THIS WEEK FOR YOU

28TH MAY TO 3RD JUN 2023

ARIES: The transition of Ketu and Moon may create confusion in your relationship. You may get to spend a good time with your mate and would have an opportunity to get to know each other before you step forward to make any commitment during this week. Planning related to finance may help you in saving money as desired by you. Though sudden expenses may affect your saved money. This week seems average when it comes to savings and expenditures. Be careful when it comes to health. Do not skip your breakfast and have your meals at the usual time. It would help in maintaining your energy level and keep you active and fit. A periodic monthly medical checkup is necessary for you and your family members. You may crack new deals and have better options regarding the stuff and materials that you are planning to purchase. Transparent communication is very much beneficial when it comes to the partnership business. Aries individuals who are making preparations for medical science or any other medical stream may clear their exams with flying colours with the grace of Saturn, Rahu and Jupiter. Individuals who are athletes should adhere to their coach's instructions.

TAURUS : It would be better to make things clearer with a little introspection and also reanalysis this week, in general. Some people might not acquire the expected outcome which may give feelings of depression. You would have favourable luck on your side in the upcoming days but extra effort would be required for making things easier this week. You should take on work on a priority basis to manage the workflow and it would be suggested to be prepared for the arriving projects and more work. This week you would be rescued from a monetary crunch with your investments made previously. Before investing a big amount in the share market, Saturn recommends that you should pay attention and obtain expert guidance. You should be cautious with matters related to loans especially for people doing business. You may get an opportunity to restart a relationship. There would be some chances for remarriage for people who may be divorced. You should stay away from ego conflicts and should not communicate aggressively in terms of relationships of love.

GEMINI : This coming week is going to give a range of results, both on the professional and the personal fronts. The final phase of this week may bring both positive and negative developments in one's relationship with their in-laws. It's possible that some of you might embark on a romantic affair behind your friends' backs. You need to have a proper plan for both your personal life and your professional life because there is a possibility of extra work for you. You need to take care of your health because travelling might have an impact on it. There may be a surprise proposal of love. The Sun and Jupiter may indicate a preference for foreign items, trips, or travel. This week, something might change. This week might be successful in your career. The foreign-related job might be given by the Sun and Jupiter. Deals with international clients might be successful. Mars in your horoscope predicts that students who participate in sports might expect success. Your teacher might offer sound advice and favour to those of you who are involved in the fashion and arts related to education. Your higher education may cause a sudden change in where you live.

CANCER : Because of personality conflicts and unpredictable obstacles brought on by past failures, love life may have some ups and downs. Those who are single might expect to receive some marriage proposals from their friends and family. You should develop your communication skills this week, as Mars suggests. When you are doing the oral examination, avoid becoming hostile in any way. Saturn may cause you to have fewer friends in your company, and it might also require you to put in more effort to be chosen for the interview or the government examination. Mars is ready to offer the anticipated financial gain, but there is a possibility that things could be delayed, so you might need patience. According to Venus and Mercury, there may be growth and success in jobs and businesses that are tied to foreign countries. Some of you may receive cash assistance from your father and career advancement, as the Sun and Jupiter suggest. The Moon's movement this week is set to open up fresh professional opportunities as well as new business and job opportunities. Government and boss support may be available. You must restrain your aggression because doing so may provide you with unexpected difficulties at work.

LEO : Those who are inclined toward family business can get some arguments and financial loss, so it is better to avoid any kind of major changes in the business. You are also suggested to avoid arguments too. Moreover, you might spend a noteworthy amount on buying a new property or on the renovation of your house. Your business trip might get successful. You may get financial gain from your new business deal. Your hard work is likely to pay you off. There may be an unexpected recognition at work or selection in the interview. The transit of Mercury can give positive results in practical exams. Some of you may be inclined to learn foreign language courses. Your interest may also pique towards occult science and martial arts. Avoid negative thoughts, as this can affect your performance. Mars and Saturn may give some minor health concerns; this may give stress to family members.

VIRGO: In order to avoid making mistakes when concluding any contract pertaining to your place of employment, try to be patient. Your stress level may rise if you and the employer have an unexpected conflict. Unwanted business travel and stress from legal issues are also possible. This week, commitment will be crucial, so strive to fill any gaps in a marriage with the fulfilment of your commitments. The opposite sex person will be drawn to you. The time to acknowledge your romantic relationship is this week. This week will be profitable financially if you work in the teaching profession. The father will provide financial support. Traveling for work will result in cash gain for you. Your study will be improved by picking up a new skill. Good news on the competitive exams may be forthcoming. Avoid choosing the wrong buddies or a group of acquaintances. You run the risk of having trouble falling asleep between the second quarters. Your neck or hand may be bothering you, according to the Moon's movement.

