



Sree Vigneswaraya Namaha
YAJUR UPAKARMA / AVANI AVITTAM (Aug 19, 2024) - Monday
SamidhAdhAnam, KAmokArsheeth, Brahmma Yagyam, Maha Sankalpam, Yagyopavitha
DhAraNam, KAnda Rishi Tharpanam, VedArambham ,
Gayathri Japam (Aug 20, 2024) - Tuesday
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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 Trapanam
Deva Rishi Pitru Tarpanam
MAHA SANKALPAM
THREAD CHANGING (POONAL MAARAL)
SPECIALMANTRA FOR BRAHMACHARICAL
Kanda Rishi Homam
VEDHARAMBAM
Jayaadi / PradhAna Homam
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SAMIDHADHANAM (Nityakarma Anushtana)

FACE TO EAST -INFRONT OF YOU KEEP AN AGNIKUNDAM (FIRE BOX). KEEP THE FIRE READY IN THE AGNIKUNDAM.

AACHAMANAM: ACHUTHAAYA NAMAHA - ANANTHAAYA NAMAHA - GOVINDAAYA NAMAHA

ANGA VANDHANAM - KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA, TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA.

VINAYAAKAR VANDANAM - OM SUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBUJAM PRASANNA VADHANAM DYAAYETH, SARVA VIGNA UPASAANTHAYE

PRANAAYAAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM, BARGODEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYAATH - OMAAPO JYOTHIRASAHAA AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE RIGHT HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYA DHWAARAA SREE PARAMESWARA PREETHYARTHAM –

PRAATHA SAMIDHAADHAANAM KARISHYE style=(IN THE EVENING SAY “SAYAM” INSTEAD OF PRAATHA).

AAPA UPAS PRASHYA (TOUCH WATER) – LIGHT FIRE

BHOORBAVASSU VAROM AGNIM PRATISHTAABHYA

KEEP THE BOTH HAND AS “NAMASTHE” AND PRAY TO AGNI BHAGAVAN –

PRAARTHANAI - PARITHWAAGNE PARIMRUJAAMI AAYUSHAA CHA DHANENA CHAA. SUPRAJAA: PRAJAYAA BHOOPYAASAM SUVEERO VEERAIHI, SUVEERO: VARCHASAA, SUPOSHA: POSHAIHI, SUGRUHO GRIHAIHI, SUPATHI: PATHYAA: SUMEDHAA MEDHAYAA SUBRAHMAA BRAHMMA CHARIBIHI.

OM BHOORBA VASSUVAHAA (Circle water around the fire)

- ANU MANYA SWAAHAA (TERKU – FROM BOTTOM TO UP) RIGHT
- ANUMATE ANU MANYA SWAHA (TERKKU TO VADAKKU – DOWN LEFT TO RIGHT)
- SARASWATE ANU MANYA SWAAHAA (VADAPURAM – LEFT DOWN TO UP)
- DEVA SAVITA PRASUVAHAA (Circle water around the fire)



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NOW THE HOMAM STARTS –

EACH SAMITHU OR DARBHA TO BE KEPT IN THE AGNI AFTER SAYING SWAHA:

1. AGNAYE SAMIDHAM AAHAARUSHAM BRUHATHE JAATHAVEDHASE YATHAA
TWAM AGNE SAMIDHAA SAMIDHYASE EVAM MAAM AAYUSHAA VARCHASAA
SANYAA MEDHAYAA PRAJAYAA PASUBIHI BRAHMA VARCHASENAA
ANNAADYENAA SAMEDHAYAA SWAAHA AA
2. EDHO OSI EDHUSHEEMAHI SWAAHA AA
3. SAMIDHASI SAMEDHISHEEMAHI SWAAHA AA
4. TEJOSI THEJOMAHI TEHI SWAAHA AA
5. APO ATYAA ANWA CHAARISHAM RASENAA SAMASRUKSH MAHI PAYASWAAN
AGNA AAGAMAM THAM MAA SAGUM SRUJAA VARCHASAA SWAAHA AA
6. TAMMAA AGNE VARCHASAA SRUJAA PRAJAYAA CHA DHANENA CHA SWAAHA
AA
7. VIDYUMNE ASYA DEVAHAA INDRO VIDYATH SAHARSHIBI: SWAAHA AA
8. AGNAYE BRUHATHE NAAGAAYA SWAAHA AA
9. DYAAVA PRITHIVI BYA GUM SWAAHA AA
10. ESHAA TE AGNE SAMITHTHAYAA VARDHASWACHAA AABHYAAYASWA CHAA
DHAYAAHUM VARDHAMANAHAA BHOOYAASAM ABHYAAYA MANASCHA
SWAAHA AA
11. YOMAA AGNE BAGINAGUM SANTHAM ATHAA BHAAGAM CHIKEERUSHATHI
ABHAAGAMAGNE THAM KURU MAAMAGNE BHAAGINAGUM GURU SWAAHA AA
12. SAMITHAMAATHAYA AGNE SARVAVRUTHO:
 - BHUUYAASAGUM SWAAHAAA
 - BHU SWAAHA AGNAYE IDAM NAMAMA, BHUVA SWAAHA - VAYAVAA
IDANNAMAMAAA, SUVA SWAAHA - SURYAYAA IDANNAMAAMAAA
 - OM BHOORBA VA SUVAHA SWAAHA AA
 - PRAJAA PATAYA IDANNAAMAMA
 - ATITE ANVAMAGUM STAA: (TERKKU – FROM BOTTOM TO UP – RIGHT)
 - ANUMATE ANU MANYA STAA: (TERKKU TO VADAKKU – LEFT TO RIGHT –
DOWN)
 - SARASWATE ANU MANYA STAA: (VADAPURAM – FROM BOTTOM TO UP –
LEFT)
 - DEVA SAVITA PRAASAASVEEHI (Circle around the fire)
 - SWAAHA - PUT ONE MORE SAMITHU IN THE AGNI AND STAND UP BY SAYING

UPASTAANAM:

“ AGNE UPASTAANAM KARISHYE”. SAY - (KEEPING THE BOTH HANDS
AS NAMASTHE) -

- YATHTHE AGNE THEJASTHENAA AHAM THEJASWI BHUUYAASAM
- YATHTHE AGNE VARCHASTENAA AHAM VARCHASWI BHUUYAASAM
- YATHTHE AGNE HARASTENAA AHAM HARASWI BHUUYAASAM
- MAYI MEDHAAM MAYI PRAJAAM MAYI AGNI: THEJO DHADHAATHU



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- MAYI MEDHAAM MAYI PRAJAAM MAYI INDRAHA INDRIYAM DHADHAATHU -
MAYI MEDHAAM , MAYI PRAJAAM MAYI SOORYAHAA BHRAAJO
DHADHAATHU

AGNAYE NAMAHA:

- MANTHRA HEENAM, KRIYAA HEENAM, BHAKTHI HEENAM, HUTHAASHANA,
YADHUTANTU MAYAA DEVA PARIPOORNAM THADASTHUTE,
PRAYAASCHITHAANI ASHESHAANI, THAPA: KARMAATHMA KANIVAI,
YAANITHESHA ASHESHAANAAM SRI KRISHNA ANUSMARANAM PARAM - SRI
KRISHNA, KRISHNA KRISHNA

NAMAKARAM WITH “ ABHIVADHAYE....”

