

# THE BOOKWORM'S BULLETIN

## *Navratri* *Edition:* **NAVRANG!**





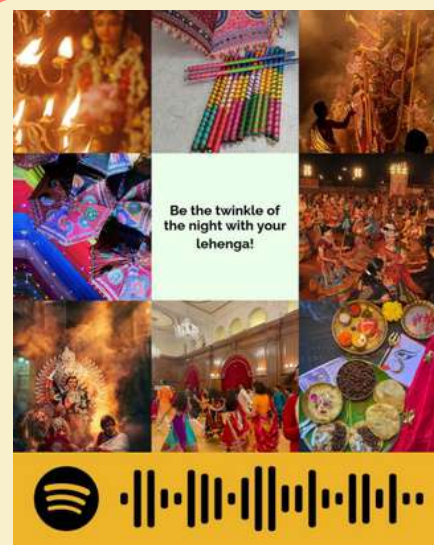
# NAVRATRI: CELEBRATING THE DIVINE FEMININE

~by Sara Jaitley

Nine days and nights are dedicated to celebration and adoration during the Hindu holiday of Navratri. Each day in the Hindu calendar has great significance since it is used to worship the goddess Durga in all of her manifestations.

Devotees pray to Shailaputri on the first day, who stands in for the Himalayas' daughter, in order to get strength and courage. The second day is dedicated to Brahmacharini, who represents innocence and repentance and bestows discretion and knowledge. The third day is dedicated to Chandraghanta, the tranquil deity who grants her devotees happiness and calm. The fourth day is dedicated to Kushmanda, the cosmos' creator, in order to receive protection, fortitude, and benefits. The fifth day is dedicated to worshipping Skandamata, the protective mother of Lord Skanda, emphasising maternal care. On the sixth day, protection and bravery are prayed to Katyayani, the warrior incarnation of Durga. The seventh day is devoted to Kalratri, a strong goddess renowned for protecting her followers from harm and evil. Mahagauri, the eighth form, offers inner calm and heart purity and is a symbol of tranquilly and purity. The ninth and last day, Mahanavmi, is dedicated to Siddhidatri, the goddess of superhuman skills who bestows wisdom and bravery to meet obstacles in life.

THAT TIME OF THE YEAR WHERE  
WE SWITCH FROM DRAKE TO  
DHOL BAJE  
TAKE A SCREENSHOT AND SCAN IT ON  
YOUR DEVICE!



