



OM NAMO NARAYANAYA



UTTARA GURUVAYURAPPAN TEMPLE

35th Annual UTSAVAM

10th to 17th May 2024

ഉത്തര ഗുരുവായൂരപ്പൻ ക്ഷേത്രം

Arsha Dharma Parishad

Krishna Marg, Pocket-III, Mayur Vihar Phase-1, Delhi - 110091

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During Utsavam, extensively prescribed purifying and energizing Thantric rituals will be performed with the aim of enhancing the Deva Chaitanyam of the Presiding Deity and Upadevatas, thereby ensuring removal of all ill-effects caused knowingly or unknowingly in and around the Temple, as well as help ushering in positive vibes, peace, harmony, perpetual happiness and prosperity of the entire region and devotees.

Utsavam days are interspersed with a variety of scrupulously and diligently planned amazing versions of entertainments of traditional and contemporary Temple Art Forms like Kathakali, Chakiyar Koothu, Thullal Thrayam, Sopana Sangeetham, Aksharasloka Sadassu, Group Carnatic Concert, along with display of Variety Dance Pogrammes, Ballet, Folk Shows, Edakka Vismayam, Instrumental Ensemble, Keli, Thayambaka, Pulluvanpattu, Panchavadyam, Pandimelam etc. It is also an occasion to be together and have an insight into the rich heritage inherited by us.

Vadyam, an integral and inseparable part of Utsavam includes a mega troupe of 34 skilful percussionists under the leadership of Cherpulassery Shri Haridas Poduwal, -- all jointly poised to exhibit their exhilarating power of hypnotic drumming in Melam, Panchavadyam, Keli and Thayambaka. Similarly, versatile exponents of Thayambaka will be on their acme of prowess to weave a mesmerizing symphony, on special days, to the merriment of all. Nadaswaram, yet another auspicious instrumental display will be performed on all days of Utsavam by a five member specialists led by Dr. PLGMT Palani from Karaikkal.

Colourful processions accompanied with Thalapoli will reach the Temple daily from different locations, to enable devotees offer 'Nirapara', (Parayeduppu) en route.

Temple will also play host to all devotees, in providing freshly prepared, sumptuous & nutritious breakfast, lunch and dinner, suiting to all taste buds during Utsavam days. Celebration of this mega event, Utsavam 2024, involving mammoth efforts and resources demand whole-hearted cooperation and support of Lord Gurusvayurappan's devotees. The Executive Committee of Arsha Dharma Parishad, therefore, earnestly appeals for large scale participation of one and all to make the celebrations a successfully accomplished memoir.

May Lord Gurusvayurappan shower His Blessings on all of us !!!

**Executive Committee
Arsha Dharma Parishad**





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- ആറാട്ട്, കൊടിയിറക്കം, പ്രതിഷ്ഠാനിനോഘോഷം 17.05.2024 വെള്ളിയാഴ്ച രാവിലെ
- ഗുരുവായൂരപ്പൻ പൂജ് പാദിഷേകം 17.05.2024 വെള്ളിയാഴ്ച വൈകുന്നേരം
- സൗരഗായത്രിഹോമം/സുകൃതഹോമം 18.05.2024 ശനിയാഴ്ച രാവിലെ

ഭാരതീയ സംസ്കൃതിയുടെ അവിഭാജ്യ ഘടകങ്ങളായ നൃത്തം, വാദ്യം, സംഗീതം എന്നീ ഈശ്വരീയ കലകളുടെ സമ്മേളനം കൂടിയാണ് തിരുവുത്സവം. കഥകളി, ചാക്യാർകൂത്ത്, തുള്ളൽത്രയം, സോപാനസംഗീതം, അക്ഷരശ്ലോകസദസ്സ്, സംഗീതസദസ്സ്, പുള്ളുവൻപാട്ട് എന്നിങ്ങനെ പരമ്പരാഗത ക്ഷേത്രകലകൾക്കൊപ്പം നവീന സാങ്കേതിക വിദ്യയുടെ സന്നിവേശത്തോടെ താളവാദ്യസമന്വയം, ഇടയ്ക്ക വിസ്മയം, ബാലെ, സംഘനൃത്തം, മുതലായ കലാരൂപങ്ങളും ചേർന്ന സമ്മിശ്രകലാവിഭവമാണ് ആഘോഷദിനങ്ങളിൽ ഒരുക്കിയിരിക്കുന്നത്.

