

THIS WEEK FOR YOU

12TH MAR TO 18TH MAR 2023

ARIES : Aries individuals are fortunate since their stars are showing positive signs. The motion of Mercury and Moon advises you to take help from your elders. They would provide the easiest possible solutions that you are seeking. Lack of conversation between couples may cause confusion. Just be polite and avoid any sort of conflict with your partner. You might go through some legal issues pertaining to committed relationships. There are opportunities for a good raise in your salary that would enhance your lifestyle which might increase your expenditure too. If you own a business you may invest some money in branding and revamping your office. Though your stars indicate that the week would be moderate for you in terms of health and well-being. Your weekly forecast indicates that you should not be involved in any conflicts as you may suffer from tension. Individuals who are creative writers and journalists might enjoy some monetary gains this week. Be loyal and perform the task assigned to you at your workplace. If you are keen to learn a new language, invest in some language courses. Joining an online language course will enhance your skills.

TAURUS : It would be good to do some reassessment during this week and you should make improvements for the mistakes done in your personal life and professional life. It would be advisable to follow a priority list to keep a balance between the personal and professional front as the majority of planets hint that you would have an increase in responsibility at work which might affect your personal life. It may be suggested by Rahu and Venus that you should pay attention to your diet plan and exercise every day and should not neglect health matters so that everything would be comfortable. There could be a sudden job change in the third phase of March and you would be successful in a career of freelancing. The investment made by people involved in the wholesale business would fetch the expected earnings. You should do a thorough investigation and enquiry before taking a loan as advised by the transit of Mars so that you could fully understand the options for repayment of the loan. You should reduce your expenses in the last phase of this week so that you could gather the desired savings. There would be a difficult transit happening and you would have a careless approach because of which you might experience a financial crunch. GEMINI : This week, Mars advises you to avoid hostility and conflict in order to maintain peaceful relationships on both a personal and professional level. Mercury movement advises you to avoid sending aggressive text messages and calls, as well as not to skip the verification and analysis steps in paperwork. Give a new relationship proposal some time before making a decision in terms of relationships. It's possible that some of you might experience difficulties in your romantic relationships as a result of misunderstandings and arguments. When it comes to your love life or your marriage, you should make every effort to keep the third party out of the picture. You were cautioned by Rahu and Jupiter not to engage in any significant financial transactions or investments at this time. This week, Mars and Mercury point to the importance of making sure that one's health needs are met. It is strongly recommended that you avoid heavy lifting. There is a possibility that your muscles and nerves might hurt. It's possible that some of you might have problems with your teeth. Those of you who are expecting a child should make sure not to skip the routine checkups that are recommended by Ketu-Rahu. CANCER : This week, Jupiter is willing to be of assistance to you: all you need to do is be patient and maintain a pleasant attitude. Ketu and Venus both hint that the beginning phase of this week could be a little bit confusing. Relationships with in-laws might be strained or severed by Saturn's influence. Your life, as well as your married life, is going to improve as a result of your positive qualities and devotion. Mars and the Moon point to the possibility that some of you might have to pay for legal expenses. The movement of Saturn indicates that you should have appropriate verification connected to new business ventures before making a significant investment. It is possible that some money may be spent on hosting a party and providing gifts during this week. This week, you need to give it your best and you shouldn't let the increased workload slow you down in any way. The simultaneous travel of Ketu and the Moon may result in an unexpected increase in work, but it may also present unexpected opportunities for advancement in one's job. Those of you pursuing careers in fields related to medicine might reasonably anticipate attaining your goals. LEO : Property-related concerns can cost money, but this financial outlook is likely to pay off in the long run. There can be expenses related to health and your EMI. This week's change in the workplace may be beneficial to you. This week may take you on a short business or job trip, which is likely to be favourable for you. Don't forget to check your mailbox or don't miss any calls from your workplace because they could be significantly important and provide you with a favourable return. There may be a detachment from studies due to the transit of Ketu and Venus. Some of you might face obstacles because of not getting the desired result in the school exams. Weeks starting might demand more effort to get the expected results in the examination. Have a direct conversation with your partner rather than including any third person, as this can cause unnecessary stress. If you're single, you may get an unexpected love relationship proposal. VIRGO : Moon and Mars's movements can have some beneficial effects on a romantic relationship, but Jupiter and Rahu's advice cautioned you against acting aggressively and recommended you to stay away from involving a third party. Avoid conflict and don't be stressed this week, pregnant women. Health is not favoured by the stars. Drive carefully, and keep a first aid kit in your car. For restful sleep, observe traffic laws and meditate frequently. You must exercise caution in the next days with regard to finances and money. Your savings will not be as anticipated, thus you won't have any. Unexpected financial outlays for religious and family obligations are possible. You will incur

