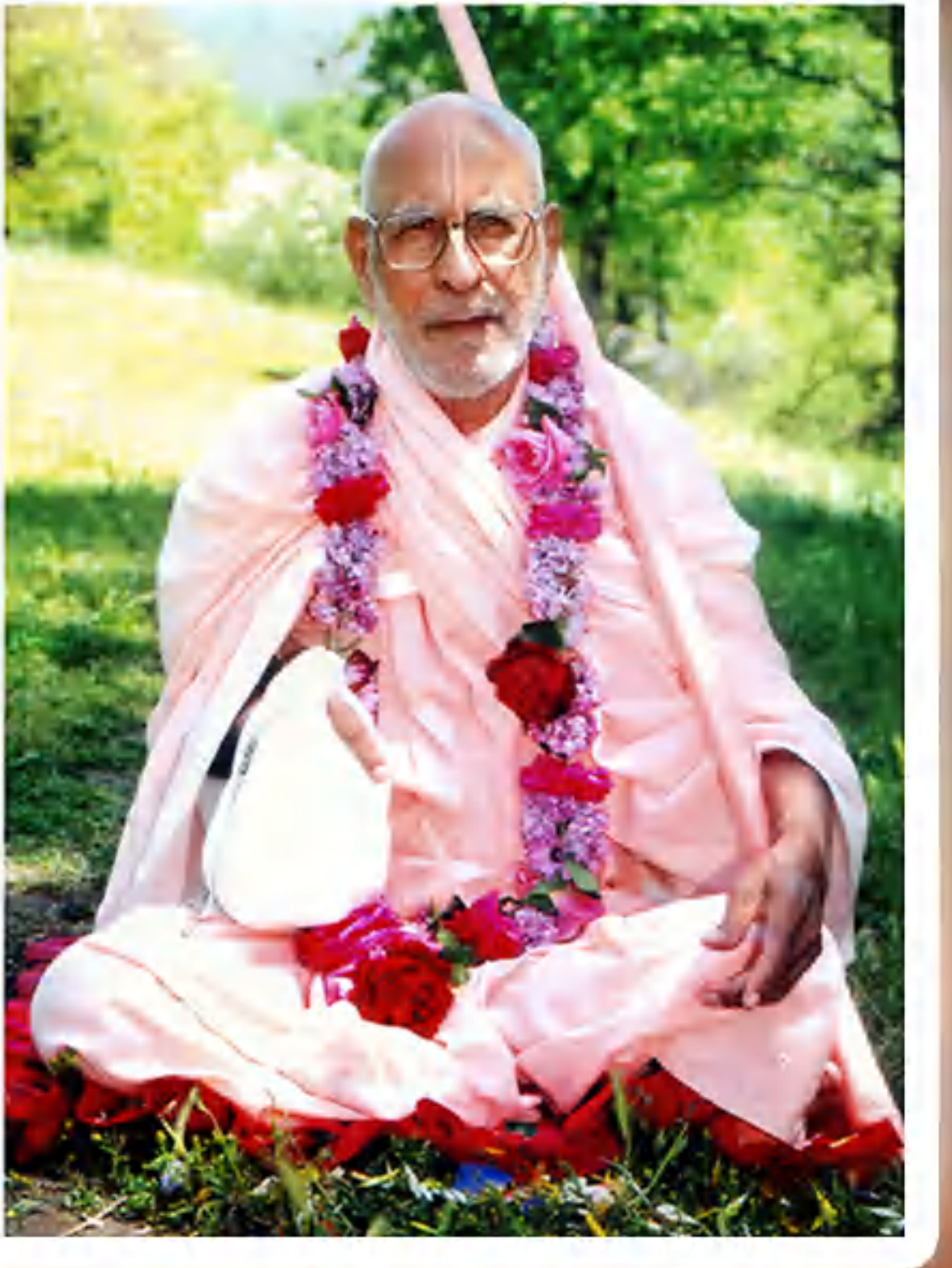


# Gaudiya Vaisnava Calendar 2021-2022 / Śrī Gaurābda 535



**April**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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11	12	13	14	15	16	17
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**May**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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23	24	25	26	27	28	29
30	31					

**June**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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27	28	29	30			

**July**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**August**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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15	16	17	18	19	20	21
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**September**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**October**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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24	25	26	27	28	29	30
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● Amāvasyā ● Ekādaśī ● Pūrṇimā

