

Comprehensive 2025 Dates, Times and Puja proper for Full Moon (Purnima) and New Moon (Amavasya)

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

We at www.dipika.org.za pray that you are well... #Team-Dipika.



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.

2025 Purnima (Full Moon) Dates for South Africa

How to understand the information below. For example, Purnima begins on the **13th January 2025 @ 01:33 AM and ends on the 14th January 2025 @ 12:26 AM**. So Purnima is spread over two days. So you should observe Purnima within the times provided below.

January 13, 2025, Monday
Pausha Purnima
Begins - 01:33 AM, January 13
Ends - 12:26 AM, January 14

February 12, 2025, Wednesday
Magha Purnima
Begins - 03:25 PM, February 11
Ends - 03:52 PM, February 12

March 14, 2025, Friday
Phalguna Purnima
Begins - 07:05 AM, March 13
Ends - 08:53 AM, March 14

April 12, 2025, Saturday
Chaitra Purnima
Begins - 11:51 PM, April 11
Ends - 02:21 AM, April 13

May 12, 2025, Monday
Vaishakha Purnima
Begins - 04:31 PM, May 11
Ends - 06:55 PM, May 12

June 11, 2025, Wednesday
Jyeshtha Purnima
Begins - 08:05 AM, June 10
Ends - 09:43 AM, June 11

July 10, 2025, Thursday
Ashadha Purnima
Begins - 10:06 PM, July 09
Ends - 10:36 PM, July 10

August 9, 2025, Saturday
Shravana Purnima
Begins - 10:42 AM, August 08
Ends - 09:54 AM, August 09

September 7, 2025, Sunday
Bhadrapada Purnima
Begins - 10:11 PM, September 06
Ends - 08:08 PM, September 07

October 7, 2025, Tuesday
Ashwina Purnima
Begins - 08:53 AM, October 06
Ends - 05:46 AM, October 07

November 5, 2025, Wednesday
Kartika Purnima
Begins - 07:06 PM, November 04
Ends - 03:18 PM, November 05

December 4, 2025, Thursday
Margashirsha Purnima
Begins - 05:07 AM, December 04
Ends - 01:13 AM, December 05



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.saa.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 mrityor mooksheeya maamritaat 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.

2025 Amavasya (New Moon) Dates for South Africa

How to understand the information below. For example, Amavasya begins on the 28th January 2025 @ 04:05 PM and ends on the 29th January 2025 @ 02:35 PM. So Amavasya is spread over two days. So you should observe Amavasya within the times provided below.

January 29, 2025, Wednesday
Magha Amavasya
Begins - 04:05 PM, January 28
Ends - 02:35 PM, January 29

February 27, 2025, Thursday
Phalguna Amavasya
Begins - 05:24 AM, February 27
Ends - 02:44 AM, February 28

March 29, 2025, Saturday
Chaitra Amavasya
Begins - 04:25 PM, March 28
Ends - 12:57 PM, March 29

April 27, 2025, Sunday
Vaishakha Amavasya
Begins - 01:19 AM, April 27
Ends - 09:30 PM, April 27

May 26, 2025, Monday
Jyeshtha Amavasya
Begins - 08:41 AM, May 26
Ends - 05:01 AM, May 27

June 25, 2025, Wednesday
Ashadha Amavasya
Begins - 03:29 PM, June 24
Ends - 12:30 PM, June 25

July 24, 2025, Thursday
Shravana Amavasya
Begins - 10:58 PM, July 23
Ends - 09:10 PM, July 24

August 23, 2025, Saturday
Bhadrapada Amavasya
Begins - 08:25 AM, August 22
Ends - 08:05 AM, August 23

September 21, 2025, Sunday
Ashwina Amavasya
Begins - 08:46 PM, September 20
Ends - 09:53 PM, September 21

October 21, 2025, Tuesday
Kartika Amavasya
Begins - 12:14 PM, October 20
Ends - 02:24 PM, October 21

November 20, 2025, Thursday
Margashirsha Amavasya
Begins - 06:13 AM, November 19
Ends - 08:46 AM, November 20

December 19, 2025, Friday
Pausha Amavasya
Begins - 01:29 AM, December 19
Ends - 03:42 AM, December 20

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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