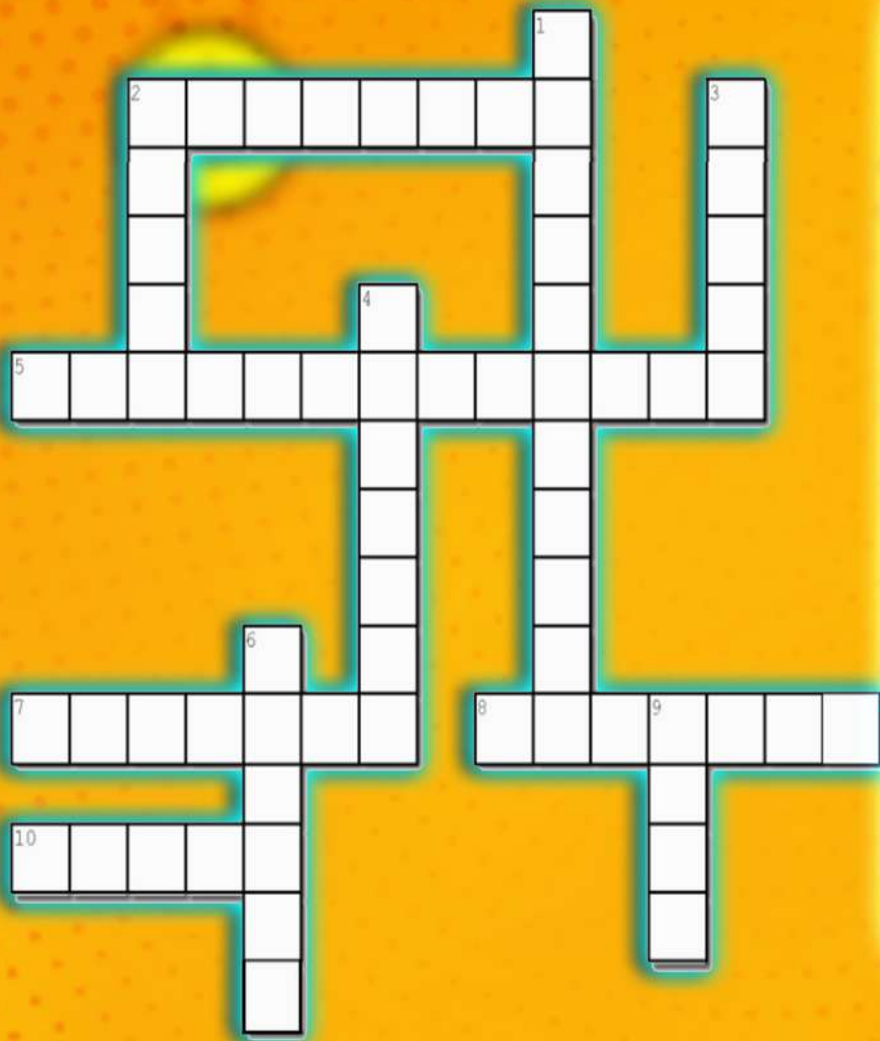
## NAVRATRI MUSIC

Fasting, prayer, and vivacious Garba and Dandiya Raas dances characterise Navratri throughout India. It represents the victory of good over evil and the dismantling of barriers, and it is not just a time for cultural celebration but also for reflection and spiritual development.

The divine feminine energy, or Shakti, is emphasised during Navratri. It serves as a reminder that by turning to God and praying, we may tap into the limitless power of the divine feminine, overcoming challenges, finding inner peace, and fortifying ourselves on the road to a full and meaningful life.



# CROSSWORD



## DOWN

1. The demon whose death Navratri commemorates.
2. One of the nine forms of Devi Shakti.
3. The word which means prayer.
4. Sticks used in dancing celebrations.
6. Term given to a goddess meaning respected mother.
9. The lord who resides in the mountains and often pictured with snakes.

## ACROSS

2. The tenth day following Navratri
5. A traditional Indian outfit worn by women in Navratri
7. Another name for goddess Saraswati
8. Goddess of prosperity
10. Dance in celebrating Navratri

## ANSWER

1. Mahishasura
2. Durga/Dussehra
3. Aarti
4. Dandiya
5. Chaniya Choli
6. Mataji
7. Sharada
8. Lakshmi
9. Shiv
10. Garba





# YOUR HOLY FIRE

~ Gaurvi Bhargava

Navratri has a very rich and intriguing history behind it.

Mahisasur wreaked havoc in the heavens and Earth and everyone failed to defeat him so they created Goddess Durga who fought him for 9 days straight and emerged victorious.

Everyone fasts, worships the Gods and celebrates these holy days the best they can.

I think somewhere the meaning of it got lost in translation.

The Gods failed to fight the demon so they created a woman so powerful that she finished the task in a matter of days yet, they are perceived to be weak? The interpretation of festivals can be different for everyone, every person has an essence of themselves in their versions. They twist and turn stories to fit their demons, they understand myths through their own lives but one thing is certain women are stronger than society perceives them to be. I think men first started to oppress us when they were scared of us, scared of the power we harbor, scared of the dreams we can manifest into reality, scared of the fact that maybe we do not really need them and let me tell you something; people love to feel needed.

Every story has a demon and a God, a devil and a saint. It is always good versus bad but it is up to us to decide which side we want to support.

The need to oppress or belittle someone takes birth in hearts that are nurtured with hate and insecurities. I think men were absolutely terrified of our capabilities because after god women are the ones capable of creating life. It was the unknown horizons our capabilities can grow to that scared them to their core.

