

Pandigai Samayal & Pooja Vidhimuraigal

How we celebrate the different position of moon, sun and the stars! how cool!

1. **Kozhakattai** cover: 25 kozhakattais per cup of rice; soak raw rice (preferably non-aged like parmal) for 1-1.5 hours in enough water and grind very finely. Bring one cup of water with 3 tbsps of milk and 1 tbsp of sesame oil to low boil and switch off. Once it cools down a bit, add 2 pinches of salt and the ground paste, little by little and keep mixing without lumps. Turn on the flame in medium heat for 5-10 minutes, cook until the maavu becomes semi-translucent and comes together. At this point, the batter does not stick to the tawa. Remove from heat and knead well before wrapping it in a rinsed and squeezed white cloth. Store it covered until ready to use. Make the covering balls smaller than the filling balls, else your kozhakattai will taste like rice flour. Touch sesame oil to make the chippu (the coverings).
2. **For mani kozhakattai, first make thin cylinders and then start making the manis.** make manis and steam!
3. **Thengai poornam:** this recipe makes 25; lightly toast 1 cup of freshly grated coconut in a tsp of ghee. Add $\frac{3}{4}$ cup jaggery and cook until it leaves the sides. The poornam tightens considerably after it cools down. It is better to err on the side of caution! Too much jaggery will also lead to too much tightening!
4. **Urad dhal poornam:** makes 30 kozhakattai; Soak 1 cup urad dal for 1-2 hours. Strain the water. Add a little salt and grind coarsely, steam it in the idli cooker; Oil+ mustard+green chillies(4)+ curry leaves(chopped, two springs), hing and the urad dhal usli.
5. **Kadlebele payasa:** Soak channa dal(1) and cook for 2 whistles and drain water. $\frac{3}{4}$ jaggery +water +chaanadal, coconut grated, cardamom, roasted cashews and raisins. Add milk, but payasa has to be thick. For hyagriva middi, don't add milk and make thick channa dal.
6. **Raw rice idli:** Roast the raw rice until it is hot to touch(A2) and soak or soak the rice in tepid water(not too hot) directly (Athai and Perimma). Raw rice: uraddal::2:1, soak for 6 hours separately and grind to make a smooth batter. Ferment for 8-10 hours.
7. **Ulundu vadai:** yields 15; soak 1 cup urad dhal, 1tsp raw rice, 1 tsp channadal(optional) for 4-6 hours, drain in a strainer (keep the soaked water aside to dip your fingers into when you made vadai) and make a smooth batter with {salt, hing, green chillies 4, red chilli (1, optional), ginger(1" dia, 1" long) and curry leaves(2 springs) } or { salt, hing, curry leaves, ginger and pepper} preferably without water or very little water. Make hole in the vadai and fry in hot oil. The batter should not be too runny (impossible to shape your vadais) neither should be too dry(resulting from a dry batter or with urad dal not having been soaked for long enough). Done correctly, the vadais will not soak too much oil when fried and they will be spongy. The longer you soak urad dal in sufficient water, softer will be your vadais.
Tip on **vadai** . Urad dal 1 cup, 2 tbsp channadal, green chillies (2), red chilli (1), pepper (4), ginger (1"), soak and grind with salt and hing into a really fine paste. Rest for 20 mins. Now, beat it for 5 minutes to really incorporate air. Fry at the right temp oil.
8. **Appam:** 1) Wheat appam (Amma2): Make a smooth batter {wheat flour (1 cup), riceflour(1tbsp), (1 cup) of powder jaggery or whole jaggery {grated and dissolved in 1tbsp water (don't boil the jaggery)}, cardamom}; let it ferment for 4-5 hours; make appam in appakarai in ghee+coconut/refined oil. Optional addins : very ripe banana(1)/jack fruit (1/4 cup),coconut (grated/pieces) * If you are adding 2 ripe bananas, reduce the sugar to $\frac{3}{4}$ th cup.

