



BHAGAVAD GITA: Chapter 10, Verse 33

aksharanam a-karo 'smi dvandvah samasikasya cha
aham evakshayah kalo dhataham vishvato-mukhah

aksharānām—amongst all letters; a-kārah—the beginning letter “A”; asmi—I am; dvandvah—the dual; sāmāsikasya—amongst grammatical compounds; cha—and; aham—I; eva—only; akshayah—endless; kālah—time; dhātā—amongst the creators; aham—I; vishvatah-mukhah—Brahma

aksharanam a-karo 'smi dvandvah samasikasya cha
aham evakshayah kalo dhataham vishvato-mukhah

◆ **TRANSLATION**

BG 10.33: I am the beginning “A” amongst all letters; I am the dual word in grammatical compounds. I am the endless Time, and amongst creators I am Brahma.

◆ **COMMENTARY**

In Sanskrit, all letters are formed by combining a half-letter with “a.” For example, (k + a = ka). Hence, the letter “a” is the most important in the Sanskrit alphabet. “A” is also the first vowel of the alphabet, and since the vowels are written before the consonants, “A” comes at the very beginning.

Although Sanskrit is such an ancient language, it is highly refined and sophisticated. A common procedure in Sanskrit language is to combine words to form compound words. When, in the process of making one compound word, two or more words give up their case endings, it is called samāsa, and the resulting word is called samāsa pada, or compound word. There are primarily six kinds of samāsa: 1) dvandva, 2) bahubrihi, 3) karm dhāray, 4) tatpuruṣ, 5) dviḡu, 6) avyayī bhāv. Amongst these, dvandva is the best because both words remain prominent in it, while in the others, either one word becomes more prominent, or both words combine together to give the meaning of a third word. The dual word Radha-Krishna is an example of dvandva. Shree Krishna highlights it as his vibhūti.

Creation is a magnificent act and awesome to behold. Humankind’s most sophisticated and technologically advanced inventions pale in comparison. Therefore, Lord Krishna singles out the first-born Brahma, who made the entire universe, and says that amongst creators, the creative ability of Brahma best reflects the glory of God.

It is because of a universal sense of logic that knowledge can be easily cultivated, taught, and learnt in human society. The universal principles of logic are a manifestation of the power of God.



Researchers Solve Long-Standing Puzzle of Rare Neurological Disorder

Even with today’s high-throughput sequencing tools, many rare movement disorders still do not have a clear genetic explanation. A study from researchers in Bochum and Tübingen now points to one more answer.

After analyzing 2,811 people with ataxia, hereditary spastic paraplegia, and dystonia, the team identified disease-causing variants in the gene CD99L2 as the cause of X-linked spastic ataxia. The study was published in Nature Communications.

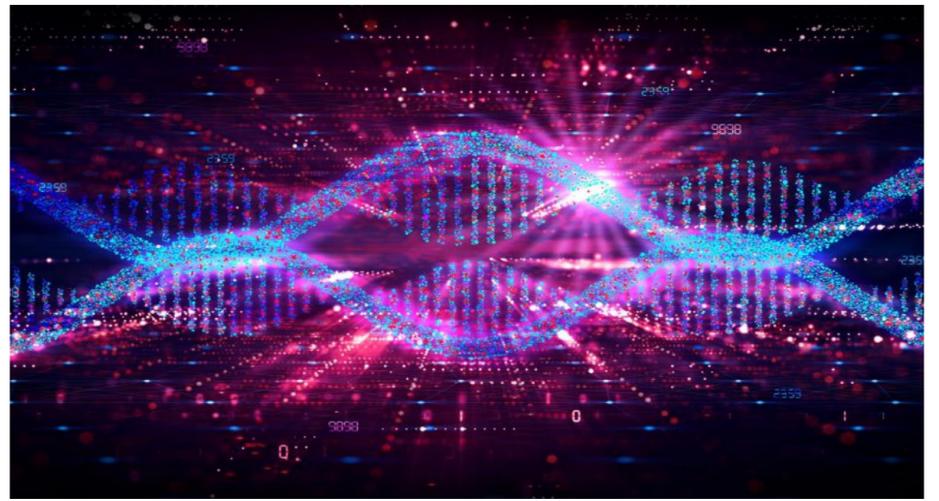
Spastic ataxia is a group of rare neurodegenerative disorders that combine two major problems: impaired coordination and muscle stiffness or spastic paralysis. These symptoms can develop when disease affects both the cerebellum, which helps control balance and coordination, and the motor pathways of the central nervous system. The age at which symptoms begin, and how quickly they progress, can vary depending on the underlying genetic cause.

