

## Virtual Durga Puja Guidance

by Aamalendu Bagchi

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### Preparation before the Puja Day

5. I suggest that the shrine is made ready the night before Puja (Friday – October 8<sup>th</sup>)
6. Put all the ingredients and utensils near the shrine, preferably the night before.
7. The place of worship may be cleaned the night before. Avoid any clutter around the shrine.
8. It is customary to take a bath and wear fresh clothes before starting the puja preparation on the Puja Day. I am sure everyone follows this, but I am mentioning it just to have a complete list of guidance.
9. On the Puja Day (Oct 9<sup>th</sup>), we will start the preparation at 10:15-ish. Therefore, I suggest you have the fruits washed and cut by 10:15 AM.
10. In the Puja Samagree (attached below) I suggested use of banana or coconut as a fruit for the Ghata. However, it is probably better if have a small fruit, like apple, for the Ghata. It will make the Ghata more stable. It's Ok if you do not have a Ghata. If you do not have Ghata this fruit will not be necessary.
11. Have one thala/plate (paper/Styrofoam OK), in addition to the 4 Thalass mentioned in the previous list, you will need this for putting the Pradeep during Arati. No plate is necessary if you are using a pancha Pradeep or candle.
12. The flower bunch should have at least 15-20 flowers -- for puja and Anjali (for a family of 3-4).
13. Keep a roll of paper towel handy. You will need this for covering the 'Cut fruits' and hand wiping etc.
14. I always keep water in a bowl near the shrine – very helpful for throwing the match stick (if used) after lighting the Pradeep/candle. Also, it can be used for any accidental fire from the Pradeep or candlestick.
15. An Asan for puja. If you do not have a puja Asan, then a washed folded bed sheet may be used. If you have difficulty sitting on ground then seating on a small stool/chair is Ok. The

puja will take 30-45 minutes. Additional time for Durga stuti and 108 names - about 10 minutes.

16. Plan not to talk on the phone during the preparation time and also during your worship. Since there is no option for repeating an item, your puja will be incomplete.
17. If you have any questions please email me: [amsubagchi@hotmail.com](mailto:amsubagchi@hotmail.com) , by Thursday; put 'Virtual Durga Puja' in subject line.

## Puja Samagree (same as the one sent with Sept 15 email)

Below is a list of ingredients needed for Puja, prepared by Amalendu Bagchi. Please contact him ([amsubagchi@hotmail.com](mailto:amsubagchi@hotmail.com)), if you have questions. A second email with any missing item and additional guidance for setting up, will be sent to only those who send RSVP and like to perform Puja at home.

1. Picture of Durga. If not using the shrine used for daily worship, create a temporary shrine on a table.
2. Ghata and Amrapallav (metallic is OK) – Both optional.
3. A whole banana. You may use a whole coconut, provided the Ghata is big enough to support a whole coconut. This item is not necessary if you do not use a Ghata.
4. Kosha kushi and tamrapatra. As an alternative, a new bowl and a new glass (Styrofoam is OK).
5. Pushpapatra (Styrofoam/paper, (at least 6" dia) is OK).
6. 4 Thala (dish) for offering food (Styrofoam/paper is OK). At least one should be 6" dia, rest could be 3-4" dia.
7. 7 small glasses (Styrofoam/paper is OK).
8. Pradeep (candle in a holder is OK). if you have Pradeep, salte (wick) will be needed (Note: a salte can be made using real cotton balls; artificial cotton balls will not do. If you do not have real cotton, I suggest use of candle as Pradeep
9. Incense stick and Dhup dani (If you do not have Dhoop dani you may use a fruit to insert the stick)
10. Chandan - Sandal wood paste (Note: If you do not have the Chandan pata, sandalwood powder mixed with water will do. Sandalwood powder is available in Indian stores (Bombay bazar?).
11. Sindur - (vermilion powder)
12. Flowers – one bunch for puja; if you want to decorate the shrine with flowers, then additional flowers will be needed.
13. Oil.
14. Fruits – at least 4.
15. Sweet/dates.

