

Hindu Fast and Festivals Calendar

The ancient Hindu Seers have had a comprehensive study of time. The minute details covered by those fantastic minds in reckoning time is bewildering. The Hindu calendar is based on the age of Brahma, the Creator. The life span of Creator Lord Brahma is 100 years. His age now is 51 years. Each day of Lord Brahma is designated by a Kalpa. Each Kalpa comprise of 14 Manus and each Manu consist of 71 Mahayuga. 1000 such Mahayugs completes Lord Brahma's 1 day. At present, we are in the 28th Mahayug. The Yugas are further sub-divided into 60 year cycles. Each year (called the Samvatsar, Shaka or Samvat), normally consists of the 12 months except when there is a Adhik Maas (Additional Month). The religious ritualistic activities are mainly based on the Lunar Calendar. However, some people from different regions of India may follow the Solar Calendar.

[How to use this Calendar](#)

This calendar is prepared by **Pt. Narayan Bhatt and Pt. Shashi Maharaj** according to the Geo-centric position of Sydney Lat. 33, 54 S Long. 150, 56 E. The Calendar is calculated in 24.00 hrs format. Eg 24:00 would mean midnight whereas 12:00 would indicate midday. Day light saving is included in this calculation. Please note that this Lunar calendar only contains important events. Due to time differences, these Vratas may vary from Indian Jantris.

In astrological terms, day begins with Sun rise and night begins with Sunset. The entire calculation is provided for your ready reference. **S.P** means Shukla Paksha followed by full moon and **K.P.** means Krishna Paksha followed by dark fortnight. Please consult Pundit ji for any further assistance. Constructive comments are always welcome.

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What you need to know during an Eclipse

At the time of the eclipse, people bathe in the sacred rivers. They do charitable acts. Such as Godaan, money daan and gold. The day after the eclipse feed the poor, the Brahmins and the Sadhus. After the eclipse clean your houses, vessels, etc., and take a bath before starting cooking. One should not take food during the eclipse. Do not serve the food cooked before the eclipse. Food can be taken only after the sun or the moon is seen the next day.

Pregnant women should not see the sun or the moon during the time of the eclipse. If they do the child may be born deformed. Householders are forbidden from sexual intercourse on the day of the eclipse, for the same reason. At this time one should take great care in avoiding bleeding, scorpion stings, etc. These have disastrous results. Even an earthworm has a poisonous effect when it bites one during an eclipse.

Those who do Japa during the eclipse derive great benefits. The effect of Japa and Sankirtan during the eclipse contributes towards relieving the suffering of humanity and also of the planets. These people receive the blessings of the gods. They attain perfection quickly. Those who wish to tap the subtle force locked in the Mantra that will cure scorpion stings should stand in water and repeat the appropriate Mantra.

With little intellect we cannot understand many things in this universe. Hence, have faith in the words of sages. Ignorance has eclipsed self-knowledge. However, this eclipse will disappear. You will shine in your own glory. This is the spiritual significance of the eclipse.

for more information contact Sydney observatory on 9217 0485)

<http://www.assa.org.au/eclipse2005>

To find current times in all countries and all major cities, click below <http://www.worldtimeserver.com/>

The Shravan Month

The month of Shravan is the fifth month of the Hindu Lunar calendar beginning from Chaitra, and is the most auspicious month for Lord Shiva. This month is spread out with innumerable religious festivals and ceremonies and almost all the days of this month are auspicious. Shravan is considered the holiest month of the year. Each Monday of this month, is known as Shravana Somvar which is considered very auspicious for Lord Shiva.

Each day in the month of Shravan has a special significance and has its own ritual.

Monday: is the day of Lord Shiva worship.

Tuesday: Gauri is worshipped in every home, by women for the good health of their family.

Wednesday: are dedicated to Vithala, a form of Vishnu or Krishna.

Thursday: are also days for worshipping Buddha and Guru.

Friday: every home worships Lakshmi and Tulsi.

Saturday: are for Saturn (Shani). It is also known as Shravan Saturdays, with the objective of obtaining wealth. These days are known as Sampat Sanivara (wealth Saturdays).

