

Sri:

Sri Vaishnava Yajur Upakarma & Gayathri Japam - 2008

16-08-2008 - Saturday Upakarma - 17-08-2008 - Sunday - Gayathri Japam

Procedures Prepared and compiled by : Shri Sri Vaishnava Kendram - Deevalur N.V.Srinivasachari

Founder & Organizer of : www.ahobilam.com

Preparations & Things required

Wherever you be in the world, use the early morning time (Brahma Muhurtham) to wakeup on all days. Especially on this upakarma day woke early in the morning and take a simple bath. Do sandhya vandhanam. If you have the pavithram which is made up of two dharbhams and fresh poonals, keep them ready to use. There are four main steps to complete upakarma.



Things required :

1. A pot of water
2. Thiruman petti
3. Plates
4. Sombu, tumbler
5. Akshathai (rice)
6. Seesam seeds (Yell)
7. Upakarma Manthram
8. Poonal, Pavithram etc.
9. Manai palagai.

1. Nithya karma 2. Kamokarsheeth Japam 3. Kandarushi Tharpanam and 4. Vedharambam

1. Nithya Karma :- Nithya karma is nothing but doing the daily routines like, taking bath, sandhya vandhanam. for grahasthas. Dhanda dharanam, Mounji, Mekala, Ajina dharanam and samidhadhanam are additional for brahmachary.

2. Kamokaarsheeth Japam:- Kaamokaarsheeth or Gayathri Japam should be done after the Surya udhayam as per sastram. **This step is not required for freshers who is going to do the upakarma first time.** All others should do it as a 'prayachiththam' for not doing the 'Uthsarchana Karma' in the month of 'thai'. Upakarma is the starting step of adhyayanam and the Uthsarchanam is the ending step. We are skipping the ending step every year and hence we are doing the prayachiththam. We pray God to remove the 'Kama', 'Krotha' feeling from us, which lead us to do the 'adharm karmas'. If you have plenty of time do more count of this japam do as much as you can. Do not use dharbha pieces to count. Counting should be done only by using the lines in your fingers. If you have 3 sets of poonal use one before Kamokarsheeth one at Kandarushi tharpanam and one at Gayathri Japam. If you have only two sets of poonals, skip the first one. After completion of the Kamokarsheeth Japam, if possible, go to a river or pond to take a real snanam . Because using taps or even well water to take bath is not permitted as per sastram. Because the whole body should be drown in the water.

3. Kaandarushi Tharpanam:- This step should be further divided into two : a) Rushi Tharpanam b) Pithru tharpanam (This pithru tharpanam procedures are not given in the prayoga sastrams, these are later additions) Usually the second step is skipped by persons who are having father alive. But really there is no meaning of skipping this. This tharpanam is not meant for our direct pithrus of immediate three generations. Because the vasu, rudhra, aadhithya words are not used here, but usually these terms are used every where to represent the direct pithrus. The manthram used in this tharpanam is saying "pithru ganaas", "pithru ganapathnees" etc. Wear a new poonal before doing kaandarushi tharpanam. It will be in the sankalpam.

4. Vedharambam :- This is the final step. Every year we are starting to chant the vedham on this day and forgetting it that day itself. So, again and again every year we are chanting only the four vaakyams.

We should use this day to get asirvadham of our elders. Everyday youngers doing namaskarams to elders twice (or atleast once a day) is a good virtue practice. You should do namaskaram to your elders atleast on this auspicious day.

Do not hesitate to get my help on any matter related to vaideekam and rituals. Keep the below list of things ready to do the upakarma. See the above picture for required things.

Achamanam:

Where ever you found the word **achamanam**. Do it using this help. Try to bring it in practice asap.
Take a tumbler of water, keep it in the left hand, see the below picture(s) and do as it shows
Drop a little water in the right hand, say manthram, eat it.
Do repeat the same action three times for the three manthrams.

