

Puja Vidhanam (Puja Procedure)

Step 1: Preparation

- Clean the puja area.
- Place the idol or photo of the deity.
- Arrange all puja items neatly.

Step 2: Sankalpa (Resolution)

- Sit facing east or north.
- Meditate and state your intention for the puja.

Step 3: Invocation

- Light the lamp and incense sticks.
- Sprinkle Ganga Jal on yourself and the surroundings.

Step 4: Offerings

1. **Pushpam** – Offer flowers.
2. **Akshata** – Offer turmeric-mixed rice.
3. **Naivedyam** – Offer fruits, sweets, and food.
4. **Dhoopam & Deepam** – Show incense and lamp to the deity.

Step 5: Aarti

- Sing or chant the aarti.
- Rotate the camphor or lamp in a clockwise direction.

Step 6: Pradakshina & Namaskaram

- Walk around the deity (3 times).
- Bow down with folded hands.

Step 7: Conclusion

- Distribute prasadam.
- Thank the deity and meditate briefly.

Note: Keep the puja simple and heartfelt. Devotion is the most important element.