# শ্রী শ্রী দুর্গাস্তুতি

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দুর্গায়ৈ হৃগ্গপারায়ৈ সারায়ৈ সর্বকারিণ্যৈ ।  
 ব্যাটো তথৈব কৃষ্ণায়ৈ ধূমায়ৈ সততঃ নমঃ ॥ ১২  
 অতিসৌম্যাতিকৌম্ভায়ৈ নতাক্ষ্যৈ নমো নমঃ ।  
 নমো জগৎপ্রতিষ্ঠায়ৈ দেব্যা কৃত্যৈ নমো নমঃ ॥ ১৩

যা দেবী সর্বভূতেষু বিদ্যুদায়ৈতি শব্দিতা ।  
 নমস্ত্যৈ (১৪) নমস্ত্যৈ (১৫) নমস্ত্যৈ নমো নমঃ ॥১৬  
 যা দেবী সর্বভূতেষু চোক্তনেত্র্যভিবীয়তে ।  
 নমস্ত্যৈ (১৭) নমস্ত্যৈ (১৮) নমস্ত্যৈ নমো নমঃ ॥১৯

যা দেবী সর্বভূতেষু বৃদ্ধিরূপেণ সংস্থিতা ॥  
 নমস্ত্যৈ (২০) নমস্ত্যৈ (২১) নমস্ত্যৈ নমো নমঃ ॥২২  
 যা দেবী সর্বভূতেষু নিম্নারূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (২৩) নমস্ত্যৈ (২৪) নমস্ত্যৈ নমো নমঃ ॥২৫

যা দেবী সর্বভূতেষু স্তম্ভারূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (২৬) নমস্ত্যৈ (২৭) নমস্ত্যৈ নমো নমঃ ॥২৮  
 যা দেবী সর্বভূতেষু ছায়াৰূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (২৯) নমস্ত্যৈ (৩০) নমস্ত্যৈ নমো নমঃ ॥৩১  
 যা দেবী সর্বভূতেষু শক্তিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৩১) নমস্ত্যৈ (৩২) নমস্ত্যৈ নমো নমঃ ॥ ৩৪

যা দেবী সর্বভূতেষু তুষ্কারূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৩৩) নমস্ত্যৈ (৩৪) নমস্ত্যৈ নমো নমঃ ॥৩৭  
 যা দেবী সর্বভূতেষু কাঙ্কিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৩৫) নমস্ত্যৈ (৩৬) নমস্ত্যৈ নমো নমঃ ॥৩৮  
 যা দেবী সর্বভূতেষু জাতিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৩৭) নমস্ত্যৈ (৩৮) নমস্ত্যৈ নমো নমঃ ॥৩৯

যা দেবী সর্বভূতেষু লক্ষ্মীরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪০) নমস্ত্যৈ (৪১) নমস্ত্যৈ নমো নমঃ ॥৪০  
 যা দেবী সর্বভূতেষু শান্তিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪২) নমস্ত্যৈ (৪৩) নমস্ত্যৈ নমো নমঃ ॥ ৪৩

যা দেবী সর্বভূতেষু লক্ষ্মীরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪০) নমস্ত্যৈ (৪১) নমস্ত্যৈ নমো নমঃ ॥৪২  
 যা দেবী সর্বভূতেষু শান্তিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪০) নমস্ত্যৈ (৪১) নমস্ত্যৈ নমো নমঃ ॥৪৩  
 যা দেবী সর্বভূতেষু লক্ষ্মীরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪০) নমস্ত্যৈ (৪১) নমস্ত্যৈ নমো নমঃ ॥৪৪

যা দেবী সর্বভূতেষু বৃদ্ধিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪২) নমস্ত্যৈ (৪৩) নমস্ত্যৈ নমো নমঃ ॥৪১  
 যা দেবী সর্বভূতেষু শান্তিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪২) নমস্ত্যৈ (৪৩) নমস্ত্যৈ নমো নমঃ ॥৪৪  
 যা দেবী সর্বভূতেষু দয়াক্ষেপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪৫) নমস্ত্যৈ (৪৬) নমস্ত্যৈ নমো নমঃ ॥৪৭

যা দেবী সর্বভূতেষু কুটীরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪৭) নমস্ত্যৈ (৪৮) নমস্ত্যৈ নমো নমঃ ॥৪৮  
 যা দেবী সর্বভূতেষু মাতৃরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৪৯) নমস্ত্যৈ (৫০) নমস্ত্যৈ নমো নমঃ ॥৪৯

