

THIS WEEK FOR YOU

29TH JAN TO 4TH FEB 2023

ARIES : The year is full of hope and happiness for Aries natives. This week you would get the intended outcomes due to the conjunction of the Moon and Mars. There may be ups and downs in your personal relationships. There might be arguments or conflicts with your love mate. Even married natives may face issues in their relationships. Emotional stress, ego, unwanted favours and commitments might harm your relationship. Unplanned social gatherings with your near and dear ones would fill your heart with surprise and happiness. There may be a big jump in your expenditure. But there is a ray of hope and happy moments awarded by the transition of the Sun in your horoscope. Professionals may get a hike in their salary structure. You may have to spend some money if you have planned any house party or family function with your near and dear ones. Adapting a healthy lifestyle would keep your healthy problem at bay. Involve in every task given to you at your workplace. The year is full of opportunities for students.

TAURUS : There may be a possibility of spending effective time with siblings and family members during this week due to the movement of the Moon. There might be some refreshing in the mundane life as you could go for trips and outings with siblings. You should manage to lower your anger and rage and aggressive behaviour as per the advice of Mars. This week would be satisfactory regarding health matters. It could be important to be cautious and persistent this whole week for enjoying great health. It might be beneficial to have a regular health check-up and stay away from lifting heavy things to have a favourable time. Your positive attitude could provide joy and happiness in marriage and love relationships. A relationship proposal might be received by some people. The changes in Saturn may command extra hard work and perseverance from employed people to get appreciated and the desired results. People who may be planning to pursue studies in the sports field or get admitted for higher education could be successful with the help of the planets Mars and Moon. The two planets Mars and Moon might support you to take the lead initiative and bring in efforts to make things smoother in your profession and education.

GEMINI : Overall this week you need to be patient and avoid any quick as well as aggressive decisions in a hurry. The Moon and Mars might help you to take the risk to attain your desired result but don't miss the verification part so that things might go as per your plan. In terms of money and finance, this week Jupiter might help you out. The transitions of Rahu and Jupiter suggest you to avoid giving money to others because stars are giving cues that if you lend money it might not be easily recoverable. You might get good support from your seniors. Your hard work and persistence effort might also get appreciated by your seniors. Those of you who are planning to go on an outing with your spouse might plan it for this week. Love and romance might be there in the first phase of this week. Small get together with in-laws as well as family might be there. Sleeping discomfort and pain in the leg and hand might be there which need to be taken care of. This week might not bring health issues but then also it is advisable to get a good check on your health.

CANCER : Costs associated with personal hygiene and adornment are possible. Your mother and her family are entitled to financial support from you. It's possible for them to be refurbished in a commercial or administrative setting. The spouse and in-laws of some of you may receive financial support. Kids can be invested by paying for their healthcare needs and academic development. Disagreements at work can be a major source of tension. Pay close attention to the upcoming opportunity that might come your way in connection with the new work. Jupiter and Rahu both suggest that you can miss out on a promising work chance or exciting new business venture due to your own lack of knowledge or poor communication. Some of you may need to take unexpected business trips. The desire to enroll in engineering programs is something that a trip to Mars might inspire. It's possible that some of you might be accepted into a language study program. The transiting planets point to international migration as a result of formal education. Conflicts between the Moon and Mars can manifest in intimate partnerships. Both Jupiter and Rahu urged you to have an open and honest chat with your significant other to prevent misunderstandings.

LEO : The Venus movement can bring financial expenses on the small celebrations which might be at home. Expenses related to marriage may all occur too. People in the business field might get success in new projects. Jupiter can also provide you with opportunities from foreign countries. Unnecessary arguments and discussions with your business partner or colleague may give you stress, so avoid them. If you are in the wholesale business, you are likely to gain more this week. The transit of Saturn may create obstacles in the path of students, and you may not get the expected results in the projects which were assigned to you. You may perform well in your school exam. The results of the written examination related to the government job may be as per your expectations. You might get surprised when you get a phone call or meeting with your ex-partner. You may even experience a communication gap and distance relationship with your partner.

VIRGO : Saturn and Rahu are telling you not to be hasty while making financial decisions this year, and professional advice might point you in the correct route. According to the path of Mars and Mercury this year, you will have the opportunity to make money from travel. There may be some space between love and romance. Your relationships will be strengthened as a result of effective communication. This week, being with your partner will make you happy. Your spouse's advice and leadership will help you succeed in business. You might pick up new abilities that are worthwhile. If you make a prior strategy for it, you might learn about many saving options and succeed in accumulating decent money this week. The daily schedule must be kept up. If you are not punctual, your office could become a mess. There will be work to do.

