







# Constitution has stood the test of time, remains guiding light for us: PM Modi in Mann ki Baat

PIONEER NEWS SERVICE ■ NEW DELHI



Prime Minister Narendra Modi on Sunday said the Constitution has stood every test of time, lauding it as "our guiding light". Speaking in his monthly Mann ki Baat broadcast, Modi noted that the next Republic Day will mark the 75th anniversary of the implementation of the Constitution.

since the Constitution Day on November 26. Opposition parties, especially the Congress, have accused his government of weakening the Constitution, a charge vehemently denied by the ruling BJP. Modi has constantly highlighted his government's efforts to strengthen constitutional values and spirit and has, in turn, accused the main opposition Congress of subverting the country's guiding document whenever it was in power.

## PM Modi lauds Bastar Olympics, hails upcoming WAVES Summit

Prime Minister Narendra Modi lauded the recently concluded Bastar Olympics 2024, saying the event has given a platform for youngsters to hone their talent and build a new Bharat.

sports are merging together, where our youth are honing their talent and building a new Bharat," he said. Modi said it was a matter of "great joy" for him that the dream of the Bastar Olympics had come true.

## Home Ministry's 2024 highlights: New criminal laws, CAA rollout and violence reduction efforts

PIONEER NEWS SERVICE ■ NEW DELHI



Replacing the century-old criminal laws with a new set of legislations for introducing a modern and technology-driven criminal justice system, rolling out the controversial Citizenship (Amendment) Act and fire-fighting to check unabated violence in Manipur kept the Union home ministry busy in 2024.

respectively. The new laws came into effect from July 1. Home Minister Amit Shah, who piloted the legislations, said the new laws would give priority to providing justice, unlike the colonial-era laws that gave primacy to penal action.

## Tigress Zeenat eludes sedation in West Bengal's Bankura district, operation to resume

PTI ■ KOLKATA



Tigress Zeenat, who strayed from Odisha's Simlipal forest to Bankura in West Bengal, could not be sedated despite tranquilisers having been used on it early Sunday morning, and the operation will be resumed after veterinarians give the go ahead, an official said.

dosage to be applied on the animal in tranquiliser shots, the operation to sedate it was abandoned temporarily at 4.30 am. "The tigress is in a very excited state and that is why it is not getting sedated," he said.

was holed up between December 24 and 26. She has been in West Bengal for nearly a week after crossing over from Jharkhand. The tigress has covered over 120 km, roaming the forests at the tri-junction of West Bengal, Jharkhand, and Odisha, in search of new territory after leaving Simlipal.

## Akhilesh Yadav calls for ballot paper elections, citing distrust in EVMs

PIONEER NEWS SERVICE ■ LUCKNOW

Samajwadi Party (SP) president Akhilesh Yadav has called for elections to be conducted using ballot papers, citing a lack of trust in electronic voting machines (EVMs).

not have faith in the system." At the press conference, Kamboj highlighted the benefits of Germany's ballot-paper voting system.

## Ayodhya Ram temple to get three lifts for easy access to upper floors



PIONEER NEWS SERVICE ■ AYODHYA

In a bid to facilitate a smooth movement for the devotees, who may find it difficult to reach the first floor of Lord Ram temple in Ayodhya, the Shri Ram Janmabhoomi Teerth Kshetra Trust will be installing three lifts within the temple premises, an official said.

## Over six Lakh apply for PM's internship scheme with 1.27 Lakh opportunities



PIONEER NEWS SERVICE ■ NEW DELHI

The Centre on Sunday said about 6.21 lakh applications have been received for 1.27 lakh opportunities under the Prime Minister's Internship Scheme and the selection process is continuing.

portal. About 4.87 lakh individuals have completed their KYC and registered themselves on the portal, the release said.

## ISRO set to launch historic SpaDEX mission, demonstrating space docking capability

PIONEER NEWS SERVICE ■ NEW DELHI

ISRO is set to launch two satellites on Monday night from the Sriharikota spaceport to demonstrate docking and undocking of spacecraft in orbit, which will make India the fourth country in the world to achieve the feat.

exclusive league of nations capable of mastering space docking," Union Science and Technology Minister Jitendra Singh said.

rendezvous, docking, and undocking of two small spacecraft (SDX01, which is the Chaser, and SDX02, the Target) in a low-Earth circular orbit," an ISRO official said.