A gene with a previously unknown neurological function

Until now, CD99L2 was mainly associated with the immune system, with no known function in the nervous system. Using a combination of genome-wide analysis and cell-based experiments, the researchers demonstrated that this gene plays an important role in neuronal signaling pathways.

The Bochum team found that the protein produced by CD99L2 serves as an activating partner for CAPN1, a calcium-dependent protease already linked to spastic paraplegia and ataxia.

“Disease-causing vari-



ants lead to disrupted production of the CD99L2 protein in the cell and prevent its interaction with CAPN1,” explains Dr. Jonasz Weber. “Patients’ cells also showed specific disruptions of synaptic processes.”

Lower CAPN1 activity, along with the resulting disruption of neuronal signaling, offers a clear explanation for the symptoms seen in affected individuals.

Linking Genetic Diagnostics and Functional Neuroscience
“Our results show that genetic diagnostics and functional neuroscience are not mutually exclusive areas,” says Weber. “Only when both disciplines work closely together can a reliable disease mechanism be derived from a genetic variant.”

Identifying CD99L2 as a disease-related gene not only strengthens genetic testing for rare movement disorders but also deepens understanding of the biological processes that drive

neurodegeneration.

Reference: “Loss-of-function variants in the CAPN1 activator CD99L2 cause X-linked spastic ataxia” by Benita Menden, Rana D. Incebacak Eltemur, German Demidov, Marc Sturm, Joohyun Park, Chrisovalantou Huridou, Florian Fath, Astrid Nümann, Alexander Baumann, Ilja J. Diets, Claudia Dufke, Martin Regensburger, Maria Rönnefarth, Vera Wilke, Nienke van Os, Stefan Vielhaber, Tim W. Rattay, Zacharias Kohl, Susana Peralta, Priscila Pereira Sena, Melanie Kellner, Nadine Weissert, Andreas Traschütz, Lena Zeltner, Kai Boelmans, Natalie Deininger, Leon Schütz, Caspar Gross, Ana Beatriz Hinojosa Amaya, Katrin Raupach, Holger Hengel, Florian Harmuth, Jakob Admard, Ingrid Bader, Sarah Baumann, Friedemann Bender, Andrea Bevon, Almut Bischoff, Felix Boschann, Rebecca Buchert, Daniel Buchzik, Nicolas Casadei, Claudia B. Catarino, Isabell Cordts,

Kirsten Cremer, Mari- on Doeblner-Neumann, Nadja Ehmke, Miriam Elbracht, Ruth J. Falb, Thomas Feindt, Zofia Fleszar, Lea Gerstner, Dieter Gläser, Ute Grasshoff, Sarah Grosch, Kathrin Grundmann, Alexander Gutschalk, Manja Haaga, Stefanie Hayer, Ute Hehr, Yorck Hellenbroich, Wolfram Henn, Barbara Herr, Rebecca Herzog, Veronika Horber, Jonas Deppe, Nadja Kaiser, Christiane Kehler, Martin Kehler, Jan Kern, Christoph Keßler, Katharina Khuller, Hannah Klinkhammer, Urania Kotzaeridou, Peter Krawitz, Martina Kreis, Hanna Küpper, Alice Kuster, Lucia Laugwitz, Anne Lesemann, Nadine Lichey, Tobias Linden, Boris Macek, Janine Magg, Elisabeth Mangold, Eva Manka, Iris Marquardt, Karl Mehnert, David Mengel, Susanne Morlot, Barbara Oehl-Jaschkowitz, Martje G. Pauly, Melanie Philipp, Florentine Radelfahr, Maren Rautenberg, Angelika Riess, Carsten