costs by studying religious texts or occult science. You may find employment doing backend-related jobs. This week may bring a sudden employment offer from the prior employer. Avoid conflict with seniors this week as it may lead to difficult circumstances. Miscommunications can lead to increased workload and stress. LIBRA : This could be a favourable week to lay foundation of a long-term relationship with your beloved. Your self-confidence is going to increase which will help you find better ways to express your feelings. Expenses will increase at the same time income will also surge but the financial situation will require tactful handling. This week may bring some favorable results for your career and business in which you will accomplish your undertakings successfully and on required time. You may not pay due attention to studies and hence your performance may not be up to the mark. From around mid of this week, you are likely to start spending more time for studies. The week looks better for your health but, don't let emotional turbulence affect your health. SCORPIO : 14 With your ability to communicate, you can seduce your partner. Your relationship will become more active this week as a result of advancements, and your excessive desire levels may result in some stimulating interactions with your partner. As the week gets started, the money flow will be fantastic. However, it suggests that as the week goes on, there will be some changes to the financial pattern. This week's astrology predicts favorable times for your career. You can solidify your position at work and achieve your objectives during this phase. The time leading up to the weekend is a progressive period for business people. The week will be excellent for learning opportunities. It won't be difficult for students to perform well on exams. The stars do not portend good news for your health and fitness. You may need to exercise extra caution this week if you have any chronic illnesses. SAGITTARIUS : You'll be sociable with everyone around you this week. This will dazzle your spouse or romantic interest. Social gatherings are where singles will find their true love. It will be a good week to make long-term investments. Investments made now are likely to yield profitable results later on. Your career will be hectic this week, but the results will be fantastic, according to the planets. It's likely that your business turnover will rise. You will succeed spectacularly in your studies, according to the stars this week. You will perform at the peak of your abilities during this phase because the stars are aligned to favor you. Your physical and mental health will be at its best. You will believe that nothing can withstand you if you have both strong emotional and physical strength. This week, you'll feel better overall. CAPRICORN : The week suggests that this time, whether you're single or in a relationship, luck is on your side. So take pleasure in your relationship. Your financial decisions may be affected by some unfavorable planetary alignments, and poor judgment may result in issues. Therefore, you must exercise caution until midday. The week suggests that this time, whether you're single or in a relationship, luck is on your side. So take pleasure in your relationship. Your financial decisions may be affected by some unfavorable planetary alignments, and poor judgment may result in issues. You must therefore exercise caution until the middle of this week. This week's latter half could offer some chances to make money. Around the weekend, business people might find some great deals coming their way. This week may favor learning new things and conducting research for the majority of you. You can increase your knowledge by delving deeply into a subject or activity. The stars foretell some health issues as the week gets underway. You might be weak and low energy, which might make you seem a little dull. AQUARIUS : The time will continue to be favorable for resolving an issue involving your family and relationships. It will be a great time to spend with friends over a meal or some music. If you're single, your search might result in week-end romances and new emotional commitments. You might feel a little uneasy about your financial planning this week because of some unforeseen expenses that may trouble you. You will be prepared and able to determine what is most required and desired to make the desired career progress. Spend time with your previous clients and long-term contacts if you are in business. Make it a point to communicate this week. The students will continue to have a good week. The first few days of the week, though, might require a little more work. It will take longer for students who want to study abroad. Your health will be in good hands this week. You can stay fit and healthy by engaging in appropriate exercise, pranayam, yoga, and aerobics. PISCES : You may want to reframe your connection this week from a more pragmatic standpoint. Although it could be challenging, doing so are likely to undoubtedly help you build the foundation for meaningful associations. This week's opening planets call for cautious action with relation to financial problems. You only may need to move forward at this point with a clear plan. Some concerns relating to your prior investments may surface and require your attention. At your place of business, this week is likely to present some difficult problems, especially in the middle of the week. Some concerns from the past might resurface. Additionally, planets may have the potential to significantly alter business people's fortune. In order to effectively improve your study habits, you might need to know where you stand. Additionally, developing new relationships with certain intelligent people may positively alter your perspective and course. Your health may improve dramatically this week. If you have a health problem, it might be resolved, and you would feel healthy and energetic.

