



ADHIKA MAASA (Jyeshta)

17 May 2026 to 15 June 2026

Adhika Maasa occurs when there is no Sankramana (the Sun moving from one zodiac sign to another) between two Amavasyas (New Moon days). This extra lunar month comes once in about 33 months and is considered the 13th month in the lunar calendar.

This month is also called Mala Maasa or Purushottama Maasa. The deity of this month is Lord Purushottama (Lord Vishnu).

During Adhika Maasa, devotees are encouraged to:

- * Take holy baths before sunrise
- * Perform poojas and prayers
- * Chant mantras
- * Give donations (Daana)
- * Spend time in spiritual activities

These practices are believed to bring blessings, peace, and success.

Important Note

Auspicious functions should not be performed during Adhika Maasa (17 May 2026 to 15 June 2026). The next month, called Nija Jyeshta Maasa, is from 16 June 2026 to 14 July 2026. Regular vratas and shraddha rituals should be performed during Nija Maasa.

Activities to Avoid During Adhika Maasa

The following ceremonies and activities are generally avoided:

- * Marriage
- * Upanayanam
- * Housewarming (Griha Pravesam)
- * Bhoomi Puja / Vaastu Puja
- * Temple idol installation
- * Starting new vratas
- * Buying and wearing new clothes or ornaments
- * Major yagnas and celebrations

Activities That Can Be Performed

The following may be done if the scheduled time falls during Adhika Maasa:

- * Pumsavana
- * Seemantham
- * Namakaranam
- * Annaprashanam
- * Temple visit for a child

Vratas started before Adhika Maasa may continue during this period. Homams and prayers for health and peace can also be performed.

Purushottama Maasa

Since Lord Purushottama is worshipped during this month, Adhika Maasa is also known as Purushottama Maasa. Devotees pray to Lord Vishnu and perform special poojas for spiritual growth and blessings.



Adhika Masa

(Adhikasya Adhikam Phalam)



17th May to 15th June



What we can do in Adhika Masa:



Listen to Bhagavata Sravanam

Spending time in divine stories purifies the mind and fills life with positivity.



Offer Apooa Dana

Offering food with devotion brings happiness and removes obstacles.



Take Sankalpa Snanam Before Sunrise

A holy bath in the early morning cleanses the body and brings peace to the mind.



Perform Devara Puja

Worshipping the Divine strengthens faith and invites blessings.



Give Donations (as per your ability)

Donate with love – clothes, food, books, vessels, or any useful items to those in need.



Feed the Needy and the Helpless

Offering food with compassion is one of the highest forms of service.



And many more acts of kindness...

Even a small act done with a pure heart brings great rewards.

You don't need
to do everything,
just start with
what you can.
Sincerity matters
more than
the effort.