

Budding Master Chefs at JKPS Kunjwani display their culinary skills



Students and faculty member of JKPS Kunjwani making Garden Salad during an activity.

STATE TIMES NEWS

JAMMU: Students of JK Public School (JKPS) Kunjwani in their weekly Club activity, namely, Sanjeev Kapoor Club of MasterChefs, attempted the making of Garden Salad.

Reflecting on the wide range of salads, Club Incharge Monica Sharma enlightened the students about Garden Salad, Green salad, Greek salad, Bean salad, Somen salad (noodle based) and many more.

"The word Salad comes to English from the French Salade and Latin Herba

Salata (salted herb). In English, the word first appeared in 14th century. The phrase 'salad days' was used by Shakespeare in 1606", she added.

"Salads can be served as appetizers in light, smaller portions; Side salads are to accompany main course, which is quite common in India; Main course salads, usually contain a portion of one or more high protein ingredients, such as, egg, legumes, fish, meat, cheese, chicken etc", she further added.

Ingredients for Garden

Salad: Vegetables of choice for salad; salt, lemon, black pepper; herbs for garnishing (optional).

Material required: Bowl (plastic/steel preferably steel bowl) for tossing/ mixing salad; Plate (plastic/steel) for arranging the salad; Cling film (optional); disposable katori, cutlery (fork); gloves; peeler & apron.

Enlightening the budding MasterChefs regarding the role of constituent elements present in the ingredients of Green Salad, the nutritionist of JKPS shared that

"Salads are rich combination of Vitamin A, B (folate), C, K & Potassium. Vitamin A is necessary for healthy cells; Vitamin B (Folate) is needed for energy production and the formation of RBC; Vitamin C helps the body to get rid of free radicals, protects it from harmful effect of smoke, metals, drugs, pollution etc; Vitamin K is needed for blood clotting and plays a crucial role in bone formation & Potassium is needed for healthy nervous system and a regular heart rhythm.

"Today's recipe Garden Salad, rich in nutrients, like, vitamins and fiber, not only tickled our taste buds but also gave nutrients to our body. The dish was comprised of mixed vegetables and mostly raw materials. Today we learnt about different types of salads and their benefits for our health. The whole process was very interesting and we are looking forward to learn more healthy dishes in coming days", shared Mansi Gupta, an extremely promising budding MasterChef from the Club.

Jodhamal's Helios Racing conducts sustainability drive at Jammu Sanskriti

STATE TIMES NEWS

JAMMU: Helios Racing-the Jodhamal team participating in the 'F1 in Schools' World Finals, conducted a local sustainability awareness drive at Jammu Sanskriti School in collaboration with their Principal Rohini Aima, and junior students of Jodhamal Public School.

The members of Helios Racing also interacted with the local kids of the neighbouring village of Ismailpur and educated the young minds about sustaining resources in their daily lives, ensuring economic as well as environmental sustainability.

Through a Nukkad Natak performed by its members and junior kids of Jodhamal, the team was able to capture the imagination of the kids, providing



Jodhamal School students and faculty member receiving award.

them with simple and effective solutions to go about their daily lives causing the least possible damage to the environment.

Giving an example from their journey, the team told the kids about how they incorporated the concept of reusing resources to promote sustainability in their project elements at a high stake event like 'F1 in

Schools'. They also talked about STEM Education through 'F1 in Schools' and how the competition functions sustainably by using mechanical car models that don't cause harmful emissions into the air.

The team also invited Ekta Bhatia (NCC Convenor, J&K) to educate the local rural women about personal hygiene.

regarding Fixation, determination and regulation of fee of private schools which are totally inhumane and based on hypothetical presumptions, he said. Present government, without knowing the topography, geographical condition and financial status of individuals running a private school, has created a tedious system for extension /upgradation/recognition, he added. He appealed to all associates who are solely dependent on this venture to come forward to challenge these draconian notifications which are based on hypothetical presumptions in the High Court of JK UT. Kamal Gupta showed dismay and said that despite encouraging the government has discouraged all those volunteers who have generated employment for themselves and others. In the absence of popular government, the high headed bureaucratic set up has dominated only small private schools without any rational thinking, he added. The members who attended the meeting included Rameshwar Menghi (Vice President), Ram Parkash Sharma, Sat Pal Sharma, Ashwani Khajuria, Lal Chand Gondatra, Sanjeev Luthra, Kiran Raina, Usha Janawal, Mala Sharma, Neeru Puri, Tariq Bali, Siddheshwar Sadotra, Subash Chib, Ajay Singh, Vineet Gupta, Laddi Kumar, Jatinder Heera, Naresh Kumar, Gourav Charak, Raechpal Singh, Dr. Madan Mohan and Prithvi Khokhar.

