

## 2021 Rama Navami

**Lord Rama** was born on Navami Tithi during Shukla Paksha of Chaitra month. Each year this day is celebrated as birthday of Lord Rama. Lord Rama was born during Madhyahna period which is middle of Hindu day. Madhyahna which prevails for six Ghatis (approximately 2 hours and 24 minutes) is the most auspicious time to perform Rama Navami Puja rituals. The mid-point of Madhyahna marks the moment when Shri Rama was born and temples symbolize this moment as birth moment of Lord Rama. The chanting of Shri Rama and celebration reaches its peak during this time.

Due to widespread use of western clock and Gregorian calendar people assume 12 p.m. as Madhyahna moment. This could have been correct if sunrise and sunset occur exactly at 6 a.m. and 6 p.m. respectively but at most places sunrise and sunset timings are different from six O'clock. Hence the exact time to celebrate birthday of Lord Rama falls between 11 a.m. and 1 p.m. for most Indian cities. **DrikPanchang.com** list Hindu midday moment for all cities and this moment should be used to mark the birth of Shri Rama.

**Ayodhya** is birthplace of Lord Rama and Rama Navami celebrations in Ayodhya are remarkable. Devotees come to Ayodhya from far-flung places. After taking holy dip into river **Sarayu** Devotees visit Rama temple to participate in birthday celebrations.

Eight Prahar fasting is suggested during Rama Navami. Which means devotees should observe the fast from sunrise to sunrise. Rama Navami Vrat can be observed in three different ways, casual (नैमित्तिक) - which can be observed without any cause, continual (नित्य) - which can be observed throughout life without any desire and desirable (काम्य) - which can be observed to fulfill any desire.

We are giving detailed Rama Navami Puja Vidhi which is observed on Rama Navami day. The given Puja Vidhi includes all sixteen steps which are part of Shodashopachara (षोडशोपचार) Rama Navami Puja Vidhi.

### 1. Dhyanam (ध्यानम्)

Puja should begin with the meditation of Lord Rama. Dhyana should be done in front of already installed Lord Rama statue in front of you. Following Mantra should be chanted while meditating on Lord Shri Rama.

Komalaksham Vishalakshamindranila Samaprabham |

Dakshinange Dasharatham Putravekshanatatparam ||

Prishthato Lakshamanam Devam Sachchhatram Kanakaprabham |

Parshve Bharata Shatrughnau Talavrintakaravubhau |

Agreyagram Hanumantam Ramanugraha Kankshinam ||

Dhyanat Dhyanam Samarpayami ||

## 2. Avahanam (आवाहनं)

After Dhyana of Lord Rama, one should chant following Mantra in front of the Murti, by showing Aavahan Mudra (Aavahan Mudra is formed by joining both palms and folding both thumbs inwards).

Om Sahasrashirsha Purushah Sahasrakshah Sahasrapata |

Sa Bhusamam Vishvato Vritva Atyatishthaddashangulam ||

Avahayami Vishvesham Janakivallabham Prabhun |

Kaushalyatanayam Vishnum Shriramam Prakriteh Param ||

Shri Sita Sahita Shri Ramachandram Sangam

Saparivaram Sayudham Sashaktikam Avahayami ||

## 3. Asanam (आसनं)

After Lord Rama has been invoked, take five flowers in Anjali (by joining palm of both hands) and leave them in front of the Murti to offer seat to Shri Rama while chanting following Mantra.

Purusha Evedagam Sarvam Yadbhutam Yachchha Bhavyam |

Utamritavasyeshanah Yadannenatirohati ||

Rajadhiraja Rajendra Ramachandra Mahipate |

Ratnasimhasanam Tubhyam Dasyami Svikuru Prabho ||

Om Shri Ramachandraya Namah | Asanam Samarpayami ||

## 4. Padya (पाद्य)

After offering seat to Lord Rama offer Him water to wash the feet while chanting following Mantra.

Etavanasya Mahima Ato Jyayagamshcha Purushah |

Padoasya Vishva Bhutani Tripadasyamritam Divi ||

Trailokyapavanananta Namaste Raghunayaka |

Padyam Grihana Rajarshe Namo Rajivalochana ||

Om Shri Ramachandraya Namah |

Padayoh Padyam Samarpayami ||

## 5. Arghya (अर्घ्य)

After Padya offering, offer water to Shri Rama for head Abhishekam while chanting following Mantra.

