

# Maa Maha Gauri Pooja on Ashtami in Navratra Festival

Maa Durga is worshiped as Maa Mahagauri on Eighth Navratra. Mahagauri is the eighth form of Goddess Shakti. Her color is white. Whiteners is shown by shell, moon etc. Mahagauri means one clean and bright like a ray of lightning.

This is the form of Goddess Parvati when she did penance to get Lord Shiva as her husband. It is believed that due to the intense Tapas performed by her without moving caused soil and dust to collect on her body. Lord Shiva cleaned her with water from Ganga that's why she got whiteners as shine and got the name as Maha Gauri. Purity is depicted in this form of Durga.

The Goddess is in the form of eight-year old child with complexion as fair as a conch, moon and jasmine. Her clothes and ornaments are white and pure. She has three eyes and four arms. Her right upper hand is in the pose of allaying fear and right lower hand holds a trident in it. The left upper hand holds a tambourine and the lower one is in the pose of blessing. All sins of devotees are washed away due to her worship. Her power is unfailing and instantly fruitful.

The eighth day of Navratra Pooja has much importance. Durga Ashtami Puja is held in many parts of India. If a human worships after fast he/she gets fruits immediately. In front of Portrait of Goddess Mother as in front of Parvati Mata in Lord Shiva Temple one can worship Maa Maha Gauri. She appeared in the form of Maa Ambaji, Maa Kalika, Maa Bahucharaji etc.

She stays in devotees' heart and gives best fruits if we worship any form. Wearing red, saffron, yellow, white, pink color would be auspicious for the devotees on this day. Maa Mahagauri can be seen in a temple at Kankhal near pilgrim center Haridwar.

She is like an eight-year-old girl. She is intelligent and peaceful, possesses three eyes and four arms, and uses the bull as her vehicle. The Eighth swarup of Ma Durga is Ma "Maha Gauri." Her clothes and ornaments are white and clean. She rides on bull. The Ninth Swarup of Maa Durga is Mata Siddhidatri.

There are eight Siddhis or accomplishments, they are- Anima, Mahima, Garima, Laghima, Prapti, Prakamiya, Ishitva and Vashitva. Maha Shakti gives all these Siddhis. It is said in 'Devipurana' that the Supreme God Shiv got all these Siddhis by worshipping Maha Shakti.

With her gratitude the half body of Shiv became of Goddess and there fore his name 'Ardhanarishvar' has become famous. This Swarup is depicted as seated on a lion and has four hands. She is the giver of all forms of accomplishments[Siddhis].

As per the Brahmavaivart Purana there are 18 types of achievements which are Anima, Mahima, Garima, Ladhima, Prapti, Prakaamiya, Ishitva, Vashitva, Sarvakaamaal, Saadhita, Sarvagynatva, DurShravana, Parkaayapraveshan, VakaSiddhi, Kalpavrushatva, Shrishti, Samharkaransaamarthiya, Anaratva, Sarvanyayakatva, Bhavana and Siddhi.

Seated upon a lotus, most commonly, is the possessor of different Siddhis /accomplishments to grant her devotees. Mata Siddhiratri's famous pilgrim centre, is located in Nanda Parvat in the Himalayas.



# NAVRATRI SPECIAL RECIPE Halwa Poori Chana



**For Chana**  
Kala Chana (boiled) – 2cups, Oil – 3 tbsp, Cumin seeds – 1 tsp, Green chilli – 1no, Ginger chopped – 2tsp, Turmeric powder – ½ tsp, Chilli powder – 1 tsp, Salt, Ghee – 1 tbsp

**For poori**  
Wheat flour – 2 cups, Salt – ½ tsp, Water – as required, Oil

**For Syrup**  
Water – 3cups, Sugar – ¾ cup  
Cardamom powder – ½ tsp

**For Halwa**  
Ghee, Suji – 1cup, Dry fruits chopped – handful

**Method:**  
**For Halwa**  
In a pan mix together water, cardamom and sugar. Bring to a boil and stir till the sugar dissolves. Turn off the heat and keep aside. In a separate pan heat ghee and add suji. Cook on low heat till golden brown. Add the sugar syrup to the suji. Be careful as the suji will let off a lot of heat & steam when you add the syrup. Stir and cook the suji on medium heat till it thickens. Remove and serve hot.

**For Poori**  
Mix together atta, salt and water and knead a stiff dough. Apply oil on top of the dough and give it rest for 10mins.  
Divide into small pedas. Flatten them and roll out thin and deep fry in hot oil till it puffs and gets cooked. Remove and serve hot.

**For Chana**  
In a pan heat oil and add cumin, green chilli slit, ginger and saute them. Add turmeric, coriander and chilli powder, stir and add a dash of water from the boiled chana. Now add chana along with all the water cook them till water evaporates and oil surfaces. At this stage add a dollop of ghee and mix. Remove and serve hot.