ABHIVAADAM (Follow yours)

ABHIVAADAYE KAASHYAPAA AAVATSAARA NAIDHRUVAA TRIAA HRSHEYAA
PRAVARAAN VITA NAIDHRRUVA KAASHYAPA GOTRAHA APASTAMBA SUTRAHA YAJUH
SHAAKHA ADDYAAHEE SRISARMANAHA ASMI BHOHO

RAKSHA (TAKE THE BASMAM FROM THE AGNIKUNDAM, KEEP THE SAME IN THE LEFT
HAND AND TOUCH THE SAME WITH THE RIGHT HAND RING FINGER AND SAY)

RAKSHA MANTRAM:

MAANASTOKE THANAYE MAANA AAYUSHI MAANOGHOSHU MAANO ASHWESHU
REERISHAHAA, VEERAANMANAHAA RUDRABHAAMITHO VADHEE:, HAVISHMANTAHAA
NAMASAA VIDHEMATHE.

- | | | |
|----|-----------------------------|----------------|
| 1. | MEDHAAVI BHOOYAASAM | FOREHEAD |
| 2. | THEJASWI BHOOYAASAM | CHEST/HEART |
| 3. | VARCHASWI BHOOYAASAM | RIGHT SHOULDER |
| 4. | BRAHMA VARSHASWI BHOOYAASAM | LEFT SHOULDER |
| 5. | AAYUSHMAAN BHOOYASAM | NECK |
| 6. | ANNAADHO BHOOYAASAM | BACK NECK |
| 7. | SWASTI - BHOOYAASAM | HEAD |



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PRAARTHANAI:

SRADHHAAM MEDHAAM YASHA PRAGYAAM VIDHYAAM BHUDHIM SRIYAM BALAM
AAYUSHYAM THEJA AAROGYAM DEHI ME HAVYA VAAHANAA - SRIYAM DEHI ME HAVYA
VAAHANA OM NAMA ITI.

KAAYENA VAACHAA MANASAA INDRIAIRVAA BUDHYAATMA NAABHAA PRAKRUTE
SVABHAAVAAT KAROMI YADHYAT SAKALAM PARASMAI NAARAAINAAITI
SAMARPAYAAMI

“ OM TATSATHU BRAHMAARPPANAM ASTHU.” (Put water in ground)

AACHAMANAM



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KAA MO KARSHEETH JAPAM (Not for Rig Vedam & Sama Vedam)

(Not required for thalai avani avittam brahmmanals)

Aachamanam

ACHUTHAAYA NAMAHA – ANANTHAAYA NAMAHA – GOVINDAAYA NAMAHA ,
KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA,
TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA

OHM HRUDHASYAAMA HAVYAI NAMA SOPA SADHYA MITHRAM DHEYAM MITHRAM
DEHAM NAA ASTHU ANURAADHAAN HAVISHAA VARDHAYANTHAHA SHATAM
JEEVEMA SHARADA SAVEERAAH DHEERGAA USHYAMASTHU

Wear Pavithram(*) + Put Durbha Aasanam under the legs (Dharbe ShwAseenahA) + Apa upa
prashya. Wear Two Dharbha between the Pavithram (DarbhAm DhArayamAnahA)

SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DYAAAYETH SARVA VIGNA UPASSANTHAYE

OM BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATASAVITHUR VARE ENYAM BARGO DEVASYA
DEEMAHI DHEEYO YONA: PRACHOTHAYA ATH – OMAAPA: JYOTHEERASA: AMRUTHAM
BRAHMA BHURBUVASUVAROM OM OM OM.

SMARTHA:

MAMOPAARTHA SAMASTHA DHURITHA KSHAYA DWAARAA SRI PARAMESWARA
PREETHYARTHAM

VAISHNAVA: BHAGAVATHU AGNYAYA BHAGAVATHU KAINKARYAM SRIMAN NARAYANA
PREETHYARTHAM

THATHEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, SRI LAKSHMIPATHEHE
ANGRIYUGAM SMARAAMI APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAM
GATHOPIVAA YASMARETH PUNDAREEKAAKSHAM SABAHAHYA AABHYANTHARA
SUCHIHI, MAANASAM VAACHIKAM PAAPAM KARMANAA SAMUPAARJITHAM SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SASAYAHA

SRI RAMA, RAMA RAMA THITHIR VISHNUHU THATHAA VAARAAH NAKSHATRAM
VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM VISHNU MAYAM JAGATH
SRI GOVINDA, GOVINDA GOVINDAA

AADHYA SRI BAGAVATHAHAA, MAHAA PURUSHASYA, VISHNOR AAGNAYAA,
PRAVARTHAMAANASYA, ADHYA BRAHMMAANAHAA, DWITHEEYA PARAARDHE,
SHWETHA VARAAHA KALPE, VIVASWATHA MANWANTHARE, ASHTAAVIMSATHI THAME,



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KALIYUGE, PRATHAME PAADHE, JUMBOO DWEEPE (For North America – KRAUNCHA DWEEPE), BHAARATHA VARSHE (FOR North America – RAMANAKA VARSHE), BHARATHA KHANDE (For North America – UTTARA OR AINDRA KHANDE), MEROHO: DAKSHINE PAARSHWE (For North America - PASCHIME PAARSHWE) SAKAABDE, ASMINNU VARTHAMAANE, VYAVA HAARIKE, PRABHAVAADHEE SHASHTI SAMVATSARAANAM MADHYE **KRODHI NAAMA** SAMVATHSARE, **DAKSHINAAYANE, VARSHA** RITHOW, SHRAVANA / **SIMHA** MAASE, **SHUKLA** PAKSHE, **PAURNAMAASYAAM** SHUBHATHITHOW VAASARAHA **INDHU** VAASARA YUKTHAAYAAM, **SRAVISHTA (North America), SHRAVANA UPARI SRAVISHTA (India)** NAKSHATHRA YUKKTHAAYAAM, SHUBA YOGA SHUBA KARANA EVAM GUNA VISESHANA VISISHTAYAAM, ASYAAM POURNAMAASYAAM SUBHATHITHOW MAMO PAARTA SAMSTHA DHURITHA KSHYA DHWAARA SREE PARAMESHWARA PREETHYARTHAM

THAISHYAAM POURNAMAASYAAM ADHYAAYA UTHSARJANA AKARANA PRAAYASCHITHARTHAM SAMVATHSARA PRAAYASCHITHARTHAM CHA ASHTOTHARA SAHASRA (1008) / SHATA SHANKYAYAA (108) KAMOKAARSHEETH MANURA KAARSHEETH NAMO NAMAHA ITHI MAHAA MANTRA JAPAM KARISHYE (Please repeat this sentence two times).

