

Every child must be groomed as a Master Chef: Principal JKPS Kunjwani

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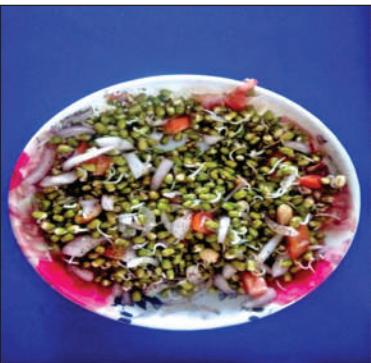
JAMMU: Students of JK Public School (JKPS) Kunjwani in their weekly Club activity, namely, Sanjeev Kapoor Club of Master Chefs, attempted the making of Moong bean sprout Salad & Cucumber Roll ups.

Moong bean sprouts salad: Reflecting on the nutritious value of the dish, Club Incharge Monica Sharma shared, "Sprout salad is a healthy salad with moong bean sprouts and colorful vegetables. Sprouts are the newly germinated seeds or the tender roots of a legume grown following the sprouting process. The whole process of sprouting turns lentils and legumes into living plants with more Vitamin C, B, and carotene. It also helps in the absorption of minerals".

"Moong Bean Sprouts are the most common culinary sprouts used in Indian Cuisine. They are used to make a variety of Indian curries, salad, snacks, and other dishes", she further added.

INGREDIENTS: MOONG, DAL(sprouts); Onion (1); Tomato (1) Coriander; Lemon; Salt; Black pepper; Pomegranate seeds; Chaat Masala.

MATERIAL REQUIRED: Plate (plastic/steel) 2 Nos.; Knife for chopping; Bowl &



Students of JK Public School Kunjwani making different Salads during a weekly club activity.

spoon; Disposable katories & spoons for serving purpose; Gloves; Apron; Sanitizer & Mask

A budding MasterChef from the Club threw light on the recipe of making the moong bean sprouts. He shared, "Wash lentils: Clean, rinse and soak the moong beans (green Moong Dal) in filtered water overnight or at least 6 hours. Transfer the

soaked lentil to a colander the following day. Let them be settled for 15 minutes. This way, all the water is drained out of the legume. Then, take a clean and dry muslin/cheese cloth or any breathable piece of cloth. Spread the drained moong beans in the muslin cloth, bring the corners together and tie them into a loose knot. In an alternative method, instead of using a

muslin cloth, you can directly put sprouts in a container with a tight-fitting lid. Now add finely chopped vegetables, namely, tomato, pomegranate seeds alongwith onion. Sprinkle chopped coriander and mint leaves. Add salt, chaat masala & lemon as per taste. The dish is ready to be served.

Cucumber Rolls: These vegan cucumber roll ups

(cucumber rolls) are made with a refreshing mixture of mint, vegetables and mayonnaise. They make for a perfect appetizer or snack, especially in warmer months. They are truly a delicious snack with the freshest flavor we may imagine. Since rolls take some time for the preparation, so students were provided with a very quick and simple way to assemble the

recipe.

Recipe for making fresh cucumber roll - ups

1. Cucumber 2. Carrot 3. Apple 4. Bell peppers 5. Mayonnaise

6. Black pepper 7. Salt 8. Mint 9. Tomato ketchup (2 sachets)

Any other vegetable or fruit as per one's likings. Materials required: 1. Peeler 2. Two plates 3. One spoon 4. One Bowl 5. Toothpicks

A budding Masterchef from Sanjeev Kapoor Club of MasterChefs shared the recipe of the dish. She said, "Take a cucumber and divide it into three parts. Take a peeler and start peeling thin slices of cucumber. Apply a thin layer of mayonnaise and Sprinkle some seasonings on it. Now take small sliced vegetables or fruits and put it on the end (make sure that is not on the extreme end). Now start rolling the cucumber and roll it to the other end and add a toothpick. Your fresh cucumber roll ups are ready to be relished".

Budding MasterChefs enjoyed preparing the recipes under the guidance of their mentors. Mentors also expressed their happiness over the acquisition of skills displayed by children right since joining the Club activities.

