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NEWS

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The Glories of Lord Vinayaka

The Divine Leelas of the Remover of Obstacles



- Lord Vinayaka (Ganesha) is the first deity worshipped in Hindu tradition. He grants knowledge, wisdom, courage and prosperity, and removes obstacles for his devotees.
- Lord Ganesha was created by Goddess Parvati from turmeric paste and brought to life.
- When Lord Shiva, unaware of this, tried to enter, the boy stopped him. In anger, Shiva beheaded him. Seeing Parvati's grief, Shiva brought the head of an elephant, fixed it to the boy, and revived him.
- Thus, Lord Ganesha was born as Gajānana (the elephant-faced Lord).

The Glory of Sabarimala Ayyappa



- The Sabarimala Ayyappa temple, located in the Western Ghats of Kerala, is one of India's most revered pilgrimage sites.
- The 18 holy steps (Pathinettam Padi) here are unique and sacred.
- Devotees carrying the Irumudi and observing strict disciplines climb these steps to have the darshan of Lord Ayyappa.



Significance of the 41-Day Mandala Deeksha

- Devotees generally observe a 41-day vow of discipline.
- Wear black or blue clothes.
- Perform daily morning and evening prayers.
- Follow celibacy (Brahmacharya).
- Avoid alcohol and non-vegetarian food.
- Give up anger and ego, and follow truth and dharma.
- Respect every person as a form of the Lord.

Deepavali Asthanam at Tirumala on November 8



- TTD will conduct the Deepavali Asthanam at Sri Venkateswara Swamy Temple, Tirumala, on November 8.
- The Asthanam will be held from 7:00 a.m. to 9:00 a.m. at the Ghanta Mandapam near the Bangaru Vakili (Golden Gate).
- Lord Sri Malayappa Swamy along with His consorts will give darshan on the Sarvabhoopala Vahanam facing Garuda Alwar. Sri Vishvaksena will also be seated on a separate pedestal.
- Special pujas, harathi and naivedyam will be performed as per Agama traditions.
- In the evening at 5:00 p.m., Sri Malayappa Swamy with Sridevi and Bhudevi will participate in the Sahasra Deepalankarana Seva and go around the four mada streets.

Arjitha Sevas Cancelled

Due to the Deepavali Asthanam, TTD has cancelled the Kalyanotsavam, Oonjal Seva and Arjitha Brahmotsavam on November 8.
Thomala and Archana Sevas will be performed privately.

Today's Panchangam

Wednesday, 4 November 2026

Samvatsara	:	Sri Parabhava Nama Samvatsaram
Ayanam	:	Dakshinayana
Rutu	:	Hemanta (Early Winter)
Month & Paksha	:	Ashwayuja Masam, Krishna Paksha
Tithi	:	Dashami (till 11:03 a.m.), then Ekadashi (Rama Ekadashi) begins
Nakshatra	:	Pubba (till 03:30 a.m., next day)
Yoga	:	Brahma Yoga (till 08:01 a.m.), then Aindra Yoga
Karana	:	Vishti (Bhadra) (till 11:03 a.m.), then Bava Karana
Chandra Rasi	:	Simha (Leo)
Rahu Kalam	:	12:00 p.m. – 01:25 p.m.
Durmuhurtham	:	11:43 a.m. – 12:28 p.m.
Varjyam	:	At night
Abhijit Muhurtam	:	Not available today
Brahma Muhurtam	:	04:24 a.m. – 05:12 a.m.

Deepavali Festive Buzz Begins



- With Dhan Trayodashi (Dhanteras) on November 6 and Deepavali on November 8, festival shopping and preparations have picked up across markets.

Important Days – National & International



- **Shakuntala Devi Birth Anniversary:** Birthday of the renowned Indian mathematician and "Human Computer" Shakuntala Devi (4 November 1929).



- **International Stress Awareness Day:** Observed on the first Wednesday of November every year (this year on 4 November), to create awareness about mental health and stress management.

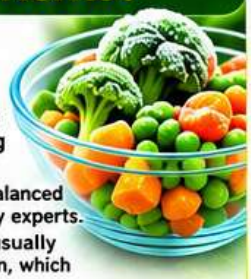


- **Vasudev Balwant Phadke Birth Anniversary:** Birthday of the revolutionist who pioneered armed struggle in India's freedom movement (4 November 1845).



- **Jamnalal Bajaj Birth Anniversary:** Birthday of the renowned industrialist and Gandhian leader Jamnalal Bajaj (4 November 1889).

Can We Use Frozen Vegetables? Do They Retain Nutrients?



- Frozen vegetables are very useful when you are short of time or fresh vegetables are not available.
- Items like peas, sweet corn, carrots, beans and broccoli can be used directly in cooking without washing, peeling or chopping.
- Frozen vegetables are also a healthy part of a balanced diet, and most of their nutrients are retained, say experts.
- How they are prepared: The vegetables are usually harvested at full ripeness and immediately frozen, which helps preserve most of the nutrients.
- Check the details: When buying frozen vegetables, read the pack label carefully. Some products may contain added salt, sodium or other ingredients. It is better to choose plain frozen vegetables without any added substances.
- Can we freeze at home?: Yes. You can also clean, cut and freeze fresh vegetables at home for later use. They need not be avoided. With the right choice, frozen vegetables are a convenient, nutritious and time-saving option for daily meals.