## Astrophysicist Priyamvada Natarajan on the night sky's power to inspire curiosity

PTI ■ NEW DELHI



The night sky stokes human curiosity, inspires awe, and gives you the permission to dream and explore what lies beyond, astrophysicist Priyamvada Natarajan, known for her groundbreaking work on black holes, said.

been preoccupied with the cosmos and fascinated by it," Natarajan told PTI in an interview earlier this month at Ashoka University, Haryana.

in the 'dying' stage of a star's life. Made of highly compact matter, a black hole possesses a gravity so intense that even light cannot escape.

black hole at its centre, which possessed all the properties as predicted - it was a few million times the mass of the Sun, heavier than expected and firmly in its place already in the very young universe.

mass of the Sun, but actually 10,000 or even 100,000 times the mass of the Sun, so that then you don't have to grow that much to account for what is seen already," she said.

"A lot of the creative pursuits, such as poetry, music, astronomy, don't generate monetisable returns in the short-term, per se. But that does not make them any less valuable," she said.

Manipur: Four non-local laborers held for ILP violations

PNS ■ IMPHAL

Four people were held in Manipur's Thoubal district for allegedly violating the Inner Line Permit system, CM N Biren Singh said.

Haryana scraps bonus marks based on socioeconomic status

PIONEER NEWS SERVICE ■ CHANDIGARH

The Haryana Cabinet has approved amendments in the Common Eligibility Test policy to remove the grant of five per cent bonus marks to certain candidates based on socioeconomic criteria for government jobs in Group C and D posts.

government's policy of granting five per cent bonus marks based on the socioeconomic status of the candidate from the state, in the CET for groups C and D posts.

Commission. Earlier, the candidates equal to four times the number of posts advertised were eligible to appear," the statement said.

days for their first year of employment were not being fully counted.



The ceremonial installation of Lord Ram's idol in Ayodhya's temple positioned UP as a symbol of cultural and spiritual significance.

Uttar Pradesh 2024: Lord Ram idol installation marks historic year for the state

BISWAJEET BANERJEE ■ LUCKNOW

Uttar Pradesh, experienced a year of transformation in 2024, marked by remarkable milestones and a blend of cultural preservation and developmental progress.

Sanskrit students were significantly increased, benefiting over 1.5 lakh students. Chief Minister Yogi Adityanath distributed these scholarships at Sampurnanand Sanskrit University in Varanasi on October 27.

Cyber warriors, drones, AI cameras: Maha Kumbh 2025 to be under 24x7 surveillance

PIONEER NEWS SERVICE ■ NEW DELHI, PRAYAGRAJ

In a first, "underwater drones" capable of diving up to 100 meters will be deployed during the upcoming Maha Kumbh to provide round-the-clock surveillance at Sangam area in Uttar Pradesh's Prayagraj, the Union Culture Ministry said on Sunday.



An aerial view of Sangam, the confluence of the Ganga and Yamuna rivers, area ahead of the Mahakumbh 2025. PTI

"Special provisions have been made for international visitors with multilingual signages and cultural programmes showcasing India's diversity. Through these comprehensive efforts, Mahakumbh 2025 aims to be not just a religious gathering but a global celebration of spirituality, culture, safety, sustainability and modernity," the statement said.

completed, with the rest to be ready by December 31," it said.

Kutch records third tremor over 3 Magnitude this month

PIONEER NEWS SERVICE ■ AHMEDABAD

A tremor of 3.2 magnitude jolted Gujarat's Kutch district on Sunday morning, the Institute of Seismological Research (ISR) said.

