



## Shattila Ekadashi 2029



When is **Shattila Ekadashi** in 2029?  
**January, 10 Jan, 2029**

**Shattila Ekadashi Vrat Muhurat For New Delhi, India**

**Shattila Ekadashi Parana Time : 07:15:19 to 09:20:49 on 11th, January**

**Duration : 2 Hour 5 Minute**

On Shattila Ekadashi, people worship Lord Vishnu and his Baikunth form with full devotion. Sesame seeds hold a big significance on this day and used in 6 different ways. On this day, bathing with water and sesame seeds, enforce sesame seeds scrub, doing Havana, making dishes with sesame seeds and used too many types.



## Shattila Ekadashi Puja Vidhi

On this day, worship Lord Vishnu by following these rituals:

1. Take a pious bath after sunrise, worship Lord Vishnu and offer flowers, incense sticks etc.
2. After fasting for the whole day, conduct a Jagran and offer prayers to Lord Vishnu in front of Holy Fire.
3. After that, wake up early on the twelfth day (Dwadashi), take a bath and offer food to Lord Vishnu. Feed the Pandits and then only consume food.

## Importance of Sesame Seeds on Shattila Ekadashi

As per the name, this fasting ritual is closely related to sesame seeds. They are said to be of great significance in Hindu religion belief and said to be sacred and divine. They are widely used to worship Gods. On this day.

### **Sesame seeds are used in 6 different ways:**

1. Soaking sesame seeds in water and bathing with it
2. Making a cosmetic paste of sesame seeds
3. Conducting a holy havan or fire ceremony using these seeds
4. Drinking water with sesame seeds soaked in it
5. Donate sesame seeds
6. Make sweets and dishes with sesame seeds

It is generally believed that donating sesame seeds in this day help you to remove bad deeds and with the blessings of Lord Vishnu you attain paradise.

## Historical Legend of Shattila Ekadashi

As per religious beliefs, Narad Muni visited Baikunth Dham to see Lord Vishnu and asked about the impact of Shattila Ekadashi Vrat (fast). After Narad Muni insisted Lord Vishnu, he told that,



In ancient times, a Brahmin's widowed wife used to live on Earth, and she was a biggest devotee, often worshipping me with full honor and devotion in her heart. One time she fasted for one whole month in order to seek my blessings. Her body became pure from all the fasting, but she never donated any food to Brahmins and gods. So I thought that as this lady would stay dissatisfied in heaven, therefore I myself visited her covert as a Sadhus/Brahmin.

When I asked her for alms, she brought a pile of mud and kept it on my hands. I brought it back to the Dham. After some time when she died and came to Baikunth, she was providing with a hut and mango tree. Seeing an empty cottage, she got worried and asked that even when I am a religious person, why I got an empty cottage? The I told her that all of this is due to your lack of donate food and handing me mud. Then I told her that do not open the gates of your hut unless Dev girls tell you the whole ritual for Shattila Ekadashi Vrat.

She followed and fasted as told by Dev girls. With the effects of fasting, her hut got filled with food items and crops. Hence, Hey Narad, anyone who carries out this fast of Ekadashi and donates food and sesame seeds gets blessings, wealth and salvation.

**Read on Website**



## Upcoming Festivals



**Janmashtami**

**04 Sep, 2026**



**Aja Ekadashi Vrat**

**07 Sep, 2026**



**Pradosh Vrat**

**08 Sep, 2026**



**Masik Shivratri**

**09 Sep, 2026**



**Bhadrapada Amavasya**

**11 Sep, 2026**



**Hartalika Teej**

**14 Sep, 2026**



**Ganesh Chaturthi**

**14 Sep, 2026**



**Parsva Ekadashi Vrat**

**22 Sep, 2026**



**Pradosh Vrat**

**24 Sep, 2026**



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