

Maa Kaalratri – The Worship of the Fiercest Forms of Goddess Durga on 7th Navratri

Maa Kalaratri is the seventh Shakti of Maa Durga. The seventh day of Navratri Pooja is dedicated to Durga Kalaratri. This is the most violent form of Goddess Durga. Kalaratri is the one of the fiercest forms of Durga and her appearance itself evokes fear. This form of Goddess is believed to be the destroyer of all demon entities.

Kalaratri means the One who is the Death of Kaal. Here Kaal is dedicated as time and death. Kalaratri is the one who destroys ignorance and removes darkness. This form primarily depicts that life also has dark side - the violent Mother Nature and creates havoc and removes all dirt. She is also known as Shubhankari.

In this form Goddess Kalaratri killed Raktabeej. Raktabeej was a demon who could multiply from every drop of his blood which fell on the ground. The Goddess Kalaratri killed him by licking the blood before it could reach the ground and hence conquered him. She endows her devotees with calm and courage.

The complexion of Maa Kalaratri is like dark night and has four hands. The left two hands hold a cleaver and a torch, and the right two are in the Mudras of "giving" and "protecting".

She has necklace shining like thunder and has human skulls. She has three eyes which emanate rays like lightning.

Flames appear through her nostrils when she inhales or exhales air. Her mount is donkey. Blue, Red, White color should be used to wear on this day.

Appearance of Maa Kalaratri is very dangerous. But she always gives good fruits. So devotees should not get afraid of her.

Her worship on seventh day of Navratri has very much importance for Yogies and Sadhak. Yogis and Sadhaks penance on Shashtra Chakra on this day. For the worshippers on this day door opens of every Siddhi in universe.

Just by remembering Maa ghost run away. If any negative effect is arising due to planets then by worshiping on this day bad effects vanish. Any type of fear goes away.

Subhankari Mata always give Subh good fruits. True faith, restraint and concentration is necessary for worship.

The seventh Swarup of Maa Durga is Mata Kalaratri. She is black like night. Her Hair is always shown as pitch black, long, loose and scattered.

She is also shown as being seated on a Shava (dead body).

The destroyer of darkness and ignorance, Mata Kalaratri is scourer of darkness; enemy of darkness.

Mata Kalaratri's Shrine is in Calcutta, India. This four-armed swarup of Ma Durga dissipates darkness from amidst her devotees, and bestows freedom from fear and adversity.



NAVRATRA SPECIAL RECIPE

Navratri Nariyal Pag



Ingredients:

500 gm coconut
700 gm sugar
20 cashews
2 tablespoon milk
1 1/2 cup water

Method:

Take the coconuts, grate them well and set them aside. Prepare sugar syrup by heating sugar and water in a pan until it comes to a boil.

Make sure to stir the syrup every 2-3 minutes. When it reaches its boiling point, pour in milk.

We need the syrup to be clear and transparent, so if you see any kind of foamy layer on the top, take it out with the help of a spoon.

Once the syrup is ready, it should be thick and slightly sticky. In order to check this, take out a drop and check the consistency by pressing it between your thumb and forefinger.

After that, take the grated coconuts and mix it into the syrup.

Now take a large dish and grease it with ghee.

Evenly spread the prepared coconut syrup. Sprinkle the chopped cashews on it.

It's time to refrigerate this mixture until it becomes hard.

Once prepared, cut it into square or diamond shaped pieces.

Your Navratri Nariyal Pag is ready to eat.

You can store these sweets for up to 2 months.

MESSAGE



Manoj Sinha
Lieutenant Governor
Jammu and Kashmir

I am pleased to know that Wildlife Week is being observed in Jammu Kashmir from 2nd October to 8th October, along with the rest of the country, which holds a special relevance in view of the emerging concerns of climate change, biodiversity loss and environmental degradation.

The diverse forest resources of Jammu and Kashmir play an important role in preserving the fragile ecosystem of the region. Besides, wildlife has its importance for aesthetic, recreational, spiritual, cultural and economic values. We need to focus on the importance of protecting rich biodiversity of our flora and fauna to reiterate our commitments to the conservation of forests, wildlife and environment, which has remained high on the agenda of the Government.

It is our collective responsibility to protect the wildlife and rich ecological diversity, and strike a balance between development & protection of precious civilisational legacy. Support and participation of all stakeholders, particularly the local community is significant for conservation of forest, wildlife and other natural resources which will directly impact the lives of human beings and other creatures.

I hope and believe that Wildlife Week would serve a great deal in creating awareness amongst different sections of society, particularly the youth, in boosting the efforts for conservation of Wildlife and their habitats.

(Manoj Sinha)

MESSAGE



Arun Kumar Mehta, IAS
Chief Secretary
Jammu and Kashmir

Wildlife Week is celebrated across the country from 2nd to 8th of October, to highlight the value of wildlife and the role they play in maintaining ecological balance. The Union Territory of Jammu and Kashmir has a rich heritage of wildlife resources, ranging from iconic species like the Hangul, Markhor, Snow Leopard, Musk Deer and Ibex, to hundreds of relatively little-known species. This richness in the diversity is seen in our varied habitats and ecosystems. We are also blessed with abundant natural resources which include picturesque valleys, lofty mountains, fascinating lakes, streams and rivers, lush green forests and rich biodiversity.

Wildlife Week holds a special relevance this year, keeping in view some serious emerging concerns, particularly related to Human – Wild Animal Conflicts. The challenges of wildlife management are indeed multifarious and demand a holistic approach. Government has been making consistent efforts to manage the wildlife resources within and outside the protected spaces on scientific and modern lines.