LIBRA : You will be eager to express your emotions to the person you love and take it to the next level during this week. However, you will be emotionally vulnerable, so tread carefully. This will be a good time and financially rewarding as well. Social prestige will increase due to strong financial status. Chances of new projects or assignments are also expected at your career front. However, you may have to put some extra efforts to see successful completion due to delays and difficulties. Uou will have ample of planetary support to make progress in your studies but your social life might cause some disturbances. Your energy levels will not be up to the mark hence you should not take more than you can handle during this week in order to maintain your fitness levels.

SCORPIO : This week, the planets are likely to disrupt your love life and relationships. There will be certain challenges in married life. Around the weekend, romantic relationships can start to take shape. Family gatherings might also present prospects for romance. The stars for this week indicate that there will be excellent cash flow. Money from unexpected sources will be brought by planetary aspects. There is not a lot of hope for career progress this week. The later part of this week will be preferable if you are conducting business and want to make any agreements or contracts. This week's stars indicate that you will be quite pessimistic about your academic chances. Higher education enthusiasts won't have access to the suitable job opportunities. You must follow a very tight and disciplined food plan, as well as engage in daily physical activity. You can stay busy and healthy by doing this.

SAGITTARIUS : You should be able to resolve some issues in your personal life and relationship this week. You'll be able to grow close to your loved one thanks to it. You'll have a steady stream of revenue. You must have enough money on hand to fulfill both current financial obligations and some previous ones. The stars will provide you some excellent opportunities to advance in your career this week. As a result, you are probably pleased about the new chances and would feel motivated at work. It will be particularly challenging to focus for lengthy periods of time when studying at the beginning of this week for students enrolled in higher education due to the likelihood of several distractions. During the later half of this week, students are likely to learn things in a satisfactory manner. Even while this week may not be particularly health-related, you should not take your fitness for granted. To maintain your level of fitness, try to keep yourself inspired and active.

CAPRICORN : You should be able to resolve some issues in your personal life and relationship this week. You'll be able to grow close to your loved one thanks to it. You'll have a steady stream of revenue. You must have enough money on hand to fulfill both current financial obligations and some previous ones. The stars will offer you some excellent opportunities to advance in your career this week. As a result, you are probably excited about the new opportunities and would feel motivated at work. It will be particularly challenging to focus for lengthy periods of time when studying at the beginning of this week for students enrolled in higher education due to the likelihood of several distractions. During the later half of this week, students are likely to learn things in a satisfactory manner. Even while this week may not be particularly health-related, you should not take your fitness for granted. To maintain your level of fitness, try to keep yourself inspired and active.

AQUARIUS : This week, others will respond favorably to your longing for affection. Because not everyone will be ready to hear the truth, be careful how you choose your words. You'll probably have several excellent opportunities to advance financially this week. This will motivate you to make stronger attempts. It will be a successful time in your career. Seize the possibility to influence others in your place of employment. If you run a business, you probably take on new endeavors and tasks. As the planets are not in a particularly favorable position for your education, there will be a lot of obstacles. However, your mentors will provide you with good guidance, allowing you to concentrate on your studies. The digestive and respiratory systems' health issues require the most attention. You should not take your health for granted and should treat any symptoms, no matter how minor, right away.

PISCES : Your love life and relationship may be going through a favourable period right now. During this week's middle, there may be some hiccups. However, having a meaningful conversation and a good understanding with your loved one might help you resolve the issues. During this week, the benevolent planets may offer fantastic chances for long-lasting financial advantages and successful agreements. Your career may be dealing with some challenging difficulties to start the week. You might get into conflicts with co-workers and supervisors over certain topics. The planets are in a good enough position to support business people's efforts in the second half of this week. The later part of this week is likely to see a positive acceleration in the rate of progress. This week, you might deal with a number of complex topics, which might put pressure on your studies. You may have plenty of planetary assistance as the week gets started to keep your health. As you see this, you might spend the majority of this week in good general health.

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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.

