



# TODAY HOROSCOPE

ARIES




Your thinking should be clear today, Aries, and your sharp focus adept at revealing the truth of any situation. Your mind may be intertwined quite delicately with your heart, but the good news is that they're working harmoniously together. You're able to stand back and see the rational, logical side of your feelings as well as the emotional, tender side of your thoughts.

TAURUS




Don't leave anyone behind as you gallivant through your world today, Taurus. You're so wrapped up in your adventures that you're unaware of other people who could use more attention. In your endless search for something bigger and better, you may have lost contact with the wonderful things you already have in front of you.

GEMINI




Love and romance are key aspects of the day, Gemini. You should find that things relating to these aspects of your life are going well. Your mind is much more penetrating than usual, and your search for deeper knowledge can be quenched with less effort than might usually be required. Your creative spirit is anxious to find an outlet for adventure.

CANCER




You might need to take a step back today and turn your attention inward instead of outward. When it comes to love and romance, don't rush things. Patience is needed now more than ever. People are much more emotional than usual. Don't be surprised if you or someone you know becomes territorial when a stranger steps on his or her private turf.

LEO




Your mind is like a fine sieve that filters even the smallest details from the whole, Leo. Nothing escapes your attention today. You're right on top of the situation whether people realize it or not. Feel free to take your time and be patient. Facts may reveal themselves slowly, so don't make a major decision about something until you have all the relevant data.

VIRGO




You may feel like you're sitting on a pincushion when it comes to issues regarding love and romance, Virgo. Don't be surprised if there's conflict in this part of your life. If you're involved in a relationship, consider this bump in the road a challenge that will make you stronger and bond you more tightly your partner. If you aren't with someone, it may be for the best.

LIBRA




There could be some verbal sparring as you tackle the challenges this new day brings, Libra. Love is on your side. You'll find that as long as you stay true to your inner strength, you'll come through with shining colors regardless of the events that transpire. Engage in activities and situations that promote your strengths instead of your weaknesses.

SCORPIO




You may try to explain something with your brain today when the true understanding of the situation comes only through your heart, Scorpio. Feel the answer from deep within instead of trying to decipher it. Sink into the mood of the environment instead of trying to break it down into little compartments that you can analyze and categorize. Consider the whole instead of the pieces.

SAGITTARIUS




Your mind is especially keen today, Sagittarius. You'll find that it communes well with your anxious heart. Someone may have recently stepped into your life and now it's time to engage with this person on a deeper level. It's wise to take things one step at a time. Don't let your imagination get carried away. It could be hard to find the line between imaginary and actual.

CAPRICORN




Bask in each new day, Capricorn. Do your best to spread your sunshine, but don't be surprised if someone challenges the way you think. There are stubborn forces out there working to steer you in the direction that they'd like you to go. Make sure that you're the one who remains in control. Keep up your positive outlook!

AQUARIUS



Love and romance should be going well for you now, Aquarius. Something has sparked the detective in you and you're anxious to probe, inquire, and seek the truth in every situation. Your grounded, stable, and practical approach will be your greatest asset. Make sure to let someone else be the martyr today. You're the one who needs to take control.

PISCES

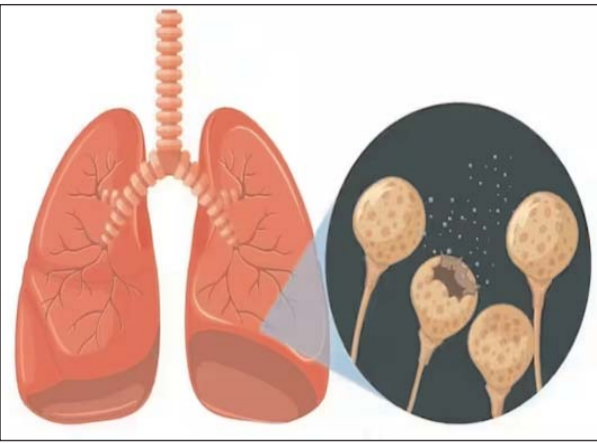


The indecisiveness that you feel regarding certain issues may be amplified today, Pisces. You may go to extremes from one side of the spectrum to the other. Work with this energy by recognizing the value in both situations, putting your rational mind aside and letting your heart be the final judge. Something beautiful and comforting will probably end up catching your eye.

# What Is Latent Tuberculosis? Symptoms To Prevention, All You Need To Know

Tuberculosis is a serious bacterial infection that affects the lungs majorly. It is a highly infectious disease that can further affect kidneys, bone joints, brain, spine, heart muscles, and voice box in case it reaches a severe stage. Various studies indicate that a higher prevalence of LTBI would contribute to higher incidence and mortality of TB. According to WHO, approximately one-fourth of the world's population is estimated to be infected with *Mycobacterium Tuberculosis*, and on average, 5-10 per cent of those who are infected will develop active TB disease over their lifetime.

