

SANWAD

Harnessing our Inner Power: Celebrating Navratri & Personal Empowerment



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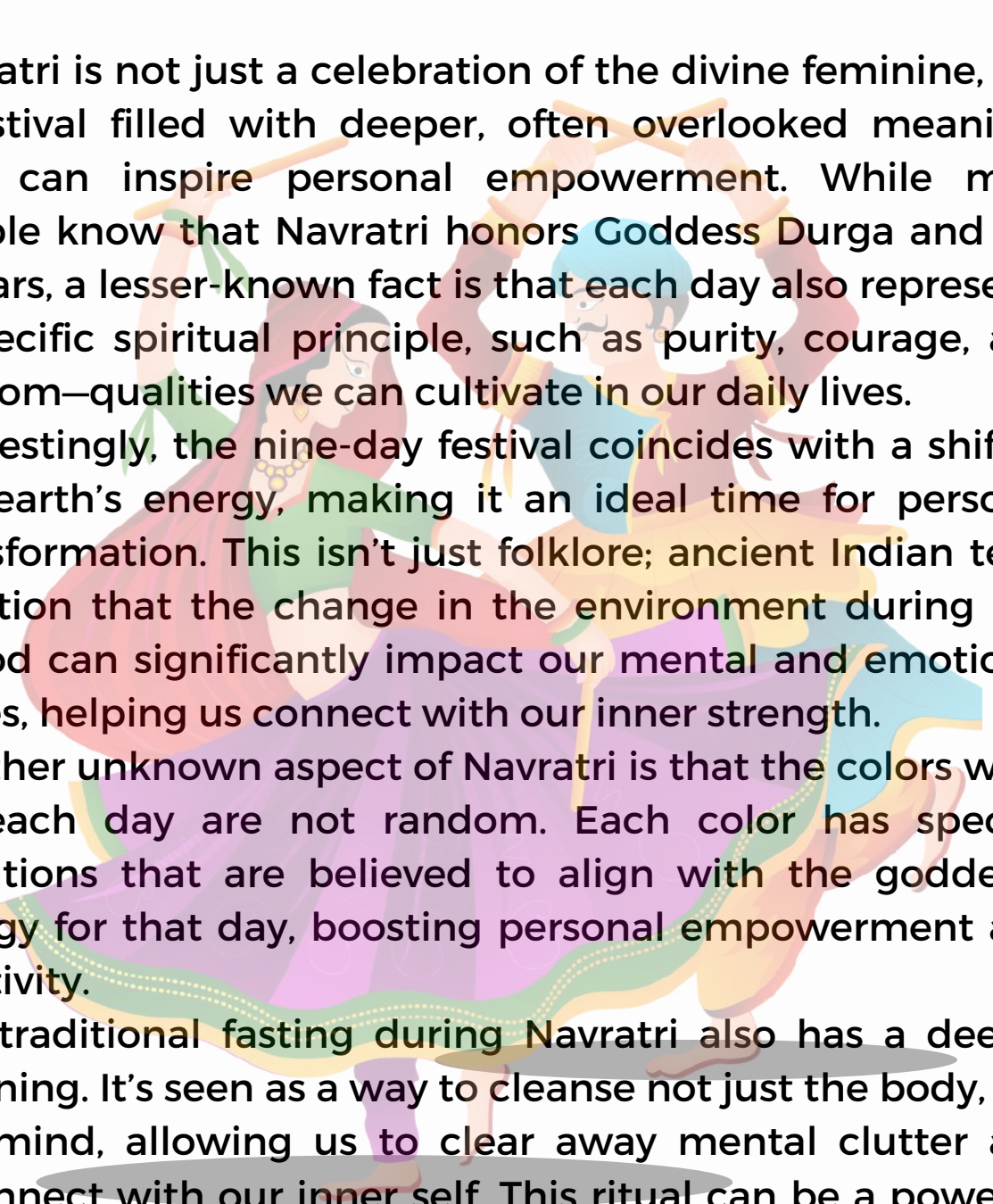
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MD's Message

Goddess Worship and Personal Empowerment: Hidden Lessons from Navratri for Modern Life



Navratri is not just a celebration of the divine feminine, but a festival filled with deeper, often overlooked meanings that can inspire personal empowerment. While most people know that Navratri honors Goddess Durga and her avatars, a lesser-known fact is that each day also represents a specific spiritual principle, such as purity, courage, and wisdom—qualities we can cultivate in our daily lives.

Interestingly, the nine-day festival coincides with a shift in the earth's energy, making it an ideal time for personal transformation. This isn't just folklore; ancient Indian texts mention that the change in the environment during this period can significantly impact our mental and emotional states, helping us connect with our inner strength.

Another unknown aspect of Navratri is that the colors worn on each day are not random. Each color has specific vibrations that are believed to align with the goddess's energy for that day, boosting personal empowerment and positivity.

The traditional fasting during Navratri also has a deeper meaning. It's seen as a way to cleanse not just the body, but the mind, allowing us to clear away mental clutter and reconnect with our inner self. This ritual can be a powerful tool for modern self-reflection and growth, reminding us that true strength comes from within.

- Pratik Vaidya

Child begging on street and Signals

Articles about children begging on the streets often discuss the causes and consequences of this social issue, and how to help without enabling the cycle of poverty.

Poverty, lack of education, child abduction, and migration are some of the reasons why children beg.

Children may be forced to beg by their parents or human traffickers. They may also be harmed and forced to give money to human traffickers.

Beggary was once regarded as an acceptable occupation in India, and it has now evolved into a form that is widely recognized and practiced. Destitute people, many of whom are children, are frequently seen begging for money at train stations, bus stops, market areas, traffic signals, urban parks, and tourist attraction places. Apart from the truly impoverished, some people are thought to be professionally trained beggars from a gang or begging ring. But whatever the situation may be, earning sympathy and pity is a key component of begging for which children are involved. Astonishingly, children as young as 2-3 years old are expertly trained to implore adults and repeat these pitiful sentences. To add to the sympathy, many children's body parts are severely damaged, leaving them with long-term physical and mental suffering. To force children to beg,

They are frequently threatened, beaten, sexually molested, and drugged. When children are treated as slaves and their innocence and childhood are taken away, they are exposed to early adulthood and permanent trauma. Kids who engage in begging are frequently enticed by money and entrapped or forced into other activities such as child labor, prostitution, theft, etc., and exploited in various ways.

