

# Sama Veda Upakarma Prayoga for the year 2025

(26 August 2025)

(Compiled by P.R.Ramachander)

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

In the case of Sama Veda, The upa Karma prayogam is very extensive and differs very much from the Upakarma prayoga of Rig and Yajur Vedis. They always do it in Hastha Nakshtra of the Kanya Masa. It essentially consists of ten steps in the following order...

- 1.Panchagavya sammelanam
- 2.Snana Mahasankalpam
- 3.Brahmayagnam
- 4.Punyaham
- 5.Rishipooja(Uthsarjan Karma)
- 6.Deva,rishi, Pithru Tharpanam (264+12)
- 7.Ghata Poojai
- 8.Yagnopaveethadhaaranam
- 9.Vedarambam
- 10.Kankanadharanam

Naturally these have to be done with the instruction of a Guru but in modern times when people are scattered all over the world and also because well learned Sama Veda Purohithas are very scarce, many people are forced to do it in their home depending on some handouts. Since most of the above steps are lengthy and involve proper chanting of Sama Veda Mantras,they do only three steps of the above 10. They are

- i.Snana maha Sankalpam,
- ii,Brahma Yagnam
- iii.Yagnopaveetha dharanam

English is a very inadequate language to type out Sanskrit mantras. But I have made an effort to present the needed mantras for the above steps for the year 2025 because I feel that our youngsters are more at home in English rather than in their mother tongue or Sanskrit. Since I am not a Sama Vedin I depend for the mantras on Book published by C.Sankara TRama Sastri(1956) Sama Veda Upakrama prayoga published by Sri Balamanorama press, Madras. I have also got my typing read through and to certain extent edited by Sri.P.A.Anantharaman.I am grateful to him,

i.Snana Maha Samkalpam

(26-8-2025 )

The Hastha Nakshtra comes only after 3.51 am IST .Humble request please do after that only

a.Aachamanam, wear Pavithram.

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 jalou ghasya madhye,

Paribrhama maanaanam aneka koti brhmaandanam madhye, eka thame,avyaktha mahadahankara pruthivya aptejo vayvakaasaa ahankaradhii - aavaranaair- aavruthe- asmin mahathi bramanda-karanda-madale- aadhara sakthi – aadhi koormaa nandathi ashta diggajopari prathishtithasya uparithale -Sathyadhi loka shadkasya adho bhage, mahaa nalayamana phani raja seshasya sahasra phanaa mani mandala mandithe, lolaalokachalena parivruthe-

dighdanthi-shunda dhanda-uttambhithe, lavaneshu suraa sarpee dhadhee  
dugdha sudhodhakrnavii parivruthe , jambhu-plaksha-saka-salmali-kusa-  
krouncha-pushkarakhya saptha dweepa dheepithe, Indra  
dheepa kaseru thamra gabhasthi naga soumya gandharwa chaarana  
bharathakhya nava gandathmake -Maha meru giri karnakopetha maha  
saroruhayamana pancha sath koti yojana vistheerna bhoo mandale-  
sumeru nishadha hemakoota himachala malyavath  
pariyathraka gandhamadhana kailasa vindhyachaladhi, maha shailadhishtithe,  
Lavana Samudhra mudhrithe, Bharatha Kimpurusha Hari Ilavrutha Ramyaka  
Hiranmaya KuruBhadrascha Kethumalakhya nava varshopashobithe, , Jamboo  
dweepe, Bharatha varshe, bharatha kande, Mero Dakshine Parswe, Karma  
Bhoomou - Swamyavanthii kuru kshethraadhi sama bhoo  
Madhya rekhaya poorva dig Bhage, Vindhachalasya Dakshina dig Bhage ,  
Dandakaranye , Sakala Jagat Srushta parardha dwaya jeewino Brahmana  
Pradhame Parardhe Pancha sadhabdhatmikhe Aatheethe, Dwitheeya  
parardhe, Panchasadabdhou, Pradhame Varshe, Pradahme mase , Pradhame  
Pakshe, Pradhame divase, AAhani dwitheeye yame , tritheeye muhurthe,  
swayambhuva-swarochisha-uthama-thamasa-raivatha-chakshuhakhesu,  
shatsu manusha vyatheetheshu, saphame vaivaswatha manvanthare, aashta  
vimsathi thame, varthamane kali yuge, prathame padhe, , Shalivahana  
shakabdhe, Chanrda savanna souradhi maana bramithe , prabhavaadheenam  
sashti samvatsaranaam madhye , viswavasuu nama samvatsare,  
Dakshinaayane, Varsha rithou, Simha mase, Shukla pakshe,  
aadhya tritheeyam \* shubha thidou, bhoomma vasara  
yukthayam, hastha \*\* nakshatra yukthayam, shubhayoga, shubha karana  
evam guna, viseshana visishtaayam, asyam dwitheeyam \* shubha thidou,  
Sarva Papa Harana nipuna sri Parameswara preethyartham, Anaadhya vidhyaa  
vaasanaya pravarthamane , Asmin mahathi Samsara Chakre, Vichithrabh  
karma gathibhi- vichithrasu yonishu , puna punaranekadha janithwa, Kenaapi  
punya karma viseshena idhaaneentha maanushye dwija janma visesham  
prapthavatho mama, iha janmani poorva janmasu maya kruthaanam brahma  
hathyadhi -swarnaastheya –suraapana- guruthalpagamana,- maha pathaka  
chathushtaya, vyatheerikthaanaam , thath samsargaanaam, theshaam  
pathakanaam, nikshipthaya, saranaagathaaya, , pathivruthaya sangama  
nimithanam, nishidha sashtraabhi gamanaadheenaa, vidwad brahmana  
pankthi bhedhacharana , vaardhakee -vidhawa vesya vrushalyaadhi samsarga  
nimithaanaam, balye vaysi kaumare youvane vaardhake, jagrath swapna