Jammu-Srinagar highway reopens after day-long closure

PIONEER NEWS SERVICE ■ JAMMU

The 270-km Jammu-Srinagar highway was on Sunday reopened for vehicular traffic after a day-long closure due to heavy snowfall, allowing stranded vehicles to proceed to their respective destinations, officials said.

important inter-district routes, including the Mughal Road, Sinthan Pass, Sonamarg-Kargil inter-UT road, and Bhandarwah-Chamba interstate road, remained closed for vehicular traffic due to heavy snowfall.

a traffic official said. The stranded vehicles along the highway are being cleared, he added.

slippery between Banihal and Qazigund. The Mughal Road, which serves as an alternative link to the Kashmir Valley from Jammu region's Poonch district, remained shut due to snow accumulation, officials said.

Danapur division completes 100 years of service, celebrations planned

PIONEER NEWS SERVICE ■ NEW DELHI, PATNA

The historic Danapur division of the Indian Railways network that manages some of the lines and stations originally set up nearly 160 years ago will complete an eventful journey of 100 years on January 1.



The headquarters of Danapur Division of the Indian Railways, at Khagaul, near Patna. PTI

1929 near the historic Danapur station at Khagaul town near Patna. The first divisional superintendent of Danapur was C Eyers, who took charge on January 1, 1925.

railway manager (DRM) from 1980s onwards, according to information displayed on the succession board.

built in the 1860s, along with the old Patna station (now Patna Sahib station) located in Patna City, and the erstwhile Bankipore station (near the site of the current Patna Junction built much later) on the

Howrah-Delhi line, as per railway experts and some archival records. The old stations at Fatuha, Bakhtiarpur, Barb, Mokama, Gulzarbagh and Bihta, located on a section of this line which

falls within the limits of Danapur division, were built in later years, they said. The current Danapur division spans the rail network from Jhajha to Kuchman.

archival material which can be used in the planned exhibition and the coffee table book. The red-and-white building located near Danapur station is the centrepiece of a quaint railway colony at Khagaul, dotted with many handsome British-era structures such as the official residence of the DRM, 'Rail Sadan', old railway school and hospital, and a few beautiful churches, besides humble railway colonies.















## DESIGN IDEAS FOR HUMAN WELLNESS



By ANURAAG BHARDWAJ

With the scaling up of urban landforms, it becomes very difficult for architects to prioritise wellness over price per square inch. We belong to the land that has rich cultural-centric heritage as well as postmodern rising towers and much diversified living environments and this takes a very new approach. This approach focuses towards more wellness centric designs that not only nurture their function or spatial needs but also has tangible effects on their physiological and emotional needs. A primary tool in this consideration is always a *biophilic design* that connects built and unbuilt environments together with methods of natural lighting, ventilation and greenery. Traditional physical spaces showcase various features like courtyards and verandah that modern architecture can easily showcase as green roofs, vertical gardens, and open plan layouts that invite the same elements of traditional design like natural light, ventilation and greenery. *Smart Homes* concepts are a great deal breakers today, by applying technology into wellness; we can greatly improve our living spaces. Simply matching the temperature of light to the function of that space greatly controls the mood and efficiency of the people using that space. Let's assume you are in your library, and you do not have ample space to place your book on that table, or there is not enough natural light available, you will always feel uncomfortable and might not use the space altogether. The choice of material and their specifications is a challenging task in the modern competitive market, that is where the main role of an architect

jumps in, and we help you choose the best and most sustainable material non-toxic, eco-friendly materials that do not off-gas harmful chemicals enhances indoor air quality and supports a healthier environment. We tend to choose surfaces that are maintenance free, and require little to no maintenance which reduces the risk of illness. Sustainability is deeply ingrained in traditional Indian architecture, which used locally sourced materials and passive cooling techniques to create eco-friendly structures. Reintroducing these principles in contemporary designs can reduce environmental impact while enhancing the well-being of occupants. For instance, rainwater harvesting systems, energy-efficient appliances, and



solar panels not only contribute to sustainability but also ensure long-term savings and resilience. Ultimately, designing for wellness is not just about aesthetics, it is a holistic approach that combines functionality, culture, and sustainability to create spaces that nourish the mind, body, and soul. In India, where the diversity of climates and traditions offers both challenges and opportunities, embracing wellness-focused design can transform living spaces into sanctuaries of health and happiness. As cities expand and lifestyles evolve, these principles will be pivotal in shaping a healthier, more harmonious future for all. — The author is an architect, the founder of Anjaney Vastu and AB Architects



