

## THIS WEEK FOR YOU

28th July to 03rd August

**1. ARIES**  
Confusions may cloud your thoughts in the matters related to your personal life as well as work commitments. Since you will stay immersed in work, during most of this phase, you may not have the time to think about your personal matters. Yet, some circumstances may force you to contemplate about that area too. If you are married, you are likely to have a feeling that the relationship has become altogether too insipid, and the earlier zing is missing. Some serious doubts and misunderstandings need to be sorted at the earliest, advises Ganesh. On the business front, your public image or your product's brand image will matter a lot. Ensure that you don't compromise on the quality of your products or services.

**2. TAURUS**  
You may be required to make many compromises in certain areas of your life this week. Although you are strong enough to put up a fight against such odds, it would be better to remember that discretion is the better part of valour. Do what you need to do so that things do not go haywire, says Ganesh. There is a possibility that major decisions related to career or business will get delayed. But the end results would be good if you are able to get through this week without losing your patience. As for your love life, Ganesh says that you will want to spend quality time with your beloved. You will be happy and contented with your partner. Financial matters will be your top priority this week, feels Ganesh.

**3. GEMINI**  
Talkative and enthusiastic, you will be unable to control your chatter even when you need to, which means your phone bill likely to shoot up. If you are in sales, marketing and teaching profession, you will benefit from this tendency, but if you are not, it may lead to embarrassing situations. On the job front, there will be a considerable improvement in your efficiency due to your cordial relationships with colleagues. Things on the business front will be smooth. Students attempting to clear exams have got stars in their favour, but hard work cannot be avoided. If you are single, expect to meet a suitable match for marriage. On the marital front, you shall enjoy nice understanding with your spouse and be supportive.

**4. CANCER**  
For some reasons, you will not be able to establish a connect with the people around you and as a result you will get a feeling that they are not understanding your point of view. Since you will be quite unconventional in your approach, others may feel that you are not going in the right direction. Probably you are on the right track, but sometimes you need to be diplomatic and tactful to save yourself from criticism and shocks. Ganesh foresees a likelihood that you will take up more assignments and responsibilities than you can handle. If you will not be careful while committing things to people, you may unnecessarily increase burden on yourself. Be practical. The planetary positions indicate that you will be a satisfactory team player this week.

**5. LEO**  
A desperate desire to get yourself an image makeover will be the highlight of this week, foretells Ganesh. Besides, your creativity will also get a boost, and you will be in high spirits throughout the week. Since you will want to improve your professional skills, you will spend considerable time with seniors. At home too you will spend time with the elderly people so as to learn from their experiences. Besides, you will be open to new ideas and philosophies which will help you on your way to success. You will be a cooperative colleague and family member, you will take up more assignments in return. It is likely that you will be more aware about financial planning and as a result become alert about increasing your savings. If you are married, you will try hard to balance work and home.

**6. VIRGO**  
Matters related to career may be rather smoothening the way ahead as there will be both growth and glory on the work front. Sincere and efficient that you are, you will not have any trouble winning the confidence and trust of your seniors. In all likelihood, you will be assigned some important projects. Not just that, you will also be asked to give your valuable suggestions in the planning of new projects. Ganesh foresees that very soon you may be promoted to a key position in your company. However, if you get a more lucrative offer from another company in your industry, Ganesh advises to accept it, as such offers don't come too often. A change will also have a positive influence on you. On the business front, you may put the expansion plans in action. Personal life may be romantic.

**7. LIBRA**  
Ganesh advises you to remain alert this week as the planetary positions do not depict a positive picture for you. None of your plans will give expected results, which will leave you disappointed and frustrated. However, things will improve in the second half of the week and your confidence in handling tricky situations will also increase. But be diplomatic and tactful while handling challenges on all fronts. At work, you may be given more responsibilities, but you may lack the confidence to handle them. You are likely to make new friends, and especially become very close on one of them who you feel is on the same wavelength as you.

**8. SCORPIO**  
Since health may not be up to the mark, Ganesh advises you to stay away from addictions of any kind, as they will only aggravate whatever ailments you may be suffering from. The bad news this week is that your confidence may waver very hard to rebuild it. For job change or relocation, this week is not too favourable so you should put any such plans that you may be harbouring on hold. However, businessmen may find this phase to be very favourable for them, as growth and reach of their business will be exceptionally good, increasing the net profit of their company. Your love life looks set to be blissful. Enhanced physical intimacy with a loved one is also foreseen!

