

MAURITIUS SANATAN DHARMA TEMPLES FEDERATION



SANATAN SANDESH DHARA



MSDTF E-NEWSLETTER DIWALI EDITION NOV 2021



MSDTF

**Mauritius Sanatan Dharma Temples Federation
Newsletter, Sanatan Vatika Reduit**

DIWALI 2021

तमसो मा ज्योतिर्गमय

Lead us from Darkness to Light.



The Mauritius Sanatan Dharma Temples Federation has the pleasure to present the 2nd edition of its E-Newsletter, Sanatan Sandesh Dhara, dedicated to Diwali.

This Diwali edition sheds light on the significance, importance and reasons of celebrating Diwali.

It also highlights some useful mantras, activities and rituals pertaining to Diwali. Enjoy the ethos and vibes of an enlightened life full of colours and light.

May the light of Diwali dispel obscurity, ignorance, negativity, violence, hatred from the heart and mind of everyone and guide mankind towards a healthy, wealthy, peaceful and joyful world.

Gawtum Lallbeeharry,
General Secretary,
MSDTF





दिवाली लायी खुशियां हजार
भर सबके दिलों में प्यार
आया रौशनी का त्यौहार
आप सबको दीवाली की शुभमंगलकामनाएं

शुभ दिवाली

SOME IMPORTANT THINGS ABOUT DIWALI



Diwali is traditionally known as Deepavali which means range of small diyas arranged in such a way to enlighten the path, the courtyard and houses.

Diwali is celebrated after 20/21 days of Vijayadashmi on the Amavasya tithi of Kartik month (mid Oct to Mid Nov).



Diwali is a 5 day festival:

1. 2nd Nov 2021-Dhanteras/ Dhantrayodashi

Dhan means Wealth and teras/trayodashi means 13th day of Krishna Paksh (Darkness). Worship of Kubera, the Lord of Dhan. Celebrants prepare the coming of Diwali while cleaning and decorating their homes and courtyards. They also consider these days to be aus-

picious to buy new things for the home and themselves.

2. 3rd Nov 2021 - Naraka Chaturdashi

It comes on the 14th day (Chaturdashi) of Krishna Paksh. Celebrants look after their health and beauty.

3. 4th Nov 2021- Diwali/Badi Diwali/Luxmi Puja - on Amavasya(Darkest night)

Celebrants light innumerable lamps, prepare sweets and share with neighbours and others.

It was the day when Lord Ram returned to Ayodhya after a long 14-year exile and after defeating the devil Ravana.

4. 5th Nov 2021 - Govardhan Puja - 1st day of Shukla Paksh

Celebrated in honour of Lord Krishna who protected inhabitants of Gokool from the wrath of Indra.

5. 6th Nov 2021 Bhai Dooj

Brothers visit their sisters, do tika ceremony and give gifts.



Why do we celebrate Diwali?

- Light is life/ Diwali symbolises the spiritual victory of light over darkness, good over evil and knowledge over ignorance.
- It is through controlling 10 headed senses (10 heads of Ravana) that we can become enlightened.
- Internal and external light is most important to:
 1. Uphold our Dharma (duties) and Karma (actions).
 2. Earn Artha (material prosperity) for survival
 3. Fulfill our Kama (wishes) in purity
 4. Attain Moksha (ultimate happiness) in this life and after life.

Rangoli

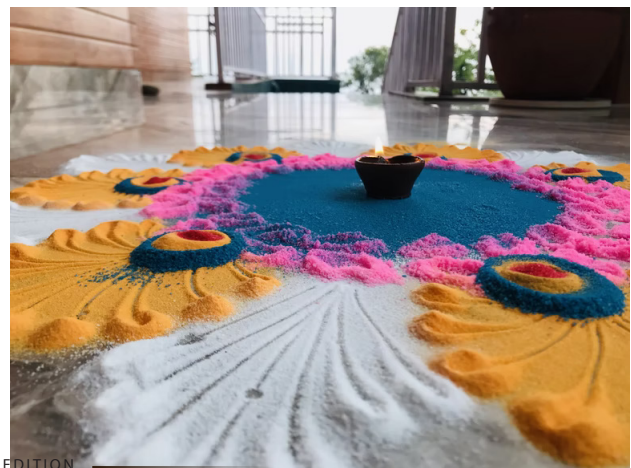


Rangoli is considered auspicious to draw rangoli in Hindu Dharma during special occasions and religious ceremonies.

