# Maa Maha Gauri Pooja on Ashtami in Navratra Festival

-aa Durga is worshiped as Maa Mahagauri on Eighth Navratra. Mahagauri is the eighth fo<mark>rm</mark> 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.

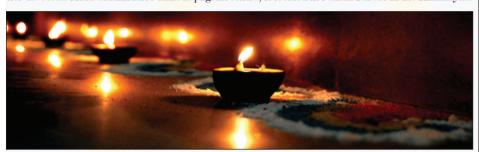
She is like an eight-year-old girl. She is intelligent and peaceful, possesses three eyes and four arms, and uses the bull as her vehicle. The Eighth swarup of Ma Durga is Ma "Maha Gauri." Her clothes and ornaments are white and clean. She rides on bull. The Ninth Swarup of Maa Durga is Mata

There are eight Siddhis or accomplishments, they are-Anima, Mahima, Garima, Laghima, Prapti, Prakamya, Iishitva 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 <mark>Goddess a</mark>nd there fore his name 'Ardhana<mark>rishvar</mark> has became 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, Prakaamya, Ishitva, Vashitva, Sarvakaamaal, Saadhita, Sarvagynatva, VakaSiddhi, DurShravana, Parkaayapraveshan, Kalpavrushatva, Samharkaransaamarthya, 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.





**NAVRATRA SPECIAL** 

# **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  $\,$

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 is 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 koftas. 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 imme-

# Chaitra Durga Ashtami: Date, timing, significance, rituals

haitra Durga Ashtami also referred to as Mahashtami, holds significant rituals in Hindu tradition. During Durga Ashtami, nine small pots are Jarranged, each representing one of the nine forms of Goddess Durga, and worshipped accordingly. This day also marks the revered Sandhi Puja, occurring at the iuncture of Ashtami and Navami Tithis, deemed highly auspicious during Durga Puja. Sandhi Puja serves as the pinnacle of the entire festival, symbolizing the union of energies. Traditionally, it involves the ritual of Balidan, or animal sacrifice, performed at this sacred moment. On this auspicious day, devotees observe fasts, offer prayers, and participate in various rituals to honour the divine feminine energy embodied by Goddess Durga.

This year the significant festival of Chaitra Durga Ashtami will be celebrated with great pomp and enthusiasm on Tuesday, April 16, 2024. According to Drik Panchang, the auspicious timings to observe the occasion are as follows:

Ashtami Tithi Begins - 12:11 on April 15, 2024 Ashtami Tithi Ends - 13:23 on April 16, 2024

Chaitra Durga Ashtami significance

In certain regions, Chaitra Durga Ashtami holds profound significance as it commemorates the emergence of the goddess Chamunda from Mother Durga's forehead. Chamunda then defeated the demons Chanda, Munda, and Rakthabija, who were allies of Mahishasura. During the Durga Puja rituals on Mahashtami, devotees venerate the 64 Yoginis and the Ashta Shakti or Matrikas, representing the eight fierce forms of Goddess Durga. These Ashta Shakti, also known as the Eight Shaktis, are revered across India and symbolize various manifestations of the divine feminine energy. The Eight Shaktis honoured during Durga Puja include Brahmani, Maheswari, Kaumari, Vaishnavi, Varahi, Narasinghi, Indrani, and Chamunda.

Chaitra Durga Ashtami rituals

Mahashtami holds significant rituals in the worship of Goddess Durga. On this auspicious day, nine small pots are consecrated, symbolizing the divine powers of Durga, and the nine forms of the goddess are invoked into them. Each manifesta-



tion is venerated during the Mahashtami Puja, signifying the diverse aspects of her strength and grace. Additionally, Mahashtami is marked by the worship of young unmarried girls, who are revered as embodiments of Goddess Durga herself.

diately with any dip of your taste and enjoy!

This ritual, known as Kumari Puja, is a cherished tradition observed throughout the nine days of Durga Navratri, with a special emphasis on Mahashtami. It symbolizes the divine feminine energy present in all stages of life, from childhood to adulthood.

### Kanya Puja Significance

Every Indian festival is related to Indian mythology in one way or another, and so is the Kanya Puja. Based on the story of defeating Kalasura in the form of a young girl, Goddess Durga marked the beginning of the tradition of Kanjak Pooja.

1. Celebrating the Divine Feminine Kanya Puja celebrates the divine feminine energy embodied by Goddess Durga.

Along with young girls, the power of feminine energy also remains behind the popularity of this puja. As feminine energy nurtures and protects from 10 sins, the puja denotes that women deserve appreciation for the roles they perform. 2. Blessings and Good Fortune

Goddess Durga by worshipping young girls. It is a way to welcome positivity into one's life. It reminds us that we are also a part of the Maa Durga. 3. Respect for Girl Child

children are no less than their male counterparts.

