



BHAGAVAD GITA | Chapter 10, Verse 26

अश्वत्थः सर्ववृक्षाणां देवर्षीणां च नारदः |
गन्धर्वाणां चित्ररथः सद्भिनां कपिलो मुनिः || 26||

*aśvatthaḥ sarva-vṛkṣhāṇāṃ devarṣhīṇāṃ cha nāradaḥ
gandharvāṇāṃ chitrarathaḥ siddhānāṃ kapilo munih*

aśvatthaḥ—the peepul tree (sacred fig tree); sarva-vṛkṣhāṇām—amongst all trees; deva-ṛṣhīṇām—amongst celestial sages; cha—and; nāradaḥ—Narad; gandharvāṇām—amongst the gandharvas; chitrarathaḥ—Chitrarath; siddhānām—of all those who are perfected; kapilaḥ munih—sage Kapil

*ashvatthah sarva-vrikshanam devarshinam cha naradah
gandharvanam chitrarathah siddhanam kapilo munih*

❖ **TRANSLATION**

BG 10.26: Amongst trees I am the peepal tree (sacred fig tree); of the celestial sages I am Narad. Amongst the gandharvas I am Chitrath, and amongst the siddhas I am sage Kapil.

❖ **COMMENTARY**

The peepal tree (sacred fig tree) has a very soothing effect on people who sit under it. Since it expands by sending down aerial roots, it is huge and provides cooling shade in a large area. The Buddha meditated and attained enlightenment under a peepal tree (sacred fig tree).

The celestial sage Narad is the Guru of many great personalities such as Ved Vyas, Valmiki, Dhruv, and Prahlad. He is always engaged in singing the glories of God and doing divine works throughout the three worlds. He is also famous for deliberately creating quarrels and problems, and people sometimes misunderstand him to be a mischief-maker. However, it is his desire to purify famous personalities that makes him create quarrels around them, which ultimately result in self-introspection and purification.

The Gandharva planet is inhabited by beings who sing beautifully, and amongst them the best singer is Chitrarath. The siddhas are yogis who have spiritual perfection. Amongst these, Sage Kapil revealed the Sāṅkhya system of philosophy and also taught the glories of bhakti yog (described in detail in the Śhrīmad Bhāgavatam, third canto). He was an Avatār of God and thus Shree Krishna makes special mention of him as a manifestation of his glory.

8 heart-healthy meals for your next date night



A date night is more than just the food, yes. It's about taking your time, sharing a moment, and enjoying a special meal together. But a romantic dinner doesn't have to be heavy or unhealthy to feel special. With the right choices, you can have a heart-healthy dinner that is still memorable. When you're cooking at home, you can create a menu that supports heart health without sacrificing flavour. Many heart-healthy foods are colourful, have great texture, and are full of flavour, making them perfect for a special meal.

What are heart-healthy dishes? Heart-healthy dishes typically emphasise ingredients that support

cardiovascular health and can help lower the risk of heart disease. Nutritionist Aman Puri shares some heart-healthy dishes that can set up a romantic date night:

Avocado toast

Simple yet super healthy, an avocado toast is perfect for a date-night spread. Avocados are rich in MUFAs (Monounsaturated fatty acids), which help lower bad cholesterol and increase good cholesterol. They also contain potassium, which can help manage blood pressure levels. Just toast a piece of multigrain bread. Spread some mashed avocado paste and sprinkle red bell peppers or red chilli flakes on it. You can also top the

toast with cherry tomatoes, corn, celery, or fresh herbs.

2. Salad bowl

Any healthy date-night meal is incomplete without an interesting salad bowl. This is where you can experiment with your favourite set of vegetables. Choose a protein source like rajma, chickpeas, sprouts, eggs, paneer, tofu, or even quinoa, and mix it with fresh veggies like lettuce, cucumber, corn, carrot, onion, tomato, capsicum, and cabbage. Just sprinkle pumpkin seeds. Instead of an oil-based dressing, choose hung curd or avocado paste. High in fibre, a mix of all these veggies can help lower cholesterol levels. Additionally, low in fat

and loaded with antioxidants, this meal can be heart-healthy and filling.

3. Makhana (foxnut) chaat

To bring a desi twist to your date night, try this heart-healthy, crunchy chaat. Makhanas are rich in protein and fibre, which promote satiety and lower cholesterol levels. They also provide minerals such as potassium and magnesium, which help regulate blood pressure. This low-calorie snack is made by mixing roasted, dry makhanas with onion, tomato, cucumber, peanuts, and dry spices. Top up with fresh coriander, pomegranate, grated ginger and beetroot. You can also add Greek yoghurt.

Word of the Day

SCUTTLEBUTTPLAY

noun | SKUTT-ul-butt

What It Means

Scuttlebutt refers to rumor or gossip—in other words, talk or stories about someone or something that may not be true.

// According to the scuttlebutt in the financial markets, the company will be downsizing soon.

SCUTTLEBUTT in Context

"If highly social otters want the local scuttlebutt, so to speak, they can pick up information through the scents fellow otters leave behind at communal latrines that a group of otters will create and use." — Lisa Meyers McClintick, The Minnesota Star Tribune, 2 Mar. 2025

Did You Know?

