

Maa Brahmcharini — The second manifestation of Maa Durga

Maa Brahmcharini is the second manifestation of Maa Durga who is worshipped on the second day of Navratri. Here word "Brahm" refers to "Tapa". So Brahmcharini means Tapa Charini - The one who performs Tapa or penance. It is said that the "Vedas", "Tatva" and "Tapa" are synonymous of word "Brahm". The form of Brahmcharini is tremendously effulgent and extremely majestic.

Brahmcharini

She holds a rosary in her right hand and Kamandalu in her left. She personifies love and loyalty. Mata Brahmcharini is store-house of knowledge and wisdom. Rudraksha is her most adorned ornament. When she was incarnated as the daughter of Himalaya, then influenced by the instructions of Devarishi Narada, she practiced very hard penances in order to obtain Lord Shiva as her divine consort. Due to her unearthly penances she was termed as Brahmcharini. She spent one thousand years, only on fruits and beet-roots. One hundred years she spent only by eating leafy vegetables.

For a sufficient period of time observing complete fast she suffered tormenting of nature like torrential rains and scorching sun and biting cold, under the open sky. After such a difficult routine she lived only on dry Bilva Pattaras (leaves) fallen on the ground for three thousand years. She kept herself engrossed for twenty-four hours in worshiping Lord Shiva. After that she gave up eating even these dry leaves. For several thousand years she went on without any food and water. Because she gave up eating dry Bilva leaves so she was known to be Aparna as one of her epithets.

After the hardship of penance for several thousand years her body became extremely lean and thin. She was reduced to skeleton only. Her penance, sharpened as it was, caused great disturbance in all the three worlds. The whole universe was shaken. The Gods, the Rishis, the Siddhas, the Munis all eulogised her penance as an unprecedented virtuous action.

Ultimately Lord Brahma through an oracle addressed her and said to her in a very pleasant manner-O Goddess, so far nobody has ever practiced such an austere penance. Only you could have done it. This wonderful deed is being praised in all the four quarters. Your desire would be fulfilled. You will decidedly get Lord Shiva as your divine consort. Now stop your penance and go home. Your father would be shortly coming to take you back.

Legend states that in a previous birth she was Parvati Hemavati the daughter of Himavan. Once when she was busy in games with her friends, Naradaji came to see her and on reading her hand/palm-lines Narad Muni stated that, "You will get married with a naked-terrible 'Bhole Baba' who was with you in the form of Sati, the daughter of Daksh in previous birth. But now you have to perform penance for him."

There upon Parvati told her mother Menaka that she would marry none except Shambhu, otherwise she would remain unmarried. Saying this she went to observe penance. That is why her name is famous as Tapacharini - Brahmcharini. From that time her name Uma also became familiar. She is the one who practices devout austerity. Filled with bliss and happiness, she is the way to emancipation - Moksha. 'Brahma' here refers to the meditative aspect of Brahmcharini and is always depicted as pious women or Sannyasin.

She is also worshipped as Goddess Tara and is associated with the pious form of Goddess Shakti. She is believed to be that aspect of Mother Goddess, which was present in Sati and Goddess Parvati, when they both did intense austerities to get Lord Shiva as husband.

During the penance Mata Parvati did in order to gain Lord Shiva as her consort for thousands of yrs. without eating even leaves she was called 'Aparna'. Seeing her body her mother uttered U-ma and so she is also called 'Uma'.

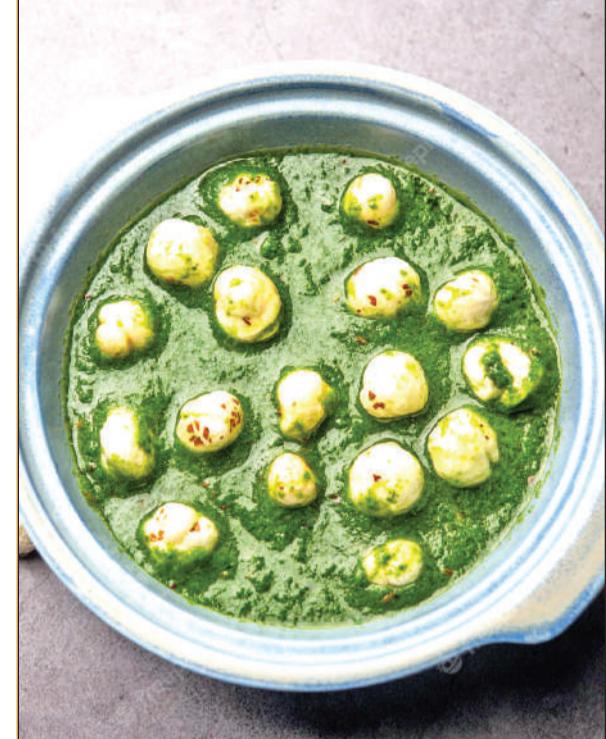
Her worship increases sacrifice, good deeds and restraint in humans. Rudraksha is her most adorned ornament. In some regions, Goddess Chamunda Swarup of Durga is worshiped on the second day of Navratri.

