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॥ श्रीः ॥

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Planting Seeds in Today's Children for a Flourishing Nation Tomorrow

Yes, today's children mould tomorrow's families, society, and eventually the nation. To preserve our rich culture, it is essential to sow the seeds of **Bharateeya heritage** along with contemporary education. A harmonious blend of contemporary education and profound ***Shaastreeya*** Knowledge guides children onto the right path, enriching their lives with values and Divine Grace.

Arundhati Gurukulam

Bengaluru

With this vision, **"Arundhati Gurukulam"** was established in Bengaluru in 2015. The aim was to impart globally benchmarked contemporary education integrated with ***Samskruta Shastreeya*** heritage and cultural values to both boys and girls.

Founded under the divine leadership and guidance of **H.H. Shri Satyatma Tirtha Swamiji of Uttaradi Matha**, this Gurukulam stands as a bold and innovative initiative. Its mission is to provide cost-effective, knowledge-centered education in a safe, disciplined, and nurturing environment.

The Gurukulam currently operates at two locations in Bengaluru.

1. Raghava Sadanam, Pampa Mahakavi Road, Shankarapura, Bengaluru — 560004.

2. Bhargava Sadanam, 80 Feet Road, 11th Cross, Giri Nagar II Phase, Banashankari I Stage, Bengaluru — 560085.

Arundhati Gurukulam has completed ten years of dedicated service, with around 400 students presently studying across both campuses.

Yet Another Bold Step Forward

The Gurukulam now proudly introduces a **Residential Facility for Girls** (from 6th Standard onwards, above 10 years of age).

Today's girls shape tomorrow's well-cultured families, carrying forward knowledge, values, ***Kula Dharma***, and ultimately ***Raashtra Dharma***.

The objective of this residential initiative is to create a nurturing environment that shapes young minds, strengthens character, preserves cultural roots, and inspires a brighter future.

For Further Details, Please Contact:—

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Uttarayana Punya-kala

Makara Sankramana

15th Jan. — Thursday

Before Paarana,
Sankramana Snana, Puja, Tarpana, etc.

Snana with Sankalpa, Saligrama Puja, Sarva-Pitru Tarpana are a must on this sacred, powerful Parva Kala.

If the day is spent without even a Sankalpa Snana, what to speak of such a cursed life; condemns Dharma Sindhu (p.101).

रवि संक्रमणे प्राप्ते, न स्नायात् यस्तु मानवः ।
सः सप्त जन्मनि रोगी-स्यात्, निर्धन-श्चैव जायते ॥

Laziness and indifferent way of life in young age, naturally leads to **Daridra** and **Roga** in later age of life. That is the spirit of the above sloka.

Faithful adherence to Kula-Dharma (religious duty) removes negative habits in us without our knowing. That is the secret cause of success in life. If you search mentally for an example, you may find many, among your friends / relatives. They never tom-tom that they are orthodox. It is all private and at home.

Dana

Whatever Dana you give on a Sankramana day, Soorya (the Saakshi Devata) credits it in your account and gives it back in many fold at the appropriate hour unexpectedly, says Dharma Sindhu (p.101)

संक्रान्तौ यानि दत्तानि हव्य-कव्यानि दातृभिः ।
तानि नित्यं ददाति अर्कः पुनः जन्मनि जन्मनि ॥

Havya and Kavya are Danas meant to be given on Sankramana days; so beneficial to the giver. **Havya=**Offerings made to devatas are Havya. Danas offered in memory of Pitrus are **Kavya. Arka =** Soorya.

Honey and Ghee are said to be specially ideal Danas. The other items are umbrella, Chappal etc. (Yatha-Shakti, maximum possible). All with Tamboola Dakshina and Thulasi.

Tarpana A Must

Sarva Pitru Tarpana is a must for those who have no father. Saligrama Puja, Sarva Pithru Tarpana and Danas are highly beneficial on Punya-Kala, for the whole family.

Parvakala Tarpana Sankalpa

Aachamana, Pavitra Dhaarana, Pranayama and then Sankalpa:-

ॐ भूः, ॐ भुवः..... अस्मिन् वर्तमाने, ... नाम संवत्सरे, उत्तरायणे, हेमन्त ऋतौ, पुष्य मासे, ... पक्षे, ...तिथौ, ... वासर युक्तायां, ... नक्षत्रे, ...योगे, ...करणे, एवं गुण, विशेषण विशिष्टायां, पुण्यतिथौ । (प्राचीनावीति)

Yagnyopaveeta Apa-savya.

अस्मत् पित्रादि समस्त पित्रन्तर्यामि, भारतीरमण मुख्य-प्राणान्तर्गत श्रीमन् मध्व-वल्लभ जनार्दन वासुदेव प्रेरणया, श्रीमन् मध्व-वल्लभ जनार्दन वासुदेव प्रीत्यर्थं, मकर-संक्रमण, उत्तरायण पुण्यकाल प्रयुक्त, पित्रादि समस्त पितॄन् उद्दिश्य तिल-तर्पण-महं करिष्ये ॥ अस्मत् पितरं .....

Concluding Part

यस्य स्मृत्या च नामोक्त्या, ... परिपूर्णं तदस्तु मे ॥

अनेन मकर संक्रमण उत्तरायण पुण्य-काल प्रयुक्त, पित्रादि समस्त पितॄन् उद्दिश्य, तिलतर्पणेन, अस्मत् पित्रादि समस्त पित्रन्तर्यामि भारतीरमण मुख्य-प्राणान्तर्गत श्रीमन् मध्व-वल्लभ जनार्दन वासुदेवः प्रीयताम् ॥

॥ सुप्रीतो वरदो भवतु ॥ श्री कृष्णार्पणमस्तु ॥

Remove the Pavitra, untie it and then Aachamana.

NOTE : *For Full Tarpana Mantra, see Srimushnam V. Nagarajachar's 'TARPANA-BOOK'.*

Sankalpa in English

Aachamana, Pavitra Dhaarana, Pranayama and then Sankalpa:-

Om Bhoo:, Om Bhuva:, ... Asmin Varthamaney, Vishwaavasu Naama Samvatsarey, Uttaraayaney, Hemanta Ritou, Pushya Maasey, Krishna Pakshey, Dwadashyaam Tithou, Guru Vaasara Yuktaayaam, Jyeshtaa Nakshatrey, Vriddhi Yogey, Taitila Karaney, Evam Guna Viseshana Visishtaayaam, Punya-tithou,

(Praacheenaaveeti) Yagnyopaveeta in apa-savya.

