

## Aum Sai Ram

### Schedule of Mantras for Veda Chanting in Sai Kulawant Hall

DAY	NAME OF MANTRA
MONDAY	SHEEKSHA VALLI ( TAITTIRIYA UPANISHAD ) ATMA SUKTAM NEELA SUKTAM
TUESADAY	BHRIGU VALLI ( TAITTIRIYA UPANISHAD ) BHOO SUKTAM PAVAMANA SUHTAM AYUSHA SUKTAM DEVI SUKTAM
WEDNESDAY	GANESH SUKTAM PROKSHNA MANTRAM ISAVASYOPANISHAD NARAYANA SUKTAM MAHANARAYANOPANISHAD OR ARUNAM ( ALTERNATIVE WEEKS )
THURSDAY	GANAPATHI ATHARVASEESHAM VISHNU SUKTAM LAGHUNYASAM HIRANYAGARBHA SUKTAM DURGA SUKTAM NIDHANAPATAYE NAMAHA
FRIDAY	BHAGYA SUKTAM NAVAGRAHA SUKTAM SARVADEVATHA GAYATHRI SRI SUKTAM MEDA SUKTAM MANTRA PUSHPAM

SATURDAY	BRAHMANANDA VALLI (TAITTIRIYA UPANISHAD ) MAHANARAYANOPANISHAD OR ARUNAM ( ALTERNATIVE WEEKS )
SUNDAY	UDAKSHANTHI MANTRAM ( TEJOSI.....) SURYANAMASKARA MANTRAM SURYOPANISHAD NARAYANOPANISHAD GHANAM ( GANANAMTWA / PRANODEVI / GAYATHRI / KAROTI ROOPANI )

**NOTE.**

1. THE ABOVE MANTRAS WILL BE CHANTED AFTER **NAMAKAM, CHAMAKAM & PURUSHA SUKTAM**
2. THE ABOVE SCHEDULE IS SUBJECT TO CHANGE DURING FESTIVAL DAYS AND ON THE DAYS OF CULTURAL PROGRAMMES.
3. THIS SCHEDULE WAS GRACIOUSLY BLESSED BY **BHAGAWAN** ON 20<sup>TH</sup> FEBRUARY 2010