

Purushottam Ekadashi June 2026: Parama Ekadashi | Vrat Katha In Hindi & English PDF

Purushottam/Parama Ekadashi

Purushottam Ekadashi in June 2026, also known as Parama Ekadashi, will be observed on Thursday, June 11, 2026. This is not an ordinary Ekadashi because it falls during Purushottam Maas, also called Adhika Maas or the extra lunar month. In Hindu tradition, Purushottam Maas is considered highly sacred because it is dedicated to Lord Vishnu, who is also worshipped as Purushottam, the Supreme Being.

Parama Ekadashi falls during Krishna Paksha, the waning phase of the moon, in Purushottam Maas. Because Adhika Maas does not occur every year, Ekadashi vrat observed in this month is considered rare and spiritually powerful. Devotees observe this fast to seek Lord Vishnu's blessings, inner purification, freedom from sins, peace of mind, prosperity, and spiritual upliftment.

In 2026, the Ekadashi Tithi begins at 12:57 AM on June 11 and ends at 10:36 PM on June 11. The Parana, or breaking of the fast, is observed on June 12, 2026. As per the timings provided, Parana can be done from 5:23 AM to 8:10 AM on June 12, 2026. However, devotees should always check their local Panchang because Parana timings may differ according to city, sunrise, and local calendar calculations.

Key Timings for Parama Ekadashi

2026

**Festival Name: Purushottam Ekadashi /
Parama Ekadashi**

Date: Thursday, June 11, 2026

Paksha: Krishna Paksha

Month: Purushottam Maas / Adhika Maas

Dedicated To: Lord Vishnu

**Ekadashi Tithi Begins: 12:57 AM on June
11, 2026**

**Ekadashi Tithi Ends: 10:36 PM on June 11,
2026**

**Parana Time: 5:23 AM to 8:10 AM on June
12, 2026**

What is Purushottam Ekadashi or Parama Ekadashi?

Purushottam Ekadashi, popularly known as Parama Ekadashi, is an auspicious fasting day dedicated to Lord Vishnu. It is observed during the Krishna Paksha of Purushottam Maas, which makes it especially important. The word "Parama" means supreme, excellent, or highest, and this Ekadashi is believed to give supreme spiritual merit when observed with devotion, discipline, and purity.

In Hindu belief, every Ekadashi has its own spiritual significance, but the Ekadashis that fall in Adhika Maas are considered especially rare. Since Purushottam Maas itself is dedicated to Lord Vishnu, Parama Ekadashi becomes a powerful day for Vishnu worship, mantra chanting, charity, fasting, and

repentance.

Devotees observe this vrat to purify the mind, reduce negative karma, remove financial and emotional difficulties, and strengthen their connection with Lord Vishnu. It is also believed that sincere observance of Parama Ekadashi brings peace, prosperity, divine protection, and spiritual progress.

Parama Ekadashi is not only about avoiding food. Its deeper purpose is self-control, simplicity, prayer, compassion, and devotion. On this day, devotees are encouraged to spend time in Vishnu puja, reading sacred texts, chanting the names of Lord Vishnu, helping the needy, and keeping the mind away from anger, greed, and negative thoughts.

Meaning and Spiritual Significance of Parama Ekadashi

The meaning of Parama Ekadashi is connected with the idea of reaching a higher state of devotion and purity through Lord Vishnu's grace. "Parama" means the highest or supreme, and "Ekadashi" refers to the eleventh lunar day. Therefore, Parama Ekadashi can be understood as a spiritually elevated Ekadashi that helps the devotee move closer to the Supreme Lord.

Since this Ekadashi occurs in Purushottam Maas, it is also called Purushottam Ekadashi. Lord Vishnu is worshipped as Purushottam, meaning the Supreme Person or the highest divine reality. Devotees believe that worship performed in this month gives multiplied spiritual benefits because the entire month is dedicated to devotion, repentance, charity, and self-purification.

The spiritual message of Parama Ekadashi is very practical. It teaches that even if a person is surrounded by difficulties, poverty, stress, or mistakes from the past, sincere devotion can create a new path. Through fasting, prayer, and good

actions, the devotee becomes more disciplined and spiritually aware.

Parama Ekadashi is especially associated with the removal of sins, freedom from suffering, blessings of Lord Vishnu, and attainment of peace. Many devotees also observe this vrat for stability in family life, relief from financial problems, and progress in spiritual practice.