1. From Ruchika Gupta to all: " Before anything else, preparation is the key to success."
2. To all from Sanjay Dhar : " If you want to be successful, know more than others and lastly expect less than others".
3. From K K Gupta to all: " It is perfectly okay to write garbage as long as you edit brilliantly".
4. From Abhi Jandial to all: " To generate creative ideas, you have to start from an unusual place. But to explain those ideas, you have to connect them to something familiar".
5. To all from Atharv Kotoch: " It is wise to take advantage of other's experience".
6. From Ramita Gupta to all:" Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly."
7. To all from Sharda Gupta: " You cannot escape the responsibility of tomorrow by evading it today".
8. From Charu Mahajan to all: "Always be a first-rate version of yourself, instead of a second-rate version of somebody else."
9. From Usha Raina to all: " The only person you are destined to become is the person you decide to be ".
10. From Kiran Kanchan to all: " If you obey all the rules, you miss all the fun."

BEST MESSAGE

The award of rupees 300 for this week's best message has gone to ABHISHEK JANDIAL , R/o GOLE MELA, NEAR JAGAN NATH TEMPLE, UDHAMPUR, CONTACT: 9796661126 for the message " The easiest way to destroy someone is by eliminating all struggle, challenges and failure from his life and give him a life of luxury and comfort zone ".

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

HERITAGE

Legends of Ramban

Robin Koul

Shankh-Pal Temple

Located on the highest point of Shankh Pal ridge or Patnidar Ridge line along with Nathtop, at an elevation of 9530 feet, there is a temple dedicated to Naga Deity Shankpal Ji. "Shankh-pal" word comes from the Sanskrit meaning "caretaker of the conch shell". He is considered as the protector of the people around the Landar area and he is the family deity of many clans including Bhutyal Rajputs living in the region.

Geographical Position and Routes to reach: It is located on the top of Ladha Dhar range in Lander region of mountains which borders three districts viz. Ramban, Udhampur and Reasi. We can have a panoramic view of Seoj Dhar, Pir Panjal Mountains and Trikuta Hill peaks from the Ladha Top. The temple is a four hours trek from Sanasar, and is surrounded by beautiful meadows in summers and with a blanket of more than six feet deep snow in winters.

If we follow the route from Maitra Ramban via Balout - Kriya towards Ladha Dhar we can find two open air Shiv Lingas situated on the picturesque trek route. Other accessible routes towards the temple are from Sundh Gali, Gandhari, Panchari Udhmpur.

Those routes are prominently used by the nomadic community of Gujjar and Bakarwal's who have their temporary settlements (Udhari) in higher reaches in this area for summers and retreat in the plains of Jammu in winter season.

Importance: Temple dedicated to Naga Deity Shankpal Ji is said to be 400 years old, which is reconstructed now with stone blocks. Origin of this temple is definitely antediluvian as it is the family deity of the local population who has settled in Ramban area centuries ago. The old temple is said to have a unique feature that no mortar was used to join the stones of the temple. One can find a stone sculpture of a female deity lying on the ground along with other stone carvings of coiled serpent outside the temple which hints towards some ancient historical importance of the place. Shankhpal Ji is said to be a local ruler of Ladha Dhar Range.

Raja Shankhpal is the eldest among 22 brothers and 12 sisters. Their father Nag Vasuki is said to reside in Badhrwah district. Shankhpal and Vasuki nag bear a mention in Rig Veda. Nilmant Purana and Rajatarangini of Kalhana too have references of those Nagas. Naga deities are connected with a strong faith among folk deities of the Ramban region. They are considered very strong and powerful and directly control the area under their jurisdiction.

The major Naga deities include Vasuki Naga, Bhair devta, Kai devta, Baba Surgal, Mansar devta, Bhudsar devta, Tansar devta and Shankhpal Ji who are worshipped all over in the Ramban. Shanhkpal devta is sanctified in the Ladha Dhar hill region of Ramban district.

Reference in Hindu Texts: Shankha are associated with water, Nagas are often named after the Shankha. The references of Nagas in the Mahabharata, the Harivamsa Purana (written by Jinasena) and the Bhagavat Purana include names like Shankha, Mahashankha, Shankhapala and Shankachuda.

The name Shankhpal is referred in Navnag Stotram. The names of nine Naga Devatas are Ananta, Vasuki, Shesha, Padmanabh, Kambal, Shankhpal, Dhrutrashtra, Takshaka and Kalia. This powerful mantra of the nine nagas is mostly chanted by Naga followers on Nag Panchami, Naga Chaturthi and Shashti days. It is also said that he who recites these names morning and evening is immune to snake bites and prospers wherever he goes.