In exercise of the power conferred by section 29 of the Act government is now issuing new notifications viz S.O. 177 dated April 15, 2022 regarding more NOC and S.O. 233 dated May 10, 2022

JKPSA opposes new notifications of Govt

STATE TIMES NEWS

JAMMU: A meeting of district Presidents of Private schools of Jammu division was held under the chairmanship of Kamal Gupta, President JKPSA, Jammu.

Members from different areas while speaking briefed to the executive members of the central body that the private schools which were granted affiliation by the JKBOSE in December 2019, July 2020, and August 2020 respectively are still deprived of recognition which was granted on the basis of affiliation. They also said that the Principal Secretary, School Education Department has added one more notification regarding NOC on April 15, 2022 for the Private schools which had applied for the extension/upgradation on offline mode or online mode in 2021 by fulfilling all types of formalities. Members also condemned the hostile attitude of the government. General Secretary of the association Ajay Gupta, in response to the issues highlighted, briefed the members that after the creation of JK UT, government has inserted/omitted a number of clauses, sections and sub-sections in the J&K School Education Act, 2002.

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TNWS organises free Ayurvedic treatment-cum-medical camp

STATE TIMES NEWS

JAMMU: Trikuta Nagar Welfare Society (TNWS) on Sunday organized a free Ayurvedic treatment and medicine camp in association with All J&K Ayurvedic Congress Jammu under the chairmanship of Rajinder Parshad Kakkar, President TNWS Jammu/



President TNWS Jammu presented mementos to Mayor and Amit Verma.

He urged the Mayor to slash the fees of free hold rights of Trikuta Nagar residents from the Board of Directors and Commerce Jammu.

Er. Ashok Kumar Arora, Patron TNWS Jammu welcomed the guests while

compel the Principal Secretary H&UD to call the board meeting to review the rates.

Secretary All J&K Ayurvedic Congress Jammu, Dr. TR Gupta made the gathering of residents. Vice President TNWS Jammu S.N. Kaul presented vote of thanks.

ering aware of how to use Ayurvedic medicine for diabetes. He will be available till May 25, 2022 from 4 PM to 5 PM daily in Trikuta Nagar Welfare Society office complex Jammu.

Chander Mohan Gupta offered any kind of support to the development of Trikuta Nagar colony and also suggested that team TNWS should start on Jan Aushadhi store for the convenience of Trikuta Nagar residents.

All the councilors of ward no 52, 53 and 54 attended the camp besides the large gathering of residents. Vice President TNWS Jammu S.N. Kaul presented vote of thanks.

JKCA Blues script thrilling victory over Pink to lift U-19 Women's Cup

STATE TIMES NEWS

JAMMU/SRINAGAR: Scripting a thrilling 5-run win over equally strong JKCA Pink XI, JKCA Blues lifted the title trophy of the Under-19 Women's One-Day Tournament, organised by the Jammu and Kashmir Cricket Association (JKCA) at GGM Science College Hostel Ground, here.

Avny Lavasa, Deputy Commissioner Jammu was the Chief Guest on the valedictory function, while former cricketers Seema Mir and Veena Sharma were the Guests of Honour and SP Rajni Sharma and Preeti Choudhary were the Special Guests.

Earlier, winning the toss and batting first, JKCA Blues scored a good total of 244 runs in 44 overs, losing 8 wickets in the process. Vanishika Phagatra and Neemami Slatia scored magnificent half centuries. Skipper Bhawandeep Kour contributed valuable 22 runs to the total. For JKCA Pink, Abroo was the wicket-keeper, who took a brilliant hat-trick, while Raffa, Khushboo and Stomskit Dolma claimed one wicket each.

In reply, JKCA Pink scored 238 runs, thus lost the match in a thrilling contest by 6 wickets. Afreen slammed a magnificent century and Khushboo scored fifty. For JKCA Blues, Neelam, Aanvi and Shambhavi claimed one



Jubilant JKCA Blues team posing alongwith Brig Anil Gupta, Member Administration JKCA and other dignitaries in Jammu.

wicket each.

Abroo was declared best bowler for taking 24 wickets in the tournament, while Afreen was adjudged best batter for scoring 372 runs with 2 centuries in the tournament and Neemami was declared best all-rounder for scoring 234 runs and taking 12 wickets. Bhagyalakshmi got the best promising player award and Schrishi Tariq claimed best wicketkeeper award.

