

# 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 forehead 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 Navratri is very important in Navaratri. 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 worshiping 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.

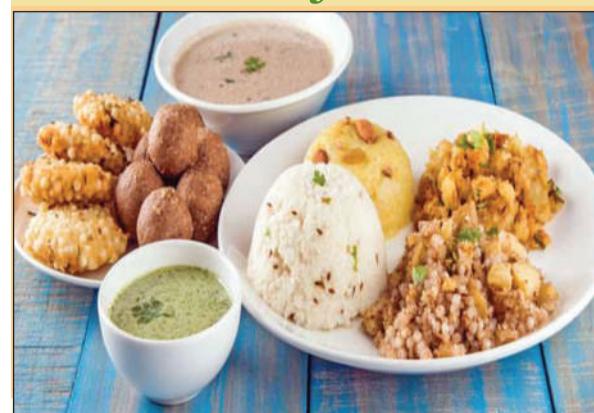
Devi Chandraghanta Maa is known and named Chandraghanta or Chandra-Khanda for the semi-circular moon (Chandra) which appears like a bell (Ghanta) on her forehead. Durga is also worshipped as Ashtamukhi and Shorashi in different parts of India on this day. She is depicted as having three eyes and ten 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

### Khajuri



#### Ingredients

2 cup refined flour  
1 dash salt  
1 cup powdered sugar  
1 cup ghee  
3/4 cup semolina  
3/4 cup ghee  
3/4 cup milk

#### Method:

To make this super scrumptious recipe, combine refined flour, semolina, ghee and salt in a large-sized mixing bowl. Mix the contents nicely and then pour milk to the bowl, followed by sugar. Knead the mixture to make a smooth and stiff dough. You can add more milk as per the requirement. Cover the dough with a damp muslin cloth and give it a resting time of about 15 to 20 minutes. In the meanwhile, start preheating ghee in a deep non-stick frying pan.

After the dough is settled down and ready to be used, pull out small portions of the dough and roll it using your palms to make small lemon sized balls. Remember to grease your hands with a little oil so that the dough doesn't stick to your palms. The shape and size of the balls is completely your choice.

By now, the ghee should be hot enough ready to deep fry. On a low flame, carefully drop the dough balls into the melted ghee and deep fry until they turn a beautiful golden brown.

Let the balls cook through entirely and then place them on an oil-absorbing towel to drain the excess oil. Let them cool completely and store in an air-tight container. Enjoy as and when you want.

## Things to eat and not to eat during Navratras

It's that time of the year again. The Indian detox time is here. Navratri 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 Navratri should continue even after the fasting period ends. There are many things we know should not be consumed during the nine-day period. Navratri fasting is a healthy way of fasting, barring if we stick to non-fried foods at all times.

#### Foods we should not consume during Navratri:

**Grains:** Wheat, rice, semolina, gram flour, corn flour, millet flour like Ragi and pearl 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 Navratri. 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 Navratri 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 Navratri.

**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 Navratri. 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 Navratri. There are many ways to cook them and not only as a Subzi. You can make Pakoras 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.

GOVERNMENT OF JAMMU AND KASHMIR  
GOVERNMENT MEDICAL COLLEGE DODA

Walk in interview



Walk in Interview for the tenure post of Junior Resident in Government Medical College, Doda, is scheduled to be held on 1<sup>st</sup> of October 2022 in the office chamber of Principal Govt. Medical College, Ghat Doda.

#### Terms and conditions:-

1. That the candidate should produce the following documents on the day of walk in interview in original :
  - a. Date of Birth Certificate.
  - b. Domicile Certificate.
  - c. MBBS Marks Certificates
  - d. Provisional Certificate/Degree Certificate.
  - e. Attempt Certificate.
  - f. Internship Completion Certificate.
  - g. MCI/State Medical Council Certificate.
  - h. Merit Certificate if any
  - i. Experience certificate if any
  - j. Certificate if co curricular activities / sports if any issued by the competent authority.
2. That the applicants shall have to appear before the selection committee for interview in Government Medical College, Doda along with all original testimonials and photocopies of all documents on the date of interview.
3. That the number of posts may increase or decrease at the time of selection.
4. That, no TA/DA shall be paid to the candidates for appearing in the interview.
5. That the committee reserves the right to reject any incomplete application form without informing the candidate.
6. The candidate who shall be deficient in any documents will not be entertained by the committee.

Sd/-  
Principal  
Govt. Medical College,  
Doda.

No: GMC/D/Admin/1909-22  
Dated: 24.09.2022  
DIP/J-9239/22  
Dated: 27/09/2022



## World Rabies Day, 28<sup>th</sup> Sep. 2022

### Rabies: "One Health, Zero Deaths"

*'Adapt One Health: Stop Rabies'*



**Rabies is a major public health problem, but it is 100% preventable.**

**Rabies can be caused by bite or scratch of rabid animal such as dogs, cats, etc.**



Wash exposed area with running water & Soap up to 15 minutes and apply antiseptic.



Do not apply chillies, mustard oil or any other irritant on the bite wounds. Do not believe in superstitions.



Consult the doctor immediately or rush to nearest anti-rabies clinic. Complete the course of anti-rabies vaccination, as per advised by your doctor.



Get your pet dogs vaccinated to stop transmission.

For more information, contact your nearest Health Facility

Issued in Public Interest By

**STATE SURVEILLANCE UNIT, IDSP (JAMMU DIVISION)**  
**DIRECTORATE OF HEALTH SERVICES, JAMMU**

