

THIS WEEK FOR YOU
16th June to 22nd June 2013

1. ARIES

This week Ganesha advises you to strictly keep your temper in check. Even despite strong provocations, at no cost, should you vent your anger at anyone, or else you may end up hurting someone the wrong way. It will be an act that you may end up doing in a hurry, but would have to repent at leisure. Rather, this week, it would be far more prudent for you to concentrate your energies on the job on your hand, get totally immersed in it so that it leaves you no time to think of anything negative. Apart from that, you also need to do some introspection to understand that you need to do to do some introspection to understand that you need to do to do some introspection to understand that you need to do...

2. TAURUS

Ganesha predicts that in your professional life, there may be some positive developments. Although some problems are sure to get resolved, some other more serious problems may get stuck due to the obstinacy of some people. It is especially in such a situation that you need to stay cool, because being impatient or losing your temper will only spoil your relationships with people with whom you have to interact on a daily basis. Ganesha advises you to squeeze some time out for relating your body and mind because the work pressure seems to have enjoying a great deal of intimacy with each other. If you are in a relationship, this is the right time to propose.

3. GEMINI

Both your home and office work shall be equally demanding for you this week, foretells Ganesha, and you will most surely have to do the tightrope act. Certain matters of which you were not aware may come to light, putting you in an even more serious quandary. However, your skill with words shall come in handy and you shall be able to avert what might have been a disaster. Businessmen, says Ganesha, will have to invest more time and monetary resources now, since being negligent at this stage when some important deals are about to swing through, could put the deals in jeopardy. You shall handle all your professional tasks with a great deal of maturity and intelligence. In romance, expect the wedding bells to ring soon enough.

4. CANCER

Your communication skills may be great, but Ganesha says you will have to use them with great shrewdness this week if you wish to make rapid progress. You know the right people, you know what you want, the trick is to hit when the iron is hot. Your ambition and high expectations from yourself too shall work in your favour this week in propelling you forward. On the personal front, you shall have to be careful of your generosity being exploited. Friends and relatives may use you, but may not be available when you need their help. So, use your discrimination well. Ganesha warns you to be careful while driving or while handling sharp objects as the stars suggest that there are chances of an accident.

5. LEO

Ganesha predicts that this week you shall be in a very positive frame of mind, and instead of blaming everyone around you for your circumstances, you shall decide to change yourself as you may have realised that you have your own set of faults. This shall be an enriching experience, and a pleasant surprise for your family members and friends. For students, Ganesha foresees excellent performance in studies. On the monetary front, there is not much to write home about, and things are likely to meander just the way they have been doing in recent times. However, be warned that since the inflow is unlikely to increase, you need to check your outflow too, or else you may end up severely depleting your savings.

6. VIRGO

Ganesha foretells that this week your financial position may be a bit tight owing to the fact that your focus is shifting for the time being from work to your domestic affairs. Soon you shall realise that entertaining your loved ones doesn't come cheap, they shall have myriad demands, and you shall do your best to fulfill all their wishes in order to keep them happy. You have budgeted well, having provided sufficient amounts for family expenses, and yet you may feel the pinch. Once that aspect is taken care of, though, you shall be able to concentrate more on work. If you are a businessman, striking some new deals may be in the pipeline. Work will gradually pick up tempo. There's nothing much on the romantic front.

7. LIBRA

Ganesha predicts satisfactory headway being made by you on the work front, regardless of whether you are a professional or a businessman. There are also going to be substantial financial gains, all owing to your hard work, and not luck as some would have you believe. Outstanding debts may be cleared. If you happen to be looking for a job change for whatever reasons - it could be anything from looking for greener pastures to looking for greater challenges - you may have to take some initiative, as your guardian angel is not going to come and lay it down on your platter. And even if you do get an offer, you would do well to switch only if you think it is going to be beneficial in any way.

