

Modi's life will inspire generations for centuries: Ravinder Raina

3-day exhibition on Modi's life culminates

■ STATE TIMES NEWS
JAMMU: Prime Minister Narendra Modi's life has remained extraordinarily awesome which has kept everybody mesmerized till today and surely his life will remain to be a source of inspirations for future generations for many centuries, said elated Ravinder Raina, J&K BJP President.

Ravinder Raina along with MP Lok Sabha Jugal Kishore Sharma, Dr. Nirmal Singh, former Dy. CM Kavinder Gupta, Mayor Chander Mohan Gupta, Vice-President Sham Choudhary, Yudhvir Sethi, former President Sat Sharma, General Secretary (Org.) Ashok Kaul, (General Secretary Sunil Sharma and other senior leaders led the concluding day ceremonies of an exhibition on the life and achievements of Prime Minister Narendra Modi at Gandhi Nagar, here. Whole programme was managed by Programme Incharge Priya Sethi and Co-Incharge



BJP J&K leaders at the closing ceremony of three-day exhibition at Jammu.

Arvind Gupta.

Ved Prakash Sharma from Brahman Samaj, Neeraj Anand & team City Trader Federation, Deepak Gupta Ware House Association, Pooja Gupta Residency Road Association, Surinder Mahajan Raghunath Bazar Association, Ravinder Mittal Aggarwal Sabha, Karuna Khatri Gorjha Samaaj, Devanand Gill, Dogra Hall Valmiki Samaaj, Ayodhajaju Prajapati Smaaj, Gharu Bhatti Gandhi Nagar Valmiki Samaaj and others were amongst the prominent members of civil society organizations present in the

programme.

Ravinder said that Modi took care of everybody's needs especially the down-trodden classes. He also appreciated the cultural programmes in the events and thanked all those who contributed to make the event a success.

Sham Choudhary said that Modi has shown the true meaning of a social worker to everybody giving new meaning to the political working in the Nation.

He said that today not only the Indians but the whole world had started visioning the Modi as the true global

leader who has worked selflessly for the welfare of the whole mankind without any prejudice.

Chief Spokesperson Advocate Sunil Sethi, former MLC Charanjit Singh Khalsa, Secretary Arvind Gupta, Anju dogra, Rekha Mahajan, Treasurer Prabhat Singh Jamwal, Bali Bhagat, Sanjita Dogra and others were among the prominent present on the occasion.

District Presidents Vinay Gupta, Munish Khajuria and H S Pammi with their teams and corresponding Mandal Presidents also participated in the event.

'Dental diseases can complicate diabetes'

■ STATE TIMES NEWS

JAMMU: Presence of periodontal disease which is the disease of gums and supporting tissues of a tooth can dysregulate the glycemic control therefore complicating diabetes.

The Periodontitis and Diabetes has two way relationship. Diabetes increase the risk for periodontitis, and periodontal inflammation negatively affect the glycaemic control.

Dr. Gautam Sharma, former president of Indian Dental Association, Jammu, and specialist in treating periodontal disease said that if a person find bleeding during the brushing or biting on hard surfaces like an apple, recession of gingival, presence of hard deposits on tooth surface, swollen gums and loosening of teeth then he must immediately report to a periodontist for a consultation.

Dr. Gautam told that majority of his patients who had been treated in

the initially stage of the gum disease are completely fit.

In majority of cases, the periodontal disease is caused due to bacterial infection. Initially, the margin of gums will look red, puffy and swollen to the patient. This is due to the adherence of a microscopically visible thin film known as plaque on the tooth surface.

The film contains a lot of bacteria in its structure and if remain uncleaned changes into a hard structure called calculus which is visible to naked eye as yellowish-white deposits on the tooth.

If this plaque and calculus remains undisturbed on a tooth structure then it may lead to further destruction of the periodontal tissues due to persistence of bacteria and response of the body to the microorganisms.

Further, it may lead to formation of periodontal pocket and loosening or

loss of tooth.

