

# **Sankashti Chaturthi 2026 in the USA, UK and Canada – Local Dates, Moonrise Times, Vrat Katha and Puja Vidhi**

Sankashti Chaturthi is a monthly Hindu observance dedicated to Lord Ganesha, the deity associated with wisdom, clear judgement and the removal of obstacles. It is observed on Krishna Paksha Chaturthi, the fourth lunar day after the full moon.

Devotees commonly begin the fast after their local sunrise, worship Lord Ganesha in the evening and complete the vrat after the local moonrise by offering Arghya to Chandra Dev.

**Hindus living in the United States, United Kingdom and Canada should not use Indian dates or Indian moonrise times to complete Sankashti Chaturthi Vrat.**

The date, moonrise and even the civil day of the observance can change according to location. A family in New York may observe the vrat on a different date from a family in Vancouver, while London may have moonrise after midnight.

This guide is written especially for overseas Hindu families and includes:

- Sankashti Chaturthi 2026 date windows
- Local moonrise examples for New York, London, Toronto and Vancouver
- Guidance for different US, UK and Canadian cities
- Fasting rules suitable for work and school schedules
- Complete Sankashti Chaturthi Puja Vidhi
- Moon offering procedure for houses and apartments
- Sankashti Chaturthi Vrat Katha in English

- Mantras, food guidance and frequently asked questions

## What Is Sankashti Chaturthi?

Each Hindu lunar month contains two Chaturthi Tithis:

- Krishna Paksha Chaturthi after the full moon is called Sankashti Chaturthi.
- Shukla Paksha Chaturthi after the new moon is commonly called Vinayaka Chaturthi.

The word “Sankashti” is generally understood as deliverance from difficult circumstances. Devotees therefore worship Lord Ganesha for wisdom, patience and the strength to face obstacles responsibly.

The usual observance includes:

- Taking a Sankalp in the morning
- Fasting or following a fruit-based diet
- Performing Ganesh Puja in the evening
- Offering Durva, flowers and Naivedya
- Reciting a Ganesh mantra, Stotra or Chalisa
- Reading or listening to the Vrat Katha
- Offering Arghya after local moonrise
- Breaking the fast with Prasad and Sattvic food

## Why Sankashti Dates Differ Outside India

Hindu festival dates are determined through Tithi and local astronomical conditions rather than by converting Indian Standard Time into another time zone.

The fasting day is connected with the presence of Chaturthi Tithi around the local moonrise. Because North America covers several time zones and the UK follows seasonal clock changes, the date can differ between cities.

For example:

- New York and Los Angeles may not always observe Sankashti on the same civil date.
- Toronto and Vancouver can have different fasting dates even though both are in Canada.
- Moonrise in London may occur after midnight on the following Gregorian date.
- Daylight Saving Time or British Summer Time is already reflected in a reliable location-based Panchang.

**Always search by your exact city, not only by country, state, province or Indian date.**

## **Sankashti Chaturthi 2026 Date Windows for Overseas Devotees**

The following table gives the likely observance window across major US, UK and Canadian cities. It is designed for advance planning rather than as a replacement for a local Panchang.

| <b>Month</b> | <b>Likely Overseas Date Window</b> | <b>Important Note</b>   |
|--------------|------------------------------------|---|
| January      | January 5–6, 2026                  | The civil date differs between western Canada and some eastern locations. |
| February     | February 4–5, 2026                 | Several overseas cities observe it on February 4.                         |
| March        | March 6, 2026                      | The sampled cities largely share the same date.                           |
| April        | April 4–5, 2026                    | Vancouver and eastern cities may differ.                                  |
| May          | May 4–5, 2026                      | Moonrise may occur after midnight in the UK and parts of Canada.          |