Saft, Beate Schlotter-Weigel, Axel Schmidt, Eva M. C. Schwaibold, Veronika Spahlinger, Stephanie Spranger, Katharina Marie Steiner, Claudia Stendel, Andreas Thieme, Andreas Tzschach, Ana Velic, Sarah Wiethoff, Carlo Wilke, Stephan Züchner, Simone Zittel, Solve-RD consortium, Ralf A. Husain, Marcus Deschauer, Felix Distelmaier, Andreas Dufke, Holm Graessner, Bernhard Hemmer, Heike Jacobi, Thomas Klockgether, Thomas Klopstock, Xenia Kobeleva, Georg-Christoph Korenke, Alma Kuechler, Gregor Kuhlensbäumer, Ingo Kurth, Huu Phuc Nguyen, Gilbert Wunderlich, Kirsten E. Zeuner, Stephan Klebe, Michaela Auer-Grumbach, Michaela Butryn, Jürgen Winkler, Dagmar Timmann, Matthias Synofzik, Bart van de Warrenburg, Rebecca Schüle, Ludger Schöls, Stephan Ossowski, Olaf Riess, Jonasz J. Weber and Tobias B. Haack, 14 February 2026, Nature Communications.

Word of the Day

SCRUTINIZE
SKROO-tuh-nyze

What It Means

To scrutinize something is to examine it carefully especially in a critical way.

// I closely scrutinized my opponent’s moves before making my own.

SCRUTINIZE IN CONTEXT

“The governor proposes a balanced budget, and the General Assembly scrutinizes every line.” — J.B. Jennings, The Baltimore Sun, 5 Feb. 2026

Did You Know?

Scrutinize the history of scrutinize far back enough and you wind up sifting through trash: the word comes from Latin scrutari, which means “to search, to examine,” and scrutari likely comes from scruta, meaning “trash.” The etymology evokes one who searches through trash for anything of value. The noun scrutiny preceded scrutinize in English, and

in its earliest 15th century use referred to a formal vote, and later to an official examination of votes. Scrutinize was established in the 17th century with its familiar “to examine closely” meaning, but retained reference to voting with the specific meaning “to examine votes” at least into the 18th century. (Votes are still commonly said to be scrutinized in the general sense of the word.) And while the term scrutineer can be a general term referring to someone who examines something, it is also sometimes used in British English specifically as a term for someone who takes or counts votes.

Is it your Birthday Today?

MARCH 22

Governed by number 3 and the planet Jupiter, you are imaginative, ambitious, dignified, jovial, cheerful and highly optimistic person. You search for meaning and purpose in life and you often find this through your work. You are friendly and helpful, but you need to control your tendency to behave jealous, extravagant and dominating at times. This year your self-confidence and determination would be at its peak. The organization that you work for would undergo major administrative changes and the chances of your promotion or transfer would be strong. Your income would be from at least two sources. Your finances would improve towards the middle of the year bringing prosperity and happiness at domestic level. Your emotional partner would be a major support. Health of a sibling might need extra attention. The months of October, December and April seem to be eventful.

SUDOKU PUZZLES

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By: Srinivas Sahu

STARS & PLANETS

What is My Zodiac Sign?

List of Zodiac Signs Based on Birth Dates

Your zodiac sign is determined by your date of birth. You may check the zodiac sign that you are and find it in a whole range of articles you can see below.



List of 12 Zodiac Signs

- Aries** (Mar 21 - Apr 20)
- Taurus** (Apr 21 - May 21)
- Gemini** (May 22 - Jun 21)
- Cancer** (Jun 22 - Jul 22)
- Leo** (Jul 23 - Aug 23)
- Virgo** (Aug 24 - Sep 23)
- Libra** (Sep 24 - Oct 23)
- Scorpio** (Oct 24 - Nov 22)
- Sagittarius** (Nov 23 - Dec 21)
- Capricorn** (Dec 22 - Jan 19)
- Aquarius** (Jan 20 - Feb 18)
- Pisces** (Feb 19 - Mar 20)

■ **ARIES:** The study of psychology might be especially appealing today, Aries. Some new discoveries that you may have heard about in the media could have piqued your interest and might propel you to the library to find books on the subject. This is a good time to pursue this. Your mind is in the right space to understand it, and it could shed a lot of light on those around you, including you!