In non-diabetic individuals, periodontitis is associated with higher fasting blood glucose levels and glycated hemoglobin (HbA1c), and severe periodontitis is associated with increased risk of developing diabetes. In people with type 2 diabetes, periodontitis is associated with worse diabetes complications. Treatment of periodontitis results in improved blood glucose levels.

People with diabetes are more prone to infections, including periodontal disease. Periodontitis is sixth complication of diabetes. Healing is also compromised in diabetes due to presence of excessive sugar or glucose in the blood.

Dr. Gautam Sharma stressed that a simple procedure of oral prophylaxis by a periodontist can completely treat the gingival inflammation in an initial stage while the advanced cases may need surgical intervention.

Balwant Thakur to address world on Cultural Diplomacy of India

■ STATE TIMES NEWS

PORT LOUIS: Balwant Thakur is going to be the first Indian cultural personality to address the global audiences on India cultural diplomacy.

Balwant Thakur will be the key speaker in this International symposia which is being held on 21st of September at 3 pm IST.

Balwant Thakur's presentation will also cover the magic of music, dance theatre and film in spreading the cultural wings of India globally. He himself has been instrumental in exploration of this magic.

When contacted he informed that this is a golden opportunity for him where he will make all-out efforts to reestablish the fact that culture is the most powerful tool of diplomatic initiatives and plays the ultimate role in bringing nations together.

Jugal chairs TAC meeting of BSNL Jammu



MP, Jugal Kishore Sharma chairing TAC meeting.

■ STATE TIMES NEWS

JAMMU: A meeting of Telephone Advisory Committee (TAC) of BSNL Jammu was conducted on 18 September 2021 in BSNL Bhawan at Rail Head Complex Jammu under the Chairmanship of Member of Parliament Lok Sabha Jammu Poonch Jugal Kishore Sharma. TAC members Rakesh Chaudhary and Parvez Khan also attended the meeting. During the discussion Member of Parliament and TAC members discussed various issues to improve BSNL Customer Care Services, marketing of BSNL products, improvement in network quality to minimise the port out and to attract the customers to use BSNL services.

Member of Parliament was strictly concerned about the BSNL services in all the Border Areas of Jammu province particularly Kotranka, Budhal, RS Pura, Suchetgarh, Khour areas where general public is facing lot of problems and hardships to access BSNL services and signals.

Member of Parliament also discussed about improvement of services of BSNL and Signal of Towers in rural areas. He also directed BSNL authorities to focus on the services and to put best efforts to improve services being provided in the rural and border areas to complete the dream project of Prime Minister Narendra Modi of Digital India.

Jugal discussed the mobile tower signal issues from

Domail, Dansal, Jindrah to Kishanpur and RS Pura-Suchetgarh & Khour belt at certain spots which need immediate improvement.

Airfiber services and Lease Line Circuits provided by BSNL were widely discussed in the meeting and appreciated by Member of Parliament. BSNL authorities apprised MP for initiative of BSNL to provide extensive Air Fibre coverage in entire Jammu division particularly in rural areas where OFC based network is not available. Lease Circuits are also in demand by other government e-offices for office based works.

Detailed report regarding the service provided by BSNL and actions taken by BSNL to improve the service is presented by GMTD Jammu Ram Kumar Agarwal. Other BSNL officials present in the meeting were Naresh Bharti DGM, Puran Chand Thapa, Rakesh Sharma, Rajesh Khanna, Kamal Kishore Gupta, Sandeep Joshi, Sanjay Ramdas Vijay Kumar Sharma, Rajnish Tagger, Satyajeet Sharma, Rajnish Salgotra and Harshdeep Singh.

Rotary Club of Jammu Midtown distributes sports items to prisons of District Jail



Rotary Club of Jammu Midtown members posing with others after distributing sports items to prisons.

