



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)

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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 31st August 2023)-
INDIA**

(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



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*****INDIA*****

SAMIDHADHANAM (Nityakarma Anushtana)

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

AACHAMYA: ACHUTHAAYA NAMAHA - ANANTHAAYA NAMAHA - GOVINDAAYA NAMAHA

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

VINAYAANKAR 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 BHOOYAASAM SUVEERO VEERAIHI, SUVEERO: VARCHASAA, SUPOSHA: POSHAIHI, SUGRUHO GRIHAIHI, SUPATHI: PATHYAA: SUMEDHAA MEDHAYAA SUBRAHMAA BRAHMMA CHARIBIHI.

OM BHOORBA VASSUVAHAA (Circle water around the fire)



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- 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)

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
DHAYA AHUM VARDHAMANAHAA BHOUYAASAM 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
IDANNAMAMAA, SUVA SWAAHA - SURYAYAA IDANNAMAAMAA

- 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 PRAASAABVEEHI (Circle around the fire)



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-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
- 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 DEVAA 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)



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RAKSHA MANTRAM:

MAANASTOKE THANAYE MAANA AAYUSHI MAANOGHOSHU MAANO ASHWESHU
REERISHAHAA, VEERANMANAHAA 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 |

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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*****INDIA*****

KAAMOKARSHEETH JAPAM

OM SRI GURIBHYO NAMA: HARI: OM

OM GANAANAAM TWA GANAPATIGUM HAWAAMAHE KAVIM KAVEENAAM UPAMASRA
VASTAMAM JYESHTA RAAJAM BRAHMMAANAAM BRHMANASPATHA AA NA SRANVANN
OOTI BHI SEETHA SAADHANAM OM SHRI MAHAA GANAPATHYE NAMAHAA

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAKARMAANGAM

Aacharya+Wear Pavithram(*) + Put Durbha Aasanam under the legs (Dharbe
ShwAseenahA) + Wear Two Dharbha between the Pavithram (DarbhAm
DhAraNamAnahA)

AUM SUKLAAM BHARADHARAM VISHNUM SASHI VARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH SARVA VIGNA UPASSANTHAYE - OM BHUUHU, OM
BHUVAA, OM GUM SUVAHA, OM MAHAHA, OM JANAA, OM THAPAA, OOGUM
SATHYAM OM THATASAVITHUR VARENYAM BARGO DEVASYA DEEMAH DHEEYO-
YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASA: AMRUTHAM BRAHMA
BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWAARA SRI PARAMESWARA
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDBALAM
THADAIVAA, VIDHYAABALAM DAIVABALAM THADAIVAA, LAKSHMIPATHETHU
ANGRIYUGAM SMARAAMI - APAVITHRAHA PAVITHROVAA SARVAA VASTHAAM
GATHOPIVAA - YASMARETH PUNDAREEKAASHAM - SABAAHYA ABHYANTHARA HA
SUCHIHI,

MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPAARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SASAYAHA –

SRI RAMA, RAMA RAMA - THITHIR VISHNUHU - THATHAA VAARA NAKSHATRAM
VISHNUREVACHA YOGASCHA KARANAM CHAIVA SARVAM VISHNU MAYAM JAGATH.
SRI GOVINDA, GOVINDA GOVINDAA –



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ADHYA SRI BAGAVATHAHAA, MAHAA PURUSHASYA, VISHNOHO AAGNAYA,
PRAVARTHAMAANASYA, ADHYA BRAHMANAHAA, DWITHEEYA PARAARDHE, SHWETHA
VARAAHA KALPE, VIVASWATHA 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 AINDRA
KHANDE), MEROHO: DAKSHINE PAARSHWE (For North America - PASCHIME PAARSHWE)
DANDAHAARANYE SHAALIVAHANA SAKAABDE, ASMINNU VARTHAMAANE, VYAAVA
HAARIKE, PRABHAVAADHEENAM SHASHTYA SAMVATSARAANAM MADHYE **SHOBHA
KRUTH NAAMA** SAMVATSARE, **DAKSHINAAYANE, VARSHA** RITHOW, **SIMHA** MAASE,
SHUKLA PAKSHE, ADHYA **CHATHURDASYAM** (UPTO 10:58 AM, THEREAFTER
PAURNAMAASYAAM) SHUBHATHITHOW VAASARAHA **SOUMYA** VAASARA
YUKTHAAYAAM, SRAVISHTA NAKSHATRA YUKKTHAAYAAM, SHUBA YOGA SHUBA
KARANA EVAM GUNA VISESHENA VISISHTAYAAM, ASYAAM POURNAMAASYAAM
SUBHATHITHOW MAMO PAAKTA SAMSTHA DHURITA KSHYA DHWAARA SREE
PARAMESHWARA PREETYARTHAM

