

Aadi Month Naivedyam Offerings List (Day-wise & Special Days)

🍌 Aadi 1st Day (Beginning of the Month)

- Chakkarai Pongal (sweet rice with jaggery & ghee)
 - Payasam (vermicelli or rice kheer)
 - Banana
 - Turmeric & Kumkum
 - **Aadi Kool** (optional, explained below)
-

🌸 Aadi Velli (Every Friday – For Goddess Durga / Ambal)

Aadi Friday	Naivedyam Suggestions
-------------	-----------------------

1st Friday	Lemon rice + Sweet Pongal
------------	---------------------------

2nd Friday	Coconut rice + Rava Kesari
------------	----------------------------

3rd Friday	Tamarind rice + Nei Appam
------------	---------------------------

4th Friday	Curd rice + Green gram sundal
------------	-------------------------------

5th Friday (if any)	Mixed rice (kalanda sadam) + Vella Aval
---------------------	---

Optional:

- Fruits (banana, jackfruit, guava)
 - Betel leaves and areca nut
 - Milk or butter
 - **Aadi Kool** (see below)
-

🔥 Aadi Chevvai (Tuesdays – For Mariamman / Kula Deivam)

- Koottu rice
- Lemon rice
- Vadai or Thavala vadai

- Sweet Pongal
 - Red arali flower
 - **Aadi Kool** (served to guests in rural customs)
-

Aadi Amavasai (For Ancestor Worship)

- Plain rice + moong dal
 - Vazhakkai poriyal (raw banana fry)
 - Tarpanam with sesame, water, and ghee rice
 - No onion/garlic/tamarind
-

Aadi Perukku (18th Day Celebration)

Traditional mixed rice varieties offered near water bodies:

- Lemon rice
 - Tamarind rice
 - Coconut rice
 - Curd rice
 - Sweet Pongal
 - Vella Aval
 - Mango Rice
-

Aadi Pooram (Goddess Andal's Festival)

- Akkaravadisal (Andal's favorite sweet dish)
- Sweet Pongal
- Curd rice
- Butter (Vennai)
- Vadai
- Fruits (especially banana & grapes)



- Milk, ghee, jaggery
-

Aadi Kool – Rural Tamil Nadu’s Nourishing Offering

Aadi Kool is a wholesome, one-pot meal made traditionally on Fridays or Tuesdays in Aadi, especially in villages.

◆ **Ingredients:**

- Ragi (finger millet) flour
- Cooked rice
- Buttermilk or curd
- Salt
- Green gram or chickpeas (boiled)
- Pearl onions (optional)
- Garnish: curry leaves, coriander, green chillies (optional)

Symbolism:

Aadi Kool is made in large quantities, served to neighbors and relatives. It reflects **community bonding, nourishment, and Ambal’s grace**.

Best Days to Offer:

- Aadi Velli
 - Aadi Chevvai
 - Aadi 1st day (if offering traditional meals)
-

General Guidelines for Aadi Month Offerings

- Serve naivedyam on a **banana leaf** or **traditional plate**
- Light **ghee lamp**, offer **flowers, turmeric, and kumkum**
- Chant **Abhirami Andhadhi** or **simple mantras/slokas**
- Offer with a **clean heart and space**