LIBRA : This week is likely to stimulate your love life. But, volatile planetary energies during the middle of this week can disrupt the harmony. It could be a favourable week for your finance and investments. This week is favorable to invest in land and building. Around the week end you will have some unexpected expenses. This week is going to bring a new light to your life. Your hopes and desires will also materialize and overall, your career prospects seem to be very good. The planetary influences may make you able to march forward. It will be a good phase for future planning of your educational journey, discussing some fresh ideas with your mentors. This week will help you maintain your health and fitness. You will be supported by luck, which is a very positive development for your health.

SCORPIO : During this week, your love life will be intense and passionate. This week will also be very romantic for love affairs. However, there will be an element of suspicion around the middle of this week, which may cause some disruptions. Singles will have numerous opportunities to find love. Your cash flow will be fantastic, as will your financial intelligence. Investing allows you to make money. There will be little effort required because you will have strong planetary support for financial gains. The planetary picture for professionals as the week begins is not encouraging. Your progress will be slow, and you will be dissatisfied with your circumstances. For any new venture, business people must avoid making rash decisions. You will excel in your studies as the week begins. This could be an excellent time for research, advanced learning, and long-distance educational travel. It indicates a high likelihood of success in competitive exams. Your health will improve. A healthy diet and exercise routine can help you maintain your health.

SAGITTARIUS : You will be more forceful in your love life this week, and your hasty acts may cause friction between you and your partner. The stars indicate that you will have some difficulties with your family. You will not be concerned about money this week because your finances are likely to be in good condition. You will be fortunate to get financial aid from close friends and relatives. You will advance professionally significantly. If you are in business, some of your old contacts will be resurrected, which will benefit you quite a bit in your business. Job holders may have far greater prospects for advancement. Education may be a bit of a problem for you this week. Tutors and professors, on the other hand, will assist you in grasping all of the challenging areas of your studies. Planetary influence will help you to have an excellent baseline vitality. But be aware that it may also encourage you to overdo it. Marriages may see some ups and downs this week. Rahu will be in your fifth house, which might bring some difficulties with your career and your capacity to think. Whereas you'll enlighten your mind in a manner, you'll also be perplexed. You get getting into problems if you don't agree that right is right and wrong is wrong. Although there is a probability that your income may rise.

CAPRICORN : The relationship and the commitments you will have in your love life can be strengthened this week. Avoid making any hasty commitments while seeking for a new love connection. The stars indicate that you'll be fortunate financially. This week's final stretch may be the greatest time to make any significant purchases, if you have any planned. The stars for this week indicate that you will have to work really hard to advance your job. Your professional objectives could appear more challenging than they actually are. If you own a business, be sure to plan carefully, paying specific attention to how to carry out your future objectives. This week appears to be a wonderful time for you to focus on a challenging aspect of your studies and succeed in them. The planetary forecast points to a healthy week for you. This week, the favorable effects of the stars are probably going to help you stay energized.

AQUARIUS : During this week, you will be more aware of your internal forces. Allowing guilt and grief to consume you might exacerbate the situation. Instead, search for opportunities to help others by supporting loved ones or partaking in some enjoyable activities. You will have a lot to cope with in terms of money and investments. You will acquire as much as possible as soon as possible while spending as little as possible, increasing your saving potential. This week will be filled with planetary assistance. This week, your direct supervisor or a senior person may lavish you with praise. Career advancement is now attainable, although it may need decisive action. The stars indicate that your educational achievement will be directly proportional to the amount of effort you put into your studies. This week will not be plain sailing. You are likely to feel exhausted this week as a result of your rigorous job schedule and lively social life. This year, you'll experience both happiness and challenges in your life. You will have a fantastic opportunity to advance in life this year, which will improve your life.

PISCES : Your love and romantic relationship will continue to benefit from the influence of the planets. This week may make it difficult for married couples to ignore what's really going on and what is genuinely making them unhappy. This week, your financial situation might gradually get better. There may be some excellent opportunities for growth and progress, but the time up until the middle of the week may be a bit challenging. This week, progressive forces are going to be on your side. This week, you might receive helpful advice from your immediate boss and superiors. Their advice might probably help you work more effectively and produce positive results. This week, your hard work and attention to your academics might interfere and divert your attention. This week, you may have good fitness awareness. Now, you might be considerably more concerned with your health.