**Month of Caitra / Viṣṇu: 29 March—27 April**

5 Apr Āvirbhāva: Śrī Śrīvāsa Paṇḍita  
**8 Apr Fasting for Pāpamocani Ekādaśī**  
 Tirobhāva: Śrī Govinda Goṣa  
 Mahāprabhu Varāha Nagara Śubha Vijay (Mahāprabhu's visit to Varāha Nagara)  
 9 Apr Pāraṇa after sunrise before 9:34 am  
 12 Apr Amāvasyā (new moon)  
 14 Apr Keśava-vrata begins (One month continuous watering of Śālāgrāma and Tulasī. Offering satu and water)  
 17 Apr Āvirbhāva: Śrī Rāmānujācārya and Śrī Śrīmad Bhakti Hṛdaya Vana Mahārāja  
 19 Apr Āvirbhāva: Śrī Śrīmad Bhakti Vilāsa Tīrtha Mahārāja  
**21 Apr Śrī Rāma Navamī** (Appearance day of Lord Rāmacandra – Fast till noon. Ekādaśī preparations only)  
 Āvirbhāva: Śrī Śrīmad Bhakti Vallabha Tīrtha Gosvāmī Mahārāja  
 Pāraṇa after sunrise and before 9:00 am  
**23 Apr Fasting for Kāmadā Ekādaśī**  
 Pāraṇa after sunrise to 9:30 am  
 24 Apr Pūrṇimā  
 27 Apr Rāsa-yātrā of Lord Balarāma. Vasanta-rāsa-yātrā of Śrī Kṛṣṇa  
 Āvirbhāva: Śrī Śyāmānanda Prabhu & Śrī Vamśīvananda Ṭhākura

**Month of Vaiśākha / Madhusūdana: 28 April—26 May**

1 May Tirobhāva: Śrī Akiñcana Kṛṣṇadāsa Bābājī Mahārāja & Śrī Nitāidāsa Bābājī Mahārāja  
 2 May Āvirbhāva: Śrī Śrīmad Bhakti Kumuda Santa Gosvāmī Mahārāja  
 3 May Tirobhāva: Śrī Abhirāma Ṭhākura  
 5 May Tirobhāva: Śrī Śrīmad Bhakti Vallabha Tīrtha Gosvāmī Mahārāja  
 6 May Tirobhāva: Śrī Vṛndāvana dāsa Ṭhākura  
**7 May Fasting for Varūthini Ekādaśī**  
 8 May Pāraṇa after sunrise to 9:30 am  
 11 May Amāvasyā  
 Āvirbhāva: Śrī Gadādhara Paṇḍita  
 14 May Candana-yātrā of Lord Jagannātha begins  
 Opening of the doors of the Śrī Badrīnārāyaṇa Temple  
 Appearance day of Śrī Paraśurāma. First day of Satya-yuga  
 Śrī Gauḍīya Vedānta Samitī's inauguration in 1941  
 15 May End of Keśava-vrata. Akṣaya Tritiyā  
 17 May Āvirbhāva: Śrī Sankarācārya  
 Tirobhāva: Śrī Śrīmad Bhakti Vilāsa Gabhastanemi Mahārāja  
 19 May Jahnu Saptamī  
 21 May Āvirbhāva: Śrī Sitā-devī (consort of Lord Rāma) and Śrī Jāhnava-devī (consort of Lord Nityānanda)  
 Tirobhāva: Śrī Madhu Paṇḍita  
**23 May Fasting for Mohini Ekādaśī**  
 24 May Pāraṇa after sunrise and before 9:20 am  
**25 May Appearance day of Lord Nṛsimhadeva**  
 (Fasting till dusk. Ekādaśī preparations only)  
 26 May Pāraṇa after sunrise before 9:25 am. Buddha Pūrṇimā  
 Appearance of Śrī Rādhā-Ramaṇa  
 Āvirbhāva: Śrī Śrīvāsa Ācārya and Śrī Mādhavendra Purī  
 Tirobhāva: Śrī Parameśvarī Ṭhākura