8. SCORPIO

For some reason which seems to be beyond your ken, your work atmosphere may not be as cordial as you would have wished. Petty things such as jealousies and hypocrisies may have vitiated the atmosphere and despite your best efforts to turn things around and make it fun to work, your efforts may not bear fruit. Fed up with this, Ganesha predicts that you may seriously consider the option of switching your job, but advises you against it as the planets are not in your favour this week. So bide your time, though you may start shooting out applications, till the stars turn in your favour before accepting any other job offer. On the personal front, you shall charm your way into everyone's hearts.

9. SAGITTARIUS

Ganesha predicts that your aims and objectives are likely to get derailed this week. Something or the other is going to divert your attention from what is vital for your progress to something that holds merely some entertainment value, though at the moment you may erroneously think that you could probably convert it into something productive. So, Ganesha advises you to pull out your priority list, pinpoint exactly where you have veered from your path, promptly take corrective measures and, if needed, even draw up a new priority list to enhance your productivity. On the domestic front, you need to be more compassionate with your spouse and other family members, and try to get some quality time out to humour them.

10. CAPRICORN

If you are involved in any profession pertaining to the field of education, especially in the capacity of a teacher, Ganesha foresees that the stars are in your favour. You are likely to make remarkable progress, and it may be a matter of great satisfaction for you that your students shall come out with excellent results, which shall, in turn, boost your own reputation. To maintain all-round good health, both mentally and physically, Ganesha advises you to follow a strict and regular lifestyle. Your determination would be so infectious that others around in your immediate circle shall feel inspired to push themselves to their limits. Your own work shall be very well planned and executed. On the social front, you are likely to be very active, and shall make many new contacts.

11. AQUARIUS

This week you are likely to be comfortably off as far as your monetary position is concerned, predicts Ganesha. And yet, you shall find yourself looking out for avenues to make a buck on the side so as to strengthen your reserves. Besides, you shall also develop a savings habit, which shall come in very handy during the rainy day. Ganesha also foresees that you shall be down to earth this week, instead of flying castles in the air, and if you feel that some of your activities are either wasting your money or time, you may decide to cut such activities altogether from your daily routine. One other positive this week is that you shall feel very determined, and once you have taken a decision, it shall be unshakable.

12. PISCES

Ganesha predicts that your generosity and large-heartedness shall be very evident in the charity works that you undertake this week. Whenever you see anyone who needs your help - moral or material - you shall be the first to jump in to offer your services. However, you need to remember that charity begins at home, and be wary of avoiding any arguments with family members, especially elders and parents, because such disputes can drag on endlessly and the resentment can take a heavy toll on your peace of mind. If you are married, you may have to devote more time to your children, rather than romancing your spouse. Singles are likely to form new bonds, which could even lead to a life-long relationship.



MACHHEDI : An Unexplored Hill Resort

Dr Narinder Paul

Machhedi is situated at a distance of 35 Km from Billawar town of District Kathua. Surrounded by magnificent mountainous ranges, it reminds one of the distinguished picnic resorts of Kashmir. It experiences temperate climate all round the year. Much pleasant summers and extremely cold winters are the prominent features of the place. The proudly standing pines and deodars accompanied by walnut and pear trees and rich flora further increase the charmness of the place. The intrinsic tourism potential of this beautiful place of Kathua has not been explored yet. The poor connectivity of this place with the tehsil headquarters in general and rest of the state in particular however speaks of the apathetic attitude of those the helm of affairs and negligence of the developmental agencies towards it.

Geographically village Machhedi is situated at latitude 32.71 and longitude 75.61 and at an elevation of 5000 feet from the mean sea level. The climate of the place remains cool with the pleasurable breeze of air usually flows across the mountain ranges. It receives lavish rains and is surrounded by plenty of naturally flowing water bodies which provides profuse water for the villagers and the animals and for the development of agriculture in the area. During winter it experiences light to moderate snowfall. Thus it receives sufficient precipitation. During the months of July and August, it experiences dense fog accompanied by continuous drizzle which makes the weather quite charming.