Sundays: are meant worshipping the Sun god. Sun worship was general in the Vedic period and even now it is so. Especially in Shravan, every Sunday the Sun is worshipped without fail.

More information is available on

<http://www.rudraksha-ratna.com/shravan-month.html>

What is Panchak?

Panchak occurs when the moon's longitude exist between 296 degrees and 360 degrees in sidereal calculation. Out of the total of the twenty seven (27) star constellations, Panchak occurs mostly in the last five (5) constellations. Thus there are 5 days (or sometimes 7 days) in every month that Panchak will occur. Panchak is made up of the following 5 energies:

1. The 5 elements in the universe (water, fire, air, earth, ether)
2. The ruling star constellation
3. The lunar day or moon phase
4. The ruling Zodiac sign constellation
5. The Yog. This can be understood as the influence that is exerted on the planets as a result of the confluence between the sun and moon on that particular day. E.g: On Siddha Yog, the influence on the planets is good and thus any Puja can be performed. Whereas on Dhriste Yog, the influence can cause a bad eye on a person.

Why is Panchak Important?

During Panchak, the elements in the universe become unbalanced and this causes an imbalance within the family structure. If a death occurs during this period and the proper ritual is not performed, the dead person will carry another five (5) family members with him within a two-year period.

To prevent the additional deaths in the family, the Pundit must first ensure that the death occurred in the Panchak period.

Perform a (Panchak) Pitri Puja. Prior to the worship of Laxmi during the Puja, five (5) dolls made of kush grass and white cotton are imbued with life (Prana pratistha). The five

(5) dolls are then laid out in the coffin of the deceased person. They are taken with the deceased person to the burial ground or cremation site. This indicates to the deceased that he already has five (5) lives to carry with him.

What is Moola?

Ghanda Moola is when a child is born at an inauspicious time. At that moment in time for that day, the ruling star constellation is indicated by the Vedic degree of the Moon at the time of birth of a child. Ghanda means death inflicting; creation of sickness or separation of family.

WHAT HAPPENS WHEN A CHILD IS BORN IN MOOLA?

The father should not see the child until a special Puja is done or else disaster will strike the family. For the past year, I have been consulted by many Pundits and Students of this science, asking the reason for some of the disasters that followed the birth of a baby in the family. The knowledge of MOOLA NAKSHTRAS (star) is an ancient one but apparently was partially lost over the centuries, as our people gave up the transcendental side of life in exchange for the temporary existence of material life. True knowledge gave way to aggressiveness and quest for material acquisitions.

GHANDA MOOLA IS WHEN A FATHER SHOULD NOT SEE A BABY IMMEDIATELY AFTER THE BIRTH. It has always been known by the Ancient scientists that when babies

are born, it is the coming of the soul with all its "Bad" and "Good" karmas. All of this energy is concentrated in the eyes and face of the baby. If however this energy is negative, it is transferred immediately to the eyes of the father who will then carry it for a while as he communicates with family members. Usually this "negative" energy can cause death of the child, separation of its parents, death of a family member or family relation. If the proper Vedic rules are not followed, this energy will be carried by the baby throughout its life and at the time of marriage it can cause death of the in-laws or other relatives.

To prevent disaster in the family, it is important that the father should check with a Hindu Priest or astrologer before going to see the new born baby. In our adopted Western lifestyle, unlike the olden days, fathers are asked to be with the mother in the hospital and watch the birth of the baby. This is dangerous. If a child is born under Moola, then the father should not see the child until the proper puja is done. In some cases where the father is really anxious to see the baby, he may do this by looking at a reflection of the baby through a mirror. In other instances the father may be able to see the child after a period of 21 or 29 days have passed. Under no circumstances however, must the father look directly at the baby unless advised to do so by a competent Hindu priest.

Some of our Pundits believe that there are only four Nakshatras or birth stars responsible for Ghanda Moola - ASHWLESA, MAGHA, MOOLA and JYESHTA. According to the Vedic literature, there are really TWELVE Ghanda Moola Stars. These are: ASHWINI, KRITIKKA, MAGHA, JYESHTA, CHITRA, MOOLA, ASHWELSA, REVATI, UTTRA-PHALGUNI, PUSHYA, PURVASHADA, HASTA. Only parts of these stars known as 'Padas' or sections are considered to be Ghanda Moola. Below you will find those specific degrees that apply to the part of the Ghanda Moola stars.

