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VEDIC PRAYERS





Hanuman Jayanti 2026 | हनुमान जयंती पर करें ये उपाय, जीवन के हर संकट होंगे दूर | PDF

Hanuman Jayanti is celebrated every year on the full moon day (Purnima) of the Chaitra month. This day marks the birth anniversary of Lord Hanuman. In 2026, Hanuman Jayanti will be celebrated on April 02.

In some places, such as Maharashtra and Tamil Nadu, it is also observed on the fourteenth day of the waning moon (Krishna Paksha Chaturdashi) of the Margashirsha month or on the thirteenth day of the waxing moon (Shukla Paksha Trayodashi) of Chaitra. However, in most parts of North India, it is traditionally celebrated on Chaitra Purnima.

Why is Hanuman Jayanti celebrated?

Hanuman Jayanti is observed in remembrance of the birth of Lord Hanuman. Lord Hanuman, also known as Bajrangbali, Anjaniputra, Maruti Nandan, and Pawanputra, is considered one of the most revered devotees of Lord Rama.



The story of his birth is as follows

Hanuman was born into the Vanara (monkey) race. His mother's name was Anjani, and his father's name was Kesari. It is said that Anjani was a celestial nymph (apsara) who had come to Earth due to a curse. She performed intense penance to please Lord Shiva, and as a blessing, she was granted a radiant son in the form of Hanuman. Hanuman is also believed to be the eleventh Rudra (incarnation) of Lord Shiva.

He was born with the grace of Vayu Dev (the god of wind), which is why he is also called **Pawanputra** (son of the wind). He is immortal, which means he is still alive and helps devotees even today.

What should be done on Hanuman Jayanti?

Hanuman Jayanti is marked by special prayers, fasting, and devotion to Lord Hanuman. This day is considered ideal for self-purification, devotion, and the cultivation of courage.

1. Fasting and Worship

- Wake up before sunrise, take a bath, and wear clean clothes.
- Clean your place of worship and install an idol or image of Lord Hanuman.
- Offer roli (vermilion), rice, flowers, red cloth, sindoor, and jasmine oil.



- Recite Hanuman Chalisa, Sunderkand, Bajrang Baan, and Ram Raksha Stotra.
- Light a ghee lamp and perform aarti.

2. Fasting (Upvaas)

- Devotees observe a complete waterless fast or consume only fruits.
- One may eat only once, but the food should be free from onion, garlic, and tamasic items.

3. Visiting Temples

- Hanuman temples witness special crowds on this day. Devotees travel from afar for darshan.
- Offerings of laddoo and boondi are made to the deity.

4. Charity and Good Deeds

- Feeding Brahmins or the needy, donating clothes, or distributing religious books is considered auspicious.

How does celebrating Hanuman Jayanti improve life?

Devotion to Lord Hanuman not only provides mental and physical strength but also helps overcome various life problems. Let's understand the spiritual and practical benefits:

1. Freedom from Fear and Negativity

Lord Hanuman is known as **Sankatmochan** (the remover of troubles).



His worship alleviates fear, evil influences, nightmares, and mental stress.

“Naasae rog hare sab peera, japat nirantar Hanumat beera.”
This verse signifies that remembering Hanuman removes all sufferings and diseases.

2. Increases Confidence and Inner Strength

Hanuman is regarded as the symbol of strength, intelligence, and knowledge. His worship enhances self-confidence, improves decision-making, and removes fear.

3. Success in Endeavors

Those who regularly worship Lord Hanuman find success in their incomplete tasks. It helps in achieving success in employment, education, business, and competitive exams.

4. Improves Focus

Reciting Hanuman Chalisa and Sunderkand improves concentration, which is beneficial for studies or spiritual practices.

5. Health Benefits

The positive energy generated through devotion brings new vitality to the body. This leads to mental and physical well-being. Many people feel they live longer and healthier lives by remembering Hanuman.



6. Protection from Saturn's Malefic Effects

It is believed that Lord Hanuman protects against the wrath of Shani (Saturn).

7. Spiritual Growth

Lord Hanuman is the ultimate devotee of Lord Rama. His service, dedication, and devotion inspire individuals to connect with the divine, leading to spiritual upliftment.

8. Discipline and Spirit of Service

Hanuman's life symbolizes discipline, service, and sacrifice. Worshiping him helps us imbibe these qualities naturally.

Special Rules and Traditions Associated with Hanuman Jayanti

- **Red Clothes and Sindoor:** Lord Hanuman is very fond of the color red. Red flowers, sindoor, and red garments hold special significance during worship.
- **Observing Celibacy:** A disciplined and pure lifestyle is recommended on this day.
- **Chanting Lord Rama's Name:** As Hanuman is a devoted follower of Lord Rama, chanting his name on this day is considered highly virtuous.



- **Imparting Values to Children:** Children should be told stories of Hanuman to instill devotion, bravery, and the spirit of service.

Hanuman Jayanti is not only a festival to express devotion to Lord Hanuman, but also an inspiration to purify, empower, and strengthen our lives.

Conclusion

Through the worship of Lord Hanuman:

- Fear is eliminated,
- Courage is awakened,
- Success is achieved,
- Discipline is cultivated,
- And the path to divine devotion is paved.

This Hanuman Jayanti, let us resolve to adopt the virtues of Lord Hanuman in our lives and spread devotion, service, and courage in society.

Jai Bajrangbali!

Jai Shri Ram!



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