1. Oum Achudhaya Namaha
2. Oum Anandhaya Namaha
3. Oum Govindhaya Namaha

Wipe the lips, wash the fingers, do the rest..



Touch places shown and tell the corresponding Bhagavan Naama

Kesavaya Namaha



Narayanaya Namaha



Madhavaya Namaha



Govindhya Namaha



Vishnave Namaha



Madhusudhanaya Namaha



Thrivikramaya Namaha



Vaamanaya Namaha



Sridharaya Namaha



Rushikesaya Namaha



Padmanabhaya Namaha



Dhamodaraya Namaha



Note:- This Achamanam should be done twice at the starting of any vaideeka karma.

PRAANAAYAAMAM

Sit towards east, take two short dharbhams, put them under your legs. (Fig. 1) . Wear the pavithram in the ring finger (fig-2). Shut the right nose using right thumb (fig-3). Fold index and middle fingers towards inside and shut the left nose with ring finger and little finger as shown in fig.4.



Fig-1



Fig-2



Fig-3

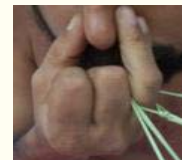


Fig-4

Tightly close the mouth also and start telling the below manthram inwardly (manadhirkul).

Oum bhoohu; Oum bhuvaha; O(g)um suvaha; Oum mahaha; Oum janaha; Oum thapaha; O(g)um sathyam; Oum thathavidhurvaraenyam bhargo devasya dheemahi dhiyoyonah prachodhayaadh; Oum aapaha; jyothirasaha; amrudham brahma; bhoorbhuvassuvaroum.

Actully the above manthram should be repeated thrice for one praanaayaamam. But usual is one time in practice

MANTHRAM BEGINS FOR VADA KALAI



Oum asmath gurubhyo namaha.
Sreemaan venkata natharyaha Kavithrkika kesari
Vedanthacharya varyome; Sannidhatham sadhahrudhi.
Gurubhyaha - thath gurubhyascha namovakham adhimaha
Vruneemahecha thathradhyaav dhampathi jagadhampathi
Swasesha bhoothena maya sveeyai:(hi) sarva parichathai:(hi)
Vidhathum preetham aathmaanam deva:(ha) prakramadhe swayam.

Thenkali Begin & Vadakalai continue

Suklambharadharam vishnum sasivarnam chathur bhujam
Prasanna vadhanam dhyayedh sarva vigna upasaanthaye.
Yasyadhradha vakrathyaha paarishathyaaha parassadham
Vignam nignandhi sadhadham vishvaksemam tham aashraye.

Hari:(hi) Oum Thath(u).

Sri Govindha Govindhagovindha
Asya sri bhagavadha:(ha) Maha purushasya Sri Vishno:(ho) agnaya
pravarthamanasya adhya brahmana:(ha) dvidhiya parardhe sri
swedhavaraha kalpe vaivasvada manvanthare kaliyuge prathame
pathe **Jambhudweepe Bharadha varshe bharadhakhande* Sakaapthe
meroho dhakshine paarswe asmin varthamane vyavaharike
Prabhavaadhi shasti samvathsaraanaam madhye



Sankalpam for 16-08-2008:

Sarvadhari Naama samvathsare - dhakshinayane - **Greeshma** routhow
- **Kadaka** mase - sukla pakshe - **Powrnamasayam** subha thithow -
vaasaraha - **Sthira** vasara yukthayam - **sravana** nakshathra
yukthayam - sri vishnu yoga - sri vishnu karana - subha yoga - subha
karana - yeavanguna - viseshena - visishtayam - asyam -
Powrnamasayam - subha thithow

Yagnopaveetha dharana sankalpam :

Vadakalai start as : Sri bhagavadhagnaya Sriman Narayana
preethyartham

Thenkalai start as : Sri bhagavadhagnaya bhagavath kankarya
roopam (Use this convention in all the places)

Both kalai continue : *Chrowdha smartha vidhi vihitha nithya karma
anushtana yogyadha sidhyartham brahma thejaha abhiviruthiyartham
yagnopaveetha dharanam karishye!