While there are antibiotics and a course of treatment for TB, 1.5 million people die from TB each year. There are also different stages of



TB, that trigger different or determine the severity of the symptoms of this contagious disease. According to the Mayo clinic, there are primarily three stages of TB and every stage has different symptoms.

Latent Infection: Following the primary, comes the latent Tb stage. In his stage, the germs are already inside but our immune system creates a firewall. Therefore, these TB germs cannot really

affect the body and can be detected with a skin test or X-ray. There are no true symptoms of it.

10 Important Things To Know About TB

Tuberculosis Treatment And Prevention

The two most widely used tools for detecting latent TB cases are the tuberculin skin test (TST) and interferon-gamma release assays (IGRA). However, TST has poor specificity and low sensitivity as it also shows positive for

those who have received the BCG vaccine for TB, while IGRA is expensive, and needs specialised instruments, trained personnel, and labs. Aside from sensitivity issues, neither the IGRA nor the TST can reliably differentiate between active TB disease and LTBI, nor can they predict LTBI reactivation.

TB preventive treatment (TPT) is offered to individuals who are considered to be at risk of developing TB disease. It consists of a course of one or more anti-tuberculosis medicines. TPT is only given to people who are infected with TB bacteria or are at a higher risk of developing TB disease.

The management of LTBI should include tracking of LTBI cases, efficient diagnostic methods, effective and safe treatment, and monitoring.

# Qualcomm Snapdragon Summit: Google confirms Android for PC debut next year

Google at Qualcomm's Snapdragon Summit 2025 revealed that its Android for PC is coming next year. The news was confirmed by Sameer Samat, head of Android Ecosystem, during Qualcomm's keynote, hinting at the development in Google's effort to unify its platforms.

Alongside Google's reveal, Qualcomm announced its next-generation of Arm-based processors for Microsoft Copilot+ PCs. The new Snapdragon X2 Elite series comes in two variants — the standard X2 Elite and the more powerful X2 Elite Extreme. According to Qualcomm, both chips are built to enhance performance, extend battery life, and bring deeper AI features to Windows systems.

Samat explained that



Google has long operated two separate approaches to computing: ChromeOS for laptops and Android for tablets. "If you think about the laptop form factor, we've had ChromeOS for a long time and we're super committed to that platform and it's been really successful for us, we've learned a lot from it as well," he said. He added, "We also have Android tablets that have been

super successful, they're becoming more productivity machines all the time." According to Samat, the opportunity now is to accelerate Android's AI capabilities and bring them into the laptop space. "So what we're doing is we're basically taking the ChromeOS experience and re-baselining the technology underneath it on Android," he explained. "So that combination is something

we're super excited about for next year, and we're working with ourselves and others on it, and we can't wait." The announcement was reinforced by Qualcomm CEO Cristiano Amon, who revealed he has already seen the software in action. "I've seen it, it is incredible," Amon said during the keynote, adding that the project "delivers on the vision of convergence of mobile and PC. I can't wait to have one." Google's Rick Osterloh, head of platforms and devices, further described the effort as "building together a common technical foundation for our products on PCs and desktop computing systems." He confirmed the platform will integrate Gemini, the full Android AI stack, and support for Google's apps and developer community.

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SU DO KU-SOLUTION -228

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RECIPE: LOW FAT MAKHANA KHEER

INGREDIENTS:

1 Litre Milk  
1/4 cup Makhana (puffed lotus seeds)  
2 tbsp Sugar  
2 tsp Pistachios, chopped  
2 tsp Almonds, chopped  
1 tsp Green cardamom powder (optional)

DIRECTIONS:

In a deep vessel, pour in the milk, break the makhanas into smaller pieces, add them to the milk and let it simmer for about 1 1/2 to 2 hours without covering, till the milk boils down and the seeds are soft.  
Add the sugar and stir for a few minutes.  
Add the pistachios, almonds and cardamom powder, stir well again.



Serve hot or cold, as you like.

About Low Fat Makhana Kheer Recipe | Makhana Kheer Recipe: An Indian dessert, kheer is loved by everyone across the country. It is certainly the most popular sweet dish in India. Be it a festival, puja or any celebratory occasion, Kheer is the constant food to celebrate one. This kheer recipe is a special one, for those fasting in the festive season of Navratri or are on low fat diet, this is the perfect dessert to indulge in as it serves both. Now fasting during Navratri wouldn't stop you from relishing such delicious desserts. Serve this easy kheer recipe to guests post a great dinner or make it as a prasad for the puja.

Ingredients in Low Fat Kheer Recipe: A delicious dessert made of milk simmered till thick with puffed lotus seeds and flavored with nuts and cardamom. So no more compromises on your sweet cravings while fasting this Navratri!

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
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	2478007
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