

Thursday Fast Katha and Aarti in English | Brihaspati Vrat Puja Vidhi

Brihaspati Vrat is a popular weekly Hindu fast observed on Thursday. It is associated with the worship of Lord Vishnu and Devaguru Brihaspati, the divine teacher of the Devas and the deity connected with wisdom, guidance and the planet Jupiter in Hindu astrology.

The observance is also known as Thursday fast, Guruvar Vrat, Brihaspativar Vrat, Brihaspati Vrat or Jupiter fast. Devotees commonly use yellow flowers, Chana Dal, jaggery, bananas, turmeric and yellow-coloured Prasad during the Puja.

The Thursday Vrat Katha tells the story of a charitable king, a queen who opposed charity and a devoted maid. It teaches that wealth should not be collected only for personal comfort. It should also be used for service, charity and the welfare of others.

The story also explains how pride, laziness and neglect of righteous conduct can create difficulty, while faith, honest effort, humility and responsible use of wealth can help restore balance in life.

This article includes the complete Brihaspati Vrat Katha in English, Thursday Puja Samagri, step-by-step Puja Vidhi, fasting rules, suitable foods, Udyapan method, traditional benefits, important mantras and the complete "Om Jai Brihaspati Deva" Aarti in Roman-English lyrics.

Om Brim Brihaspataye Namah. Om Namo Bhagavate Vasudevaya.

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What is Brihaspati Vrat or Thursday Fast?

Brihaspati Vrat is a weekly religious observance performed on Thursday in honour of Lord Vishnu and Devaguru Brihaspati. It is commonly observed by devotees praying for wisdom, spiritual guidance, family harmony and the ability to make righteous decisions.

Brihaspati is traditionally respected as the Guru of the Devas and a symbol of knowledge, ethics, guidance and higher understanding. Lord Vishnu is worshipped as the preserver of creation and protector of Dharma.

For this reason, many households worship Lord Vishnu and Brihaspati Dev together on Thursday.

Subject	Details
Day of Observance	Thursday

Subject	Details
Worshipped Deities	Lord Vishnu and Devaguru Brihaspati
Associated Colour	Yellow
Common Offerings	Chana Dal, jaggery, bananas and yellow sweets
Traditionally Worshipped Plant	Banana plant
Popular Mantra	Om Brim Brihaspataye Namah
Main Values	Wisdom, charity, humility, discipline and responsible use of wealth
Who Can Observe It?	Any sincere devotee

Religious and Spiritual Importance of Brihaspati Vrat

Worship of Lord Vishnu

Thursday is widely associated with the worship of Lord Vishnu. Devotees pray for family peace, spiritual understanding, righteous progress and clarity while making important decisions.

Respect for Teachers and Spiritual Guidance

Devaguru Brihaspati represents the Guru principle. The Vrat encourages respect for parents, teachers, mentors and everyone who provides honest guidance.

Responsible Use of Wealth

A central teaching of the Vrat Katha is that money should not

be collected only for personal comfort. According to one's ability, it may also be used to feed people, support education and help those facing genuine hardship.

Giving Up Pride and Laziness

The queen in the Katha becomes disconnected from worship, service and responsible living because of comfort and pride. Her difficulties help her understand the importance of humility, effort and generosity.

Faith Expressed Through Conduct

The Vrat teaches that worship should influence daily behaviour. Prayer becomes more meaningful when it is accompanied by honesty, discipline, kindness and responsible action.

Thursday Fast Puja Samagri List

The following items may be used for a simple Brihaspati Vrat Puja at home:

- Picture or murti of Lord Vishnu, Lakshmi Narayana or Brihaspati Dev
- A clean Chowki or small table
- A clean yellow cloth
- Yellow flowers
- Turmeric and yellow sandalwood paste
- Akshat or unbroken rice
- Chana Dal or split chickpeas
- Jaggery
- Bananas
- Raisins or a yellow-coloured sweet
- Tulsi leaves for Lord Vishnu
- Ghee lamp and cotton wick
- Incense

- A clean vessel filled with water
- Brihaspati Vrat Katha book or digital text
- Aarti plate

Alternatives for Devotees Living in the UK, USA or Canada

Every traditional item may not be easily available outside India. The Puja should not be cancelled because one item is missing.

