

Welcome to LEVEL -3

SANATAN FOUNDATION WORKSHOP



WESTRAND HINDU CULTURAL ASHRAM

ESTABLISHED 2010



Puja / Pooja
Vidhi

THE 4 TYPES OF PUJA/POOJA

Karma Kand- Sakama Karma :



Nitya Karma : Daily Worship, for upliftment spiritually.



Naimittika Karma: Occasional Prayer linked to traditional samskaras etc , birth, marriage etc..

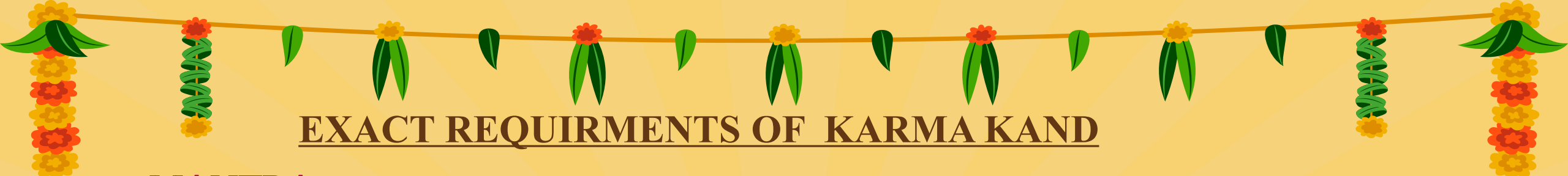


Kamya Karma : Optional worship, for specific objectives e.g. Removal of obstacles, fame, wealth, etc...



Nishiddha karma : Forbidden worship, that which is explicitly condemned by the scriptures e.g. Lying (Mithyabadi), Theft (Steya), Addition (Madya-pana) ,etc..





EXACT REQUIRMENTS OF KARMA KAND

01 MANTRA

Chanting on sounds to quieten the mind, foster positive mental health for focal point during mediations.

02 TANTRA

Sacred Rules of adherence generally initiated by Guru for a spiritual path or rituals.

03 YANTRA

Objects / Tools that are required for karmic actions or a geometric diagram, could also be associated to a form of Talisman for protection.

PS : THESE ARE THE ONLY ACTIONS PERMITTED.





YANTRA –Invocation Preparation

Purification of Physical Body

Taking an early bath, being well groomed as best as possible.

Purity of Clothes

Clean, traditional attire to worn appropriate to the event/type of puja. No pure Black /white should be worn.

Area for Puja

*Place of which the puja will be conducted must be **extensively cleaned**, thereafter **NO** shoes allowed, **NO** eating permitted in this area.*

*Pets **must** be avoided from entering, Washing of hands each time prior to entering this area.*





YANTRA –Invocation Preparation

Aasan (Asana)

This is a dedicated seat only to be used for Puja. These can be cushions, chairs, stools, pillows, grass mats. Must be washed and kept away for exclusive Puja use.

Mats and cushions/pillow covers to washed after every Puja.

*Previously used items are **NOT** permitted. **ONLY** washed and clean items to be used.*

*The basic setup and all mentioned Yantra invocation preparations **MUST** be completed prior to the Priest's arrival to conduct Puja.*



PRAYER ITEMS

BASIC ITEMS FOR ALL PUJA

- 🍌 *Ganga Jal*
- 🍌 *Rosewater*
- 🍌 *Sandalwood Powder /Chandan*
- 🍌 *Kum Kum*
- 🍌 *Beetle Nut (Pure Beetle Nut ONLY)*
- 🍌 *Flowers*
- 🍌 *Water*
- 🍌 *Raw Cotton(White)*
- 🍌 *Red String(Lakshmi String)*
- 🍌 *Mango Leaves*
- 🍌 *Running Grass (Durva, Dhuv or Arugan Pullu)*
- 🍌 *Tulsi Leaves*
- 🍌 *Lamp(Brass, Clay, Silver, Gold)*
- 🍌 *Champhor(Pure)*
- 🍌 *Agarbatti(Incense Sticks)*
- 🍌 *Matches(Box)*
- 🍌 *Oil /Ghee*
- 🍌 *Wicks for lamps.*
- 🍌 *Hand Towels*





Break Time

10:40 -11:00

"Never think there is anything impossible for the soul. It is the greatest heresy to think so. If there is sin, this is the only sin; to say that you are weak, or others are weak".

