



BHAGAVAD GITA: Chapter 10, Verse 31

pavanah pavatam asmi ramah shastra-bhritam aham
jhashanam makarash chasmi srotasam asmi jahnavi

pavanah—the wind; pavatām—of all that purifies; asmi—I am; rāmah—Ram; śhastra-bhritām—of the carriers of weapons; aham—I am; jhashānām—of all acquatics; makarah—crocodile; cha—also; asmi—I am; srotasām—of flowing rivers; asmi—I am; jāhnavī—the Ganges

*pavanah pavatam asmi ramah shastra-bhritam aham
jhashanam makarash chasmi srotasam asmi jahnavi*

◆ **TRANSLATION**

BG 10.31: Amongst purifiers, I am the wind, and amongst wielders of weapons, I am Lord Ram. Of water creatures, I am the crocodile, and of flowing rivers, I am the Ganges.

◆ **COMMENTARY**

In nature, wind performs the work of purification very effectively. It converts impure water into water vapor; it carries away the dirty smells of the earth; it makes fire burn by fuelling it with oxygen. It is thus the great purifier of nature.

Lord Ram was the most powerful warrior on the earth and his bow was the deadliest weapon. Yet, he never once abused his dominant superiority. Every time he utilized his weapon, it was only for good. He was thus the perfect wielder of weapons. Ram was also an Avatār of God, and thus Shree Krishna identifies with him.

The Ganges is a holy river that has its beginning from the divine feet of the Lord. It descended on earth from the celestial abodes. Many great sages have performed austerities on its banks, adding to the holiness of its waters. Unlike normal water, if water from the Ganges is gathered in a vessel, it does not putrefy for years. This phenomenon was very pronounced earlier, but has reduced in intensity in modern times because of the millions of gallons of pollutants being poured into the Ganges.



Want To Handle Stress Better? Science Recommends These Surprising Daily Habits

Do you ever feel mentally stuck when stress hits, as if you cannot handle what is happening? New research from Binghamton University suggests that simple habits such as eating a healthy breakfast, exercising, and getting enough sleep may help build psychological flexibility, a quality that plays an important role in how people respond to stress.

Psychological flexibility is the ability to adjust your thoughts, emotions, and actions as situations change, while staying balanced and constructive. Rather than feeling trapped by stress, people with stronger psychological flexibility can pause, understand what they are feeling, and respond in a healthier way.

“You might know someone who stays cool under pressure,” said Lina Begdache, an associate professor of health and wellness studies and lead author of the study. “The kind of person who misses a flight



and, instead of panicking, calmly adapts to the situation. This person may still feel stressed, but they’re better able to manage it through psychological flexibility.”

Lina Begdache, associate professor of health and wellness studies at Decker College of Nursing and Health Sciences, studies the interaction between food and mood. Credit: Binghamton University, State University of New York

“People may say that these are resilient people, but they also have what’s called psychological flex-

ibility. They’re able to change the way they think about the situation and then use brain resources to handle the stress.”

What the Researchers Found

Begdache and her colleagues, former Assistant Professor of Physical Therapy Binghamton Jason Cherry and former student Alexander J. Talkachov, carried out an anonymous survey of about 400 college students. The questions covered diet, sleep habits, exercise frequency, and other lifestyle factors. The results showed that steady healthy habits, including regular exercise and eat-

ing breakfast, are linked to greater psychological flexibility. That, in turn, is associated with stronger resilience and a better ability to cope with stress.

Key findings from the study include:

People who sleep less than six hours tend to have lower resilience and lower psychological flexibility

Eating breakfast five or more times a week is associated with greater resilience through psychological flexibility processes

Exercise, even for 20 minutes or more, is associated with psychological flexibility and resilience

Taking fish oil multiple times a week can help with psychological flexibility

By contrast, low psychological flexibility, or rigid thinking and behavior, is associated with unhealthy habits such as eating fast food and not getting enough sleep.

said people may be able to strengthen that flexibility through improvements in diet and lifestyle.

The Missing Link Between Habits and Mental Resilience

“When we’re under stress, we feel like we fuse with the stress. We live the stress. But psychological flexibility is like stepping back and thinking, ‘I feel this because of that. What can I do?’ Identifying your emotions sometimes helps you find the solution for these emotions,” said Begdache.

Begdache’s earlier research found that high-quality diets boost resilience while poor diets reduce it. This study adds a critical piece: psychological flexibility is the pathway through which diet and lifestyle shape resilience.

