

THIS WEEK FOR YOU

19TH MAR TO 25TH MAR 2023

ARIES : Aries Individuals who are expecting to get married or expecting marriage and relationship proposal would be the best phase during this week. You might receive gifts from your partner. Else your partner may throw a surprise party for you during the week. There might be expenditure on pilgrimage and religious work due to the movement of the Sun and Jupiter. Your partner might suggest some tips regarding financial gains in terms of business. Mars and Rahu in your horoscope advise you to look after your health, especially your throat. Do not consume fatty food. The presence of the Sun and Rahu may cause tension and weaken your immune system. Your strong willpower will help you overcome obstacles in the upcoming week, according to Mars' movements, because it will give you the bravery and the necessary intellect.

TAURUS : You might have an opportunity this week to meet old friends or an old colleague. The movements of the Sun and Moon may give you the possibility to interact with higher authorities at your workplace. You could manage the overload of work by planning for the whole week. Under the influence of the Sun, you would form new friendships and contact new people both at the workplace and in the family during this week. You would receive a chance to visit a foreign country or travel long distances which would be work-related and also you would achieve success by adopting a creative outlook due to the movement of Venus. The transition of Jupiter and Rahu this week would give religion-related activities expenses. You would obtain good news because of your hard-working nature and determined attitude. This week positive news may arrive for people who want to get admitted to a foreign university for higher studies. There would be expenditures regarding career and business in a foreign place as you might be provided with such an opportunity by Rahu. You should initiate things in your relationship which would provide you with a positive outcome. You could move ahead if you want to propose to somebody you fancy. Examinations of students would show the expected results.

GEMINI : Both the personal and professional fronts might gradually improve. This week, Saturn and the Sun might call for greater self-control and dedication. Rahu and Jupiter advised you against making any significant financial investments. You should avoid conflict and instead have an open and honest conversation, according to Rahu and Venus's movements. The movement of Mercury advises you to pay close attention to the calls and mail you receive at work. It is not a very good time to make significant changes in one's career. Those who are students in sports may have the chance to take advantage of some favourable opportunities. There is a possibility that some of you might be accepted into reputable and highly anticipated training programmes. Students have room for improvement in their abilities. Because you keep company with the wrong people, some of you might become easily distracted. This week, parents might be difficult to please. The movement of Mercury indicates that you should devote somewhat more time and energy to activities that are related to languages. Because of your ignorance, this week's movement of the Moon could cause unexpected problems with your health. This week may cause strain on the eyes as well as other health problems.

CANCER : If you don't dwell too much on your failures in the past and instead begin working from scratch, you should find the success you're hoping for on your upcoming exam. Having an open and honest discussion with your parents might make things much simpler. Rahu and the Sun are known to bestow unexpected domestic and family labour responsibilities. Pregnant women also need to pay special attention to their relationships with their children. When travelling, it's possible that some of you might rack up unanticipated costs. Costs associated with acquiring new knowledge and enrolling in a post-secondary institution can add up. The health of your spouse may cause you to incur unanticipated costs due to the influence of Rahu and Venus. Money spent on religious activities this week that wasn't budgeted for. You should put off making any substantial changes to the family business this week. Jupiter has the power to win over higher-ups and grant one favour. This week, you should do some planning and research for upcoming business tasks and plans. In the legal field, Saturn is a potent ally. Employment mobility is possible. This week, focus on getting better at what you do and learning from your failures.

LEO : The stars indicate that you should use caution when making significant investments and seek expert advice. There can be expenses on health. Wait till you get a signal from the stars to get your loan approved, as this week may not be a perfect time. Those who are in the whole-sale business must try to work on a priority basis. Handle any email or work-related call with caution. Have in-depth information regarding your work or projects which you have taken into your hands. Unnecessary arguments can cause depression and stress. Father's support and guidance, and self-study can give you desired outcome in your studies. Make sure that you do not indulge in any arguments while having a group discussion. The health of your spouse and children need to be taken care of this week. There can be different thoughts with your partner, which may result in disagreements, and as a result, it can give you stress. Be cautious during communications with your partner.

