

# Vishnuchitta Gurukulam

|| SreematE rAmAnujAya namaha ||

SlokaM|| rAmAya rAmabhadrAya rAmachandrAya vEdhasE |  
raghunAthAya nAthAya seetAyAh patayE namaha ||



## ❀ Nitya Pooja ❀

\*Uppercase vowels indicate deergham

1. karAgrE vasatE lakshmee kara madhyE sarasvatee |  
kara mUIE sthitE gauree prabhAtE kara darSanam ||
2. mAtru dEvObhava pitru dEvObhava |  
AchArya dEvObhava atithi dEvObhava ||
3. gangEcha yamunE chaiva gOdAvari sarasvati|  
narmadE sindhu kAvEree jalEsmin sannidhim kuru ||

## Vishnuchitta Gurukulam

4. Om achyutAya namaha |  
Om anantAya namaha |  
Om Sree gOvindAya namaha ||



5. Om bhUrbhuvah ssuvah tatsaviturvarENyam |  
bhargO dEvasya dheemahi dhiyOyOnah prachOdayAt ||



6. asmat gurubhyO namaha |  
asmat parama gurubhyO namaha |  
asmat sarva gurubhyO namaha |  
SreematE rAmAnujAya namaha ||



7. sarva dharmAn parityajya mAmEkam SaraNam vraja |  
ahamtvA sarva pApEbhyO mOksha yishyAmi mA Suchaha ||



8. kausalyA suprajA rAma pUrva sandhya pravartate |  
uttishTha naraSardUla kartavyam daiva mAnhikam |  
uttishThOttishaTha gOvinda uttishTha garudadhvaja |  
uttishTha kamala kAnta trailOkyam mangaLam kuru ||



9. na bhAram mEru Sikharam na bhAram sapta sAgaram |  
rAtrau pUjita nirmAlyam prabhAtE bhAramadhbhutam |  
ahO rAtrautu nirmAlyam prAtah kaale visarjayEt ||

10. Om asatOmA sadgamaya |  
tamasOmA jyOtirgamaya |  
mrutyOrmA amrutamgamaya |  
Om SANTI SANTI SANTI ||



## Vishnuchitta Gurukulam

11. SuklAmbaradharam vishnum SaSivarNam chaturbhujam |  
prasanna vadanam dhyAyEt sarva vighnOpaSAntayE ||



12. yasya dvirada vaktrAdyAh pArishadyAh paraSSatam |  
vighnam nighnamti satatam viSvaksEnam tamASrayE ||

13. gurur brahma gurur viShNuh gurur dEvO mahESvaraha |  
gurur sAkshAt parabrahma tasmai Sree guravE namaha ||



14. pUrvOchcharita yEvamguNa viSEshaNa viSishTAYAm asyAm  
Subha tithou Sree bhagavadAgnEyA  
bhagavad kainkarya rUpam  
Sree bhagavan nityArAdhanam kariShyE ||



15. gangEcha yamunE chaiva gOdAvari saraswathi |  
narmadE sindhu kAvEree jalEsmin sannidhim kuru ||  
Om virajAyai namaha ||



16. apavitrah pavitrOvA sarvA vasthAngatOpivA |  
yah smarEt punDareekAksham sabAhyAbhyantarah Suchihi ||



17. rAmAya rAmabhadrAya rAmachandrAya vEdhasE |  
raghunAthAya nAthAya seetAyAh patayE namaha ||



18. ayOdhyApura nEtAram mithilApura nAyikAm |  
rAghavANAm alankAram vaidehAnAm alankriyAm ||



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Sree seetA rAmAya namaha - dhyAyAmi dhyAnam samarpayAmi ||

Sree seetA rAmAya namaha - AvAhayAmi suvarNa ratna  
simhAsanam samarpayAmi ||

Sree seetA rAmAya namaha - hastayOh arghyam samarpayAmi ||

Sree seetA rAmAya namaha - pAdAravindayOh pAdyam  
samarpayAmi ||

Sree seetA rAmAya namaha - mukhE Achamaneeyam samarpayAmi  
||



19. Om ApO hishThA mayO bhuvaha tAna oorjE dadhAtana |

mahEraNAya chakshasE yOVah Siva tamO rasaha |

tasya bhAja yatE hanaha uSateeriva mAtaraha |

tasmA aranga mAmavO yasyakshayAya jinvatha

ApOjana yathAchanaha ||



Sree seetA rAmAya namaha - snAnam samarpayAmi ||

Sree seetA rAmAya namaha - vastram samarpayAmi ||

Sree seetA rAmAya namaha - tilakam samarpayAmi ||

Sree seetA rAmAya namaha - yagnOpaveetam samarpayAmi ||



20. gandha dvArAm durAdarSAM nitya pushTAM kareeshiNeem |

eeSvareegam sarva bhUtAnAm tAmihOpahvayE Sriyam ||

Sree seetA rAmAya namaha - gandham samarpayAmi ||

Sree seetA rAmAya namaha - AbharaNam samarpayAmi ||



## Vishnuchitta Gurukulam

21.yOpAm pushpam vEdA pushpavAn  
prajAvAn paSumAn bhavati ||

Sree seetA rAmAya namaha - pushpam samarpayAmi ||

Sree seetA rAmAya namaha - nAmAvaLi poojAncha karishyE



22. chaturvimSati nAmAvaLi (24 names)