“The new finding here is that diet and lifestyle don’t just make you resilient by themselves. They help you build the psychological flexibility, which, in turn, makes you a resilient person.”

Cancer’s Deadly Paradox: How Tumors Break Their Own DNA To Keep Growing

A new study indicates that cancer can harm its own genetic material by forcing critical genes to work at unusually high levels. Scientists discovered that some of the strongest genetic “on switches” in cancer cells, known as super-enhancers, drive exceptionally intense gene activity. This constant high activity places strain on DNA and can lead to dangerous breaks in the genetic material.

Cancer cells can often repair this type of damage. However, the repair process is not always precise. When DNA repeatedly breaks and is repaired in the same areas,

the chance of mistakes increases, allowing mutations to accumulate over time. In other words, the same biological mechanisms that allow cancer cells to grow quickly may also make their DNA more vulnerable. This may help explain how tumors continue to evolve and sometimes become more aggressive.

Study Reveals Hidden Source of DNA Instability

The study, published in Science Advances, was led by PhD student Osama Hidmi under the supervision of Prof. Rami Aqeilan at the Hebrew University of Jerusalem. The research highlights a previously underappreciated source of ge-

netic instability in cancer. The scientists discovered that DNA breaks frequently appear in the same regions where cancer cells push growth-related genes to operate at their highest levels.

Their investigation centered on super-enhancers, segments of DNA that act as powerful regulatory hubs. These regions boost the activity of nearby genes and help maintain the gene programs that drive cancer growth.

To investigate the problem, the researchers used a highly sensitive genome mapping technique to create detailed maps of double-strand breaks. This form of damage oc-

curs when both strands of the DNA molecule snap, making it one of the most severe types of genetic injury. The team found that these breaks were not scattered randomly across the genome. Instead, they clustered in genes controlled by super-enhancers. This pattern suggests that when cancer cells push certain genes to operate continuously at very high levels, the strain can trigger DNA breaks.

Repeated DNA Damage and Repair Cycles

The researchers also monitored a natural cellular signal that marks damaged DNA and summons repair systems.

Word of the Day

NADIR
NAY-deer

What It Means

Nadir refers to the lowest or worst point of something. When used in astronomy, nadir describes the point of the celestial sphere that is directly opposite the zenith and vertically downward from the observer.

// Only once the novel’s protagonist reaches her nadir does she arouse the reader’s empathy, and we root for her to

climb back to respectability.

NADIR IN CONTEXT

“Sacrament dives right into the nadir of the 2020 health crisis, following a group of nurses who have moved into makeshift housing near a California hospital, to isolate from their families during the height of the case surge.”

— James Folta, LitHub.com, 1 July 2025

Did You Know?

Nadir is part of the galaxy of scientific words that have

come to us from Arabic, a language that has made important contributions to the English lexicon especially in the fields of mathematics, astronomy, medicine, and chemistry. The source of nadir is nashir, meaning “opposite”—the opposite, that is, of the zenith, the highest point of the celestial sphere which is positioned vertically above the observer. (The word zenith itself is a modification of another Arabic word that means “the way over one’s head.”) Though born of the heavens, both words are called upon to refer to earthly things too, especially a significant point or period of time, be it a high point or low one.

Is it your Birthday Today?

MARCH 20

Ruled by number 2 and the Moon. You are highly trustworthy, emotional, simple, friendly and warm-hearted person. You do not mince words and are straightforward in your speech and action, but you need to check your tendency to behave introvert, reckless and spendthrift at times. This year few brilliant opportunities would come your way but you need to act swiftly to grab them before others. Financial gains would accrue from investments and even speculation. New sources of income would generate, but partnerships should be avoided. A vacation to an exotic location seems likely later this year. Your health would remain good but health of a family member would cause anxiety and concern. If you are unattached, the chances to meet someone special and enter into a committed relationship seems quite strong. The months of November, February and June will be highly significant.

