|| Dharma Rakshati Rakshitah ||

Lahari

(Spirituality – Society – Daily Life)

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Spot Speed NEWS

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Sai Baba's Life

Miracles, Teachings and Legacy



- Miracle of lighting lamps with water when there was no oil.
- Helped devotees in times of difficulties.
- Sacred Udi cured many illnesses.
- His teachings emphasised faith, patience and service to humanity.
- His life continues to inspire millions of devotees worldwide.

6. Significance of Udi (Sacred Ash)

The holy ash obtained from the dhuni (sacred fire) in Dwarkamai is called Udi. Sai Baba used to give it to devotees as a blessing. Udi is considered a symbol of purity, divine remembrance and a reminder of the impermanence of life.

7. Mahasamadhi of Sai Baba



On October 15, 1918, on the day of Vijayadashami, Sai Baba attained Mahasamadhi. His mortal remains were laid to rest at the Buti Wada, which is now the famous **Shri Sai Baba Samadhi Mandir** in Shirdi. Though he is not physically with us, his teachings and devotees' faith live on forever.

Lord Dakshinamurthy

The Silent Guru of Wisdom



- Sanaka, Sanandana, Sanatana and Sanatkumara approached Lord Shiva to know the ultimate truth.
- Shiva appeared as Dakshinamurthy under a great banyan tree and taught them the knowledge of the Self through silence.
- The sages realised the nature of the world and the Supreme Self through his silent teachings.
- **Message:** True knowledge is not just in words. When the mind is calm and we introspect, we can realise the higher truth.

Key Takeaway:

Dakshinamurthy represents the power of silence, self-inquiry and inner wisdom.

TODAY'S PANCHANGAM

October 29, 2026, Thursday

Day	:	Thursday
Year & Month	:	Sri Parabhava Nama Samvatsaram, Ashwayuja Masam, Dakshinayanam, Sharad Ruthu
Paksha	:	Krishna Paksha
Tithi	:	Chavithi (From 01:06 AM to 10:09 PM, then Panchami)
Nakshatra	:	Rohini (till 11:11 AM, then Mrigashira)
Yoga	:	Parigha (from 03:40 AM to next day 12:06 PM)
Karana	:	Bava (till 11:37 AM), then Balava (till 10:09 PM)
Sunrise	:	06:04 AM
Sunset	:	05:38 PM

Auspicious / Inauspicious Timings

Rahu Kalam	:	01:18 PM – 02:45 PM
Yamagandam	:	06:04 AM – 07:31 AM
Gulika Kalam	:	08:57 AM – 10:24 AM
Durmuhurtham	:	09:55 AM – 10:42 AM 02:33 PM – 03:19 PM
Varjyam	:	04:17 PM – 05:45 PM
Abhijit Muhurtham	:	11:28 AM – 12:14 PM
Amrita Kalam	:	08:17 AM – 09:44 AM (also next day 01:03 AM – 02:30 AM)
Festival / Special	:	Sankashtahara Chaturthi

Invest Telangana Global Summit – Curtain Raiser



The Telangana government's prestigious Global Summit curtain raiser event will be held in New Delhi under the leadership of Chief Minister **A. Revanth** Reddy.



Energy Technology Meet (ETM 2026)

The 29th Energy Technology Meet (ETM 2026), organised by the Central Government in Goa, is scheduled to conclude tomorrow.



ETM 2026

INTERNATIONAL DAYS – OCTOBER 29



World Stroke Day

Observed every year on October 29 to raise awareness about stroke and its prevention.



Internet Day

Commemorates the historic message sent from one computer to another on October 29, 1969.



International Cat Day

Observed in some countries to create awareness about the care and welfare of cats.

Back Pain: A Growing Concern Among Youth



Why is Back Pain Increasing Among Young People?

- Long hours of sitting, frequent travel and carrying heavy bags.
- Physical inactivity and poor posture in offices.
- Strain on muscles and spinal discs.
- Pain initially appears occasionally but can gradually affect daily activities.

Alarming Statistics

- Out of 29,532 spine tests conducted between Sept 2025 and Sept 2026 at Mahajan Imaging & Labs, 6,925 tests (23.5%) were in people below 40 years.
- In those above 60 years: 39%
- Between 40–60 years: 37%
- WHO estimates 619 million people globally suffered from lower back pain in 2020. This may rise to 843 million by 2050.
- It is the leading cause of disability worldwide.

Precautions & Care

- Avoid sitting in the same position for long periods.
- Take regular breaks and walk.
- Maintain proper sitting posture.
- Do regular exercise and yoga.
- Strengthen back muscles.
- Consult a doctor if pain persists or recurs. Do not rely only on painkillers.

Warning Signs

- Continuous or recurring pain.
- Increasing weakness.
- Severe tingling in legs.
- Changes in bladder or bowel control.
- Seek medical attention immediately if such symptoms appear.