- THAISHYAAM POURNAMAASYAAM ADHYAAYA UTSARJANA UPAKARMANGAM
KAMOKARSHEETH MANURA KAARSHEETH ITI MAHAA MANTRA JAPAM ADHYA
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 VishvedeyvA DevatAhA (Touch heart with hand)

Chant 10 times Pranayama Manthram “OM BHUHU +++++ OM OM OM”.



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

Uthame Shikare Devi BhoomyAm Parvatha Moordhani, Brahmanebhyo Hyanu GyAnam
Gacha Devi YathA Sukham

remove the Pavithram and do the Achamanam.



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MAHAA SANKALPAM

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

(Aacharya+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 DHYAAYETH SARVA VIGHNO UPASHAANTHAYE - OM BHUUHU, OM
BHUVAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAHA, OM THAPAHA, OOGUM
SATHYAM OM THATSAVITHURVARENYAM BHARGO DEVASYA DEEMAHI DHEEYO-YONA
PRACHOTHAYAATH - OM AAPO JYOTHEERASO AMRUTHAM BRAHMA
BHURBUVASSUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWARA SRI PARAMESWARA
PREETHYARTHAM –

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

APAVITHRAHAA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA - YASMARETH
PUNDAREEKAAKSHAM - SABAHYAA ABHYANTHARAHAA SHUCHIHI

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

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 SAKTHYAA BRIYAMAANASYAA MAHAA JALOWGASYA MADHYE
PARIBRAMATHAAM ANEKA KOTI BRAHMAANDDAANAAM EKATHAME PRITHIVI
APTHEJAHAA VAAYU AAKAASHADHEE AAVARANAIHI AAVRUTHE ASMINNU MAHATHI
BRAHMAANDA KARANDA MANDALE AADHAARA SHAKTHI KOORMAADHEE ASHSTHA
DIGGAJOPARI PRATHISHTITHASYA



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*****INDIA*****

ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA – MAHAATHALA - -PAATHAALA
AKHYA LOKA SHATKASYA ADHO BHAAGE MAHAA NAALAAAYAMAANA
PHANIRAAJASYA SESHASYA SAHASRA PHANAAMANI MANDALA MANDITHE,
DIGDHANTHI SHUNDAA DHANDA UTTAMBITHE LAVANA IKSHU SURAA SARPI DADHI
DUBJHA SUDHODAKA AARNAVAIHI PARIVRUTHE JAMBU PLAKSHA PUSHA
KROWNCHA SHAAKA SAALMALEE PUSHKARAAKHYA DWEEPAANAAM MADHYE
INDRAKASHERU TAAMBRA GABHASTI NAAGA SOUMYA GANDHARVA CHAARANA
BHARATHAADHI NAVA KHANDAATHMIKE MEROHO DAKSHINE THEERE SAKALA
JAGATH SRUSHTHUHU PARAADHATH DHW AYA JEEVINAHAA BRAHMANAHAA
PRATHAME PARAARDHE ANWE DWETEEYE PARAARDHE YAAME TRUTHEEYE
MUHOORTHA SWAAYAMBHUYA SWAROCHISHA UTTAMA TAAMASA RAIVATHA
CHAAKSHU SHAAKHYESHU SHATSU MANUSHU VYATEETESHU SAPTHAME
VAIVASWATHA MANVANTHARE ASHTAAVIMSATHI THAME KALI YUGE PRATHAME
PAADHE JAMBOO DWEEPE /KROUNCHA DWEEPE BHAARARTHA VARSHE / RAMANAK
VARSHE MEROHO BHARATHA KHANDE / AINDRA OR GOTEERTHA KHANDE
MEROHO DAHSINE PAARSWE / PARSCHIME PAARSWE SAKAABDE ASMINNU
VARTHAMAANE VYAAVAHAARIKE PRABHAVAADDEENAAM SHASHTIYAAHA
SAMVATSARAANAM MADHYE **SHOBHA KRUTH** NAAMA SAMVATHSARE,
DAKSHINAAYANE, VARSHA RITHOW, **SIMHA** MAASE, **SHUKLA** PAKSHE, ADHYA
CHATHURDASYAM (UPTO 10:58 AM, THEREAFTER **PAURNAMAASYAAM**)
SHUBHATHITHOW VAASARAHA **SOUMYA** VAASARA YUKTHAAYAAM, SRAVISHTA
NAKSHATRA YUKKTHAAYAAM, SHUBAYOGA, SHUBAKARANA EVAM GUNA VISESHENA
VISISHTAAYAAM, ASYAAM POURNIMAASYAAM SUBHATHITHOW MAMO PAAKTHA
SAMASTHA DURITHA KSHAYA DHWAARA SREE PAREMESHWARA PREETHYARTHAM
(This is for smArthAI)

