

Maa Chandraghanta – Third form of Maa Durga

Maa Chandraghanta is one who establishes justice and wears crescent moon on Her head. Because of this bell shaped mark of moon which is present on the forehead of Maa Chandraghanta, Maa is known as Chandraghanta. The colour of her body is golden; she rides on lion who describes "Dharma", possesses ten hands and three eyes, eight of Her hands display weapons while the remaining two are respectively in the Mudras of gestures of boon giving and stopping harm. Devi Maa is posed as to be ready for war. "Chandra Ghanta" meaning supreme bliss and knowledge, showering peace and serenity, like cool breeze in a moonlit night. By her blessings all the hindrances coming in way of a person are removed. Her pleasant looks clears all sorrows and sadness of her devotees. Her roaring voice alerts and makes the demons to tremble.

In Durga Pooja the third day of Navratra is very important in Navaratra. This day the mind of the Sadhak enters Manipura lakra. At this stage by the grace of Maa Chandraghanta he becomes capable of seeing unearthly and divine things. He smells the divine fragrance and many types of divine sound become audible to him. On this day and in this stage of discipline the Sadhak is required to be most careful.

By the grace of Mother Chandraghanta all sins of the Sadhak (striver) are burnt up and obstacles removed. Her worship is instantly fruitful. She is always in a gesture as if ready to proceed for the battlefield and thus she removes the difficulties of devotees very promptly. Her vehicle is lion and so her worshiper becomes valorous and fearless like a lion. The sound of her bell always protects her devotees from evil spirits. As soon as the Sadhak invokes her, her bell immediately becomes active and starts ringing to protect the devotee under her shelter.

Even though she keeps her always busy in killing and suppressing the wicked, yet to her devotees and worshipers she looks most serene, gentle and peaceful. A very good quality that is developed in her devotees who worship her, is-the striver cultivates bravery and fearlessness accompanied by serenity and humility. His face, eyes and the entire body gets effulgent. His voice becomes divinely sweet.

Wherever the devotee worshiper of mother Chandraghanta go, they disperse peace and blessings among the people. From the body of such a striver there always takes place an invisible radiation of divinely lighted atoms.

This divine action is beyond the perceiving capacity of physical eyes but the striver himself and his associates go on experiencing this fact every now and then. By purifying his mind, words, deeds and body through prescribed manner we should worship the mother Chandraghanta and take shelter under her feet. Through worshipping her we can get rid of all worldly sorrows, and attain the supreme goal spontaneously. We should always try to advance on the path of spiritual discipline by contemplating on the sacred image of the mother. Contemplating on her, we can attain the mundane perfection and ultimate good in the other world.

Devi Chandraghanta Maa is known and named Chandraghanta or Chandra-Khanda for the semi-circular moon (Chandra) which appears like a bell (Ghanta) on her forehead. Durga is also worshipped as Ashtamukhi and Shorashi in different parts of India on this day. She is depicted as having three eyes and ten hands holding with ten types of swords - weapons and arrows etc. and is seated on a lion (in some photos on a tiger) and shown as ready for going to war. She is the image of bravery.



NAVRATRA SPECIAL RECIPE

Beetroot Aloo Cutlet



Ingredients

- 1 cup grated beetroot
- 2 tablespoons crushed peanuts
- 1/2 teaspoon red chilli powder
- 1/4 teaspoon garam masala powder
- sendha namak as required
- 2 tablespoon ghee
- 1 small boiled potato
- 1/2 teaspoon cumin powder
- 1/2 teaspoon dry mango powder
- 1/2 teaspoon coriander powder
- 2 tablespoon chopped coriander leaves

Method:

- Take the grated beetroot and squeeze out its juice. Collect it in a bowl.
- Add mashed potato to the bowl and mix well.
- Now add crushed peanuts along with all the spices like dry mango powder, red chilli powder, coriander powder, cumin powder, garam masala, sendha namak and coriander leaves. Now use your hands to mix well and prepare a dough.
- Keep it aside for a while.
- Now grease your hands a bit with some ghee and scoop out dough balls from the mixture.
- Flatten them out a bit to form tikkis.
- Pour 1-2 tsp of ghee on a non-stick tawa and place the prepared tikkis on it.
- Shallow fry the tikkis from both sides until golden brown in colour.
- Serve the tikkis with some yoghurt dip or mint chutney.
- Enjoy!

