

# The Mantras for Rig Veda Upakarma procedure 2025

Gayatri Japam 2025 date is August 10. And check out [Gayatri Japam Mantras](#) here for 2025..

Rig Veda Avani Avittam for the year 2025 (9 August 2025)

Rig Veda Avani Avittam for the year 2025

(Compiled by P.R.Ramachander)

(For 15 years , I had been putting the for the rig Vedis, the same collection of Manthras like Yajur vedis. Being a Yajur vedi , I have seen the rig Vedis also doing the same rituals as Yajur Vedis. A learned Gentleman from Madras viz Sri Mani Narayan wrote to me that the manthras , I was giving was wrong and the correct manthras are available in a book by Seri L.Anantha Narayana Sastri and published by R.S.Vadhyar, Palakkad. Three years back I got the book, To my surprise I found all the rituals before Mahasankalpa were Pujas and Homas, which cannot be performed without the help of the learned priest. They are

- 1,Vighneswara Pooja
- 2.Sankalpa Punyahavachanam
- 3.Aghni Mukham
- 4.Veda Vyasa Pooja
- 5.Pradhana AAjyaa hoothaya
- 6,Pradhana Charu homa
- 7.Uthsarjanarthe Veda Aarambh
- 8.Home sesha

The Kanda Rishi Tharpanam of the Yajur Vedis is to be replaced by A very elaborate Deva –Rishi –Tharpanam , which is again is followed by Gayathri Homa and Veda Aramba, Since I was trying to give Manthras for people who cannot get help of Vadhyars , I am giving below, Yajnopavitha Dharana Manthra, Mahasankalpam and Deva Rishi Pithru Tharpanam , followed by Brahma Yagna and the Gayathri japa manthras for the 10-8-2025. I am an ignoramus and so if I have committed any errors, please pardon me. My thanks for several of my friends who responded for my request for clarification on Rig Veda Upakarmam)

### 1.Yagnopa veetha dharana manthra

( Manthra for wearing Poonal)

a.Aachamanam:Shuklaam Bharadharam..... Santhaye

b.Om Bhoo.....Bhoorbhavaswarom

c.Mamo patha samastha duritha kshya dwara sri paameshwara preethyartham

Sroutha smartha vihitha sadachara nithya karmaanushtanaa yogyatha  
sidhyartham brhma teja abhivrudyartham yagnopaveetha dharanam karishye.

d.Yagnopaveetha dharana maha manthrasya

Parabrhma rishi(Touch forehead)

Trushtup chanda (touch below nose)

Paramathma devatha (touch heart)

e.Yagnopaveetha dharane viniyoga

Wear Poonal one by one by reciting(poonal should be held by both hands, the  
tie in the poonal being held above by the right hand facing upwards)

Yagnopaveetham paramam pavithram praja pathe,

Yat sahajam purasthad aayushyam

Agriyam prathi muncha shubram yagnopaveetham balamasthu theja.

f.After wearing all poonals one by one do Aachamanam

g.Remove the old poonals and break them to pieces by reciting

Upaveetham bhinna thanthum jeernam kasmala dooshitham, visrujami jale  
punarbrahman varcho deergayurasthu me.

h.Do aachamanam.

Summary meaning: I wear the white yagnopavitha that is purifying , which was  
born along with brahma, which is capable of increasing life .I am sure this  
would give glory and strength to me.I am destroying the dirty , soiled  
yagnopavita .

There is no Kamakarsheth Japa prescribed for those who follow Rig veda

### 3.Maha Sankalpam

( 9-8-2025 after Madhyaanikam and Brahma yagnam-Manthras for Brahma Yajnam for Apasthambha suthram and Bodhayana are given one after another at the end (Appendix 1) and Brahma Yajna for Rig vedis is given in Appendix 2)

a.Aachamanam

b.Shuklam baradharam.....

c.Om bhoo

d.Maha samkalpam

Apavithra pavithro vaa sarvaavasthaam gathopi vaa , ya smareth pundari kaksham, sabahyanthara suchi , manasam vaachikam paapam , karmanaa

