

## RCB retained the IPL title - how did they finally defeat Gujarat?

AHMEDABAD, JUN.01

Defending champions RCB faced 2022 champions Gujarat Titans in the final of the IPL series at the Narendra Modi Stadium in Ahmedabad yesterday. RCB captain Rajat Patidar won the toss and elected to field. Batting first, Gujarat suffered a shock defeat. In the first over bowled by Jacob Duffy, Sai Sudarshan hit 2 fours. In the next over bowled by Bhuvneshwar Kumar, Shubman Gill hit a four. In the third over, Josh Hazlewood's first ball was bowled for a four, but when Shubman Gill tried to bowl the next ball, he was caught by Rajat Pattidar, who was standing in the mid-off direction. Shubman Gill, who faced 10 balls, scored 10 runs with 2 fours. Then Nishant Sindhu came on. Sai Sudarshan, who played calmly, scored 12



runs with 2 fours in 12 balls. When he tried to hit a bouncer thrown by Bhuvneshwar Kumar, it went high to the right of the wicket-keeper. Jitesh Sharma ran at lightning speed and caught it. Jos Buttler, who came on the field after losing 2 wickets for 26 runs, batted calmly. Nishant Sindhu hit 2 consecutive fours in the 5th over bowled by Josh Hazlewood. Gujarat scored 45 runs in the powerplay. Nishant Sindhu, who had been steadily adding runs,

scored 20 runs in 18 balls with 3 fours when he hit a ball bowled by Rashid Salam towards long on and was caught by Devdutt Padikkal near the all-round line. Following this, Washington Sundar came into the field. Gujarat scored 63 runs in 10 overs. Jos Buttler was stumped by Krunal Pandya after scoring 19 runs in 23 balls with a four. Arshad Khan, who came on, hit a six towards mid-wicket off a ball bowled by Krunal Pandya. In the 14th over bowled by

Jacob Duffy, Washington Sundar hit 2 consecutive fours before Arshad Khan hit the 4th ball for a six. Only 16 runs were scored in this over. Arshad Khan, who tried to play aggressively, was caught by Rashid Salam, who was standing in the fine leg direction, on a ball bowled by Josh Hazlewood. Arshad Khan scored 15 runs in 6 balls, including 2 sixes. Then Rahul Devatia came into the field. Gujarat scored 100 runs in 14.2 overs. Rahul Devatia took a catch

to Rajat Patidar on the first ball of the 17th over bowled by Rashid Salam. Devattia scored 7 runs in 5 balls. After this, Jason Holder, who came in, followed by Bhuvneshwar Kumar and Rashid Khan, followed by Rashid Salam and Rashid Khan. Washington Sundar, who scored consistently, scored a half-century in 37 balls with 5 fours. At the end of 20 overs, Gujarat Titans scored 155 runs for the loss of 8 wickets. Washington Sundar remained unbeaten on 50 and Kagiso Rabada on 3 runs. For RCB, Rashid Salam bowled 4 overs, conceding only 27 runs and taking 3 wickets. Bhuvneshwar Kumar and Josh Hazlewood took 2 wickets each and Krunal Pandya took one wicket. Chasing a target of 156 runs, RCB were given a dramatic start by Venkatesh

Iyer and Virat Kohli. Venkatesh Iyer hit 3 fours and a six in the second over bowled by Kagiso Rabada. Virat Kohli hit 2 fours and a four in the next over bowled by Mohammed Siraj. Virat Kohli bowled the 4th over bowled by Rabada. Virat Kohli hit 3 fours and a six in this over. Venkatesh Iyer, who hit the 2nd ball of the 4th over bowled by Mohammed Siraj for a six, was caught by Rabada while trying to hit the next ball towards mid-on. Venkatesh Iyer, who faced 16 balls, scored 32 runs with 2 sixes and 4 fours. Devdat Patil then came in and scored one run when Rabada hit the ball towards third man and it was caught by Arshad Khan. Following this, Rajat Patil came in. RCB scored 70 runs in the powerplay. Rajat Patil hit the first ball of the 7th over bowled

by Mohammed Siraj for a six towards deep backward square leg. Rashid Khan, who bowled the 9th over, took 2 wickets and turned the tide. Rajat Patidar scored 15 runs in 13 balls, with a six and a four, when Rashid Khan tried to hit the ball for a six and was caught by Rabada in the long-on direction. Following this, Krunal Pandya, who came into the field, was out LBW after scoring one run. After this, Tim David came into the field. Jason Holder bowled the next over, 2 fours were hit. RCB scored 100 runs in 10 overs. Virat Kohli, who played aggressively, reached his half-century in 25 balls with 7 fours and 2 sixes. Tim David hit the 3rd ball of the 13th over bowled by Rashid Khan for a six in the long-on direction. Tim David, who had been scoring runs steadily, scored

24 runs in 17 balls with a six and 3 fours when Arshad Khan was caught by Jos Buttler at the crease. Following this, Jitesh Sharma came into the field. Virat Kohli hit the fifth ball of the 18th over bowled by Arshad Khan for a four and the last ball for a six as RCB scored 161 runs for the loss of 5 wickets in 18 overs and won. Virat Kohli scored 75 runs in 42 balls with 3 sixes and 9 boundaries, while Jitesh Sharma scored 11 runs in 14 balls. RCB won by 5 wickets to become the champion. With this, RCB became the 3rd team in the history of IPL to win the championship. Earlier, CSK won the trophy in 2010 and 2011 and Mumbai Indians won the trophy in 2019 and 2020. RCB, who won the championship, was awarded a prize money of Rs. 20 crore.

