



Pitra Paksh Tarpan & Havan Cheat Sheet

In 2026, Pitra Paksha will be observed from September 27th – October 9th

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.

Note: One can complete all three parts, parts one and two or only part one – depending on your situation.

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, by EITHER calling the “Title” of each departed OR calling the Name of the departed soul: **(Title is preferred)**
 - For calling the departed’s title, please follow the **Title Guide** at the end of this document.
 - Or call *name of deceased* followed by “**Pitra Swadhā**” (instead of: **Swāhā**)
- After calling the individuals, offer Tarpan 3 times reciting: “**Sarva Pitra Swadhā**”
- Finally, offer Tarpan 3 final 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)*.

Title Guide:

Mother	<i>Mātā Pitra</i>	Wife	<i>Patnaya Pitra</i>
Father	<i>Pitā Pitra</i>	Husband	<i>Pataya Pitra</i>
Paternal Grandfather	<i>Pitāmaha Pitra</i>	Brother	<i>Bhrātā Pitra</i>
Paternal Grandmother	<i>Pitāmahi Pitra</i>	Sister	<i>Bhaginya Pitra</i>
Paternal Great-Grandfather	<i>Pra-Pitāmaha Pitra</i>	Son	<i>Putrā Pitra</i>
Paternal Great-Grandmother	<i>Pra-Pitāmahi Pitra</i>	Daughter	<i>Putri Pitra</i>
Maternal Grandfather	<i>Mātāmaha Pitra</i>		
Maternal Grandmother	<i>Mātāmahi Pitra</i>		
Maternal Great-Grandfather	<i>Mahā-Mātāmaha Pitra</i>		
Maternal Great-Grandmother	<i>Mahā-Mātāmahi Pitra</i>		