

Paduka Puja items

To take part, register online at NRSAICENTRE.ORG.UK/TAPOVANAM

Items required are as follows:

- Baba's paduka's (any size)
- 2 clean hand towels
- Three large steel plates and a steel bowl
- Cushion, mat or handkerchief to sit on. (Devotees sitting on chair do not require this)
- Conch (shankh) Any size - if you have one
- A bell (ghantadi)
- Copper or steel tumbler (kalash)
- Kumkum (red powder) and Chandan/sandalwood (3 pinches of each)
- 5 handfuls of rice grains
- Multi-coloured thread (nadachhadi roll)
- White thread (kumbharnadu roll)
- 5 to 7 flowers – please bring individual flowers without stems*
- Any fruit of your choice
- Few almonds, pistachios, cashew nuts (badam, pista & kaju) – handful of mixed dry fruits
- 1 betel leaf (nagarvel nu paan)
- Cloves, Cinnamon and cardamom (luing, elchi and tuj) – 2 of each
- Small vibhuti packet
- Two 500ml bottles of still water
- 5 steel spoons and some tissues
- Honey mixed in milk (madhuparkam)*
- A nice glass to offer madhuparkam to Bhagawan
- Perfume - alcohol free (attar) if you have it
- Items for abhishekam (holy pouring) - only small amounts of the following necessary:
 1. Milk *
 2. Yoghurt*
 3. Honey
 4. Turmeric mixed in water
 5. Fresh coconut water (not pre-packed or boxed. Break the coconut on the morning of the puja)*
 6. Fresh fruit juice (not bottled or boxed one. Could be from one or more fruits)*
 7. Vibhuti water
 8. Rose water
 9. Panchamrut (mixture of 5 items: milk, yogurt, ghee, honey and sugarcandy)*

Items marked with a * should be brought with you on the morning of **Saturday 26 September 2026**.

Please bring all other items at **7.15pm on Friday 25 September 2026**.

When you arrive on Friday evening, you will be given written instructions on how to set up for the Paduka Puja.