



BHAGAVAD GITA: Chapter 10, Verse 21

adityanam aham vishnur jyotisham ravir anshuman
marichir marutam asmi nakshatranam aham shashi

ādityānām—amongst the twelve sons of Aditi; aham—I; vishnuh—Lord Vishnu; jyotishām—amongst luminous objects; ravih—the sun; anshu-mān—radiant; marichih—Marichi; marutam—of the maruts; asmi—(I) am; nakshatranām—amongst the stars; aham—I; śhāshī—the moon

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◆ TRANSLATION

BG 10.21: Amongst the twelve sons of Aditi I am Vishnu; amongst luminous objects I am the sun. Know Me to be Marichi amongst the maruts, and the moon amongst the stars in the night sky.

◆ COMMENTARY

From the Puranas we learn that Sage Kashyap had two wives— Aditi and Diti. From his first wife, Aditi, he fathered twelve celestial personalities—Dhata, Mitra, Aryama, Shakra, Varun, Amsha, Bhaga, Vivasvan, Pusha, Savita, Twashta, and Vaman. Amongst these, Vaman was the Avatar of the Supreme Lord Vishnu. Thus, Shree Krishna states that amongst the Adityas (twelve sons of Aditi), Vishnu (in the form of Vaman) reveals his opulence.

Amongst luminous objects, the sun is supreme. The Ramayan states:

rākāpati shorasa uahin tārāgana samudāi,
sakala girinha dava lāia binu rabi rāti na jāi [v26]

“At night, all the lamps along with all the stars in the sky and the moon as well are together insufficient in removing the darkness of the night. But the moment the sun rises, the night gets dispelled.” That is the power of the sun, which Shree Krishna reveals as his vibhūti.

Then, he comes to the night sky. There is the well-known saying, “One moon is better than a thousand stars.” Shree Krishna says that amongst all the constellations and stars in the night sky, he is the moon because it best reveals his opulence.

The Puranas further relate that Sage Kashyap fathered daityas (demons) from his second wife Diti. However, apart from the daityas, Diti desired to have a son more powerful than Indra (the king of the celestial gods). So she kept her baby in her womb for a year. Indra then used a thunderbolt and split her fetus into many pieces, but it turned into many fetuses. These became the maruts, or the 49 kinds of winds that flow in the universe, doing tremendous good. The major ones amongst them are Avaha, Pravaha, Nivaha, Purvaha, Udvaha, Samvaha, and Parivaha. The chief wind, known as Parivaha, also bears the name Marichi. Shree Krishna states that his vibhūti (opulence) manifests in the wind called “Marichi.”



Is it your Birthday Today?

MARCH 10

Governed by number 1, and the Sun, you are original, active, responsible, trustworthy and a very simple person. You are highly talented and fond of accepting challenges, but you need to control your tendency to dominate, overspend and behave destructive at times. This year you should plan things well in advance to reap benefits. Efforts that you put during this period will bring desired results in the long run. Favourable period for property investment. Romance will be on top of your list. There seem to be chances too of a new arrival as well. Your financial condition will improve as you pickup job involving higher responsibility and position. Some exhilarating news from distant relations will boost up the spirits of the entire family. Travel and journey will be pleasurable. The months of August, November and June will be significant for you.

The Surprising Truth About Aging: New Study Challenges the Idea of Inevitable Decline

A large longitudinal study challenges the idea that aging inevitably brings decline, revealing that many older adults improve in key measures of physical and cognitive health.

Aging later in life is often described as a gradual decline in both body and mind. However, new research from scientists at Yale University suggests a different possibility. The study indicates that many older adults actually improve over time, and that their attitudes about aging may strongly influence those outcomes.

The research analyzed more than a decade of information from a large, nationally representative study of older Americans. Lead author Becca R. Levy, a professor of social and behavioral sciences at the Yale School of Public Health (YSPH), reported that nearly half of adults age 65 and older showed measurable gains in cognitive ability, physical ability, or both during the study period.

