



Ancient Vedic Mantras and Rituals





Hariyali Teej 2026 | तीज की कथा, स्त्रियों के लिए विशेष व्रत की विधि और इसे मनाने की प्राचीन परंपराएँ | PDF

Hariyali Teej 2026

Hariyali Teej, also known as Shravan Teej or Sawan Teej, is an important Hindu festival celebrated with great pomp by women in North India. The festival is celebrated on the Tritiya of Shukla Paksha of the month of Shravan. **In 2026, Hariyali Teej will be celebrated on August 15, Saturday.**

Special significance of Hariyali Teej:

It marks the reunion of Goddess Parvati and Lord Shiva. According to Hindu belief, Goddess Parvati performed rigorous penance to get Lord Shiva as her husband. Pleased with her devotion, Lord Shiva accepted her as his better half. Thus, Hariyali Teej symbolizes the eternal love and devotion of Goddess Parvati and Lord Shiva and is ideal for married women who wish to have a happy married life.

Customs and Traditions:

Hariyali Teej is celebrated with great fervour especially in





Rajasthan, Uttar Pradesh, Bihar and Haryana. Women dress up in green outfits, which symbolize prosperity and fertility, and wear jewellery, mehndi and bangles. Swings are hung from trees and decorated with flowers, where women sing traditional songs and dance, welcoming the arrival of the monsoon.

Fasting has a special significance in the celebration of Hariyali Teej. Married women observe a Nirjala fast for the long life and prosperity of their husbands. They worship Lord Shiva and Goddess Parvati, praying for their happy married life. Special items are used in the puja such as fruits, flowers and sweets, especially Ghevar, which is a traditional sweet associated with this festival.

Hariyali Teej Vrat Method:

Shiva-Parvati Puja : Clean the place of worship, decorate the pavilion and install the idol of Shiva-Parvati. Perform Abhisheka on Shivling with Gangajal, milk, honey and water. Offer Belpatra, Dhatura, rice, flowers and fruits. Offer vermilion, bangles and makeup items to Parvati ji.

Listen to the Vrat Katha : Listen to the Hariyali Teej Katha. This story is the story of the devotion and dedication of Goddess Parvati, in which she performed penance to get Lord Shiva as her husband.

Bhajan-Kirtan : During the puja, sing bhajans and kirtans of Shiva-Parvati. Women should swing and sing folk songs in



groups.

Breaking the fast : Break the fast by offering water to the moon at night. Eat a satvik diet without garlic and onion.

Charity : After the fast, donate food, clothes and money to the needy.

Things to keep in mind on Hariyali Teej:

Wake up early in the morning and take a bath: Waking up early in the morning and taking a bath on Hariyali Teej is considered auspicious. Wear new and clean clothes on this day.

Do sixteen adornments: Married women do sixteen adornments on this day, which includes bindi, bangles, sindoor, mehndi etc. This is considered a symbol of marital bliss.

Worship of Lord Shiva and Mother Parvati : On this day, special worship of Lord Shiva and Mother Parvati is done. Use Belpatra, Dhatura, Aak, Sandalwood, Flowers, Water and Milk in the worship.

Keep a fast: Women keep a fast on the day of Hariyali Teej. This fast is kept for the long life of the husband and prosperity of the family.

Apply henna: Applying henna on [Hariyali Teej](#) is considered auspicious. Women make beautiful henna designs on their hands and feet.



Swinging: Swinging is an important tradition for women on this day. They put swings on trees and swing on them and enjoy their festival.

Benefits of Hariyali Teej:

Happiness and prosperity in marital life : This fast is observed by married women to wish for happiness and prosperity in their marital life.

Devotion and spiritual growth : Hariyali Teej fast instills devotion and spiritual growth in women.

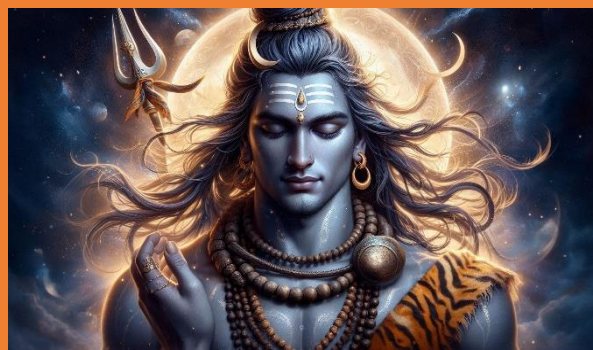
Health and Beauty : Use of mehndi and other beauty products also symbolises health and beauty for women.

Social and Cultural Connection : The festival provides an opportunity for women to connect with each other and share cultural heritage.

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