



Ancient Vedic Mantras and Rituals





Sawan Somvar 2025 | हर मनोकामना करें पूरी: जानें पहले सावन सोमवार की विशेष पूजा | PDF

Beginning of blessing

Sawan Monday : The holy Mondays of Shravan month are known as Sawan Monday. This is a special month for the worship of Lord Shiva and fasting on these Mondays has special significance. This year Shravan month starts from 11 July 2025.

Know the importance of first Monday:

On the first Monday, special worship of Lord Shiva is done. Homes and temples are decorated, Lord Shiva is anointed and Belpatra, Dhatura, milk and other worship materials are offered.

Why it is special:

On Sawan Monday, one receives special blessings of Lord Shiva. This fast is considered to be the gateway to fulfillment of desires, destruction of sins and attainment of salvation.



Why it is celebrated:

Sawan month is the favorite month of Lord Shiva. By observing fast on Monday in this month, Lord Shiva becomes extremely happy and showers his blessings.

Why do we observe fast in Sawan:

Keeping a fast in the month of Sawan brings special blessings of Lord Shiva. This fast is considered to be the gateway to fulfillment of desires, destruction of sins and attainment of salvation. Keeping this fast brings blessings of Lord Shiva and brings happiness and prosperity in life.

What to do on this day:

- Worship Lord Shiva.
- Keep a fast.
- Donate.
- Help the poor and needy.
- Speak the truth and do good deeds.

What not to do on this day :

- Do not consume meat, alcohol, and tamasic food.
- Don't lie and don't do wrong things.
- Do not get angry with anyone and stay away from negative thoughts.



What makes God happy:

- By worshipping Lord Shiva with devotion, the Lord becomes happy.
- God is pleased by keeping fasts and following the rules.
- By giving charity and helping others one receives blessings from God.
- God is pleased by speaking the truth and doing good deeds

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