മേളമാണ് ഉത്സവത്തിന്റെ ഏറ്റവും വലിയ ആകർഷണം. ഇത്തവണ അനുഗ്രഹീതകലാകാരനായ ശ്രീ ചെർപ്പുളശ്ശേരി ഹരിദാസ് പൊതുവാൾ ഉത്സവച്ചടങ്ങുകളുടെ ഭാഗമായ വാദ്യമേളങ്ങൾക്ക് നേതൃത്വം നൽകും. 34 കലാകാരന്മാർ അണിനിരക്കുന്ന പാണ്ടിമേളം, പഞ്ചവാദ്യം എന്നിവ കൂടാതെ വിശേഷാൽ തായമ്പക, കേളി എന്നിവയും ഇത്തവണത്തെ ഉത്സവത്തിന് മാറ്റുകൂട്ടും. കാരയ്ക്കലിൽനിന്നുള്ള അഞ്ചംഗ വാദ്യസംഘം ഡോ. PLGMT പള്ളിയുടെ നേതൃത്വത്തിൽ നാദസ്വരക്കച്ചേരി അവതരിപ്പിക്കും.

പ്രദേശത്തെ ഉത്സവലഹരിയിലാക്കുന്ന ഭക്തജനഘോഷയാത്ര ഈ വർഷവും മനോഹരമായി നടത്താനുള്ള ഒരുക്കങ്ങൾ ചെയ്തിട്ടുണ്ട്. താലപ്പൊലി, നിറപറ, മുത്തുകൂട, വാദ്യമേളം, മുതലായവയോടെ നടക്കുന്ന ഗംഭീരഘോഷയാത്രയിൽ എല്ലാ ഭക്തജനങ്ങൾക്കും പങ്കെടുക്കാൻ അവസരമുണ്ടാവും.

ക്ഷേത്രപാലകരായ ഭൂതഗണങ്ങൾക്ക് നിവേദ്യമർപ്പിക്കുന്നപോലെതന്നെ, ക്ഷേത്രത്തിന്റെ അഭിവൃദ്ധിക്കായി അനവരതം ഉത്സാഹിക്കുന്ന ഭക്തജനങ്ങൾക്ക് അന്നദാനമേകുന്നതും പ്രധാനമായതിനാൽ അതിനുള്ള എല്ലാ ഏർപ്പാടുകളും ചെയ്തിട്ടുണ്ട്.

ഇത്രയേറെ വിപുലമായ ഒരാഘോഷം ഭക്തജനങ്ങളുടെ നിരന്തരസാന്നിധ്യം, സജീവപങ്കാളിത്തം, സ്വമേധയാപ്രയത്നം എന്നിവയിലൂടെ മാത്രമേ സഫലമാവൂ എന്നതിനാൽ എല്ലാവരുടെയും നിർലോപമായ സഹകരണത്തിനായി പ്രാർത്ഥിച്ചുകൊണ്ട്,

നിർവ്വാഹകസമിതി
ആർഷ ധർമ്മ പരിഷത്ത്



8TH

MAY 2024 WEDNESDAY
MEDAM 25, 1199, BHARANI

POOJA PROGRAMME

MORNING

- 05.00 AM onwards : Nirmalya Darsanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja
- 06.00 AM onwards : **LAKSHARCHANA, KALABHAM EZHUNNALLIPPU & KALABHABHISHEKAM** accompanied with Panchavadyam by **Cherpulassery Shri Haridas Poduval & Party** (Kalabhabhishekam Sponsored by Shri Abhijith Kumar, Smt. Umamaheswari & Family)
- SPECIAL UDAYASTHAMANA POOJA** by Thantri (Sponsored by Shri K Ganesh Raj & Family) Uchha Pooja

EVENING

- 05.30 PM onwards : **PRAASADA SUDHI KALASA POOJA,** Deeparadhana, Athazha Pooja

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



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CULTURAL PROGRAMME

MORNING

- 10.30 AM : **NAMARCHANA** by Mathru Sanghatana (Sponsored by Smt. Thankam Shasthrikal)



EVENING

- 06.30 PM : **NRITYANJALI** Variety dance programme presented by disciples of **Guru Smt. Rajeswari Menon, Guru Miss. Madhini Subramanian, Guru Dr. Jayapraba Menon, Guru Smt. Shalini Prashant, Guru Kalamandalam Kalasree Smt. Radha Marar.** (Sponsored by Shri Rajesh V Menon)



9TH MAY 2024 THURSDAY
MEDAM 26, 1199, KARTHIKA

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darshanam,
Abhishekam, Ganapathi Homam,
Malar Nivedyam
Usha Pooja

**BIMBASUDHI KALASA POOJA AND
KALASABHISHEKAM**

Uchha Pooja

EVENING

07.00 PM onwards : Deeparadhana,
Parikalasa Pooja,
Athazha Pooja



PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTU AT 1.00 PM. AND LAGHUBHAKSHANAM AT 9.30 PM



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CULTURAL PROGRAMME

MORNING

10.30 AM : **GROUP CARNATIC KACHERI** by
Dr. Prashant Gopinath Pai, Dr. N. M. Anoop
Krishnan, Vid. Srihari and Vid. Sreerag
(Sponsored by Shri Abhilash V & Family)



GROUP CARNATIC KACHERI



EVENING

06.30 PM : **DANCE BALLET - SREE MANIKANDAN** by
Indraprastha Kalavedi, New Delhi.
(Sponsored by M/s V & S SeAir Logistics Pvt. Ltd.)