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 Kinshuk Pathania: " We become what we think about".
- From Ruchika Gupta to all: "Positive thinking always helps you to get success in life".
- To all from Sunil Bhat: " People who are crazy enough to think, they can change the world, are the ones who do".
- To all from Savita Nanda: "Optimism is the one quality more associated with success and happiness than any other".
- To all from Shibhan Khaibri : " Let your positivity and optimism inspire you and lead you to success".
- From Sunil Thakur to all: " Happiness is not something readymade. It comes from your own actions".
- From Vikas Kumar to all: "All our dreams can come true if we have the courage to pursue them".
- To all from Abheer Vaid : "Believe you can and you're halfway there".
- To all from Sureshta Gupta: " You can only grow if you are willing to feel awkward and uncomfortable when you try something new".
- To all from Rohit Raina: " It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome".

BEST MESSAGE

The award of rupees 300 for this week's best message has gone to KIRAN KANCHAN, R/o VILLAGE MACHHLIAN, P.O. DOMANA, TEHSIL AND DISTRICT JAMMU -181206, CONTACT:9419149433 for the message "We must be willing to let go of the life we planned so as to have the life that is waiting for us".

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

SOCIETY

Gujjars & Bakarwals of J&K

From mountains to scheduled tribe

Shamsher Hakla Poonchi

Gujjar-Bakarwal community is a sum total of warlike tribes and is a grand old community. It has its own identity, customs and a unique way of life. The needs and the problems of Gujjar Bakarwal community are quite different from other communities of the J&K. Language and the culture of Gujjar Bakarwal is different. Gujjar Bakarwal community of the J&K is socially, educationally, economically and politically backward. The Gujjar Bakarwal of J&K are divided into 3 (Three) tribes : Settled, Half-Settled & Unsettled Nomadic. Every year, the Half Settled and Unsettled Nomadic people of Gujjar Bakarwal community of J&K migrate to the upper reaches (Dhoks) of mountains of J&K for 6 months during the summer along with their cattle, families and belongings and then migrate back to lower plains during winter.

In Jammu and Kashmir, Gujjars Bakarwal community has its habitation in twenty districts of the J&K and most of them reside on the hilly, mountainous and far-flung areas, near the forests and on the LOC of Indo-Pak of J&K. The habitation areas of maximum people of Gujjar Bakarwal community of J&K lack in basic necessities of life viz : Road Communication, Electricity, Water Supply, Education and Medical Facilities etc.

As per my record Choudhary Wazir Mohd Hakla of Poonch district of J&K, the Gujjar personality of J&K participated in the Gujjar conference held at Himachal Pradesh in 1958, when the Government of India conferred scheduled tribe status upon the Gujjars of Himachal Pradesh. While addressing the audience in the Gujjar Conference in which lakhs Hindu-Muslim-Sikh Gujjars participated from all over the India. He demanded to that the Schedule Tribe status should also be conferred upon the Gujjars Bakarwals of Jammu and Kashmir and thus, the movement of Schedule Tribe for Gujjar Bakarwal of J&K started at that time. While returning from Himachal Pradesh to Jammu, after attending the Gujjar Conference Mr Hakla discussed the issue with leaders like Ch. Ghulam Hussain Lasanvi, MianNizam Din Larvi, Ch. Fateh Ali Sarvari Kasana of Jammu about the movement and then visited the Gujjar localities of J&K, held meetings with them and started the demand of Schedule Tribe status from the then Govt. on the basis of their poverty and backwardness. These leaders published their statements focussing the attention of the Govt. to this point. The Hindu and Sikh Gujjar leaders of the other States of India also supported the cause of J&K Gujjars. And this was the time when this movement was started and Gujjars Bakarwals of J&K started participating in it in very large numbers.

On 26th of Oct. 1975, a joint deputation of Hindu-Muslim Gujjars MPs and MLAs belonging to different states of the India met with the then Prime Minister of India Indira Gandhi at New Delhi. The deputation was led by Ch Wazir Mohd Hakla of Poonch, J&K. Ch .Hakla appealed the Prime Minister Mrs. Indira Gandhi, keeping in view the backwardness of the Gujjar and Bakarwals of J&K, that they be granted Schedule Tribe status.

In 1976, the then Prime Minister of India Mrs Indira Gandhi, had participated in Gujjar Conference at Zanana Park Jammu, as a Chief Guest. In her speech the Prime Minister of India had declared that if J&K Govt. would endorse the case of Gujjar and



Bakarwals of J&K recommending Schedule Tribe status for them, Govt. of India would have no objection to their demand.

