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20 OCTOBER 2026 TUESDAY

TODAY'S PANCHANGAM

Sri Parabhava Nama Samvatsaram
Dakshinayana | Sharad Rutu

Ashwayuja Shukla Paksha
Navami till 12:50 PM, thereafter Dashami
Shravana Nakshatra till 6:02 PM,
thereafter Dhanishta

Sunrise	: 6:14 AM
Sunset	: 5:47 PM
Rahu Kalam	: 2:54 PM – 4:20 PM
Yamagandam	: 9:07 AM – 10:34 AM
Gulika Kalam	: 12:00 PM – 1:27 AM
Abhijit Muhurtham	: 11:37 AM – 12:24 PM
Brahma Muhurtham	: 4:38 AM – 5:26 AM
Amrita Kalam	: 6:34 AM – 8:20 AM
Durmuhurtham	: 8:32 AM – 9:19 AM, 10:46 PM – 11:36 PM

SIGNIFICANCE OF VIJAYADASHAMI



Vijayadashami symbolises the victory of good over evil. It marks the day when Lord Sri Rama defeated Ravana and Goddess Durga triumphed over Mahishasura. On this day, Shami Puja, worship of Aparajita Devi and the ceremonial conclusion of Navaratri are performed. In many places, Saraswati Puja and Aksharabhyasam (initiative into learning) are also conducted.

SIGNIFICANCE OF LORD HANUMAN



Lord Hanuman is the divine son of Anjana Devi and Kesari, born with the blessings of Vayu Deva. He is also known as Anjaneya, Pavanaputra and Vayusuta. Considered an incarnation of Lord Shiva, Hanuman displayed immense valour from his childhood, when he tried to reach the Sun thinking it was a fruit.

His unwavering devotion to Lord Sri Rama, courage and selfless service are his greatest virtues. In the Mahabharata, it is said that Hanuman graced the flag of Arjuna's chariot.

Devotees worship Lord Hanuman on Tuesdays, reciting Hanuman Chalisa and other stotras. Offering vermilion (sindoor), betel leaves, boondi and bananas is a common tradition. Worship of Lord Hanuman is believed to give courage, self-confidence and strengthen devotion in the hearts of devotees.

HEALTH TIP OF THE DAY

You Can Gain Weight Due to Water Retention!



Excess fluid retention in the body can cause swelling in the legs, feet, hands, and abdomen, making you feel heavy and resulting in weight gain. Water weight is not the same as fat gain.

- **Reduce Salt Intake:** Limit processed foods, chips, instant noodles, pickles and packaged snacks.
- **Drink Enough Water:** Do not stop drinking water to lose weight. If you have heart or kidney problems, follow your doctor's advice on fluid intake.
- **Include Regular Walking:** Avoid sitting or standing for long hours. Walk in between and do light exercise daily.
- **Be Careful:** If swelling occurs suddenly, persists for a long time, or if you face difficulty in breathing, seek medical attention immediately.