10TH MAY 2024 FRIDAY
MEDAM 27, 1199, ROHINI

KODIYETTAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darsanam, Abhishekam,
Ganapathi Homam, Malar Nivedyam,
Usha Pooja
07.00 AM onwards : **301 Parikalasabhishekam** followed by
Brahmakalasabhishekam for
Lord Gurusvayurappan.
Uchha Pooja

EVENING

06.30 PM onwards : Deeparadhana, Mulayidal, Mulapooja
07.30 PM : **KODIYETTAM** accompanied with
Melam by **Cheruplassery Shri Haridas
Poduval & Party**
Athazha Pooja, Sreebhoothabali



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Utsavam Sponsored by

RESIDENTS OF MAYUR VIHAR PHASE 1 EXTENSION & EAST END APARTMENTS

CULTURAL PROGRAMME

MORNING



10.30 AM : **Aksharasloka Sadassu** by
Gurusvayurappan Akshara
Sloka Samithi, Mayur Vihar-1
(Sponsored by Smt. Thankam Shasthrikal)

EVENING

09.00 PM : **KATHAKALI** by International
Centre for Kathakali, New Delhi
Katha: **Sreerama Pattabhishekam**
(Sponsored by Shri Gangadhara Poduwal
& Family)

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM

11TH

MAY 2024 SATURDAY
MEDAM 28, 1199, MAKEERAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darsanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja
07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan, **Mahakalasabhishekam** for Goddess Durga Bhagavathy and **Mahakalasabhishekam** for Lord Siva, Sreebhoothabali, Ezhunnallippu. Uchha Pooja

EVENING

05.00 PM onwards : **Parayeduppu, Ezhunnallippu** and Thalappoli accompanied with Vadyam from Riverview Apartments, Mayur Vihar-I Extn. covering Sekhar, Upkar, Sadar, Vasant, Rosewood, Dronacharya, Aashiana, Medha and OCS Apartments by Residents of Ashram, Srinivaspuri, Jasola, Gole Market & Kidwai Nagar
07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali, Ezhunnallippu

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



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Utsavam Sponsored by

RESIDENTS OF ASHRAM, SRINIVASPURI, JASOLA, GOLE MARKET & KIDWAI NAGAR

CULTURAL PROGRAMME

MORNING

10.30 AM : **FOLK MEGA SHOW** by Kaithola Nadanpattukootam, Thrissur, Kerala led by Playback Singer Sijo Sunny (Sponsored by M/s Impex Services India Pvt. Ltd)



EVENING

07.00 PM : **SUPER SPECIAL SINGLE THAYAMBAKA** by Kallur Shri Unnikrishnan & Party (Sponsored by Shri Pradosh Kumar & Family)





12TH MAY 2024 SUNDAY
MEDAM 29, 1199, THIRUVATHIRA

UTSAVABALI

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
 06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darsanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja

07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan and **Mahakalasabhishekam** for Goddess Durga Bhagavathy

07.00 AM : **Parayeduppu** at DDA Flats, Chilla

08.30 AM : **Parayeduppu** at East End Apartments

08.30 AM : **Parayeduppu** from Una Enclave covering Gyandeeep, Delhi Police, Mavilla, Manu, Maitri, Anand Lok, Supreme Enclave, Fine Home & Bhagyan Apartments

09.00 AM : **UTSAVABALI**
 (Sponsored by Shri Sudheesh Kumar & Family)
 Uchha Pooja

EVENING

05.00 PM onwards : **Parayeduppu** for Mayur Vihar Phase 1 Extension Societies from Manas Apartments covering Parwana, Kala Vihar, Nirman, Glaxo, Vidyapan Lok, Kirti, United, Lovely, Samachar and Vardhman Apartments



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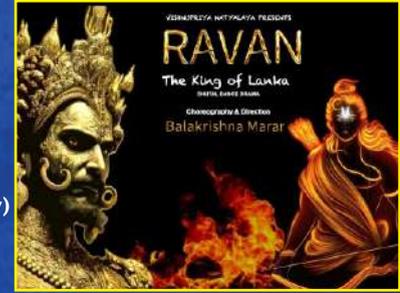
Utsavam Sponsored by

RESIDENTS OF MAYUR VIHAR PHASE 1 - NORTH SOCIETIES

CULTURAL PROGRAMME

MORNING

10.00 AM : **RAVAN** - The King of Lanka - Dance Ballet by Vishnupriya Natyalaya directed by Guru Balakrishna Marar
 (Sponsored by Shri Byas Anand & Family)



EVENING

07.00 PM : **SUPER SPECIAL DOUBLE THAYAMBAKA** by Sadanam Shri Ramakrishan, Kalluvazhi Shri Prakashan & Party
 (Sponsored by Shri M Narayanan Kutty & Family)



05.45 PM onwards : **Ezhunnallippu and Thalappoli** accompanied with Vadyam from Glaxo Apartments, Mayur Vihar Phase 1 Extn. by Residents of Mayur Vihar Phase I North Societies and Residents of Mayur Vihar Phase I Extn. & East End Apts