Tripadurdhva Udaitpurushah Padoasyehabhavatpunah |

Tato Vishvangvyakramat Sashananashane Abhi ||

Pariapura Paranda Nama Ramaya Vedhase |

Grihanarghyam Maya Dattam Krishna Vishno Janardana ||  
Om Shri Ramachandraya Namah | Arghyam Samarpayami ||

## **6. Achamanyam (आचमनीयं)**

After Arghya offering, offer water to Shri Rama for Achamana (water for sipping) while chanting following Mantra.

asmadviradajayata Virajo Adhi Purushah |

Sa Jato Atyarichyata Pashchadbhumimatho Purah ||

Namah Satyaya Shuddhaya Nityaya Jnanarupine |

Grihanachamanam Rama Sarva Lokaika Nayaka ||

Om Shri Ramachandraya Namah | Achamanyam Samarpayami ||

## **7. Madhuparka (मधुपर्क)**

After Achamana offering, offer honey and milk to Shri Rama while chanting following Mantra.

Yatpurushena Havisha Deva Yajnamatanvata |

Vasanto Asyasidajyam Grishma Idhmashsharaddhavih ||

Brahmandodara Madhyasthaistithaishcha Raghunandana |

Snayishyamyaham Bhaktya Tvam Prasida Janardana ||

Om Shri Ramachandraya Namah | Snanam Samarpayami ||

## **9. Panchamrita Snana (पञ्चामृत स्नान)**

After Snanam, now give a bath with Panchamrita (the mixture of milk, curd, honey, Ghee and sugar) to Shri Rama while chanting following Mantra.10. Vastra (वस्त्र)

Now offer Moli (मोली) as new clothes to Shri Rama while chanting following Mantra.

Om Tam Yajnam Barhishi Praukshan Purusham Jatamagratah |

Tena Deva Ayajanta Sadhya Rishayashcha Ye ||

Om Upaitu Mam Devasakhah Kirtishcha Manina Saha |

Pradurbhutoasmi Rashtresminkirtimriddhim Dadatu Me ||

Tapta Kanchana Samkasham Pitambaram Idam Hare |

Tvam Grihana Jagannatha Ramachandra Namostu Te ||

Om Shri Ramachandraya Namah | Vastram Samarpayami ||

### **11. Yajnopavita (यज्ञोपवीत)**

After Vastra offering, offer Yajnopavita to Shri Rama while chanting following Mantra. Om Shri Ramachandraya Namah |

Yajnopavitam Samarpayami ||

### **12. Gandha (गन्ध)**

After Yajnopavita offering, offer scent to Shri Rama while chanting following Mantra.

Tasmadyajnantsarvahutah Richah Samani Jajnire |

Chhandansi Jajnire Tasmad Yajustasmadajayata ||

Gandhadwaram Duradharsham Nityapushtam Karishinim |

Ishwarim Sarvabhutanam Tamihopahvaye Shriyam ||

Kumkumagaru Kasturi Karpuronmishrachandanam |

Tubhyam Dasyami Rajendra Shri Rama Svikuru Prabho ||

Om Shri Ramachandraya Namah |

Gandham Samarpayami ||

### **13. Pushpani (पुष्पाणि)**

After Gandha offering, offer flowers to Lord Rama while chanting following Mantra.

### **14. Atha Angapuja (अथ अङ्गपूजा)**

Now worship those Gods who are body parts of Shri Rama itself. For that take Gandha, Akshata and Pushpa in left hand and leave them near to Lord Rama Murti with right hand while chanting following Mantra(s).