Devi - The Moving Force



We are all floating in the effulgence of one scintillating unseen cosmic energy called the 'Devi'. The Devi or the Divine Mother is the womb of all creation. She is the seed of all dynamism, radiance, beauty, equanimity, peace and nourishment. She is the life force energy. A mother has total love for her child. The Divine Mother has unconditional and unquantifiable love for Her children which includes every being in this entire creation. During the nine nights of Navratra, the Devi is worshipped in all Her names and forms. Names have a significance. We remember a sandalwood tree by the memory of its perfume. Each

name and form of the Devi refers to a specific quality or attribute of the Divine. By remembering the form or by chanting the many names of Devi, we enliven those qualities in our consciousness and they manifest in us according to the need of the hour. Navratra is a journey from the outer world of names and forms to the subtle world of energies, invoked through the various yagnas, to the innermost core of our being - the Self. The first three days celebrate the Devi in the form of Durga. Durga also means hill. A very difficult task is often described as an uphill task. In the presence of Durga, negative forces fade away. Durga is referred to as "Jaya Durga" or the one who brings in Victory (Jai). She is Durgati pariharini - one who removes obstacles. She transforms negativity into positivity. Even difficulties find it difficult to come near her. The Nava Durga are the nine aspects of Durga energy which act like a shield to ward off all negativities. When you have obstacles and mental blocks, just remembering these qualities of the Devi, can cure them. Especially in the case of people suffering from anxiety, doubting oneself, doubting one's ability, 'lack' consciousness, feeling threatened by enmity and negativity - simply by chanting the names of the Devis, it is like mantras that elevate your consciousness and you can become more centered, courageous and composed. This is the significance of the aspect of the Divine as Devi Durga. There is a certain beauty in the divine being attached to the mother. She nourishes all the qualities, nurturing the positive. It is like collecting good luck. For example, when you are with the mother all the 'goodies' are available. We become meritorious and we gain the power to manifest good luck and hold or sustain it as well. Many times life may shower you with courage, prosperity and abundance but your ability to hold and transform this energy into happiness and compassion is lacking. Navratra is a special time to pray to Durga to have all these qualities together - uniting and harmonizing - magnifying and inculcating it in one's life. Durga is associated with red. She is depicted as wearing a red saree. Red is the colour of dynamism - a bright attitude, the 'moving' energy. You may be trained and skilled but if you are not able to move things together, move people, your efforts in unison, the fruits are delayed. But when you pray to Durga, she makes this possible. The fruit is immediate. The Devi Durga, in Her form as Mahishasuramardini, is the destroyer of Mahisha. The word Mahisha means buffalo which is a symbol of laziness, lethargy, and inertia. These are the qualities

which impede the spiritual and material progress of an individual. The Devi is a storehouse of positive energy and any trace of laziness or inertia dissolves in Her very presence. The second set of three days honor the Devi as Lakshmi. Lakshmi is goddess of wealth and prosperity. Wealth is a vital ingredient bestowed upon us for the maintenance and progress in our life. It is much more than just having money. It means abundance in knowledge, skills and talents. Lakshmi is the energy that manifests as the complete spiritual and material well-being of a person. The final three days are dedicated to Saraswati. Saraswati is the goddess of knowledge - the one who gives the essence (sara) of the self (swa). She is often depicted as being seated on a rock. Knowledge, like a rock, is a steadfast support. It stays with us at all times. She plays the veena, a musical instrument whose mellifluous notes bring harmony and peace to the mind. Similarly, spiritual knowledge brings relaxation and celebration into one's life. Goddess Saraswati is the ocean of understanding and the consciousness which vibrates with different types of learning. She is the source of spiritual light, remover of all ignorance and the source of knowledge. While worshipping the Devi in her various names and forms, we offer flowers in a multitude of hues and fragrances like jasmine, hibiscus, lotus, lilies, rose, and so on. From the outer beauty, as we turn our focus inward and are soaked in the divine attributes, our conscious flowers. We offer our blossomed consciousness too. Worshipping Her through the blossomed consciousness is the ultimate offering. The Mother Divine is Prakriti (the entire creation). Everything in this creation is made up of the three gunas or qualities: Sattva, Rajas and Tamas. Sattva is associated with calmness, clarity of mind, enthusiasm and peace. Rajas is needed for action but often creates feverishness. Tamas is inertia and an imbalance in tamas can lead to laziness, dullness and even depression. When you handle tamas properly you move into sattva. Every being in this creation is caught in the play of the gunas. How does one come out of this cycle, and transcend these boundaries? For that, you need to raise your sattva and come out of the cycle through proper meditation, silence and food control. Transcending the gunas, one gets established in the Shiva tatva or the pure and infinite consciousness. Prakriti is full of the opposites like night and day, heat and cold, pain and pleasure, joy and sorrow.