07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali, Ezhunnallippu

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM

13TH MAY 2024 MONDAY
MEDAM 30, 1199, PUNARTHAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darsanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja

07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan and **Mahakalasabhishekam** for Goddess Durga Bhaghavathi. Sreebhoothabali, Ezhunnallippu, Uchha Pooja

10.30 AM onwards : **Yatheeswara Pooja**
(Sponsored by Shri Dheeraj Nair & Family, Shri Sreedhara Panicker & Family)

EVENING

05.00 PM onwards : **Parayeduppu** from Baba Balaknath Mandir Pkt-2, Mayur Vihar-I covering Ganga Market, DESU Market and Chilla Road

06.00 PM onwards : **Parayeduppu, Ezhunnallippu and Thalappoli** accompanied with Vadyam from Sri Ram Mandir, Pocket-1, Mayur Vihar Phase-I (Via) Pocket-3 by Residents of Mayur Vihar Phase 2, Dilshad Garden, Indirapuram & Greater Noida West

07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali, Ezhunnallippu

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



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Utsavam Sponsored by

RESIDENTS OF MAYUR VIHAR PHASE 2, DILSHAD GARDEN, INDIRAPURAM & GREATER NOIDA WEST

CULTURAL PROGRAMME

MORNING

10.30 AM : **CHAKYAR KOTHU** by Kalamandalam Shri Sajith Vijayan (Sponsored by Shri Sreedhara Panicker & Family)

EVENING

07.00 PM : **THULLAL THRAYAM** by Kalamandalam Shri Karthik Sankar, Kalamandalam Shri Nandakumar & Kunjan Smarakam Shri Abhinand (Sponsored by Shri Babu Nambiar & Family)



14TH MAY 2024 TUESDAY
MEDAM 31, 1199, POOYAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darshanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja
07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan, **Mahakalasabhishekam** for Goddess Durga Bhaghavathi and **Mahakalasabhishekam** for Lord Ayyappa. Sreebhoothabali, Ezhunnallippu Uchha Pooja

EVENING

06.00 PM onwards : **Ezhunnallippu and Thalappoli** accompanied with Vadyam from Sri Durga Mandir, Pocket 4, Mayur Vihar Phase-I by Residents of Patparganj Societies, Laxmi Nagar & Gazipur
07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali, Ezhunnallippu

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



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Utsavam Sponsored by

RESIDENTS OF PATPARGANJ SOCIETIES, LAXMI NAGAR & GAZIPUR

CULTURAL PROGRAMME



MORNING

10.30 AM : **NADASWARA KACHERY** by Dr. PLGMT Palani & Party (Sponsored by Shri Chandran Warriar)

EVENING

07.00 PM : **SPECIAL DOUBLE THAYAMBAKA** by Kanhangad Shri Narayana Marar, Nileswaram Shri Pramod Marar & Party (Sponsored by Shri V V Sudhakaran & Family)



15TH MAY 2024 WEDNESDAY
EDAVALAM 1, 1199, AYILYAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darsanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja
07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan, **Mahakalasabhishekam** for Goddess Durga Bhaghavathy.
08.00 AM : **SPECIAL SARPA POOJA** by Thantri AT SARPA KAVU
(Sponsored by Shri Pradyumna Iyer, Kum. Sowmya Gayathri & Kum. Sandhya Ganesh)
Sarpam Paattu by Palappuram Shri Sathyan & Party
(Sponsored by a Devotee)
Sreebhoothabali, Ezhunnallippu, Uchha Pooja

EVENING

05.30 PM onwards : **Parayeduppu , Ezhunnallippu and Thalappoli with Vadyam** from Sri Subha Sidhi Vinayakar Temple, Pocket-4 by Residents of Mayur Vihar Phase-3
07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali, Ezhunnallippu



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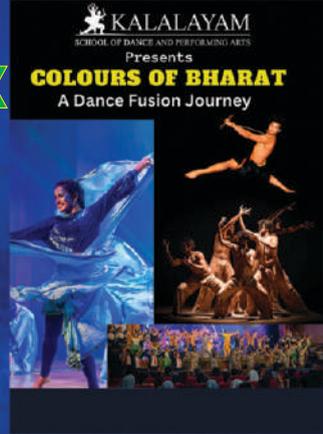
Utsavam Sponsored by

RESIDENTS OF MAYUR VIHAR PHASE-3

CULTURAL PROGRAMME

MORNING

10.30 AM : **COLOURS OF BHARAT** - Contemporary Dance Program by Kalalayam School of Dance & Performing Arts led by Shri Nandakumar (Sponsored by Smt. Meera Kumar Iyer & Family, Gurgaon)



EVENING

07.00 PM : **EDAKKA VISMAYAM** by Peringodu Shri Subramanian & Party (Sponsored by Shri S K Iyer & Family, Gurgaon)
09.00 PM : **Felicitation of Utsavam Vadya Sangham**



PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM

16TH MAY 2024 THURSDAY
EDAVALAM 2, 1199, MAKAM

PALLIVETTA

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : Nirmalya Darshanam, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja

07.00 AM onwards : **10 Parikalasabhishekam** followed by **Brahmakalasabhishekam** for Lord Guruvayurappan, **Mahakalasabhishekam** for Goddess Durga Bhaghavathy and **Mahakalasabhishekam** for Lord Ganapathy Sreebhoothabali, Ezhunnallippu Uchha Pooja

EVENING

06.00 PM onwards : **Ezhunnallippu and Thalappoli** accompanied with Vadyam from Sri Sai Mandir, Mayur Vihar Phase-I Extn. by Residents of Vasundhara Enclave & Noida

07.00 PM onwards : Deeparadhana, Athazha Pooja, Sreebhoothabali,

08.00 PM onwards : **PALLIVETTA** accompanied with Pandimelam at Aalthara
PALLIKURUPPU

PRABHATHA BHAKSHANAM AT 9.00 AM, PRASADA OOTTU AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



35th Annual UTSAVAM
10th to 17th May 2024



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Utsavam Sponsored by

Residents of Vasundhara Enclave & Noida

CULTURAL PROGRAMME

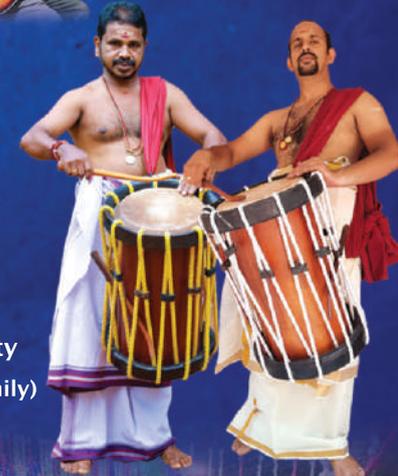
MORNING

10.30 AM : **INSTRUMENTAL ENSEMBLE** by Team FluteRK
(Sponsored by a Devotee)



EVENING

07.00 PM : **SPECIAL DOUBLE THAYAMBAKA**
by Koonathara Shri Unnikuttan, Painkulam Shri Satheesan & Party
(Sponsored by Shri Anilkumar & Family)



17TH MAY 2024 FRIDAY
EDA VAM 3, 1199, POORAM

AARATTU & PRATHISHTA DINAM

05.00 AM : Nadaswaram by Dr. PLGMT Palani & Party
06.30 AM : Vishnu Sahasranama Japam by devotees

POOJA PROGRAMME

MORNING

05.00 AM onwards : **PALLIYUNARTHAL**, Abhishekam, Ganapathi Homam, Malar Nivedyam, Usha Pooja

07.00 AM onwards : **KODIYIRAKKAM, AARATTU**, Aarattu Ezhunnallippu accompanied with **Pandimelam** at **AARATTU KADAVU. KODIKKAL PARA**

25 Parikalasabhishekam followed by **Brahmakalasabhishekam** for Lord Guruvayurappan. Sreebhoothabali, Ezhunnallippu Uchha Pooja

01.00 PM : **Aarattu Sadya**

EVENING

07.00 PM onwards : Deeparadhana, **PUSHPABHISHEKAM** for Lord Guruvayurappan (Sponsored by devotees)

PANCHAVADYAM by Cherpulassery Shri Haridas Poduval & Party

Athazha Pooja

PRABHATHA BHAKSHANAM AT 9.00 AM, AARATTU SADYA AT 1.00 PM AND LAGHUBHAKSHANAM AT 9.30 PM



35th Annual
UTSAVAM
10th to 17th May 2024



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Utsavam Sponsored by

RESIDENTS OF DDA FLATS MAYUR VIHAR PHASE-1, CHILLA & MAYUR KUNJ

CULTURAL PROGRAMME

EVENING

05.00 PM : **SOPANA SANGEETHAM** by
Eloor Shri Biju
(Sponsored by
Shri Dheeraj Nair & Family)





35th Annual UTSAVAM
10th to 17th May 2024



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SAURAGAYATHRI HOMAM (Sukrutha Homam)

Saturday 18th May 2024, 06.00 AM onwards



While every Mantra in the Vedas has its own significance and meaning, the Gayathri Mantra is considered uniquely powerful as an invocation to God, the Supreme Blissful Consciousness (sandra aananda avabodhaatmaka). The arrangement of the twenty-four seed syllables in the Gayathri Mantra is the most wonderful and mysterious. The chanting of this mantra develops a cosmic rhythm, a regular subtle vibration in the nerves of the environment. Its chanting is like a Yogic exercise where the body, mind and soul merge to realize the supreme bliss. The Sage (Rishi) is Vishwamitra, the meter (Chhandas) is Gayathri and the Presiding deity (Devata) is Savita (represented by Sun). Chanting of the Gayathri Mantra and participation in the Gayathri Homam bestows good health, vitality, longevity, fortitude, courage righteousness, wealth, grace, glory, success, love, intellectual independence, spiritual purification and divine transformation of the Self. Thus the Sauragayathri Homam, also called Sukrutha Homam, performed with the recital of Gayathri Mantra purifies and energizes the body, mind and soul of every participant.