## AIADMK executive commits suicide by setting himself on fire near Kumbakonam

THANJAVUR, JUN.01

An AIADMK executive committed suicide by setting himself on fire near Kumbakonam. He took this decision due to the turmoil in the AIADMK, and AIADMK General Secretary K. Palaniswami paid tributes by garlanding his body. He continued, "The AIADMK will bear all the educational expenses of Mahendran's daughter until she grows up, starts school and completes her education. Similarly, Rs. 30 lakhs will be given to the family on behalf of the party and Rs. 25 lakhs will be given to the family on behalf of the Thanjavur East District AIADMK." Mahendran (37), son of Kaliyamoorthy, of Thiruppanandhal Vayalkarath Street near Kumbakonam, was running a flower shop in Thiruppanandhal. He was the joint secretary of the Eastern District Trade Team in the AIADMK. He is survived by his wife Muneeswari (32) and a daughter named Nithsree (2). In this situation,

### EPS pays tribute in person



Mahendran posted a video on Facebook last night. In it, he said, "I cannot tolerate the AIADMK being divided into two, AIADMK should unite, Edappadi Palaniswami should become the Chief Minister again, and I should be born as a simple servant of AIADMK in my next life as well." "I am committing suicide because I am in emotional pain. If the Secretary-General pays tribute to my body, my soul will rest in peace," he posted a video and committed suicide by pouring petrol on his body and setting himself on fire. Upon learning of this, AIADMK General Secretary K. Palaniswami visited Mahendran's

house in Thiruppanandhal this afternoon (June 1), laid a wreath on his body, paid his respects, and offered condolences to the family. Speaking to reporters at the time, K. Palaniswami said, "The news of Mahendran's death is deeply shocking and heartbreaking. He served the party in this area in an excellent manner for many years and was very loyal to the party executives, workers and leadership. His demise is an irreparable loss. I express my deepest condolences to his family and the AIADMK who are grieving his loss. The AIADMK will bear all the educational fees of Mahendran's daughter until she grows up,

starts school and completes her education. Similarly, Rs. 30 lakhs will be given to the family on behalf of the party and Rs. 25 lakhs on behalf of the Thanjavur East District AIADMK. The lives of AIADMK workers are priceless, I humbly bow down and pray at the feet of the workers that no one should get involved in such an incident again. We are all deeply saddened by this incident. We are deeply shocked. Every volunteer feels how that family is crying today, every administrator feels it. "I am deeply saddened and deeply hurt by the situation and I cannot express any other opinion at this time," he said through tears.

## If Vaithilingam has a conscience, he should resign" - Puducherry Minister Malladi Krishna Rao

PUDUCHERRY, JUN.01

MP Vaithilingam acted in the elections to vacate Narayanasamy and former Congress ministers. If he has a conscience, he should resign from the post of MP," Puducherry Minister Malladi Krishna Rao has alleged. Puducherry NR Congress Minister Malladi Krishnarao told reporters today: "Congress MP Vaithilingam has said that the Puducherry Chief Minister gave me the ministerial post after taking money. A few months ago, MP Vaithilingam accused me of taking bribes. After I said that I was ready to discuss it directly, he did not open his mouth. No one in India, not just



Puducherry, is qualified to talk about bribery and corruption in Malladi. I am doing everything with my own money. Unsubstantiated allegations should not be made. The information that many people are reporting outside should be reported with evidence. I am ready to discuss this anywhere. Chief Minister Rangasamy is not in the habit of giving ministerial posts in exchange for money. If there had been a money deal, would Jose Charles Martin have been given the ministerial post right

whether he gave him the opportunity by taking money from the corruption that took place there in gambling and garbage collection. Despite being an MP for the last seven years, he has not brought any projects to Puducherry. If he has a conscience, Vaithilingam should resign from the post of MP. Vaithilingam is the most inefficient MP among the MPs so far. Even if there is a BJP government at the center, why should someone who does not know how to bring projects to Puducherry be an MP? The cabinet expansion and portfolio allocation issues will be concluded in Puducherry this week," said Minister Malladi Krishnarao.



A consultative meeting regarding the activities and future plans of the Tamil Nadu E-Governance Agency was held under the leadership of the Honorable Minister for Artificial Intelligence, Information Technology, and Digital Services, Dr. Kumar. R.

## JUPITER TRANSIT 2025

A TIME OF PROSPERITY, GROWTH & FULFILLMENT

Jupiter—the celestial benefactor responsible for auspicious events and propitious outcomes—will be transiting through the sign of Cancer, where it attains its exaltation, from June 2 to October 31. Consequently, excellent opportunities will arise for the manifestation of good news and favorable results in the lives of many individuals. Auspicious events that have long been stalled will undoubtedly come to fruition. Efforts to secure employment will prove successful, income will increase, and favorable marriages will take place. In particular, the blessing of progeny is indicated. For individuals belonging to specific zodiac signs, this period will be predominantly marked by auspicious occurrences. The fortunes of those born under the signs of Aries, Gemini, Cancer, Virgo, Libra, Scorpio, Capricorn, and Pisces are poised to take a new and significant turn during this period.