| <b>Month</b> | <b>Likely Overseas Date Window</b> | <b>Important Note</b>   |
|--------------|------------------------------------|---|
| June         | June 3–4, 2026                     | This is the Adhik Maas Vibhavana Sankashti period.                    |
| July         | July 2–3, 2026                     | Western Canada may observe it one day earlier.                        |
| Early August | August 1–2, 2026                   | Many overseas cities list August 1.                                   |
| Late August  | August 30–31, 2026                 | Vancouver may differ from eastern cities.                             |
| September    | September 29, 2026                 | Widely listed as Tuesday in the sampled cities.                       |
| October      | October 28–29, 2026                | London may observe it a day later than several North American cities. |
| November     | November 26–27, 2026               | Careful local verification is particularly important.                 |
| December     | December 26, 2026                  | The sampled cities largely share the same date.                       |

**These are planning windows only. Use a location-based Hindu Panchang or a trusted local temple calendar before starting the fast.**

## **Sankashti Chaturthi 2026 Moonrise Times for Major Overseas Cities**

The following schedules are local reference times for four major cities. Times after midnight are clearly marked with the following civil date.

### **New York City, United States**

| <b>Observance</b>      | <b>Local Date</b> | <b>Local Moonrise Reference</b>           |
|------------------------|-------------------|---|
| January Sankashti      | January 6         | Date boundary requires local verification |
| February Sankashti     | February 4        | 8:41 PM                                   |
| March Sankashti        | March 6           | 9:38 PM                                   |
| April Sankashti        | April 5           | 11:37 PM                                  |
| May Sankashti          | May 4             | 11:24 PM                                  |
| June Sankashti         | June 3            | 11:32 PM                                  |
| July Sankashti         | July 3            | 10:58 PM                                  |
| Early August Sankashti | August 1          | 9:46 PM                                   |
| Late August Sankashti  | August 31         | 9:00 PM                                   |
| September Sankashti    | September 29      | 8:06 PM                                   |
| October Sankashti      | October 28        | 7:35 PM                                   |
| November Sankashti     | November 27       | 7:49 PM                                   |
| December Sankashti     | December 26       | 8:02 PM                                   |

These timings should not be used for Boston, Chicago, Dallas, Houston, Atlanta, Seattle, San Francisco, Los Angeles or other US cities. Select the exact city in a location-based Panchang.

## **London, United Kingdom**

| <b>Observance</b>      | <b>Local Date</b> | <b>Local Moonrise</b> |
|------------------------|-------------------|-----------------------|
| January Sankashti      | January 6         | 8:19 PM               |
| February Sankashti     | February 4        | 8:30 PM               |
| March Sankashti        | March 6           | 9:55 PM               |
| April Sankashti        | April 5           | 12:22 AM on April 6   |
| May Sankashti          | May 5             | 1:12 AM on May 6      |
| June Sankashti         | June 3            | 12:21 AM on June 4    |
| July Sankashti         | July 3            | 11:21 PM              |
| Early August Sankashti | August 1          | 9:53 PM               |
| Late August Sankashti  | August 31         | 8:39 PM               |

| <b>Observance</b>   | <b>Local Date</b> | <b>Local Moonrise</b> |
|---------------------|-------------------|-----------------------|
| September Sankashti | September 29      | 7:24 PM               |
| October Sankashti   | October 29        | 6:31 PM               |
| November Sankashti  | November 27       | 6:48 PM               |
| December Sankashti  | December 26       | 7:20 PM               |

Readers in Birmingham, Leicester, Manchester, Glasgow, Edinburgh, Cardiff, Bristol and other UK cities should use their own postcode or nearest city. Do not assume that the London time applies throughout the UK.

