

**THIS WEEK FOR YOU**

20TH NOV TO 26TH NOV 2022

**ARIES** : Individuals with Aries signs should be likely to have a busy week in terms of professional life. Your work performance may enhance this week. You should not take up new projects before completing the previous ones. However, you may need more time to perform analysis on your current tasks. You may need a practical method to determine the deadline for these projects. In this process, you may discover your managing skills. As far as your health factor is concerned, this phase is all about taking better care of your body. You should allow your body to take rest and be regular at getting your routine check-up. Elders may face challenges related to digestion. You should develop good eating habits and have nutritious food. Yoga and meditation can help you to maintain a healthy lifestyle. Otherwise, you may have medical expenses to meet.

**TAURUS** : In the coming days, Taurus natives may have fresh energy to achieve their life goals. This could be because of transiting Venus, which may affect major areas of your life. For Taurus natives, Venus will be transiting into the 4th house, which means that you may need to take care of your mother, land, and properties. Also, this transition of Venus may create minor health issues. Hence, you may need to be attentive to your health. Or else, you may have health problems and you may need to rush to the hospital. You may need to follow strict diets and exercise religiously. This may make a lot of difference and you may find it is easier to accomplish things when you are healthy. Horoscope further reveals that there would be several ups and downs. The occurrence of these roller coaster rides may depend on the planetary positions in your chart.

**GEMINI** : The coming week may go well for individuals with the Gemini sign. Those who are facing any health issues, you may see some improvements. This may help you maintain your well-being and if you continue this, it would be very beneficial in the long run. Consuming healthy and nutritious food, exercises and yoga may give a stable foundation, both mentally and physically. To get the desired outcome professionally, you may have to work through the process intensively. You should maintain work-life balance and at the same time keep contributing to overall professional growth and development. Those who are planning to buy a new house, research well and then decide to invest money into it. Verification related to the plots or flats may help you to use your money wisely. If possible refrain from making any major decisions regarding land and property this week. Waiting for a favourable time may prove to be a good move.

**CANCER** : This week, Cancer individuals may have a favourable week as far as their relationship is concerned. Your prospects for love may improve, which may give you a sense of pleasantness. You would be strong, sincere, steadfast, and practical in your approach. During this time, you may improve your management skills to tackle professional life issues. In your personal relationships, your ability to be mindful and kind may come to your aid. You may see the fruits of the support you gave to others. Be in tune with your insights and follow them diligently. However, you should refrain from stubbornness and accept the other's decision. This may widen up your own perspectives about certain things in life.

**LEO** : Individuals who are holding the Leo sign are likely to face challenges in their marriage life. Those who are willing to get married may need to postpone the wedding dates. Or some of you may have marriage delays this week. Married natives may have time to build long-lasting relations with their life partners. Regarding your professional life, job seekers may receive a suitable job offer from big companies. Your efforts to get a new job prospect may bring positive results. It seems to be a productive and satisfactory week for lawyers and other legal professionals. In terms of investments, this would be a perfect time for those of you who are associated with the share market. However, be well-informed and take calculative steps in order to have financial gains. There are chances of hitting a lottery, as well.

**VIRGO** : Those natives carrying the Virgo sign may need efforts going to the new week. Professional workers tend to have a busy schedule and can expect more responsibilities at their offices. Natives who are running their own businesses may find more challenges. However, you may find a stable income, which could be the result of your hard works. Also, you need more effort to impress your clients. People associated with real estate businesses are likely to meet their expectations. Planetary transits indicate that you may carry good fortune these days. Working individuals may need to deal with unexpected obstacles popping up in the mid-week.

**LIBRA** : Individuals who are associated with the Libra sign may have a perfect week ahead. Your hard work may turn into rewards, especially for those who are pursuing higher education. Aspirants who are appearing for competitive exams may get positive results. Business owners representing the Libra sign may expand their business with new strategies. You would be able to attract more clients in the coming days. In the mid-week, you may get more opportunities to boost your business. On the financial front, you may have a better time to make significant decisions about your financial matters. Lovers are likely to remain concerned with matters of a love relationship. You can expect the same amount of love and support from your partner. The latter part of this week may bring stability gradually. But, you may have to deal with the mental stress. You may feel tired and bored of your day to day activities.