(For VaishNawAlukku)

BHAVATHANGYAYAA BHAVATHA KAINKARYAM SRIMATHU NARAAYANA
PREETHYAARTHAM

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

IDHAANEEMDHANA MAANUSHYE DWIJA JANMA VISESHAM PRAAPTHAVATHAHA
MAMAA JANMAA BHYAASAATH JANMA PRABHRUTI YETHATHU KSHANA PARYANTAM
BAALYE VAYASI KOWMARE YOWVANE VAARDHAKESHA JAAGRATH SWAPNA
SUSHUPTI AVASTHAASU MANO VAAK KAAYAI: KARMENDRIA GYANENDRIA



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VYAAPAARAIHI SAMBHAAVITAANAAM IHA JANMANI POORVA JAMMANI JANMA
JANMAANTHARA AARJITHAANAAM SANKALEE KARANAANAAM MALINI
KARANAANAAM APAATHREE KARNAANAAM JAATHI BRAMSHA KAREENAAM
PARKEERNAKAANAAM NAVAANAAM NAVA VIDHAANAAM BAHUNAAM BAHU
VIDHAANAAM SAMBHAVITHAANAAM KAAMA KRODHA LOBHA MOHA MADHA
MATHSAR YAADHIBHIHI SAMBHA VITHAANAAM SARVESHAAM ..PAAPAANAAM
HAVYAHAA APANODHANAARTHAM

(Kula daivam where u live) BHASKARA KSHETHRE MANGLAAMBIKAA SAMETHA AADHI
KUMBHESHWARA SWAAMI SANNIDHOU VALLBHAAMBAA SAMETHA SREE MAHAA
GANAPATHY VALLI DEVASENAA SAMETHA SRI SUBRAMANIA KSHAAYAA SUVATH
SULAAMBHAA SAMETHA SRI SURYANARAYANA SAMETHA THRIMOORTHIAATH
MAKA SWROOPA ASHWATHA NARAYANA PARVARTHA MOORDHINI SAMETHA SRI
RAAMA NATHA RANGA NAAYIKA SAMETHA SRI RAJA BALAMBA SAMETHA
VADHYESWARA STHIRA SUNDARI SAMETHA BAMMA PURISHWARA SHIVAKAMI
SAMETHA CHITH SAVESHA ANANDHA NATARAJA ATHEETHA KUJAMBA SAMETHA
ARUNA JALESHWARA BALAMBA VRUDHAMBAA SAMETHA VRUDHA GIRISHWARA
KALPAKAMBA SAMETHA KAPALISHWARA RUKMINI SATHYABHAMA SAMETHA
PARTHASARTHY SRI BHOOMI PADHMAVATHI SAMETHA PRANNA VENKATESHWARA
OM KARA MAHA KALESHWARA VISHALAKSHI SAMETHA VISHVERA SWAMI
SANNIDHOU ANEKA KOTI DEVTHA BRAHMANA HARIHARA SWAMI SANNIDHOU

SRAVANYAAM POURNAMAASYAAM ADHYAAYA UTHSARJANA UPAAKRMAANGAM
PRATHAHA SNANAMAHAM ADHYA KARISHYE

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

PUROKSHNA MANTRAM:

