|| Dharma for Righteous Living ||

LAHARI

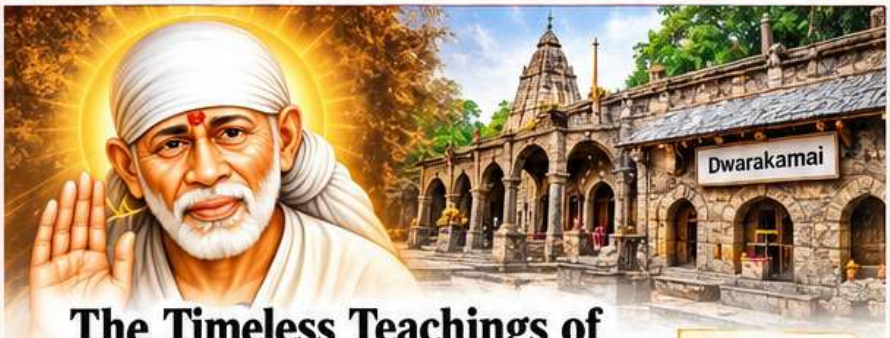
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The Timeless Teachings of SAI BABA

"Sabka Malik Ek"
God is One

A Message for Humanity

Early Days in Shirdi



Sai Baba came to Shirdi as a young man and stayed for some time under a neem tree.

How He Got the Name "Sai"



A young fakir who came with a wedding group near the Khandoba temple was addressed by devotee Mahalsapati as "Ya Sai", and the name became popular.

Dwarakamai



The old mosque where Sai Baba lived later became famous as Dwarakamai. He helped the poor and devotees who came there.

Maha Samadhi



Sai Baba attained Maha Samadhi on October 15, 1918 in Shirdi. His Samadhi Mandir is now the main place of worship.

Key Teachings of Sai Baba

- **Sabka Malik Ek** – God is One for all.
- **Shraddha – Saburi** – Faith and Patience.
- **Service to the Poor – Annadaanam.**
- **Dwarakamai, Dhuni and Udi** – Symbols of faith, healing and spiritual tradition.

Important Places to Visit in Shirdi

Samadhi Mandir



Main temple with Sai Baba's Samadhi.

Dwarakamai



The place where Sai Baba lived.

Gurusthan



Neem tree area where he first appeared as a young man.

Chavadi



A historical place linked to Sai Baba's life and devotion.

Message for Devotees

- Do not lose courage in difficult times.
- Don't discriminate based on religion, caste or wealth.
- Feed the hungry and help those in need.
- Give up ego and live with humility.
- Have faith in God and perform your duty sincerely.

Summary: Live with faith, move forward with patience, and serve others with humanity.

Heavy Rains Continue in Tirumala

6 Hours Waiting Time for Sarva Darshanam



Tirumala, Oct 22: Continuous heavy rains are lashing the holy hill of Tirumala due to a surface circulation and trough over the Bay of Bengal. Thick clouds and mist have enveloped the area, causing difficulties for devotees. The waiting time for Sarva Darshanam is currently 6 hours, with devotees waiting in 9 compartments.

Latest Updates

- Heavy rains since last night.
- Temple premises and roads waterlogged.
- Devotees facing inconvenience in queues.
- TTD urges caution on ghat roads due to risk of landslides.
- Devotee count (yesterday): 83,745
- Hundi collection: ₹ 2.99 crore
- Tonsuring: 19,391 devotees
- TTD officials monitoring arrangements closely.

Tirumala Navaratri Brahmotsavams Conclude



The grand Navaratri Brahmotsavams concluded with the Snapana Tirumanjanam to Chakrathalwar at the Swami Pushkarini. TTD, district administration and police successfully coordinated the arrangements, incorporating devotees' feedback to improve facilities.

Panchangam – October 22, 2026



Year	: Sri Parabhava
Month	: Ashwayuja (Shukla Paksha), Dakshinayana (Sharad Ritu)
Tithi	: Ekadashi (till 02:47 PM), then Dwadashi
Nakshatra	: Shatabhisha (till 08:49 PM), then Purvabhadra
Yoga	: Vriddhi (till 11:40 PM)
Karana	: Vishti (till 02:47 PM), then Bava
Festival	: Papankusha Ekadashi
Sunrise	: 06:14 AM
Sunset	: 05:46 PM

Abhijit Muhurtham	: 11:28 AM – 12:15 PM
Amrita Kalam	: 01:18 PM – 02:58 PM
Rahu Kalam	: 01:27 PM – 02:53 PM
Yamagandam	: 06:14 AM – 07:41 AM
Gulika Kalam	: 09:07 AM – 10:33 AM
Durmuhurtham	: 09:55 AM – 10:42 AM and 02:35 PM – 03:22 PM
Varjyam	: 03:19 AM – 04:59 AM

This Day in History – October 22

- **2008** : Chandrayaan-1 launched by ISRO.
- **2015** : Foundation stone laid for Amaravati (AP capital) by PM Narendra Modi.
- **1901** : Birth of freedom fighter Komuram Bheem.
- **1764** : Battle of Buxar – East India Company victory.
- **1879** : Thomas Alva Edison successfully tested the first carbon filament electric lamp.



International Observances



- **International Stuttering Awareness Day** (October 22) – to create awareness about stuttering.
- **National Color Day** – to celebrate the impact of colors on our lives and mental well-being.

Eat Vegetables, But Are You Getting the Nutrients?

Simple Tips to Improve Nutrition from Vegetables



Bitter Gourd



Add coconut and sesame powder to reduce bitterness and make it tastier.

Brinjal (Eggplant)



Some varieties may cause allergies. Adding fenugreek seeds while cooking can reduce irritation.

Spinach



Rich in iron, but oxalates may block absorption. Add lemon juice and black pepper to improve absorption.

Potato



Rich in starch, may cause constipation. Add mustard seeds while cooking to help digestion.