

## Maa Kushmanda – The Fourth Aspect of Navdurgas

Maa Kushmanda is the fourth aspect of Navadurga Goddesses. Devi Maa is worshiped on fourth day during Durga Pooja in Navratri. Mother Goddess created the whole universe in shape of an egg called "Anda" with her little and light divine smile, so that Maa Durga is named Kushmanda.

The word Kushmanda is made of three other words that are "Ku + Ushma + Amnda = Kushmanda". Here "Ku" is "Little", "Ushma" is "Warmth or Energy" and "Anda" is "Egg", means the one who creates the universe as "Little Cosmic Egg" with the energy of Her divine smile is called "Kushmanda". Goddess Durga is very happy in this incarnation and it is believed that when there was no existence of any creation or universe and there was the eternal darkness, which ended when Maa Kushmanda smiled. So Maa Kushmanda is known as the creator the whole universe. Maa Kushmanda is also named as "Adi Shakti". The core of Suryamandala (Sun) is the residence of Devi Maa. She is the only one who has the power and strength to live in the core of Suryaloka (Sun). Her body shines like the glowing Sun. All directions get light from Her Divine smile including the Sun God itself. Maa Kushmanda also known as "Ashtabhuj" as she is often depicted as having eight arms. In her seven hands she holds Kamandalu, Bow, Arrow, Lotus, a Jar of Nectar, Discus, and Mace. In her eighth hand she holds a rosary capable of giving eight Siddhis and nine Niddhis. She rides a lion who represents "Dharma". On worshipping Her ailments and sorrows are eliminated and life span, name, strength and health improved.

The Pooja of Devi Kushmanda on the fourth day of Navratri in Durga Pooja is having very importance. On this day, Yogis and Sadhaks or other dedicated devotees keep their mind in Anahata Chakra. Kushmanda represents Anahata Chakra in spiritual practice. Kushmanda Pooja during Navratri increases one's health and strength.

On the fourth day Mata Durga is worshipped in her Ma Kushmanda Swarup. She is depicted as seated on a lion, and possesses eight arms. She resides in solar systems and represents all knowledge. Seven types of weapons are shown in seven hands and prayer beads in her right hand. She likes the offerings of "Kumhde." Therefore her name "Kushmanda" has become famous. She is also known as 'Krishnamanda' and is believed to have created the universe, so she is called as Adi Swarup. She is also called 'Astbhuj'. Worship of Ma Kushmanda brings light into darkness and ignorance, gives true knowledge, destroys ego, disease, sorrow, depression, ignorance. "Kumbh Bhand" means to see cosmic vivacity in Pindi shape or knowledge of cosmic intricacies in human race. The abode of Mata Kushmanda is in Bhimaparvat.

### Om Dukha Hantraya Namah

Kushmanda Devi manifests eight arms, holding weapons and a rosary (Mala), she is seated on a tiger and her aura is like the sun. Special benediction: This aspect of Devi destroys sorrows of the mind and ego by harmonising the macro-universe with the inner micro-universe of the individual. This makes available all realms of the external universe to the individual internally through meditation. She is the birthing mother presiding over birth and rebirth. The abode of Kushmanda is in Bhimaparvat. We see streams of dark orange and golden light and golden drops that end in little drops of golden light entering the spinal column. These act like a spiritual surgical knife, destroying negatives and false ego positions.



## NAVRATRI SPECIAL RECIPE Makhana Cutlet Roll



### Ingredients

- 1 cup lotus seed
- 2 finely chopped green chilli
- 2 tablespoon roasted peanuts
- 1 teaspoon chaat masala
- 1/4 teaspoon red chilli powder
- 1/4 teaspoon Dhania powder
- 4 teaspoon ghee
- 4 potato
- 1 teaspoon fennel seeds
- 1 bunch finely chopped coriander leaves
- 1/2 teaspoon garam masala powder
- 2 dashes black salt
- Black pepper
- 1/2 cup refined oil

### Method

To make this delicious dish, you need to roast the lotus seeds (makhana) in a frying pan with the ghee. After they are roasted, grind them to a coarse powder.

Boil Potatoes and let them cool down.

Mash the boiled potatoes and beat them in the frying pan along with the powdered lotus seeds.

Keep it aside for a while.

Add the remaining ingredients after this and sprinkle the appropriate amount of salt and spices as per your taste.

Taking a small portion of the mixture in your hands, try to shape it in the form of a patty or a cutlet.

Grease both the sides with the required amount of oil and fry them in a shallow pan over medium flame until they turn golden brown. Flip the cutlets onto your plates and enjoy them with green chutney.

You can also enjoy it with yogurt and green chilly chutney.

Serve it hot.

## JKPS Kunjwani celebrates Dandiya Night with fun and frolic



Glimpses of Dandiya Night for mother-daughter duo being hosted at JK Public School Kunjwani on Saturday.

### STATE TIMES NEWS

JAMMU: To celebrate our tradition and culture as well as to bask in the divine glory, JK Public School Kunjwani organised Dandiya Night for mother-daughter duo, on Saturday.

This event was put together for the daughters to let them relish an evening of fun and frolic

with their most endearing mothers.

The event commenced at 6:30 pm in the evening with Navdevi Pooja, a traditional ceremony dedicated to the nine divine forms of Goddess Durga. This was followed by a series of Bhents-devotional songs to invoke blessings and celebrate the spiritual essence of

Navratri.

The Event was presided over by the Chairman JK Educational Society Raj Daluja, Patron JK Educational Society Davinder Daluja, Neelam Daluja, Director JK Educational Society Shashi Choudhary, Principal JK Public School Kunjwani, Rajesh Rathore, Vice Principal

Roopinder Kaur, Academic Coordinator Parvinder Kaur, School Coordinator Inderjeet Kour, Primary Wing Coordinator Anju Raj, the educators and the other members of the staff.

The lush and resplendent purlieu was all set to serve this magnificent Dandiya Raas. The evening smiled upon the

gathering with the most agreeable weather. The euphonious Garba music filled the place with zeal and the exquisite decorations and lights were a sight to behold.

All the parents and students attended the event in their traditional attire with a brace of Dandiya sticks in their hands and danced according to the

music beats. It replenished their souls with absolute glee and vigour.

Mouth-watering food stalls were arranged providing an excellent layout of tempting snacks and beverages. The entire domain resonated with lively voices of merriment and cheer. The sanguine looks and radiant smiles of the gatherers, dancing

and enjoying the Raas, made the evening truly electrifying and admirable.

The heart of the event was an energetic Dandiya Raas session. Mothers, daughters and teachers joined in, dressed in colorful traditional attire, and participated in the rhythmic and vibrant dance of Dandiya, a Navratri sta-

ple. The lively beats and synchronized movements filled the evening with excitement and joy. To elevate the festive spirit participants showcasing the most impressive and energetic Dandiya moves with best attire were also awarded. The School Management left no stone unturned in making this Raas an absolute triumph.