**Month of Jyēṣṭha / Trivikrama: 27 May—24 June**

27 May Tirobhāva: Śrī Śrīmad Bhakti Sāraṅga Gosvāmī Mahārāja  
 31 May Tirobhāva: Śrī Rāya Rāmānanda Prabhu  
**6 Jun Fasting for Aparā Ekādaśī**  
 7 Jun Pāraṇa after sunrise and before 9:20 am  
 Āvirbhāva: Śrī Vṛndāvana dāsa Ṭhākura  
 10 Jun Amāvasyā  
 20 Jun Gaṅgā dushera, Gaṅgā-pūja  
 Āvirbhāva: Śrī Gaṅgāmātā Gosvāminī  
 Tirobhāva: Śrī Baladeva Vidyābhūṣaṇa Prabhu  
**21 Jun Fasting for Pāṇḍava Nirjala Ekādaśī**  
 22 Jun Pāraṇa after sunrise and before 7:30 am  
 23 Jun Dahī-ciḍā festival of Śrī Raghunātha dāsa Gosvāmī  
 24 Jun Pūrṇimā. Snāna-yātrā of Lord Jagannātha  
 Tirobhāva: Śrī Mukunda Daṭṭa and Śrī Śrīdhara Paṇḍita

**Month of Āṣāḍha / Vāmana: 25 June—24 July**

25 Jun Tirobhāva: Śrī Śyāmānanda Prabhu  
 29 Jun Āvirbhāva: Śrī Vakreśvara Paṇḍita  
 4 Jul Tirobhāva: Śrī Śrīvāsa Paṇḍita  
 5 Jul Yoginī Ekādaśī  
**6 Jul Fasting for Pakṣa-vardhini Mahā-dvādaśī**

7 Jul Pāraṇa after sunrise before 9:25 am  
 10 Jul Amāvasyā  
 Tirobhāva: Śrī Gadādhara Paṇḍita & Śrī Saccidānanda Bhaktivinoda Ṭhākura  
 11 Jul Cleaning of the Guṇḍicā Temple  
 12 Jul Ratha-yātrā of Lord Jagannātha  
 Tirobhāva: Śrī Svarūpa Dāmodara Gosvāmī & Śrī Śivānanda Sena  
 16 Jul Herā Pañcamī. Śrī Lakṣmī Vijaya  
 Tirobhāva: Śrī Vakreśvara Paṇḍita  
 19 Jul Tirobhāva: Śrī Śrīmad Bhakti Kamala Madhusūdana Gosvāmī Mahārāja  
**20 Jul Fasting for Śayana Ekādaśī**  
 Lord Jagannātha's return journey. End of the Ratha-yātrā  
 Āvirbhāva: Śrī Śrīmad Bhakti Vijñāna Bhāratī Gosvāmī Mahārāja  
 21 Jul Pāraṇa after sunrise and before 9:30 am  
 24 Jul Śrī Guru Pūrṇimā. Śrī Vyāsa-puja  
 First month of Cāturmāsya begins (Fast from all green leafy vegetables)  
 Tirobhāva: Śrī Sanātana Gosvāmī

**Month of Śrāvaṇa / Śrīdhara: 25 July—22 August**

25 Jul Tirobhāva: Śrīla Prabhadānanda Sarasvatī Ṭhākura  
 26 Jul Tirobhāva: Śrī Śrīmad Bhakti Hṛdaya Vana Mahārāja & Śrī Śrīmad Bhakti Saurabha Sāra Gosvāmī Mahārāja  
 28 Jul Tirobhāva: Śrī Gopāla Bhaṭṭa Gosvāmī  
 1 Aug Tirobhāva: Śrī Lokanātha Gosvāmī  
**4 Aug Fasting for Kāmikā Ekādaśī**  
 5 Aug Pāraṇa after sunrise and before 9:30 am  
 8 Aug Amāvasyā  
 Tirobhāva: Śrī Śrīmad Bhakti Rakṣaka Śrīdhara Gosvāmī Mahārāja  
 12 Aug Tirobhāva: Śrī Raghunandana Ṭhākura and Śrī Vamsidāsa Bābājī Mahārāja  
**18 Aug Fasting for Pavitrāropana Ekādaśī**  
 Beginning of Śrī Śrī Rādhā-Govinda Jhūlana-yātrā  
 19 Aug Pāraṇa after sunrise and before 9:33 am  
 Śrī Kṛṣṇa Pavitrāropana Utsava  
 Tirobhāva: Śrī Rūpa Gosvāmī, Śrī Gaurīdāsa Paṇḍita & Śrī Govinda dāsa  
**22 Aug Śrī Baladeva Pūrṇimā** (Appearance day of Lord Balarāma – Fast till noon. Ekādaśī preparations only).  
 End of Jhūlana-yātrā. Rakṣa-bandhāna  
 Second month of Cāturmāsya begins (Fast from yoghurt)

