

## Janan or Graha Shant Preparation Guidelines

1. **Samagri [ ]**: Check all the Pooja samagri again as per the Samagri List and ensure all items are available.
2. **Decoration [ ]**: Tie the door hanging (Toran) to the main door. Decorate your main entrance with colorful Rangoli.
3. **Music [ ]**: Play some divine instrumental music like Sitar, Shehnai, Santoor, Flute etc... to create a holy atmosphere.
4. **Photos & Videos [ ]**: Check if your camera and camcorder are in working conditions; batteries charged & there is enough memory on the card.
5. **Havan Location [ ]**: Havan is preferred & recommended in the garage. If you take full responsibility & If proper care is taken to avoid the fire hazard, Havan may be performed inside the house if it is safe. In case the Havan is to be performed outside in open space back yard/patio/front yard, proper care needs to be taken for protection from hot, cold or windy weather.
  - **Dress Code [ ]**: Traditional Indian Dress. If possible the child, for whom the Janan or Graha Shant is to be performed, should sit for the Pooja after taking bath & wearing new clothes. If the child is infant or toddler, parents should take the child on the lap.
6. **Managing Kids [ ]**: If there are kids at home call their friends as much in advance as possible so that they will not get bored and trouble during the Pooja. Ask the kids to participate in the Pooja as they like, do not force them. Engage them in their favorite activities like comic books, story books, favorite TV Programs, Cartoon/Comedy TV Programs or DVDs etc... However, ensure that kids do not make any noise and disturb the Pooja.
7. **Prasad/Naivedya [ ]**: Prepare the Prasad (offerings to the God like food, sweets etc...) well in time. If possible call 2-3 families of friends/relatives for help from beginning.

## || Pooja Setup ||

1. **Pooja Setup Location [ ]**:
  - a) Set up Pooja away from Kitchen as much possible to avoid the disturbance due to cooking, frying.
  - b) Chaurang(Chowki/Bajot) is to be used as a Pooja Dais on which all the Pooja is performed. Place the Chaurang against a wall in such way that the deities on the Chaurang are facing East (If not possible West is also OK). If available and needed, place a nice decorative cloth on it.
  - c) Place the Chaurang(Chowki/Bajot) at the center against a wall about 10 feet wide and clear preferably east of west facing. If there is any furniture or other items kept against that wall shift them elsewhere. Keep at least 4'x4' space on the left side of the Pooja Setup for Panditji.
2. **Samagri Arrangement [ ]**: Keep all the Pooja Samagri in different plates properly arranged on the right side of the Pooja Setup.
3. **Panchamrut/Charanamrit Recipe [ ]**: Depending on number of guests attending, take one or two cups of cold milk; add 2-3 tea spoons curd, 1 spoon honey, 1-2 spoons pure ghee & 1 spoon sugar and mix.
4. **Pooja Decoration [ ]**: Place 2 flowerpots/vases with assorted flowers at the 2 backside corners of the Chaurang against the wall. Decorate the wall above Chaurang if you wish with decorated cloth, Christmas lights etc...
5. **Pooja Setup on Chaurang/Chowki:**

- a) As far as possible do not set up Pooja near kitchen so that strong smell of spices will not cause problem during the Pooja and also chatting in the kitchen will not create distraction during Pooja.
- b) In the center of the Chaurang/Chowki place 2 (two) Metal Kalash (Copper/Steel/Silver) on the right side. Put handful of rice grains below their base.
- c) Fill both the Kalash with water, just a little over half & add some Ganga Jal (Holy water of Ganges). Place new cloth e.g. Blouse Piece or Handkerchief etc... around the kalash.
- d) Place 5 Beatle nut leaves on the edge of the left Kalash with the stems inside the kalash & the ends outside the kalash. Place plate or Tamhan (copper or silver) on the Kalash. Fill the Tamhan with rice grains and draw a "Swastik" symbol with kumkum in the middle and place the small gold/silver pendant of nakshtra/graham or goddess (jeevati) at the center of the swastik.
- e) Place 5 Beatle nut leaves on the edge of the right Kalash with the stems inside the kalash & the ends outside the kalash. Place a Tamhan (copper or silver plate) on the Kalash. Fill the Tamhan with rice grains and & draw a "Swastik" symbol with kumkum in the middle and place one Beatle nut at the center of the swastika.
- f) Place the Bell (Ghanta) at the front left corner of the Chaurang and place the Conch (Shankha) on the front right corner of the Chaurang. Keep some rice grains below the conch to make a proper base for it.
- g) Keep the Lord Ganesh Murti in front of both the Kalash at the center and keep murti or coin or photo of Lakshmi to the right side of Lord Ganesh.
- h) Keep all other deities as per your family tradition e.g. Kuladevata on or nearby the Chaurang at a suitable place. Photos can be also placed on the wall if needed.

