

**THIS WEEK FOR YOU**

12TH FEB TO 18TH FEB 2023

**ARIES** : Aries natives are required to maintain a balance between emotional and practical approaches. The transition of the Sun, Moon and Saturn advises you to remain calm this week. The week is full of ups and downs for people who are in relationships. Avoid disagreements and pointing out each other's mistakes may create rifts among the couples. The week may seem to be bringing opportunities for singles. Some conflicts may arise hence there may be some emotional distance from a love relationship. This week, there may be an unexpected monetary benefit from the close relatives. Some of you may feel the need to invest in mutual funds or the stock market, but the Sun, Mercury, and Saturn transition predict that you should seek professional advice and remain patient before making big investments. Saturn and Sun movements might lead to some conflicts with superiors at work, but you would be able to get beyond those difficulties with your persuasive style and endurance.

**TAURUS** : You would be suggested to remain patient and persistent during this week and you should lower and manage your outrage and aggressive behaviour. There may be some conflict of thoughts due to the Sun and you should be calm and tolerant while taking every decision as advised by Mercury's movement. You might be recommended to stay away from negative thinking and negative remarks because of the influence of Saturn. It would not be beneficial to bring in any modifications to the new business plan for people doing family business and also it would be advisable that each decision should be made patiently. You should avoid thoughts and comments that may be negative to obtain success and persistence would be required by Saturn to achieve the expected win in business. There would be chances of getting a new job and a promotion might happen. The positive energy of the planets may bestow blessings to be successful for people who might be planning to give competitive exams. The preparation and performance of sports-related students could be affected by the transition of Ketu and Rahu so they indicate that health matters should be taken care of.

**GEMINI** : In terms of health, you are advised to avoid digging deep in a past event and also avoid arguments for the past mistakes. This might give protection from stress which might also affect your health this week. Sun and Saturn advises that you need to implement discipline and should strictly follow the time and fulfill your promises. This might help you to get the expected result in your career and also in your relationship. A relationship proposal from a friend might be there. Some of you might get a positive response from your in-laws. Mars advises you to avoid your demanding nature as it might protect you from the marital problem. Mars might give unplanned expenditure in repairing the vehicle and also in renovation. Saturn and Sun movement might give health-related expenditures. This week some of you might get the inclination to learn occult science, meditation or tarot card reading. Research related exams and foreign connections with new people might be there which might open the door to success for you. You just need to keep a positive attitude and things might go well.

**CANCER** : Family and friend spending this week may increase due to gifts and parties. Depending upon Mars in the sky, this could be a good spot to fix up your kitchen or fix up your electronic devices. The interview process may go well opening the door to better financial prospects. Those who are currently single can rest assured that they might meet their soul mate. There is a good chance that you'll run into your ex-partner or that they'll want to start dating again. Don't put all your eggs in the back basket. You should stay out of any dealings that involve family disputes. In some cases, waiting for government aid can be a real problem. All outstanding tasks and projects must be completed this week to ensure you receive no additional work next week. If you put your faith in Venus, she might guide you to act upon your paper. Those of you majoring in visual arts or apparel design might likely be accepted to your preferred university. Priorities for this week should centre on health. It's possible that a lack of physical fitness might prevent some students from achieving their full athletic potential in their academic pursuits.

**LEO** : This week the transit of Jupiter is giving you a hint that you may face financial expenses related to spiritual or foreign travel. Expenditure on your children's education can also be there. This week some of you might crack that interview. You may not get the expected results from your colleagues. There can be some modifications in your business plans, and you may have some unexpected business travel. Try to do self-study and properly analyse your work. You might be interested in learning religious and spiritual-related courses. This week has a good chance of success in research-related employment, which can be fruitful for yoga students and medical students. This week your love life is likely to be a roller coaster ride. Avoid aggression, as it may create problems in your love life. This week children's health can drag your attention. It is necessary to look after one's physiological wellness, which is affected due to stress and arguments.

