



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

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Aadhik Maas

Aadhik = Extra

Maas = Month

The Science

The earth is revolving around the Sun. This earth completes one circle around the Sun in 365.2564 days (365 days 6 hours 9 minutes & 12.96 seconds) whereas Moon takes 29.5306 (29 days 12 hours 44 minutes & 3.84 seconds) days from new moon (Amavasya) to next new moon. According to this number of days in a month are 29.5306. Number of days in 12 months = $29.5306 \times 12 = 354.3672$ days.

The difference between one year of earth & 12 months of Moon is 10.8992 days = 11 days. Therefore every year lunar months comes 11 days earlier but in 3 years this difference reaches up to 33 days, which is more than one month. We call this as Aadhik maas.

Generally Aadhik maas comes after an interval of 2 years and 4 months, 2 years and 9 months, 2 years and 10 months or 2 years and 11 months. On an average Aadhik Maas comes in 2 years and 8.5 months. This value can be verified dividing the duration of month i.e. 29.5 days by 10.9. Lunar year is 10.9 days smaller than solar year therefore after dividing $29.53/10.9=2$ years and 8.5 months there arises a difference of one month

Year	Month	Year	Month	Year	Month	Year	Month	Year	Month	Year	Month
1966	Shravan	2	9	1982	Ashwin	2	4	1999	Jyeshtha	2	11
1969	Ashadh	2	11	1985	Shravan	2	10	2001	Ashwin	2	4
1972	Vaishakh	2	10	1988	Jyeshtha	2	10	2004	Shravan	2	10
1974	Bhadra	2	4	1991	Vaishakh	2	11	2007	Jyeshtha	2	10
1977	Shravan	2	11	1993	Bhadra	2	4	2010	Vaishakh	2	11
1980	Jyeshtha	2	10	1996	Ashadh	2	10	2012	Bhadrapad	2	4

This year Aadhik maas falls on Saturday 18th August 2012 - Sunday 16th September 2012

Aadhik mass is also known as Purshottam Maas. Shree Hari says on this Aadhik Maas belongs to Swami Purshottam who is me. Therefore those who follow the Vrat in this month will attain me. In this month those who donate, chant the Lord's name, do yagnas and poojas. Those who become lazy during this month will become ill, mourn their child and face insults. All those who perform this Vrat will attain wealth, health and wisdom.



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During aadhik maas householder duties such as hair removal ceremony, janoi ceremony and weddings should not be carried out during aadhik maas. A woman who carries out such Vrats during Aadhik maas does not have live the life of a widow. Also those who do the Vrats are freed from sins such as 5 great sins.

Tyagis perform strict fasts and do intense penance; they then receive additional fruits of their penance during aadhik maas. It states Vrats performed during Chaaturmaas will attain Swarg, but in comparison Vrats performed during aadhik maas will be freed from the cycle of birth and death.

Shree Krishna says those who don't undertake these Vrats will be very miserable and have hard times in their lives. Those who do the Vrats during the Aadhik maas will receive happiness in this life and the life hereafter.



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Janmashtami

This is the Birthday of Shree Krishna on Sharvan Vad 8, which this year is on the Friday 10th July 2012.

According to the legends, the birth of Lord Krishna took place under extraordinary circumstances. Krishna was an incarnation of Lord Vishnu who came to the world to get rid of all evil demons. He was born at midnight stroke on a dark, rainy night to Devaki and Vasudev who had been imprisoned by Devaki's brother Kans. Kans was told that the eighth child of Devaki would kill the evil king Kansa. Therefore Kans had his sister put into prison. He killed her seven children one by one but when Krishna was born, there was divine intervention to save the life of baby Krishna. The guards had fallen into deep sleep and were unable to inform Kans about the birth of the child.

A voice commanded Vasudev to take the baby to Gokul and exchange with the newborn baby girl of Nanda and Yashoda. The shackles and the prison gates opened miraculously and Vasudev carried the child in a small basket, through the waters of Yamuna. As it was a dark stormy night, the waters of Yamuna were raging but parted to let the carrier of the divine Krishna pass. A huge snake known as Adisesha, glided behind them, its hoods formed a protective canopy over the child. When Vasudev returned back with Nanda's child the shackles fastened and the doors closed and the guards awakened. Kans came and picked up the child to hurl it to the wall and kill him but somehow the baby slipped from his grasp and took the form of a Goddess laughing at Kans, she vanished after telling him that the one who would kill him had already taken birth and was elsewhere.

As a little boy, Krishna was the heartbeat of Gokul, a mischievous prankster who was loved by all. He used to steal curd and butter from the houses of Gopis. As a child, he performed miracles. His exploits are now the immortal legends of Braj. He killed a number of 'Asuras'(devils), vanquished the Kali Nag and later he killed Kana as it had been.

People usually fast on this day. Most of the day is spent remembering the Leelas of Krishna Bhagwan and during the day and especially in the evening where devotees get together in Temple and celebrate the birth, by singing kirtans and playing raas until 12am midnight, the Lord's birth hour. Arti is performed and he is swang in a swing and offered dishes. 'Makhan' (butter) is especially included since Shri Krishna loved this in childhood. The traditional Prasad is 'Panchajiri' - made of five ingredients: powdered ginger, 'suva', coriander, sugar and ghee.