- Use any fresh yellow flower if marigold is unavailable.
- Use split chickpeas when Indian Chana Dal is not available.
- Use brown sugar or another simple sweet offering if jaggery is unavailable.
- Use a Lord Vishnu picture when a separate image of Brihaspati Dev is unavailable.
- Offer worship indoors if weather conditions make outdoor banana-plant worship impractical.
- Use a small indoor banana plant only when it can be cared for properly.
- A battery-operated lamp may be used where open flames are restricted, though a traditional lamp may be lit when it is safe and permitted.

The sincerity of the worship is more important than collecting every item or creating an expensive arrangement.

Simple Brihaspati Vrat Puja Vidhi

1. Wake up in the morning, bathe and wear clean clothes. Yellow or light-coloured clothes may be worn, but they are not compulsory.
2. Clean the Puja area and spread a yellow cloth over a small table or Chowki.
3. Place an image of Lord Vishnu, Lakshmi Narayana or

Brihaspati Dev on the Chowki.

4. Light a ghee lamp and incense when it is safe to do so.
5. Offer turmeric, sandalwood paste, Akshat and yellow flowers.
6. Offer Chana Dal, jaggery, bananas and a yellow sweet as Naivedya.
7. If a healthy banana plant is available, offer a small amount of clean water near its roots without damaging the plant.
8. Chant "Om Brim Brihaspataye Namah" 11, 21 or 108 times.
9. Read or listen to the Brihaspati Vrat Katha attentively.
10. Perform the "Om Jai Brihaspati Deva" Aarti.
11. Pray for wisdom, humility, righteous conduct and the welfare of all.
12. Distribute the offered food as Prasad.

Simple Sankalpa for Thursday Fast

0 Lord Vishnu and Devaguru Brihaspati, I am observing this Thursday Vrat and Puja with faith. Please bless me with wisdom, humility, discipline and the strength to perform righteous actions. May there be peace, understanding and Dharma within my family.

Brihaspati Mantra

Om Brim Brihaspataye Namah.

Lord Vishnu Mantra

Om Namo Bhagavate Vasudevaya.

How to Manage the Puja Around Work or School

Devotees living in the UK, USA and Canada may not always be able to perform a long morning Puja because of work, school or travel schedules.

A short prayer and Sankalpa may be performed in the morning. The Katha, mantra chanting and Aarti may then be completed in the evening when the family can participate peacefully.

Regularity, sincerity and responsible conduct are more important than performing every step at a difficult or inconvenient time.

Complete Brihaspati Vrat Katha in English

The Charitable King and the Queen Who Opposed Charity

In ancient times, a powerful and charitable king ruled over a prosperous kingdom. He was just towards his subjects and regularly helped people in need.

He provided food to the hungry, gave charity according to his means and visited temples to offer prayers.

However, the queen's nature was very different. She did not appreciate worship, charity or service. She believed that the king was wasting the royal wealth by distributing it among others.

She preferred to spend her time enjoying comfort and protecting the accumulated wealth.

Brihaspati Dev Arrived as a Sage

One day, the king had gone into the forest. The queen and her maid were present in the palace.

Devaguru Brihaspati appeared at the palace entrance in the form of a sage and asked the queen for alms.

The queen refused to offer anything. She said, "My husband continuously distributes our wealth. I am tired of looking after it. Please tell me a way through which all this wealth will disappear."

The sage advised her, "Instead of feeling troubled by wealth, use it properly. Feed those who are hungry, arrange clean drinking water, support the education of children and contribute to meaningful religious and community work."

However, the queen ignored this advice and repeatedly asked for a way to lose the wealth.

The sage then described conduct that was contrary to the traditional discipline of Thursday worship. The queen followed his words literally without applying wisdom or understanding their deeper warning.

Within a short period, the king's wealth, property and prosperity began to disappear. The palace lost its abundance, and even food became difficult to obtain.

The King Left to Find Work

As the financial difficulty increased, the king told the queen, "Everyone knows me in this city. It may be difficult for me to find ordinary employment here. I will travel to another place, work honestly and try to earn a living."

The king left his kingdom. In another region, he began cutting wood in the forest and selling it in the town.