GCW Bhagwati Nagar organises International Webinar on Social Media Management

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JAMMU: GCW Bhagwati Nagar organised International Webinar on the topic "Social Media Management, what is it and How to get started?" The webinar was organised under the patronage of Rohit Kansal, Principal Secretary Higher Education Department (J&K) and Prof (Dr.) Yasmeen Ashai, Director Colleges, Higher Education Department (J&K).

Speaking on the occasion Principal of college Dr. Meeru Abrol said that social media allows marketers to connect and engage potential buyers and students who will in the coming years have their own start-ups need to know about the social media. It enables sales professionals to build relationship week leads. Engaging on social media gives brands the opportunity to build trust with customers, partners & employees.

The Resource person of the webinar was Dr. Mary Fatima D. Lompot from Dubai (UAE). She has a Doctorate & Master's in Business Management to her credit from University of Philippines. She has been an Assistant Professor in the Adamson University (College of Business Administration, Management & Marketing), Philippines.

Interacting with the students

and other participants the resource person Dr. Mary Lompot emphasized on the fact that Social Media Marketing can benefit businesses of all sizes in all industries. Social Media Marketing is a great way to bring awareness about your business and showcase your products & services. Many brands use this strategy of using social media as an outlet to share news, products, updates, launches & other information such as LinkedIn, Facebook, Instagram, Twitter. Her lecture was very engrossing and a great learning experience for all the attendees.

The webinar was attended by around 100 faculty members from various Colleges & Universities from across the world like Adamson University, Manila Philippines, MAHE Dubai, University of Santo Tomas, Manila Philippines and University of Casicapion.

The programme was organised by Prof: Nisha Bhagat (Convenor IQAC) and Dr. Pavanjeet Balia (Coordinator Career Counselling Cell). The students of the GCW Bhagwati Nagar also participated in the webinar and the ideas presented by the resource person were an eye opener of the students in area of Social Media Marketing.

JU defeats SKUAST-J in 18th Vice Chancellor Cup



University of Jammu teams posing for photograph with officials after winning the match.

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JAMMU: University of Jammu (JU) defeated SKUAST-Jammu by seven wickets in its second encounter of the ongoing 18th Vice Chancellor (VC) Cup at St. Sophia Ground, Hisar in Haryana.

As per report reaching here, batting first after winning the toss, SKUAST-J posts the total of 94 runs for the loss of nine wickets. Rakesh was the top scorer

with 20 runs followed by Shambhu Nath, who made 19 runs.

For JU, Mohammad Alyas was pick of the bowlers dismissing three batsmen. Skipper Raj Kumar Bakshi and Shantul Raina grabbed two wickets each.

In reply, University of Jammu chased the total in 15.3 overs for the loss of three wickets. Niranjn played a fine inning of 39 runs while Deepak also

played well and made 34 runs.

Shantul Raina of JU was adjudged Man of the Match for his all round performance.

Director, Sports and Physical Education JU, Dr Daud Iqbal applauded the performance of University of Jammu. Mukesh and Dr Noor ul Asrar Beg from the team management also congratulated the team for this convincing win.

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GURUGRAM: International cricketer and Member of Indian T20 World Cup winning team Joginder Sharma, on Saturday inaugurated Kashmir Premier Cricket and Cultural League (KPCCL) in colourful function at Gurugram.

While Joginder Sharma was the Chief Guest in the inaugural ceremony, Raj Nehru, Vice Chancellor Shri Vishvakarma Skill University was the Guest of Honour on the occasion.

As many as 55 teams drawn from various cities across India are taking

Udhampur Skating meet on Nov 8

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JAMMU: Jammu and Kashmir Roller Skating Association shall hold one-day District Udhampur Roller Skating Championship at DPS School campus, Udhampur on November 8.

As per a handout issued by the Association, players desirous to take part in this event can contact Kamal Anand (9419359299), Ankush Gupta (7006128654) and Jatin Sabarwal (7006616844) for more details.

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JAMMU: Young and aspiring footballer from Jammu, Ragav Gupta is all set to play in the prestigious Hero I-League this season as a midfielder, representing Rajasthan United Football Club.