About Ekadashi vrat

Ekadashi is a sacred day, occurring twice a month in the Hindu calendar - on the eleventh day of the bright half - called Shukla Paksha and on the eleventh of the dark half called Vad Paksha. A fast is to be observed on this day by all Hindus. During Ekadashi, a waterless fast is ideal. However those unable to fast may take liquids, or if needed you may eat fruits, dried fruits, salt less fried vegetables etc. for more information please visit links below.

<http://indif.com/nri/kathas/default.asp>

<http://www.hariomgroup.org/>

<http://hariomgroup.googlepages.com/ekadashi>

Pradosh and Pradosh Vrat

According to Vedas, to worship of Lord Vishnu in the Morning and Lord Shiva in the evening Especially during Pradosha Kaala is highly beneficial to the Sadhaka. When the 12th tithi (Dwaadashi) in Krishna Paksha or Shukla Paksha ends before midnight.

When the 6th day (Shashthee) ends before 1.5 Prahar of night, or 3rd Tithi ends before 1 Prahar of night, it is called Pradosh.

But generally people observe Pradosh on the 13th day of both Krishn Paksha and Shukla Paksh of a month during Sandhyaa time - up to 1 and 1/2 hours after sunset. The Lord of 13th day is Kaam Dev and the Lord of 14th day is Shiv Jee. The 14th day of Krishn Paksh (dark half) is Shiv Raatri.

Vrat Kathaa

The Skand Puran describes a story of a Braahman woman that how Shaandilya Muni prescribed this Vrat to that Braahman woman. She came to the Muni with her two sons Shuchivrat who was of her own, and the other one who was an orphan prince - Dharmgupt whose father was slain in a battle. Upon the advice of the Rishi the woman and both boys kept the Pradosh Vrat with great devotion. After four months, on the 8th Pradosh, Shuchivrat received a pot of Amrit and drank it; while prince Dharmgupta won the hand of a celestial princess, as ordered by Shiv. He won his enemies and got his lost kingdom back.

Method of Vrat

One who takes this Vrat and fasts on that day, and keeps awake the whole night after the fast is over. Taking bath an hour before sunset, the worshipper should first perform a preliminary worship of Lord Shiv along with Paarvatee, Ganesh, Nandee and Skand. After the worship of Ganesha, Lord Shiv is invoked in the special Kalash placed on a square Mandal with a lotus flower figure drawn in it and spread over with Doorvaa grass. After the formal worship has been completed, a Pradosh story is read and heard by the devotees. This is followed by the recitation of the Maha Mrityunjaya Mantra 108 times. In the end, the sacred Kalash water is partaken of, the sacred ash is applied to the forehead, and the water which was used to bathe the Lord, is drunk. A gift of a pot, a cloth and an image of the Lord Shiv are given to a Braahman to conclude the worship.

A very important point to be remembered in this connection is that during this auspicious period, all the hosts of celestial beings and gods come down from the

sanctity of the worship.

The mere sight of the Deity in a temple during this period will destroy all sins and bestow bountiful blessings and Grace upon the fortunate beholder. Even a single BeI leaf offered to the Lord at this unique, auspicious moment equals to a hundred Mahaa Poojaa. It is usual to have special additional lights in the shrine during the Pradosh.

To light even a single wick at this juncture is highly meritorious and productive of untold benefits, spiritual as well as material. Most fortunate and blessed is the person who performs the Pradosh Vrat, for upon him Lord Siva showers His choicest Grace and blessings in a very short time.

Source: [Vishnu Mandir's Web site](#)

Chaugharia Muhurt

The chaugharia given below is used to calculate the auspicious duration of the day and night.

