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LAHARI

(Spirituality – Society – People's Perspective)

Spot Speed NEWS

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Sacred Story of Goddess Maha Lakshmi

The Divine Appearance during Samudra Manthan



In ancient times, the gods (Devas) and demons (Asuras) were constantly at war. At one point, the gods lost their strength and faced many difficulties. They prayed to Lord Maha Vishnu for help.

Lord Vishnu advised them to churn the ocean of milk (Ksheera Sagara) as the nectar (amrita) would emerge from it, restoring their strength.

Samudra Manthan

The gods and demons together used Mount Mandara as the churning rod and the serpent Vasuki as the rope to churn the ocean. Many divine treasures emerged from the ocean. Finally, with unmatched brilliance, seated on a lotus, holding lotuses in her hands and adorned with all divine ornaments, Goddess Maha Lakshmi appeared, bestowing prosperity, peace and well-being.

Goddess Lalitha Tripura Sundari at Vijayawada Indrakeeladri



The Dasara Sharan Navaratri celebrations are being held with grand fervour at Indrakeeladri, Vijayawada. On the fifth day today, the Goddess is giving darshan to devotees in the form of Sri Lalitha Tripura Sundari Devi.

As the presiding deity of Sri Chakra and the supreme goddess of the Panchadasha Akshari Mahamantra, she blesses devotees and seekers. Goddess Lakshmi and Saraswati are seen on either side, fanning the Devi with chauris. With a gentle smile and compassion, the Goddess is seen holding a sugarcane stalk.

Lord Shiva is worshipped as Maha Kameswara and the Goddess as Maha Tripura Sundari. Devotees are thronging since early morning. The temple premises reverberate with the chanting of Devi's names.

Due to the Mula Nakshatra on Friday, vehicle movement on the hill will be restricted. Union Minister Bhupathiraju Srinivasa Varma visited the temple with his family and appreciated the arrangements made by the temple authorities for the Dasara festivities.

Navaratri Highlights



Durga Puja Begins (Maha Shashthi)

As per Bengali tradition, Durga Puja celebrations begin tomorrow as part of Sharannavaratrulu.

Saraswati Aavahana

On the sixth day of Navaratri (Ashwayuja Shukla Shashthi), the Goddess will be invoked in the form of Saraswati Devi.

Important Days (16 October)



World Food Day

Observed every year on October 16 to mark the establishment of the FAO. Aims to create awareness on ending hunger and ensuring food security.



World Spine Day

To raise awareness about spine health, its care and prevention of back pain.



World Anaesthesia Day

Observed to commemorate the discovery of anaesthesia and its importance in modern medicine.

Panchangam (16-10-2026, Friday)

Samvatsaram	:	Sri Parabhava Nama Samvatsaram
Ayanam	:	Dakshinayanam
Ruthu	:	Sharad Ruthu
Masam	:	Ashwayuja Masam
Paksham	:	Shukla Paksham
Vaaram	:	Friday (Shukra Vaasara)
Tithi	:	Shashthi (till 05:54 AM, 17 Oct thereafter Saptami)
Nakshatram	:	Jyeshtha (till 06:47 AM, thereafter Mula)
Yogam	:	Shobhana (till 10:05 PM)
Karanam	:	Kaulava (till 04:38 PM), thereafter Taitila
Sunrise	:	06:09 AM
Sunset	:	05:53 PM
Rahu Kalam	:	10:46 AM – 12:12 PM
Yamagandam	:	03:04 PM – 04:30 PM
Durmuhurtham	:	08:45 AM – 09:31 AM 12:35 PM – 01:21 PM
Varjyam	:	03:47 PM – 05:35 PM

Indians Lack Adequate Protein and Fibre: Study



A recent study by PepsiCo India, in collaboration with Euromonitor International and the Indian Institute of Millets Research, found that urban Indians are not consuming enough protein and fibre. The study covered 1,250 people aged 18–50 from Delhi, Mumbai, Bengaluru, Kolkata and Kochi.

- 70% consume less than 41 grams of protein per day.
- 61% do not consume the recommended fibre intake.
- 74% are aware of daily protein needs, but 56% are unsure about how much they actually need.
- 89% want easy and natural ways to include protein in their diet.
- 60% feel protein-rich foods are expensive.
- Only 11% can correctly identify the recommended fibre intake.

Expert Advice



- The body needs all essential nutrients, not just protein.
- Vegetarians can get protein from pulses, soy, paneer, beans, nuts and seeds.
- Include leafy greens, vegetables, millets and fruits for adequate fibre.
- One or two cucumber pieces alone do not meet daily fibre needs.
- Psyllium husk (Isabgol) is not necessary for everyone; use only with doctor's advice, especially for constipation.
- Increasing awareness and promoting affordable, accessible and culturally suitable nutritious food options can help Indians meet their dietary needs.