



BHAGAVAD GITA: Chapter 10, Verse 38

dando damayatam asmi nitir asmi jigishatam
maunam chaivasmi guhyanam jnanam jnanavatam aham

dandah—punishment; damayatam—amongst means of preventing lawlessness; asmi—I am; nitir—proper conduct; asmi—I am; jigishatam—amongst those who seek victory; maunam—silence; cha—and; eva—also; asmi—I am; guhyanam—amongst secrets; jnanam—wisdom; jnana-vatam—in the wise; aham—I

dando damayatam asmi nitir asmi jigishatam
maunam chaivasmi guhyanam jnanam jnanavatam aham

◆ **TRANSLATION**

BG 10.38: I am just punishment amongst means of preventing lawlessness, and proper conduct amongst those who seek victory. Amongst secrets I am silence, and in the wise I am their wisdom.

◆ **COMMENTARY**

Human nature is such that mere sermons are not sufficient for ensuring good behavior amongst people. Punishment, when meted out in a timely and just manner, is an important tool for reforming sinful behavior in people and training them in right conduct. One of its goals is meant to deter those in society that might be inclined to perform wrong actions. Modern management theory describes very nicely how even one minute of proper punishment for wrong actions and one minute of suitable reward for good actions can rectify people's behaviors.

The desire for victory is universal, but those with the strength of character are not willing to sacrifice morals or ethics to achieve it. That victory which is won by the path of righteousness signifies the power of God.

A secret is that which is hidden from public knowledge for a specific purpose. There is a saying in English, "A secret known to one person is a secret; a secret known to two people is no longer a secret; and a secret known to three people is news shouted out to the rest of the world." Thus, the greatest secret is that which is hidden in silence.

True wisdom comes to a person with the maturing of spiritual knowledge through self or God realization. A person endowed with it develops the perspective of seeing all events, persons, and objects in the light of their relationship with God. Such wisdom purifies, fulfills, satisfies, and elevates one. It gives direction to life, the strength to cope with its vicissitudes, and determination to persevere till the end is reached. Shree Krishna says that he is such wisdom that manifests in the wise.



This Simple Eating Habit May Help You Lose More Weight

Following a predictable eating routine, including repeating meals and keeping daily calorie intake steady, may support greater weight loss, according to research from the American Psychological Association.

The study, published today (March 26) in Health Psychology, found that adults who maintained consistent eating habits during a 12-week behavioral weight-loss program lost more weight than those who frequently changed what they ate. Participants who stuck to similar meals and maintained stable calorie levels over time saw better results than those with more varied diets.

"Maintaining a healthy diet in today's food environment requires constant effort and self-control," said lead author Charlotte Hagerman, PhD, of the Oregon Research Institute. "Creating routines around eating may reduce that burden and make healthy choices feel more automatic."

Study Tracks Eating Habits and Weight Loss Progress

To understand how routine affects outcomes, researchers examined detailed, real-time food logs from 112 adults who were overweight or obese. All participants were enrolled in a structured weight loss program and recorded everything they ate using a mobile app. They also weighed themselves daily with a wireless scale.

The analysis focused on the first 12 weeks of the program, when participants tend to be most engaged and consistent



with tracking their habits.

Measuring Diet Consistency and Meal Repetition

Researchers evaluated how structured each participant's diet was in two key ways. One measure was caloric stability, which looked at how much a person's daily calorie intake varied from day to day and between weekdays and weekends.

The second was dietary repetition, or how often individuals logged the same meals and snacks instead of regularly choosing new foods.

More Repetition, Greater Weight Loss

Participants who frequently ate the same foods lost an average of

5.9% of their body weight, compared with 4.3% among those with more varied diets. Greater consistency in daily calorie intake was also associated with better results. For every 100-calorie increase in daily fluctuation, overall weight loss dropped by about 0.6% during the study period.

These findings suggest that simplifying food decisions, such as relying on a set rotation of familiar meals and keeping calorie intake consistent, may help people develop habits that are easier to maintain over time. However, the researchers note that the results show a correlation, not cause and effect, and that fac-

tors such as motivation or self-discipline could also influence success.

Balancing Simplicity and Nutritional Variety

The researchers also point out that earlier studies have linked dietary variety to better overall health. However, those findings typically focus on variety within healthy food categories like fruits and vegetables.

"If we lived in a healthier food environment, we might encourage people to have as much variety in their diet as possible," Hagerman said. "However, our modern food environment is too problematic. Instead, people may do best with a more repetitive diet that helps

them consistently make healthier choices, even if they might sacrifice some nutritional variety."

Weekend Tracking and an Unexpected Finding

An additional result showed that participants who reported higher calorie totals on weekends than on weekdays also experienced greater weight loss. According to Hagerman, this likely reflects more consistent tracking rather than increased food intake, since people often log their meals less reliably on weekends.

Overall, the takeaway is simple. When it comes to losing weight, consistency in eating habits may be more important than dietary variety.

Word of the Day

ZANY
ZAY-nee

What It Means

Zany describes people or things that are very strange and silly.

// The cartoon series centers around two zany characters, best friends who also happen to be space aliens, constantly amusing each other with outrageous antics.

ZANY IN CONTEXT

"The fourth and final episode centers on a birthday party for The Cat in the Hat. ... Seeing where the clues lead, the friends embark on a joyous adventure of songs, dances, silly challenges, and plenty of zany energy from their wacky striped friend." — Sarah Scott, Parents, 22 Dec. 2025

Did You Know?

