the tapa company

RITUAL CARD

RITUAL CARD · ALL-YEAR PUJANS

Rama Ekadashi

5 November 2026 · Thursday · Kartik Krishna Ekadashi

DATE	TITHI	FAST	PAARAN
5 Nov Thursday	**Kartik Krishna Ekadashi**	**Dashami - the day before**	**6 Nov** At sunrise

SAMAGRI CHECKLIST

- [ ] Fresh tulsi leaves
- [ ] Ganga jal or clean water
- [ ] Cow's milk and panchamrit
- [ ] Flowers and akshat
- [ ] Diya-Ghee
- [ ] Sendha namak & Fruits for Paaran

VIDHI — STEP BY STEP

8 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. **Vishnu puja**
   Panchamrit abhishek, tulsi, flowers, akshat, diya.
4.
5. **Chant**
   Chant ॐ नमो भगवते वासुदेवाय om namo bhagavate vasudevaya through the puja and through the day
6. **Katha**
   Recite the vrat katha, ideally in the eve
7. **Fast through the day on phalahar**
   Keep vigil through part of the night if you are able
8. **Break the fast in the Parana window on Dwadashi.**
   Offer food to someone in need.

MANTRA

ॐ नमो भगवते वासुदेवाय

oṃ namo bhagavate vāsudevāya

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

FASTING

Dashami - the day before One sattvic meal before noon.

Ekadashi - the fast day Left off: grains, rice, wheat, lentils and pulses, regular salt, onion, garlic, and non-vegetarian food.

Dwadashi - the Parana Break the fast inside the Parana window, after Hari Vasara ends.

Scan for the full guide — katha, meanings and sources

thetapaco.com

Source: thetapaco.com · Delhi-NCR · 2026