

First day of Navratra – Shailaputri 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 Vanehit Laabhaay, Chandrardhkrishkekhaaram | 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

Kuttu Ka Cheela



- Ingredients**
- 100 gm buckwheat (kuttu)
  - 2 green chilli
  - 20 gm ghee
  - 1/2 teaspoon cumin seeds
  - 400 ml water
  - 1/2 teaspoon red chilli powder
  - 1/4 teaspoon powdered black pepper
  - 1 1/2 teaspoon sendha namak
  - 50 gm cottage cheese
  - 10 gm ginger
  - 100 gm tamarind
  - 15 gm ginger powder
  - 80 gm sugar

**Method**

To make this easy recipe, make a batter of pouring consistency using kuttu ka atta, 1 tsp sendha namak, cumin seeds and green chilli.

Grease the hotplate (you can use a non-stick pan as well) with desi ghee over medium flame and with the back of a spoon, make a round pancake and let it cook till it leaves the side.

Top it up with grated paneer & shredded ginger.

Now, soak the tamarind in water till soft and pulpy for about 10-15 minutes. Strain and add water to have a thin pouring consistency. Put it over medium flame in a saucepan and add ginger powder, red chilli powder, sugar and black pepper powder.

Stir well and bring it to a boil. Then, simmer over low flame, till it thickens a little and your tamarind chutney is ready.

Let it cool down and serve with Kuttu ka Cheela.

Ghatasthapana Puja timings and Vidhi



The auspicious nine-day festival of Chaitra Navratri is celebrated with pomp across the country. This year, it will begin on April 9 and end on April 17. The Chaitra Navratri celebrations start on the first day of the Hindu Luni-Solar calendar. Hindu devotees worship Goddess Durga and her nine incarnations - Maa Shailputri, Maa Brahmacharini, Maa Chandraghanta, Maa Kushmanda, Skanda Mata, Maa Katyayani, Maa Kaalratri, Maa Mahagauri and Maa Siddhidatri - on this day. The first day of Chaitra Navratri is marked as Ghatasthapana and the last day is celebrated as Ram Navami.

Ghatasthapana is also known as Kalash Sthapana or Kalashsthapana. It is the first day of the nine-day festival of Chaitra Navratri. It is considered one of the most auspicious moments in the festival. Ghatasthapana is one of the common rituals that is observed during Chaitra Navratri as well as Shardiya Navratri celebrations. According to Drik Panchang, here's all you need to know about the Ghatasthapana ritual:

Ghatasthapana Muhurat: 6:02 am to 10:16 am on April 9

Kalash Sthapana shubh muhurat — 6:02 AM to 10:16 AM

Ghatasthapana Abhijeet Muhurat: 11:57 am to 12:48 pm on April 9

Pratipada Tithi begins on April 8 at 11:50 pm

Pratipada Tithi ends on April 9 at 8:30 pm

Vaidhrti Yog begins on April 8 at 6:14 pm

Vaidhrti Yog ends on April 9 at 2:18 pm

The first one-third of the day of Pratipada Tithi is considered to be the most auspicious time for Ghatasthapana, as per the Panchang. However, if this time is not suitable, one can perform the ritual during Abhijeet Muhurta.

The samagri required for Ghatasthapana are saffron, incense, barley, honeycombs, turmeric bales, flowers, sugar, Panchmeva, mace, coconut, sand, clay, betel leaves, cloves, Bel Patra, Amrapatra, the picture of Mata Durga, Turmeric, Kalash, milk, fruits, sweets, mustard. Devotees also light a lamp in the Ghatasthapana area. It is also advised to light the lamp every day of the festival while chanting the mantra of Maa Durga.

The nine-day festival of Chaitra Navratri falls on April 9 this year. It will end with Ram Navami celebrations on April 17. Chaitra Navratri begins on the first day of the Hindu Luni-Solar calendar: Devotees worship Maa Durga and her nine incarnations - Maa Shailputri, Maa Brahmacharini, Maa Chandraghanta, Maa Kushmanda, Skanda Mata, Maa Katyayani, Maa Kaalratri, Maa Mahagauri and Maa Siddhidatri - on this day. They also worship Lord Ram on Ram Navami and celebrate his birth.

**Puja Rituals**

Wake up early in the morning and take a holy bath. Do Ghatasthapana on the very first day then place an idol of Goddess Durga. Light a diya and offer garland, Shringar items and offer home made sweets. Worship Goddess Durga by reciting Durga Saptashati, chant various Durga Devi Mantras. The one who observe fast and perform all the puja rituals with immense devotion, get blessed by the Goddess with all the happiness and prosperity.

9 Colours You Should Wear During 9 Days Of Festival

Navratri is dedicated to the worship of the divine feminine in various forms, symbolizing the triumph of good over evil. Each day of Navratri is associated with a specific colour, symbolizing different aspects of life and spirituality. Let's find out what's the significance and symbolism of the nine colours of Navratri.

**Day 1 - Pratipada (Grey)**

Grey, the colour of the first day of Navratri, represents the beginning, symbolizing the awakening of spirituality and initiation of the divine journey.

**Day 2 - Dwitiya (Orange)**

Orange, the colour of the second day, symbolizes energy and enthusiasm. It represents the strength and determination required to overcome obstacles and challenges in life. Devotees wear orange attire to invoke courage and vitality, embracing the spirit of perseverance and resilience.

**Day 3 - Tritiya (White)**

White, the colour of purity and serenity, is associated with the third day of Navratri. It signifies peace, tranquility, and harmony, guiding devotees towards inner purification and spiritual awakening.