**VIRGO** : The alignment of Jupiter and the Moon indicates that you may gather with relatives and celebrate. This week, you'll get to spend some quality time with your family. There will be interior change. Friends may make you an offer, but the stars indicate that you shouldn't make a decision hastily. To ensure that this relationship will last, make an effort to get to know one another better. If you need money or financial assistance, the transit of the moon foretells that your family and in-laws will be able to assist you. This week may bring some good news about land and property. A good return will result from a prior investment. Partnership with a business partner that is difficult. Avoid engaging into disputes because doing so could result in losses. A workaholic mindset might lead to poor health. There will be opportunities for growth this week. There will be a philosophical outlook and attitude at work. Your health this week may be impacted by negative ideas.

**LIBRA** : Your positivity is likely to bring happiness in your love life during this week. Your family and friends will also help you this week and hence your life will be on smooth track. There will be a rise in your income during this week. However, you will face unexpected expenses hence you will not be able to accumulate desired wealth. During the major parts of this week, your professional life will remain happy and satisfactory too. Plus, your colleagues and seniors may be cooperative and helpful to you. This week will be moderately good for your studies. You will have to work really hard as there will be number of obstacles blocking your progress. Some health hazards would be there. Try to build your resistance to cope up with some health issues.

**SCORPIO** : Your love life will thrive even if there are no luxuries. Love and understanding will be beneficial, and they can be strengthened and made more appealing. This is an excellent week for singles. This week, singles may meet their soulmates in surprising places. A fantastic month for your finances and investments. Money flow will improve and become more consistent. Some significant financial transactions may have a significant beneficial impact on your financial fortune. The stars may not be shining brightly on your career. You must work extremely hard to obtain your goals. To make the most of this beneficial planetary movement around the weekend, businesspeople must tackle their tasks with a calm mind. Academic prospects do not look promising. During the latter portion, you may receive ample support from your classmates as well as your professors and mentors, resulting in a much more positive environment around you by the conclusion of the week. During the week, your health will be excellent. This week is likely to be better for your health.

**SAGITTARIUS** : Singles are likely to fall in love, according to the stars. Due to some severe disagreements with the elders, your family's affairs will not run smoothly throughout the latter part of this week. Because favorable financial factors will be inactive, there may be some delays and challenges to deal with. Your financial planning may not achieve the anticipated level of success. During this week, your social interactions will assist you in professional development. You will, however, encounter difficulties in making the desired development on your own. This week's horoscope predicts that education will be difficult for you. As a result, you will have to study hard and may have to postpone some of your academic objectives until the stars align in your favor. You should have high physical resistance due to favorable planet aspects. However, health vicissitudes are likely, possibly as a result of some worry and stress during this era.

**CAPRICORN** : This week's astrological alignments may bring stability in present romantic relationships. If you're in a serious committed relationship but haven't married yet, this is an excellent week to do it. The week may begin on a positive note, and you may also have a strong money flow. However, regardless of how much money you make this week, it will be a horrible time to invest in anything other than real estate. This week's stars indicate that your workload will be about ordinary. There will be moments when you must work harder than normal, which might be difficult. The mid-week will be difficult, especially for business folks. This week, you may have some difficulties in your studies as a result of numerous forms of disruptions. You will also be dispersing your efforts across too many items or tasks. As a result, your outcomes may fall short of your expectations. This week's stars will bestow you with good health. At most, you'll have to deal with seasonal effects or the occasional headache and cold.

**AQUARIUS** : You may be concerned about your position in a relationship. Coming clean and speaking from the heart will be your greatest option. Your loved ones' affection and support will help you stay cool and composed. You might have a better chance of making money before you take a step ahead. Understand what you are entering into and what you intend to gain from it. Some disruptions may be causing you ongoing troubles at work. Work to resolve the difficulties through good communication with your elders. If you're in business, your customers will be eager to learn about your new offerings. This week, your concentration and interest in your studies may remain high. You might feel inspired to try something new. This time period could be beneficial to your health and fitness. You may be concerned about your health.

