

First day of Navratra – 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 Shivapurana and Devi Bagvaatam 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 Yanja 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 behoove you to lose your temper over such a trifle. 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.” 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 Hemvati. 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 as her husband. Among the Nine Durgas, the importance and powers of Mother Shailputri are unlimited. On the first day of auspicious Navratra, she alone is adored and worshipped. **Mantras for Shailputri Devi** **Om Devi Shailputryai Namah (108 recitation of this mantra)** **Vande Vanchhit Laabhaay, Chandrardhkritshekharaam | Vrisharudham Shooldharaam Shailputriim 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

Ratalu Chukander Chaat



**Ingredients**  
250 gm yam, 50 gm capsicum (green pepper)  
kosher salt as required  
1 tablespoon cumin seeds  
1 tablespoon black pepper  
200 gm beetroot  
100 gm tamarind  
1 tablespoon jaggery  
1 teaspoon red chilli powder  
1 tablespoon chaat masala  
1/4 cup yoghurt (curd)  
**Method**  
Peel off the yam’s skin or ratalu, beetroot and cut them into small round pieces. Wash the pieces with fresh water.  
Pour 200 grams of vegetable oil in a deep frying pan and heat the oil on high flame. Then deep fry the yam (ratalu) pieces until they turn brown. After this, take them out of the pan and put them on a tissue paper to soak excess oil. Simultaneously, take a frying pan and pour 2 spoons of oil and let it heat on a medium flame. Then place the beetroot pieces in the pan and fry them.  
Meanwhile, prepare green chutney by grinding coriander along with green chilly and salt. Also, prepare tamarind chutney by boiling the tamarind in water for 5 minutes. After this, mash and squeeze it and filter the pulp. Add kosher salt and jaggery to the tamarind pulp.  
Place the yam pieces in the centre and encircle them with beetroot pieces. Sprinkle salt according to your taste and roasted cumin seeds, red chilly powder, crushed black pepper, chaat masala. Also, add peas and spread a thin layer of green chutney, tamarind chutney, curd, garnish with coriander.

Chaitra Navratrī: Date, Time, Muhurat



**Kalash Sthapana should be done before 8 o’clock. On March 22, the auspicious time for Kalash Sthapana is from 06:29 AM to 07:39 AM**

going to start soon. During Chaitra Navratrī, the nine forms of Maa Durga will be worshipped with rituals. The great festival of Navratrī is celebrated with great pomp across the country. Maa Durga is called the goddess of happiness and prosperity. She pleases her devotees by fasting during Navratrī and worshipping Maa Durga with full devotion. Also fulfills all their wishes. During the days of Navratrī, people light unbroken light in their houses and worship the nine forms of the mother during these nine days. There is also a ritual of setting up an urn in Navratrī. In such a situation, when is Navratrī starting this year; when is the auspicious time for the installation of Kalash? This year, the Pratipada Tithi of Chaitra month will begin on March 21 at 10.52 pm. The next day, March 22, 2023, at 8.20 pm, this date will also end. And according to Udaya Tithi, Navratrī will start from March 22, 2023. **Ghatasthapana Muhurta** On March 22, the Pratipada date is only till 8:20 in the morning. In such a situation, Ghat Sthapana i.e. Kalash Sthapana should be done before 8 o’clock. On March 22, the auspicious time for Kalash Sthapana is from 06.29 am to 07.39 am. (Duration - 01 hour 10 minutes) **Ghatasthapana Puja vidhi** First of all, on Pratipada Tithi, take a bath early in the morning and take a pledge of worship. Then after this, decorate the place of worship and keep a post where the urn is filled with water. After this wrap the Kalash with Kalava. Then place mango and Ashoka leaves on top of the Kalash. After this wrap the coconut with a red cloth and place it on top of the Kalash. After this, invoke Maa Durga by lighting incense-lamps and start worshipping with the prescribed method of worshipping Maa Durga in the scriptures.