Offering prayers and gifts to young girls is believed to cleanse one's karma and bring about positive life changes. Devotees might experience financial benefits and

# 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 elec-
- (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)

## 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

- A. Solid state
- B. Liquid stage

## 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

## about Earth shadows:

- 1. Umbra darker, central part
- 2. Penumbra the outer part 3. Antumbra – partly shaded area beyond the
- A. Only 1 and 2
- C. Only 1

It is a common belief that one can receive blessings and good fortune from the

To this day, in many Indian households, female kids are not wanted. Kanya Puja promotes the idea of respecting and cherishing the girl child, breaking away from traditional gender biases and stereotypes. The puja helps us understand how girl

## 4. Karmic Benefits

get away from the clasp of miseries.

## 10. Boyle's law relates to which state of matter?

- C. Gaseous state
- D. None of the above

- D. None of the above

## 13. Select the correct option matching together

## Correct Options are:

- B. Only 2 and 3
- D. All 1, 2 and 3
- 4. All (a). (b), (c) and (d) 3. Metalloid 2. Sublimation 1. Chromatography



tions, dear Aries, creating a moody ambiance that may test your patience. Do your best to empathize with others without sacrificing your own need to be nurtured and understood. Dreamy vibes flow later today when Neptune activates, nudging you to seek solitude while taking a break from your responsibilities and stress-inducing situations



The Cancer moon squares off with Venus, you planetary ruler, creating a tense environment that could dramatically impact your romantic sphere or professional allies. If the vibe heats up, look for opportunities to pull away. Focusing on your to-do lists and personal errands can provide a reprieve from uncomfortable dynamics when Saturn stirs later today, assisting in your quest to set boundaries and recalibrate



morning epiphanies that find you, as the Cancer quarter moon connects with Jupiter and Uranus. Be mindful of maintaining a positive internal dialoque as the hours pass, especially if you start reliving conversations, doubting your abilities, or fixating on negative situations. Seek community later today when Neptune activates, putting you in an elevated, dreamy, and social mood.

Pay attention to any profound dreams or early



The universe is on your side while the moon continues its journey through Cancer, dearest Scorpio, activating your house of luck and expansion. However, you'll need to work hard for your dreams when the sun and moon square off this afternoon, stepping up to opportunities as they arise. Relax with a creative OCT 23 - NOV 22 project later today when Neptune stirs, bringing a visionary and artistic energy your way.



Jupiter and Uranus stir in your solar twelfth house bringing forth messages from beyond while you traverse the dream realms. Meanwhile, Cancer moon highlights issues around money and community, nudging you to consider how your social lifestyle impacts your ability to save. You'll feel motivated to invest in long-term goals when Neptune activates later today.



The Cancer quarter moon threatens to stir up tensions today, dear Sagittarius, targeting your professional and romantic partnerships. Try to separate your ego from conflict should drama arise, finding the patience to hear others out. This cosmic climate may also cause you to feel slightly restricted, making it important that you strategize pathways toward change, rather than moving impulsively.



maturity as you take the high road. The atmosphere softens later today when Neptune stirs in the spiritual sector of your chart, helping you see the bigger picture. Use this ene release any unrealistic expectations or stress. You may feel like closing off as the Cancer quarter moon rises, dear Leo, putting you in a philo-

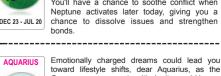
sophical and introspective headspace. Use this

energy as an excuse to take more time for your-self and spiritual pursuits, feeding your mind, body, and soul. Opportunities to evolve manifest

later today when Neptune stirs, nudging you to

visualize who you want to be while taking steps

with conflict or roadblocks, demonstrating



The Cancer quarter moon ramps up emotions dear Capricorn, putting focus on your family life and matters of the heart. Watch your mood when dealing with others, but don't be afraid to call out bad behavior if someone crosses a line. You'll have a chance to soothe conflict when Neptune activates later today, giving you a chance to dissolve issues and strengthen bonds.



The spirit realms shine for you as Jupiter and Uranus activate. Consider starting your day with a meditation session, seeking enlightenment while taking note of any significant dreams that may be coded with messages from beyond. Sweeter vibes flow when Neptune activates later today, making it easier



early this morning. Don't second guess yourself when the sun and moon square off this afternoon, being mindful to ask questions or seek assistance if needed. Look for opportunities to pamper the mind body, and spirit when Neptune activates later today, nudging you toward wellness. Your creativity flourishes under the Cancer quarter

Cancer moon connects with Jupiter and Uranus



8 bas 2,1 liA .81 12. Full Moon 11. When Earth is between Sun and Moon Gaseous state

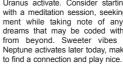
9. Gasoline  ${\rm sisomsO}$  .8

7. Centrifugation

6. Distillation

5. Heterogeneous mixture

:AIISWeffs:





moon, though issues could arise if you don't stay grounded in the present. Take care to build confidence, plant seeds, and trust that payoffs wil emerge over time. You'll have a chance to impress others when Neptune activates in your sign later today, marking the ideal time to share your lates plans with supportive friends.