### **Arrangement around the Chaurang (Chowki/Bajot):**

- 1) Place aluminum foil strips on the floor on all the 3 sides of Chaurang (front, left & right side) to protect your floor.
- 2) Keep one oil lamp (Samai) on the right hand side of the Chaurang on the foil. Use a small plate below Samai so that the oil will not spill outside. Keep some extra oil in a small bowl with a spoon near Pooja so that the oil can be put in the lamp from time to time as needed.
- 3) Keep the Ghee Lamp (Niranjan) in a round metal plate (Pooja Thaali) which will be used for Aarti. Keep some extra Ghee in a small bowl with a spoon near Pooja so that the Ghee can be put in the Ghee Lamp from time to time as needed. Before starting Pooja soak about 5-6 Ghee Wicks in Ghee well in advance.
- 4) Keep the incense stick (Agarbatti) in a proper holder next to the ghee lamp on the right side of Chaurang. If anyone has smoke allergy, do not light the incense sticks.
- 5) Keep 5 coconuts with water in front of the Chaurang on the aluminum foil. Keep one Betel Leaf in front of each coconut with stem towards the coconut. Keep one dollar note folded on each leaf, keep one quarter coin on each dollar note, keep one Beatle Nut on each coin. Keep one triangular piece of dry coconut on each Beatle Leaf and keep a small piece of "Desi Gud" i.e. Jaggery on each piece of dry coconut. Keep small quantity of 5 types of dry fruits like cashes nuts, almonds, resins, pistachio, dry dates etc... on each betel leaf.
- 6) Keep one Jug full of water near the Chaurang on right side. Keep a utensil or bowl to keep the used water.
- 7) Keep two seating mattresses in front of the Chaurang about 2 feet away from the Chaurang.

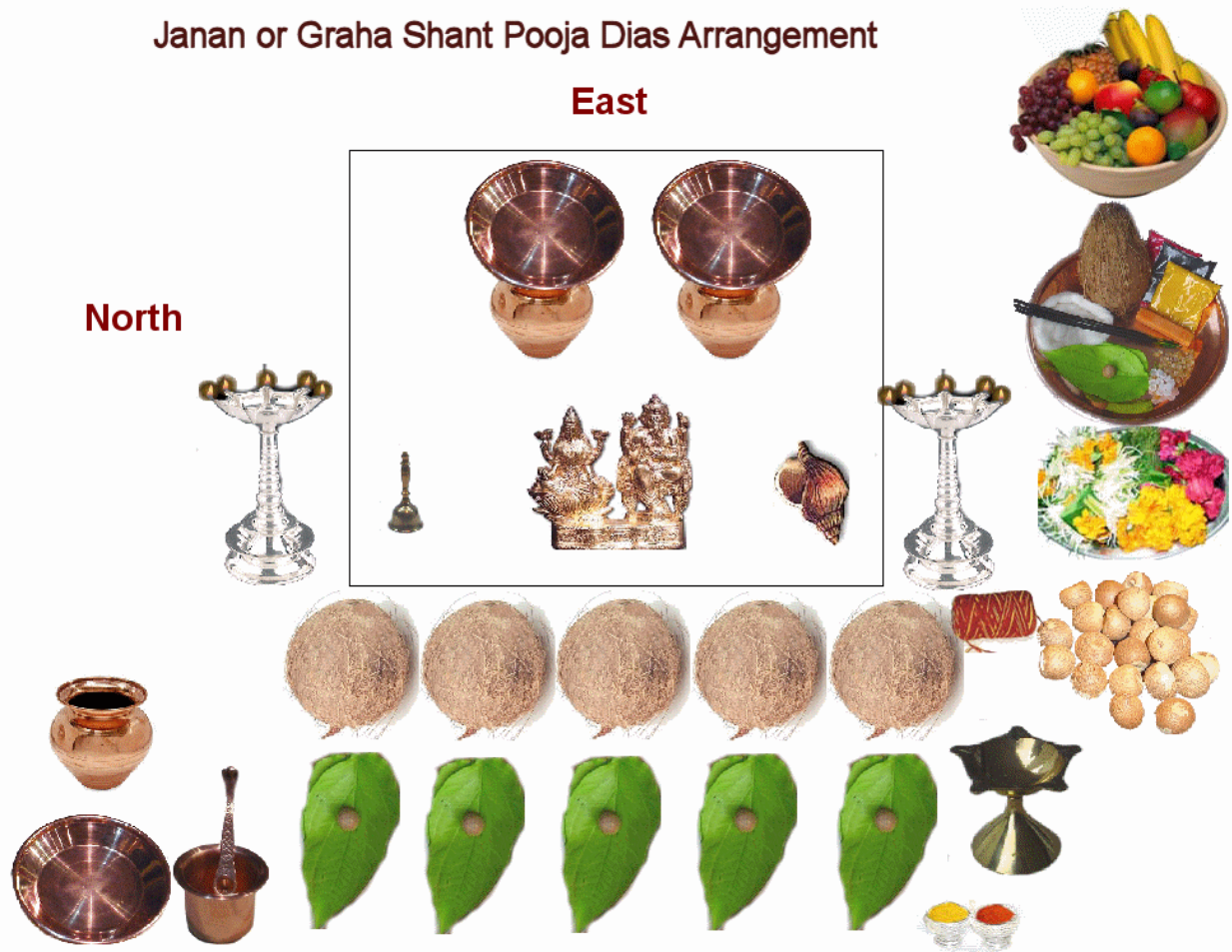
- 8) Keep at least 4'x4' space on the left side of the Pooja Set up for Panditji.
- 9) Arrange all other Pooja Samagri on the **Right Side** of the Chaurang duly organized in different plates as per the Samagri list. (Do not misplace Pooja Samagri and very important; do not fight with each other over Samagri when Panditji arrives 😊)