When office workers catch up on the latest scuttlebutt around the water cooler, they are continuing a long-standing tradition that probably also

occurred on sailing ships of yore. Back in the early 1800s, scuttlebutt (an alteration of scuttled butt) referred to a cask containing a ship's daily supply of fresh water (scuttle means "to cut a hole through the bottom," and butt means "cask"); that name was later applied to a drinking fountain on a ship or at a naval installation. In time, the term for the water source was also applied to the gossip and rumors disseminated around it, and the latest chatter has been called "scuttlebutt" ever since.

Is it your Birthday today?

■ **MAR 15**

Born on March 15, you are kind, practical, and peace-loving. This year supports success in business partnerships and joint efforts. Your communication and understanding of people help you make smart decisions. Marriage prospects look positive and may bring happiness and stability. May supports financial gains, September helps career growth, and October strengthens relationships and personal achievements. Be careful with money matters and avoid risky investments or quick-profit schemes. Strong emotional bonds grow as you focus on trust and mutual respect. Instead of rushing results, patience and long-term planning bring better outcomes. With a balanced mindset and thoughtful actions, this year brings harmony, steady progress, and personal satisfaction.

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STARS & PLANETS

■ **ARIES:** A small amount of money might come your way today, Aries. It could be a gift, dividend, or bonus. You may want to squander it on gifts for yourself and others rather than put it to more practical use, which is perfectly fine! Books may be especially appealing, particularly those on a new spiritual or metaphysical ideas. Set some time aside for a little reading.

■ **TAURUS:** You should feel and look great today, Taurus. Your charm and social skills are at a high level, and your joviality and gift for conversation should make you a welcome guest at any social event. And you should be invited to a lot of them—perhaps too many! Enjoy this special time of sociability and friendship.

■ **GEMINI:** Your psychic abilities and imagination are operating at a very high level, Gemini. You face other people with a profound, spiritual love. They will return it! You might want to write down your thoughts or draw pictures of whatever pops into your mind, even if you don't feel you have talent. It's more important to keep a record for you than set things down for posterity.

■ **CANCER:** Some friends associated with a group you

admire might take you to some kind of rally, Cancer. This could be a lot of fun for you. You could make some new friends. You're naturally inclined toward humanitarian concerns, and these might be the focus of some animated discussions today. Take in all the information and consider it later. Right now your mind is overwhelmed!

■ **LEO:** You're naturally a kind, compassionate person, Leo. Today your feelings are likely to be focused not only on those close to you but also on all the world's population. A feeling of unity with the billions you've never met could overwhelm you now. You might want to write down your impressions so you can refer to them later. You might otherwise forget it all.

■ **VIRGO:** With today's planetary aspects, Virgo, you're likely to feel a rush of love. This includes love for family, friends, partner, and all life forms. The reality of spiritual advancement through love is all around you. Your artistic sensibilities are very high, so you might want to write, draw, or paint something that captures your thoughts and feelings.

■ **LIBRA:** You're feeling especially loving and passionate, Libra, and likely to want to pursue a romantic encounter

with the special person in your life. Money matters look positive, as your intuition regarding money management has been working well and is likely to continue. Your psychic and intuitive faculties are wide open and receptive. Don't be surprised by what you pick up today, even from strangers.

■ **SCORPIO:** Today is a great time to form or strengthen romantic relationships, Scorpio. If you aren't involved, chances are you will meet someone. If you are, expect your relationship to develop a new spiritual bond. New friendships, particularly with people who share your interests, are on the horizon. The coming years will be a time when everyone will have to pull together. Today you get a head start.

■ **SAGITTARIUS:** This is an excellent time to share your feelings with the person you love, Sagittarius. It might seem a little scary to you. You're usually a reserved person, but you may surprise yourself with the passionate declarations that reflect your happiness now. Take advantage of this, because things could change over the next few days. You may go back into reclusive mode!

■ **CAPRICORN:** Your naturally loving nature gets a boost

today, Capricorn. You could look especially attractive, so don't be surprised if you draw admiring looks from strangers. Romantic novels and movies could seem appealing now, but you're more interested in the real thing. If you can, try to schedule alone time with the special person in your life. You won't regret it!

■ **AQUARIUS:** Your energy might turn toward beautifying your home, Aquarius. Perhaps you've decided to repaint or go in a completely new direction in your decorating taste. Posters or other souvenirs of foreign lands might also be especially appealing now. Expect someone to drop by and bring some interesting news that might get your mind going a thousand miles an hour.

■ **PISCES:** A number of loving communications may come your way from people who live in distant states or exotic lands. You're feeling especially affectionate now, Pisces, particularly regarding those closest to you. It might not be a bad idea to get on the phone and talk to people you may not have seen in a long time. They will be glad to hear from you!



- List of 12 Zodiac Signs
- Aries (Mar 21 - Apr 19)
 - Taurus (Apr 20 - May 20)
 - Gemini (May 21 - Jun 20)
 - Cancer (Jun 21 - Jul 22)
 - Leo (Jul 23 - Aug 22)
 - Virgo (Aug 23 - Sep 22)
 - Libra (Sep 23 - Oct 22)
 - Scorpio (Oct 23 - Nov 21)
 - Sagittarius (Nov 22 - Dec 21)
 - Capricorn (Dec 22 - Jan 19)
 - Aquarius (Jan 20 - Feb 18)
 - Pisces (Feb 19 - Mar 20)