**9. SAGITTARIUS**  
Your social life will be abuzz with activity this week, as your interactions and meetings with people from different walks of life will become more frequent. During the course of the week, your workload too may increase. But still, instead of multitasking, you should look to tackle all your tasks one by one. By doing so, you will be able to maintain your concentration levels and channelise your energies in the right direction. Your love life may take a back-seat invariably, as you may have to give the top priority to your work. Married couples may require space, and if it is denied, they may feel suffocated. Ganesh foresees that there may be major and minor discords with your spouse, and you will do your best to convince him/her. Be patient.

**10. CAPRICORN**  
Your work pressure may move beyond bearable this week, warns Ganesh. But, determined and dedicated that you are, you will not get bogged down by it all. Ganesh predicts that you will be persistent, and shall not accept defeat easily. It may have become somewhat of a prestige issue for you to complete the task at hand, even though it may not produce the desired results. Try and alter this thinking of yours! You may be offered a very attractive and lucrative job, but Ganesh advises you to hang on to your current job, especially if you are comfortable in it, because your calculations may not always go right. As far as the financial matters are concerned, you will make plans to increase your savings and investments. If necessary, take help from expert financial advisers.

**11. AQUARIUS**  
You will firmly stick to the decisions you will take and if someone tries to make you change your mind, you will just ignore them. However, in personal matters, you will not be so rigid and ensure that your domestic life remains hassle-free. You will treat your spouse with due respect and involve him/her in whatever decisions need to be taken, giving due importance to their point of view. Those looking to pursue higher studies may find stars in their favour this week. However, they should be ready to put in their best to achieve their goals. The second half of the week may be more favourable for you, as you may receive precious guidance from unexpected sources.

**12. PISCES**  
This week, you may just give in to the pressure as you may be tired of resisting situations and will feel that it is better just to accept things as they are. Willingly or unwillingly, you will compromise in your relationships with your spouse, siblings, parents and even colleagues, predicts Ganesh. But the emotional disturbance will not affect your creativity. You may have experienced so much pain in your life that, even if it has left deep scars on your heart, you will use the experience as an inspiration. This positive and optimistic approach shall motivate even others in your life to look at the brighter side of things. On the financial front, Ganesh foresees struggle for you. But if you control your expenses, you will manage things well.



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# Cyber bullying: Challenge of new millennium

**Ridhima Gupta**  
Whenever we come across the word "bullying" the first thing that strikes our mind is that it is related to physical or verbal abuse from others. With the advent of technology, a new form of bullying—"Cyber Bullying"—is becoming popular and is increasing day by day. It is a new millennium problem especially among children.

Cyber Bullying is any bullying done through the use of technology. Cyber bullying is when a child or teenager is harassed, humiliated, embarrassed, threatened or tormented using digital technology. This is not limited to the Internet; cyber bullying also includes bullying done through text messages using cell phones.

The problem of cyber bullying is not restricted to western or developed nations only. It may be surprising to know that globally, India is third behind China (70 per cent) and Singapore (58 per cent), in cyber bullying or called online bullying.

According to a new Global Youth Online Behaviour Survey released by Microsoft, over half (53 per cent) of children in India have been bullied online.

### Types of Cyber Bullying

According to the Internet Safety 101 curriculum, there are many types of cyber bullying:

**\*Gossip:** Posting or sending cruel gossip to damage a person's reputation and relationships with friends, family, and acquaintances.

**\*Exclusion:** Deliberately excluding someone from an online group.

**\*Impersonation:** Breaking into someone's e-mail or other online account and sending messages that will cause embarrassment or damage to the person's reputation and affect his or her relationship with others.

**\*Harassment:** Repeatedly posting or sending offensive, rude, and insulting messages.

**\*Cyber stalking:** Posting or sending unwanted or intimidating messages, which may include threats.

**\*Flaming:** Online fights where scornful and offensive messages are posted on websites, forums, or blogs.

**\*Outing and Trickery:** Tricking someone into revealing secrets or embarrassing information, which is then shared online.

