



Sree Vigneswaraya Namaha
Gayathri Japam (Aug 20, 2024) - Tuesday
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*****CANADA, USA EST & INDIA*****

For GRIHASTAL'S the following are the rituals to be performed on Aavani Avittam Day.

SANDHYA VANDHANAM (Nityakarma Anushtana)
OWPASANAM (Nityakarma Anushtana)
THREAD CHANGING (Poonal Maral)
KAMO KARSHEETH JAPAM
MAADHYANIKAM (Nityakarma Anushtana)
BRAHMAYAJNAM
Deva Rishi Tarpanam
Deva Rishi Pitru Tarpanam
MAHA SANKALPAM
THREAD CHANGING (POONAL MAARAL)
KANDARISHI THARPANAM
Kanda Rishi Homam
VEDHARAMBAM
Jayaadi / PradhAna Homam
**GAYATRI JAPAM (On 20th August 2024)-
Canada & USA EST**
(Same day for all Vedhams)
Sama, Yajur & Rig Vedham

For BRAHMACHARI'S the following are the rituals to be performed on Avani Avittam Day.

KSHOWRAM - thereafter bath
THREAD CHANGING (POONAL MAARAL)
SANDHYA VANDHANAM (Nityakarma Anushtana)
SAMIDHADHANAM (Nityakarma Anushtana)
KAMO KARSHEETHU JAPAM
MAADHYANIKAM (Nityakarma Anushtana)
BRAHMAYAJNAM
Deva Rishi Tarpanam
Deva Rishi Pitru Tarpanam
MAHA SANKALPAM
THREAD CHANGING (POONAL MAARAL)
SPECIALMANTRA FOR BRAHMACHARICAL
Kanda Rishi Homam
VEDHARAMBAM
Jayaadi / PradhAna Homam
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FOR RIG / YAJUR AND SAMA VEDIS

OHM HRUDASYAAMA HAVYAI NAMA SOPA SADHYA MITHRAM DHEYAM MITHRAM
DEHAM NAA ASTHU
ANURAADHAAN HAVISHAA VARDHAYANTHAHA SHATAM JEEVEMA SHARADA
SAVEERAAH:

(Aachamanam+Wear Pavithram + Put Durbha Aasanam under the legs (Darbeshvaaseena:) +
Wear Two Dharbha between the Pavithram(Darbhaan Dhaaryamaana:)

AUM SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DYAAAYETH SARVA VIGNOPASSANTHAYE - OM BHUHU, OM BHUVAHA, OM
SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM SATHYAM OM
THATSAVITHURVARE ENYAM BARGO DEVASYA DEEMAHI DHEEYO YONA
PRACHOTHAYAATH OM AAPO JYOTHEERASO AMRUTHAM BRAHMA
BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWARA SRI PARAMESWARA
PREETHYARTHAM

THATHEVA LAGNAM SUDHINAM THATHEVA, THAARABALAM CHANDRABALAM
THATHEVA, VIDHYAABALAM DAIVABALAM THATHEVA, SRI LAKSHIPATEHE AGRIYUGAM
SMARAAMI APAVITHRAHA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA
YASMARETH PUNDAREEKAAKSHAM SABAAHYA AABHYANTHARAHAA SUCHIHI
MAANASAM VAACHIKAM PAAPAM KARMANAAM SAMUPARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SHAYAHAA - SRI RAMA, RAMA RAMA THITHIR
VISHNU THATHAA VAARA NAKSHATHRAM VISHNUREVACHAA YOGASCHA KARANAM
CHAIVAA SARVAM VISHNU MAYAM JAGATH SRI GOVINDA, GOVINDA GOVINDA AADYA
SRI BAGAVATHAHAA, MAHA PURUSHASYA, VISHNOR AAGNAYA,
PRAVARTHAMAANASYA,

ADYA BRAHMANAHA, DWITHEEYA PARAARDHE, SWETHA VARAAHA KALPE,
VAIVASWATHA MANWANTHARE, ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME
PAADHE, JUMBOO DWEEPE (For North America – KRAUNCHA DWEEPE), BHAARATHA
VARSHE (For North America – RAMANAKA VARSHE), BHARATHA KHANDE (For North
America – UTTARA OR GOTEERTHA OR AINDRA KHANDE), MEROHO DAKSHINE
PAARSHWE (For North America – Paschime paarshwe) DANDAHAARANYA SAKAABDE,
ASMINNU VARTHAMAANE, VYAAVA HAARIKE, PRABHAVAADHEENAAM SASHTYAA
SAMVATSARAANAAM MADHYE

**KRODHI NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW SIMHA MAASE,
KRISHHNA PAKSHE, ADHYA PRATHAMAAYAAM SUBHATHITHOW BHOUMA**



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VAASARA YUKTHAAYAAM, **SATHABHISHAK** NAKSHATRA YUKTHAAYAAM
SUBHAYOGA, SUBHAKARANA, EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM
PRATHAMAAYAAM SUBHATHITHOW

MITHYAA DHEETHA PRAYASCHITHAARTHAM, DHOSHAVATH APATHANEEYA
PRAAYASCHITHAARTHAM SAMVATSARA PRAAYASCHITHAARTHAM CHA ASHTOTHARA
SAHASRA (1008) OR SHATHA (108) SANGYAYAA GAYATHRI MAHAAMANTRA JAPAM
ADHYA KARISHYE (Repeat this sentence twice).