CUET

Dr. Parshotam S. Manhas

National Education Policy (NEP) 2020 was introduced on 29th July 2020 to bring reforms to the country's education sector. Several changes proposed in the school, undergraduate and postgraduate course structure will have profound impacts on the existing education system. Built on the foundational pillars of Access, Equity, Quality, Affordability, and Accountability, this policy is aligned with the 2030 Agenda for Sustainable Development and aims to transform India into a vibrant knowledge society and global knowledge superpower by making both school and college education more holistic, flexible, multidisciplinary, suited to 21st century needs and aimed at bringing out the unique capabilities of each student.

The Ministry of Education (MoE), Government of India (GoI) has established the National Testing Agency (NTA) as an independent, autonomous, and self-sustained premier testing organization under the Societies Registration Act (1860) for conducting efficient, transparent, and international standardized tests in order to assess the competency of candidates for admission to premier higher education institutions with a mission to improve equity and quality in education by developing and administering research-based valid, reliable, efficient, transparent, fair and international level assessments. The Common University Entrance Test (CUET-2023), earlier known as Central Universities Common Entrance Test (CUCET) is being introduced for admission to various Undergraduate, Integrated, Postgraduate, Diploma, Certification courses, and Research Programmes in Central Universities, State Universities and Deemed Universities in India for the academic session 2023-24.

The Common University Entrance Test (CUET) will provide a common platform and equal opportunities to candidates across the country, especially those from rural and other remote areas, and help establish better connections with the Universities. A single examination will enable the candidates to cover a wide outreach and be part of the admissions process to various Central Universities. CUET is one of the most trending exams of the year for admission into UG and PG courses across the country. The new paradigm CUET-UG-23 is introduced in pursuance of NEP 2020 to test the core competencies of the aspirants seeking admissions in any undergraduate course under the Four Year Undergraduate Programme (FYUG) for the academic session 2023-24. All interested candidates can apply for CUET (UG)-23 in online mode only through the official website: https://cuet.samarth.ac.in

CUET is a national-level entrance exam conducted by National Testing Agency for admission to UG courses in participating universities from 21 May 2023 to 31 May 2023 in three shifts on multiple days for which the registration closes on 12th March 2023. The entrance test will be held in computer-based test (CBT) mode and comprises four sections: Section 1A (language test), Section 1B (optional language test), Section 2 (domain-specific test), and Section 3 (general test).

The main objective of this entrance test is to conduct efficient, transparent, and international standardized tests to identify and determine the stu-

CAREER COUNSELLING

A Common Test for Admission to Higher Education Institutions



dent's competency for admission in various courses as per their preference. Candidates must refer to the requirements of their preferred university when selecting Languages/ domain-specific Subjects/and General Tests, as choices must match the university's standards. Some Domain-Specific Subjects are interdisciplinary in nature. There will be two sections in those disciplines, with Section-A being mandatory for everybody. Section- B may contain multiple Sub Sections from which an applicant may select one or more, depending on the qualifying requirements of the program/university to which they are applying.

However, for the beginner, here is some best subjects combination stream-wise: For Science Courses (candidates with Science Subjects in Class 12th) can

CUET aims to conduct a single examination to provide fairness and transparency for admission into undergraduate courses.

opt: Physics, Chemistry, Mathematics/ Biology, along with English and General Test and may change the stream from Science to Humanities and Commerce; For Humanities Courses (candidates with arts subjects in Class 12th ) can choose one of the combinations like History, Political Science, Geography, English/ Hindi/ Urdu along with General Test and can change stream from Humanities to Economics (Honors) or B. Com provided they have Mathematics as one of the subjects in class 12th and For Commerce Courses: English/ Hindi, Mathematics /Accountancy, Business Studies, Economics along with General Test and can change stream to Humanities. At Jammu University, the candidates can opt for the following subject combinations (subject to any latest change): English, Specific Subject (12th Class), and General Test. However, the candidate can also appear for English and General Test only for Management

courses among others. A lot of universities have opted for the CUET 'General Test' out of which Assam University, Banaras Hindu University, Central University of Haryana, Central University of Gujarat, Central University of Kerala, Jawahar Lal Nehru University, Jamia Millia Islamia and Manipur University are top universities. Candidates are advised to visit the official website of the participating institutions from time to time for any latest updates.

Candidates can find the details about the CUET Exam Schedule, Eligibility Criteria, Syllabus, Exam Pattern, Marking scheme, Exam duration, Type of questions, Mode of the exam, and Total marks which are released by the NTA. CUET negative marking will be 1 mark for each wrong response. Candidates can also directly download the CUET Exam syllabus and the latest exam pattern by visiting the official website.