VIRGO : A student may enter the incorrect company or make the incorrect judgement as a result. Aggression is what got you into trouble. The father may be able to assist. Success in the workplace will result from a positive attitude. Do not make a hasty change of employment at this time. According to Mercury, this is a difficult time for businesses. There may be foreign proposals, but they require the advice of your elders or other experts with whom you are in contact. If you were having health issues, they will likely start to get better this week. Planetary transits indicate that you shouldn't overstress yourself with negative thoughts. Appreciate your partner for being in your life: this will make your marriage stronger. The course of love and passion will change. You can become emotionally cold in your relationships, which could lead to issues in them. Unexpected costs associated with long-distance travel and pilgrimages. Getting together with the mother's family and having a party can also result in unforeseen costs. There may be costs associated with paperwork or home-related issues.

LIBRA : During this week, you notice a slight lack of intimacy and love at your partner's end. This might make you somewhat frustrated. You will be successful in monetary planning. You will receive good opportunities and there will be growth in income. Some disruptions, however, may slow down the pace of your progress as the week progresses. The professional sphere will face stiff competition. This week is going to be favourable and progressive for your education. The planets are likely to motivate you to take interest in other important courses which can also help you build your knowledge. Your resistance level will be good but, you may feel very much occupied and there can be some unknown stress on your mind. This might affect your energy level to an extent.

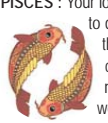
SCORPIO : Your life will be filled with plenty of passion and romance. The beginning of the week may bring some distance or dissatisfaction, but as the week goes on, love affairs will become more passionate. People who are single may easily form romantic relationships. This week, your financial situation is in the stars' favour. Excellent financial growth is to be expected. Though there will be some obstacles, the money will come easily. This week might be a very good one for your career. Family and friends will be there to support you as you advance in your career. This time period offers you the opportunity to grow your company and your clientele. However, there will be fierce competition in your industry. It does not advance your academic career. Exam passing will require much more work, and there might be tough competition at every level. Your health may continue to improve this week. You'll be able to recover quickly, and you might even be able to stay healthy.

SAGITTARIUS : This time period offers you the opportunity to grow your company and your clientele. However, there will be fierce competition in your industry. It does not advance your academic career. Exam passing will require much more work, and there might be tough competition at every level. Your health may continue to improve this week. You'll be able to recover quickly, and you might even be able to stay healthy. You will therefore put a lot of effort into your career, but you will need to have patience because there may be delays and challenges. For business people, this week's latter half will be better. You will succeed in your studies this week because the stars are in your favor. You'll be awarded a scholarship as a result of your strong grades. Your health sector will experience a positive impact from the stars. During the weekend, take care of your digestive system.

CAPRICORN : Your romantic life could be disturbed in some way. This week will be up and down for your romantic life. Your relationship should be in good shape as long as you can keep disagreements to a minimum this week. Your financial situation may remain stable this week as long as your income stays strong. Despite challenging financial circumstances, you might make progress. The planets will support you in maintaining your position despite busy work schedules. You might continue to be troubled by some complex issues. However, as the week goes on, you might experience some fruitful outcomes. It will be an excellent time for businesspeople. As the week gets started, you will be doing well in your studies, but for the majority of you, social obligations and your social life will take priority. It might somewhat impede your progress. Your health may continue to be generally good this week. Because you will largely avoid everything that can harm your health, you will be able to avoid any illnesses as well.

AQUARIUS : This week, your top priorities might be your family and your neighbors. They might need to help you with some issues. It will be beneficial to meet up with friends during the week before the weekend to reduce stress. Your family and loved ones may have differing opinions on a number of financial issues. Being helpful and respecting opposing viewpoints are wise choices. Be patient and keep your eyes on your financial objectives. Your career development may continue to be favored by the week. Now is the time to take a chance to accelerate your growth. If you work in business, you might currently perform well in some crucial negotiations and presentations. You might experience concentration problems. Therefore, it might indicate a challenging period for your coursework and exams. You should experience success this week in matters pertaining to your fitness. Since you will be in good health, there won't be any significant problems for you to deal with.

PISCES : Your love life might have a great week. You're likely to deepen your relationship this week thanks to the influence of the planets. This week, married couples might have a good time. You might need to develop a sound financial plan this week and implement it gradually and step-by-step. As the week goes on, it's likely to provide some positive outcomes for you. Your career may have some prospects for progress this week, and it may also provide you a chance to lessen some negative effects. If you are in business, luck may be on your side. You may have plenty of planetary support this week to get forward, but social obligations and your social life is likely to take priority. As a result, you may not give your studies the required attention. Your health may be in good hands this week. But psychological distress may seem to increase. Watch out for water-borne illnesses.