**SCORPIO** : For Scorpio-bound natives, next week is likely to give you mixed results. You would be keen to chase your life goals. This could be possible due to the upcoming planetary transits. You are likely to be broad-minded, adjusting, expansive, and optimistic in approach. These qualities of yours may aid you to cope up with life challenges. In regards to your personal life, you may have arguments with your relatives and this may cause an imbalance in your family relations. You may find interest in spiritual activities. Therefore, you may perform all kinds of religious activities. Those who are planning to make a religious trip may get planetary assistance. You may have a wonderful trip with your family members. Students representing the Scorpio sign are advised to cut off their playtime. This is a week where you may need to pay attention to your studies.

**SAGITTARIUS** : Stepping into a new week, Sagittarius natives may have a profitable week ahead. You would be on your toes to accomplish your travelling goals. You may decide to go on a vacation with your family members. Some of you may organize religious trips to nearby places. Business owners may make a trip to sign contracts with their new partners. You may impress more clients with your newly developed strategies. Those Sagittarius natives who are applying for a new job might not meet success this week. They should just bide their time and wait till opportunities come knocking. Sagittarius entrepreneurs should act with caution as they may get into trouble these days. You may need to check twice before signing any important documents.

**CAPRICORN** : Capricorn born natives may need to be careful in their personal life. There could be arguments or minor conflicts in your family matter. Those who have planned a trip this week may get delayed. This could be because of misunderstandings between you and your loved ones. So, you may need to respect the decisions of others. Otherwise, there could be communication gaps. In the latter part of a week, you may improve relations with them. Freshers who started new jobs may develop new contacts. You may take more time to settle at the workplace. You may put your new ideas into action. You may find a rise in career growth. You may remain active in social life and support charity organisations. During this phase, you may be able to form a strong personality.

**AQUARIUS** : Individuals with the Aquarius sign may need utmost care regarding their health. You need to be attentive to your health this week. Elders who are representing the Aquarius sign may need help from their physician. Children are advised not to eat outside food, or else they may fall sick. During this week, you are likely to take an interest in performing meditation and yoga for achieving mental peace. Lovers with the Aquarius sign may find their new love. You two may have a mutual understanding to develop a harmonious relationship. You may spend intimate time with your romantic partner. In your personal life, you may need to respect the decision of your elders. Students who are pursuing higher studies may ask their parent's advice to choose an educational stream.

**PISCES** : Pisces born individuals are likely to carry a good fortune next week. This could be because of Jupiter's divine blessings. Auspicious Jupiter may help you develop intellectual skills. You may increase your knowledge to expand your career growth. Job professionals may get help in dealing with challenges due to the transiting Jupiter. On the other hand, the Moon indicates that you may need more research and effort to complete your ongoing tasks. Working individuals may see more responsibilities on their shoulders as they are likely to receive new assignments.



**HERITAGE**

**Queen Didda's coins**

Iqbal Ahmad

In the ancient times there have been very few such women rulers who have been able to struck money in their name. The Roman and Greek princes have been first to issue their coins and place their names with their respective busts on their coins. Archaeologists have discovered hoards of such coins from the lands of the then vast ancient Roman and Greek empires. These coins are housed in various museums and numismatic collections of European and Asian countries, in fact several of such coins have also been found from the southern and northern lands of India. Most of these coins have also been studied and are recorded in the numismatic literatures. I have myself studied several of the Greek and Roman coins in SPS museum at Srinagar, which included the coins of Faustina I and Julia Mamaea, the Roman princess.

Annia Galeria Faustina ruled the ancient Roman Empire during (161-180 AD). She is recorded as the first Roman queen to have issued coins in her name. She in the ancient Roman accounts is recorded the daughter of Roman Emperor Antoninus Pius and Roman Empress Faustina the Elder. She was a Roman Empress and wife to her maternal cousin Roman Emperor Marcus Aurelius. She was held in high esteem by soldiers and her own husband as Augusta and mater Castrorum ('Mother of the Camp') and was given divine honors after her death. She is known to have issued coins in her name.



Obverse: - Draped bust right; legend partly visible  
Reverse: - standing figure Ceres standing left holding grain ears and long torch; SC in ex.