Swami Vivekananda



PANCHAMRIT

&

Additional Puja Items.

INGREDIENTS :

- 🍌 MILK
- 🍌 SOURMILK
- 🍌 GHEE
- 🍌 HONEY
- 🍌 SUGAR

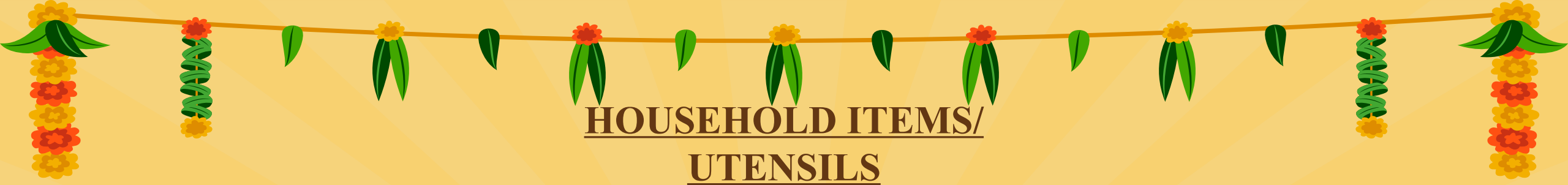
Additional Puja Items :

- 🍌 FRUITS
- 🍌 SWEETMEATS/ MATHAI
(Brafee, Gulab Jamim, Ladoo, Jalebi)
- 🍌 HOMEMADE OFFERINGS
(Suji, Sweet Rice, Puri, Halwa Puri
etc)

**TRY TO AVOID PURCHASING ITEMS
HOMEMADE IS BEST !!!**



**PANDITJI TO PERFORM
PRACTICAL ON
CORRECT PREPARATION
METHOD.**



HOUSEHOLD ITEMS/ UTENSILS

- 🍌 2 x Tharee / Thali –Large (35-45cm)
- 🍌 3 x Plates -Medium
- 🍌 6 x Katori (Small Bowls)
- 🍌 1 x Lota-Large Kalash
- 🍌 1 x Lotu –Medium Lota 500ml(Achamanam)
- 🍌 1 x Lotki- Small Lota 100ml)
- 🍌 Bedhi / Bedi
- 🍌 Bell
- 🍌 Conch Shell / Shankha
- 🍌 Agarbatti Stand
- 🍌 Lakshmi Lamp
- 🍌 3 x Spoons (Silver,brass, gold,etc)
- 🍌 2 x Clay Lamps



**THESE ITEMS ARE DEDICATED
FOR PUJA USE ONLY!!!!**

SEE SAMPLES DISPLAY
FOR FURTHER
UNDERSTANDING>>>

SPECIFIC PUJA REQUIRMENTS

- 🍌 *Hawan Kund*
- 🍌 *Hawan Samagri*
- 🍌 *Sandalwood Sticks x3(min)*
- 🍌 *Coconuts(Puja Specific)*
- 🍌 *Champhor x 2 blocks*
- 🍌 *Ghee- Continuous offering Hawan*
- 🍌 *Kusha / Koos Grass*
- 🍌 *Hawan Spoon- Long for offering Ghee*
- 🍌 *Dish / Tray / Bowl- Hawan Samagri*
- 🍌 *Hawan Woods*

**These are minimum requirements
ALWAYS consult Guru/ Preist if unsure**





TANTRA VIDHI

MADHYANGA

Puja specific

PURVANGA

*Essential prayer of invocation,chantings
and offerings.*

UTTARA

For protection/ for a purpose.



PURVANGA VIDHI



Starts with OM Chanting or Shanti Mantra(Invocation Mantra)



Lighting of the lamp(Mantra)

शुभं करोति कल्याणमारोग्यं धनसंपदा
।शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते

Shubham Karoti Kalyanam
Aarogyam Dhana Sampada
Shatru Buddhi Vinashaya
Deepa Jyotir Namostu Te



Achamanam- Cleansing part inner body
(3 x times)



Invocation of Holy River.