■ STATE TIMES NEWS

JAMMU: The Rotary Club of Jammu Midtown organised a project to present a goodwill gesture towards the prisoners at District Jail, Jammu. The President of the Club, Rtn. Meenakshi Bhasin said, "The prisons pictured in the movies are completely different from what they actually are."

The project successfully happened in the presence of the Superintendent of District Jail, Jammu, Saleem Beig.

Rtn. Meenakshi Bhasin appreciated the humble nature of the Superintendent who treated everyone with the best possible way. She said that under the supervision of the Superintendent the prison's condition is very great as they maintained the safety with utter hygienic measures. The club distributed the indoor and outdoor sports goods which were happily accepted by the prisoners.

A talent show of the prisoners was also displayed where they showed their dance and music and art skills. SFO Arti Thakur was also present who appreciated the Club for helping needy people and students through their various projects from time to time and expressed hope that they will continue their projects for the welfare of human beings. The members of the club present were Rtn. Meenakshi Bhasin (president), Rtn. Chakshu Kapoor (secretary), Rtn. Meena Janwal (Asst. Governor), Rtn. Rohit Gupta, Rtn. Afzal Chaudhary, Rtn. Prakash Kaur Jaggi, Rtn. Ravi Sharma, Rtn. Sudha Kalra and Rtn. Nupur Mahajan.

■ STATE TIMES NEWS

JAMMU: District Gurdwara Parbandhak Committee (DGPC) Jammu has urged the Government to unearth the deep rooted conspiracy behind the murder of Tarlochan Singh Wazir, former MLC, Senior leader of National Conference, Chairman Gurdwara Parbandhak Board Jammu and Kashmir and Chairman All J&K Transport Welfare Association) and arrest the culprits at the earliest. The DGPC Jammu led by its President Jagjit Singh held a press conference today in which the participants condemned the brutal murder of TS Wazir; a great leader of the community and appealed to the Government to arrest the culprits at the earliest. He was the popular leader and a symbol of democracy equally loved by the people of Jammu and Kashmir. Jagjit Singh said that Wazir was the core leader of Jammu & Kashmir: He was the voice of masses and a secular leader. Jammu & Kashmir's people have been emotionally hurt by his killing behind which a very big conspiracy had been hatched, he said. We appeal to Delhi police



DGPC Jammu President Jagjit Singh talking to reporters.

that the Main accused of this killing Harmeet Singh and Harpreet Singh close associates and families shall be interrogated about the whereabouts and be arrested as soon as possible. We request that the agency should also look into the conspiracy behind this killing. We appeal to Lieutenant Governor J&K UT, Shri Manoj Sinha to talk to central government to solve this case on fast track. We also requested the Lieutenant Governor J&K UT to kindly provide us an appointment or time to share our issue. Prominent those present were Fateh Singh, General

Secretary, DGPC Jammu, Kuldeep Singh-Vice President, Mohinder Singh-Joint Secretary, Rannik Singh-Member, DGPC Jammu, Jathedar Mohinder Singh - Member, DGPC Jammu, Avtar Singh Khalsa-Member, DGPC Jammu, Mamohan Singh Khalsa-Member, DGPC Jammu, Harjinder Singh Raina - Member, DGPC Jammu, Surinder Singh Sr. Advocate, Ex-President, DGPC Jammu, Surjit Singh, Ex-General Secretary, DGPC Jammu, Manmeet Singh Rehari, S. K. D. Singh, Gian Singh and Narinder Singh Khalsa.

AIJKBOO to celebrate Sep 23 as Maharaja Hari Singh Day

■ STATE TIMES NEWS

JAMMU: President, All India Jammu And Kashmir Bank Officers Organization (AIJKBOO), Ragbir Singh Janwal said that 23rd September is being celebrated as Maharaja Hari Singh Day within the J&K Bank across all branches and offices.