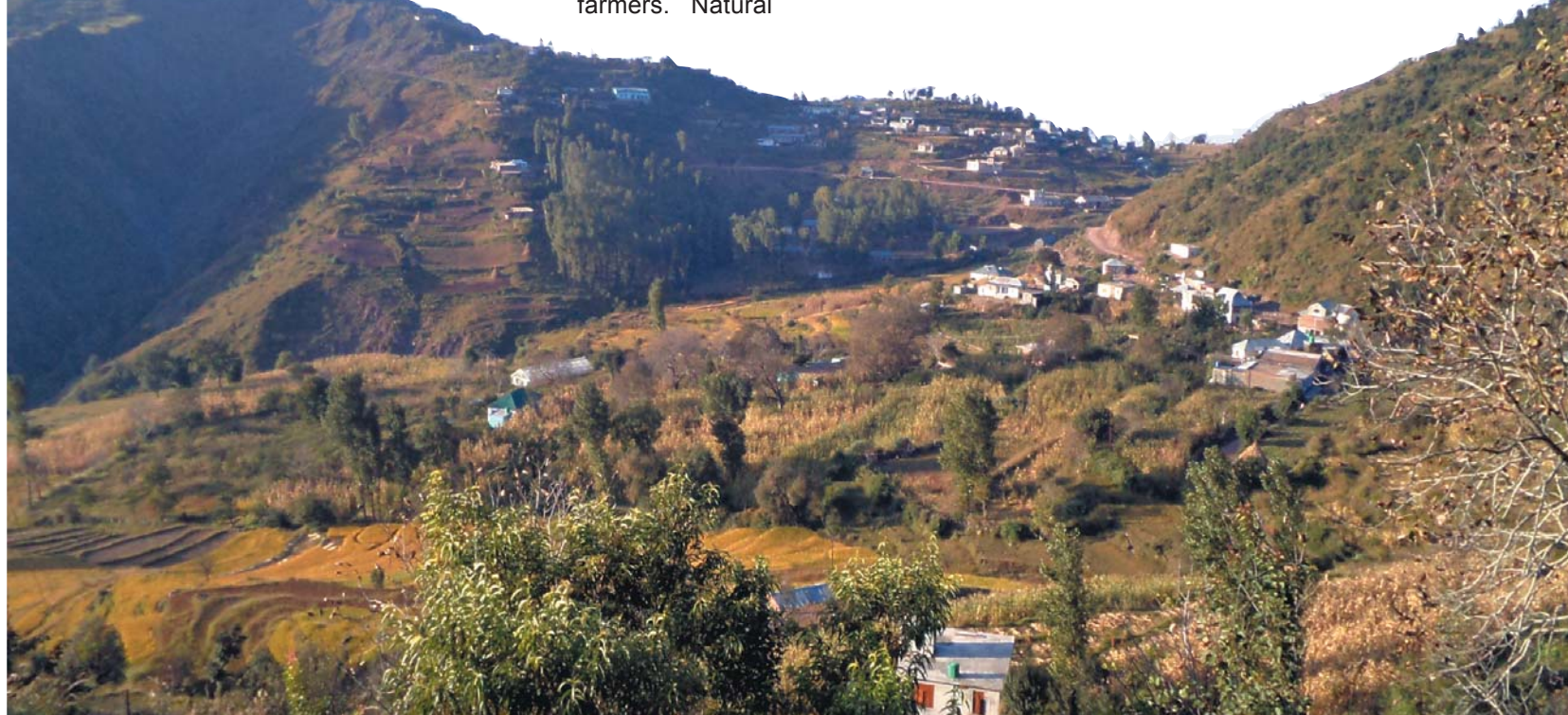
Agriculture is primarily the major vocation of the people and is of subsistence type rather than commercial. Non-commercial and non-mach-anized farming is practiced by the farmers. Natural

are scattered at top hills and in clusters at the foothill. Majority of the houses in the village are kaccha made from using locally available material i.e. clay, stones, wood etc. However, few houses are pacca or made up of cement, stone and galvanized tin sheets. Few shops which cater to the needs of the people are also available in the village.

Almost negligible infrastructure facilities are available in the village. Apart from a government managed guest house there is hardly any other appropriate accommodation for the outsiders/tourists. People have the facility of school, medical care, bank etc with in the village besides cantonment of army and police chowki and a community hall constructed and maintained by the army. All the roads, lanes and sublanes in the entire villages and adjoining area are either kaccha which remain filled with mud and turn slippery during rains or rough stones poorly pitched which reflects the degree of developmental works carried out in the area.