Asmath Pitraadi, Samasta Pitran-taryaami, Bharatee-ramana Mukhya-praanaantargata, Sreeman Madhwa-vallabha Janaaradana Vaasudeva Preranayaa, Sreeman Madhwa-vallabha Janaaradana Vaasudeva Preetyartham, Makara Sankramana, Uttaraayana Punya-kaala Prayukta, Pitraadi Samasta Pitrun Uddhishya, Tila Tarpana-maham Karishye |

Asmath Pitaram ..... (give tarpana)

Concluding Part

Yasya Smrityaa Cha Naamoktyaa, ... Paripoornam Tadastu May ||

Anena, Makara Sankramana, Uttaraayana Punya-kaala Prayukta, Pitraadi Samasta Pitrun Uddhishya, Tila Tarpanena, Asmath Pitraadi, Samasta Pitran-taryaami, Bharatee-ramana Mukhya-praanaantargata, Sreeman Madhwa-vallabha Janaaradana Vaasudeva: Preeyathaam ||

Supreetho Varadho Bhavathu | Sree Krishnaarpanamasthu ||

Remove the Pavitra, untie it and then Aachamana.

Dhanurmasa Samaapti

13th Jan — Tuesday

Dhanurmasa ends on 13-01-2026. Lord Krishna says, "my presence *(Saanidya)* is more in Dhanurmasa". Even one day Puja and Huggi Naivedya before Sun-rise, brings 1000 years Puja Phala. If Saligrama Puja is not possible, Naivedya to the Lord's picture can be done. Even this brings Lord's Anugraha. Do it before Sun-rise.

Importance of MAGHA SNANA

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Ref: His book - **"Maghamasa Mahatmyam"** in Vayu Purana (Part 1). "Maghamasa Mahatmyam" has been published in four parts. Here in this article, a few slokas from Part 1 is given. It is an excellent conversation between Chaturmukha Brahma and divine sage Narada.

One may have time or convenience to have bath in Magha Masa in a holy river or not, the grace of the Lord Sri Madhava (Husband and Master of Mahalakshmi) is certain if the devotee owns "Maghamasa Mahatmyam" book and reads the Mahimas of this great month Magha Masa. For copies of this book, please contact the author of this article. (Sri. T.S.Raghavendran - 95970 38909).

Sloka - 26 — All the sins accumulated in thousands of crores of births, which are very heinous get themselves destroyed by the proper early holy bath in the month of Maagha.

Sloka - 40 — Even though, the person is the worst sinner, still "When the Sun is just at dawn

in the morning holy bath is taken, then all the Devatas present in the waters of three and a half crores of holy rivers in all the three worlds proclaim and shout loudly for such person's redemption from all sins".

Sloka 53 — For a devotee who is involved in the early bath of Maghamasa, the Bhoothas, ghosts, pretas, snakes, serpents will not touch him at all.

Magha Snana Period
3-Jan-2026 to 1-Feb-2026

First Adhyaya

नारद उवाच — Narada said:

संसारे क्लिश्यमाणानां जन्तूनां पापकारिणाम् ।
कर्मणा भ्राम्यमाणानां का गतिः कमलोद्भव ॥ १ ॥

Oh ! Lotus born Chaturmukha Brahma, what will be the fate or destiny of these creatures, who are immersed in the ocean of Samsaara and who are committing various kinds of heinous activities and who are by their activities got involved into the wheel of births and deaths, and are undergoing great miseries. (Sloka 1).

सुखमिच्छन्ति ते मूढा नेच्छन्ति सुखकारणम् ।
नेच्छन्ति दुःखलेशं वा तद्धेतौ सततं यतः ॥ २ ॥

Such those foolish creatures always aspire only happiness. They do not investigate or think over as to how such happiness can be achieved ? They are not interested in knowing the reasons for this. They do not tolerate or bear even small amount of grief or unhappiness. Like this, always they will be reasoning for themselves. (Sloka 2).

अलसा धर्मविमुखा विषयासक्तचेतसः ।
तेषां मुक्तिः कथं ब्रह्मन् रतिर्धर्मे कथं भवेत् ॥ ३ ॥

They are interested in the worldly temporary pleasures. They are far away from dharmic activities. They are lazy. How is it possible for them to attain liberation (Moksha) ? How their 'minds' got involved in dharmic activities ? (Sloka 3).

कृपाविष्टेन चित्तेन नरानेतान् समुद्धर ।
धर्मानपेक्ष्य वचसा विष्णुभक्तिविवर्धनान् ॥ ४ ॥

Oh! Chaturmukha Brahma, please save and redeem these persons, who have no devotion towards Lord Sri Vishnu, by preaching and teaching them dharmic activities by proper words with great sympathy and pity on them. (Sloka 4).

वह्निमादातुकामानां बालानां मातरो यथा ।
निर्वर्तयित्वा सुरुचिं जनयन्ति फले यथा ॥ ५ ॥

Just like children are saved and protected by the mother, who play with fire without understanding the dangers involved, you have to save them and

give the tasty fruits like mother. (You have to inspire in them, the taste for fruits). (Sloka 5).

धर्मास्तु बहवः सन्ति श्रुतिस्मृत्युदिता अपि ।
ते धर्माः कष्टसाध्या हि तेष्वादौ विमुखा नराः ॥९॥

Even though, there are many many Srutis and Smritis (Vedas, Upanishads, Itihasas, Puranas, etc.) teaching dharmas, still they are very difficult to adhere and to follow them. Further, people out of ignorance are far away from them already (which means they do not follow the mandates of Srutis and Smritis). (Sloka 9).

वद धर्मं सुखोपास्यं सर्वबन्धविनाशनम् ॥ १० ॥

यत्कुर्वतोऽपैति समस्तबन्धो
जायेत शुद्धा मतिरास्तिका च ।
भक्तिर्हरौ तत्पुरुषेषु सख्यं
तदैव तेषां हितकाम्यया वद ॥ ११ ॥

Hence please tell the dharmic activities which are easy to adhere and to follow. Let them destroy all the time immemorial bondage and attachment, but at the same time make the mind and heart, clean and pure.

These dharmic activities which bring devotion towards Lord Sri Hari and creates friendship with Him by bringing them near to Him, be told for the benefit and welfare of those persons. (Sloka 10, 11).

