



ITEMS REQUIRED FOR PADUKA PUJA

Please keep the following ready and perform Guru Paduka Puja along with Swami Sharadananda (7 AM IST & 6 PM IST):

1. A well decorated altar with Pujya Gurudev's picture, Padukas
2. A big oil lamp
3. Panchapatra set (glass, spoon, plate)
4. Potable water
5. Two napkins - one for wiping the Padukas, the other for wiping your hands
6. Akshata (Grains of rice coloured with turmeric)
7. Chandan (Sandal paste), Kumkum (vermillion)
8. Flowers, Garland
9. Agarbatti (incense sticks)
10. Ghee lamp (small)
11. Naivedyam (a plate of food offering) - covered
12. Camphor Arati
13. Wick Arati (for Chinmaya Arati)
14. Be seated facing the altar along with all family members.