

THIS WEEK FOR YOU

02nd Jun to 08th Jun 2013

1. ARIES

On your professional front this week, Ganesha predicts that you may expect concrete positive developments. Your relationships with your colleagues shall get strengthened, as they shall genuinely appreciate your performance. For businessmen, Ganesha advises that you need to keep your plans for expansion on hold as this is not a very auspicious week for it. For the moment, continue with the status quo, though you may fine tune all your plans, so that when the time comes to execute them, you shall be able to work without a hitch. On the monetary front, there may not be much to write home about. You may not be able to avoid certain expenses, and thus may not be able to save much, but do not worry, as things will improve soon.

2. TAURUS

Certain pressing personal matters are likely to derail your professional plans this week, foresees Ganesha. You may have to be very self-reliant during this crisis because your well-wishers may be too busy with their own duties to help you out. However, try to disregard your personal problems as they are not exactly very serious, and give your full concentration to your work. This way you may be able to minimise the damage. Businessmen are likely to have a profitable time, provided you work harder and stay focussed on your immediate goals. However, if you are thinking on the lines of making big investments, such as buying a more spacious house or a luxury car, Ganesha advises you against it as this week is not favourable for it.

3. GEMINI

Your work burden is going to keep you preoccupied this week, predicts Ganesha. There is also a likelihood of new kinds of projects being assigned to you, so you shall have to keep yourself abreast of all the changes and developments in the technology and know-how. However, since you are possessed with an amiable personality, nothing will be too big a problem for you, especially as others shall be ever ready to help you out with your work. You will also get the cooperation of your bosses, who may sponsor a refresher course for you. There may be times during the course of the week, though, in which you may feel stressed out by the workload. So make sure that you keep yourself fit and fine.

4. CANCER

Ganesha predicts that although this week shall see you making substantial progress, you shall not be satisfied with it as your aims may be much higher. You shall therefore find yourself looking out for another job which offers you a higher position, and is at the same time more lucrative too. However, it is unlikely that you shall find one this week. Be extremely careful in your dealings with your family members, especially your spouse, as things are not at all going to be smooth. The likelihood of misunderstandings cropping up are rather high. However, do not cut off communication channels altogether, because it will only aggravate problems. What is needed is delicacy and some maturity to resolve differences. Take time off to relax and unwind.

5. LEO

Ganesha predicts that your work life is likely to be rather busy this week, and though you shall be sincerely devoting all your energies and resources to your job, the progress you make may not be commensurate with it, which is likely to leave you somewhat frustrated. However, Ganesha advises you not to be impatient, as you shall surely get your rewards in due course of time. Amid all the hectic work, your family members shall expect their share of your time, which may be difficult for you to manage as you shall be giving more time to office. Try to convince them that you would make up for it later. On the financial front, you better budget for unforeseen expenses. Travel is better avoided this week.

6. VIRGO

Professionals and businessmen may expect positive developments in the work sphere, predicts Ganesha. However, it is not going to be all smooth sailing; to be sure, you are more than likely to encounter some minor and some major hurdles, but you seem to be in such high spirits that you shall be able to navigate and overcome them all successfully and, more importantly, to the complete satisfaction of your superiors. Because of the tight work schedules, your personal life may not figure in your scheme of things this week, although, to aid sleep, you may develop a habit of going to bed reading your favourite books. This shall be a fairly good week on the financial front; at least the situation will not cause any anxieties.

7. LIBRA

You may expect just the right mixture of professional and personal matters this week, foresees Ganesha. Things are looking up for businessmen, what with new and hopefully lucrative deals on the verge of being signed. However, certain legal matters may pose a slight roadblock. But it is nothing serious and you have sufficient business acumen to circumvent these. Creative performers are likely to have a hay-day, and your work is likely to come in for a lot of praise from the connoisseurs of your art. Back in the domestic sphere, you are likely to spend enough time with friends and relatives, mostly in celebrating your professional success, but you shall also act as a father figure for most of them, as they shall look up to you for guidance in vital matters.