श्री ब्रह्मोवाच — **Sri Chaturmukha Brahma said:**

हितेच्छया तु मन्दानां कृतः प्रश्नस्त्वया मुने ।
सन्तोषयति लोकांश्च सन्तोषयति मे मनः ॥ १५ ॥

Oh! Narada Muni, you are putting questions to me with the intention of helping the down-trodden. By this, the entire world is pleased. My mind is also very much pleased and happy over this. (Sloka 15).

Secret of the Secrets Easy Way To Adopt

प्रणम्य विष्णुं पुरुषं पुराणं
निरामयं निश्चलमद्वितीयम् ।
वक्ष्यामि गोप्यं सुलभं शुभावहं
धर्मं त्वया पृष्टमतो महात्मन् ॥ १७ ॥

Now, I shall prostrate before Lord Vishnu, who is the ancient first person, not shakable, not having any one who is above Him (there is no second one like Him in all respects), not having any defects at all (diseases). After performing that, I shall narrate the dharmic path which is the secret of the secrets and the easy way to adopt which would bring all mangala results, you hear them. (Sloka 17).

Magha Snana Is Mandatory

सर्वेषामेव धर्माणां स्नानं माघे विदुर्बुधाः ।
विना स्नानं कृतं कर्म गजभुक्तकपित्थवत् ॥ १८ ॥

Oh! Narada, for all, the holy bath in the month of Magha Masa is the very important dharma. Without taking bath, whatever activity is done is just like an elephant taking the fruit of बलवलफलं, which has no use or meaning at all. Like that, the activity will become useless to the performer. Hence the holy bath is mandatory and is a sine-qua-non. (Sloka 18).

Early Morning Bath

तत्राप्युषसि सुस्नायात् विष्णुधर्मपरायणाः ।
न तस्मिन् पापलेशोऽस्ति कृतघ्ने सुकृतं यथा ॥१९॥

Therefore, those who are devoted to Lord Sri Vishnu shall take bath in the early morning. If done so, then there will not be any iota of sin in them. Just like virtue or punya will not be available in a person who forgets those who have helped him, (likewise, sins will not be in the devotee of Sri Vishnu, who takes bath early the morning). (Sloka 19).

न कुर्यात् त्रिषु लोकेषु प्रातः स्नानं नराधमः ।
रौरवं नरकं याति यावदिन्द्राश्चतुर्दश ॥ २२ ॥

If a person fails to take such holy bath in the early morning as told earlier, then that person is the worst entity in the three worlds and more over he would fall in the hell by the name 'Raurava' for the duration of the regime of 14 Indras. (Sloka 22).

निरीक्ष्य माघमासं तु प्रातः प्रातर्जलाश्रये ।
अस्नातं पापिनं मूढं शापं दत्वा व्रजन्ति च ॥ ४१ ॥

That person, who does not get up early in the morning in Magha Masa and fails to have holy bath, such bad fellow will be cursed. Then the Devatas in the rivers will start to their destiny. (Sloka 41).

अनन्तजन्मानुगतं महान्तं
दुष्कर्ममूलं प्रतिबन्धमुग्रम् ।
स्नानं रवौ चाभ्युदिते नराणां
निर्वर्तयत्याशु रविर्यथा हिमम् ॥ ४४ ॥

The holy bath taken at the time of the raising of the Sun will redeem persons out of various sins committed in infinite earlier births. It also destroys the bondage completely, just like the Sun destroys the snow completely like that, the early morning holy bath in Magha Masa does. (Sloka 44).

Listen To Magha Snana Mahatmya

माघस्नानस्य माहात्म्यं वाच्यमानं द्विजोत्तम ।
न शृणोति विमूढात्मा तस्मात्कोऽन्वपरः पशुः ॥४६॥

Oh! Supreme among Brahmins, (Narada), one who does not hear the Mahatmya (greatness) of holy bath in Magha Masa, is a great fool. There will not be any animal greater than that person, i.e., such person is worse than the animal. (Sloka 46).

कृत्वोषसि स्नानमनन्यमानसा
माघे तु संस्थे मकरे दिवाकरे ।
भक्त्या समभ्यर्च्य तथैव माधवं
मातुः स्तनं नैव पुनः पिबन्ति ॥ ५५ ॥

With concentrated mind and Bhakti, one who performs early morning Magha Snana and then Puja to the Lord Madhava will not have the misery of coming out of the womb of his mother. (That means, he attains Moksha and is never born again.) He never drinks milk of his mother again. (Sloka 55).

Best Medicine

संसारसर्पदष्टानां जन्तूनामविवेकिनाम् ।
माघे उषसि स्नानं च मकरे परमौषधम् ॥

For those, who are destroyed by the serpent of Samsaara and who have no mental equanimity, and for them, the early morning holy bath in the Magha Masa is the Best Medicine. (56).

"I will do Maagha Snana" Is Enough

''माघस्नानं करिष्यामि'' इत्येवं सङ्कल्पतो मुने ।
ध्रुवं नश्यन्ति पापानि बलवन्ति प्रयत्नतः ॥ ५९ ॥

Oh! Narada! even though a person with determination takes a vow to perform Snana in the early morning of Magha Masa, then all the heinous

sins definitely get destroyed. (Even the Sankalpa is enough and such is the glory of Magha Masa Snana early in the morning with devotion). (Slo 59).

प्रातः प्रातः सदा स्नायान् माघे मास्युदिते रवौ ।
अस्नात्वा चाप्यदत्वा च माघमासो गतो यदि ॥६२॥

In the month of Magha, when the Sun is just raising up in the sky, holy bath should be performed. If sometimes if such early bath is not done and donations, charities are not given and the holy month of Magha is spent like that, then, (Sloka 62)

श्वानयोनिशतं प्राप्य विष्ठायां जायते कृमिः ।
प्रातः स्नानं प्रकुर्वीत माघे मासि द्विजोत्तमाः ॥
अयं हि परमो धर्मः संसारोत्तारकारकम् ॥ ६३ ॥

He would be born as a dog one hundred times. Then he would be born as an insect and suffer.

Suta Puranika explains:

Oh! Rishis, therefore in the month of Magha definitely without fail do perform early morning Snana. For crossing the ocean of Samsaara, this is the Supreme way and the modality to be adhered to. (Sloka 63).

न माघमासात्परमो हि बन्धुः
न माघमासात्परमः सखास्ति ।
न माघमासादपरं च दानं
न माघमासादपरः क्रतुर्वा ॥ ६४ ॥

There is no other relative like the month of Magha. There is no other friend like Magha Masa. There is no superior daana like the month of Magha. There is no equal or superior to Magha Masa in sacrifices / Yajnyas / Yaagas. (Sloka 64).