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

(Follow 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 Angirasaha 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”.

Then chant the mantra as “KAMO KAARSHEETH MANYURA KAARSHEETH” (108 or 1008 times. As soon as you finish, chant the following mantram:

DO PRANAYAM:

OM BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM SATHYAM OM THATASAVITHUR VARE ENYAM BARGO DEVASYA DEEMAHI DHEEYO-YONA PRACHOTHAYA ATH – OMAAPA: JYOTHEERASA: AMRUTHAM BRAHMA BHURBUVASUVAROM OM OM OM.

Remove the Pavithram and do the Achamanam.

Ohm tatsathu, brammarpaNam asthu!



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BRAHMAYAGYAM

Achamanam

ACHUTHAAYA NAMAHA – ANANTHAAYA NAMAHA – GOVINDAAYA NAMAHA ,
KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA,
TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA

SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAYETH SARVA VIGNA UPASHANTHAYE

OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA,
OOGUM SATHYAM OM THATSAVITHUR VARENYAM BHARGO DEVASYA DEEMAHI
DHEEYO-YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASAAH AMRUTHAM
BRAHMAA BHURBUVASSUVAROM OM OM OM.

MAMOPAARTHA SAMASTHA DHURITHA KSHAYADHWAARA SRI PARAMESWARA
PREETHYARTHAM – BRAHMAYAGYAM KARISHYE - BRAHMA YAGNENA YAKSHYE (say
2 times) APA UPA PRASYA (CLEAN HANDS)

VIDHYURASI VIDHYAME E PAAPMAANAM_ AMRUTHAHATH SATHYAM UPAIMI (CLEAN
HANDS WITH WATER)

OM BHUUHU: TATSAVITHUR VARENYAM, OM BHUVAHAA BARGODEVASYA DEEMAHI,
OGUM SUVAHAA DHEEYO YONAHAA PRACHODHAYA ATH - OM BHUHU:
TATSAVITHURVARE ENYAM, BARGODEVASYA DEEMAHI, OM BHUVAHAA DHEEYO
YONAHAA PRACHODAYA ATH - OGUM SUVAHAA TATSAVITHURVARE ENYAM,
BARGODEVASYA DEEMAHI, DHEEYO YONA PRACHODAYA ATH - OHM HARIHI OHM

OM AGNIMEE EELE PUROHITHAM YAJNASYA DEVAM RITHWIJAM_, HOTHAA AARAM
RATHNA DHAATHAMAM

OM ISHE TVAHA URJETWAAHAA VAAYAVASTHA UPAAYAVASTHA DEVOVAHAA
SAVITHAA PRAARPAYATHU SRESHTATHAMAAYA KARMANE

OM AGNA AAYAHI VEETHAYEE GRUNAANAHAA HAVYADHAATHAYE NI HOTHAA SATSI
BARHISHI

OM SHANNO DEVI: ABISHTAYE AAPO BAVANTHU PEETHAYE: SANYO: ABHI
SRAVANTHU NAHAA OM
SATHYAM THAPAHA SRADHAAYAAM JUHOMI.

OM BHURBAVASUVAHAA (Take one udarni water in the right hand - with that water round
your head and say the mantram as)

(Keep both hands as Namaste and chant the mantra as)



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OM NAMO BRAHMANE - NAMO ASTU AGNAYE E NAMA: PRITHIVYAI, NAMAHA
OWSHADHEEBYAHAA, NAMO VAACHE NAMO VAACHASPATHAYE NAMO VISHNAVE
BRUHATHE KAROMI (3 TIMES)

VRUSHTIRASI VRUSCHA ME E PAAPMAANAM_ AMRUTHAATH SATHYAM UPAAGAM
(with little water touch your both hands Muttu)

ACHAMANAM

ACHUTHAAYA NAMAHA – ANANTHAAYA NAMAHA – GOVINDAAYA NAMAHA ,
KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA,
TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA

SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAYETH SARVA VIGNA UPASHANTHAYE –

OM BHUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA,
OOGUM SATHYAM OM THATSAVITHUR VARE ENYAM BHARGO DEVASYA DEEMAHI
DHEEYO YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASAHA AMRUTHAM
BRAHMAA BHURBUVASSUVAROM OM OM OM.

MAMOPAARTHA SAMASTHA DHURITHA KSHAYADHWAARA SRI PARAMESWARA
PREETHYARTHAM

Now Tharpanam Starts:

(Who has father) SAY twice - “DEVA RISHI THARPANAM KARISHYE
(Who has no father) SAY twice – “DEVA RISHI PITRU THARPANAM KARISHYE
Apa upa prasya” (PALM STRAIGHT, THRU FINGER TIPS)

With the following mantra - do the tharpanam once:

- BRAHMAADAHAA YE DEVAHA - THAAN DEVAAN THARPAYAAMI
- SARVAAN DEVAAN THARPAYAAMI
- SARVA DEVA GANAAN THARPAYAAMI
- SARVA DEVA PATHNEEHI THARPAYAAMI
- SARVA DEVA GANAPATHNEEHI THARPAYAAMI

Put the Poonal as mala and do the tharpanam **twice (x 2)** holding the poonal. (Through all fingers, keeping palm parallel to the ground).

SAY – “RISHI THARPANAM KARISHYE”
KRISHNA DWAIPAAYANA DAYAHA, YE RISHAYAHA

- THAAN RISHEEN THARPAYAAMI
- SARVAAN RISHEEN THARPAYAAMI



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- SARVA RISHI GANAAN THARPAYAAMI
- SARVA RISHI PATHNEEHI THARPAYAAMI
- SARVA RISHI GANAPATHNEEHI THARPAYAAMI
- PRAJAAPATHIM KAANDARISHIM THARPAYAAMI
- SOMAM KAANDARSHIM THARPAYAAMI
- AGNIM KAANDARISHIM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHEEN THARPAYAAMI
- SAAGUM HITHEER DEVATHAA UPANISHADHA THARPAYAAMI
- YAAGNIKEER DEVATHAAHA UPANISHADHA THARPAYAAMI
- VAARUNEER DEVATHAAHA UPANISHADHA THARPAYAAMI
- HAVYAVAAHAM THARPAYAAMI
- VISWAAN DEVAAN KAANDARISHEEN THARPAYAAMI

Pour water by the bottom of the palm towards self (Still poonal like mala):

- BRAHMAANAM SWAYAMBUVAM THARPAYAAMI X 2

Poonal in Mala Mode (Through all fingers, keeping palm parallel to the ground). ALL BELOW 2X

- VISWAAN DEVAAN KAANDARISHEEN THARPAYAAMI
- ARUNAN KAANDARISHEEN THARPAYAAMI
- SADASAPATHIM THARPAYAAMI
- RIGVEDHAM THARPAYAAMI
- YAJURVEDHAM THARPAYAAMI
- SAAMAVEDHAM THARPAYAAMI
- ATHARVA VEDHAM THARPAYAAMI
- ITHIHAASA PURAANAM THARPAYAAMI
- KALPAM THARPAYAAMI

(parents are alive) - can put the poonal properly and do the Achamanayem.

