Social – People's Voice

LAHARI
(Telugu Digital)

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Spot Speed NEWS

1 November 2026
SUNDAY

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For a Better Society...

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The Story of Lord Surya

In ancient times, the whole world was covered in darkness. The sun did not rise, and people, birds, animals and crops suffered. Trees withered and life lost its joy. Then, all the gods prayed to Lord Surya. Pleased by their prayers, Surya Narayana appeared in the sky on a golden chariot drawn by seven horses. His divine rays filled the earth with light. Darkness vanished, trees sprouted, birds chirped and farmers' fields turned green.



Key Takeaways

- Even the darkest night ends with light.
- Do not lose hope during difficulties.
- Discipline and punctuality lead to success.
- Live a life that gives light to others.

Surya's Prayer

Om Suryaaya Namah!
Om Adityaaya Namah!
Om Bhaskaraaya Namah!

The Glory of Sri Lakshmi Narasimha Swamy

Demon king Hiranyakashipu challenged Lord Vishnu asking, "Is your God in this pillar too?" On striking the pillar, Lord Narasimha emerged – a divine form with the body of a man and the face of a lion. He slew the demon at twilight, on the doorstep, placing him on His lap, and protected His devotee Prahlada. Later, Goddess Lakshmi calmed His fierce form, and Sri Lakshmi Narasimha Swamy became a divine form who blesses devotees.



Swamy's Blessings

- Gives courage from fears and worries.
- Brings peace and happiness in family.
- Protects from troubles and danger.
- Gives strength to walk on the path of dharma.

Divine Mantra

Om Sri Lakshmi Narasimhaaya Namah

Ugram Veeram Mahavishnum
Jvalantam Sarvathomukham |
Nrisimham Bheeshanam Bhadram
Mrityormrityum Namamyaham ||

Donation of ₹10.01 Lakhs to Sri Kodandarama Swamy Temple, Ontimitta



TTD Board member Sri Nannapaneni Sadashivarao and his wife donated ₹10,01,116 for the annaprasadam of Sri Kodandarama Swamy Temple at Ontimitta.

The DD was handed over to TTD Executive Officer Sri Muddaada Ravichandra at TTD Administrative Office in Tirupati on Saturday.

Ontimitta Deputy EO Smt. A. Prashanthi also participated.

Indian States Formation Day



Karnataka Rajyotsava
Celebrated on 1 November 1956, when Kannada-speaking regions united to form the state of Mysore (now Karnataka).



Haryana Day
1 November 1966 – Haryana separated from Punjab and became a full-fledged state.

Other States: Andhra Pradesh, Madhya Pradesh, Kerala (Kerala Piravi), Chhattisgarh and many other states also celebrate their Formation Day on 1 November.

International Observances

World Vegan Day
Promotes a plant-based diet and compassion towards animals worldwide.



All Saints' Day
A Christian tradition to remember known and unknown saints.

Today's Panchangam

1 November 2026 (Sunday)

	:	Sri Parabhava Nama Samvatsara Ashwayuja
Year	:	Krishna Paksha
Fortnight Tithi	:	Krishna Saptami (till 02:51 PM), then Krishna Ashtami
Nakshatra	:	Punarvasu (till 05:39 AM), then Pushyami
Yoga	:	Shubha Yoga
Karana	:	Balava and Kaulava
Sunrise	:	06:14 AM
Sunset	:	05:45 PM

Will Ghee Make You Gain Weight?

Ghee is a nutritious food. Many believe it causes weight gain due to its fat content. But experts say this is a myth. In moderation (1–2 teaspoons daily), ghee can actually help maintain a healthy weight and offers many health benefits.



Benefits of Ghee

Energy Boost
Keeps you active and energetic.

Good for Skin
Locks in moisture and gives a natural glow.

Balances Hormones
Helps with menstrual health.

Strengthens Bones
Helps in calcium absorption and prevents bone loss.