



GYAAN GOSHTHI
-O- CURIOSITY TO CLARITY -O-

Navratri

“Nine nights of devotion, dance, and divine feminine energy.”

Story / Significance:

Navratri, meaning “nine nights,” is a Hindu festival dedicated to Goddess Durga and her nine forms. It celebrates the victory of good over evil, particularly Durga’s triumph over the demon Mahishasura. The festival embodies themes of devotion, strength, courage, and the divine feminine power that nurtures and protects the universe.

Navratri is not just a spiritual celebration but also a cultural festival showcasing regional traditions, folk arts, and music. It emphasizes discipline, self-reflection, and the triumph of righteousness.

Traditions & Customs:

Devotees observe fasting, prayers, and elaborate rituals for nine days. Garba and Dandiya Raas dances are performed in colorful attire, especially in Gujarat. Temples are decorated with flowers and lights, and devotees recite hymns and chants. Special foods, vegetarian meals, and sweets are prepared, avoiding meat and alcohol during the festival. Communities hold fairs, competitions, and cultural programs, fostering unity, joy, and spiritual growth.