(parent(s) are not alive) - put the poonal on the right shoulder (prachinaveethi) and do the following Tharpanam thrice.

**Pour water between thumb and index finger (pour to right) :
(Each of the below three times)**

SOMA PITHRUMAAN YAMO ANGIRASWAAN AGNIHI HAVYAVAAHANA
ITHYAADHAYAHA YE PITHARAH THHAAN PITHRUN THARPAYAAMI (X3)

- SARVAAN PITHRUN THARPAYAAMI (X3)
- SARVA PITHRU GANAAN THARPAYAAMI (X3)
- SARVA PITHRU PATHNEEHI THARPAYAAMI (X3)
- SARVA PITHRU GANA PATHNEEHI THARPAYAAMI (X3)



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DhAraNam, KAnda Rishi Tharpanam, VedArambham ,
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- OORJJAM VAHANTHIHI AMRUTHAM GRITHAM PAYAHAA KEELAALAM
PARISRUTHAM SWADHAASTHA THARPAYATHUME MAMA PITHRUN
THRUPYATHA, THRUPYATHA, THRUPYATHA....

Put the poonal on the left side (as usual) and do the Achamaneeyam



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MAHAA SANKALPAM

Aachamanam

ACHUTHAAYA NAMAHA – ANANTHAAYA NAMAHA – GOVINDAAYA NAMAHA. (Apa Upa Prasya)

KESAVAA-NARAYANAA, MADHAVAA-GOVINDHAA, VISHNU-MADHUSOODHANAA,
TRIVIKRAMAA-VAMANAA, SRIDHARAA-RISHIKESAA, PADMANABHAA-DAMODHARAA

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

(Wear Pavithram (Darbhaan Dhaaryamaana:), Put Durbha Aasanam under the legs
(Darbeshvaaseena:) + Clean hands with water (apa upas prasya), Wear Two Dharbha between
the pavithram

Sri Gurubhyo nama:

SUKLAAM BARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH SARVA VIGHNO UPASHAANTHAYE

OM BHUUHU, OM BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM
THAPAHA, OOGUM SATHYAM OM THATSA VITHURVARE eNYAM BHARGO DEVASYA
DEEMAHI DHEEYO-YONA PRACHOTHAYA ATH - OM AAPO JYOTHEERASO AMRUTHAM
BRAHMA BHURBUVASSUVAROM.

Touch right ear OM OM OM

For Smarthas:

MAMOPAATHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESHVARA
PREETHYARTHAM

For Vaishnavas:

BHAGAVATH AAGNAYAYA BHAGAVATH KAINGARYAM SRIMAN NARAYANA
PREETHYRNTHAM

THADEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, LAKSHIPATHETHU
ANGRIYUGAM SMARAAMI

APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAN GATHOPIVAA - YASMARETH
PUNDAREEKAAKSHAM - SABAAYAA ABHYANTHARAHAA SHUCHIHI

MAANASAM VAACHIKAM PAAPAM KARMANAAM SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAMSHAYAHAA



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SRI RAMA, RAMA RAMA THITHIR VISHNUHU THATHAA VAARAHAA NAKSHATRAM
VISHNUREVACHAA YOGASCHA KARANAM CHAIVAA SARVAM VISHNU MAYAM JAGATH
SRI GOVINDA, GOVINDA GOVINDAA

ADHYA SRI BAGAVATHAHAA AADI VISHNOHO AADI NAARAYANASYA ACHINTHYAYAA
APARIMITHAYAA SHAKTHYAA BHRIYAMAANASYAA MAHAA JALOUGHASYA MADHYE
PARIBRAHMA THAAM ANEKA KOTI BRAHMAANDDAANAAM EKATHAME AVYAKTHA
MAHATHU AHANKAARA PRITHIVI APTHEJAHAA VAAYUHU AAKAASHATHYAIHEE
AAVARANAIHI AAVRUTHE ASMINN MAHATHI BRAHMAANDA KARANDA
BHOOMANADALE ADHAARA SHAKTHI AADHI KOORMA ATHYNANDHAADHI ASHTADHIK
AJOPARI PRATHISHTITHASYA UPARITHALE PAADALAATHI LOKA SHATKASYA URDHWA
BHAAGE SATHYAADHI LOKA SHATKASYA ATHO BHAAGE MAHAA NALAAYAMAANA
PHANIRAAJA SESHASYA SAHASTRA PHANAAMANI MANDALA MANDITHE LOKAA LOKA
ACHALENA PARIVRUTHE DHIK DHANDI SHUNDAA DHANDA UTHAMBHITHE LAVANA
IKSHU SURAA SARPI DHATHI DHUKTHA SHUDDHARNAVAIHI PARIVRUTHE JAMBOOTH
PLAKSHA SHAAKHA SHAALMALI KUSHA KRONCHA SHAAKA PUSHKARAAKHYA SAPTHA
DHWEIPA DHEEPIKE INDRAKA SHERU THAAMRAKA PASTHI NAAGA SOWMYA
GHANDHARVA CHAARANA BHAARATHATHI NAVA KHANDAATHMAKE MAHAA MERU
GIRI KARNIKAA UPETHA MAHAA SARO RUHAAYA MAANA PANCHAASHATH KOTI
YOJANA VISTHEERNA BHOO MANDALE SUMERU NISHATHA HEMA KOOKA
HIMAACHALA MAALYAVATHU PAARIYAATHRAKA GHANDAMAATHANA KAILAASHA
VINDHYAA CHALAADHI MAHAA SHAILA ADHISHTITHE LAVANA SAMUDHRA MUDHRITHE
BHAARATHA KIM PURUSHA HARI ILAVRUTHA RAMYAKA HIRANMAYA KURU
BHADRAASHWA KETHU MAALAAKYA NAVA VARSHA UPASHOBHITHE JAMBHOOTH
DWEIPE BHARATHA VARSHE (India) / RAMANAKA VARSHE (North America) BHARATHA
KHANDE (India) / AINDRA KHANDE (North America) MEROHO DAKSHINE PAARSHWE
(India) / PASHEME PAARSHWE (North America) KARMA BHOOMAOW SWAAMYA VANDHI
KURU KSHETHRAADHI SAMA BHOOMI REKHAAYAHAA POORVA DHIK BHAAGE
VINDHYAA CHALASYA DAKSHINA DHIK BHAAGE DHANDA KAARANYE
GODHAAVARYAAHAA DAKSHINA THEERE SAKALA JAGATH SRASHTUHU
PARAARDHATH THWAYA JEEVINAHA BRAHMANAHA PRATHAME PARAARDHE
PANCHAASHATH AATHMIKE ATHITHE DHWEETHIYE PARAARDHE PANCHAASHATH
ABDHATHOU PRATHAME VARSHE PRATHAME MAASE PRATHAME PAKSHE PRATHAME
DIVASE AHNNI DHWEETHIYE YAAME THREETHIYE MUHURTHE SWAAYAM BHUVA
SWAAROUCHISHA UTTHAMA THAAMASA RAIVATHA CHAAKSHU SHAAKKYESHU
SHATSHU MANUSHU VYATHEETHESHU SAPTHAME VAIVASVATHA MANVANTHARE
ASHTAAVIMSHATHI THAME VARTHA MAANE KALIYUGE SHAALI VAAHANA SHAKAPDHE
PRABHAVAADHEENAAM SHASHTYAHAA SAMVATHSARAANAAM MADHYE **KRODHI**
NAAMA SAMVATHSARE, **DAKSHINAAYANE**, **VARSHA** RITHOW, **SIMHA** MAASE,
SHUKLA PAKSHE, **PAURNA MAASYAAM** SHUBHA THITHOW **INDHU** VAASARA
YUKTHAAYAAM, **SRAVISHTA** (in North America), **SHRAVANA UPARI SRAVISHTA**
NAKSHATRA (in **INDIA**) YUKTHAAYAAM, SHOBHANA YOGA, BHADRA KARANA EVAM
GUNA VISESHANA VISISHTAAYAAM, ASYAAM POURNA MAASYAAM SUBHATHITHOW
MAMO PAAKTHA SAMASTHA DURITHA KSHAYA DHWAARA SREE PAREMESHWARA
PREETHYARTHAM