Healthy Forests For Human Health

Roshan Jaggi (IFS)

In 2012, United Nation decided to celebrate 21st March, every year as "International Day of Forests". The day highlights the importance of Forests and need to protect them for sustaining human life on planet Earth. Theme of this years' International Day of Forests is "Forests and Health". Life on earth planet is sustained by ecological balance and forests play critical role in maintaining this balance. Efforts are made on these days to drive home the message at local, national and international level that one of the effective ways to protect our planet earth is by ensuring the conservation of forests and their sustainable use.

Our Changing Lifestyles

It is well known that forests give priceless ecological, economic, social and health benefits. Forests really care for human health. They clean water, purify air, capture atmospheric carbon to combat climate change issues, provide food and lifesaving medicines. Above all they improve our wellbeing. Forests are known as stress busters and enhance one's capacity to focus attention.

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease and infirmity. Health in broader sense refers to the wellbeing of community, which in turn depends on the wellbeing of environment (WHO).

Countries like India face a significant transition in lifestyle of its population due to growing urbanisation and rising aspirations of young population (about 50% of India's population is below 25 years of age). 35% of India's population lives in cities which is likely to grow to more than 43% by 2035 due to fast urbanisation. People living in urban centres face consequences of stressed environment, in the form of inadequate green spaces, lack of physical activity, high level of pollution which make life-style of residents prone to chronic stress. The Changing lifestyle is considered as one of the primary causative factors for non-communicable diseases (NCDs) like cardiovascular and chronic respiratory diseases, diabetes, cancer and mental disorders.

National Health Policy - 2017 red flags the issue of rapidly increasing burden of NCDs in India as a serious hazard for public health which may result in deceleration of economic growth and ultimately impeding our ambitious journey of becoming a developed nation by 2047, if adequate remedial measures are not taken. Similar trend has been witnessed in many other countries of Asia & Africa where changing lifestyle related disorders are telling upon the productivity of younger age groups.

Research demonstrates that living near green settings and visits to forests produce positive changes in human physiology, improves mood, strengthens the human immune system and promotes both physical and mental health. Attractive green environments enhance one's motivation for physical exercise. Thus,

improving the health of natural forests, creating more green spaces near habitations in Urban and peri-urban areas would help enhance the flow of ecosystem services which ultimately results in improved health outcomes. It gets manifested in the form of reduced expenditure on public health and enhanced productivity of citizens.

Forests are considered healthy when they have the ability to meet all expectations that people have from them. Therefore, focus of forest managers should be to study thresh holds and tipping points at which our forests are unable to recover from biotic interference and pressures.

Forests in most of the regions of world have been subjected to tremendous stress mainly because of increased anthropogenic activities like:

- * Deforestation and degradation through extension of agriculture and other non-forest based land use.
- * Fragmentation by way of developmental activities.
- * Forest fires And other natural factors.



International Day of Forests (IDF) -21 March

Efforts To Increase India's Forest and Tree Cover

India is world's 2nd most populous country and soon going to get to top leaving behind china. Heavy burden of human population coupled with ambitious agenda of fast economic development poses a serious challenge to sustainably manage the forests and tree cover for ensuring environmental security of our citizens. The challenge becomes humongous in view of our international commitments in the form of modified INDCs after CoP26 at Glasgow and implementation of the 17 SDGs. India needs to adopt the low carbon production systems to reduce its C-intensity in order to reach the goal of net-zero by 2070 as announced by our Hon'ble PM.

But good news is that efforts of Central and State Governments have been yielding good results. ISFRs (India State of Forest Reports by FSI) of last one decade reveal that there is consistent and progressive increase in forest and tree cover in the country. Both central and state Governments have initiated series of programmes in this regard like:

* Green India mission aims at improving the quality of existing forests and increasing forest and tree cover by afforestation activities on forest and non-forest areas.

* Compensatory afforestation and promoting regeneration in natural forests to make good the loss of

forests on account of developmental activities.

* Nagar- Van Yojna to increase green spaces and overall greenery in and around the cities and to provide better environment and improve quality of life of residents of these urban canter's.

* Mission Life aiming at behavioural change of citizens and leveraging the environment friendly legacy of India, to promote sustainable lifestyles and sustainable patterns of consumption to address the climate change.

