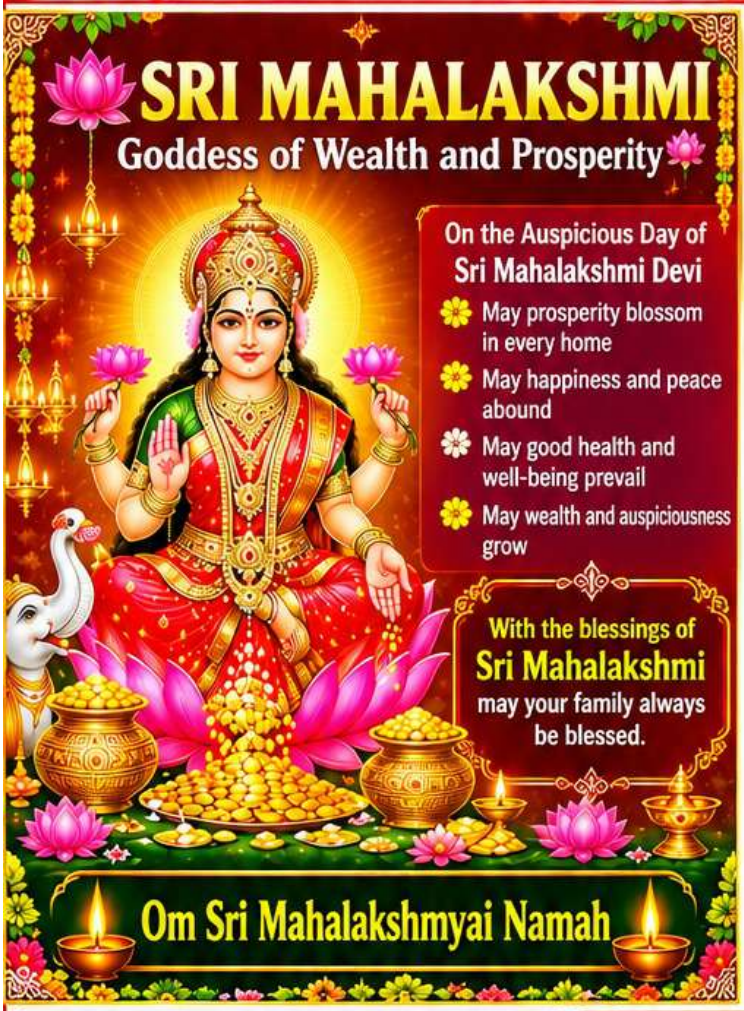
LAHARI
T MEDIA (Telugu Digital)
A People's Voice - A Social Responsibility

Spot Speed NEWS

FRIDAY
OCTOBER
9
2026

SRI MAHALAKSHMI
Goddess of Wealth and Prosperity



On the Auspicious Day of
Sri Mahalakshmi Devi

- May prosperity blossom in every home
- May happiness and peace abound
- May good health and well-being prevail
- May wealth and auspiciousness grow

With the blessings of
Sri Mahalakshmi
may your family always be blessed.

Om Sri Mahalakshmyai Namah

Annapurna Nilayam
A Divine Service
Free Meals to Devotees Every Day



- Daily, more than **3 lakh devotees** are served free meals.
- **15.8 tonnes** of rice is used every day to prepare the meals.
- In 2026, the administration **has enhanced facilities with 9 new large-scale kitchens.**
- Modern equipment and improved infrastructure ensure better service.
- **₹ 2,900 crore** has been allocated for Anna Prasadam and related services.

The sacred service of Annapurna Nilayam, which provides free meals to devotees, continues uninterrupted every day. With the dedication of staff and volunteers, thousands of devotees are served hygienic and quality meals, maintaining the tradition of selfless service.

Authorities have expanded facilities with additional kitchens, modern technology and better crowd management. On an average, 1.80 to 1.90 lakh devotees have meals daily, and during festivals this number goes up to 3 lakh.

A legacy of service since 1985

Today's Highlights

World Post Day Observed Today



October 9 is celebrated as World Post Day to recognize the valuable services of postal employees who connect people across the world.

Egg Prices Likely to Increase



Poultry associations say egg prices may rise in the coming days due to higher feed costs and reduced supply.

Draconid Meteor Shower



The Draconid meteor shower will be visible in the night sky on October 8 and 9. Astronomy enthusiasts can witness this rare celestial event with naked eyes.

PANCHANGAM
OCTOBER 9, 2026
FRIDAY

Tithi	:	Shukla Navami : (till 09:36 AM)
Nakshatra	:	Chitra : (till 09:19 AM)
Yoga	:	Soubhagya
Karana	:	Vishti (Bhadra)
Sunrise	:	06:07 AM
Sunset	:	05:58 PM
Rahu Kalam	:	10:30 AM – 12:00 PM
Yamagandam	:	03:00 PM – 04:30 PM
Gulika Kalam	:	08:29 AM – 09:17 AM
Abhijit Muhurtham	:	04:32 AM – 06:08 AM (Next Day)

Sleep 6 Hours a Day?
You May Be at Risk..



Possible Health Risks..

- Heart problems
- High blood pressure, diabetes
- Weak immunity
- Mood swings and stress
- Reduced concentration

It Can Also Lead to..

- Weight gain
- Increased risk of depression
- Memory problems
- Hormonal imbalance
- Early ageing

Tips for Better Sleep..

- Maintain a regular sleep schedule
- Avoid mobile phones before bed
- Keep the room cool and quiet
- Do light exercise or meditation
- Eat a balanced diet