## **Toronto, Ontario, Canada**

| <b>Observance</b>      | <b>Local Date</b> | <b>Local Moonrise Reference</b>           |
|------------------------|-------------------|---|
| January Sankashti      | January 6         | Date boundary requires local verification |
| February Sankashti     | February 4        | 9:04 PM                                   |
| March Sankashti        | March 6           | 10:08 PM                                  |
| April Sankashti        | April 5           | 12:12 AM on April 6                       |
| May Sankashti          | May 4             | 12:01 AM on May 5                         |
| June Sankashti         | June 3            | 12:06 AM on June 4                        |
| July Sankashti         | July 3            | 11:25 PM                                  |
| Early August Sankashti | August 1          | 10:09 PM                                  |
| Late August Sankashti  | August 31         | 9:17 PM                                   |
| September Sankashti    | September 29      | 8:19 PM                                   |
| October Sankashti      | October 28        | 7:45 PM                                   |
| November Sankashti     | November 27       | 8:01 PM                                   |
| December Sankashti     | December 26       | 8:18 PM                                   |

These timings are not automatically valid for Ottawa, Montreal, Calgary, Edmonton, Winnipeg, Halifax or other Canadian cities.

## Vancouver, British Columbia, Canada

| Observance             | Local Date     | Local Moonrise Reference                    |
|------------------------|----------------|---|
| January Sankashti      | January 5      | 7:42 PM                                     |
| February Sankashti     | February 4     | 9:08 PM                                     |
| March Sankashti        | March 6        | 10:26 PM                                    |
| April Sankashti        | April 4        | 11:33 PM                                    |
| May Sankashti          | May 4          | 12:35 AM on May 5                           |
| June Sankashti         | June 3         | 12:29 AM on June 4                          |
| July Sankashti         | July 2         | 11:17 PM                                    |
| Early August Sankashti | August 1       | 10:08 PM                                    |
| Late August Sankashti  | August 30      | 8:45 PM                                     |
| September Sankashti    | September 29   | 7:56 PM                                     |
| October Sankashti      | October 28     | 7:18 PM                                     |
| November Sankashti     | November 26–27 | Verify the exact fast-breaking time locally |
| December Sankashti     | December 26    | 8:09 PM                                     |

**Midnight and date-boundary entries require special care. Confirm them with a trusted local temple or location-based Panchang before beginning the vrat.**

## When Is Angaraki Sankashti Chaturthi in 2026?

Sankashti Chaturthi is called Angaraki when the locally observed fasting day falls on a Tuesday.

This means Angaraki dates are not always identical worldwide.

For example:

- London lists Tuesday observances on January 6, May 5 and

September 29.

- Several North American locations list the May observance on Monday, May 4 instead.
- Vancouver lists the January observance on Monday, January 5.
- September 29 is listed as Tuesday across the major cities compared above.

**Do not label an overseas Sankashti as Angaraki only because the Indian observance falls on Tuesday. Check the weekday of the local fasting date.**

## **How to Find the Correct Sankashti Time in Your City**

Use the following method:

1. Open a reliable Hindu Panchang that supports international locations.
2. Enter your exact city or postcode.
3. Select the year 2026.
4. Open the Sankashti Chaturthi calendar.
5. Confirm the local fasting date.
6. Check whether the displayed moonrise falls before or after midnight.
7. Check whether daylight-saving adjustment is included.
8. Compare with an announcement from a trusted local Hindu temple when the date crosses midnight.

Do not manually convert a Mumbai, Delhi or Ahmedabad moonrise time into EST, PST, GMT or another time zone. Moonrise is a local astronomical event, not simply a time-zone conversion.

## **Difference Between Sankashti and**

# Vinayaka Chaturthi

| <b>Sankashti Chaturthi</b>                                      | <b>Vinayaka Chaturthi</b>                                       |
|---|---|
| Observed during Krishna Paksha                                  | Observed during Shukla Paksha                                   |
| Comes after the full moon                                       | Comes after the new moon  |
| The fast is traditionally completed after local moonrise        | Moonrise is generally not the central fast-breaking requirement |
| Associated with facing difficulties through wisdom and devotion | Associated with auspicious beginnings and Ganesha worship       |
| Can become Angaraki when locally observed on Tuesday            | It is not ordinarily called Angaraki                            |

## Who Can Observe Sankashti Chaturthi Vrat?

Any devotee may observe the vrat according to personal faith, health and family tradition.