In this form she is believed to have killed the demons Chanda and Munda. There is a famous Chamunda Mata Temple at Jodhpur.



NAVRATRA SPECIAL RECIPE

Palak Makhana



Ingredients

300 grams Spinach Leaves (Palak)
2 Tomatoes, diced
1 cup Lotus Seeds
1 teaspoon Cumin seeds
1 teaspoon Garam masala powder
1/2 teaspoon Red chilli powder
1/2 teaspoon Turmeric powder (Haldi)
1 Cinnamon Stick
2 tablespoon Milk
1 tablespoon Ghee
Salt, to taste

Method:

We begin the Palak Makhana by washing the spinach thoroughly under running water.

Drain the spinach and cook it in a pressure cooker with little bit of turmeric powder, cumin seeds and green chillies for 2 whistle.

Once the whistle is done let it cool down till the pressure comes out naturally. Blend it into paste and keep it aside.

Roast the makhana with ghee on a flat bottomed non-stick pan. Remove the makhana and in the same pan add little bit of oil and temper the cumin seeds and add the tomatoes. Cook until they loose all the liquids and add all the spice powders.

Add little water and simmer it for 2 minutes. Add the blended spinach mixture along with milk and simmer it for 3 minutes again.

Finally, add the makhana and bring it to a boil. You can serve your creamy Palak makhana with Ajwain puri or Jeera pulao to make a complete wholesome meal.

Rajni Bala starts development work in Ward 60

STATE TIMES NEWS

JAMMU: Rajni Bala, Councillor Ward No 60 on Monday started tiling work of a lane at Mohalla Dhok near Tiny Tots Higher Secondary School in Jammu North Assembly Segment in presence of Block President Som Nath Sharma and other prominent citizens of the area. The development work is being executed through



Councillor Ward No 60, Rajni Bala starting tiling work of a lane at Mohalla Dhok.

men and machinery of Jammu Municipal Commission (JMC).

Speaking on the occasion, Rajni Bala said it was a

Menstrual Hygiene-cum-Swacch Bharat campaign held by GGM Science College in Slum Area



NSS volunteers distributing sanitary napkin packets among residents of slum area.

STATE TIMES NEWS

JAMMU: NSS GGM Science College Jammu under the patronage of Principal Dr. Rajesh Gupta and supervision of NSS PO Dr. Deepali Mahajan organised Swacch Bharat-cum-Menstrual hygiene awareness workshop.

The volunteers told peo-

ple in slum the importance of good health and role of Menstrual hygiene.

The NSS volunteers distributed sanitary napkin packets in the slum area under Swacch Bharat campaign celebrating Azadi Ka Amrit Mahotsav.

NSS volunteers also

explained the importance of proper

Shrimad Bhagwat Katha begins on first Navratri



Shri Shri 1008 Niranjan Peethadhisthwar Mahamandaleshwar Swami Aksharanand Giri Ji Maharaj starting Shrimad Bhagwat Mahapuran Katha.

STATE TIMES NEWS

JAMMU: On the auspicious occasion of Navratras, Niranjan Vedanta Sanyas Ashram Party started Shrimad Bhagwat Mahapuran Katha in the Ashram at Patti, Raya Morth.

The atmosphere became devotional due to the hymns and Bhajan Kirtan of the devotees. Katha Vyasa Shri Shri 1008 Niranjan Peethadhisthwar Mahamandaleshwar Swami Aksharanand Giri Ji Maharaj on the first day explained the meaning of Bhagwat

Mahapuran. He said that this Bhagwat Mahapuran text is a ripe fruit like a Kalpavriksha and it is also called Pancham Veda.

Swami Ji in his Pravachan stressed to follow the message of Lord Krishna in letter and spirit and impart good Sanskars to the children.

Bhagwat Gita is the only source to take one in the right direction and righteousness. To save the Dharma Bhagwat Gita plays a pivot role, he added.

The devotees were mesmerized by the religious discourse.

Nutrition Programme launched for Cleft lip & palate patients at BNGH

STATE TIMES NEWS

JAMMU: Bee Enn General Hospital (BNGH) in association with Smile Train organized a function to launch Free Nutrition programme for Cleft lip & palate patients.

BNGH has been providing free services for Cleft Lip and palate patients since 2012. Till date around 1000 patients free surgeries have been done for cleft lip and palate.

Recently BNGH started Nutrition support program to provide Free Nutrition support and education in the form of guidance.

Essentials like Milk powder, pulses, cereals, hygiene products, feeding bottles, nutrition supplements are provided at free of cost to the needy cleft lip and palate patients.

Managing Trustee of BEGH, Kunil Kumar

Balla, Managing Trustee of the hospital emphasized about the free facilities offered for the needy patients and informed that BNGH will continue to expand such services in future also.

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— Narendra Modi, Prime Minister



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