



Ancient Vedic Mantras and Rituals





Ganga Saptami 2025: कब और क्यों मनाई जाती है गंगा सप्तमी? यहां जानें शुभ मुहूर्त एवं योग | PDF

What is Shri Ganga Saptami?

Shri Ganga Saptami is celebrated on the **seventh day (Saptami) of the Shukla Paksha in the month of Vaishakha** according to the Hindu calendar. This day commemorates the descent of **Goddess Ganga to Earth**. It is believed that on this very day, Mother Ganga descended from the heavens to Earth to liberate the ancestors of **King Bhagirath**.

Date and Muhurat of Ganga Saptami

According to the Vedic Panchang, **Ganga Saptami in 2025 begins at 7:51 AM on May 3** and ends at **4:18 AM on May 4**. As per Sanatan tradition, festivals are celebrated according to the *Udaya Tithi* (sunrise-based date), so **Ganga Saptami will be observed on May 3, 2025**.



Mythological Story of Ganga's Descent

According to the Puranas, King **Sagara of the Suryavansh (Solar Dynasty)** once performed an Ashwamedha Yagya (horse sacrifice ritual). However, **Lord Indra stole the ritual horse** and tied it near **Sage Kapila's ashram**. When King Sagara's **60,000 sons** went in search of the horse, they accused the sage of theft. Disturbed during his penance, the enraged Kapila Rishi reduced them to ashes with his spiritual power.

Upon learning of this, King Sagara performed many rituals for their salvation, but the task was ultimately completed by **King Bhagirath**, who undertook intense penance and was granted the boon of bringing **Mother Ganga** to Earth.

To prevent the Earth from being overwhelmed by the force of Ganga's descent, **Lord Shiva captured her in his matted locks** and gently released her. Ganga then touched the ashes of Sagara's sons and **liberated their souls**.

Spiritual Significance of Ganga Saptami

Ganga Saptami holds immense spiritual value. It symbolizes **the washing away of sins and the attainment of liberation (moksha)**. Ganga water is considered as sacred as **nectar (Amrit)**—it purifies not only the body and mind but also the soul. It is believed that **bathing in the Ganga on this day brings special merit (punya)**.



Special Yogas on Ganga Saptami

This sacred day brings a rare combination of auspicious yogas:

- **Tripushkar Yoga**
- **Ravi Yoga**
- **Shivavas Yoga**

Bathing in the Ganga and performing rituals during these yogas grants physical, mental, and spiritual benefits. Bathing during Ravi Yoga frees one from life's difficulties, while Shivavas Yoga enhances prosperity, happiness, and good fortune.

How to Perform Ganga Saptami Puja at Home

If visiting a Ganga ghat is not possible, you can still perform the Ganga Saptami puja at home with a pure heart and devotion. Begin by gathering essential items for the ritual such as Ganga Jal (or any water offered with faith), a copper pot or kalash, white flowers (especially lotus or bel leaves), a lamp, incense sticks, camphor, red powder (roli), rice (akshat), sandalwood paste, milk, honey, curd (for bathing), fruits, sweets, and an image of Goddess Ganga or a vessel of water symbolizing her presence. Start by taking a bath, mixing a few drops of Ganga Jal into the water. Then, in a clean and sacred space at home, set up an altar and place the image or water vessel representing Goddess Ganga. Light a lamp and incense to purify the space.



**"Om Namo Bhagwatyai Gange Trailokya-Tarinyai Narayanyai
Namah"**

or

**"Gange cha Yamune chaiva Godavari Saraswati,
Narmade Sindhu Kaveri jalesmin sannidhim kuru."**

Next, bathe the idol or water pot with milk, curd, and honey, and then rinse it with clean water. Offer white flowers, roli, rice, fruits, and sweets with devotion. Perform the aarti while chanting "**Jai Gange Mata**," and sprinkle Ganga Jal throughout your home for purification. Distribute the prasad among family members and conclude the ritual with **tarpan** (ancestral offerings) and charity, such as donating copper utensils, clothes, grains, or money. This entire process is considered deeply auspicious and spiritually uplifting.



Special Rituals and Benefits of Ganga Saptami

Ritual

Bathing in Ganga or with Ganga Jal

Ancestral offerings (Tarpan)

Worship of Shiva and Ganga

Reciting Ganga Stotra/Astakam

Sprinkling Ganga Jal at home

Donations and charity

Lighting lamps (Deepdaan)

Benefit

Cleansing of sins and mental peace

Freedom from ancestral curses (Pitru Dosha)

Liberation from all kinds of doshas

Spiritual growth

Vastu purification

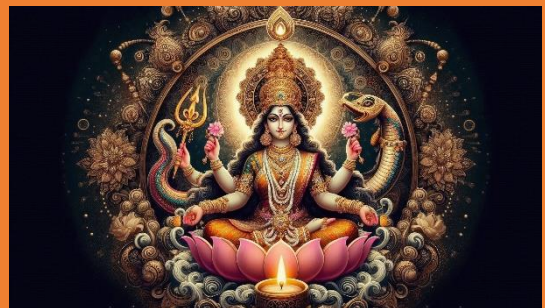
Eternal rewards (Akshaya Punya)

Self-purification and removal of negativity

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