## AYURVEDIC FOOD AND REMEDIES FOR FATTY LIVER

By MOOL MEENA

**F**atty liver, a condition where excess fat accumulates in liver cells, is considered a growing health concern. Generally, poor dietary habits and a sedentary lifestyle, with excessive alcoholism, induce fatty liver disorder. Fortunately, Ayurveda-India's ancient holistic medicinal science that not only proposes natural but sustainable remedies can checkmate such ailments with their methodology to heal the body system, emphasising detoxification, maintaining an equilibrium of the human body, and good digestive health.

**FATTY LIVER THROUGH AYURVEDA:** Fatty liver, in Ayurveda, is caused by an imbalance of Pitta and Kapha doshas. While pitta controls metabolism and digestion, kapha deals with the stability and structure of the body. Disruption of these doshas, brought about by unhealthy diets, stress, or lack of exercise, leads to the accumulation of toxins (Ama) and fat in the liver. Ayurvedic treatments aim to detoxify the liver, stimulate the digestive fire (Agni), and restore harmony between the doshas to support liver health.

**AYURVEDIC FOODS AND REMEDIES FOR LIVER HEALTH:** Diet plays a central role in the approach of Ayurveda to the management of fatty liver. Incorporation of nutrient-rich foods, herbs, and spices into daily meals can significantly enhance liver function. Herbs like *Turmeric*, which contain

curcumin, are known to reduce fat accumulation in the liver due to its anti-inflammatory properties. Apart from that, *Kutki*, *Bhuiamla*, *Punernava*, *Bhringraj*, *Triphala*, *Makoi* and *Kansi* help in fatty liver, as they detoxify the liver and improve digestion. Healing foods like *Amla* or *Indian Gooseberry* help to fortify liver cells with Vitamin C, accelerating natural detoxification. Bitter gourd and greens like spinach and fenugreek reduce oxidative stress, further helping the liver clean up. Whole grains, such as barley and millet, aid digestion, prevent spikes in blood sugar levels and ease the liver's workload. *Triphala tea*, a combination of three fruits, is highly effective in cleansing the liver and improving digestion. Liver detox water prepared with cumin, coriander, and fennel seeds help to flush out toxins and improve liver function.

**THE ROLE OF LIFESTYLE IN AYURVEDIC LIVER CARE:** Lifestyle plays a major role in the Ayurvedic care of the liver. Lifestyle activities, including physical exercise such as practicing *Bhujangasana* (Cobra Pose) and *Dhanurasana* (Bow Pose), stimulate liver function and increase blood flow. Dietary discipline is equally important. Processed and fried foods, excessive sugar, and alcohol must be avoided to not add more burden to the liver. Ayurveda advocates conscious eating home-cooked food, chewing food properly, and maintaining

regular meal timings to improve digestion.

**AYURVEDIC HERBAL FORMULATIONS FOR FATTY LIVER:** Besides dietetic and lifestyle measures specifically designed formulations for liver health in the form of Ayurvedic herbal drugs are gaining popularity. These often contain powerful herbs like *Turmeric*, *Guduchi*, and *Kalmegh* that help with detoxification and promoting liver health. Such formulations provide a convenient way to incorporate Ayurveda into daily routines, providing a natural and effective solution for managing fatty liver. Consulting a qualified Ayurvedic practitioner before starting these remedies ensures their safe and proper use.

**A HOLISTIC PATH TO RECOVERY:** Ayurveda's approach to fatty liver focuses on the root cause of the condition rather than just its symptoms. Through detoxification of the liver, enhancement of bile production, and re-establishment of metabolic balance, Ayurveda brings about holistic health and well-being. Unlike conventional treatments that focus on medication alone, Ayurveda uses natural remedies with personalised dietary and lifestyle changes for sustainable health benefits. Ayurveda proves to be an excellent additional therapy for patients with liver conditions, helping them undergo a more comprehensive and efficient recovery process with the proper guidance of conventional medicine. — The author is the COO of Sheopal's