It may be observed by:

- Women and men
- Married and unmarried devotees
- Students
- Working professionals
- Business owners
- Senior citizens
- People who follow a complete fast
- People who observe a lighter fruit-based fast

Children, pregnant people, elderly devotees, people with diabetes and those taking regular medication should not follow a strict fast without appropriate medical advice.

**A health-conscious modified fast is better than a strict fast**

that causes harm.

## **Types of Sankashti Chaturthi Fast**

### **Nirjala Fast**

No food or water is consumed until the vrat is completed. This is a demanding practice and is not suitable for everyone.

### **Water-Based Fast**

Only water or simple permitted fluids are taken.

### **Milk and Fruit Fast**

Milk, yoghurt, fresh fruit, nuts and coconut water may be consumed.

### **Phalahar**

Permitted fasting foods such as fruit, potatoes, sweet potatoes, peanuts, Sabudana and suitable gluten-free fasting grains are eaten.

### **One-Meal Observance**

The devotee eats once after Puja, moonrise and Arghya.

Family traditions vary, and overseas devotees may adapt the fast responsibly around health, work and school commitments.

## **What Can You Eat During Sankashti Vrat in the US, UK and Canada?**

Depending on family tradition, suitable foods may include:

- Fresh fruit
- Milk and plain yoghurt

- Potatoes and sweet potatoes
- Sabudana Khichdi
- Roasted peanuts
- Makhana
- Almonds, walnuts and other nuts
- Coconut water
- Fresh fruit juice
- Rajgira or amaranth flour
- Kuttu or buckwheat flour
- Singhara or water chestnut flour
- Sama rice or barnyard millet
- Rock salt, where permitted by family custom

When buying packaged foods abroad, check the ingredients carefully. Products labelled gluten-free, vegetarian or vegan are not automatically suitable for a Hindu vrat.

Check for:

- Regular table salt
- Wheat starch
- Onion and garlic powder
- Gelatine
- Egg
- Animal-derived flavouring
- Cross-contamination, if this matters to your observance

## **What Should Be Avoided During the Fast?**

Depending on family custom, devotees commonly avoid:

- Wheat and ordinary flour
- Regular rice
- Lentils and beans
- Ordinary table salt
- Onion and garlic

- Eggs, meat and fish
- Alcohol and tobacco
- Stale or highly processed food
- Excessively oily food after a long fast

## Sankashti Chaturthi Puja Items

A simple overseas home Puja may be performed with:

- An idol or picture of Lord Ganesha
- A clean raised platform
- A red, yellow or white cloth
- Turmeric
- Kumkum
- Akshata or unbroken rice
- Sandalwood paste or Ashtagandha
- Sindoor, where traditionally used
- Fresh Durva grass
- Fresh flowers
- A diya with ghee or oil
- Cotton wicks
- Incense or Dhoop
- Camphor
- Modak, Laddoo, fruit or another Sattvic offering
- Jaggery and coconut
- Betel leaf and betel nut, if available
- A clean metal cup or Lota for Moon Arghya
- Clean water
- A small quantity of milk, if followed by family custom
- Aarti plate
- Ganesh Chalisa, Stotra or Vrat Katha text

Durva and betel leaves may be difficult to obtain in some countries. Visit an Indian grocery store or Hindu temple, but do not use wild plants unless you can identify them safely.

If Durva is unavailable, offer a clean fresh flower with devotion. Do not replace it with an unsafe or unidentified

grass.

# **Sankashti Chaturthi Puja Vidhi at Home**

## **1. Begin After Local Sunrise**

Take a bath, wear clean clothes and clean the worship area.

Light a diya before Lord Ganesha and mentally begin the vrat.

## **2. Take the Sankalp**

Hold a little water, Akshata and a flower in your right hand.