8. SCORPIO

Ganesha foresees that this week you shall tend to be a bit rigid, refusing to see the point of view of people around you, whether at work or in your personal sphere. Though your near and dear ones may look upon such behaviour kindly, people at your workplace are most likely to resent it, and it could in fact lead to some unpleasant situations. So Ganesha advises you to be a bit more resilient, if nothing, just to ensure that the work atmosphere is cordial and productive. This week you are likely to be dogged by general weakness, owing probably to a lack of proper sleep, and if you go on neglecting it, it can have a deleterious effect on your health. The sooner you get yourself a medical check-up the better.

9. SAGITTARIUS

Your shall display amazing focus this week, which shall make it easier for you to achieve the goals that have been set for you to achieve, predicts Ganesha. However, be extremely careful of the back-biters at your place of work, the kind of specimens that abound in offices everywhere. Simply ignore them, just be supremely indifferent to them, and they shan't be able to harm you in any way. Back in your personal life, though you share a respectful and loving relationship with your spouse, there are times when you feel that he/she may not be giving you the freedom you would like to have to achieve your full potential. A heart-to-heart tête-à-tête is called for. Plus, be yourself and don't bother about what people think of you.

10. CAPRICORN

Your professional life is likely to dominate over your personal life this week, foretells Ganesha. What's more, your workload shall be so heavy that you may not be able to complete the tasks allotted to you. Therefore, you may end up carrying work home after duty hours, in order to finish them at home. Luckily, you have family members who are very understanding, and shall sympathise with your circumstances, lending their full cooperation, and helping you accomplish all your tasks. However, Ganesha warns you to take very good care of your health, as such dosages of over-work may make you fall sick. So, ensure getting enough rest. This week the stars are in favour of investing in property, but you shall have to be very careful of all the minor details.

11. AQUARIUS

Financial matters shall keep you preoccupied this week, foretells Ganesha. You are likely to be very thrifty with your money and shall certainly not spend a penny more than what you earn. On the contrary, your efforts shall be directed towards saving as much as possible in order to build a sizeable corpus from which you can make long-term investments in some secure bonds as a security for your old age. However, you are likely to make exceptions. This attitude to money shall not be very hard and fast this week - when the time comes to entertain family and friends on some genuinely happy occasion, you shall be more than glad to do so. Things shall be smooth sailing on the business and professional fronts.

12. PISCES

Ganesha foresees that this week you shall tend to be very observant with the aim of learning to do things which even partially fall in your scope so that you shall not have to depend on anyone's help in the future. The objective is to become self-dependent, and Ganesha is fully in your favour. Apart from this, you shall also try to work out vital changes in your personality, changing it from predominantly an idealistic one to a more pragmatic one. However, Ganesha warns you not to try to alter your basic self, which is essentially emotional, and these changes you are trying to effect are merely superficial, which is also good in a way because it shall prevent people from trying to take advantage of your sensitivity.

13. ARIES

Ganesha predicts that your work life is likely to be rather busy this week, and though you shall be sincerely devoting all your energies and resources to your job, the progress you make may not be commensurate with it, which is likely to leave you somewhat frustrated. However, Ganesha advises you not to be impatient, as you shall surely get your rewards in due course of time. Amid all the hectic work, your family members shall expect their share of your time, which may be difficult for you to manage as you shall be giving more time to office. Try to convince them that you would make up for it later. On the financial front, you better budget for unforeseen expenses. Travel is better avoided this week.

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Caught in Virtual world!

Karanvir Gupta

Horses....Pigeons....Letters....Telegram.....Trunk-Call.....Land-line....Mobile.... SMS.... Web.... Online messenger..... Social Media..... IM (instant messenger)..... Whatsapp....!! This one sequence summarizes the whole journey of evolution of communication both in terms of technology and the pace of delivery of messages. Not only this but also it is a reflection of the ideology on which the modern day world is based upon: Globalisation. The whole world is at the disposal of one click or at the most two. The globe shrunk literally with the advent of technology. What is even more amazing is it took too short for the systems to develop in later phase of evolution.

This technological boom revolutionised the way world existed. Things paced up, there was more that could be done in the same 24hrs. People became progressive and catching up with the pace became a norm. There was a drastic shift in the ways things started being observed, implemented and practiced. The scene was altogether different then. Meeting a person living in another village of a same state was a difficult task. Children studying out would come to their home only during the holidays. Distance was not the issue, the means to travel was. Students then were too anxious and excited to read and study but what was not readily available was information, books and content. Gathering information formed the major part of the trouble. Buying meant only a number of products (industrialised) that couldn't be manufactured at home. Transaction meant in terms of barter system let alone cash. Chatting meant men sitting under the shade of tree discussing politics while playing cards and women gossiping at the 'choultry' or while sitting at the verandahs.