Samuparjitham, sri Rama smaranenaiva vyopahathi na samsaya .Sree rama Rama rama

Tidhir Vishnu, Tatha vaara, nakshatram Vishnu reva cha

Yogascha karanam chaiva sarvam Vishnu mayam Jagat ,

Sri Govinda , Govinda, Govinda

Aadya sri bhagawatha, Aadi vishno, Aadinarayanasya achinthyaya , aparimithaya, sakthyaa, briyamaanasya, mahaa jaloughasya madhye,

paribrhamatham aneka koti brhmaandanam madhye, eka thame, prithya aptejo vayvakaasaa ahankaradhi -mahada vyakthai-aavaranaair- aavruthe- asmin mahathi bramanda-karandaka-madhye aadhara sakthi –koormaa nandathi ashta diggajopari prathishtithasya , athala-vithala-suthala-rasaathala-thalaa thala-mahaathala-pathalakyai loka saphthakasya upari thale, punya kruthaam nivaasabhuthe bhoor –bhuvan-suvar-mahar-janarr-thapa-satyaakhyai loka shatkasya adho bhage mahaa nalayamana phani raja seshasya sahasra phanaa mani mandala mandithe, dighdanthi-shunda dhanda-uttambhithe, panchasath koti yojana vistheerne, lokaloka –achalena valayithe lavaneshu-sura-sarpi-dhadhi-ksheera-udakaarnavischa parivruthe, jambhu-plaksha-saka-salmali-kusa-krouncha-pushkarakhya saptha dweepanaam madhye, Jamboo dweepe, Bharatha varshe, bharatha kande, prajaapathi kshetre dandakaaranya-chamapakaaranya-vindhyaaranya-veekshaaranya-vedaaranayaadhi, aneka punya aaranyaanam Madhya pradeshe, karma bhoomou, rama –sethu-kedharayoo madya pradaeshe , Bhaageerathi-Gouthami-Krishna veni-Yamuna-Narmadaa-Thungabadhraa-Triveni-Malaapahaarini-kaveri- ithyadi , aneeka

punya nadhi viraajithe, Indraprastha-Yamaprastha-Aavanthikaapuri-  
Hasthinaapuri-Ayodhya puri-Maayaa puri-Kasi puri-Kanchi puri-Dwarakaa aadi  
aneka punya puree viraajithe Sakala jagat srushta, parardha dwaya jeevana,  
bramana dweethiya parardhe, Pancha sathabdhou, prathame varshe, prathame  
mase, prathame pakshe, prathame divasae, aahni, dweethiye yame, trithiye  
muhurthe, swayambhuva-swarochisha-uthama-thamasa-raivatha-chakshu  
shakheshu, shatsu manusha atheetheshu, sapthame vaivaswathe  
manvanthare, aashta vimsathi thame, kali yuge, prathame padhe, Jamboo  
dweepe, Bharatha varshe , Bharatha kande, Mero dakshine parswe. Asmin  
varthamane , vyavaharike prabhavaadheenam sashtya samvatsaranaam  
madhye

Viswavasu nama samvatsare, Dakshinaayane, Varsha rithou, Kadaka mase,  
shukla pakshe, , Pournamasyam shubha thidou(up to 1.35 pm, afterwards  
Prathama ), mandha vasara yukthayam, Sravana (up to 14.24 and afterwards  
Sravishta up to 13.53 next day) \*\* nakshatra yukthayam,, shubhayoga,  
shubha karana evam guna, viseshana visishtaayam, asyam  
pournamaasyam shubha thidou anaadhya vidhya pravarthamane ,  
asmin mahathi samsara chakre vichitrabhi karma gathibhi vichitrasu yonishu  
puna puna anekadha janithwa kenapi punya karma viseshena idhaanimthana  
manushye dwijanma visesham prapthavatho mama jjanmabhyasa jjanama  
prabruthi ethath kshana paryantham , baalye, vayasi  
kaumare yowane vaardhake cha jagrath swapna sushupthya  
avasthamsu mano vak kaya karmendriya jnanendriya vyaparai kama-krodha-  
lobha-moha-madha-mathsaryaadhi sambhavithaanam iha  
janmani janmanthare cha jnana ajnana kruthaanam maha pathakanaam  
mahaa patathakanumanthratwadeenam , samapathakaanaam  
upapaathakaanaam malini karanaanam nindhitha dhana dhaano upa  
jeevanaadeenam aapathrikananaam jathi bramsa karaanam vihitha karma  
thyaagaaadeenam jnanadha sakruth kruthanaam ajananatha asakruth  
kruthaanam sarveeshaam papaanam sadhya aapanodhanartham

