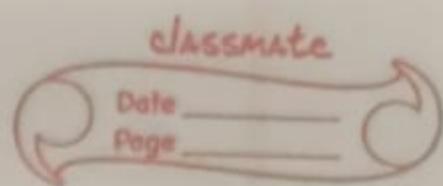


Krishnaraj Thadesar
Roll Number PA10
ITCH Activity



Navratri is a festival to celebrate the feminine power of God, that is Devi or Shakti. It's a festival of Goddess Maa Durga, who is revered in nine forms. So each day is devoted to a significant form of Maa. In India we celebrate Navratri four types of Navratri, starting from Magh, Gupta Navratri, Chaitra Navratri, Ashadha Navratri, and Shardiya Navratri which comes mostly during the months of September or October.

It's celebrated in each state of India in a different way. But it's a big festival of Gujarat and West Bengal. Devotees celebrate it by fasting, chanting, doing Sadhara. In Gujarat devotees worship the Goddess in the form of Garba, which is made from clay. A diya is lit inside the Garba. People pray and dance traditionally around this Garba. Bengalis consider this festival as homecoming of Maa Durga to her parents' home. It's the biggest Socio-cultural festival of Bengal.

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When it's celebrated in such a huge form, whole society, as in different cultures come together and enjoy. People gather and connect to each other due to the celebration. Fasting during Navratri helps in detoxifying and cleaning your body from within. So it has scientific significance too.

People who pray, fast and Meditate during Navratri, are spiritually elevated; giving this festival a spiritual importance too. It teaches control over the senses and strengthens the faith.

In this way people fast, pray, dance and celebrate the feminine energy that is Devi and express gratitude to her.

Tai Ma Durga.