Fasting Calendar 2026

Time zone: Asia/Kolkata

Practitioners fast on ekádashii, the eleventh day after the full moon and after the new moon: twice a month. Monks and nuns fast on the full and new moon as well: four times a month. The fast runs from sunrise to sunrise, without food or water.

● Ekádashii: everyone ● Full and new moon: monks and nuns

January

- 3 Full moon
- 14 **Ekádashii**
- 18 New moon
- 29 **Ekádashii**

February

- 1 Full moon
- 13 **Ekádashii**
- 17 New moon
- 27 **Ekádashii**

March

- 3 Full moon
- 14 **Ekádashii**
- 18 New moon
- 28 **Ekádashii**

April

- 1 Full moon
- 13 **Ekádashii**
- 17 New moon
- 27 **Ekádashii**

May

- 1 Full moon
- 13 **Ekádashii**
- 16 New moon
- 26 **Ekádashii**
- 30 Full moon

June

- 11 **Ekádashii**
- 14 New moon
- 25 **Ekádashii**
- 29 Full moon

July

- 10 **Ekádashii**
- 14 New moon
- 24 **Ekádashii**
- 29 Full moon

August

- 9 **Ekádashii**
- 14 New moon
- 23 **Ekádashii**
- 27 Full moon

September

- 7 **Ekádashii**
- 10 New moon
- 22 **Ekádashii**
- 26 Full moon

October

- 6 **Ekádashii**
- 10 New moon
- 22 **Ekádashii**
- 25 Full moon

November

- 4 **Ekádashii**
- 9 New moon
- 20 **Ekádashii**
- 24 Full moon

December

- 4 **Ekádashii**
- 8 New moon
- 20 **Ekádashii**
- 23 Full moon

Dates are given for India. Where the local date differs by a day, your ácárya will tell you. Ananda Marga Pracaraka Samgha, India: Fasting Calendar 2026.