

## TODAY HOROSCOPE

**ARIES** Your outgoing and jovial nature is intensified today, Aries, and so you're probably going to be sought after for any parties or celebrations. Your generosity is also at an all-time high, and will take many forms, which will be appreciated by that special someone in your life. Think about taking your partner with you as you make the social rounds tonight and making him or her the star of the evening.

**TAURUS** Inspiration is the keyword for today, Taurus. An optimistic and enthusiastic attitude could lead to powerful imaginings, which may take solid form as plans for future projects. These could be artistic, business related, or centered around your home in some way. Whatever they are, this is a good day to put those plans into motion. All signs indicate success on any project begun or completed today.

**GEMINI** A group you're associated with could bring information to your attention that puts you in a very positive frame of mind and almost has you skipping all the way home. You should enjoy socializing today, Gemini, as you're even more gregarious than usual. Both old and new friends could seek out your company. A victory of some kind has come your way, contributing to your great mood. Enjoy your day!

**CANCER** Your faithful and diligent work, Cancer, in addition to a lot of sacrifices for the sake of your career, will soon bear fruit. The anticipation of a great evaluation, with possible advancement, is likely to have you walking on air all day, full of dreams and plans for the future. Enjoy this well-deserved peace of mind. Spend some time today enjoying your family. Perhaps you could plan a pre-celebration.

**LEO** Congratulations, Leo! You've finally reached a goal you've been working toward for a long time. Success and advancement are on their way, and you should be feeling extremely enthusiastic and optimistic about your future. Some vast changes may take place in your life, but they all promise to be positive. Expect to travel and learn a lot. Make the most of these energies.

**VIRGO** Vivid, wonderful dreams may have haunted your sleep last night, Virgo, leaving you disappointed that they weren't real. They have a message for you, so write them down, set them aside, and analyze them later. Your psychic abilities and imagination are very sharp today. This is a great day to start an artistic project that has been in the back of your mind for some time. Enjoy your day.

**LIBRA** Feel free to take full advantage of the very open social energies of today, Libra. You, especially, will feel at home in any social gathering, totally at ease talking to new people and charming the room. This would be an ideal day to meet someone new. Someone of the opposite sex may be particularly attracted to you. Feel free to be as flirtatious as you want!

**SCORPIO** Expect some very pleasant surprises today, Scorpio. If you're single, you're likely to receive a phone call from someone who interests you romantically. This should greatly increase your level of self-confidence, and you're therefore likely to float through the rest of the day. With these aspects, any new relationship or project begun today will have a wonderful energy behind it.

**SAGITTARIUS** You should be feeling especially strong, healthy, and charismatic. You're likely to receive some invitations to exciting parties. You might be surprised at what seems a sudden increase in your popularity. Expanded career opportunities could also come your way from new acquaintances, and you could find doors opening to a whole new life - new friends, new position, and possibly a new home.

**CAPRICORN** Optimism and enthusiasm for the months ahead have you feeling confident and strong. The sky's the limit! A male visitor could have some surprising news for you. This is a great day to make investments or purchase property. If you've been expecting money through legal papers or contracts, it could come in the mail today. The night could bring vivid and interesting dreams. In all, it's a thoroughly satisfying day.

**AQUARIUS** Some interesting information could come to you from another state or country, Aquarius. This could induce some pretty deep thinking, leading to decisions that could alter the course of your life in some way. You might be considering returning to school to advance your education. Your mood today should be optimistic and positive. You could be full of utopian schemes for the future. Wait a few days and then start to make definite plans.

**PISCES** You should wake up feeling strong and confident, Pisces. Expect to receive some good news today, which will only heighten your mood. In the afternoon you could attend a party or neighborhood get-together. You'll have a good time talking to friends and meeting new people. In the evening, relax!

## Here are the best Vitamin B12 Foods for people who prefer to be Vegetarians

Vegetarianism is a lifestyle where you restrict some or all animal-based products. While it is linked to a number of health benefits like low cholesterol levels, good blood sugar control, low weight and BMI and overall good health, there are certain downsides to it as well. The major one is running the risk of nutritional deficiencies like that of Vitamin B12. Vitamin B12 is an essential vitamin which is present only in animal foods. Its deficiency can lead to a serious condition, a type of Anemia called Megaloblastic Anemia. Most vegetarians can be deficient in this vitamin, if proper care is not taken to supplement it well in their diets. Here are some Vitamin B12 rich foods you can include in your diet to avoid its deficiency suggested by Dietitian Garima Goyal.

1. Yogurt: Yogurt is a vegetarian's dream because it is one of the top sources of vitamin B12. A cup of plain



yoghurt contains nearly 28% of the daily recommended amount of vitamin B12. According to the research, vitamin B12 in yoghurt is easier to absorb than vitamin B12 in chicken or pork. In many people, plain yoghurt works best in alleviating the symptoms of vitamin deficiency.

2. Nutritional Yeast: Nutritional yeast contains 5 mcg of Vitamin B12 per

spoon, which is more than double the amount needed for adults. As a result, nutritional yeast is the finest vitamin B12 source for vegans. Nutritional yeast can be sprinkled on popcorn, scrambled eggs, mixed into soup, sprinkled on salads, or mixed into pasta.

3. Dairy: One cup of milk contains about 20% of the daily required amount of calcium. To save calories

without sacrificing protein, choose low fat or skim milk. When compared to supplements, vitamin B12 in milk is more absorbed in the body.