■ **TAURUS:** Occult sciences, such as alchemy, phrenology, and astrology, could be singing their siren song to you, Taurus. You like to think of yourself as down to Earth and realistic, but today you could find so-called unrealistic fields of knowledge irresistible. You’ll also have a special gift for them right now. Read up on the subject and give it a try. You might be surprised at what you discover.

■ **GEMINI:** A group activity could lead to discussions of famous unsolved mysteries, Gemini. Jack the Ripper, the Black Dahlia, the truth about O.J. Simpson, and other intriguing problems might capture the interest of everyone present, and might lead to some animated debates over possible solutions. You might want to make mental notes of the ideas everyone comes up with.

■ **CANCER:** A young colleague could leave your place of employment under strange circumstances, Cancer, and this could come as a shock to you. You may have been quite fond of this person, and find yourself wondering about the truth behind the departure. Gossip may buzz, but don’t pay any attention to it. Chances are it’s a health problem, but no one, including your colleague, feels comfortable discussing it.

■ **LEO:** Spiritual occurrences could lead to a very powerful healing experience, Leo. Repressed past traumas could come to the surface and be processed and released. This could leave you feeling rather dazed, as this purging could open a gap in your psyche. Don’t worry; eventually it will fill with new knowledge and insights instead of psychic garbage! For now, take a walk.

■ **VIRGO:** Do you like detective stories, Virgo? If so, you may find them useful today as you play the role of Sherlock Holmes. A missing object, intellectual problem, or mystery of some kind could have you curious enough to search for the truth. This is a good way to train your powers of observation, although intuition will probably play a strong role in your success. Go to it, and have fun!

■ **LIBRA:** A business or romantic partner may seem a bit preoccupied with some very serious matters today, Libra, and not be likely to share them with you. Asking to talk about it won’t work, so you’ll probably end up depending on your intuition. Your friend is probably concerned with the health of a family member who may need surgery. Don’t feel excluded.

■ **SCORPIO:** Some rather extensive and annoying paperwork might need to be dealt with, Scorpio. It will probably require all your attention, so if you can, take care of it first thing in the morning when you’re still fresh. This might be a contract or it could be an insurance policy or something else full of unintelligible jargon. Don’t be afraid to ask someone familiar with it to explain the language to you.

■ **SAGITTARIUS:** A fascinating article you read in the newspaper could inspire you to try to create a mystery story of your own, Sagittarius. Today your mind is perfectly suited to devising plot twists and interesting but complex characters. You could tell the story to children, or you might even decide to turn it into a novel. Jot down your ideas and look at them again tomorrow. If you want to continue, then go for it!

■ **CAPRICORN:** An important lost object, perhaps a paper of some kind, could command the attention of your entire household, Capricorn. This could prove frustrating at first, because you will know that it has to be somewhere in the house, but you can’t find it anywhere! The item may reappear just as you’ve given up on it, in a place you never would have imagined! Tip: it’s probably hidden among other objects.

■ **AQUARIUS:** Someone or something has disappeared, Aquarius. Gossip could spread like wildfire as everyone imagines the worst. Listening to rumors probably doesn’t appeal to your sense of fairness; nonetheless, you’re wondering, too. Your comrades will probably experience a mixture of relief and disappointment when this person/thing turns up. Mystery (most-ly) solved!

■ **PISCES:** You could have some paperwork to do today, Pisces, which could make a big difference to your financial future. This could be a contract, settlement, or agreement of some kind. Whatever it is, you may need to seek some assistance before you execute it. The language might be difficult to understand, and some of the clauses might not feel right to you.