



Ancient Vedic Mantras and Rituals





Janmashtami 2025 | 5 शुभ योग में मनाएँ लड्डू गोपाल का जन्मोत्सव, जानें पूजा विधि और महत्व | PDF

According to the Hindu Panchang, the festival of Shri Krishna Janmashtami is celebrated every year on the Ashtami Tithi (eighth day) of the Krishna Paksha in the month of Bhadrapada. This is the sacred day when, in the Dwapara Yuga, Lord Vishnu incarnated on earth in the form of Shri Krishna. Lord Krishna was born at midnight in the darkness of the night so that He could end injustice and unrighteousness and establish Dharma.

Janmashtami 2025 holds special significance because this year the festival falls under **five auspicious yogas**, making the worship even more fruitful. On this day, devotees observe fasts, decorate Laddu Gopal's swing (jhula), chant mantras, and offer beloved bhog to the Lord.

Auspicious Yogas on Janmashtami 2025

According to astrologers, five special yogas are forming this Janmashtami, which will make the worship even more effective:

- **Sarvartha Siddhi Yoga** – Helps in the successful completion



- **Amrit Siddhi Yoga** – Fulfills all kinds of wishes.
- **Ravi Yoga** – Removes planetary defects and grants progress.
- **Shubh Yoga** – Highly auspicious for any sacred activity.
- **Dhan Yoga** – Bestows prosperity and wealth.

Performing worship during these five yogas grants devotees special blessings and desired results.

Fasting and Vrat Traditions

- Devotees observe a day-long fast and consume only fruits.
- In the evening, they bathe, wear new clothes, and decorate temples and homes.
- At midnight, the birth of Shri Krishna is celebrated, and the fruits of the fast are received.
- After the divine birth, devotees bathe the idol of Bal Gopal and place Him in a decorated swing.
- Special prayers, hymns, and rituals are performed.

Puja Vidhi of Laddu Gopal

Special worship is offered to Laddu Gopal (child form of Krishna) on Janmashtami. The procedure is as follows:

- **Preparation of the place:** Choose a clean area in the northeast (Ishaan) direction of the house.
- **Jhula decoration:** Prepare a cradle or swing for Laddu Gopal, decorated with flowers, garlands, and colorful clothes.
- **Kalash Sthapana:** Place a kalash filled with water, mango leaves, and coconut. Draw a Swastika on it and worship.



- **Abhishek:** Perform the holy bath of Laddu Gopal with Panchamrit (milk, curd, ghee, honey, and Ganga water).
- **Shringar:** After the abhishek, dress Laddu Gopal in new clothes, adorn with peacock crown, flute, and ornaments.

Puja sequence:

- Light a lamp.
- Worship Lord Ganesha to remove obstacles.
- Meditate upon Lord Vishnu and Goddess Lakshmi.
- Offer akshat (rice), flowers, Tulsi leaves, incense, lamp, and naivedya to Laddu Gopal.

Aarti and Bhog: Finally, perform the aarti and offer favorite bhog to the Lord.

Bhog (Offerings) Dear to Shri Krishna

- Shri Krishna's bhog is incomplete without **butter, mishri (sugar crystals), and Tulsi leaves**. Devotees offer various dishes such as:
 - Butter and mishri
 - Panchamrit
 - Chapati with ghee
 - Kheer (sweet rice pudding)
 - Dry fruits and nuts
 - Seasonal fruits and sweets
 - Dhania Panjiri (especially in North India)

Tulsi leaves must always be offered, as Lord Krishna does not accept bhog without them.



Auspicious Mantras for Janmashtami

Chanting mantras during the puja is considered highly auspicious: Mool Mantra

Mool Mantra

Om Namō Bhagavate Vasudevaya Namah ॥

Krishna Janma Mantra

Vasudevasutam Devam Kamsa-Chanura-Mardanam | Devaki-Paramanandam Krishnam Vande Jagadgurum ॥

Gopal Mantra

Om Kleem Krishnaya Govindaya Gopijana-Vallabhaya Swaha ॥

Chanting these mantras brings peace, prosperity, and spiritual upliftment.

Aarti on Janmashtami

At the end of Laddu Gopal's puja, performing the aarti is essential. The aarti purifies the atmosphere and fills devotees with divine energy.

The most popular aarti is:

"Aarti Kunj Bihari Ki..." (widely sung by Krishna devotees).



Significance of Janmashtami

- **Establishment of Dharma** – Shri Krishna ended unrighteousness and injustice and established Dharma.
- **Path of devotion** – Remembering the Lord on this day enhances devotion and faith.
- **Freedom from planetary defects** – Astrologically, Janmashtami removes planetary afflictions and sins.
- **Family happiness & prosperity** – Worship of Laddu Gopal brings love, joy, and abundance in the household.
- **Spiritual upliftment** – Fasting and night vigil purify the soul and connect one deeply with the Divine.

Do's and Don'ts on Janmashtami

Do's

- Observe fast and eat only fruits.
- Always offer Tulsi leaves to the Lord.
- Perform puja at midnight (Nishita period).
- Decorate the swing and cradle for Laddu Gopal.
- Perform charity and good deeds.

Don'ts

- Avoid eating grains and non-vegetarian food.
- Refrain from anger, lies, and criticism.
- Do not disrespect anyone.
- Avoid alcohol or tamasic food.



Janmashtami 2025 is special as it falls under **five auspicious yogas**. Worshiping Laddu Gopal with devotion, fasting, chanting mantras, and performing aarti on this day blesses devotees with prosperity, happiness, and fulfillment of desires. Shri Krishna's eternal message is — **“Satyameva Jayate, Dharma always triumphs.”**

Therefore, on this Janmashtami, let us all resolve to walk the path of Dharma and illuminate our lives with Shri Krishna's divine teachings.

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