

## Maa Kushmada - The Fourth Aspect of Navdurgas

Maa Kushmada is the fourth aspect of Navadurga Goddesses. Devi Maa is worshiped on fourth day during Durga Pooja in Navratri. Mother Goddess created the whole universe in shape of an egg called "Anda" with her little and light divine smile, so that Maa Durga is named Kushmada.

The word Kushmada is made of three other words that are "Ku + Ushma + Amnda= Kushmada". Here "Ku" is "Little", "Ushma" is "Warmth or Energy" and "Anda" is "Egg", means the one who creates the universe as "Little Cosmic Egg" with the energy of Her divine smile is called "Kushmada". Goddess Durga is very happy in this incarnation and it is believed that when there was no existence of any creation or universe and there was the eternal darkness, which ended when Maa Kushmada smiled. So Maa Kushmada is known as the creator the whole universe. Maa Kushmada is also named as "Adi Shakti". The core of Suraymandala (Sun) is the residence of Devi Maa. She is the only one who has the power and strength to live in the core of Suryaloka (Sun). Her body shines like the glowing Sun. All directions get light from Her Divine smile including the Sun God itself. Maa Kushmada also known as "Ashtabhuja" as she is often depicted as having eight arms. In her seven hands she holds Kamandalu, Bow, Arrow, Lotus, a Jar of Nectar, Discus, and Mace. In her eighth hand she holds a rosary capable of giving eight Siddhis and nine Niddhis. She rides a lion who represents "Dharma". On worshiping Her ailments and sorrows are eliminated and life span, name, strength and health improved.

The Pooja of Devi Kushmada on the fourth day of Navratri in Durga Pooja is having very importance. On this day, Yogis and Sadhus or other dedicated devotees keep their mind in Anahata Chakra. Kushmada represents Anahata Chakra in spiritual practice. Kushmada Pooja during Navratri increases one's health and strength.

On the fourth day Mata Durga is worshipped in her Ma Kushmada Swarup. She is depicted as seated on a lion, and possesses eight arms. She resides in solar systems and represents all knowledge. Seven types of weapons are shown in seven hands and prayer beads in her right hand. She likes the offerings of "Kumhade". Therefore her name "Kushmada" has become famous. She is also known as 'Krishnamanda' and is believed to have created the universe, so she is called as Adi Swarup. She is also called 'Astabhuja'. Worship of Ma Kushmada brings light into darkness and ignorance, gives true knowledge, destroys ego, disease, sorrow, depression, ignorance, "Kumbh Bhand" means to see cosmic vivacity in Pindi shape or knowledge of cosmic intricacies in human race. The abode of Mata Kushmada is in Bhimparvat

### Om Dukha Hantraya Namah

Kushmada Devi manifests eight arms, holding weapons and a rosary (Mala), she is seated on a tiger and her aura is like the sun. Special benediction: This aspect of Devi destroys sorrows of the mind and ego by harmonising the macro-universe with the inner micro-universe of the individual. This makes available all realms of the external universe to the individual internally through meditation. She is the birthing mother presiding over birth and rebirth. The abode of Kushmada is in Bhimparvat. We see streams of dark orange and golden light and golden drops that end in little drops of golden light entering the spinal column. These act like a spiritual surgical knife, destroying negatives and false ego positions.



## NAVRATRI SPECIAL RECIPE

### Rajgira Fruit Tart



#### Ingredients

- 2 cup amaranth
- 8 slices orange
- 12 black grapes
- 1/2 teaspoon orange zest
- 4 pieces strawberry
- 8 slices kiwi
- 1/2 medium muskmelon
- 2 cup hung curd
- 1 1/2 cup jaggery syrup
- 4 teaspoon white butter

#### Method

To prepare this enticing fusion dish, heat a pan on medium flame. Only when the pan is heated, add in the amaranth. Make sure the pan is well heated before adding the seeds otherwise the amaranth seeds will burn. Once you add amaranth seeds in the pan, they will start popping like popcorn. Stir cook the seeds to avoid them from burning.

Cook for 5 minutes then remove from heat and keep aside for further use.

Now, transfer the roasted amaranth seeds in a bowl and add in jaggery syrup. Mix well.

Now grease a pie tin with melted butter. Add the amaranth-jaggery mix in the tin. Then mix hung curd and orange zest in a bowl. Spread a spoonful of the hung curd mixture over the pie tin.

Next, arrange kiwi slices, orange slices and melon slices, top with strawberry pieces and black grapes. Keep the prepared tarts in the fridge to chill for at least 1-2 hours. Once done, remove from fridge and serve the chilled dessert.

## Top 5 life lessons women can learn from Maa Durga!

This holy chant reverberates in the soul of all those who immerse themselves in the Bhakti of Goddess Durga (the form of Shakti), which embodies power in itself. Maa Durga is often described as the influential deity, who won in her fight of good over evil, and ensured the spirit of 'righteousness' prevails.

For me, Maa is a matriarchal Goddess figure. This in some ways should be embodied by women in today's testing times - struggling to save grace and dignity. The honour and pride of being a woman don't come from being a woman but the constant battle which each one of us fights every day - be it on roads, at the workplace or at home. The plight of women in every sphere or horizon is the same.