9 Colours you should wear during 9 Days of Festival

The nine-day festival starts on the first day of the first month (Chaitra) of the Hindu Luni-Solar calendar and falls in March or April. Thus, this Navratrī is known as Chaitra Navratrī or Vasanta Navratrī. Ram Navami, the birthday of Lord Ram, also falls on the ninth day of the Navratrī festivities. All nine days of the Chaitra Navratrī are dedicated to the worship of the nine avatars of Maa Durga or Goddess Shakti - Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagauri, and Siddhidatri. Additionally, different colours are also associated with each day and hold significance. **Nine Colours of Navratrī and Their Significance** **Navratrī Day 1 - Royal Blue** One should wear royal blue on day 1 of Chaitra Navratrī and participate in the celebrations. This shade represents richness and tranquility. **Navratrī Day 2 - Yellow** Wearing yellow will help one enjoy Navratrī traditions with unparalleled optimism and joy. This is a warm colour that keeps the person cheerful all day. **Navratrī Day 3 - Green** Green symbolises nature and evokes a sense of growth, fertility, peace and serenity. The colour represents new beginnings in life

and bestows one with tranquillity. **Navratrī Day 4 - Grey** Grey represents balanced emotions and keeps the person down-to-earth. **Navratrī Day 5 - Orange** Worshipping Goddess Shakti in orange colour clothes bestows one with qualities such as warmth and exuberance. This colour is full of positive energy and keeps the person upbeat. **Navratrī Day 6 - White** White colour is synonymous with purity and innocence. Wear white on Shashthi to become worthy of Goddess' blessings and experience inner peace and serenity. **Navratrī Day 7 - Red** Red symbolises passion and love and is also the most preferred colour of Chunri offered to Goddess Shakti. It fills the devotees with vigour and vitality. **Navratrī Day 8 - Blue** Blue is directly linked with the sky and symbolises the vastness and unbound character of nature. Wear it to expand your horizons and vision. **Navratrī Day 9 - Pink** Pink symbolises universal love, affection and harmony. It is an attractive colour, which makes the person approachable and simultaneously adds oodles of charm to one's personality.

General Knowledge Question


1. What do we called when the sound of frequency will be below 20 Hz?
- A. Audio sounds  
B. Infrasonic  
C. Ultrasonic  
D. Supersonics
2. Which of the following is the correct reason for spherical droplet of mercury as compared to the droplet of water spreads on the glass plates?
- A. Due to metallic properties of Mercury  
B. Mercury is heavier than water  
C. Cohesion of mercury is greater than its adhesion with glass  
D. Cohesion of water is greater than its adhesion with glass
3. Why impurities are added to a semi-conductor?
- A. To increase its life  
B. To enables it to withstand higher voltages  
C. To increase its electrical conductivity  
D. To increase its electrical resistivity
4. Which of the following statement (s) is/are correct about thermal expansion
- A. The change in temperature of a body causes expansion or contraction of that body.  
B. Most of the substances expand on heating and contract on cooling.  
C. Both A & B  
D. None of the above
5. Consider the following statement (s) regarding Conductors
- I. Conductors are materials that permit electrons

- to flow freely from particle to particle.  
II. Conductors are materials that permit electrons to flow freely from atom to atom.
- Which is/are correct statement (s)is/are correct?
- A. Only I  
B. Only II  
C. Both I & II  
D. All of the above
6. Consider the following statement (s) about Doppler Effect.
- I. Johann Christian Doppler, an Austrian physicist first proposed Doppler effect in 1842.  
II. Doppler Effect is observed that the pitch of the sound is higher when we approach a stationary source of sound with high speed.
- Which is/are correct statement (s) is/are correct?
- A. Only I  
B. Only II  
C. Both I & II  
D. All of the above
7. Which of the following is the SI unit of viscosity?
- A. Poiseuille (PI)  
B. Pascal  
C. Degree  
D. None of the above
8. Consider the following statement (s) related to the Moment of inertia
- I. It is the name given to rotational inertia, the rotational analog of mass for linear motion.  
II. The moment of inertia of a point mass with

- respect to an axis is defined as the product of the mass times the distance from the axis squared.  
Which is/are correct statement (s) is/are correct?
- A. Only I  
B. Only II  
C. Both I & II  
D. All of the above
9. Consider the following statement(s) regarding natural phenomena i.e Mirage
- I. It is an optical phenomenon that creates the illusion of water and results from the refraction of light through a non-uniform medium.  
II. It is happen due to the refraction of light
- Which is/are correct statement (s) is/are correct?
- A. Only I  
B. Only II  
C. Both I & II  
D. All of the above
10. Which statement (s) is/are involves the principle of capillary action?
- A. Oil raise up the wick in a lamp  
B. It is enhanced in trees by branching, evaporation at the leaves creating depressurization  
C. Both A & B  
D. None of the above
11. Which of the following is the function of superconductor?
- A. It conduct electricity at low temperature  
B. It offer high resistance to the flow of current  
C. It offer no resistance to the flow of electricity  
D. It conduct electricity at high temperatures

- Answers:
1. Infrasonic  
2. Cohesion of mercury is greater than its adhesion with glass  
3. To increase its electrical conductivity  
4. Both A & B  
5. Only I  
6. Both I & II  
7. Poiseuille (PI)  
8. Both I & II  
9. Both I & II  
10. Both A & B  
11. It offer no resistance to the flow of electricity

**ASTRO SPEAK**

**ARIES**  
MAR 21 - APR 20

The week kicks off with a fresh burst of energy. Aries, Luna's union with romantic Venus and optimistic Jupiter helps to ease any tensions brewing around career matters, which are liable to crop up from the moon's square to unsettling Pluto. Later, Luna dips into peace-seeking Taurus, bringing a slow and steady pace to embrace.