Speaking on the occasion, Brig Anil Gupta said that 42 girls each at Jammu and Srinagar out of a total of 75 each belonged to far off places and remote areas in the ongoing Under-19 Women's One-Day Tournament.

He said that this tournament has broken the myth that the players from nearby places of Jammu and Srinagar only get chance to play for J&K.

SR College conducts Prelims Test Series for IAS/JKAS Aspirants

STATE TIMES NEWS

JAMMU: SR College has started separate test series for candidates preparing for the forthcoming 2022 Civil Services Examinations conducted by the UPSC and JKPS in the college premises.

SR College has been providing guidance to the students for the last more than two decades in the field of civil services and a number of students coached by the college have made their entry into the final lists of prestigious IAS, IPS, IRS, IFS, JKAS, JKPS and many other national and state level services. The college has started a test series for Prelims 2022 containing 12 sectional and 8 full mock tests of General Studies & CSAT.



The students are also being provided with answers keys and doubt clearing sessions wherever required.

"The response for the prelims test series was overwhelming and the tests are scheduled every Sunday and Wednesday. Further Full Mock Tests at the end immediately before the Prelims will help the aspirants in getting their preparation assessed and evaluated," told Praful Sharma, Chief Office Coordinator.

"The College has also been conducting workshops and counselling sessions every Sunday by inviting experts from across the country for general studies and various Options," informed Pallavi Sharma, Students Counsellor.

No compromise on 'one place settlement' of displaced KPs in Kashmir Valley: KPC

STATE TIMES NEWS

JAMMU: Kashmiri Pandit Conference (KPC) in a meeting at New Delhi on Sunday stated that the only viable solution for rehabilitation of Kashmiri Pandits in exile is one place settlement at the land of Kashyap in Kashmir Valley so that the community can lead peaceful, an honourable and dignified life as it has suffered over 700 years persecution through the

forces who were inimical to peace and coexistence.

President KPC, Kundan Kashmire said that the main purpose of this resolution was to put an end to the atrocities committed by fundamentalist forces against the minorities in Kashmir as both Central and State governments failed to protect this microscopic minority in Valley after the independence and the Union

Government totally banked upon the Kashmir Centric politicians for the vote bank politics. He further stated that the resolution of one place settlement (separate Kashyap Bhoom) passed in KP Assembly in 2001 under the chairmanship of community father late Amar Nath Vaishnavi. KPC President Kundan Kashmire appealed to the whole Kashmiri Pandit community in exile to unite and struggle for their vital issues which include Relocation of PM package & other employees from Kashmir valley to safe zones of India till whole exiled KP community is rehabilitated at one place in Valley. "Grant indigenous status to Kashmiri Pandit community which has its background from centuries to centuries together in Valley and has its own unique culture, customs, faiths and living system and declare commission of enquiry under Supreme Court judge (retired) and probe through NIA/CBI for the KP community ethnic cleansing, forced exodus, massacres, loot and arson and restore every fundamental and constitutional right to them at par with all citizens of India in particular their right live together as a community at the land of Kashyap in Valley. At the conclusion KPC leadership again appealed Lt.Governor of union territory of Jammu and Kashmir to grant at least rupees fifty lakhs to the family of slain Rahul Bhat and his wife to be adjusted against her slain husband's post.

Srinagar: Employees protest re-advertising of posts, demand tenure

STATE TIMES NEWS

SRINAGAR: Scores of people employed under Rebar-e-Khel and Rebar-e-Janglat scheme on Sunday held a protest here demanding revocation of Jammu and Kashmir government's decision to re-advertise the posts they were engaged in.

The government had on Friday re-advertised Rebar-e-Khel, Rebar-e-Zirat and Rebar-e-Khel posts through the Service Selection Board. It said additional weightage and age relaxation will be given to those already working on these posts. However, scores of those employed under the schemes descended at the Press Enclave here on Saturday and held a protest demanding the roll-back of the order. We the

services have been terminated and the posts are being re-advertised. We want the revocation of the order, so that justice is done with us and our families, said a protestor.

Meanwhile, PDP chief Mehbooba Mufti also demanded a roll-back of the absurd order, saying re-advertising the posts was a malicious move initiated to facilitate non-residents' entry on these posts. Terminating services of Rebar-e-Khel, Janglat, Zirat, NYCs & referring these posts to SSR fresh is a malicious move to destroy careers of these youngsters by ensuring non-residents are given jobs at the cost of locals. LG should immediately rollback this absurd order, Mehbooba wrote on Twitter.