



अन्नप्राशन (पासि) - पूजा सामग्रीहरू

A. Things from Nepali Puja Material Shop or Nepali Grocery Store

- | | |
|--|--|
| १ अबिर (Red Pigment Powder) | १२ सरसिउं (Yellow Mustard) |
| २ केशरी (Yellow Pigment Powder) | १३ कुश (Dried Holy Grass) |
| ३ सिन्दूर (Vermilion) | १४ जौ (Dried Barley) |
| ४ श्रीखण्ड (White Pigment Powder) | १५ कालो तिल (Black Sesame Seed) |
| ५ पञ्चपल्लव (Dried Mango Leaves) | १६ कपुर (Camphor) – 1 Packet |
| ६ सर्वौषधि (Sarwaushadhi) | १७ तुलसीपत्र (Dried Holy Basil Leaves) |
| ७ पञ्चरत्न (Pancharatna) | १८ जनै (Holy Thread) – 5 Pieces |
| ८ सप्तमृत्तिका (Saptamrittika) | १९ सुपारी (Dried Betel Nut) – 5 Pieces |
| ९ ५ वा ७ सुते कातेको बत्ती (Cotton Wick) | २० ल्वाङ, सुकमेल (Cloves, Cardamom) |
| १० अगरबत्ती (Incense Stick) | २१ रातो, सेतो कपडा (Red and White Cloth) |
| ११ रक्षाबन्धन (Coloured Sacred Thread) | २२ पहेंलो कपडा (Yellow Cloth) |

*Please look for the Puja Packet in nearby Nepali Puja Shop. The Puja Set should contain the above items.

B. Things from the Shopping Centre (eg: Woolworths, Nepali/Indian Grocery)

- | | |
|--|---|
| १ दुध (Milk) | ९ मिठ्ठाई (Sweets) |
| २ दही (Yoghurt) | १० सलाई (Match Box) |
| ३ घिउ (Ghee) | ११ टपरी वा प्लेट (Paper Plates) |
| ४ चिनी वा सख्खर (Sugar or Jaggery) | १२ दुना वा बबल (Paper Bowls) |
| ५ मह (Honey) | १३ चम्चा (Wooden Spoons) |
| ६ तोरिको वा तिलको तेल (Mustard/Sesame Oil) | १४ जिपलक (Sandwich Bag) |
| ७ चामल (2 Kg Rice grains) | १५ पानीवाला नरिवल (Watery Coconut) |
| ८ फलफुल (Fruits) | १६ आल्मोनियम ट्रे (Medium Aluminium Tray) |

C. Things from the Garden

- | | |
|---|--|
| १ फुल (Flowers) | ४ पिपलको पत्ता-१ ओटा (Min 5 Peepal Leaves) |
| २ दुबो (Holy Grass) | ५ पानको पत्ता-५ ओटा (Min 5 Betel Leaves) |
| ३ आंपको पत्ता-५ ओटा (Min. 5 Mango Leaves) | ६ तुलसी पत्ता (Tulasi Leaves) |

*If you are not able to source Peepal, Mango, Tulasi or Betel Leaves – do not worry, please source flowers.



D. Things at Home (Could also be bought from the Nepali Grocery Store)

- | | |
|---|---|
| १ दियो - १ (Diyo – 1 Pc) | ८ अर्घपात्र - १ (Surya Arghapatra – 1 Pc) |
| २ कलश - १ (Kalash – 5 Pcs) | ९ संख - १ (Conch – 1 Pc) |
| ३ पन्चपात्र - १ (Panchapatra – 1 Pc) | १० घण्टी - १ (Ghanti – 1 Pc) |
| ४ आचमनी - १ (Aachamani – 1 Pc) | ११ गणेश भगवानको मूर्ती - १ (Ganesh Statue - 1) |
| ५ पुजा थाली - १ (Puja Thali – 1 Pc) | १२ खुजुरा पैसा - (\$1, \$5 etc coins and notes) |
| ६ अगरबत्ती राख्ने भाँडो - १ (Agarbatti Stand – 1) | १३ टिश्यु/पेपर टावेल- २ (Tissue/Paper Towel 2) |
| ७ कर्मपात्र - १ (Copper Bowl – 1 Pc) | १४ आसन वा चकटी - ३ (Mats for Sitting - 3) |

**If the above puja utensils are not available in your house, you could use the plates, bowls etc purchased from the shopping centre.*

E. Things Required During Annaprashan (During Auspicious time of the feeding)

- | | |
|---|--|
| १ ८४ ब्यञ्जन, ५६ भोग (84 Items where 56 Cooked) | ५ फुलको माला - १ (Flower Garland – 1 Pc) |
| २ सूडार सामाग्री (Cloth and ornaments for Baby) | ६ दुबोको माला - १ (Grass Garland – 1 Pc) |
| ३ चाँदिको कचौरा - १ (Silver Bowl – 1 Pc) | ७ खिर (Rice Pudding) |
| ४ चाँदिको चम्चा - १ (Silver Spoon – 1 Pc) | ८ टिका एवम अक्षता (Red Rice Tika) |

**Items like Silver Bowl, Silver Spoon etc can be found in the Nepali Jewellery Shop.*

**List of the food items for Pasni is shown in the Next page:*

Next Page: List of Food Items for Annaprashan

Page 2 of 3



List of food Items (Please note, the first 56 items are very important)

1	Makkhan Mishri	29	Kaju	57	Spinach ko Tarkari
2	Kheer	30	Pista	58	Shakkhar
3	Rasvari	31	Madhesi Badam	59	Besan ko Laddu
4	Jeera Laddoo	32	Ilaichi	60	Buniya ko Laddu
5	Jeri (Julebi)	33	Panchamrit	61	Badam Milk
6	Kurauni	34	Mango ko Guliyo Achar	62	Chana ko Dal
7	Namkeen (Salty)	35	Namkeen (Sweet)	63	Gilo Roti (Salty)
8	Maalpua	36	Daliya made of wheat	64	Besan ko Haluwa
9	Mohan-bhog	37	Ghee	65	Boiled Supari/Salty supari
10	Pudina Chutney	38	Honey	66	Aaru
11	Amla ko Guliyo Achar	39	Butter	67	Puwa
12	Rayo ko saag	40	Kulfi	68	Samosa
13	Yoghourt	41	Kachauri (food)	69	Paratha
14	Rice	42	Roti	70	Barfi
15	Maas ko Dal	43	Coconut Water	71	Lassi
16	Kadi (made of yoghurt)	44	Mango	72	Buniya
17	Ghewar	45	Banana	73	Dahi Chiura
18	Gilo Roti (Sweet pancake)	46	Sarbat	74	Dhindo
19	Peda	47	Grapes	75	Pulau
20	Papad	48	Apple	76	Sel Roti
21	Moong ko Haluwa	49	Alubakhada (Plum)	77	Kwati
22	Pakauda	50	Raisin (Kismis)	78	Fini
23	Khichadi	51	Chana ko Tarkari	79	Bhakka
24	Baigun ko Sabji	52	Sweet rice	80	Chaku
25	Lauka ko Sabji	53	Bhujia	81	Bara
26	Puri	54	Boiled Supari/Sweet supari	82	Mula ko achar
27	Badam Milk	55	Saunf (Sup)	83	Gajar ko Haluwa
28	Aalu Chop	56	Paan	84	Rabdi