



PUJA CHECKLIST

The following is a list of general ingredients required for the performance of Puja. Please note that this serves as a general guide, and devotees should first consult their Pundits for specific guidance before obtaining all ingredients.

LEAVES

- Paan leaves
- Mango branch (stem with 5 leaves) & mango leaves
- Bael Leaves
- Tulsi Leaves
- Flowers
- Doob Grass
- Neem Leaves
- Pipal leaves

BAYDI ITEMS

- Puja bag (containing cotton wool, cotton wicks, red/yellow/white janew thread, hardi, sindoor, black til, white til, camphor, gogool, incense sticks, essence, clove, elaichee, sooparee, matches).
- 9 small Nau Graha flags (2 red, 2 white, 1 green, 1 yellow, 3 black)
- Chandan
- Kalsa and Parai

- 1 Dozen Deeyas
- 1 bottle coconut oil
- Murtis or pictures of Shiva, Ganesh and other deities to be worshipped

PREPARATIONS

- Baydi with flour decoration
- Havan Kund
- Pieces of mango wood or pitch pine
- Gobar
- Sugar , white rice, til and gogool in thaali
- Thaali with deeya for Aarti
- 1 Lota water with mango leaf and a tulsi leaf
- Cloth offering
- Malas for murtis/pictures/pundit
- Panchaamrit (milk, dahee, ghee, sugar, honey & tulsi leaf)
- Dahee mixture (dahee, ghee, sugar, honey, tulsi leaf)
- Sweet rice
- Ghee with havan spoon
- 9 small Bamboos for Nau graha flags
- Bamboos for the respective flags
- Coins
- Seedha (some grains to be included)
- Dakshina (money offering)
- Paan bayra ingredients (pieces of sopari and camphor wrapped in paan leaf and clove), one for each deity worshipped.

CONTACT

Swaha International
#19 Chotoo Street, Aranguez,
Trinidad & Tobago, West Indies.
Phone: (868) 674-7384
Email: swahainternational@gmail.com
Web: www.swahainternational.org

DEITY	PRASAAD	COLOUR OF FLAG	NO. OF TEEKAA	DHAAR
Ganesh	Laddoo	Orange	11	Milk
Durgaa Kaali	Lapsee/sohaari (9pairs), fruits, meethai	Yellow Black	9	Dhaar (water, hardi, sindur, camphor, clove, neem leaves, white rice, sugar, flowers)
Lakshmi	Mohanbhog,fruits, meethai	Pink	6	Milk
Saraswati	Lapsee / Sohari (7pairs), fruits, meethai	White	7	Milk
Shiva	Coconut, Cane, Bataasa, fruits, meethai, mohanbhog	Blue or green	11	Milk
Satnarayan	Mohanbhog, fruits, meethai, panjuri(ground rice)	White	5	Milk
Krishna Ram	Mohanbhog, fruits, meethai	Yellow or white	5	Milk
Hanumaan	Roat, fruits, meethai	Red	5	Milk
Soorya	Mohanbhog, fruits, meethai	Red - sunrise White - morning/afternoon Golden - sunset	12	Milk
Shani (Graha)	9 different fruits	Black	9	Water