This 23-year old midfielder has become the only one from Jammu to play Hero I-League 2022 - 23 dawning the Rajasthan United colours. Ragav is using all his experience from Real Kashmir which he played in 2021-22.

Gupta started his career in 2013 from AIFFF Regional Academy Pailan in Kolkata and then picked up by Bengaluru FC where he earned his early professional touches with the likes of greats like Sunil Chettri, Gurpreet Singh Sandhu and Harmanjot Khabra.

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POONCH: Government Middle School (GMC) Khorinar organized felicitation function for the players who excelled in 5th District Taekwondo Championship organised by Poonch District Taekwondo Association (PDTA) under the banner of Jammu and Kashmir Taekwondo Association recently at Poonch.

The Chief Education Officer (CEO) Poonch, Bashambar Dass was the Chief Guest while DPO Poonch Narinder Mohan



International cricketer Joginder Sharma during inaugural ceremony of KPCCL at Gurugram.

part in this cricketing extravaganza, with 24 (main draw), 15 (veterans), 8 (children) and 8 (women).

The three-day mega event will witness over 100

matches to be played across 20 selected venues in Gurugram and adjoining areas.

The participating teams are from NCR, Jammu, Kashmir, Punjab,

Final ceremony of LG's Rolling Trophy held in Kupwara

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KUPWARA: The Department of Youth Services and Sports Kupwara on Saturday conducted the final ceremony of LG's Rolling Trophy at Galizoo stadium Kupwara.

Deputy Commissioner (DC) Kupwara, Doifode Sagar Dattatray was chief guest on the occasion while Senior Superintendent of Police (SSP) Kupwara, Yougal Manhas was guest of honour.

DYS&S Officer, Jitender Singh and concerned officers also witnessed the sports event

Speaking at the occasion, the DC said that he felt delighted to witness the cricket match in the Galizoo Stadium. He highlighted the importance of sports for a

healthy society and directed the concerned officers to increase the participation of youth in different games including cricket, volleyball, football, cycling, trekking etc.

The DC directed them to promote extracurricular activities in schools against that games provide motivation to the youth in keeping space with their goals.

In the match, Zone Langate locked horns with Zone Kupwara, winning the toss and put zone Langate to bat first. Langate posted 139 on the board losing 9 wickets.

Chasing the target, Kupwara were all out on 127 at the last ball losing the final by just a margin of 12 runs. From Langate Junaid Ahmed Dar played a blistering knock of 32 ball 42 runs and

was adjudged Man of the Match. Junaid played prominently during the whole tournament and showed a spectacular performance.

It is to mention here that in the Trophy, Teams from all the zones of the district participated at multiple venues viz. Karihamma, Nutnussa and Galizoo stadium Kupwara. The teams were selected after carrying out selection trials at all zonal Hqs of the District.

The trophy provided an opportunity to the talented youth to showcase their hidden talent and also deter them from being indulged in social evils like drug abuse.

Later, a prize distribution ceremony was conducted during which the DC and SSP distributed trophies and cash prizes among winner team members.

U-19 Cooch Behar Trophy HP scores 201/7 against J&K on day-1



J&K team players posing with officials.

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JAMMU: Riding on magnificent 85 runs by skipper Inmesh N Mahajan, Himachal Pradesh scored 201/7 in 72.2 overs in a rain-hit day-1 of Under-19 Boys Cooch Behar Trophy match at SK Stadium, here today. Earlier, winning the toss and batting first, Himachal

Pradesh sailed on two brilliant half-centuries by Inmesh and Animesh V Thakur to score a decent total of 201 runs, losing 7 wickets when rain followed by bad light stopped play.

Inmesh top scored with 85 runs off 92 balls, studded with 15 delectable boundaries, while Animesh played a sedate

innings of 53 runs off 200 balls with the help off 4 boundaries. Chirag M Sharma (18) and Praval S Singh (4) were at the crease when rain stopped play.

For J&K, off-spinner Udhay Partap Singh and leg-spinner Ritvik Jaitley took 2 wickets each, while left-arm spinner Ranjot Singh and medium pacer Toheed Ahmed claimed one wicket each. Udhay bowled 14 overs and conceded 27 runs, while Ritvik bowled 15.2 overs and gave away 37 runs.