**Month of Bhādra / Hṛṣīkeśa: 23 August—21 September**

23 Aug Pāraṇa after sunrise and before 9:30 am  
**30 Aug Śrī Kṛṣṇa Janmāṣṭamī** (Full fast till midnight, then Ekādaśī preparations only)  
 31 Aug Pāraṇa between 9:24–9:32 am  
 Śrī Nandotsava  
 Āvirbhāva: Śrī Śrīmad Bhaktivedānta Svāmī Prabhupāda  
**3 Sep Fasting for Annadā Ekādaśī**  
 4 Sep Pāraṇa after sunrise and before 9:40 am  
 7 Sep Amāvasyā  
 8 Sep Āvirbhāva: Śrī Śrīmad Gour Govinda Gosvāmī Mahārāja  
 10 Sep Āvirbhāva: Śrī Sitā Ṭhākuraṇī (Śrī Advaita's consort)  
 13 Sep Āvirbhāva: Śrī Lalitā-devī  
**14 Sep Śrī Rādhāṣṭamī** (No fasting)  
**17 Sep Fasting vrata for Pārśva Ekādaśī and Śrī Vāmanadeva**  
**18 Sep Pāraṇa after sunrise before 7:00 am, after the pūjā of Śrī Vāmanadeva**  
**Śrī Vāmana Dvādaśī** (Appearance of Śrī Vāmanadeva)  
 Āvirbhāva: Śrī Jīva Gosvāmī  
 19 Sep Āvirbhāva: Śrī Saccidānanda Bhaktivinoda Ṭhākura  
 20 Sep Ananta Caturdaśī  
 Tirobhāva: Śrī Haridāsa Ṭhākura & Śrī Śrīmad Bhakti Vijñāna Bhāratī Gosvāmī Mahārāja  
 Pūrṇimā. Śrī Viśvarūpa-mahotsava.  
 21 Sep Third month of Cāturmāsya begins (Fast from milk)  
 Sannyāsa day of Nitya-līlā pravīṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhakti Prajñāna Keśava Gosvāmī Mahārāja & Nitya-līlā pravīṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktivedānta Svāmī Mahārāja.

**Month of Āśvina / Padmanābha: 22 September—20 October**

23 Sep Tirobhāva: Śrī Śrīmad Bhakti Vilāsa Tīrtha Gosvāmī Mahārāja  
 27 Sep Tirobhāva: Śrī Śrīmad Bhakti Śrīrūpa Siddhāntī Gosvāmī Mahārāja  
**2 Oct Fasting for Indirā Ekādaśī**  
 3 Oct Pāraṇa after sunrise and before 9:30 am  
 6 Oct Amāvasyā  
 10 Oct Āvirbhāva: Śrī Śrīmad Bhakti Pramoda Purī Gosvāmī Mahārāja  
 Vijaya Daśamī. Lord Rāmacandra Vijayotsava  
 Āvirbhāva: Śrī Madhvācārya

