



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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**\*\*\*\*\*CANADA & USA EST\*\*\*\*\***

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)-  
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



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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.

**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 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  
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 PRAASAASVEEHI (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 SRI .....SARMANAHA 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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## CAA MO KARSHEETH JAPAM

OM SRI GURIBHYO NAMA: HARI: OM

OM GANAANAAM TWA GANAPATIGUM HAWAAMAHE KAVIM KAVEENAAM UPAMASRA  
VASTAMAM JYESHTA RAAJAM BRAHMANAAM 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  
BHUVAAHA, OM GUM SUVAHA, OM MAHAHA, OM JANAAHA, OM THAPAAHA, OOGUM  
SATHYAM OM THATASAVITHUR VARENYAM BARGO DEVASYA DEEMAHI DHEEYO-  
YONA PRACHOTHAYAATH – OMAAPA: JYOTHEERASA: AMRUTHAM BRAHMA  
BHURBUVASUVAROM OM OM OM.

MAMOPAAKTHA SAMASTHA DHURITHAKASHAYADWAARA SRI PARAMESWARA  
PREETHYARTHAM –

THATHEVA LAGNAM SUDHINAM THADAIVAA, THAARAABALAM CHANDRABALAM  
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 **PAURNAMAASYAAM** SHUBHATHITHOW VAASARAHA  
**SOUMYA** VAASARA YUKTHAAYAAM, SRAVISHTA (upto 11:16 am, thereafter  
SATHABHISHAK), 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  
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 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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ATALA-VITALA-SUTHALA- RASAATTHALA THALAATHALA – MAHAATHALA - -PAATHAALA  
AKHYA LOKA SHATKASYA ADHO BHAAGE MAHAA NAALAAAYAMAANA  
PHANIRAAJASYA SESHASYA SAHASRA PHANAAMANI MANDALA MANDITHE,  
DIGDHANTHI SHUNDAADHANDA UTTAMBITHE LAVANA IKSHU SURAA SARPI DADHI  
DUBJHA SUDHODAKA AARNAVAIHI PARIVRUTHE JAMBU PLAKSHA PUSHA  
KROWNCHA SHAAKA SAALMALEE PUSHKARAAKHYA DWEIPAANAAM 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 SWAAYAMBHUVVA SWAROCHISHA UTTAMA TAAMASA RAIVATHA  
CHAAKSHU SHAAKHYESHU SHATSU MANUSHU VYATEETESHU SAPTHAME  
VAIVASWATHA MANVANTHARE ASHTAAVIMSATHI THAME KALI YUGE PRATHAME  
PAADHE JAMBOO DWEPE /KROUNCHA DWEPE 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  
**PAURNAMAASYAAM** SHUBHATHITHOW VAASARAHA **SOUMYA** VAASARA  
YUKTHAAYAAM, SRAVISHTA (upto 11:16 am, thereafter SATHABHISHAK) , 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 KAAAYAI: 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

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## **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 SUVABA, 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 UPAKARMA 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).



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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 2<sup>ND</sup> POONAL)

YAGYO PAVEETHAM ----- HARI: OM (WEAR 3<sup>RD</sup> 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



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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



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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)

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**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)



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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





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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 YADAAUYUHU. SWASTHI NA INDRO VRIDHA SRAVAHA SWASTHINA  
POOSHA VISHWA VEDHAHA - SWASTI NA STHARSKSHYO ARISHTANEMIHI -  
SWASTINO BRIHASPATHIR 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 SHYAAMAHAHA  
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 SHYAAMAHAHA  
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



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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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**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 VARAHA 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



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**SHOBHA KRUTH NAAMA SAMVATSARE, DAKSHINAAYANE, VARSHA RITHOW SIMHA MAASE, KRISHNA PAKSHE, ADHYA PRATHAMAAYAAM SUBHATHITHOW GURU VAASARA YUKTHAAYAAM, SATHABHISHAK (upto 8:15 am, thereafter POORVA PROSHTAPADHA 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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