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For Vaishnavaits only

BHAGAVATH AAGNAYAYAA BHAGAVATH KAINGARYAM SRIMAN NARAYANA
PEETHYARTHAM

For everyone

ANAADHI AVIDHYAA VAASANAYAA PRAVARTHAMAANE ASMIN MAHATHI SAMSAARA
CHAKRE VICHITRAABIHI KARMA GATHIBIHI VICHITRAASU YONISHU PUNA PUNAHA
ANEKADHAA JANITHWAA KENAAPI PUNYAKARMA VISESHENA

IDHAANEEMTHANA MAANUSHYE DWIJA JANMA VISESHAM

PRAAPTHAVATHAHA MAMA IHA JANMANI POORVA JANMANI JANMA
JANMAANTHARESHU MAMA JANMAA BHYAASAATH JANMA PRABHRUTHI YETHATHU
KSHANA PARYANTHAM BAALYE VAYASI KOWMARE YOWVANE VAARDHAKECHA
JAAGRATHU SWAPNA SUSHUPTHI AVASTHAASU MANO VAAK KAAYA KARMENDRIA
GYANENDRIA VYAAPAARAIHI SAMBHAAVITHAANAAM RAHASYA KRUTHAANAM
PRAKAASHA KRUTHAANAAM GNANATHAHA SAKRUTH KRUTHAANAAM AGYNAANATHA
ASAKRUTH KRUTHAANAAM BRAHMHA HATHYA SURAAPAANA SWARNASTHEYA GURU
THALPA GAMANA THATH SAM SARGAAKYA PANCHA MAHAA PAATHAKAANAAM
GARBHA HANANA GOVADHAADHINAAM APAATHREE KARANAANAAM ANRUTHA
BHAASHANA VEDHA NINDHAA NISHIDDHA BHAKSHANAADHEENAAM SAMA
PAATHAKAANAAM MAATHRU PITHRU GURUTHYAAGA SADAA PARAANNA BHOJANA
AADHEENAAM UPAPAATHAKAANAAM AJA ASHWA KARA MRUGA HIMSADHEENAAM
SANGALEE KARANAANAAM KRIMI KEETA PAKSHI VADHA PHALA PUSHPA
STHEYAADHEENAAM MALINI KARANAANAAM NINDHITHA DHANA AADHAANA VAANIJYA
SHOODHRA SEVADHAADHEENAAM APAATHRI KARANAANAAM BHRAAHMANA
PEETANA MADHYE GHANDHAAGRA AADHEENAAM JAATHIMBRAMSHA KARAANAAM
AVIHITHA KARMA AACHARANA VIHITHA KARMA THYAAGADHEENAAM
PRAKEERNAKAANAAM EVAM NAVAANAAM NAVA VIDHAANAAM BAHUNAAM BAHU
VIDHAANAAM SARVESHAAM PAAPAANAAM SADHYAHA APANODHANA DHWAARAA
SAMASTHA PAAPA KSHAYAARTTHAM

SRI VALLABHAAMBA SAMETHA MAHAA GANAPATHY SWAAMI SANNIDHOU
SRI VALLI DEVASENAA SAMETHA SUBRAMANYA SWAAMI SANNIDHOU
SAMASTHA HARIHARA DEVATHAA SANNIDHOU
SRI RANGANAAYIKAA SAMETHA SRI RANGANAATHA SWAMI SANNIDHOU
SRI POORNA PUSHKALAAMBAA SAMETHA SRI HARIHARA PUTHRA SWAAMI
SANNIDHOU
SRI PERUNDEVI NAAYIKA SAMETHA SRI DEVARAAJA SANNIDHOU
SRI ALAMELUMANGAA NAYIKAA SAMETHA SRI VENKATESHWARA SWAAMI
SANNIDHOU
SRI KAASHI VISHAALAKSHI SAMETHA SRI VISHWANAATHA SWAAMI SANNIDHOU
SRI AMRUTHAVALLI NAAYIKAA SAMETHA LAKSHMI NARASIMHA SWAAMI SANNIDHOU
SRI SOUNDHARYA VALLI NAAYIKAA SAMETHA SOUNDARA RAAJA SWAAMI SANNIDHOU
SRI ARAVINDHA VALLI NAAYIKAA SAMETHA BADRI NAARAAYANA SWAAMI SANNIDHOU



