



**BHAGAVAD GITA: Chapter 11, Verse 33**

**tasmat tvam uttishtha yasho labhasva  
jitva shatrun bhunkshva rajyam samriddham  
mayaivaite nihatah purvam eva  
nimitta-matram bhava savya-sachin**

tasmāt—therefore; tvam—you; uttishtha—arise; yaśah—honor; labhasva—attain; jītvā—conquer; shatrūn—foes; bhunkshva—enjoy; rājyam—kingdom; samriddham—prosperous; mayā—by me; eva—indeed; ete—these; nihatah—slain; pūrvam—already; eva nimitta-mātram—only an instrument; bhava—become; savya-sachin—Arjun, the one who can shoot arrows with both hands

**tasmat tvam uttishtha yasho labhasva  
jitva shatrun bhunkshva rajyam samriddham  
mayaivaite nihatah purvam eva  
nimitta-matram bhava savya-sachin**

◆ TRANSLATION

BG 11.33: Therefore, arise and attain honor! Conquer your foes and enjoy prosperous rulership. These warriors stand already slain by Me, and you will only be an instrument of My work, O expert archer.

◆ COMMENTARY

Shree Krishna has revealed to Arjun his will that the Kauravas should perish and the kingdom of Hastinapur should be administered by the Pandavas in accordance with rules of dharma. He has already decided the annihilation of the unrighteous and the victory of the righteous as the outcome of the battle. His grand scheme for the welfare of the world cannot be averted by any means. He now informs Arjun that he wishes him to be the nimitta-mātram, or the instrument of his work. God does not need the help of a human for his work, but humans attain eternal welfare by working to fulfill God's wish. Opportunities that come our way to accomplish something for the pleasure of the Lord are a very special blessing. It is by taking these opportunities that we attract his special grace, and achieve our permanent position as the servant of God.

Shree Krishna also encourages Arjun to be his instrument by reminding him of the exceptional skills he has received in the art of archery by his grace. Hence, he addresses him with the vocative savya-sachin, meaning expert archer, since Arjun is admirably ambidextrous and is able to discharge arrows with either hand.



**Breakthrough Bowel Cancer Trial Leaves Patients Cancer-Free for Nearly 3 Years**

A new approach to treating certain bowel cancers is showing long-lasting effects.

Patients with a particular form of bowel cancer have remained cancer-free for nearly three years after receiving a short course of immunotherapy before surgery, rather than chemotherapy afterward. These findings come from the NEOPRISM-CRC clinical trial led by researchers at UCL and UCLH.

The results, presented at the American Association for Cancer Research (AACR) Annual Meeting 2026 in April, expand on earlier data showing that nine weeks of preoperative treatment with pembrolizumab significantly reduced tumor size in patients with stage two or three bowel cancer.

Early outcomes showed that 59% of patients had no detectable cancer following pembrolizumab treatment and their scheduled surgery.

**Durable Responses and Reduced Recurrence**

After 33 months of follow-up, none of the patients in the study have experienced a recurrence. This includes individuals with no remaining cancer after treatment as well as those with small residual traces that have not progressed or spread.

Under standard care, about 25% of patients treated with surgery followed by chemotherapy are expected to relapse within three years. These results suggest that giving immunotherapy before surgery may offer longer-lasting cancer control for this subgroup of patients.

Researchers also examined blood samples to better understand why the



therapy is effective and to identify which patients are most likely to benefit. They developed personalized blood tests that can detect early signs of treatment success and determine whether any cancer remains in circulation.

Dr. Kai-Keen Shiu, Chief Investigator of the trial from the UCL Cancer Institute and a Consultant Medical Oncologist at UCLH, said: "Seeing that no patients have experienced a cancer recurrence after almost three years of follow-up is extremely encouraging and strengthens our confidence that pembrolizumab is a safe and highly effective treatment to improve outcomes in patients with high-risk bowel cancers."

"What is particularly exciting is that we now may be able to predict who will respond to the treatment using personalized blood tests and immune profiling. These tools could help us tailor our approach, identifying patients who are doing well and may need less therapy before and after surgery versus patients at higher risk of disease progression or relapse who need additional treatment."

Understanding Bowel Cancer and Risk Profiles  
Bowel cancer is the

fourth most common cancer in the UK, with about 44,000 new cases each year. While it mainly affects older adults, diagnoses in people under 50 have been rising in recent decades.