The day reminds us that true prosperity is not only money or comfort. Real prosperity includes peace of mind, purity of thoughts, good karma, divine grace, and the ability to live with dharma.

Purushottam/Parama Ekadashi Vrat Katha

The traditional Parama Ekadashi Vrat Katha is connected with a poor Brahmin named Sumedha and his devoted wife. According to the story, the couple lived in poverty but remained honest, humble, and devoted to dharma. Even though they faced many difficulties, they did not lose faith in God.

One day, a sage visited their home and explained the importance of Parama Ekadashi. The sage told them that observing this Ekadashi with devotion, fasting, prayer, and charity could remove suffering and bring Lord Vishnu's blessings. Sumedha and his wife followed the vrat sincerely.

Because of their faith and devotion, Lord Vishnu blessed them. Their poverty and suffering reduced, and they received happiness, peace, and spiritual merit. The story teaches that devotion does not depend on wealth. Even a simple person with a pure heart can receive divine grace through faith, discipline, and righteous conduct.

This Vrat Katha is important because it connects Parama Ekadashi with hope, patience, and transformation. It gives the

Om Namo Bhagavate Vasudevaya
Om Namo Narayanaya
Shri Vishnave Namah

When and How to Observe Parama Ekadashi 2026

Parama Ekadashi 2026 should be observed on Thursday, June 11, 2026. The vrat begins with a pure intention and is completed after Parana on June 12, 2026. Devotees should ideally begin mental preparation from Dashami, the day before Ekadashi, by eating simple sattvik food and avoiding anger, gossip, non-vegetarian food, alcohol, and negative actions.

On Ekadashi morning, wake up early, take a bath, wear clean clothes, and take a sankalp for the vrat. Place an idol or image of Lord Vishnu, Lord Krishna, or Lakshmi Narayan in the puja area. Light a diya, offer yellow flowers, tulsi leaves, fruits, panchamrit, sandalwood, incense, and sattvik bhog. Tulsi is considered very dear to Lord Vishnu, so it should be included in the puja if available.

Chant Vishnu mantras such as:

Om Namo Bhagavate Vasudevaya

Om Namo Narayanaya

Shri Vishnave Namah

Devotees may read Vishnu Sahasranama, Bhagavad Gita, Purushottam Maas Mahatmya, or the Parama Ekadashi Vrat Katha. The fast may be observed as nirjala, phalahar, or sattvik fasting depending on health and capacity. People who are

elderly, pregnant, unwell, diabetic, or on medication should follow a practical and safe fasting method after medical guidance.

The fast should be broken on Dwadashi during the correct Parana time. For 2026, the provided Parana window is 5:23 AM to 8:10 AM on June 12, 2026. Before Parana, offer prayers to Lord Vishnu, donate food or essentials if possible, and then break the fast with sattvik food.

Puja Vidhi for Purushottam Ekadashi

Start the puja by cleaning the home and puja place. Sit facing east or north if possible. Place Lord Vishnu's image or idol on a clean cloth. Offer water, tulsi leaves, yellow flowers, incense, diya, fruits, and sweets. If you worship Lakshmi Narayan together, you may also offer lotus flowers or simple yellow flowers.

After lighting the diya, chant "Om Namo Bhagavate Vasudevaya" 108 times or as per your ability. Read or listen to the Parama Ekadashi Vrat Katha. If possible, recite Vishnu Sahasranama or at least chant the names of Lord Vishnu with devotion.

Spend the day in sattvik thoughts. Avoid lies, anger, harsh speech, laziness, and unnecessary distractions. Help someone in need, feed animals or birds, donate food, and remember Lord Vishnu throughout the day.

In the evening, perform a small Vishnu aarti. Offer bhog and pray for forgiveness, peace, family welfare, good health, and spiritual progress. The vrat is completed the next day after Parana.

What to Eat and Avoid on Parama

Ekadashi

During Parama Ekadashi vrat, devotees usually avoid grains, rice, pulses, onion, garlic, non-vegetarian food, alcohol, and tamasic food. Depending on family tradition and health, one may observe nirjala fast, fruit fast, milk fast, or simple sattvik fasting.

Common fasting foods include fruits, milk, curd, makhana, sabudana, singhara flour, kuttu flour, potatoes, peanuts, coconut water, and simple vrat-friendly preparations. The purpose of the fast is not overeating special dishes but practicing control and devotion.

People with medical conditions should not take extreme fasting risks. Lord Vishnu is pleased with sincere devotion, not physical harm. A balanced, sattvik, health-friendly fast is better than an unsafe fast.