Rangolis are believed to have spiritual perspective and benefits.

Rangoli have different names based on the state and culture. Rangoli hold a significant role in the everyday life of a Hindu household especially historically when the flooring of houses were untiled. They are usually made outside the threshold of the main entrance, in the early mornings after cleaning the area.

Rangoli is drawn to convey various messages. During the festivals it depicts the beautiful Indian culture. There are various spiritual reasons associated with drawing Rangoli in front of the main entrance of the door. It is drawn to invite good luck and prosperity in the house and ward-off evil spirit. It is drawn to welcome Goddess Laxmi in the house.



॥धर्मो रक्षति रक्षितः॥

**DHARMO RAKSHTI RAKSHITAH
« UPHOLD YOUR DHARMA,
DHARMA WILL PROTECT YOU »**

Significance Of Lighting Lamps...

Known as 'Deepak, Jyoti or Jyot' which represents Agni, the lighting of a lamp removes darkness, ignorance, unhappiness spreading the Almighty's grace and divine energy in the surrounding. Light also symbolizes abundance, prosperity, and knowledge. The lighting of an oil lamp is regarded as to bow down to knowledge. Where the oil/ghee in the lamp denotes our vices, the cotton wick is the symbolism of the ego of a person. When the oil/ghee lamp is lit, the vices demolish and the ego drives away or drained out. The flame of the lamp goes in an upward direction which signifies one should obtain knowledge in a way that uplifts oneself to do higher deeds.



The significance of cotton wicks:

- Single Wick. Known as Eka Mukha Deepam provides normal benefits.
- Two Wicks- known as Dwimukha Deepam, it brings peace and harmony to the lives of family members and relatives.
- Three Wicks- known as Trimukha Deepam, it blesses with progeny.
- Four Wicks- known as Chathurmukha deepam, it provides all-around prosperity and abundance of food.
- Five Wicks- Known as Panchammukha Deepam, it blesses a person with immense wealth.
- Six Wicks- Known as Sanmukha Deepam, it helps in attaining knowledge and renunciation.

The importance of direction for lighting lamps:

- East- in order to get good health and peace of mind.
- West- light a lamp daily in west direction and notice yourself from freeing from debts and victorious.
- North- light a lamp in this direction to achieve success in all ventures.



You can recite the following mantras while lighting the lamp before the Deities to attain maximum blessings:

– Shubham Karoti Kalyanam, Arogyam Dhan Sampadah, Shatru Buddhi Vinashaya Deepa Jyotir Namostute.

Or

– Deepajyothi Parabrahma, deepajyothi janardhana, deepo me hara tu paapam, deepa jyothir namostute.

Gato Batate – A Traditional Diwali Delight...

Diwali, fête de lumière et de partage, is one of the important celebrations of the Hindu calendar. While the festival of lights heralds the return of Lord Ram to his kingdom Ayodhya after vanquishing the evil Raavan, the festivities worldwide are usually centred around the lighting of diyas/earthen lamps and the preparation of homemade indian sweets.

No matter how many sweets one plans to make on Diwali, gato batate always tops the list. This deep fried mithai with shredded coconut filling is the traditional diwali sweet.

Ingredients:

For the Dough

- 1 1/2 kg sweet potatoes
- 1 1/2 – 2 cups all purpose flour
- 1 cup refined white sugar

For the Filling

- 2 whole coconuts, husk removed
- 1 cup refined white sugar
- 3 cups oil, for frying



INSTRUCTIONS:

- Boil sweet potatoes, with skin on, in a large pan until soft.
- Drain the sweet potatoes, peel them and mash using a fork in a large bowl.
- Make the dough by adding the flour little by little to the mashed sweet potatoes by kneading with hands until mixture forms a smooth, dry and soft dough. Knead for at least 5 minutes and form a ball. Add more flour if needed. Let the dough rest for at least 10mins.