aswatha narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti  
devathaa sannidhou-sri visaalakshi sametha visweswara swami sannidhou-  
mahaa ganapathi sannidhou-seetha lakshmana bharatha sathrugna-hanumath  
samedha sri rama chandra swmai sannidhou-sri rukmani sathyabhama  
samedha sri gopala Krishna swami sannidhou-hari hara puthra swami  
sannidhou-sri lakshmi narayana swami sannidhou sraavanyaam TRayodasyam  
adhyothsarjana karmaangam avabrutha snanam aham kaishye

Athi krura maha kaya, kalpanthahanopama,

Bairavaya namasthubhyam anujnam dathu marhasi

@ Brahma Yagna Manthras are given at the end

\*On 9-8-2025, Pournamasi is up to 13.26 , and afterwards prathama i is up to 12.11 of 9--8-2025 IST \*\* ; sravana Nakshatra is up to 14.24 afterwards Sravishta nakshatra is up to 13.53 on 10-8-2025 Before you do the Upakarma , please calculate corresponding IST to your time and take the proper Thidhi and Nakshatra. This is also applicable to mantras of Maha Sankalpam given below

These are according to the Madathu Panchanga

- Before you do the Upakarma , please calculate corresponding IST and take the proper Thidhi and Nakshatra.

Summary meaning:Here again apart from locating oneself with reference to time , one locates himself with reference to place also.We are supposed to live in Jambu Dweepa, Bharatha Kanda which is south of the great mountain Maha meru.Then again this Bhasratha Kanda is blessed with many holy rivers and holy places.Then prayer is done to God to pardon sins committed by word, thought and deed, because this was done inspite of his great grace which made us be born as human beings after several wheels of birth.Also the sins performed during several ages in life is highlighted.Some of the sins specifically mentioned are those done while earning money without conscience, giving money to improper people, actions which did not suit the caste we are born in, sins due to non performance of actions which ought to have been done and so on. We pray God and tell him that we would take bath in holy pure water and then start the veda parayanas which is our duty as Brahmin.

3.Yagnopa veetha dharana manthra

After bath again change poonal by reciting manthra as given in s.No.1.Please note that now a days very rarely people take bath after mahaa sankalpam but do prokshana snanam i.e bath by sprinkling of water on the head.

4.Deva Rishi Pithru Tharpanam

1.Shuklambaradaram Vishnum , saivarnam chathur bujam,

Prasanna vadanam dhayayeth , Sarva Vighna upasanthaye.

2.Om Bhoo

3.Mamopartha samastha duritha kshayam dwara , sri parameswara  
preethyartham , aadyoyaathsarjjana karmangam ,

Deva , rishi THarpanam karishye( For people having father living),

Deva , rishi , Pithru , tharpanam Karishye ( For people whose father is no more.)

3. Deva Rishi Pithru Tharpanam

I. With Yagnopavita on left shoulder(Upavitha) one tharpanam from tip of  
fingers

1.SAvithrim Tharpayami ,

2.Brahmaanam Tharpayami

3.Sradham Tharpayami

4.Medham Tharpayami

5.Praajnaam Tharpayami

6.Dharanaam tharpayami

7.Sadasaspathim Tharpayami

8.Anumathim Tharpayami

9.Chandamsi risheen tharpayami

II. With Yagnopavita on Left shoulder(Upveethi), one tharpanam through tip of  
the fingers

1."Agnimeele Purohitham Yagnasya deva mruthveejam hothaaram rathna  
dhathamam " Agnim Tharpayami