Meanwhile, the queen and her maid faced extreme poverty. On some days they found a little food, while on other days they survived only on water.

Eventually, there was no grain left in the palace.

The Maid Visited the Queen's Sister

The queen asked her maid to visit her sister, who lived nearby, and request a small amount of grain.

It happened to be Thursday. When the maid arrived, the queen's sister was listening to Brihaspati Vrat Katha.

She remained seated and focused during the sacred narration, so she did not immediately respond to the maid.

The maid felt disappointed and returned to the palace. She told the queen that even her own sister had not responded during their time of difficulty.

After completing the Katha and Puja, the sister remembered that the maid had visited. She immediately went to the queen and asked why the maid had come.

A Pot of Grain Was Found

The queen tearfully explained that there had been no food in the palace for several days and that the maid had been sent to request grain.

Her sister replied, "Brihaspati Dev supports those who worship with faith and improve their conduct. Search the house carefully. There may still be some grain stored somewhere."

The queen asked the maid to search again. In one part of the house, the maid discovered a pot filled with grain.

Both were surprised and grateful.

The maid said, "When we have no food, we are forced to remain hungry. Why should we not observe the Thursday fast with faith? Please ask your sister to teach us the method."

The Queen Learned the Thursday Puja Vidhi

The queen's sister explained that devotees should bathe on Thursday and worship Lord Vishnu and Brihaspati Dev.

They may offer clean water near a banana plant, along with Chana Dal, jaggery, raisins, bananas and yellow flowers.

A ghee lamp should be lit, the Vrat Katha should be heard, and a simple sattvic meal may be eaten according to health and family tradition.

She also explained that the Puja should not be performed only to regain food or wealth. It should include a sincere commitment to improve one's conduct, follow Dharma and help those in need.

Brihaspati Dev Sent Food

On the following Thursday, the queen and her maid observed the Vrat with faith.

They possessed very few materials, so they used the small amount of Chana Dal and jaggery available to them and completed the worship.

After the Puja, they wondered how they would obtain a suitable meal to complete the fast.

At that moment, Brihaspati Dev appeared in the form of an ordinary person. He gave the maid two plates of yellow-coloured food and said, "This is for you and your queen."

The queen and her maid bowed to the Lord and received the food as Prasad.

They continued to worship every Thursday. Gradually, their circumstances began to improve.

The Maid Explained the Proper Use of Wealth

When prosperity returned, the queen slowly began slipping back into comfort and inactivity.

The maid respectfully reminded her, "We have received another opportunity after facing great hardship. We should not repeat our earlier mistake. We should use this wealth to feed people, provide useful support and contribute to good work."

The queen realised her mistake. She began supporting charity, service and community welfare.

Her behaviour became more humble, and the family gradually regained respect.

The Queen Prayed for the King's Return

One day, the queen and the maid remembered the king. They prayed to Brihaspati Dev for his safety and return.

That night, Brihaspati Dev appeared in the king's dream and said, "Your queen is remembering you. The time has come for you to return to your kingdom."

The following day, while cutting wood, the king was thinking about his difficult circumstances.

Brihaspati Dev appeared before him in the form of a sage and asked why he seemed troubled.

The king narrated his story.

The sage replied, "Your wife made mistakes, but she has now begun observing the Thursday Vrat and following righteous conduct. You should also worship Lord Vishnu and Brihaspati Dev with faith."

The king explained that his income was too small to purchase

elaborate Puja materials.

The sage told him that expensive arrangements were unnecessary. He could offer a small quantity of Chana Dal, jaggery and banana according to his means.

The King's Circumstances Improved

The king decided to observe the Thursday Vrat.

That day, his wood was sold for a better price than usual. He purchased a few simple Puja items, worshipped the Lord and received Prasad.

After some time, the king returned to his kingdom. The queen accepted her mistakes, and the king forgave her.

Together, they began following charity, service, Dharma and the Thursday Vrat.

Prosperity returned to their kingdom. However, they no longer treated wealth as something meant only for personal enjoyment. They understood it as a responsibility and a means of supporting the welfare of others.

Message of the Katha: Faith should not remain limited to rituals. It should be visible through honesty, effort, charity, humility and responsible use of wealth.