**\*Cyber threats:** Remarks on the Internet threatening or implying violent behavior, displaying suicidal tendencies.

### Cyber bullying facts:

According to the Harford County Examiner concerning cyber bullying statistics:

\*Around half of teens have been the victims of cyber bullying.

\*Only 1 in 10 tells a parent if they have been a cyber bully victim.

\*Fewer than 1 in 5 cyber bullying incidents are reported to law enforcement.

\*1 in 10 adolescents or teens have had embarrassing or damaging pictures taken of themselves without their permission, often using cell phone cameras.

\*About 1 in 5 teens have posted or sent sexually suggestive or nude pictures of themselves to others.

\*Girls are somewhat more likely than boys to be involved in cyber bullying.

The Cyber bullying Research Centre also did a series of surveys that have found these cyber bullying facts:

\*Over 80% of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyber bullying.

\*About half of young people have experienced some form of cyber bullying and 10 to 20% experience it regularly.

\*Mean, hurtful comments and spreading rumors are the most common type of cyber bullying.

\*Boys are more likely to be threatened by cyber bul-



lies than girls.

\*Cyber bullying effect all races.

\*Cyber bullying victims are more likely to have low self-esteem and to consider suicide.

**Effects of Cyber bullying:**

Cyber bullying can have both emotional and psychological effect on adolescents and teenagers. Some of them are as follows:-

\*Higher risk for anxiety, depression, and other stress-related disorders.

\*Unwilling to attend the school

\*Receive poor grades

\*Have lower self-esteem

\*Have more health problems

\*Increased feeling of sadness and loneliness

\*Use alcohol or drugs

\*Have increased thoughts about suicide

How to stop or prevent cyber bullying?

Both parents and children can play a vital role in stopping and preventing cyber bullying.

**Parents and adults can:**

\*Explain to kids what cyber bullying is, why it is wrong and what will happen if the kids engage in cyber bullying and enforce the consequences if the rules are broken.

\*Encourage kids to come to you if they ever see cyber bullying as a victim or a bystander and help stop cyber bullying by never passing it on.

\*Help kids to be internet safety savvy. They should not share their personal information with strangers and shouldn't share their passwords with anyone except their parents. They shouldn't post their pictures or messages they would not want everyone in the world to see, perhaps even years later.

\*Parents should have access to all of their kids' account and may check occasionally to make sure their online activities are safe.

\*Let kids know that no one deserves to be bullied and if they are ever the victims reassure them that it is not their fault that they were bullied.

\*Encourage teens to have times when they turn off the technology such as family meals or after a certain time at night.

\*Look to the web for resource and support information about cyber bullying.

\*If the teens have been the victims or perpetrators of cyber bullying they need to talk to a counselor or ther-

apist to overcome depression or other harmful effect of cyber bullying.

**Teens can prevent cyber bullying by:**

\*Blocking communication with the cyber bully.

\*Deleting messages without reading them.

\*Talking to a friend about the bullying.

\*Reporting the problem to an Internet service provider or website moderator.

\*Refuse to pass along cyber bullying messages.

\*Tell friends to stop cyber bullying.

\*Report cyber bullying to a trusted adult.

\*Never post or share your personal information online (this includes your full name, address, telephone number, school name, parents' names, credit card number, or Social Security number) or your friends' personal information.

\*Never share your Internet passwords with anyone, except your parents.

\*Never meet anyone face-to-face whom you only know online.

\*Speaking with other students, as well as teachers and school administrators, to develop rules against cyber bullying.

\*Raising awareness of the cyber bullying problem in your community by holding an assembly and distributing pamphlets to give it to younger kids or parents.

\*Sharing anti-cyber bullying message with friends.

\*Talk to your parents about what you do online.

Although the problem of cyber bullying is common in western countries but they are constantly making stringent laws to prevent and overcome this issue. But as far as India is concerned, it lacks the legal infrastructure to combat this core issue of cyber bullying.

India's Information Technology Act of 2000 (IT Act) is a set of laws to regulate the cyberspace. Prior to February 2013, there were no laws that directly regulate cyber stalking in India. But India needs to do much more on it. Indian Government should amend IT Act 2000 to specific provisions pertaining to cyber bullying. It should be made a serious offence. Unless you have deterrence in law it will be a continuing offence. Indian government along with its citizens should also have awareness programmes and anti-cyber bullying campaigns to discourage such kind of menace.