People do not like the unknown because mysteries give space for unimaginable possibilities which is scary but it is also powerful.

Gods gave us these beautiful stories behind each festival to give meaning to our lives and it is up to us how we interpret them. It is our choice to learn from them and grow into beautiful human beings who are not scared to be themselves. Things might take time- 9 years, 9 months or in this case 9 days but there is light at the end of the tunnel. Many years later like these 9 days of battle are celebrated with garba, music, poojas and enthusiasm. Your battles will also be celebrated by you. The strength you hold beyond what people think is greater than fire itself do not let anyone tell you otherwise. This was just my interpretation of Navratri, a fragment of what my imagination can do now you choose what to do with yours.

Happy Navratri





Get ready to immerse yourself in the essence of this joyful celebration with Navratri recipes and discover some of the best places to revel in the festivities.



### KUTTU KA DOSA

#### INGREDIENTS

1 cup kuttu ka atta (buckwheat flour)  
1/4 cup grated potatoes  
1-2 green chilies, finely chopped, ginger  
Sendha namak (rock salt) to taste  
Water as needed (around 330ml)

#### METHOD

1. Mix buckwheat
2. flour.
3. Add water to make a thin batter.
4. Heat a non-stick skillet and make dosas using the batter.
5. Put some grated potatoes, green chilies, and salt and now serve with some coconut chatni.



### RAJGIRA PURI

#### INGREDIENTS

1 cup rajgira flour (amaranth flour)  
1-2 boiled and mashed potatoes  
Sendha namak (rock salt) to taste  
Water, as needed  
Ghee for frying

#### METHOD

1. In a mixing bowl, combine rajgira flour, mashed potatoes, and rock salt.
2. Knead the mixture into smooth dough using a little water.
3. Divide the dough into small portions and roll into puris.
4. Heat ghee in pan and fry the puris until they turn golden brown.



### SAMAK RICE PULAO

#### INGREDIENTS

1 cup samak rice (barnyard millet)  
1/2 cup cubed potatoes  
1/4 cup cubed paneer (cottage cheese)  
1/4 cup boiled peas  
Sendha namak (rock salt) to taste  
Ghee for cooking

#### METHOD

1. Wash and soak samak rice for 15 minutes.
2. Heat ghee in a pan, add cubed potatoes, and sauté.
3. Add rice, paneer, peas, and salt. Cook until rice is done.



### VRAT KI KADHI

#### INGREDIENTS

1 cup sour yogurt  
2 tbsp rajgira (amaranth) flour  
1/2 tsp cumin seeds  
1-2 green chilies, chopped  
Sendha namak (rock salt) to taste

#### METHOD

1. Whisk yogurt with rajgira flour and water to make a smooth mixture.
2. Heat ghee in a pan, add cumin seeds and green chilies.
3. Pour the yogurt mixture and cook until it thickens. Add salt.



### SINGHARA HALWA

#### INGREDIENTS

1 cup singhara (water chestnut) flour  
1/2 cup ghee  
1/2 cup sugar or jaggery  
A pinch of cardamom powder

#### METHOD

1. Heat ghee in a pan, add singhara flour, and roast until it turns golden brown.
2. Add sugar or jaggery and cardamom powder.
3. Mix well and cook until the sugar/jaggery melts.



## Locations

### DANDIYA DHAMAL 4

20 TO 22 OCT  
5:00 PM ONWARDS  
GAUR CITY SPORTS  
COMPLEX, NOIDA

### IMPERFECTO DANDIYA NIGHT

22 TO 23 OCT  
MAHARAJA AGRASEN  
MARG, SECTOR 38,  
NOIDA

### DANDIYA GARBA

15 TO 26 OCT  
6:00 PM ONWARDS  
NOIDA HAAT, DIO,  
PRAKASH HOSPITAL  
MARG, SECTOR 32  
NOIDA

### DANDIYA NIGHT LIFESTYLE EXHIBITION

21 OCT  
4:00 PM ONWARDS  
UNIWORLD GARDEN  
GURUGRAM

CONTENT: YANA  
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