

TODAY HOROSCOPE

ARIES Group activities could take up a lot of your time and energy today, perhaps too much. Your career concerns are very much on your mind, and you don't like being distracted from them. Nonetheless, these activities, not to mention your family, are important to you, Aries, and you'll find a way to squeeze them in even though it's frustrating. Remember, this isn't a good day to push yourself too hard!

TAURUS Work could be a real drag today, Taurus. You might be expected to put in more hours than normal. Your heart isn't in it right now. You have interests of your own that you'd rather pursue, plus you could be planning to get together with friends or your partner later. It's best to finish everything quickly, perhaps postponing nonessential tasks, and then go and enjoy yourself.

GEMINI Body and soul might seem out of balance today. A part of you may long to break from society and live a more spiritual life, but worldly responsibilities and an attachment to your current lifestyle could get in your way. These things don't happen overnight, Gemini. You have to let them develop in their own way, in their own time. Right now, find balance between the spiritual and the material.

CANCER Strain within a group that you're associated with could be traced to money problems. Perhaps people are disagreeing over what needs to be done regarding fundraising or budgetary limitations. It's best to divorce yourself from this sort of thing if possible, Cancer. It's draining. Strange, vivid dreams might haunt your sleep tonight, but don't read too much into them. They aren't the kind with any special significance.

LEO You may get a chance to make some extra money today, perhaps by working overtime. However, this might interfere with a social event that you've committed to, and could cause disappointment among your friends and family members. It could also give rise to a little trouble with your partner. However, remind yourself that this disappointment will pass, and the money will be more than welcome. Hang in there!

VIRGO You may get a chance to make some extra money today, perhaps by working overtime. However, this might interfere with a social event that you've committed to, and could cause disappointment among your friends and family members. It could also give rise to a little trouble with your partner. However, remind yourself that this disappointment will pass, and the money will be more than welcome. Hang in there!

LIBRA Your heart is longing for a romantic encounter tonight, Libra, and the partner in your life is more than willing to accommodate you. Nonetheless, circumstances beyond your control could interfere with your plans, and you might not be able to make contact tonight. This could bring frustration, dissatisfaction, and maybe even a little friction between you. Don't panic, though. It will pass, probably by tomorrow.

SCORPIO Conflict between your responsibilities at home and career obligations, particularly those involving partners, could pose a problem today, Scorpio. The problem isn't insurmountable, but does call for honest, open communication among all parties involved. You won't be happy at having to make a choice, and may find the two duties difficult to balance right now. Give it your best. By tomorrow things should be back to normal.

SAGITTARIUS Communication problems might arise on the job. Perhaps a co-worker is in a bad mood and unresponsive to anything you say. Or perhaps the phones are out or the computers down. This could prove frustrating, Sagittarius, and might interfere with relations among staff members. A phone call from a close friend or lover could go astray but reach you at the last minute. Don't worry; you'll still have a great evening!

CAPRICORN A project that you've worked on for a long time could bring some money your way, Capricorn. Don't be too disappointed if you don't have it in your hands today. There might be a short delay of some kind, perhaps due to problems with the mail service. You might be turning your thoughts now to new projects. While you have a lot of ideas, you aren't likely to make firm decisions today.

AQUARIUS Relationships with others are important to you, Aquarius. As a result, you've learned to be polite and congenial. Social engagements today could give you a chance to use your people skills. You could not only make some new friends but also valuable contacts. These activities could keep you away from home and family longer than you'd like, but you'll end the day with a strong sense of accomplishment.

PISCES A powerful sense of inspiration could come from within today, Pisces. You might want to write down your thoughts or draw the pictures that pop into your head. However, social obligations, possibly parties or visits, could interfere with putting your ideas on paper. You could also feel especially attuned to the thoughts and feelings of others, although you might not like what you're picking up!

Best Eating Habits for Stronger Muscles, Says Dietitian

Muscles develop with a combination of fitness, rest, and proper nutrition. When it comes to building stronger muscles, it's important to be cautious about how you workout and how you eat, as well as listening to your body. Muscles also develop gradually, so it's important to continue with habits that help your muscles consistently grow and get stronger.

Eating habits are important for remaining consistent when working towards your health benefits, with stronger muscles being no exception. If you don't know where to start, Lisa Moskovitz, RD, CEO of NY Nutrition Group and author of The Core 3 Healthy Eating Plan, gives some insights on the best eating habits for stronger muscles. After, for more, check out The Best Breakfast Recipes for Stronger Muscles, Says Dietitian. "Protein is an essential macronutrient that acts as the gateway to tissue repair, recovery, and growth," says Moskovitz. "Consuming a sufficient amount of protein is paramount for muscle growth potential."

Usually, the Recommended Dietary Allowance (RDA) for protein is 0.8 grams of protein



per kilogram of body weight, which is about 2.2 pounds.

However, Moskovitz suggests figuring out your protein needs with a registered dietitian who can base the amount of protein consumed off of your body's specific demands and activity level. Typically, she recommends consuming at least half your weight in grams. For example, if you weigh 150 pounds, that's 75 grams of protein per day. This is a good starting point, but not a rule of thumb.

Looking for more advice on how much protein to eat? Moskovitz's book, The Core 3 Healthy Eating Plan, provides

absorption."

For example, brown rice on its own is not complete. However, if you add red kidney beans, they supply the missing amino acids to make it complete. Although you do not need to eat them together, it is important to consume enough throughout the day. Complete plant proteins to consider prioritizing include tofu, edamame, chickpeas, pistachios, and quinoa.

Yes, it is important to consume enough protein by the end of the day. However, it is also helpful to space it out throughout the day so it's not consumed all at once.

