



Dharma Inc.'s Sri Vishnu Sahastranaam Mandir

# Sri Satyanarayan Vrata Puja Cheat Sheet

## SHORTLIST:

- ☞ **When:** Full Moon Night
- ☞ **Time:** (see [Dharma Inc. calendar](#))

## Offering Items:

### ☞ Prasad

- ☞ Mohanbhoga
- ☞ Suji
- ☞ Panjiri
- ☞ Fruit
- ☞ Nuts
- ☞ Raisins
- ☞ Vegetables
- ☞ Coconut
- ☞ Sweets
- ☞ Misri

### ☞ Dakshina (money)

## Optional Items:

- ☞ Flower or decorative Mala
- ☞ Clothing Options:
  - ☞ White, Yellow or Golden colored cloth, dhoti, towel, or any other cloth or clothing.

## What is Sri Satyanarayana Vrata?

**Sri Satyanarayana Vrata** is one of the most widely celebrated occasions globally for Hindus and even many non-Hindus.

The Vrata or Puja is performed once a month, typically on a full moon night.

The form worshipped is that of Lord Satyanarayana or Lord Vishnu, who is the cosmic Lord of the Puranas.

**There are numerous benefits associated with this Puja, namely:**

- ☞ Relief from illnesses
- ☞ Relief from life stress
- ☞ Resolution of family issues or problems.
- ☞ Increase in wealth and status.
- ☞ Increased happiness
- ☞ Success in personal and professional ventures.

At Sri Vishnu Sahastranaam Mandir, Sri Satyanarayana

Vrata culminates in **Kartik Nahan or Tirth**, where the final Puja is performed near a body of water on Kartik Purnima.

**This year marks twenty two (22) unbroken years of Sri Satyanarayana Vrata Puja at Dharma Inc.!**

We encourage you to join with us in performing Puja and reaping the benefits of this great Vrata.

**Participation is very simple. EVERYONE has the opportunity to come for offering of foods, sweets or fruit. Mandir Pundits will be available to assist you in completing your offerings.**

Please see the **Shortlist** on this page for guidance on what can be used to make your offerings.

## FAQ:

**[What Prasad Should I Prepare?](#)**

Prasad is the main offering in your Puja.

This is what you have prepared for the Divine and is a manifestation of your devotion.

**Special effort should be made to offer the best possible.**

**[What does the service/program look like?](#)**

- Outline:
- Opening Mantras
  - Congregational Pujas
  - Sri Satyanarayana Puja
  - Everyone gets to make individual offerings
  - Chanting and Singing
  - Short Message
  - Arti
  - Prasadam
  - Meals

**[Do I have to be there for the entire service?](#)**

Most people will prefer to participate in the entire experience but it is



Lord Satyanarayana

not a requirement. You can attend for part of the devotions and **you are definitely welcome to come only for meals if you so desire** - the blessing is ours to be able to offer a delicious meal to one and all!

## **[Where is the Puja held?](#)**

Service/Puja is conducted at Sri Vishnu Sahastranaam Mandir located at:

**851 W Donegan, Ave.  
Kissimmee, FL 34741**

**Contacts  
407-658-9807  
[info@Dharmainc.net](mailto:info@Dharmainc.net)**

## Naarayana Gyatri

Om Naarayan Aaya Vidmahay  
Vaasudev Aaya Dheemahi  
Tanno Vishnu Prachodayaata  
Om Namoh Bhagvatay, Vaasudevaaya



Sri Satyanarayana Aarti on the Banks of the Ganga



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