

## THIS WEEK FOR YOU

5TH FEB TO 11TH FEB 2023

**ARIES** : Moon and Ketu's motion in your horoscope advises you to have confidence and patience in your professional and personal life. The week brings good news for singles. They might receive surprise marriage offers. Individuals may also get a love mate of their choice while some natives might connect with their old flames. Long-term investments might provide some returns with Saturn's blessings. With the movement of the Moon and Mars, you would be able to overcome financial and debt-related troubles in the second phase of this week. You might face health problems because of climatic changes or changes in location that may affect your overall health. If you are planning a long trip, keep a handy first-aid box with you. Try to communicate clearly with your business associate to avoid misunderstandings that might lead to conflict. A good attitude and patience are the keys to achieving desired results for students this week.

**TAURUS** : The movement of Saturn and Sun this week suggests that your spouse could be more open and relaxed with you if you would give some privacy and freedom in married life. You may get the expected outcomes in your career as hinted by the transit of planets. You should pay more heed to your relationships and health matters. You should make an effort to be in a cheerful and pleasant atmosphere and pay attention to your thought process which could lead to health concerns due to depression. They might be an opportunity to acquire a new job and you also may get a promotion. Business-related people might have to face sudden payments or sudden financial losses. School students could make new friendships and parents might pressurize them as implied by the Sun movement. There would be profits earned from investments made earlier under the influence of Saturn. You would have favourable luck in matters of money and finance and you might get a chance to make a profitable amount from your travels because of Mars and Jupiter. Education regarding courses of short duration and new skills learning might involve expenses for students. This week, in general, would boost the issue of education in school and acquiring new skills.

**GEMINI** : Communication and commitment are going to be the keyword for you this week. Small distance travelling might be related to work. Sports students are going to perform well and also get expected rank in their examination as indicated by Moon. The Moon and Ketu movement might give unnecessary pressure and stress that might affect your health. Saturn might give a sudden workload. The last paths of this week might give some hurdles and tough relationships with your boss so it would be good to avoid any kind of argument with them. Communication or mass media-related work might give you job opportunities and promotions. Some of you might plan to get married as indicated by Moon and Mars. The planetary alignment might give aggression and impatience which might affect your love and marital life. Giving gifts and a small date with your loved partner might fix the negative influence of Rahu - Ketu for this week. Thus be sure on how you handle things. Keep the positivity and proceed forward in your relationship. Remember things might go well only if you handle things positively.

**CANCER** : As the Moon has suggested this week, there are opportunities to cut costs. On the other hand, the week's end may bring about family- and home-related expenses that weren't budgeted for. It is possible to incur costs due to long-distance travel. The purchase of a new car may be a major expense for some people. The state of one's partner's health is another potential source of strain in a marriage. Those in long-distance relationships may experience increased stress, which can have negative effects on their health. It would be convenient to be able to contact one another and send one another messages or presents. There is a possibility that your job might require you to travel for relatively short distances. Some of the most significant office events can take place there, including presentations and meetings. Conflict with superiors at work may result from a conjunction of Saturn and Mercury. Stay out of fights and learn to accept criticism so you can improve. This week, the sun might be shining especially brightly on you if you have upcoming medical tests to take. The planetary alignment in your favour if you are pursuing higher education or conducting more advanced type research.

**LEO**: Writing related careers or publishing businesses may give good financial returns this week. There's also a chance for financial expenditure on small celebrations or get-togethers with your in-laws. This week Mars suggests you avoid making any hasty decisions while making any major investment in the business. The conjunction of Sun and Mercury can give you new deals based on your profession. With a little delay, Saturn and Venus conjunction can give you expected success. Stick to your daily schedule and be consistent with your self-study. Students are suggested to clear out all of their pending study work and put all of the subjects that they haven't taken seriously into practice. Due to the transit of Saturn and Venus, you may get an unexpected relationship proposal. Before taking any major steps, it is essential to give some space to your love life. Pregnant women should take extra care of their health and strive to surround themselves with positive people.

**VIRGO** : This week is dedicated to analysis and problem-solving. You must improve your thinking. You may overcome the problems this week by adopting a positive outlook. Because of your workload, you shouldn't neglect your daily routine and health, according to the movement of the planets. There will be communication with your ex-partner. There might be a dating proposition from an old buddy. Students can benefit from their diligence and focus. To avoid legal issues, take care of any tax-related difficulties. There will be costs associated with grooming and investing in oneself. Traveling may incur costs. There could be long-distance travel or a journey abroad. This week's business-related investments will be successful. There will be conversations with various folks at work. You'll be given a new job duty. Aggression can result in excessive stress and mental agitation, which can have negative effects on your health.