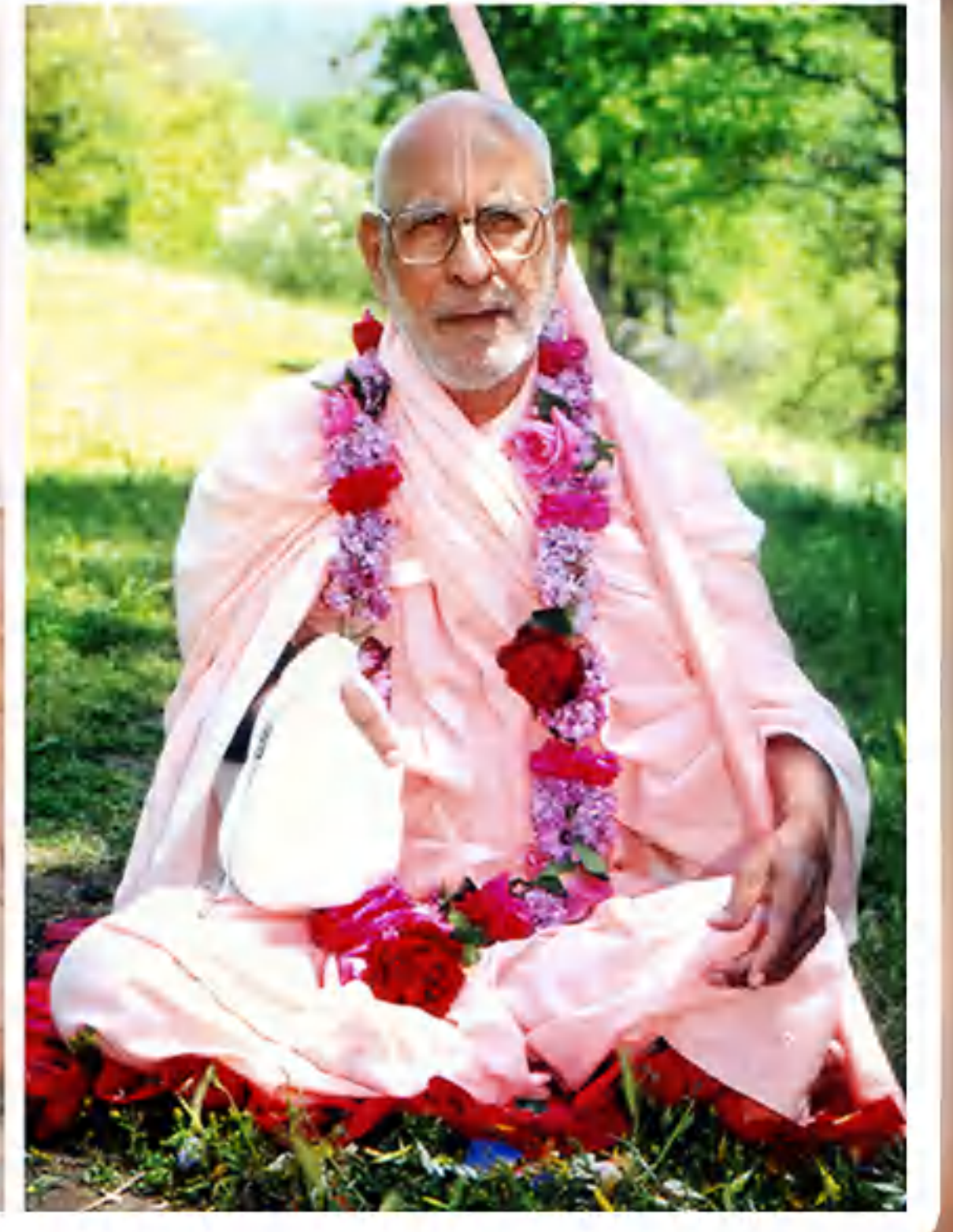
## Radha Govinda Asram

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Hare Kṛṣṇa Hare Kṛṣṇa Kṛṣṇa Kṛṣṇa Hare Hare Hare Rāmā Hare Rāmā Rāmā Rāmā Hare Hare





## October

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## November

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## December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# 2022

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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27	28	29	30	31		

● Amāvasyā ● Ekādaśī ● Pūrṇimā

### Month of Kārtika / Dāmodara: 21 October—19 November

16 Oct	Fasting for Pāpānkuṣā Ekādaśī
17 Oct	Pāraṇa after sunrise and before 9:25 am Tirobhāva: Śrī Raghunātha dāsa Gosvāmī, Śrī Raghunātha Bhaṭṭa Gosvāmī & Śrī Kṛṣṇadāsa Kavirāja Gosvāmī
18 Oct	Ākāśa dīpa-dāna begins
20 Oct	Pūrṇimā. Saradiya Rāsa-yātrā of Śrī Kṛṣṇa Dāmodara-vrata, Kārtika-vrata, Ūrjā-vrata, Niyama-sevā begins. Fourth month of Cāturmāsya begins (Fast from sesame seeds, mustard seeds and mustard oil) Tirobhāva: Śrī Murāri Gupta & Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhakti Prajñāna Keśava Gosvāmī
25 Oct	Śrī Śrīmad Bhaktikuśala Narasimha Gosvāmī Mahārāja
28 Oct	Tirobhāva: Śrīla Narottama dāsa Ṭhākura
29 Oct	Bahulāṣṭamī. Appearance of Śrī Rādhā-kunḍa
30 Oct	Āvirbhāva: Śrī Viracandra Prabhu & Śrī Śrīmad Bhakti Rakṣaka Śrīdhara Gosvāmī Mahārāja
1 Nov	Fasting for Ramā Ekādaśī
2 Nov	Pāraṇa after sunrise and before 8:30 am
4 Nov	Dīpāvalī (offering ghee lamps in the temple of Śrī Viṣṇu). Amāvasyā
5 Nov	Annakūṭa-mahotsava. Śrī Govardhana-pūjā. Go-pūjā
6 Nov	Āvirbhāva: Śrī Rasikānanda Prabhu
7 Nov	Yama Dvitiyā. Bhaiya Dooj Tirobhāva: Śrī Vāsudeva Ghoṣa
8 Nov	Tirobhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktivedānta Vāmana Gosvāmī Mahārāja & Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktivedānta Trivikrama Gosvāmī Mahārāja
9 Nov	Tirobhāva: Śrī Śrīmad Bhaktivedānta Svāmī Prabhupāda
12 Nov	Gopāṣṭamī Tirobhāva: Śrī Śrīnivāsa Ācārya, Śrī Dhanañjaya Paṇḍita & Śrī Gadādhara dāsa Ṭhākura
15 Nov	Fasting for Utthāna Ekādaśī
	Bhīṣma-pañcaka begins Tirobhāva: Śrīla Gaura-kīśora dāsa Bābājī Mahārāja Āvirbhāva: Śrī Śrīmad Bhakti Dayita Mādhava Gosvāmī Mahārāja
16 Nov	Pāraṇa after sunrise and before 9:14 am
17 Nov	End of Ākāśa dīpa-dāna
18 Nov	Tirobhāva: Śrī Bhūgarbha Gosvāmī, Śrī Kāśīsvara Paṇḍita & Śrī Śrīmad Bhakti Pramoda Purī Gosvāmī Mahārāja
19 Nov	Pūrṇimā. Hemanta Rāsa-yātrā of Śrī Rādhā-Kṛṣṇa End of Kārtika-vrata, niyama-sevā and Bhīṣma-pañcaka Āvirbhāva: Śrī Nimbāditya & Appearance of Śrī Tulsi-devī