The conservation efforts have to be "inclusive of people" to achieve the desired success. This occasion helps us to reiterate our commitment to the conservation of forests, wildlife and the environment.

I am glad to know that the Department of Wildlife Protection is observing the Wildlife Week. It is our collective duty to preserve the richness of our habitats, the ecosystems and the precious flora and fauna. The mounting pressures of unsustainable development and decimation of our natural resources have had adverse impact on the wildlife resources and is a cause of serious concern. It is for this reason these celebrations become more relevant today than ever before.

I hope the programmes being organized during the week shall achieve the purpose they are meant for.

(Arun Kumar Mehta)

MESSAGE



Dr. Mohit Gera, IFS
PCCF & HoFF,
J&K Forest Department
Chairman, J&K Biodiversity Council
Jammu and Kashmir

The observance of wildlife week aims to create awareness on preservation and conservation of wildlife which is an integral part of Biodiversity. The UT of Jammu and Kashmir is blessed with diverse habitats and rich biodiversity of flora and fauna. We have varied ecosystems ranging from terrestrial to wetland, plains to mountains and to grasslands and meadows. Jammu and Kashmir has distinction of having rare and flagship species like Hangul, Markhor and Snow leopard. The avian diversity is also unique to these ecosystems which include lakhs of winter migratory waterbirds.

Jammu & Kashmir is highly vulnerable to climate change and likely to face change of vegetation, forest fires, draught and other such challenges for conservation of wildlife. This may also aggravate Human – Wildlife conflict. Hence, the issues on human-wildlife conflict have to be relooked to ensure co-existence of both as part of the healthy ecosystem along with the diverse

biodiversity. Forest Department is supporting and supplementing the activities of Wildlife Protection Department in providing healthy habitat to wildlife and ensuring its protection in forest areas. Involvement of Non-Government Organizations, Civil Societies and Local Communities is also critical to success of efforts towards protection of wildlife. I am delighted to note that Department of Wildlife Protection is observing the wildlife week with the active involvement of stakeholders and creating awareness on important issues pertaining to Wildlife management.

Let's rededicate ourselves for wildlife conservation and co-existence.

(Dr. Mohit Gera)



Sanjeev Verma, IAS
Commissioner / Secretary
Forest, Ecology & Environment, IAS
Jammu and Kashmir

Wildlife Week is celebrated from 2nd October to 8th October, every year in the country, with a focus to draw attention to the conservation status of some of the most critically endangered species of wild Fauna and Flora and drive discussions for working out and implementing solutions, to conserve them. This aligns with the UN Sustainable Development Goals and their wide ranging commitments on alleviating poverty, ensuring sustainable use of natural resources and on conserving life on land. Wildlife Week has gained further relevance in face of the emerging concerns of climate change, biodiversity loss and environment degradation. The challenges of wildlife conservation are multifarious.

Abiding support of the people, particularly the forest-fringe communities, living in and around wildlife protected areas is crucial to the success of our conservation programmes. Thus, wildlife conservation has to be "inclusive of the people" to achieve the desired success. Observance of wildlife week is a conscientious efforts to generate desired level of commitment, among people for the protection of our precious wildlife resources.

Department of Wildlife Protection in Jammu & Kashmir is undertaking multiple activities such as habitat improvement, which include planting of fruit and shelter bearing plant species; pasture development; soil and moisture conservation works and making availability of water in Wildlife Protected Areas for conservation of wildlife and biodiversity. The department is also attending the ever increasing daunting challenge of handling Human – Wildlife Conflict incidents, besides attending to fire prevention, anti poaching, rescue and release of wild animals, along with veterinary care, wherever required. Participation of all the stakeholders in wildlife protection and conservation efforts of government has remained consequential to successfully meet the above challenges.

So, on this wildlife week, celebrated from 2nd to 8th of October, let us commit ourselves to a planet, where People, Animals and Nature co-exist harmoniously.

(Sanjeev Verma)

MESSAGE



Suresh Kr. Gupta, IFS
PCCF (Wildlife)/
Chief Wildlife Warden,
Jammu and Kashmir

Wildlife Conservation is in the ethos and culture of our country. Various festivals and occasions celebrated by various communities in the country reflect such ethos and affection. Besides, wildlife is a crucial natural resource as it is indispensable for the maintenance of eco-system balance. Therefore, the conservation of this precious resource needs priority attention of all sections of the society for sustenance of human race on this planet.

Jammu & Kashmir has rich bio-diversity due to its unique geo-climatic position. Wildlife Protected Areas i.e., National Parks, Sanctuaries & Conservation Reserves of Jammu & Kashmir provide safe abode to the bio-diversity especially wild animals. We have several rare and endangered wildlife species like Hangul, Markhor, Musk Deer, Himalayan Black Bear, Snow Leopard, Ibex, Goral – to name a few.

The Department of Wildlife Protection has initiated various measures for conservation and protection of wildlife in Jammu & Kashmir, which include habitat improvement, management planning, conflict mitigation, fire control, wildlife health monitoring, survey, research, population estimations, biodiversity documentation, capacity building of staff and stakeholder communities, and infrastructure augmentation.

Wildlife Week is being celebrated from 2nd to 8th October in Jammu & Kashmir like other parts of the country. Main reason behind celebrating the wildlife week is to raise awareness on conservation of wildlife among the people. The Department of Wildlife Protection, Jammu & Kashmir is organizing various such programmes involving students, youth, nature and wildlife enthusiasts. The department solicits participation of all the people especially PRI members in its programmes. While observing Wildlife Week, I call upon all the citizens to care for the ecosystem balance and participate in government efforts for protection and conservation of wildlife and biodiversity.

(Suresh Kr. Gupta)

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