

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 'Devipuran' 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, Amaratva, 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 Vrat Wale Kofte



**Ingredients:**  
2 pieces green chillies  
sendha namak as required  
4 tablespoon peanut oil  
500 gm banana  
2 teaspoon mint leaves  
3 cup water  
4 tablespoon buckwheat (kuttu)  
50 gm cashews  
1 teaspoon cumin powder  
1 inch ginger  
2 teaspoon powdered black pepper

**Method:**  
To prepare this vrat recipe, put a pressure cooker on medium flame and raw unripe bananas in it along with water. Close the lid and let the the bananas cook till 3 whistles. Meanwhile, place the cashews on the chopping board and roughly chop them. Keep aside the chopped cashews in a bowl. Once the bananas are done, turn off the flame and open the lid once the steam goes away. Drain the water and take out the boiled bananas. Let them cool a bit and peel them in a bowl. Using a masher, mash the bananas. Now, add buckwheat flour, chopped cashews, mint leaves, green chillies, chopped ginger, sendha namak, powdered black pepper and cumin powder to it. Mix well to form a thick mixture to make kftas. Next, divide the mixture into equal proportions and turn each proportion into a small ball. Then gently press the balls to make patties. Now, put a wide non-stick pan over medium flame and add oil to it. When the oil is hot, place the patties in it, fry them until golden brown and crisp from both the sides. Serve immediately with any dip of your taste and enjoy!

Ashtami — the most important day of Navratri

The nine-day Navratri festival began on March 22, and it is being celebrated with great fervor and enthusiasm across parts of India. Navratri is considered the most auspicious and revered festival in the country, and it will culminate on March 30 with the celebrations of Durga Ashtami and Ram Navami. On the last two days of Navratri, devotees perform a ritual known as "Kanya Puja" to conclude the nineday festival. According to the Drik Panchang, this year's celebration of Durga Ashtmi, the eighth day of Chaitra Navratri, will take place on March 29. The Ashtami tithi will begin on March 28 at and conclude on March 29 at 09:07 PM. Similarly, this year's celebration of Ram Navami across the country place on March 30. The Navami Tithi is scheduled to commence on March 29th at 09:07 PM and conclude on 30th at 11:30 PM. The Madhyahna Muhurat for Rama Navami is from 11:12 AM to 01:41 PM, and the Madhyan is at 12:27 PM. This ritual is practiced to show gratitude towards Goddess Durga and her nine different incarnations. Nine girls acknowledged as the nine avatars of Maa Durga, are welcomed into homes and offered saatvik bhog, which include chole, halwa, fruits, coconut, etc. In the Kumari Puja ritual, girls aged between two to ten years are considered to embody the different forms of Durga are referred to as Kumarika, Trimurti, Kalyani, Rohini, Kali, Chandika, Shambhavi, Durga, Bhadra, or Subhadra. As per the guidelines of Drik Panchang, one-year-old girls are not eligible for Kumari Puja, and only girls aged between two to ten years are deemed suitable. These girls are considered to embody the nine divine forms of Goddess Durga.



As part of the Kanya Puja ritual, it is traditional to host a group of nine girls along with a young boy. It is believed that the young boy represents the embodiment or manifestation of Bhairav Baba. Meals should be served only after taking a bath in the morning. The Kanyas' feet are washed, and Roli is applied to their forehead. A pious thread is tied on their wrist, and only after this, the girls are offered food. As the girls are believed to embody the form of the Goddess, they are offered grains, money or clothes while departing, and in return, blessings are requested from them. **Significance of Navratri Kanya Poojan** According to Devi Puran, Maa Durga gets very pleased from Kanya Poojan and blesses us with prosperity. It also enhances luck and makes planetary conditions of the kundali right by removing all the faults. **Kanya Pujan Vidhi** On the day of the poojan devotees must keep Goddess's name in mind, invite the Kanyas one day before Poojan. On the pooja day, invite them with faith. Once they arrive, people wash their feet's with pure water mixed with milk and flower. After that they clean the feet's with clean clothes and take their blessings. After this they invite them to take a seat and put a tilak of vermilion on their forehead. They put Akshat and offer them chunmi to wear. After this they offer them poori, chana, halwa and food as per one's capabilities with full faith. After serving them food, people give them dakshina money and again take their blessings while apologizing for any mistakes. Finally, people give some raw rice in their hands and women in the house should take those rice in her chunri. After that, they say goodbye to the Kanyas with respect. The sacred rice and water should be spread throughout the entire house.

General Knowledge Question

1. Which technique is used to separate the substances from a mixture?

A. Chromatography  
B. Racing Forging  
C. Assembling  
D. None of the above
2. In what way iodine can be separated from a mixture of potassium chloride and iodine?

A. Filtration  
B. Sedimentation  
C. Distillation  
D. Sublimation
3. What is Boron?

A. Non metal  
B. metal  
C. Compound  
D. Metalloid
4. Which of the following statements are correct about metals?

(a) Metals are lustrous.  
(b) These are good conductors of heat and electricity.  
(c) They can be converted into wire.  
(d) They are malleable.

Choose the correct option:

A. Both (a) and (d)  
B. Both (a) and (c)  
C. Both (c) and (d)
5. Heterogeneous mixture

6. Distillation

7. Centrifugation

8. Osmosis

9. Gasoline
- D. All (a), (b), (c) and (d)

5. A mixture of salt and sugar is known as

A. Homogeneous mixture  
B. Heterogeneous mixture  
C. Mixture of Components  
D. None of the above
6. By which process can sea water be purified?