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SRI VEDHAVALLI NAAYIKAA SAMETHA SRI VENKATAKRISHNA SWAAMI SANNIDHOU
SRI RAAMANAATHA SWAAMI SANNIDHOU
SRI KANCHI KAAMAASHI AMBHA SAMETHA SRI CHANDRAMOULEESHWARA SWAAMI
SANNIDHOU
SRI KARPAGAAMBHAA SAMETHA SRI KAPAALLESHWARA SWAAMI SANNIDHOU
SRI SIVAKAAMA SUNDHAREE SAMETHA SRI NATARAAJA SWAMI SANNIDHOU
SRI KAMALAAMBHA SAMETHA THYAGARAAJA SWAMI SANNIDHOU
KAANCHI SRI EKAAMBARESHWARA SWAAMI SANNIDHOU
SRI MEENAASHI SAMETHA SUNDARESHWARA SWAAMI SANNIDHOU
SRI THAIYYAL NAAYAKI SAMETHA SRI VAIDHYANAATHA SWAAMI SANNIDHOU,
SRI MALLIKAARJUNA SWAAMI SANNIDHOU,
SRI UNNAAMULAI AMBHA SAMETHA SRI ARUNAACHALESHWARA SWAAMI SANNIDHOU,
SRI LAKSHMI NARAAYANA SWAAMI SANNIDHOU,
SRI SOORYA NARAAYANA SWAAMI SANNIDHOU,
ASHWATTHA NARAAYANA SWAAMI SANNIDHOU,
DEVA BRAHMANA SANNIDHOU

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMA KARISHYE

THATHANGAM MAHAA NADHI MAADHYANIKI SNAANAMAHAM (PUROKSHANAM)
KARISHYE

(Remove the 2 katta dharbai and put it on your left side), Touch your finger in water and say
(apa upas prasya)

PUROKSHANA MANTRAM:

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMA
BHAIKRAVAAYA NAMASTHUBHYAM ANUGYAAM DHAATHU MARHASI

DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA
MAMAKSHIPRAM SAHYAKANYE NAMOSTHUTHE TRUHAATRAM JAANNAVITEERE
PANCHARAATHRANTU YAAMUNE SADYA PUNAATHU KAAVERI PAAPAM VYAPOHAYAA
/ AAMARNAANDHIKAM GANGAA GANGETHI YO BHRUYAATH YOJANAANAAM
SATHAIRAPI MUCHYATE SARVA PAAPEBHYAHAA VISHNU LOKAM SAGACHATHI

BHOORBA VASSUVAHA X 3

PAVITHRAM IN THE EAR



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Do AACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA (Apa Upas Prasya)

KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA
TRIVIKRAMAA VAAMANAA SREEDHARAA RISHIKESHAA PADMANAABHAA
DAAMODARAA



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YAGYOPAVEETHAM / THREAD CHANGING (POONAL MAARAL)

(Keep poonal ready)

Do AACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA (Apa Upa Prasya)

KESHAVAA NARAAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA
TRIVIKRAMAA VAAMANAA SREEDHARAA RISHIKESHAA PADMANAABHAA
DAAMODARAA

GANESHA MANTHRAM

SHUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBHUJAM

PRASANNA VADHANAM DYAAAYETH, SARVA VIGHNA UPASAANTHAYE

DO PRANAAYAMAM

OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM

JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARE ENYAM,

BARGODEVASYA DEEMAHİ DHEEYO YONA PRACHOTHAYA ATH – OMAAPA:

JYOTHIRASA: AMRUTHAM BRAHMAA BHURBUVASSUVAHA OM OM OM (TOUCH THE
RIGHT EAR).

SANKALPAM

MAMOPAARTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE

PARAMESWARA PREETHYARTHAM

(Vaishnavaits)

BHAGHAVATH AAGNAYAYAA BHAGHAVATH KAINGARYAM SRIMAN NARAYANA
PREETHYARTHAM

FOR EVERYONE

SHROWTHA SMAARTHA VIHITHA NITHYAKARMA ANUSHTAANA SADHAACHARA

YOGYATHAA SIDHYARTHAM

BRAHMATHEJASA: ABHI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM KARISHYE
(X2)



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APA UPAS PRASYAA (CLEAN HANDS)

ASYA SHRI YAJNOPAVEETHA DHAARANA MAHAAMANTRASYA PARABRAHMA RISHIHI,
(TOUCH THE HEAD) TRISHTUP CHANDHAHA (TOUCH THE NOSE) PARAMAATHMA
DEVATHA (TOUCH THE CHEST) YAGYOPAVEETHA DHAARANE VINIYOGAHAA (KEEP
BOTH HANDS AS "NAMASTHE" FOR A SECOND).

TAKE THE NEW POONAL (ONE BY ONE) IN THE HAND AND SAY - (BRAHMA MUDICHU IN
RIGHT HAND (INNER SIDE FACING THE SKY) LEFT HAND WITH
INNER SIDE FACING BHOOMI WITH PAVITRAM FINGER IN WATER IN THE PANCHA
PAATRAM) AND SAY:

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA AATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBHRAM

YAGYOPAVEETHAM BALAM ASTHU THEJAHAA – OM (WEAR ONE POONAL)

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA AATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBHRAM

YAGYOPAVEETHAM BALAM ASTHU THEJAHAA – OM (WEAR 2 ND POONAL)

YAGYO PAVEETHAM PARAMAM PAVITHRAM PRAJAAPATHE:

YATHU SAHAJAM PURASTHA AATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBHRAM

YAGYOPAVEETHAM BALAM ASTHU THEJAHAA – OM (WEAR 3 RD POONAL)

KEEP PAVITHRAM IN EAR AND DO AACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM

VISRUJAAMI JHALE BRAHMA VARCHAHA DHEERGAAYUHU ASTHU ME (PUT THE
POONAL IN LEFT SIDE)

DO ACHAMANAM ONCE AGAIN



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KAANDARISHI THARPANAM

(EVERYONE SHOULD DO THIS)

AACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA (Apa Upa Prasya)

KESHAVAA NARAYANAA MADHAVAA GOVINDAA VISHNO MADHUSUDHANAA
TRIVIKRAMAA VAAMANAA SREEDHARAA RISHIKESHAA PADMANAABHAA
DAAMODARAA

Put back pavithram in ring finger, and 2 katta dharbai around the pavithram

OM SUKLAAM BHARADHARAM VISHNUM SASH IVARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH, SARVA VIGNOPASAANTHAYE

PRANAAYAAMAM

OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM

JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARE ENYAM,

BARGODEVASWA DEEMAHI DHEEYO YONA PRACHOTHAYA ATH - OMAPO
JYOTHIRASAO

AMRUTHAM BRAHMA BHURBUVASUVAROM OM OM OM (TOUCH THE RIGHT HAND EAR)

SANKALPAM:

MAMOPAARTA SAMASTA DHURITHA KSHYA DHWAARAA SREE PAREMESHWARA

PREETHYARTHAM

VAISHNAVAITS

BHAGAVATH AGNAYA BHAGAVATH KAINGARYAM SREEMAN NARAYANA
PREETHYARTHAM

FOR ALL

SRAAVANYAAM POURNAMAASIAAM ADHYAAYA UPAKARMAANGAM

KAANDARSHI THARPANAM ADHYA KARISHYE

APA UPA PRASYA



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TAKE SNANAM AND DO IN WET CLOTHES (IF POSSIBLE): In the panchapaathram water put some Ellu (Thil –black sesame seeds) and Arisi (Akshatha - Rice) and do the following Tharpanam each thrice. Put the Poonal as Maala):

