

Maa Skandamata – Fifth manifestation of Devi Durga

The fifth manifestation of Devi Durga is known as Maa Skandamata. She is fifth among Nava Durgas, that's why she is worshiped on the fifth Navratri. Devi Maa is the mother of Kumara Skanda or Kumara Kartikeya also called Lord Murugan in south India. Kumar Skanda was chosen by Gods as their commander in 'Deva-Sura Sangram' (the war of gods and demons) against the demons. Lord Murugan's glory has been narrated in the Puranas and he is referred to as Kumara and Saktidhar. His vehicle being peacock he is also called Mayuravahana.

Thus being the mother of Skanda she is Skandamata. Worshipping Skandamata on the fifth day of Navaratra has very importance for Yogis & Sadhaks. This day devotee's mind reaches Visuddha Chakra and stays therein. In her image the Lord Skanda in his infant form is always found. She holds him in her lap.

Using a lion as a vehicle, Mother Goddess has four arms and three eyes. She holds Lord Skanda in her right upper arm and a lotus flower in her right lower hand, which is slightly raised upward. The left upper arm is in a pose to grant boon and in left lower hand, which is raised, she again holds lotus. She is of Golden colour. She is seated on lotus flower so she is called Padmasana.

The scriptures are very eloquent in glorifying the fifth day of Navaratra period. As the mind of the aspirant, on this day, is in the Visuddha Chakra, so all his actions internal as well as external completely stop and the mind bereft of all thought-waves, is calm like a wave less ocean. It would be advancing towards the state of pure consciousness. It is completely submerged in the meditation of Mother Padmasana, quite devoid of worldly thoughts or coats of Maya. It is time when the aspirant should be most careful and cautious on the path of his Sadhana.

By worshipping the Goddess in the form of Skandamata, the devotee gets all his desires fulfilled. He starts tasting the Supreme joy even in this very mortal world. The gateway for salvation to him is spontaneously opened. Her worship automatically includes the worship of Lord Skanda in his child form. Only she has got this pride of place. So the Sadhak should particularly be attentive to her worship. Being the presiding deity of Sun God, she bestows an uncommon luster and radiance on her devotee. He is always surrounded by an invisible divine halo, which always maintains his 'Yoga-Ksena'.

Therefore, we should try very sincerely to take refuge under her. There is no better way to Moksha from this world. She is the Goddess of Fire. The daughter of Himalaya, after observing penance got married with Shiva. She had a son named Skanda. Skanda is a leader of the army of Gods. Skanda Mata is a deity of fire. Skanda is seated in her lap. She has three eyes and four hands. She is white and seated on a lotus. Some also depict her sitting on a lion with her son Skand (Lord Kartikeya) in her lap with two hands holding lotuses while the other two hands respectively display defending and granting gestures.

It is said, by the mercy of Ma Skandmata, even the idiot becomes an ocean of knowledge. The great and legendary Sanskrit Scholar Kalidas created his two masterpiece works viz. Raghuvansh Maha Kavya and Meghdoot by the grace of Ma Skandmata. However some believe Kalidasa was also inspired and blessed by Maa Kushmanda.



NAVRATRA SPECIAL RECIPE
Sabudana Thalipeeth

Ingredients

- 1 cup soaked overnight sago
- 2 tablespoon ghee
- 1/2 cup coriander leaves
- sendha namak as required
- sugar as required
- 2 large potato
- 4 tablespoon crushed roasted peanuts
- 1/2 teaspoon cumin powder
- 1/2 inch ginger
- 1 teaspoon lemon juice

Method:

To begin making this scrumptious vrat recipe, first drain the excess water from the soaked sabudana, so that there is no moisture left in them.

In a bowl, take mashed potatoes and add the sabudana. To this mixture, add cumin powder, lemon juice, grated ginger, sendha namak, finely chopped coriander leaves and crushed peanuts.

Mix all the ingredients well.

Next, take a small portion from the mixture and flatten it using your fingers, similar to the shape of chapati.

Now, put a pan over medium flame and apply ghee all over. Let it heat and then place the prepared mix on the pan and fry evenly flipping on both sides.

Cook until the thalipeeth changes colour and becomes crisp. Once done, serve hot with curd or chutney.

Repeat the procedure to make more such sabudana thalipeeth.

Serve hot and enjoy!

JKPS Panjtirthi students shine in
Traditional Karate Cup Championship 2023

Principal of JKPS Panjtirthi, Suman Banbah felicitating winner students.

■ **STATE TIMES NEWS**

JAMMU: Students of JK Public School (JKPS) Panjtirthi brought laurels to the school and their parent by winning medals in the Traditional Karate Cup Championship 2023 organised by J&K Traditional Karate do Association, here recently.

Among various reputed schools, six students of JKPS Panjtirthi participated in the championship.

Khelo India Women's
Judo League held

Judo players posing for a photograph with dignitaries.

■ **STATE TIMES NEWS**

JAMMU: Judo Association of Jammu and Kashmir (JAJK) on Wednesday organised Khelo India Women's Judo League at Sports Stadium, Bhagwati Nagar, here involving around 250 female Judokas.

