

## **Comprehensive 2022 Dates, Times and Puja proper for Full Moon (Purnima) and New Moon (Amavasya)**

Pranaams, Namaste, Vanakkum, Hare Krsna, Jai Shree Krsna, Jai Shree Raam

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We at Dipika are always looking for ways to provide information to improve your spiritual life... The Dates, Times, Puja proper and significance of the information given below will surely do that. The following is not on the Hindu calendar but I have decided to add it anyway for the many that email me for this information.

**DO NOTE:** All times indicated below, associated with the start or end of a religious day are in 24-hour format.

### **2022 Purnima (Full Moon) Dates for South Africa**

How to understand the information below? For example, Purnima begins on the 16<sup>th</sup> January 2022 @23h48 and ends on the 18<sup>th</sup> January 2022 @ 01h47. So although we have given the date for Purnima as 17<sup>th</sup> January, Purnima is spread over two days. So you should observe Purnima within the times given. This year we are also providing the Full Moon night dates where most of Full Moon transits and which day does Purnima rules as well.

January 17, 2022, Monday

Pausha Purnima

Begins - 23h48, January 16

Ends - 01h47, January 18

Full Moon night will fall on the 17<sup>th</sup>. Full Moon will rule the 17<sup>th</sup>

February 16, 2022, Wednesday

Magha Purnima

Begins - 18h12, February 15

Ends - 18h:55, February 16

Full Moon night will fall on the 15<sup>th</sup>. Full Moon will rule the 16<sup>th</sup>

March 17/18, 2022, Thursday/Friday

Phalguna Purnima

Begins - 09h59, March 17

Ends - 09h17, March 18

Full Moon night will fall on the 17<sup>th</sup>. Full Moon will rule the 18<sup>th</sup>

April 16, 2022, Saturday

Chaitra Purnima

Begins - 22h55, April 15

Ends - 20h54, April 16

Full Moon night will fall on the 16<sup>th</sup>. Full Moon will rule the 16<sup>th</sup>

May 15, 2022, Sunday  
Vaishakha Purnima  
Begins - 09h15, May 15  
Ends - 06h13, May 16  
Full Moon night will fall on the 15<sup>th</sup>. Full Moon will rule the 15<sup>th</sup>

June 14, 2022, Tuesday  
Jyeshtha Purnima  
Begins - 17h32, June 13  
Ends - 13h51, June 14  
Full Moon night will fall on the 13<sup>th</sup>. Full Moon will rule the 14<sup>th</sup>

July 13, 2022, Wednesday  
Ashadha Purnima  
Begins - 00h30, July 13  
Ends - 20h36, July 13  
Full Moon night will fall on the 13<sup>th</sup>. Full Moon will rule the 13<sup>th</sup>

August 11, 2022, Thursday  
Shravana Purnima  
Begins - 07h08, August 11  
Ends - 03h35, August 12  
Full Moon night will fall on the 11<sup>th</sup>. Full Moon will rule the 11<sup>th</sup>

September 10, 2022, Saturday  
Bhadrapada Purnima  
Begins - 14h37, September 09  
Ends - 11h58, September 10  
Full Moon night will fall on the 9<sup>th</sup>. Full Moon will rule the 10<sup>th</sup>

October 9, 2022, Sunday  
Ashwina Purnima  
Begins - 00h11, October 09  
Ends - 22h54, October 09  
Full Moon night will fall on the 9<sup>th</sup>. Full Moon will rule the 9<sup>th</sup>

November 7/8, 2022, Monday/Tuesday  
Kartika Purnima  
Begins - 12h45, November 07  
Ends - 13h00, November 08  
Full Moon night will fall on the 7<sup>th</sup>. Full Moon will rule the 8<sup>th</sup>

December 7, 2022, Wednesday  
Margashirsha Purnima  
Begins - 04h31, December 07  
Ends - 06h07, December 08  
Full Moon night will fall on the 7<sup>th</sup>. Full Moon will rule the 7<sup>th</sup>



