



BHAGAVAD GITA: Chapter 11, Verse 18

tvam aksharam paramam veditavyam
tvam asya vishvasya param nidhanam
tvam avyayah shashvata-dharma-gopta
sanatanas tvam purusho mato me

tvam—you; aksharam—the imperishable; paramam—the supreme being; veditavyam—worthy of being known; tvam—you; asya—of this; vishvasya—of the creation; param—supreme; nidhanam—support; tvam—you; avyayah—eternal; shāshvata-dharma-goptā—protector of the eternal religion; sanātanah—everlasting; tvam—you; purushah—the Supreme Divine Person; matao me—my opinion

tvam aksharam paramam veditavyam
tvam asya vishvasya param nidhanam
tvam avyayah shashvata-dharma-gopta
sanatanas tvam purusho mato me

◆ TRANSLATION

BG 11.18: I recognize You as the supreme imperishable being, the Ultimate Truth to be known by the scriptures. You are the support of all creation; You are the eternal protector of Sanātan Dharma (the Eternal Religion); and You are the everlasting Supreme Divine Personality.

◆ COMMENTARY

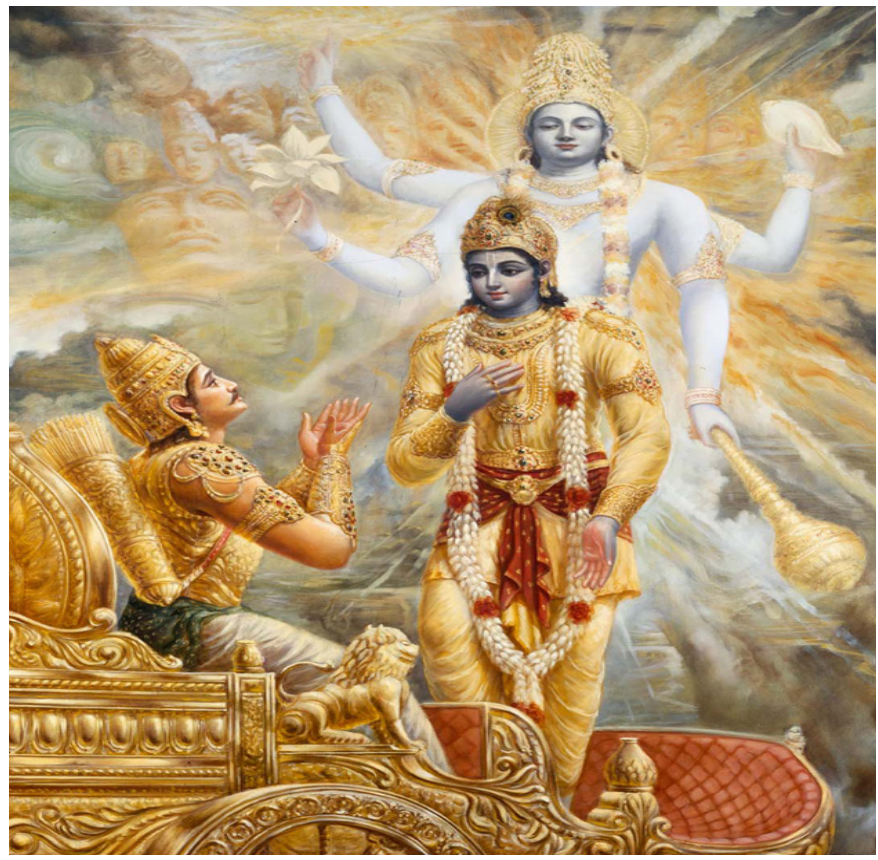
Arjun announced that he recognized the sovereignty of Shree Krishna's position as the Supreme Lord, who is the support of all creation, and who is to be known through all the scriptures. The Kathopanishad states:

sarve vedā yat padamāmananti (1.2.15)[v2]

"The aim of all the Vedic mantras is to take us in the direction of God. He is the object of the study of the Vedas." The Śhrīmad Bhāgavatam states:

vāsudeva-parā vedā vāsudeva-parā makhāh (1.2.28)[v3]

"The goal of cultivating Vedic knowledge is to reach God. All sacrifices are also meant for pleasing him." In his tribute to Shree Krishna, Arjun expressed his realization that the personal form of the Lord, standing before him, was the same supreme absolute truth that is the object of all Vedic knowledge.



Popular Weight-Loss Drug Found To Slow Biological Aging in Landmark Human Trial

Drugs such as Ozempic and Wegovy have transformed the treatment of obesity and type 2 diabetes, helping millions lose weight and improve metabolic health. But scientists are increasingly uncovering effects that extend far beyond the scale. Research has linked GLP-1 medications to lower risks of cardiovascular disease, kidney disease, and even some neurodegenerative disorders. Now, a new clinical study suggests they may also influence one of medicine's most intriguing frontiers: the biological processes that drive aging.



In a randomized, placebo-controlled trial, researchers found that semaglutide appeared to slow changes in DNA markers associated with biological aging in adults living with HIV. The study, published in Nature Communications, provides some of the strongest human evidence to date that a GLP-1 drug may affect molecular pathways tied to aging itself.