Second Adhyaya

Magha Snana Period

श्री ब्रह्मोवाच — Sri Chaturmukha Brahma said:

पूर्णिमायां तु प्रारभ्य पूर्णिमायां समापयेत् ।
मकरं वा समारभ्य कुम्भे वा तु समापयेत् ॥ ७ ॥

Commencing on Pushya Shuddha Purnima day and ending with Magha Shuddha Purnima day or otherwise it can be commenced in Makara Rasi and shall be completed under Kumbha Rasi. Such period is the best for Magha Masa Vratas. (Sloka 7).

Ganga Smarana During Snana For Her Presence In The Water

गङ्गाद्याः सरितः सर्वा यस्मिन्कस्मिन् जलाशये ।
संस्मरेत् स्नानकाले तु सद्यः सन्निहिताः सदा ॥२९॥

While taking bath in any one of the water resources, if you medidate (think of) Ganga and other holy rivers in the water, then those holy rivers are present in the water. Hence the meditation of Ganga

and other holy rivers are to be made. After that meditation, the bath should be taken. (Sloka 29).

Chant 12 Names of Ganga

नन्दिनी नलिनी सीता मालती च मलापहा ।
विष्णुपादाब्जसम्भूता गङ्गा त्रिपथगामिनी ॥ ३० ॥

भागीरथी भोगवती जाह्नवी त्रिदशेश्वरी ।
द्वादशैतानि नामानि यत्र यत्र जलाशये ॥ ३१ ॥

स्नानकाले पठेन्नित्यं तत्र सन्निहिता तु सा ॥३२॥

Nandini, Nalini, Seeta, Maalathee, Malaapahaa, Vishnu-paadaabja-sambhootaa, Gangaa, Tri-patha-gaaminee, Bhaa-gee-rathee, Bhogavatee, Jaahnavee, Trida-sheshwari.

Whoever meditates these 12 names at the time of bath, then actually as a matter of fact, the river Ganga will be present in that water resource.

Arghya During Snana

At the time of taking bath, Arghya should be given. This Arghya along with the flow of the current in the river or in the eastern side standing should be offered. नदीस्ताः प्रावहत्वैव देवायार्घ्यं निवेदयेत् ॥ ३३

Note:— The Arghya water should not go into the drainage. Please see previous issue for details.

The Mantra for Arghya is:-

नमस्ते कञ्जनाभाय नमस्ते जलशायिने ।
नमस्तेऽस्तु हृषीकेश गृहाणार्घ्यं नमोऽस्तुते ॥

माघे मासि महादेव व्रतस्थोऽहं जगत्पते ।
गृहाणार्घ्यं मया दत्तं माधवाय प्रसीद मे ॥ ३४ ॥

Hrisheekesha, for you prostrations. Please accept the Arghya submitted by me. In the month of Magha Masa, Oh! Great Deva! Father of all the worlds, please accept the Arghya offered by me. Oh! Madhava, please be pleased by this humble offerings. (Slokas 34).

विष्णुपादाब्जसम्भूते गङ्गे त्रिपथगामिनि ।
गृहाणार्घ्यं मया दत्तं जले सन्निहिता भव ॥ ३५ ॥

वृद्धगङ्गे महापुण्ये गौतमस्याघनाशनी ।
गोदावरि गृहाणार्घ्यं त्र्यम्बकस्य जटोद्भवे ॥ ३६ ॥

Oh! Ganges, you have started from the Lotus Feet of Lord Sri Vishnu and is residing on the head of Lord Rudra. Oh! Ganges, please be present in the Arghya water offered by me. The most sacred one. You are the destroyer of all sins which has taken place due to the curse of Gautama Rishi and others. (Sloka 35, 36).

कलिङ्गदेशतनये पृथक्सागरगमिनि ।
गृहाणार्घ्यं मया दत्तं यमुने मे फलप्रदे ॥ ३७ ॥

You were born in the Kalinga Desa and merges with the sea later. Yamuna, please accept the Arghya submitted by me and you are the bestower of all good results. (Sloka 37).

अन्यानदीः समुद्दिश्य दद्यादर्घ्यं यथाविधि ।
पृथक् सागरगामिन्यां नद्यां स्नानपरो नरः ॥ ३८ ॥

विना गोदां विना गङ्गां नदीमन्यां न कीर्तयेत् ।
त्रिर्निर्मृज्य च पश्चात्तु मृत्तिकास्नानमाचरेत् ॥ ३९ ॥

By these mantras, Arghya Pradana should be offered. Likewise, by the holy rivers of others also, as far as possible, Arghya should be offered. A person taking bath in other rivers which are flowing towards the sea, should remember Godavari and also Ganges (Bhagirathi). Others should not be meditated upon. First, one should take dip three times and have bath. Then by pasting Mrittika over the body, bath should be taken. (Slokas 38, 39).

Puja to a Peaceful and Smiling Face SRI MADHAVA (Presiding Deity of Magha Masa)

माघमासप्रियं देवं शङ्खचक्रगदाधरम् ।
प्रसन्नं सुस्मितं शान्तं माधवं पूजयेत्तथा ॥ ५५ ॥

Puja should be performed to the Lord Sri Madhava who is very dear to the Magha Masa. He

wears Shankha, Chakra, Gada and other weapons. He is always with beautiful smiling face, always sober and peaceful.

After Magha Snana, puja should be performed to the Lord Sri Madhava. (Sloka 55).

Puja With Thulasi

माधवे तुलसीपत्रैर्मकरस्थे दिवाकरे ॥ ५९ ॥
सकृदभ्यर्च्य देवेशं न पुनर्जायते भुवि ।
यःपूजां तुलसीहीनां माघे मकरगे रवौ ॥ ६० ॥
कुर्यादिति विमूढात्मा हृदि शल्यं ममार्पितम् ।

In the month of Magha, when the Sun is at Makara rasi, if a person performs Puja to the Lord Madhava with the petals of Thulasi, that person is never born again in this world. If a person performs Puja without the petals of Thulasi, then that person is just like putting arrows on the chest of the Lord Madhava. (Sloka 59, 60, 61).

Hari Katha Sravana Is Important In Magha Masa

एवं सम्पूज्य देवेशं कथां श्रुत्वा हरेरिमाम् ॥ १०५ ॥

Oh! Narada Muni, like this Puja is performed to the Lord Sri Vishnu (Master of all Devatas) and His stories (Harikatha) are to be heard compulsorily.

