



# कब, क्यों और कैसे करें सूर्य देव की पूजा और इसका प्रमुख स्थल || VIVSVAT SAPTAMI 2024 ||

## Vivsvat Saptami 2024

Vivasvat Saptami is a Hindu festival which will be celebrated on Friday, July 12, 2024 this year. Which is dedicated to the worship of Sun God. It is also known as Surya Saptami or Rath Saptami. It is celebrated on the Saptami Tithi of Shukla Paksha of Magh month. This day is considered as the symbolic transformation of the chariot of Sun God and the beginning of his Uttarayan journey.

On the day of Vivasvat Saptami, devotees wake up before sunrise, take a bath and offer arghya (water offering) to the Sun God. After this, they worship the Sun God and offer him flowers, rice, water and lamps. Chanting Surya mantras and performing aarti of the Sun God is considered auspicious on this day. Observing this fast brings health, prosperity and happiness and peace.

### Major sites and their religious significance:

Vivasvat Saptami, also known as Ratha Saptami or Surya Saptami, is celebrated all over India, but it is particularly celebrated with great enthusiasm and reverence in the following places:

1. **Uttar Pradesh:** Vivasvat Saptami is celebrated with great pomp, especially in Varanasi and Prayagraj. People here take bath in the river Ganga and worship the Sun God.
2. **Maharashtra:** People here offer prayers to the Sun God and perform special worship. This festival is celebrated with great pomp in some areas of Maharashtra.
3. **Rajasthan:** Vivasvat Saptami has special significance in cities like Jaipur and Udaipur. People here worship in Surya temples and perform religious rituals.

4. **Tamil Nadu:** Ratha Saptami is celebrated with great pomp in South India, especially in Tamil Nadu. People here worship the Sun God and organize various religious activities in his name.
5. **Andhra Pradesh:** Here Ratha Saptami is celebrated as 'Ratha Saptami' or 'Surya Jayanti'. Special pujas and rituals are performed on this day at the famous temple of Tirupati.

### **Do these tasks on the day of Vivasvat Saptami:**

1. **Bath:** Bath is taken in a holy river, pond or at home before sunrise. Adding sesame seeds to the bath water is also important.
2. **Offering water to the Sun:** After taking a bath, fill a copper vessel with water and add red sandalwood, red flowers and rice to it and offer water to the Sun.
3. **Surya Puja:** The Sun God is worshipped by offering lamps, incense, flowers and offerings in front of his idol or picture. Surya mantras are chanted and Surya Ashtak is recited.
4. **Charity:** Donating sesame seeds, jaggery, clothes, food and dakshina on Vivasvat Saptami has special importance. This leads to attainment of virtue and liberation from sins.
5. **Special food:** After observing fast on this day, special food is prepared which includes seven types of vegetables and grains. The fasting person can also eat fruits.
6. **Surya Namaskar:** Doing yoga and Surya Namaskar benefits physical and mental health.
7. **Religious rituals:** Listening to the story, reciting religious texts and performing aarti of Lord Sun is considered auspicious on the day of Vivasvat Saptami.

### **Avoid these tasks on Vivasvat Saptami day:**

1. **Negative thoughts and anger:** Negative thoughts and anger should be avoided on this day. The mind should be kept calm and positive.
2. **Impurity:** Any kind of impurity should be avoided, such as wearing dirty clothes, not taking care of cleanliness, etc. Special care should be taken of purity.
3. **Heavy food:** Tamasic and heavy food should be avoided. Light and satvik food should be eaten while observing the fast.
4. **Lying and Cheating:** Lying, cheating or harming anyone is prohibited on this day.
5. **Consumption of alcohol and intoxicants:** Any kind of intoxicant should not be consumed on this day. It can make the fast and puja impure.

6. **Consumption of non-vegetarian food:** Non-vegetarian food should be completely avoided on Vivasvat Saptami. Only vegetarian food should be consumed.
7. **Adharma (unrighteous actions):** One should avoid any kind of adharma (unrighteous actions), such as theft, violence, and other improper activities.
8. **Laziness:** Laziness and lethargy should be avoided. One should remain active on this day and engage in worship, charity and religious activities.

## Right way to worship Sun God:

1. **Morning Bath :** Get up before sunrise and take a bath in a holy river, pond or at home. Adding sesame seeds to the bath water is considered auspicious.
2. **Offering water to the Sun:** After bathing, fill water in a copper vessel and add red sandalwood, red flowers and rice to it. Stand in front of the Sun God and offer water to him. Chant the mantra while offering water.  
**“Om Suryay Namah”**
3. **Installation of the idol or picture of Sun God:** Install the idol or picture of Sun God at the place of worship in the house. Purify the idol or picture with water and offer a red cloth on it.
4. **Lighting lamp and incense:** Light a lamp and incense in front of the Sun God. Offer the lamp and incense to the Sun God.
5. **Flower offering:** Offer red flowers to the Sun God. You can also offer Tulsi leaves.
6. **Offering Naivedya:** Offer Naivedya (fruits, sweets, jaggery etc.) to the Sun God. Sweets made from sesame and jaggery have special significance.
7. **Chant Surya Mantras:**  
**Chant mantras like “Om Suryay Namah”,**  
**“Om Adityaya Namah”,**  
**“Om Bhaskaray Namah”**  
etc. Recite Surya Ashtak or Surya Sahastranam.
8. **Aarti of Sun God:** Perform Aarti of Sun God and distribute Prasad after Aarti. While performing Aarti you can sing “Om Jai Jagdish Hare” or “Om Jai Surya Bhagwan”.
9. **Meditation and Prayer:** Meditate and pray to the Sun God. Express your devotion and reverence at his feet.
10. **Charity:** Donate sesame seeds, jaggery, food, clothes and dakshina. Help the poor and needy.

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