<p><b>ARIES</b></p> <p>With Jupiter exalted in the 4th house of home and vehicles, you are assured of acquiring a new home and a vehicle. Long-cherished dreams of owning a property will come true. You will gain immovable assets and witness events like housewarming and weddings at home. Good news will flow in, and efforts related to job and marriage will culminate in success.</p>	<p><b>GEMINI</b></p> <p>Jupiter transiting the 2nd house of wealth and family brings unexpected turns and fulfillment of most desires. Wealth will accumulate through right means and sudden gains are possible. Family members will progress and your advice will be valued. Long-desired foreign connections will materialize. Love life will be smooth and there are chances of expecting a child.</p>
<p><b>CANCER</b></p> <p>With exalted Jupiter in your sign, you will receive royal respect and gain political influence. Whatever you undertake will turn to gold. Most of your desires and long-held dreams will come true. Auspicious events like weddings and housewarmings will take place. Financial and personal troubles will be completely resolved, bringing peace and contentment.</p>	<p><b>VIRGO</b></p> <p>Jupiter's favorable transit helps you rise above your current situations and move toward a prosperous and abundant life. Divine blessings will be showered upon you. Income will increase from multiple sources. Long-standing financial and personal issues will find solutions. Auspicious events will happen in the family and chances of owning a house and getting blessed with children are strong.</p>
<p><b>LIBRA</b></p> <p>Exalted Jupiter in the 10th house brings outstanding results in career and professional life. You will achieve great heights and gain prominence. Financially and physically, you will experience unexpected improvements. One or two major auspicious events are likely to occur. Blessings of children and success in marriage efforts are indicated. Love with someone from a wealthy background is also possible.</p>	<p><b>SCORPIO</b></p> <p>Exalted Jupiter in a favorable house fulfills your long-cherished desire to work abroad. Your dreams will come true and family life will be harmonious. The more you utilize this favorable period, the greater the benefits. Good news about children is indicated. Everything you undertake will succeed and new advancements are on the way in career, job and business.</p>
<p><b>CAPRICORN</b></p> <p>With exalted Jupiter in the 7th house, unexpected auspicious events will unfold in your life. High possibilities of desired marriage, success in romance and fulfillment of working abroad will come true. Jupiter's blessings will bring success in all areas of life.</p>	<p><b>PISCES</b></p> <p>Jupiter, the ruling planet of Pisces, exalted in the 5th house brings blessings of children. Your children will achieve great success and one may settle abroad for higher studies or job. You will receive high honors and recognition. Wealth will flow in with minimal effort, including unexpected sources. You are destined to accumulate vast riches.</p>

**AUSPICIOUS EVENTS DURING THIS TRANSIT**

Buying Property, Buying Vehicle, Marriage, Housewarming Ceremony, Birth of Child, Foreign Travel & Settlement, Career Growth, Financial Prosperity

### Government Officials Welcome

## New District Collector of Ranipet with a Bouquet at the Guest House



**RANIPETJUN.01**

Amidst a reshuffle of District Collectors across various parts of Tamil Nadu, Dr. Chandrakala the former District Collector of Ranipet—was transferred. In

her place, Ms. Priya an official from the Tamil Nadu Urban Habitat Development Board has been appointed as the new District Collector of Ranipet. Upon her arrival at the Ranipet

Guest House today, government officials led by Ranipet Revenue Divisional Officer Mr. Raj extended a ceremonial welcome to her, presenting her with a book and a bouquet.

## Elderly Man Commits Suicide by Self-Immolation

**GUDALURJUN.01**

Pandian (66) was a resident of Veeranathevar Street in Melagudalur. He lived with his son, Prabhu. Pandian had been suffering from a chronic illness. Despite receiving treatment at various medical facilities, his condition did not improve, leaving him in a state

of despair. Under these circumstances, the day before yesterday morning—while everyone else in the house was asleep—Pandian stepped outside, poured kerosene over his body, and set himself on fire. Alerted by his screams, family members and neighbors rushed to the scene,

rescued Pandian, and transported him to the Cumbum Government Hospital. Upon examining him, doctors at the hospital pronounced him dead on arrival. The Gudalur North Police have registered a case regarding this incident and are currently conducting an investigation.



Mrs. Vandana Garg, the newly appointed District Collector of Tiruvannamalai, offered prayers along with her family members at the Annamalaiyar Temple. She was accorded honors on behalf of the temple administration and presented with \*Prasadam\*. Subsequently, she participated in a special worship service.

# Jewelry Sales Plunge 70%: Traders Concerned! Public Also Hit Hard

Following the Central Government's drastic hike in the import duty on gold, the demand for gold in India has plummeted by approximately 70%. For the common people—who are already struggling under the burden of rising prices for essential commodities caused by global crises—this additional tax imposition has come as a crushing blow. With consumers' purchasing power diminished, gold jewelry sales have ground to a halt, leaving small-scale traders facing severe financial distress. Due to global factors—such as the conflict involving Iran—market prices for fuels like petrol and diesel, as well as daily food staples, have already skyrocketed. In this context—where the monthly budgets of the general public have been severely strained—the government has abruptly raised the import duty on gold from 6 percent to a staggering 15 percent. Since



a 3 percent Goods and Services Tax (GST) is levied in addition to this import duty, the overall effective tax burden that the public must bear when purchasing gold has surged from 9.18 percent to 18.45 percent—effectively doubling the cost. Consequently, purchasing gold has now been pushed to the back burner, falling off the list of consumers' essential priorities. Furthermore, the current period coincides with \*Adhik Maas\* (an intercalary month) in the Hindu calendar; as Hindus typically refrain from purchasing high-value items

like gold during this spiritually significant time, this cultural factor serves as an additional contributor to the current market slump. Notably, the unregistered and unorganized sector of small-scale jewelry traders accounts for approximately 65 percent of India's total gold trade. Surendra Mehta, National Secretary of the Indian Bullion and Jewellers Association (IBJA), has stated that this steep tax hike has disproportionately affected small-scale traders—who rely primarily on grassroots and middle-class consumers—far more