Outcomes depend heavily on how early the disease is found. Around 90% of patients with stage one bowel cancer survive at least five years. However, some subtypes respond less effectively to treatment and are more likely to return. Survival rates drop to 65% for stage three and 10% for stage four disease.

The NEOPRISM-CRC trial enrolled 32 patients with stage two or three bowel cancer that had a specific genetic profile (MMR deficient/MSI-high bowel cancer) from five hospitals across the UK. This subtype accounts for about 10-15% of such cases, or roughly 2,000-3,000 diagnoses each year in the UK.

Participants received up to nine weeks of pembrolizumab before surgery, instead of the standard approach of surgery followed by three to six months of chemotherapy. They were then monitored over time.

The latest phase of the trial, presented at AACR in

San Diego, California, was led by UCL and UCLH. Collaborating centers included University Hospital Southampton, St. James's University Hospital in Leeds, and The Christie NHS Foundation Trust in Manchester. UCL and the biotechnology company Personalis carried out the translational research.

**Biological Insights Into Treatment Effectiveness**

Professor Marnix Jansen, a clinician scientist and consultant histopathologist leading the trial's translational research at UCL Cancer Institute and UCLH, said: "These results not only confirm the durability of responses we saw almost three years ago, but also provide crucial biological insights into why immunotherapy is so effective in this setting."

Yanrong Jiang, first author of the latest abstract and a clinical PhD student at the UCL Cancer Institute, said: "As a research team, we were thrilled to be able to follow patients very closely using the personalised blood tests. When tumor DNA disappeared from the blood, patients were much more likely to have no cancer remaining, and this matched the long-term results we're now seeing."

"In addition, we also saw that immune profiling from tumour tissue, before patients start their first cycle of treatment, can help to predict response. We hope these tests may be used to guide treatment decisions in a more practical and timely way."

**Patient Experience and Real-World Impact**

UCLH patient Christopher Burston was diagnosed with bowel cancer in February 2023 after taking part in routine screening. He had been completing

the bowel screening kits sent by post for several years when one returned a positive result.

Christopher, 73, of Portland, Dorset, said: "One came back with indications of blood in my stool. I went through further tests, and it was at the colonoscopy that they identified a cancer in my bowel."

A couple of weeks after diagnosis, his oncologist suggested he might be suitable for the NEOPRISM clinical trial testing immunotherapy before surgery. Despite the need to travel to London for treatment, he decided to take part and was referred to UCLH for his care.

He received three doses of immunotherapy over nine weeks, followed by surgery in May 2023. He experienced minimal side effects and recovered well after spending a week in the hospital.

He said: "The outcome of the surgery was essentially that the cancer had melted away, these were the doctor's words. The immunotherapy had an almost immediate effect. I saw the images when I had the first colonoscopy, and could see it was really quite a substantial lump. So as I say, it wasn't a minor thing, I was diagnosed with stage 3 cancer."

Over three years later, he remains cancer-free and has since returned to normal activities, attending regular follow-up appointments.

Christopher said, "The recovery went fine. I didn't have any problems. And since then, I've been feeling pretty much back to normal. I feel very lucky that I've reached the stage where my main problem is age rather than cancer or any illness."

*Word of the Day*

**SPECULATE**  
*verb SPEK-yuh-layt*

**What It Means**

In general contexts, speculate means "to form ideas or theories about something usually when there are many things not known about it." In contexts relating to business or finance, it means "to invest money in ways that could produce a large profit but that also involve a lot of risk."

**SPECULATE IN CONTEXT**

"Bad Bunny wore an all-cream ensemble consisting of a collared shirt and tie, chinos and a sport-inspired jersey bearing the name "Ocasio"—his surname—and the number 64. The significance of the number was not confirmed, but fans were quick to speculate that it referenced his mother's birth year."  
— Lara Owen, The Independent (United Kingdom), 9 Feb. 2026

**Did You Know?**

It might be said that what separates our species from others is our tendency "to meditate on or ponder a subject." That's the original 16th century meaning of speculate. It's a use not too distant from today's most common sense, which also involves the mind and thinking: when someone speculates about something, they think and make guesses about it, often forming unsubstantiated ideas or theories. But the origins of speculate lie not in thinking but in looking—the word comes from Latin specere, meaning "to look," or "to look at."

