



Pitra Paksh Tarpan & Havan Cheat Sheet

In 2025, Pitra Paksha will be observed from September 8th – 21st

During this time, all Hindus should observe the requirement in our scriptures of “*Pitri Yagya*” or “*Pitri Pujā*” as described below.

The three parts of this ceremony are (1) Tarpan (water) (2) Havan (fire) and (3) Bhojan (food/grains).

A simplified version of all three parts can be done at home without the assistance of a Pundit/Purohit by following these instructions.

TARPAN:

Should be offered to the *Pitris* (fore parents) daily for 3 days (Two days prior, then the morning of the *Pujā*).

Ingredients (for Tarpan):

- Container of water
- White rice
- Black till
- Piece of **Kush** Grass (with root attached)



Preparation:

Mix white rice and black till into container of water. Plant the Kush grass on the southern side of your Property or location, then tie the top strands of the *Kush* grass into a knot.

Instructions (for offering of Tarpan):

NOTE: When offering Tarpan, you will join palms together, scoop water out, and then when offering, allow it to flow through the index finger and thumb of your right hand.

- Facing east, offer *jal* (water/libation) with hands to sun 3 times reciting: “**Om Sree Suriyāyai Namaha**”
- Facing south, offer *Tarpan* with hands to deceased ancestors 3 times for each, calling the name of each departed in the following manner:
 - (Call name of deceased) followed by “**Pitra Swadhā**” (instead of: **Swāhā**)
- Then offer Tarpan 3 times reciting: “**Sarva Pitra Swadhā**”
- Finally, offer Tarpan 3 times reciting: “**Ariyamā Pitra Swadhā**”



HAVAN:

Should be performed immediately after performing *Tarpan* on the 3rd day. Average time (12 minutes).

Ingredients:

- 5 pairs of *Suhāree/Puri* and Sweet rice (*Kheer*)
- Ghee
- Black till
- *Havan Kund*
- Wood
- Camphor
- 1 Prepared *Deeyā*
- *Lotā* with water
- Mango leaves or spoon
- Prepared Food to take outside (if doing the “Bhojan” part)
- Cutlass (if doing the “Bhojan” part)
- Piece of wood to kindle (if doing the “Bhojan” part)
- One *Seedhā* (optional but recommended)

Instructions:

Sit facing south with the *Havana Kund* in front of you. Say a prayer to Lord Vishnu or “**Om Namo Nārāyanāya Namaha**” seven times then spend a few moments reflecting on the forefathers you are preparing to worship with *Pitra Havana*. (NOTE: one or five meals should be prepared before the Havana is completed).

You should then follow these steps:

- Kindle the fire
- Make Ghee offerings to all fore parents* using the same *mantras* as with **Tarpan**
- Mix the sweet rice, *Suhāree/puri*, ghee and black till together.
- Make offerings (of above mixture) using the same *mantras* as in “**Tarpan**”.
- Wash your hands and light the *Deeyā* between self and *havan-kund*.
- Prepare to take the prepared food outside.



BHOJAN:

Either 3 or 5 pairs of *Suhāree/Puri* and sweet rice (*Kheer*) **or** meals can be prepared for this part.

Taking food outside: (After the *Havan*)

- If possible, have three individuals to accompany and assist you.
- Take the food, a lighting piece of stick/or camphor and cutlass to a spot at the back of the house/property or location.
- Place the lighting fire down, cut some bush/grass and dig some soil with the cutlass. (optional)
- Place the food and water down in a neat fashion.
- Pause for a moment to ask for the protection of these souls and then turn around and leave – do not look back at the offerings made.

Before returning inside the home, each person should sprinkle water over one's head 3 times.

If possible, you can now partake of meals with friends and family to signify the conclusion of the Pitra Havan.

The *Seedhā* can then be offered to your *Sadguru* or *Purohit (Pundit)*.

*** Offerings can be made in the name of the following fore parents:**

- Parents
- Grandparents (on both sides)
- Great-grandparents (on both sides)
- Deceased Guru
- Deceased uncles and aunts
- Deceased siblings
- Deceased children