



# SITA NAVAMI || सीता नवमी: महत्व, पूजा विधि, व्रत नियम और शुभ मुहूर्त

## Sita Navami

**Sita Navami** will be celebrated on **16 May 2024**. It is an important festival in Hinduism dedicated to Goddess Sita, the wife of Lord Rama. Sita Navami is an occasion to commemorate the virtues of sacrifice, dedication and devotion to the husband of Goddess Sita.

### Significance of Sita Navami:

- **Birth of Goddess Sita:** It is believed that Goddess Sita was born on the day of Sita Navami.
- **Symbol of sacrifice and dedication:** Goddess Sita is considered the goddess of sacrifice and dedication. Worshiping her on this day brings happiness, prosperity and marital happiness in life.
- **Inspiration for women:** Goddess Sita is an inspiration for women. Her devotion and courage are ideal for all women.
- **Removal of obstacles:** It is believed that worshipping Goddess Sita on the day of Sita Navami destroys all obstacles and fulfills wishes.

### Method of worship of Sita Navami:

- Wake up before sunrise and take a bath.
- Clean the house.
- Prepare the puja thaal. Put fruits, flowers, incense, lamp, durva and modak in it.
- Install the idol of Goddess Sita.

- Meditate and worship Goddess Sita.
- Chant the mantra “Om Sitaye Namah”.
- Perform aarti.
- Do charity.

#### **Fasting rules of Sita Navami:**

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

#### **Auspicious time of Sita Navami:**

- **Puja Muhurta:** 11:04 am to 01:34 pm
- **Madhyahna Muhurta:** 12:19 PM

#### **What to do on Sita Navami day:**

- Worship Goddess Sita.
- Keep a fast.
- Do charity.
- Recite Ramayana.
- Follow truth and non-violence.

#### **What not to do on Sita Navami day:**

- Do not consume meat, alcohol and tobacco.
- Don't lie and don't quarrel with anyone.
- Don't have negative thoughts.

**The festival of Sita Navami** reminds us of the sacrifice and dedication of Goddess Sita. Worshiping her on this day brings us success and happiness in life.

**Happy Sita Navami!**

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