your wisdom to the people around you. This is a day to take action. Connect with your heart and move forward with your plans. We normally think of our hearts as soft, tender, and vulnerable. Think of your heart today as tough, strong, and adventurous.

SCORPIO




This is an important day to make valuable connections, Scorpio. You will be engaged in fast-paced, witty conversations and debates from which you can learn a great deal. You're good at seeing both sides of an issue. The problem is that this can lead to indecisiveness and an inability to commit. Choose a path and stick to it.

SAGITTARIUS




It may be hard for you to get a handle on things today, Sagittarius. Your focus seems to jump from one problem to the next without finding resolution. This isn't a day to find a solution. You're better off researching, questioning, and gathering facts. Keep your channels of communication open, and don't try to pin anyone down for answers. You'll accomplish a lot by keeping active and light.

CAPRICORN




You might come across strong opposition today. Someone may seem to want to cut straight through to your heart, Capricorn. In reality, this is a message reminding you to think about things in terms of the collective, the oneness of all. Be aware of a greater perspective in which you see more than just your side of the issue. Discuss the issues with others before making any major decisions.

AQUARIUS



Act on your instincts and you won't go wrong, Aquarius. You may need to give up control and put logical thinking aside. Let the wind take you where it will. Explore your feelings and how others influence them. It will be just about impossible to solidify any plans today. You're better off exploring options and comparing notes with others. Don't pigeonhole yourself into one way of thinking.

PISCES



You have the missing piece that people need in every situation today, Pisces. Engage in light conversation in social situations, and turn your charm up high. You have the ability to make favorable impressions on just about everyone, so set the day off on the right foot. Get out of bed earlier than usual and get your blood pumping with a brisk walk around the neighborhood.

# 8 Yoga Poses You Can Add to Your Bedtime Routine for Better Sleep

Your body and mind require time to calm down and decompress from your day before attempting to get some sleep. Luckily, there are plenty of tricks that could help you at bedtime like reading, drinking a hot cup of herbal tea or journaling. But if those tips aren't enough and you're still struggling to get some shut-eye, practicing a few yoga poses may be your key to getting a better night's sleep.

How yoga can help you sleep

Yoga, just like any exercise, can help your mind destress and decompress from the day. Studies have found that those who practice yoga may present lower levels of cortisol, the stress hormone. The same results concluded that yoga had a similar effect on depression as antidepressants.

What does this mean for your sleep? Well, cortisol levels have been found to have a direct relationship with your sleep. It is often harder to fall asleep with high levels of cortisol in your bloodstream. A 2019 study found that the practice of yoga had a positive effect on treating and improving insomnia.

Top eight yoga poses to do before bed

These poses are for any level of experience and easy enough for beginner yogis. While moving between these poses, remember to pay attention to your breath and where



you feel most tension in your body. Breathe and try to relax if you experience any discomfort. Move through these poses for about 20 to 30 minutes before bed.

**Cat-cow pose**

To get into this pose, start on your hands and knees. Your hands should be shoulder-width apart, and your knees should be below your hips. Take a deep breath and tilt your head towards the ceiling while also sticking up your pelvis -- this should mimic a "cow." Then, on your exhale, arch your back and bring both your head and pelvis down like a "cat." You can repeat these two motions a few times before moving on.

**Forward fold**

This pose is as easy as standing up straight and leaning over to reach for your toes. If you are able, place your hands on the ground. If you are unable to touch your toes, you can do a half-forward fold and grab below your knees.

your back and walk your legs up high or lift your hips with your arms. Your hips can be against the wall or a little away. Once you get in a comfortable spot and you feel like you can balance, stretch your arms out beside you. This pose is great for destressing and improving your circulation.

**Child's pose**

You can start this pose by kneeling or getting on your hands and knees. Tuck your feet underneath your hips and bring your head close to the ground. Reach your hands out in front of you, stretching your spin. The further out you reach, the better the stretch will be for you.

**Seated twist**

If you are coming out of Child's pose for this next one, sit back up and extend your legs out in front of you. Cross one leg over the other, pulling the heel of the crossed leg your outer thigh. With the opposite arm, cross your body and twist yourself, pushing with your elbow on the raised knee. Twist and breathe. Repeat with the other side before moving on.

**Butterfly pose**

From a seated position, straighten your posture and press the bottom of both your feet together. Placing your hands on your feet, attempt to press your hips as low as you can to the ground. The lower you go, the bigger the stretch. If you are looking for more of a challenge, move your feet closer to your body.

# The Pixel Watch 4 might charge via a wireless charging stand

The Pixel Watch 4 could use an entirely different charging system when its officially announced in a few weeks, according to leaked renders from Android Headlines. Rather than charging through fiddly pogo pins like past Pixel Watches, the renders suggest Google might finally adopt a simpler form of wireless charging.

The renders show the new Pixel Watch charging in a stand on its side, while displaying the current charge, the time and an upcoming alarm, not unlike an Apple Watch. The stand reportedly powers up



the smartwatch through conductive metal contacts on the left side, opposite the Pixel Watch 4's crown. The new charging contacts were visible in an earlier leak of the Pixel Watch 4, which also suggested the new smartwatch could be thicker than the Pixel Watch 3. Android

thanks to a removable back plate.

The new watch is also rumored to feature a brighter display and come in new colors. You can buy the Pixel Watch 3 in Polished Silver, Champagne Gold or Matte Black, in both 41mm and 45mm sizes. The Pixel Watch 4 will reportedly come in black, silver, gold and a blueish-gray "Moonstone." Google is expected to debut the Pixel Watch 4 alongside several new Pixel 10 phones on August 20. You can read Engadget's preview of what Google might announce for an overview of what to expect at the event.

# SU DO KU-177

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# SU DO KU-SOLUTION-176

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# RECIPE: BLUEBERRY BANANA BREAKFAST BARS

INGREDIENTS:

1 1/3 cups rolled oats  
1/3 cup coarsely chopped dried figs  
1/4 cup coarsely chopped almonds  
1/4 cup sunflower seeds  
1 cup mashed ripe bananas  
1/3 cup smooth peanut butter  
2 tablespoons honey  
2 large egg whites  
1/3 cup fresh blueberries  
1 tablespoon flax seeds  
1 tablespoon sunflower seeds

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Line an 8-inch square baking pan with parchment paper, leaving 1 inch of parchment hanging over the sides.  
Mix oats, figs, almonds, and 1/4 cup sunflower seeds together in a bowl.  
Stir bananas, peanut butter, and



honey together in a saucepan over medium-low heat until completely melted and smooth, about 5 minutes. Remove saucepan from heat. Whisk egg whites together in a bowl until foamy. Mix banana mixture into egg whites and whisk until smooth; add oat mixture and stir until batter well combined. Fold blueberries into batter. Press batter into the prepared pan; top with flax seeds and 1 tablespoon sunflower seeds. Bake in the preheated oven until golden, about 30 minutes. Cool completely before cutting into bars.

# JOKE

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

# 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, 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	2477807
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