31 OCTOBER 2026 SATURDAY

LAHARI

(Spirituality - Society - Daily Life)

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Spot Speed NEWS



Sri Rama

The Symbol of Dharma and an Ideal Life

Lord Sri Rama is worshipped in Hindu tradition as the seventh avatar of Lord Vishnu. He is known as Maryada Purushottama, the supreme man of righteousness. He represents Dharma, truth, sacrifice, compassion, justice and ideal family life.

Highlights of Sri Rama's Life

1. **Birth:** Born in Ayodhya to King Dasaratha and Queen Kausalya.
2. **Education:** Learned various arts and scriptures under Sage Vasishta.
3. **Marriage:** Married Sita Devi, daughter of King Janaka.
4. **Exile:** Honoured his father's word and lived in forest for 14 years.
5. **Defeat of Ravana:** Killed Ravana who abducted Sita Devi and established Dharma.
6. **Rama Rajyam:** Ruled with justice and worked for the welfare of the people, setting an ideal governance model.

Values We Learn from Sri Rama

- Keep the promises we give.
- Respect and honour our parents.
- Never give up Dharma even in difficult times.
- Stay away from arrogance.
- Be responsible towards society.
- Stand for truth and justice.

Inspirational Message from Sri Rama



"Do not be afraid of the difficulties on the path of Dharma...
The courage to stand for truth is the real victory!"

JAI SRI RAM!

Weapons and Vehicle Puja at TTD Transport Department



The Weapons Puja was performed with devotion at the TTD Transport Department on Friday.

TTD Chairman Sri B.R. Naidu, EO Sri Muddada Ravichandra and JEO (Education & Health) Sri Prabhala Gopinath participated in the event. The departmental head Sri Ramu and priests traditionally welcomed the Chairman, EO and JEO on their arrival. Special pujas were offered to the deity of Srivari, and as part of the Ayudha Puja, TTD transport vehicles and equipment were worshipped as per Vedic rituals, praying for overall development and well-being. Later, theertham and prasadam were distributed to all.

On this occasion, Transport Department GM Sri Ramu felicitated the Chairman, EO and JEO with shawls. TTD Board Member Sri Naresh Kumar, Transport DM Smt. Lakshmi Prasanna, DI Sri Mohan and other officials and staff members participated.

Daily Panchangam

31 October 2026 Saturday



Tithi	: Krishna Shashti (till 5:27 AM), thereafter Krishna Saptami
Nakshatra	: Punarvasu (till 7:11 AM)
Yoga	: Siddha (till 6:01 AM), thereafter Sadhya / inauspicious yoga
Karana	: Garija (till 6:39 PM), thereafter Vanija
Rashi	: Gemini (till 12:30 PM), thereafter Cancer
Rahu Kalam	: 9:00 AM – 10:30 AM
Durmuhurtham	: 8:24 AM – 9:15 AM
Varjyam	: 6:56 AM – 8:25 AM



National & International Highlights



→ National Unity Day
Observed on October 31 every year on the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, to remember his role in the integration of India.



→ Halloween
Celebrated on the night of October 31, popular in Western countries.



→ World Thrift Day
Observed globally to create awareness about the importance of saving money.



→ World Cities Day
Declared by the United Nations to raise awareness on global urbanization and sustainable development of cities.

Amazing Health Benefits of Coriander Water

Soak coriander seeds at night and drink the water in the morning – know its great health benefits!



Coriander seeds are a common spice used in most kitchen recipes. They are rich in medicinal properties. Drinking coriander seed water (soaked overnight) in the morning offers many health benefits.

- Helps in weight loss and improves metabolism.
- Aids digestion and relieves stomach problems.
- Rich in Vitamin K, C and A – good for healthy hair and reduces hair fall.
- Helps control blood sugar levels, beneficial for people with diabetes.
- Boosts immunity due to antioxidant properties.
- Helps prevent seasonal illnesses like cold and cough (especially in rainy season).
- Supports kidney health and helps in urinary tract infection problems.