

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 'Devipurana' 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, Sarvagyatva, 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 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 immediately with any dip of your taste and enjoy!

Chaitra Durga Ashtami : Date, timing, significance, rituals

Chaitra Durga Ashtami also referred to as Mahashtami, holds significant rituals in Hindu tradition. During Durga Ashtami, nine small pots are arranged, each representing one of the nine forms of Goddess Durga, and worshipped accordingly. This day also marks the revered Sandhi Puja, occurring at the juncture 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.

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 Raktabhija, 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 manifestation 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.

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.

- 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.
- Blessings and Good Fortune**
It is a common belief that one can receive blessings and good fortune from the 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.
- Respect for Girl Child**
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 children are no less than their male counterparts.
- Karmic Benefits**
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 get away from the clasp of miseries.

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)

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

ARIES


MAR 21 - APR 20

The Cancer quarter moon heightens emotions, 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.

LIBRA


SEP 24 - OCT 22

The Cancer moon squares off with Venus, your 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.

TAURUS


APR 21 - MAY 20

Pay attention to any profound dreams or early morning epiphanies that find you, as the Cancer quarter moon connects with Jupiter and Uranus. Be mindful of maintaining a positive internal dialogue 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.

SCORPIO


OCT 23 - NOV 22

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 project later today when Neptune stirs, bringing a visionary and artistic energy your way.

GEMINI


MAY 21 - JUN 20

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.

SAGITTARIUS


NOV 23 - DEC 22

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.

CANCER


JUN 22 - JUL 23

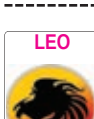
The quarter moon rises in your sign threatening to trigger challenges and obstacles. Be mindful to maintain composure when faced with conflict or roadblocks, demonstrating maturity as you take the high road. The atmosphere softens later today when Neptune stirs in the spiritual sector of your chart, helping you see the bigger picture. Use this energy to release any unrealistic expectations or stress.

CAPRICORN


DEC 23 - JUL 20

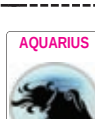
The Cancer quarter moon ramps up emotions, dear Capricorn, putting focus on your family life and matters of the heart. Watch your mood when dealing with others, but don't be afraid to call out bad behavior if someone crosses a line. You'll have a chance to soothe conflict when Neptune activates later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

LEO


JUL 24 - AUG 23

You may feel like closing off as the Cancer quarter moon rises, dear Leo, putting you in a philosophical and introspective headspace. Use this energy as an excuse to take more time for yourself 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 toward transformation.

AQUARIUS


JAN 21 - FEB 23

Emotionally charged dreams could lead you toward lifestyle shifts, dear Aquarius, as the Cancer moon connects with Jupiter and Uranus 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.

VIRGO


AUG 24 - SEP 23

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 to find a connection and play nice.

PISCES


FEB 20 - MAR 20

Your creativity flourishes under the Cancer quarter 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 will 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 latest plans with supportive friends.