The Gayathri Mantra with Pranavam and Vyahrithi is repeated 24,000 times during the Homam which will be conducted by a team of priests led by Temple Thantri Brahmasri Puliyannoor Aniyam Namboothiripad. All devotees are invited to participate in the Homam. For booking contact temple counter

₹300/-

BHARAT QR



ARSHA DHARMA PARISHAD
REGD.
New Delhi / Mayur Vihar



Details of Parayeduppu and Thalappoli - Utsavam 2024

11-05-2024 Saturday	5.00 PM	Parayeduppu, Ezhunnallippu and Thalappoli accompanied with Vadyam from Riverview Apartments, Mayur Vihar-I Extn. covering Sekhar, Upkar, Sadar, Vasant, Rosewood, Dronacharya, Aashiana, Medha and OCS Apartments by Residents of Ashram, Srinivasपुरi, Jasola, Gole Market & Kidwai Nagar
12-05-2024 Sunday Morning	7.00 AM	Parayeduppu at DDA Flats, Chilla
	8.30 AM	Parayeduppu at East End Apartments
	8.00 AM	Parayeduppu for Mayur Vihar Phase-I Societies (North) from Una Enclave covering Gyandeep, Delhi Police Apts., Mavilla, Manu, Maitri, Anand Lok, Supreme Enclave, Fine Home and Bhagyavan Apartments
12-05-2024 Sunday Evening	5:00 PM	Parayeduppu for Mayur Vihar Phase I Extension Societies from Manas Apartments covering Parwana, Kala Vihar, Nirman, Glaxo, Vigyapan Lok, Kirti, United, Lovely, Samachar and Vardhman Apartments
	5:45 PM	Ezhunnallippu and Thalappoli accompanied with Vadyam from Glaxo Apartments, Mayur Vihar Phase I Extn. by Residents of Mayur Vihar Phase I North Societies and Residents of Mayur Vihar Phase I Extn. & East End Apts
13-05-2024 Monday	5:00 PM	Parayeduppu from Baba Balaknath Mandir Pkt-2, Mayur Vihar-I covering Ganga Market, DESU Market and Chilla Road
	6:00 PM	Parayeduppu, Ezhunnallippu and Thalappoli accompanied with Vadyam from Sri Ram Mandir, Pocket-1, Mayur Vihar Phase-I (Via) Pocket-3 by Residents of Mayur Vihar Phase 2, Dilshad Garden, Indirapuram & Greater Noida West
14-05-2024 Tuesday	6:00 PM	Ezhunnallippu and Thalappoli accompanied with Vadyam from Sri Durga Mandir, Pocket 4, Mayur Vihar Phase-I by Residents of Patparganj Societies, Laxmi Nagar & Gazipur
15-05-2024 Wednesday	5.30 PM	Parayeduppu, Ezhunnallippu and Thalappoli accompanied with Vadyam from Sri Ganesh Mandir, Pkt-IV, Mayur Vihar Phase-I by Residents of Mayur Vihar Phase 3
16-05-2024 Thursday	6.00 PM	Ezhunnallippu and Thalappoli accompanied with Vadyam from Sri Sai Mandir, Mayur Vihar Phase-I Extn. by Residents of Vasundhara Enclave & Noida





Uttara Guruvayurappan Temple

Arsha Dharma Parishad

Krishna Marg, Pocket -III, Mayur Vihar Phase-1, Delhi-110091. Tel: 22710305, 35595174, Mob: 8368130663
Email: adparishad@gmail.com | Website: www.uttaraguruvayurappan.org

Rates for Offerings / Sponsorships

Niramala (both inside & outside), Chuttuvilakku, All Deepasthambhams,	
Chandanam Charthal and Thooku Vilakku	Rs. 25,000
Parikalasam per unit	Rs. 500
Milk per day	Rs. 4,000
Prasada Oottu (Annadanam)	Rs. 12,000
Laghubhakshanam	Rs. 10,000
Flower per day for daily poojas	Rs. 10,000
Ghee per tin	Rs. 10,000
Til oil per tin	Rs. 5,000
Rice per quintal	Rs. 5,000
Sugar per quintal	Rs. 5,000
Thidambu Mala / Decoration per day	Rs. 4,000
Kodimaram Decoration per day	Rs. 2,500
Pushpabishekam	Rs. 1000 per unit
Aalthara Decoration for Pallivetta	Rs. 10,000
Aarattu Kulam Decoration for Aarattu	Rs. 25,000
Vazhayila (Banana Leaf) per day	Rs. 15,000

Important Information (During Utsavam Period)