ATHIKROORA MAHAAKAAYA KALPAANTHA DAHANOPAMAA
BHAIRAVAAYA NAMASTHUBYAM ANUGYAAM DHAATHU MARHASI

DURBHOJANA DURAALAAPA DUSHPRATIGRAHA SAMBHAVAM PAAPAMHARA
MAMAKSHIPRAM SAHYAKANYE NAMOSTUTE GANGA GANGETI YO BHRUYAAT
YOJANAANAAM SATAIRAPI MUCHYATE SARVA PAAPEBHYAHA VISHNU LOKAM
SAGACHATHI TRUHAATRANAM JAANNAVITEERE PANCHARAATHRANTU YAAMUNE
SADYAHA PUNAATU KAAVERI PAAPAM VYAPOHAYAA / AAMARNAANDHIKAM
(Now do purokshaNam)

AAPOHISHTA MAYO BHUVAHA STHAANA OORJE DADHATANA MAHERANAYA
CHAKSHUSHE YOUVAHA SHIVATA MORASAHA TASYA BHAYATE HANAH USHA
TEERIVA MAATARAH TASMAHA ARANGA MAMAVAH YAS YAKSHYAYAA JINVATA
AAP: JANAYATA JANAH BHOORBHAVASUVAHA OM BHOORBHAVASUVAHA
ACHAMANAM



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)

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*****INDIA*****

YAGYOPAVEETHAM / THREAD CHANGING (POONAL MAARAL)

ACHAMANAM

ACHUDAAYA NAMAHA ANANTHAAYA NAMAHA GOVINDAAYA NAMAHA

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

OM SHUKLAAM BHARADHARAM VISHNUM SASHIVARNAM CHATHURBHUJAM
PRASANNA VADHANAM DYAAAYETH, SARVA VIGNA UPASAANTHAYE -

PRANAYAMAM - OM BHUUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASYA DEEMAH DHEEYO-YONA PRACHOTHAYAATH – OMAAPA:
JYOTHIRASA: AMRUTHAM BRAHMAA BHURBUVASSUVAROM. (TOUCH THE RIGHT
HAND EAR).

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE
PARAMESWARA PREETHYARTHAM

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMA ANGAM

SROWTHA SMAARTHA VIHITHA NITYAKARMA ANUSHTAANA SADHAACHARA
YOGYATHAA SIDHYARTHAM

BRAHMATHEJO: ABI VRUDHYARTHAM YAJNOPAVEETHA DHAARANAM KARISHYE.

APA UPA PRASYAA

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).



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)

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*****INDIA*****

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 ATHU

AAYUSHYAM AGRIYAM PRATHIMUNJA SHUBRAM

YAGYOPAVEETHAM BALAMASTHU THEJAHAA – HARI: OM (WEAR ONE POONAL).

YAYOO PAVEETHAM ----- HARI: OM (WEAR 2ND POONAL)

YAGYO PAVEETHAM ----- HARI: OM (WEAR 3RD POONAL)

AACHAMANAM

REMOVE THE OLD POONAL - SAY –

UPAVEETHAM BHINNATHANTHUM JEERNAM KASHMALA DHOOSHITHAM

VISRUJAAMI PUNA: BRAHMA VARCHO DEERGAYURASTHU ME. (PUT THE POONAL IN THE RIGHT HAND SIDE).

- OM THATSATHU BRAHMARPPANAM ASTHU
- AACHAMANAM



Sree Vigneswaraya Namaha
YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)
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KAANDARISHI THARPANAM

AACHAMYAA

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

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

PRANAAYAAMAM - OM BHUHU, OM BHUVAHA, OGUM SUVAHA, OM MAHAHA, OM
JANAHA, OM THAPAHA, OGUM SATHYAM, OM THATSAVITHUR VARENYAM,
BARGODEVASWA DEEMAHI DHEEYO-YONA PRACHOTHAYATH - OMAPO JYOTHIRASAO
AMRUTHAM BRAHMA BHURBUVASUVAROM.(TOUCH THE RIGHT HAND EAR).