As regards transportation facilities, few old fashioned and obsolete buses ply between Machhedi and Billawar. Other stops enroute are

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streams which flows downwards provide irrigation to most of the fields. During kharif season, maize is the principal crop grown along with pulses and vegetables on a limited scale. However paddy is also grown in the low lying areas for which the source of water is these numerous naturally flowing streams. During Rabi wheat, mustard and peas are taken up. Majority of the wheat grown is fed green to the cattle and very limited is grown for grain purpose. The green and yellow stripes of the wheat and mustard crops respectively on the hills gives a beautiful look to the area. Live-stock rearing for family subsistence and backyard poultry keeping is also a routine practice with almost every household. Important fruit species commonly found in the area include walnut, pear, peach, plum, etc.

Sukral, Tackound, Dhull, Ghatt, Badola, Nan-Ghalla etc. undoubtedly there is a great tourism potential in the area. The magnificent look of the village attracts the nature loving people to come close and explore what they like.

An attractive spot near Machhedi is "Kurkan" located at a higher elevation which is a charming spot characterized by dense clusters of tall deodar (Cedrus deodara) trees. At this point one feels himself in the lap of nature. But the entire tale of woes is the degree of apathy towards this natural scenic spot which has missed it from the tourist map of the state in general and district in particular. What is needed is to bring this beautiful place on the tourist map of the state to explore the hidden potential of this place.

(The author is Agriculture Extension Officer)

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.

- 1. To all from Abhishek Jandial: " Life begins at the end of the comfort zone".
- 2. From Ruchika Gupta to all: " Happiness is not something you postpone for the future; it is something you design for the present".
- 3. To all from Sidarth Mehra: " Everyone is eagle-eyed to see another's faults and deformity".
- 4. From Shyam Lal Mehra to all: " Beware of a man who does not return your blow; he neither forgives you nor allows you to forgive yourself".
- 5. To all from Sanjay Dhar: " If you want to move from darkness into light, stop finding fault in others. Finding fault in others means finding fault in God".
- 6. From Muneesha Kumari to all: " Happiness depends on what you can give, not on what you can get".
- 7. To all from Rohini Kumar Gupta: " In every walk of nature one receives for more than he seeks".
- 8. From Mohini Gupta to all: " Those who live for others really live and those who live only for themselves are more dead than alive".
- 9. To all from Suraj Dev Singh: " It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult".
- 10. From Rama Gupta to all: " The weapon of forgiveness is much stronger than the message of revenge".
- 11. To all from Lokesh Dhar: " Love doesn't mean to win someone...But it means to lose your self for someone..It is not done by the excellence of mind...But .It is done by the purity of heart".
- 12. From Param Dev Singh to all: " Character is repeated habit and repeated habits alone can reform character".
- 13. To all from Dhanak Bansal: " God has made so many beautiful things, imagine now beautiful God himself would be"

BEST MESSAGE
The award of rupees 200 for this week's best message has gone to SIDHARTH MEHRA, 26, FRIENDS LANE, TALAB TILLO, JAMMU-180002 for the message " In character, in manners, in style, in all things, the supreme excellence is simplicity".
Congrats. The prize money would be sent to you through money order

