

Sama Veda Upakarma Prayoga for the year 2026

(13 September 2026)

(Compiled by P.R.Ramachander)

Gayatri Japam 2026 date is August 28. And check out [Gayatri Japam Mantras](#) here for 2026..

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 (up to 1.08 pm)of the Kanya Masa(this year they are doing in simha 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 Vedi 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 manthras. But I have made an effort to present the needed mantras for the above steps for the year 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

(13-9-2026)

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 -aavaranair- 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
sadhabdhatmike Aatheethe, Dwitheeya parardhe,
Panchasadabdhau, Pradhame Varshe, Pradahme mase ,
Pradhame Pakshe, Pradhame divase, AAhani dwitheeye yame ,
tritheeeye muhurthe, swayambhuva-swarochisha-uthama-thamasa-
raivatha-chakshuhakhesu, shatsu manusha vyatheetheshu,
sapthame vaivaswatha manvanthare, aashta vimsathi thame,
varthamane kali yuge, prathame padhe, , Shalivahana shakabdhe,
Chanrda savanna souradhi maana bramithe , prabhavaadheenam
sashti samvatsaranaam madhye , Parabhava nama
samvatsare, Dakshinaayane, Varsha rithou, Simha mase,
Shukla pakshe, aadhya TRitheeyaam (Dwitheeyaam before
7.10 AM) * shubha thidou, bhanu vasara yukthayam, hashta
** nakshatra yukthayam, shubhayoga, shubha karana evam
guna, viseshana visishtaayam, asyam tritheeyaam * 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 roudhya 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 karananaam, aapathri karanaanaam, jathi
bramsa karanaanam, aavihitha 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 bharatha 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 namosthute.

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 till 7.05 Am next day Hastha Nakshatra is p to 1.08 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
mupaime

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

Om Suva, 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 Purusha, 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 karmame

Om Agna Aayahi veethaye grunano havyadathaye, 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 paapmanamamruthath 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

1. Sarva deva ganaan tharpayami

4.Sarva deva pathnis tharapayami

5.Sarva deva ganapathnis tharpayami

6.Sarva deva puttham stharpayami

7.Sarva deva gana putthamstharpayami

1. 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

1. Sarvaan risheen tharpayami

3.Sarva rishi ganaan tharpayami

1. Sarve rishi pathnis tharpayami

5,Sarva rishi gana pathnistharpayami

6.Sarva rishi putthamstharpayami

7.Sarva rishi gana putthamstharpayami

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

1.Rig vedam tharpayami

2.Yajur Vedam tharpayami

1. Sama Vedam tharpayami

2. Atharva Vedam tharpayami

3. Itihasa 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,

1. Sarvaan pithrun tharpayami
2. Sarva pithru ganan tharpayami
3. Sarva pithru pathnistharpayami
4. 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
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.

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

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)

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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