2) Nei appam(makes 25 large): Grind to a smooth paste without water{raw rice (1cup) soaked for 3 hrs, a pinch of salt and coconut grated(1/4 cup)}. Add jaggery powder(1.25 – 1.5 cups), cardamom and mix well. If the batter is watery, add 1 tbsp of atta. If your jaggery is dirty, add not more than one teaspoon of water to melt and filter. Don't add watery jaggery to the batter, boil until it forms bubbles before string consistency and add. If you grind after adding jaggery the batter becomes too runny, so don't do that. Let it ferment for 5-6 hrs Add a tbsp. of ghee to the batter. Some add mashed ripe banana(2 big)/ripe jackfruit(1/2 cup). Add 2 pinches of soda if it is not well fermented. Heat the appakarai evenly. Fill each mould(kuzhi) with ghee or coconut oil and wait for it to get hot. Add batter only to 3/4th of the size of the kuzhi. The appam will increase in volume. Ideally the ghee/oil should spread on top of the appam as well. Cook covered (if using less oil)/open (yields more crispy appams) on the first side for 1-2 mins. Flip and cook in open for 2-3 minutes. Right consistency and technique will result in a top-cooked appam before you flip (as opposed to a liquid batter) and the appam will have golden brown colour (as opposed to being burnt from the bottom). Nanditha uses riceflour directly along with 2 bananas and 3/4 cup of jaggery. Yum!

Appams should be slightly crispy on the outside and soft on the inside. It should also be spongy, especially the one made with rice flour. If your batter is too dry, it will result in a very crispy appams. The colour of the appam depends on the jaggery, rice or wheat. Don't worry if it is not too dark.

9. **Black chickpeas sundal:** Soak Black chickpeas for 10 hours. Wash again and pressure cook for 5-6 whistles. Oil+mustard+ channa dal+jeera(pinch)+red chillies(2)+curry leaves+ hing+cooked chickpeas+salt+pepper(optnl)+coconut grated.

10. **Maha naivedhyam:** White rice with ghee + Arhar dal

11. **Ellu urundai:** Fry sesame seeds(1/4 cup) on low heat, bring jaagery(1/4 cup) with a tsp of water to high boil, pour on sesame and keep mixing until it leaves the sides of the pan. Turn off at this padam. When it is hot enough to handle, make urundai.

12. **Pori urundai:** Remove the bran from the nell pori (5 cups) in a wide- mouthed basin. Bring one cup jaggery to urutara padam(when jaggery is dropped into water and one should be able to make a ball), add 3 tbsp grated dry coconut(copra)+small pieces, 1/4 tsp dried ginger powder and 1 tsp cardamom powder. Pour on the pori, apply ghee in your hands and make balls.

13. **Raw rice adai:** Soak for 6 hrs{ rice(1/2 cup), channa dal(1/4 cup), toor dal (1/4 cup), urad dal(1 tbsp), moong dal(1 tbsp)} and grind with jeera, black pepper, curry leaves and salt.

14. **Kali:** Wash and dry fry raw rice(1 cup) till pink and make a coarse rawa. Cook in pressure cooker with 3 cups water along with fried moongdal(1 tbsp). Bring to boil 1 cup jaggery+ 2 tbsp water.. Add moongdal and rawa; mix in low flame. Add grated coconut and cooked rice and dal mixture. Keep in the pressure cooker for one more time. Fry cashews, raisins, kobri pieces in ghee and mix+ cardamom powder+ ghee (1tbsp).

15. **Kootu:** Fry and grind{coriander, channadal, redchillies and coconut, sesame}. Cut 9 veggies(carrot, peas, yam, potato, pumpkin(white and red), broad beans, beans, noolkol, chole, etc.). Add salt and sambar powder and cook in a pressure cooker without whistle. Once it cooks, add tamarind and the ground powder. Mash toor dal. Add Tadka with a bot of fenugreek.

16. **Sakaarai Pongal:** Ghee+moong dal(1/2 cup)+raw rice(1 cup)+fry continuously till fragrant. Pressure cook it with 3 cups water and 2 cups boiled milk on low for 3 whistles. Mash well. Bring jaggery (1.5 cups) to a boil and add to the cooked dal+rice. Add ghee and mix until it no longer sticks to the vessel. Add cardamom and fried cashews.