How to Stop Child begging

You can report to a child care and welfare NGO, which can help locate the child's family and provide financial assistance. It's best not to give money or gifts to child beggars. Instead, you can try being kind in other ways, such as using a hand stamp, an animal puppet, or ribbons to show how to braid hair.

Child begging is a criminal offense in India, and each state has its own laws to prevent it. However, child begging is still a problem, and some say that more attention needs to be paid to how the laws are carried out.



Suraj mohite

**Senior Executive -
Audit & Compliance**



Celebrating Navratri: A Festival of Joy, Devotion, and Vibrance

Navratri, one of India's most beloved festivals, is a time for prayer, reflection, and vibrant cultural activities. This nine-day festival honors Goddess Durga and her victory over the demon Mahishasura, symbolizing the triumph of good over evil and the divine feminine energy.

The Story of Maa Durga: The Ultimate Power

Navratri celebrates the power of Maa Durga, the warrior goddess who defeated Mahishasura. Her story reminds us of the inner strength we all possess to overcome challenges and adversities.

Nine Nights, Nine Forms, Nine Colors

Each day of Navratri is dedicated to a different form of Durga, known as the Navdurga. Each form represents an important aspect of life and spiritual growth. Devotees wear specific colors and offer prayers for the following goddesses:

- Day 1 (Shailputri): Yellow
- Day 2 (Brahmacharini): Green
- Day 3 (Chandraghanta): Grey
- Day 4 (Kushmanda): Orange
- Day 5 (Skandamata): White
- Day 6 (Katyayani): Red
- Day 7 (Kalaratri): Royal Blue
- Day 8 (Mahagauri): Pink
- Day 9 (Siddhidatri): Purple

The Nine Forms of Durga Worshiped in Navratri.

During Navratri, each day is dedicated to one of Maa Durga's nine avatars, known as the Navadurga, with devotees performing special rituals and prayers to seek her blessings. Each form represents a distinct aspect of life and spiritual growth.

- Day 1 – Shailputri: The daughter of the mountains, symbolizing strength and purity.
- Day 2 – Brahmacharini: The ascetic goddess, embodying devotion and penance.
- Day 3 – Chandraghanta: The goddess with a crescent moon on her forehead, representing courage.
- Day 4 – Kushmanda: The creator of the universe, symbolizing light and positivity.
- Day 5 – Skandamata: The mother of Skanda (Kartikeya), symbolizing the nurturing aspect of motherhood.
- Day 6 – Katyayani: The warrior goddess, known for her fierce energy and strength.
- Day 7 – Kalaratri: The destroyer of darkness and evil, representing the transformative power of time.
- Day 8 – Mahagauri: The goddess of purity and tranquility, representing spiritual peace.
- Day 9 – Siddhidatri: The giver of supernatural powers, symbolizing the fulfillment of desires and spiritual wisdom.

Navratri Traditions: Fasting, Prayers, and Garba

During Navratri, many devotees fast, purifying their bodies and minds. In the evenings, people celebrate with Garba and Dandiya Raas, joyful dances performed in traditional attire to honor the goddess.

Regional Variations.

Across India, Navratri is celebrated in unique ways. Gujarat is famous for Garba and Dandiya, while West Bengal observes Durga Puja with grand idols of the goddess. In South India, families display Golu dolls, and in Himachal Pradesh, Kullu Dussehra features a grand procession.

A Time for Inner Renewal

Navratri is not just about external celebrations; it's also a time for inner reflection. It reminds us to invoke Maa Durga's energy within ourselves, confront personal challenges, and emerge stronger. As Navratri ends with Dussehra, symbolizing the victory of good over evil, it leaves us with a sense of spiritual renewal and positivity for the year ahead.

A portrait of a woman with long dark hair, wearing a purple patterned top, positioned in the bottom right corner of the page.

Shruti Kamble

NAPS Executive

Navratri and the Symbolism of Durga

Navratri, the nine-day festival celebrating Goddess Durga, holds deep symbolism that resonates beyond its religious aspects. It is a reminder of the strength, resilience, and empowerment that each of us can embody in our lives. The festival honors Durga's various forms, each representing different qualities that inspire personal growth and empowerment.

The Nine Forms of Durga: Lessons of Empowerment

Each day of Navratri is dedicated to a different form of the goddess, with each form representing unique virtues:

Shailaputri: Represents the essence of the earth and teaches us the importance of grounding ourselves, staying resilient in the face of adversity.

Brahmacharini: Symbolizes devotion and discipline, inspiring us to focus on our goals and maintain inner calm even in difficult times.

Chandraghanta: With her warrior-like demeanor, she exemplifies courage and the importance of standing up for what is right, encouraging self-defense and assertiveness.

Kushmanda: Symbolizes creation and new beginnings, reminding us that we have the power to shape our lives and manifest our desires.

Skandamata: Represents nurturing and compassion, teaching us that empowerment comes not only from strength but also from love and care for others.

Katyayani: A fierce form of Durga, she embodies the power to challenge oppression, encouraging us to break free from limiting societal norms or personal constraints.

Kalaratri: Known for destroying darkness, she symbolizes the ability to face our deepest fears and emerge stronger, teaching us resilience and fearlessness.

Mahagauri: Represents purity and transformation, reminding us that true empowerment comes from self-awareness and continuous growth.