In 1976 a big procession led by Mian Bashir Ahmd Larvi, was taken out from Shahidi Chowk Jammu, J&K and had entered Govt. Civil Secretariat Jammu by breaking open the main gate of the Govt. Secretariat and pleaded for Schedule Tribe Status to Gujjars and Bakarwals of Jammu and Kashmir. In spite of great clamour in the procession, the J&K Govt. did not budge an inch to accept the demand of this Community. But this movement went ahead in spite of political obstructions. In the meanwhile a Gujjar leader Taj Mohi-ud-Din framed a "Gujjar Forum" Organization and started struggling for the achievement of the aim of this Gujjar Bakarwal movement. This Forum started to organize conventions at every District and Tehsil Headquarters of the J&K which gave impetus to this movement.

On 28.7.1983 the Hindu Gujjar Member of Parliament of Rajasthan State- Rajesh Pilot tabled a resolution on the Indian Parliament to grant Schedule Tribe status to Gujjar Bakarwal community of J&K but the same could not be achieved.

In 1984 Gujjars held rallies and demonstrations at every District Headquarter of the J&K in favour of their demand for the grant of Schedule Tribe status to them. Compelled by the pressure of the majority of people, in 1989 the Chief Minister of Jammu and Kashmir Dr. Farooq Abdullah recommended to the Govt. Of India the genuine cause of granting Schedule Tribe status to Gujjars Bakarwals of J&K but in spite of this, the demand file remained unattended in the baskets and nobody gave any importance to it, but in the State the movement went on without any interruption.

In 1990 the J&K State Govt. led by Dr. Farooq Abdullah was dismissed and Governor Rule was imposed in J&K. The prominent Gujjar leaders of the J&K stressed upon the Governor of J&K - Sh. Girish Chandra Saxena to get this problem solved by the Government Of India. The then Governor of the J&K

state Girish Chandra Saxena urged the then Prime Minister of India ChanderShekhar to consider the case of Gujjar Bakarwals community to grant them Schedule Tribe status in view of their economic, social, educational and political backwardness. Meanwhile Various political and Gujjar leaders of the State also laid stress on Prime Minister, Chander Shekhar to concede the demand of Gujjar Bakarwal for Schedule Tribe status.

In order to grant Schedule Tribe Status to the Gujjars Bakarwals of Jammu and Kashmir State, the former M.P. and Hindu Gujjar leader of India Ram ChanderVikal, Rajesh Pilot and Avatar Singh Bhadana also contributed a lot and made sincere efforts to enhance the Gujjar Bakarwal cause.

At last in1991, with the efforts of the Governor of Jammu & Kashmir Girish Chandra Saxena, the Prime Minister of India -ChanderShekhar recommended to the President of India that the Gujjars Bakarwals of Jammu and Kashmir may be granted the Scheduled Tribe status and finally on 19 April 1991 the President of India, Venkata Raman issued ordinance for granting Schedule Tribe status to Gujjars Bakarwals of the J&K State under Ordinance No.3 of 1991 under Article 342 of the Indian Constitution and included the Gujjars and Bakarwals in Schedule Tribe category. This status was the result of continued movement which experienced many ups and downs during its course.

After getting the benefits of Schedule Tribe status from the Governments, the Gujjar Bakarwal community of J&K has started moving ahead in every sector of development immensely. But only the settled Gujjars Bakarwals were benefitted from this Schedule Tribe status and they have started growing educationally, socially, economically and politically. Meanwhile, the unsettled Nomadic Gujjars Bakarwals still lag behind in many spheres and are backward educationally, socially, politically and economically since they couldn't get the benefits of Schedule Tribe Status.

(The author is a Gujjar Leader)