SUDOKU PUZZLES

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: EARTHNEWSROOM@GMAIL.COM

5	7		2		8		4	
	6	8			4			2
3	2			7	9		8	5
4		9	1					
2				8				9
					5	2		3
1	8		3	9			5	4
6			4			8	2	
	4		8		2		9	1

SOLUTION OF PREVIOUS PUZZLE

5	9	3	2	6	1	4	7	8
6	8	2	4	3	7	1	5	9
7	4	1	5	8	9	2	3	6
4	2	9	3	7	5	6	8	1
8	3	7	6	1	4	5	9	2
1	6	5	9	2	8	7	4	3
9	5	8	1	4	6	3	2	7
2	7	6	8	5	3	9	1	4
3	1	4	7	9	2	8	6	5

STARS & PLANETS

What is My Zodiac Sign?

List of Zodiac Signs Based on Birth Dates



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)

- **ARIES:** You should feel exhilarated today, Aries. You might choose to channel some of this enthusiasm into decorating your home. Your aesthetic sense is sharp, as is your physical energy, so once you set upon a particular course of action, you aren’t likely to abandon it. Family members or others close to you may join you and create an atmosphere of strong companionship. Make an impromptu party of it.
- **TAURUS:** A lot of warm and loving communications could come your way today, Taurus. It could be in the form of letters, phone calls, emails, or texts. Friends from far away whom you haven’t heard from in a long time could keep you busy catching up on the phone. Relations with family members or a partner are likely to be supportive and intimate today. With this, your appreciation of those in your life may be highlighted.
- **GEMINI:** Good news! It looks as if money is coming your way. Perhaps you’re getting a good bonus, or perhaps you’ve received a good review and will be getting a substantial raise. Hearing about this will definitely boost your mood, Gemini, and because you’re feeling good, you’ll be especially nice to those around you. They’ll reciprocate in kind. Enjoy your day!

- **CANCER:** Today you might experience, however briefly, the most intense and refined type of spiritual love, Cancer. Perhaps this is for a friend, child, lover, or maybe for all life forms on the planet. You’re also feeling especially artistic, so if you’ve been planning to make something as a gift, this is the time to do it. All signs bode well for other artistic projects as well. Go to it, and enjoy your day.
- **LEO:** Today you might be feeling a very powerful and all-consuming love for everyone around you, and perhaps for all life forms in general. You’re also likely to be feeling romantic, passionate, and anxious for the company of a love partner. Your imagination is flying high, Leo, and you could be trying to find a gift for a loved one. You’re also feeling very spiritually inclined.
- **VIRGO:** You could feel a lot of fond affection for everyone around you today, even those you normally might find irritating. Co-workers, friends, family, and the special person in your life are likely to be happier for having basked in this glow, and should reciprocate. You’re feeling especially generous, Virgo, so buying gifts is likely to be on your agenda. Don’t forget to be kind to yourself, too.

- **LIBRA:** Work may seem more like a drag than usual, as today your thoughts are at home with family, friends, and your partner in life, Libra. You’re unlikely to concentrate on work, and you might reach for the phone constantly to seek a friendly voice. Images of beautiful objects may dance in your head. Don’t worry about your concentration. It will be back tomorrow!
- **SCORPIO:** Your natural sensitivity and compassion are given a powerful impetus today by strong feelings of love and affection for everyone around you, Scorpio. Therefore, you’re likely to give and receive a lot of expressions of affection, both overt and subtle. A significant other should feel especially romantic toward you, so relax and let him or her shower you with attention.
- **SAGITTARIUS:** You’re a gregarious person by nature, Sagittarius, and today you might want to socialize and enjoy yourself. You could be overly concerned with your appearance, possibly because you wish to impress a current or potential romantic partner. Don’t worry; they’ll think you look great. You could receive a lot of attention throughout the evening both from this person and others, which will cement the bonds you feel with all your friends. Enjoy!

- **CAPRICORN:** You may start the day feeling a little insecure about everything going on around you, Capricorn. The increased pressures of work might have strained your nerves a little. However, a lot of love and attention from friends, children, and the special person in your life should have you feeling better about everything in no time. In the evening, relax and watch a video with your mate!
- **AQUARIUS:** Extra money may come your way today as a reward for work well done. Perhaps you’re getting a substantial bonus, or maybe you’re slated for a significant raise. Either way, Aquarius, you’re going to be in pretty good financial shape. You’re going to be feeling very optimistic about your future, and therefore your relations with others will be warm and congenial. Spend the evening celebrating!
- **PISCES:** You may attend a party or other group activity this evening, Pisces. However, you and the special someone in your life could well leave it early in order to steal some time for intimate conversation together. You should be looking and feeling great and be especially optimistic about your future and the future of your relationships. The future is looking extremely bright to you today.