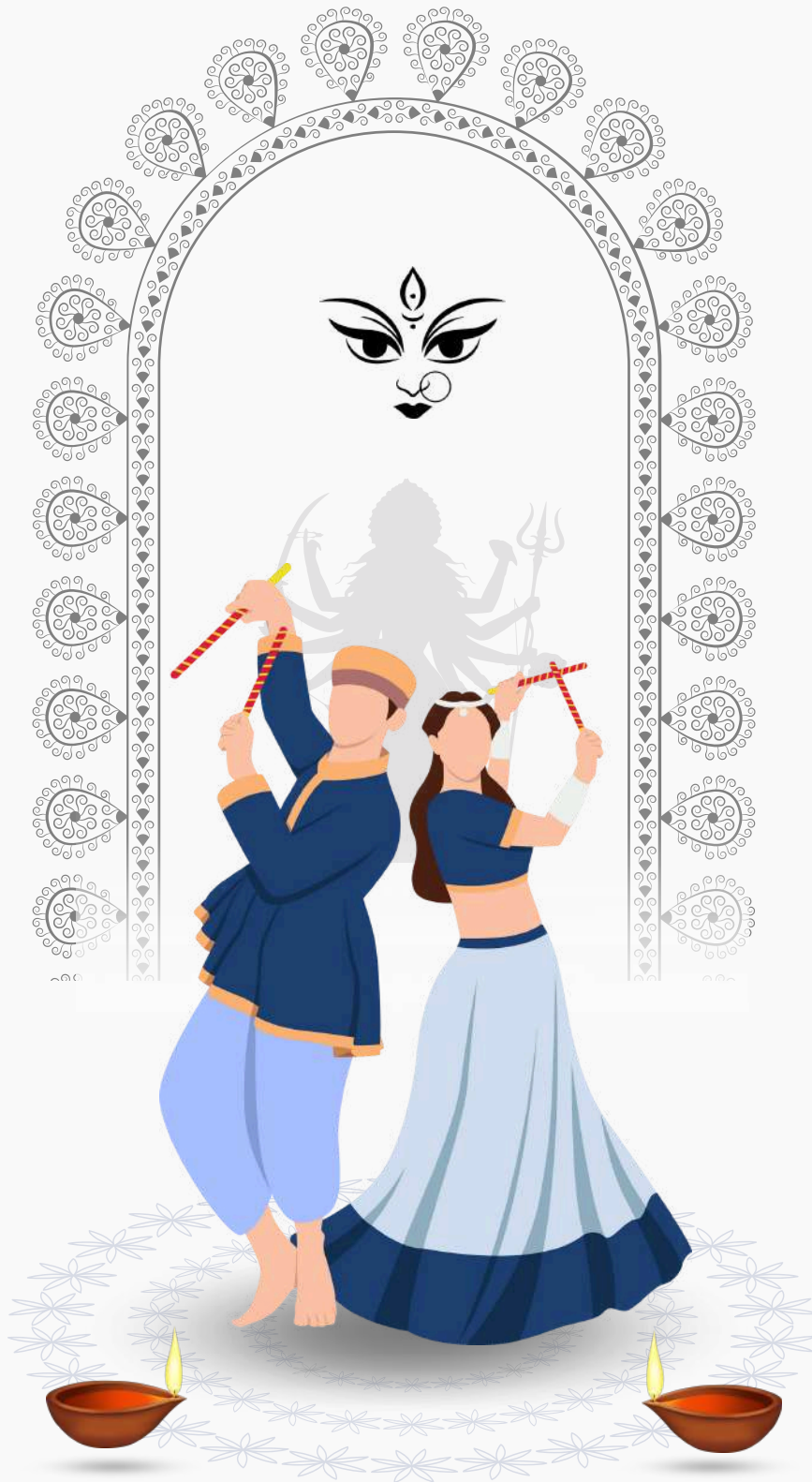
Siddhidatri: The form of Durga who bestows wisdom and success, inspiring us to harness our inner potential and seek the fulfillment of our goals.

Each of these forms provides a lesson in self-realization, helping us understand the multifaceted nature of empowerment. Whether it's through cultivating resilience, nurturing compassion, or embracing transformation, these qualities push us toward becoming the best versions of ourselves.