Hari Katha Is A Sharp Knife

खड्गो यथा शाणनिशातमुग्रं
घोरैः प्रयुक्तं खलु हन्ति शत्रून् ।
एवं कथाशाणनिशातितं मनो
हिनस्ति कामाद्यरिषट्कवर्गम् ॥ १०८ ॥

The knife when sharpened on the appropriate disc, it becomes very sharp and kills the enemies. Likewise Harikatha (Lord Vishnu's stories and hearing His Mahima) is the most proper knife / sword to destroy the enemies like Kaama, Krodha, Lobha, Moha, Mada, Maatsarya, — the 6 enemies to mankind. They are killed within a second completely without any residue left out. (Sloka 108).

कथानिमित्तं यदि कर्मलोपो
भवेज्जने भागवते हि लोके ।
स कर्मलोपो न भवेन्मदीये
जने विचार्यैवमनिन्द्य कर्म ॥ १०९ ॥

If the devotee's time is spent in hearing of Sri Hari-katha and due to that, if any shortage were to happen in his Kaarmic activities (regular rituals), then such shortage of Karma is not counted at all at them. Hence giving greater prominence to Sri Harikatha Sravana is not a matter for criticism at all (even though that comes in the way and decreases the duration of other Karmas). (Sloka 109).

Fourth Adhyaya

प्रातःस्नानं पूजनं माधवस्य
गीतापाठो वैष्णवानां च पूजा ।
शास्त्राभ्यासो भोजनं ब्रह्मपत्रे
मायाभर्तुर्मूर्तिदानं च दद्यात् ॥ ३६ ॥

Early morning bath, Puja to the Paramatma Sri Madhava, Recitation of Srimad Bhagavad Gita, respect to Vishnu's devotees, enquiry of Vedantic Shastras and discussion of the same, donation of the idols of Sri Vishnu, all these should be adhered to.

Supreme Dharmic Activities In Magha Masa

प्रातःस्नाने माधवस्यार्चने च
येषां बुद्धिर्जायते सत्कथासु ।
तेषां लोका अक्षयाः कर्मलभ्याः
कुलं तेषां स्थापितं विष्णुलोके ॥ ३८ ॥

(1) Early morning bath

(2) Worship of the Lord Madhava

(3) Hearing the stories of Sri Vishnu (**सत् कथा** like Bhagavata and so on).

Whoever indulges devotedly in these three activities in Magha Masa, that person would attain the proper destiny as per his status. He would get

indispensable regions as well as all his family would reside in the Vishnu-loka.

Touching The Water Removes Sins

माघ मासि मुनिश्रेष्ठ यो जलस्पर्शमाचरेत् ।
जलस्य स्पर्शमात्रेण मुच्यते सर्वकिल्बिषैः ॥ ८ ॥

Oh! Supreme Muni! a person, who just touches the water in the month of Magha, is exonerated and relieved from all defects and sins. (Sloka-8).

No Brass / Bronze Vessel In Magha Masa

यः कांस्यभुग्भवेन्माघे सजंबूको भवेत् ध्रुवम् ।
तस्मात् कांस्ये न भोक्तव्यं माघे मासि द्विजोत्तम ॥४०॥

Oh Narada, whoever takes food in the brass / bronze vessels in Magha Masa, would surely be born as jackal later. Hence brass / bronze vessels should not be used for taking food in the month of Magha.

No Oil Bath In Magha Masa

तैलाभ्यङ्गं तैलभोगं माघमासे विवर्जयेत् ।
तैलाभ्यङ्गे कृते विप्र वज्रवृक्षो भवेत् ध्रुवम् ॥ ४१ ॥

Oil bath as well as oil usage for nourishing should be avoided in the month of Magha. Oh! Narada, if a person takes oil bath in the month of Magha, he would be born as a stone tree.

All Sins Destroyed
Live Happily For Many Years

सर्वदानेषु यत्पुण्यं सर्वतीर्थेषु यत्फलम् ।
तत्फलं समवाप्नोति माघस्नानेन नारद ॥ ४२ ॥

Chaturmukha Brahma tells:— A person who performs Magha Snana early in the morning gets the punya of all daanas and the phala of taking bath in all the holy rivers. (Chapter 5, Sloka 42).

तादृक् पापं च नैवास्ति यच्च माघान्न गच्छति ।
तस्मात् माघकृतस्नानात् सुखी भव चिरं मुने ॥४३॥

Like this, there is no sin which is not destroyed by the virtue obtained by Magha Masa early bath. Therefore Oh! Sutapa Muni! You do perform the early bath of Magha Masa and live happily for many many years for a long time. (Chapter-5, Sloka-43).

Unable To Do Magha Snana ?
Remember Prayaaga Kshetra

स्नान अशक्तो माघमासि परिधाय च वाससी ।
प्रयागस्मरणं कृत्वा माघस्नानफलं लभेत् ॥ ३१ ॥

Oh! Narada, if a person is unable to take bath in the month of Magha, it does not matter, provided he gets up early in the morning and

wears clean clothes and remembers Prayaaga Kshetra, then he would get the Phala of the holy bath of Maghamasa. (Chapter 7, Sloka 31).

Eighth Adhyaya

This Is Very Secret
Listen To This Mahima Daily

न कस्यापि समाख्येयं गोप्यं भागवतोत्तमम् ।
य इदं शृणुयान्नित्यं माघस्नानपरायणः ॥ ८९ ॥
स कर्मबन्धमुक्तः सन् विष्णुलोके महीयते ॥ ९० ॥

This secret Mahima has not been given so far to anyone else or told to anyone. Those who are interested in the punya of Maghamasa holy bath should hear this Maahaatmya every day. Then he would be released from the bondage of Karmas and will be worshipped in Vishnu Loka. (Slokas 89, 90).

How To Get A Copy Of Maghamasa Mahatmyam ?

The copies of Maghamasa Mahatmyam can be obtained from the author (**TSR**) 95970 38909 or his son **T.R.V.Vittal** 99949 41706. Landline: 0422 - 2441706.

Maagha Snana Procedure — see Dec. 2025 issue Page 22 (Sanskrit) or 25 (English).

Puja & Dana in Maagha

Saaligrama Puja and Daana are as important in Maagha as Snana. If not all the 30 days, perform Saaligrama Puja atleast on a few days whenever possible. It gives Maha-phala. The Maasa-murthy for Maagha-maasa is Madhava. The Lakshmi Roopa is Kamala. Thus with this in mind **भारतीरमण मुख्यप्राणान्तर्गत श्री कमला-माधव प्रेरणया, श्री कमला-माधव प्रीत्यर्थं** -- perform puja, daana, parayana, etc.