Ganga, Yamuna, Saraswati, Narmada, Godavari,
Krishna, and Kaveri.

PURVANGA VIDHI



Purification of Physical body



Purification of Aasan(seat)



Ring Bell.



Purification of Puja items/ingredients.

PURVANGA VIDHI



Invoke prayer for your Ishta Devata.
Your favourite/cherished Deity.



Give thanks to Ancestors and to those
that have impacted and contributed to
your life.



Sankalpa to Acknowledge that
Bhagwan is now present at the puja.



Ganesh Puja.

ENDS PURVANGA VIDHI

MADHYANGA VIDHI

Explanation :



Dhyanam, Meditation to the specific deity that puja is being offered to, event / Puja specific.



Aavahanam, the formal ritual invocation or welcoming of a deity into an idol, image, or designated space during puja.



Aasan for Bhagwan/Deity to whom pooja is being conducted.



Swagatam , Auspicious welcoming for Bhagwan.

MADHYANGA VIDHI



Padhyam : washing of feet.



Arghyam: washing/rinsing of hands/palms.



Achamanam: Refreshing drink.



Snanam: Bathing of deity.

MADHYANGA VIDHI



Abhishekam : If Murti is available



Vastram: Offering of cloth/ string or rice.



Upaviatam : Janeu



Chandan, Kum Kum, Rice, Garland



Archana : Worship/ praise honoring of Bhagwan

UTTARA VIDHI



Agarbatti/ Dupam



Deepam : Lighting of lamp



Naivedyam : Offerings made to Bhagwan of satvic nature, Bhoga, referred to prior to offered to Bhagwan.



Kata, Satsang, Bhajans, discourse, meditation



Hawan.

UTTARA VIDHI



Aarti offering gesture of appreciation to Bhagwan.



Shanti Part : Closing Prayer.



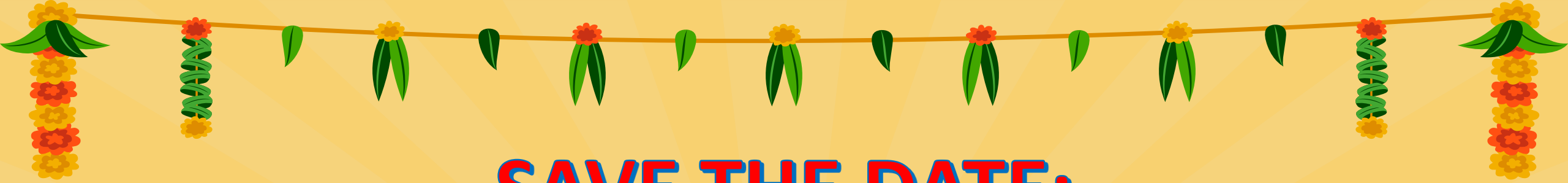
Pradakshina Namaskar



Distribution of Parsad.



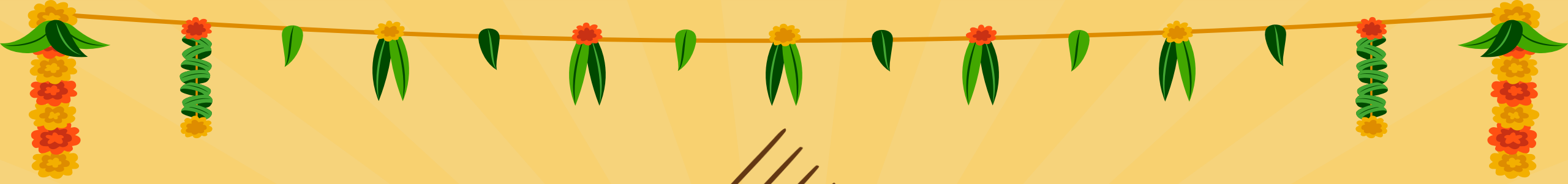
Guru Dakshana : Token of appreciation.



SAVE THE DATE:

26th July 2026

Sanatan Workshop LEVEL -4



Thank You

जय
श्रीराम

From all at:



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ESTABLISHED 2010