Gayatri Iyer

Senior Executive - Legal

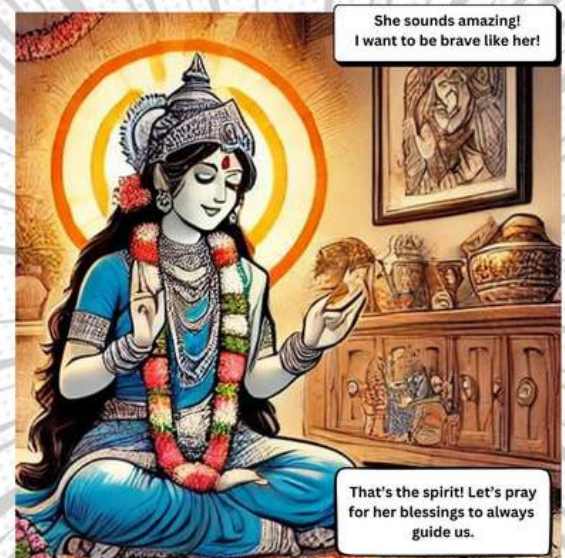
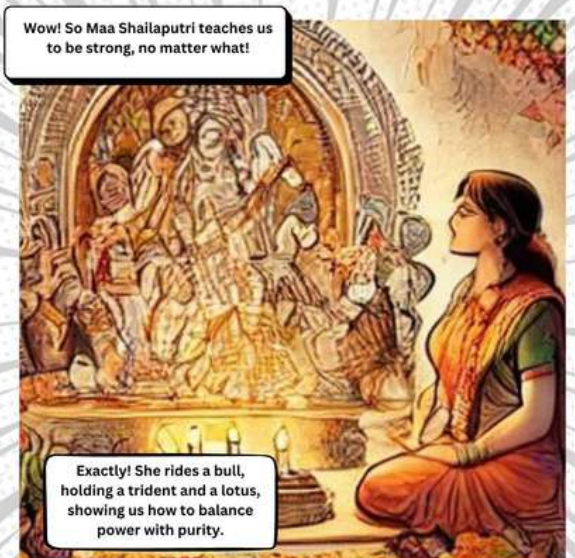
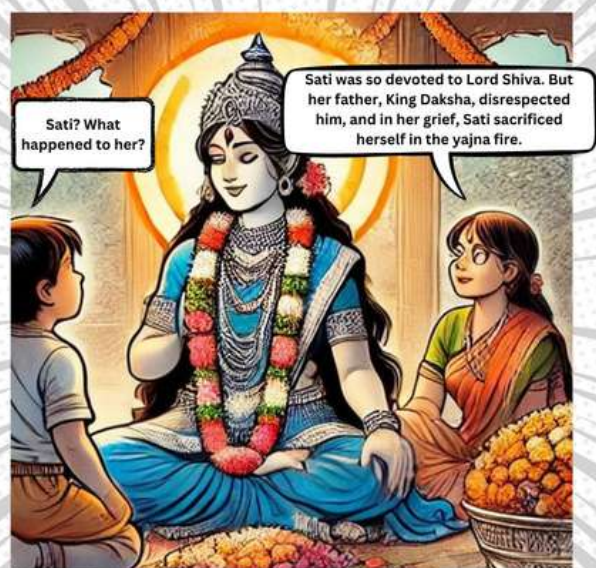
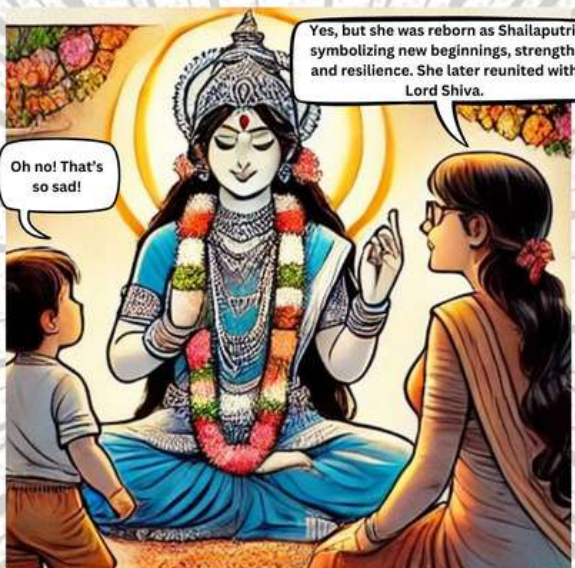
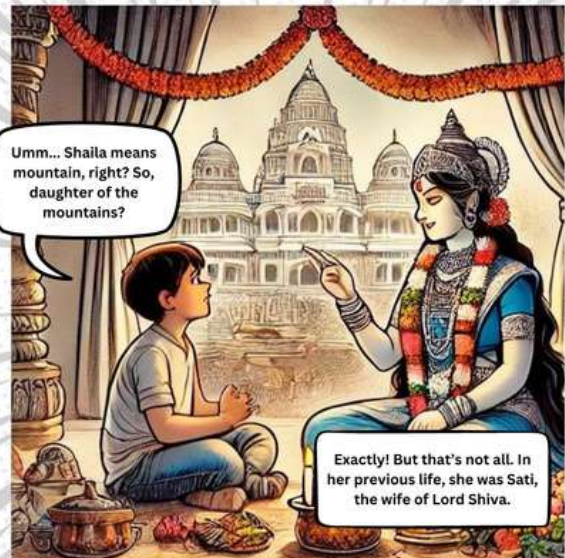
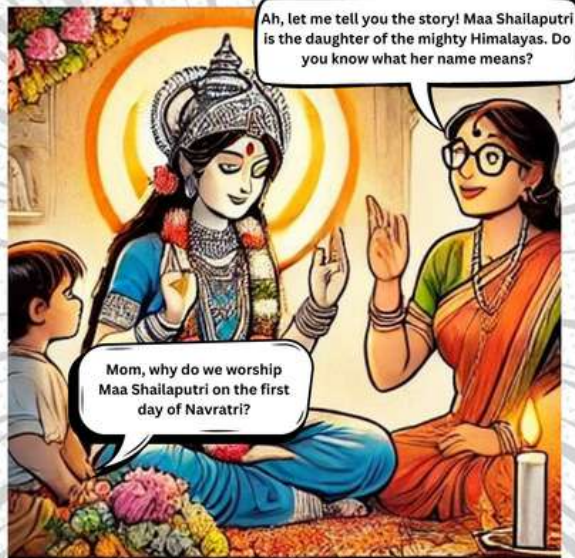




Navratri

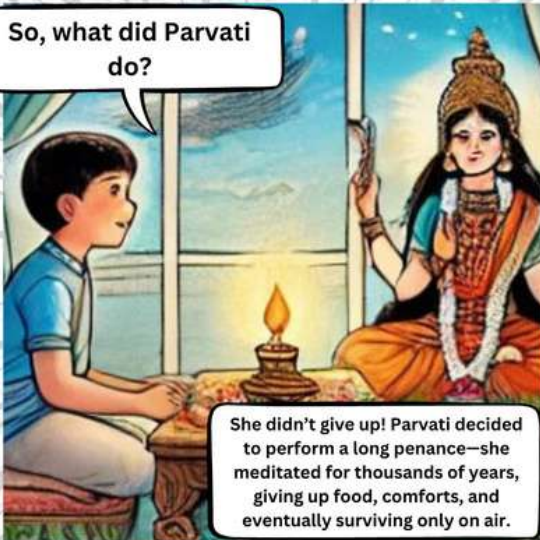
COMICS

Day 1- Maa Shailaputri



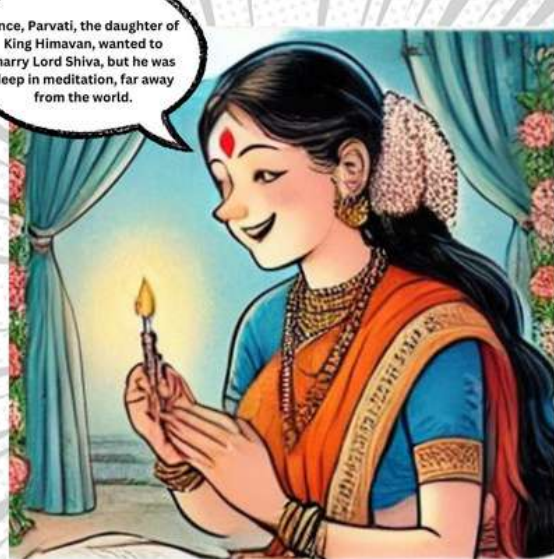
Day 2- Maa Brahmacharini

So, what did Parvati do?