Talking to reporters, he requested the entire workforce of J&K Bank including officers, clerical and subordinate staff to celebrate the day as token of respect and gratitude towards the visionary Maharaja. He further urged the management of the bank to officially celebrate the day across the length and breadth of J&K Bank so that new generation bankers serving the institution may take inspiration from the larger than life personality of Maharaja Hari Singh. He said that officer fraternity of the bank will organize blood donation, plantation drive, oath taking ceremonies, floral tribute gatherings etc. in their respective branches and offices so that a positive wave of inclusiveness may develop in the work culture and amongst the work force across the ranks of the bank.

Mukesh Kumar, General Secretary of AIJKBOO said that the membership drive being started from the day designated as Maharaja Hari Singh Day.

Devaker Bakarwal, Ravinder Singh (Vice Presidents), Kulbir Singh (Secretary) and Vikas Khajuria (Treasurer) along with other members of AIJKBOO were present in the press conference.

Rajeshwar Singh Raju's book of 'Art and Artists ' released

■ STATE TIMES NEWS

JAMMU: A collection of articles in English bywell known writer, Rajeshwar Singh 'Raju' was released today by Dogri Sanstha Jammu in an online programme.

Prof. R. D. Sharma, former Vice Chancellor, University of Jammu was the Chief Guest on this occasion and Prof. Lalit Magotra presided over the function.

The released book contains a collection of twenty seven write-ups of the author which appeared in various newspapers from time to time. Eighteen of the articles are on

the achievements and credentials of prominent writers and artists of Jammu, majority of them Dogri writers and a few of Hindi and Punjabi. The remaining nine articles of the collection are on varied subjects covering themes related to Art and Literature.

The programme included an academic discussion and exchange of thoughts on the released book by two prominent intellectuals; namely Prof. Veena Gupta and Jagdeep Dubey.

Prof. R. D. Sharma said that the released book, in addition to enriching the literary corpora,



Dignitaries releasing Rajeshwar Singh 'Raju' book at Jammu.

serves two very important purposes-firstly of documenting and highlighting the contributions of the local writers and artists and secondly, of making this information accessible to a wider readership through the medium of English.

Prof. Veena Gupta, a Dogri scholar of highest merit and Jagdeep Dubey, a celebrated Dogri writer, brought out many outstanding and salient features of the released book, during exchange of their ideas. They both agreed that Raju has

been sharp enough to identify the typical distinguishing features of contribution of each of the celebrated writers/artists. Prof Magotra, while expressing his views, said that this book will serve to fill the gap which exists in the dissemination of

knowledge of Dogri works in languages other than Dogri, especially in English. He shared that there is a newly generated enthusiasm among the young English scholars of Jammu to work on the Dogri literature but they feel handicapped because of the lack of available material in English on Dogri. Rajeshwar Singh 'Raju' explaining why he chose to publish the book. He was motivated in this direction mainly due to the enthusiastic response of the readers who read his articles in the newspapers.

The programme was conducted by Pawan Verma.

Pradesh Vishwakarma Sabha honours meritorious students



PVS J&K members posing with meritorious students and others during a programme.

■ STATE TIMES NEWS

JAMMU: On the eve of Vishwakarma Pooja Divas, Pradesh Vishwakarma Sabha (PVS) J&K honoured the meritorious students of the community under the chairmanship of Shashi Verma, President of the Sabha.

Retd colonel D.R Dalmotra, a Daronacharya awardee was the Chief Guest on the occasion.

The main aim of the event was to encourage the children to achieve their goal in their

respective streams.

More than 90 students from different streams were participated in the programme.

Retd. Judge Harbans Lal showered his blessings to the children and also encouraged them to opt for the judiciary as their career.

R. L Chalgotra congratulated students and their parents for the grand success of their children.

Vice Chairman Puran Chargetra motivated students

and asked them to follow their dreams and do hard work for achieving them.

Senior Vice President PVS Rakesh Chalotra asked them to never give up in their life.

H.R Chargetra asked children that hard work is the key to success.

