

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 fore head 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 Shorashii 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.

The frightful sound of her bell terrifies all villains and demonic incarnations. She is also the giver of supreme knowledge and bliss and is depicted as having golden skin with the half circular moon on her forehead, glowing. Her ten hands hold..... She is worshipped in this form in Kanchipuram (Tamil Nadu) India.



NAVRATRA SPECIAL RECIPE

Sabudana Pudding



Ingredients
1/2 cup sago
3/4 cup jaggery
3/4 cup palm sugar
2 1/2 cup coconut milk
1/2 cup pumpkin seeds
1/4 cup water
For Garnishing
dry rose petals as required

Method:
To prepare this amazing dessert, wash and soak sago or sabudana in 1 cup coconut milk for an hour to soften and bloom.

Take the soaked sago, remaining coconut milk and jaggery in a large saucepan, and put it over medium heat. Then reduce the heat and let it cook for 15 more minutes until the sabudana is cooked and it has all thickened. Keep stirring occasionally to prevent it from sticking to the bottom. If you wish to have it much thinner, add another cup of coconut milk. Pour into bowls or ramekins to the top and let cool in the refrigerator.

Toast the pumpkin seeds on a pan for 3-4 minutes and place it on a silicon mat.

Put some water and palm sugar in a saucepan and place it over medium flame, and stir slowly with a metal fork, until it gets melted and golden. Cook caramel without stirring, until it turns deep golden. Immediately spread it all over the pumpkin seeds placed on the silicon mat so it hardens. Let it cool down and set at room temperature for about 15 minutes. Then break shards of the praline and add that on the tapioca pudding. Garnish with dry rose petals and serve.

Fasting Rules: Do's and Don'ts to follow during nine days of Navratri

It's that time of the year again. The Indian detox time is here. Navratra holds a special place in our festival list. While we know what we should be careful about while fasting during this auspicious time, it is important to understand that this healthy journey we start during Navratra should continue even after the fasting period ends. There are many things we know should not be consumed during the nine-day period. Navratra fasting is a healthy way of fasting, barring if we stick to non-fried foods at all times.

Foods we should not consume during Navratra:

Grains: Wheat, rice, semolina, gram flour, corn flour, millet flour like Ragi and pear are strongly prohibited during the course of these nine days. This will also help you stay away from gluten foods like wheat which contain the allergy-producing protein.

Vegetables: Consumption of vegetables differs from household to household. While many continue to consume veggies like tomatoes, spinach, potatoes and bottle gourd. Tomatoes are consumed because technically they are a fruit. Garlic and onions are strongly prohibited.

Spices: The spices which rule our Indian household filled with Haldi, coriander, cumin are refrained from during these nine days. One can use Sendha Namak and chilli powder. Some households continue to use cumin powder as well.

Alcohol, eggs, non-vegetarian: The three 'sins' are prohibited during Navratra. Consumption of alcohol, eggs and non-vegetarian food is a big no during these nine days. This is also a good way to detox your body with alkaline foods which do not produce any form of heat or toxins in your body.

Foods which you can consume during Navratra are the following:

Nuts: Nuts like almonds, pistachios, cashews, raisins, walnuts, pine nuts and peanuts can be consumed during this time. Nuts will help you stay fuller for a longer time. You can consume nuts in combination with fruits as well. You can add them to your Sabudana Khichdi to enhance its taste.



Dairy Products: Dairy products like milk, Paneer, cheese, yoghurt, butter, Malai,

cream can be consumed. Try and keep the quantity of cream and butter less in your food if you are trying to lose weight. You can try variations of Kadhi with milk or yoghurt with fruits to bring variety to your nine-day diet.

Flours: Since regular flours like wheat are not allowed, flours like amaranth, buckwheat, water chestnut can be used. There is an array of recipes available online which will direct you as to how you can turn these flours into filling Rotis or Pooris.

Spices: Like mentioned before, the use of the usual spices like coriander powder and turmeric is not allowed. However, you can use chilli powder, Sendha Namak, black pepper powder, cumin powder to prepare our food and fruit preparations. Other than this, green cardamom is also used during Navratra.

Oils: In northern India, the most commonly used oil is either refined or mustard oil. Since mustard seeds are not used in the preparation of our food, you can use Ghee, peanut oil or vegetable oil to make food.

Fruits: All kinds of fruits can be consumed during this time. This will be helpful for you as fruits are rich in antioxidants. Make a colourful fruit salad which includes apples, bananas, watermelon, papaya, melon, pomegranate and eat it as a snack or as your breakfast. You can also include fruits like pomegranate in your Raita and make a fruit Raita.

Sugars: The normal processed sugars can be consumed during Navratra. However, if you are aiming to lose weight or fat or simply trying to detox, include honey or brown sugar in your diet during this time.

Vegetables: There is a very limited variety you can consume during this time. Arbi, Jimikand, sweet potatoes, raw bananas, bottle gourd and pumpkin are the vegetables which are allowed during Navratra. There are many ways to cook them and not only as a Subzi. You can make Pakodas out of them and make Kadhi or cook them and include them in your salad to consume during snack time.

