

THIS WEEK FOR YOU
30th June to 06th July 2013

1. ARIES
The planets are aligned in your favour, observes Ganesh. The positive energy that they will generate is likely to put you in a happy frame of mind. Since Jupiter casts a benevolent look on your Sign, this looks set to be the beginning of a wonderful period. You may accept a new and more lucrative job offer, or may purchase a new residence or vehicle around this time, something that should officially mark the beginning of a new period in your life. Even those of you who are living in a rented house may come across an attractive property deal, and may end up finalising the deal of purchasing it. The financial crunch you had been suffering looks set to be now over for good; there will be an increase in the cash inflow. On the job front, a promotion is on the cards, but it will also entail increased responsibilities. View this as an auspicious time to start planning an expansion in your family, adds Ganesh.

2. TAURUS
Despite negative feelings creeping in, you will comparatively have a good week, foresees Ganesh. As there are some positive events in the offing, it could be that you have given up on some goal or ambition, but towards the weekend, you may see a glimmer of hope and the ambition may be resurrected. In all matters, whether personal or professional, you will have to deal with situations delicately to find permanent solutions. Besides, there may be some tension in your life, foretells Ganesh. But if you will be polite and friendly, you may find yourself in a better position to handle the problems, even if someone tries to hurt you. Nagging problems on the marital front should be addressed now as it looks to be a good period to finally bring them to an end.

3. GEMINI
Doubts and confusions will affect your thought process this week. There is something at the back of your mind that is agitating you, but you are unable to pinpoint the reason, and in your desperation, you may take out your irritation on altogether something else. What you easily used to handle earlier will now seem extremely difficult to deal with. According to Ganesh, you need to be extra careful about what you choose to say as there is a strong likelihood of you hurting someone with your sharp comments. For instance, if you are angry with someone, it could badly damage your otherwise smooth relationships. You may run out of support in office, too. The only consolation this week is that the financial front will be smooth.

4. CANCER
The cosmos look set to send your way plenty of positive energy. Make the most of this benign period and stay focussed on your goals, says Ganesh. In all likelihood, work will be one of the top priorities this week as there will be a lot of developments on the career or business fronts. Majority of your time will be spent on important meetings and official communication as well as correspondence. In business, you will be working on the schemes and projects to expand your operations or diversify your business. This is an auspicious time to kick-start ventures that appear to be lucrative. You will revive some old contacts as you think they may be of immense help in your work. You will find enough time to devote to family and socialising. The monetary front shall be smooth.

5. LEO
As far as the work front is concerned, you will have a wonderful week ahead. The authorities will be wide-eyed to will the space and necessary amenities, you need to perform to your full potential. You will be made to feel comfortable and given more leeway to take your own decisions, but use it purely for the progress of your organisation. In the matters related to your finances, you need to be extra careful, as the expenses you will incur to enhance your space as well as to buy luxury items may disturb your budget. Under no circumstances take loans for unproductive expenditure. Spend from your existing savings or cut down on other expenses, if need be.

6. VIRGO
Your logical as well as analytical skills will fetch you compliments from all corners this week. At work, the presentations you will make before your clients or bosses will earn you a pat on the back for your attention to details. Co-workers too will sing your praises. Ganesh predicts that during this phase you will be preoccupied with intellectual pursuits. Correspondence and communications at all levels will also take up a chunk of your time. However, since you will be too busy with work, whether you are an employee or a businessman, the family front will get sidelined. Family members may be supportive but they may not appreciate the fact that you are not giving them enough time and attention. This may lead to some minor disagreements and arguments. Be tactful and try to strike a balance.

7. LIBRA
This week begins on an easy note, as you indulge in socialising and building up your contacts list. But soon things will change and you will have to shift your focus and concentrate on the career front. Be extremely patient in order to let things happen as planned. If you will become impatient, all your business projects may get derailed. You need to give people enough time and space to perform, or else they will come under tremendous pressure. Besides, you may have to pay heavy price for losing your cool and composure. On the personal front, you may get involved with a special someone, and in all likelihood, the friendship will flourish.

8. SCORPIO
The week ahead may prove extremely advantageous for your business, so you may expect a huge jump in your turnover. Ganesh advises you to start your efforts at trying to recover the debts owed to you as the prospects of recovering them are very bright. The favourable alignment of planets may help you conduct meetings and conferences successfully. Besides, your relationships with your clients will be cordial. But, you will have to exercise the utmost care while dealing with your spouse. Avoid discord or arguments at all costs. A romantic encounter towards the weekend is on the cards. Pay enough attention to your health.