Who would have thought that the world would one day dawn in a different make over. The whole world would be viewed from a different outlook. The basic definitions would change. We would have found solutions to the old problems and also found new problems. Shopping, Payment, Chatting, Studying would be all set at a different stage. Everything would be a unique experience much evolved and advanced in its own way. Yeah you can say Life would have become easy and busy both! Honestly speaking to me it seems at times more of "look busy do nothing" situation.

After all what is so great that we have achieved with all so advancement? Let's have a sneak peek into this. When it comes to connecting with people, what we really do is go click some like buttons, type some comment and then we type some status message which

sometimes is a genuine message/wish and sometimes a clear sarcasm which the recipient comfortably comes to know. We are busy scrolling the page up and down finding what is happening in others' life and the fact is when that person really needs us we might not even be a mile close to him/her. This is how we "connect". Money, well what is that, is the question I expect my kids to ask me. When I myself have grown used to not seeing money (currency notes) much, I am sure they

are even less likely to see it. But obviously, the value of an intangible object goes down. On the other hand money is precious like never before. And we say we have grown wise with such antagonistic viewpoints and outlook. Shopping once upon a time was a way to get out of the daily chores and find timeout for ourselves from the mundane routine. Eventually we landed up at e-bay, amazon, flipkart, jabong, myntra, etc which give you



We are badly stuck in the VIRTUAL WORLD. Obviously we are so blinded by the merits and easiness of utility of this invention that we seem oblivion of the poor REAL world.

umpteen choices and price variants. A wholesome shopping experience at wonderful discounts. Above that No travel, no hassle. What else you need. The problem is after it is done we say we are stuck at home. The 'poor' us! (pun intended). Leave barter, leave cash payment we are already using virtual payment techniques and mobile transactions like mchek, direcpay, techaloo, etc. And I hope you would have heard of 'Bit-coins'. That's it, all the money sometime from now would exist in wires, plastic cards or mobile wallets (e-wallets).

The prerequisite for if you wanted to study early days was to find content itself, arrange for books. It was information starved world back then. But with web and internet, it became information surplus world. With

one click you can listen to Nehru's speech on 15th Aug, 1947. Within seconds you can view various lab experiments performed live. There is a repository of information and knowledge on the web. From discovery to history to politics to art and culture, all is available there. You just need to explore. What you need to do today is filter which info you actually need rather than in getting lost in that world. Such drastic has been the change.

Our pleasantries have become even shorter. A 'hi' at the ping or 'c ya' at the chat is what we all mean. For all sort of activities what we really stick to is a box in between our two hands with thumbs lifted up in a position to scribble fast. From scribble, I realise another big problem which our generation are going to face is the lack of ability to write. Think! Well, for entertainment-net, for studying-net, for shopping and payment-net, for seminars/presentation-Skype/Webinar, for catching up with friends-whatsapp. Net, Net and Net all around! We are badly stuck in the VIRTUAL WORLD. Obviously we are so blinded by the merits and easiness of utility of this invention that we seem oblivion of the poor REAL world. One of those times in the history when we are most disconnected and seemingly most connected.

I might seem and sound anachronistic but I am just trying to shake you up to the reality. I solemnly accept and use the benefits of 'The Virtual World' but I try put a self-restraint time and again. But I ask you Dear Readers, when was the last you noticed a leaf fluttering? When was the last you listened to a bird chirping? When was the last you preferred a sea/river's sound to metal/pop/jazz? When was the last you sat with your parents spending time with them? When was the last you had a supper with your near and dear ones? When was the last you took time out for him/her to physically realise each others' presence (probably this you did)? Smile or No Smile; feelings or no feelings, emotions do all the work. When was the last you felt that 'The Real You' doesn't exist in profile pic or dp as we all call it but inside you which is not visible. As I said earlier intangible things generally lose their value and sheen. Now you can understand how deeply and how viciously we are CAUGHT in this VIRTUAL WORLD. They say no...."Excess of everything is bad" but that is what we are doing to ourselves.