A. Evaporation  
B. Fractional Distillation  
C. Filtration  
D. Distillation
7. Which technology is used to squeeze water from the soaked clothes in the washing machine?

A. Evaporation  
B. Decantation  
C. Centrifugation  
D. Sedimentation
8. Due to which process dry raisins when kept in water swell up?

A. Osmosis  
B. Sedimentation  
C. Distillation  
D. Decantation
9. Which of the following is a mixture?

A. Distilled water  
B. Gasoline  
C. Both A and B  
D. Neither A nor B
10. Boyle's law relates to which state of matter?

A. Solid state  
B. Liquid stage  
C. Gaseous state  
D. None of the above
11. When Lunar Eclipse occur?

A. When Sun is between Earth and Moon  
B. When Earth is between Sun and Moon  
C. When Moon is between Earth and Sun  
D. When Earth is between Sun and other celestial bodies
12. When did Lunar Eclipse happen?

A. Half Moon  
B. Full Moon  
C. Equinox  
D. None of the above
13. Select the correct option matching together about Earth shadows:

1. Umbra – darker, central part  
2. Penumbra – the outer part  
3. Antumbra – partly shaded area beyond the umbra

Correct Options are:

A. Only 1 and 2  
B. Only 2 and 3  
C. Only 1  
D. All 1, 2 and 3

ASTRO SPEAK

- ARIES**

MAR 21 - APR 20

Pay close attention to the first thoughts that crawl in your mind this morning. This cosmic climate could usher in messages from beyond, and a helping hand from Jupiter will allow you to think and dream big. Consider taking notes as the day continues to unfold and new ideas emerge, while brainstorming with your peers can help conjure fresh perspectives while satiating the social butterfly within.
- LIBRA**

SEP 24 - OCT 22

Messages of encouragement and support from the stars will manifest in the early hours, dear Libra, thanks to a sweet exchange between the Gemini moon and Mercury. Good vibes will continue to flow as Jupiter becomes active in the sector of your chart that governs love, encouraging you to approach the day from a place of optimism and open heartedness.
- TAURUS**

APR 21 - MAY 20

Strange synchronicities will reveal alignments between your subconscious and the material realms. This cosmic climate is perfect for manifesting happy coincidences, so be sure to keep a positive outlook while staying open to magic. Check in with your mind as the hours continue to unfold to ensure that you're not trying to do or process too much at once, taking a break if your psyche could use a rest.
- SCORPIO**

OCT 23 - NOV 22

You'll feel inspired by the idea of kicking bad habits and transforming your patterns this morning, dear Scorpio, as the Gemini moon blows a kiss to Jupiter. Use this energy to follow your healthiest instincts, opting to ride your bike to work, elevate that standing desk, or spending some time doing breathwork.
- GEMINI**

MAY 21 - JUN 20

Opportunities to expand your network could manifest this morning. These vibes are also perfect for posting online, so don't be afraid to stand on your platform. You'll be the driver of your own ship as the hours pass and Luna continues her journey through your sign, though a harsh connection to Neptune this evening could cause you to lose steam.
- SAGITTARIUS**

NOV 23 - DEC 22

You'll shine extra bright this morning, dearest Sagittarius. Don't be surprised if a few new admirers reveal themselves, as people will be drawn to your natural charisma and allure. Though attention is often appreciated, consider directing your focus toward creative projects and personal interests, allowing your mind to expand and grow as the universe does.
- CANCER**

JUN 22 - JUL 23

Listen to your gut instincts this morning. These vibes are all about marrying intuition with good sense, as doing so will allow you to climb the ladder within your professional and personal ambitions. Your mind will move quickly as the hours continue to pass, though you'll need to maintain a positive disposition, as one negative thought could spiral into many while sending you down a dark and moody path.
- CAPRICORN**

DEC 23 - JUL 20

A sense of emotional clarity will wash over you as you awaken, dear Capricorn, thanks to sweet exchanges between the Gemini moon, Mercury, and Jupiter early this morning. Focus on teamwork and completing important tasks as the hours continue to unfold, as Luna works overtime to help you stay efficiently on task.
- LEO**

JUL 24 - SEP 23

You'll feel particularly connected with the world around you this morning. This cosmic climate will inspire you to invest in your community, marking a karmically auspicious time to donate old clothes or shelf stable foods to your local shelter. Luckily, others will follow your example as the hours continue to pass, so be sure to encourage your peers to give a little back as well.
- AQUARIUS**

JAN 21 - FEB 23

You'll be in a chatty and upbeat mood this morning. Lean into these positive vibes by spreading cheer wherever you go, understanding that the easiest way to make friends is with a warm demeanor and smile. Luckily, you won't have to put on a show all day, and the stars will ask you to focus on your own interests and passions as the hours unfold.
- VIRGO**

AUG 24 - SEP 23

Don't be afraid to make some bold business moves this morning. This auspicious cosmic climate will reward those who advocate and fight for their own success, so be sure to direct your focus accordingly. However, you may need to set strict boundaries with both yourself and others, but try not to put unnecessary pressure on yourself.
- PISCES**

FEB 20 - MAR 20

You'll be in a unique position to manifest what your heart desires most. Take a moment to discuss your hopes and dreams with the other side, trusting that your prayers will be heard. The nurturer that lives within you will be on full display as the hours pass, and you'll gain a strange sense of satisfaction by tending to the people around you.