It is rightly said prevention is better than cure. So let us prevent and stop cyber bullying by doing our bit. It's never too late to begin!

## CIPHER DECIPHER

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**Hi Friends! We are back with your favourite column for the week. Please have a look at OUR MESSAGE before you send in your message to us.**

- To all from Sakshi Raina: " Ask no questions and you will hear no lies".
- From Kiran Kanchan to all: " Your thoughts actions and deeds influence others, so use it the best way you can".
- To all from Rishab Raina: " Hard work is often the easy work you did not do at the proper time".
- From Param Dev Singh to all: " Let us not pray to be sheltered from dangers but to be fearless when facing them".
- To all from Brighu Mahajan: " There is nothing more horrifying than stupidity in action".
- From Rohini K Gupta to all: " A strong positive mental attitude will create more miracles than any wonder drug".
- To all from Dr Poonam Nanda: " Hard work and perseverance are seeds that definitely reap fruits-sweet fruits, so don't forget to plant if you expect to reap".
- From Gourav Gupta to all: " The heart of the family is the mother because life comes from her".
- To all from Shine Mahajan: " He who has never hoped can never despair".
- From Monika Mishra to all: " Love is a traditional immortal fashion that needs inspiring sacrifices in every decade".
- To all from K K Gupta: " We live in an age when unnecessary things are our only necessities".
- From Rama Gupta to all: " Be a good person but never try to prove it. Our prestige is at tip of our language. So speak carefully".
- To all from Suraj Dev Singh: " Coins always make sound but the currency notes are always silent. So when your value increases, keep silent and calm".

## BEST MESSAGE

The award of rupees 200 for this week's best message has gone to R K RAINA R/o 28/1, MODEL TOWN, GANGVAL, JAMMU-10 for the message "There are two ways of rising in the world-either by one's own industry or profiting by the foolishness of others".  
Congrats. The prize money would be sent to you through money order.

Cut it Here

**CIPHER—DECIPHER**

**MESSAGE CHIT**

Name.....

Address.....

Message.....

Cut it Here

**OUR MESSAGE**

Please do mention pin code number of areas while sending your message to EXCELSIOR.

Your message must reach us by Friday evening.

To send your message, use CIPHER-DECIPHER message chit.

Your entries should be brief and original. We use those messages devoid of hurting the sentiments of the people.

Out of the messages we receive, one of the message is selected for the award.

**HARESH SINGH**

## SPORTS SPHERE

Born on September 18, 1988 in Ballabgarh, Haryana, Mohit Mahipal Sharma is an Indian first-class cricketer who plays for Haryana. He is a right-arm medium-fast bowler.


Following his work with world renowned pace bowling coach Ian Pont, Sharma picked up 37 wickets from 7 games at an average of 23 in the 2012-13 Ranji Trophy. He was then contracted by the IPL franchise Chennai Super Kings for the 2013 season. He bowled well especially in the power-plays. He played 15 matches in 2013 Indian Premier League and took 20 wickets.

Sharma has scalped 44 wickets in 11 first-class matches, 6 in 6 List-A matches and 3 in 3 T20 matches, with best bowling figures of 5/47 in first-class matches, 2/55 in List-A matches and 3/10 in T20. Mohit has also scored 228 runs in the 11 First-Class matches that he has played with an average of 19 runs, while in 6 List-A matches, Mohit has scored 25 runs with an average of 12.5.

His good performance in the IPL-Season-6 has earned Mohit good name and fame at the national scene and helped him to get the national selectors nod for being considered for the selections to represent the country at the highest level.

Mohit Mahipal Sharma is a seam bowler, who has the ability to wobble the ball both the ways.

His genuine pace and the art of hitting the right areas consistently has put him in the list of top bowlers of India. The time is not far away that he cements his place in Team India.



## Identify the Player:

Write a brief description about him in 250 words.



**QUESTIONS OF THIS WEEK:**

- By how many wickets India won the first match against Zimbabwe?
- For which team Sanju Samson played in Indian Premier League Season-6?
- How many runs Shubam Khajuria scored in his debut match against Sri Lanka Under-19 team?
- By how many wickets Pakistan defeated South Africa in the 5th and final One-Day-er of the recent series?
- Who is Ishwar Pandey?