9. SAGITTARIUS
Your communication skills will not be as sharp as they usually are. This will affect your professional as well as personal relationships. In business, you may not be able to put your point across effectively and it is quite possible that you will be led further away from your real targets. Whereas on the personal front, you will have disagreements with your life partner. Ganesh advises you to stay cool, both at office and at home. Don't do or say anything that could provoke your partner to lose his/her temper, but if it does happen, then you should stay quiet and prevent the situation from aggravating. In this challenging week, you will wish to spare some time for yourself. Avoid litigation. In case some legal issues arise, look for an out-of-court settlement.

10. CAPRICORN
Ganesh foretells that you will be on the go all throughout the week ahead. New projects, new partnerships, new clients, more turnover are all on the cards. Some projects may involve minor risks but you will handle everything well. If you are in a job and facing some disputes with colleagues, you might want to change your job, but Ganesh says this is not a good time for it. Try to find solutions, adjust to circumstances, resolve the disputes amicably, and be friendly with everyone. Your relatives and close friends may be trying to get in touch with you but you will not be able to spare the time for them before the week-end. Stay focussed!

11. AQUARIUS
You are in for a challenging week, especially when it comes to your work, foretells Ganesh. You may have to tackle a lot of difficult issues, but if you stay calm and take up the issues one by one, it will become less challenging. Ensure that things do not get complicated any further, otherwise you will not be able to solve any of the problems. As for your finances, it is advisable that you don't take loans, as there is strong likelihood that you may not be able to pay them off. On the bright side, you will get many job offers, and the time is just right for interviews. So, if you feel that any of these jobs are financially attractive enough, just go for it.

12. PISCES
It is looks set to be a good time for you to start searching for newer avenues or new job options. You may not get one this week itself, but if you sow the seeds now, you shall reap the benefits later, that is, if you shoot out the applications, one of them is likely to hit the nail, sooner or later. The stars this week are also in favour of students. Ones willing to tread the spiritual path shall gain more knowledge and may feel a deep contentment. If you are aspiring to go for higher studies, Ganesh advises you to start despatching the application forms, because the likelihood of getting admission to a good institution is now bright. In the personal domain, not much new or unforeseen, and the status quo shall be maintained more or less.

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Ancient shrine of Martand

By Rubon Saproo

The ancient and glorious temples of Martand are situated at different places at a site now called Mattan or Bavan in Anantnag district of South Kashmir. The ancient shrine dedicated to Martanda (the Sun God) is about 61 Kms from Srinagar and 6 Kms from district headquarters of Anantnag. The pilgrim village is just off the road that leads to famous tourist spot of Phalgam and holy cave shrine of Shri Amarnathji. The place is remarkable for a very old Hindu pilgrimage place in the valley and enjoyed prominence among other religious shrines of Kashmir. It is held sacred to the Lord Vishnu Surya, who is being worshipped here in his Martand manifestation. The Martand shrine is well-known in the world and holds important place among Kashmiri Pandits and Hindus in India as of Haridwar. The pilgrimage to Martanda is connected with visits to several temples and springs at Mattan. The shrine is visited by devotees from across the country at frequent intervals to perform their religious rituals. Although many religious festivals are celebrated throughout the year at Martand, however the main celebration is the birthday of Martand Ji, which falls every year on Magh Shukla Paksh Saptami i.e., the 7th day of bright fortnight of Magh (February) as per the Hindu calendar.

The sacred site of 'Martand' is presently known by the names of 'Mattan' or 'Bavan'. The modern name of the village 'Mattan' seems to have evolved from the



Sanskrit 'Martanda' which means 'Sun God' or 'Mart=dead; anda=egg' where 'Bavan' is derived from Sanskrit word 'Bhavana' meaning sacred habitation. So, the modern shrine of 'Martand' now bears the name of 'Mattan' whereas the locality around it is popularly known as 'Bavan'. The site of Martand was known in ancient times as 'Vishnu Bhawan' or 'Macch (Fish) Bhawan'. The tirtha of Martand is actually associated with numerous shrines erected in honour of the presiding deity at many places in and around Mattan village. These shrines include ancient temple dedicated to Martanda by the side of two springs, Adhi Shakti Mata Bhargshika temple on a high crag rising above the Martand temple, Bheema Devi and Shri Ganganand temples near Baghander Bagh, Baswati and Shree Bhawani temples, Cave temple of Lord Shiva in proximity of tirtha at Bumzoo, Sangam tirtha near Tika Bagh and ruined Sun temple at Mattan wudar (alluvial plateau). Many of these shrines are less known to pilgrims who instead visit few among them.

