|| Dharma – Righteousness Is Protection ||

LAHARI

(Spirituality – Society – Daily Inspiration)

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October 11, 2026 | Sunday

Surya Bhagavan – The Source of Light to the World



Surya Bhagavan, with his immense radiance, gives light, warmth and life energy to all the worlds. It is impossible to imagine a world without the Sun. Sunlight is essential for the existence of plants, crops, rivers, animals and human beings.

According to the Puranas, Surya Bhagavan is the son of Sage Kashyapa and Goddess Aditi, and is also called Aditya. He rides a chariot drawn by seven horses, with Arun, the charioteer.

Significance of Surya Bhagavan

- Every morning the Sun rises, removing darkness and filling the world with light.
- Sunlight helps in the growth of crops and maintains the natural cycle of life.
- Worshipping Surya Bhagavan gives good health, courage and self-confidence. Many people offer water (Arghya) to the Sun every morning.

Life Lessons from the Sun

- The Sun rises every day, no matter how dark it is.
- Do not give up even in difficulties.
- Share your knowledge and kindness with others.
- Start every day with new hope.
- Live a life that is useful to others.

Lord Narasinha Protects Devotee Prahlada



Once there was a demon king named Hiranyakashipu. He ordered everyone to worship only him. But his son Prahlada was a great devotee of Lord Vishnu.

Hiranyakashipu tried many ways to torment Prahlada, but the boy never stopped chanting "Om Namo Narayanaya." One day, in anger, the king asked, "Where is your Vishnu?" Prahlada replied, "The Lord is everywhere, even in this pillar." When Hiranyakashipu struck the pillar, Lord Vishnu appeared in the fierce form of Narasimha – with a human body and a lion face. He killed Hiranyakashipu and protected his devotee Prahlada. Later, Goddess Mahalakshmi pacified the Lord, who appeared in a compassionate form as Lakshmi Narasimha.

Moral of the Story

- True devotion always receives the grace of God.
- Pride and injustice eventually perish.
- Do not lose courage and faith even in difficult times.
- God's grace is always there for His devotees.

Prayer to Lord Lakshmi Narasimha

Ugram Veeram Mahavishnum
Jwalantham Sarvathomukham |
Nrisingham Bhishanam Bhadram
Mrityormrityum Namamyaham ||

Important Observances – October 11

International Day of the Girl Child

Observed by the United Nations every year on October 11 to raise awareness about protecting the rights of girls, ensuring their education, health and equal opportunities, and to end gender discrimination.

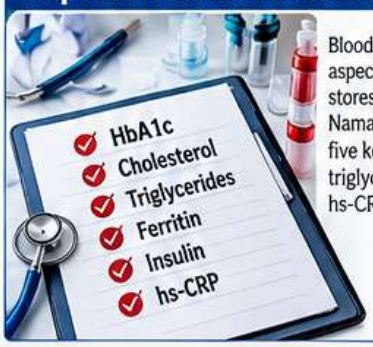
World Hospice and Palliative Care Day

Observed to highlight the importance of palliative care for people suffering from serious illnesses.

Panchangam – October 11, 2026

Year	: Sri Parabhava Nama Samvatsaram
Ayana	: Dakshinayana
Season	: Sharad Ritu
Month	: Ashwayuja Masam (Shukla Paksha)
Day	: Sunday (Ravi Vāsara)
Special	: Devi Sharan Navaratri / Bathukamma Begins
Tithi	: Shukla Paksha Padyami (till 09:31 PM) (then Shukla Paksha Vidiya)
Nakshatra	: Chitra (till 10:32 PM) (then Swati)
Yoga	: Vaidhriti (till 09:05 PM) (then Vishkambha)
Karana	: Bava / Balava
Sunrise	: 06:12 AM
Sunset	: 05:54 PM
Rahu Kalam	: 04:20 PM – 05:49 PM
Yamagandam	: 11:54 AM – 01:23 PM
Gulika Kalam	: 02:52 PM – 04:20 PM
Durmuhurtam	: 04:23 PM – 05:09 PM
Varjyam	: 04:27 AM (Oct 12) – 06:08 AM
Abhijit Muhurtham	: 11:30 AM – 12:18 PM
Amrita Kalam	: 03:55 PM – 05:34 PM

Important Health Check-ups Everyone Should Do Regularly



Blood tests can help us understand many important aspects of our health, such as blood sugar levels, iron stores, and signs of inflammation. Nutrition expert Namami Agarwal suggests focusing on the following five key health indicators: HbA1c, LDL cholesterol, triglycerides, ferritin, fasting insulin, HOMA-IR and hs-CRP.

Key Tests and What They Indicate

- **HbA1c** – Average blood sugar levels in the last 3 months.
- **LDL Cholesterol, Triglycerides** – indicate fat levels in the blood.
- **Ferritin** – Shows stored iron levels.
- **Fasting Insulin, HOMA-IR** – help detect insulin resistance.
- **hs-CRP** – Indicates inflammation and helps assess risk of heart disease and stroke.

Points to Keep in Mind

- Food, drinks, medicines or supplements can affect results.
- Menstrual cycle may also cause variations in some tests.
- Follow fasting and other preparation guidelines given by your doctor.
- Proper understanding of your test reports helps you take better care of your health.