Remove the two dharbha and put it on the north side (which you kept between the Pavithram).
Slightly wash the hand with little water from the Panchapathram. APA UPA PRASYA.

(remaining part will be as in the Sandhya Vandhanam)
PRANVASYA RISHIR BRAHMA (TOUCH HEAD WITH HAND)
DEVI GAYATHRI CHANDAHA (TOUCH MOUTH WITH HAND)
PARAMATMA DEVATHA (TOUCH HEART WITH HAND)
BHOORADI SAPTA VYAHRITEENAM ATRI BRUGU KUTSA VASISHTA GAUTAMA
KASHYAPA ANGIRASAA RISHYAYAHA (TOUCH HEAD WITH HAND)
GAYATHRI USHNIK ANUSHTUP BRUHATHI PANGTHI THRISHTUP JAGATHI CHANDAMSI
(TOUCH MOUTH WITH HAND)
AGNI VAYU ARKA VAGEESA VARUNA INDRA VISHVEDEVA DEVATAHA (TOUCH HEART
WITH HAND)

Chant 10 times Pranayama Manthram "OM BHUHU +++++ OM OM OM".

AYATHWITHI ANUVAKASYA VAMADEVA RISHIHI (TOUCH HEAD WITH HAND)
ANUSHTUP CHANDHAHAA (TOUCH MOUTH WITH HAND)
GAYATHREE DEVATHAA (TOUCH HEART WITH HAND)

Hold both hands together in front of the face and say:

AAAYATHU VARADHAA DEVI AKSHARAM BRAHMMA SAMMITHAM GAYATREEM
CHANDHASAAM MAATHA IDHAM BRAHMMAA JUSHASWANAHAA OJOSI SAHOSI
BALAMASI BHRAJOSI DEVAANAAM DHAAMA NAMAASI VISHWAMASI VISHVAAYUHU
SARVAMASI SARVAAYUHU ABHIBOOROM
GAYATHREEM AVAAHAYAAMI (Hand turned inwards in front of the heart)
SAVITHREEM AVAAHAYAAMI (Hand turned inwards in front of the heart)
SARASVATHEEM AVAAHAYAAMI (Hand turned inwards in front of the heart)

SAAVITHRIYAA RISHIHI VISHWAAMITHRAHAA (Touch head with hand)
NICHHRUD GAAYATHRI CHANDHAHAA (Touch mouth with hand)
SAVITHAA DEVATHAA (Touch heart with hand)

1008 times chant the "GAYATHRI MANTRAM"

As soon as you finish 1008 times - remaining part will be as in the Sandhya Vandhanam



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PRAATHAHAA SANDHYAA GAYATHRI UPASTHAANAM KARISHYE

UTHAME SHIKHARE DEVI BHOOMYAAM PARVATHA MOORDHANI BRAHMANEBHYO
HANUGYAANAM GACHA DEVI YATHAA SUKHAM

NAMA SAVITHRE JAGADEKA CHAKSHUSHE JAGATH PRASOOTHU SHITHINAASA
HETAVE TRAYEE MAYAAYA TRIGUNAATHMA DHAARINE VIRINCHI NAARAYANA
SHANKARAATHMANE DHEYA SADHAA SAVITHRU MANDALA MADHYA VARTHEE
NAARAAYANAHAA SARASIJAASANA SANNIVISHTAHAA
KEYURAVAN MAKARA KUNDALAVAN KIRITEE HAREE HIRANMAYA VAPUHU
DHRUTHA SHANKA CHAKRA SHANKA CHAKRA GADHAA PAANE DWAARAKAA NILAYAA
CHUTHAA GOVINDHA PUNDARI KAKSHA RAKSHAMAAM SHARANAAGATHAM
AKAASHAATH PATHITHAM THOYAM YATHAA GACHATHI SAAGARAM
SARVADEVA NAMASKAARAHAA SRI KESHAVAM PRATHI GACHATHI
SREE KESHAVAM PRATHI GACHATHYON NAMA ITI

ABHIVAADAYE.....

AACHAMANAM

After the above manthram, take water in the hand from the udharNi and pour in the plate

KAAYANA VAACHA MANASAA AINDRIAIRVAA BUDHYAATHMA NAAVAA PRAKRUTHE
SWABHAAVAATH KAROMI YADHYATH SAKALAM PARASMAI NAARAYA NAAYETHI
SAMAR PA YAAMI

OM TATSATHU, BRAHMMARPANAM ASTHU

AACHAMANAM

After the above manthram, pour water from the pancha pathram on the floor and put tilak in the forehead and say as below:

ADHYAANO DEVA SAVITHA PRAJAAVATH SAAVEEHI
SOWBHAGAM PARAA DUSHVAPNYAGM PARAASUVAA
VISHVAANI DEVA SAVITHAHAA DHURITHAANI PARAASUVAA
YADH BHADHRAM TANMA AASUVAA

Credits: Prasad Vadhyar, Sreeram Vadhyar and Sathya Vadhyar whose YouTube links are provided for reference.

Compiled by Vish Anant (For Canada & USA EST)