Main Teachings of Brihaspati Vrat Katha

Teaching	Simple Meaning
Responsible Use of Wealth	Use part of one's resources for service and meaningful causes
Charity	Help people according to one's ability without pride

Teaching	Simple Meaning
Honest Effort	Take responsible action instead of surrendering to difficulty
Humility	Avoid laziness and pride after gaining success
Respect for Guidance	Listen carefully to parents, teachers and wise advisers
Discernment	Do not follow instructions blindly without understanding them
Gratitude	Do not forget God and those who helped after circumstances improve
Improved Conduct	Allow worship to create positive changes in everyday behaviour

Brihaspati Aarti Lyrics in English

Jai Brihaspati Deva,
Om Jai Brihaspati Deva.
Chhin-Chhin Bhog Lagaun,
Kadali Phal Meva.
Om Jai Brihaspati Deva.

Tum Purna Paramatma,
Tum Antaryami.
Jagatpita Jagadishwar,
Tum Sabke Swami.
Om Jai Brihaspati Deva.

Charanamrit Nij Nirmal,
Sab Patak Harta.
Sakal Manorath Dayak,
Kripa Karo Bharta.
Om Jai Brihaspati Deva.

Tan Man Dhan Arpan Kar,
Jo Jan Sharan Dhare.

Prabhu Prakat Tab Hoka,
Aakar Dwar Khade.
Om Jai Brihaspati Deva.

Deendayal Dayanidhi,
Bhaktan Hitkari.
Paap Dosh Sab Harta,
Bhav Bandhan Hari.
Om Jai Brihaspati Deva.

Sakal Manorath Dayak,
Sab Sanshay Taro.
Vishay Vikar Mitao,
Santan Sukhkari.
Om Jai Brihaspati Deva.

Jo Koi Aarti Teri,
Prem Sahit Gave.
Kasht Haro Tum Unke,
Man-Ichchhit Phal Pave.
Om Jai Brihaspati Deva.

Jai Brihaspati Deva,
Om Jai Brihaspati Deva.
Chhin-Chhin Bhog Lagaun,
Kadali Phal Meva.
Om Jai Brihaspati Deva.

Simple Meaning of Brihaspati Aarti

The Aarti praises Brihaspati Dev as the indwelling divine guide, the Lord of all and the compassionate protector of devotees.

The devotee offers body, mind and material resources to the Lord and prays for freedom from wrongdoing, confusion, attachment and the bondage of worldly suffering.

The deeper message of the Aarti is that devotees should pray not only for material wishes but also for wisdom, self-control, devotion and purity of thought.

Thursday Fast Rules

- Bathe and wear clean clothes before beginning the Puja.
- Worship Lord Vishnu and Brihaspati Dev with sincere devotion.
- Offer yellow flowers, Chana Dal, jaggery and bananas when available.
- Read or listen to the Vrat Katha without unnecessary interruptions.
- Take one sattvic meal or a lighter meal according to health.
- Avoid meat, alcohol, intoxicants and tamasic activities.
- Try to avoid lying, anger, harsh speech and unnecessary arguments.
- Offer food or useful assistance to someone in need when possible.
- Do not harm a banana plant while performing the traditional worship.
- Connect the fast with self-improvement rather than fear or superstition.

Is Cutting Hair or Nails Forbidden on Thursday?

Some families avoid cutting hair, shaving or trimming nails on Thursday. This is a traditional household practice and is not followed in exactly the same way by every Hindu family.

There is no need to become fearful when hygiene, employment, school or health circumstances require it. The deeper focus of the Vrat is devotion, discipline and ethical conduct.

Is Washing Clothes Forbidden on Thursday?

Some families avoid washing clothes on Thursday, while others do not follow this custom.

Normal household needs should not become a source of fear. Cleanliness, devotion, charity and respectful behaviour are more central to the observance.

Is Salt Avoided During Brihaspati Vrat?

Some devotees eat food without salt, while others take one normal sattvic yellow meal. The rule depends on family tradition, health and personal Sankalpa.

What Can You Eat During the Thursday Fast?