### Month of Mārgaśiṣa / Keśava: 20 November—19 December

20 Nov	Beginning of Śrī Kātyāyānī-vrata
30 Nov	Fasting for Utpannā Ekādaśī
	Tirobhāva: Śrī Narahari Sarakāra Ṭhākura
1 Dec	Pāraṇa after sunrise and before 9:40 am Tirobhāva: Śrī Kāliyā Kṛṣṇadāsa
2 Dec	Tirobhāva: Śrī Sāraṅga Ṭhākura
4 Dec	Amāvasyā
7 Dec	Tirobhāva: Śrī Śrīmad Bhakti Jivana Janārdana Gosvāmī Mahārāja
9 Dec	Jagannātha-deva Odana Ṣaṣṭhi Ceremony (Jagannātha-deva begins wearing winter clothes)
11 Dec	Āvirbhāva: Śrī Śrīmad Bhakti Jivana Janārdana Gosvāmī Mahārāja
12 Dec	Āvirbhāva: Śrī Śrīmad Bhakti Kamala Madhusūdana Gosvāmī Mahārāja
14 Dec	Fasting for Mokṣadā Ekādaśī and Gitā Jayanti
15 Dec	Pāraṇa after 8:00 am and before 10:00 am
19 Dec	Pūrṇimā. End of Śrī Kātyāyānī-vrata

### Month of Pauṣa / Nārāyaṇa: 20 December—17 January

23 Dec	Tirobhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktisiddhānta Sarasvatī Gosvāmī Prabhupāda
28 Dec	Āvirbhāva: Śrī Śrīmad Bhaktivedānta Vāmana Gosvāmī Mahārāja's Centennial Vyāsapūjā Tirobhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktivedānta Nārāyaṇa Gosvāmī Mahārāja
30 Dec	Fasting for Saphalā Ekādaśī
	Tirobhāva: Śrī Devānanda Paṇḍita & Śrī Śrīmad Bhakti Prakāśa Aranya Mahārāja
31 Dec	Pāraṇa after 6:30 before 7:30 am Tirobhāva: Śrī Śrīmad Bhakti Bhūdeva Śrautī Mahārāja
1 Jan	Tirobhāva: Śrī Mahesh Paṇḍita and Śrī Uddharaṇa Ṭhākura
2 Jan	Amāvasyā
3 Jan	Āvirbhāva: Śrī Locana dāsa Ṭhākura
5 Jan	Tirobhāva: Śrī Jīva Gosvāmī & Śrī Jagadīśa Paṇḍita

13 Jan	Fasting for Putradā Ekādaśī
14 Jan	Pāraṇa from sunrise to 10:00 am Makara-saṅkrāntī. Gaṅgā Sagar snāna. (suitable for Jayānti Mahā-dvādaśī vrata* with pāraṇa from sunrise to 9:00 am the next day) * [when a gaurā dvādaśī tithi extends until sunset and conjoins with rohinī nakṣatra that is present at sunrise and lasts until the next sunrise.] Āvirbhāva: Jagadīśa Paṇḍita
15 Jan	Tirobhāva: Śrī Śrīmad Bhakti Kumuda Santa Gosvāmī Mahārāja
17 Jan	Pūrṇimā. Śrī Kṛṣṇa Puṣya Abhiṣeka