(The mantra within inversted commas is the rik. According to rules these  
tharpanams are to be done with chanting the rik . But if the custom of your  
family, is not to chant the rik, please chant only "Agnim Tharpayami")

2."Kushumbakasthadha braveedh giree pravarthamaanaka vruschikasyaarasam  
vishamarasam Vruschika thee visham" apthyaana suryaan tharpayami

3."Thwam agne dhybhi sthwa maa susukshaani stwamadh bhya stham asmana  
pari , thwam vanebhya sthwam oshadheebhya , sthwam nrunaam nrupathe  
jayase suchi" agnim tharpayami

4."aavadhgasthwam sakune badhramavadha thushnemaaseena sumathim chikuidhi na , yadath padan vadasi karkareeryadhaa bruhathadhema vidhadhe suveeraa" sakuntham tharpayami

5."Somasya maa thavasam vakshyagne vahnim chakrtha vidhadhe yajadhyai devaa achaa dheedhya dhyagne adhrim samaa ye agne thanwam jushaswa "Agnim tharpayami

6."Grunaanaa jamadanina yonaa vruthasya seedhatham somamruthaavrudhaa " Mithravarunou Tharpayami.

7."thwam hyagne sadamith samanyavo devaaso devamarathimn nyorira ithi kruthwaa ntyoriree .Amarthyam yagnamarthhyeshwaa devamaa devam janatha prechethasam Viswamadevam janatha prachethasam " Agnim tharpayami.

8."Dhamanthe viswam bhuvana madhi sritha mantha samudhre hrudhya antharaayushi apamaaneeke samidheya abruthasthama shyama madhumantham tha oormim" apa tharpayami

9."Abodhyagni budhagavishti ravagni sthrishtyup uthsa ga abodhyagni samidhaa janaanaam prathi dhenum mivayathi mushaasaam yahwaa iva pravayaamujjihaanaa prabhanavaa sisrathe naka macha" agnim tharpayami

10."ganthano yagnam yagniyaa susami srotho havamaraksha yevayaa maruth , jyeshtaaso na parvathaaso vyomani yooyam thasya prachethasaa syatha dhurdhatha vo nidha " Marutha tharpayami

11."Thwaam hyagne pradhamo moanatha asyaa dhiyo abhavo dasma hothaa . thwam seem vrushanna krunor dhishta reethu saho viswasmai sahase sahadhyai " agnim tharpayami

12."yon a swo aranoo yascha nishtyo jigaamsathi devaastham sarvee dhoorvanthu brahma varme mamantharam " devaan brahma tharpayami.

13." Agnim naro dheedhithibhiraranyor hastha chyoothi janayantha prasastham . dhoore drusam gruhapathi madharyoom " Agnim tharpayami

14."Prathi chakshwa vichakshendrascha soma jaagrutham rakshobhyo vadamasyathamanim yathumadhbhya" indra somou tharpayami

15."Ma chaidhanyadhwisamsatha sakhaa yo maa rishanyatha indramith sthotho vrushanam sachaasuthe muhurkdhaa cha samsathas" Indram tharpayami.

16."aagneyaahi maruthsakhaa rudrebhi soma peethaye sobharyaa  
upasushtyathimn madhayaswa swarnare" Agna marutha tharpayami

17."swadhishtayaa madhishtayaa pavaswasoma dharayaa indraaya pathave  
sutha", pavamana somam tharpayami.

18."Yathe rajajnachrutham havisthena somabhiraksha na , araatheeva maa  
nasthareenmochana kinchanamamadhiriyaondho parisrava " pavamana somam  
tharpayami .

