

DRUG CULTURE is the reason we are losing sisters in Tamil Nadu: Chief Minister Vijay in anguish in Trichy

TRICHY, JUN. 02

The drug culture in Tamil Nadu has spread from street to street under the previous model regime. That is the reason for many problems. That is why we are losing our sisters, said Chief Minister Vijay at a public meeting held in Trichy. He alleged that the DMK and AIADMK's plan to form a government together was horse-trading. A government free of bribery and corruption will not happen overnight. But he said that he will definitely do it one day. Vijay's TDP won 108 seats in the recently concluded assembly elections in Tamil Nadu and formed the government. Vijay, who contested and won



in both the Chennai Perambur and Trichy East constituencies, resigned as the MLA of Trichy East constituency. Enthusiastic welcome After this, he came to Trichy yesterday to thank the people of Trichy East constituency for the first time after his election victory, after taking oath as the Chief Minister. He was given a warm welcome by party executives and volunteers. Following this, Chief Min-

ister Vijay spoke at a public meeting held at St. Joseph's College grounds, Trichy, yesterday evening: Trichy is the heart of Tamil Nadu. Similarly, Trichy East constituency is very close to my heart. Thank you to all of you who supported me. It would have been better if the people of Tamil Nadu had shown a little more support. Those who said, 'We will remain silent for 6 months after

the government is formed' could not remain silent even for 6 days. Those who speak against us should keep speaking. We will keep doing good. Should only those who exercise power and dominate wear suits? We will wear them too. That and the black and white we wear shows how openly we act. Competition between TDP and DMK: Politically, the competition is between

TDP and DMK. No one has any business in the middle. There is no place

for any other party here. They criticize us for horse-trading. The DMK and many

others (AIADMK) made many plans to prevent Vijay from forming the gov-

ernment. They both planned to form the government together.

This is horse-trading

The evil force and the exhausted force made a deal and planned to form a government and loot. DMK has become not only an evil force, but also a distant force that has become distant from the people. Moreover, by thinking of forming a government with the exhausted force, DMK has also become a depleted force. Whether DMK opposes us or opposes us, all of that is good for us. You criticized all the people who support the Tevagga as traitors. Those whom you called like that are the ones who have called your political career into question today. You have turned the party started by Anna into a slave camp and are now saying, 'Speak the truth, brother'. DMK workers themselves are saying that the reason for this state of DMK is your family. DMK has made many conspiracies to prevent us from coming to power. At least from now on, try to act as a constructive opposition party and gain a place in the minds of the people. After coming to power, I have closed down TASMACHOP shops that were causing inconvenience to the people. Based on what can be done in a month, the crop loans of farmers have been waived off. They are criticizing that 200 units of electricity are free. It was not you who gave 100 units of free electricity. Former Chief Minister Jayalalitha. You have closed all the doors to finance. We need to fix that first. Within a few days of our rule, they are criticizing us saying, 'That's not right.. That's not right.' But in the previous model government, the drug culture has spread from street to street. That is the cause of many problems now. That is why we are losing our sisters. Qualified officers and police officers have been appointed for the safety of the people. People, especially women, will be provided with proper protection. The 'Singappen Special Force' will be launched next week. No matter what blame is placed on us, we will be there for the people. We have broken caste, religion, and money for votes in this election. I have no hesitation like Stalin. There is no compromise on secularism. We will never give up statehood and river water rights. We will let only one of you stand in the Trichy East constituency by-election. Give them victory. A government free of bribery and corruption will not happen in a day. But I will definitely do it one day. Thus said Chief Minister Vijay.