Importantly, these improvements were not limited to a small number of unusually healthy individuals. The researchers also found that progress was closely associated with a factor that often receives little attention: how people think about the aging process itself.

“Many people equate aging with an inevitable and continuous loss of physical and cognitive abilities,” said Levy, an international expert on psychosocial determinants of aging health. “What we found is that improvement in later life is not rare, it’s common, and it should be included in our understanding of the aging process.”

The findings are published in the journal *Geriatrics*.

Tracking Changes Over



Time

The research team followed more than 11,000 participants in the Health and Retirement Study, a federally supported long-term survey that tracks the health and lives of older Americans. Cognitive performance was evaluated using a global assessment of mental functioning. Physical ability was measured by walking speed, which geriatric specialists often describe as a “vital sign” because it is closely connected with disability risk, hospitalization rates, and mortality.

Over a follow-up period that lasted as long as 12 years, 45 percent of participants showed improvement in at least one of the two categories. About 32 percent demonstrated cognitive improvement, while 28 percent improved in physical performance. Many of these gains

exceeded levels considered clinically meaningful.

When researchers also counted participants whose cognitive scores remained stable rather than declining, the results became even more striking. More than half of the group did not follow the commonly held expectation that cognitive ability inevitably worsens with age.

“What’s striking is that these gains disappear when you only look at averages,” said Levy, author of the book “Breaking the Age Code: How Your Beliefs About Aging Determine How Long & How Well You Live.” “If you average everyone together, you see decline. But when you look at individual trajectories, you uncover a very different story. A meaningful percentage of the older participants that we studied got better.”

The researchers also ex-

plored why some individuals improved while others did not. They proposed that one possible explanation might lie in participants’ beliefs about aging at the start of the study. In other words, people who held more positive views about growing older might experience different outcomes than those who held more negative beliefs.

Their analysis supported this idea. Participants who began the study with more positive age-related beliefs were significantly more likely to improve in both cognitive performance and walking speed. This relationship remained even after accounting for factors such as age, sex, education, chronic illness, depression, and the length of the follow-up period.

The Power of Age Beliefs
The results add to a body of research connected to

Levy’s stereotype embodiment theory. This theory suggests that cultural messages about aging, which people absorb through sources such as social media and advertising, can eventually influence biological processes once those beliefs become personally relevant.

Earlier work by Levy has shown that negative views about aging are linked to poorer memory, slower walking speed, increased cardiovascular risk, and biological markers associated with Alzheimer’s disease.

According to Levy, the new findings highlight the opposite effect. Individuals who internalize more positive beliefs about aging are more likely to experience improvements over time.

“Our findings suggest there is often a reserve capacity for improvement in later life,” she said.

“And because age beliefs are modifiable, this opens the door to interventions at both the individual and societal level.”

The improvements observed in the study were not restricted to people who began with health problems. Even among participants who started with normal levels of cognitive or physical function, a considerable number still improved during the study period. This challenges the assumption that gains in later life occur only when people recover from illness or rebound from earlier health setbacks.

The researchers hope their results will help change the widespread belief that aging inevitably involves continuous decline. They also suggest the findings could encourage policymakers to expand support for preventive care, rehabilitation, and other programs designed to promote health and resilience among older adults.

Word of the Day

HECTORPLAY

HEK-ter

What It Means

To hector someone is to criticize or question them in a threatening way.

// The judge ordered the attorney to stop hectoring the witness.

HECTOR IN CONTEXT

“He continued to hector Neal about his inattention to business (‘I have been waiting to hear from you,’ again, and again, and again), without any tangible results.” — Jem Aswad, *Variety*, 5 Aug. 2025

Did You Know?