**JULIA MAMAEA**

Julia Avita Mamaea or Julia Mamaea was another Roman Queen who has struck his money. She is recorded as basically a Syrian noble woman and a Roman empress of the Severan dynasty. She was the mother of Roman emperor Alexander Severus and remained one of his chief advisors throughout his reign. She was killed in 235 by rebel soldiers along with her son. Following is the description of her coin



Obverse: - Diademed and draped bust right; IVLIA MAMAEA AVGVSTA  
Reverse: - seated figure identified as Juno seated left, holding a flower and a baby in swaddling clothes; IVNO AVGVSTAE. SC in exergue

Similarly several Greek princes who included Agathocles have also issued their coins. Their coins have also been found and these days have become the zenith of several museums and other numismatic collections

In our local Kashmir traditions, Queen Didda was the first Kashmir Queen who had issued coins in her name. She is known to our history as Queen Didda. She is learnt to have ruled in 10th century AD and is more popularly known as Didda Rani.

She is recorded to have ascended the Kashmir throne in 981 AD and continued up to 1003 AD. She is widely known for her political and social achievements. She was daughter of one Lahura Raja Sinharaja and is recorded as married to one Kashmiri Raja Ksemagupta. Ksemagupta is said to have plundered the famous Jayinvar vihar and used its molten brass of Buddha image in

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costing of images for his own temple. The husband's radical policies had no influence on her wife. The eventual rule of Didda is marked by glorious constructions. She was a secular ruler and treated her all subjects alike.

Besides founding several Vishnu Temples, she is said to have built a number of Buddhist Shrines. On the bank of Jehlum, Prof S L Shali writes, 'she kept alive the old tradition of patronage to Buddhists; she built monasteries or Mathas and a Vihar for the abode of Kashmir students and foreign travelers'. Although all of his foundations could not be identified still, her two famous Buddhist Mathas are well identified.

The most glaring evidence is of a Matha, known after her as 'Didda Matha'. It is believed to have been built at present day Diddamar, situated on the Right bank of river Jehlum near seventh bridge.

Didda had proved a successful Queen who remained to the last in possession of the Kashmir throne. She is also known as the first Kashmiri queen who struck coins in her name. She has got two series of coins at her credit one issued with her husband's name bear the legend 'Di-Kshemagupta' and other in her



Obverse: - seated figure in a crude posture with legend in Sharda as word Sri on left and Didda to right  
Reverse: - standing figure in a crude posture

own name have provided space to her name as 'Didda. Her coins are known in copper with legends in sharda which reads her name.

Didda has been the most successful queen of this land who is well mentioned in the chronicles. A number of ancient copper coins of Didda have been found in different villages and towns of Kashmir. On her coins she had displayed the motif of standing king on obverse and seated goddess on reverse. Several of her coins are learnt to have been preserved in SPS museum at Lal-mandi Srinagar, Didda was not any outsider. She was a Kashmiri lady who became the first queen of this land. She is recorded to have enriched the Buddhist traditions of this land, her works and achievements as a Kashmiri queen are mentioned in the historical accounts of this land in its greater lengths.

Obverse: - seated figure in a crude posture with legend in Sharda as word Sri on left and Didda to right.  
Reverse: - standing figure in a crude posture