Musician Ilayaraja's birthday Chief Minister Vijay wish him well

CHENNAI, JUN. 02

Political party leaders including Chief Minister Vijay have shared their wishes on the birthday of musician Ilayaraja. In a congratulatory message issued by Tamil Nadu Chief Minister and T.V.A. leader Vijay, he said: "Born in the village of Pannapuram in Theni district, he started his musical journey with his brothers, entered the film industry with the film "Annakkili", and has achieved many achievements including world-famous symphony music, making him the crown jewel of the music world. Ilayaraja is bringing pride to Tamil Nadu. May your music continue to be a guiding light and inspiration for many generations to come. We wish you,



the pride of Tamils, a happy birthday with our love and respect!" said Chief Minister Vijay. Former Chief Minister M.K. Stalin posted a congratulatory message: "Happy birthday to the musician who will rule us forever with music! He even moved his birthday a day earlier out of respect for Karunanidhi. "Karunanidhi gave him the title of 'Musician'. May the reign of the Raja continue from Annakkili to Symphony. The Raja is always the Raja!" Stalin said. In a congratulatory message

issued by PMK leader Anbumani: "As our music doctor and the world's greatest composer, Isaignani Ilayaraja, celebrates his 84th birthday today, I extend my heartfelt greetings to him." The unique feature of the musician is that he spends more time with everyone through music than with his mother, father, family, friends, etc. The demand for the works of the young Raja is increasing day by day. His music is a free medicine for all problems including mental anguish and stress.

"The musical service of a musician should continue across time. A musician should live across centuries and delight future generations with music," said Anbumani. AMMK General Secretary TTV Dhinakaran issued a congratulatory message: "Today is the birthday of the incomparable maestro of the music world, the musician Ilayaraja, who has captivated the hearts of millions of people with his emotional music. "I pray to the Almighty God that the musician Ilayaraja, who has created timeless epics with his unique talent, ranging from folk music to Western music, may continue to delight people with his music with long life and perfect health," said TTV Dhinakaran.



Mr. A. Afzal (President), Mr. T. Maran (General Secretary), Mr. K. Ramesh (Treasurer), and other office bearers of the Tamil Nadu Omni Bus Owners Association met and held discussions with the Honorable Chief Minister of Tamil Nadu, Mr. S. Joseph Vijay, at the Secretariat today (June 2, 2026).

It is shameful to try to evade responsibility for law and order - EPS slams Chief Minister

Chennai

How many ruling party executives have been arrested for serious crimes in the last 3 weeks? As a party leader, how can he manage the police if he does not have the authority to control his party members?" AIADMK General Secretary EPS has criticized. Regarding this, he wrote on his X site, "The news that a 23-year-old youth named Vishnu was beaten to death in Thandaiyarpuram, Chennai, after he was caught selling ganja is shocking. Is murder the answer in this regime if you are caught selling drugs? Is this the change? In this regard, the current Chief Minister, who spoke in Trichy yesterday, is being accused



of futilely blaming himself. He has appointed officers. Is it enough to appoint them? Do the same officers work in every government? Change must come from the ruler. It is shameful that the person in charge of the police is trying to evade responsibility for law and order. In this, he has indirectly confessed that he cannot eradicate drugs. Also, the Lioness will launch the task force next week. When all the arrangements were ready last week, why did you cancel at the last minute? Did you compro-

mise the safety of Tamil Nadu women to celebrate your assistant's house party? Should Tamil Nadu women be without safety until you launch next week? Do you want people to keep dying before you finish a six-month crash course on 'how to govern'? Shouldn't anyone question that? If there isn't a proper Chief Minister, then at least there isn't a proper party leader, that's not it. There are reports that two ruling party officials have been arrested in a gang rape case near Thoothukudi. he said.

How many ruling party officials have been arrested for serious crimes in the last 3 weeks? As a party leader, how can someone who has no power to control his party members manage the police? How can such a government protect the people? How can it ensure the safety of women? "I urge the Chief Minister of the fake horse state, who does not realize the nature of the responsibility he holds and still uses himself as a reel hero who speaks punchy dialogues, to come out of that magical world and take responsibility for maintaining law and order, which is the primary task of his responsibility, and take action," he said.



Lieutenant General V. Srihari, General Officer Commanding (GOC) of the Dakshin Bharat Area, met with the Honorable Chief Minister of Tamil Nadu, Mr. S. Joseph Vijay, at the Secretariat today (June 2, 2026).

