

# Navratri

## What is Navratri?

Navratri is the Sanskrit word and translates to 'Nine Nights' and is a joyful Hindu festival that celebrates the powerful goddess Durga and her many forms.

Over nine days and nights, people come together to dance, pray, wear colourful clothes, and honour good over evil.

This festival is fun, energetic and known for dancing until your feet hurt.



Each of the nine day's represents a different form of the goddess, symbolizing qualities like strength, wisdom, courage, love, and protection. Navratri is also a time to bring families and communities together around the world to mark the change in the seasons in India from Monsoon to winter.

## How is Navratri celebrated?

During the festival of Navratri families come together and celebrate by fasting, lighting a garbo (clay pot that represents the soul), eating traditional foods and most importantly dancing. Dancing with colourful wooden sticks called Dhandiya and also other props like umbrellas.

There are two Dhandiya sticks, one represents good and the other represents evil. Colourful clothes are worn to celebrate and bring the community together. Garba is danced in a circle to represent unity and equality.



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## When is Navarati?

Navratri festival usually falls in September or October based on the Hindu Calendar Month of Ashvin.

## Food and Navratri

Some people fast during Navratri, foods that can be consumed include fruits, vegetables, sabudana (sago pearls), kuttu (buckwheat flour), singhara (water chestnut flour), and milk products like curd and paneer.



Fasting are key in Hindi cultural and symbolise:

- Biological importance of detoxing the body of the five senses.
- Understanding the importance of survival and
- not greed  
Understanding what is materialising and what is found for all survival & Spiritual senses..

## The Story of Goddess Durga and the significance of Navratri

**Goddess Durga** represents the divine feminine energy and her victory of defeating a demon – Good over evil.



Long ago, a powerful demon named Mahishasura caused chaos in the world. He was so strong that no god could defeat him. He had a special exception that made him nearly invincible – no man or god could kill him even the greatest challenges.

This leads to the Festival of Light - Diwali

# Navratri

The gods were worried and went to Lord Vishnu, Brahma, and Shiva for help. Together, they used their powers to create a powerful goddess – Durga – a warrior with ten arms, each holding a weapon. Durga was neither a man or a god but a goddess who has the ability to defeat a demon.



**Brahma**



Durga rode a lion and went to battle Mahishasura. They fought for nine days and nights. Finally, on the tenth day, Durga defeated and destroyed him, bringing peace back to the world.



The moral is Good always wins over evil. Strength, courage, and righteousness can overcome even the greatest challenges.

# Navarati - 9 Nights 9 Nine Goddesses

The meaning behind Goddess Durga's forms on each day that know represents Navratri.

Each Goddess represents a colour, flower and planet which links back to asterology

## Shailaputri: Daughter of the mountain

This Goddess is represented by sitting on a Bull and she represents

● **ORANGE:** Symbolises warmth, fire and energy

**FLOWER:** Hibiscus

**PLANET:** Moon

**OFFER:** Ghee as this provides relief from all problems in life

### DAY 1



## Brahmacharini: One that performs penance, love and loyalty

Illustrated with a rosary in her right hand and a water pot in her left.

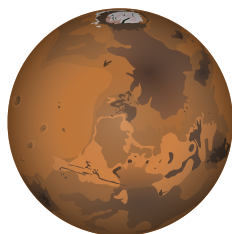
● **WHITE:** A serene and calm colour that represents love and loyalty

**FLOWER:** Chrysanthemum flower

**PLANET:** Mars

**OFFER:** Sugar as this blesses you with long life

### DAY 2



# Navarati - 9 Nights 9 Nine Goddesses

## Chandraghanta:

### Who wears the bell-shaped moon

Illustrated with 8 arms

● **RED:** Most powerful of all colours, symbolising strength, power and fierceness.

**FLOWERS:** Lotus

**PLANET:** Venus

**OFFER:** Milk relief from all pain (in the body)

### DAY 3



## Kushmanda (also known as Ashtabhuja)

### The source of creation

Illustrated with 8 arms and is seen on a Tiger

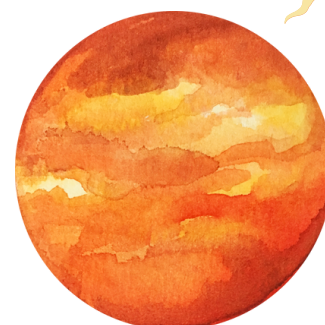
● **BLUE** - Royal: Improves health, wealth and strength.

