

Your Companion for a Funday

19 most unique and unheard facts about Hanuman Chalisa and Hanuman ji

ord Hanuman, known for his unwavering devotion to Lord Ram, is the epitome of courage and loyalty. Hanuman Chalisa, a sacred hymn composed by Tulsidas ji, is all about the loyal servant of Lord Ram who knew nothing but his devotion to Ram. Hanuman Chalisa has 40 verses and it talks about Hanuman ji's virtues. It is believed to offer relief and strength to people so that they can face any challenges in life. The verses are filled with descriptions of Hanuman ji's life, strength, devotion, and much more.

Here we list 19 of the most unique facts about Hanuman Chalisa and Hanuman ii.

Tulsidas ji: A reincarnation of Rishi Valmiki

One of the most unique facts is not about Hanuman Chalisa but rather the man who wrote and composed it. Legend has it that Tulsidas ji, the poet-saint who wrote the Hanuman Chalisa, was none other than Rishi Valmiki himself. Rishi Valmiki, the man who is credited with writing the Hindu epic Ramayana took rebirth to write the story of Lord Ram's biggest devotee, Hanuman.

A fact known before science

One of the most intriguing facts about Hanuman Chalisa is that it is believed that the Chalisa determined and mentioned the distance between the Earth and the Sun even before scientists and modern science could!

The verse 'yuga-sahasra-yojana para bhanu, leelyo tahi madhura phala janu' is said to tell the approximate distance between the Earth and the Sun amounting to around 150 million kilometres.

While people love to contradict this and find 'alternate' answers to how this was possible, believers are steadfast that this was nothing less than pure intellect for Tulsidas ji.

The language it is written in

Hanuman Chalisa, written by Tulsidas ji, is written and chanted in the Awadhi, a popular dialect of Hindi spoken in the region of

Today, while many people wonder why Hanuman Chalisa is not in Hindi or even in Sanskrit like other hymns and epics, not many know that the dialect used is Awadhi.

Maa Sita in Hanuman chalisa

The first doha of the Hanuman Chalisa begins with 'Shri Guru Charan Saroj Raj'. Here, many believe that the first word 'Shri' is actually a reference to Maa Sita who is considered to be Hanuman ji's Guru.

It is said that while Hanuman ji could have gotten Maa Sita back from the Ashok Vatika on his shoulder, but he didn't because Maa Sita taught him the lesson about integrity and waiting, wishing to be saved by Ram ji himself.

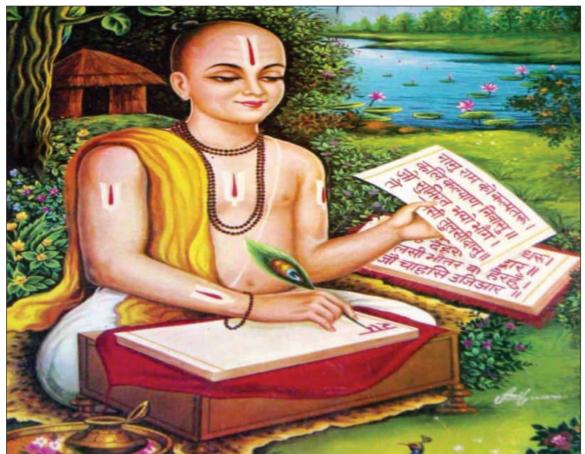
What does the Chalisa do?

The Hanuman Chalisa, when understood in all its power and studied while focusing on each word, is a brilliant composition and it elaborates the qualities and character of Lord Hanuman. From his strength to his devotion, and from his innocence to his protective powers, Hanuman Chalisa is like an encyclopedia about Lord

How many verses are there? The Hanuman Chalisa is structured into 40 verses known as chaupais. There are

a total of 43 verses, 2 dohas in the beginning, 40 verses in the form of chaupais, and then one doha at the end of the Chalisa. A division between the chants

The Hanuman chalisa has been divided by people into three different segments, each having their own subject or one can say 'topic'. While some verses are about Lord Hanuman's childhood, life, devotion, and the likes, others are about his power and strength, and some others about his contributions towards Lord Ram during



the War of Lanka.

First 10 verses

The first 10 verses of the Hanuman Chalisa are all about Hanuman ji himself and his qualities. His knowledge, his strength and power, his love for Lord Ram, and the roads he would cross only for his Lord.