Say:

**I observe Sankashti Chaturthi Vrat and worship Lord Ganesha for wisdom, peace, good health and the welfare of my family and all beings.**

Release the water into a clean plate or bowl.

## **3. Follow the Chosen Fast**

Observe Nirjala, water-only, fruit-based or one-meal fasting according to health and family tradition.

Try to maintain calm speech, patience, honesty and self-control throughout the day.

## **4. Prepare the Evening Puja**

Before local moonrise:

- Clean the Puja area.
- Place Lord Ganesha's idol or picture on a raised platform.
- Arrange the diya, flowers, Durva and Naivedya.

- Keep the Arghya water ready.
- Confirm the local moonrise again.

## 5. Light the Diya

Recite:

**Shubham Karoti Kalyanam Arogyam Dhana Sampada□  
Shatru Buddhi Vinashaya Deepa Jyotir Namostute□**

## 6. Meditate on Lord Ganesha

Recite:

**Vakratunda Mahakaya Suryakoti Samaprabha□  
Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvada□**

Meaning:

O Lord Ganesha, whose radiance is like millions of suns, remove obstacles from my actions and guide me towards wise conduct.

## 7. Invoke Lord Ganesha

Offer a flower and Akshata while saying:

**Om Gam Ganapataye Namah□ Shri Mahaganapatim Avahayami,  
Sthapayami, Pujayami□**

For a permanently installed home deity, formal invocation is optional.

## 8. Offer Gandha, Turmeric, Kumkum and Akshata

Offer sandalwood, turmeric, Kumkum and Akshata.

**Om Ganapataye Namah□ Gandhakshatan Samarpayami□**

Do not apply wet substances directly if they may damage a painted or clay idol.

## 9. Offer Flowers and Durva

Offer a fresh flower and clean Durva grass.

**Om Gam Ganapataye Namah Pushpani Durvankuran Samarpayami**

Some families offer 21 Durva blades or 21 small bunches, but the number is not compulsory.

## 10. Recite the Twelve Names of Ganesha

**Om Sumukhaya Namah**

**Om Ekadantaya Namah**

**Om Kapilaya Namah**

**Om Gajakarnakaya Namah**

**Om Lambodaraya Namah**

**Om Vikataya Namah**

**Om Vighnanashaya Namah**

**Om Vinayakaya Namah**

**Om Dhumraketave Namah**

**Om Ganadhyakshaya Namah**

**Om Bhalachandraya Namah**

**Om Gajananaya Namah**

Offer a flower, Akshata or Durva after each name.

## 11. Offer Incense and Light

**Om Ganapataye Namah Dhoopam Aghrapayami Deepam Darshayami**

Use incense carefully in apartments with smoke alarms, children, pets or respiratory sensitivities.

## 12. Offer Naivedya

Offer Modak, Laddoo, fruit, jaggery and coconut or another

fresh Sattvic preparation.

**Om Ganapataye Namah**  **Naivedyam Nivedayami**

Suitable overseas alternatives include homemade Modak, Besan Laddoo, fruit, Kheer, Halwa or a small jaggery-coconut offering.

## **13. Chant the Ganesh Mantra**

Chant 11, 21 or 108 times:

**Om Gam Ganapataye Namah**

You may also recite the Ganesh Gayatri Mantra:

**Om Ekadantaya Vidmahe Vakratundaya Dhimahi**   
**Tanno Dantih Prachodayat**

## **14. Read a Sacred Text**

According to available time, read or recite:

- Ganapati Atharvashirsha
- Ganesh Chalisa
- Sankat Nashan Ganesh Stotra
- Ganesh Dwadash Naam Stotra
- Ganesh Gayatri Mantra
- Sankashti Chaturthi Vrat Katha

## **15. Read the Vrat Katha**

Read the traditional story given below and reflect on its message of truthfulness, repentance and inner correction.