The CUET admission process is very simple and has three rounds, an entrance exam, and a counseling round followed by admission fee payment from around 116 participating universities. After the entrance examination is over, successful candidates are called for the counseling round. In this round, they will be asked to fill out the counseling application form with the preferred college list. Next, the universities will release their cut-off marks. Those whose marks are found to be more than that will be called to attend the counseling round. The last round of the CUET admission process is the admission fee payment. The candidates will be cross-checked for their documents. Next, the selected students will be required to pay the admission fee as relevant to the course preferred by them. Once all of this is done, they will be enrolled in the college as regular students and will be asked to attend classes.

CUET aims to conduct a single examination to provide fairness and transparency for admission into undergraduate courses. It provides equal opportunity to each aspirant, end to subjective bias, clarity of rank, end to cut-off wrestling, and fair chance to each participating university.

Last but not the least, all aspiring candidates are advised to check CUET Exam Pattern and CUET Syllabus before selecting any domain subjects.

(The author is Associate Professor at GDC Samba)

Scholarship Alert

Table with 2 columns: Scholarship Name and Description. Contains details for Abdul Kalam Technology Innovation National Fellowship 2023-24, NETAPS Foundation - Lead Generation Executive Internship 2023, and CF Sparkle Inclusive Scholarship Programme for Higher Education.

INNER VOICE

IS IT COMFORT ZONE

Tired of everything, like nothing else
Is there any way to exit this world.
Maybe there is a way , maybe there is Another world.
The world with peace and joy.
Maybe wonder ? Why exit this world.
Well ! Ofcourse tired of double standards.
Hey girl don't behave like this , what will others think?
Like do I really care what others think?
I am strong enough, I am warrior.
People's opinion can't shape my thoughts.
My mindset, my opinion, my thoughts
My mind is the one who shapes me.
Thanks! thanks! For giving the opinions
Garima verma
Hamirpur , Kathua

THE EYES I NEVER LOOKED INTO

In the months of drought, she was a brisk rain.
Which drenched my fields, and washed my pains.
For eons and eternity, hadn't seen the moon.
Her bright so divine, all things were at tune.
And then she giggles, and the Meadows are born.
With squirrels playing, birds chirping, a sight to adorn.
And in those Meadows she flew like a free sparrow.
With her wings spread apart, made the world sans sorrow.
I saw her fly, glide, laugh and dance.
But to drown in her eyes, never had a glance.
And I never dared to, never to set her unfree.
Watched her fly everyday, let it be, let it be.
Maybe years from now I'll regret indecisions,
She was this close, my heart full of enviesions.
For all her charms, seemed too good to be true,
But don't ask me about her eyes, coz in that, i never looked into.
Jagandeep Singh
MBBS, GMC Jammu

TEACHING AND LEARNING

'More You Teach, More You Learn'
A noble profession, indeed is teaching
Not merely confined it is to preaching
More you teach, more you learn
Illuminate others like a candle, burn
Plan the lesson, teach well, never use rod
Students are the angelic figures, sent by God
Make education a strong weapon, remove illiteracy
Be literate, make others literate, spread literacy
A great virtue, indeed is honesty, stay away from greed
Consider all the students equal irrespective of caste, colour or creed
Dear teachers, help the poor students, don't hesitate to give anything
Money is valuable we all know, something it is, not everything.
Alka Sharma
Rehari Colony.

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CIPHER DECIPHER

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.

- 1. To all from Jyotsna Mahajan: "A pile of rocks ceases to be a rock pile when somebody contemplates it with the idea of a cathedral in mind".
2. From Abhi Khullar to all: "Ideas won't keep. Something must be done about them".
3. To all from Geeta Rani: "If you go to your grave without painting your masterpiece, it will not get painted. No one else can paint it".
4. To all from Silvy: "The best way to predict the future is to create it".
5. From Sharda Gupta to all: " The creation of something new is not accomplished by the intellect, but by the play instinct arising from inner necessity".
6. From Saksham Puri to all: "Logic will get you from A to B. Imagination will take you everywhere".
7. From Abhinandan Sharma to all: " The true measure of any society can be found in how it treats its most vulnerable members ".
8. From Suresh Gupta to all: " Swipe from the best, then adapt".
9. To all from Geeta Rani: " The greater the contrast, the greater the potential. Great energy only comes from a correspondingly great tension of opposites".
10. From Rishab Raina to all: "The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time and still retain the ability to function".
11. To all from Ruchika Gupta: " Money never starts an idea; it is the idea that starts the money".

BEST MESSAGE

The award of rupees 300 for this week's best message has gone to LAKSH GUPTA, R/o H.NO: F-99, SARWAL COLONY, JAMMU. CONTACT:9872547435 for the message " Never confuse motion with action " .

Cut it Here

CIPHER-DECIPHER MESSAGE CHIT

Form fields for Name, Address, and 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