

16 Sanskars

What are they?

- Things that we are told that will be good for us?
- Family traditions that have been passed down?
- What our parents tell us to do?
- Doing Pooja?



What it actually means

- Literally it means...
 - Making perfect
 - Purification
 - Cleansing

The 16 Sanskars

- Garbhadana

- First Sanskar

- Ensures a healthy child

- Prayers for a child

- Performed by the husband.

- Punsavana

- The second Sanskar

- 3rd and 4th month of pregnancy

- Invoke (Raise) divine and good qualities in the child

The 16 Sanskars

- Simantonayana

- Third Sanskar
- Done by the Husband for the wife to protect her from evil spirits
- Performed during the seventh month of pregnancy
- The expectant (pregnant) mother gets food of her choice

- Jatakarma

- Performed at the birth of the new born baby
- Bharmens recite mantras
- Father feeds the new born with honey
- Ears are pierced



The 16 Sanskars

- Namkaran
 - 5th Sanskar
 - Naming of the baby, usually occurs on the 10th, 11th or the 12th day
- Karnaveda
- Nishkarma
 - The child is taken out of the house for the first time
 - Enhance the age and physical and mental development of the child.

The 16 Sanskars

- Annaprasana

- Performed on the 6th month since birth
- To bless the child with a good digestive system

- Chudkaram

- Performed on the 1st or the 3rd year
- Shaving of the head



- Upanayana (Sacred thread ceremony (Janai))

- The most important sanskar
- Upanayan = Bring near
- 'Spiritual birth'

The 16 Sanskars

- Vedarambha
 - The child starts the process of learning the Vedas

- Samavartan
 - End of being a student
 - End of Bhramcharya Ashram

- Vivaha
 - Getting married
 - 'Union of 2 souls'

The 16 Sanskars

- Vanprasth + Sanyas
 - Man/women retire from the world
 - Usually happens at 55+

- Anteshti
 - Final sanskar, person dies
 - Cremation (burning of the mortal body) must take place

Discussion

- If one does not fulfill all 16 sanskars, would they still go to Akshardham?
- Are the 16 Sanskars relevant for today's day and age?
- Are there different sanskars for different Castes?
- What would happen if one becomes a swami, Do you think they have to fulfill their sanskars?