For an account of this important shrine, there are many religious documents available which tells us in detail about the sun god and its abode at Mattan. According to a legend related in the 'Martanda Katha', 'Markandya-puran' and other texts, Martanda (the sun god) was born from Aditi, the wife of Kashyap Rishi. Earlier, Aditi had given birth to twelve offspring in the form of eggs which later produce 12 suns. However, Aditi gave birth to 13th sun before time in a fit of anger after an argument with her husband Kashyapa. She abandoned him into waters of Satisar (Kashmir). The 13th sun in the form of a lifeless egg remained in Satisar for a long time. To kill a demon called Jalobhava, who was living under water, Kashyapa with the blessings of Brahma, Vishnu and Mahesh made a cut in the mountains and drained off the waters from Satisar. Thereafter, he found an egg in deep waters that he recalled as his 13th son Martanda,

dropped by her wife Aditi. As soon as he tried to hold on him, he was pruned by his son of dire consequences. Kashyapa visualized the situation and prayed the gods Brahma, Vishnu, Mahesh and goddess Parvati to do needful. Then, Mata Parvati asked Lord Vishnu for help, who with his Sudarshan Chakra (discus) cut this egg into two parts. These parts transformed into springs known as Vimala and Kamala. In the process, mysterious glowing and flames became from the broken egg. The light came to be known as Martanda whereas the flames hit four places are known to be four great Shaktis- Bhargshika, Bheema Devi, Baswati and Shree Bhawani.

There are many legends associated with Martanda and his shrine. According to one legend the place is considered very important among pilgrims of Shri Amarnathji as it is believed that the yarta is completed only after the fishes in the sacred waters of Martand springs are fed on the way back from the holy cave shrine. There is another legend which credited goddess Parvati for true creator of the holy place of Martanda. The story goes like that once Lord Shiva and goddess Parvati passed through Mattan where Parvati liked this place and asked Lord to make it an important place. In order to fulfil the desire of his consort, Lord Shiva commemorated the event of sun god, who took birth at this place. It is said to be supreme reality behind the tirtha. There is yet another story which tells us that Aditi, the wife of Kashyapa, gave birth to Martanda with an aim to defeat the forces of Danvas(demons).

The main and ancient site of Martand lies beneath the mountain called Devi Bal. The tirtha is marked by two famous springs and many temples. The temples including ancient Martand temple, Mata Durga temple, Radha-Krishna temple, Shri Ram- Lakshman-Sita with Hanuman Ji temple, Lord Ganesh temple and newly constructed surya temple with 12 sun gods are Data, Arima, Mitra, Varun, Inder, Vivaswan, Pusha, Parjney, Anushman, Bug, Trusht and Vishnu. All these temples are raised on a platform by the side of Vimala and Kamala kunds (springs). There is a Shiva temple in the middle of Kamalakund. Sacred fish are found in large numbers in these springs. The waters of these springs are considered sacred enough to take home in bottles. The water of springs flow down from the higher level to the lower through a channel made of stones. This water channel branches off just before the entrance of the shrine where waters of one branch are collected in a tank built at lower course of shrine complex. Devotees bathe in this tank before leading to Martandji temple for worship. There is a 'dharamshala' for pilgrims to stay in. The shrine is enclosed by an iron railing on front side and concrete brick wall on the other side. The holy place has two gateways on the roadside where one remains open for devotees and the other has been kept locked since last two decades. The shrine attracts devotees every year on Magh Shukla Paksh Saptami to celebrate birth anniversary of the sun god.

