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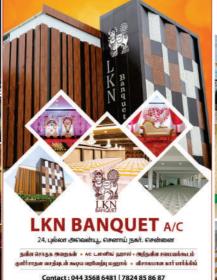
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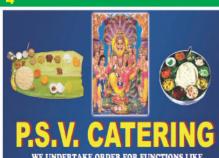
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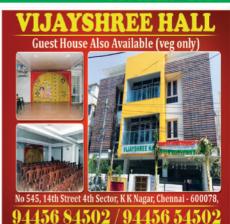
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Iyengar Thenkalai VADULAM K Sushmitha 28-12-94 Swaathi MS microbiology USA/CANADA AUS/NZ 7550148649 mother+919952250766

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Iyengar Vadakalai KOUSIGA Later 28-06-94 Sadayam MS (USA) USA/CANADA Mother/fathe r+18585315716

Iyengar Vadakalai KOUSIGA Amrithavalli 28-06-94 Sadayam MS USA/Canada Mother+18585314716

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Iyengar Vadakalai Nytro Kashyapa Lakshmi 14-05-94 Thiruvaathirai BBA., M.Lib. I.Sc India Renganayaki +918148350866

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Iyengar Vadakalai KOUNDINYA Prakruthi Mohan 08-08-94 Magam MBBS., MD India Mohan Parthasarathy +916361041350

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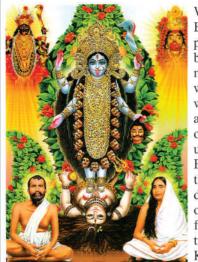
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Why Maa Kali – the Form of Shakti – is Worshipped? Bengalis adore Maa Kali or Mother Kali as she is the positive form of Shakti or Power. Just as a mother protects her child from all the negative influences, Goddess Kali too protects her children- we, the human beings- from evil and negative forces. Maa Kali is always depicted as dark and ferocious goddess. Kali means black or dark. This colour embodies all the colours and thus becomes the colour of power. By worshipping Kali, people seek her assistance in destroying evil, both outside and within us. Those who worship Kali believe that this Puja kills ego and all negative tendencies that might become an obstacle in achieving spiritual growth. Through her power of eliminating the evil, mother not only protects the outwardly negative forces but also the inner negative feelings of her devotees. Why Kali is believed to be the ultimate form of power is reflected in the legend behind the birth of this Goddess Legend of Goddess Kali's Birth There were two demons named Shambhu and Nishambhu. These demons made the life of Lord Indra, the King of Gods difficult. There were numerous among the gods and the demons and with each win, the demons became stronger. The gods then decided to pray to Lord Shiva and Goddess Parvati, the other form of Goddess Durga. Listening to the woes of gods, Durga became angry and gave birth to Kali from her forehead. Goddess Kali took birth to save the heaven and the earth from the rising brutality of demons. Her two escorts Dakini and Jogini accompanied her on her way to end the war and kill the demons. The ferocious Kali went on a killing spree and ended all the demons, made a garland of demons' heads and wore it. During this rampant killing of demons, KaNow the gods got scared and again took shelter in Lord Shiva. To stop Kali

from destroying the universe, Lord Shiva lay himself down on the way of Kali. As soon as Kali stepped on the chest of Shiva, she realized what mistake had she done by insulting her consort. In astonishment and realization of her mistake, she stuck out her tongue in repentance. This recovered the lost senses of Kali. Since then Kali is depicted with her one leg on the chest of Shiva lying down and her tongue stuck out in repentance. How is Kali Puja Performed? While most of the Bengali families worship Kali everyday at home during their daily worship, Kali Puja on this particular day of Kartik Amavasya is performed as a community in pandals. Pandal is a temporary temple made of tents/ cloth and other decorative items where a clay idol of Goddesss Kali is established and invoked. Puja is done by Purohit at midnight when it is the best mahurat for doing so. On this day, Tantrics also perform Kali Puja but they do it separately and with other rituals. Their aim of worshipping is different from that of other people in general. Ii lost her control and started killing everyone who came her way.

# **DIWALI BATCHANAM**



# **Mixture**

Boondi preparation: 1. Mix Gram flour(2 cup), Chili powder (2 tspn), Salt and 1 to 2 cups Water in a vessel without any lumps. The batter should be little watery and not so thick.

2. Heat Oil in pan on medium flame. Pour the batter over the perforated ladle(ladle with small round holes) and rub it with another ladle which makes

the batter to fall through the ladle holes evenly. Cook till it turns into crispy.