Take 1-2 udharani of water in your right palm and pour into the tray/container

- PRAJAAPATHIM KAANDARSHIM THARPAYAAMI x 3
- SOMAM KAANDARSHIM THARPAYAAMI x 3
- AGNIM KAANDARSHIM THARPAYAAMI x 3
- VISWAAN DEVAAN KAANDARISHEEN THARPAYAAMI x 3
- SAAGUMHITHEEHI DEVATHAHA UPANISHADAHA THARPAYAAMI x 3
- YAGNIKEEHI DEVATHAA: UPANISHADAHA THARPAYAMI x 3
- VARUNEEHI DEVATHAA: UPANISHADAHA THARPAYAAMI x 3

LIFT HAND UPWARD SO THAT WATER FLOWS DOWNWARDS FROM ANKLES:

- BRAHMAANAM SWAYAM BHUVAM THARPAYAAMI x 3 (MUZHAM KAIGAL)
- SADASASPATHIM THARPAYAAMI x 3 (Palm straight, via all fingers)

Throw out the old ellu rice water, and keep new water in the panchapaathram

(Put the Poonal as usual, keep pavithram in the ear and do the Achamanam with new water)



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KANDA RISHI HOMAM, THEN VEDHARAMBHAM

VEDHARAMBAM (Put pavithram on ring finger and keep akshadai in palm. Sit facing east)

SHUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAAYETH SARVA VIGHNA UPASHAANTHAYE

OM BHUHU OM BHUVAHAA OGUM SUVAHAA OM MAHAHAA OM JANAHAA OM
THAPAHAA OGUM SATHYAM OM THATSAVITHUR VARE ENYAM BHARGO DEVASYA
DHEEMAHI DHEEYO YONA PRACHODHAYA ATH OMAPO JYOTHIRASO AMRUTHAM
BRAHMMA BHOORBU VASSUVAROM (Touch the right ear)

SANKALPAM:

MAMOPAARTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE

PARAMESWARA PREETHYARTHAM MAMA VEDHARAMBHAM KARISHYE

For VAISHNAVAITS

BHAGAVATH AAGNAYA BHAGAVATH KAINGARYAM SREEMAN NARAYANA
PREETHYARTHAM MAMA VEDHARAMBHAM KARISHYE

For all

OM BHOOHU TATHSA VITHUR VARE ENYAM OM BHUVAHA BHARGO DEVASYA DHIMAH
OGUM SUVAHAA DHI YONAHAA PRACHODAYA AATH

OM BHUHU TATHSA VITHUR VARE ENYAM BHARGO DEVASYA DHIMAH OM BHUVAHAA
DHIYOYONAHAA PRACHODHAYAA ATH OGUM SUVVAHAA TATHSA VITHUR VARE
ENYAM BHARGO DEVASYA DHIMAH DHI YONAHAA PRACHODAYA ATH OM

AGNI MEE EELE PUROHITHAM YAGNASYA DEVAM HRITHWIJAM, HOTHAA HAARAM

RATHNA DHAATHAMAM OHM HARIHI OHM

ISHE TVAHA OORJJETHWAAHAA VAAYAVASTHA UPAAYAVASTHAA DEVOVAHAA

SAVITHAA PRAARPAYATHU SRESHTATHAMAAYA KARMANE

AAPYADHWAM AGNEEYAHAA DEVABHAAGAM OORJASWATHIHI PAYASWATHI:
PRAJAAPATHI: ANAMEVAHA AYAKSHMAHA MAVAHAA STENAHAA ISHATAA MAA
ASHAGUM SAHAA RUDHRASYA HETHIHI PARIVAHA VRUNAKTHU DRUVAHA ASMIN_
GOPATHOU SYAATHAA BAHVEEHI YAJAMAANASYA PASHUN PAAHI OM OM.



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BRAHMA SANDHATHAM THaNME JINWATHAM KSHATRAGUM SANDHATHAM

THaNME JINWATHAM – ISHAGUM SANDHATHAM THAAMME JINWATHAM

OORJAGUM SANDHATHAM THAAMME JINWATHAM RAYIGUM

SANDHATHAM THAAMME JINWATHAM PUSHTIGUM SANDHATHAM THAAMME
JINWATHAM PRAJAAGUM SANDHATHAM THAAMME JINWATHAM PASUN SANDHATHAM
THAANME JINWATHAM OM OM

BADRAM KARNEBIHI SRINUYAAMA DEVAHA BHADRAM PASYEMAA AKSHABIHI
YAJATHRAAHA STHIRAI RANGAIAHI STHUSHTU VAAGUMSAHA ANUUBIHI VYASHEMAA
DEVAHITHAM YADHAAYUHU SWASTHINA INDRAHAA VRIDHA SRAVAHA SWASTHINA
POOSHAA VISHWA VEDHAHA SWASTI NASTRAKSHYAHAA ARISHTANEMIHI
SWASTINAHAA BRIHASPATHIR DHATHATHU OM OM

SAMGYAANAM VIGYAANAM PRAGYAANAM JAANATHU ABHIJAANATHU

SAMKALPAMAANAM PRAKALPAMAANAM UPAKALPAMAANAM UPAKLUPTHAM

KLUPTHAM SHREYO VASEEYAHAA AAYATHU SAMBHOOTHAM BHOOTHAM CHITRA

KETHUHU PRABHAAN_ AABHAAN_ SAMBHAAN_ JYOTISHMAAN_ TEJASVAAN_

AATHAPPANNU TAPANNU ATHITHAPPANNU ROUCHAN: ROUCHAMAANAHAA
SHOBHANAHAA SHOBHA MAANAHAA KALYAANAHAA DARSHAA DHRUSHTAA
DARUSHATHAA VISHWAROOPAA SUDARSHANAA AAPYAAYAMAANAA VYAAYAMAANAA
AAPYAA AAAA SONRUTERA A APOORYAMAANAA POORYAMAANAA POORAYANTHI
POORNAA POURNA MAASI OM OM

PRASUGMANTHAHAHA DHIYASAANASYA SAKSHANI VAREBIHI VARAAN ABHI

SUPRASEEDHATHAA ASMAAKAM INDRAHA UBHAYAM JUJOSHATHEE THYATH

SOUMYASYA ANDHATHAHAA BUBHODHATHI ANRUKSHARAHA RISHAVAHAA SANTHU

PANTHAHA EBIHI SAKHAAYAHAA YANTHINAHAA VAREYAM SAMARYAMAA
SAMBHAKONAHAA THRUNEEYAATHU SANJHAA AATH PATHYAM SUYAMAM ASTHU
DEVAHAHA OM OM