severely than it has affected corporate entities. As a direct consequence of this, gold demand—which stood at approximately 25 tonnes over a two-week period during this same time last year—has now plummeted to a mere 7.5 tonnes. Commenting on this situation, Joy Alukkas, Chairman of the leading jewelry retail chain 'Joyalukkas,' expressed concern that gold demand across their stores has declined by over 35 percent. What is the background behind this tax hike? The government has implemented this

tax increase to bring under control factors such as the depreciating value of the Indian Rupee, rising crude oil prices in the international market, and global geopolitical tensions, as well as to stabilize the country's economy. Furthermore, restrictions have been imposed on duty-free gold imports under the 'Advance Authorisation Scheme.' Additionally, the Prime Minister's call for austerity—urging citizens to curtail gold purchases in light of the prevailing economic climate—is also viewed as a significant factor contributing to this shift in consumer sentiment. In the Indian market—which consumes between 800 and 850 tonnes of gold annually—it is projected that, despite a strong start to the first quarter of this year, the current tax hike could lead to a substantial decline in investment-related gold demand during the second quarter of 2026.

## J.E. Padmaja assumed office yesterday as the new District Collector of Kallakurichi

**KALLAKURICHIJUN.01**

With this, she has become the fifth District Collector of Kallakurichi District. Since the inception of Kallakurichi District, Kiran Khurala served as the first Collector, followed by Sridhar as the second, Sharvan Kumar as the third, and Prashant as the fourth. In this context, following the transfer of the outgoing Collector Prashant to the post of Joint Secretary in the Finance Department, J.E. Padmaja has been appointed as the new Collector. During a ceremony held at the District Collector's office, J.E. Padmaja signed the official documents and formally assumed charge. On this occasion, officials and staff members from various



departments extended their greetings to her. Subsequently, speaking to reporters, District Collector J.E. Padmaja stated the following: "All issues faced by the public in Kallakurichi District will be resolved smoothly. I will review and monitor, in coordination with officials, to ensure that appropriate action is taken within one week regarding petitions received during the public grievance redressal meetings. Measures will be taken to provide proper resolutions so that repetitive petitions concerning the same request do not arise. Furthermore, steps will be taken to ensure the mandatory participation of officials from all departments in the public grievance redressal meetings." She added that the cooperation of journalists would play a pivotal role in advancing the district's development and public welfare initiatives.

## Applications Open for Kalpana Chawla Award

**MADURAIJUN.01**

The District Administration has announced that applications are now being accepted in the Madurai district for the Kalpana Chawla Award for the year 2026. Regarding this, officials stated the following: The Kalpana Chawla Award—accompanied by a cheque for ₹5 lakhs—is scheduled to be presented on Independence Day, 2026, to women of Tamil Nadu origin who have demonstrated courage and performed heroic deeds on par

with men, or who have undertaken bold and challenging initiatives for the welfare and empowerment of women. Eligible individuals hailing from the district may submit their applications via the website <http://awards.tn.gov.in> by June 19. Applicants are required to forward relevant details regarding their heroic deeds, photographs, and any previous awards received to the District Social Welfare Office located within the Collector's Office premises. Thus they stated.



**World No Tobacco Day was observed at the Government Primary Health Centre in Somasipadi, Thiruvannamalai District. Medical staff and members of the public participated in the event, which was held on June 1, 2026. Awareness was raised regarding the health hazards caused by tobacco use, and everyone took the World No Tobacco Day pledge.**



During a public grievance redressal meeting held in Kallakurichi under the leadership of the newly appointed District Collector, Ms. Padmaja, a particular incident has garnered widespread appreciation among the public: upon receiving a petition, she summoned the relevant officials and issued a directive, emphasizing that merely accepting the petition is insufficient and that immediate action must be taken to address the grievance.



Minister for Public Works, Highways, and Sports Development, Adhav Arjuna, conducted an inspection at the Sports Development Authority of Tamil Nadu's Nehru Stadium in Coimbatore district to review world-class infrastructure facilities and assess proposed new project works; he also interacted with female athletes who were engaged in Kabaddi training at the venue. During this inspection, he was accompanied by officials including Sajjan Singh R. Chavan, I.A.S., Secretary to the Government (Youth Welfare and Sports Development); J. Meghanatha Reddy, I.A.S., Member Secretary (Sports Development Authority of Tamil Nadu); Pavan Kumar G. Kriyappanavar, I.A.S., District Collector; Sivaguru Prabakaran, I.A.S., Corporation Commissioner; Dr. R. Suman, District Revenue Officer; and L. Sujatha, General Manager.

## Sudden Gale Hits Papanasam Harvest-Ready Banana Crops Across 200 Acres Damaged

PAPANASAM.JUN.01

More than 10,000 banana trees were toppled and damaged by gale-force winds that swept through Papanasam and its surrounding areas near Kumbakonam. Yesterday evening, sudden and severe winds lashed several localities within the Papanasam vicinity, including Eechanguudi, Someswarapuram, Pattukudi, and Veeramangudi. Consequently, banana crops—cultivated extensively across approximately 200 acres in these regions and standing ready for harvest—were blown down and ruined. The area has suffered severe devastation, with thousands of banana trees



snapping and collapsing, while floodwaters have stagnated in the fields. Farmers had invested over ₹1 lakh per acre in these crops. Expressing their anguish, the farmers stated that this sudden and unexpected loss has plunged them into deep sorrow, shattering their hopes of earning an anticipated return of at least ₹2 lakhs per acre. With these banana crops—which were on the verge of being harvest-

ed—now completely destroyed, the local farming community faces massive financial losses. Consequently, the affected farmers have appealed to the Tamil Nadu government to provide them with appropriate compensation. They have urged the authorities to conduct a comprehensive damage assessment through officials from the Revenue and Agriculture Departments and to disburse suitable relief assistance.

