Hanuman Jayanti at Home

Tuesday 20 April 2027

Short puja: about 20 minutes



Hanuman Jayanti honours Hanuman, the devoted helper of Rama. In the north it falls on the full moon of Chaitra; in Karnataka it is kept in December and in Tamil Nadu in December or January. Families chant the Hanuman Chalisa and offer vada, sindoor and betel leaves.

What you need

- Urad dal for vadas
- Sindoor and jasmine oil (or just flowers)
- Betel leaves
- Bananas and jaggery
- A Hanuman Chalisa book or printout
- Orange or red flowers

Before the puja

- Clean the puja place and take a bath; wear fresh clothes.
- Set out a lamp, incense, flowers, turmeric, kumkum, rice and water.
- Read the story to the family before you begin.

Short puja, step by step

1. **Light the lamp** and say the lamp prayer, then pray to Ganesha.
2. **Set up.** Place a picture of Hanuman, ideally with Rama, and decorate with orange or red flowers.
3. **Worship Rama first.** Hanuman is happiest when Rama is worshipped, so begin with Rama.
4. **Worship Hanuman.** Offer sindoor mixed with jasmine oil (or just flowers), betel leaves and bananas.
5. **Hanuman Chalisa.** Chant the Hanuman Chalisa together once, or eleven times if you can.
6. **Offer vadas.** Offer vadas or a sweet, and share with friends.
7. **Arati.** Wave the lamp, ask forgiveness for anything missed and share the prasada.

Prayers to chant

शुभं करोति कल्याणम् आरोग्यं धनसम्पदः । शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥

I bow to the light of the lamp, which brings goodness, health and wealth, and removes harmful thoughts.

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

O Lord with the curved trunk, shining like a million suns, remove the obstacles from all my work, always.

श्री राम जय राम जय जय राम ॥

Victory to Rama.

ॐ हनुमते नमः ॥

Salutations to Hanuman.

मनोजवं मारुततुल्यवेगं जितेन्द्रियं बुद्धिमतां वरिष्ठम् । वातात्मजं वानरयूथमुख्यं श्रीरामदूतं शरणं प्रपद्ये ॥

I take refuge in Hanuman, swift as the mind and the wind, master of the senses, wisest of the wise, messenger of Rama.

ॐ प्राणाय स्वाहा । ॐ अपानाय स्वाहा । ॐ व्यानाय स्वाहा । ॐ उदानाय स्वाहा । ॐ समानाय स्वाहा ॥

Offering the food to the five breaths of life.

यानि कानि च पापानि जन्मान्तरकृतानि च । तानि तानि विनश्यन्ति प्रदक्षिण पदे पदे ॥

With every step around the altar, may all past wrongs fall away.

With children

- Make a Hanuman gada (mace): Cover the ball or upside-down cup with gold paper.
- Tell the story of Hanuman Jayanti before the puja.

A simple home guide from VedaVidesh. Every family and region has its own customs, so follow yours where they differ, and check a local panchanga for the exact time in your city. Dates are for India; abroad they can differ by a day. Members also get the full puja with every mantra.