Looking Beyond Weight Loss

The study involved 108 adults with HIV-associated lipohypertrophy, a condition characterized by abnormal fat accumulation around the abdomen. Participants received either weekly semaglutide injections or placebo injections for 32 weeks.

Rather than focusing on traditional measures such as weight or blood sugar, the researchers examined biological age. To do this, they used a group of tools known as epigenetic clocks, which estimate how quickly the body is aging by analyzing DNA methylation patterns. These chemical modifications help regulate gene activity and can reveal age-related changes long before disease develops.

Epigenetic clocks have attracted growing interest because they often predict future health outcomes better than chronological age. Studies suggest that people whose biological age exceeds their actual age face a higher risk of disease and early death.

Signals of Slower Aging

People living with HIV frequently experience accelerated biological aging, even when the virus is well

controlled with modern antiretroviral therapy. Researchers believe chronic inflammation and persistent immune system activation play important roles.

According to lead author Michael Corley, PhD, associate professor at UC San Diego School of Medicine and the Stein Institute for Research on Aging, semaglutide appeared to counter some of those effects.

Compared with participants who received a placebo, those treated with semaglutide showed slower aging patterns across multiple epigenetic clocks associated with inflammation and the health of several major organ systems, including the heart, brain, kidneys, liver, blood, and metabolic system.

Among the study's most notable findings:

The pace of biological aging slowed by 9% according to the DunedinPACE epigenetic clock.

Biological processes linked to age-related disease and all-cause mortality risk were significantly reduced based on measurements from the PCGrimAge clock.

While the study was not designed to determine exactly how semaglutide produces these effects, researchers point to several possible mechanisms.

Researchers believe semaglutide may influence aging through several pathways. By reducing inflam-

mation and metabolic stress, GLP-1 drugs may lower chronic immune activation, a major contributor to accelerated aging in people with HIV. The medications also reduce visceral and ectopic fat around the abdomen and internal organs, which may help decrease inflammatory and metabolic signals linked to aging.

"Emerging data also suggest that GLP-1 drugs may reprogram certain cells in different organs, which could help explain why we see effects across multiple aging clocks," said Corley.

Potential Relevance Beyond HIV Although the study focused on people with HIV-associated lipohypertrophy, Corley believes the findings could have broader relevance.

"Many of the biological processes we study in HIV are also central to aging in the general population," he said. "Because these processes can emerge earlier or be more pronounced in people with HIV, this community can help us identify interventions that may improve healthspan more broadly."

In a related pilot study published in npj Aging, Corley and colleagues examined the effects of 24 weeks of semaglutide treatment in people with HIV and metabolic dysfunction-associated steatotic liver disease (MASLD), also known as fatty liver disease.

The researchers found that:

Biological aging slowed in 42% of participants, as measured by the DunedinPACE epigenetic clock. Those individuals also experienced greater reductions in liver fat than participants whose pace of aging increased.

Aging-related markers associated with all-cause mortality risk slowed in 34% of participants, according to the PCGrimAge epigenetic clock.

Telomere length increased in nearly 49% of participants, as measured by the PCDNAmTL epigenetic clock. These participants also tended to walk faster following treatment, suggesting improved physical function.

Together, the two studies add to a growing body of evidence suggesting that GLP-1 medications may affect biological pathways involved in aging.

More Research Needed

"We are not saying that semaglutide reverses aging or makes people younger," said Corley. "What we are seeing is a signal that it may slow some of the biological processes associated with aging. With newer GLP-1-based therapies now emerging, the field has an opportunity to test whether different drugs in this class have distinct effects on aging biology and to identify which patients may benefit most."

Larger clinical trials will be needed to confirm these findings, determine how long the effects persist, and establish optimal dosing strategies and treatment durations for both people with HIV and the broader population.

Future research will also need to examine whether the effects of GLP-1 drugs on aging biology can be enhanced when combined with lifestyle interventions such as diet, exercise, and sleep optimization.

The Stein Institute for Research on Aging plans to translate these findings into individualized "aging dashboards" that use epigenetic clocks to track biological aging. Researchers hope these tools could eventually help clinicians design personalized therapies that target underlying aging mechanisms and reduce the risk of age-related disease.

Word of the Day

ENGENDER
verb in-JEN-der

What It Means

Engender is a formal word that means "to be the source or cause of something."

// Our monthly book club meetings started as a way to connect and ended up being a great place to engender unity and build life-long friendships.

ENGENDER IN CONTEXT

"... During a moment defined by anti-intellectualism, escapism, and AI tools that let you skip cognitive work entirely ... intellectual creators are doing something kinda countercultural," says Death To Stock's culture researcher Agus Panzoni. These influencers, who have already built established communities around intellectual pursuits, hold greater meaning and engender more trust ..." — Markiel Magsalin, Vogue, 15 Apr. 2026

Did You Know?

A good paragraph about engender will engender understanding in the reader. Like its synonym generate, engender comes from the Latin verb generare, meaning "to generate" or "to beget," and when the word was first used in the 14th century, engender meant "propagate" or "procreate." That literal meaning having to do with creating offspring (which generate shared when it was adopted in the early 16th century) was soon joined by the "to cause to exist or develop, to produce" meaning most familiar to us today.