Benefits of Parama Ekadashi

Parama Ekadashi is believed to bring powerful spiritual and practical benefits when observed with faith and purity. Devotees believe that this vrat helps remove sins, reduce past karmic burdens, and attract the blessings of Lord Vishnu. Since it falls during Purushottam Maas, its spiritual merit is considered especially high.

One of the key benefits of Parama Ekadashi is mental purification. Fasting, mantra chanting, and simple living help the devotee control desires, reduce restlessness, and focus the mind on divine thoughts. This brings inner calm and emotional balance.

Parama Ekadashi is also associated with relief from poverty, financial stress, and life difficulties. The Vrat Katha itself highlights how sincere devotion can transform suffering into divine grace. Devotees pray to Lord Vishnu for stability,

prosperity, protection, and righteous livelihood.

Family peace is another important benefit. When the day is spent in prayer, charity, patience, and sattvik behavior, the atmosphere of the home becomes more positive. Regular Vishnu worship is believed to bring harmony, protection, and blessings for the family.

Spiritually, this Ekadashi supports devotion, repentance, self-discipline, and progress toward moksha. It reminds devotees that the highest purpose of fasting is not only personal gain but purification of the heart, service to others, and surrender to Lord Vishnu.

Vastu and Spiritual Tips for Parama Ekadashi

For a peaceful Ekadashi puja, keep the northeast direction of the home clean and clutter-free, as this area is traditionally considered suitable for worship and meditation. If the puja room is in another direction, ensure that it is clean, calm, and sattvik.

Use a clean yellow or white cloth for the altar. Keep a diya lit during puja, but ensure safety. Offer tulsi leaves to Lord Vishnu. Avoid keeping broken idols, stale flowers, or unnecessary items in the puja area.

Chanting Vishnu mantras in a clean and quiet space helps create a positive spiritual environment. You may also play Vishnu Sahasranama, Krishna bhajans, or Purushottam Maas katha softly at home to maintain devotional energy.

Conclusion

Purushottam Ekadashi, also known as Parama Ekadashi, is one of the most sacred Ekadashis because it occurs during Purushottam

Maas. In 2026, it will be observed on Thursday, June 11, 2026, with Parana on Friday, June 12, 2026.

This Ekadashi is dedicated to Lord Vishnu and is considered highly beneficial for spiritual growth, removal of sins, relief from difficulties, and mental peace. The true essence of Parama Ekadashi is devotion, discipline, charity, purity, and surrender to Lord Vishnu.

Devotees should observe the vrat according to their health and capacity, perform Vishnu puja with tulsi and devotion, read the Vrat Katha, chant Vishnu mantras, and complete the fast with proper Parana. More than strict ritual, Lord Vishnu values a pure heart, honest living, and sincere bhakti.

FAQs

1. What is Purushottam Ekadashi or Parama Ekadashi?

Purushottam Ekadashi, also known as Parama Ekadashi, is a sacred Ekadashi fast observed during the Krishna Paksha of Purushottam Maas or Adhika Maas. It is dedicated to Lord Vishnu and is considered highly auspicious for spiritual purification, devotion, and divine blessings.

2. When is Parama Ekadashi in June 2026?

Parama Ekadashi in June 2026 will be observed on Thursday, June 11, 2026. The Ekadashi Tithi begins at 12:57 AM on June 11 and ends at 10:36 PM on June 11. The fast is broken during Parana on June 12, 2026.

3. What is the Parana time for Parama Ekadashi 2026?

As per the timings provided, the Parana time for Parama Ekadashi 2026 is from 5:23 AM to 8:10 AM on Friday, June 12, 2026. However, Parana timings can vary by location, so devotees should also check their local Panchang.

4. How to observe Parama Ekadashi vrat?

To observe Parama Ekadashi vrat, wake up early, take a bath, worship Lord Vishnu, offer tulsi leaves, flowers, fruits, diya, and sattvik bhog, chant Vishnu mantras, read the Vrat Katha, avoid grains and tamasic food, practice charity, and break the fast on Dwadashi during the proper Parana time.

5. What are the benefits of Parama Ekadashi?

The benefits of Parama Ekadashi include Lord Vishnu's blessings, removal of sins, mental peace, spiritual growth, relief from difficulties, family harmony, prosperity, and inner purification. Since it falls during Purushottam Maas, its spiritual merit is considered especially powerful.

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