sushpthyavasthasu, mano vaak kaya karmendriya vyapaarai, jnanendriya vyapaaraischa, samsarga nimithaanaam, bhooyo bhooyo aabhyasthanaam, thathra thathra garbhothpathi nimithanaam, thath saha bhojana thad uchishta bhakshana, aswa yoni, paswadhi yoniretha skhalitha nimithaanam, govadha paswadhi prani vadha nimithaanam, sthree shoodhra vita kshatriya vadha nithaanaam, aayuktha lavana pakvanna madhu ksheera thila thaila maama moola phala ,

saaka raktha vasa suvarna, kambalaadhi vikraya nimithaanaam, aswadhi vahana , ikshu kanda dathana, paraapavaadana, bradhakadhyapana, asad prathi grahana, vrukshschedana, dhaanya roupya pasustheya, vaardushi karana shudhra seva, shudra preshya , heena jathi prathigraha, heena sakhya, pankthi bhedana, paka bhedana, paraa anna bhojana, asachasthra lapa, pramadhi kara, matadhikara, pourohithya, pareeksha paksha pathaka, thatakaarama vikraya, thataka vichedhanadhi sama paathakaanaam, jnantha sakruth kruthaanaam, aajnatha asakruth kruthaanaam, jnanatho aajanathaascha abhyashaanam, athyanthabhyasthaanam, nirantharabhyasthaanaam, sankari karanaanaam, malini karanaanaam, aapathri karanaanaam, jathi bramsa karanaanam, aavitha karamaacharana, vihitha karma thyagaadheenaam, prakeernikaanaam upa pathakaanaam, maha pathakaanaam, aathi paathakaanaam, evam navaanam nava vidhaanaam, bahoonaam bahuvidhaanaam sarveshaam papa namapanodhana dwara, aayajya yaajanaasath prathi grahaa bakshya bhakshanaa bhojya bhojanaa peya paanaadhi samastha papa kshyartham,

aswatha narayana sannidhou-deva brahmana sannidhou-tryaa trimsath koti devathaa sannidhou-sri visaalakshi sametha visweswara swami sannidhou-mahaa ganapathi sannidhou-seetha lakshmana bharaatha sathrugna-hanumat 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

Mama samastha papa kshyartham proshta padhyam hastharshe adhya yoth sarjana karmangam maadhyahnika snaanamaham karishye, maadhyahnika snaanamaham karishye.

Aathi kroora maha kaya kalpantha dahanopama,

Bhairavaya namasthubhyam aanugnaam dhathu marhasi.

Durbhojana duraalaapa dush prathigraha sambhavam,  
Paapam hara mama kshipram sahyakanye namosthutte.  
Triraathram jahnavi theere pancha rathram thu yaamune,  
Sadhya punathu kaaveri papa maamaranthikam.  
Ganga gangethi yo brooyaadh yo janaanaam shatai rapi,  
Muchyathe sarva paapebhyo Vishnu lokam sa gachathi. (take bath thus)  
After bath (Nowadays people only take Sankalpa Snanam by sprinkling water)  
take Pancha Gavyam chanting  
Yathavagasthi gatham papam dehe thishtathi maamake,  
Praasanam pancha gavyasya dahathwagni rivendanam.  
Take bath again, wear dry cloths, put on caste marks, do regular daily duties  
and then do Brahma Yagna.