1. The Temple timings will be:
Morning : 5.00 A.M. to 11.30 A.M.
Evening : 5.30 P.M. to 9.30 P.M.
2. Only selected vazhipad will be accepted, the details of which can be had from the Office Counter. Archana, Pushpanjali etc. will be accepted from 5.00 A.M. to 7.00 A.M. and 5.30 P.M. to 7.00 P.M. only. Bookings can be done during temple timings.
3. Facilities for Nirapara and Nanayapara will be available during temple timings.
4. Daily Prabhatha Bhakshanam at 9.00 AM, Prasada Oottu at 01.00 P.M. and Laghubhakshanam at 9.30 P.M. from 8th -17th May 2024.
5. Children below 3 years are not permitted inside Nalambalam, during Utsavam period.
6. All programme schedules / timings are subject to change.
All such changes will be displayed on the Notice Board.
7. For any medical emergency, services are available at Sree Krishna Medical & Research Centre .

**Prabhatha Bhakshanam at 9.00 am, Prasada Oottu at 01.00 pm and
Laghubhakshanam at 9.30 pm daily from 8th - 17th May, 2024**

**Multiple sponsorships will be accepted for Prasada Oottu
and Laghubhakshanam**



35th Annual UTSAVAM

10th to 17th May 2024



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Brahmakalagam & Mahakalagam sponsors

Brahmakalagam for Lord Guruvayurappan

10.5.2024	Rohini	Shri Sharath S. Kumar
11.5.2024	Makeeryam	Master Ishaan
12.5.2024	Thiruvathira	Shri Dheeraj Nair
13.5.2024	Punaratham	Kum. Sowmya Gayathri
14.5.2024	Pooyyam	Kum. Sandhya Ganesh
15.5.2024	Ayilyam	Shri Sudheesh Kumar
16.5.2024	Makam	Master Ishayu
17.5.2024	Pooram	Shri Vibul

Mahakalagam for Goddess Durga Bhagavathy

11.5.2024	Makeeryam	Smt. Umamaheswari
12.5.2024	Thiruvathira	Smt. Sunila Narayanan
13.5.2024	Punaratham	Shri K. Ganesh Raj
14.5.2024	Pooyyam	Kum. Sandhya Ganesh
15.5.2024	Ayilyam	Kum. Sowmya Gayathri
16.5.2024	Makam	Smt. Sumedha

Mahakalagam for Lord Siva

11.5.2024	Uthradam	Sm. Umamaheswari
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Mahakalagam for Lord Ayyappa

14.5.2024	Chathayam	Shri K. Ganesh Raj
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Mahakalagam for Lord Ganapathy

16.5.2024	Uthrattathi	Kum. Sowmya Gayathri & Kum. Sandhya Ganesh
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Arsha Dharma Parishad is immensely thankful to all Devotees & Well Wishers for extending physical & financial support towards a number of spiritual & cultural activities during the Utsavam.





Guidelines for the Devotees

Devotees are requested to strictly observe Temple practices, regulations and formalities to preserve the sanctity of the Temple.

- Bath & cleanliness essential for entry into the Temple compound.
- Wash your feet, hands and mouth at the facility provided outside the Temple.
- Make sure you have removed your footwear and deposited at the chappal stand.
- Wearing of Bermudas/Shorts/Nighties/Mini-skirts/ Lungies & unorthodox/ revealing dresses prohibited.
- Entry after consuming intoxicating drinks / drugs is prohibited.
- Make sure that your mobile phone is switched off while entering the Temple.
- Infants should be taken inside the Nalambalam, only after Choroonu (Anna Prasam).
- During Utsavam days, children below the age of 3 years are not allowed inside Nalambalam.
- Children of tender age not trained in toilet habits should not remain inside the Temple for long period. They should necessarily be carried by the elders and should not be left free. In case a child urinates / defecates, Punniyaham (sanctification) charge as prescribed, is payable by parent/guardian immediately at the Temple counter.
- Maintain strict silence while in the Temple.
- Eatables are not to be carried or consumed within the compound.
- Don't carry / use Cigar, Beedi, Cigarette, Tobacco, Pan, Alcohol etc. in the Temple premises.
- Put all cash offerings in Hundi only.
- Donations in cash & kind may be given to the Temple counter against proper receipts.
- Briefcases, bags, packets, helmets, etc. are not allowed inside the Temple. Deposit them at the cloak room against token. Token is issued for identification only and Temple management will not be responsible for any loss.
- Photography inside the Temple is strictly prohibited.
- Don't stand in front of the Nalambalam blocking others' view.
- Don't step on the Sopanam. (Step leading to the deity enclosure)
- Don't ring the bell when the Nada is closed.
- Take care of your personal items and belongings.
- Ladies are not permitted to do Sayanapradakshinam (Full length prostration and rolling around the Temple)/ Sashtanga Namaskaram/breaking of coconuts.
- Please co-operate with the Temple authorities and staff in maintaining discipline and sanctity of the Temple.