**PISCES** : Your love life may present some challenging challenges. You may need to exercise patience while handling the duties in this situation. Keep your composure; persistence is the secret to victory. Before making any significant financial decisions this week, you may need to exercise some prudence and due diligence. You might make decisions too rapidly in attempt to move forward quickly, which might get you into difficulty. Your career may probably go to gradually become better this week. However, certain difficult obstacles and opposition might continue to annoy you. The choices you make now may have a big impact on how quickly your firm expands. You've entered a crucial time in your education, so you can't afford to be sloppy now. Both for your well-wishers and for yourself, you may need to put in a lot of effort. The majority of this week may be marked by a feeling of freshness. Additionally, you may still have plenty of energy. You're at a pivotal point in your schooling right now, so you can't afford to be careless. You may need to exert a lot of work for both your supporters and for yourself. This week might be largely characterized by a sense of freshness. You may still have an abundance of energy.



**SACRED SPACE**

**Shiv Khori Mela- Unique Symbol of Spirituality**

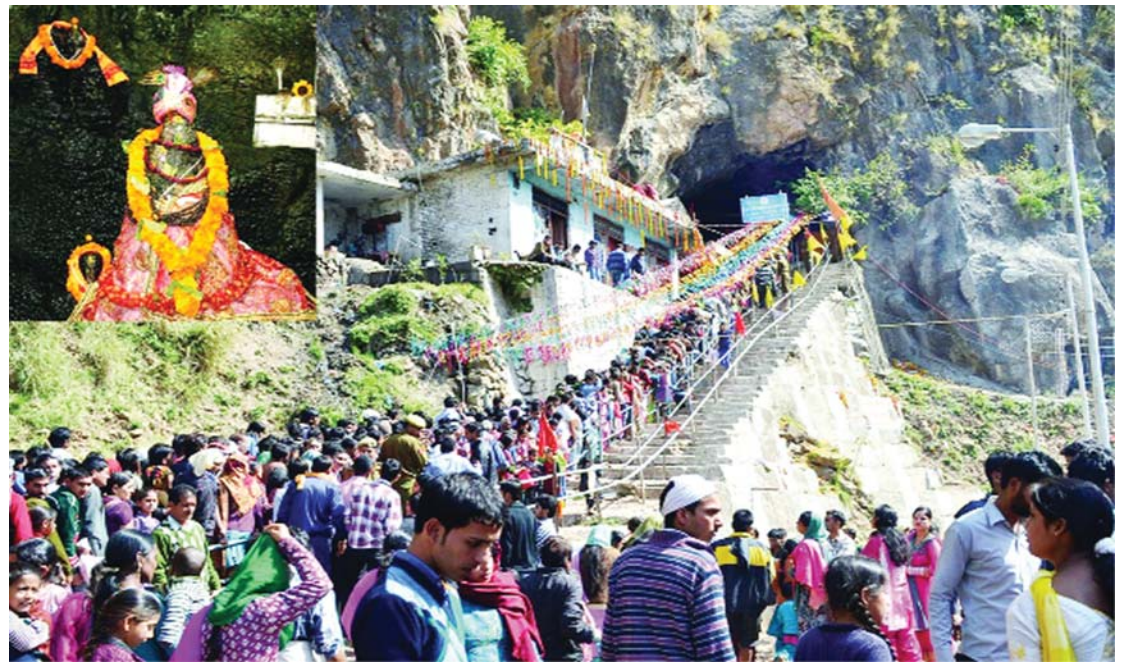
Dr. Banarsi Lal

*Shiv Khori is one of the most important shrines in the Union Territory of J&K which is located in Ransoo village of Pouni block in Reasi district. Ransoo village is located on the Reasi-Rajouri road and is well connected with Katra, Jammu and many other cities of Union Territory of J&K.*