Navnag stotra:

Anantan Vasukim Shesham
Padmanabham Cha Kambalam
Shankhapalam Dhartarashtram
Taxakam Kaliyam Tatha
Etani Nava Navaami Naganancha Mahatmana
Sayam Patenityam Prathahkaale Visheshita
Tasya Vishabhayam Naasti Sarvatra Vijayaa Bhaveth.

Navnag Stotra Meaning: Ananta, Vasuki, Shesha, Padmanabh, Kambal, Shankhpal, Dhrutrashtra, Takshaka and Kalia are the nine major names of the snake deity. Whoever recites this in the evening, but especially in the morning, his fear will be destroyed, and he will be victorious.

Local Customs and beliefs: "Naa Doop Naa Patti; Shankhpal Devta Sabsay Khatri". It is the belief of local people that Raja Shankhpal is the most powerful one; he doesn't like the offerings of incense and flowers. They offer Ghur (Jaggery) and kheer to the Deity. It is believed that Raja Shankhpal Ji is fond of white colour sweets.

An annual pilgrimage to the shrine of Raja Shankhpal Ji near 10th Tithi of Ashaad Month of Vikrami Samvat after Amavasya (preferably Sunday or Thursday) is conducted in the month of July. In this Yatra, the devotees from all over the villages of Ramban like Chanderkot, Pernote, Bhatni, Batote, Chenani and Landhar (Udhampur district) take the procession of their Devtas up to the Shrine of Raja Shankhpal Ji with Chhadies (maces). The devotees sacrifice a goat or a sheep at the Shankhpal Naag Devta Pindi and offer Chattar or Tikka on the occasion. It is believed that these Devtas from the various villages meet at the Shrine and bless the devotees on this occasion. On the other days, every Thursday or Sunday people come to pay homage at the temple.

The place is said to have some mystical powers. According to locals there is a story about an Air force recce Party that was camping at the temple location for survey in the area for installation of station. For that they camped near the temple at night, but always found themselves at different locations when they woke up the next morning. The recce was stopped and the Air Force installation was constructed at another site. Locals say that Raja Shankhpal didn't want the station near his abode.

Shankhpala in ancient stories: Nagas are equally revered by Jains, Buddhist and Hindus. We can also find the Story of Shankhpal or Samkhpala in the Buddhist Jataka tales. The Ajanta caves paintings predominantly narrating the Jataka tales tells us about the story of Shankhpala.

In the kingdom called Rajgara the king renounced his throne and handed over the reins to his prince Duyyodhana who was a Bodhisattva. His father became an ascetic and started living secretly in a forest, on the bank of Kannapanna river originating from Shankhpala lake near mount Gandaka. The lake was named after Naga king Shankhpala who was very kind and compassionate. Naag Shankhpal became the disciple of the ascetic king who used to give discourses about dharma, humanity and peace.

One day Duyyodhana, his son who was eager to find the whereabouts of his father came to know about his hermitage and visited his place. Sankhapala and other nagas were taking sermons. Duyyodhana the Bodhisattva was charmed by the magnificent style and ideals of Naag Shankhpala and desired to take rebirth in the Naga world for his next life.

At his father's request, he returned to his kingdom and ruled his country with justice; he followed the rituals of the holy land faithfully, gave alms generously to the needy and spread the light of knowledge. Due to his virtuous life, in his next birth he was reborn in the Naga world as a king bearing the same name Shankhpala as desired by him.

One day he decided to renounce the world as he grew uninterested with the Naga kingdoms' grandeur and temptations. Therefore he went into deep meditation atop an ant-hill near the Kannapanna river. There he sat spending the holy days meditating without distraction.

Once, while he was occupied in his meditation on his anthill, hunters from a nearby village saw him. In a group of sixteen, hunters pulled his tail and pierced him with stakes, shoved bamboo poles through his body to tie him with ropes and dragged him. Though the Bodhisattva was strong and powerful, he did nothing to resist the assault and maintained his peace with the virtue of austerity.

Fortunately a wealthy merchant named Alara riding by in his carriage saw the hunters and their prey and felt pity on him. He paid them each a handful of gold coins, an ox, and fancy clothes to release the Bodhisattva.

Nag Shankhpal was very impressed with the merchant's compassion and invited his rescuer to Naagloka and enlightened him with wisdom of life and teachings about detachment for materialistic things in the world. The Alara stayed in the Nagaloka for a year, and then renounced the world and became an ascetic and left towards the Himalayas. The Bodhisattva Shankhpal too spent his life meditating and serving the human kind and attained divinity at last.