# Significance of Durga Ashtami, Date, Time, Muhurat and Puja Vidhi

Maha Ashtami, also known as Ashtami, is celebrated with much zeal across the country. This auspicious day is dedicated to Maa Mahagauri, one of the avatars among the nine forms of Maa Durga, known as Navdurgas. For many who celebrate Durga Puja, Ashtami is also known as Durgashtami. It is one of the most important days during the extended celebrations. People also perform Kanya/Kumari Puja or Kanjak on this day.

**Significance of Maha Ashtami:**  
Maha Ashtami is the third day of Durga Puja or the eighth day of Navratra. It is one of the most poignant dates as it celebrates the victory of the Goddess Shakti over the evil buffalo demon Mahishasura. On this day, Durga Maa's devotees worship her eighth avatar, Maa Mahagauri. The Goddess represents purity and is known for bestowing wealth and an opulent lifestyle on her worshippers. Additionally, praying to Maa Durga on this day can help devotees get rid of all their problems and relieve themselves from all sins. The Ashtami vrat (fast) is deemed the most significant, as it is believed to bring prosperity and luck in one's life.

**Maha Ashtami Celebrations and Rituals:**  
On Maha Ashtami day, the celebrations begin with mahasnana or a grand bath to rid oneself of impurities. Following this ritual, devotees install nine small pots to invoke nine Shaktis of Goddess Durga. All the nine forms are then worshipped during Maha Ashtami Puja. Devotees should also wear new clothes for the ceremony and offer Maa Mahagauri yellow flowers, halwa, puri and black chickpeas.

The legendary Sandhi Puja is also done on Maha Ashtami. According to Drik Panchang, it is performed during the last 24



minutes of Ashtami Tithi and the first 24 minutes of Navami Tithi. This period is known as Sandhi time/Kala or the holy juncture during Durga Puja. It is customary to light 108 earthen lamps and perform balidan/animal sacrifice during Sandhi Kala. Those who abstain from this ritual can do a symbolic balidan with banana, cucumber or pumpkin.

Lastly, during Ashtami, devotees of Goddess Durga perform Kanya/Kumari Puja or Kanjak by worshipping young unmarried girls. They are considered divine manifestations of Goddess Shakti and are presented with special Navratra preparations. In this ritual, worshippers wash their feet, offer them red dupatta, bangles, and a few other tokens of gratitude, and ask for their blessings.

**Date and Timings:**  
**Devotees of Maa Durga will observe Ashtami on October 3, Monday.**  
**The Ashtami Tithi begins on October 2 at 06:47 PM and ends on October 3 at 04:37 PM**

During Maha Ashtami celebrations, worshippers, especially women, break their nine-day-long Navratra fasts - observed to get blessings from Maa Durga and her nine avatars (Navdurgas) - after performing Kanya Puja.

However, some people also break their fasts on Navami or by following the Parana time. It is the special muhurat when people can end their vrat. Drik Panchang says the Parana time will be after 02:20 PM on October 4, 2022. However, depending on family traditions followed for generations, one can break the fast before noon after finishing Kanya Puja, either on Maha Ashtami or Maha Navami.

# ABMSS celebrates 156th birth anniversary of Lala Hans Raj Mahajan



ABMSS, J&K Zone members paying tributes to Sher-e-Duggar Lala Hans Raj Mahajan.

■ **STATE TIMES NEWS**  
JAMMU: Akhil Bhartiya Mahajan Shiromani Sabha (ABMSS), Jammu & Kashmir Zone paid floral tributes to Sher-e-Duggar Lala Hans Raj Mahajan on his 156th birth anniversary. The programme started with recitation of holyGayatri

Mantra, followed by lightening of ceremonial lamp. All the members offered garlands and floral petals on picture of Lala Hans Raj Mahajan. Later, Suman Gupta and Ram Langer spoke on the contributions of Lala Hans Raj Mahajan to unite and strengthen the Dogra community.

community. Speaking on the occasion, Zonal President ABMSS JK Zone, Mahesh Gupta informed that the Sabha has decided to approach UT administration and Union Government for giving due recognition to highlight philosophy and deeds of Lala Hans Raj Mahajan and very soon, a deputation will call on LG Manoj Sinha in this regard. Rakesh Kumar Mahajan presented formal vote of thanks while the programme ended with chanting of Shanti Path. Others present on the occasion included Ravinder Gupta, Rajesh Gupta, Ranjan Gupta, Suneel Mahajan & CA Krishan Gupta.