## **16. Perform Ganesh Aarti**

You may sing:

**Jai Ganesh Jai Ganesh Jai Ganesh Deva**

## **Mata Jaki Parvati Pita Mahadeva**

Families may also sing “Sukhkarta Dukhharta” or another traditional Ganesh Aarti.

## **17. Wait for Local Moonrise**

Do not use Indian moonrise or another city’s time.

Where the listed moonrise is after midnight, follow the exact local calendar instructions and confirm whether the fast continues into the following civil date.

## **18. Offer Arghya to the Moon**

After the appropriate local moonrise, take clean water in a small metal cup or Lota.

Family tradition may allow the addition of:

- A small quantity of milk
- Akshata
- A white flower

Recite:

**Om Somaya Namah**

Or:

**Dadhi Shankha Tusharabham Kshirodarnava Sambhavam**

**Namami Shashinam Somam Shambhor Mukuta Bhushanam**

## **19. Offer Arghya Safely in an Apartment**

Do not pour water from a balcony, window or high-rise building.

Instead:

- Pour the Arghya into a clean bowl.

- Offer it beside a suitable outdoor plant.
- Use a small garden area where permitted.
- Follow building and local safety rules.

## 20. Ask for Forgiveness

**Mantrahinam Kriyahinam Bhaktihinam Sureshvara  
Yat Pujitam Maya Deva Paripurnam Tadastu Me**

Simple English prayer:

**0 Lord Ganesha, please forgive any mistakes made knowingly or unknowingly and accept this worship offered with devotion.**

## 21. Break the Fast

After Arghya and prayer:

- Take a small portion of Prasad.
- Drink water slowly.
- Begin with fruit, milk or light food.
- Avoid immediately eating a heavy, oily meal.

## What If the Moon Is Hidden by Clouds?

Clouds, rain, snow, fog and tall buildings can make Moon sighting difficult in the US, UK and Canada.

In such circumstances:

- Confirm the exact local moonrise from a trusted location-based Panchang.
- Wait for the prescribed time.
- Face the expected direction of the Moon.
- Mentally offer respect to Chandra Dev.
- Offer Arghya safely into a bowl or permitted outdoor space.

- Complete the Aarti and prayer.

Follow your family tradition or a trusted local temple when the Moon remains invisible or the date crosses midnight.

## **Sankashti Chaturthi Vrat Katha in English**

The following is a widely narrated traditional story associated with Lord Shiva, Goddess Parvati and a young boy. Details vary across regional retellings.

### **The Story of Shiva, Parvati and the Young Boy**

One day, Lord Shiva and Goddess Parvati were seated beside a river. They wished to play a game of Chaupar, but no third person was present to judge the result.

Goddess Parvati created the figure of a young boy from the earth or nearby natural material and gave him life through her divine power.

She instructed him, "Watch the game carefully and tell us truthfully who wins."

The boy respectfully agreed.

Lord Shiva and Goddess Parvati began the game. According to the traditional story, Goddess Parvati won, but the boy incorrectly declared Lord Shiva the winner.

They played again. Goddess Parvati won once more, yet the boy again announced that Lord Shiva had won.

Angered by his repeated false judgement, Goddess Parvati cursed the boy to suffer the consequences of his actions. In some versions, his legs became weak. In others, he became

trapped in mud or another distressing condition.

The boy realised his mistake and fell at the feet of Goddess Parvati.

He said, "Mother, I have made a serious mistake. I did not intend to insult you. Please show me a way to become free from this suffering."

Seeing his sincere regret, Goddess Parvati's anger softened.

She told him that although the consequence could not simply be erased, devotion to Lord Ganesha would show him the path towards relief. She explained that devotees would visit the place on Sankashti Chaturthi and that he should learn the Vrat from them.

When Sankashti Chaturthi arrived, a group of women or celestial maidens came to worship Lord Ganesha. The boy asked them about the fast, Puja, Durva offering, Vrat Katha and Moon Arghya.