Food rules differ according to region, health and family tradition. Common options include:

- Bananas and other fruits
- Milk, yoghurt or buttermilk
- Besan Halwa or Besan Laddoo
- A simple meal made with Chana Dal
- Yellow Khichdi
- Saffron or turmeric milk
- Jaggery
- Dry fruits and nuts
- Sabudana or other foods permitted by family tradition

Practical Food Options Outside India

Devotees in the UK, USA and Canada may use locally available sattvic ingredients. Suitable choices may include fruit, milk, plain yoghurt, nuts, lentil dishes, rice and simple homemade sweets.

The food does not need to be artificially coloured yellow. A naturally prepared sattvic meal is sufficient.

Pregnant women, children, older adults, people with diabetes and those taking regular medication should not observe a strict fast without appropriate medical guidance.

How to Perform Brihaspati Vrat Udyapan

Many devotees observe the Vrat for 7, 11 or 16 Thursdays. These numbers are customary and are not compulsory for everyone.

When the number of Thursdays included in the Sankalpa has been completed, a simple Udyapan may be performed according to one's means.

1. On the final Thursday, bathe and perform a special Puja of Lord Vishnu and Brihaspati Dev.
2. Offer yellow cloth, flowers, turmeric, Chana Dal, jaggery and bananas.
3. Read or listen to Brihaspati Vrat Katha.
4. Chant "Om Brim Brihaspataye Namah."
5. Perform Brihaspati Aarti.
6. Prepare a sattvic yellow meal, such as Chana Dal, rice, Besan Halwa or another suitable dish.
7. Serve food to family members, guests or people in need.
8. Donate Chana Dal, jaggery, bananas, clothes, educational supplies or another useful item according to your means.
9. Thank the Lord and respectfully complete the Sankalpa.

Udyapan does not require debt, excessive spending or display. Simplicity, gratitude, charity and sincere devotion are more important.

Traditional Benefits of Brihaspati Vrat

The following benefits are based on devotional traditions and personal spiritual beliefs. They should not be treated as guaranteed astrological, financial, marital or medical outcomes.

- It strengthens devotion towards Lord Vishnu and Brihaspati Dev.
- It encourages regular prayer and personal discipline.
- It develops respect for wisdom, learning and teachers.
- It inspires charity and responsible use of wealth.
- Family worship can create a peaceful devotional atmosphere.
- It encourages reflection on anger, laziness and pride.
- It may provide spiritual support and hope during difficult periods.
- It encourages a simpler and more sattvic weekly routine.

Is Thursday Fast Observed for Marriage?

Traditional belief connects this Vrat with prayers for marriage and family welfare. However, marriage depends on many personal, social and practical circumstances.

Prayer may be accompanied by honest communication, realistic expectations and responsible efforts.

Does Brihaspati Vrat Strengthen Jupiter?

In Hindu astrological tradition, Thursday Vrat and Brihaspati mantra are associated with Guru or Jupiter.

Individual astrological conclusions depend on the complete birth chart and should be discussed with a qualified practitioner. The fast should not be promoted through fear or guarantees.

Does Thursday Fast Remove Financial Problems?

The Katha encourages faith, honest work, charity and responsible use of money. Financial difficulty may also require budgeting, income planning, debt management and qualified professional advice.

Frequently Asked Questions About Thursday Fast and Brihaspati Vrat

1. What is Thursday Fast Called in Hinduism?

It is commonly called Brihaspati Vrat, Brihaspativar Vrat, Guruvar Vrat, Guru Vrat or Thursday fast.

2. Which God is Worshipped on Thursday?

Lord Vishnu and Devaguru Brihaspati are commonly worshipped on Thursday.

3. Who is Brihaspati Dev?

Brihaspati Dev is traditionally respected as the Guru of the Devas and a symbol of wisdom, spiritual guidance and righteous counsel.

4. When Can I Start Brihaspati Vrat?

A simple devotional observance may begin on any convenient Thursday. A person taking a specific traditional or astrological Sankalpa may consult a family priest or reliable Panchang.

5. How Many Thursdays Should the Fast Be Observed?

Many devotees observe 7, 11 or 16 Thursdays. There is no compulsory number for every person.

6. Can Women Observe Brihaspati Vrat?

Yes. Women and men may both observe the Thursday fast and perform the Puja.