Scholarship Alert

Scholarship Name 1:	Keep India Smiling Foundational Scholarship and Mentorship Programme for Sportsperson and Individuals
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 & meritorious but may lack the resources to pursue their dreams.
Eligibility:	For individuals helping others, the applicants must be graduates and involved in activities like teaching a group of underprivileged children or providing sports training to them.
Prizes & Rewards:	Selected scholars can avail scholarship award of INR 75,000 per year for up to 3 years
Last Date to Apply:	31-03-2023
Application mode:	Online applications only
Short Uri:	www.b4s.in/excelsior/KSS12
Scholarship Name 2:	JN Tata Endowment Loan Scholarship 2023-24
Description:	The JN Tata Endowment invites loan scholarship applications from Indian students who wish to pursue overseas higher studies. Students who are selected for the loan scholarship may be recommended for a partial "Travel Grant" and a "Gift Award" - which is linked to their academic performance in their overseas studies.
Eligibility:	Open for Indian nationals who have completed at least one undergraduate degree OR students who are in the final year of any undergraduate programme at a recognised university/college/institution in India. Candidates must be willing to pursue Postgraduate/Doctoral/Postdoctoral studies abroad. Candidates who are at the end of the 1st year and entering into the second year of their overseas studies (Fall 2023 - Spring 2024) are also eligible to apply. This is applicable only if the minimum duration of the course is 2 years and there is at least one full academic year remaining to complete at the time of award of the loan scholarship, normally by July of any calendar year. Students must have scored at least 60% marks on average in their undergraduate or postgraduate studies. Candidates must not be older than 45 years as on June 30, 2023.
Prizes & Rewards:	Loan scholarship of up to INR 10 lakh
Last Date to Apply:	07-03-2023
Application mode:	Online applications only
Short Uri:	www.b4s.in/excelsior/JNT6
Scholarship Name 3:	Reliance Foundation Undergraduate Scholarships 2022-23
Description:	The Reliance Foundation Undergraduate Scholarships aim to support meritorious students from all corners of the country with an undergraduate college education, empowering them to continue their studies, become successful professionals and realize their dreams, unlocking their potential to lift themselves and their communities up and contributing towards India's future socio-economic development. Students must be enrolled in 1st-year full-time undergraduate (UG) degree in any stream at a recognised Indian institute. Must have passed class 12 with a minimum of 60% marks The annual household income should be less than INR 15,00,000 (preference will be given to those students whose family income is less than INR 2,50,000) Open for resident Indian citizens only.
Prizes & Rewards:	Up to INR 2,00,000 over the duration of the degree
Last Date to Apply:	14-02-2023
Application mode:	Online applications only
Short Uri:	www.b4s.in/excelsior/RFS6
Scholarship Name 4:	Reliance Foundation Postgraduate Scholarships 2022-23
Description:	The Reliance Foundation Postgraduate Scholarships aim to enable and propel India's future leaders who can think big, think green, think digital for the benefit of society.
Eligibility:	Students who are enrolled in the first-year of postgraduation programmes in following streams can only apply for this scholarship: Computer Science, Artificial Intelligence, Mathematics and Computing, Electrical and/or Electronics Engineering, Chemical Engineering, Mechanical Engineering, Renewable and New Energy, Material Science & Engineering, Life Science Must have secured 500 to 1,000 in the GATE examination OR Must have scored 7.5 or above in their undergraduate CGPA (or % normalized to CGPA) (If students have not attempted GATE) Open for resident Indian citizen.
Prizes & Rewards:	Up to INR 6,00,000 over the duration of the degree
Last Date to Apply:	14-02-2023
Application mode:	Online applications only
Short Uri:	www.b4s.in/excelsior/RFS7

INNER VOICE

OPTIMISM !!

Through the window , gazing at the moon
This bitter winter will end and flowers will again bloom
Nothing lasts forever, an intrinsic truth
Your anxious nerves will soon be soothed
If came the stressful times, delightful will absolutely come
Its just to assay , across the flood of traumas, how well you swim
You will surely get what you deserve
Till then please maintain that beautiful smile curve
Don't worry dear , everyone is going through the same

Despite feeling perplexed, focus on your aim
Show some faith in yourself and trust your potentials
More than external, self motivation is essential
Keep one thing in mind that
Even when the moon looks like waning, it actually never changes shape
Be like the Selene that courageously gets through all the phases and never searches an escape !!

Shiv Shakti Sunaina
Miran Sahib , Jammu

LIES...

People are full of lies,
And so am I,
As I choose to live in a beautiful dilemma
Each time I lie.
I lie everytime I say I'm fine,
Coz no one really cares even if I'm lying.
There hides a lie in every it's okay,
Coz no one tries to find what's wrong
And what am I hiding.
There is a lie behind I don't care,
Even when I know how much it hurts,
Or maybe I'm not lying,
Just choosing among the truths,
That hides behind these words.

Reetain Raina
(Jain Bazar)

INACCESSIBILITY TO GOD

Everybody speaks of O my God
But nobody catches his virtues of devotional chord
He is full of peace, purity, kindness and love
We are pivot of impurity , hate and cruelities hub
His service for creation is selfless and full of pardons
We are selfish, revengeful and sin of gardens
He is full of serenity, stability and contentment
We are always imbalanced and full of resentment
He is doer of all creation and resolver of worries
We hardly rearup one family and are carrier of worldly greeds in hurries

Everybody vows before Him for peace, prosperity and love
We being always hungry of greed , die in ego like a flying dove
He meets these blessed with virtues like Him
He retreats those who are unvirtuous and born of whim
Expectation of any relief from our children is a wrong belief
Only His mercy and grace can provide us a sigh of relief
Let us enlighten our souls blessed with all virtues of God
Through selfless service, selfsurrender and pure love devotional chord

Dr D R Panhotra
Lower Shivanagar, Jammu