

First day of Navratras – 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 Shailputriyai Namah (108 recitation of this mantra)
Vande Vanchhit Laabhaay, Chandrardhkrishshekharaam | Vrisharudham Shoodharaam
Shailputrim Yashasvinim ||

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

Sabudana Pudding



Ingredients
1/2 cup sago
3/4 cup jaggery
3/4 cup palm sugar
2 1/2 cup coconut milk
1/2 cup pumpkin seeds
1/4 cup water
For Garnishing
dry rose petals as required

Method:
To prepare this amazing dessert, wash and soak sago or sabudana in 1 cup coconut milk for an hour to soften and bloom.
Take the soaked sago, remaining coconut milk and jaggery in a large saucepan, and put it over medium heat. Then reduce the heat and let it cook for 15 more minutes until the sabudana is cooked and it has all thickened. Keep stirring occasionally to prevent it from sticking to the bottom. If you wish to have it much thinner, add another cup of coconut milk. Pour into bowls or ramekins to the top and let cool in the refrigerator.
Toast the pumpkin seeds on a pan for 3-4 minutes and place it on a silicon mat.
Put some water and palm sugar in a saucepan and place it over medium flame, and stir slowly with a metal fork, until it gets melted and golden. Cook caramel without stirring, until it turns deep golden. Immediately spread it all over the pumpkin seeds placed on the silicon mat so it hardens. Let it cool down and set at room temperature for about 15 minutes. Then break shards of the praline and add that on the tapioca pudding. Garnish with dry rose petals and serve.

9 Colours you should wear during 9 days of Festival

Navratri is a Hindu festival that is celebrated twice a year in the country – during the month of Chaitra (March-April) and Sharada (October-November). The word Navratri means nine nights in Sanskrit and is a festival that spans nine days in both these months. For these nine days, nine Navratri colours are designated, each with its own significance.
Day 1 - White
The colour for you to love is white. Goddess Brahmacharini stands for love and loyalty. She is a goddess depicted with a rosary in her right hand and a water pot in her left. You can use flowers like jasmine or white lotus to decorate your house on this day.
Day 2 - Red
Red is one of the most powerful of the 9 colours of Navratri. Red is the colour of goddess Kali. It denotes strength, power, and fierceness. Goddess Chandraghanta is celebrated on this day, and there is so much you can do with the colour in your house. Starting from decorating the house with bright red flowers to offering red coloured fruits as prasad, you can celebrate the power of red on this day. Do not forget to use red coloured cosmetics to add to the glam.
Day 3 - Royal Blue
One of the favourites among the 9 colours of Navratri is royal blue. This colour is used to celebrate goddess Kushmanda, also known as Ashtabhuj Devi, because of the eight hands that she has. It is believed that she created the world with her smile and her name means warm energy + cosmic egg. Wearing blue coloured clothes and worshipping this goddess during Navratri is believed to improve health, wealth, and strength.
Day 4 - Yellow
In Hinduism, yellow is depicted as the colour of learning and knowledge, and this is one of the Navratri colours that is embraced fervently during this festival. This is the colour of goddess Skandmata, who is the mother of Lord Karthikeya (Muruga). Make generous use of Haldi (turmeric) on this day. Use turmeric for cooking, apply it on the skin, and while offering your prayers too.
Day 5 - Green



Green is such a beautiful colour to wear and celebrate during Navratri. It symbolises new beginnings, growth, and fertility. Green is the colour of mother nature and goddess Katyayani is celebrated with this colour too. In case you are unaware, she is the goddess who defeated the demon Mahisasuran.
Day 6 - Grey
Till now, you were reading about bright and lively colours. But it's time to get on to something unusual – the colour grey. It is a sober and elegant hue. Also, grey is used to celebrate the goodness of the goddess Kalaratri. She is the seventh form of goddess Parvati and considered as the destructor of everything evil in the world. Some people believe that Kali and Kalaratri are the same. There is no confirmation on this yet. However, you can wear grey and pray to the goddess to remove everything negative from your life.
Day 7 - Orange
In the list of lovely Navratri colours, orange is very special. This is such a vibrant and beautiful colour: No wonder it comes first on this list. Orange is often associated with warmth, fire, and energy. Goddess Shailputri is celebrated with the colour orange, and you can celebrate by decking your house and puja room with orange flowers and wearing something bright and orange from your wardrobe.
Day 8
Happy Navratri Color 2022 - Peacock Green
This is the ninth Navratri colour and denotes the last day of festivities. Goddess Siddhidhatri is celebrated on this day. Siddhi means supernatural power and dhatri means the giver: So, she is the giver of supernatural powers to human beings. She blesses people with spiritual powers. Peacock green is such a beautiful colour to deck up in, on the ninth day of Navratri.
Day 9 - Pink
Pink is one of the Navratri colours used to celebrate the goddess Mahagauri. Goddess Mahagauri is an avatar of Durga, and people worship her to get rid of all sufferings in life. Pink is also the colour of peace and intelligence. So, show off your best clothes in pink navratri colour on this day. Make it a joyful and happy navratri 2022 by following the navratri 2022 colour trend every day.

