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Sri Hanuman:
A Symbol of Devotion, Strength, Courage and Wisdom



In Hindu tradition, Lord Hanuman is worshipped as a symbol of devotion, strength, courage, knowledge and humility. As the most devoted follower of Lord Sri Rama, Hanuman won a permanent place in the hearts of devotees not only with his tremendous power but also through his selfless service.

Birth of Lord Hanuman

According to the Puranas, Lord Hanuman was born to Anjana Devi and Kesari. As he was blessed by Vayu, the Wind God, he is also known as Vayuputra, Maruti, Pavanasuta, Anjaneya and Hanuman. Even in his childhood, Hanuman displayed immense strength. The Puranic story says that he flew into the sky to catch the sun, thinking it was a fruit. This story stands as a testament to his extraordinary strength and courage.

Telugu Panchangam – 27 October 2026



Year & Month	:	Sri Parabhava Nama Samvatsaram, Dakshinayana, Sharad Rutu, Ashwayuja Masam
Tithi	:	Padyami (begins on 26th night at 9:39 PM and continues till 27th)
Nakshatra	:	Bharani till early morning, then Krittika
Karana	:	Kaulava (till 7:02 AM, next tithi follows)
Yoga	:	Vyatipata Yoga
Rahu Kalam	:	3:00 PM – 4:30 PM (Tuesday)
Yamagandam	:	9:00 AM – 10:30 AM
Durmuhurtham	:	8:32 AM – 9:19 AM and 12:24 PM – 1:11 PM
Abhijit Muhurtham	:	11:36 AM – 12:23 PM

Srisailam Temple
Darshan Tickets for November Released – Devotees Alert



The Srisailam Devasthanam has released the Arjitha Seva and Sparsha Darshan tickets for the month of November. In a joint statement, Dharmakarta Mandali Chairman Pothugunta Ramesh Naidu and Temple Executive Officer M. Srinivasa Rao said that a new system has been introduced for the convenience of devotees. Out of the total quota, 80% of the tickets will be made available through the Andhra Pradesh government's 'ManaMitra' WhatsApp number, while the remaining 20% will be available through the official website of Srisailam Devasthanam.

Important Observances – 27 October



Sri Paiditalli Ammavari Sirimanotsavam

The famous Sirimanotsavam of Sri Paiditalli Ammavari Jatara in Vizianagaram, one of the major festivals in North Andhra, will be held with great splendour tomorrow.

Telugu Panchangam Note

Tomorrow is Kartika Krishna Paksha Padyami tithi and Bharani nakshatra.



Infantry Day (India)

Observed on 27 October every year to commemorate the first successful military operation by indepecdent Indian Army in Jammu & Kashmir in 1947.

International Observances

- World Audiovisual Heritage Day (UNESCO)
- International Mentoring Day
- Natecise Black Cat Day (global calendar)

Early Menopause Increasing Among Indian Women

Many women in their late 30s often ignore symptoms such as irregular periods, sleep disturbances, anxiety, fatigue and lack of concentration, attributing them to work stress and family responsibilities. However, experts say these could be signs of premature menopause. In Indian women, menopause usually occurs between 46 and 47 years. Hence, many women face these changes during a crucial phase of their professional life.



Higher Prevalence in These Age Groups

According to the National Family Health Survey (2019–21), 5.5% of married women aged 35–39 years were in the menopausal stage. Symptoms include irregular periods, hot flashes, night sweats, sleep disturbances, mood changes, joint pain and reduced energy. Thyroid problems, pregnancy and other hormonal changes can also cause similar symptoms. Women with irregular periods before 45 or complete cessation before 40 should consult a doctor.

What You Should Do

- Maintain a record of menstrual dates from your 30s.
- Follow a balanced diet and get adequate calcium and vitamin D.
- Exercise regularly and ensure proper sleep.
- Consult a doctor and undergo necessary tests. Hormone therapy may be required in some cases.
- Early identification and medical guidance can help reduce long-term health risks.