(This is called sankalpam, after this leave the short dharbhams on
your left side i.e in north)

*instead of 'Chrowdha
... abhiviruthiyartham'
say "grahastha
ashramartham
dvidheeya
yagnopaveetha
dharanam karishye!"
for second poonal.



Touch your fore head and tell :- 'Yagnopaveetha dhaarana manthrasya
brahma rushi:(hi)'



Touch your nose tip and tell :- 'Anushtup chandha:(ha)'



Touch your chest and tell :- 'Thrayee vidhya devadha'

Turn both the hands towards in and tell :- 'Yagnopaveetha dharane
viniyoga:(ha)'



Hold the 'poonal' as shown in the picture and tell :- 'Yagnopaveetham
- paramam - pavithram - prajapathe:(he) - yathsahajam - purasthath -
aayushyam - agryam - prathimunjasubram - yagnopaveetham -
bhalamasthu - theja:(ha).

**Now brahmacharies can wait for a while when grahasthas are wearing
the second poonal.**

Note: - Then kaliyar
are not using the
'sreeman' text. So it
is only for Vadakalai,
The next step of
manthram is
common for both
Then kalai and
Vadakalai

(Sankalpam change
for USA :)

*prathame pathe
" a s m a t h u
B h a r a d h a s y a
P a s c h i m a s t h e
k r o u n c h a d w e e p e
u t h t h a r a K a n d e"
Asmin vardhamane
.... for all other
places just leave the
ittalized red
coloured text and
continue to tell the
remaining text.



Note:- insert the poonal
into the head and insert
your right hand also
into the poonal and
takeout your left hand,
so that the poonal will
rest on your left
shoulder and will hang
between the right side
of the hip and right
hand. Now check the
face(s) of the nandhi in
the poonal(s) is(are)
looking towards your
face when the knot(s)
is(are) kept at your left
chest.

Grahashtas remove and put your pavithram in the right ear and do one achamanam and a praanayamam as instructed before. Start from Yagnopaveetha dharana sankalpam as per previous page and just see the change in sankalpam for grahashtas second poonal.

Sri bhagavadhagnaya tham grahashta asramartham dvidheeya yagnopaveetha dharanam karishye!

Touch your fore head and tell :- 'Yagnopaveetha dhaarana manthrasya brahma rushi:(hi)'

Touch your nose tip and tell :- 'Anushtup chandha:(ha)'

Touch your chest and tell :- 'Thrayee vidhya devadha'

Turn both the hands towards in and tell :- 'Yagnopaveetha dharane viniyoga:(ha)'

Hold the 'poonal' as shown in the picture and tell:- 'Yagnopaveetham - paramam - pavithram - prajapathe:(he) - yathsahajam - purasthath - aayushyam - agryam - prathimunjashubram - yagnopaveetham - bhalamasthu - theja:(ha).

Now brahmacharies and grahashtas should remove the old poonal by saying :

"Upaveetham - binnadhanthum - jeernam - kasmaladhooshitham - visrujami - jalebrahmannu - varcha:(ha) - dheerghayu:(hu) - ashthume!"

Now put your pavithram in the right ear and do one achamanam.

Kamokaarsheeth Japam

Now go through the sankalpam for Kamokaarsheeth japam:-

Sri bhagavadhagnaya sriman narayana preethartham or bhagavath kankaryam "thaishyam - pownamasyam - adhyaya - udhsarjana - akarana - prayachithartham - Ashtothra Sahasra (for 1008 times) / Ashtothra sadha (for 108 times) - sankyaya - 'Kamokaarsheeth - manyura kaarsheeth' - idhi - manthra - japam - karishye!

