



# GANGA SAPTAMI || गंगा सप्तमी: जाने इस दिन पवित्र गंगा नदी का आशीर्वाद कैसे प्राप्त करें?

## Ganga Saptami

**Ganga Saptami** festival will be celebrated on **14 May 2024**. It is an important festival in Hinduism dedicated to the holy river Ganga.

### Auspicious time of Ganga Saptami:

- **Bathing time:** 5:45 am to 8:19 am
- **Puja Muhurta:** 10:56 am to 12:33 pm

### Significance of Ganga Saptami:

- **Birth of River Ganga:** On this day Goddess Ganga is believed to have appeared from the feet of Lord Vishnu and incarnated on earth.
- **Destruction of sins:** Ganga river is considered to be the giver of salvation. Taking a bath in Ganga on this day destroys all sins and one attains salvation.
- **Happiness and prosperity:** Worshiping the river Ganga and doing charity on this day brings happiness and prosperity.
- **Starting new work:** This is considered auspicious for starting any new work.

### Method of worship of Ganga Saptami:

- Wake up before sunrise and take a bath.
- Wear clean clothes.

- Prepare the puja thaal. Put fruits, flowers, incense, lamp, durva and Gangajal in it.
- Go to the banks of River Ganga.
- Offer arghya to River Ganga.
- Chant the mantra “Om Ganga Namah”.
- Take a bath in the River Ganga.
- Do charity.
- Perform aarti.

## **Fasting rules of Ganga Saptami:**

- On this day, a waterless or fruit-eating fast is observed.
- Eat food only before sunrise and after sunset.
- Meditate on Lord Vishnu and Goddess Ganga throughout the day.
- Stay away from negative thoughts.

## **Remedies for Ganga Saptami:**

- Worship the Peepal tree on this day. The Peepal tree is considered dear to Lord Vishnu.
- Feed green fodder to the cow on the banks of Ganga.
- Donate food to the poor.

**The festival of Ganga Saptami** reminds us about the importance of the river Ganga. By worshipping the river Ganga and doing charity on this day, we get the blessings of the river Ganga, which brings happiness, peace and prosperity in life.

## **Story of Ganga Saptami:**

According to legend, Maharaja Bhagirath wanted to bring the river Ganga from heaven to earth to give salvation to his ancestors. He performed rigorous penance, which pleased Lord Shiva and he held the river Ganga in his matted locks. Due to Bhagirath's rigorous penance, Goddess Ganga descended on earth from Lord Shiva's matted locks. Goddess Ganga came to earth on the day of Ganga Saptami.

**Best wishes on Ganga Saptami!**

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