

RITUAL CARD · SANSKAR & LIFE EVENTS

Papankusha Ekadashi

22 October 2026 · Thursday · Ashwin Shukla Ekadashi

DATE 22 Oct Thursday	TITHI Ashwin Shukla Ekadashi	FAST Sattvic	PAARAN 23 Oct At sunrise
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SAMAGRI CHECKLIST

- ☐ Fresh tulsi leaves

☐ Ganga Jal or clean water

☐ Panchamrit

☐ Flowers, akshat

☐ Ghee, Diya

☐ Fruit for the Paaran

☐ Food for daan

VIDHI — STEP BY STEP

7 steps

- 1

Take the sankalp

Take the vrat sankalp after bathing, before the Vishnu image
- 2

Getting ready

Rise before sunrise on Ekadashi and bathe
- 3

Samagri

For Vishnu Puja: panchamrit abhishek, tulsi, flowers, akshat, diya
- 4

Chanting

Chant Om Namo Bhagavate Vasudevaya
- 5

Katha

Recite the vrat katha
- 6

Vrat

Fast throughout the day on phalahar.
- 7

Donate

Offer food to someone in need

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

ॐ नमो भगवते वासुदेवाय ॥

Om Namo Bhagavate Vasudevaya

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

FASTING

- Sattvic

On Dashami, one sattvic meal before noon.
- Phalahar

On Ekadashi, avoid grains, rice, wheat, lentils and pulses, regular salt, onion, garlic, and non-vegetarian...



Scan for the full guide — katha, meanings and sources

thetapaco.com

Source: thetapaco.com · Delhi-NCR · 2026