SANKALPAM:

MAMOPAAKTA SAMASTA DHURITAKSHYA DHWAARAA SREE PAREMESHWARA
PREETHYARTHAM

ADHYA PURVOKTHA EVAM GUNA VISESHAENA VISISHTAAYAAM ASYAAM
POURNAVAASYAAM SUBHATHITHOW

SRAAVANYAAM POURNAMAASIAAM ADHYAAYA UTSARJANA UPAAKARMA ANGAM
KAANDARSHI THARPANAM ADHYA KARISHYE

APA UPA PRASYA

TAKE SNANAM AND DO IN WET CLOTHES: (In the water put some Ellu (Thila) and Arisi
(Akshatha - Rice) and do the following Tharpanam each thrice. **Put the Poonal as Maala**):

WATER SHOULD FLOW VIA YOUR LITTLE FINGERS OF BOTH HANDS JOINED
TOGETHER

- PRAJAAPATHIM KAANDARSHIM THARPAYAAMI x 3
- SOMAM KAANDARSHIM THARPAYAAMI x 3
- AGNIM KAANDARSHIM THARPAYAAMI x 3
- VISWAAN DEVAAN KAANDARISHEEN THARPAYAAMI x 3



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
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Gayathri Japam (Aug 31, 2023)

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-
- SAAGUMHITHEEHI DEVATHA 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**)

(Put the Poonal as usual and do the Achamanam)

FOR THEM (WHOSE PARENTS (S) ARE NOT ALIVE –

(PUT POONAL ON THE RIGHT SIDE (PRACHEENAVEETHI) AND DO THE FOLLOWING THERPANAM X 3 TIMES)

SOMA: PITHRUMAAN YAMO: ANGIRASWAAN AGNIHI HAVYAVAAHANA: ITHYAA DAYA:
YE PITHARA:

- THHAAN PITHRUN THARPAYAAMI (3 MURAI)
- SARVAAN PITHRUN THARPAYAAMI (x3)
- SARAVA PITHRU GANAHA THARPAYAAMI (x3)
- SARVA PITHRU PATHNIHI THARPAYAAMI (x3)
- SARVA PITHRU GANA PATHNIHI THARPAYAAMI (x3)
- OORJAM VAHANTHI AMRUTHAM GHRUTHAM PAYA: KEELAALAM
PARISHRUTHAM SWADHAASTHA THRUPYATHUME
- MAMA PITHRUN THRIPYATHA, THRUPYATHA, THRUPYATHA

(PUT THE POONAL AS USUAL AND DO THE AACHAMANAM)



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
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Gayathri Japam (Aug 31, 2023)

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VEDHARAMBAM (Put pavithram on ring finger)

SHUKLAAM BHARADHARAM VISHNUM SSASSI VARNAM CHATHURBHUJAM PRASANNA
VADHANAM DHYAYETH SARVA VIGHNA UPASHAANTHAYE

OM BHUHU OM BHUVAHA OGUM SUVAHA OM MAHAHA OM JANAHA OM THAPAHA
OGUM SATHYAM OM THATSAVITHUR VARENYAM BHARGO DEVASYA DHEEMAH
DHEEYO YONA PRACHODHAYATH – OMAPO JYOTHIRASO AMRUTHAM BRAHMMA
BHOORBU VASSUVAROM (Touch the right ear)

SANKALPAM: MAMOPAAKTHA SAMASTHA DHURITHA KSHAYADHWAARA SREE
PARAMESWARA PREETHYARTHAM VEDA VYAASA PREETHYARTHAM

SRAAVANYAAM POURNAMAASYAAM ADHYAAYA UPAAKARMAANGAM VEDA
ADHYAYANA AARAMBHAM KARISHYE

OHM SHRI GURUBHYO NAMAHA HARI: OHM HARI: OHM

AGNIMELE PUROHEETHAM YAGNASYA DEVAM HRITHWIJAM, HOTHAA HAARAM
RATHNA DHAATHAMAM

HARIHI OHM HARIHI OHM

ISHE TVAHA OORJJETWAAHAA VAAYAVASTHO UPAAYAVASTHAA DEVOVAHAA
SAVITHAA PRAARPAYATHU SRESHTATHAMAAYA KARMANE HARIHI OHM HARIHI
OHM

BRAHMA SANDHATHTHAM THANME JINWATHAM - KSHATRAGUM SANDHATHTHAM
THANME JINWATHAM – ISHAGUM SANDHATHAM THAAMME

JINWATHAM OORJAGUM SANDHATHAM THAAMME JINWATHAM - RAYIGUM
SANDHATHTHAM THAAMME JINWATHAM - PUSHTIGUM

SANDHATHTHAM THAAMME JINWATHAM – PASHOON SANDHATHTHAM
THAAMMEJINWATHAM –STUTHO ASI JANATHAHA DEVAASTHVAHAA SHUKRA
PAAHAA PRANAYANTHU SUVEERAAHAA HAA SANDHATHTHAM THAAMME JINWATHAM
PRAJAAHAA PRAJAYAANNU PARIHI HARIHI OHM HARIHI OHM