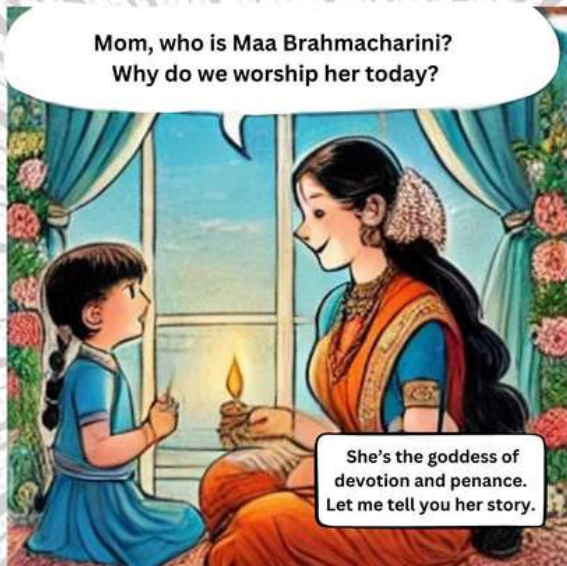


She didn't give up! Parvati decided to perform a long penance—she meditated for thousands of years, giving up food, comforts, and eventually surviving only on air.

Once, Parvati, the daughter of King Himavan, wanted to marry Lord Shiva, but he was deep in meditation, far away from the world.



Mom, who is Maa Brahmacharini?
Why do we worship her today?



She's the goddess of devotion and penance. Let me tell you her story.

Wow! She must have been really strong!



Yes, her dedication moved the gods, and Lord Shiva finally appeared and accepted her as his wife.

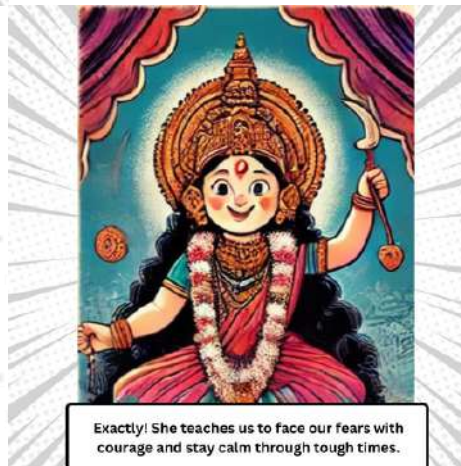
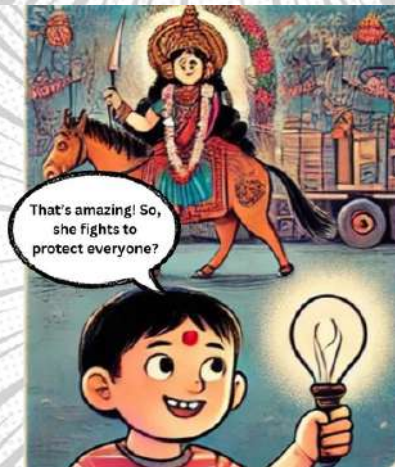
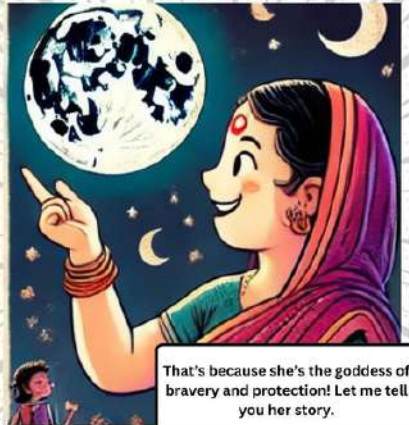


Maa Brahmacharini shows us the power of devotion, doesn't she?