19."agre brahunnashasaamoordhwo asthanirjaganwaan thamaso jyothishaa  
aagath , agnir bhanunaa rusathaa swanga aa jatho visou sadhmaanyapraa"  
Agnim tharpayami

20."samaanee va aakoothi ssamaanaa hrudayaani va samanamasthu vo mano  
yadhaava ssushaasathi " samjnanam tharpayami

21."Thachamyoraa vruneemahe gathum yajnaayaa gathum yajnapathaye  
daivee swasthirasthuna swasthr manushebhya oordhwam jigathu bheshajam  
sanno asthu dwipadhe sam chaushpade" Viswaan devan Tharpaymi

Ili. Deva tharpanam

With Yagnopavita on Left shoulder(Upveethi), one tharpanam through tip of  
fingers

1.Prajapthi sthrupyanthu

2.Brahma sthrupyanthu

3.Vedaa sthrupyanthu

4.Devaa sthrupyanthu

5.Rushyaa sthrupyanthu

6.Sarvaani chandaamsi sthrupyanthu

7.Omkaara sthrupyanthu

8.Vashatkara sthrupyanthu

9.Vyaahruthaya sthrupyanthu

10.Savithri sthrupyanthu

11.Yajnaaa sthrupyanthu

12. Dhwa pruthwi sthrupyanthu
13. Anthareeksham sthrupyanthu
14. Ahoraathraani sthrupyanthu
15. Saankhyaa sthrupyanthu
16. Sidhaa sthrupyanthu
17. SAmudraa sthrupyanthu
18. Nadhyaa sthrupyanthu
19. Girayaa sthrupyanthu
20. Kshethhra oushadhi vanaspathi Gandharwaa apasrasa sthrupyanthu
21. Nagaa sthrupyanthu
22. Vayaamsi sthrupyanthu
23. Gaavaa sthrupyanthu
24. Saadhyaa sthrupyanthu
25. Vipraa sthrupyanthu
26. Yakshaa sthrupyanthu
27. Rakshaamsi Trupyanthu
28. Bhoothani Trupyanthu
29. Yevamathani Trupyanthu

#### Iv. Rishi Tharpanam

Wearing Yagnopavita as Garland( Niveethi) , Two times water has to be offered from the centre of the palm

1. Satharchinaa strupyanthu
2. Maadhyamma strupyanthu
3. Gruthsamadha strupyanthu
4. Viswamithra strupyanthu
5. Vamadevaa strupyanthu
6. Athri strupyanthu

7.Bharadwaja strupyanthu

8.Vasishtaa strupyanthu

9.Pragaadhaa strupyanthu

10.Pavamaanaa strupyanthu

11.Kshudrasukthaa strupyanthu

12.Mahaa sukthaa strupyanthu

V.Aacharya tharpanam (Yagnopasvitha on right shgoulder(Prachina vidhi)

Three tharpanam every time water to go in between thumb and the palm.

1.Sumathu Jaimini Vaisampayana Paila Suthra Bhasya Bharatha Mahabharatha  
Dharmaacharaa strupyanthu

2.Jaananthi Baahavi Gaargya Gowthama Saakalya Bhaabrvyaa , Mandavyaa  
Mandukeya strupyanthu

3.Gaargi vaachakavi Thrupyathu

4. Badavaa Praathideyi thrupyathu

5.Sulabhaa Maithreyi thrupyathu

6.Kaholam tharpayami

7.Kousheethakam tharpayami

8.Maja Kousheethakam tharpayami

9.Paingyam tharpayami

10. Maha paingyam tharpayami

11.Suyagnam Tharpayami

12.Sankyayanam tharpayami

13.Aithareyam tharpayami

14.Maha aithareyam tharpayami

15.Saakalam tharpayami

16.Bhashkalam tharpayami

17.Sujatha vakthram tharpayami

18.Oudhavahim tharpayami

19.Maha oudhavahim tharpayami

20. Soujamim tharpayami

21.Sounakam tharpayami

22.Aaswalaayanam tharpayami

Vi. Pithru tharpanam (Yagnopasvitha on right shgoulder(Prachina vidhi)

Three tharpanam every time water to go in between thumb and the palm.