### Month of Māgha / Mādhava: 18 January—16 February

21 Jan	Āvirbhāva: Śrī Gopāla Bhaṭṭa Gosvāmī
	Tirobhāva: Śrī Rāmacandra Kavirāja
23 Jan	Āvirbhāva: Śrī Śrīmad Bhakti Vaibhava Purī Gosvāmī Mahārāja
	Tirobhāva: Śrī Narahari Sevāvigraha Prabhu
	Tirobhāva: Śrī Jayadeva Gosvāmī
26 Jan	Tirobhāva: Śrī Locana dāsa Ṭhākura
28 Jan	Fasting for Ṣaṭ-tilā Ekādaśī
29 Jan	Pāraṇa after sunrise and before 10:00 am Āvirbhāva: Śrī Śrīmad Bhaktivedānta Trivikrama Gosvāmī Mahārāja
1 Feb	Maunī Amāvasyā Āvirbhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktivedānta Nārāyaṇa Gosvāmī Mahārāja
6 Feb	Vasanta Pañcamī of Śrī Kṛṣṇa. Śrī Sarasvatī-pūjā Āvirbhāva: Śrī Viṣṇupriya-devī, Śrī Raghunātha dāsa Gosvāmī, Śrī Raghunandana Ṭhākura and Śrī Puṇḍarīka Vidyānidhi
	Tirobhāva: Śrī Viśvanātha Cakravartī Ṭhākura, Śrī Śrīmad Bhakti Viveka Bhārati Gosvāmī Mahārāja & Śrī Śrīmad Bhakti Svarūpa Parvata Mahārāja
8 Feb	Appearance day of Mahā-Viṣṇu Avatāra Śrī Advaita Ācārya (Fast till noon. Ekādaśī preparations only)
9 Feb	Pāraṇa after sunrise and before 10:00 am
10 Feb	Tirobhāva: Śrī Madhvācārya
11 Feb	Tirobhāva: Śrī Rāmānujācārya
12 Feb	Fasting vrata for Bhaimī Ekādaśī & Lord Varāhadeva
13 Feb	Pāraṇa from sunrise to 10 am, after performing the pūjā of Lord Varāhadeva Varāha Dvādaśī (Appearance of Lord Varāhadeva)
14 Feb	Appearance day of Lord Nityānanda (Ekādaśī preparations only)
15 Feb	Pāraṇa after sunrise and before 10 am
16 Feb	Maghī Pūrṇimā Āvirbhāva: Śrīla Narottama dāsa Ṭhākura Mahāprabhu took sanniyāsa

### Month of Phālguna / Govinda: 17 February—18 March

19 Feb	Āvirbhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhakti Prajñāna Keśava Gosvāmī Mahārāja
21 Feb	Āvirbhāva: Nitya-līlā praviṣṭa om viṣṇupāda aṣṭottara-śata-śrī Śrīmad Bhaktisiddhānta Sarasvatī Prabhupāda
	Tirobhāva: Śrī Śrīmad Gour Govinda Gosvāmī Mahārāja
22 Feb	Āvirbhāva: Śrī Śrīmad Bhakti Sāraṅga Gosvāmī Mahārāja & Śrī Śrīmad Bhakti Bhūdeva Śrautī Gosvāmī Mahārāja
27 Feb	Fasting for Vijaya Ekādaśī
28 Feb	Pāraṇa from sunrise and before 9:50 am Tirobhāva: Śrī Īśvara Purī
1 Mar	Śrī Śiva-rātri-vrata (Ekādaśī preparations only)
2 Mar	Pāraṇa from sunrise before 9:00 am. Amāvasyā
3 Mar	Tirobhāva: Śrī Rasikānanda Prabhu, Śrī Jagannātha dāsa Bābājī Mahārāja & Śrī Śrīmad Bhakti Dayita Mādhava Gosvāmī Mahārāja
7 Mar	Āvirbhāva: Śrī Śrīmad Bhakti Viveka Bhārati Gosvāmī Mahārāja
9 Mar	Tirobhāva: Śrī Śrīmad Bhakti Vaibhava Purī Gosvāmī Mahārāja
12 Mar	Śrī Navadvīpa-dhāma parikramā begins
14 Mar	Fasting for Āmalakī Ekādaśī
15 Mar	Pāraṇa from sunrise to 9:45 am Tirobhāva: Śrīla Mādhavendra Purī
18 Mar	Śrī Gaura Pūrṇimā (Appearance day of Śrī Caitanya Mahāprabhu – Fast till moonrise)

