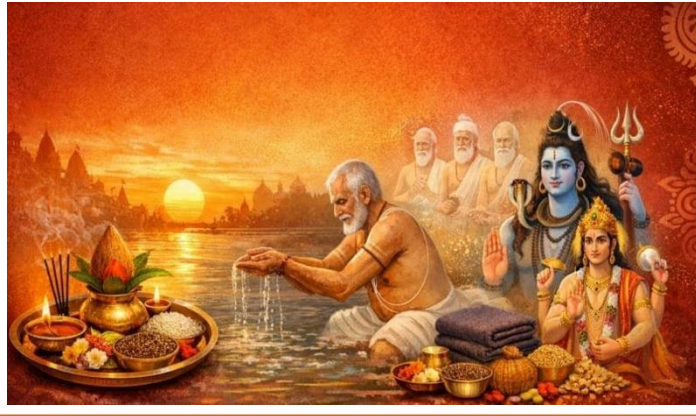




Ancient Vedic Mantras and Rituals





Pausha Amavasya 2025: तिथि, महत्व, पूजा विधि, स्नान-दान और आध्यात्मिक लाभ | PDF

Pausha Amavasya is considered a highly sacred and spiritually rewarding date in Hinduism. This Amavasya falls in the month of Pausha and is especially known for **sacred bathing, charity (daan), Pitru Tarpan, ancestral rituals (Shraddha), and inner purification**. Religious acts performed on this day are believed to grant **eternal merit (Akshaya Punya)** and bring **peace, prosperity, and harmony** into life.

Pausha Amavasya 2025: Date and Muhurat

According to the Hindu Panchang, Pausha Amavasya is observed on the **Amavasya (new moon) of the Krishna Paksha in the month of Pausha**. In 2025 Paush Amavasya will begin on 19 December 2025 at 4:59 AM and will end the next day on 20 December 2025 at 7:12 AM. This date holds great importance for attaining **peace of the ancestors and their blessings**.



Religious and Spiritual Significance of Pausha Amavasya

Pausha Amavasya is also known as **Pitru Amavasya**. It is believed that on this day, the souls of ancestors visit the earthly realm and are satisfied by the **Tarpan and donations** offered by their descendants.

On this auspicious day—

- Bathing in sacred rivers destroys sins
- Donation of sesame seeds, jaggery, blankets, food grains, and clothes brings great merit
- Pitru Dosha is alleviated
- Happiness and prosperity remain in the family

Bathing in holy rivers such as the **Ganga, Yamuna, Saraswati, Godavari, and Narmada** is considered especially auspicious.

Importance of Sacred Bath and Charity on Pausha Amavasya

The merit gained from **bathing and charity** on Pausha Amavasya is believed to multiply **thousands of times**. During the winter season, donating **warm clothes, blankets, and food** is considered highly virtuous.



Major Items for Donation

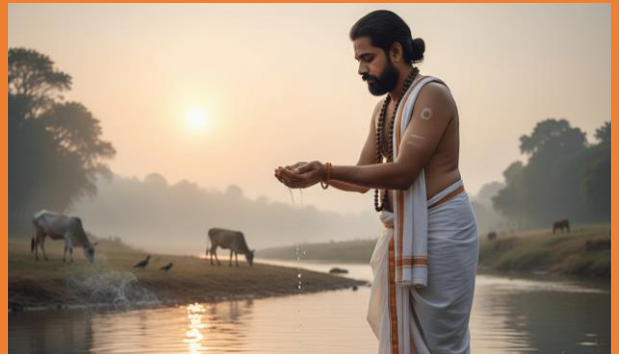
- Black sesame seeds
- Jaggery and rice
- Blankets and warm clothes
- Ghee and sesame oil
- Food grains and fruits

Charity performed on this day helps remove **poverty** and fills life with **positive energy**.

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