He then observed the Vrat sincerely. He worshipped Lord Ganesha, offered flowers and Durva, listened to the sacred story, chanted the Ganesh mantra and completed the observance after Moon worship.

Lord Ganesha was pleased by his repentance, devotion and willingness to correct himself.

Ganesha appeared and asked, "What blessing do you seek?"

The boy replied, "O remover of obstacles, may I atone for my mistake. Please remove my suffering and allow me to return to Lord Shiva and Goddess Parvati."

Lord Ganesha guided him out of his difficulty.

The boy returned to Shiva and Parvati, admitted his mistake and again asked for forgiveness. Goddess Parvati saw that his

behaviour had genuinely changed and blessed him.

The story teaches that devotion is not only about requesting favourable results. It also requires truthfulness, accountability, repentance and improvement in conduct.

## **Message of the Sankashti Vrat Katha**

The story offers several practical lessons:

- Remain truthful and impartial.
- Accept mistakes honestly.
- Do not expect forgiveness without correcting behaviour.
- Use devotion as a way to improve character.
- Face difficulty with patience and wisdom.
- Combine prayer with responsible action.

## **Important Mantras for Sankashti Chaturthi**

### **Ganesh Moola Mantra**

**Om Gam Ganapataye Namah**

### **Vakratunda Mahakaya Mantra**

**Vakratunda Mahakaya Suryakoti Samaprabha**

**Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvada**

### **Ganesh Gayatri Mantra**

**Om Ekadantaya Vidmahe Vakratundaya Dhimahi**

**Tanno Dantih Prachodayat**

### **Sankat Nashan Prayer**

**Pranamy Shirasa Devam Gauriputram Vinayakam**

**Bhaktavasam Smarennityam Ayuh-Kamartha-Siddhaye**

# Moon Arghya Mantra

Om Somaya Namah

## How Working Professionals Can Observe the Vrat

Devotees with office, healthcare, retail, transport or shift-based jobs may:

- Take the Sankalp before leaving home.
- Carry suitable fruit, nuts or fasting food.
- Perform a short morning prayer.
- Complete the main Puja after returning home.
- Prepare the Naivedya in advance.
- Set a reminder for the correct local moonrise.
- Follow a modified fast if work requires physical exertion.

Religious discipline should be balanced with health, workplace safety and professional responsibilities.

## How Students Can Observe Sankashti Chaturthi

School and university students may:

- Take a simple morning Sankalp.
- Carry permitted food if a full fast is unsuitable.
- Chant "Om Gam Ganapataye Namah" before studying.
- Join the family Puja in the evening.
- Read a short version of the Vrat Katha.
- Pray for concentration, honesty and wise effort rather than guaranteed results.

# Spiritual Significance of Sankashti Chaturthi

Devotees may use the observance to:

- Strengthen devotion to Lord Ganesha
- Practise discipline and restraint
- Reflect on personal mistakes
- Develop patience during difficulties
- Pray for wise decision-making
- Continue Hindu traditions within the diaspora
- Teach children the meaning behind rituals
- Build a peaceful family prayer routine

These are matters of religious belief and personal spiritual experience. Puja and fasting should not replace medical treatment, professional advice or practical action.

## Good Actions to Perform on Sankashti Chaturthi

- Visit a local Ganesha or Hindu temple.
- Recite Ganapati Atharvashirsha or Ganesh Chalisa.
- Donate food to a community kitchen or food bank.
- Support a student with books or educational material.
- Volunteer through a temple or local charity.
- Feed birds or animals safely and legally.
- Reduce food waste.
- Resolve to correct one harmful habit.