This holy shrine is surrounded by green luscious mountains and is about 3.5 kms away from Ransoo village. This shrine has its own uniqueness and many pilgrims across the globe visit this holy spot every year with full zeal and enthusiasm. The holy cave shrine of Shiv Khori is about 50 kms from Reasi town of Jammu and Kashmir. Many of the pilgrims who pay homage to Shri Vaishno Devi Shrine also visit this shrine. In order to reach at this spot firstly one has to reach at Reasi town from where one can easily reach this spot by bus or by other light vehicles which directly go up to Ransoo village, the base camp of this religious spot. One can also reach this religious spot from Jammu via Akhnour to Bhambla. Track from Ransoo village to Shiv Khori shrine is mountainous and one can enjoy the nature while travelling through this beautiful track. One can also hire the pony or palki to go up to the shrine from Ransoo village.

Every year Shiv Khori Mela is held at Shiv Khori Shrine of Lord Shiva in Reasi district of Union Territory of Jammu and Kashmir on the eve of Maha Shivratri with full exuberance and enthusiasm. This year this revered event is being organised from 17 to 19th of February. Large numbers of pilgrims from every nook and corner of the country visit this shrine to seek blessings of Lord Shiva. Mainly the programme is held at Ransoo village in Reasi district of J&K which can be said as the base camp of Shiv Khori. Main cave is around 3.5 Km away from Ransoo village. Whole Ransoo village is decorated well in advance so that the visiting pilgrims can experience a pleasant look during the event. The endeavours are made for the beautification and cleanliness of the area. The district administration makes full efforts to assist the pilgrims in every location so as make their visit successful.

The festival signifies the convergence of Shiva and Shakti as the festival marks the marriage of Lord Shiva with Goddess Parvati. People pay obeisance at holy cave of Shiv Khori. Shiv Khori Shrine Board makes efforts to make this festival even more popular and also to provide the required facilities to the devotees. Shiv Khori cave has a natural Shiv Lingum. This place signifies the Lord Shiva cave. This cave is 200 metres long; one metre wide and two to three metres in height. Around 300 devotees can assemble at a time at the entrance of the cave while the inner chamber of the cave is small. The passage from outer to the inner chamber is low and small; at one spot it divides itself into two parts. One of these is believed to have led to Kashmir where Swami Amarnath cave is located. It is now closed as it is said that some saints who went ahead never returned back. In order to reach the sanctum sanctorum, one has to keep low and adjust his/her body according to the shape of cave. Inside the cave



a naturally image of Lord Shiva is visible. The cave also has a number of other natural objects which resemble Goddess Parvati, Ganesh and Nandigan. The cave roof is etched with snake formations, the water trickles through these formations on Shiv Lingam. Pigeons are also seen here like Swami Amarnath cave which creates interest among the devotees.

There are different stories about the discovery of this holy cave. It is said that a demon named Bhasmasur worshipped the Lord Shiva for a long time and was blessed to end the life of anybody with those blessings who ultimately attempted to end the Lord Shiva. It is said the Lord Shiva ran to save himself from the fear of the demon and

**SHIV KHORI MELA  
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entered this cave which is known as Shiv Khori shrine. After that Lord Vishnu in the guise of Mohini asked the demon to dance with her according to her tune. But when the demon started dancing as per the direction of Mohini, the demon took his hand at his head and he himself was destroyed. It is said that 33 crores deities live in this holycave in the shape of pindis and natural milky water trickles down them from the top of the cave. Six mouthed Seshnaga and three pronged lance depicting the trident of Lord Shiva are also seen on the roof of the cave. The main portion of the cave roof has round cutting mark which signifies the construction of cave by Sudarshan Chakra of Lord Vishnu. According to a saint named as Baba Ramesgiri who used to live in this cave, there is also a cave which directly goes to Amarnathji. It is said that Shiv Khori cave was discovered by a Muslim shepherd who was in search of his missing goat and by chance went inside the cave to find his goat. He was astonished by seeing a number of saints inside the cave, who were impressed by Lord Shiva's divine power and he also started worshipping the Lord Shiva. The saints asked him to make the commitment to them to not disclose the matter about the cave to anybody but despite their instruc-