Do pray / tell this manthram "Kamokaarsheeth Manyurakaarsheeth" repeatedly for 1008 times or 108 times whichever is your option of sankalpam.

At the end of the japam, stand up and say : "Kamokaarsheeth Manyurakaarsheeth Namonama:(ha)" and do namaskaram one time only if you are thenkalai and four times if you are vadakalai.

Do abhivadhi.

If you are going to a common place for 'Kaandarushi tharpanam' do not forget to take poonal, ell, akshathai etc. with you. If you have two more pavithram (one for 'kandarushi tharpanam' and other for 'Gayathri') you can now remove the pavithram and untie the knot and throw it otherwise keep it safe.

Do achamanam twice using the previous instructions.

Kaandarushi Tharpanam

'Kaandarushi tharpanam' is the main part of upakarma. Actually this should be done after taking a bath in a pool (kulam) or lake or river with the below sankalpam. Some people will do 'snana maha sankalpam' also. This function has been done collectively in a common place in olden days. This should be done after 12 noon taking bath and madhyaniham with dry cloths. The second snanam after sankalpam also instructed as per "Kandapooshanam". Also the sankalpam for kaandarushi tharpanam in that book is very very simple. i.e:- "Sravanyam Pownamasyam Adhyaya Upakarma Karishye". But some vadhyaars are giving a long sankalpam as here under.

Note: You can use the given procedure upto this part whenever you want to change the old poonal with a new one. Use our website to find the ayanam, rudhu, month, star, thithi at www.ahobilam.com/tamil/panjangam/

Do not use the bit of dharbhams for counting. Use only the lines in the fingers to count. Do not talk with anybody for any reason while doing any japam.

Abhivadhi for 20 familiar gothrams are published at <http://www.ahobilam.com/manthrams/anushthanam/abhivadhi-list.asp>



If possible go to the starting page again do from achamanam, wear pavithram, do pranayamam, start vadakalai, join thenkalai, middle sankalpam and that day sankalpam as did in the morning. But the main sankalpam for 'Kaandarushi tharpanam' begins here:

"Sri bhagavadhagnaya - sriman narayana preethartham - or bhagavath kainkaryam - Sri ranga kshethre - Sriranga nayika samedha Sriranganatha swami sannidhow - Sri Alarmel manga nayika sametha Sri Srinivasa swami sannidhow - Sri Perundevi nayika samedha Sri Devadhiraja swami sannidhow - Sravanyam - powrnasyam - adhyaya - upakarma - karishye. Thadhangam - Kaveri snanamaham - karishye. Thadhangam - Yagnopaveetha - dharanam - karishye. Thadhangam Kaandarushi tharpanam karishye."

Brahmacharies may say 'Thadhangam - mounji - ajina - dhanda - dharananicha - karishye."

Brahmacharies wear Mounji, Ajina, Dhandam s with manthram:

If you have short dharbhams as 'idukkuppil' in your right hand leave it to your left side.

To do tharpanam choose a right place to pour plenty of water. Make ready 'Akshathai', 'Ell' and plenty of water. Do tharpanam as described here. Please understand the postures or mudhra for the corresponding tharpanam.

There are only four postures to do tharpanams :

1. Deva Deertham --The deertham which flows to go out through the finger tips

Pithru Deertham --Allowing the water to go between index and imb fingers

Braham Deertham --Raising the fore hand to allow the water to ain down towards the wrist and then elbow.

Rushi Deertham -- let the water to flow under the little finger of both the hands. See pictures to confirm.

Note:- Each tharpanam should be done thrice.