**Is it your Birthday Today?**

APRIL 30

Ruled by number 3, and the planet Jupiter, you are ambitious, dignified, philosophical, intelligent, methodical and confident person. You tend to impress others with your intellectual talks and cordial manners, but your dictatorial and extravagant nature needs to be checked at times. This new year seems to bring in appreciation and rewards. Sudden big monetary gains, either from foreign transactions or a major govt. contract, may not be ruled out. The latter half of the year could bring in opportunities to travel overseas for business as well as pleasure. Selective speculation will only bring in gains. Some thumping news expected from your children towards the last quarter of the year. Renovation, construction and socializing will be major highlight of this year. The months of January, May, September and November will be highly significant.

**SUDOKU PUZZLES**

SOLVE THE PUZZLE AND GET HANDSOME REWARDS. SEND YOUR SOLUTIONS AT: [EARTHNEWSROOM@GMAIL.COM](mailto:EARTHNEWSROOM@GMAIL.COM)

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

**SOLUTION OF PREVIOUS PUZZLE**

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

**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:** Your mind is in great turmoil right now, Aries, so it isn't surprising that you can't pay much attention to anything. It's as though your concept of the world has been inexorably changed and you see your love life and career with new eyes. Even so, you feel compelled to pick up the pieces of the past and save them.

■ **TAURUS:** The day will be fairly quiet for you, Taurus. You're likely to yoke yourself to a task and continue working on it until evening. If someone tries to persuade you to take a break, it won't be all that difficult to resist. This is one day when you should follow your instincts, keep your head down, and focus on the task at hand.

■ **GEMINI:** You should use the day to ponder your professional future, Gemini. Many forces seem to be working together to clarify your ideas on the subject. Rather than rebelling at the slightest provocation, as you've been doing lately, it would be much more reasonable for you to think first about the basic material needs of you and your family.

■ **CANCER:** Today is no time for dreaming, Cancer! Quite the contrary. You can expect to have to settle a number of minor technical problems involving communications or transmissions. On the whole, it will be a somewhat trying day, but at least your mind will be occupied, leaving no room for the difficult internal questions that have been bothering you so much lately.

■ **LEO:** Are you getting hit with obstacles, Leo? Could it be that you simply need to allot yourself more time to complete the monumental tasks you take on? This might be difficult for you to tolerate. You don't know how to deal with times like these when you must continue doing the same thing over and over until you get results. There's a lesson here for you. Remember that patience is a virtue.

■ **VIRGO:** Are you having some problems with authority, Virgo? Are you having a hard time making yourself understood? If so, have you thought about explaining your projects in detail to the people that you hope will follow you in your adventure? You can't expect others to follow you blindly. They, too, have their lives to live, as well as their own objectives and priorities.

■ **LIBRA:** Yes, Libra, your projects have taken some time to get set up. This is because you haven't been concentrating hard enough. You are doing several things at once, with the result that things have been moving more slowly than you expected. Your change in orientation requires you to focus your energy in a single direction.

■ **SCORPIO:** You don't have to create everything alone, Scorpio. Life isn't an individual sport. To live life fully, you must participate. Often this involves interacting with other people. This is an exercise in confidence. Do you want to be with us - yes or no? Regardless of your answer, outside events will lead you in a direction that you can neither predict nor imagine.

■ **SAGITTARIUS:** When we have found our path, we naturally want to start to walk down it, Sagittarius. The reverse isn't true despite what you seem to believe. It's quite futile to learn how to walk when you don't know which path to walk upon. This may seem a little obscure to you, and yet it's true. Desire is what creates aptitude, not the reverse.

■ **CAPRICORN:** The astral energy is encouraging you to open up more to your world, culture, and ways of thinking, Capricorn. You don't have to go off alone in the desert to reinvent everything. For you, this would be the easy way out, because it would allow you to hide! Develop your curiosity about what exists in this society. Your opinion will carry weight later on.

■ **AQUARIUS:** How focused you are, Aquarius! You're so calm and collected. Of course, the mood is especially hospitable to sobriety, reasonableness, and hard work. The horizon is clear, and you have all the information you require to navigate the seas of life. All you need is a little more faith and courage. If you don't succeed today, you'll have no one to blame but yourself.

■ **PISCES:** Today, Pisces, you can at last express the secrets that have been troubling you. You may be seething with anger inside and afraid to let it show for fear it may explode on contact. Or you may be steaming with a concealed passion for some lucky special someone. The head will rule the heart today, and your mind will be unclouded by any haze of emotion. Perhaps you should take advantage of it.