



# Ancient Vedic Mantras and Rituals





## Krishan Janmashtami 2025 | कृष्ण जन्माष्टमी दो दिन क्यों पड़ रही है? जानें तिथि, पूजा विधि और महत्व

### Panchang-based Reason

Lord Krishna's birth falls on the Ashtami Tithi of the Krishna Paksha (waning phase of the moon) in the month of Bhadrapada, which is based on the Indian Hindu lunar calendar.

In 2025, this Ashtami Tithi spans across two days—15th and 16th August. This means, according to the Panchang, Ashtami Tithi begins late at night on 15th August and continues until the evening of 16th August.

### Difference According to Traditions

- **Smarta Tradition** – If Janmashtami's tithi falls during the midnight (Nishita Kaal), they celebrate and perform the puja on the first day, i.e., 15th August.
- **Vaishnava Tradition** (including ISKCON) – They consider the exact combination of Ashtami Tithi and Rohini Nakshatra, so they usually celebrate Janmashtami on 16th August.



## Janmashtami 2025 – Date & Auspicious Timings

Detail      Time / Date

Ashtami Tithi Begins - 15th August, ~11:49 PM

Ashtami Tithi Ends 16th August, ~9:34 PM

Nishita Puja (Auspicious Time) - 16th August, ~12:04 AM to 12:47 AM

Parana (Breaking the Fast) - After Rohini Nakshatra ends and after sunrise – Morning of 17th August

### Puja Vidhi (Step-by-Step Rituals)

#### 1. Preparations

- **Decorating the Home or Temple** – Clean and adorn the idol of Bal Gopal (child form of Krishna), arrange a decorated swing (jhula), colorful garlands, lamps, etc.
- **Preparing Offerings** – Panchamrit, tulsi leaves, turmeric, kumkum, sweets, fruits, milk-curd, and 'Chhappan Bhog' (56 varieties of prasadam).

#### 2. Fasting (Vrat)

- **Types of Fasts** – Fruit-only fast (phalahaari) or nirjala (waterless) fast. The fast is broken only after the Janmashtami tithi and Rohini Nakshatra end, the next morning.



### 3. Nishita Puja Rituals

*(Between 12:04 AM – 12:47 AM)*

- Abhishek (ceremonial bath) of Bal Gopal with Panchamrit.
- Offering various sweets, fruits, flowers, lamps, and incense.
- Recitation of the Bhagavad Gita, Vishnu Sahasranama, Krishna Ashtottara Shatanam, devotional songs, and aarti.
- Chanting **Shri Krishna Stotra** and **Shri Krishna Chalisa**.

### 4. Festivities & Cultural Programs

- **Raas Leela & Krishna Leela** stage performances.
- **Dahi Handi** – In Maharashtra and other regions, youths form human pyramids to break a hanging pot, recreating Krishna's playful butter-stealing pastimes.

### 5. Breaking the Fast (Parana)

- Performed after sunrise and the end of Ashtami Tithi and Rohini Nakshatra, considered auspicious.

### Spiritual & Cultural Significance

- **Victory of Dharma** – Krishna's birth marks the triumph of righteousness over injustice and tyranny.
- **Teachings of the Bhagavad Gita** – His guidance to Arjuna continues to be a timeless life philosophy.
- **Spiritual Purification** – Observing the vrat, worship, and devotion cleanses the soul, frees one from sins, and brings blessings.

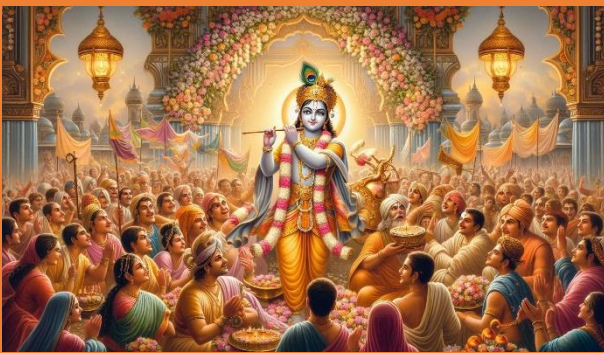


## In Summary: Key Points

- **Auspicious Time** – Nishita Puja on midnight of 16th August is considered the most sacred.
- **Puja Steps** – Preparation of idol, offerings, decoration, fasting, midnight rituals, and cultural celebrations.
- **Breaking the Fast** – Morning of 17th August after the tithi and nakshatra end.
- **Significance** – Upholding dharma, spreading Krishna's message, attaining spiritual purification, and celebrating cultural heritage.

In short, Krishna Janmashtami 2025 appears to fall on both 15th and 16th August because, according to the Hindu Panchang, Ashtami Tithi starts at midnight and lasts until the next evening; the difference in Smarta and Vaishnava traditions results in the date variation. Ultimately, the midnight Nishita Kaal remains the central and most auspicious moment for worship.

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