## Horse-trading did not happen if it goes to court, we will face legal action” - Minister Nirmal Kumar

CHENNAIJUN.01

“The AIADMK is coming to the Thavagaon because the DMK and AIADMK tried to form a government together. Horse-trading is not happening 100 per cent here. There is no need to negotiate. If they go to court, we will face it legally,” said Minister CTR Nirmal Kumar. Speaking to reporters, he said, “Government attorneys will be appointed on the basis of merit. We have heard that appointments were made on payment. That will not happen again; appointments will be made based on existing guidelines. Government attorneys will be appointed honestly and fairly. Chief Minister Vijay will not allow



the construction of Mekethatu Dam. The Tamil Nadu government will take legal action against this. They themselves have explained why the AIADMK MLAs resigned from their posts and why there was a split in the AIADMK. Edappadi Palaniswami, M.K. Stalin, Udhayanidhi and a few others tried to form the government together. This was not accepted by the two parties present. The leaders who expelled the DMK from the alliance have also clearly stat-

ed this. They tried to save their families. How can the party workers travel there believing this? The AIADMK members are coming to Thavaga because the DMK and AIADMK tried to form a government together. This is their personal decision; how can we say it is wrong. There is no 100 per cent horse-trading here. There is no need to bargain. If they go to court, we will face it legally. Our alliance parties are standing shoulder to shoulder with us,” he said.

## Young woman killed in car accident Premalatha’s advice to youth

CHENNAI:JUN.01

D M D K General Secretary Premalatha Vijayakanth has advised the youth to act responsibly to prevent such horrific incidents from happening again. In a statement issued by him, he said: “The news that an 18-year-old young woman, Yancy, was run over and killed by a car following an altercation at a private liquor bar in Koyambedu, Chennai, has caused great shock and pain.” Reports indicate that Yancy, who is said to be a Sri Lankan Tamil, had gone to a bar with his friends when an argument with another group of people there turned violent, leading to the horrific incident. The murder of a woman by running over her



with a car is an inhumane and highly condemnable crime. Such incidents that continue to put the lives and safety of women in question are a great threat to society. Violence against women and patriarchal mentality are unacceptable in any way. Therefore, we request that whoever is involved in this murder incident should be immediately arrested, brought to justice and given severe punishment. A woman’s life is not cheap; justice must prevail”. Youth, whether male or female,

should be role models for society. They should not engage in activities that would make society bow its head. Youth should act responsibly to prevent such horrific incidents from happening again. Parents who guide them in the right direction and the government who must create a safe social environment have equal responsibility. Only if everyone realizes their responsibilities and acts, can such tragic incidents be prevented from happening again,” said Premalatha Vijayakanth.

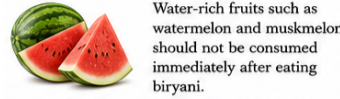
## DON'T EAT THESE 5 FOODS WITH BIRYANI

Popular Dish Can Cause Digestive Discomfort When Combined With Certain Foods



Biryani is undoubtedly one of the most loved dishes across South India. Many food lovers are willing to travel long distances just to enjoy a plate of their favorite biryani. Although biryani contains several aromatic spices with potential health benefits, it is also often rich in fats and oils. Because of this, nutrition experts advise avoiding certain foods immediately before or after eating biryani, as these combinations may interfere with digestion and cause discomfort.

### 1. Watermelon and Muskmelon



Water-rich fruits such as watermelon and muskmelon should not be consumed immediately after eating biryani.

The combination of oily foods and large amounts of water-rich fruits may contribute to bloating, gas, and stomach discomfort in some individuals.

People may experience abdominal pain, nausea, heaviness, or indigestion. To avoid these issues, it is advisable to wait at least two hours before consuming such fruits.

### 2. Milk and Dairy Products



Many people enjoy tea after a heavy meal. However, drinking milk-based beverages or consuming dairy products immediately after biryani may not suit everyone.

For some individuals, dairy products can slow digestion and increase the likelihood of indigestion, especially after consuming a rich and spicy meal.

Those who are sensitive to dairy may experience stomach discomfort and should consider avoiding it immediately after biryani.

### 3. Deep-Fried Foods



Chicken 65, fried appetizers, and other deep-fried side dishes are common accompaniments to biryani.

However, health experts recommend limiting these foods. Since biryani itself may contain a considerable amount of fat, adding fried foods increases the overall fat intake significantly. This can place additional stress on the digestive system and may lead to bloating, acidity, and sluggish digestion.

### 4. Sweets and Desserts



Many people believe that eating sweets after a meal aids digestion. In reality, consuming sugary desserts immediately after a heavy meal may cause a rapid rise in blood sugar levels.

Rich desserts can also add extra calories to an already calorie-dense meal. Nutritionists suggest waiting for some time before consuming sweets and practicing moderation.

### 5. Drinking Excess Water Immediately After Eating



Health professionals recommend avoiding excessive water consumption immediately after finishing biryani.

Large amounts of water may contribute to feelings of bloating and fullness. Instead of drinking large quantities at once, small sips of water are generally considered a better option.

### Is It Dangerous?



The foods listed above are unlikely to cause serious health problems for most healthy individuals. However, they may lead to digestive discomfort such as gas, bloating, acidity, stomach pain, or indigestion.

Another important factor is food safety. If meat used in biryani is not cooked thoroughly, it may increase the risk of foodborne illnesses.

Health experts generally recommend maintaining a gap of at least two hours between heavy meals and other foods whenever possible.

A light walk of about 15 to 20 minutes after eating can help support digestion.