For example, verse three says 'Mahaabeera bikrama bajarangi, Kumati niwaara sumati ke sangi'. This verse loosely translates to, 'Oh Hanuman, you are greater and mightier than so many and you are the one who removes bad wisdom and gives positive intellect'.

Next 10 verses

The next 10verses, i.e. verses 11-20, are about Hanuman ji and his love and devotion towards Lord Rama. For example, 'Prabhu mudrika meli mukh maahin, Jaladhi langhi gaye acharaj nahin, Durgama kaja jagata ke jete, Sugama anugraha tumhare

This loosely translates to - 'Just by having Lord Ram's ring in your mouth, you lept through the mighty oceans to reach Maa Sita. Every difficult task in this world can be solved by you and by remembering you'.

Next verses about his powers

The next verses are about Lord Hanuman and why people worship him or should worship him. For example, a verse says, 'Sab sukh lahai tumhari sharana, Tum rakshak kaahu ko darna'. This verse simply translates to 'The people who take refuge in you or in your name, are protected by you. And if you are protecting them, why should they fear anyone?

How he saved Lakshman ji

One of the verses also narrates the heroic tale of how Hanuman ji, with his courage, strength and loyalty, saved Lakshman ji's life by getting the life-saving herb, Sanjeevani. In fact, unsure about which is the right herb, Hanuman ji got the whole mountain so that no chances were lost.

The chaupai says 'Laye sajeevana Lakhana jiyay, Shri Raghuveer harshi ura laaye

He is the guardian against evil

Hanuman Chalisa is famous for its powerful and protective qualities. In fact, it is a verse in the Chalisa that shows how one should keep faith in Lord Hanuman that he will keep evil away.

The verse - 'Bhoot pishach nikat nahin aawe, Mahaveer jab naam sunawe', simply explains that no evil, ghost, or malicious energy can harm you if you chant Hanuman ji's name.

Healing powers of Hanuman ji

There are certain verses in the Hanuman Chalisa that are believed to have healing properties. Sometimes it's in the words of the hymn, others, it is the pure and pious energy of Hanuman ji, the bal brahmachari.

For example, the verse - 'Sankat kate mite sab peera, Jo sumire Hanumat bala bira' simply means that anyone who chants and remembers Hanuman ji's name gets rid of all his problems and

Hanuman ji is an immortal

It is said that Lord Hanuman is an immortal. Hanuman ji is said to be blessed with the boon of longevity by various gods and his undying presence is always on the lookout for people who need him and the ones who are chanting Lord Ram and Hanuman ji's name. He is the closest to Earth

There have been so many instances when people were in distress and called Lord Hanuman with utmost devotion and they soon were relieved of their worries. It is said that Lord Hanuman gives his devotees instant relief. How? Well, it is believed that Lord

Hanuman, being an immortal, is the closest to Earth and thus quickly comes to his devotees' aid.

Lord Ram and Yamraj

A famous legend says that there was a time when Lord Ram had to be taken back by Yama himself. But, Hanuman ji did not let him enter anywhere near Lord Ram because he did not want to be separated from his lord. It is believed that Lord Ram himself had to distract Hanuman ji to be able to depart from Earth.

Where there is Ram, there is Hanuman

Another interesting fact about Hanuman ji is that it is believed that he is everywhere. Whenever and wherever there is a Ramayan katha, or simply the name of Lord Ram is being chanted, in some form or another Lord Hanuman will be there. It is said that he also used to attend Ramayan katha in a small village where he met Valmiki ji

The right pronunciation

The last doha of Hanuman Chalisa says 'Tulsidas sada hari chera, Kije naath hriday meh dera'. About this doha, Rambhadracharya ji once said that people should replace Tulsidas ji's name with theirs when saying it. Why? The doha means -Tulsidas will forever remain your servant and asks you to make his heart your home'. And so, people should replace their name and invite Hanuman ji and his grace.

An essence of the Chalisa

Overall, Hanuman Chalisa is like a box of blessings, love, compassion, strength, and protection for Hanuman ji's devotees. Once people start reading the Hanuman Chalisa, there is no going back for Hanuman ji will never disappoint their devotees and will forever remain in their protection, giving them strength and courag

How social media overdose impacts teenagers mental health

octor my son is spending too much time online. He is constantly on Instagram and facetime. What should I do?" Such questions have become a norm for most mental health practitioners who work with children and young adults. Most teenagers use social media accounts like Facebook and Instagram these days. It keeps a person connected to friends across the globe and gives them a window into the lives of people they are connected with.