**LIBRA**: This week would be a wonderful phase for your love life and relationship. While there may be certain ups and downs, remember that these obstacles will only make you wiser and stronger this week. The monetary investments you make during this week will yield benefits in the future. This time will bring progress in your career. This specific week may remain hopeful for your career growth. If you are in business, you are likely to find some good opportunities for growth and gain. You will flourish in your studies during this week. This may be a good time for learning new skills. Mood swings and irritation, even in small or tiny issues, will be felt and that might cause some health issues this week.

**SCORPIO** : Your romantic life will be quiet till the middle of this week. As the week unfolds, you will have the opportunity to fine-tune your approach to love matters. Singles looking for a love relationship will have a difficult time. This week will be fantastic for your cash. Things could get better after the middle of this week. This week will present you with numerous options to strengthen your financial position, and your income is likely to skyrocket. This week does not look promising for your career. Your employment will be fraught with uncertainty and ambiguity. The movement of the planets around the weekend implies a good time for business. A big-ticket deal can be struck around the weekend for a businessperson. Planets appear to be interfering with your study. As a result, academics do not imply a successful period. Students will have to work hard in order to succeed. This week is not looking good for your health. It is up to you to look after your health because the stars are not very helpful. Unlucky food may also contribute to the situation and result in a health problem.

**SAGITTARIUS** : This week will be filled with love for you since you will be blessed by the planets. Singles seeking love relationships will be able to find them this weekend. This week will bring you financial success. Fiscal growth will be high, allowing you to set lofty goals that you are likely to meet with minimal effort. This week will be significant for you since you will be presented with numerous career options. Business owners may also find fantastic prospects to expand their operations. This week will be fantastic for your schooling because the stars are aligned in your favor and blessing you. Your mentors and parents may also complement your performance. The week may provide you with vitality and dynamism. This week, planetary influences will be primarily in your favor, thus your health should improve.

**CAPRICORN**: During this week, you prefer to rely on your pals to supply you with a sense of calm. Around the middle of this week, several aspects of your life are bound to get troublesome. For singles, the weekend appears to be a good time to start a new relationship. The influence of the stars will continue to be good in your financial issues. This week, your finances should be quite stable. The finest purchases will be tied to the property or real estate in some way. The week may begin with some degree of uncertainty in terms of career and business. If you want to be successful at work this week, you must work as a team. During the week, you may have numerous opportunities to learn new skills. There will be a wide range of information and mental stimulation. Overall, your educational prospects are going to improve this week. Strong planetary support may assist you in keeping your health. However, your casual attitude may produce issues.

**AQUARIUS** : This is an excellent week to meet to resolve a disagreement in your relationship. Be diplomatic in your approach, and you should have all resolved before the end of the week. This week may put your money management skills to the test. Even if you know how to handle your money and make it work for you, unanticipated problems may put your talents and patience to the test. There may be additional obligations, and you may face some stressful situations at work. You will, nevertheless, be experiencing and dealing with confidence. If you own a business, this could be a good moment to establish new plans or strategies for expansion. This week's stars imply that students in higher education may have variable results. You may be conflicted about your research. There is a chance of getting a fever or a water-borne sickness. You can also feel emotionally and physically exhausted. Planetary changes will begin to turn in the middle of the week, and your health will progressively improve.

**PISCES**: Opportunities to woo your loved ones into your romantic life will abound during this time. Singles may use this opportunity to make a proposal. Your financial chances might improve this week as a result of your positive preparation. However, you may need to embrace new difficulties because the planets might not make it easy for you to achieve your goals. This week will be a turning point in your professional life. It's likely that you may improve your standing at work. Here, planetary movement seems to offer businesspeople somewhat average outcomes. There may be some delays in some of the efforts to court high-value clients for important deals. This week may be advantageous for learning new skills, a diversity of disciplines, and mental challenges. This week may be advantageous for learning new skills, a wide range of subjects, and cerebral stimulation. If there are any illnesses or problems, they might get better this week. You may feel better and be more likely to maintain your health.



## SOCIETY

# Studying another face of PADDAR

Mandeep Chauhan

*Among all the human tendencies, to know what is true and clarity of thought has always been a top priority and most rewarding to human intellect. A conundrum to a layman that from a surrounding environment, daily comes in terms with, and still oblivious of the veracity, is most distressing. A conundrum soothes to linguists' only.*

Similarly, the gestation of the word 'Paddar' qualifies all the provisions of a conundrum and has given birth to numerous theories espoused by respective researchers and men of wisdom from the nativity, suggesting variegated connotations to the origin of the word 'Paddar'. These obscure origins & complicated developments have put in motion the aspiring minds from the region to settle at a common theory but as Albert Einstein had said that one thing is different for different people, it is still in debate and recapitulating the '500 Paddar Theory', Paa Theory, Paddar Theory (associated with Buddhists) Paddh Theory etc. which holds capacity to answer the questions e.g Who was/were the first Paddari/es? Which was the first among hamlets? How Kodo Millet (Ragi) became the most preferred staple food? But this article will not touch upon any of the aforementioned theories. It will deal with question e.g How a deserted area which was abundant of natural resources was made compatibly habitable combatting natural hazards? Who were attracted first? What attracted them to stay here for the rest of their life? Was this stay a temporary? It will not acknowledge all the questions and intended to brim more inquests into your mind. Domestication and habitation, both the phenomenon have set up a populous Paddar. Humans came here as a forager and panned out as a community.

