

Congratulations! Nepal, finally we have our very Own Constitution

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Front Page of the Kathmandu Post, center in white jacket is Hon. Ek Nath Dhakal; to his left is Hon. Meelan Rajbanshi. Both are Members of Parliament from the Nepal Family Party

By WFWP Nepal: It happen on the festive season of Teej wherein single women are fasting as a condition to have good husband in the future and married women are fasting for the good health and longevity of the husband.

But finally, all women are fasting for to build a strong nation and a world of peace. Victory for Nepal!

For your information, Hartalika Teej is a Hindu fasting observed by Hindu women. It is dedicated to Goddess Parvati. Hartalika Teej falls on the third day of the first fortnight of the month of 'Bhadra'. The festival continues three days and is celebrated by women in honor of Parvati Ma.

According to Hindu mythology Parvati was in love with Shiva. Being an ascetic Lord Shiva was not aware of her. Parvati performed penance on the Himalayas for many years and finally Shiva took notice of her. Then Lord Shiva came to know about her love and devotion towards him and agreed to marry her. Since then Parvati has been worshipped as Haritalika.

Unmarried girls keep the fast and pray to Goddesses Parvati in hope to get good husbands. Hartalika Teej Vrat is observed by both married and unmarried women. Married women keep the Vrat in order to achieve happy and peaceful married life. Married ladies come back to their parent's home to celebrate the festival. Some even maintain nirjala vrata (without water) on these three days and refrain from sleep all the three days. This is symbolic of the penance which Goddesses Parvati undertook to get Shiva as her husband. During the Vrat food is being offered to Brahmins and young girls.

Hartalika Teej is also the time to adorn oneself with new clothes and jewelry. In Maharashtra women wear green clothes, green bangles, golden bindis and kajal for luck. Applying mehndi on hands and feet is one of the unique features of Hartalika Teej celebrations. They offer fresh fruits and green vegetables to the goddesses and beautifully painted coconut to their female relatives. After the rituals get over women take a feast of rice patolis and jaggery steamed in banana leaves, mixed vegetables cooked with spices and coconut milk, a sweet made from coconut milk and rice. Tender coconut water is taken as a treat of the day.