LAHARI TELUGU DIGITAL

(A SPIRITUAL – SOCIAL – PEOPLE'S DIGITAL DAILY)

LAHARI Spot Speed Speed NEWS

Dharma | Society | News & Views

www.lahari.net.in

Friday | 30 October 2026 | Khammam | Telangana | Andhra Pradesh | India | International

Friday – Auspicious Day for Sri Mahalakshmi Pooja

Special worship on Fridays, Deepavali, Varalakshmi Vratham and Sharannnavaratri



Friday is considered a very auspicious day for worshipping Goddess Mahalakshmi. Devotees offer prayers with great devotion during festivals like Deepavali, Varalakshmi Vratham and Sharannavaratri to seek her blessings for wealth, prosperity, happiness and well-being.

Items commonly used in the pooja:

- Turmeric (Pasupu) and Kumkum
- Flowers
- Lamp (Deepam) and Incense (Dhoopam)
- Fruits and Naivedyam
- Chanting Sri Lakshmi Ashtottara Shatanamavali or Lakshmi Stotras with devotion

Sri Mahalakshmi Mantra

Famous Lakshmi Mantra:

Om Shreem Maha Lakshmyai Namah ||

Chant this mantra with devotion to seek the blessings of the Goddess.

Sri Mahalakshmi Prayer

Namastestu Mahamaye Shripithe Surapoojite | Shankhachakragadahaste Maha Lakshmi Namoostute ||

Digitisation of Inscriptions Begins at Tirumala Temple

About 750 historical inscriptions to be digitised under Bharat Shri Project





The process of digitising the historical inscriptions at the Tirumala Sri Venkateswara Swamy Temple has begun. As part of the Bharat Shri Project, the Archaeological Survey of India (ASI) is digitising around 750 inscriptions.

The Tirumala temple, the abode of Lord Venkateswara – the presiding deity of Kali Yuga, is a living testimony to centuries of history. The inscriptions engraved on the temple walls reveal many interesting details about the rulers of that time, social conditions and cultural history. To preserve this rich heritage for future generations, the ASI has taken up the digital documentation as part of the Bharat Shri Project.

The ASI had earlier collected 44 inscriptions from the second prakaram of the temple and another 53 inscriptions from the walls of the Ananda Nilayam (sanctum sanctorum) in 2009. Now, the process of digitising the remaining 600 inscriptions has been initiated.

October 30, 2026 Panchangam

Samvatsaram	:	Sri Parabhava Nama Samvatsaram
Ayanam	:	Dakshinayanam
Ruthu	:	Hemanta Ruthuvu
Masam	:	Ashwayuja Masam (Krishna Paksha)
Tithi	:	Panchami (from 10:10 PM, Oct 29 to 07:25 PM, Oct 30), next Shashti
Nakshatram	:	Mrigasira (till 09:04 AM), next Ardra
Yogam	:	Shiva Yogam (till 08:41 PM), next Siddha Yogam
Karana	:	Kaulava (till 08:46 AM), next Taitula
Sunrise	:	06:17 AM
Sunset	:	05:42 PM
Rahu Kalam	:	10:34 AM – 11:59 AM
Yamagandam	:	02:50 PM – 04:16 PM
Gulika Kalam	:	07:43 AM – 09:08 AM
Durmuhurtham	:	08:34 AM – 09:20 AM and 12:22 PM – 01:08 PM
Varjyam	:	04:48 PM – 06:16 PM

Troubled by Indigestion?

Fenugreek Seeds (Menthulu) Offer a Natural Solution



Indigestion, bloating and constipation are common problems faced by many people. The kitchen itself offers simple and effective remedies. Spices like cumin, fenugreek, turmeric, cardamom, cloves, ginger and garlic are widely used to solve various health issues. Among them, fenugreek seeds are especially effective in relieving indigestion and also help in controlling diabetes. Let's know the health benefits of fenugreek seeds.

Benefits of Fenugreek Seeds

- **Controls sugar levels:** Helps regulate blood sugar, beneficial for diabetics.
- **Relieves indigestion:** Reduces bloating and improves digestion.
- **Aids weight management:** Rich in fibre, keeps you full longer and prevents overeating, helping in weight loss.
- **How to use:** Soak 1 teaspoon of fenugreek seeds in water overnight and drink the water on an empty stomach in the morning.
- **Powder form:** Dry roast the seeds, grind into powder and take with warm water daily. It can also be added to curries.
- **Regular intake:** Taking one teaspoon of fenugreek seeds in the morning and evening improves digestion and helps reduce diarrhoea.