1.Pithrun Swadhaa namastharpayami

2.Pithamahaan Swadhaa namastharpayami

3.Prapithamahaan Swadhaa namastharpayami

4.Mathru Swadhaa namastharpayami

5.Pthamahi Swadhaa namastharpayami

6.Prapithamahi Swadhaa namastharpayami

7.Mathamahaan Swadhaa namastharpayami

8.Mathu pithamahaan Swadhaa namastharpayami

9.Mathu prapithamahaan Swadhaa namastharpayami

10.Matha mahi Swadhaa namastharpayami

11.Mathu pithamaha Swadhaa namastharpayami

12.Mathu prapithamaha Swadhaa namastharpayami

13. Yathra kwachana samsthaanaam kshuth trushnopahathathmanaam ,

Bhoothaam trupthaye thoyam idhamasthu yadha sukham trupyatha, trupyatha  
, trupyatha

Wear Yagnopaveetha on the left shoulder , do Aachamanam

And

Saying "Om Thathsath Brahmarpanamathu " pour out little water

5.Vedarambham

Though these are essential part of Avani avittam , I am not giving this because Vedic manthraas are very difficult to transliterate in to English and reading them wrongly would be counter productive.

6.Gaayathri japam is on 10-08-2025 for Yajur, Rig and Sama Vedis and Gayathri japa Manthras are given separately. Possibly these have to be chanted after Brahma yagnam.Get clarification from your acharyas

Appendix Brahma Yagnam.

Perform Achamanam

Face eastern direction and do “Shuklam baradaram....” Followed by pranayamam “om Bhoo...”

Mamopatha samastha duritha kshya dwara sri Parameshwara preethyartham Brahma Yagnam karishye. Brahma yagnena Yakshye.

Chant and clean the hands with water

Vidhyudasi paapmanam vidhya me paapmanam amruthath Sathya mupaime

And then chant

Om Bhooo tatsa vithurvarenyam

Om Bhuva Bhargo devasya Dheemahi

Ogum suva Dhiyo yona prachodayath

Om Bhooo Tatsa vithurvarenyam Bhargo devasya dheemahi

Om Bhuva Dhiyo yona prachodayath

Ogum Suva Tatsa vithurvarenyam Bhargo devasya Dheemahi Dhiyo yona prachothayath

Chant Vedic manthras

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna Dhathamam hari om

Om Atha Maha vrutham yesha bandhaa, yethath karma adatha samhithaya Upanishad-vidhamaga nvitha kathum maha vruthasya pancha vimsathi sami dhenya agnir vai devanaam avamo Vishnu

Adhaithasya samnayasya vidhano yo gaphthim vakshyama ukthani vaidhanikani gruhyani vakshyama

Yadheendrathou dasarajne manusham vyapakaa hathaa idham janaa  
upasruthaa naraasamasas thavishyathe

AAAdhyam purushameesaanam Yogeeswaram Yajnavalkyam namo  
hiranyagarbhaya haraye samkarayacha mayarasathajabha nalaga sammitham

Adha seekshaam pravakshyami om gau gma jma kshma adatho dharma jijnasa,

Then repeat three times

Om Namu Bruhathe Karomui

Hari om Ishe Tworje Thwa vayavasthapayavastha Devo vassavitha prarpayathu  
sreshtathamaya karmene-Hari Om

Hari Om Agna Aayahi veethaye grunano havypadathaye, ni hotha sadhsi  
bharhishi Hari Om

Hari Om sanno devirabheeshtaya Aapo peethaye sam yorabhisravanthu na Hari  
Om

After this recite if possible vedic manthras that you know like Rudram,  
Chamakam etc

Sprinkle water round the head by reciting

Om Bhoorbuvassurom Sathyam Thapa sradhayam juhomi

Recite three times with folded hands

Om namo brahmane namosthwagnaye nama pruthwyai nama oshadheebhya  
namo vaache namo vaachaspathaye namo vishnave bruhathe karomi.

8.Clean the hands again with water by reciting "vrushtirasi vruschame  
paapmanamamruthath sathyamupaaga"

Do aachamanam

Chant "shuklam baradaram...."

Do Pranayamam, "om Bhoo..."

Mamopatha samastha duritha kshaya dwara sri parameshwra preethyartham  
deva-rishi-pithru tharpanam karishye.

