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Spot Speed NEWS

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Foundation Laid for Lord Venkateswara Temple in Khammam

Bhumi Pooja performed with Vedic rituals; temple construction begins



- Sri Sri Sri Tridandi Chinna Jeeyar Swami performs Bhumi Pooja
- TTD Chairman B.R. Naidu and Minister Tummala Nageswara Rao participate
- 20.04 cents of land allotted for the temple
- Rs. 3.40 crore sanctioned for compound wall
- Main temple, sub-temples and Rajagopuram planned
- A major spiritual centre for devotees of Khammam and neighbouring regions

Khammam, Oct 13 (LAHARI): The construction of Lord Venkateswara Temple in Khammam district has officially begun on Monday with a traditional Bhumi Pooja performed amid Vedic chants and religious fervour. Sri Sri Sri Tridandi Srimannarayana Ramanuja Chinna Jeeyar Swami performed the rituals in accordance with Agama scriptures. TTD Chairman B.R. Naidu and Telangana Agriculture Minister Tummala Nageswara Rao participated in the sacred ceremony.

The priests conducted homams and special pujas as per tradition. Later, Chinna Jeeyar Swami and TTD Chairman B.R. Naidu unveiled the foundation plaque. The temple aims to bring the divine grace of Lord Venkateswara closer to devotees and promote the spread of Sanatana Dharma.

Essential Medical Tests Every Woman Should Undergo

Don't ignore your health, even if you are busy – Expert advises



Nutrition expert Rashi Choudhary advises women not to neglect their health despite busy schedules. Certain blood tests can help identify hormonal imbalances, fatigue and other hidden health issues.

1. DHEAS Test

Helps in cases of persistent fatigue even after adequate sleep. Levels may decline after 35 years of age.

2. Progesterone Test

Useful for menstrual irregularities, mood changes and food cravings. Test should be done 7 days after ovulation.

3. Cortisol Test

Recommended for fatigue during the day and disturbed sleep at night. Saliva test at four different times in a day is more useful.

4. Thyroid Test

Along with TSH, check Free T3, Free T4 and thyroid antibodies to get complete details.

5. Fasting Insulin Test

Useful for uncontrolled food cravings. Also monitor HbA1c (preferably < 5.3).

Consult a doctor and get regular health check-ups based on symptoms, medical history and age.

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Lord Hanuman – Symbol of Devotion, Strength and Courage

Embodiment of unwavering faith and selfless service



Lord Hanuman, also known as Maruti, Pavanaputra and Bajrangbali, holds a special place in Hinduism. He embodies devotion, strength, humility and righteousness. His unwavering devotion to Lord Rama continues to inspire millions of devotees across the world.

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Daily Panchangam

Tuesday, 13 October 2026

Year	:	Sri Parabhava Nama Samvatsaram
Month	:	Ashwayuja Masam
Paksha	:	Shukla Paksha
Tithi	:	Tadiya (till 11:27 PM), then Chavithi
Nakshatra	:	Vishakha (till 01:43 AM, Oct 14)
Yoga	:	Preeti (till 08:24 PM)
Karana	:	Taitula (till 10:46 AM), then Gara (till 11:27 PM)
Durmuhurtham	:	08:21 AM – 09:08 AM, 10:40 PM – 11:29 PM
Abhijit Muhurtham	:	11:30 AM – 12:17 PM
Amrita Kalam	:	04:14 PM – 05:57 PM
Sunrise	:	05:59 AM
Sunset	:	05:48 PM

Important Observances

Breast Cancer Awareness Day
(To create awareness and promote early detection of breast cancer in women)

International Day for Disaster Risk Reduction
(To reduce disaster losses and create global awareness)

Ada Lovelace Day
(To honour the achievements of women in STEM and the legacy of the first computer programmer)