In Homer’s *Iliad*, Hector, the eldest son of King Priam of Troy, was a model soldier,

son, father, and friend, the champion of the Trojan army until he was killed by the Greek hero Achilles. So how did his name become a verb meaning “to intimidate or harass”? That use was likely influenced by gangs of rowdy street toughs who roamed London in the 17th century and called themselves “Hectors.” They may have thought themselves gallant young blades (that’s sense 3b(3)), but to the general populace they were swaggering bullies who intimidated passersby and vandalized property.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

STARS & PLANETS



■ **ARIES:** You may be feeling a strong sense of guilt now because of something you did in an effort to feed your ego, Aries. Be aware of how your actions have affected others and apologize. Guilt is basically a useless emotion that you should get rid of as quickly as possible. Don’t let this feeling keep you from opening up your heart to restore it to its original innocence.

■ **TAURUS:** Pure wisdom is an important quality for you to aspire to on this day, Taurus. Know that the wisdom you seek should come from a point of calm knowing and strength as opposed to a frantic, loud, and outlandish display for attention. You’ll be recognized accordingly. Be aware that the more knowledge you spread to others, the more it will grow for everyone to profit by and share.

■ **GEMINI:** Why keep fighting a fight that you know you can’t win, Gemini? Why keep trying to fool yourself and others into thinking that you have all the answers when you’re only aware of the tip of the iceberg? The mass of knowledge lies well beneath the surface. Instead of fighting, offer to surrender. At this point, others will be much more willing to quench your thirst for truth. The key for you is to listen.

■ **CANCER:** Anger is apt to stir inside you today, Cancer, so beware of any actions that might manifest as a result of this powerful feeling. Do what you can to find the deep source of this anger. If it’s an obvious injustice, see the situation as an opportunity for change, and work to reform the policy that led to this breach of fairness and equality.

■ **LEO:** Show some gratitude to the people around you today, Leo. The seat of your personality is very strong at this time, and you’re confident to your core. Mix this feeling with the service-oriented sensitivity of the day that asks us to do things for others. Keep in mind that a gesture as simple as a smile and word of appreciation can be healing for another person - and you.

■ **VIRGO:** Today is one of those days in which you might be kicking yourself for not telling the truth on an earlier occasion, Leo. The words that seemed so harmless then may come back to haunt you now. Today is a very action-oriented day. Conflict could arise because what was thought to be true then now turns out to be false and counter to the action being taken at this time.

■ **LIBRA:** You may find yourself gravitating toward solid, grounded things, Libra, in hopes that these will provide you with the stability that you lack. A key word for you today is patience. Learn how to wait without becoming restless or grumpy. What you will discover after a while is that the stability you seek is actually sitting right there inside of you, and has been all along.

■ **SCORPIO:** Try to come to a place of serenity today in which you free yourself from desire and jealousy, Scorpio. It’s important that you take time to recognize the incredible growth that can spring from this position of calm and pure satisfaction. Rid yourself of the excess baggage that you cling to as some sort of support or means of comfort.

■ **SAGITTARIUS:** The key word for you today is boundaries, Sagittarius, so think for a minute about what this means to you. It’s time to have a serious talk with yourself. Set some limits and be honest about drawing the line. Your health, your state of mind, and your relationships with others all depend on your taking the initiative to know when to say no in certain situations.

■ **CAPRICORN:** Make sure that you’re living consciously at this time, Capricorn. It could be that you’re going through a period of denial and simply refusing to see the truth of the situation. Open up your eyes to the world around you so you can invite in joy and compassion. Don’t be satisfied with superficial interactions that don’t really satisfy you emotionally and intellectually.

■ **AQUARIUS:** In some ways, today could seem like a day of reckoning for you, Aquarius. You might look in the mirror and see things that you really aren’t very happy with. Perhaps you harbor a sense of shame based on past events that still linger in your mind. Don’t let this shadow of insecurity continue to dwell in your life. Work through these feelings and identify the root of the problem.

■ **PISCES:** Let today serve as a reminder of the importance of love, Pisces. Don’t just think of it as a commodity you fight for and conquer with conniving tricks and strategic dating tactics. Realize that love is evident in how you see the world; it’s a seed in you. The more you see love in the people around you, even in the heart of a stranger, the more you’ll be blessed with its radiant light.