HANUMAN CHALISA ABHIYAN

Session with College Students to clear their doubts

(In the following discussion, Akash is a Volunteer Sadhak from Hanuman Chalisa Abhiyan. Amit, Riya, Nimish and Mihir are all teenagers asking him questions.)

Akash: Namaste everyone, my name is Akash and I am a Sadhak from the ShatKoti Hanuman Chalisa Abhiyan. I'm happy to be here to answer your questions about reciting Hanuman Chalisa. So, who would like to start?

Amit: Hi, my name is Amit and I'm a Science student. Could you please tell us, why should we recite Hanuman Chalisa? I mean, what's the point?

Akash: Great question, Amit! Reciting Hanuman Chalisa has many benefits, such as increasing your focus, reducing stress, and boosting your confidence. It can also help you overcome negativity and bring positivity into your life.

Amit: Can you explain how reciting Hanuman Chalisa can help me with my studies?

Akash: Well, Hanuman Chalisa is not a magical spell that will help you pass exams without studying. However, it can help you develop a focused and disciplined mind, which is essential for learning and retaining knowledge.

Riya: Hi, my name is Riya and I'm a Commerce student. I'm more interested in how Hanuman Chalisa can help me in my career. Can you shed some light on that?

Akash: Absolutely. By reciting Hanuman Chalisa, you can develop qualities like perseverance, determination, and courage, which are essential for success in any career. Hanuman Chalisa can also help you stay grounded and humble, which is crucial for ethical and moral decision making.

Nimish: I study Arts, and I believe in expressing myself creatively. How can Hanuman Chalisa help me with that?

Akash: That's a great question. By reciting Hanuman Chalisa, you can develop inner peace and clarity, which can help you unlock your creative potential. Hanuman Chalisa can also help you stay focused and disciplined, which is necessary for any artistic pursuit.

Mihir: I'm not a student because I come from a poor family, and I have to help my dad in his small business. Can you explain how Hanuman Chalisa can help me in my work?

Akash: Of course. By reciting Hanuman Chalisa, you can develop qualities like hard work, dedication, and loyalty, which are crucial for success in any business. Hanuman Chalisa can also help you stay positive and motivated, which is essential for overcoming any obstacles in your work.

Riya: That sounds interesting, but how can reciting a prayer bring me success in my studies or career?

Akash: Well, Riya, Hanuman Chalisa is not just any prayer. It is a powerful hymn that has been recited by millions of people for centuries. It can help you develop inner strength and unlock your potential. With a strong and focused mind, success in your studies or career will come naturally.

Amit: I'm not really religious, so why should I recite Hanuman Chalisa?

Akash: Good question, Amit. Hanuman Chalisa is not just about religion. It's about connecting with a higher power and tapping into your inner potential. Even if you're not religious, reciting Hanuman Chalisa can still help you lead a more fulfilling life.

Mihir: I don't have time to recite Hanuman Chalisa. I'm too busy helping my dad in his business.

Akash: I understand, Mihir. But reciting Hanuman Chalisa doesn't have to take up a lot of time. You can recite once while you're working or taking a break. It's all about making it a part of your daily routine.

Amit: How do we know that Hanuman Chalisa actually works? Is there any scientific evidence to support it?

Akash: Well, Hanuman Chalisa is a spiritual practice, and spirituality is not something that can be measured by science. However, there are countless people who have experienced the benefits of reciting Hanuman Chalisa, and that is proof enough.

Riya: What if I don't believe in Hanuman or any other deity? Can I still recite Hanuman Chalisa?

Akash: Absolutely. Hanuman Chalisa is not just a religious practice but a spiritual one that can benefit anyone, regardless of their faith. You can recite Hanuman Chalisa as a form of meditation, to develop inner peace and focus.

Riya: I'm still not convinced. Can you share some real-life examples of people who have benefited from reciting Hanuman Chalisa?

Akash: Sure, Riya. There are countless stories of people who have overcome their obstacles and achieved success with the help of Hanuman Chalisa. One such example is that of a businessman who recited Hanuman Chalisa every day and was able to turn his struggling business into a successful one.

Riya: That's amazing! Can you recite a few lines from Hanuman Chalisa for us?