Vishnu-sahasra-nama Parayana can be done daily. Deepa dana, Saligrama dana, Krishna, Shimshumaara-murthy pratima dana, Paayasa dana, fruits dana like *Daadima or Maadula* --- these danas give visesha phala in Maagha masa. All these are meant to please maasa murthy Sri Kamala Madhava. **(श्री कमला-माधवः प्रीयताम्)**.

TILA DANA IS IMPORTANT

Tila Dana is important in Pushya / Maagha. Give plenty of Tila. Give Tila along with Paatra. Give Tila mixed with sugar, Tila mixed with Bella (Chigili in Tamil Nadu Kannada). This Vaakya of Nirnaya Sindhu says that Tila-Daana in Uttarayana brings what all you desire in life:- (नि.सिं p.162)

धेनुं तिलमयीं राजन्, दद्यात् यः उत्तरायणे ।
सर्वान् कामान् अवाप्नोति, विन्दते परमं सुखम् ॥

TILA ANNA-DANA

Tila-Anna (or Tila-Chitraanna) Dana on Magha Amavasya day is so effective that it pleases our Pitrus for 10,000 years *(Varsha Ayuta Tripti-dam)* **माघ अमावास्यां, पितृभ्यः तिलान्न-दानं वर्ष अयुत तृप्तिदम्॥** (स्मृत्यर्थ सागर-p.113)

OTHER DAANA ITEMS

1) Black Tila-Dana with Paatra, 2) White-Tila, mixed with jaggery powder can be offered in a Paatra, on Sankranti day or any day in Maagha. Other items:- 3) Kambala-Dana, (4) Vastra Dana, 5) Paada-Raksha, (6) Pillow, (7) Bed-sheet, (8) Gold/Silver, (9) Dampati-Vastra Dana, (9) Dampati Anna Dana, (10) Mere Tila in plenty, (12) Tila-Taila Deepa Dana, (13) Tila mixed with Bella (Chigili), (14) Kooshmaanda Dana (white pumpkin) on Ratha Saptami day for Santaana Abhi-Vriddhi.

Tila mixed with jaggery powder can be given as Dana everyday during Maagha. (3/4 Bhaaga Tila and 1/4 Bhaaga jaggery powder.) If not daily, give as many days as possible.

White Tila & Black Tila

White Tila for Devara-Naivedya and for Dana. Black Tila for Pitru-Tarpana. (Dharma Sindhu - p.101)

शुक्ल तिलैः देवादि तर्पणं, कृष्ण-तिलैः पितृ तर्पणं च कार्यम्॥

DANA METHOD

Sankranti day and Ratha Saptami day are the most fruit-yielding days for Dana in Maagha as also Maagha-shuddha Dwa-dasi. Make a ChaturaMandala in front of Devaru. Write ॥ श्रीः ॥ on it. Place the Dana Item on the Mandala and add Dakshina and Tulasi-dala. Offer it to the Lord and pray for His Anugraha. Thus, Dana is offered first to the Lord and then only to Brahmana, when he comes. Offer him proper seat. Reverentially sprinkle Mantrashata on him and chant:-

नमोस्तु अनन्ताय सहस्र मूर्तये
सहस्र पादाक्षि शिरोरु बाहवे ।
सहस्र नाम्ने पुरुषाय शाश्वते
सहस्र-कोटि युग-धारिणे नमः ॥

Take the Dana item in your hands, chant this Mantra.

भारती-रमण मुख्य प्राणान्तर्गत, श्रीलक्ष्मी नारायण प्रेरणया, श्रीलक्ष्मी नारायण प्रीत्यर्थं, इदं दानं तुभ्य-महं संप्रद-दे ॥ न मम, न मम ॥

Upto this stage, Dana Mantra is the same as above, for all Dana Items. A few extra wordings are to be added while giving different Danas. They are as under:-

TILA PAATRA DANA (ध.सिं. P.104)

1. वाङ्-मनः कायज त्रिविध-पाप-नाशन पूर्वकं, ब्रह्म-लोक-
   प्राप्तिकामः तिल-पात्र-दानं करिष्ये । विप्रं संपूज्य-
2. देव-देव जगन्नाथ, वाञ्छितार्थ फल-प्रद ।
   तिल-पात्रं प्रदास्यामि तवाग्रे संस्थितोह्यहम् ॥

तिल दानम्

3. तिलाः पुण्याः पवित्राश्च, सर्व-पापहराः स्मृताः ।
   शुक्लाश्चैव तथा कृष्णाः, विष्णु-गात्र-समुद्भवाः ॥
4. यानि कानि च पापानि, ब्रह्म-हत्या समानि च ।
   तिल-पात्र प्रदानेन तानि नश्यन्तु मे सदा ॥

इदं तिलपात्रं स-दक्षिणाकं
तुभ्य-महं सं-प्रहदे ॥ न मम, न मम ॥

वस्त्र-दानम् (दानचन्द्रिका P.53)

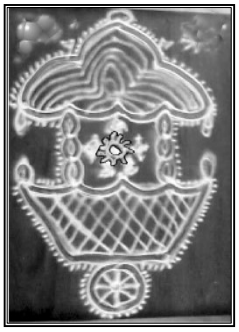
शीत, वातोष्ण सन्त्राणं, लज्जाया रक्षणं परम् ।
देहालङ्-करणं वस्त्रं अतः शान्तिं प्रयच्छ मे ॥

समस्त पाप-क्षय-कामः इमं वस्त्र-द्वयं
तुभ्यमहं सं-प्रददे ॥ न मम न मम ॥

रजत दानं (दानचन्द्रिका P.54)

प्रीति-र्यतः पितृणां च विष्णु शंकरयोः सदा ।
शिव नेत्रोद्भवं रूप्यं अतः शान्तिं प्रयच्छ मे ॥

मम समस्त पाप क्षयार्थं इदं रजत दानं
तुभ्यमहं सं-प्रददे ॥ न मम न मम ॥



RATHA-SAPTAMI

25th Jan. — sunday

(Maagha-Shuddha-Saptami)

सूर्य-ग्रहण तुल्या तु, शुक्ले माघस्य सप्तमी ।
अरुणोदय वेलायां तस्यां, स्नानं महाफलम् ॥

-- *Vishnusmriti* / *Smrityartha Sagara* (p. 111)

Maagha Maasa – Shukla Paksha – Saptami (Rathasaptami) is equivalent to Soorya Grahana. On this day, Snana (with Sankalpa) in Arunodaya Kaala gives Maha-phala. (Arunodaya Kaala is from 4.30 am till Sun-rise.)