"Protein-rich foods are not always as convenient as fats and carbs may be," says Moskovitz. "However, our bodies are in a constant state of nitrogen depletion and if you don't consume a steady source of protein it can be hard to maintain a balance to prevent muscle breakdown."

Moskovitz suggests eating at least a source of protein (at least 15 grams) at each meal. This can protect catabolism—the breakdown of complex molecules (such as proteins) to form simpler ones, together with the release of energy. It can also improve muscle growth rate.

a formula that helps you figure out how much protein to consume and the best sources for optimal muscle growth and preservation. If protein sources are "complete" it contains all nine essential amino acids.

"While you don't have to eat animal proteins to hit your daily protein quota, not all plant proteins are complete, which means they don't contain all 9 essential amino acids necessary for muscle growth stimulation," says Moskovitz. "If you're relying mostly on plant-based proteins, make sure you incorporate enough variety to improve amino acid

iQOO Z11x launched in India with a large 7,200mAh battery, MediaTek Dimensity 7400 Turbo

After catering to the high-end and premium-tier segments over the last several months with the launch of iQOO 15 and iQOO 15R, iQOO has today released its first Z series offering of the year in the form of iQOO Z11x. Equipped with the MediaTek Dimensity 7400 Turbo and a massive 7,200mAh battery, the Z11x caters to the demands of those who seek a long-lasting battery and reliable performance for a hassle-free usage experience in daily life.

Pricing starts at Rs 18,999. The iQOO Z11x comes in multiple storage options, from 6GB + 128GB all the way up to 8GB + 256GB storage. The colour shades include Titanic Black and Prismatic Green, both of which carry varied rear designs. As part of early bird offers, iQOO is offering a Rs 2,000 instant discount on the Z11x using Axis Bank and SBI Bank credit cards. The smartphone will be available for purchase on Amazon, iQOO's official online stores,



Vivo's exclusive stores, and retail offline stores.

Quick specifications overview of iQOO Z11x

Unlike most smartphones priced above Rs 15,000 released last year, the iQOO Z11x features an LCD display instead of an AMOLED panel. This screen measures 6.76-inches and offers an FHD+ (2344 x 1080) resolution, up to 120Hz refresh rate, and 1,300 nits of brightness. It'll be interesting to see how this panel stacks up against AMOLED counterparts, since most users in this price bracket tend to prefer AMOLED displays for their punchier colours and higher contrast. As stated earlier, the iQOO Z11x is powered by

the MediaTek Dimensity 7400 Turbo, a 4nm-based octa-core processor clocked at 2.6GHz. The chipset has previously made its presence on multiple smartphones last year, indicating that iQOO has taken a tried and tested route for offering users a reliable day-to-day experience. Paired with UFS 3.1 storage, the iQOO Z11x should offer faster app installation and launch speeds compared to phones with UFS 2.1/2.2, even though the difference may be negligible.

For imaging, the iQOO Z11x carries a 50MP Sony IMX852 primary camera along with a 2MP bokeh lens at the rear, while selfies are taken care of by a 32MP unit.

Content creators and vloggers can take advantage of the phone's 4K at 30fps video recording support for capturing crisp videos. Unfortunately, the phone doesn't appear to have OIS, meaning it could struggle with clicking detailed shots during low-light scenarios.

Coming to the headline feature of the iQOO Z11x, it gets a 7,200mAh battery along with 44W fast charging support. This is the highest capacity battery yet under Rs 20,000, which could translate to long-lasting endurance even with intense usage, including playing high-end games, capturing photos or videos for long periods, and rendering videos on the go.

Running on the latest Android 16-based OriginOS 6 skin, the iQOO Z11x is promised to receive two OS updates and four years of security patch updates. OriginOS 6 flaunts a brand new design language, productivity features like Drag and Go and Office Kit, and smoother transitions than the outgoing Funtouch OS 15.

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			6	3	8	1
5	6		8	1	4	9

SU DO KU-SOLUTION-062

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

RECIPE: EGG AND HASH BROWN PIE

INGREDIENTS:

6 slices bacon
5 eggs
½ cup milk
3 cups frozen hash brown potatoes, thawed
? cup chopped green onions
1½ cups shredded Cheddar cheese, divided

DIRECTIONS:

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside. Preheat oven to 350 degrees F



(175 degrees C). Lightly grease a 7x11 inch baking dish.

In a large bowl, beat together the eggs and milk. Stir in the bacon, hash

onions, and 1 cup shredded Cheddar cheese. Pour into the prepared baking dish.

Bake in the preheated oven 25 to 35 minutes, or until a knife inserted in the center comes out clean. Sprinkle the remaining Cheddar cheese on top, and continue baking for 3 to 4 minutes, or until the cheese is melted. Remove from oven, and let sit 5 minutes before serving.

NUTRITION FACTS

Per Serving: 223 calories; protein 13.5g; carbohydrates 12g; fat 17g; cholesterol 147.3mg; sodium 360.9mg. Full Nutrition

JOKE

Casey and Riley agreed to settle their dispute by a fight, and it was understood that whoever wanted to quit should say "Enough."

Casey got Riley down and was hammering him unmercifully when Riley called out several times, "Enough!"

As Casey paid no attention, but kept on administering punishment, a bystander said,

"Why don't you let him up? Don't you hear him say that he's had enough?"

"I do," says Casey, "but he's such a liar, you can't believe him."

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
2575364
GMC Causality 2547635, 258477
S.M.G.S. Jmu 2430041, 2431740
Govt. Hosp. G Nagar 2577064, 2548012
Dental Hospital Jmu 2544670
Psychiatric Diseases Hos. 2577444
Ascoms Sidhra 262251,262267
262536, 39
2555631, 2505310
B.N. Charitable
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 2565054
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 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