**LIBRA**  
SEP 24 - OCT 22

Relationship energy dominates the day ahead, Libra. The moon spends the morning hours wandering through hyperactive Aries, enjoying a series of pleasant contacts that elevate moods and makes it easy to patch up any rough spots. Later, the moon wanders into peace-seeking Taurus, increasing your need for intimate, honest interactions.

**TAURUS**  
APR 21 - MAY 20

You're flipping the switch from introvert to extrovert through the course of the day, Taurus. The moon careens through individualistic Aries and makes a series of aspects to other planets, coloring the first half of the day full of action and involvement. It's easy to get things off the ground, so long as you have some solitude. Later on, Luna slides into your sign, ramping up your self-expression.

**SCORPIO**  
OCT 23 - NOV 22

You're ready to hit the ground running today, Scorpio. The moon roams through energetic Aries and enjoys a variety of strong connections. This is imbuing the first half of the day with uplifted moods and positive interactions on the work front. Later, the moon marches into your opposite sign of grounded Taurus, directing your focus towards the current stories stirring around in your love life.

**GEMINI**  
MAY 21 - JUN 20

Both your quiet Twin and loud Twin get equal air time today, Gemini. The moon cruises through go-getter Aries the first half of the day, embracing a series of stimulating cosmic connections. Expect to be reaching out to people in your network and to be on your game socially. Later, Luna dips into slow and steady Taurus, withdrawing you into your inner world for some quiet restoration.

**SAGITTARIUS**  
NOV 23 - DEC 22

The moon wanders through enthusiastic Aries, putting you more in the mood for play. Luna finds herself enjoying a series of mood-boosting, supportive aspects. This energy makes it easy to get lost in creative action or leisurely activities. Later, the moon trots into hardworking Taurus—kicking you into high gear to help you tackle everything on your to-do list.

**CANCER**  
JUN 22 - JUL 23

A strange mix of fast and slow seems to permeate the day ahead, Cancer. The first half of the day is highly active and stirs with excitable energy around your career, as the Aries moon reaches out to a variety of planets. It's an ideal day for plowing ahead with your ambitions and getting things in motion. Later, the moon marches into peace-seeking Taurus, slowing your pace and grounding your energy.

**CAPRICORN**  
DEC 23 - JUL 20

You're likely to find yourself in two different modes of action today, Capricorn. The morning hours see you withdrawn into your private inner world, as you explore various stories emerging around the home front. The individualistic Aries moon enjoys a variety of uplifting aspects, which keeps the mood light and family connections positive.

**LEO**  
JUL 24 - AUG 23

It's hard to sit still under Monday's cosmic landscape, Leo. A new vision has only just begun to sprout in your mind's eye around the big-picture perspective of your life, and you're feeling ready to take action. The eager Aries moon enjoys a series of high-energy aspects this morning, helping you tackle anything on your plate. Later, the moon plows into steady Taurus, focusing your energy on career concerns.

**AQUARIUS**  
JAN 21 - FEB 23

Monday's cosmic landscape is filled with action, Aquarius. You're something of a hot commodity the first half of the day, as you're likely to be immersed in conversations or busy playing catch-up with projects. The excitable Aries moon ramps up energy around your self-expression, so speak up where it's necessary. Later, Luna dives into easygoing Taurus, slowing the pace and drawing your attention towards family matters.

**VIRGO**  
AUG 24 - SEP 23

The first half of the day focuses your energy on the unspoken stories stirring around your intimate relationships, as the Aries moon forms a variety of high-energy aspects. It's an ideal time to check back in and face any looming, important conversations. Later, Luna dives into relaxed Taurus, easing the pace and helping you to step back to see the big picture.

**PISCES**  
FEB 20 - MAR 20

You're ready to get things in motion, Pisces. You're entering a new playing field when it comes to expanding your resources and leveling up financially. Don't be afraid to ask for what you want today, as the go-getter Aries moon's abundance of sweet alignments this morning helps make it easy to get into good graces. Later, Luna dives into Taurus, ramping up your need to help your story.