## **Fasting On Purnima**

Us Hindus consider, the full moon day, (Purnima) sacred as it's a day that Lord Vishnu presides over. Some Hindus (health permitting) observe a fast on this day, or at any rate take only light food in the night. A Human Being is composed of about 60% liquid and 40% solid. You may wonder how? Well, blood is liquid, is it not? The Moon has an effect on the sea, making the tides rise or fall. In the same way, the Moon also has an effect on the liquid content in humans. The above results in a person becoming tense and irritable. That is how the term 'lunatic' came into being. 'luna' means 'moon' in latin. Lunatic means 'insane'. Our great Sages and Rishi's, knew how to combat the evil effects on human behavior during the full moon and new moon days. They found that light food on these days would lower the acidic content in our system, which helps human beings to retain their mental balance. By fasting or taking light food the whole system is given a rest. By praying a person would not allow his/her emotions to run wild. When the system is at rest psychologically also there is rest in a person. He/she feels comfortable physically and psychologically and will not be prone to irritation and outburst of temper. Fasting creates remarkable endurance in a person, a special feeling of empathy and a sense of equality between the rich and the poor. Fasting occasionally, is key to good health.

**HOW TO OBSERVE A FULL MOON FAST:** On this day many don't consume white grains and observe a fast starting from sunrise without salt or without water depending on ones capabilities and health until the evening when the moon is sighted. For Moon times in your area in South Africa please visit this website <http://www.sao.ac.za/public-info/sun-moon-stars/>. Some offer milk and water on a plant while viewing the Moon. After performing this act then the devotee consumes solid food with salt.

Because Lord Vishnu rules Purnima day, the most auspicious Shree Satya Narayana Vrata Puja is the most apted puja to perform on this day. And the times to perform this sacred puja is given above. The D.I.Y Shree Satya Narayana Vrata Puja proper with Havan is given on our website DIPIKA. Ctrl-Click ([HERE](#)) to access this article.

## **The Maha- Mritunjaya Havan performed on Full Moon**

The Maha Mritunjaya havan is a very simple yet extremely powerful havan. This havan should preferably be performed on Purnima (full moon) when auspiciousness is at maximum. After having a bath, wear clean clothes. Prepare about a medium size bowl of sweet rice. Then add about 200 g of Black sesame (til) seeds, cut about a stand of kush grass into very small pieces (if you don't have Kush grass not to worry), add 100g of vegetable or butter ghee and finally add to the sweet rice. Mix all these ingredients together.

Place wood in the havan kund (which should already have a little sand in it. The reason for this is so that the ghee does not leak out.) Take a little Ganga water and sip it three times chanting "Om Vishnu". I recommend that those who are sitting down for the havan chant the very auspicious Hanuman Chalisa. Then place camphor on the wood and light it. Thereafter invite Lord Vishnu and the devis and devas to the havan by saying "O Lord Vishnu, Sarva Devis and Devas I \_\_\_\_\_(your name) invite you all to this auspicious havan.

Now start the offerings by the chanting the Mritunjaya mantra, which is, as ff:

"Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam  
urvaa-rooka-miva bandha-naam mriytor mooksheeya maamritaam Om" swaahaa

Offer the sweet rice after you say Om (the second Om above) and chant swaahaa. Do this for 108 x's. Once this is complete ask Lord Vishnu and all the devi and devas for

forgiveness for any mistakes that was committed during the havan and chant the Maha Mantra "Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare" 21 times to allay for any mistakes committed during the havan. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes.

**Requirements for the Havan:** One packet havan wood; 100g ghee; 200g black til; One small bowl sweet rice, one strand of kush grass, havan kund, 2 blocks of camphor.

## **2022 Amavasya (New Moon) Dates for South Africa**

How to understand the information below. For example, Amavasya begins on the 31<sup>st</sup> January 2022 @ 10h48 and ends on the 1<sup>st</sup> February 2022 @ 07h45. So although we have given the date for Amavasya as 1<sup>st</sup> February, Amavasya is spread over two days. So you should observe Amavasya within the times given. This year we are also providing the New Moon night dates where most of New Moon transits and which day does Amavasya rules as well.