### HEALTHY EATING TIP

- ✓ Enjoy biryani in moderation.
- ✓ Pair it with fresh salad or curd in appropriate quantities.
- ✓ Stay active after meals.
- ✓ Avoid overeating.
- ✓ Prefer biryani during lunchtime rather than late at night.



A balanced approach can help you enjoy your favorite biryani without unnecessary digestive discomfort.

## Government hospitals should be staffed 24 hours a day: TTV Dhinakaran

CHENNAIJUN.01

A M M K general secretary TTV Dinakaran has stressed that it should be ensured that doctors are available 24 hours a day in government hospitals. In this regard, he issued a statement: The media reports of a sanitation worker treating an injured person at the Kunichi Primary Health Centre near

Tirupattur due to the lack of doctors, highlight the poor state of Tamil Nadu’s healthcare system. The lack of even basic staff, including doctors and nurses, in government hospitals, and the fact that sanitation workers provide treatment, is endangering the lives of the general public and patients who visit them.

Therefore, the Tamil Nadu government and the health department should conduct a proper survey of all primary health care facilities across Tamil Nadu, starting from the government hospitals, and ensure that medical staff are available there on a 24-hour rotation basis. This was stated in the statement.

## Who violated the ban on entering Perijam Lake when tigers were present? Forest Department in controversy

PALANIJUN.01

The forest department has banned tourists from visiting the Berijam Lake area for the past 15 days due to the presence of tigers. Meanwhile, the incident of relatives of forest department officials violating the ban has caused controversy. One of the major tourist attractions in Kodaikanal, Dindigul district, Perijam Lake is located in a protected forest area. Therefore, tourists can visit it only after obtaining permission from the forest department. On the way to Perijam Lake, you can visit places such as Topp Topp Rock, Madikettan Solai, View



Point, and Sanit Palathakku. In this situation, tigers were detected in the Berijam Lake area since the morning of May 16. Due to this, the forest department has banned tourists from going there until further notice for safety reasons. As a result, the tourists returned disappointed. In this situation, a video of some people violating the ban, driving to Berijam Lake in a forest department vehicle and then getting into their own vehicle from the entrance gate, went viral recently. Many people, both the general public and tourists, are expressing their opposition to the fact that forest officials misused their power and allowed only those they wanted to visit the Berijam Lake, despite the ban on tourists. It is noteworthy that when I tried to contact forest department officials on my cell phone regarding this, they did not answer the call.

## Man Arrested for Selling Ganja in Cemetery

SIVAKASIJUN.01

A young man was arrested in Sivakasi for selling ganja within a cemetery. Police officers were conducting a patrol in the East Meenam-patti area of Sivakasi when they noticed a group of individuals sitting inside the local cemetery. When the police attempted to apprehend and question them, four members of the

group fled the scene. However, one individual—identified as Arumugam (26)—was caught by the police. The officers seized 100 grams of ganja from his possession. Additionally, they confiscated the two-wheeler that had been used for the sale of the ganja. The police are currently searching for the four individuals who escaped.

## Electricity Consumers’ Grievance Redressal Meeting in Vandavasi

VANDAVASIJUN.01

An electricity consumers’ grievance redressal meeting, aimed at resolving issues faced by consumers within the Vandavasi Electricity Division, is scheduled to be held this Tuesday. The meeting—the June 2026 edition of the electricity consumers’ grievance redressal forum—will take place on the upcoming Tuesday (June 2, 2026) at the Vandavasi Divisional Electricity Office, which falls under the Tiruvannamalai Electricity Distribution Circle. The event is scheduled to commence at approximately



11:00 AM at the Executive Engineer’s office, located on Venkundram Road in Kosappalayam. It will be presided over by the Superintending Engineer of the Tiruvannamalai Electricity Distribution Circle. Through a press release, Mr. Saravana Thangam, the Executive Engineer of Vandavasi, has informed the public that electricity consumers may utilize this opportunity to voice their grievances and have them resolved.

## 52% of the work on the 2nd phase The Metro Rail project has been completed Chennai Metro Rail Corporation officials informed

CHENNAIJUN.01

Chennai Metro Rail Corporation officials announced that overall, 52.55 percent of the metro line construction work in the second phase of the Metro Rail project has been completed by April. In Chennai, the 2nd phase of the Metro Rail project is being implemented at a cost of Rs. 63,246 crore and is being implemented on 3 lines over a distance of 116.1 km. Work is underway on the 3rd line from Madhavaram to Siruseri (45.4 km), the 4th line from Kalankarai Vilakkam to Poonthamalli (26.1 km), and the 5th line from Madhavaram to Cholinganallur (44.6 km). In total, work is underway to set up 118 Metro Rail

stations. Of this, about 42.6 km. 43 underground train stations are being constructed on the tunnel route. The metro rail construction work began in November 2020. The tunnel route work, as far as it is concerned, began in October 2022 in Madhavaram. Following this, tunnel works began at various places including Greenway, Kalankarai Villukgam, Sethupattu, Panagal Park. At the same time, the construction work of the metro station between Porur - Vadapalani is underway. Railing work is currently underway on the Vadapalani - Kodambakkam Powerhouse line. Elevated track work is also underway at many places. In this situation, a total

of 52.55 percent of the work in the 2nd phase of the Metro Rail Project has been completed. Regarding this, Chennai Metro Rail Corporation officials said: We expect the first metro rail service in the 2nd phase of the Metro Rail Project to start soon on the 4th route, Poonthamally - Porur - Vadapalani route. Following this, the Chennai Trade Center - Porur works are nearing completion. The Porur - Koyambedu elevated railway works are also in full swing. A total of 52.55 percent of the work on the second phase of the metro rail project, including the elevated line and the tunnel, was completed by April. Notably, 42.71 percent of

the high-level road works and 45.46 percent of the tunnel works have been completed on Route 3. More than 60 percent of the work on Route 4 and more than 50 percent of the work on Route 5 has been completed. Work is in full swing at many places. Due to the Legislative Assembly elections, workers from the northern states, including West Bengal and Assam, had been returning to their hometowns for 2 months. Now, most of the workers have returned. The ongoing work has intensified. In the Phase 2 Metro Rail Project, it has been decided to complete all the elevated track works by 2027 and all the tunnel works by 2028. They said this.