যা দেবী সর্বভূতেষু স্মিত্তিরূপেণ সংস্থিতা ।  
 নমস্ত্যৈ (৫১) নমস্ত্যৈ (৫২) নমস্ত্যৈ নমো নমঃ ॥৫০  
 ইন্দ্রিয়ানামধিষ্ঠাত্রী কৃতানামাধিপিতৃষু যা ।  
 ভূতেষু সততঃ ত্যৈ ব্যাঞ্জিতবৈ নমো নমঃ ॥৫১

চিত্তিরূপেণ যা কৃৎস্নমেতন্ ব্যাপ্য স্থিতা জগৎ ।  
 নমস্ত্যৈ (৫১) নমস্ত্যৈ (৫২) নমস্ত্যৈ নমো নমঃ ॥৫১

(শ্রী শ্রী চণ্ডী, পঞ্চম অধ্যায়, শ্লোক ১২-৮০)





SRI SRI DURGA STUTI



Durgaoi Durgaparaoi Saraoi Sarvakarinyaoi  
Khatyaoi Tathaiba Krishnaoi Dhumraoi Satatang Namah.  
Ati Soumati Roudraoi Natastasyaoi Namoh Namah  
Namoh Jagat Pratisthaoi Devyaoi Krityaoi Namoh Namah.

Ya Devi Sarva Bhuteshu Vishnumayeti Shabdita  
Namastasyaoi Namastasyaoi Namastasyaoi Namoh Namah.

Ya Devi Sarva Bhuteshu Chetanetyavidhiyate Sangstitha Namastasyaoi (3) Namoh Namah

Ya Devi	Sarva	Bhuteshu	Buddhirupenh	Sangstitha	Namastasyaoi	(3)	Namoh	Namah.
Ya Devi	..	..	.. Nidrarupenh	..	..	..	..	..
Ya Devi	..	..	.. Kshudharupenh	..	..	..	..	..
Ya Devi	..	..	.. Chhayarupenh	..	..	..	..	..
Ya Devi	..	..	.. Shaktirupenh	..	..	..	..	..
Ya Devi	..	..	.. Trishnarupenh	..	..	..	..	..
Ya Devi	..	..	.. Khsantirupenh	..	..	..	..	..
Ya Devi	..	..	.. Jatirupenh	..	..	..	..	..
Ya Devi	..	..	.. Lajjarupenh	..	..	..	..	..
Ya Devi	..	..	.. Shantirupenh	..	..	..	..	..
Ya Devi	..	..	.. Shradddharupenh	..	..	..	..	..
Ya Devi	..	..	.. Kantirupenh	..	..	..	..	..
Ya Devi	..	..	.. Lakshmirupenh	..	..	..	..	..
Ya Devi	..	..	.. Brittirupenh	..	..	..	..	..
Ya Devi	..	..	.. Smritirupenh	..	..	..	..	..
Ya Devi	..	..	.. Dayarupenh	..	..	..	..	..
Ya Devi	..	..	.. Tustirupenh	..	..	..	..	..
Ya Devi	..	..	.. Matrirupenh	..	..	..	..	..
Ya Devi	..	..	.. Vrantirupenh	..	..	..	..	..

Indriyanam Adhisthatri Bhutanancha Akhileshu Ya  
Bhuteshu Satatang Tasyaoi Vyaptidevyaoi Namoh Namah.  
Chitirupenh Ya Kritsnam Etad Vapya Shtita Jagat  
Namastasyaoi Namastasyaoi Namastasyaoi Namoh Namoh.

(From Sri Sri Chandī, Chapter 5, Slokas 12 - 80)