Is it your Birthday Today?

JUNE 4

Influenced by number 4 and the planet Uranus. You are active, energetic, reliable, systematic and methodical. You are fond of art and soft music. You can really do wonders in your career but you need to check your tendency to behave introvert, stubborn, and jealous at times. This year your stars promise you plenty of fame and fortune. Your sincerity towards your work and your office would ultimately bring you enormous benefits in the long run. New sources of income will improve your financial position. Journeys undertaken will bring you in close contacts with important and influential people. Acquisition of some real estate later in the year cannot be ruled out. Health wise this year would not be satisfying as minor ailments would keep on bothering you now and then. It would be wise not to avoid preventive medication and seek a doctor's advice whenever necessary. Matrimonial alliances for those eligible as other would find romance to get them going. Lending and borrowing money should be avoided to the casual acquaintances. The months of October, December and February will be significant and result oriented.

SUDOKU PUZZLES

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

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

SOLUTION OF PREVIOUS PUZZLE

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

Solved By Syed Najmul Hassan and Ishey Tundup

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 fits in which period of zodiac you birth date falls.



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:** Today you're likely to be more focused than usual on whatever it is you have to do, Aries, whether chores around the house and yard or important projects of your own. Your mind is especially sharp and in tune with your feelings. Dreams and imaginings might prove to be valuable sources of inspiration. At some point, your mind might turn to travel, the acquisition of new knowledge, or both.

■ **TAURUS:** Romance is center stage today as unexpected circumstances put you in touch with interesting people of both sexes, Taurus. If you're already involved, expect to grow closer to your partner. If you aren't, don't be surprised if someone new comes into your life. Stimulating discussions about various subjects set your imagination going and increase your desire to learn more. Enjoy your day.

■ **GEMINI:** The possibility of the arrival of visitors, perhaps in relation to a group activity or social event you hope to host in the future, could put you in cleanup mode and perhaps encourage you to even do a little redecorating. More than one person is likely to try to contact you, Gemini, and all who reach you are likely to have interesting news and useful information.

■ **CANCER:** Romance intensifies as communication is enhanced by the energy, enthusiasm, and focus of you and your partner, Cancer. If you aren't already involved, you might find out about someone new and exciting who shares your interests, and perhaps doesn't live all that far away. Expect to make a lot of short trips in your neighborhood, perhaps to check out new things you've heard about. If you've been thinking of moving,

■ **LEO:** An opportunity to do some extra work might come your way today, Leo. Don't turn it down - it might do you a lot of good. You'll probably enjoy being at home, whether you're working or relaxing, as happiness seems to reign in the home at this time. Members of your household all seem to be content with their lives, and thus are great company. Enjoy.

■ **VIRGO:** Communicating with others in your neighborhood brings good news your way, Virgo. Phone calls, emails, or time spent in the car could result in some kind of financial advancement. You feel especially focused right now, and your intellect and emotions are in accord with what you need to do to accomplish your goals. Your physical energy and enthusiasm are strong, as is your determination. Go for the gold.

■ **LIBRA:** Libra, today you might hear of opportunities coming from an unusual source and consider taking advantage of them. Values take a more spiritual turn as your material goals are reached. You might make plans to participate more in activities like yoga, meditation or other activities with a metaphysical focus, and you're looking forward to it. Someone close to you might recommend some interesting books.

■ **SCORPIO:** Communicating with loved ones might prove especially intellectually and emotionally gratifying at this time, Scorpio. Relationships with old friends grow stronger, and new friends may also come onto the scene. Among them might be people in your profession. Through them you might learn of new opportunities to advance your career. Expect an inspiring story of some kind to move you to tears. Don't fight it.

■ **SAGITTARIUS:** Friends in creative fields might join forces with you today to start a new project that makes a difference to all of you, Sagittarius. This could be planning something as mundane as a garden in a park or as exciting as a new rock band. If you've been thinking of moving in an artistic direction, this is the day to make plans. You're determined and focused and your inspiration and enthusiasm are high.

■ **CAPRICORN:** The desire to acquire more knowledge is front and center today, Capricorn. A lecture or workshop might lead to plans for a future outing of some kind with friends or other members of a group you're affiliated with. Family members might also show an interest. You could all review the possibilities together and jot ideas. The energy and enthusiasm of everyone around you is high, so make the most of their ideas.

■ **AQUARIUS:** Enthusiasm for your own ideas as well as for those of others could catapult you into the spotlight today, Aquarius. You might become an expert perhaps on scientific or occult subjects. You're on an emotional high and looking forward to the future. You've got a lot of plans that are not only exciting but also workable. Make the most of them, and don't be afraid to share them with others.

■ **PISCES:** New circumstances could put you in touch with some interesting and exciting people from distant places. You might discuss business, but not boring shop talk. Rather, you may have some intriguing yet workable ideas for future projects that could make a difference to you and others. If you've been thinking about forming a new partnership, Pisces, this is an auspicious day for serious discussion.