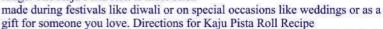
3. Drain this from oil and repeat the same for the whole batter. Now boondi is ready. Sev (Omapodi) preparation: 1. Mix Gram flour(2 cup), Chili powder(5 tspn), Salt, gradually add water and knead to make a soft dough (like murukku dough). 2. Fill the dough(from step 2) into sev(omapodi) press (with very small holes). Once the oil is hot enough, squeeze the sev(omapodi) over the hot oil. Do not over crowd the pan. 3. You can see the bubbles of oil immediately. Once these bubbles are almost stopped, remove them from oil and drain them on paper towels. Frying Rice Flakes(Aval): 1. Heat Oil in pan on low flame. Place some rice flakes over the ladle and fry it in oil. 2. While frying rice flakes(aval), make sure rice flakes stays on top of the ladle itself. For frying: 1. Heat oil in a pan. Keep the stove in low flame. Add Garlic, Ginger, Curry leaves and Peanuts.

2. Fry till Peanuts turn into dark in color or till Peanuts are cooked. Keep this aside. Finally mix Boondi, Omapodi, fried items and little Salt. Spicy mixture is ready

MIXTURE - INGREDIENTS: Gram flour(Besan)- 4 cup
Chilli powder- 7 tspn | Crushed Garlic- 5 to 7
Crushed ginger- small piece | Curry leaves- few
Raw peanuts- ½ | Cup Rice flakes (Aval) - 1/4 to ½ cup
Salt- to taste Oil- to deep fry

# Kaju Pista Roll Recipe

The Kaju Pista Roll Recipe is a delectable recipe that is packed with flavors from cashew Nut Pistachios and made into a fudge. The Kaju Pista Roll is most often



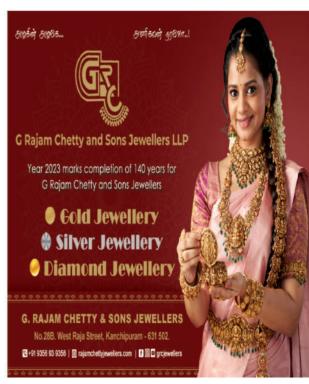
To begin making the Kaju Pista Roll Recipe (Cashew Nut Pistachio Fudge), first grind the cashews and pistachios separately into fine powder.

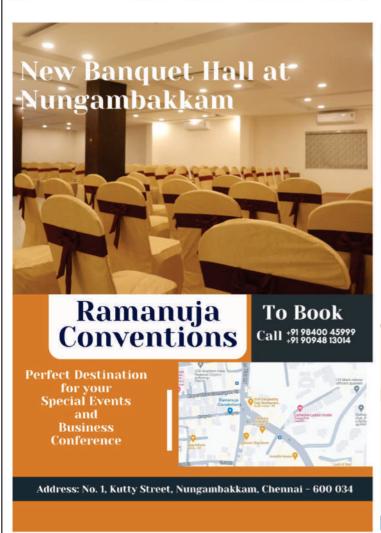
- 2. In a thick n heavy bottomed pan add the ghee, condensed milk and powdered cashews. Stir well to combine.
- 3. Add milk powder, rose water & start cooking this mixture on a medium heat until it starts to leave the sides of the pan & forms soft dough. Keep stirring continuously to avoid any burning at the bottom of the pan. This might take 10 to 12 minutes.
- 4. Now turn off the heat and transfer this on to a plate to cool.
- 5. Meanwhile in a bowl take the powdered pistachios and combined it along with powdered sugar, cardamom powder and make it into a soft dough by adding little water at a time. Knead to make a soft dough, just enough for it to come together. Try not to over knead, as it will get softer and will release oils.
- 6. The final step to make the Kaju Pista Roll is to shape it.
- 7. Take a rolling board and spread a parchment over it.
- 8. Place the kaju dough over the parchment paper and place another parchment paper over it. Using a rolling pin roll the kaju into a rectangular sheet
- 9. Remove the parchment paper covering the kaju and spread the pista mixture over the rolled kaju.
- 10. Cut the whole sheet into 2 inch wide strips enough to make a Kaju pista roll. Roll each strip into a log. Proceed the same way to make the kaju pista rolls

1 CUP CASHEWS | 1 CUP PISTACHIOS | 3/4 CUP SWEETENED CONDENSED MILK 2 TEASPOON GHEE | 2 TABLESPOONS MILK POWDER | 1/2 CUP POWDERED SUGAR 1 TEASPOON ROSE WATER | 1 TEASPOON CARDAMOM POWDER











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