

RITUAL CARD · SANSKAR & LIFE EVENTS

Indira Ekadashi

6 October 2026 · Tuesday · Ashwin Krishna Ekadashi

DATE 6 Oct Tuesday	TITHI Ashwin Krishna Ekadashi	FAST Phalahar	PAARAN 7 Oct At sunrise
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SAMAGRI CHECKLIST

- ☐

Fresh tulsi leaves
- ☐

Ganga Jal or clean water
- ☐

Cow’s milk and panchamrit
- ☐

Black sesame
- ☐

Flowers, akshat
- ☐

Diya and ghee
- ☐

Food for daan

VIDHI — STEP BY STEP

8 steps

- 1

Take the sankalp

Take the vrat sankalp after bathing, naming the person on whose behalf you are keeping it.
- 2

Getting ready

Rise before sunrise on Ekadashi and bathe.
- 3

Samagri

Vishnu puja — panchamrit abhishek, tulsi, flowers, akshat, diya.
- 4

Recite

Chant - Om Namo Bhagavate Vasudevaya
- 5

Performing Tarpan

Where the tithi coincides with your family's Shraddha tithi, Tarpan may be performed the same day.
- 6

Fast through the day on phalahar

Nirjala and jagaran are traditional and neither is mandated. Phalahar is fully accepted, and a fast adapted to your health is a complete vrat.
- 7

Paaran

Break the fast in the Paaran window on Dwadashi
- 8

Donate

Offer food to someone in need in the name of the person you kept it for

THE TWELVE-SYLLABLE MANTRA, SAID THROUGH THE PUJA AND THROUGH THE DAY OF THE FAST.

ॐ नमो भगवते वासुदेवाय ॥

Salutations to the Lord Vasudeva.

Chant 108 times with a mala, or 11 / 21 / 51 times

FASTING

Phalahar Avoid grains, rice, wheat, lentils and pulses, regular salt, onion, garlic and non-vegetarian food.



Scan for the full guide — katha, meanings and sources

thetapaco.com

Source: thetapaco.com · Delhi-NCR · 2026