DR. K.P. ITTAMAN MEMORIAL

Annual Music and Narayaneeyam,
Bhagavad Geeta Recitation and Ramayanam &
Maha Bhagavatham Parayanam Competitions.



K. MADHAVAN NAIR MEMORIAL

Dance & Thiruvathirakali Competitions.

Entry opens on 25th of March 2024, 08.30 am and closes on 10th July 2024, 08.30 pm.

Dr.K.P. Ittaman Memorial 29th Annual Light Devotional Music, Carnatic Vocal Music, Narayaneeyam and Bhagavad Geeta recitation and Maha Bhagavatham and Ramayanam parayanam competitions will be held on 14th, 21st of July 2024. K. Madhavan Nair Memorial Annual Dance Competitions for Mohiniyattam, Bharathanatyam and Thiruvathirakali will be held on 28th of July 2024. These annual events are dedicated to the sacred memories of **Late Dr.K.P. Ittaman and Late K. Madhavan Nair as a tribute to their exemplary services to the cause of Arsha Dharma Parishad. All events will be held age group wise . Completed age will be reckoned as on 01.07.2024. Age group wise topics of competitions given below:**

LIGHT DEVOTIONAL AND CARNATIC MUSIC COMPETITION - 14th July 2024, 8.30 am onwards

AGE GROUP	DURATION FOR LIGHT DEVOTIONAL MUSIC (MAXIMUM)	DURATION FOR CARNATIC VOCAL MUSIC (MAXIMUM)
GROUP I 5-6 YRS	3 MINUTES	3 MINUTES
GROUP II 7-8 YRS	4 MINUTES	4 MINUTES
GROUP III 9-11 YRS	5 MINUTES	5 MINUTES
GROUP IV 12-14 YRS	5 MINUTES	7 MINUTES
GROUP V 15-18 YRS	6 MINUTES	10 MINUTES

- Note:**
- For **Light Devotional Music competitions, Semi Classical / Classical songs though devotional** will not be permitted.
 - For **Carnatic Music competition**, only Shrutipetti will be permitted as accompaniments. (Shrutipetti is not mandatory for age group 1 & 2).
 - Participants in the age group of I, II & III are required to render a Kriti.
 - Those in the age group of IV & V are required to render a Kriti along with Raga aalapana and swara prastara.
 - Mohiniyattam, Bharathanatyam and Thiruvathirakali competitions**
 - Participants should use traditional dress, ornaments and hair style relevant to the events.
 - Application form alongwith rules and conditions for various events can be obtained from the Temple office and also can be downloaded from the Temple website: www.uttaraguruvayurappan.org.
 - Last date for receipt of application is on 10.07.2024.

21st July 2024, 8.30 am onwards

AGE GROUP	PORTIONS FOR NARAYANEYAM RECITATION COMPETITION	PORTIONS FOR SRIMAD BHAGAVAD GEETHA RECITATION COMPETITION
Group I - 5- 6 Yrs	Dasakam 55 : Kaliyamardanam - Slokas 1-6	Chapter IV : Jnana Karma Sanyasa Yoga - Slokas 1-6 (<i>Six Verses</i>)
Group II - 7- 8 Yrs	Dasakam 14 : Kapilavataram - Slokas Full	Chapter IV : Jnana Karma Sanyasa Yoga - Slokas 7-16 (<i>Ten Verses</i>)
Group III - 9 – 11 Yrs	Dasakam 42 : Sakatasura Vadham - Slokas Full	Chapter IV : Jnana Karma Sanyasa Yoga - Slokas 17 -28 (<i>Twelve Verses</i>)
Group IV- 12 – 14 Yrs	Dasakam 58 : Davagni Moksham - Slokas Full	Chapter IV : Jnana Karma Sanyasa Yoga - Slokas 29 – 42 (<i>Fourteen Verses</i>)
Group V - 15-18 Yrs	Dasakam 45 : Bala Leela - Slokas Full	Chapter XI : Viswaroopa Darsanam - Slokas 15-26 (<i>Twelve Verses</i>)
Group VI - 19 Yrs And Above	Dasakam 91 : Bhakthi Mahatmyam - Slokas Full	Chapter XI – Viswaroopa Darsanam - Slokas 27-41 (<i>Eighteen Verses</i>)

Adhyatma Ramayanam and Sri Maha Bhagavatham (Kerala Bhasha Ganam) Parayanam competitions for age group 19 yrs and above. Participants to read from any one of the portions which will be given on the spot.

ADHYATMA RAMAYANAM	SRI MAHA BHAGAVATHAM (KERALA BHASHA GANAM)
1. Kishkindha Kandam	1. Chathurtha Skandam - Dhruva Charitham
2. Sundara Kandam	2. Dasama Skandam - Rasakreeda
3. Yudha Kandam	3. Ashtma Skandam - Gajendra Moksham

28th July 2024, 8.30 am onwards Mohiniyattam, Bharathanatyam and Thiruvathirakali Competitions followed by Prize Distribution Ceremony.