Settings Windows Path For Postgresqlopen my Computer ==>  
 right click inside my computer and select properties ==>  
   Click on Advanced System Settings ==>  
      Environment Variables ==>  
         from the System Variables box select "PATH" ==>  
            Edit... ==>  
then add this at the end of whatever you find their;C:\PostgreSQL\9.2\bin; C:\PostgreSQL\9.2\lib  
after that continue to click OKopen cmd/command prompt.... open psql in command prompt with thispsql -U username database  
eg. i have a database name FRIENDS and a user MEE.. it will bepsql -U MEE FRIENDS  
you will be then prompted to give the password of the user in question. Thanks