17. **Ven Pongal:** Fry moong dal:rice::1:2 in ghee and pressure cook with 9(3*3x) times water for 3 whistles or 30 mins. Once you open the cooker, grate 1/2' ginger and mix in salt(1 tsp) and ghee(1 tbsp). Mash the pongal with a ladle. Tadka: Ghee+oil+jeera+ crushed pepper+ dry ginger powder(2 pinches)+ hing+ cashews+ curry leaves. Oil prevents the Pongal from drying out.
18. **Akkaravadaisal:** Ghee+moong dal(2 tbsp)+raw rice(1/2 cup)+fry till fragrant. Pressure cook in a vessel with 1.5 cups milk for 2 whistles. Place a small plate in the container to prevent the milk from boiling over. Bring jaggery (1/2 cup) to a boil and add to the cooked dal+rice. Add ghee and mix until it no longer sticks to the vessel. Add pinch of edible camphor, saffron, cardamom and fried cashews.
19. **Thengai sadam:** Cook rice separately and mix with the theechal. Theechal: Grate half a cup of coconut. Oil+mustard+ channa dal+ urad dhal+curry leaves(10)+ hing+red chillies(2)/green cillies(2)+ cashews+ grated coconut and roast on the lowest flame until it becomes a light brown color and fragrant. Add this to the rice along with a dollop of ghee. Mix without breaking the rice.
20. **Thayir sadam:** Cook rice(1 cup) with 4 times water for 3 whistles. Let it cool. Add salt, milk and dahi while it is warm to touch and mash well with hand. Tadka: Sesame oil+mustard+channa dal+urad dhal+ more milagai/g- chilli+hing+grated ginger+curry leaves.
21. **Lemon rice:** Cook rice separately. Squeeze juice out of a lemon in a mixing bowl, add turmeric(2 pinches), hing(one dash) and salt. In a separate kadai: Oil+mustard+once it starts to splutter, add chanadal+urad dal+green chillies+curry leaves. Pour this into the mixing bowl, add the cooked rice, sesame oil. Mix thoroughly without breaking the rice. Optional: roasted peanuts or cooked channa.
22. **Pulikachal:** Dry roast and grind{dhania:sesame::4:1 (x=2 tbsp), redchillies(2, spicy), methi(1/8 tsp), pepper(1 tsp)}. Soak tamarind (small lemon size) for 30 mins in hot water and extract juice. Sesame oil+mustard+channadal+hing+red chillie(1)+ground nut roasted +curry leaves+ tamarind extract+ turmeric(1/4 tsp). Boil and stir, until it thickens and becomes a paste. Add jaggery (1 tbsp)+ground powder +salt. Add more oil to preserve it for longer. For the kannada variation, skip the dhania and sesame seeds.
23. **Sundal varieties:** Use 1 red chilli/ 1/4 cup of sundal in tadka for medium spice. Method 1:{ Soak and pressure cook channa(black/white)/ rajma/ dried peas/peanuts for 3 whistles. Oil+ mustard+hing+red chilli+curry leaves+coconut, cooked beans+ grated mango/ finely chopped cucumber/ grated coconut+salt. Squeeze some lemon juice(optional) and set aside for a few minutes before serving.} Method 2(Raks): {Roast and powder{channadal(1 tbsp), coriander seeds(1 tsp), pepper(1 tsp), red chillies(2), cumin(1 tsp) and hing}. Oil+mustard+chilli+curry leaves+cooked sundal+ ground powder+salt+grated coconut}. Choices for sundal danyam: Channa(black and white),rajma, peas(white and green), peanut, mochai, pachai payaru, karrupu ulundu, kollu, karamani, moong dal, kadala paruppu.
24. **Puttu:** Fry 1 cup of thick poha until it is hot to touch, switch off the gas. Add a tablespoon of ghee. Pulse in the mixer until you no longer see flat poha. Boil 1.25 water. Add little by little to the poha and mix, until it can absorb no more water.Keep it aside for 20 minutes and fluff with a fork. Make jaggery(1 cup) melt and form a urundai padam+cardamom+ fluffed poha. Mix well and cook for only 2 mins. Keep covered for another 20 mins. Fluff again and add 1/4 coconut(M) scrapping and mix.
25. **Thembittu(Maavilaku maavu):** Soak maavu-rice(1/4 cup) for an hour in water. Air dry it for half an hour on a cotton cloth in an open space or until the rice is dry and yet wet to touch. Over-drying will not yield much flour, but will result in a rawa totally ruining the texture of the dish! Don't rush this step either, else your thembittu will turn watery. Powder in a mixie and sieve, repeat, until you get a fine powder. Mix with equal amount of jaggery powder and 1/4 tsp of cardamom powder. Pack it stiff in a dabba. Make two holes in the

thembittu and pour some ghee. Dip the wick and light the lamp. Don't add too much ghee right at the beginning. Once you are home, add grated coconut and mix well. Give the prasadam to others before eating it.

