



SANATAN FOUNDATION WORKSHOP LEVEL 4

By Pt. Bikash Mishra

PUJA VIDHI PART :2

Summary & Recap of Previous Modules :

- 1. Sanatan Workshop Level 1 – Pamela Ji**
- 2. Sanatan Workshop Level 2 – Tas Ji**
- 3. Sanatan Workshop Level 3 – Ronelle Ji**

BASIC REQUIREMENTS FOR DAILY PUJA

- 1. VIGARAHA:** Murti (Idol) ,Chitra(Picture/Frame);Pratik (Symbol, Lamp, Gada, Trishul)
- 2. JALA PATRA:** Lota,Water cup, Spoon.
- 3. CHANDAN PATRA:** Sandalwood offering(Any form Red, yellow)
- 4. AKSATA PATRA:** Yellow Rice
- 5. PUSHPHA PATRA:** Flowers,Tulsi, Running grass/Durva(Sacred grass) Bilva Patra(Trifoliate Bael Leaf).

BASIC REQUIREMENTS FOR DAILY PUJA Continued.

- 6. DHUPA PATRA:** Agarbatti stand
- 7. DEEPA PATRA:** Single Lamp (clay , brass, silver, gold or bronze)
- 8. NAIVADYA PATRA :** Tray (Thali) or Bowl (Katori) made from natural metals (brass, silver. Gold or bronze)
- 9. AARTHI PATRA:** Tray with 5 lamps.
- 10. GHANTA :** Bell.



PANCHA UPCHAR PUJA

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA

1. Sit on clean Asana:

It is preferable to sit on floor. A blanket, chair, cushion, bench or stool is acceptable.

2. Bhagvat Smaranam

Chant AUM 3 times

Meditate on the Deity in front of you - Your Ishta devata.

3. Chant Mantras for Ganesha, Guru & Saraswathi

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

Ganesha Ji Mantra (1 Time)

*Vakratunda Mahakaya Suryakoti Samaprabha
Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvadh*

Guru(1 Time)

*Gurur Brahma Gurur Vishnuh Gurur Devo
Maheshvarah Guruh Sakshat Para-Brahma Tasmai Shri-
Gurave Namah*

Saraswathi mantra (1 Time)

*Saraswati Namastubhyam Varade Kaama-Ruupini
Vidya-Arambham Karishyaami Siddhir-Bhavatu Me sadaa*

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

4. ACHAMANIYAM,

- Sipping of water to cleanse your Inner body,
- Chant **Om Vishnu** (x 3)
- Wash hands
- Chant **Om Vishnu**

5. TIRTHA AAVAHANAM:

Invocation of Holy Rivers:

Gaṅge ca yamune caiva godāvari sarasvati

Narmade sindho kāveri jale'smin saṃnidhiṃ kuru



Sanatan Dharma is not merely a religion bounded by time, but the eternal rhythm of truth, cosmic harmony, and the infinite light within every soul.“

Pt. Bikash Mishra

Tea Break 10:35 to 10:55

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

6. Deha Suddhi mantra:

Purification of External Body

*Apavitraḥ pavitro vā sarvāvasthām gato'pi vā
Yah smaret puṇḍarīkākṣam sa bāhyābhyantaraḥ śuciḥ*

7. ASANA Suddhi :

Purification of seat (area of puja)

*Om pṛthvī tvayā dhṛtā lokā devi tvaṃ viṣṇunā dhṛtā,
tvaṃ ca dhārāya mām devi pavitraṃ kuru cā asanam.*

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

8. Ghanta Naada:

Ringling of the Bell, to create awareness of your presence to do puja for Bhagwan, to create divine energies:

***Āgama-artham-tu devānām gamana-artham-tu rakṣasām,
Kurave ghaṇṭā-ravam tatra devatā-āhvāna-lañchanam***

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

9. Sankalpa:

Solemn declaration by who is conducting the puja at this time and the reason/ wish for offering your puja:

"Mama upāṭṭa samasta duritakṣhaya dvārā, Śrī Paramēśvara prītyartham,asmakam sakutumbanam, Kshama, Sthairya veerya, vijaya, āyur, ārogya,aiśhwarya abhi-vṛiddhyartham,Nitya poojam aham karisyami"

10. DHYANAM :

Meditation upon your Ishta devata, this is done wholeheartedly and with full concentration. Reciting of your Ista-devata's mantra(if known).

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

11. ĀVĀHANA :

Invocation , or summoning of Bhagwan for divine presence to your puja, idol, murti.

(Ista –Devata) **NAMAHA ĀVĀ HA YAMI** is to be added.

12. (Ista –Devata) NAMAHA ASANAM SAMARPAYAMI:

Offering of Akshatam and/or a flower

13. (Ista –Devata) NAMAHA PADHYAM SAMARPAYAMI :

Washing of Bhagwan’s feet, symbolizing the reverence and hospitality.