**Domestication of foragers:-** "We did not domesticate wheat. It domesticated us"

These are the remarks of an Israeli Author and Historian Prof. Yuval Noah Harari. In context to this, 'Foraging in Paddar' can be an antidote to settle the issue, the habitation of the region due to migrations versus domestication of foragers, at rest. Unfortunately, no anthropological and archaeological surveys have been conducted on the historical remnants in any part of the region. The role of native species, vegetables, and other staples like Kichrorrdh (fiddlehead) Pabeyrd, Dhanrshag (which itself has an interesting story to be narrated) Yauw etc., are almost nonexistent, can not be denied. In case of Paddar 'Pabeyrd and Dhanrshag were used by foragers during their initial visits to Paddar as both these wild plants still can not be grown in fields and are mainly found in hilly areas, then and now. During famines in Paddar when the weather was not suitable for crop cultivation due to untimely snow or rain or occurrence of some natural catastrophe, bringing to naught the crop, so people used to store Pabeyrd, Dhanrshag for eventuality. These wild plants were used by foragers for their survival during famines especially in winters. Political turbulences throughout the country had made people uncertain about their life and hence in order to avoid conflicts, ensure security and survival they decided to settle at locations which were far, beyond the reach of political turmoil affecting them.

**Habitation by foragers:-** This story, is from before Paddar became Paddar, was happening at the time when Paddar was a barren land and



humans were not visible far and wide here. Isn't it interesting, how some wild plants and vegetables attracted some nomads and gave them the doggage to live? Now, it was a period when these foragers were settling themselves to countenance nature's every devastating blow, calculated seasons and ended up farming. This was the time when the foragers were enthusiastic about the lush green meadows, forests, new herbs, shrubs and gutsy about inhabiting the region. Foragers were mainly the herdsmen of ethnic group Gujjar and Bakarwal. The major hilly pasture lands are still registered in the name of these ethnic group. They still come along with their domesticated livestock during summer but they are hardly left with any genesis in Paddar. The foragers had had started observing the climatic conditions conducive to farming. Later on, people across the Northern Belt reached here through Himachal route. Ancestors from the region evidences migrations from Ladakh, Himachal & Kumaon of Utranchal Area and it can be true because we share some phonological, semantic and phonetical commonalities. This is how the foundation stone of today's Paddar was being laid. All thanks to their habitation.

**Conclusion:** As it has already been researched that Paddar is not a recent origin. Its origin is traced back to Mahabharata times. Those who are unaware of the geography of the region must know that it has a very feeble cultural propinquity with Kishitwar and Bhaderwah because there were no track for movement to adjoining regions at that point of time. It is believed that they were foragers from Himachal & Ladakh who made Paddar their stopover. The culture and cuisines are not distinct, is ample to prove it. Kodo Millet or Koda is a staple food of Himachal and it is extensively used in Paddar till now. Fiddlehead (lingad in Himachal and Kichrorrdh in Paddar), Dhanrshag and Yauw etc. These wild edibles were available to herdsmen. These grow in craggy jungles and alpine only. So, apart from all the established theories this is also a face of Paddar. A major front of Paddar is recodite, esoteric and need to be garnered with a detailed dug up. Unfortunately post modernisms' advent have made people to loose touch with their ethnic pest.

(The author is a Student of English Literature from Jammu University)

## INNER VOICE

### FEAR

Four letter word fear, when catches up with us, Makes it difficult to think and focus, It makes us shiver, takes away our ability to think, And won't let our mind relax and our eyes blink. Fear is of different types and nature, Like fear about uncertainty in the future, Each of us have an ability to achieve things, To fly in the sky with our wings, The never ending pit that our fears dig, To put us in and stops us from playing big, Failure is the only thing that fear gives, Happy are the people, without fear who lives. Our energy, our dreams are what it robs,

Flinging us back and forth into our confort zones is one of its jobs, With us, horrible dreams that our imagination binds, Are fictional occurrences taking shapes in our minds, We should enjoy the present moment and cheer, If we were rooted in reality, there would be no fear, Fear makes our life a place that is empty and void, We should decide whether we are here to live our life or to avoid, **Digvijay Singh Billawaria**