AGNA AAYAHI VEETHAYEHE GHRUNAANAHAA HAVYADHAATHAYE NI HOTHAA SATSI
BARHISHI OM OM

SANNO DEVI: ABISHTAYE APO BAVANTHU PEETHAYEHE SANYO: ABHI SRAVANTHU

NAHAA OM OM



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ATHAATHO DARISHA POORNAMAASOU VYAAKHYAA SYAAMAHAA

PRAATHA AGNIHOTHRAM HUTHWAA ANYAM AAHAVANEEYAM PRANEEYAATH AGNI

ANVAADHATHEE NAGATHA SHRIYO ANYAMAGNIM PRANAYATHI OM OM

ATHA YAJU SAMHITHAAYAAM AKAARA PLUTHA POORVAHAA GHOSHA VATHU
VYANJANOTHARA SKAARAPARAHAA VISARJANIJAHAA ESHUPADESHU LUBHYATHU
THAANI PADHAANI PRAVAKSHYAAMI OM OM

ATHA KARMAANI AACHAARAATH YAANI GRIHYANTE UDHAGAYANE POORVA
PAKSHAAHAHAA PUNYAAHESHU KAARYAANI YAGNOPAVEETHINAHAA
PRADHAKSHINAM OM HARIHI OM

ATHA VARNA SAMAAM NAAYAHAA ATHA NAVAADHITHAHAA SAAMAANA AKSHATHAANI

DHWE DHWE SAVARNE HRASWA DHEERGHE NAPLUTHA POORVAM
SHODASHAADHITHAHAA SWARAAHAA SESHAAHAA VYANJANAANI OM OM

ATHAATHA SAAMAYAACHAARIKAANU DHARMAANU VYAAKHYAA SYAAMAHAA

DHARMAGNA SAMAYAHAA PRAMAANAM VEDHAASCHA CHATHVAARO VARNAAHAA

BRAAHMANAHAA KSHYATHRYAHAA VAISHYA SHOODHRAHAA TESHAM POORVAHAA
POORVAHAA JANMATHAA SHREYAAN OM OM

ENAAKSHARA SAMAAM NAAYAMADHI GAMYA MAHE SWARAATH KRUTHNAM
VYAAKARANA PROKTHAM THASMAI PAANINAYE NAMA HAA OM OM

AI YE OONU, RI LU KU, YAY OWNGU, I OWE CHE, HAYA VARATU, LANU GNA MA INGA

NA NA IMM, JABHANJHU, GA DA DHA SHU, JA BHA GADA DHASHU, KHA PHA CHA TA
THA, CHA DA THAVVU, KAPAYYI SHASA SARU, HALU ITTHI MAAHESWARAANI
SOOTHRAANI OM OM

PRAMAANA PRAMEYA SAMSHAYA PRAYOJANA DHISHTAANTHA SIDHAANTHA APA
YAPAA TARKA NIRNAYA VAACHA THALPA HITANDHAA HETHVAA DHAATHAA PHALA
DHAATHI NIGRAHAA STHAANAANAAM TATHVA GYAANAATH NISREYA SAADHI
KAMAHAA OM OM

GEE EERNA SHREYAHAA DHENA SHREEHI RUDHRASTHU NAMYAHAA BHAGOHI

YAAJYHAA DHANYEYAM NAARI DHANAVAN PUTHRAHAA OM OM

VRISHAA DARVIKULAM HAVIHI SIBI KULAM BABHUVAA TASYAAYAM ITTHIHAASAHAA
KULAVIDHYAA BABHUVAA OM HARIHI OM



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ATHAATHO DHARMAJIGNYAASAA OHM HARIHI OHM

ATHAATHO BRAMMA JIGYAASA OHM HARIHI OHM

PARITHRAANAAYA SAADHU NAAM VINAASHAAYAKA DUSHKRUTHAAM DHARMA
SAMSTHAAPA NAARTHAAYA SAMBHA VAAMI YUGE YUGE OM HARIHI OM

OHM NAMO BRAHMANE NAMO ASTHU AGNAYE: NAMA PRITHIVYAI NAMA

OWSHADHEEBHYAHAA, NAMO VAACHE NAMO VAACHASPATTHAYE NAMO VISHNAVE

BRIHATHE KAROMI (Repeat this 3 TIMES). OHM OHM

ATHA VEDHAA RAMBHAM SAMAAPTHAHAA

NOTE: If you are not doing or attending JayAdhi / PradhAna homam, poornahuthi etc ending in Arthi, please proceed as below

DAKSHINAA DHAANAM

PAZHAM , VETHALAI PAAKKU, DAKSHINAI IN A PLATE TO OFFER TO THE VADHYAR
(POUR 1 UDHARNI JALAM IN THE PLATE)

HIRANYA GHARBHA GHARBASTHAM HEMA BEEJAM VIBHA VASOHO ANANTHA PUNYA
PHALATHAM ATHA SHANTHIM PRAYACHAME

ANUSHTIGASYA UPAAKARMA KARMANAHAA SAMPOORNATHAA SIDDHYARTTHAM
IDAM HIRANYAM AACHAARYAAYA SAMPRATHATHU

OM THATHSATHU

(PUT 2 UDHARNI JALAM WITH TULASI) KAAYENA VAACHA MANASAA INDHRIYAIRVAA
BUDHYA ATHMA NAAVA PRUKRUTHE SWABHAAVAATH KAROMI YATH YATH SAKALAM
PARASMAI NARAYANAA YETHI SAMARPPAYAAMI

BRAHMAARPANAM ASTHU

REMOVE PAVITHRAM AND THROW ON LEFT SIDE, VISARJANAM OF PAVITHRAM
ACHAMANAM



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GAYATHRI JAPAM (Aug 20TH, 2024) – TUESDAY– Canada, USA EST & INDIA

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 AGRUYUGAM
SMARAAMI APAVITHRAHA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA
YASMARETH PUNDAREEKAASHAM SABAHAHYA 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 VARAHA KALPE,
VAIVASWATHA MANWANTHARE, ASHTAAVIGUM SATHITHAME, KALIYUGE, PRATHAME
PAADHE, JUMBOO DWEEPE (For North America – KRAUNCHA DWEEPE), BHAARATHA
VARSHI (For North America – RAMANAKA VARSHI), 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
VAASARA YUKTHAAYAAM, SATHABHISHAK NAKSHATRA YUKTHAAYAAM



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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 ANGIRASAHA 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

PRAATHAHAA SANDHYAA GAYATHRI UPASTHAANAM KARISHYE



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

NAMA SAVITHRE JAGADEKA CHAKSHUSHE JAGATH PRASOOTHY 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 KAAKSHA 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 NAAETHI
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)