Other Items: Other than this you can also consume coconut water, coconut pieces, Makhaane, almond milk and cashew milk.

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
- D. Sodium and Potassium salt mixed with chemicals
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 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

4. Oil and fats

Code:

| | | | |
|----|---|---|---|
| a | b | c | d |
| A. | 3 | 4 | 2 |
| B. | 1 | 2 | 3 |
| C | 4 | 1 | 2 |
| D. | 2 | 3 | 4 |
| | 1 | 2 | 3 |
10. Which one is not the form of Biocides?

A. Salt
B. Iodine
C. Sugar
D. Bleech
11. How biocides work?

A. Control the multiplication of insects
B. Kill the insects
C. Manage the original form of material
D. Control the bacteria
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

ASTRO SPEAK


ARIES



MAR 21 - APR 20

You should feel grounded and connected with the world around you, dear Aries, as the moon continues its journey through earthy Taurus. Consider what can be added to your plate when Luna and Jupiter unite this afternoon, especially when it comes to money-making ideas. This cosmic climate brings luck to your finances, though you may find yourself in a generous mood as well.


LIBRA



SEP 24 - OCT 22

The energy slows down a bit as the moon continues its journey through Taurus, though you'll feel acutely aware of how possible change is. Use this luminary placement as an opportunity to invest further in your own evolution, allowing yourself to take the scenic route toward transformation. Luck is on your side when Jupiter activates this afternoon, especially when it comes to romantic or professional commitments.

TAURUS



APR 21 - MAY 20

The moon continues its journey through your sign, sweet Bull, helping you establish a strengthened sense of identity and public presence. Use this energy to put your best face forward, and don't be afraid to take up space if it can get you ahead. Luck is on your side when Luna and Jupiter unite this afternoon, expanding your reach and ability to manifest personal goals.

SCORPIO



OCT 23 - NOV 22

The Taurus moon connects with Mars and Saturn adding a little extra pep in your step. Ride these elevated vibes as you continue through the day, inviting in all things exciting and sweet. An expansive energy offers blessings within matters of the heart when Jupiter stirs this afternoon, especially when you take a harmonious approach toward seeking or maintaining love.

GEMINI



MAY 21 - JUN 20

Take note of any interesting dreams early this morning, dearest Gemini, as the Taurus moon aligns with Mars and Saturn. This energy could reveal information that may bring you closer to success or help you cultivate healthier boundaries. Spend some time in deep thought this afternoon when Jupiter stirs, nudging you to expand the mind while delving into the subconscious.


SAGITTARIUS



NOV 23 - DEC 22

Invest in your future by working hard toward goals both long-term and immediate, dear Archer, as the moon continues its journey through Taurus. Use this energy to establish better habits that promote wellness and productive workflows, focusing on smart routines and better time management. Teamwork could get you further when Jupiter stirs this afternoon, bringing an optimistic energy.

CANCER



JUN 22 - JUL 23

You'll feel emotionally connected to your community, dear Cancer, as the moon continues its journey through Taurus. Use this energy to invest in new friendships, taking a relaxed approach toward rubbing elbows. This energy also elevates your influence, while charitable contributions will help you feel productive and in control.

CAPRICORN



DEC 23 - JUL 20

Follow your passions as the moon continues its journey through Taurus, dear Sea-goat, nudging you to live life authentically. Now is the time to nurture the qualities that make you stand out, allowing yourself to be seen when Jupiter stirs this afternoon. These vibes will help you gain positive attention, so be sure to embrace the spotlight. This cosmic climate also brings a whisper of luck to the air.

LEO



JUL 24 - AUG 23

Build steadily toward long-term goals as the moon continues its journey helping you establish roots on the path toward success. You'll benefit from lucky energy as afternoon sets in and Jupiter activates, prompting you to push beyond any restraints or obstacles that have held you back. Opportunities to break through barriers continue when Luna and Uranus unite, though you may need to think outside of the box.

AQUARIUS



JAN 21 - FEB 23

Go slow while listening to your heart and mind, dear Aquarius, as the Taurus moon heightens emotions. Your physical self will respond more immediately to the people and situations you encounter, putting you in a compassionate yet sensitive headspace. Don't be afraid to love freely when Jupiter stirs this afternoon, investing fully into those who fill your cup with as much enthusiasm as you do theirs.

VIRGO



AUG 24 - SEP 23

Lean closely into your spirituality, as moon continues its journey through Taurus that governs personal philosophies. Now is the time to reflect thoughtfully on your situation, relationships, and personal goals, seeking answers from the stars and within. Don't be afraid to act boldly when Jupiter stirs this afternoon, bringing some extra luck your way.

PISCES



FEB 20 - MAR 20

Take in your surroundings with a sense of curiosity, dear Pisces, as the moon continues its journey through grounded Taurus. Practicing gratitude can lead to unexpected blessings when Jupiter stirs this afternoon, so be sure to keep a positive attitude. This cosmic climate also lends aid to your manifestation skills when you use your voice and establish stable foundations.