General Knowledge Question

1. In which form the chemical compound RDX is used?
 - A. As an composition
 - B. As an reactor
 - C. As an explosive
 - D. As an nuclear weapon
2. As a vegetable preservative poly _____ foam is used.
 - A. Uthane
 - B. Uriathenes
 - C. Urathanes
 - D. Urethanes
3. Chemistry is a branch of science which can be used for providing the services to mankind. Comment on the statement.
 - A. True
 - B. False
 - C. May Be
 - D. Strongly not
4. Bio-chemical compounds are used as....
 - A. Skin Treatments
 - B. Food preservatives
 - C. Cooking Oils
 - D. All of the above
5. Tell the composition of soap?
 - A. Sodium salt with fatty acids.
 - B. Potassium salt with fatty acids
 - C. Both a & b
6. Detergent is defined as.....
 - A. A liquid surfactant
 - B. A liquid soluble
 - C. A liquid solvent
 - D. A liquid solution
7. Which of the following compound is not used as an alkali?
 - A. Sodium hydroxide
 - B. Potassium hydroxide
 - C. Carbon hydroxide
 - D. Nitrogen hydroxide
8. Define toxicity?
 - A. A chemical reaction
 - B. A process used in the manufacturing of detergents
 - C. A harmful effect of soaps and detergents required to measure the effectiveness.
 - D. A process used in the manufacturing of soaps
9. Match the following:
 - Set I
 - a. A Fatty Acid
 - b. Potassium Hydroxide
 - c. Non-ionic Surfactants
 - d. Neutralization
 - Set II
 - 1. Better Alkali
 - 2. Process to make detergent
 - 3. Process to make soap
10. Oil and fats
 - Code:
 - a b c d
 - A. 3 4 2 1
 - B. 1 2 3 4
 - C. 4 1 2 3
 - D. 2 3 4 1
11. Which one is not the form of Biocides?
 - A. Salt
 - B. Iodine
 - C. Sugar
 - D. Bleach
12. Tell the composition of soap?
 - A. Sodium salt with fatty acids.
 - B. Potassium salt with fatty acids
 - C. Both a & b
 - D. Sodium and Potassium salt mixed with chemicals
13. Detergent is defined as....
 - A. A liquid surfactant
 - B. A liquid soluble
 - C. A liquid solvent
 - D. A liquid solution
14. Sodium and Potassium salt mixed with chemicals

- ANSWERS:**
1. As an explosive
 2. Urethanes
 3. True
 4. All of the above
 5. Both a & b
 6. A liquid surfactant
 7. Potassium hydroxide
 8. A harmful effect of soaps and detergents required to measure the effectiveness.
 9. a. A Fatty Acid
 10. A
 11. C
 12. A
 13. A
 14. C

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20)

The Scorpio moon faces off with Jupiter magnifying financial issues. These vibes will feel particularly challenging when it comes to shared resources or relationship baggage, though you may also be reminded of any debts you owe. Try to make smart decisions when it comes to monetary matters, taking into consideration interest rates, future goals, and payment plans.