**Scholarship Alert**

Scholarship Name 1:	Credit Suisse Scholarship for MBA and MA (Economics) Students 2022
Description:	Buddy4Study invites applications from students enrolled in MBA/MA (Economics) courses in selected institutions. The scholarship aims to provide the necessary financial support which can help qualified candidates bridge the gap between the cost of the program fees and their ability to pay the fee.
Eligibility:	Applicants must be enrolled in MBA/MA (Economics) programs at one of the designated institutions. They must have passed Class 12 or Graduation and scored at least 60% marks or above. Demonstrate significant financial need, defined as family income less than or equal to INR 500,000 per annum (subject to verification by Buddy4Study)
Prizes & Rewards:	Up to 80% of total fees or a fixed sum of up to INR 200,000, whichever is lesser
Last Date to Apply:	24-12-2022
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/CSE4
Scholarship Name 2:	Laduma Dhamecha Yuva Scholarship Program 2022
Description:	Laduma Dhamecha Yuva Scholarship Program 2022 aims at motivating meritorious students from financially weaker families and helping them in pursuing engineering and medical studies.
Eligibility:	The scholarship is open for students from Ahmedabad, Mumbai, Bengaluru and Delhi NCR who have successfully passed Class 10/Class 12 examination with a minimum of 85% marks. Applicants must be pursuing JEE/NEET coaching after Class 10 or first-year engineering/MBBS program. Annual family income of applicants must not be more than INR 3,00,000 from all sources.
Prizes & Rewards:	INR 50,000 per year
Last Date to Apply:	30-11-2022
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/YUUS1
Scholarship Name 3:	Kotak Kanya Scholarship 2022
Description:	Under the CSR Project on Education & Livelihood of Kotak Mahindra Group Companies, Kotak Education Foundation invites applications for Kotak Kanya Scholarship 2022 from Class 12th passed girl students, who have secured more than 75% and whose annual family income is less than or equivalent to INR 3,20,000. The scholarship aims to help meritorious girl students from underprivileged sections of society to pursue professional graduation courses from acclaimed universities and colleges.
Eligibility:	Meritorious girl students who have secured admission to 1st year graduation programmes in professional courses from institutes of repute (NAAC/NIRF accredited) can apply. Professional courses include professional graduation courses like Engineering, MBBS, Architecture, Design, Integrated LLB, etc. Applicants must have scored more than 75% marks in their Class 12th board examinations. Annual family income must be INR 3,20,000 or less from all sources.
Prizes & Rewards:	Up to INR 1.5 lakh* per year
*Disclaimer: Please note, the renewal of the scholarship every year will be at the sole discretion of the	Kotak Education Foundation
Last Date to Apply:	30-11-2022
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/KKGS12

**INNER VOICE THOUGHTS**

The flowing brook  
Gave me the chance to see  
Myriads of spectrums  
As if my dreams fulfilled  
Without repentance.  
Flower bowers,  
Vibrant hue,  
Roses bloomed,  
Serenic view.

Delightful delicacies  
And surprises  
No matter the sun  
Sets or rises  
Are all these illusions?  
Or you came?  
Alka Sharma  
Rehari Colony

**MENTAL HEALTH**

Intrusive thoughts have taken an asylum inside,  
They come and they go like a pride.  
Life's turning into a series of cloak and dagger,  
And I feel lack of communication acts like a bragger.  
Rumination is leading to seclusion,  
But I know darkness is not the conclusion.  
Why the term like Mental illness is often disdained and hare-brained?  
when the subject can actually be explained.  
Mental health matters !!

Manisha Charak  
Jammu University

**THE TIES OF PURITY**

Sometimes we fall and sometimes we stand  
Sometimes we are happy sometimes we are sad  
People around us change constantly  
But some are the constants who find a way in worst nightmares  
They are the family  
Who accept you the way you are with no more changes,  
No more touchups  
Yes they are the family  
The ties of purity  
The deepest ocean of love  
The trees of strength  
When you need their help  
They will go to any length  
What wonderful blessings they are  
From God above  
They are the family  
The ties of purity

Manya Sharma

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**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.

- From Kiran Kanchan to all: "Some people dream of success, while other people get up every morning and make it happen".
- To all from Sanjay Dhar: "For every reason it's not possible, there are hundreds of people who have faced the same circumstances and succeeded".
- To all from Sudershan Puri: "Life isn't about finding yourself. Life is about creating yourself".
- From K K Gupta to all: "Leaders are anticipatory thinkers. They consider all consequences of their behaviors before they act".
- From Rishab Raina all: "Creativity is intelligence having fun".
- From Abhi Jandial to all: "Knowing is not enough; we must apply. Wishing is not enough; we must do".
- To all from Dheeraj Kumar: "Creativity is thinking up new things. Innovation is doing new things".
- From Anju Gupta to all: "The secret of change is to focus all of your energy, not on fighting the old, but building on the new".
- To all from Riya Verma: "When the winds of change blow, some people build walls and others build windmills".
- To all from Sonika Gupta: "The best way to predict the future is to create it".

**BEST MESSAGE**

The award of rupees 300 for this week's best message has gone to RUCHIKA GUPTA, R/o H:NO: 23A, SEC-12, NANAK NAGAR JAMMU, CONTACT:9796424832 for the message "Confusion is a word we have invented for an order that is not yet understood".

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