Go, get up; sit together n share the laughter hang around, do the leg pulling, crack a joke drop your earphones n listen to the wind tune to the rhythm of nature once a while, sit under a tree and sip your tea hug each other and let the worries flee Wake Up to the Real world before it takes on thee!

(The writer is a Software Engineer in Chennai)

CIPHER DECIPHER

e-mail: cipher-decipher@dailyexcelsior.com

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 Brighu Mahajan: "By seeing a seed of success to every failure we remain hopeful".
- From Rajat Gupta to all: "Experience weave the path to pave the way from the ocean".
- To all from Sanjay Dhar: "Let me not waste energy in questions, argues or controversies. Let me light a few candles at the altar of suffering creation of God".
- From Prem Dev Singh to all: "The will is stronger than anything else. Everything must go down before the will, for that comes from God".
- To all from Pearl Gupta: "Delusion or wild ideas arise from anger".
- From Rohini Kumar Gupta to all: "Destiny is not a matter of chance, it is matter of choice".
- To all from Anil Kumar Nanda: "Opportunity are always there; the need is to discover the need is proper planning and management".
- From Mohd Yunus to all: "There is nothing so well known as that we should not expect something for nothing but we all do and call it hope. When the world says give up, hope whispers try it one more time".
- To all from Surinder Singh: "Let me not waste energy in questions, argues or controversies. Let us light a few candles, at the altar of suffering creation of God".
- From Lokesh Dhar to all: "The life of successful persons give results and unsuccessful person always gives reasons".
- To all from Brighu Mahajan: "By seeing a seed of success in every failure we remain hopeful".
- From Abhi Gupta to all: "Frown less, smile more and stress less, love more".
- To all from Bhargavi Chib: "Everybody is special at the first sight but only a few will remain special to you till the lost sight".

BEST MESSAGE

The award of rupees 200 for this week's best message has gone to MOHINI GUPTA R/o 871-A, UPPER SHIVNAGAR/SUBASH NAGAR JAMMU-180001 for the message "You always pass failures on the way to success". 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 October 13, 1993 in Kakinada, Andhra Pradesh, Hanuma Vihari is an Indian cricketer who plays for Hyderabad in Indian domestic cricket. He is a right-hand batsman and occasional right arm off break bowler. He was a member of the India Under-19 cricket team that won the 2012 ICC Under-19 Cricket World Cup in Australia.

Vihari played for Sunrisers Hyderabad in the sixth edition of the Indian Premier League in 2013. In one of the league matches against Royal Challengers Bangalore in Hyderabad, Vihari opened the bowling attack as an off-spinner and removed Chris Gayle for just 1. He also scored an unbeaten 46 in the same match while chasing. Sunrisers ultimately won this match through a super-over.

Vihari has played 15 First Class matches, wherein he has scored 743 runs with an average of 33.77, while in 14 List A matches, Vihari has scored 417 runs with an average of 37.90. In 7 T20 matches, Vihari has scored 95 runs with an average of 15.83 runs per match. He has scored 1 century and 3 half-centuries in First Class matches and 3 half-centuries in List A matches.

As a part-time bowler, Vihari has taken 4 wickets in First Class matches in 354 balls, while in List A and T20 matches, he has taken one and five wickets respectively. His best bowling in First Class matches has been 2/69, while in First Class matches, he has 1/33 as his best bowling figures and in T20 matches, his best performance has been 3/28 in 4 overs.

Vihari has 16 scalps including catches and stumpings in First Class matches, while in List A matches, he has 3 victims behind the wicket and in T20 matches, he has taken four catches/stumpings.



Identify the Player:

Write a brief description about him in 250 words.

QUESTIONS OF THIS WEEK:

- Who won the inaugural match of the ongoing Salute & Tribute T20 Cricket Tournament at Parade?
- For which team Siddharth Kaul played in Indian Premier League Season-6?
- By which margin Mumbai Indians defeated Chennai Super Kings in the IPL-6 final?
- Who has been elected general secretary of J&K Judo Association recently?
- Who is Iqbal Abdulla?