26. **Aama vadai:** ½ cup total dal yields 9 small vadai. **A2:** Grind coarsely without water {Toor dal:channa dal:urad:1:1:1/2, soak for 2 hours +ginger, red& green chillies, hing, salt, curry leaves} and fry in hot oil. Latha Athigai: Don't soak dals for more than 30 minutes for crispy ambode. Kadale bele: tauri bele::1:1, crushed coriander dry(1 tsp), coconut(1 tbsp), curry leaves+hing+turmeric+salt. Grind coarse without water and fry immediately.

27. **Uppu seedai:** (A1, A2) The ratio of home made rice flour to urad dal flour is 16:1 (2 cups rice flour). Dry fry rice flour for a couple of minutes until kolam consistency. Pass the rice flour and urad dal flour through the sieve atleast twice to make sure they are perfectly smooth. Make a tight dough{with butter(2 tbsp), grated coconut(2tbsp), hing, salt (hing and salt should be dissolved in water before adding, else contaminants can cause the seedai to burst), soaked channadal(1 tsp), red chilli powder/ jeera-black pepper powder} and knead. Make tiny seedais and use all the dough. Start frying. Rice flour procedure is the same as thembittu. Fry urad dal until it is golden evenly and grind it to a fine powder to make urad dal flour.

28. **Vella seedai:** (A1,A2) Heat a pan and dry roast the rice flour (2 cups) in low flame for a couple of minutes, until kolam consistency for 2 mins. Sieve the roasted rice flour in a mixing bowl along with urad dal flour (1/8 cup), cardamom powder and butter (1 tbsp). Add sesame seeds(1tsp) and coconut pieces (1 tbsp). Mix jaggery (1 cup) with 2 tbsp of water and warm it so that the jaggery melts completely, before the string stage. If you get to the string stage, add some water. Dough made with string stage jaggery will certainly break while frying. Pour into the flour mixture, make a dough and knead really well. Making the dough with slightly warm jaggery water will help the balls to not separate in oil. Make smooth gooseberry sized balls and fry. A2 rests for 3-4 hours before frying. A1 fries in 30 mins. Knead well before frying. All the best!

Debugging seedai problems: 1) If the seedai is getting dissolved, it may be because of a very dry ball and in that case, sprinkle warm water little by little and make the dough a little soft. 2) If the dough is already very soft, then sprinkle rice flour little by little and mix well. Also, check your proportions. Is your jaggery fresh? 3) If the seedai is bursting, then it may be due to the very coarse rice flour or urad dal flour.

29. **Thattai:** A2: Tight dough{Riceflour:roasted urad flour::8:1 (~2.25 cups total), soaked channadal(1 tbsp), butter(1 tbsp), salt, red chilli powder} and knead. Make small balls and press it with the back of a davara and poke holes with a fork before frying. Thattai should be thin and after frying should be translucent.

30. **Murukku:** A2: Fry urad flour(0.5 cups) until it gets hot. Tight dough{rice flour (4cups): urad flour (0.5cups): jeera/ sesame (1tsp): butter(6TBSP): hing (1 pinch): salt} and make murukku immediately .

31. **Ribbon pakoda:** A2: Make a dough {Besan:riceflour::2:1.25, hing, salt, butter(2 tbsp for 3.25 cups of flour), chilli powder} and fry the pakoda.

32. **Payasam:** In all payasams for neivedhyam should use jaggery and not sugar. **Thengai paal payasam:** Akila Periyamma: Soak rice(1 tsp) and grind with thengai and extract milk for 3 rounds. Bring to low boil +jaggery powder.

33. **Sakkare acchu:** wipe any water from the washed molds and keep it ready. In a heavy pan, melt sugar (1 cup) with ¾ cup of water. Boil until the sugar dissolves (4 mins), add ¼ cup milk and ¼ cup beared curd and 2 tbsp of water. filter the mixture. Take ½ of the syrup at a time and boil on low heat. keep whisking slightly once bubbles start forming. If the bubbles stay on the spoon, periodically remove from the stove and whisk it. When it turns white and frothy, pour it on the molds. By the end, the syrup which gets constantly heated might overcook and become brittle. Put some water and broken sugar and go for another round.