INSTRUCTIONS:

- In another bowl, mix coconut sugar, desiccated coconut, vanilla extract and 1/2 tbsp of melted coconut oil.
- Make smaller balls with the dough and on a flat surface, flatten the dough using a roller to about 2 millimeters thick. Make some circles using a cup with a diameter of approximately 9cm.



INSTRUCTIONS:

- Place a small quantity of the coconut mixture in the centre of each circle.
- Fold each circle into half to enclose the coconut mixture and press apposed edges with a fork. You may use a pastry tool as I do to speed up the process and also for the fancy look.
- In a large frying pan, heat oil over medium. Run a test batch first to adjust to the correct



INSTRUCTIONS:

- Fry your gato batates until golden brown. Remove and drain excess oil on absorbent paper.
- Enjoy!!





Besan Ladoo

There are many laddoo varieties, but besan ke laddu is one of the most popular, especially during festive occasions like Diwali.

Besan Ladoo are round sweet balls made by roasting gram flour and ghee together, and then adding sugar to make a thick pasty dough that is then formed into delicious, melt-in-your-mouth balls.

Method

Before you start, sift the besan and then measure it. It should come to 1 cup (125 grams). Keep it aside.

- 1- To a heavy bottom pan, add the ghee and let it melt on low heat.
- 2- Once the ghee melts, add the sifted besan to the pan. Heat should be low at all times.
- 3- Mix the besan and the ghee together, at first it will form a clump.
- 4- Don't worry and keep stirring, it will start to loosen up a bit. This is how it looks like 7 to 8 minutes after adding besan.



5 & 6- Keep stirring continuously on low heat. Besan will continue to loosen up and after around 15 minutes (picture 6), it will turn into a smooth paste like consistency.

7- I roasted the besan for around 25 minutes on low heat until it had a nice golden-ish color. Your kitchen will also be filled with a aroma by then. This time may differ depending on several things (please see notes).

8- Remove pan from heat. If you want transfer the besan to another container so that it doesn't cook further and doesn't burn.

I didn't transfer it. So after removing pan from heat, I kept stirring for 2 to 3 minutes until it cooled down a little.

Then add the cardamom powder and mix and now let the besan cool down for at least 15 to 20 minutes. Do not add sugar to hot besan else the sugar will melt and then you won't be able to bind the ladoos.



9- After 15 to 20 minutes, the besan would cool down and be easy to touch. Add in the sugar and nuts/raisins (if using).

10- Mix everything together until the sugar and nuts are well combined.

11- You will get a smooth besan dough.

12- Now, pinch a small bowl from the dough. Press and roll between your palm to form a round shape. Repeat with the remaining dough.

You would get 8 to 10 ladoos. Don't worry if they don't look perfectly round.

Once you shape them, let them sit for 5 to 10 minutes and then shape again if they don't look perfect



Actions Entertained by the Federation

→ MSDTF has written to the Ministry of Arts & Cultural Heritage requesting the uplifting of the historical mandir found at Phullihaar (Antoinette) in order to convert it in a Cultural Heritage site.

→ MSDTF has respectively written to the Government of Pakistan and that of the People's Republic of Bangladesh to firmly protest against the destruction of a Hindu temple and atrocities done to Hindu minority in these two countries. Such an initiative is projecting MSDTF in the international front.

→ A Health track at Sanatan Vatika is due to be constructed comprising a walking path of 300 metres, decorative wooden poles, kiosk, enlargement of parking area, eco friendly lighting system and fencing of part of the yard. MSDTF thanks the Ministry of Environment, Solid Waste Management & Climate Change for their precious support.

The Mauritius Sanatan Dharma Temples Federation organised a Ramayan chanting competition which started in the month of September and was concluded with a finale held on the 21st October 2021 at the Indira Gandhi Centre for Indian Culture.



**Here are
some
excerpts of
the
finale.**







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