



Ancient Vedic Mantras and Rituals





Chandra Darshan | चंद्र दर्शन 2026 पूजा विधि | PDF

Chandra Darshan: Significance and Worship Procedure

Significance of Chandra Darshan: Chandra Darshan is an important day in Hinduism when the first glimpse of the new moon (amavasya) is observed. It signifies the rebirth of the moon and is considered particularly auspicious as it marks the beginning of the new lunar month. According to religious beliefs, worshipping the moon on this day brings happiness, peace, and prosperity into one's life. It is also a suitable time for new beginnings, fasting, and performing special religious rituals.

Dates and Timing: The dates and times for Chandra Darshan vary each year as they depend on the position of the moon. For 2026, Chandra Darshan is generally observed on the first day after Amavasya (new moon). This year, it will be celebrated on **January 11, 2026**. The exact timing of Chandra Darshan depends on the local lunar position, so it may vary in different locations.



Procedure for Worship:

1. Bathing and Purity:

- It is crucial to bathe early in the morning before performing the puja. This ensures both physical and mental purity. After bathing, feel completely clean and purified. Also, clean the home and worship area to create a sacred and clean environment for the puja.

2. Preparation of the Sacred Space:

- Choose a clean, quiet, and sacred place for the puja. Spread a white cloth on this spot. White is considered symbolic of the moon and helps in making the worship area pure and holy.
- Place an image or idol of the moon in this space. If an idol is not available, a symbolic picture of the moon can be used.

3. Moon Worship:

- **Incense and Lamps:** Light an incense stick and a lamp at the worship site. The lamp purifies the environment, while the incense facilitates the flow of positive energy.
- **Nivedya (Offering):** Offer sweets, fruits, and other food items to the moon. These offerings are believed to invoke the moon's blessings. Make sure to offer them respectfully and distribute the prasad among devotees.



- **Flowers and Sandalwood:** Offer flowers and sandalwood paste to the moon's image or idol. Sandalwood is used to honor the moon and enhance the effectiveness of the worship.
- **Aarti:** Perform the aarti for the moon. This involves circling a lamp in front of the moon and reciting mantras. The aim is to attract the moon's energy during the aarti.

4. Prayers and Fasting:

- **Prayers:** Pray to the moon for happiness, peace, and prosperity. You can also offer specific prayers for personal issues, family well-being, and health.
- **Fasting:** Many people observe a fast on Chandra Darshan, consuming light food or just fruits and flowers. Fasting helps in purifying both the mind and body.

5. Offering and Distribution:

- **Bhog (Offering):** After the puja, distribute the food offered to the moon as prasad among devotees. Consuming prasad is believed to bring mental peace and positive energy.

Do's and Don'ts:

Do's:

- **Religious Focus:** Maintain focus and mental peace during the puja. Meditation and worship facilitate the flow of positive energy.



- **Charitable Acts:** Engage in charitable activities such as donating food, clothes, or money to the needy. Such acts are believed to bring happiness and prosperity into your life.
- **Positive Thinking:** Stay positive throughout the day and engage in good deeds. Avoid negative thoughts and harmful habits.

Don'ts:

- **Arguments and Disputes:** Avoid any arguments or disputes on this day. Maintaining mental peace and positive energy is crucial during Chandra Darshan.
- **Negative Actions:** Do not engage in negative or inauspicious activities, such as taking loans, fighting, or bad behavior.
- **Excessive Eating:** Refrain from overeating or consuming alcohol. Excessive consumption can reduce the effectiveness of the puja and impact your health.

Additional Considerations:

- **Fasting and Abstinence:** Observing a fast and remaining abstinent helps in purifying both the mind and body. It symbolizes new beginnings and self-discipline.
- **Balanced Diet:** Consume a light and simple diet that helps in maintaining health and mental well-being.



By following these procedures and guidelines, you can make Chandra Darshan a spiritually fulfilling and successful day and fully benefit from its auspiciousness.

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