**Gaurābda 535 ends & Gaurābda 536 begins**

### Month of Caitra / Viṣṇu: 19 March—16 April

19 Mar	Pāraṇa after sunrise and before 9:46 am Festival of Jagannātha Mīśra
	Āvirbhāva: Śrī Śrīvāsa Paṇḍita
25 Mar	Fasting for Pāpamocanī Ekādaśī
28 Mar	Pāraṇa after sunrise before 9:38 am
29 Mar	Tirobhāva: Śrī Govinda Ghoṣa Mahāprabhu Varāha Nagara Śubha Vijay (Mahāprabhu's visit to Varāha Nagara)
1 Apr	Amāvasyā

## Radha Govinda Asram

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Hare Kṛṣṇa Hare Kṛṣṇa Kṛṣṇa Kṛṣṇa Hare Hare Hare Hare Rāmā Hare Rāmā Rāmā Rāmā Hare Hare





## Rules for Fasting and Miscellania

### Standard for Ekādaśī Break-fasts

If you have observed a complete fast (without even water) you do not need to break it with grains. You can break it with caranamrita or fruit. But if you have observed Ekādaśī by eating fruit, vegetables, etc., then it should be broken on the following day by taking grains at the times mentioned herein.

Mahā-dvādaśī is observed like Ekādaśī.

### Ekādaśī

The essence is to eat simply, once or twice, so that one can spend as much time as possible hearing, chanting and remembering Śrī Śrī Rādhā-Kṛṣṇa. Never eat meat, fish, eggs, onions, garlic, carrots, red lentils (masūr-dal), green flat lentils, mushrooms or products thereof.

### Restricted foods on Ekādaśī:

Tomatoes, eggplants, cauliflower, broccoli, bell peppers, beets, bitter melon (karela), loki, parmal, toroi, kunli, drumsticks, bindī (ladies' fingers) and banana flowers  
Peas, chickpeas and all types of beans, including products made from beans (e.g., papadams, tofu, tempeh)

All leafy vegetables (e.g., spinach, salads, cabbages) and leafy herbs like parsley, coriander leaves, celery and curry leaves

Grains (e.g., millet, barley, farina, pasta, rice, corn) and all types of flour made from grains and beans (e.g., rice flour, chickpea flour, urad dahl flour)

Starches from corn or grains, and products made from or mixed with these starches like baking soda, baking powder, certain soft drinks with corn syrup, custard, certain yoghurts and puddings, certain varieties of cream and cottage cheese, certain sweets and candies, and tapioca balls

Oils made from grains (e.g., corn oil, mustard oil, sesame oil) and products fried in these oils (e.g., fried nuts, potato chips and other fried snack foods)

Honey, and sweets made with starches

**Spices used on Ekādaśī:** black pepper, fresh ginger, pure salt and fresh turmeric, all taken from a new and clean package

**Spices not used on Ekādaśī:** hing (asofetida), sesame seeds, cumin, fenugreek, mustard, tamarind, fennel, cardamom and nutmeg

### Foods that can be taken all days of the year, including Ekādaśī and Cāturmāsya:

All fruits (fresh and dried), all nuts and all oils made from nuts

Potatoes, pumpkin, cucumber, radish, squash, lemon, avocado, olives, coconut, buckwheat, all sugars

All pure milk products (except yoghurt during the 2nd month of Cāturmāsya and milk during the 3rd month)

**For sannyāsīs, brahmacārīs and vānaprasthas:** shaving head and cutting nails is to be done on full moon days

### Cāturmāsya

#### Restricted foods during the entire four months of Cāturmāsya:

Eggplants, tomatoes, loki, parmal, urad dahl and honey

#### Particular foods that are restricted during each of the four months:

First month: No leafy vegetables, such as spinach, salads of all types, cabbages of all types, kale, leafy herbs like coriander, mint, parsley, curry and powdered leafy herbs and teas

Second month: No yoghurt (if one requires it for health, it can be mixed with water)

Third month: No milk (if required, it can be mixed with a drop of lemon juice)

Fourth month: No mustard oil or sesame seeds

### Purusottama Masa

#### Restricted foods during the month of Puruṣottama:

Eggplants, tomatoes, loki, parmal, urad dahl, honey, mustard oil or sesame seeds

**No shaving for brahmacārīs and sannyāsīs**

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