



Fitness Instructor Guide Resistance Training

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saṅkaṭāt 1 ajñātvā kavacham dēvi durgāmantram cha yō japēt na chāpnōti phalam tasya param cha narakam vrajēt 2
umādēvī śirah pātu lalātē sūladhārini chaksuṣi khēchari pātu karnau chatvaravāsini 3

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name navdurga stuti singer narendra chanchal composer ved sethi lyricist

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nepal 11th century devi mahatmyam means glorification of the goddess the text is also called durga saptaśati literally a
collection of seven hundred or something that contains seven hundreds in number as it contains 700

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