Om Shri Ramachandraya Namah | Padau Pujayami ||

Om Rajivalochanaya Namah | Gulphau Pujayami ||

Om Ravanantakaya Namah | Januni Pujayami ||

Om Vachaspataye Namah | Uru Pujayami ||

Om Vishvarupaya Namah | Janghe Pujayami ||

Om Lakshmanagrajaya Namah | Kati Pujayami ||

Om Vishvamurtaye Namah | Medhra Pujayami ||

Om Vishvamitra Priyaya Namah | Nabhim Pujayami ||

Om Paramatmane Namah | Hridayam Pujayami ||

Om Shrikanthaya Namah | Kantham Pujayami ||

Om Sarvastradharine Namah | Bahu Pujayami ||

Om Raghudvahaya Namah | Mukham Pujayami ||

Om Padmanabhaya Namah | Jihvam Pujayami ||

Om Damodaraya Namah | Dantan Pujayami ||

Om Sitapataye Namah | Lalatam Pujayami ||

Om Jnanagamyaya Namah | Shirah Pujayami ||

Om Sarvangani Namah | Sarvangam Pujayami ||

Sarvangani Pujayami ||

### 15. Dhupam (धूपं)

After Anga Puja, offer Dhupa to Shri Rama while chanting following Mantra.

Vanaspatirasodbhuto Gandhadhyo Gandha Uttamah |

Ramachandra Mahipalo Dhupoayam Pratigrihyatam ||

Yatpurusham Vyadadhuh Katidha Vyakalpayan |

Mukham Kimasya Kau Bahu Kayuru Padavuchyete ||  
Om Shri Ramachandraya Namah |

Dhupam Aghrapayami ||

### 16. Deepam (दीपं)

After Dhupa offering, offer Deep to Shri Rama while chanting following Mantra.

### 17. Naivedya (नैवेद्य)

After Deep offering, offer Naivedya to Shri Rama while chanting following Mantra.

Idam Divyannamamritam Rasaih Shadbhiih Samanvitam |

Ramachandresha Naivedyam Sitesha Pratigrihyatam ||

Om Chandrama Manaso Jatah Chakshoh Suryo Ajayata |

Mukhadindrashchagnishcha Pranadvayurajayata ||

Om Ardram Pushkarinim Pushtim Suvarnam Hemamalinim |

Om Namo Ramachandra Mahim Jatavedo Ma Avaha ||

Shri Janaki Sahita Ramachandraya Namah |

Naivedyam Samarpayami ||

Naivedyante Achamaniyam Jalam Samarpayami ||

### 18. Phalam (फलम्)

After Naivedya offering, offer fruits to Shri Rama while chanting following Mantra.

Idam Phalam Mayadeva Sthapitam Puratastava |

Tena Me Saphalavaptirbhavet Janmani Janmani ||

Om Shri Ramachandraya Namah |

Phalam Samarpayami ||

### **19. Tambulam (ताम्बूलं)**

After Phalam offering, offer Tambula (Paan with betel nuts) to Shri Rama while chanting following Mantra.

Hiranya Garbha Garbhashtam Hemabijam Vibhavasoh |

Ananta Punya Phalada Athah Shantim Prayachchha Me ||

Om Shri Ramachandraya Namah |

Suvarna Pushpa Dakshinam Samarpayami ||

### **21. Nirajan (नीराजन)**

Now offer Nirajan (Aarti) to Shri Rama while chanting following Mantra. After chanting Nirajanam Mantra perform Shri Rama Aarti.

Nrityairgitaishcha Vadyaishcha Puranapathanadibhih |

Pujopacharairakhilaih Santushto Bhava Raghava ||

Mangalartham Mahipala Nirajanamidam Hare |

Samgrihana Jagannatha Ramachandra Namostu Te ||  
Om Shri Ramachandraya Namah |

Nirajanam Samarpayami ||

### **22. Mantra Pushpanjali (पुष्पाञ्जलि)**

Now offer Pushpanjali to Shri Rama while chanting following Mantra.

Yajnena Yajnamayajanta Devah Tani Dharmani Prathamanyasan |

Te Ha Nakam Mahimanah Sachante Yatra Purve Sadhyah Santi Devah ||

Namo Devahidevaya Raghunathaya Sharngine |

Chinmayanantarupaya Sitayah Pataye Namah ||  
Om Shri Ramachandraya Namah |

Pradakshinan Samarpayami ||

### **23. Pradakshina (प्रदक्षिणा)**

Now offer symbolic Pradakshina (circumambulate from left to right of Shri Rama) with flowers while chanting following Mantra.