Raja Shankhpal Ji is an eminent deity in Ramban area. The temple is well situated in Ladha Dhar area which has a tremendous potential for religious tourism as well as adventure and winter sports tourism. Ladha Dhar has trek routes from Sanasar which are connected by road. But the true potential of this beautiful place can be tapped if road connectivity through Balout- Kriya or Sundh Gali can be provided. The circuit route from Ramban- Maitra - Ladha Dhar- Sanasar can create a niche on Tourism map of the country. Administration can effectively contemplate the possibility of construction of a road from Maitra-Ramban to Ladha Dhar.

Scholarship Alert

Scholarship Name 1:	GyanDhan Scholarship 2023
Description:	GyanDhan Scholarship 2023 is an opportunity offered by Gyandhan (India's first education financing marketplace) to financially support postgraduate-level students. The aim of this programme is to provide financial support to those students who are taking an education loan and want to lessen their financial burden.
Eligibility:	Open for Indian applicants who have an undergraduate degree from recognized Indian institutes. The applicants must be willing to pursue a two-year postgraduate course in the US, Canada, UK, Australia, Ireland, New Zealand & Germany.
Prizes & Rewards:	INR 1 lakh (one-time)
Last Date to Apply:	31-08-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/GDSA6
Scholarship Name 2:	Esri India M.Tech Scholarship Program 2023
Description:	Esri India M.Tech Scholarship Program 2023 is an opportunity offered by Esri India* to students of Geoinformatics or a course that involves studying remote sensing, GIS, spatial modelling, spatial analysis, digital image processing for GIS and related subjects, for their respective students.
Eligibility:	Open for Indian applicants who are 18 years of age. The applicants must be at the beginning of 2nd year of a postgraduate course [M.Tech./M.Sc.] in Geoinformatics or a course that involves remote sensing/GIS/spatial modeling/spatial analysis/digital image processing for GIS and related subjects.
Prizes & Rewards:	INR 1 lakh per student per year
Last Date to Apply:	10-07-2023
Application mode:	Via email only at - gis.education@esri.in
Short Url:	www.b4s.in/excelsior/GISU1
Scholarship Name 3:	Medhaavi Engineering Scholarship Program 2023-24
Description:	Bharat Petroleum Corporation Limited (BPCL) is offering financial assistance to underprivileged students pursuing engineering courses at specified 20 NITs across India and encouraging them to pursue their higher studies, gain self-confidence, achieve independence, and become employable.
Eligibility:	Students enrolled in engineering courses (any year) in the academic year 2023-24 at any of the specified 20 NITs across India are eligible. Applicants must have scored at least 55% marks in Class 12 examination. The annual family income of the applicants should be less than INR 8 lakh from all sources.
Prizes & Rewards:	One-time fixed scholarship of INR 50,000
Last Date to Apply:	07-06-2023
Application mode:	Online applications only
Short Url:	www.b4s.in/excelsior/BPCLS1

INNER VOICE

LIFE LESSONS

Some students make me.....
stretch my knowledge
realise how privileged I am
realise what hard work really is
learn about destiny
realise what humbleness is
realise how lucky I am
realise how less knowledge Ihave
realise the meaning of life
learn gratitude
learn the way of living
learn the way of giving
learn to help someone even with empty pocket
realise how less talent I have
learn time management
learn life management
I just teach them syllabus
but they teach me life lessons
I'm just an "Ordinary
who is fortunate enough
to have Extraordinary Students"

Abhishek Jandial
Panacea Classes, Udhampur

FLICKER OF HOPE

Peeking behind the dark clouds,
The shining light of hope,
Crisscrossing ways to despair and victory.
Despair says look beyhond me,
Painful eagerness of unfed hope,
Yet to be fulfilled.
Allow not withering and decay.
No mood of deep resentment be set.
Ban the rampage of mindless people,
The glimmer of hope shows the way.

Lifeless existence, unreal appearance,
Ambushed in the false pretence,
Being flattered by the merciess time,
Begitting vaieties of grief.
Befitting light of hope shows the way.

Windy night leading to rainy morning,
washing the dust of grief.....
Tears and rain, rain and tears, fuelling the fire of ndisdain,
Light of nhope shows the way

Comparisons, criticism, calculations,
Ignorance, insufficiency, condemnation,
Enveloped in the spice of envy,
In the trenches of darkness,
The bright flicker of hope shows the way.....

Roma Gupta

Edited by: Neeraj Rohmetra, E-mail: editor@dailyexcelsior.com