



# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous), VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956-Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A" Grade (3<sup>rd</sup> Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

**PG DEPARTMENT OF PSYCHOLOGY**

**ORGANIZED**

**DAY 1 OF NAVRATRI GOLU**

**03.10.2024**

**INVITATION**



**PG Department of Computer Applications,  
PG Department of Psychology & Department of Data Science  
Jointly Organizes**



The first day of Navratri is dedicated to **Goddess Shailputri**. After the self-immolation as **Goddess Sati**, **Goddess Parvati** took birth as the daughter of Lord Himalaya. In Sanskrit Shail means the mountain and due to which Goddess was known as Shailputri, the daughter of the mountain. Offer the Prasad of Desi Ghee to receive the blessings of Maa Shailputri who embodies the power of **Brahma, Vishnu and Mahesh**.

V. Dilip Kumar Jain

Anand Singhvi

Dr. M. INBAVALLI, M.Sc., U.C.A., M.Phil., P.D.  
Dr. M. Inbavalli

## REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN  
(AUTONOMOUS), VANIAMBADI**



### Activity Report

<b>Title</b>	<b>NAVRATRI GOLU - DAY 1 OF GOLU CELEBRATION</b>		
<b>Organized By</b>	<b>PG Department of Psychology</b>		
<b>Type of Activity</b>	<b>Traditional Celebration</b>		
<b>Level</b>	<b>Institutional</b>		
<b>Date</b>	<b>03.10.2024</b>	<b>Time</b>	<b>10.30 a.m to 12.30 p.m</b>
<b>Venue</b>	<b>Mess Shed</b>	<b>Mode</b>	<b>Offline</b>
<b>Resource Person Details</b>	-		
<b>Objective of the Programme</b>	To enable the students to celebrate the divine presence of Goddess Durga and invoke her blessings. The Golu festival serves as an educational experience for students, where they learn about their culture, traditions and historical figures. To provide students an opportunity to express their creativity by thematically arranging the dolls and creating elaborate displays.		
<b>Internal Participants Count</b>	<b>Students : 79 Faculty : 6</b>	<b>External Participants Count</b>	<b>Students : Nil Faculty : Nil</b>

#### Summary

The PG Department of Psychology under the School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi organized Day 1 – Navratri Golu Celebration on worshipping 'Maa Shailputri' on 03.10.2024 at Mess Shed at around 10.30 a.m. Golu Pooja, also known as "Bomma Golu" or "Kolu," is a traditional festival celebrated during Navaratri, mainly in South India, particularly in Tamil Nadu, Karnataka, Andhra Pradesh, and parts of Kerala. Golu is dedicated to the worship of the Goddess in her different forms during the nine days of Navaratri. Each day is devoted to different aspects of the divine feminine energy, representing Durga, Lakshmi, and Saraswati.

The festival begun with the Kalasha Sthapana or Ghata Sthapana, where a sacred pot (kalash) is placed at the center of the altar. The kalash is filled with water, and its mouth is covered with mango leaves and a coconut placed on top. This symbolizes the presence of the goddess.

On the first day of Navaratri, the goddess **Shailaputri**, the first form of Durga, is worshiped. Shailaputri is the daughter of the mountains and symbolizes the power of the divine in nature. Devotees offer special prayers to Shailaputri, seeking her blessings for courage, strength, and a new beginning in their lives.

The first day sets the tone for the rest of the festival, emphasizing devotion, creativity, and cultural heritage. It symbolizes new beginnings, as the divine energy is invited into the home, creating an atmosphere of positivity and spiritual upliftment. Day 1 of Golu celebration is a beautiful start to the festival, bringing people together in devotion and celebration of the goddess while showcasing artistic and cultural traditions.

The faculty and the students worshipped Maa Shailaputri on the 1<sup>st</sup> day of Navratri golu and sought her blessings upon each and everyone. At the completion of the Pooja, sweets were distributed to all.

#### **Outcome of the Navratri Golu Celebration**

1. The rituals performed during the Golu Pooja are believed to attract positive energy, purify the home environment, and remove negative vibrations, creating a sacred and uplifting atmosphere.
2. The Golu display serves as a way to preserve and transmit age-old traditions and stories from Indian mythology, culture, and history to the younger generation.
3. The tradition of distributing prasadam (like sundal) and gifting vethalai paaku to visitors encourages the act of giving and fosters a spirit of generosity and sharing among the students.
4. The worship of Goddess Shailaputri on Day 1 is believed to bestow courage, strength, and the power to overcome challenges, guiding devotees toward positive changes in their lives.
5. The outcomes of celebrating Navratri Day 1 Golu Pooja are thus multifaceted, leading to spiritual enrichment, cultural continuity, creative expression, social connection, and personal growth, making it a festival of deep significance and joy.

  
Head/Co Ordinator

  
Principal

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PHOTOS





  
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