Touch water and clean your hands

Do deva tharpanam through the tip of fingers

- 1.prajapathis tripyathu
- 2.Brahma trupyathu
- 3.Vedas trupyanthu
- 4,Devadas trupyanthu
- 5.Rishayastrupyanthu
- 6.SArvani chandamsi trupyanthu
- 7.Omkaras trupyanthu
- 8.Vashatkara trupyathu
- 9.Vyahrutha strupyanthu
- 10.Savithri strupyathu
- 11.yajnastrupyanthu
- 12.Dhyavaa pruthvi trupyethaam
- 13.Anthareeksham trupyathu
- 14.Ahorathrani trupyanthu
- 15.Sankhyas trupyanthu
- 16.Sidhas trupyanthu
- 17.Saadhyas trupyanthu
- 18,SAmudrastrupyanthu
- 19.Nadhyas trupyanthu
- 20.Gavastrupyanthu
- 21.Krayas trupyanthu
- 22.Kshetra oushadhi vanaspathi Gandharwa apsaras trupyanthu
- 23.nagas trupyanthu
- 24.Vayamsi trupyanthu
- 25.Vayamsi trupyanthu
- 26.Vipras trupyanthu

27.Yakshas trupyanthu

28.Rakshamsi trupyanthu

29.Bhoothani trupyanthu

30Yevamanthani trupyanthu

13, Do rishi tharpanam by wearing yagnopaveetha as garland and pouring out water from the liitle finger

1.SAdarsina trupyanthu

2,Madhyamas trupyanthu

3.Krutha samathas trupyanthu

\4.Viswamithra strupyanthu

5.Vama devastrupyanthu

6.Bhardwajas trupyathu

7.Vasishtastrupyathu

8.Prakathas trupyanthu

9.Pavamanas trupyanthu

10.Kshudra sukthas trupyanthu

11,Maha sookthas trupyanthu

14.Only those who have lost their father (others go to step 15) do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger.

1.Sumanthu Jaimin vaisampayana pails suthrakara bashya BHaratha Mahabharatha dharmacharyas trupyanthu

2.Janandhi Bahavi Gargya Gowthama SAkalya Babravya Mandavya , mandugoyas trupyanthu

3.Gargi vasaknavi Trupyathu

4.Padapss prathitheyi trupyathu

5.Sulabha Maithreyi trupyathu

6.Kaholam tharpayami

- 7.Kowsheethakam tharpayami
- 8.Maha kowsheethakam tharpayami
- 9.Paingam tharpayami
- 10.Maha Paingam tharpayami
- 11.Suyajnam tharpayami
- 12.SAkhayanam tharpayami
- 13.Ithreyam tharpayami
- 14.Mahaithareyam tharpayami
- 15.Sakalam tharpayami
- 16.Bashkalam tharpaya,mi
- 17.Sujatha vakthram tharpayami
- 18.Oudhavahim tharpayami
- 19.mahoudhavahim Tharpayami
- 20.Saujamim tharpayami
- 21.Saunakam tharpayami
- 22.Aswalayanam tharpayami
- 23.Ye cha anye aacharyaa they sarva trupyanthu  
Yathra kwachana samsthanaam ,  
Kshudthrushno pahatha maathmaanam,  
BHoothaanaam trupthaye thoyam  
Ithamasthu Yada sukham
- 24.Pitharam tharpayami
- 25.Pithamaham tharpayami  
Prapithamaham tharpayami
- 15.Put the yagnopaveetha in the normal fashion  
Pour water saying Om That sat Brahmarpanamasthu

And then do aachamanam.

Brahma yagnam(sacrifice to Brahma) is the oblation offered to satisfy Devas, Rishis(sages) and Pithrus(ancestors). It is supposed to be performed daily after Madhyannikam, But nowadays it is done mainly on avani avittam days.

\* Taken from book on Sandhya Vandhana Bhashyam published by Ramakrishna mutt. Mylapore, Chennai, and Yajur upa karma prayoga published by R.S.Vadhyar , Kalapathy. Transliteration done by P.R.Ramachander

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