**FLOWERS:** Jasmins

**PLANET:** Sun

**OFFER:** Malpua rids problems and struggles (rid debts or loans)

### DAY 4



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## Skandamata: Mother of Kartikeya (Chandraghanta)

Has 4 arms and 3 eyes, holding an infant in one hand and is seen on a Lion

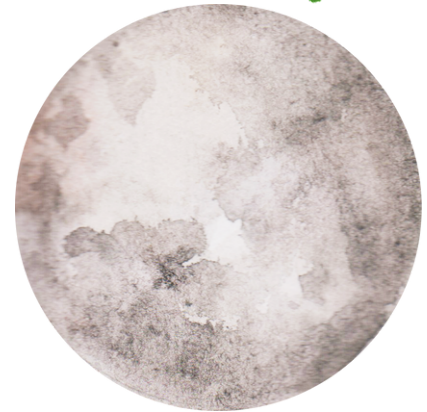
● **YELLOW:** Symbolises learning and knowledge

**FLOWERS:** Yellow Rose

**PLANET:** Mercury

**OFFER:** Banana brings peace and joy to the family

**DAY 5**



## Katyayani: Destroyer of demons

Is one of the more violent forms with four arms

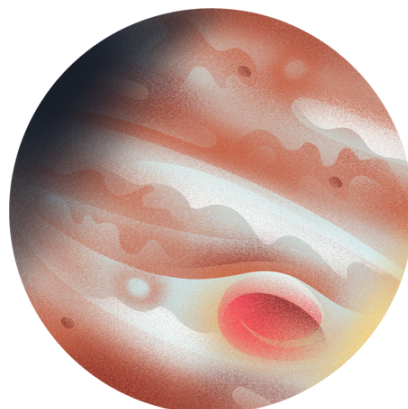
● **GREEN:** Symbolises new beginnings, growth and fertility

**FLOWERS:** Marigold

**PLANET:** Jupiter

**OFFER:** Honey blesses you with good finances

**DAY 6**



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## Kaalratri: The dark night

Depicted with a dark complexion, three eyes and four arms

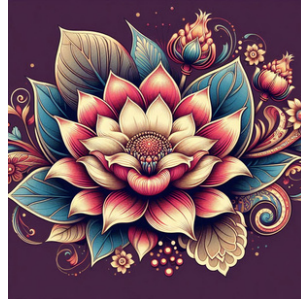
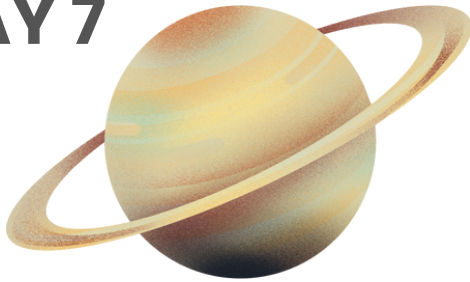
● **GREY:** A sober and elegant hue

**FLOWERS:** Krishna Kamal

**PLANET:** Saturn

**OFFER:** Jagghery - fulfil all your wishes and desires

**DAY 7**



## Mahaguri: The great fair one

Four arms and is seen on a bull

● **PURPLE:** Represents ambition and power

**FLOWERS:** Jamine, Mogra

**PLANET:** Rahu

**OFFER:** Coconut blesses you with luck and happiness

**DAY 8**



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## Siddhidatri: Giver of Boons

Awares on a lotus with four arms.

● **TURQUOISE GREEN:** Implies uniqueness and individuality  
It is a colour of comparison and freshness.

**FLOWERS:** Champa

**PLANET:** Ketu

**OFFER:** Different types of Anaj to bless with abundance and success

### DAY 9



**Navaratri** is a special Hindu festival that lasts for nine nights.

It celebrates the powerful goddess Durga and her different forms.

People pray, dance, and have fun to show that good always wins over bad.

