|| Dharma Protects Righteousness ||

LAHARI

(A Spiritual – Social – People's Daily)

Dharma | Society | News & Views

Spot Speed NEWS

T MEDIA (Telugu Digital) – People's Voice, Digital Strength

Saturday, 10 October 2026 | Truth | People | Society | Spirituality | Our Responsibility | Vol. 11 | Issue 279

Lord Rama – The Ideal of Righteous Living

From Bala Rama to Maryada Purushottama

Lord Rama, born to King Dasaratha of Ayodhya, is the eternal symbol of dharma, courage, compassion and righteousness. His life teaches us values that guide every generation.

1. **Childhood and Education** – Lord Rama learned wisdom, archery and moral values.
2. **Sita's Swayamvara** – He lifted and broke Lord Shiva's bow and married Sita.
3. **Exile to the Forest** – He accepted 14 years of exile to honour his father's word.
4. **Sita's Abduction** – Ravana abducted Sita. Rama forged alliances with Hanuman and Sugriva to find her.
5. **Victory over Ravana** – With the help of the Vanara army, Rama built a bridge to Lanka and defeated Ravana.
6. **Return to Ayodhya** – After 14 years, Rama returned and was crowned king. His rule, 'Rama Rajya', remains an ideal for good governance.



The life of Lord Rama teaches:
Dharma | Loyalty | Family Values
Friendship | Patience | Victory of Good

Important Days – October 10

World Mental Health Day



- Observed globally on October 10 to raise awareness about mental health and to encourage people to manage stress and lead a healthy life.

World Gulab Jamun Day



- October 10 is also celebrated as World Gulab Jamun Day for all dessert lovers.

Today in History & Birth Anniversaries



- **680** CE: Battle of Karbala.
- **1911:** Wuchang Uprising began in China, ending the Qing dynasty.



R. K. Narayan (1906–2001) Renowned Indian English novelist, creator of 'Malgudi Days'



Rekha Veteran Indian actress **Birthday today**

Aphalayagunta Concludes Sacred Pavitrotsavams



The three-day Pavitrotsavams at Sri Prasanna Venkateswara Swamy Temple, Aphalayagunta, concluded on Thursday. Special rituals were performed, including Suprabhatam, Thomala Seva and Archana in the morning, followed by Vedic rituals at the Yagasala. The Purnahuti took place at 6:45 PM, marking the conclusion of the festivities.

TTD JEO Dr. A. Sharath, Deputy EO Sri Harindranath, AEO Sri Devarajulu, Superintendent Smt. Sreevani, temple archakulu Sri Surya Kumar Acharyulu, Temple Inspector Sri Venugopal and a large number of devotees participated.

Mahalaya Amavasya Tomorrow

Begins Bathukamma Festivities in Telangana

- **Mahalaya Amavasya:** Final day of Pitru Paksha. Tarpanam and rituals are performed for ancestors.
- **Engili Pula Bathukamma:** Nine-day Bathukamma festival begins in Telangana from tomorrow.
- **Sharannavaratri:** The auspicious Navaratri festival starts on October 11.



TODAY'S PANCHANGAM (October 10, 2026)

Month	Bhadrapada (Krishna Paksha)
Tithi	Amavasya (Oct 09, 09:36 AM – Oct 10, 09:20 AM)
Nakshatra	Hasta (Oct 09, 09:19 AM – Oct 10, 09:42 AM)
Yoga	Aindramu (till 10:02 AM), then Vaidriti
Karana	Chatushpatu, then Nagavamu and Kistughna
Rahukalam	09:13 AM – 10:41 AM
Abhijit Muhurtham	11:45 AM – 12:31 PM
Festivals / Observances	Mahalaya Amavasya, Engili Pula Bathukamma Begins, Chittakarte

For Weight Loss – Protein or Fiber?

Both are important – the best results come together!

Protein and fiber play a key role in weight management. They keep you fuller for longer, control hunger and help reduce unnecessary calorie intake. While protein supports muscle growth and boosts metabolism, fiber improves digestion, stabilizes blood sugar and adds volume to food. A balanced diet with both protein and fiber is the key to healthy and sustainable weight loss.



Protein
Builds muscles | Keeps you full longer



Fiber
Improves digestion | Controls hunger

Health Tips

- Include protein in every meal
- Eat more fruits and vegetables
- Choose whole grains
- Stay hydrated
- Avoid processed foods
- Regular exercise and good sleep