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)

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SAMGYAANAM: VIGYAANAM: PRAGYAANAM: JAANATU ABHIJAANATU
SAMKALPAMAANAM PRAKALPAMAANAM UPAKALPAMAANAM UPAKLUPTAM
KLUPTAM SHREYAHAA VASEEYAHA AAYATU SAMBHOOTAM BHOOTAM CHITRAHA
KETUHU PRABHAAN AABHAAN SAMBHAAN_ JYOTISHMAAN_ TEJASVAAN_

AATAPPANNU_ TAPANNU_ ROUCHAN: ROUCHAMAANAHA SHOBHANAHA SHOBHA
MAANAHA KALYAANAHA HARIHI OHM HARIHI OHM

BADRAM KARNEBI: SRINUYAAMA DEVAHA - BADRAM PASYEMAA AKSHA
BIRYAJATRAAHA - STHIRAI RANGAI: STHUSHTU VAAGUM SASTANUUBHI: VYASHEMA
DEVAHITHAM YADAAYUHU. SWASTHI NA INDRO VRIDHA SRAVAHA SWASTHINA
POOSHA VISHWA VEDHAHA - SWASTI NA STHARSKSHYO ARISHTANEMIHI -
SWASTINO BRIHASPATIR DHATHATHU.

AAPA MAAPAAM APAHA SARVAHAHA HAA ASMAATHU ASMAATHU ITHAHAA
AMUTHAHAA HARIHI OHM HARIHI OHM

PRASUGMANTHAHAHA DHIYAASANASYA SAKSHANI VAREBIHI VARAAN ABHI
SHUPRASEEDATA ASMAAKAM INDRAHA UBHAYAM JUJOSHATEE TYAT
SOUMYASYA ANDHATAHAHA BUBHODATHI ANUKSHARAHA VRUJABAHA SANTU
SANTAHA EBIHI SAKHAAYAHA YANTINO VAREYAM SAMARYAMAA
SAMBHAKONHA TRUNEEYAAT_ SANJAAT SATYAM SUYAMA ASTU DEVAHA HARI
HI OHM HARIHI OHM

ATHAATHAHAA DARISHAHAA POURNAMAASOU VYAA AAKHYAA SHYAAMAHAA
PRAATAHA AGNIHOTRAM UTWAA ANYAM AAVAAHANEEYAM PRANEEYAA AGNEEN
ANVAADADHAATEE NAGATA SRIYAM ANYA AGNIM PRANAYATI HARI HI OHM HARIHI
OHM

ATHA KARMAANI AACHAARAATH DHYAANI GRIHYANTE HARIHI OHM HARIHI OHM

ATHAATAHA SAMAYAACHAARIKAANU DHARMAANU VYAA AAKHYAA SHYAAMAHAA
HARIHI OHM HARIHI OHM

ATHA SIKSHAAM PRAPAKSHYAAMI

PAANINEEYAM MATHAM YATHAA OHM OHM

PANCHA SAMVATHSARAM AYAM YUGAA DHYAKSHAM PRAJAA PATHIM OHM
OHMMAYA RA SA TA JA THANA LAGHU SANVITHAM BRAMATHI VAANGMAYAM
JAGATHI YASYA OHM OHM



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
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Gayathri Japam (Aug 31, 2023)

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GOUHU GUMAA JUMAA SMAA KSHAMAA KSHONI KSHITHIHI AVANIHI OHM OHM

(MAAHESHWARA SOOTRAM)

AI YE OONU, RI LU KU, YAY OWNGU, I OWE CHE, HAYA VARATU, LANNU
NNAMANGE, NANAMU, JAPANGU, GA DA THA SHU, JA BHA GADA THASU, GA FA CHA
TA THA, CHA TA THAVU, KAPAYU SASHA SARU, HALLU - ITTHI MAHESWARAANI
SOOTHRAANI VRUDHIRAATHAICHU ABHAYANGUNAHA HARIHI OHM HARIHI OHM