Nabhya Asidantariksham Shirshno Dyauh Samavartata |  
Padabhyam Bhumirdishah Shrotrat Tatha Lokan Akalpayan ||  
Ar dram Yahkarinim Yashtim Pingalam Padmamalinim |  
Chandram Hiranmayim Lakshnim Jatavedo Ma Avaha ||  
Yani Kani Cha Papani Brahmahatyasamani Cha |  
Om Sri Ramachandraya Namah Pade Pade ||  
Pradakshinam Samarpayami ||

## 24. Kshamapana (क्षमापण)

After Pradakshina, seek pardon from Shri Rama for any known-unknown mistakes done during Puja while chanting following Mantra.

Aparadha Sahasrani Kriyante Aharnisham Maya |  
Dasoayamiti Mam Matva Kshamasva Purushottama ||  
Yantu Deva Ganah Sarve Pujam Adaya Parthivim |  
Ishta Kamyartha Siddhyartham Punaragamanaya Cha ||  
**|| Iti Rama Navami Puja Vidhih Sampurnah ||**

भये प्रगट कृपाला, दीनदयाल कौशल्य्या हितकारी  
हर्षित महतारी, मुनि मन हारी अद्भुत रूप विचारी  
लोचन अभिरामा, तनु घनश्याम निज आयुध भुज चारी  
भूषण बल वाला, नैन विशाला शोभासिंधू खरारी  
कह दुई कर जोरी, अस्तुति तोरी कही बिधि करो अनंता  
करुणा सुखसागर, सब लक्षण नाम जेहि मानादिं श्रुति संता  
माझ गुण जाळतिजि अमाना वेद पुरान भनता  
सो मम हित लागी, जन अनुरागी भयौ प्रगट...

Bhaye pragat Krupala, Deendayala, Kaushalya hitkari |

Harshit Mahatari, muni man haari, adbhut roop vichari || 1 ||

Lochan abhirama, tanu ghanshyama, nij aayudh bhuj chaari |

Bhushan gal mala, nayan vishala, Shobhasindhu kharari || 2 ||

Kah dui kar jori, astuti tori, kehi bidhi karu Ananta |

Maya Gun Gyanatit Amana, vedh Puran Bhananta || 3 ||

Karuna Sukhsagar, sub gun aagar, jehi gaavahi shruti santa |

So mam hit laagi, jan anuragi, bhayau pragat Shreekanta || 4 ||

Bramand nikaya, nirmit maya, rom rom prati ved kahe |

Mum ur so baasi, yeh uphaasi sunat dheer mati thir na rahe || 5 ||

Upjaa jub gyana, Prabhu muskana, charit bahut bidhi keenh chahe |

Kahi katha suhai, matu bujhai, jehi prakar sut prem lahe || 6 ||

Mata puni boli, so mati doli, tajahu taat yeh roopa |

Keejae shishu leela, ati priysheela, yeh sukh param anoopa || 7 ||

Suni vachan sujana, rodan thana, hoi balak surbhoopa |

Yeh charit je gaavahi, haripad paavahi, tehi naa parahi bhavkoopa || 8 ||

The merciful lord, who is compassionate to the poor and benefactor of Kaushalya appeared. The mother became joyous on seeing him, the thought of whose marvelous form steal the hearts of sages.

The delight of all eyes, his bodily complexion was like that of a rain-cloud, and he had his weapons in his four hands.

Adorned with a necklace of forest-flowers, and having large eyes, the slayer of demon Khar was an ocean of beauty.

She said, joining her palms, "O infinite lord, in what ways do I sing your glories?" Vedas and puranas declare that you are beyond maya, beyond all attributes and knowledge and immeasurable.

You are the repository of compassion and bliss, and the ocean of all virtues; the vedas and the holy men sing your glories.

O the beloved of all, the lord of Laxmi, you have appeared for my sake.

Vedas declare that you create a universe from each pore of your body by your delusive potency. That you lived in my womb, even wise men will find it difficult to believe this wonder. When this knowledge dawned upon the mother, the lord smiled and said that he would perform various sportive acts.



He recited various delightful stories to her so that she could love him as her child.

The mother's mind was changed and she said, "O lord, kindly give up this form."  
Kindly perform childlike acts - that will be so endearing to me and the joy that I will gain from it will be unparalleled.

On hearing these words, the all-knowing lord of immortals began crying like a child.  
Whoever sings these glories will attain the abode of Hari and will never fall back into the well of this