





## Will provide relief to the citizens of Sector 6 from their problems: Ajmer Lathar

**Praveen Walia**

**Karnal:** A meeting of Citizen Welfare Association Sector 6, Urban Estate Executive was concluded in Sector 6 Main Market. The meeting was chaired by President Ajmer Singh Lathar. Mr. Lathar welcomed all the members present in the meeting and mentioned the problems of the sector and said that the hanging electricity wires are inviting accidents, while on the other hand, while paying electricity bills in the electricity board office and while getting duplicate electricity bills, the citizens are forced to stand in the sun and rain. There is no shed here. No competent officer is present to solve the problem, due to which the citizens face a lot of trou-



ble. Stray dogs and monkeys roaming in every street of the sector are causing trouble to the people. The cleaning workers engaged in cleaning the roads in the area also do not come regularly for

cleaning. Apart from this, the meeting discussed about solving the problems like employees demanding money in case of sewerage blockage. Giving information, Lathar said that two members of the executive have been assigned the responsibility to solve these problems. Mr. Lathar said that he will try to get all the problems solved. Apart from this, the outline of the programs to be conducted in future was also discussed. On this occasion, Ajmer Singh Lathar, Jitendra Kumar Baliyan, Vijay Sharma, Harish Chandra Gulati, Rajbir Singh, Awadhesh Gupta, Mahesh Kumar Gupta, Pala Ram, Janak Singh, OP Garg, Miss Ranju Singh, Suresh Kumar Tuteja, and Suresh Kamboj were present.

## Army conducts firepower exercise of units deployed

**NEW DELHI:** The Army has conducted a major firepower exercise of its 33 Corps, which defends the frontier with China in Sikkim and the strategically-vulnerable Siliguri Corridor in the eastern sector. "The Trishakti (33) Corps successfully conducted the live fire exercise validating its battle readiness, rapid

deployment, and precision strike capabilities," an Army officer said on Tuesday. The units under the 33 Corps, which has its headquarters at Sukna in West Bengal, have been specifically preparing for battle in the high-altitude mountains of Sikkim, showcasing their adaptability and readiness for diverse opera-

tional environments. Through the coordinated firepower and precision engagement exercise, which was held in training areas where a wide array of weapons can be fired to their full strike range, the units demonstrated their preparedness for a variety of challenges, including those posed by high-altitude war-

fare, the officer said. "The exercise underscores the Army's commitment to maintaining high standards of efficiency, agility, and mission readiness, regardless of the terrain," he added. The weapons used in the exercise ranged from the indigenous Pinaka multi-launch artillery rocket systems.

## CAPSULES

### Hundreds of empty bullet shells found in Bhakra Canal

**Jasbir Singh Duggal Kurukshetra:** Hundreds of empty bullet shells have been recovered from the Bhakra Canal near Mirzapur village. Police reached the spot after receiving the information and recovered the empty bullet shells, starting further investigation. Diver Pragat Singh said that he was conducting a search operation in the canal when he suddenly saw hundreds of empty bullet shells near Mirzapur. He immediately informed the police, who recovered the shells from the canal. Police officials present at the spot said that it is a matter of investigation as to where such a large number of empty bullet shells came from. Only after the investigation will the truth be revealed.



### Ashwini Vaishnaw on met OpenAI CEO

**NEW DELHI:** Union minister Ashwini Vaishnaw on met OpenAI CEO Sam Altman to discuss India's strategy for developing a comprehensive artificial intelligence (AI) ecosystem. Following the meeting, Vaishnaw posted on X: "Had super cool discussion with Sam Altman on our strategy of creating the entire AI stack - GPUs, model, and apps. Willing to collaborate with India on all three." A Positive Move for Innovation and StartupsA Great Step for Technological Growth.

## International Sarv Sanjha Sahit Manch Canada organized a Trilingual Poet Darbar

**Vatika Times Chandigarh:**

International Sarv Sanjha Sahit Manch Canada today organized an International Trilingual Poet Darbar at the auditorium of Government Museum, Art and Gallery, Picture Gallery, Sector 10. The chief guest of the program was Shiromani Sahitkar Manjit Indira, renowned poet Professor Gurdeep Gul, senior writer Prem Vij were present as special guests. The program started with Surjit Singh Dhir's Gurbani singing. The



program was conducted by Dr. Harmeet Kaur Meet and Surjit Kaur Bhogpur. Daljit Singh Gaidu, Jarnail Singh Matharu and Kulwant Kaur Gaidu from International Sarv Sanjha Sahit Manch, Canada were present on this occasion. Renowned writer Prem Vij, Dr. Vinod Sharma, Gurdeep 'Gul', Manjit Indira, Prem Vij, Dr. Gurvinder Kaur Sidhu, Deepak Sharma Chanarthal, Rajender Kaur, Paramjit Kaur Param,

Dr. Anish Garg, Sukhwinder Ahi, Shayar Bhatti, Rekha Mittal, Jaswinder Kaur Jassi, Deep Ludhianvi, Parminder Kaur and Rajvinder Kaur received great appreciation for their poems.

## Inadequate stretching and warm-up can lead to muscle strain: Dr. Jain

**Jasbir Singh Duggal Kurukshetra:**

Dr. Himanshu Jain, Brain and Spine Neurosurgeon at D.R. Jain Neurocare and Multispecialty Hospital, Kurukshetra, said that muscle strain can occur due to lifting heavy weights or overexertion, sudden running, bending, or twisting, prolonged periods of inactivity, inadequate stretching and warm-up, dehydration, and nutritional deficiencies. Dr. Jain was speaking at a free medical camp organized at B.R. Ambedkar Bhawan in Ramgarh village. He



explained that symptoms of muscle strain may include pain and swelling in the affected area, difficulty moving, weakness and stiffness in the muscles, and mild or severe pain that can worsen over time.