### HALF-VOICE

Like a farmer, I try to grow my words as crop In the barren land of paper, Like a gardener, I water my word-pot, With my half-voice, My twenty five years have been shed From the tree of hope Hoping one day I too could speak Likewise my other friends do. I've lost my twenty years without filling voice in my words Is there any mathematician who can calculate How long it will take for my words to have their own voice? How long it will take for my voice to recite my own words? Rain often comes to my roof

telling me to flood my words in paper Wind often sits on my window telling me to fly my words Even beyond the reach of great voices Moon had once disclosed her secret with me That even has some blackspots on her Sun also told me once that even She does not remain equally bright through out the night. At last Nature came to my door suggesting me To treat my 'Half-Voice' as virtue And try to be a stammerer who will complete His half voice with is own words. **Abhishek Jandial**

### FEAR NOT UNKNOWN

Fear not unknown, We reap only what is sown; What you awe unsurpassable May be easier than possible, Worry not for mountain is high, Heave no heavy sigh; Did not General Lee say, try, try and till you succeed try, To difficulties thus you can say good bye. First step must to take, How can you walk unless awake; Slow and steady wins the race, Dignified posture lends you grace. To do your part must, Idle machines soon bear rust; Do not leave today's for tomorrow, Lending and borrowing end in sorrow. **Kulbhushan Gupta**

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## Scholarship Alert

Scholarship Name 1:	NETAPS Foundation - Lead Generation Executive Internship 2023
Description:	NETAPS Foundation - Lead Generation Executive Internship 2023 is an internship opportunity offered by NETAPS Foundation [a leading consulting and service-based company where are providing educational services (domestic and overseas)] via the All India Council for Technical Education (AICTE) internship portal to graduate students.
Eligibility:	Open for graduate students with relevant skills and interests. The applicants must be available for a duration of 6 months.
Prizes & Rewards:	INR 10,000 per month and other benefits
Last Date to Apply:	31-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/TASD4
Scholarship Name 2:	Keep India Smiling Foundational Scholarship & Mentorship Programme 2022-23
Description:	Colgate-Palmolive (India) Ltd. is giving young students an opportunity to pursue their academic/career aspirations by providing them with scholarships for education. This scholarship program aims to provide foundational support to individuals, who are deserving and meritorious but may lack the resources to pursue their dreams.
Eligibility:	Students who have passed Class 10 with at least 75% marks or Class 12 with at least 60% marks in 2022 board exams are eligible to apply for the scholarship program for pursuing their higher secondary, 3-year graduation, and 4-year BDS Dental course. Annual family income of all applicants must be less than INR 5 Lakhs per annum.
Prizes & Rewards:	Selected scholars can avail of scholarship awards of up to INR 50,000 per year for up to 4 years of studies depending on their current level of education.
Last Date to Apply:	31-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/KISF6
Scholarship Name 3:	Saksham Scholarship Program for Drivers' Children
Description:	Mahindra Finance invites applications for the 'Saksham Scholarship Program for Drivers' Children' from students belonging to Andhra Pradesh, Tamil Nadu, Kerala, and Telangana. The scholarship is meant to support underprivileged and meritorious children of drivers (all light motor vehicles and small commercial vehicles such as Taxi, Jeep, Car & delivery vans such as Pickup, magic, school van etc) holding a valid driving license who are studying in Class 1 to postgraduation level
Eligibility:	The applicants must be currently studying at Class 1 to post-graduation level in the states of Andhra Pradesh, Tamil Nadu, Kerala, and Telangana. Applicants who are pursuing studies from Class 9 onwards must have scored 60% or more marks in the previous final examination. The annual family income of the applicant from all sources must not be more than INR 4,00,000.
Prizes & Rewards:	Scholarship ranging from INR 5,000 to INR 20,000 for 1 year
Last Date to Apply:	28-02-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/SKSP1

## CIPHER DECIPHER

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

- To all from Sohail Bhat : "If you want to be a writer, you must do two things above all others: read a lot and write a lot".
- From Devinder Sareen to all: "The most valuable of all talents is that of never using two words when one will do".
- From K K Gupta to all: "It is perfectly okay to write garbage as long as you edit brilliantly".
- From Avni Gupta to all: "If you have no critics, you'll likely have no success".
- From Ramita Gupta to all: "Words are our most inexhaustible source of magic".
- From Sunil Thakur to all: "Friendship is never anything but sharing".
- From Vikas Kumar to all: "When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love".
- From Charu Mahajan to all: "Other things may change us, but we start and end with the family".
- From Rajeshwar Thakur to all: "Every day, do something that will inch you closer to a better tomorrow".
- From to all Rohit Sharma: "Friendship is the hardest thing in the world to explain".

## BEST MESSAGE

The award of rupees 300 for this week's best message has gone to ALMAS KHAN, D/o RAHAT YASIN, R/o RAMZANPURA, JANIPUR, JAMMU-180007, CONTACT: 9596732062 for the message "Life is too short to wake up with regrets".

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