



श्री सनातन धर्म सभा – दक्षिण आफ्रिका

Shree Sanathan Dharma Sabha of South Africa

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Sita Navami (10th of May 2022)

Sita Navami, also known as 'Sita Jayanti' or 'Janaki Navami' is dedicated to the worship of Mother Sita. Sita Navami falls on Navami tithi (ninth day) during Shukla Paksha in the month of Vaisakha. This day is celebrated as the birth anniversary of Mother Sita. It is believed that Mother Sita was born on Tuesday in Pushya Nakshatra.

Mother Sita was the adopted daughter of King Janak of Mithila. Hence this day is also known as Janaki Navami. According to Hindu mythology, when King Janaka was plowing the land to perform a yajna, he found a baby girl in a gold casket. Plowed land is called 'Sita', so King Janak named the girl Sita.

On the day of Sita Navami, special worship and rituals are performed for Lord Rama and Janaki. Goddess Sita is worshiped on the day of Sita Navami. One should observe a fast on this day. It is believed that observing Sita Navami fast brings virtues like modesty, motherhood, sacrifice, and dedication to a person. Worshiping Sita and Lord Rama together brings happiness and peace in married life.

Puja Vidhi for Sita Navami

Devotees worship Lord Rama, Goddess Sita, and Lakshman. The mandap, or place of worship, is decorated with flowers and garlands. Along with Goddess Sita, devotees also worship Goddess Earth as Mother Sita emerged out of the earth. Devotees offer fruits, sesame seeds, barley, and rice to the deities. Devotees also prepare Satvik food, which is first offered to the deities and then distributed among family members or invitees after completion of the aarti. After Puja, Bhajans, kirtans, and Ramayan recitals should be done.

In India, processions are carried out with the idols of deities placed in decked-up chariots, as devotees sing and dance to devotional songs and chant 'Jai Siya Ram' along the way.

The following is the mantra used to invite Mother Sita into our homes:

अर्वसल सुभगे भव सीते वंदहे त्व।

यथा नः सुभगस्सल यथा नः सुफलास्सल

arvasi subhage bhava sīte vaṁdahe tva |
yathā naḥ subhagassi yathā naḥ suphalāssi

Meaning of The Mantra:

Oh, divine Mother! We ask you to come in front of us. Bowing down to you, we welcome you. O' Supreme Goddess, enriched with supreme treasure and energy! Please show your kindness and generosity to us and finally be the harbinger of auspicious outcomes for us!
May the blessings of Mother Sita rain on all!

Jay Sita Raam!

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