ANSWERS OF THE LAST WEEK:

- Poonch 2. Sunrisers Hyderabad 3. 82 runs 4. Surinder Singh Bunt 5. Cricketer who plays for KKR in IPL.
- The best entry of this week was received from Rahul Mussa, Block-C, TRT, Nagrota.
- The other entries of the week were from Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Mohammad Irfan, Ramzanpura Janipur, Aryan Koul from Gole Gujral, Jammu, Ravinder Sharma of Gandhi Nagar, Jammu and Arun Sharma, Trikuta Nagar, Jammu.

Dear Contestants, please send your reply within five days to:-
SPORTS SPHERE, DAILY EXCELSIOR
C/O EXCELSIOR HOUSE, JANIPUR, JAMMU. PIN 180007
Or through e-mail: sportsquiz@dailyexcelsior.com

— RAJESH DHAR

E-cigarettes

Dr. S. S. VERMA

Kicking the smoking habit is one of the best things that smokers can do for themselves but methods like use of nicotine replacement products, prescription medications, and counseling are all proving ineffective in this regard. Smoking is injurious to health complain is also not able to motivate the prospective smokers to quit smoking. They continue smoking due to unforeseen compulsions best known to them only. Even passive smoking is resulting in major health problems and inconvenience to other people around. When no health campaign, law and order and social stigma associated with smoking are able to deter the smokers then electronics is thought to play a significant role in reducing the smoking hazards as it has already played a major role in making human life comfortable with its positive and judicious use in various applications. What about the newest tobacco substitute, the electronic cigarette? Electronic cigarettes come in a variety of shapes. Some look like cigarettes, pipes, or cigars, while others are disguised as pens or other more socially acceptable items. Whatever their shape, they all are built around a battery-operated heating element, a replaceable cartridge that contains nicotine and other chemicals, and an atomizer that converts the chemicals into an inhalable vapor. When the smoker draws on the mouthpiece, air passes through and activates a battery-powered atomizer that vaporizes liquid nicotine from a disposable cartridge.

A study led by Boston University School of Public Health (BUSPH) researchers reports that electronic cigarettes are a promising tool to help smokers quit, producing six-month abstinence rates nearly double those for traditional nicotine replacement products. This study suggests that electronic cigarettes are helping thousands of ex-smokers remain off cigarettes. The study's main limitation is the low response rate of 4.5 percent. It is possible that those who responded to the survey were more likely to have quit smoking than those who did not respond. Nevertheless, despite this limitation, the study authors believe that this is the best evidence to date on the effectiveness of electronic cigarettes for smoking cessation. Despite the limitation, the authors conclude that electronic cigarettes hold promise as a smoking-cessation method and that they are worthy of further study using more rigorous research designs. While more study needs to be done on the actual mechanisms of what apparently makes



electronic cigarettes effective, it is believed there might be a link between the e-cigarette's physical simulations of smoking with the success of quitting. These devices simulate the smoking experience, which appears to make them effective as a smoking cessation tool.

Manufacturers market them, in part, as a safer alternative to smoking and as an aid to quitting. Companies that make and imports e-cigarettes claim that the gadget should be classified as a tobacco product, although it contains no tobacco. These claims, however, have never been established to the satisfaction and Food and Drug Administration (USA) moved to ban imports of e-cigarettes into the country until companies gained approval for the devices, a process that would require rigorous proof of their safety and efficacy. Further, a group of researchers in California published a study calling into question the safety of e-cigarettes. The group claims that the toxicity level of vaporized nicotine is virtually unstudied. They also found various design flaws with the devices themselves, including leaky cartridges and insufficient labeling. Another study in January warned that e-cigarettes may not be any healthier than tobacco cigarettes.

There are three reasons to worry about electronic cigarettes. First, the dose of nicotine delivered with each puff may vary substantially. Second, electronic cigarettes deliver an array of other chemicals, including diethylene glycol (a highly toxic substance), various nitrosamines (powerful carcinogens found in tobacco), and at least four other chemicals suspected of being harmful to humans. To be sure, the dose of these compounds is generally smaller than found in "real" cigarette smoke. But it isn't zero. Third, by simulating the cigarette experience, electronic cigarettes might reactivate the habit in ex-smokers. They could also be a gateway into tobacco abuse for young people who are not yet hooked. We need scientific studies of e-cigarettes and to be aware that there are better and safer ways preferable to smoking-and to electronic cigarettes.

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