The other temple at Mattan is Bargshikha. It is dedicated to goddess Bhargshika-the great power. The temple is situated atop a mountain above the Martand shrine. The mountain is locally known as Devi Bal or Bhawani Bal. 'Devi' or 'Bhawani' means 'goddess' and 'Bal' means 'lake' or 'place'. Thus, 'Devi Bal' means 'goddess place'. It is also called Adhi Shakti Barshikha, which means the great Shakti from which all other Shaktis are born. It is this Adhi-Shakti which is worshipped as Bhargshika at the shrine. There is no regular idol inside the temple but a holy rock (Shilla). The temple is visible from the main road that leads to Bumzoo from Anantnag. It can be reached either from the Bumzoo or from the Mattan area. The legend related with the shrine is that at the time when Lord Vishnu cut lifeless egg abandoned in Satisar by his disc, the flame and blood hit the mountain called Devi Bal. The blood from this mountain flowed down and created a shape of a hair known as the hair of the sun god i.e., the Martand Ji. The shrines of other Shaktis- Bheema Devi, Baswati and Shree Bhawani are located at other places in Mattan.

Another spot is Sangam near Tika Bagh. At this place, the waters of Lamboderi (River Lider) originated from Shesh Nag and Chaka Nadi from Martand mingled. The place is considered very pious for Hindus as it is this place where the Shards of departed souls are performed. The rituals like Pinndhan, Pitre Shrad, Tarpan etc. performed at this Sangam under certain stellar positions and particular areas are regarded as highly auspicious. However, the rituals carried out in the month of Malmass and on Vijay Saptami, Sankranti, Solar and Lunar eclipse days, Amavassya etc. and especially on Sundays lead towards salvation and peace. Further, it is believed that Lord Shiva blessed the departed souls with peace and salvation if one performs rituals on these days. According to various texts like Nilmat Puran, Brhamavart, Martand Katha, Martand Puran etc., the Martanda, the sun god, was made the supreme of Malmass by the gods Brahma, Vishnu and Mahesh after the prayer of Kashyap Rishi. The most well known and sacred religious festival 'Malmass' is held at Mattan after every two and half years where pilgrims from all over the country assemble here and performed religious rites along the ghats of Chaka Nadi.

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 Sudhir Kumar Gupta: "Ideas go booming through the world louder than cannon. Thoughts are mightier than armies. Principles have achieved more victories than horsemen or charriots".
- From Ruchika Gupta to all: "A smile is the best makeup a girl can wear".
- To all from Muneesha Behal: "Gratitude is a duty which ought to be paid, but which none has right to expect".
- From Kukkeep Badgal to all: "God has perfect timing; Never early, never late. It takes a little patience and faith, but its worth the wait".
- To all from Abhi Gupta: "Enthusiasm is the mother of effort, without it nothing great was ever achieved".
- From Monika Mishra to all: "Assumptions are the termites of relationships".
- To all from Sanjay Dhar: "Sow good, seeds in the field of your life. Think good thoughts, speak good words and perform good deeds".
- From Dr Poonam Nanda to all: "Never get upset if people throw stones in your path. Remember no stone is thrown on a fruitless tree".
- To all from Raman Gupta: "Never make quick conclusions from first observations".
- From Rohini Kumar Gupta to all: "Before you point finger of criticism at anyone else, see how much dirt you have under finger nail".
- To all from Ashwani K Gupta: "Haziness is often mistaken for patience".
- From Brighu Mahajan to all: "A clever person solves a problem, a wise person avoid it".
- To all from Rishab Gupta: "Love that hurt is not love for all".

BEST MESSAGE

The award of rupees 200 for this week's best message has gone to MADASSAR NAWAZ SHEIKH R/O TOHEED NAGAR, W-NO-1 (KHEORD) RAJOURI, JAMMU-185131 for the message "It is easy to laugh on someone but it is difficult to make laugh for some one".
Congrats. The prize money would be sent to you through money order

CIPHER-DECIPHER
MESSAGE CHIT

Name.....

Address.....

Message.....

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 March 9, 1985, Parthiv Ajay Patel is an Indian cricketer, wicketkeeper-batsman and a former member of the Indian national cricket team. He is a left-handed batsman.

Patel made his ODI debut against New Zealand in January 2003. He made his Test debut in 2002 in the 2nd Test against England at Nottingham after Ajay Ratra was injured, becoming the youngest wicket-keeper in Test history at 17 years 152 days, eclipsing the previous record of Pakistan's Hanif Mohammad (which stood at 17 years 300 days since 1952), despite still not having played in any domestic first-class matches.