Place Arka leaves 3 on head, 2 on left shoulder and 2 on right shoulder. Peform Snana by chanting these slokas:-

Snana Mantra

(Dharma Sindhu p. 106)

यद् यद् जन्म-कृतं पापं, मया सप्तसु जन्मसु ।
तन्मे रोगं च शोकं च, माकरी हन्तु सप्तमी ॥

एतद् जन्म-कृतं पापं यच्च जन्मान्त-रार्जितम् ।
मनो वाक् कायजं यच्च, ज्ञाताज्ञाते च ये पुनः ॥

इति सप्तविधं पापं स्नानान् मे सप्त-सप्तिके ।
सप्त व्याधि समायुक्तं हर माकरि-सप्तमि ॥

(**Maakari-Saptami** = Saptami in Makara month)

Immediately after Snana, give Arghya by chanting this sloka:-

Snana Arghya Mantra

सप्त सप्ति-वह प्रीत सप्त लोक-प्रदीपन ।
सप्तम्या सहितो देव, गृहाण अर्घ्यं दिवाकर ॥
(सूर्याय नमः इदं अर्घ्यं)

Now Snana is completed. Then Sandhya, Puja, etc. Let us perform Rathasaptami Snana before sun rise and be blessed with Lord's Anugraha.

Procedure On Ratha Saptami Day

(1) Snana (2) Gopi-Nama-Mudra (3) Sandhya-vandana / Gayatri Japa (4) Devara Puja (5) Soorya Ratha Puja in the open (if possible) (6) Sarva Pitru Tarpana (7) Danas (if any).

(Soorya-Ratha-Puja with book)

Sarva Pitru Tarpana

On Rathasaptami day, Tila Tarpana has to be offered to Pitrus.

आचमनं, गुरुवन्दनं, पवित्र-धारणं, प्राणायामः । ॐ भूः ॐ भुवः ..... एवं गुण विशेषण विशिष्टायां, पुण्यतिथौ, (प्राचीनावीति - अपसव्य)

रथसप्तमी पर्वकाल प्रयुक्त, अस्मत् पित्रादि समस्त पितॄन् उद्दिश्य, तिल-तर्पणं करिष्ये ॥ अस्मत् पितरं ..... offer Tarpana to all Pitrus.

Conclusion

अनेन रथसप्तमी प्रयुक्त, पित्रादि समस्त पितॄन् उद्दिश्य, तिल-तर्पणेन अस्मत् पित्रादि समस्त पित्रन्तर्यामि भगवान् भारतीरमण मुख्यप्राणान्तर्गत जनार्दन वासुदेवः प्रीयताम् । सुप्रीतो वरदो भवतु । श्रीकृष्णार्पणमस्तु ॥ पवित्र विसर्जनं, आचमनम् ॥

Kooshmaanda Dana On Rathasaptami

(*Mahaphala*)

Clean the ground and mark a mandala in front of Puja box or in front of a Lord's picture. Place a leaf on the mandala and put raw rice on the leaf. Place the Kooshmaanda (white pumpkin) on the rice. Decorate the Kooshmaanda with arisina, kumkuma, gajavastra, small white towel, blouse bit, flower maala, etc. Keep Taamboola and, dakshina (a decent amount) with tulasi. Offer this to the Lord. Kooshmaanda is offered as daana on this day, for Santhaana Praapti (progeny).

Brahmana Puja and Kooshmaanada Devata Puja

Offer pushpa, mantrakshata on Kooshmaanda by chanting

कूष्माण्ड देवताभ्यो नमः सकल पूजार्थे, पुष्पाक्षतान् समर्पयामि

Offer seat (wooden plank) to the Brahmana who receives Daana. Sprinkle mantrakshata on his head by chanting this sloka.

नमोऽस्तु अनन्ताय सहस्र-मूर्तये सहस्र पादाक्षि शिरोरुबाहवे ।
सहस्र नाम्ने पुरुषाय शाश्वते सहस्रकोटि युगधारिणे नमः ॥

Daana Sankalpa and Daana

आचमनं, प्राणायमः । शुभे शोभने मुहूर्ते, आद्य-ब्रंहणः ..... एवं गुण विशेषण विशिष्टायां शुभ तिथौ, भारतीरमण मुख्यप्राणान्तर्गत, श्री लक्ष्मी नारायण प्रेरणया, श्री लक्ष्मी नारायण प्रीत्यर्थं, मम, मम धर्म-पत्न्याश्च, समस्त पाप-क्षय पूर्वक, पुत्र-पौत्र, सौभाग्यादि सकल मनोभीष्ठ सिद्ध्यर्थं, सोपस्करयुतं, इदं कूष्माण्डदानं करिष्ये ।

Take Kooshmaanda with tamboola, dakshina, thulasi and give it to the Brahmana after chanting this sloka.

Kooshmaanda Daana Mantra

ब्रह्म-हत्यादि पापघ्नं, ब्रह्मणा निर्मितं पुरा ।
कूष्माण्डं बहु बीजाढ्यं पुत्र पौत्रादि वृद्धिदम् ॥
मुक्ता-प्रवाळ-हेमादियुक्तं, दत्तं तवद्विज ।
अनन्त-पुण्य फलदं अतः शान्तिं प्रयच्छ मे ॥

इदं कूष्माण्डं, तण्डुलराशि सहितं, सोपस्करं सदक्षिणाकं, सतांबूलं, लक्ष्मी नारायण-प्रीतिं कामयमानः तुभ्यमहं संप्रददे । नमम न मम ॥ अनेन कूष्माण्ड दानेन, भारतीरमण मुख्यप्राणान्तर्गत, श्री लक्ष्मी नारायणः प्रीयताम् ॥ सुप्रीतो वरदो भवतु ॥ श्री कृष्णार्पणमस्तु ॥ आचमनम् ॥

BHEESHMA ASHTAMI

26th Feb. — Monday

(Maagha-Shuddha-Ashtami)

Bheeshma Tarpana:- It is our Kula Dharma. For our own good we offer Tarpana for Bheeshmacharya on every year Maagha-maasa Shukla-paksha Ashtami.

Tarpana has to be given even if father is alive. (जीवत्पिता अपि कुर्वीत तर्पणं यम-भीष्मयोः - Padma Purana). If father is alive, this is to be offered with rice and water. Janivara in Savya. Others offer with Tila and Janivara in Apasavya. No Pavitra. Regular food can be taken at night. (No Phala-aahaara niyama at night).