7. Can an Unmarried Person Observe Thursday Fast?

Yes. An unmarried person may observe it while praying for wisdom, devotion, discipline and righteous progress.

8. Is Worshipping a Banana Plant Compulsory?

No. Banana-plant worship is a popular custom. When a plant is unavailable, Lord Vishnu or Brihaspati Dev may be worshipped at the home altar.

9. What Should Be Offered to a Banana Plant?

A small amount of clean water, turmeric, Chana Dal, jaggery and yellow flowers may be offered. Avoid placing excessive food near the roots or damaging the plant.

10. What Prasad is Offered During Thursday Puja?

Chana Dal, jaggery, bananas, Besan Halwa, Boondi or another sattvic yellow sweet may be offered.

11. Is One Meal Allowed During Thursday Fast?

Many devotees take one sattvic meal. Others eat fruit or lighter food depending on health and family tradition.

12. Can Salt Be Eaten During Brihaspati Vrat?

Some devotees avoid salt, while others eat a normal sattvic meal. Follow a healthy and sustainable practice.

13. Is Wearing Yellow Clothes Compulsory?

No. Yellow is associated with Brihaspati Dev, but clean and modest clothing is more important than a particular colour.

14. Can Vishnu Sahasranamam Be Read on Thursday?

Yes. Vishnu Sahasranamam, Vishnu Chalisa and the mantra "Om Namo Bhagavate Vasudevaya" may be recited during Thursday worship.

15. What is the Main Brihaspati Mantra?

"Om Brim Brihaspataye Namah" is a popular and simple mantra dedicated to Brihaspati Dev.

16. Which Aarti is Sung on Thursday?

"Om Jai Brihaspati Deva" is a commonly sung Thursday Aarti dedicated to Brihaspati Dev.

17. Is Reading the Thursday Vrat Katha

Necessary?

Reading or listening to the Katha is an important part of the observance because it explains its ethical and spiritual teachings.

18. Can the Puja Be Performed Without a Priest?

Yes. A simple Puja, mantra, Katha and Aarti may be performed at home without a priest.

19. Can the Puja Be Performed in the Evening?

Yes. Devotees unable to complete the entire worship before work or school may perform a short morning prayer and complete the Katha and Aarti in the evening.

20. Can Brihaspati Vrat Be Observed Outside India?

Yes. The Vrat may be observed anywhere, including the UK, USA and Canada. Locally available flowers, food and Puja materials may be used respectfully.

21. What Can Be Donated on Thursday?

According to one's means, Chana Dal, jaggery, bananas, food, clothes, books, educational supplies or other useful items may be donated.

22. What Should I Do If the Fast is Broken?

Do not become afraid. If the fast cannot be completed because of health, travel or unavoidable circumstances, offer a prayer

and continue the observance on the following Thursday.

23. Should a Sick Person Observe the Fast?

A sick person should not undertake a strict fast. A light sattvic meal may be taken while completing the prayer, Katha and Aarti according to capacity.

24. What Time Does Thursday Begin for Devotees Abroad?

The Vrat follows the local Thursday where the devotee lives. Hindu calendar details and sunrise times should be checked according to the local city and time zone rather than Indian Standard Time.

25. What is the Main Message of Brihaspati Vrat Katha?

The main message is to value wisdom, respect teachers, use wealth responsibly, practise charity, work honestly and remain humble during prosperity.

Conclusion

Brihaspati Vrat Katha is not merely a story about regaining wealth or comfort. It explains the importance of responsible use of money, service, respect for wise guidance and righteous living.

The queen faces difficulty because pride, laziness and opposition to charity influence her conduct. When she accepts her mistakes, observes the Vrat sincerely and begins helping others, her life gradually becomes balanced again.

While observing the Thursday fast, devotees should not focus

only on material wishes. They may also pray for wisdom, humility, self-control and the ability to make responsible decisions.

The Vrat can be observed in India or abroad using simple, locally available materials. The deeper purpose is not perfect ritual performance, but devotion expressed through improved conduct.

Om Brim Brihaspataye Namah. Om Namo Bhagavate Vasudevaya. Glory to Devaguru Brihaspati.

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