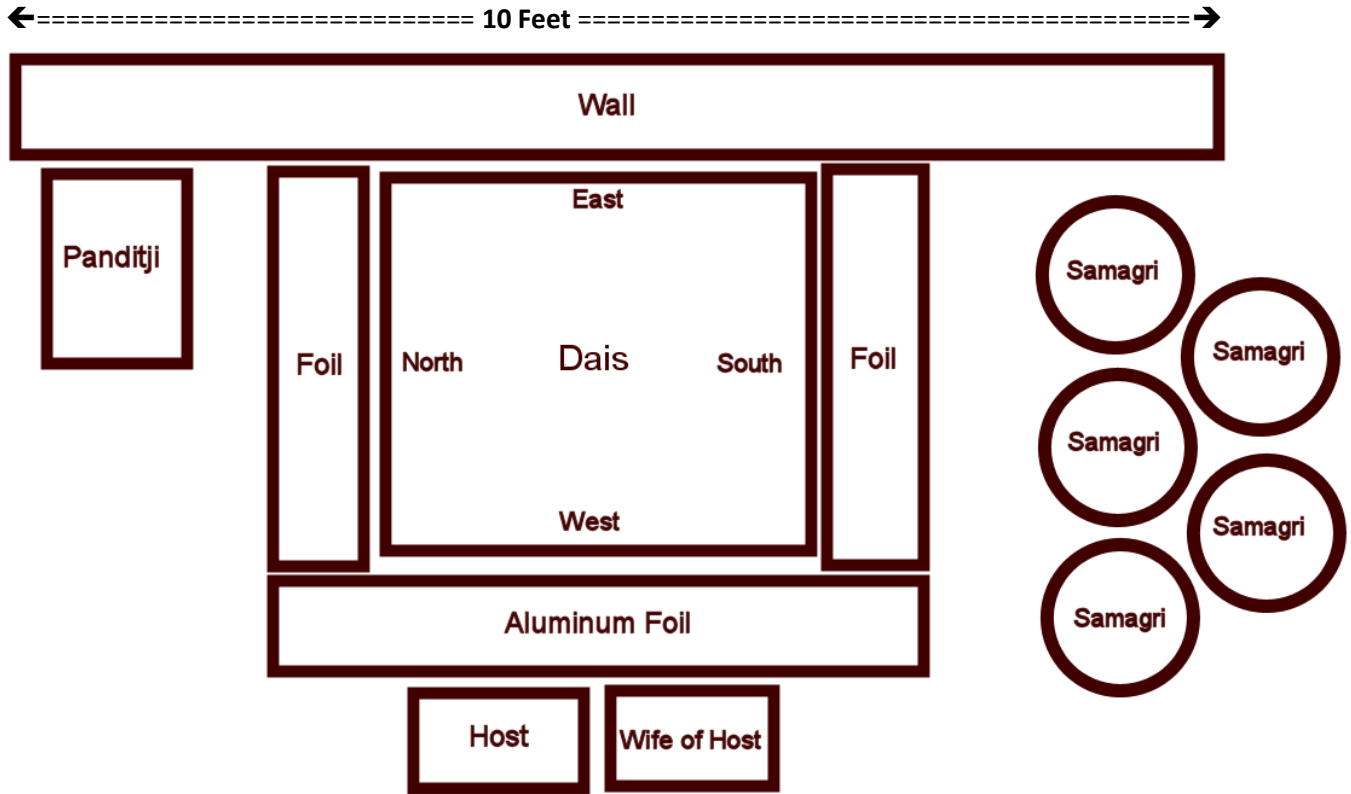
### Havan Setup & Preparation

- Ensure that the Smoke Detectors don't go off during Pooja due to incense stick smoke or Havan smoke.
- Keep all the Havan material as per the list at the Havan location.

All the above preparation should be done before arrival of Panditji so that Pooja can be finished in time 😊.

### Janan or Graha Shant Pooja Dias Arrangement





### Havan Arrangement

*(Note: The Havan Patra will be provided by Panditji)*