Bheeshma Tarpana is not like Pitru Tarpana; but Arghya, because Bheeshmacharya is one of Ashta-vasus (Dyu-namaka-vasu) (not our Pitru).

Therefore we offer this as Arghya. That is: the Tila-water flows down through our four fingers (not through the thumb). This same principle even in Yama-Tarpana.

If Devara Puja not possible, atleast Sandhyavandana and then offer Bheeshma Tarpana. Those who perform Brahmayagnya, offer Bheeshma Tarpana after completing Brahmayagnya.

Sankalpa

आचमनं, प्राणायमः । ॐ भूः ॐ भुवः ..... एवं गुण विशेषण विशिष्टायां, पुण्यतिथौ, भारतीरमण मुख्यप्राणान्तर्गत, श्री जनार्दन वासुदेव प्रेरणया, श्री जनार्दन वासुदेव प्रीत्यर्थं, भीष्माष्टमी प्रयुक्त, भीष्म तर्पणं करिष्ये ।।

Bheeshma Tarpana Mantra

भीष्मः शान्तनवो धीरः सत्यवादी जितेन्द्रियः ।
आ-भि-रद्भिरवाप्नोतु पुत्र-पौत्रो-चितां क्रियाम् ॥
(भीष्माय नमः इदं अर्घ्यं)

वैयाघ्र-पाद गोत्राय, सांकृति प्रव-राय च ।
अपुत्राय ददा-म्येतत् सलिलं भीष्म वर्मणे ॥
(भीष्माय नमः इदं अर्घ्यं)

वसूनां अवताराय, शन्तनो-रात्म-जाय च ।
अर्घ्यं ददामि भीष्माय, आ-बाल-ब्रह्मचारिणे ॥
(भीष्माय नमः इदं अर्घ्यं)

अनेन भीष्माष्टमी प्रयुक्त, भीष्म तर्पणेन भीष्मान्तर्गत भारतीरमण मुख्यप्राणान्तर्गत श्री जनार्दन वासुदेवः प्रीयताम् । सुप्रीतो वरदो भवतु । श्रीकृष्णार्पणमस्तु ॥ आचमनम् ॥

Maagha Shuddha Dwadasi

30th Jan. — Friday

This Dwadasi is important for the welfare of the family. It is an effective Parvakala to get our prayers fulfilled by the Lord. Bhojana to Dampatis, Vastra-Dana, Deepa-Dana, Tila-Dana are meant for this day. Above all the day is meant to please others' children and offer them things liked by them. The age-old Sampradaya is to offer them Dwadasi-Bhojana and also packets of eatables with Dakshina. Give all these to your children too. Devara Puja, Tulasi Puja, Naivedya, Mangalarathi and then this Bhojana and Danas. At the end of the day, one's own inner satisfaction is the proof that the Lord is pleased and His Grace has dawned on all in the family.

Birth Day of Tila:

Maagha Shuddha Dwadasi (षट्-तिला)

Tila was born on the above said day. Darbha and Tila originated from Lord Vishnu. Hence, both are auspicious things (Subha-Vastu). Not Ashubha. Tila is meant to please both Devatas and Pitrus. White Tila for Devatas and black Tila for Pitrus. Tila-Thaila Snana is called Mangala Snana on marriage-day morning. Tila mixed with Bella is a must for Naivedya on Sankraanti and Ratha-Saptami days. Also we distribute it to friend's as a mark of good wishes. Tila Tarpana is a must on both the days. Tila Dana on these days is so good for the welfare of the family.

What Is Shut-Tila?
(Shut means Six)

Dharma Shastra asks us to remember all this on its birthday and understand the hidden significance of Tila. This is indicated in the term : **Shut-Tila (षट्-तिला))** in short. Please see this Sloka and note how we are using Tila in six ways on that day.

(1) **तिल-स्नायी** (2) **तिलोद्-वर्ती**, (3) **तिल-होमी**, (4) **तिलोदकी ।**, (5) **तिल-भुक्**, (6) **तिल-दाता च, षट्-तिलाः पापनाशनाः ॥**

On Ratha Saptami day, we use Tila during Snana. We keep Tila on the Arka leaves on our head and shoulders during Snana. On Dwadasy day We use Tila with water for Snana and use Tila-paste as a soap. We taste eatables made of Tila. Tila-Chitranna-Dana, Tila Dana along with the vessel, Tila-Thaila Deepa Dana and Tila Homa all these mitigate our sufferings in life, says the Sloka above.

MANTRA FOR TILA - DANA

देव, देव जगन्नाथ, वाञ्छितार्थ फल-प्रद ।
तिल-पात्रं प्रदास्यामि तवाग्रे सं-स्थितो-ह्यहम् ॥

तिलाः पुण्याः पवित्राश्च, सर्व पाप-हरा-स्मृताः ।
शुक्लाश्चैव तथा कृष्णाः विष्णु-गात्र समुद्भवाः ॥

यानि कानि च पापानि ब्रह्म-हत्या समानि च ।
तिल-पात्र प्रदानेन, तानि नश्यन्तु मे सदा ॥

इदं तिलपात्रं यथा-शक्ति दक्षिणा सहितं तुभ्यमहं सं-प्र-ददे ॥
न मम, न मम ॥

Deepa Dana - Mantra

दीपदान-प्रदो नित्यं देवतानां प्रियः सदा ।
दानेन अस्य भवेत् सौख्यं शान्तिर्मे वाञ्छितं फलम्।
इदं दीपदानं ब्राह्मणाय तुभ्यमहं सं-प्रददे । न मम, न मम

Payasa Danam

सौभाग्य भाजनं कांस्यं, पायसा-न्नेन पूरितम् ।
दानेन अनेन सौभाग्यं, शान्ति-रस्तु सदा मम ॥
इदं पायसदानं स-दक्षिणाकं तुभ्य-महं सं-प्र-ददे ॥
न मम, न मम ॥

MADHWA NAVAMI (27-01-2026)

Early morning Snana with Sankalpa, Sandhyavandana, meditate with full effort on Soorya Mandala Narayana and perform meaningful Gayatri Japa for 15 minutes, perform Saligrama Puja. All these before 7.30 a.m.

All these (including parayana) constitute the Aradhana of Sri Madhwa in our house. You can experience the inner joy after completing this. Then we can go to Mutt and participate in the Madhwa Navami function (or) take our food and proceed to regular work. It is not wise to miss this culture in our house. **Involvement of Children is Important.**