1. Om kESavAya namaha
2. Om nArAyaNAya namaha
3. Om mAdhavAya namaha
4. Om gOvindAya namaha
5. Om vishNavE namaha
6. Om madhusUdhanAya namaha
7. Om trivikramAya namaha
8. Om vAmanAya namaha
9. Om SreedharAya namaha
10. Om hrusheekESAya namaha
11. Om padmanAbhAya namaha
12. Om dAmOdarAya namaha
13. Om sankarshaNAya namaha
14. Om vAsudEvAya namaha
15. Om pradyumnAya namaha
16. Om aniruddhAya namaha
17. Om purushOttamAya namaha
18. Om adhOkshajAya namaha

23. mahAlakshmi shOdaSa nAmAvaLi (16 names)

1. Om prakrutyai namaha
2. Om vikrutyai namaha
3. Om vidyAyai namaha
4. Om sarva BhUta hitapradAyai namaha
5. Om SraddhAyai namaha
6. Om vishNu vakshasthala sthitAyai namaha
7. Om vishNu patnai namaha
8. Om prasannAkshai namaha
9. Om nArAyaNa samASritAyai namaha
10. Om dAridrya dhvamsinyai namaha
11. Om sarvOpadrava vAriNyai namaha
12. Om navadurgAyai namaha
13. Om mahAkALyai namaha
14. Om bramha vishNu SivAtmikAyai namaha

## Vishnuchitta Gurukulam

19. Om nArasimhAya namaha

20. Om achyutAya namaha

21. Om janArdanAya namaha

22. Om upEndrAya namaha

23. Om harayE namaha

24. Om Sree krishNaya namaha

Sree seetA rAmAya namaha - nAmAvaLi poojAm samarpayAmi ||

15. Om trikAlagnAna sampannAyai  
namaha

16. Om bhuvanESvaryai namaha

24. vanaspati rasairdivyai nAnA gandha samanvitaha |

AghrEyah sarva dEvAnAm dhUpOyam pratigruhyatAm ||

Sree seetA rAmAya namaha - dhUpamAghrApayAmi ||



25. uddeepyasva jAtavEdO paghnam nirarutim mama |

paSUGamscha mahya mAvaha jeevanancha diSODaSa ||

Sree seetA rAmAya namaha - pratyaksha deepam darSayAmi ||



26. Om bhUrbhuvah ssuvah tatsaviturvarENyam |

bhargO dEvasya dheemahi dhiyOyOnah prachOdayAt ||

satyam vartEna parishinchAmi (if pooja is performed in  
the morning)

RutantvA satyEna parishinchAmi (if pooja is performed  
in the evening)

amrutamastu amrutOpastaraNamasi svAhA |

- Om prANaya svAhA |
- Om apANaya svAhA |
- Om vyANaya svAhA |
- Om udANaya svAhA |
- Om samANaya svAhA |
- Om brahmaNE namaha |

amrutamastu amrutApidAnamasi |



## Vishnuchitta Gurukulam

Sree seetA rAmAya namaha - naivEdyam samarpayAmi||

27. Om nArAyaNAya vidmahE vAsudEvAya dheemahi  
tannO vishnuh prachOdayAt ||

28. Om mahAdEvyaicha vidmahE vishnu patneecha  
dheemahi  
tannO lakshmeeh prachOdayAt ||



Sree seetA rAmAya namaha - vEdOkta mantra  
pushpAnjalim samarpayAmi ||

29. Om hiraNya pAtram madhOh pUrNam dadAti |  
madhavyO sAneti EkadA brahmaNa mupaharati |  
Eka daiva yajamAna Ayuh tEjO dadAti ||



Sree seetA rAmAya namaha - mangaLa neerajanam samarpayAmi  
||

Sree seetA rAmachandra bhagavan kee jai ||  
Sree pavana suta hanumAn kee jai ||



30. kAyEna vAchA manasEndriyairvA |  
buddhyAtmanAvA prakrute svabhAvAt |  
karOmi yadyat sakalam parasmai |  
nArAyaNAyEti samarpayAmi ||

Sree seetA rAmAya namaha - namaskAram samarpayAmi || ||

|| sarvam Sree krishNArpaNamastu ||  
|| Om SANTI SANTI SANTI ||

# *Vishnuchitta Gurukulam*

## *List of Pooja Items*

1. Lord Sree seeta Rama Photo or any GOD picture in a frame
2. Panchapatra Uddarini -2 sets (unused small glass-2 and spoons-2)
3. Plate for achamanam (unused small plate - 1)
4. Small lamps - 2
5. Agarbatti Stand
6. Bell
7. Kumkum (in small container)
8. Turmeric powder (in small container)
9. Chandanam powder (in small container)
10. Akshatha (Rice mixed with Turmeric powder in small container)
11. Water bottle
12. Paper Napkins
13. Harathi plate with ghee dipped wicks
14. A small Mat - To sit for pooja
15. Small bowl of water

**Items to procure either from store or arrange with available items at home**

**Match box, Flowers (Garden flowers are fine), Fresh Fruits or Unused Nuts to offer to GOD, Cotton Swab/ Oil, Agarbatti**

**Participants are welcome to sit either in the pooja room at their home or in a clean area facing east or west.**