

## First day of Navratri—Shailputri Puja

Among the Nine Durgas, Maa Shailputri is considered to be the first manifestation of goddess Durga. She carries the trishul and the lotus in her hands. Her vehicle is the Bull, Nandi. The narrative regarding her birth has been described in scriptures like

Shivapuran and Devi Bagvata Maa.

Shailputri in her previous birth was born as a daughter to Daksha Prajapati. She was named 'Sati'. She had been deeply devoted to Lord Shiva since her childhood. When she grew into a

maiden, she propitiated Lord Shiva by her penance and devotion and desired to beget him as her consort. Lord Shiva bestowed the desired boon on her and accepted her as his consort.

Once her father Daksha Prajapati organized a great Yajna in which all the gods including

Brahma, Vishnu, Indra and saints and sages were invited, but Lord Shiva was excluded. When

Goddess Sati came to know of it, she could not tolerate the disgrace of Lord Shiva. So, she decided to pay a visit to her father. Getting angry Sati spoke to Lord Shiva, "O Dear Lord! My father Daksha Prajapati is performing a grand fire sacrifice.

All the gods, saints, seers and sages have been invited to participate in this sacrifice, but he has

disgraced you openly by not inviting you. I can never bear your insult. So, you kindly let me go to my father to speak out my mind to him." Seeing the infuriated Sati, Lord Shiva said to her, "O Goddess! It does not behove you to lose

your temper over such a trifles. Daksha Prajapati is the performer of this great sacrifice. It is

his sweet will to invite or ignore any one. You must not poke your nose into his affairs. Such trivial steps may cause bitterness in your relations."

## Ghastshapana Puja timings and Vidhi

Ghastshapana Muhurat  
06:17 AM to 07:07 AM  
Ghastshapana Abhijit Muhurat  
11:45 AM to 12:32 PM



Navratri Kalash unbroken rice known as Akshat to put in the lid, Unpeeled Coconut, Red Cloth to wrap coconut, Flowers and Garland preferably marigold, Durva grass

## Navratri Kalash Sthapana: Step-by-step guide

## Prepare the Kalash

Take the wide clay pot, add soil to it, and then sow the Sapta Dhanya (seeds of seven different grains). Take a kalash, tie the sacred thread on the neck of the Kalash and fill it up with the holy water. Drop Supari, scent, Durva grass, Akshat and coins into the water. Keep 5 leaves of Ashoka/Mango at the edge of the Kalash before covering it with a lid. Take an un-peeled coconut and wrap it inside the red cloth. Fasten the coconut and red cloth with the sacred thread and keep it on top of the kalash. Put the Kalash in the center on the grain pot prepared earlier.

## Invoke Goddess Durga

Next, invoke Goddess Durga and request Her to accept your prayers and to oblige you by residing into the Kalash for nine days. First show the diya to the Kalash and all deities invoked in it. After that light Dhoo sticks and offer it to the Kalash, followed by flowers and scent. Finally offer Naivedhya (fruits and sweets) to the Kalash to conclude Puja. Follow it up with recitation of Goddess Durga mantra and aarti.

5 leaves of Ashoka or

Mango tree, A Lid to cover the Kalash, Raw Rice or

Sati's anger did not subside even after such a lecture given to her by Lord Shiva. Seeing her great obduracy, Lord Shiva ultimately granted her the permission to see her father.

When Goddess Sati reached the site of the Yajna, she heard everybody denouncing Lord Shiva.

Even Daksha, her father, surrounded by his servants was busy with the condemnation of Lord Shiva. All her sisters were mocking at Sati.

Such a hostile situation fanned the fire of her fury even more. She failed to endure such a horrible disgrace of her Lord and consigned herself to the sacrificial flames. When Lord Shiva

heard of Sati's self-immolation, he sent his attendants to destroy the sacrifice.