The oddballs among us are likely familiar with zany as an adjective, meaning "eccentric." But did you know the word originated as a noun—one that has withstood the test of time? Zanies have been theatrical buffoons since the heyday of the Italian commedia dell'arte, in which a "zanni" was a stock servant character, often an intelligent and proud valet with abundant common sense and a love of practical jokes. Zanni comes from a dialect nickname for Giovanni, the Italian form of John.

Is it your Birthday Today?

MARCH 27

Influenced by number 8 and the planet Saturn. You are authoritative, practical, systematic, friendly and sober person. You are fond of adventure and you have no problems in accepting challenges, but you need to check your tendency to behave impatient, spendthrift and jealous at times. This year you can expect excellent rewards for your work. You would celebrate your success in a special way, and spend more on comforts and entertainment. Your income would rise, and you would make some good long-term investments. You would establish a better understanding with your beloved, which would make every moment that you spend together a truly memorable one. Health of your parents might cause concern and anxiety. Spiritual gains for some later in the year. The months of September, January and July will be result oriented.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

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 zodiac period of your birth date.



List of 12 Zodiac Signs

- Aries (Mar 21 - Apr 19)
- Taurus (Apr 20 - May 20)
- Gemini (May 21 - Jun 20)
- Cancer (Jun 21 - Jul 20)
- Leo (Jul 21 - 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:** The desire to make a particular purchase could have you reworking your budget today. Aries. This is a good time to do this, as your business and money sense are operating at a high level, and you're likely to be savvy about finance than usual. You may take more time than you need, however. Remember not to beat it to death or you'll lose your focus. Don't be afraid to take breaks. Good luck!

■ **TAURUS:** Suddenly you seem more glamorous than usual, Taurus. You may exert a mysterious appeal that in the 1920s was called "it." Current and potential love partners may take a second look and be intrigued. Don't be surprised if you attract admiring glances from strangers! This could make a big difference in your love life. Lovers you encounter today should continue to see something in you for a long time. Make the most of "it"!

■ **GEMINI:** Your visionary tendencies are in the ascendant today, Gemini, although they take more of a practical than mystical bent. You might look at your living room or backyard and suddenly find yourself redecorating it in your mind's eye. If you've wanted to start some sort of long-term project to improve your surroundings, this is the day to get started. You'll not only attain your vision, you may surpass it. Have fun!

■ **CANCER:** As a person who enjoys being gregarious and outgoing, days like this provide a wonderful outlet for your energy. You might spend a lot of time with your family today, Cancer, but you'll also probably touch base with many others. At some point you might find yourself in the spotlight. You'll feel especially fond of everyone around you and appreciate your good fortune. Enjoy your day.

■ **LEO:** Corporate kudos and increased income that you may have been working toward for a long time may finally manifest today, Leo. Your effort and energy haven't gone unnoticed. What you're doing now has impressed those in a position to advance your interests. Positive changes in your career situation could well take place, even if what you've been wanting is a whole new career.

■ **VIRGO:** This is a great day to deal with legal matters of any kind, Virgo, including plans for a wedding, if one is in the offing! Your financial situation should be thriving and stable, and long-term educational goals may come to the forefront. Now you should be strongly focused on matters that are particularly important to you. Work performed today toward those ends should be accomplished quickly and efficiently. Go to it!

■ **LIBRA:** A keen ability on your part to blend the worlds of intellect and intuition could well surface today, Libra. The ability to focus both these methods of perception into material reality is apt to give a boost to your career and educational efforts. It also could enhance your romantic life. Anything begun or completed today has an advantage. Try to look closely at this new tendency and make it last.

■ **SCORPIO:** Relationships of all kinds become stronger and more enduring today, Scorpio. Successes boost the strength of business partnerships; love relationships advance to the next level of commitment. Bonds of any kind formed now are likely to be strong ones, marked by honesty, loyalty, and affection. This is a great day to get together with anyone close to you; your relationship is very likely to grow because of it.

■ **SAGITTARIUS:** An interest in health and nutrition could come to the surface for you, Sagittarius. New discoveries regarding the benefits of certain nutrients, exercise programs, or other forms of alternative therapy could attract your attention. You might want to attend a lecture of some kind in order to learn more about it. You'll probably stick with any new program begun now, so go for it. Dare to strive for optimal health!

■ **CAPRICORN:** Have you been thinking about taking a course in one of the arts, Capricorn? Whether your preference is painting, music, drama, dance, or creative writing, if you commit now, you'll probably continue with it. The practical arts of cooking, building, or interior decoration are also possibilities. Whatever it is, it won't be quickly abandoned. If you begin with the idea of eventually doing it professionally, chances are you will.

■ **AQUARIUS:** If you own your own home, Aquarius, you may learn today that its value has increased substantially. If you don't own a home but want to buy one, this is the time to start looking. Any investments made now, particularly in land, will probably be solid and apt to gain in value, although results might take some time to materialize. Carefully consider all contingencies before committing, however. This isn't the time to act impulsively.

■ **PISCES:** Some down-to-Earth conversations with a love partner could result in advancing the relationship to the next level of commitment, Pisces. The communication should be loving and supportive, but practical matters like money, work, and personal habits could be discussed. You'll probably find that you and your partner are more compatible than you thought. Move ahead, but with caution. Love is the beacon guiding most of us through life.