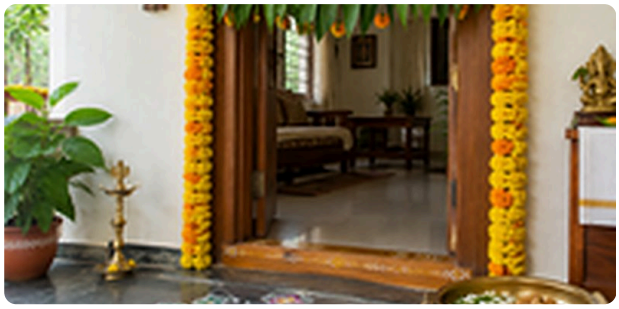
Rama Navami at Home

Thursday 15 April 2027

Short puja: about 20 minutes



Rama Navami celebrates the birth of Rama at noon on the ninth day of Chaitra. Homes and temples read the Ramayana, sing bhajans and offer panakam, a cooling jaggery drink, with buttermilk and kosambari to visitors.

What you need

- Jaggery, dried ginger and cardamom for panakam
- Yoghurt for neer mor (buttermilk)
- Moong dal, cucumber and coconut for kosambari
- Tulsi and flowers
- A Rama picture or a Ramayana book
- Fruit for naivedya

Before the puja

- Clean the puja place and take a bath; wear fresh clothes.
- Set out a lamp, incense, flowers, turmeric, kumkum, rice and water.
- Read the story to the family before you begin.

Short puja, step by step

1. **Light the lamp** and say the lamp prayer, then pray to Ganesha.
2. **Set up.** Place a picture of Rama with Sita, Lakshmana and Hanuman. Decorate with flowers and tulsi.
3. **Worship Rama.** Offer flowers and tulsi with the sixteen offerings, in short.
4. **Birth at noon.** At noon, place a small idol or picture in a cradle and rock it while singing.
5. **Read the Ramayana.** Read the Bala Kanda or a short telling of Rama's birth together.
6. **Offer panakam.** Offer panakam, neer mor and kosambari, then share them.
7. **Arati.** Wave the lamp, ask forgiveness for anything missed and share the prasada.

Prayers to chant

शुभं करोति कल्याणम् आरोग्यं धनसम्पदः । शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥

I bow to the light of the lamp, which brings goodness, health and wealth, and removes harmful thoughts.

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

O Lord with the curved trunk, shining like a million suns, remove the obstacles from all my work, always.

श्री राम राम रामेति रमे रामे मनोरमे । सहस्रनाम तत्तुल्यं रामनाम वरानने ॥

Saying the name of Rama once is equal to the thousand names of Vishnu.

श्री राम जय राम जय जय राम ॥

Victory to Rama.

ॐ प्राणाय स्वाहा । ॐ अपानाय स्वाहा । ॐ व्यानाय स्वाहा । ॐ उदानाय स्वाहा । ॐ समानाय स्वाहा ॥

Offering the food to the five breaths of life.

यानि कानि च पापानि जन्मान्तरकृतानि च । तानि तानि विनश्यन्ति प्रदक्षिण पदे पदे ॥

With every step around the altar, may all past wrongs fall away.

With children

- Make a paper cradle for baby Rama: Cover the box with coloured paper.
- Tell the story of Rama Navami before the puja.

A simple home guide from VedaVidesh. Every family and region has its own customs, so follow yours where they differ, and check a local panchanga for the exact time in your city. Dates are for India; abroad they can differ by a day. Members also get the full puja with every mantra.