## Things to Avoid

- Using Indian moonrise time abroad
- Assuming one date applies across an entire country
- Ignoring after-midnight Moon timings
- Following a fast that creates a health risk

- Forcing children, elderly people or patients to fast
- Pouring Arghya from a balcony
- Using unsafe wild grass as Durva
- Offering stale food
- Making guaranteed miracle claims
- Treating Puja as a substitute for responsible effort

## **Frequently Asked Questions**

### **1. Is the Sankashti Chaturthi date the same in India, the USA, UK and Canada?**

No. The local observance can differ because the fasting day depends on Chaturthi Tithi and local moonrise. Always use a location-based Panchang.

### **2. Can I use New York moonrise time elsewhere in the United States?**

No. Moonrise differs by city. People in Chicago, Texas, California, Washington and other regions must use their own local time.

### **3. Is the Toronto time valid throughout Canada?**

No. Toronto and Vancouver can have different dates and times. Calgary, Edmonton, Ottawa, Montreal, Winnipeg and Halifax should also use city-specific calculations.

### **4. Why does London sometimes show Moonrise after midnight?**

During some months, the local Moon rises after midnight. The exact following date must be considered when completing the vrat.

## **5. What should I do when a Panchang lists the Moon on the previous evening?**

This usually indicates a complex Tithi and Moon boundary. Do not decide the fast-breaking time from a single line. Confirm the observance with a trusted local temple or detailed city-based Panchang.

## **6. Can Sankashti Puja be performed without Durva?**

Yes. Durva is traditionally offered, but when it is genuinely unavailable, a clean fresh flower may be offered with devotion. Avoid unidentified wild grass.

## **7. What can I offer instead of Modak?**

Laddoo, fruit, Kheer, Halwa, jaggery and coconut or another fresh Sattvic preparation may be offered.

## **8. Is a complete fast compulsory?**

No. A fruit-based, milk-based or one-meal fast may be followed according to health and family tradition.

## **9. What should I do if the Moon is hidden by clouds or snow?**

Use the trusted local moonrise time, mentally offer respect in the Moon's direction and give Arghya safely according to family tradition.

## **10. Can women perform Sankashti Chaturthi Puja?**

Yes. Women, men, children and elderly devotees may worship Lord Ganesha according to their health and family tradition.

## **11. Can I perform the Puja in an apartment?**

Yes. Keep the ritual simple, use a safe diya and collect Arghya water in a bowl rather than pouring it from a balcony.

## **12. Is Ganapati Atharvashirsha compulsory?**

No. It is respected and widely recited, but a simple Ganesh mantra, Chalisa, Stotra or Aarti may also be used.

## **13. When should I break the Sankashti fast?**

Complete the fast only after the moonrise prescribed for your exact location, Moon Arghya, Ganesh prayer and family ritual.

## **14. Is every Indian Angaraki Sankashti also Angaraki abroad?**

Not necessarily. Angaraki depends on the weekday of the local fasting observance. The date can shift abroad.

## **Conclusion**

**Sankashti Chaturthi is not only a day of avoiding food; it is an opportunity to practise discipline, truthfulness, patience, devotion and wise action.**

For devotees in the United States, United Kingdom and Canada, the most important practical rule is to use a location-based date and moonrise. Do not rely on Indian timings, a different overseas city or a simple time-zone conversion.

A meaningful home observance may include a Sankalp, diya, flower, Durva where available, a simple Naivedya, Ganesh

mantra, Vrat Katha, Aarti and Moon Arghya. The method may be adapted responsibly according to health, work, weather, local safety rules and family custom.

**0 Lord Ganesha, bless us with the wisdom to make good decisions, the patience to face difficulties and the humility to correct our mistakes.**

**Ganpati Bappa Morya! Mangal Murti Morya!**

ॐ नमो भगवते वासुदेवाय - ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय  
ॐ नमो भगवते वासुदेवाय

ॐ नमो भगवते वासुदेवाय - ॐ नमो भगवते वासुदेवाय, ॐ नमो भगवते वासुदेवाय  
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ॐ नमो भगवते वासुदेवाय

[Sankashti Chaturthi – Local Dates, Moonrise Times, Vrat Katha and Puja Vidhi](#)

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