Sati in her next birth was born as a daughter to Himalaya, the Lord of Mountains. She was named Parvati or Hemavati. Since she was born as a daughter to the mountain-king Himalaya,

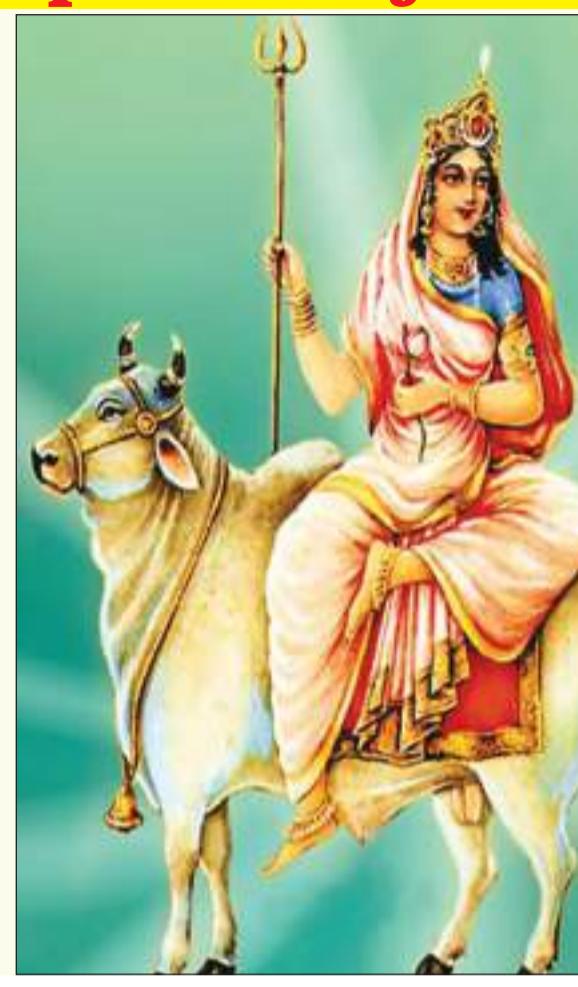
she is also known as Shailputri. She propitiated Lord Shiva by her severe penance and begot him her husband. Among the Nine Durgas, the importance and powers of Mother Shailputri are unlimited. On the first day of auspicious Navratri, she alone is adored and worshipped.

## Mantras for Shailputri Devi

Om Devi Shailputryai Namah (108 recitation of this mantra)

Vande Vanchhit Laabhaay, Chandrardhkrtshekhararam | Vrisharudham Shooldharaam Shailputriam Yashaswinim ||

I worship Goddess Shailputri to fulfill my wishes, who is adorned with crescent moon on her head, rides on a bull, carrying a trishul and is illustrious.



## NAVRATRA SPECIAL RECIPE

## Kuttu Ka Dosa

## Ingredients

3 potatoes, boiled  
Ghee (for frying)  
Sendha namak  
1/2 tsp red chilli powder  
1/2 tsp ginger, chopped

**For the Dosa:**  
5 tbsp buckwheat flour (kuttu)  
2 tbsp arbi (cocoloasia), boiled  
1/2 tsp ajwain (carom seeds)  
1/2 tsp red chilli powder  
1 tsp ginger, chopped  
1 tsp green chillies, chopped  
Ghee (clarified butter)  
1/2 tsp green chillies, chopped  
Ajwain

## Method

Heat ghee in a pan, crush the potatoes into it and mix in the rest of the ingredients. Toss the potato mixture around for a few minutes till it becomes light brown in colour. Take it out and keep aside.

In a bowl, mash the arbi and mix it with the flour and salt. Add some water and mix well. Add the ajwain, red chilli powder, ginger and green chillies and mix again.

Keep adding water and stirring in one direction till the batter turns into a smooth flowing consistency. Heat a flat pan, dab a bit of ghee on it, pour a ladle of the batter and spread it.

Cook for a few minutes and spread more ghee around the edges to make it crisp. Now flip it over and cook the other side. Now put some filling on top and fold the dosa over it. Serve hot with mint and coconut chutney.



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