



Govind Dwadashi 2025 | गोविंद द्वादशी व्रत करने से बैकुंठ धाम की प्राप्ति – जानिए इसकी विधि | PDF

Govind Dwadashi is a significant Hindu fast and festival, observed to seek the blessings of Lord Vishnu and Lord Krishna. It falls on the twelfth day (Dwadashi) of the Shukla Paksha in the months of Margashirsha (Agahan) or Phalguna. It is also known as "Vaikuntha Dwadashi" and "Bhogi Dwadashi." Observing this fast and performing the associated rituals is believed to grant liberation (moksha), absolution from sins, and prosperity.

Significance of Govind Dwadashi

Govind Dwadashi holds great spiritual importance as it is dedicated to Lord Vishnu. According to religious beliefs, those who observe this fast and worship on this day attain immense virtue and are granted entry into Vaikuntha, the divine abode of Vishnu. It is particularly significant for those who seek detachment from worldly attachments and wish to immerse themselves in devotion to the Lord.

Religious Legend

A well-known legend associated with Govind Dwadashi narrates the story of King Nriga. Despite his numerous charitable deeds, he was cursed due to a minor mistake and turned into a chameleon. Later, Lord Krishna liberated him with his divine touch. It is believed that King Nriga observed the Govind Dwadashi fast, which ultimately led to his salvation and ascension to Vishnu's abode. Hence, this fast is considered a means to cleanse past sins and attain Vaikuntha.

[Ekadashi Shradh](#)
[Dwadashi Shradh](#)

Govind Dwadashi Vrat Rituals

1. Preparation for the Fast

- Wake up early, bathe, and wear clean clothes.
- Take a vow (sankalp) for fasting and worship while meditating on Lord Vishnu.
- Cleanse the worship area and install an idol or image of Lord Vishnu and Goddess Lakshmi.

2. Essential Puja Items

- A water-filled sacred pot (Kalash)
- Sandalwood, roli, rice grains (akshat)

- Tulsi leaves
- Panchamrit (a mixture of milk, curd, ghee, honey, and Ganga water)
- Fruits, sweets, and coconut
- Incense sticks, lamps, and sacred threads
- Vishnu Sahasranama or Govind Dwadashi Vrat Katha book

3. Worship Procedure

- Begin by offering prayers to Lord Ganesha for an obstacle-free puja.
- Perform Lord Vishnu's abhishekam (ritual bath) with water and Panchamrit.
- Adorn the deity with yellow clothes and Tulsi leaves.
- Light incense sticks and lamps, then meditate on Lord Vishnu.
- Recite the Vishnu Sahasranama or Chapter 12 of the Bhagavad Gita.
- Offer Naivedya (sacred food) consisting of fruits, sweets, kheer, and Panchamrit.
- Conclude the puja with an aarti using Tulsi leaves and distribute prasad.

4. Breaking the Fast (Parana)

- Conclude the fast after the Dwadashi period ends.
- Feed Brahmins and offer donations.
- Distribute food, clothes, and money to the needy.

Spiritual and Scientific Importance of Govind Dwadashi

1. Spiritual Benefits

- Worshipping Lord Vishnu on this day generates positive energy.
- The fast aids in self-purification, mental peace, and spiritual growth.
- Devotees receive the Lord's blessings, leading to liberation (moksha).

2. Scientific Benefits

- Fasting detoxifies the body, promoting health benefits.
- Meditation and prayers reduce stress and enhance mental peace.
- Tulsi leaves and Panchamrit strengthen immunity and improve well-being.

Dos and Don'ts on Govind Dwadashi

To Do:

- Worship Lord Vishnu with devotion and perform charitable acts.
- Feed cows and offer food to the needy.
- Recite the Bhagavad Gita and Vishnu Sahasranama.

To Avoid:

- Avoid consuming non-vegetarian food, onion, and garlic.
- Refrain from dishonesty, deceit, and negative thoughts.
- Stay away from anger and harmful speech.

[Govind Dwadashi](#) is a divine festival that brings peace, prosperity, and liberation. Observing this fast with faith and dedication helps cleanse past sins and attain a place in Vaikuntha. Apart from its religious significance, it also offers mental and physical health benefits, making it a valuable practice for all devotees.

Om Namo Bhagavate Vasudevaya!

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