He was selected in the Indian squad for the 2003 Cricket World Cup but did not play any games, with Rahul Dravid being used as a makeshift wicket-keeper to allow the use of an extra batsman or bowler. He played 13 ODIs in a two year span, and during an interrupted career managed only an average of 14.66 and a top-score of 28 and was dropped thereafter. Parthiv returned to the Indian team in 2010 in the 4th and 5th Odi vs New Zealand. He celebrated this moment by hitting two back to back half centuries. Later on he was called up for replacing injured Sachin Tendulkar in India tour South Africa.

Patel was auctioned in the inaugural Indian Premier League (IPL) to Chennai Super Kings. He used to be a regular in the team and opened with the former Australian opener Matthew Hayden. He later played with Deccan Chargers.

For the fourth season, he was signed by Kochi Tuskers Kerala. On 16 May, it was announced that Parthiv will be leading the Kochi Tuskers Kerala for the rest of the 2011 Indian Premier League.

As a result of the termination of Kochi Tuskers franchise, Parthiv along with the other players from the franchise was once again auctioned for the 2012 Indian Premier League season. He was picked by Deccan Chargers for \$650,000.



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

QUESTIONS OF THIS WEEK:

- Name the teams which face each other in the cricket Tri-Series opener in West Indies?
- For which team Ishwar Pandey played in Indian Premier League Season-6?
- On which date JKCA is holding election of office bearers?
- Name the team which India defeated in the finals of the Champions Trophy 2013?
- Who is Anurag Thakur?

ANSWERS OF THE LAST WEEK:

1. 8 wickets 2. India and England 3. Jammu and Kashmir Corporate Premier League 4. JKP XI 5. Gujarat cricketer who plays for RR in IPL.

The best entry of this week was received from Tushar Mahajan of H No 55, Lower Laxmi Nagar, Sarwal, Jammu.

The other entries of the week were from Nand Naman, S/o Dr DD Dogra, C/o Shashi Kumari, Sub Post Office Shakti Nagar, Udhampur, Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Ajay Sharma from Rajouri, Jammu, Vikas Bali from Muthi, Jammu and Arvind Kumar from 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

Salute to our jawans!

Colonel R D Singh (Retd)

The massive rescue and relief operations launched by army and air force in Uttarakhand and Himachal Pradesh, in the wake of flash floods, rains, and land slides, in which hundreds of people have died, has reinforced the faith of the people in the humane face of our men in uniform. Operation SURYAHOPE (Army), and Operation Rahat (Airforce), involving nearly 10,000 troops, dozens of air crafts and helicopters, engineer equipment, logistics infrastructure etc, have saved hundreds of precious lives, and are continuing to do so. It is these dedicated soldiers,



about ecology and environment care, resorting to mindless deforestation, unplanned construction of buildings, ignoring eco-sensitive areas, race for hydel projects, blocking water channels etc. Then, neither the Met Department gives stern warnings (only general warnings), nor are weather forecasting and dissemination of information streamlined for action. Are the central and state govts listening, please?

It is surprising that despite 65 years of our independence the civil administration, is still not geared up to face these challenges. It raises its hands, and finally it is the army which comes to the rescue of people. The services have proved

to be a saviour of the people, every time when faced with a disaster situation. From rescue operations to providing all the medical facilities, to clearing the debris to building bridges to flying in relief materials - it is these valiant people in olive greens and blue (Air Force) who turn out to messias of the people in need. Asimilar operation was carried out by army, supported by air force, in Leh and areas around, in August 2010, when the town was devastated by a cloud burst. It not only saved lives, but helped in rebuilding the town, including the 'Rancho' school at Choglamsar, patronised by Aamir Khan remember the film (Three Idiots).

Lets salute the soldiers who protect us not only at the borders, but also provide succor during disasters and natural calamities. On our part, we can't fight nature. But we can definitely join hands to help those in distress. And those of us who have still not thought of helping the Uttarakhand victims, lets do so now. Lets contribute in thought and action. Whatever we can donate in cash or kind, or even a unit of our blood, we should do so to help our fellow beings. The 'abode of God' can not afford to be left in ruins.

One point needs to be re-emphasized at the cost of repetition - we refuse to learn our lessons, despite suffering from such tragedies, and natural calamities, every year. We live from crisis to crisis. Our disaster management plans are still inadequate, and ill prepared. We still do not bother seriously

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