**ANSWERS OF THE LAST WEEK:**

- Parvez Rasool and Shubam Khajuria
- RCB
- Surya Risers and Jumbo Gladiators
- JKP XI
- Former skipper of J&K Ranji team.

The best entry of this week was received from Rajat Sharma of Qrt No 543/Type II, GC CRPF Campus, Bantalah, Jammu.

The other entries of the week were from Tushar Mahajan, H No -55, Lower Laxmi Nagar, Sarwal, Jammu, Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Aniket Gupta from Jammu, Puran Raina from Jagti, Jammu and Ashok Das from Karloop, Channi Himmat, Jammu.

Dear Contestants, please send your reply within five days to-

**SPORTS SPHERE, DAILY EXCELSIOR**


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**— RAJESH DHAR**

# CUSTARD APPLE

**Nibhanpudi**



Custard Apple, a very sweet and delicious fruit was brought to India by the Portuguese in the 17th Century. Earlier these fruits were available only in Southern and few other parts of India like Chattisgarh. With the advent of Malls and Supermarkets, these fruits are now available all over India. Custard Apple is known as Sitaphalam in the local market. During the season these fruits are sold in cane baskets in Hyderabad. In fact there is a Fruit market named after the fruit called Sitaphal Mandi in Hyderabad, in which farmers used to bring their produce of custard apples loaded on carts to sell in the market.

This fruit contains white flesh which is very sweet and pulpy with manysseeds. One has to just open the fruit into half and eat the pulp and spit the seeds. Though the job is little cumbersome, people eat the fruit for its taste and for its high nutritional value. This pulp is easy to digest. The pulp of this fruit is often blended along with milk to make shakes, ice creams and puddings.

Sitaphalam is a very good source of Calcium and a high calorie fruit which is good for those who would like to gain weight and is also good for athletes. This fruit is also believed to contain in siccidal properties and is used in various chemical preparations.

The health benefits of this fruit are as follows: Custard Apples are abundantly packed with Vitamin C, an anti oxidant that can combat the free radicals in the body.

\*The fruit is good for healthy skin, better vision and for healthy hair as it contain good amount of Vitamin A.

\*The magnesium in this fruit can help relax the muscles and protect the heart from cardiac diseases. The rich content of potassium helps in regulating blood pressure, thereby maintaining cardio vascular function.

\*The magnesium present in custard apples also helps to regulate the water balance in the body. This helps remove acids from the joints, thereby alleviating symptoms of arthritis and rheumatism.

\*Custard apples are a rich source of energy. This helps in fighting fatigue and weakness. The potassium present in it helps in fighting muscle weak-

ness.

\*They have plenty of dietary fiber which is good for keeping the digestive tract healthy and aids digestion as well as prevents constipation.

\*The pulp of this fruit is dried in the sun and consumed in powdered form to treat dysentery and diarrhea.

\*The paste of this fruit pulp is used as a balm to treat boils and ulcers.

\*These fruits act as coolants, stimulants and expectorants.

\*Even leaves of this plant a remedially useful in a wide variety of diseases from tumor to cough.

The leaves are known to have anti-diabetic properties. It is also known for its hepatic-protective powers and scientists have proven the efficacy of the alcoholic extract of the leaves and stem in malignant tumors. The leaves also acts as anti depressant, in epilepsy and in spinal cord disorders.

\*Even the bark of the custard apple tree, which contains astringents an tannins, is widely used in making herbal medicines.

\*Fragments of the outer layer of the roots of this tree, are packed a round the gums to relieve tooth ache and gum pain. Roots of the custard apple are very powerful purgatives and are also used in dysentery.

\*Acetogenins found in the seeds of Sitaphalam would actually help fight plant pests. The Sitaphalam pesticide is inexpensive, environmental friendly and highly effective in preventing a variety of pests on a number of crops. The seed extracts also show synergistic activity in combination with neem seeds extract in pesticidal action.

To check ripeness of custard apples, squeeze gently if it gives way slightly under your hand, it is ready to eat. Ripe custard apples give off a lovely sweet aroma. Custard Apples are never cooked and are consumed as it is.

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