



Session 2

Hindu Mandir Empowerment Council
October 2 - 4, 2026 | Buena Park, California

**Vijaya & Abhijeet
Deshpande
Vishwa Foundation**

Speaker Bio: Vijaya Arcot-Deshpande



Vijaya is a Senior Principal Engineer in the software industry and an Irvine resident.

She embraced Agnihotra after marriage, joining a family with generations of this tradition. She strives to bring the principles of Yadna, Daan, Tapa, Karma, and Swadhyaya into her life. As part of her seva, she works with a group of like-minded individuals to support and promote Agnihotra through the Vishwa Foundation.



Abhijeet is a Professional Services Manager in the messaging industry, an Irvine resident, and a member of the Vishwa Foundation.

He comes from a family with four generations of Agnihotra practice, continued in the U.S. for 25 years. Guided by Sanatan Dharma, he is also a co-founder of U-Turn Lives, serving hot meals and essential supplies to those in need.

Presentation Abstract



Agnihotra for Wellness & Holistic Living explores how this ancient Vedic practice, performed at sunrise and sunset, can be integrated into modern life to support mindfulness, balance, and holistic well-being.

The presentation examines benefits associated with Agnihotra, including emotional and mental well-being, stress reduction, environmental purification, water and soil quality, plant growth, germination, and agricultural productivity.

It also highlights the practice's connection to the Vedic principles of **Yajna, Daan, Tapa, Karma, and Swadhyaya**, offering a broader perspective on how Agnihotra can contribute to personal wellness, sustainable agriculture, and harmony with the natural environment.

Agnihotra



Param Sadguru

Belonged to a very ancient lineage of Masters

H. H. Param Sadguru Shree Gajanan Maharaj

referred to as Shree by His followers spread all over the world, revived the technique of Agnihotra, in the modern era, from Shivpuri, India and spread this message all over the world

- Mention found in Vedas
- Ancient most Upasana or a process of creating oneness between our consciousness and Universal consciousness



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Five Fold Path



ॐ अग्निमीळे पुरोहितं यज्ञस्य देवमृत्विजम् । होतारं रत्नधातमम् ॥
१.१.१ ॥

Five basic principles of Sanatan Dharma

- Yadnya
- Daan
- Tapa
- Karma
- Swadhyaya

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What is Agnihotra



Agnihotra- What is it?

Agni means FIRE and Hotra means to offer unto the fire to create a healing effect

- Also known as Homa Therapy or Fire Therapy
- Vedic technique that enhances and nourishes human lives
- Creates an equilibrium between the nature within us and around us
- Scientists, doctors, ecologists both modern and ancient
- Healing process practiced by people worldwide



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FAITH
FAMILY
SERVICE
HARMONY



How To Perform



Agnihotra - How to perform?



Preparing the Fire

Arrange the cowdung pieces to allow for good air flow.



Starting the Fire

Light the fire a few minutes before the scheduled time.



Preparing the Offerings

Pick two pinch fulls of rice for offering.



Apply a few drops of cow ghee to the rice. Make two portions for two offerings.



Perform Agnihotra

At the exact time, recite the Mantra and add the first portion of rice directly after the first "Swaha".



Utter the second Mantra and add the final portion after the second "Swaha"

At Sunrise

Sooryaya Svaha,
Sooryaya idam na mama
Prajapataye Svaha,
Prajapataye idam na mama

At Sunset

Agnaye Svaha,
Agnaye idam na mama
Prajapataye Svaha,
Prajapataye idam na mama

7 Relax into a state of meditation and clear your mind, at least until the fire extinguishes itself.

TOGETHER
FOR A
HUNGER FREE
TOMORROW



Agnihotra and Wellbeing



Parameters	Agree	Strongly Agree	Disagree	Strongly Disagree
Feeling of inner peace	15%	75%	10%	0
Positive approach in life	25%	75%	0	0
Balance in thinking	10%	65%	15%	10%
Improved family values	30%	55%	15%	0
Willingness to share with people	15%	70%	15%	0
Ability to 'Let Go'	25%	55%	20%	0
Work towards greater good	30%	60%	5%	5%
Manage stress	10%	70%	10%	10%
Feeling of community	55%	25%	10%	10%
Better work life balance	35%	65%	0	0
Clarity of thought	5%	75%	10%	10%
Surrender to Higher Power	5%	85%	10%	0
Lowered anxiety	15%	55%	25%	5%
Faith in self	30%	70%	0	0
Positive outlook in life	10%	65%	20%	10%



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Agnihotra- lifestyle

a happy you and a world at peace



- Lowered stress and anxiety
- Improved physical well being
- Improved emotional well being
- Better output at work
- Higher motivational levels
- Helps in De-Addiction
- Reduced chances of epidemic spreads
- Protects against radiation effects
- Better agricultural output
- Rich and nutritious food production
- Helps shape children's mind in a positive manner
- Better inter personal relationships

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PLANT
SERVE
NURTURE
A BRIGHTER
TOMORROW

For More Information



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Sunrise Demo



Sunset Demo



Website



Agnihotra App

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