



Ancient Vedic Mantras and Rituals





Jyeshtha Purnima 2026: महत्त्व, पूजा विधि, व्रत कथा और धार्मिक लाभ | PDF

Jyeshtha Purnima is considered one of the most sacred dates in Hinduism. It is observed on the full moon day of the Hindu month of Jyeshtha and is regarded as highly auspicious for holy bathing, charity, chanting, penance, and the worship of Lord Vishnu. In several regions, it is also celebrated as **Vat Purnima**, where married women observe a fast for the long life and well-being of their husbands.

When is Jyeshtha Purnima 2026?

In 2026, **Jyeshtha Purnima will be observed on Monday, June 29, 2026**. The Purnima Tithi begins on the morning of June 29 and concludes on the morning of June 30.

Religious Significance of Jyeshtha Purnima

Jyeshtha Purnima holds great importance in Sanatan Dharma as a sacred day for bathing in holy rivers and performing charitable acts. According to religious beliefs, taking a holy bath, worshipping Lord Vishnu, and donating to the needy on this day brings immense spiritual merit.



Many devotees also organize and listen to the **Satyanarayan Katha** on this auspicious occasion.

The worship of the Moon God (Chandra Dev) is also considered highly beneficial on this day. It is believed that offering water to the moon brings mental peace, prosperity, and positive energy.

Jyeshtha Purnima Puja Vidhi

1. Take a Holy Bath in the Morning

Wake up during Brahma Muhurta and take a bath. If possible, bathe in a sacred river or holy water body.

2. Observe the Fast and Take a Sankalp

Wear clean clothes and take a vow to worship Lord Vishnu with devotion.

3. Worship Lord Vishnu

Offer yellow flowers.

Light incense sticks and a sacred lamp.

Chant Vishnu Sahasranama or the mantra **“Om Namo Bhagavate Vasudevaya.”**

4. Listen to Satyanarayan Katha

Reading or listening to the Satyanarayan Katha on Jyeshtha Purnima is considered highly auspicious.



2. Items Required for Worship

Gangajal, milk, curd, honey, and Belpatra for offering to Shivling.

Mustard oil, black sesame seeds, and blue flowers for Shani Dev's worship.

Incense sticks, lamps, sandalwood, rice, and fruits.

3. Time of Worship

Shani Pradosh Vrat worship is performed in the evening during Pradosh Kaal. This time is from approximately 1.5 hours before sunset to 1.5 hours after sunset.

4. Worship Procedure

Clean the worship place and place the idol or picture of Lord Shiva and Shani Dev.

- Offer Gangajal, milk, curd, honey, and Belpatra to Shivling.
- Offer mustard oil and black sesame seeds to Shani Dev.
- Light incense and lamps to begin the worship.
- Chant the mantra “Om Namah Shivaya.
- Chant “Om Sham Shaneshcharaya Namah” 108 times.
- Recite the Shiv Purana and Shani Stotra.



5. Offer Arghya to the Moon

In the evening, after moonrise, offer water or milk to the Moon God.

6. Perform Charity

Donating water, clothes, food grains, fruits, umbrellas, and other useful items is considered highly meritorious on this day.

Vat Purnima and the Story of Savitri-Satyavan

In states like Maharashtra and Gujarat, Jyeshtha Purnima is celebrated as **Vat Purnima Vrat**. This fast commemorates the unwavering devotion of Goddess Savitri towards her husband Satyavan. Married women worship the Banyan Tree (Vat Vriksha) and pray for the long life, prosperity, and well-being of their husbands and families.

What Should Be Donated on Jyeshtha Purnima?

- Cool drinking water and water pots
- Umbrellas
- Clothes
- Food grains and fruits
- Jaggery and Sattu
- Meals for the needy

As Jyeshtha falls during the summer season, donating water and cooling items is considered especially virtuous.

Benefits of Jyeshtha Purnima

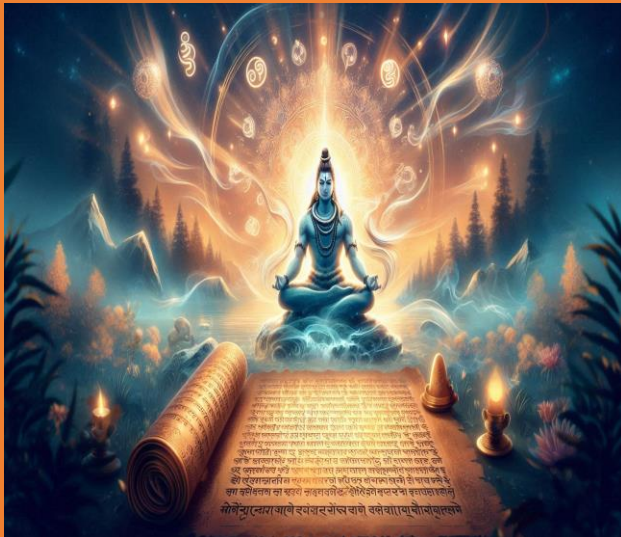
- Receives the blessings of Lord Vishnu.



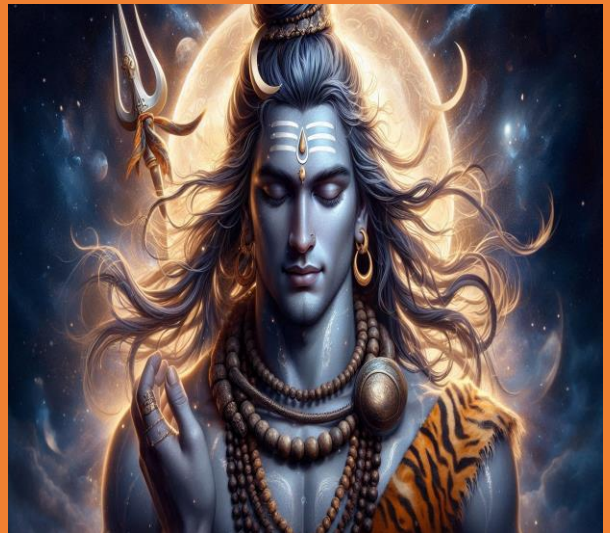
- Enhances mental peace and positivity.
- Brings happiness and prosperity to the family.
- Grants spiritual merit through charity and worship.
- Strengthens marital harmony and stability.

Jyeshtha Purnima is not just a religious festival but also an opportunity for self-purification, charity, devotion, and spiritual growth. Performing holy baths, worship, chanting, and charitable acts with sincerity on this day is believed to bring peace, prosperity, and divine blessings. According to Hindu traditions, good deeds performed on Jyeshtha Purnima yield manifold rewards.

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