tions the shepherd disclosed the matter to a number of other people. It is said that after disclosing the matter with the other people the shepherd died. It is believed that a number of saints have been closely associated with this holy cave, who had meditated decades inside this cave for spiritual attainment. With passage of time this place has gained much popularity among the people and now the people from each part of the country used to visit this holy shrine every year.

Every year the numbering of devotees are increasing year after year. It is estimated that around 30 percent of devotees from within the Union Territory of J&K and 70 percent devotees from out of J&K visit the shrine every year. The Shrine Board has constructed Shrine Guest House at village Ransoo near the shrine, a reception centre and a pony shed, tiled 3-km long track, plantation of ornamental and medicinal plants on track, charming parks etc. The cave has modern electrification system, water reservoir, proper sanitation, facilities of oxygen and electric generators exhaust fans, well structured shelter sheds for the pilgrims, toilet and bathroom facilities, high powered electric transformer, clock room, police security for the pilgrims and also health facilities. The programmes such as Dangal, cultural programmes, Shoba Yatra, display of stalls by the different departments etc. are also organised during the event. To facilitate the pilgrims during the Maha Shivratri Mela, recently Shrine Board has constructed an exit tunnel.

Shiv Khori Shrine is a source of attraction for the pilgrims from across the nation. The Shiv Khori Mela is an important annual congregation of pilgrims who gather at this spot to seek the blessings of Lord Shiva and Goddess Parvati. During the mela the pilgrims perform the Shivalinga worship and the whole atmosphere in and around the temples vibrate with the sound of bells and chants of Sai Shiv Shanker. Devotees have bath in the river Devak to purify themselves. The Shiv Khori Melawitnesses' great hustle and bustle during the three-day festival as pilgrims' families. Various groups belonging to diverse communities and hailing from different parts of the country assemble there to seek the blessings of Lord Shiva.

**Scholarship Alert**

Scholarship Name 1:	LSCL Horticulture Internship 2023
Description:	LSCL Horticulture Internship 2023 is an opportunity offered by Ludhiana Smart City Limited via the All India Council for Technical Education (AICTE) internship portal to B.Sc. degree holders.
Eligibility:	Open for B.Sc. degree holders who are specialized in Horticulture with relevant skills and interests. The internship will be available for a duration of 12 months.
Prizes & Rewards:	INR 12,000 per month
Last Date to Apply:	28-02-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/LHSI3
Scholarship Name 2:	OakNorth STEM Scholarship Program 2022
Description:	OakNorth STEM Scholarship Program 2022 aims to provide financial support to meritorious and underprivileged girl students pursuing graduation in STEM (Science, Technology, Engineering, Mathematics) subjects from government colleges/universities.
Eligibility:	Girl students from Haryana who have passed Class 12 and are currently pursuing graduation (any year) in STEM-related subjects from government universities/colleges are eligible. The annual family income of the applicants must be less than INR 6 lakh from all sources. Applicants must have scored an aggregate of 60% marks or above in Class 12 (or equivalent) examination. Students studying in the 2nd, 3rd, or 4th year of STEM courses must score at least 60% in the previous class/semester.
Prizes & Rewards:	INR 30,000
Last Date to Apply:	28-02-2023
Application mode:	OakNorth STEM Scholarship Program 2022
Short Url:	www.b4s.in/excelsior/ONSS1
Scholarship Name 3:	DBS Scholarship Program
Description:	DBS Bank invites applications from students who are currently enrolled in Class 9 or 10 to support them in continuing their education. The scholarship is meant for children of police personnel (Sub-Inspector and below ranks).
Eligibility:	Open for children of police personnel (Sub-Inspector & below ranks) residing in Tamil Nadu, Karnataka, Kerala, Andhra Pradesh, Telangana, or Puducherry. Applicants must be currently enrolled in Class 9 or 10.
Prizes & Rewards:	INR 20,000 per year (for up to 3 years)
Last Date to Apply:	20-02-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/DBSDS11