DAY TIME							CHAUGH RIYA →							NIGHT TIME						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Udweg	Amrit	Roga	Labh	Shubh	Char	Kaal	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh
char	Kal	Udweg	Amrit	Roga	Labh	Shubh	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe
labh	Shubh	Char	Kaal	Udweg	Amrit	Roga	Char	Kaal	Udweg	Amrit	Roga	Labh	Shubh	Char	Kaal	Udweg	Amrit	Roga	Labh	Shubh
Amrit	Roga	Labh	Shubh	Char	Kaal	Udweg	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit
Kal	Udweg	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char
Shubh	Char	Kaal	Udweg	Amrit	Roga	Labh	Labh	Shubh	Char	Kaal	Udweg	Amrit	Roga	Labh	Shubh	Char	Kaal	Udweg	Amrit	Roga
Roga	Labh	Shubh	Char	Kaal	Udweg	Amrit	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal
Udweg	Amrit	Roga	Labh	Shubh	Char	Kaal	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh	Shubh	Char	Kaal	Udwe	Amrit	Roga	Labh

Auspicious times: - Labh, Amrit, Shubha and Char,
Inauspicious times: - Udweg, Kaal, and Rog.

To apply this Chaugharia first check the sunrise and sunset time of the day. From sunrise to sunset it is assumed as 12 hours. 12 divided by 8 gives 1.5. Each duration is one and half-hours. Starting from sunrise the first one and half-hour is the first chaugharia of the day. Similarly from sunset to next sunrise is the night time chaugharia.

WHAT IS RAHU KALAM?

1/8TH PART OF EACH DAY IS TERMED AS THE RAHU KALAM (THE PERIOD OF THE NORTH NODE). THIS PART OF THE DAY IS MOST INAUSPICIOUS AND SHOULD BE AVOIDED FOR ALL IMPORTANT ACTIVITIES. DO NOT SIGN ANY MAJOR DOCUMENTS OR START A NEW

ENTERPRISE IN THIS PERIOD. RAHU KALAM VARIES FROM PLACE TO PLACE, CHANGING EVERY DAY, IT IS BASED ON SUNRISE AND SUNSET AT YOUR PLACE. THE RAHU KALAM AVAILABLE ON YOUR CALENDAR IS BASED ON THE ASSUMPTION THAT SUNRISE IS AT 6 AM AND SUNSET IS AT 6 PM. HOWEVER, THE SUNSET AND SUNRISE TIME CHANGES EVERY DAY. THIS VARIATION MAY CAUSE CHANGES IN RAHUKALAM.

Rahu Kaalam Calculation

Day of the Week	Example 1: Sunrise 6:00 a.m. Sunset 6:00 p.m. Time Octant = 90 minutes	Example 2: Sunrise 5:58 a.m. Sunset 8:14 p.m. Time Octant = 107 minutes	Example 3: Sunrise 6:36 a.m. Sunset 6:10 p.m. Time Octant = 87 minutes
Sunday	4:30 p.m. to 6:00 p.m.	6:27 p.m. to 8:14 p.m.	4:43 p.m. to 6:10 p.m.
Monday	7:30 a.m. to 9:00 a.m.	7:45 a.m. to 9:32 a.m.	8:02 a.m. to 9:30 a.m.
Tuesday	3:00 p.m. to 4:30 p.m.	4:40 to 6:27 p.m.	3:16 p.m. to 4:44 p.m.
Wednesday	12 noon to 1:30 p.m.	1:06 p.m. to 2:53 p.m.	12:23 p.m. to 1:50 p.m.
Thursday	1:30 p.m. to 3:00 p.m.	2:53 p.m. to 4:40 p.m.	1:49 p.m. to 3:17 p.m.
Friday	10:30 a.m. to 12 noon	11:19 a.m. to 1:06 p.m.	10:56 p.m. to 12:23 p.m.
Saturday	9:00 a.m. to 10:30 a.m.	9:32 a.m. to 11:19 a.m.	9:29 a.m. to 10:57 a.m.

Useful links

<http://www.hinduism.co.za/moon2.htm>

<http://www.himalayanacademy.com/resources/panchangam/>

<http://www.futurepointindia.com/panchang/monpan.asp>

<http://www.swamiram.com/articles/mool.php>
<http://www.panchangam.com/>

<http://jyotisha.00it.com/Contact.htm>