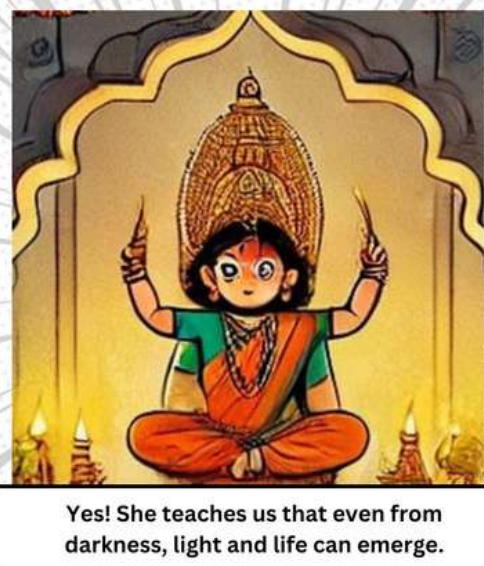
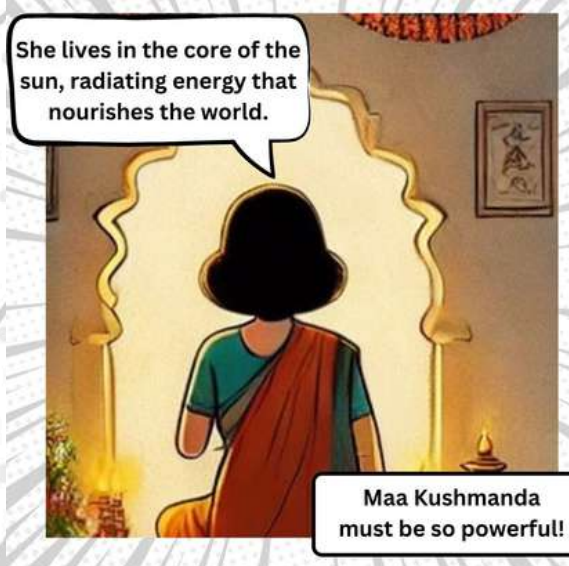
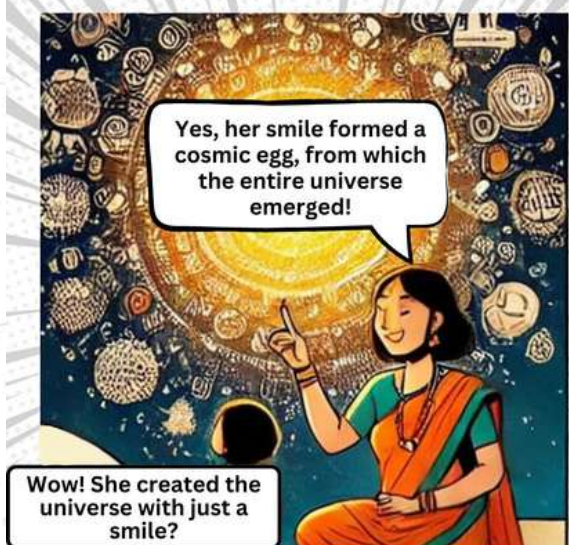
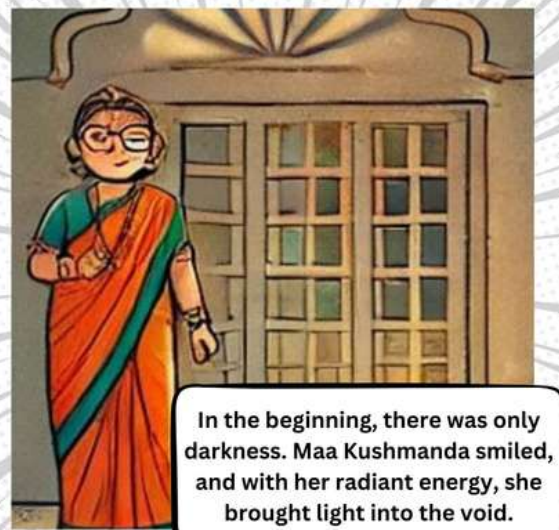
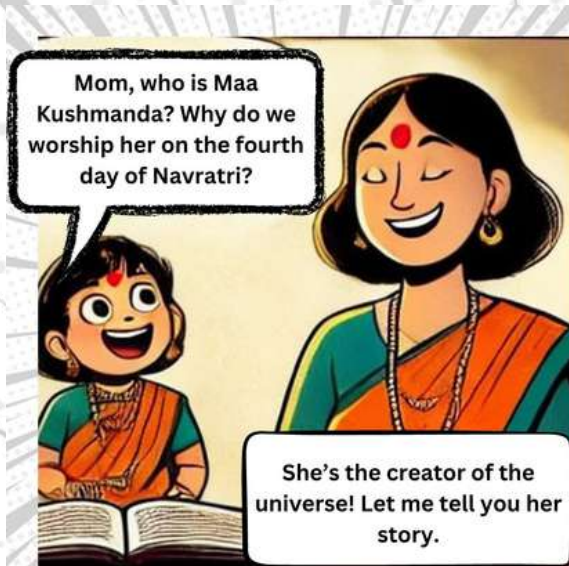


Exactly. She teaches us that with faith and perseverance, anything is possible.

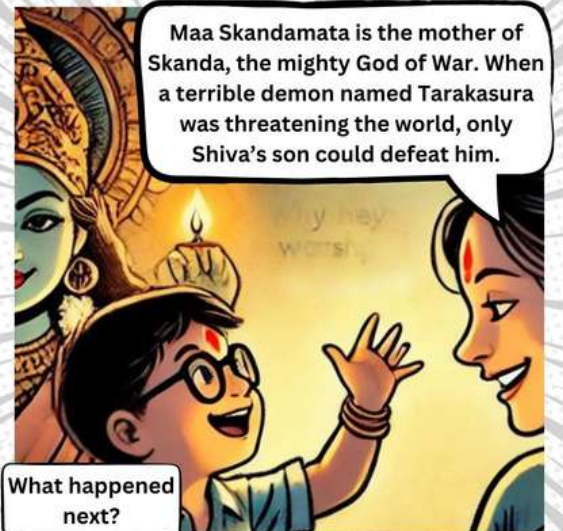
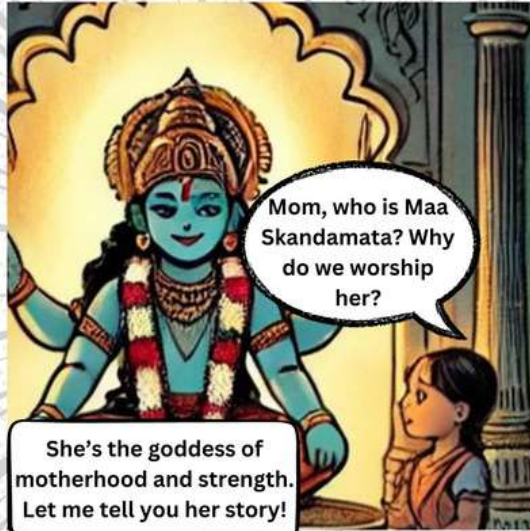
DAY 3 - Maa Chandraghanta



