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LHARI

(Spirituality – Social Awareness Daily)

T MEDIA (TELUGU DIGITAL) ANNEXURE

Spot Speed NEWS

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Tirumala Reservoirs Record 61.68 Lakh Gallons Rise in Water Levels



A total increase of 61.68 lakh gallons of water has been recorded in the five major reservoirs of Tirumala up to Friday. By Friday morning, 21.60 lakh gallons of water was utilized from these reservoris, while 40.08 lakh gallons of water is available as additional storage.

Water Levels in Tirumala Reservoirs (in Lakh Gallons)

Reservoir	Storage Capacity	Previous Day Level	Current Level	Increase	Usage	Surplus
Papavinasanam	5,240.00	2,667.39	2,688.35	20.96	14.10	6.86
Gogarbham	2,833.10	499.06	508.31	9.25	7.50	1.75
Akasaganga	685.00	24.07	30.40	6.33	0.00	6.33
Kumaradhara	4,259.01	338.84	363.98	25.14	0.00	25.14
Pasupudhara	1,287.54	24.38	24.38	0.00	0.00	0.00
Total	**14,304.65**	**3,553.74**	**3,615.42**	**61.68**	**21.60**	**40.08**

8 mm rainfall has been recorded in the Akasaganga reservoir area.

- During Srivari Salakatla Brahmotsavams, 7.02 lakh gallons and during Navaratri Brahmotsavams, 148.48 lakh gallons of water was additionally received. Up to October 23, a total of 244.46 lakh gallons of water has been received.

Lord Rama

The Seventh Avatar of Lord Maha Vishnu



- **Avatar of Vishnu:** Lord Rama is the seventh avatar of Lord Maha Vishnu. He was born in the Treta Yuga to destroy the demon king Ravana and protect dharma.
- **Purushottama:** He lived as a perfect human being without displaying divine powers and earned the name 'Purushottama'.
- **Embodiment of Dharma:** The path followed by Rama is Ramayana. His 14 years of exile is a symbol of his commitment to dharma.
- **Devoted to One Wife:** His love and devotion towards Sita Devi are unparalleled. He lived as a true one-woman man throughout his life.
- **Truthful:** He always stood by truth and kept his word, no matter how difficult the situation.
- **Rama Rajya:** He ruled Ayodhya for 11,000 years, which was a golden era where people lived happily, peacefully and without fear.
- **Glory of Ramanaama:** Scriptures say that the name 'Rama' is even more powerful than Lord Rama himself, and in Kali Yuga, chanting His name removes all sins.

DAILY PANCHANGAM

Saturday, October 24, 2026

(Sri Parabhava Nama Samvatsaram, Ashwayuja Masam – Shukla Paksha)

Day	:	Saturday
Tithi	:	Shukla Paksha Trayodashi (till 01:36 PM, then Chaturdashi)
Nakshatra	:	Uttarabhadra (till 08:32 PM, then Revati)
Yoga	:	Vyaghata (till 08:01 PM)
Karana	:	Taitula (till 01:36 PM), then Gara
Sunrise	:	06:02 AM
Sunset	:	05:41 PM
Moonrise	:	04:14 PM
Rahukalam	:	09:06 AM – 10:33 AM
Yamagandam	:	01:27 PM – 02:54 PM

IMPORTANT DAYS

United Nations Day
Marks the establishment of the United Nations on October 24, 1945. It highlights the importance of global peace and security.

World Polio Day
Observed to create awareness for a polio-free world and to remember Jonas Salk, who developed the polio vaccine.

World Development Information Day
Aims to draw global attention to development issues and strengthen international cooperation to address them.

THIS DAY IN HISTORY

- **1929 – Black Thursday:** The biggest crash in the history of the U.S. stock market, leading to the Great Depression.
- **1901 – Niagara Falls Feat:** Annie Edson Taylor, a 63-year-old woman, became the first person to survive a jump over Niagara Falls in a barrel.
- **1964 – Zambia Independence:** Zambia gained full independence from the United Kingdom.
- **2003 – Concorde's Final Flight:** The world's fastest supersonic passenger aircraft, the Concorde, completed its last commercial flight and retired.

BANK HOLIDAY

Today is the fourth Saturday of the month, so all banks across India remain closed.

CAN GHEE HELP YOU STAY YOUNG?

Natural Beauty Secret for Youthful Skin



Ghee is not only good for food, but also works wonders for beauty, especially in skin care. It helps you look young for a long time.

- Taking one spoon of ghee daily before meals helps improve skin health.
- Naturally stimulates collagen production and reduces wrinkles.
- Rich in antioxidants, fights free radicals and improves skin over time.
- Keeps skin moisturized, especially in winter. Applying ghee on face and lips prevents dryness.
- Vitamin D in ghee helps in the growth of new skin cells and keeps your skin youthful.
- Antioxidants, fatty acids and anti-inflammatory properties help reduce dark circles, redness, itching and irritation.