

Navratri 2026 Day 1: Maa Shailputri Puja Vidhi, Shubh Muhurat, Mantras, and Significance

Category: Festivals

written by Ambika Singh | October 10, 2026



Jai Mata Di! The most awaited and spiritually uplifting festival of the year, Shardiya Navratri, has officially begun. Across India and the globe, devotees are preparing to welcome the divine mother, Maa Durga, into their homes and hearts. The first day (Pratipada Tithi) of this auspicious nine-day festival is entirely dedicated to the worship of **Maa Shailputri**, the first among the Navadurga (nine forms of Goddess Durga).

For devotees seeking health, wealth, and spiritual awakening, Day 1 is of utmost importance as it sets the foundation for the entire Navratri with the sacred *Ghatasthapana* or *Kalash Sthapana* ritual.

In this comprehensive guide, we will explore the story (Katha) of Maa Shailputri, her divine significance, the exact Puja Vidhi (rituals), her favorite Bhog, and the powerful Sanskrit mantras you must chant to seek her absolute blessings.

Who is Maa Shailputri? The Mythological Katha

The name “**Shailputri**” is a beautiful amalgamation of two Sanskrit words: ‘*Shail*’ (शैल), meaning mountain, and ‘*Putri*’ (पुत्री), meaning daughter. Together, she is the “Daughter of the Mountains.” She is famously known as the daughter of Hemavana (the king of the Himalayas) and is the absolute earthly embodiment of Mother Nature.

According to the Shiva Purana and Navratri legends, Maa Shailputri is the rebirth of Goddess Sati. After Sati immolated herself in the *Yagna* (sacred fire) of her father, King Daksha, because he insulted her husband Lord Shiva, she was reborn in the house of the King of Mountains. In this new birth, she was named Parvati or Hemavati.

Through sheer devotion and severe penance (*Tapasya*), she once again won the heart of Lord Shiva and married him. Thus, Maa Shailputri represents the ultimate state of patience, devotion, and grounded strength.

Her Divine Appearance (Swaroop)

Maa Shailputri is depicted with a radiant, calming aura.

- **Vrisharudha** (वृषारुद्ध): She rides a white Nandi bull, which represents purity and devotion.
- **Trishul** (त्रिशूल): In her right hand, she holds a Trident, symbolizing her control over the past, present, and future, as well as the three Gunas (Sattva, Rajas, Tamas).

- **Kamal (कमल):** In her left hand, she holds a pink lotus flower, which represents peace, purity, and blossoming spiritual wisdom in the murky waters of the material world.
- **Chandra (चन्द्रा):** A beautiful crescent moon adorns her forehead.

The Spiritual and Astrological Significance (Mahatva)

Awakening of the Muladhara Chakra

In the yogic tradition, the first day of Navratri is deeply connected to the **Muladhara Chakra** (Root Chakra). Worshipping Maa Shailputri awakens this chakra, which is located at the base of the spine. When the Root Chakra is balanced by her grace, a devotee experiences intense grounding, emotional stability, and a fearless attitude toward life's challenges.

Astrological Benefits

In Vedic astrology, Maa Shailputri is believed to govern the planet Moon (Chandra). If you have a weak Moon or *Chandra Dosh* in your Kundli (birth chart), worshipping her on Day 1 is highly beneficial. Her blessings eradicate restlessness, anxiety, and negative thoughts, filling the devotee's mind with absolute *Shanti* (peace).

Ghatasthapana and Maa Shailputri Puja Vidhi

The first day begins with **Ghatasthapana** (Kalash Sthapana), the invocation of the Goddess. Doing this during the *Shubh Muhurat* (auspicious timing) is highly critical.

Step-by-Step Puja Vidhi:

1. **Snan and Sankalp (Bathing and Vow):** Wake up early during the *Brahma Muhurat*. Take a holy bath, wear clean, brightly colored clothes (preferably yellow or red), and take a *Sankalp* (vow) to complete the Navratri fasts with full devotion.
2. **Kalash Sthapana (काश स्थापना):**
 - Take an earthen pot and sow *Jau* (barley seeds) in it.
 - Place a copper Kalash filled with pure water or *Ganga Jal* in the center.
 - Add a coin, betel nut (*Supari*), and raw rice (*Akshat*) into the water.
 - Place five mango leaves on the mouth of the Kalash and top it with a coconut wrapped in a red *Chunri*.
3. **Aavahan (Invocation):** Place a picture or idol of Maa Shailputri on a wooden stool (*Chowki*) covered with a red cloth. Light a pure *Desi Ghee ka Diya* (lamp).
4. **Shodashopachar Puja:** Offer Kumkum, Haldi, unbroken rice (*Akshat*), and fresh white or red flowers to the Goddess.

Favorite Color and Bhog (Maa ka Priya Bhog)

- **Color of the Day:** Yellow or Red. Wearing these colors attracts her divine energy.
- **Bhog:** Maa Shailputri is immensely fond of **Pure Cow Ghee** (काश घी). Offering Ghee and milk-based sweets ensures a life free of diseases and brings *Arogya* (good health) to the family.

Sacred Sanskrit Mantras for Maa Shailputri

To please the Goddess, devotees must chant her mantras with a pure heart. The vibrations of these ancient Sanskrit shlokas purify the environment and the soul.

1. Maa Shailputri Beej Mantra:

ॐ शैलपुत्री देव्यै नमः

Om Sham Shailputri Devyai Namah

2. Prarthana Mantra (Prayer):

शैलपुत्री सर्वभूतेषु सर्वभूतेश्वरी त्वं सर्वभूतेश्वरी

शैलपुत्री सर्वभूतेषु सर्वभूतेश्वरी त्वं सर्वभूतेश्वरी

Vande Vanchhitalabhaya Chandrardhakritashekham

Vrisharudham Shooldharam Shailaputrim Yashasvinim

Meaning: I pay my respects to the illustrious Maa Shailputri, who fulfills all divine desires. She wears a half-moon on her head, rides a bull, and carries a trident in her hand.

3. Stuti (Hymn of Praise):

ॐ शैलपुत्री सर्वभूतेषु सर्वभूतेश्वरी त्वं सर्वभूतेश्वरी

शैलपुत्री सर्वभूतेषु सर्वभूतेश्वरी त्वं सर्वभूतेश्वरी

Ya Devi Sarvabhuteshu Maa Shailaputri Rupena Samsthita

Namastasyai Namastasyai Namastasyai Namo Namah

Meaning: Salutations to the Goddess who resides in all beings in the form of Maa Shailputri. I bow to her again and again.

Conclusion: Embrace the Divine Energy

As the twilight of Navratri Day 1 approaches, conclude your worship with the heartfelt recitation of the **Maa Shailputri Aarti** and the Durga Chalisa. Ring the bell (*Ghanti*) and blow the conch (*Shankh*) to drive away all negative energies from your home.

Navratri is not just a festival of fasting; it is a profound spiritual journey of cleansing the mind, body, and soul. By submitting yourself to Maa Shailputri today, you are laying down a rock-solid foundation for a life filled with courage, purity, and maternal grace.

May Mother Nature in the form of Maa Shailputri bless you and your family with endless joy, robust health, and prosperity this Shardiya Navratri 2026.

Prem se bolo, Jai Mata Di!