PVS Jammu also expressed thanks to the members of Shakti Nagar Sabha for smooth conduct of the programme and also thanked all the units of Jammu region for

being a part of the programme. General Secretary Vijay Kumar and Cashier Sham Chargetra presented the vote of thanks to the people who are the part of the programme.

President of Pardesh Vishwakarma Sabha thanked all the district and Tehsil units of Jammu region for their support to Pardesh Vishwakarma Sabha.

OBC Ex-Vice Chairman Rashpal Verma, OBC ex-Vice Chairman Kuldeep Verma, West Pakistani Refugee Chairman Labha Ram Gandhi, Joint Secretary PVS Jagdish Verma, Senior Vice President Charanjeet Chargetra, Vice President Parshotam Kumar, District President Joginder Pal, Advocate Amarjeet Chargetra, Rajinder Verma, Sonia Verma, Advisor Sat Pal Dalmotra, Advisor Retd Captain Lal Chand, Advocate Ashwani Angotra, Ex-President Ravi Verma, Vice President Lakhna Pal, Organiser Punmy, Kewal Krishan Fotra and Vinodh Jaral were also present.

Sanatan Dharam Natak Samaj pays colourful adieu to 'Dewan Mandir Ka Raja'

■ STATE TIMES NEWS

JAMMU: The Ganesh Festival organized by Sanatan Dharam Natak Samaj, Dewan Mandir concluded here on Sunday with the immersion of Ganesh 'Dewan Mandir Ka Raja' at Har Ki Pouri Temple, Bahu Fort area of Jammu city. It is pertinent to mention here that the aforesaid festival had commenced on Dewan Mandir Complex on September 14 and continued till today.

In order to bid the sacred adieu to Lord Ganesha, a massive rally in the form of a procession amid strict adherence to COVID-19 SOPs was organized by the Sanatan Dharam Natak Samaj, Dewan Mandir.

The procession that started from Dewan Mandir after passing through Rani Park, Moti Bazaar, Paeca Danga, Jain Bazaar, Link Road, Purani Mandi, Old Hospital Road, City Chowk, Kanak Mandi, Rajinder Bazaar, Shaheedi Chowk, Residency



Sanatan Dharam Natak Samaj immersing idol of Ganpati Ganes in Tawi River.

Road, Swami Vivekananda Chowk, Prem Nagar and Gujjar Nagar finally reached Har Ki Pouri where the idol of Ganesh ji was immersed into the waters of sacred Suryaputri Tawishi river.

The procession amidst religious fervour and festivity was led by Member Parliament Jugal Kishore, Yudhvir Sethi, Chairman of Sanatan Dharam Natak Samaj, Dewan Mandir and Vice President BJP J&K, President of Natak Samaj, Corporator Anil Masoom and General Secretary Sat Pal Sharma besides other promi-

nent personalities accompanying the procession. The devotional music played throughout the route was an added attraction of the farewell procession of Lord Ganesha.

Member Parliament, Jugal Kishore, in his address, said Lord Ganesha is considered a symbol of wisdom, writing, travel, commerce and good fortune and is known by 108 titles besides being called Gajanana, Gajadanta, and Vighnaharta. Believing staunchly that Lord Ganesha's worship removes obstacles from one's life and brings peace in the society peo-

ple pray to Lord Ganesha during this festival. While bidding farewell to the Gajanana today let us pray for early end to the Covid-19 pandemic besides praying for peace and prosperity of J&K and the nation at large, Jugal Kishore asserted.

While addressing the gathering, Yudhvir Sethi informed that the Sanatan Dharam Natak Samaj has organised this Ganesh festival for the first time and this celebration will henceforth be a regular feature of which Sanatan Dharam Natak Samaj takes the responsibility.

Sethi said that festivals reflect 'unity in diversity' as well as the rich cultural ethos of the nation as people irrespective of caste, creed or colour participated in them with great enthusiasm.

He said that there is a need to preserve the rich traditions and cultural harmony in the present day scenario and festivals are the best means to achieve the desired results.