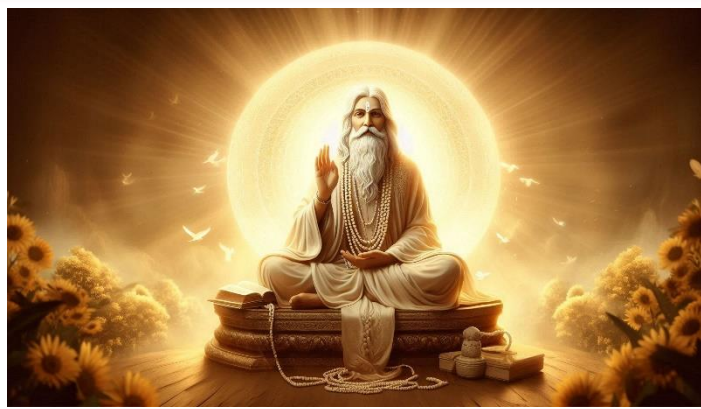




Ancient Vedic Mantras and Rituals





Guru Purnima 2026 | जानें तिथि, इस दिन के उपाय, और प्राप्त होने वाले लाभ | PDF

Guru Purima 2026

This day commemorates the birth anniversary of Maharishi Ved Vyas, who provided humanity with an immense wealth of knowledge by compiling the Mahabharata, Puranas, and Vedas. On the occasion of Guru Purnima, disciples show respect and reverence to their gurus, engage in their worship, and seek their blessings. This day holds significant importance as it offers disciples the opportunity to receive spiritual and moral guidance from their gurus. The blessings of a guru pave the way for knowledge, peace, and prosperity in a disciple's life.

Guru Purnima 2026 Date & Auspicious Timing

According to the Vedic Panchang, the **Purnima Tithi** of the **Ashadha month** will begin on **28 July 2026 at 6:18 PM** and end on **29 July 2026 at 8:05 PM**. As the **Udaya Tithi (sunrise date)** falls on **29 July 2026**, **Guru Purnima** will be celebrated on **29 July 2026**.



Where is Guru Purnima Celebrated Most Grandly?

Guru Purnima is widely celebrated in India, especially in religious and educational institutions. On this day, it is a tradition to seek the blessings of the guru and worship them. Disciples offer flowers, fruits, clothes, and other items to their gurus and bow at their feet. Guru Purnima is celebrated with great enthusiasm in various parts of India, particularly in the following places:

- **Sites of Vyas Puja:** In religious places like Haridwar, Rishikesh, and Kashi, this festival is celebrated with great pomp.
- **Spiritual and Yoga Centers:** Institutions like Patanjali Yogpeeth, Art of Living Ashram, and various monasteries hold special programs on this day.
- **Educational Institutions:** In Gurukuls and other educational institutions, students honor their teachers with great zeal.
- **Sai Baba Temples:** The festival is also celebrated grandly in Shirdi and other Sai Baba temples.

10 Activities to Perform on Guru Purnima for Benefits:

1. **Seek the Blessings of Your Guru:** Bow at the feet of your guru and receive their blessings. This brings peace and success in life.



2. **Observe a Fast:** Fasting on this day purifies the mind and body and promotes self-discipline and restraint.
3. **Perform Worship and Havan:** Conduct worship and havan for the guru. This brings positive energy and mental peace.
4. **Practice Meditation and Sadhana:** Engage in meditation and sadhana. This aids in achieving mental peace and self-knowledge.
5. **Study Scriptures:** Read religious texts and scriptures. This enhances spiritual knowledge.
6. **Perform Charity:** Donate food, clothes, and money to the needy. This earns merit and promotes goodwill in society.
7. **Serve Cows:** Serve cows and feed them. This alleviates suffering and brings happiness and prosperity.
8. **Participate in Satsang:** Attend satsangs and discourses. This increases self-knowledge and devotion.
9. **Follow the Teachings of the Guru:** Adhere to the teachings and instructions of your guru. This brings positive changes and guidance in life.
10. **Maintain Cleanliness and Protect the Environment:** Keep your surroundings clean and work towards environmental protection. This improves health and conserves natural resources.



Activities to Avoid on Guru Purnima:

- Lying or deceiving anyone.
- Showing disrespect or neglect towards your guru or teacher.
- Engaging in disputes or criticism.
- Involvement in immoral activities.
- Behaving rudely towards family or community members.
- Spending time with bad company.
- Lack of faith or neglect in worshiping God.
- Engaging in religious conversions or disputes.
- Committing harmful or sinful acts.
- Failing to help the poor and needy.

Special Considerations for Guru Purnima:

Guru Purnima is an excellent opportunity to acknowledge the importance of gurus and education. We should dedicate ourselves to worship, remember, and serve the guru on this day. Efforts should be made to implement their teachings in our lives and receive their blessings.



Significance of Guru Purnima:

Guru Purnima is an important occasion to understand the glory and significance of the teachings of gurus. On Guru Purnima, we should respect, worship, and honor the teachings of our guru. By making an effort to apply their teachings in our lives on this day, we can achieve spiritual and personal growth.

Observing Guru Purnima:

On this day, we should reflect on and seek inspiration from the blessings of our guru to move towards success and contentment in life. Spending the day in contemplation, meditation, and devotion shows our dedication to our guiding guru. Guru Purnima provides us with new inspiration and direction, helping us enhance our confidence and progress in every aspect of life.



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