January 2, 2022, Sunday

Pausha Amavasya

Begins - 00h11, January 02

Ends - 20h32, January 02

New Moon night will fall on the 2<sup>nd</sup>. New Moon will rule the 2<sup>nd</sup>

February 1, 2022, Tuesday

Magha Amavasya

Begins - 10h48, January 31

Ends - 07h45, February 01

New Moon night will fall on the 31<sup>st</sup> January. New Moon will rule the 1<sup>st</sup> February

March 2, 2022, Wednesday

Phalguna Amavasya

Begins - 21h30, March 01

Ends - 19h34, March 02

New Moon night will fall on the 1<sup>st</sup>. New Moon will rule the 2<sup>nd</sup>

April 1, 2022, Friday

Chaitra Amavasya

Begins - 08h52, March 31

Ends - 08h23, April 01

New Moon night will fall on the 31<sup>st</sup> March. New Moon will rule the 1<sup>st</sup> April

April 30, 2022, Saturday

Vaishakha Amavasya

Begins - 21h27, April 29

Ends - 22h27, April 30

New Moon night will fall on the 29<sup>th</sup> and 30<sup>th</sup> April. New Moon will rule the 30<sup>th</sup> April

May 30, 2022, Monday

Jyeshtha Amavasya

Begins - 11h24, May 29

Ends - 13h29, May 30

New Moon night will fall on the 29<sup>th</sup>. New Moon will rule the 30<sup>th</sup>

June 28, 2022, Tuesday

Ashadha Amavasya

Begins - 02h22, June 28

Ends - 04h51, June 29

New Moon night will fall on the 28<sup>th</sup>. New Moon will rule the 28<sup>th</sup>

July 28, 2022, Thursday

Shravana Amavasya

Begins - 17h41, July 27

Ends - 19h54, July 28

New Moon night will fall on the 27<sup>th</sup>. New Moon will rule the 28<sup>th</sup>

August 27, 2022, Saturday

Bhadrapada Amavasya

Begins - 08h53, August 26

Ends - 10h16, August 27

New Moon night will fall on the 26<sup>th</sup>. New Moon will rule the 27<sup>th</sup>

September 25, 2022, Sunday

Pitar Paksha Ashwina Amavasya

Begins - 23h42, September 24

Ends - 23h53, September 25

New Moon night will fall on the 25<sup>th</sup>. New Moon will rule the 25<sup>th</sup>

October 25, 2022, Tuesday

Kartika Amavasya

Begins - 13h57, October 24

Ends - 12:48, October 25

New Moon night will fall on the 24<sup>th</sup>. New Moon will rule the 25<sup>th</sup>

November 23, 2022, Wednesday

Margashirsha Amavasya

Begins - 03h23, November 23

Ends - 00h56, November 24

New Moon night will fall on the 23<sup>rd</sup>. New Moon will rule the 23<sup>rd</sup>

December 23, 2022, Friday

Pausha Amavasya

Begins - 15h43, December 22

Ends - 12h16, December 23

New Moon night will fall on the 22<sup>nd</sup>. New Moon will rule the 23<sup>rd</sup>

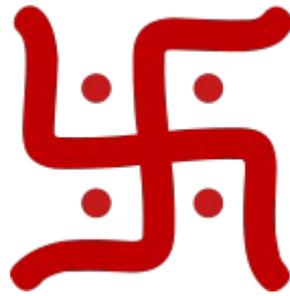
The new moon day is called Amavasya and is observed as a day of fasting in many Hindu households. Since the Hindu calendar is organized according to the lunar month, Amavasya is the beginning of the new lunar month which lasts approximately 29-30 days. Many festivals, the most famous being Diwali, are observed on this day. The importance of Amavasya is that it is a day of new beginnings. It is a time to discard the old (habits, thought processes, failures and negative influences) and embrace the promise of new 'light' that the new moon brings to us. The 'dark' side of the moon is revealed on this day as the moon completes its waning cycle of approximately 15 days.

(On New Moon days one can offer a food offering to one's ancestors. Whatever vegetarian meal one cooks on that day he/she can offer to one Pitar's - just as one does in Pitar Paksh or Mahalaya Paksham. By performing this act great merits awaits

that person. In the Garuda Purana Preta Khanda II 10.50-55 Lord Vishnu says to Shree Garudaji "On the day of Amavasya (new moon day), the airy manes (the ancestors) stand at the door of their descendents in order to receive their food. They remain there till sunset. When they do not receive their food they fall in despair and out of suffering heave long sighs and go back cursing the descendents. Therefore, one should carefully perform shraddha (offer food) to one's ancestors on the new moon day (Amavasya) every month". So why are you hearing this for the first time? Well that's a million dollar question, which I can't answer.

**DISCLAIMER:** Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Shree Radha Krsna.



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