34. **Karadaiyaan Adai:** Wash and soak raw rice(1.5 cups) for 1 hour. Drain the water completely and spread it on a cloth for 10-15 minutes. Then grind it to a fine powder or you can get it ground in the flour mill. Then roast that rice flour in medium flame until you get a sandy texture. There should not be any moisture in the flour. Roast black-eyed peas well, soak and the cook till soft, but not mushy.

Sweet Adai: Melt Jaggery (¾ cup) with cup of water, once it bubbles, add a tbsp of ghee ns stir in raw rice flour (1 cup) and cooked karamani (2tbsp), coconut scraped (2tbsp) and cardamom. Cook until it leaves the aides. Make a ball, flatten, hole in the center, steam for 15 mins.

Kaara Adai: Oil+Hing (pinch),Mustard -¾ tsp, Urad dal – ½ tsp, ginger minced, green chilli – 2 fc,curry leaves, water (2 cups),bring to a boil, add salt, stir in rice flour without lumps, coconut (2 tbsp), karamani cooked (2 tbsp). Make a ball, flatten, hole in the center, steam for 15 mins.

35.

* Whenever you fry, use the right sized heavy vessel for heating the oil in order to ensure even heat distribution. Make sure that the oil is hot enough and that the proportions of your dough are right. Too much water in the dough will make the fried stuff absorb more oil. Else your fried items will be very oily or your seedai/ murukku might dissolve in the oil. Ideally, at the right proportions, when fried the right way, the fried items should not consume too much oil. It takes time, practice and dedication to get there!

General instructions: Keep a clean house, a clean swami room, a clean kitchen, a clean bathroom and a clean self!

Festival	When does it fall?	What to make?
Ugadi	March	Payasa, chitra anna, holige, kosambari, eradu palya, bbb etc ☺
Varusha paruppu	April 14 /15	Neivedhyam: Poli, payasam and aama vadai. Full meals with 2 karis.
Chitra Pournami	April/May in Chitra month	Fast from dawn to dusk. No salt the whole day. Eat curd rice without salt at night.
Dakshinayanam	July 16	The sun starts moving towards the southern direction, indicates the onset of colder days.
Aadi Pirappu	Aadi: Mid July- Mid August	Payasam and vadai
Aadi Velli	4 or 5 Fridays in Aadi	Make some naivedhyam
Aadi Ammavasai	New moon day	Payasam
Aadi Pooram	Poora nakshatram in Aadi	There will be valai kaapu in Shankti temples and sevai for Andal in Vishnu temples.
Aadi Perukku	18 th day of Aadi	Make kalanda saadam. Go to a large water body nearby, thank for the water and enjoy the picnic. Don't litter!
Nagara Chaturti	Early august, fourth day in Shukla paksha	Do abhisheka for nagara (water, raw milk, water,haldi, kumkuma. In gajavatara, use only turmeric.) Only raw foods for neivedhya. Draw nagara going into the house. Mango for neivedhya. Pray for the wellbeing of children. Kesari, only palahara(no rice tomorrow), fruits at night
Garuda panchami	Early august, fifth day in Shukla paksha	Draw nagara going out. Clean the nagara used on chaturi and do puja again. Pray for the wellbeing of siblings.

