

Satyanarayan for Beginners

SAMAGRI CHECKLIST

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| ☐ A picture of Satyanarayan, and a yellow or red cloth | ☐ A low table or chowki |
| ☐ A kalash, clean water, leaves, a coconut | ☐ Banana |
| ☐ Panchamrit | ☐ Tulsi |
| ☐ Katha Book | ☐ Panjiri ingredients, and a diya |

VIDHI — STEP BY STEP

7 steps

1 Take the sankalp

Say who you are, where you are, the date and why you are doing it — in your own language. Nothing has to be pronounced correctly.

2 Set up in the morning or early evening

Bathe, wear clean clothes. Cover the table, place the picture, set up the kalash.

3 Light the diya, Ganesh Pujan first

A short Ganesh puja comes first in every puja, a few words, akshat and a flower.

4 Offer what you have

Water, panchamrit, tulsi, flowers, kumkum, the banana, incense. There is a formal sixteen-step sequence and you do not need it.

5 Read the katha - all five chapters

All five chapters, in order, out loud, in whatever language your book is in. About forty minutes.

6 Aarti

Any aarti you know, or just the lamp circled and a few words of thanks.

7 Distribute the panjiri or sheera

Everyone present eats some including anyone who arrived late, did none of it, and is only there because they live there. This step is not optional and the katha says so...



Scan for the full guide — katha, meanings and sources

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