# Former Mayor presides over Agrasen Jayanti celebrations

■ **STATE TIMES NEWS**  
JAMMU: Former Mayor, Jammu Municipal Corporation, Chander Mohan Gupta, on Sunday presided over Agrasen Jayanti celebrations on the occasion of 5146th Birth Anniversary of Maharaja Agrasen here at General Zorawar Singh Auditorium at Jammu University.

The event was organised by Aggarwal Sabha Jammu and the gathering was the first of its kind after the 2019 COVID pandemic.

The celebrations started with lighting a traditional lamp by the Chief Guest, President of the Sabha, Swatantra Aggarwal, State Vice President, CA Hardeep Aggarwal; Vice President, Deepak Aggarwal; General Secretary, Ravinder Mittal;

Secretary, Narinder Aggarwal and Treasurer, Shambu Aggarwal and other senior Members of Aggarwal community.

General Secretary Aggarwal Sabha, Jammu & Kashmir, Ravinder Mittal threw light on the social works being done by the community, especially during the COVID pandemic.

The Programme was compered by CA Hardeep Aggarwal and Shally Aggarwal.

A cultural programme and fancy dress presentation was also displayed by school children on the occasion. A programme on the life and history of Maharaja Agrasen was also presented. Prizes were distributed among exceptional achievers in the field of sports and academics.

# Retiree Police Personnel League holds meet, highlights demands



Retiree Police Personnel League members during a meeting in Jammu on Sunday.

■ **STATE TIMES NEWS**  
JAMMU: The monthly meeting of Retiree Police Personnel League, District Jammu was held under the leadership of its President Karanjit Singh, retired DySP in Jammu on Sunday. On the occasion, floral tributes were paid to the Father of Nation

Mahatma Gandhi and former Prime Minister Lal Bahadur Shastri. During meeting, the members discussed various issues about welfare of Retired Police personnel. One major demand was provision of full expenses, vehicle and PSO, to all retired Police personnel who are

produced as witnesses in the Court. The members also demanded free life-saving medicines for the retired personnel. After meeting, all members visited house of deceased Hari Chand, retired SP at Shastri Nagar and extended heartfelt condolences to bereaved family members.

# Bapu taught us to walk on path of truth, non-violence: Bhalla

■ **STATE TIMES NEWS**  
JAMMU: JKPC President Vikar Rasool Wani and Working President Raman Bhalla, along with a number of other leaders and party workers paid rich tributes to the Father of Nation Mahatma Gandhi and Lal Bahadur Shastri during an impressive function held at Satwari Chowk. The programme was organized by Congress Sewa Dal J&K Chairman Vijay Sharma Babbi. On the occasion, the leaders garlanded statue of



Senior Congress leaders paying tributes to Mahatma Gandhi at Jammu on Sunday.

Mahatma Gandhi besides paying tributes to both the great sons of Mother India. Similar functions organized at all the district

Headquarters of J&K. Prominent among those who addressed and paid tributes to great leaders included Yogesh Sawhney,

Manmohan Singh, Kanta Bhan, Indu Pawar, Hari Singh Chib, Uday Bhanu Chib, Pranav Shagotra, Pawan Raina and others. While paying tributes to the Father of Nation, JKPC President said, "Bapu taught us to walk on path of truth and non-violence. He explained meaning of love, compassion, harmony and humanity. Today we are walking on the path shown by Bapu with a slogan of Bharat Jodo". He also paid tributes to freedom leader of

masses, Lal Bahadur Shastri. Speaking on the occasion, Bhalla said that Bharat Jodo Yatra launched by the Congress is aimed to unite India as per teachings of Mahatma Gandhi. "We should support Yatra to ensure India remains one. Mahatma Gandhi and Lal Bahadur Shastri dedicated their lives to help and uplift downtrodden. We must come together and fight for rights of poor, as it will be the real tribute to the great leaders," he said.

# Swachhta Pakhwada observed by NHIDCL Jammu

■ **STATE TIMES NEWS**  
JAMMU: Regional Office of National Highways & Infrastructure Development Corporation Limited (NHIDCL), a fully owned Company of Ministry of Road, Transport and Highways (MoRTH), will be carried out Swachhta Pakhwada from October 2 to 31, 2022.

NHIDCL, RO-Jammu has initiated Swachhta Campaign under the chairmanship of Executive Director (Projects), Col Sandeep Sudhera (Retd.).

Efforts were also been made to connect common masses of surrounding areas of RO-Jammu with this campaign by doing cleanliness drive.

The staff of the Regional Office cleaned the approach road of the office premises located in Channi Himmatt, Jammu and



Executive Director (Projects), Col Sandeep Sudhera (Retd.) and others during cleanliness drive.

took part to keep their environment clean and surroundings hygienic. The same has been uploaded on web site of NHIDCL and in social sites to encourage the Swachhta.