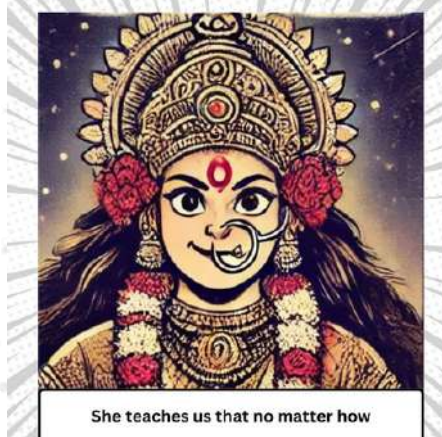
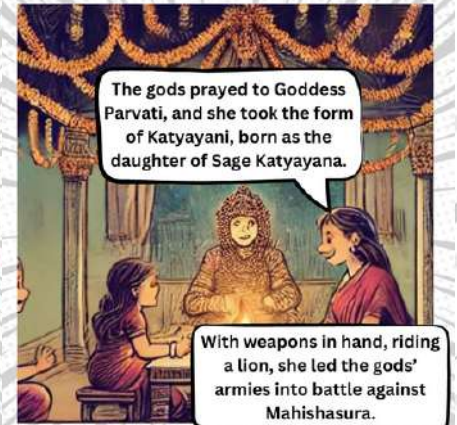
DAY 4 - Maa Kushmanda



DAY 5 - Maa Skandamata



DAY 6 - Maa Katyayani



DAY 7 – Maa Kalaratri

Hey, why does Maa Kalaratri look so fierce?

She looks fierce because she's the destroyer of evil. Want to hear her story?

When the demons Shumbha, Nishumbha, and Raktabeej were causing chaos, the gods prayed to Goddess Parvati for help.

What happened next?

Parvati transformed into Kalaratri, a fierce warrior goddess, to defeat them.

Raktabeej was dangerous because each drop of his blood created more demons. Maa Kalaratri stopped this by consuming his blood before it touched the ground.

Wow, she must have been so powerful!

MA MA KALATABATRI

Exactly! Even though she looks fearsome, she protects her devotees and gives them courage and fearlessness.

DAY 8 – Maa Mahagauri

Hey, do you know the story of Maa Mahagauri?



Yes! She's known for her purity and calmness. Want to hear her story?

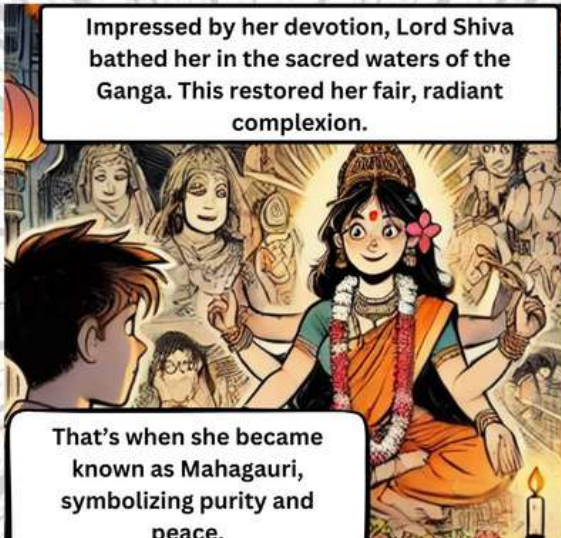


Maa Parvati performed severe penance to win Lord Shiva's love. Her body became dark and covered in dust.

Really? What happened next?



Impressed by her devotion, Lord Shiva bathed her in the sacred waters of the Ganga. This restored her fair, radiant complexion.



That's when she became known as Mahagauri, symbolizing purity and peace.

She must have been so graceful!



Yes, her blessings help purify our hearts and bring peace and prosperity.

DAY 9 – Maa Siddhidaatri

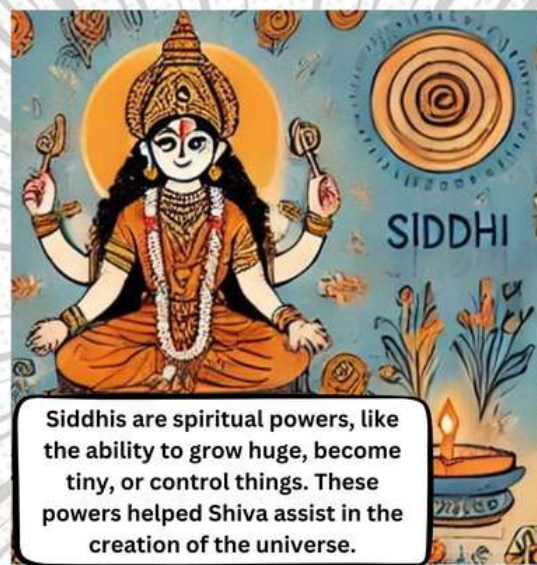
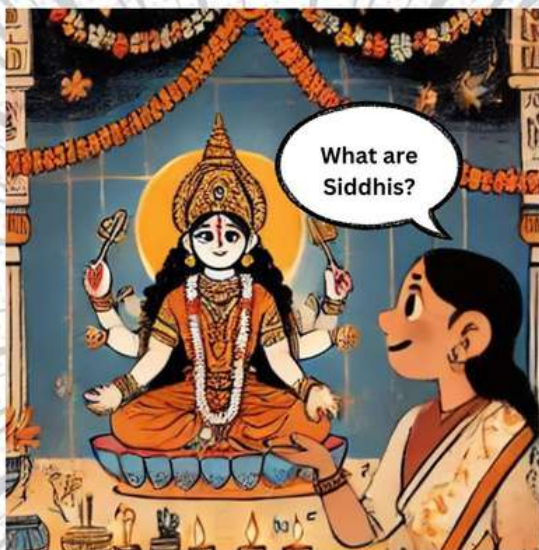
Why is Maa Siddhidaatri worshipped on the last day of Navratri?



Long ago, Lord Shiva prayed to Adi-Parashakti for divine powers.



What are Siddhis?



It's said that half of Shiva's body became Maa Siddhidaatri, forming Ardhanarishvara, the perfect balance of masculine and feminine energies.