Rushi Tharpanam

(Bring the Poonal to 'niveethi' position as a garland & take akshathai)

1. Prajapathim Kandarushim tharpayami
2. Somam Kandarushim tharpayami
3. Agnim Kandarushim tharpayami
4. Viswandeavan Kandarushim tharpayami
5. Sahumhideepya:(ha) Devadha:(ha) Upanishadha:(ha) tharpayami
6. Yangigheepya:(ha) Devadha:(ha) Upanishadha:(ha) tharpayami
7. Vaaruneeepya:(ha) Devadha:(ha) Upanishadha:(ha) tharpayami

Brahma Tharpanam

8. Brahmanam swayambhuvam tharpayami

Deva Tharpanam

9. Sadhasaspathim tharpayami

(The remaining are not given in the prayoga sastram)

10. Rig vedham tharpayami
11. Yajur vedham tharpayami
12. Sama vedham tharpayami
13. Atharva vedham tharpayami
14. Idhikasam tharpayami
15. Puranam tharpayami
16. Kalpam tharpayami

Here after tharpanam for persons who are not having father (father not alive).

(Taking a full bath in a 'river / lake / pond will be meaningful for the sankalpam we did as "kaaveri snanamaham k a r i s h y e " . Brahmacharies should wear the Maanthol, Dhandam, Mounji using the manthrams placed at our website <http://www.ahobilam.com/upakarma/dhandam.htm>)



Deva Deertham



Pithru Tharpanam



Rushi Deertham



Brahma Deertham



Pithru Tharpanam

(Bring the Poonal to 'Pracheena veethi' - opposite to usual and use 'Eil' with akshathai)

Note:- Each tharpanam should be done thrice.

17. Soma pithuman - yama:(ha) - angeeraswan - agni:(hi) - Kavyavahanadhya:(ha) - Yepithara:(ha) than pithrun tharpayami.

18. Sarvan pithrun - tharpayami

19. Sarva pithru gana:(ha) tharpayami

20. Sarvan pithru pathni:(hi)- tharpayami

21. Sarva pithru gana pathni:(hi) tharpayami

22. Oorjam vahanthee:(hi) - Amrutham - grutham paya:(ha) - keelalam - parisrutham - swasthastha - tharpayathame - rushi - pithruun. Thrupyatha - thrupyatha - thrupyatha.

Kaandarushi tharpanam over! Next Vedha Aarambham. If you are doing it in your house, keep the pavithram in your right ear and do achanam. If you are doing it in the bank of a river or a lake untie the pavithram and do achanam twice.



VEDHA - AARAMBHAM

Sit in a clean place towards east. Chant the below manthrams.

"Hri: oum - Agnimeele purohitham - yagnasya - dhevamruvijamm-
hothaaaram - rathnadhathamam - hari: oum"

"Hari: Oum - Yishethvaaa - oorjethvaaa- vayavastha - upayavastha -
dhevovaha - prarpayathu - sreshtathamaya - karmame - hari: oum"

"Hari: Oum - Agnaayhi - veedhayeeaa- grunana:(ha) -
havyadhathayeeaa - nihotha - sathsi bharhishi - hari: oum"

"Hari: Oum - Sannodhevi: - abhishtayeeaa - aapobhavanthu -
peethayeeaa - saymyo:(ho) - abhisravanthuna: (ha) - hari: oum"

If anybody still wearing the pavithram, remove and untie it and throw it. All should do achanam twice.

Vadakalai only should say :- "Bhagavaneva swasesha bhoothamidham
upakarmakyam karma swasmai swapreethaye bhagavan swayameva
kaarithavaan"

All should tell : - "Kaayena vaacha - manase - indhriyarvaa - bhudhya
- athmanaava - prahrudhe:(he) - swabhavaadh - karomi - yathyadh -
sakalam - parasmai - sriman naarayanayethi - samarpayami"

"Sarvam Sri Krishnarpanam asthu. Achytha preeyatham".

* * * * *

Ending procedures :- Wherever you be in the world, there will be some elders with you or in the next apartment or in next house. Call them and do sashtanga namsakaram to get their asirvadham. If you did the upakarma in a common place and returnin to house, ask the ladies to take harathi. First you go to the perumal (pooja) room and do namaskaram to permal and the do namaskaram to periyavals (elders). If possible call relatives and friends to your house and take food with them. Enjoy this day. Do not forget to do Gayathri Japam mostly next day to Upakarma.