### Fear no evil

There is not even a single day in history when the modesty of a woman has gone untouched. Every now and then, there appears a demon in the face of 'Mahishasur', who needs to be killed and put to rest for others to learn from the mistakes. Maa Durga destroyed the evil, by winning over the deadly demon 'Mahishasur'-a legend which is known to all (more so during the Navaratras).

The famous mythological legend goes that Mahishasur was a demon (Asura), who could change his form from a buffalo to a human at any given time. Mahishasur, in order to capture the heavens, set out on a battle with his huge army.

The battle that ensued between the demons led by Mahishasur and the gods headed by Lord Indra, saw the emergence of the mystical power named 'Durga', which destroyed the evil face of the demon forever.

Like in the legend - the form of Shakti kills Mahishasur and outshines in her battle against all odds-the example set by the Goddess of not feeling inferior at any cost needs to be understood in the present day context by all women.

### Muscle power is not everything

Those who fear that belonging to the fairer sex deprives them of having certain muscular capabilities Goddess Durga's stories and legends can teach you a thing or two for inspiration. The legend may be seen or read by many as just a form of tale, which is told and retold to children during the Durga Puja festival, however; to me, if anything can be imbibed



## General Knowledge Question

1. Which of the following diseases are caused due to a virus?

- A. Ebola
- B. AIDS
- C. SARS
- D. All the above

2. Name the virus that is transmitted through the biting of infected animals, birds, and insects to a human?

- A. Rabies Virus
- B. Ebola Virus
- C. Flavivirus
- D. All the above

3. Based on host range, viruses are classified into:

- A. Bacteriophage
- B. Insect virus
- C. Stem Virus
- D. Both A and B

4. In the host cell, replication of RNA virus took place in...

- A. Nucleus
- B. Cytoplasm
- C. Mitochondria
- D. Centriole

5. Which of the following statement is correct about viruses?

- A. Viruses do not contain a ribosome.
- B. Viruses can make protein.

- 10. Capsid

- 11. Lungs Cancer

- 12. Cervicaloma

- 13. Leukemia

- 14. Both A and B

- 15. Both A and B

- 16. Both A and B

- 17. All the above

- 18. Incubation period

- 19. Double-stranded DNA is found in which viruses?

- A. Poxviruses

- B. Poliomyelitis

- C. Influenza viruses

- D. None of the above

- 20. A virus is made up of a DNA or RNA genome inside a protein shell known as:

- A. Capsid

- B. Envelope

- C. Glycoprotein

- D. Nucleic acid

- E. Glycoprotein

- F. Capsid

- G. Envelope

- H. Nucleic acid

- I. Glycoprotein

- J. Capsid

- K. Envelope

- L. Nucleic acid

- M. Glycoprotein

- N. Capsid

- O. Envelope

- P. Nucleic acid

- Q. Glycoprotein

- R. Capsid

- S. Envelope

- T. Nucleic acid

- U. Glycoprotein

- V. Capsid

- W. Envelope

- X. Nucleic acid

- Y. Glycoprotein

- Z. Capsid

## ASTRO SPEAK

### ARIES



MAR 21 - APR 20

Your intelligence is sharper than ever today, which is why you'll be drawn to intricate ideas and images. There couldn't possibly be too many details for you right now because you're eager to throw things and get to the truth behind it all. This is an exceptional day for researching, studying, or making huge headway on a complicated project. Don't worry that you will get overwhelmed or run down.

### LIBRA



SEP 24 - OCT 22

Your reputation is shining bright right now, so don't be too surprised if others in your life start looking to you for answers to the tough questions. What's important here isn't giving them the correct answer; it's almost certain that you won't be able to in all situations. The most important thing for you to do is to empower these people to find their own answers.

### TAURUS



APR 21 - MAY 20

Details like that could throw you off track today. Make sure you're good with your correspondence because someone has been waiting for your answer and they might be losing patience. A quick note or call (full of your usual charm, of course) should calm any stormy waters and lay the groundwork for future commitments that could lead to an infusion of cash to your bank account.

### SCORPIO



OCT 23 - NOV 22

Listen to your more conservative investor today and don't get involved with anything you're not totally sure of. Avoid making any major transactions that concern either your money or your heart. Things that look bright and cheerful right now could be hiding some dark secrets. In fact, the more something or someone appears to be a sure thing, the more likely it won't pan out.

### GEMINI



MAY 21 - JUN 20

There's a switch today in terms of communication. The people who usually get you right off the bat—family, friends, favored co-workers—aren't going to know what to make of your suggestions and ideas now. And the people who always seemed to be coming from the other side of the spectrum from you will know exactly what you're talking about!

### SAGITTARIUS



NOV 23 - DEC 22

Put more effort into your career today and do the work you've been putting aside. Remember that your boss is human even if you find their style difficult to deal with from time to time. A simple, casual conversation can lay the foundation for your future and smooth over any tension you're feeling. But before you initiate any talks, use today to formulate your plan and organize a list of your recent accomplishments.

### CANCER



JUN 22 - JUL 23

Someone is going to try to get what you want from you by appealing to your analytical side, but you may find yourself emotionally buying into their argument as well. You are much more willing to see the other side of argument and let people slide on the silly stuff. You are mellowing out, and the people around you are feeling more comfortable presenting new ideas and getting you involved in adventurous stuff.

### CAPRICORN



DEC 23 - JUL 20

Research and planning are always a good idea,