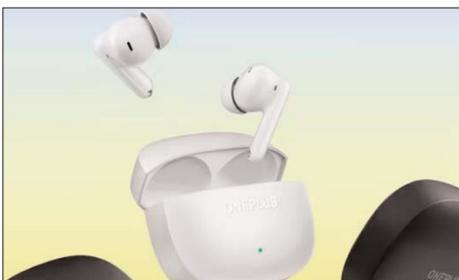
4. Fortified Cereals: Breakfast cereals with added vitamin B12—Having a bowl of fortified cereal for breakfast can be a smart way to get more vitamin B12 into your diet. This is one of the best vegetarian sources of vitamin B12. Oat bran flakes, Cornflakes, and other cereals are examples of similar.

5. Soya Paneer: Have you heard of tofu? Yes! Tofu is exactly what it sounds like. This vegan snack, also known as Bean curd, is high in Vitamin B12. It goes well with chappatis or rice. Alternatively, you can sauté it in oil and combine it with salad.

So, make sure you include all these foods in your diet, and get your Vitamin B12 levels checked regularly.

## OnePlus Nord Buds 4 Pro teased with stronger ANC, spatial audio ahead of March 19th India launch

OnePlus has revealed its upcoming TWS, the Nord Buds 4 Pro, the latest addition to its Nord audio lineup, with the launch scheduled for March 19th. The new earbuds aim to bring flagship-level audio features to a more affordable segment, continuing the company's strategy with the Nord series, which focuses on delivering premium features without the premium price. The OnePlus Nord Buds 4 Pro are designed to deliver stronger noise cancellation and deeper bass compared to previous models in the lineup. According to the company, the wireless earbuds can block up to 55dB of noise, the highest level of active noise cancellation offered in a pair of Nord Buds so far. The Nord Buds 4 Pro also comes with TÜV Rheinland high-performance noise cancellation certification, suggesting improved effectiveness in noisy environments.



The Nord Buds 4 Pro feature new titanium-coated drivers, which the company says deliver 100 percent more power than the drivers used in the Nord Buds 3 Pro (review). This should translate to deeper bass and clearer vocals. The Nord Buds 4 Pro will also support spatial audio, giving listeners a more immersive sound experience. The wireless earbuds also support the LHDC 5.0 high-resolution audio standard, which is designed to deliver higher-quality wireless audio when paired with compati-

ble devices. In terms of design, the Nord Buds 4 Pro look similar to the Buds 3 Pro, but the stem appears to be slightly longer and thinner too. The TWS will be available in Radiant Gray and Raven Black colour options. Each earbud weighs 4.4 grams, making them relatively lightweight for extended listening sessions. The earbuds also feature three microphones per bud for voice calls.

OnePlus has also added a volume slider control, a feature that many users had requested in earlier Nord Buds models. This allows users to adjust volume directly from the earbuds without needing to reach for their phone. The charging case has also been redesigned and is now more than 10 percent smaller than the previous generation, while still maintaining strong battery life. OnePlus hasn't revealed the battery life expectation of the Nord Buds 4 Pro yet. With these upgrades, the OnePlus Nord Buds 4 Pro appears to be a notable upgrade for users who listen to high-quality music or stream content frequently. Anyone looking for a pair of wireless earbuds with strong noise cancellation, bass-heavy sound, and modern features without paying flagship prices, the Nord Buds 4 Pro could be worth considering. However, the final value will depend on pricing, which OnePlus will reveal when the earbuds are officially launched on March 19th.

## SU DO KU-061

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## SU DO KU-SOLUTION-060

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

## RECIPE: AIR FRYER COCONUT MACAROONS

### INGREDIENTS:

1 (14 ounce) package sweetened flaked coconut  
 ¾ cup sweetened condensed milk  
 ¾ teaspoon kosher salt  
 ½ teaspoon vanilla extract  
 2 large egg whites, at room temperature  
 8 ounces bittersweet chocolate, chopped



### DIRECTIONS:

Preheat an air fryer to 320 degrees F (160 degrees C) for 10 minutes. Cut a piece of parchment paper to fit the air fryer basket, leaving 1 inch on each side to use as handles. Mix coconut, condensed milk, salt, and vanilla together in a large bowl. Beat egg whites in a medium bowl with an electric mixer with a whisk attachment on medium-high speed

until stiff peaks almost form, about 90 seconds. Fold egg whites into the coconut mixture.

Working in batches, spoon level tablespoons of the coconut mixture into rounds and place on the parchment paper, about 6 at a time. Carefully transfer the parchment with coconut rounds into the air fryer basket.

Cook until golden brown and set, 9 to 10 minutes. Remove parchment from basket, transfer macaroons to a wire rack, and repeat the process with remaining coconut mixture using the same piece of parchment paper.

Microwave chocolate in a medium microwave-safe bowl on high power for 30 seconds, then stir. Continue microwaving and stirring in 30 second increments, until melted and smooth, about 90 seconds total. Dip flat bottoms of macaroons into melted chocolate and transfer to a parchment-lined baking sheet to set. Let rest until chocolate firms, about 30 minutes.

### NUTRITION FACTS

Per Serving: 103 calories; protein 1.2g; carbohydrates 12.3g; fat 5.6g; cholesterol 2.2mg; sodium 78.6mg. Full Nutrition

## JOKE

*A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-r-gerrr Kiiing."*

## 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  
 2555631, 2505310  
 B.N. Charitable 2547418  
 Vivekanand Hospital 2433500  
 G.B. Pant Hosp, Satwari 2435572  
 Military Hospital Sat.

### 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  
 Medieure Gandhi Nagar 2435070  
 Navyug, New Rehari 2560504  
 Kapoor, Namak 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