Note:- I have not used much colors, to avoid print out problems. If you feel it is worth to send an apriciation or thanks you can send it to vaideekam@gmail.com for which I am sitting here with much expectations.

Best regards, Asirvadhams,
Website Organizer and founder www.ahobilam.com

Deevalur N.V.Srinivasa Dasan



[Beginning vedha adhyayanam for this year. Adhyayanam means learning and keeping it in practice. Actually, a homam will be performed if it is done collectively in a common place arranged by a bruhaspathi. Otherwise the four starting sentences four vedhams should be chanted. We hope for the technology will improve quickly to do it collectively under our website through Live webcam service next year. Now it is very costly.]

[Note:- There may be a lot of spelling mistakes even after cheking. Kindly ignore it.]

GAYATHRI JAPAM



Oum asmath gurubhyo namaha.
Sriman venkata natharyaha Kavithrkika kesari
Vedanthacharya varyome; Sannidhatham sadhahrudhi.
Gurubhyaha - thath gurubhyascha namovakham adhimaha
Vruneemahecha thathradhyauv dhampathi jagadhampathi
Swasesha bhloodhena maya sveeyai:(hi) sarva parichathai:(hi)
Vidhathum preetham aathmaanam deva:(ha) prakramadhe swayam.

Thenkali Begin & Vadakalai continue

Suklambharadharam vishnum sasivarnam chathur bhujam
Prasanna vadhanam dhyayedh sarva vigna upasaanthaye.
Yasyadhradha vakrathyaha paarishathyaaha parassadham
Vignam nignandhi sadhadham vishvaksemam tham aasraye.



Hari:(hi) Oum Thath(u).

Sri Govindha Govindhagovindha
Asya sri bhagavadha:(ha) Maha purushasya Sri Vishno:(ho) agnaya
pravarthamanasya adhya brahmana:(ha) dvidhiya parardhe sri
swedhavaraha kalpe vaivasvadha manvanthare kaliyuge prathame
pathe **Jambhudweepe Bharadha varshe bharadhakhande* Sakaapthe
meroho dhakshine paarswe asmin varthamane vyavaharike
Prabhavaadhi shasti samvathsaraanaam madhye

Sankalpam for 17-08-08:

Sarvadhari Naama samvathsare - dhakshinayane - **Varusha** routhow
- **Simha** mase - Krishna pakshe - prathamaayaam subha thithow -
vaasaraha - **Bhaanu** vasara yukthayam - **Sravishtaa** nakshathra
yukthayam - sri vishnu yoga - sri vishnu karana - subha yoga - subha
karana - yevanguna - viseshena - visishtayam - asyam -
prathamaayaam - subha thithow

Gayathri Japa Sankalpam :

Vadakalai : Sri bhagavadhagnaya Sriman Narayana preethartham
Thenkalai : Sri bhagavadhagnaya bhagavath kankarya roopam (Use
this convention in all the places)

Both kalai continue : mithyaadheetha prayaschithartham
samvathsara praayaschithartham Ashtothra sadha sankyaya (Or
Ashtothra Sahasra sankyaya - for 1008 times) gaayathri maha manthra
japam karishye!

[See Note in the right panel ->](#)

(Rushi) Pranavasya rushi brahma;
(Chandha:) Devi gayathri chandha:;
(Devatha) Paramaathma sriman naarayano devadha;
(Rushi) Bhooraathi saptha vyahrutheenam - adhri, bruhu, kuthsa,
vasishta, gowthama, kaschyapa, angirasa rushaya
(Chandha:) Gayathri, ushnig, anushtup, bruhathi, pankthi, thrishtup,
jagathya: chandhagumsi;
(Dhevadha) Agni, vaayu, arka, vaagheesa, varuna, indhra, viswedevaha
devadha

Rushi -



Chandas -



Devadha-



(Rushi) Saavithriya rushi: viswamithra:
(Chandha:) Devi gayathri chandha:
(Devatha) Savidha devatha
(Rushi) Gayathri sirasa: brahma rushi:
(Chandha:) Anushtup chandha:
(Devatha) Paramaathmaa Sriman naaraayano devatha
(Viniyoga:) Sarveshaam praanaayame viniyoga:

Do Praanaayamams three times. See the previous pages for details.