Varalakshmi vratam	Second Friday or the Friday before the Full moon day in Aadi	Day 0: Make venpongal and sweet for neivedhyam. Coat the padi with arisi maavu, draw amman in chemman on the kalasam, use kajal for eyeballs, put bananaleaf and fill it with rice with the husk(nel) and keep the padi/thambige fill with rice, keep a turmeric coated coconut and decorate with mango leaves! Keep the amman in a mandapam. Day 1: Make 1-11 in the list +sambar+vegavitta kari. Bring the Amma after Aarati from the entrance. Invite and decorate her and do a lovely pujai! Don't have anything at night. Day 2: Do maru-poojai, make payasam neivedhyam, move the amman east wards after the pujai and keep the amman after evening arathi in the rice drum over-night.
Upakarma/ Aavani aavitam	August	Poli, payasam and aama vadai. Full meals with 2 karis. Do Aarathi after the prayers are finished. Dinner only palaharam.
Gayathri japam	Day after upakarma	Payasam and aama vadai
Gokulashtami	August	Neivedhyam: Fresh homemade butter, aval, fresh curd, seedai (uppu and vellam), thattai, appam, thenkulal/ribbon pakkoda, vadai , kai murruku, laddoo:D Poojai in the evening after sunset. Decorate a Krishnar paadam, maa kolam, do pujai with ashtothram.
Gowri Pooja	The day before vinayaga chaturti.	Make Arisina gowri and do pujai. Make payasa for neivedhya.
Vinayaga chaturti	Beginning of september	Naivedhyam: Make 1-11 in the list, sambar, vegavitta vazhaikai kari Buy/ make an eco-friendly vinayagar, make punal and decorate him. Keep {rice +thengai} kalasam. Do pujai!
Navarathri	Start keeping kolu on amnavasai day, september	Some sundal or puttu or appam everyday
Saraswathi poojai:	9 th day of Navaratri,	Keep books and do pujai for Saraswathi padam. Apply haldi and kumkum on all the books in the puja and all appliances at home. Neivedhyam: idli, black channa sundal, urad vadai, undai, payasam, appam, maha neivedhyam
Vijayadasami:	10 th day of navarathri,	Kondakadalai (black chickpeas sundal), payasam
Diwali	October/November	Put kolam below the palagai for oiling hair. Take bath before sunrise and burst crackers. Enjoy! :D
Uttana dwadashi	November, Shukla paksha Margashira/karthigai	Chaturmasya ends. Do pujai (halu, neeru, kumkuma, haridra, akshata, hoovu, hannu) for tulasi at sunset.
Karthigai	December	Watch Annamalai deepam. Light deepam around the house on sarvaalaya deepam. Neivedhyam: Nel Pori urundai, aval pori/kadalai urundai, appam, raw rice adai, payasam, ulundu vadai.
Thiruvadarai:	December	Kali and kootu. Naivedhyam and recite Shiva puranam.
Vaikunta Ekadashi	December	Fast with as little milk and fruits as possible. No salt. Eat prasadam in the evening.
Hanumath Jayanti	Dec end, Marghazhi	Go to Hanuman temple, make payasa at home.

Uttarayanam	Jan 14	The sun starts moving towards the northern direction giving longer days. Also, the sun enters Makara constellation.
Bhogi:	Jan 13/14, Marghali/Thai	Clean the house the day before. Make ven Pongal for breakfast. Sambar rasam, kari with poli, aama vadai and vella payasam.
Pongal:	Jan 14/15, Thai	Keep kalasam with rice and coconut. Paal ponga vekkanum with turmeric tied around the chatti. Ven Pongal, chakkarai Pongal, 7 kari kootu, urad vasai, and mahaneivedhyam.
Kanu:	Jan 15/16, Thai	Make 3 rows of five balls: Kootu, Pongal from the previous day, white rice with curd, turmeric rice and kumkum rice and keep on the terrace for crows at sunrise. Keep oil on your hair and haldi on your forehead and chest. Take oil bath before having coffee. Move the kalasam. Use the rice& coconut to make kalanda sadam for lunch.
Thai velli:	Starting Jan 14/15, for 4 weeks, Thai month	Make kozhakattai, puttu and 2 payasam on 4 Fridays. Give thamboolam for married women.
Ratasapthami:	Early Feb, Masi	Make kolam of the ratham and payasam. Good luck finding Eruka ellai!
Madhwa navami	Mid Feb	Make payasa and read Madwanama.
Shivarathri:	Feb/March, 3 rd day before new moon in Masi.	Fast the whole day. Night prasadam: 1) boil sweet potato till soft. Fry in ghee and mix with jaggery and cardamom. 2) Pressure cook moongdal, mix in jaggery, cardamom and milk. Make a watery payasam.
Karadayan nombu:	Mid March	Neivedhyam: Uppu adai, vella adai, vettrilai paaku, pazham, coconut, yellow rope each one flower and dried turmeric. Tie one of ropes to Kamakshi amman! "Urugada vennayum oru adayum vaithu nonbu notren oru naalum en kanavar piriyaamal iruka vendum"
Panguni Uttiram:	March- April	Fast the whole day, visit a Murunga, Shiva or Vishnu temples and eat one meal at night. Naivedhyam: moong dal payasam, appam or akkaravadaisal.
Sri Rama Navami:	Mid April	Paanagam, neer more, kosambari, moong dal payasam. Full meals with vadam/appalam, payasam.
Shashti	6 th day in Shukla paksha	One time meal with no salt.
Kula daiavam visits	Take head bath, don't eat any solids, do pujai for 5 sannidhis- Vinayagar, Vaideeshvaran, Thayal Nayaki, Sevvai(Angarakan), Murugan. Take 5 sets of fruits, betal leaves, paaku, flowers. 500 rs for each archana.	
Sundara Kanchani, Angarai :	Take head bath, wear madi saree. Ask the vadhyar(shankaran mama) for the procedure everytime. Take 3 coconuts, vettalai-paaku, pazham, ghee, theri, matchbox, maavilaku maavu, soodam, soodam thattu, one more thambalam for keeping all the stuff, hand towels.	
Ekadashi	11 th day in a moon cycle	Fresh and dried fruits, milk products, vegetables and nuts. Avoid beans, pulses and grains, onion, garlic, especially rice.
Dwadashi	12 th day in a moon cycle	Start your day with something easy to digest like a light porridge, rice cooked with coconut milk, moong dal payasam and increase the food intake slowly. Avoid sour food till dinner on Dwadashi.