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.
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.
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

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

A desire for control could cause you to shut down emotionally this morning, dear Ram, as the Cancer moon faces off with intense Pluto. While it's certainly okay to bring yourself to a place of composure in order to go about your day, try not to bury your feelings so deeply that you forget to process them later. The sun will give you a chance to manage your emotions in healthy ways.

LIBRA

SEP 24 - OCT 22

You'll feel emotionally invested and committed to your professional growth today, dear Libra, as the Cancer moon shares a sweet connection with the Virgo sun. This cosmic climate will allow you to handle your daily tasks with ease, though you may want to shoot a little higher than you normally would. The vibe will shift later in the afternoon when Luna makes her way into fiery Leo.

TAURUS

APR 21 - MAY 20

Your spirituality can help you find clarity today, dear Taurus, as the Cancer moon faces off with intense Pluto. Don't be afraid to face your fears and anxieties head-on, as doing so will provide you with an opportunity to let go of them for good. As the day unfolds, the vibe will lighten when Luna blows a kiss to the sun, bringing out your playful side.

SCORPIO

OCT 23 - NOV 22

Your words may carry more weight than you realize as the Cancer moon faces off with Pluto. While this cosmic climate is sure to provide you with profound new insights, you may want to pull back from sharing them right away, or you could come off as a little intense. Luckily, the energy will elevate as the sun and moon connect in the sky, helping you decompress through light banter with your friends.

GEMINI

MAY 21 - JUN 20

Your vibe may be a little more intense than you realize today, dear Gemini, as the Cancer moon faces off with brooding Pluto. While this cosmic climate will certainly give you a taste of power, try not to be overly pushy with your agenda. The vibe will lighten when the sun and moon share a sweet connection up above, inspiring you to ground, honor your emotions, and find beauty in the present.

SAGITTARIUS

NOV 23 - DEC 22

You'll walk with authority today, dear Archer, as the Cancer moon forms a sweet connection with the Virgo sun. These vibes are perfect for making an impression professionally, though you'll want to make sure you're carrying yourself in a refined and composed manner. Luckily, the vibe will lighten later in the afternoon when the moon enters Leo, activating the sector of your chart that governs spirituality and adventure.

CANCER

JUN 22 - JUL 23

A sense of destiny will fill the air this morning, dear Cancer, as the moon forms sweet connections with the Nodes of Fate. Open yourself up to guidance from the people you admire, especially if you've been struggling to see the path ahead with clarity. Good news may fall upon your ears this afternoon when Luna aspects Venus and Uranus, giving you an excuse to find joy and celebrate life.

CAPRICORN

DEC 23 - JUL 20

You may feel as though you're in a battle with your own emotions, as the Cancer moon faces off with intense Pluto. A disconnect between what your heart wants and what is good for you may come into play, but try not to put too much pressure on yourself to figure it all out at once. A sweet connection between sun and moon could provide guidance from beyond the veil, making it a good time to lean into your spiritual side.

LEO

JUL 24 - AUG 23

There's an astrological risk that you may be too hard on yourself, as the Cancer moon faces off with brooding Pluto. Try not to get down on yourself for being shy or imperfect, understanding that every mistake you make provides an opportunity to learn. Luckily, a cosmic pick-me-up between Luna and the sun can help you reclaim your joy as long as you tap into your gratitude and acknowledge the blessings around you.

AQUARIUS

JAN 21 - FEB 23

The universe will ask you to make some changes today, dear Aquarius, as the Cancer moon connects with the Virgo sun and Pluto. While this cosmic climate could trigger brutal realizations around unhealthy behaviors or patterns, it will also provide opportunities for growth and self-improvement. Remember to value yourself as you are in the moment, without losing sight of what you hope to achieve.

VIRGO

AUG 24 - SEP 23

The vibe may feel off within your social sphere as the watery Cancer moon faces off with brooding Pluto. Watch out for emotional traps, and avoid getting sucked into any malicious drama that doesn't concern you. Luckily, a sweet connection between sun and moon can help guide you toward more positive interactions as long as you lean into kindness.

PISCES

FEB 20 - MAR 20

A few haters may come out from the shadows this morning, but try not to give them the power to weigh you down. That's right, dear Fish, an opposition between the Cancer moon and Pluto could bring out the worst in those around you, though a helping hand from the sun will allow you to hold onto joy, as long as you lean into love and pay no mind to negativity.