**INNER VOICE**

**B'CAUSE DREAMS DON'T DROWN IN TEARS**

The belongings scattered,  
A heart shattered.  
Couldn't think of anything else  
That really mattered.  
All I wanted was a chance;  
You stole my heart, I'd to apprehend.  
But saw you as a lifeless bundle  
Jesus, I couldn't comprehend.  
Water escaping the cage of my eyes  
Reminiscing, letting out sighs  
The melancholy killing me inside  
Oh, this poor mortal slowly dies.  
A tedious day, a caliginous night  
No doubt I felt so low

What's behind the smiling face despite?  
No, you'd never know.  
Oh, beloved, where'd you go?  
Your darling loves you, don't you know?  
It's never easy to forget  
Even harder to go with the flow  
Yet devastation and despair will  
continue to upset.  
So what you can't change, let it go.  
B'Cause dreams don't drown in tears  
Oh thus let go of your fears  
Just let them disappear.  
Come let go of your fears.

Pranvi Pandita

**INSECURITY?**

When I walk down the hall  
I see everyone talking to each other  
I feel so small  
My feet don't go further  
They are talking to each other  
But I feel their eyes on me  
My feet don't go further  
And my eyes can't see  
And my lungs can't breathe  
My existence  
What does it mean?  
For instance  
If I cry, who'd ask me where I'd been?  
If I cry,  
Who'd save me but myself

Sanvi

**ART OF LIVING**

What people call me is, a life artist  
Becoming which is the hardest.  
Someone who brings life to life  
Who cuts sadness like a knife,  
And knows exactly how to avoid a strife.  
Who cares about it's definition?  
Let's get this straight.  
Dive into the world of your imagination  
Where no one has to hate.  
I have a few friends,  
Real ones.  
They do nothing that offends  
Cause I love them tons.

I don't envy, I don't hate  
If something happens, that is fate.  
Acceptance is the key,  
And hardwork is the fee.  
Who said it is impossible?  
To lead a life that's phenomenal,  
To make your say uncrossable  
And make everything possible  
People call me a life artist,  
I know becoming this is the hardest.  
I'm more of a person that's  
forgiving,  
Because I know the "Art of Living"  
-Aashvi Nargotra

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**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 Sukriti Sharma: "Smile in the mirror. Do that every morning and you'll start to see a big difference in your life".
- To all from Rishab Raina: "When something is important enough, you do it even if the odds are not in your favor".
- From Gourav Sabharwal to all: "The uncreative mind can spot wrong answers, but it takes a very creative mind to spot wrong questions".
- To all from Suhani Anand: "Modern society is built upon two things: truth, which is discovered, and innovation, which is created".
- From Sanjay Dhar to all: "Finding opportunity is a matter of believing it's there".
- From Sandeep Dhar to all: "The world needs dreamers and the world needs doers. But above all what the world needs most are dreamers that do".
- To all from Mavi Kapoor: "You can't use up creativity. The more you use, the more you have".
- From Diwankar Jamwal to all: "Being part of a family means smiling for photos".
- To all from Riya Verma: "If the only tool you have is a hammer, you tend to see every problem as a nail".
- From Kiran Kanchan to all: "Attitude is the difference between a journey of a lifetime and an ordeal".

**BEST MESSAGE**

The award of rupees 300 for this week's best message has gone to SIDHARTH VERMA, S/o RAVINDER VERMA, R/o LANE NO:4, SHAKTI NAGAR, JAMMU-180001, CONTACT:9086063317 for the message "A pile of rocks ceases to be a rock pile when somebody contemplates it with the idea of a cathedral in mind".

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