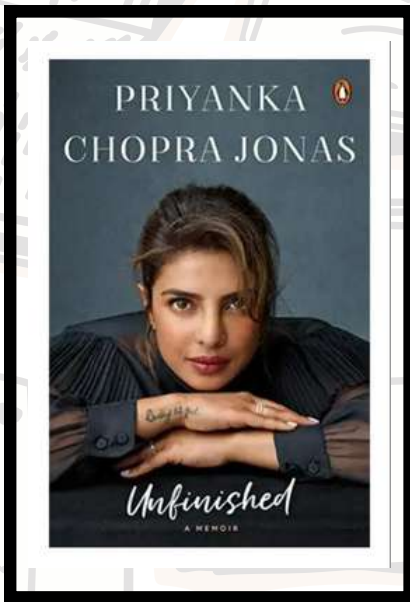
Yes, she blesses her devotees with wisdom and guides them toward spiritual growth and fulfillment.



Creative corner

BOOK

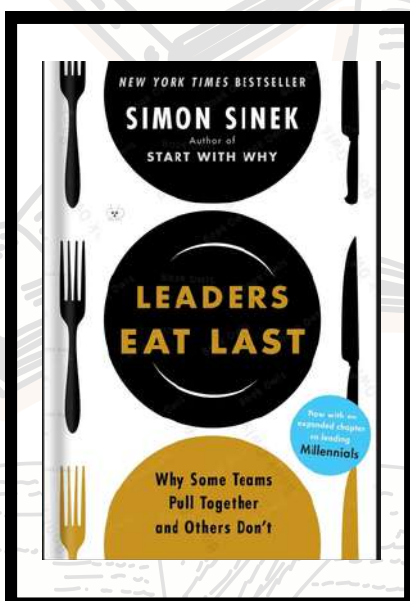
RECOMMENDATION !



Unfinished By Priyanka Chopra Jonas- memoir where she shares her life story, from growing up in India to becoming a global star. The book talks about her experiences in acting, her personal challenges, and her journey to success. It's a story of determination and following dreams.

Priya Hadpad

HR Executive

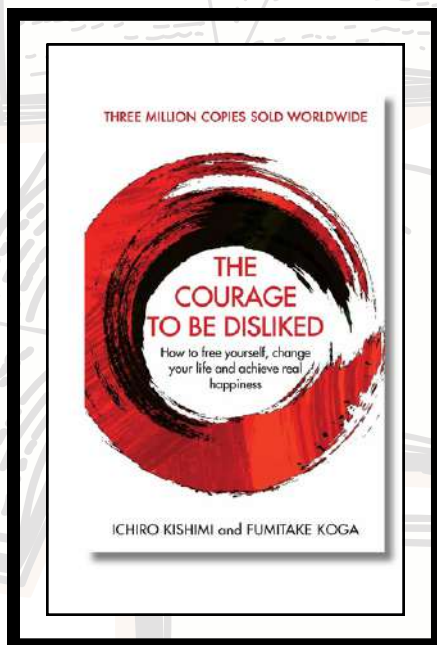


Leaders Eat Last - Simon Sinek explores how great leaders create environments of trust and cooperation, fostering teams that work together and thrive. It emphasizes that leaders who prioritize the well-being of their team build loyalty and achieve long-term success.

Tejas Mahadik

Senior Business Developer

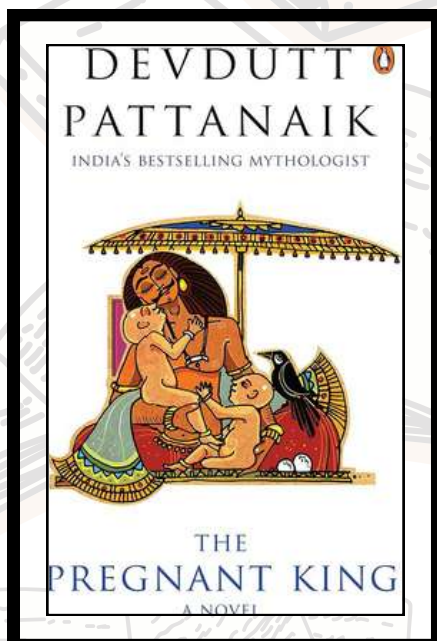




The Courage to be disliked - One of the best books that I have read is The Courage to be disliked and the philosophy in it is very liberating which advise us to be unconcerned with other people's judgement and stay happy.

Shikha Sharma

Assistant Manager -
Compliance & Governance



The Pregnant King - its thought-provoking exploration of gender, identity, and duty through a blend of mythology and philosophy.

Mudra Dave

Marketing Executive



ARTWORKS



Rahul Gawde

Account Assistant



Mansi Patil

Senior Manager Payroll



Birthday Recap



Aditya R Iyer



Mahesh Arsekar



Mohammad Abdur



Ajay Khade



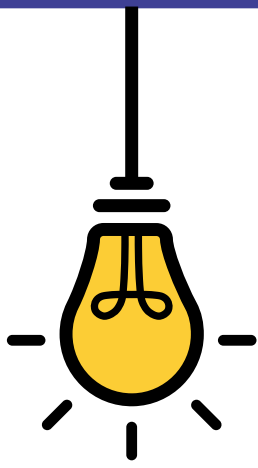
Archit Kulkarni



Swapnil Shingre



Shruti Kamble



New Onboard

Sandhya Dombale



Kinjal Zatakia

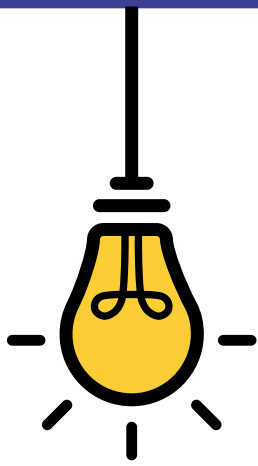


Sneha Varghese



Shikha Sharma





Mithun Dutta



Khusboo Jobanputra



Simran Sonkar



Brenda Lewis



Aditya Yeluri



TGIF

SEPTEMBER CELEBRATION





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receive referral amount !**