Multiple studies have shown that teenagers who use social media excessively, do so because they are either bored, need an escape from their immediate physical environment, are feeling overwhelmed and stressed, are lonely, have few real-time friends or need to feel appreci-

Using social media in moderation isn't bad. In fact, it can help boost serotonin and other feel-good chemicals in the brain and can help uplift a persons' mood. Most people click a selfie of themselves and post it on social media and feel good about themselves when people like their post and comment on it. It becomes a problem when this becomes a habit. Many people feel compelled to post photos of themselves multiple times a day and then keep checking their accounts for the number of likes Let's now go a little deeper and see the signs a person, a parent or a

loved one can look for to differentiate between social media usage and addiction. We can safely say a person is addicted to social media when we can spot some of the following: If a person is thinking about and talking about social media most of

the time? If they have formed a ritual of using social media multiple times a day If they are using social media instead of attending to other important

If they are procrastinating on other important tasks and using social

media instead If they get frustrated and throw anger tantrums if they are unable to use social

If there is a fear of missing out on "life" if they don't stay connected on social

media If social media usage has affected their studies

If they keep checking their social media accounts during conversations

If a person avoids social events to be on social media If they lie about the time they spend on social media

If they have not been able to reduce the time they spend on social media

A few tips for parents

The following things parents have found to be effective in teenage social media

Discussing in a non-hostile and loving way with the teenager about their social media use. Keep reminding them that you are coming from a place of concern for



Help them to plan their day and follow the set schedule

Set a "no mobile phone" policy at different times of the day/night. No cell phones during meal times, while watching TV, during family time and at bedtime.

Set tasks that requires a person to be busy offline

Seek help early from a mental health professional

Enrol them in a new hobby Use less of social media yourself to set an example for your teens'

The use of social media has also resulted in many teenagers globally being subjected to name-calling, harassment, embarrassment, humiliation, stalked, threatened and becoming victims of fraud through social media. It has led to a spike in teenage

mental health issues and even death. If a teenager is subjected to any form of online bullying, it can leave a lasting negative impact, which can stay with the individual for years to come. The power of social media in my opinion is not fully comprehended by many. In school, a person may be subjected to an incident of bullying or harassment which usually is restricted to a small group of people. Negative or derogative comments on a person posted on social media reach a wider and global audience. It is also permanent; To be seen by all. This can really damage an individuals' self-esteem and level of confidence.

There is also a correlation between excessive social media usage and mental disorders like anxiety, depression, sleep disorders, ADHD, paranoia, delusions, suicidal thoughts and selfharm. Users need to keep a check on the amount of time they spend on social media. They need to recognize the signs of social media addiction and take necessary steps quickly to ensure they do not become addicted to social media.

How Much Time Should Someone Spend On Social Media

Studies have found that thirty minutes of social media usage helps give a boost to a persons' mood while using social media for more than two hours a day can increase the risk of developing depressive symptoms. One needs to strike a balance and use social media tools effectively. When social media platforms are used responsibly then they become a source of enjoyment and fulfilment. They can help a person to feel good about themselves, help them in staying socially connected with friends globally, connect with other like-minded people, share ideas and thoughts, stay informed of news and current affairs. become aware of social events and showcase their talents and skills.

What can you do if you are addicted to social media?

There are many effective modalities in psychotherapy that can help young adults to break free from excessive use of social media. Here are some effective tools professionals use to help

Counselling - Mental health counselling allows a person to explore their inner feelings and emotions in a safe and nonjudgemental environment. It promotes awareness and helps a person to come up with alternative options to deal with the situation.

CBT – CBT stands for Cognitive Behavioural Therapy. CBT helps a person to recognize unhelpful thoughts and the errors they are making in their thinking. A trained CBT professional help clients recognize such thoughts and help them to correct the errors they may be making in thinking. This helps to correct the behaviour and results in better moods and feelings.

Mindfulness - Mindfulness is another very effective way to help build awareness, reduce hyperactivity and restlessness. Mindfulness helps people to become more grounded/cantered and recognize their feelings and emotions. Many underlying emotions are allowed to surface and to be released.

It is important to connect with a mental health professional who can help in this area and help a person to live a fuller and more meaningful life. Social media use and abuse have increased during the pandemic and many are struggling in reducing time spent on social media. Sometimes it's not something a person may be able to achieve themselves. External professional help may be required.