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Om Sai Ram

A Saint of Love, Compassion and Service



Shirdi Sai Baba is a revered spiritual master worshipped by millions across India. His life is a symbol of love, compassion, service, patience and devotion. He taught that every human being should be loved without discrimination of caste or religion and that helping others is the true essence of life. Sai Baba's teachings continue to inspire people to lead a life of faith, humility and selfless service.

> "Love all, Serve all,
> Help ever, Hurt never."
> - Shirdi Sai Baba

Lord Dakshinamurthy

Embodiment of Knowledge and Wisdom



Dakshinamurthy refers to Lord Shiva facing the south, seated under a banyan tree, teaching wisdom to the great sages.

Significance of His Form

- **Banyan Tree:** symbol of eternal knowledge.
- **Chin Mudra:** unity of individual soul and supreme soul.
- **Four Sages:** seekers of truth and wisdom.
- **Silent Teaching:** some truths are realised through experience, not words.
- **Form of Shiva:** removes ignorance and bestows self-realisation.

Devotees pray for:

- Academic progress and concentration
- Spiritual knowledge and wisdom
- Peace of mind and mental strength
- Guru's grace, humility and discipline
- Removal of ignorance and clarity in decision making

Tirumala Navaratri Brahmotsavams

Lord Malayappa Swamy on Simha Vahanam Delights Devotees



The grandeur Tirumala Navaratri Brahmotsavams is continuing with great devotion and splendour. On the third day (Wednesday), Lord Malayappa Swamy was taken around the mada streets on the Simha Vahanam, blessing devotees. The Lord, in the form of Narasimha representing Brahma, Vishnu and Shiva, appeared in a magnificent manner. Devotees thronged the streets, chanting "Govinda", with traditional music, kolatam and cultural performances. According to Agama scriptures, the Lord's two eyes represent the Sun and Moon — the Sun eye removes negative tendencies and the Moon eye bestows peace and joy. In the evening at 7 PM, the Lord will be on the Mutyapu Pandiri Vahanam.

Darshan for devotees: 8 hours

PANCHANGAM

15 OCTOBER 2026
THURSDAY

Year	:	Sri Parabhava Nama Samvatsaram
Ayanam	:	Dakshinayanam
Ruthu	:	Sharad Ruthuvu
Masam	:	Ashwayuja Masam
Paksha	:	Shukla Paksha
Vara	:	Thursday (Brihaspati)
Tithi	:	Panchami till 03:25 AM
Nakshatra	:	Jyeshtha (from 04:03 AM, all day)
Yoga	:	Saubhagya Yoga till 09:15 PM
Karana	:	Bava till 02:16 PM, then Balava
Sunrise	:	06:00 AM
Sunset	:	05:46 PM
Rahu Kalam	:	01:21 PM – 02:50 PM
Yamagandam	:	06:00 AM – 07:28 AM
Gulika Kalam	:	08:56 AM – 10:25 AM
Durmuhurtham	:	09:55 AM – 10:42 AM & 02:38 PM – 03:25 PM
Varjyam	:	10:17 AM – 12:04 PM
Abhijit Muhurtham	:	11:30 AM – 12:17 PM
Amrita Kalam	:	08:59 PM – 10:46 PM

IMPORTANT DAYS 15 OCTOBER



Upanga Lalitha Vratham
Observed on Ashwayuja Shukla Panchami (5th day of Navaratri) in worship of Goddess Lalita.



World Students' Day
Observed every year on October 15, marking the birth anniversary of Dr. A.P.J. Abdul Kalam, former President of India.

International Observance Days



Global Handwashing Day
To create awareness on the importance of hygiene and handwashing.



International Day of Rural Women
Recognises the contribution of rural women to development (Observed by the United Nations).



World White Cane Safety Day
To create awareness about the importance of white cane for the safety and independence of visually impaired persons.

Obesity Rising Rapidly Among Youth

Early Action Essential for a Healthier Future



What is causing it?

Changing food habits, reduced physical activity and modern lifestyle are key reasons. According to NFHS-5 (2019-21), nearly one in four adults in India is overweight or obese. ICMR (2023) estimates that about 350 million Indians aged 20+ have abdominal obesity and around 250 million have general obesity. High cholesterol levels were found in nearly 210 million. South Asians are at risk of diabetes and heart diseases even at lower BMI levels.

When is surgery considered?

Doctors do not consider age or weight alone. In South Asians, if BMI is 29 or higher with conditions like type-2 diabetes, sleep apnoea, fatty liver or joint problems, bariatric surgery may be recommended. BMI 35 or above may also qualify based on health status. Procedures such as sleeve gastrectomy and gastric bypass reduce stomach size, control appetite and improve hormonal and sugar levels.

It is not a complete cure

Bariatric surgery does not completely solve obesity. After surgery, a balanced diet, regular exercise, adequate protein intake, necessary vitamins and medical follow-up are essential. It should not be the first option for every young person with obesity. A comprehensive evaluation by doctors is important. Early identification and timely treatment can prevent serious health problems in the future.