This is J&K's first match of this season's Cooch Behar Trophy being played in Srinagar from today to November 8, while in the next outing J&K will take on Mumbai at GGM Science College Hostel Ground Jammu from November 12, 2022.

Sardar Vallabhbhai Patel Inter State Cricket C'ship for Disabled J&K beat Gujarat by 7-wkt, to meet West Bengal in semifinal today



J&K team posing with officials after winning a match against Gujarat.

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JAMMU: Jammu and Kashmir on Saturday defeated Gujarat by four wickets in their fourth league match of the ongoing Sardar Vallabhbhai Patel Inter State Cricket Championship for the Disabled at KD Singh Babu Stadium Lucknow in Uttar Pradesh. Batting first, Gujarat Cricket team scored 141 runs for the loss of eight wickets in allotted 20 overs. Rohan Vaghela played a fine inning of 58 runs followed by Rajiv Mishra and Sarfraz, who made 27 and 14 runs respectively. For J&K, Nadeem scalped four wickets while

Jagnohan and Amir took one wicket each.

In reply, J&K chased the target in 19.2 overs by losing six wickets thus won the match by 4 wickets. Jagnohan played a match winning knock of 45 runs while Wasim Iqbal and Jaffar contributed 26 and 25 runs respectively for the total. For Gujarat, Sachin grabbed three wickets while Sachin and Naresh Chhillur took one wicket each.

For his all-round performance, Jagnohan was declared Man of the Match and was awarded Rs.10,000 cash. Now, the J&K Team will play in semifinal against West Bengal tomorrow.

Jammu's Ragav set to play in Hero I-League



Staying with top Indian footballers

helped Raghav in his trails for ATC FC as he came out with flying colours and dawned the historical jersey till 2020. It was only recently in August that Rajasthan United FC picked up Ragav from Real Kashmir to sharpen up their midfield.

Ragav comes into Hero I league 2022-23 with high confidence from his performances in the recently concluded Durand Cup where his instrumental game play in the second half helped Rajasthan beat giants of Indian football, ATK Mohan Bagan FC, drew with East Bengal and thrashed the Indian Navy to qualify for the quarterfinals.

Ragav Gupta and Rajasthan United FC look to continue their winning streak in the upcoming Hero I-League, which they have been showing vehemently in their practice

games against round glass Punjab FC and Sudeva Delhi FC.

The Hero I-League 2022- 23 is set to kick off where Rajasthan United FC will play their home games in Dr BR Ambedkar Stadium, Delhi.

When asked about his preparations ahead of the tournament, Ragav Gupta, the young midfielder from Jammu mentioned, "I am really focused for the Hero I-League and looking to put my best foot forward. Daily trainings and regular practice matches have boosted up my confidence to a level which I feel is the best I ever had in my footballing career and i am looking forward to making Jammu proud and motivating more kids from the region who wish to be a footballer in future and take the country forward."

CEO Poonch felicitates taekwondo players



GMS staff members and players posing with CEO Poonch during felicitation function at Poonch.

Suri, ZEO Poonch Anwar Hussain and ZEPO Poonch Vijay Kumar were the Guests of Honour on the occasion.

Earlier, all the officials was welcomed by Incharge Head of the Institution, Jatinder Sharma along with the staff

members.

Later, Taekwondo Coach and Physical Education Teacher of the Institution, Rajinder Singh highlight the achievements of GMS Khorinar and clubbed schools. He said that the players of GMS Khorinar brought laurels to the institution and district Poonch by winning medals at various competitions.

CEO Poonch congratulated all the medal winners and gives his best wishes to all the players for UT Level Taekwondo Competition held

at Jammu.

He also applauded the efforts of Rajinder Singh for giving excellent training to the players of the school in Taekwondo and assured every possible help to the students of the school through Education Department of Poonch.

Prominent persons present were Sanjay Raina PET, ZEO Office Poonch Naseem Akhter, Mohd Raffiq, Pardeep Kour, Gurvant Kour, Parvinder Kour, Kulvinder Kour (All Teachers) and Majid Hussain.