To prevent muscle strain, Dr. Jain advised: Warm up properly before exercise or heavy activity. Eat a balanced diet rich in protein, minerals, and adequate water. Maintain good posture while sitting,

standing, and sleeping. Avoid sudden jerks and perform heavy activities gradually. Apply cold compresses for immediate relief from pain. Dr. Jain emphasized that if pain persists or swelling increases, one should consult a specialist immediately. The 1986th free medical camp was organized under the leadership of Ayurveda expert Dr. Sanjay Sharma, where 137 patients received consultation, check-ups, blood sugar tests, pulse rate checks, hemoglobin tests, and free medication.

## Brahma Kumaris organization is doing excellent work in establishing moral values globally : Distt. Session Judge

**Jasbir Singh Duggal Kurukshetra:** On the occasion of International Women's Day, a program was organized at the Brahma Kumaris Ishwariya Vishwa Vidyalaya, Kurukshetra, on the topic "Contribution of Women in Building a Value-Based Society". District Session Judge Dr. Neelima Sangla was the chief guest, while Zila Parishad Chairperson Kawaljeet Kaur, Professor Anita Dua from Kurukshetra University, and social worker Nishi Gupta were special guests. Dr. Neelima Sangla said that the Brahma Kumaris organization is doing excellent work in establishing moral values globally.

She emphasized the importance of moral values in society, saying that today's



society has become valueless in pursuit of material comforts. Zila Parishad Chairperson Kawaljeet Kaur said that women have made significant contributions in every field and have reached the pinnacle of success. She emphasized the need for women to recognize their strengths and not underestimate themselves. Rajyogini Brahma Kumari Saroj, the center in-charge, highlighted the importance of women in

transforming society. She said that when women change themselves, the entire world changes automatically. The program included a film presentation showcasing the history and activities of the Brahma Kumaris organization, meditation sessions, and personal experiences shared by Professor Anita Dua and Brahma Kumari Dr. Parveen Mahajan. The event concluded with a meditation session and a vote of thanks by Brahma Kumari Reena.

## LIVA Miss Diva 2024 Announces Its Winners

**Vatika Times NEW DELHI :** The LIVA Miss Diva 2024 Grand Finale was an unforgettable night of fashion, glamour, talent, and empowerment, spotlighting India's most promising stars in beauty, fashion design, and content creation. LIVA, the 100% natural-origin fabric brand from the house of Birla Cellulose, renowned for its unmatched fluidity, softness, and breathability, proudly joined Miss Diva as the title sponsor for the fifth consecutive year. This collaboration has been effortless, as both brands champion independent women who are unrestricted, spontaneous, and versatile. The showpiece witnessed the crowning Ayushree Malik as LIVA Miss Diva Supranational 2024 and Vipra Mehta as LIVA Miss Diva Cosmo 2024. These exception-



al women will proudly represent India on the global stage at Miss Supranational 2025 and Miss Cosmo 2025, respectively, carrying forward the nation's illustrious legacy in international pageantry. The evening also marked a historic milestone, unveiling the first-ever winners in two brand-new categories. Sudhruti Padhiary from Odisha was declared LIVA Miss Diva Fashion Designer 2024, while Ananya Praveen from Bihar won the title of LIVA Miss Diva Content

Creator 2024. Their victories underscore the evolution of LIVA Miss Diva, celebrating not just runway excellence but also creativity, craftsmanship, and digital influence in the ever-expanding fashion industry. The star-studded evening was hosted by the stunning Nehal Chudasama and the charismatic Tanuj Virwani, who kept the audience engaged with their wit and charm. 24 finalists, comprising the Top 8 from each category, took center stage in a breathtaking

display of style, confidence, and ingenuity. The show opened with a mesmerizing fashion round, where finalists graced the ramp in an exclusive collection by celebrated designer Mandira Wirk. The showcase, a blend of confidence, elegance, and effortless luxury, set the tone for a night of unparalleled sophistication. The esteemed jury panel featured an ensemble of industry stalwarts, including mentors Ritika Khatnani (LIVA Miss Diva Beauty Queen 2024), Sonaakshi Raaj (LIVA Miss Diva Fashion Designer 2024), and Bhavana Singh (LIVA Miss Diva Content Creator 2024), alongside celebrity designer Mandira Wirk, actor Fardeen Khan, Miss Cosmo 2024 Ketut Permata Juliastrid, and Miss Supranational 2023 Andrea Aguilera.

## Met museum head talks art of repatriation and relevance

**Vatika Times**  
**It's not easy running one of the world's largest museums with more than 1.5 million works spanning 5,000 years. And certainly not easy amidst heightened scrutiny over looted objects and mounting pressure for repatriation.** Max Hollein—who took charge of the Metropolitan Museum of Art (Met), New York as director in 2018 and CEO last July—knows this all too well. Fresh from signing an MoU with India's Ministry of Culture, being "blown away" by the Sanchi Stupa, Jantar Mantar and the Kanheri Caves and ahead of delivering a lecture at the CSMVS on Friday, Hollein remained composed as he sat down for a chat about policing its art and artefacts with a problematic past recent restitutions and keeping the museum relevant in an age of sensory overload. What kind of collaborations do you foresee with the signing of the MoU with India's culture ministry? It marks a continuatio.











