



# Ancient Vedic Mantras and Rituals





## Skanda Sashti 2026 | भगवान कार्तिकेय की पूजा और उसका महत्व | PDF

Festivals and celebrations in India symbolize religious faith, cultural traditions, and social unity. One significant festival is **Skanda Sashti**, dedicated to Lord Kartikeya (Skanda).

In **2026, Skanda Sashti will be celebrated on May 21**. This festival holds religious, cultural, and historical significance and is primarily observed in South India.

### The Mythological Story of Skanda Sashti

According to ancient scriptures, Skanda Sashti commemorates the slaying of the demon **Tarakasura** by Lord Skanda ([Kartikeya](#)). Tarakasura had received a boon from Lord Brahma that only Lord Shiva's son could defeat him. After Lord Shiva's marriage to Goddess Parvati, their son Kartikeya was born.

[Lord Kartikeya](#) underwent intense penance and preparation for six days. On the day of Skanda Sashti, he vanquished



restoring dharma and righteousness. This victory is seen as the triumph of good over evil and righteousness over unrighteousness.

## **Significance of Skanda Sashti**

### **Religious Importance**

Skanda Sashti is dedicated to the worship of Lord Kartikeya, revered as the deity of power, courage, and victory. His worship is believed to remove negativity and infuse life with positive energy.

### **Cultural Importance**

The festival is celebrated with great enthusiasm and devotion in South India, particularly in **Tamil Nadu**, **Karnataka**, and **Andhra Pradesh**.

### **Auspicious for Devotees**

Worshipping Lord Skanda is believed to fulfill the desires of devotees. It is especially significant for those seeking relief from enemies, health issues, and mental stress.

### **Symbol of Family and Community Unity**

The celebrations of Skanda Sashti involve participation from entire families and communities, fostering social and familial unity.



# Skanda Sashti Vrat (Fasting) and Puja Rituals

## 1. Observing the Fast

Devotees observe a fast on Skanda Sashti for inner purification and mental stability. They consume fruits or water only.

## 2. Puja Materials

An idol or picture of Lord Kartikeya

Lamp and incense

Kumkum and turmeric

Flowers (especially red and yellow)

Offerings like *payasam*, *panchamrit*, and fruits

Coconut

## 3. Puja Procedure

Begin by bathing before sunrise and wearing clean clothes.

Start the worship by praying to Lord Ganesha, as his blessings are essential for any auspicious ritual.

Light a lamp and offer incense to Lord Kartikeya's idol or picture.

Offer flowers, *naivedyam*, and a coconut.

Recite *Kanda Shasti Kavacham* and *Subramanya Bhajans*.



Conclude with an *aarti* and seek blessings from the deity.

#### **4. Significance of Havan**

In some places, havans are performed on Skanda Sashti. Offerings of ghee, sesame seeds, and other sacred items are made to purify the atmosphere and dispel negative energies.

#### **Benefits of Fasting on Skanda Sashti**

##### **Spiritual Purification**

Fasting helps cleanse the mind and soul, enhancing focus and devotion towards God.

##### **Health Benefits**

It aids in detoxifying the body and removing negative energies.

##### **Social Unity**

Group fasting and worship promote brotherhood and communal harmony.

#### **Relevance of Skanda Sashti in Modern Times**

In today's fast-paced and stressful world, festivals like Skanda Sashti provide an opportunity for mental peace and positive energy. The festival teaches us that strength and courage are essential to face challenges, which can be achieved through the worship of Lord Skanda.



## Conclusion

Skanda Sashti is not just a religious festival but a symbol of spiritual purification, social unity, and cultural richness.

Worshipping Lord Skanda not only brings spiritual strength but also provides solutions to life's problems.

On **May 21, 2026**, by celebrating Skanda Sashti and worshipping Lord Kartikeya, we can infuse our lives with power, peace, and prosperity. Let us celebrate this sacred festival with devotion and enthusiasm and seek Lord Skanda's blessings for a better life.

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