## China shoots down US F-15 jet in Iran

WASHINGTONJUN.01

A US F-15 fighter jet that crashed in southwestern Iran last month was likely shot down by a Chinese-made shoulder-launched missile, an investigative report has said. NBC News reported: China may have been secretly providing military aid to Iran in the wake of the US-Iran war on February 28. In particular, China is believed to have supplied Iran with 'stealth' technology that allows it to fly without being detected by radars and radar systems that can track long-range targets. US officials believe that such advanced equipment could allow Iran to accurately track advanced fighter jets such as the US F-15E Strike Eagle, NBC reported. US President Trump had previously said that the US warplane was hit by



a shoulder-launched MANPADS missile. Meanwhile, the news that the missile was made in China has caused a stir. These small missiles, which are carried on the shoulders of people and used to attack low-flying aircraft, are generally 7 feet long and weigh 40 pounds.

## India is a powerful country in South Asia US Defense Secretary Pete Hexath

SINGAPOREJUN.01

US Defense Secretary Pete Hexath has said that India is a powerful country in South Asia. India's strength was recognized by the world during Operation Sindhu last year. In this context, the Asia-Pacific Security Summit was held at the Shangri-La Hotel in Singapore yesterday. In this, defense ministers, military commanders and senior officials from 44 Asia-Pacific countries are participating and discussing security issues between the countries. In this, US Secretary of Defense Pete Hexath spoke: India is a powerful country in South Asia. It is modernizing its military.



India's growing military capabilities and its strategies in maintaining balance between countries are commendable. India's role in the Indo-Pacific security system is important. India is a key player in border security in South Asia. India's efforts to strengthen its security capabilities are commendable. India is building a strong professional and logistical capability to sustain high-level

military operations. Defense cooperation between the United States and India is expanding. Both countries are undertaking joint production efforts to increase military readiness and capability development. We have committed to continuing joint production with India to improve the Javelin anti-tank missile. The Trump administration plans to increase military equipment production and military spending. We will produce the world's best weapons in large quantities, at high speed, and at a reasonable price. President Trump spent \$1 trillion on defense last year. He said this.

## Fire at Hyundai Mobis factory Goods worth crores damaged

SriperumbudurJUN.01

It has been reported that goods worth several crores of rupees were gutted in a massive fire that broke out yesterday at the Hyundai Mobis car parts manufacturing factory operating in the Irungattukkottai Chipkot Industrial estate near Sriperumbudur. A factory called Hyundai Mobis is operating in the Irungattukkottai Chipkot Industrial Estate near Sriperumbudur in Kanchipuram district. A fire broke out yesterday in the department that manufactures dashboards and airbags for cars. The fire is said to have spread rapidly due to the flammable materials stored in the area, such as plastic. The



fire engulfed the entire factory complex in thick black smoke. Upon receiving information, more than 6 fire engines from Sriperumbudur, Irungattukkottai, and Oragadam rushed to the scene and started the work of dousing the fire. After several hours of fighting, the fire was contained. More than 500 workers who worked in the factory immediately after the fire broke out were evacuated, saving lives. Dashboards, airbags,

and other components that were manufactured in this accident were severely damaged by fire. The damage was initially estimated to exceed several crores. Amidst suspicions that the fire may have been caused by factors including summer heat and electrical leakage, the Sriperumbudur Police Department and the Fire Department are jointly conducting an intensive investigation into the cause of the fire.

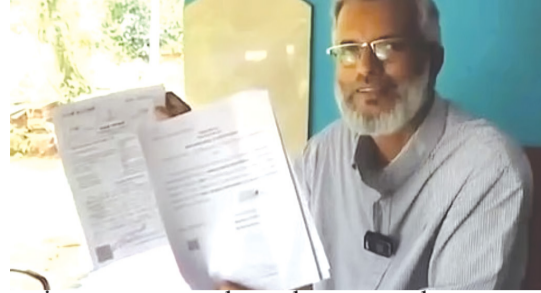


Aadav Arjuna, Minister for Public Works, Highways, and Sports Development, inspected the modern sports hostel for athletes—currently being constructed by the Sports Development Authority of Tamil Nadu at an estimated cost of ₹7.95 crore—located within the sports complex adjacent to the semi-indoor basketball stadium in Coimbatore district.

## Appointment letter for government job at retirement age for someone who applied in 2005

Thiruvananthapuram

An appointment letter for a government job is usually a happy moment for job seekers. But a man from Kerala received an appointment letter after 18 years, at his retirement age. Abdul Majeed, a resident of Kalikavu village in Malappuram district of Kerala, received a letter of recommendation from the State Public Service Commission (PSC) last month. He was shocked to see the letter, which said that he had been appointed as a part-time junior Arabic teacher. Majeed had written the PSC examination in 2005 (20 years ago). It is also inter-



esting to note that the ranking list he was selected on expired in 2008. Abdul Majeed said in this regard, "It has taken 18 years for the PSC to send this appointment letter. This job has come so late that it is of no use to me in its current state. After I crossed the age of 60, I have lost all hope of getting a government job," he said with pain. After repeated advertisements and recruitment efforts, Majeed

has now been sent this letter for a vacant post for which no suitable candidates have been found. He has to submit the necessary documents within 3 months of receiving the PSC letter and join the service. However, according to Majeed's school certificate, his date of birth is May 27, 1966. This makes him ineligible for this appointment as he has already passed the prescribed retirement age.