\*Tritheeya is up to 13,56 and afterwards chathurthi

\*\*Hastha Nakshatra is after 3,47Am and up to 6.05 Am next day afterwards  
CHithra Nakshatra. Change according to your local time after comparing it to  
IST. The Avani avittam for Sama Vedis has to be done in  
Hastha Nakshatram.(If you are doing it after hastha nakshatra in the  
country where you live , please consult your Acharya- possibly you have to do  
it the previous day there),

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,  
cutting of tree, spoiling a lake , trading of several banned commodities such  
as salt , blanket, meat, root , fruit etc, 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 a Brahmin.

ii.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 mupaim

And then chant

Om Bhorbavassuva

Om tatsa vithurvarenyam.

Om Bhargo devasya Dheemahi

Om Dhiyo yona prachodayath

Om Tatsa vithurvarenyam Bhargo devasya dheemahi

Om Dhiyo yona prachodayath

Om Bhoo, Om Bhuva, Om Suva, Om Sathyam,Om Purusha

Om Bhoo, bhoo., hoi bhoo, Hoi bhoo Haa aavu vaa a, suvarjyothi aa

Om Bhuvaa, Bhuva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Suvaa , Suva, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Sathyam , Sathyam, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Purushaa , Purusha, Hoi Bhuva, Hoi Bhuva, Haa aavu vaa a,suvarjyothi aa

Om Thatsa vithurvarenyam , bhargo devasya dheemahi, dhiyo yoo na Pracho aa, him , dhayo Aaa aa,

Om Agnimeele purohitham Yagnasya Dheva mruthvijam, hotharam Rathna Dhathamam

Om Ishe Tworje Thwa ,vayavasthapayavastha Devo vassavitha prarpayathu  
sreshtathamaya karmane

Om Agna Aayahi veethaye grunano havvadathaye, ni hotha sadhsi bharhishi

Om sanno devirabheeshtaya Aapo peethaye sam yorabhisravanthu na

Sprinkle water round the head by reciting

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  
paapmanamruthath sathyamupaaga”

Devarshi Pithru tharpanam Karishye

9.Do deva tharpanam through the tip of fingers

1.Bramodaya ye deva thaana devaan tharpayami

2.Sarvaan devaan tharpayami

3. Sarva deva ganaan tharpayami

4.Sarva deva pathnis tharpayami

5.Sarva deva ganapathnis tharpayami

6.Sarva deva puttham stharpayami

7.Sarva deva gana putthamstharpayami

10.Do rishi tharpanam(each twice) by wearing yagnopaveetha as garland  
and pouring out water from the little finger

1,Krishna dwaipayanaaya ye rishaya thaana rishin tharpayami

2. Sarvaan risheen tharpayami

3.Sarva rishi ganaan tharpayami

4. Sarve rishi pathnis tharpayami

5,Sarva rishi gana pathnistharpayami

6.Sarva rishi puthramstharpayami

7.Srava rishi gana puthramstharpayami

11.Put the Yagnopaveetham in normal fashion and pour water from the tips of fingers

1.Rig vedam tharpayami

2.Yajur Vedam tharpayami

3. Sama Vedam tharpayami

4. Atharva Vedam tharpayami

5. Ithihasa puranam tharpayami

12.Only those who have lost their father (others go to step 13)do Pithru tharpanam wearing the yagnopaveetham on the right shoulder pouring water between the thumb. And index finger(thrice).

1.Soma pithruman yamo angiraswan agni kavyavahana ithyadaya ye pithara

thaan pithrun tharpayami,

2. Sarvaan pithrun tharpayami

3. Sarva pithru ganam tharpayami

4. Sarva pithru pathnistharpayami

5. Sarva pithru ganapanthnistharpayami

6.Sarva Pithru puthrastharpayami

7.Sarva pithru gana puthraastharpayami

8.oorjam vahanthi amrutham grutham paya keelaalam parisruyatham

swadaastha tharpayatha me pithrun

13.Put the Yagnopa Vita in the Normal fashion and do Achamanam

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.

iii.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

Stroutha 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)

III.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 .

And then do aachamanam. And bring to end upakarma

Please note that

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.

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