



Happy Rama Navami!

Rama Navami

Hinduism

[rah-mah nah-vah-mee](#)



Lord Rama is the seventh incarnation of the god Vishnu in Hinduism and Rama Navami is a celebration of his birthday and of important people in his life, like his bride Sita. Some Hindus also recognize this date as their marriage day.

Rama Navami or Ramanavami is part of the Chaitra Navaratri festival and is marked by moral reflection among celebrants, fasting, and the reading and recitals of stories about Rama's life, including the Hindu epic *Ramayana*. Charitable events and community meals are often organized in recognition.

Date

- It is the ninth day of the month of Chaitra at the beginning of the Hindu lunar calendar. This usually falls between the months of March and April on the Gregorian calendar.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

Greetings

Wishing a celebrant a "Happy Rama Navami" is welcome.

Common Practices and Celebrations

- Fasting
- Recitals of Rama's life story
- Organizing charitable events to help the needy

Common Dietary Restrictions

- Some Hindu practitioners will be fasting on this day.
- Some Hindu practitioners adhere to a lacto-vegetarian diet which excludes meat, fish, and eggs.

Impact to U-M Community

- Link to [U-M Guidance Regarding Conflicts](#).

U-M Campus Resources

- [Maize Pages - Hindu](#), U-M
- [Association of Religious Counselors](#), U-M

Information Sources

- [Wikipedia](#)
- [Rama Navami](#), hindupedia.com
- [Why is Ram Navami Celebrated?](#), iskcondwarka.org

Photo credit:

"Rama Navami 19.jpg" by AbhiRiksh. ID is licensed under CC BY-SA 3.0