



## Pradosh Vrat 30 Mar, 2045

# Pradosh Vrat



When is **Pradosh Vrat** in 2045?  
**March, 30 Mar, 2045**

| Festival                     | Date         |
|------------------------------|--------------|
| <a href="#">Pradosh Vrat</a> | 01 Jan, 2045 |
| <a href="#">Pradosh Vrat</a> | 15 Jan, 2045 |
| <a href="#">Pradosh Vrat</a> | 30 Jan, 2045 |
| <a href="#">Pradosh Vrat</a> | 14 Feb, 2045 |
| <a href="#">Pradosh Vrat</a> | 01 Mar, 2045 |
| <a href="#">Pradosh Vrat</a> | 15 Mar, 2045 |
| <a href="#">Pradosh Vrat</a> | 30 Mar, 2045 |
| <a href="#">Pradosh Vrat</a> | 14 Apr, 2045 |
| <a href="#">Pradosh Vrat</a> | 28 Apr, 2045 |
| <a href="#">Pradosh Vrat</a> | 14 May, 2045 |
| <a href="#">Pradosh Vrat</a> | 28 May, 2045 |
| <a href="#">Pradosh Vrat</a> | 12 Jun, 2045 |
| <a href="#">Pradosh Vrat</a> | 26 Jun, 2045 |



[Pradosh Vrat](#) 12 Jul, 2045  
[Pradosh Vrat](#) 26 Jul, 2045  
[Pradosh Vrat](#) 10 Aug, 2045  
[Pradosh Vrat](#) 24 Aug, 2045  
[Pradosh Vrat](#) 08 Sep, 2045  
[Pradosh Vrat](#) 23 Sep, 2045  
[Pradosh Vrat](#) 08 Oct, 2045  
[Pradosh Vrat](#) 23 Oct, 2045  
[Pradosh Vrat](#) 06 Nov, 2045  
[Pradosh Vrat](#) 21 Nov, 2045  
[Pradosh Vrat](#) 05 Dec, 2045  
[Pradosh Vrat](#) 21 Dec, 2045

Pradosh Vrat is one of the holy Hindu fasts in the Hindu calendar, Pradosh fast, also known as Pradosham, is a bimonthly occasion devoted to Lord Shiva. It is observed on the 13th day of the lunar fortnight. The day is entirely dedicated and devoted to the best Lord, Shiva and Goddess Parvati. Pradosh Vrat is a sacred fast; emblemize victory, bravery, and removal of fear.

## Pradosh Vrat: To Attain Moksha & Success

It is said that Lord Shiva is so generous during this time and provide his devotees with affluence and bountiful happiness. If you follow Pradosh Vrat with dire loyalty and devotion, all your needs and wishes would get overfill by the deity. Hence, devotees observe Pradosh fast for freedom (Moksha) and salvation.

## The Significance of Pradosh Vrat Katha (Story)

Pradosh fasting arouse your soul and helps you get outbound growth and happiness in your life. From removing your earlier sins to finally helping you in facing harms, this Pradosh Vrat is all you need to observe while struggling with tough times. If you are seeking for peace of physical and mental clarity, then this is the Vrat that can give you wealth, courage, and eviction of fear.



# Types of Pradosh Vrats

As per Hindu Panchang, Pradosh Vrat that falls on Monday is called Som Pradosh or Pradosham. Pradosh Vrat that observes on Tuesday is called Bhauma Pradosham. Pradosh Vrat when falls on Saturday is called Shani Pradosh. Of all the Pradosh Vrat, Soma Pradosh and Shani Pradosh are careful to be extremely lucky.

## Pradosh Vrat Auspicious Tithi

The Pradosh Vrat Katha (story) is done in the evening on the Trayodashi period of both fortnights, Shukla Paksha (waxing moon period) and Krishna Paksha (waning moon period). Trayodashi Tithi falls during Pradosh Kaal and begins after sunset.

After the sunset when Trayodashi Tithi and Pradosh time overlaps, then that time period is consider highly favorable for worshipping Lord Shiva.

## How to Observe Pradosh Vrat Vidhi and Pradosh Vrat Katha

If you follow Pradosh Vrat Vidhi with dedication and devotion, then it benefits you physically, mentally and spiritually.

- Shiva mantras, praying and hymns are recited and chanted throughout the day  
Om Namah Shivaya  
(ॐ नमः शिवाय).
- Shiva Linga is washed with water, milk, and honey.
- Indian Bael (Bilva leaves), flowers, and fruits are offered to invoke the extreme Lord
- Goddess Parvati, Ganesh ji, Nandi, Kartik (Skanda) also need to be worshiped
- A lamp or a Diya is lighted to worship the Lord
- A Kalash filled with water is placed on the clean cloth
- Coconut and mango leaves are drawn inside the Kalash
- The kalash needs to be covered with Darbha grass (Desmotachya bipinnata)



- A lotus is placed over the pot
- Sacred ash is given to all the people
- Devotees need to apply sacred ash on their forehead.
- To conclude the fast ceremony, a piece of cloth and a portrait of Lord Shiva are given to a Brahmin (the knower of Brahman or God) or a priest.

**Read on Website**



## Upcoming Festivals



**Onam Thiruvonam**

**26 Aug, 2026**



**Raksha Bandhan**

**28 Aug, 2026**



**Shravana Purnima Vrat**

**28 Aug, 2026**



**Sankashti Chaturthi**

**31 Aug, 2026**



**Kajari Teej**

**31 Aug, 2026**



**Janmashtami**

**04 Sep, 2026**



**Aja Ekadashi Vrat**

**07 Sep, 2026**



**Pradosh Vrat**

**08 Sep, 2026**



**Masik Shivratri**

**09 Sep, 2026**



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