Lunar eclipse	Refer to the panchangam about when to have the last meal. Don't drink even water after that. No lamp should be lit after this period until the eclipse is over. Do japa during the eclipse. Wash the house and wash all the clothes used during the eclipse period before taking a head-bath. Wash your swami madam. If the eclipse is in your nakshatram, give daanam of one coconut, one banana, rice and dal with dakshanai to the vadhyar.
Solar eclipse	All the above, plus put darbai in long term storage things like idli batter and curd. Don't see solar eclipse with the naked eye.

#	Vikrami (lunar) ^[32]	Tamil (solar)	Kannada (lunar)	Gregorian	New moon to full moon (waxing)- Shukla(white) paksha; Full moon to New moon(waning)- Krishna(black) paksha
1	Vaisākha	Chithirai	Vaisākha	April–May	Agni nakshatram ends end May, Vaikasi vishakam, pournami,
2	Jyeshtha	Vaigasi	Jyeshtha	May–June	
3	Āshāda	Aani	Āshāda	June–July	
4	Shraavana	Aadi	Shrāvana	July–August	Aadi Ammavasai, Aadi peruku, garuda Panchami, Varalakshmi vritam, avani Avatam, Gayathri japam
5	Bhādra	Aavani	Bhādrapada	August–September	Sangada hara chaturti, gokulashtami, vinayaga chaturti
6	Ashwina	Purataasi	Āswayuja	September–October	Mahalaya ammavasai, navarathri, saraswathi pujai, vijayadasami,
7	Kartika	Aippasi	Kārtika	October–November	Deepavali, Soora samharam
8	Mārgasirsa (Agrahayana)	Kartigai	Mārgasira	November–December	Subrahmanya sashti, karthigai
9	Pausha	Margazhi	Pushya	December–January	Hanumath jayathi, arudra dharisanam, Vaikuntha Ekadashi, Bhogi
10	Māgha	Thai	Magha	January–February	Pongal, thai amavasai, rathasapthami, thai pusam
11	Phālguna	Maasi	Phalguna	February–March	Siva rathri, masi magam
12	Chaitra	Panguni	Chaitra	March–April	Rama Navami, puthandu/ Ugadi, Akshaya Tritiya, chitra pournami, Narasimha Jayanti, sankara Jayanti, agni nakshatram begins

Earth takes 365.24 to go around the sun. $365.24/12 = 30.43$ days. Moon reaches the same point in space after 27.3 days. Between full moons there is 29.5 days because of the motion of the earth around the sun. $29.5 \times 12 = 354$ days The remaining 11 (10.87 says, wiki) has to be adjusted. Hence to sync lunar to solar calendar, every 32.5 monts, an extra month called Adhik is added. No ceremonies are done during this time. It is a month for fasting and prayer.