

# Appendix A: Syllabus

## A.1 Adhyayana Kaala Anusandhaanam

### Morning Tirumanjanam / Nityaaradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Saranaagathi Gadyam Nyaasa Dashakam Tiruppallandu Tirupalliezucchi Tiruppavai Hayagreeva Stotram	Tiruppavai (last 2) Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam
Tirumanjanam	Taittiriyanopanishat Pancha Sooktam Neerattam	Jitanta Stotram Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged)
Sevaa Kaalam	Adaikkalapattu Pillai andaadi	<Stotra Paatam>
Tiruvaaradhanam	Mantra pushpam	

### Afternoon Dolai

Recite During	Syllabus	Saattumurai
Dolai Setup	Dashaavataara Stotram	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Peria Tirumozhi 3.1 (last 2)
Seva Kaalam	Tiruppallandu Peria tirumozhi 3.1 Pillai andaadi	Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4)

### Evening Dolai / Nityaaradhanam

Recite During	Syllabus	Saattumurai
Dolai Setup	Vishnu Sahasranaamam	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Tiruvaimozhi (last 2)
Seva Kaalam	Tiruppallandu Poochoottal Kaappidal Senniyongu Amalanaadipiraan Kanninun Siruttambu Tiruvaimozhi (any pathikam) Pillai andaadi	Tiruppallandu Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4) <Stotra Paatam>

Sayanam	Manikkam katti/Mannu pugazh
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## A.2 Anadhyayana Kaala Anusandhaanam

### Morning Tirumanjanam / Ijji Nityaaradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Sri Lakshmi Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Sharanagathi Gadyam Nyasa Dashakam Nalayira Taniyans Hayagreeva Stotram	Tiruvaimozhi Taniyan (last) Ramanuja Nottandaadi Taniyan (last) Adaikkalapattu (last 2) Pillai Andaadi (last 2 + 1)
Tirumanjanam	Taittiriyanopanishat Pancha Sooktam	Sambhaavana Kramam Deshikar Vaazhi Tirunaamam
Sevaa Kaalam	Adaikkalapattu Pillai andaadi	Jitanta Stotram and Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged)
Tiruvaaradhanam	Mantra Pushpam	<Stotra Paatam>

### Maargazhi Special Aradhanam

Recite During	Syllabus	Saattumurai
Suprabhaatam	Sri Lakshmi Haygreeva Praabodhaka Stuti	Mahanaarayanopanishat: Jnyaana Yajnam
Nityaanusandhaanam	Sharanagathi Gadyam Nyasa Dashakam Podu, Tiruppallandu Taniyans TirupaLLiezucchi Tiruppavai	Tiruppavai (last 2) Tiruppavai (the day's paasuram) Prabandha Saaram (paasuram 10) "Kalamudan Villiputtur ..." Andal Vaazi TN Deshikar Vaazhi Tirunaamam
Snaanasanam	Pancha Sooktam	Jitanta Stotram
Tiruvaaradhanam	Hayagreeva Stotram Goda Stuti Mantra Pushpam	Desikar Mangalam Parakala mata Taniyans (full, 2-20 abridged) <Stotra Paatam>

### Evening Dolai/Tiruvaaradhanam

Recite During	Syllabus	Saattumurai
Dolai Setup	Vishnu Sahasranaamam	Vedaahamentam ...
Laghu Tiruvaaradhanam	Hayagreeva Stotram	Deshikar Prabandham
Seva Kaalam	Deshikar Prabandham (any) Pillai andaadi	Pillai Andaadi (last 2 + 1) Sambhaavana Kramam Deshikar Vaazhi Tirunaamam Desikar Mangalam Parakala mata Taniyans (1 + last 4) <Stotra Paatam>
Sayanam	Taalaattu songs	

### A.3 Recitation on Special Days

Tiruvonam	MahaNarayanopanishat, Koil Tiruvaimozhi, Ramanuja Noottandaadi, Adaikalapattu, Adhikaara Sangraham, Prabandha Saaram, Pillai Andaadi
Tiruvaadirai	Raamaanuja Noottandaadi, Yatiraja Saptati
Pooram	Nacchiyar Tirumozhi, Goda Stuti
Punarpoosam	Perumal Tirumozhi, Raghuveera Gadyam
Ekadashi	Bhagavat Dhyana Sopanam
Rohini	Gopala vimshati
Revathi	Amalanaadipiraan

### A.4 Notes

- The above syllabus specifies mandatory recitation during Hayagreevar’s Tiruvaradhanam, and should be followed to the best effort possible.
- Veda portions including Jitante stotram, and portions of Sahasranaamam should be recited only by those who’ve had Bramhopadesam.
- Desikar mangalam:
  - Only "Sarvatantra swatantrAya" verse to be recited twice
  - The verse “Ghantaa Vrishaachalapate: ...” to be recited between “Bhadrapada masa ...” and “Sashanka chakra ...” verses of Saptathi Ratna maalikai
- Pillai Andaadi is recited in the afternoon/evening if there is a special event like Dolai.
- Taittiriyaam is recited on Tirumanjanam days, in the following order: Taittiriyaopanishat, Narayana-Vishnu-Sri-Bhu-NiLa suktams, Neeraattam and finally Purusha Sooktam,
- Koyil Tiruvoimozhi should include “Oru Nayagam” (4.1)
- Syllabus will differ on special occasions like Azhwar/Acharya Tirunakshatrams. The local coordinator will advise you about any changes.
- It is a practice in the Matam to recite Deshikar’s Stotras during teertha viniyogam after Acharya Taniyans are recited. The following table may be used as a reference for Stotra patam.

Monday	Gopala Vimshati
Tuesday	Bhuu Stuti/Kamasikashtakam
Wednesday	Hayagreeva Stotram
Thursday	Yatiraja Saptati
Friday	Sri Stuti
Saturday	Daya Shatakam, Sudarshanaashtakam
Sunday	Goda Stuti, Raghuveera Gadyam
Any day	Dashavataara Stotram

- Additional recitation can be added during seva-kaalam per the host and participant’s anubhavam, time permitting. Some suggestions are in Section ‘A.5’.
- Recitation material in several languages can be downloaded from [www.prapatti.com](http://www.prapatti.com)

- Songs: Dolais are never complete without melodious devotional music by bhagavatas. Please advise participants to sing songs (only) in praise of Perumal and His parivaram.

### A.5 Seva Kalam: Suggestions for Recitation

<b>Total time to plan</b>	<b>Estimate (min)</b>
<b>Tirumanjanam</b>	<b>90</b>
<b>Dolai</b>	<b>60</b>
<b>Vedam</b>	
Narayanopanishat	10
Mahanarayanopanishat	60
Hayagriva Upanishat	10
Pancha suktam	25
<b>Divya Prabhandam</b>	
One pattu (Tiruvaaymozhi/Peria Tirumozhi/etc.)	60
Koil Thiruvaymozhi (includes OruNaayagam)	80
Ramanuja Nootrantaadi	45
Amalanaadipiraan	10
Tirumaalai	30
<b>Desikar Prabhandam</b>	
Adakalapattu	5
Adhikaara sangraham	20
Tiru Chinna maalai	15
Prabanda saaram	15
<b>Deshikar Stotramala</b>	
Hayagreeva stotram	10
Dasaavatara stotram	10
Sristuti	10
Bhustuti	10
Godhastuti	10
Garuda Dantakam	10
Sudarshana Ashtakam	10
Daya Satakam	40
Gopala Vimshati	10
Devanayaka Panchasat	25
Paduka Sahasram: Agra mani maala stotram	15
<b>Songs, dance, etc.</b>	<i>Fit to time</i>