* Focus on conservation of Wildlife and wetlands.

The 5.03% of geographical area has now been brought under intensive PAN mechanism. India has established world's largest network of 75 Ramsar sites to lay focus on aquatic ecosystems.

Scenario of Jammu & Kashmir

In UT of J&K forest and tree cover is about 55% of the geographical area which is much higher than the national average (about 25%). However National Forest Policy 1988 stipulates that Himalayan states need to have minimum of 2/3rd of geographical area under forest & tree cover. Alive to its mandate and responsibility, Department of Forests, Ecology & Environment of J&K has been making concerted efforts involving all stakeholders viz local communities with active involvement of PRIs and various other sections of civil society to scale up activities of afforestation and biodiversity conservation both on forest and non-forest areas adopting landscape approach, leveraging best practices and technological innovations, and by centre staging the involvement of local people through joint forest management approach. There is a special focus on improving existing water bodies and creating network of more such structures to improve water regime by effective rain water harvesting. The livestock population in J&K is almost at par with human population and national Livestock census 2019 reveals that J&K faces about 50 % fodder deficiency vis-a-vis actual demand. To address the issue department is laying focus to augment fodder production both grass as well as leaf fodder to contain the problem of stray grazing. Excessive grazing has remained one of the main drivers of forest degradation.

Department's initiatives like Green J&K Drive, Har Gaon Haryali, Paed Lagao Beti Ke Naam, Van se Jal, Jal se Jeevan, Fodder augmentation program etc have been successful to a large extent by upscaling outcomes and establishing a connect and feeling of ownership with common people through the active engagement of Gram Panchayats and other sections of civil society.

The Way Forward

Our economic development road-map has to be compatible with growing aspirations of people especially of educated & aspirational youth. The political executives, policy planners, forest managers, and grass root level community leaders need to critically balance the future strategies and action plans so that we achieve our national developmental goals without compromising our commitments towards global environmental wellbeing.

(The author is a senior IFS officer working with J&K State Forest Department.)

Scholarship Alert

Scholarship Name 1:	ONGC Sports Scholarship Scheme 2023-24
Description:	ONGC Sports Scholarship Scheme 2023-24 is an opportunity offered by the Corporate Sports Division of Oil and Natural Gas Corporation Ltd. (ONGC) to provide financial assistance to the upcoming young talented sportspersons who have the potential to excel in their respective sports. This scheme will help them to pursue their dream, bring acclaim & laurels to the country and inspire the younger generation for engaging in sports activities.
Eligibility:	Open for Indian sportspersons of 14 to 25 years of age (Note - The minimum age of 14 years will be considered as on 1st April 2023. However, the minimum age criteria for scholarship in Chess, Gymnastics & Swimming will be 10 years). The applicants must not be availing any scholarship/stipend from any other organization during the scholarship period. (Note - An undertaking in this regard shall be submitted by the applicant).
Prizes & Rewards:	A monthly scholarship ranging between INR 15,000 to INR 30,000
Last Date to Apply:	27-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/ONGC1
Scholarship Name 2:	Global Scholarship Program - AIS 2023
Description:	Global Scholarship Program - AIS 2023 is an initiative of AIS Technolabs Pvt. Ltd. (IT consulting company) for undergraduate and postgraduate applicants. The scholarship will be awarded to high-performing, talented students in all subjects and niches from all parts of the world.
Eligibility:	Open for citizens of India or any country/region who have completed secondary school/ high school education. They must have applied for an undergraduate/ postgraduate course in any subject from an accredited college/institution/university in the world. The applicants must have completed at least one term in the respective course and not be college dropouts.
Prizes & Rewards:	Annual scholarship award for up to 2 years and other benefits
Last Date to Apply:	15-05-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/GSPA5
Scholarship Name 3:	The Gandhi Fellowship 2023
Description:	The Gandhi Fellowship 2023 is an initiative of the Piramal Foundation (NGO) for graduates and postgraduate students.
Eligibility:	Open for applicants who are between 18-26 years of age and an achiever in academics and extracurricular activities (Sports, NCC, NSS, voluntary work, performing arts, debate, literature etc.). Applicants must be sensitive towards the pressing problems of the nation and graduate and postgraduate degree holder in Engineering/ Applied and Pure Science/ Commerce/ Management/ Humanities and Liberal Arts/ Social Work/ Psychology and Behavioural Science/ Mathematics/ Journalism and Mass Communication/ Education/ Law.
Prizes & Rewards:	A stipend of INR 25,000 - 28,000 per month inclusive of all expenses depending on the location
Last Date to Apply:	31-03-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/TGIF4