**Day 4 - Chaturthi (Red)**

Red, the colour of passion and power, dominates the fourth day of Navratri. It symbolizes strength, courage, and determination, honoring the fierce aspects of the divine feminine. Devotees adorn themselves in red attire to

evoke vitality, vitality, and assertiveness, embracing the energy of the Goddess Durga.

**Day 5 - Panchami (Royal Blue)**

Royal blue, the colour of royalty and nobility, graces the fifth day of Navratri. It represents divine grace, wisdom, and enlightenment, guiding devotees towards spiritual growth and higher consciousness.

**Day 6 - Sashthi (Yellow)**

Yellow, the colour of brightness and optimism, illuminates the sixth day of Navratri. It symbolizes positivity, prosperity, and abundance, invoking the blessings of Goddess Lakshmi.

**Day 7 - Saptami (Green)**

Green, the colour of growth and renewal, adorns the seventh day of Navratri. It symbolizes fertility, prosperity, and rejuvenation, honoring the nurturing aspects of the divine feminine.

**Day 8 - Ashtami (Peacock Green)**

Peacock green, a shade of green with hints of blue, embellishes the eighth day of Navratri. It symbolizes beauty, grace, and elegance, reflecting the vibrant colours of nature.

**Day 9 - Navami (Purple)**

Purple, the colour of royalty and spirituality, radiates on the ninth day of Navratri. It symbolizes devotion, transformation, and transcendence, honoring the culmination of the divine journey. Devotees dress in purple attire to seek divine blessings for spiritual upliftment and enlightenment, embracing the divine presence within.

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

ARIES

MAR 21 - APR 20

Take note of your dreams, as the Pisces moon and Neptune unite in the very early hours. This celestial collaboration can offer enlightenment, though messages may vanish if you don't take care to decode any symbolism or profound encounters you had while snoozing. You'll feel energized when you awaken, as the moon takes its first steps through your sign, marking the beginning of a new lunar cycle.

LIBRA

SEP 24 - OCT 22

The energy is poignant today as the Aries solar eclipse rises, dear Libra, shining a major light on your relationships. Egos will be inflamed and emotions heightened, leading to unexpected clashes that could spiral if not handled correctly. Find that healthy balance between sticking up for yourself and working with others, taking space with those who won't play nice.

TAURUS

APR 21 - MAY 20

The Pisces moon and Neptune align very early this morning, dearest Taurus, which could usher in enlightening dreams about your community. Take some time for introspection upon awakening, as Luna shifts signs into Aries and the sector of your chart that governs the subconscious. If there are any emotional webs that need untangling, use this luminary placement to seek solitude and take care of your mental health.

GEMINI

MAY 21 - JUN 20

Your dreams could reveal solutions to any obstacles that have muddled your path toward success. However, you won't linger in the astral realms for long, as the moon migrates into Aries and the sector of your chart that governs community. Use this energy to embrace the social butterfly within, spreading your wings to explore with friends or initiate new connections.

CANCER

JUN 22 - JUL 23

The Pisces moon and ethereal Neptune unite in the sector of your chart that governs spirituality, dearest Cancer, flooding your dream world with messages of support in the very early hours. Take a moment to relish any peaceful encounters you had while snoozing, though the energy picks up significantly as Luna migrates into fiery Aries, igniting your thirst for success.

LEO

JUL 24 - AUG 23

The Pisces moon and Neptune join forces to offer sweet release early this morning, dearest Leo, allowing you to awaken with a sense of rejuvenation. Your spirits lift as Luna migrates into Aries, activating the sector of your chart that governs luck and spirituality. Use this energy to take a philosophical approach toward your problems, trusting that the answers to your problems lie within.

VIRGO

AUG 24 - SEP 23

Softness fills the air early this morning, as the Pisces moon and Neptune join forces. This cosmic climate could bring forth romantic and sweet dreams, revealing the truth of what your heart desires. Refreshing vibes flow as the moon enters fiery Aries. This energy is perfect for new starts, nudging you to take the initiative toward personal change.

SCORPIO

OCT 23 - NOV 22

You'll be asked to seize the day as the Aries solar eclipse rises, dear Scorpio, spotlighting your habits and behaviors. If there are any problems or tasks you've been running from, they could catch up with you, as the stars force you to make healthy changes. Watch for disorganization, mistakes, or issues, learning from the root cause of these problems so they can be corrected moving forward.

SAGITTARIUS

NOV 23 - DEC 22

You'll enter the day with a fierce sense of purpose, as the Aries solar eclipse ignites the sector of your chart that governs confidence and self-expression. This energy could lead to major artistic breakthroughs, though you'll want to be aware of your audience. Competitive tendencies will heighten within yourself and others, and major clashes could ensue when jealousy or egos are given a chance to fester.

CAPRICORN

DEC 23 - JAN 20

Emotions could spill over as the Aries solar eclipse rises overhead, dearest Capricorn, hitting you directly in the feels. Breathe through challenging moments as they arise, considering what you can do to better support your heart and mind. Issues with family could reach a breaking point, though you should remember that words can hurt when dealing with difficult people.

AQUARIUS

JAN 21 - FEB 23

Your words will hit with extra emphasis today, as the Aries solar eclipse supercharges the sector of your chart. Just be mindful to keep a level head before opening your mouth, understanding that this astrological event's unpredictable and intense nature could lead to dramatic plot twists. New information could shift your own perspective, making it important that you're bold enough to ask questions that need answering.

PISCES

FEB 20 - MAR 20

Your mind drifts toward financial matters, as the Aries solar eclipse rises in your solar second house. You'll become acutely aware of how your spending habits impact your sense of stability, and unexpected expenses could remind you of the importance of saving money. Themes around emotional security also come into play, and you may need to rethink dynamics that cause you to second-guess yourself.