Akash: Of course, Riya. Here are a few lines from Hanuman Chalisa:



Jai Hanuman Gyan Gun Sagar|

Jai Kapis Tihun Lok Ujagar||

Amit: That sounds beautiful. Can you explain the meaning behind those lines?

Akash: The first line means "Hail Hanuman, the ocean of knowledge and virtues." The second line means "Hail Hanuman, who illuminates all three worlds with his glory." It's a powerful reminder of Hanuman's strength and virtues.

Nimish: How long does it take to see the benefits of reciting Hanuman Chalisa?

Akash: Ah, that's a great question. The benefits of reciting Hanuman Chalisa can be experienced immediately, as it helps calm and focus the mind. However, the long-term benefits come with consistent and dedicated practice. You see, Hanuman Chalisa is not just a religious text but also a spiritual one. It's a powerful tool that can help you tap into your inner strength, build self-confidence, and overcome negativity. And these benefits are not just limited to spiritual growth but can also positively impact your personal and academic life.

Amit: How is that possible? Can reciting Hanuman Chalisa actually improve my grades in science?

Akash: Well, as a Science student, you must know that positive thoughts and emotions can improve cognitive function and enhance memory retention. By reciting Hanuman Chalisa, you can tap into a sense of inner peace and positivity, which can help improve your academic performance.

Mihir: How can I recite Hanuman Chalisa if I don't know how to read?

Akash: You don't have to know how to read to recite Hanuman Chalisa. You can listen to it being recited or learn it by listening to others. There are also many audio and video resources available to help you learn and recite Hanuman Chalisa.

Amit: Is there a specific time or place that is best for reciting Hanuman Chalisa?

Akash: There is no specific time or place that is best for reciting Hanuman Chalisa. You can recite it anytime.

Riya: Okay, but I still have one doubt. How can reciting Hanuman Chalisa help me in my future career?

Akash: Good question! As a Commerce Student, you must be aware of the importance of networking, communication, and leadership skills in the business world. Reciting Hanuman Chalisa can help you build these skills by improving your confidence, focus, and decision-making abilities.

Nimish: I'm not really interested in business or science. How can Hanuman Chalisa benefit me as an artist?

Akash: As an artist, you need to tap into your inner creativity, imagination, and intuition. Reciting Hanuman Chalisa can help you connect with these qualities by removing mental blockages and fostering a sense of clarity and inspiration.

Mihir: I don't have the luxury of studying or pursuing art. I need to work to support my family. How can Hanuman Chalisa help me?

Akash: That's a valid concern, my friend. But you see, the benefits of Hanuman Chalisa are not limited to academic or career success. It can help you build inner strength, resilience, and positivity, which can help you overcome challenges and succeed in any field of work.

Amit: But how much should we recite it? Is there a set number or frequency?

Akash: The Shatkoti Hanuman Chalisa Abhiyan encourages participants to recite as much as they can and pledge to a daily count until January 15, 2024. But there is no set number or frequency. You can recite it once a day or multiple times, depending on your convenience and intent.

Riya: And what if we miss a day or can't complete our pledged count?

Akash: It's okay. Life happens, and we understand that. The point is not to stress about achieving the pledged count but to make a daily habit of reciting Hanuman Chalisa and reaping its benefits.

Mihir: I don't have a smartphone to download the app. How can I keep track of my progress?

Akash: That's not a problem. You can simply maintain a tally of your daily count in a notebook or a piece of paper. The important thing is to keep the practice going and reap its benefits. You can upload it later using someone else's mobile, or using our website. Our volunteers would be glad to help you in such cases.

Mihir: Thank you for explaining that. I think I might give it a try.

Akash: Well, that's all the time we have for today. I hope I was able to answer your questions and clear your doubts. Thank you all for joining me today, and I wish you all the best in your endeavors. Remember, Hanuman Chalisa is a powerful spiritual practice that can bring immense benefits to your life, no matter who you are or what you do, and I encourage you all to give it a try.

All: Thank you Akash ji. We will definitely give this a try.

(This dialogue is a creative synthesis of various authentic conversations that the author has observed or listened to in different contexts, both online and offline. It is a fictional work that tries to convey the curiosity and the insight of the questions from the seekers and the responses from various senior Vivechaks of Geeta Pariwar. We hope you have fun reading it and find it relevant.)



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