



Ancient Vedic Mantras and Rituals





Sawan Maas 2026 Start Date | सावन कब से शुरू होगा? जानें तिथि, महत्व, पूजा विधि | PDF

Sawan Maah 2026

Sawan Maah holds great significance in Hinduism and is also known as **Shravan Maas**. This sacred month is dedicated to the worship of **Lord Shiva**. In 2026, Shravan Maas will begin on **30 July 2026** and conclude on **28 August 2026**. During this holy month, every Monday is observed as **Sawan Somwar**, when devotees worship Lord Shiva, observe fasts, and offer prayers.

Sawan Somwar Dates in 2026

Date	Sawan Monday
3 August 2026	First Sawan Somwar
10 August 2026	Second Sawan Somwar
17 August 2026	Third Sawan Somwar
24 August 2026	Fourth Sawan Somwar



Kanwar Yatra During Sawan

The **Kanwar Yatra** is a sacred pilgrimage for Lord Shiva's devotees and symbolizes devotion, faith, and purity. During the month of Sawan, devotees collect holy water from the River Ganga in containers suspended from a bamboo pole known as a **Kanwar** and walk barefoot to their local Shiva temple to offer the sacred water to the Shivling.

During the pilgrimage:

- Devotees wear white clothes and continuously chant the name of Lord Shiva.
- They observe strict spiritual disciplines, such as eating only one meal a day and sleeping on the ground.
- Upon reaching the Shiva temple, they perform **Jalabhishek** by offering the holy Ganga water to the Shivling and seek Lord Shiva's blessings.

Things to Do During Sawan

- **Observe Fasts and Worship:** Offer special prayers to Lord Shiva every Monday. Perform Abhishek of the Shivling with water and milk, and offer Bel leaves, Dhatura, sandalwood paste, incense, flowers, and Naivedya.
- **Chant Shiva Mantras:** Recite "Om Namah Shivaya" or other sacred Shiva mantras.



- **Meditation:** Meditate on Lord Shiva and pray for peace, wisdom, and divine blessings.
- **Bhajans and Kirtans:** Sing devotional songs and participate in bhajans dedicated to Lord Shiva.
- **Charity:** Donate food, clothes, money, or other essentials to the needy and earn spiritual merit.
- **Holy Bath:** Take a holy bath and visit Shiva temples.
- **Shivling Worship:** Offer sincere prayers to the Shivling and seek relief from life's difficulties.

Things to Avoid During Sawan

- Avoid arguments, dishonesty, violence, and other inauspicious activities.
- Do not break your fast without a valid reason.
- Refrain from consuming alcohol, tobacco, or any intoxicating substances.
- Stay away from obscene speech and inappropriate behavior.

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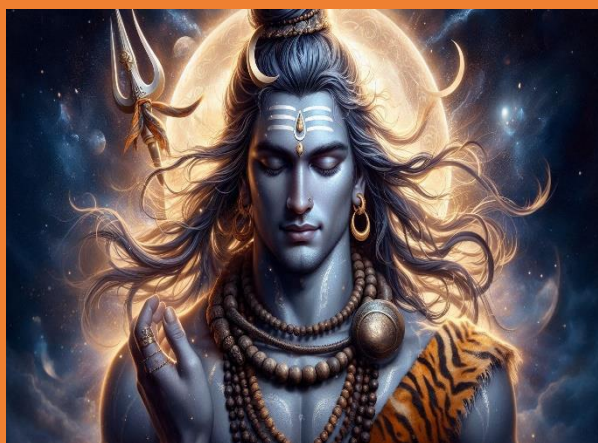
- Lord Shiva Vrat Katha
- Shiva Panchakshara Stotram



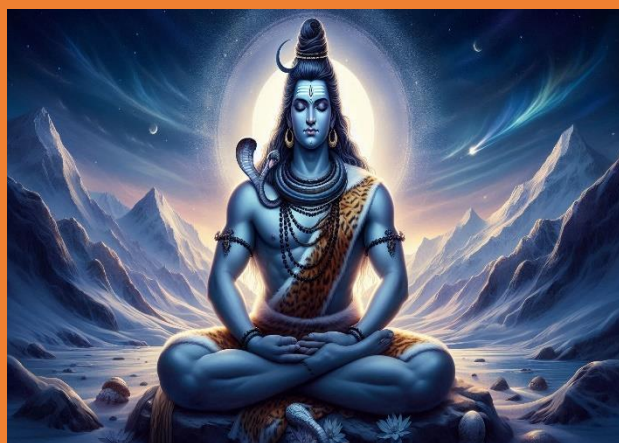
Benefits of Observing Sawan

- **Spiritual Growth:** Worshipping Lord Shiva during Sawan brings inner peace and spiritual progress.
- **Success in Life:** Devotion to Lord Shiva is believed to remove obstacles and increase success in personal and professional life.
- **Health Benefits:** Observing fasts with discipline can improve both physical and mental well-being.
- **Positive Karma:** Worshipping with selfless devotion helps purify the mind and brings the blessings of good karma and inner peace.

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