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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 December 5, 1985, Shikhar Dhawan is an Indian international cricketer. He is a left-handed opening batsman and occasional right-arm offbreak bowler. He made his First-class debut for Delhi in November 2004. Dhawan made his international debut against Australia in October 2010 (at Visakhapatnam) and after nearly 3 years he made his Test debut against the same opposition in March 2013 at Mohali and scored the fastest century by any batsman on Test debut (187 runs off 174 balls). He currently plays for the Sunrisers Hyderabad club in the Indian Premier League.
Dhawan played for India in the 2004 U-19 Cricket World Cup where he was the leading run scorer. His total of 505 runs from seven innings is a record for a single U-19 World Cup. He made his runs at an average of 84.16 with three centuries and was named the Player of the Tournament.
He made his ODI debut against Australia in Visakhapatnam in October 2010 after several senior players were rested. He opened the innings in the run-chase. He did not score from the first ball and was bowled off the next by Clint McKay.
He made his T-20 debut against West Indies in June 2011 tour at Queen's Park Oval, under captaincy of Suresh Raina and opened along with debutant wicket-keeper Parthiv Patel in which he scored 5 of 11 deliveries faced before being caught behind to keeper Andre Fletcher off captain Darren Sammy. In 2013 IPL Super successor player in the Sunrisers Hyderabad.
In the 1st ODI of the tour, with India needing 215 to win, he scored a 51 of 76 balls (3 fours, 1 six) before being held at the deep-middle wicket by Lendl Simmons of leg-spinner Anthony Martin. It was his maiden ODI fifty. He made his Test debut against Australia on 14th March 2013 receiving the cap from Sachin Tendulkar and replacing out of form Virender Sehwag.



Identify the Player:
Write a brief description about him in 250 words.

- QUESTIONS OF THIS WEEK:**
1. How much target Sri Lanka chased while defeating England in the league match of the ongoing CLT20 Championship?
 2. For which team Mohit Mahipal Sharma played in Indian Premier League Season-6?
 3. By How many wickets England lost its league match of CLT20 against Sri Lanka?
 4. Name 2 teams which have reached finals of Salute and Tribute T20 Cricket Tournament?
 5. Who is Ankeet Chavan?

ANSWERS OF THE LAST WEEK:
1. India 2. Rajasthan Royals 3. 2 wickets 4. Simula 5. Jharkhand speedster.
The best entry of this week was received from Nand Naman, S/o Dr DD Dogra, C/o Shashi Kumari, Sub Post Office Shakti Nagar, Udhampur.
The other entries of the week were from Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Tushar Mahajan of H No 55, Lower Laxmi Nagar, Sarwal, Jammu, Amit Sharma from Pouni Chak, Jammu, Aniket Gupta, 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

Aonla: A Wonderful fruit

Parshant Bakshi

Aonla is a wonderful fruit and one of the precious gifts of nature to man and it is also one of the many plant palliatives for snakebite and scorpion-stinging. Its leaves are used as a mouth wash and as a lotion for sore eyes. An ointment is made from the burnt seeds, and the oil obtained is applied to cure skin infections. A tablespoon each of fresh goose-

The plant is considered to be an effective antiseptic for cleaning wounds and it is also one of the many plant palliatives for snakebite and scorpion-stinging. Its leaves are used as a mouth wash and as a lotion for sore eyes. An ointment is made from the burnt seeds, and the oil obtained is applied to cure skin infections. A tablespoon each of fresh goose-

The dehydrated fruit provided 2423 to 3470 mg of vitamin-C per 100 grams. Even when it is dried in shade and then turned into powder, it retains as much as 1780 to 2660 mg of vitamin-C.



The dried fruit provided 2423 to 3470 mg of vitamin-C per 100 grams. Even when it is dried in shade and then turned into powder, it retains as much as 1780 to 2660 mg of vitamin-C. The best way to take it without loss of vitamin-C is to eat it raw with a pinch of salt. The fruit may also be used in the form of pickles and murabba. Many medicinal virtues have been attributed to aonla. The fresh fruit is light, laxative and diuretic. They are useful in the disorders associated with the digestive system and are also prescribed in the treatment of jaundice and coughs. It is one of the three ingredients of the famous ayurvedic preparation, triphala, which is given to treat chronic dysentery, biliousness and other disorders.

berry juice and honey mixed together forms a very valuable medicine for the treatment of several ailments. It should be taken every morning. Its regular use will promote vigour in the body within few days. Aonla fruit has highly beneficial effect on the human system. The curative properties of aonla make it a miracle fruit against respiratory disorders, diabetes, heart disease, diarrhoea and dysentery, eye disorder, rheumatism etc. Thus, aonla will prove to be an important fruit not only for waste lands but also for human health in one or the other way.
(The author is Associate Professor)

Happy Birthday
Daily Excelsior wishes
RUDRA a very
Happy Birthday.



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