The event was sponsored by Sports Authority of India (SAI) as part of the Union Ministry of Sports initiative to promote sports among womenfolk.

In the closing of the event, former Deputy Mayor Jammu, Purnima Sharma was special guest, who presented medals to the winner judokas. Earlier, the competition declared open by Manager J&K Sports Council, Suraj Bhan Singh.

Vikas Gupta, joint secretary of Judo Federation of India was guest of honour.

Award of appreciation presented to Ritika Slathia, senior judo coach while Touseef was observer from SAI.

Bouts officiated by SB Singh, Ritika Slathia, Jugal Kishore, Rameshwar Singh Jamwal and Danish Sharma. Prominent among those who were present included Bhanu Partap, Munish Chatwal, Rajesh Verma, Deepak Dogra and Avinash Sharma.

Medals Winners:

Gold: Anihita Thakur, Mansi Bhagat, Aruhi Katoch, Avni Rathore, Varahi, Taniya Thapa, Diksha, Niharika, Ridima, Divyanshi, Kashish Rajput, Ashley, Shruti Chib, Nagam Preet Singh, Sana, Ishani,

Gouranshi, Fiza Akhter, Prachi, Vanshika Manhas, Khushi Thakur, Sneha Sharma, Nirali Sharma, Nirjala, Tanvi Thakur, Ridima Aisha, Mehak, Gunjan, Simranjot Kour, Anitha, Mannita Saproo, Khushboo Kiran

Silver: Poulmi, Manya, Angel, Nitya Parihar, Harshita, Alisha Gill, Mannat Devi, Akshra, Dansita Jamwal, Sanvi Sharma, Ikshita Midanta, Engeta, Shipla Rajput, Sumakah, Arushi, Haroon Kour, Drishti, Anjali Rajat, Shivanshi, Sunakshi, Palak Sharma, Khushi Devi, Priya Sharma, Tanya, Shreshita, Malmoona, Saira Banoo, Muskan Chib, Divyanshi, Nusrat Jan and Anshika.

Bronze: Manvi Devi, Ruhani, Tara Kumari, Nihar, Kamini Devi, Ravya Kahani, Ayzamalika, Arti, Sunashi Devi, Mahi Verma, Lakshmi Verma, Kushavi, Vanya, Sannvi Dogra, Aarya, Harshika Gupta, Ashwarya, Ojesni, Saba Choudhary, Anjali, Sonia Manhas, Manvi Verma, Mehak Sharma, Shreya, Sunakshi, Misthi Choudhary, Bhavya Bharti, Ruksana, Divya Gupta, Manvi Sharma, Sania, Manya, Vidhanshi, Mehak Mushtaq, Bhumika, Niharika Sharma, Navleen Kour, Tanishika, Surakshi, Paramjeet, Asni, Riyanshi, Sanchi, Angel Preet, Tanya, Akshita Anmol, Vidanshi, Mannat, Aleena and Praga.

Modi Government Committed
towards better Rail Connectivity

Flagging Off of

Extension of 12513/12514 Guwahati – Secunderabad Express up to Silchar, (Assam)

- First direct train service between Barak Valley (Silchar) and Secunderabad
- Beneficial to people of lower Assam and areas bordering Barak Valley

15617/15618 Dullabcherra - Guwahati Tri-weekly Train

- Direct train service between Dullabcherra and Guwahati
- Beneficial to students, businessmen & traders of Dullabcherra

Extension of 12519/12520 Kamakhya – Lokmanya Tilak Express up to Agartala, (Tripura)

- A direct train service between the capital of Tripura and the financial capital Mumbai
- Beneficial to students, traders and patients of Tripura

07688/07687 Agartala - Sabroom DEMU Train

- People from the remote areas of the state will get enhanced connectivity with the state capital Agartala
- Will boost tourism in the state

&

Vistadome Coach in 04688/04687 Budgam - Banihal Train

- Vistadome Coach will boost tourism in Jammu & Kashmir
- Will provide memorable journey to the passengers

by

Dr. Himanta Biswa Sarma
Chief Minister, Assam
Present at Guwahati Railway Station

Prof. (Dr.) Manik Saha
Chief Minister, Tripura
Present at Agartala Railway Station

Ashwini Vaishnaw
Union Minister of Railways,
Communications & Electronics
and Information Technology
(Through Video Conferencing
from New Delhi)

Pratima Bhoumik
Union Minister of State
for Social Justice
and Empowerment
Present at Agartala Railway Station

Manoj Sinha
Lieutenant Governor,
Jammu & Kashmir
Present at Srinagar Railway Station

Parimal Suklabaidya
Minister of Transport, Fisheries &
Excise Department, Assam
Present at Silchar Railway Station

Sushanta Chowdhury
Minister of Transport, Tourism, Food,
Civil Supplies & Consumer Affairs, Tripura
Present at Agartala Railway Station

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Date: Thursday, 19th October, 2023
Time: 03:00 PM

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