

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

## STATE TIMES NEWS

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. Meenu 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 relationships with 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. Lompat 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

The programme was organised by Prof. Nisha Bhagat (Convenor IQAC) and Dr. P. A. V. A. J. E. T. B. A. L. (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.

National anthem and patriotic songs.

The event is being organised by Kashmir Peace Lovers (KPL) Gurugram under the overall supervision of its trustees Ajay Pandita, Dr RK Jalali, Pankaj Dhar, Vikesh Trisal and Mithlesh Labru.

Speaking on the occasion, Joginder Sharma lavished praise on the organisers for this mega initiative of involving over fifty teams in the event. He was ecstatic to see the zeal and zest of a large gathering of Kashmiri Pandits around him during the presentation ceremony.

Famous RJ Abhimanyu Kak came all the way from Mumbai to play and be part of this mega event. He also entertained the gathering alongwith famous Comedian Anil Koul Chingari.

Police band entertained with musical beats amid

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

The participating teams

are from NCR, Jammu, Kashmir, Punjab,

Rajasthan, Jaipur, Chandigarh, Mumbai and other parts of the country.

The event is being sponsored by Romesh Pandita, Chairman Alcobrew Group; Kuldeep Kaul, Chairman Horizon Broadcasting; Ramesh Ji Aggarwal, Bikanerwala, besides other sponsors.

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