

Hindu Sanskaar (Sacraments of life) is a process aims to achieve spirituality in soul via the sacred 16 themes of Hindu Sanskars associated before the birth continuing even after the death.

Pandit Tarun devgan briefly performs following 16 forms of sanskaars puja:

1. Garbhadhana (Conception)

This sanskaar is performed by parents and consists of fervent prayer for a child in order to fulfill the obligation to continue the human race.

2. Punsavana (Fetus protection)

This sanskaar is performed during the third or fourth month of pregnancy. A priest recites Vedic hymns to invoke divine qualities in the child.

3. Simantonnayana (Satisfying the cravings of the pregnant mother)

This sanskaar is similar to a baby shower, and is, performed during the seventh month of pregnancy when prayers are offered to God for the healthy physical and mental growth of the child.

4. Jatakarma (Child birth)

Mantras are recited for a healthy and long life of the child at his birth.

5. Namakaran (Naming the child)

The name for the baby is selected such that its meaning can inspire the child to follow the path of righteousness.

6. Nishkramana (Taking the child outdoors for the first time)

This sanskaar is performed in the fourth month after birth when the child is moved outside the house.

7. Annaprasana (Giving solid food)

In the sixth, seventh or eighth month child is given solid food.

8. Mundan (Hair cutting)

This is performed during the first or third year of age when the child's hair is removed by shaving.

9. Karnavedha (Ear piercing)

This sanskaar is performed in the third or fifth year.

10. Upanayana (Sacred thread ceremony- Janeuu)

This introduces the male child to a teacher in order to receive education and marking the entry of the child to Brahmacharya.

11. Vedarambha (Study of Vedas)

This sanskaar is performed at the time of Upanayana or within one year. The Guru teaches the Gayatri Mantra.

12. Samavartana (Returning home after completion of education)

This sanskaar is performed at the age of about 25 years.

13. Vivaah (Marriage)

14. Vaanprastha (Preparation for renunciation)

This sanskaar is performed at the age of 50 to celebrate the departure from the householder stage to the Vanaprastha stage when the person begins to engage in spiritual activities.

15. Sanyaas (Renunciation)

This sanskaar is performed after Vanaprastha.

16. Antyesthi (Cremation)

This is the final sanskaar performed after death by his or her descendents.

Prepared by Pandit Tarun devgan

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