Note: - Then kalaiyar are not using the 'sriman' text. So it is only for Vadakalai, The next step of manthram is common for both Then kalai and Vadakalai

(Sankalpam change for USA :)

*prathame pathe " a s m a t h u B h a r a d h a s y a P a s c h i m a s t h e k r o u n c h a d w e e p e u t h t h a r a K a n d e " Asmin vardhamane for all other places just leave the ittalized red coloured text and continue to tell the remaining text.

Note:- (This is called sankalpam, after this leave the short dharbhams on your left side i.e in north) Touch your fore head wherever you find the word 'Rushi' Touch your nose wherever you find the word :- 'chandha:(ha)'

Touch your chest wherever you find the word :- 'devadha' Turn both the hands towards in when you find the term :- ' viniyoga:(ha)' See the pictures in the left panel

(Rushi) Aayaadhithi anuvaakasya vaamadeva rushi:
(Chandha:) Anushtup Chandha:
(Devatha) Gayathri devadha
(Viniyoga:) Gaayathri aavaahane viniyoga:

Keep hands as doing namaskaaram (Kai koopikkondu) and tel.

“Aayaadhu varadha devi aksharam brahma sammidham, gaayathreem chandhasam maadha idham brahma jushasvana: ojosi, sahosi, bhalamasi, braajosi, devaanaam dhaama naamasi, viswamsi, visvayu: sarvamasi, sarvaayu: abhibhoorom gaayathreem aavaahayaami, saavithreem aavaahayami, sarasvatheem aavaahayaami”

(Rushi) Saavithriya rushi: viswamithra:
(Chandha:) Devi gaayathri chandha:
(Devadha) Savitha devadha

Chankachakra dharam devam kireetaathi vibhushidham
Suryamandala madhyastham dhyayeth swarna ruchim harim;
Yodeva: savithasmaakam dhyodharmaadhi gochara:
prerayeth thasya yathparkaha: thathvareannyam upaasmahe.

Do gaayathri japam 108 times or 1008 times as per your option selected previously.
After the completion of the japam - do praanaayamam.
sankalpam:- Sri bhagavadhagnaya tham gaayathri udhvaasanam karishye!

(Rushi) Uththam idhi anuvaakasya vaamadeva rushi:
(Chandha:) Anushtup chandha:
(Devadha) Gaayathri devadha
(Viniyoga:) Gaayathri udhvaasane viniyoga:

“Uththame shikare devi bhoomyaam parvatha moorthani, brahmanebhya: hyanujgnanam gachcha devi yathashukham.”

Pranamyam (do shashtaanga namaskaaram)
Abhivadhya (do abhivaadhi).
Pavithram visrasya (remove and untie the pavithram)
Aachamyam (do aachamanam)
Keep doing namaskaram by hands and tel :
“Kaayena vaacha manese indhriyairva, bhudhya, athmanaava,
prahrute: subhavaadhu, karomi yathyathu, sakhalam parasmai
sriman naarayanyethi samarpayami.”
Sarvam Sri Krishnaarpanamasthu.

Do namaskaaram to perumal at pooja room.
Do namaskaram to all elders.

Take food. Be blessed by all devatha.
Be happy throughout the year!
Send this pdf to all your friends & relatives.
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Remember it serves FREE for you.
Send your questions, get immediate replies. Spred it over.
regards,
NVS

**Tamil Version also has been sent separately!
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