



Phalguna Purnima 2028

Phalguna Purnima Vrat



When is **Phalguna Purnima** in 2028?
March, 11 Mar, 2028

Phalguna Purnima Vrat Muhurat For New Delhi, India

Poornima Tithi Begins at 10:22:10 on March 10, 2028

Poornima Tithi Ends at 06:36:59 on March 11, 2028

According to Hindu calendar, the Purnima in the month of Phalguna is named as Phalguna Purnima. This day has delightful, social and cultural importance in Hindu religion belief. On this day, fasting is done from sunrise to moonlight. According to a spiritual belief, humans who fast on Phalguna Purnima attain special blessings from Lord Vishnu and their entire anguish end. Also, the festival of Holi is celebrated on this day.



Phalguna Purnima Vrat & Pooja Vidhi

The custom of fasting and ritual is almost the same on Purnima of every month. Although there are some important things to keep in mind. Lord Shri Krishna is worshipped on Phalguna Purnima.

1. On the day of Purnima, take bath in a sacred river, lake or pond in the early morning and lent for the fast.
2. Fasting must be done from sunrise till Moonrise (Chandra Darshan). One must worship the moon in the night.
3. On this day, take a sacred dip, offer to the needy and worship God.
4. According to Narada Purana, collect wood and cow dung cakes on Phalguna Purnima. After havan, ritually stack some wood and set fire to Holika.
5. One should enjoy & celebrate while circling around holika.

Phalguna Purnima Story

A story about Phalguna Purnima has been mentioned in Narada Purana. This story is about Asura Hiranyakashipu and his sister Holika. She sat on fire to kill Lord Vishnu's disciple and Hiranyakashipu's son, Prahlad. With God's grace, disciple Prahlad stayed safe whereas Holika herself was consumed in the fire. For this reason, it has become a tradition that on the day of Phalguna Purnima, Holika is created with wood and cow dung cake and the Holika Dahan is performed ritually as per favorable time. At the time of Holika Dahan, Lord Vishnu and disciple Prahlad should be remembered.

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Upcoming Festivals



Kajari Teej

12 Aug, 2025



Sankashti Chaturthi

12 Aug, 2025



Republic Day

15 Aug, 2025



Janmashtami

16 Aug, 2025



Aja Ekadashi Vrat

19 Aug, 2025



Pradosh Vrat

20 Aug, 2025



Masik Shivaratri

21 Aug, 2025



Bhadrapada Amavasya

23 Aug, 2025



Hartalika Teej

26 Aug, 2025



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