

Twitter Thread by [sriram](#)



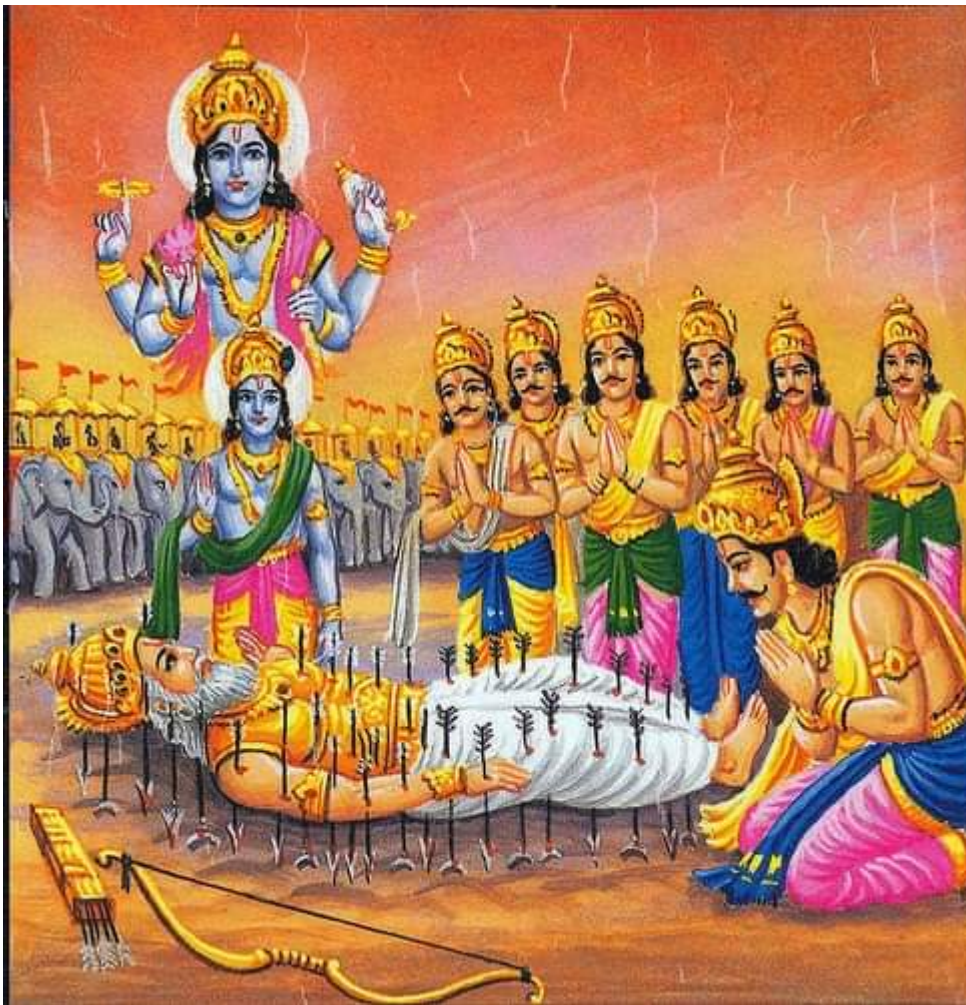
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Bhishma Ekadasi!.

This falls on eleventh day of lunar fortnight. This happens to fall between the month of Masi(magha) between Jan and Feb.



It is believed that on the Ekadasi day (11th Lunar day) after the Mahabharatam War, Bhishma, revealed Vishnu Sahasranama Sthothram to the Pandavas in the presence of Lord Krishna.

Thus this Ekadasi is celebrated as the birthday of Sri Vishnu Sahasranama sthothram. The sthothram consists of thousand names of Lord Vishnu. Each name in this sthothram is a divine revelation of supreme qualities of the Lord.

benefits of chanting this sthothram gets multiplied when chanted collectively.

Health and astrological benefits

Research shows that chanting of this Vishnu Sahasranama Sthothram soothe stress, anxiety, regulates blood pressure and improves memory and focus.