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

14. (Ista –Devata) NAMAHA ARGHYAM SAMARPAYAMI :

Offering of Akshatam / flower as a formal gesture to welcome Bhagwan, placed in front of Idol, Murthi or frame.

15. (Ista –Devata) NAMAHA ACHAMANIYAM SAMARPAYAMI :

Offering of water to Bhagwan to drink. First offer to the the Murthi, Idol or frame, place into a small Katori/bowl in front of Bhagwan.

16. (Ista –Devata) NAMAHA SNANAM SAMARPAYAMI :

Offer a spoon of water as a gesture & imagine that you are giving Bhagwan a bath



STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

- 17. (Ista –Devata) NAMAHA VASTRAM SAMARPAYAMI :**
Offer Akshatam as a gesture of offering clothes to Bhagwan.
- 18. (Ista –Devata) NAMAHA UPPVITAM SAMARPAYAMI :**
Offering rice in form of Janeu (sacred thread) for Bhagwan.
- 19. (Ista –Devata) NAMAHA CHANDANAM SAMARPAYAMI:**
Offer/ Apply dot to Bhagwan

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

- 20. (Ista –Devata) NAMAHA AKSHATAM SAMARPAYAMI :**
Offering of rice to glorify Bhagwan symbolizes abundance purity and completeness.
- 21. (Ista –Devata) NAMAHA PUSHPAM SAMARPAYAMI :**
Offering of flowers to Bhagwan as a token of your devotion/love
- 22 (Ista –Devata) NAMAHA.ARCHANA SAMARPAYAMI :**
Offer worship to Bhagwan,time permitting a Japa mala can be done in adoration to Bhagwan.
- 23. (Ista –Devata) NAMAHA DHOOPAM SAMARPAYAMI :**
Offering incense stick for Bhagwan.

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

24. (Ista –Devata) NAMAHA DEEPAM SAMARPAYAMI:

Offer a lit lamp to Bhagwan then turn the lamp around for Bhagwan.

25. (Ista –Devata) NAMAHA NAIVEDYAM NIVEDAYAMI:

Offering in the form of “food” to Bhagwan

26. (Ista –Devata) NAMAHA STUTIM SAMARPAYAMI : To glorify Bhagwan offer

- Stotra/Hymn
- Stuthi
- Bhajan

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

27. OFFER AARTHI TO BHAGWAN :

- In a tray place 5 lit lamps.
- Turn on Bhagwan's feet- 3 times
- Turn on Bhagwan's Naval- 3 times
- Turn on Bhagwan's Face -3 times
- Turn on Bhagwan's Face -5 times for ALL sensory organs.
(Eyes, Nose, Ears, Mouth, Touch).
- Turn for WHOLE body -7 times

***** REPEAT AS MANY TIMES AS POSSIBLE*****

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

28. SHANTI PAATH: *Offer any /all of below :*

Om sarveṣāṃ svasti bhavatu | sarveṣāṃ śāntirbhavatu
sarveṣāṃ pūrṇaṃ bhavatu | sarveṣāṃ maṅgalaṃ bhavatu
sarve bhavantu sukhinaḥ | sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu | mā kaścīd duḥkhabhāg bhavet

Om asato mā sadgamaya | tamaso mā jyotir gamaya |
mṛtyormā' amṛtaṃ gamaya |

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

SHANTI PAATH Continued....

Om svasti prajābhyaḥ paripālayantāṃ nyāyyena mārgena mahīm
mahīśāḥ ||

go-brāhmaṇebhyaḥ śubhamastu nityaṃ | lokāḥ samastāḥ sukhino
bhavantu ||

kāle varṣatu parjanyaḥ | pṛthivī sasyaśālinī || deśo'yam
kṣobharahitaḥ | brāhmaṇāssantu nirbhayāḥ

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

SHANTI PAATH Continued....

Om Dyauh Shaantir-Antariksham Shaantih
Prithivee Shaantir-Aapah Shaantir-Ooshadhayah Shaantih
Vanaspatayah Shaantir-Vishve-Devaah Shaantir-Brahma Shaantih
Sarvam Shaantih Shaantireva Shaantih Saa Maa Shaantiredhi

Om pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate

Om śāntiḥ śāntiḥ śāntiḥ

(* MUST BE Recited ***)**

STEPS TO BE FOLLOWED FOR PANCHA UPCHAR PUJA Continued

29. PRADAKISHINA NAMASKAR:

is chanted while circumambulating (walking/ turning clockwise around) the deity or the sanctum sanctorum in a temple. It is a powerful prayer of surrender, asking for forgiveness and the cleansing of past mistakes with every step you take.

**Yāni kāni ca pāpāni janmāntarakṛtāni ca
Tāni tāni vinaśyanti pradakṣiṇapade pade**



Sanatan Workshop LEVEL -5

29th November 2026

Save the Date



WESTRAND HINDU CULTURAL ASHRAM
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**Thank you for your participation in
the Sanatan Foundation level 4
Workshop.**

**We look forward to having you at
the Level 5 Workshop.**