**MAHADEVI'S ASTOTTAR SATANAM (108 names of the Divine Mother)**

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1. Sri Maathayai Namah                | 55. Nishkamayai Namah       |
| 2. Sri Mahaa Raagniyai Namah          | 56. Nirupapaliavayai Namah  |
| 3. Srimath Simhaasaneswariyai Namah   | 57. Nityamuktayai Namah     |
| 4. Devakarya Samudyathayai Namah      | 58. Nirvikarayai Namah      |
| 5. Chaturbahu Samenvithayai Namah     | 59. Nisprapanchayai Namah   |
| 6. Sarvarunaayai Namah                | 60. Nirasrayai Namah        |
| 7. Sivayai Namah                      | 61. Nityasuddhayai Namah    |
| 8. Svadhina Vallabhayai Namah         | 62. Nityabuddhayai Namah    |
| 9. Pancha Brahmaasana Stithayai Namah | 63. Niravadhyayai Namah     |
| 10. Kadamba Vanavasiniyai Namah       | 64. Nirantarayai Namah      |
| 11. Kamakshayai Namah                 | 65. Nishkaranayai Namah     |
| 12. Kamadayiniyai Namah               | 66. Nishkalankayai Namah    |
| 13. Mula Mantraatmikayai Namah        | 67. Nirupadhyayai Namah     |
| 14. Kulasanketapalinayai Namah        | 68. Niriswarayai Namah      |
| 15. Kulanganayai Namah                | 69. Niraagayai Namah        |
| 16. Kouliniyai Namah                  | 70. Ragamathanayai Namah    |
| 17. Kulayoginayai Namah               | 71. Nimadayai Namah         |
| 18. Akulayai Namah                    | 72. Madanasiniyai Namah     |
| 19. Samayaantastayai Namah            | 73. Nischinthayai Namah     |
| 20. Samayaacharaa Thatparaayai Namah  | 74. Nirahamkarayai Namah    |
| 21. Muladharalkya Nilaysayai Namah    | 75. Nimohayai Namah         |
| 22. Brahmagranti Bivedhinayai Namah   | 76. Mohanasiniyai Namah     |
| 23. Rudragranti Bivedhinayai Namah    | 77. Nirmamayai Namah        |
| 24. Mahasaktayai Namah                | 78. Mamathahanthrayai Namah |
| 25. Kundiniyai Namah                  | 79. Nishpapayai Namah       |
| 26. Bhavaniniyai Namah                | 80. Papanashiniyai Namah    |
| 27. Bhavanagamiyai Namah              | 81. Nishkrodhayai Namah     |
| 28. Bhavaranya Kutarkayai Namah       | 82. Krodhasamaniniyai Namah |
| 29. Bhadrapriyai Namah                | 83. Nirlobhayai Namah       |
| 30. Bhadrasmurthayai Namah            | 84. Lobhanasiniyai Namah    |
| 31. Bhaktipriyai Namah                | 85. Nissamsayai Namah       |
| 32. Bhaktigamiyai Namah               | 86. Samsayagninai Namah     |
| 33. Bhaktivatsyai Namah               | 87. Nirbhavayai Namah       |
| 34. Bhayapahai Namah                  | 88. Bhabanasiniyai Namah    |
| 35. Sambhavayai Namah                 | 89. Nirvikalpayai Namah     |
| 36. Sarada Aradhyayai Namah           | 90. Niraabedhayai Namah     |
| 37. Sarvaniniyai Namah                | 91. Nirbhedayai Namah       |
| 38. Samadayiniyai Namah               | 92. Bhedanasiniyai Namah    |
| 39. Sankarayai Namah                  | 93. Nirasayai Namah         |
| 40. Sree Kariyai Namah                | 94. Mriyumathaniniyai Namah |
| 41. Sathviyai Namah                   | 95. Nishkriyai Namah        |
| 42. Saracchandra Nivananayai Namah    | 96. Nishparigrahayai Namah  |
| 43. Sathodarayai Namah                | 97. Nisthulayai Namah       |
| 44. Santhimathayai Namah              | 98. Neelachikurayai Namah   |
| 45. Niradharayai Namah                | 99. Niraparayai Namah       |
| 46. Niranjanayai Namah                | 100. Niratyayai Namah       |
| 47. Nirlepai Namah                    | 101. Durlabhayai Namah      |
| 48. Nirmalayai Namah                  | 102. Durgamayai Namah       |
| 49. Ntyayai Namah                     | 103. Durgayai Namah         |
| 50. Nirakaarayai Namah                | 104. Dukhahantriyai Namah   |
| 51. Nirakulayai Namah                 | 105. Sukhapradayai Namah    |
| 52. Nirgunayai Namah                  | 106. Sarvagnayai Namah      |
| 53. Nishkalayai Namah                 | 107. Sarvamangalayai Namah  |
| 54. Santhayai Namah                   | 108. Jagaddhatrayai Namah   |



Om-Tat-Sat