LIBRA (SEP 24 - OCT 22)

Consider your financial trajectory as the Scorpio moon faces off with Jupiter, dear Libra, taking into consideration how your spending, business partnerships, and relationships impact your ability to save. Gravitate toward people you can grow alongside, understanding the strength in shared dreams and how positive reinforcement can allow you to reach them. The vibe could feel a little edgy within matters of the heart.
- TAURUS** (APR 21 - MAY 20)

Your love will shine brightly and outwardly this morning, sweet Taurus, as the Scorpio moon connects with Jupiter. Lean into these vibes by looking for opportunities to showcase support and kindness toward the people you encounter, but remember to keep tabs on your own needs as well, as it would be easy to overextend yourself tending to family, friends, and colleagues.

SCORPIO (OCT 23 - NOV 22)

The moon continues its journey through your sign, facing off with Jupiter. You'll be in the mood for all things harmonious and sweet, helping you connect with loved ones without abandoning your own needs. However, you should be mindful to stay on track at work, lest you begin to feel overwhelmed or disorganized once afternoon settles in and Luna forms an unbalanced connection to Chiron.
- GEMINI** (MAY 21 - JUN 20)

Focus on doing right by your mind, body, and heart, as the Scorpio moon aligns with Jupiter. This cosmic climate emphasizes the importance of tending to your needs, especially where physical and emotional health are concerned. Consider pulling back from your electronics when Luna forms an unbalanced connection with Chiron, especially if you have a habit of impulsively reaching for your phone.

SAGITTARIUS (NOV 23 - DEC 22)

Important duties or tasks you've been sweeping under the rug may come back to haunt you, as the Scorpio moon faces off with Jupiter. This cosmic climate could trigger stress or anxiety, though facing your to-do list one item at a time will help you chip away at these wonky vibes as well. Consider curbing your extroverted nature a bit when Luna and Chiron form an unbalanced connection this evening.
- CANCER** (JUN 22 - JUL 23)

You'll be in the mood to have fun and experience happiness as the Scorpio moon aligns with Jupiter. An element of luck lingers in the air, pushing you to expand your horizons and seek new connections. However, you'll need to stay on track with your responsibilities, especially when Chiron activates this afternoon. The vibe becomes slightly unpredictable when Luna faces off with Uranus.

CAPRICORN (DEC 23 - JUL 20)

You may feel a bit restless or tired of seeing the same familiar faces each day, dear Capricorn, as the Scorpio moon faces off with Jupiter. Try mixing up your social life by seeking new friendships or reconnecting with existing ones that have fallen to the back burner, expanding beyond the handful of companions and colleagues you interact with regularly.
- LEO** (JUL 24 - AUG 23)

You'll feel ultra-sensitive as the Scorpio moon faces off with Jupiter, dear Leo, pushing you to put up emotional, mental, and psychic defenses. On the plus side, good company, positive reinforcement, and embracing optimism will remind you of your endurance, allowing you to remain open-hearted when the conditions are supportive and stable.

AQUARIUS (JAN 21 - FEB 23)

Your heart expands as the Scorpio moon faces off with Jupiter, dear Aquarius, putting you in the mood for meaningful connection. Just be careful of who you share your secrets with, being mindful that your level of vulnerability reflects the amount of trust you've established with any one person. Be sure to hold your tongue if you don't have anything nice to say as afternoon settles in and Chiron activates.
- VIRGO** (AUG 24 - SEP 23)

A logical yet spiritual energy lingers in the air thanks to a cosmic alignment between the Scorpio moon and Jupiter. Pay attention to any ideas, visions, or epiphanies that pop into your head as the stars align to guide you to choose a higher path and manifest important dreams. Try not to let the idea of change discourage you when Chiron activates this afternoon.

PISCES (FEB 20 - MAR 20)

Lofly and romantic thoughts may find you as the Scorpio moon faces off with Jupiter, dear Pisces, helping you put an optimistic spin on your current situation and relationships. These vibes are perfect for embracing imagination and connection, but try not to let logic fall the wayside, especially when it comes to commitment. Connect with your body when Luna aligns with Chiron this afternoon.