## POCSO Act applicable if minors under 18 are trafficked for commercial sexual exploitation: Supreme Court orders

NEW DELHIJUN.01

The Supreme Court has ruled that when a person under the age of 18 is abducted for commercial sexual exploitation, a case can be filed against him under the POCSO Act. The case related to sex workers came up for hearing before a bench of Supreme Court Justices J.P. Parthiwala and R. Maha Devan. Hearing the petitions, the justices said: The consent of an adult victim to the prescribed exploitation is not relevant if any of the 'methods' listed in the Act were used, such as intimidation, other forms of coercion, abduction, fraud, abuse of power, abuse of a position of vulnerability, or the giving or receiving of money or benefits to obtain someone's consent. That is, the consent



of a child or the victim is irrelevant. Cases of child trafficking for commercial sexual exploitation can also be registered under the stringent POCSO Act, along with relevant sections of the Bharatiya Nyaya Sanhita and the Immoral Trafficking Prevention Act. This Ministry of Justice is issuing various guidelines to alleviate the concerns of sex workers. At the same time, we are also clarifying the relevant legal framework for prosecuting perpetrators and providing redress to victims. The awareness that someone is being employed in the

sex industry does not remove them from the status of a victim of human trafficking, as they may have been misled about the working conditions. Those working conditions may have been the ones that later became the source of the abuse. Section 23 of the Constitution prohibits human trafficking, begging and all other forms of forced labour. The section prohibits human trafficking in any form. Therefore, cases of human trafficking for commercial sexual exploitation can be registered under the POCSO Act, the court said.

## 10 Indian sailors held captive by Iran released after months

NEW DELHIJUN.01

In July last year, the Iranian Navy intercepted and detained the oil tanker MV Harbor Phoenix near the Iranian port of Jask. Following this, 10 Indian sailors on board were arrested and detained. The Colombo Port Authority announced that all 10 Indian sailors were released due to continuous diplomatic efforts. In a statement issued in this regard, it was stated that, "The Indian sailors released by Iran are currently in quarantine. Arrangements are being made for their return to India very soon." In-



dia and Iran have long-standing diplomatic and energy ties, while India balances its close ties with the United States and Israel. Iranian forces have said they are intercepting illegal fuel smuggling vessels in the Gulf. India has followed a policy of keeping public comments to a minimum and maintaining a quiet diplomatic approach in negotiating the release of

the Indian sailors. No further details have been provided on the reason for the arrest of the Indian sailors or the number of hostages. The joint website that tracks the shipping traffic has dubbed this ferry the Palau ferry. India is one of the world's largest commercial shipping companies. Thousands of Indian sailors work on the Gulf of Mexico ferry routes

## Census Operations Begin Today in Puducherry



PUDUCHERRYJUN.01

The door-to-door population enumeration process has commenced today in Puducherry. In the Union Territory of Puducherry, the Indian Census operations for the year 2027 are being conducted from today (June 1) until the 30th of this month. Conducted under the Census Act of 1948, this national exercise is vital for the country's planning, the delimitation of constituencies, and the effective implementation of public policies. This census will be conducted through direct enumeration across all regions of the Union Territory, including Puducherry, Karaikal, Yanam, and Mahe. To facilitate this, census officials will visit every household in person to carry out the enumeration process. During the 'House-listing' phase of this exercise, data regarding housing conditions and amenities will be collect-

ed. According to the official notification, census officials have been authorized to ask a set of 33 questions. To ensure the success of this national endeavor, the public is expected to fulfill certain duties while also exercising their rights. Furthermore, the public is requested to cooperate by permitting officials to enter their residential premises for census purposes and to affix census numbers or codes as required. All personal information collected by this department will be maintained in absolute confidentiality under Section 15 of the Act and will not be used as evidence in any civil or criminal proceedings. District Collector Kulothungan has stated that, in accordance with these regulations, instances of non-compliance or the willful provision of false information may result in the imposition of a fine of up to ₹1,000, as stipulated by law.

## Risk of Disease Outbreak Due to Accumulated Waste

KOTAGIRIJUN.01:

A risk of disease outbreak has emerged in the Thappakkambai area—which falls under the jurisdiction of the Konavakkara Panchayat within the Kotagiri Panchayat Union—due to the failure to remove accumulated waste. More than a hundred families reside in Thappakkambai and its surrounding localities. For the past few days, waste collection has been stalled,

as the vehicle designated by the Panchayat Council for garbage removal has not been operating. Consequently, waste has piled up in the area, creating a hazardous environment that poses a risk of spreading diseases. Therefore, demands have been raised urging the Konavakkara Panchayat Council to ensure the proper and daily removal of waste generated in these residential areas.

## Iran boasts of downing US drone with domestic weapon



TEHRANJUN.01

The United States launched a series of strikes targeting Iranian military targets a few days ago. In this context, Iran announced that it shot down a US MQ-9 Reaper drone near Qeshm Island in the Strait of Hormuz with a domestically developed air defense missile called 'Arash-e-Kamangir'. The US drones are

said to be worth \$30 million. Iran claims that they were shot down by a low-cost air defense missile, without the help of radar. The new air defense missile is named after the Persian mythological hero Arash. To celebrate this, a billboard with the image of the famous Persian archer Arash was put up for public viewing in Tehran