ATHATHAHAA CHANDHASAAM NIVRUTHIM VYAAKHYAA SYAAMAHAA OHM OHM

GEERNA SHREYAHAA DHENAVAHAA SHREEHI RUDHRASTHU MANYAHAA BHAGOHI
YAAJYAA DHANEYAM NAARI DHANAVAAN PUTHRAHAA OHM OHM

ATHA VARNA SAMAAM NAAYAHAA OHM OHM

ATAATHHAA DHARMAJIGNYASA OHM OHM

ATAATHHAA BRAMMA JIGYAASA OHM OHM

AGNA AAYAAHI VEETHAYEHE GHRUNANAHA HAVYADHAATHAYE NI HOTHAA
SATSI BARHISHI HARIHI OHM HARIHI OHM

SANNO DEVI: ABISHTAYE AAPO BAVANTHU PEETHAYEHE SAMYO: ABHI SRAVANTHU
NAHA HARIHI OHM HARIHI OHM

OHM NAMO BRAHMANE NAMO ASTHU AGNAYE NAMA PRITHIVYAHYI NAMA
OWSHADHEEBHYAHA, NAMO VAACHE NAMO VAACHASPATTHAYE NAMO VISHNAVE
BRIHATHE KAROMI (Repeat this thrice). HARIHI OHM HARIHI OHM

Remove the pavithram and do the aachamanam

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Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
Yagyopavitha DhAraNam, KAnda Rishi, VedArambham – Version 1,
Gayathri Japam (Aug 31, 2023)

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GAYATRI JAPAM (Aug 31ST, 2023) – THURSDAY– Canada, USA EST

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:

(Aacharya+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
THATSAVITHURVARENYAM 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, THARABALAM CHANDRABALAM
THATHEVA, VIDHYABALAM DAIVABALAM THATHEVA, SRI LAKSHIPATHE AGRYUGAM
SMARAAMI - APAVITHRA PAVITHROVAA SARVAA VASTHAAM GATHOPIVAA -
YASMARETH PUNDAREEKAASHAM - SABAHAHA ABHYANTHARAHAA SUCHIHI,
MAANASAM VAACHIKAM PAAPAM - KARMANAAM SAMUPARJITHAM - SRI RAMA
SMARANENAIVA VYAPOHATHI NA-SAM SHAYAHAA - SRI RAMA, RAMA RAMA - THITHIR
VISHNU - THATHAA VAARA NAKSHATRAM VISHNUREVACHAA YOGASCHAA KARANAM
CHAIVAA SARVAM VISHNU MAYAM JAGATH SRI GOVINDA, GOVINDA GOVINDA - AADYA
SRI BAGAVATHAHAA, MAHA PURUSHASYA, VISHNO RAAGNAYA,
PRAVARTHAMAANASYA,

SHUBHE DINE SHOBHANE MUHURTE 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 DANDAAHARANYA SHAALIVAHANA
SAKAABDE, ASMINNU VARTHAMAANE, VYAVA HAARIKE, PRABHAVAADHEENAAM
HASHTYAA SAMVATSARAANAAM MADHYE



Sree Vigneswaraya Namaha

YAJUR UPAKARMA / AVANI AVITTAM 2023 (Aug 30) - Wednesday
SamidhAdhAnam, KAmokArsheeth, Maha Sankalpam,
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Gayathri Japam (Aug 31, 2023)

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SHOBHA KRUTH NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW SIMHA MAASE, SHUKLA (UPTO 7:05 AM, TEREAFter KRISHNA) PAKSHE, ADHYA POURNAMASYAM (UPTO 7:05 AM, THEREAFter PRATHAMAAYAAM) SUBHATHITHOW GURU VAASARA YUKTHAAYAAM, SATHABHISHAK NAKSHATRA YUKTHAAYAAM – SRI VISHNU YOGA, SRIVISHNU KARANA, SUBAYOGA, SUBAKARANA, EVAM GUNA VISESHANA VISISHTAAYAAM, ASYAAM PRATHAMAAYAAM SUBHATHITHOW

THAISHYAAM PRATHAMAAYAAM MITHYAA DHEETHA DOSHA 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.

Pranavasya Rishi Brahma +++++ (remaining part will be as in the Sandhya Vandhanam)

Savithrya Rishi Viswamitha Nichruthu Gayatri Chanda Savitha Devatha

Chant 10 times Pranayama Manthram “ OM BHUHU +++++ OM OM OM”

Ayathwithi Anuvaakasya Vamadeva Rishihi+++++++Paramathma Devatha (remaining part will be as in the

Sandhya Vandhanam)

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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