INNER VOICE

MONEY

I am money and every one likes me
 Poor, rich, middle class, he and she
 People have lust to have me in large
 So they malpractise and also overcharge
 The seers have also fallen to my prey
 Young with black hair like me and old in grey
 They toil hard from dawn to twilight
 and swindle me even in the darkness of night
 For me every body is committing the sin
 and trying to please his kith and kin
 In this age without me no one is great
 Who have me in bulk are called dhanna seth
 Height of a person is measured because of me

This is true for which every body may agree
 People earn me, I may be black or white
 By laundering, snatching, gambling and fight
 Without me no body dreams of a pretty spouse
 And with my dearth it is difficult to build a house
 I may let you enjoy AC, bungalow and car
 And have the might to provide u with a Ther
 But excess of money may turn your head
 It is a fact because seers have wisely said

Bishan Sharma Muntzir
 Senior lecturer in Physics
 GHSS Chenani

SPRINGTIME LONGING

I am afar from my motherland so dear,
 Yearning for the springtime so clear,
 The blooming mustard fields I recall,
 And the captivating apple trees tall.
 But now the temperature's like a haze,
 And I'm left with a longing gaze,
 For the land I left behind,
 And the beauty I cannot find
 The old man's gaze was full of lust,

On her daughter's youth it did thrust
 But in this land of turmoil and pain,
 It's hard to see that peace again,
 May the day come when all is calm,
 And people can sing a joyful psalm,
 Let's pray for peace to reign once more,
 In Kashmir, our beloved shore.

Peer Mohammad Amir Qureshi

BEAUTY

They say beauty lies in everything,
 In the breeze, the trees, the moon and the stars,
 There's beauty in soul, our mind and heart,
 But they forget to beautify the scars.
 There's beauty in pain,
 And in the heart that's been broken again and again,
 There's beauty in the words you keep and the ones you say,
 There's beauty in the way, how you still choose to stay,
 Even when your heart holds no more strength,
 To love again, believe again or even live anymore,
 Coz it fears being broken in the ways it's been broken before.
 It has lost much more than it ever received,
 The scars heal, and fade away but the pain never leaves.
 And you still pass the storms,
 Even if it upturns your boat,
 You have got no fear of losing anything,
 Coz you lost every battle you fought,
 But still hold on to some hope.
 You still manage to smile,
 When there's just a void left in yourself,
 And try to make everyone happy,
 Even if you're tired and in need of help.
 It's amazing, however worse the problem is,
 You simply get through,
 Coz you're blessed,
 With a unique power in you....!

-Retain Raina (Jain Bazar)

CIPHER DECIPHER

e-mail: cipher-decipher@dailyexcelsior.com

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

- From Nidhi Gupta to all: " You don't need someone to complete you. You only need someone to accept you completely".
- From Kiran Kanchan to all: " If you can tell stories, create characters, devise incidents, and have sincerity and passion, it doesn't matter a damn how you write"
- To all from Ruchika Gupta: " Keep the ones that heard you when you never said a word".
- From Rohit Bhat to all: " Keep smiling, because life is a beautiful thing and there's so much to smile about".
- To all from Priya Gupta: " If you are working on something that you really care about, you don't have to be pushed. The vision pulls you".
- To all from Abhhi Gupta: " Leadership is the ability to get extraordinary achievement from ordinary people "
- From Ravi Kumar to all: " Life is either a daring adventure or nothing".
- To all from Rishab Raina: " Every sunrise is a gift. Accept it, live it and enjoy it".
- To all from Usha Raina: " The best translator is the one who can translate some ones silence into a smile "
- To all from Anju Gupta: " There is no doubt that it is around the family and the home that all the greatest virtues... are created, strengthened and maintained".

BEST MESSAGE

The award of rupees 300 for this week's best message has gone to RITU GUPTA, R/o WARD NO: 4, R S PURA, JAMMU, CONTACT: 6006062073 for the message "Everyday is a fresh start, leave behind yesterday's chaos and move ahead in life". Congrats.

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