Announcement by the District Collector of Tiruvannamalai

Action to be Taken Against Stone Quarries Operating in Violation of Regulations

TIRUVANNAMALAI JUN.02

Pursuant to the directives of the Honorable Minister for Natural Resources—which mandated inspections across all stone quarries in Tamil Nadu, stipulated that quarrying operations must strictly adhere to government-approved limits, and ordered punitive action against quarries found in violation—surveys were conducted at quarries within the Tiruvannamalai district. These surveys, carried out by authorized agencies utilizing drone technology and DGPS (Differential Global Positioning System), revealed that minerals were being excavated without proper authorization beyond the specific land parcels for which quarrying leases had been granted. Consequently, in compliance with the orders of the Honorable Minister for Natural Resources—and specifically under the directive of the District Collector of Tiruvannamalai—operations at eight quarries found to be excavating and transporting minerals without government permission have been temporarily suspended. Furthermore, follow-up measures are currently underway to initiate penal action against the owners of the aforementioned quarries. Therefore, Mrs. Vandana Garg, I.A.S., District Collector of Tiruvannamalai, has issued a statement affirming that strict action will be taken against any quarry in the district found to be excavating or transporting minerals beyond the specific land areas authorized by the government.

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A weekly review meeting regarding

The daily and consistent supply of drinking water to the public in the district was held under the leadership of District Collector

RANIPET.JUN.02

The weekly review meeting concerning the daily and consistent supply of drinking water to the public in the district took place in the conference hall of the District Collector's Office, presided over by Ranipet District Collector, Ms. N. Priya Ravichandran. The District Collector inquired about the issues encountered during the previous week regarding drinking water distribution services provided to the public through local bodies and the Tamil Nadu Water Supply and Drainage Board (TWAD Board). Furthermore, she sought details regarding the remedial measures taken in areas where disruptions in water supply had occurred. On behalf of the TWAD Board, it was reported that water supply under the Mettur Combined Drinking Water Scheme would be reduced for a period of 15 days due to annual maintenance works. Officials from the local bodies explained the alternative arrangements that have been put in place to address this situation. Similarly, the Collector reviewed the progress of ongoing works related to drinking water supply in rural areas. She urged officials from both the local bodies and the TWAD Board to ensure that drinking water is supplied consistently to the public without any interruptions or issues. Subsequently, she inquired about disease prevention activities and the prevalence of Dengue cases under the purview of the Department of Public Health. She reviewed the pre-



cautionary measures and health-related interventions being implemented in affected areas and issued directives to monitor the situation with heightened vigilance. During the meeting, the Collector also inquired about the outstanding dues owed by local bodies to the TWAD Board. She sought details regarding the steps being taken to settle these arrears, as well as the financial resources available for doing so. She reviewed the status of pending works and outstanding payments related to electricity supply—provided by the Tamil Nadu Electricity Board to local bodies—for various developmental schemes and drinking water projects. She urged the local bodies to accord high priority and focused attention to resolving these matters. Officials must ensure that the public's fundamental need for drinking water is met without interruption, that clean drinking water is supplied, and that proper sanitation is maintained to prevent the outbreak of infectious diseases. Officials of local administrative bodies are required to carry out their duties with vigilance. He urged them to resolve any issues immediately. The meeting was attended by Mr. K. Selvarasu, Project Director of the Rural Development Agency, along with other departmental officials.

The weekly Public Grievance Redressal Meeting at the Ranipet District Collector's Office presided over by Collector Priya Ravichandran

RANIPET.JUN.02

During the meeting, held in the conference hall of the District Collector's Office, Ranipet District Collector Priya Ravichandran received petitions from the general public and persons with disabilities, and personally listened to their grievances. At the Public Grievance Redressal Meeting, the District Collector received a total of 339 petitions covering a wide range of issues. These included grievances related to the Revenue Department (land *patta* issues, *patta* transfers, free housing site *pattas*), old-age pensions, agriculture, policing, rural development, municipal administration, town panchayats, cooperatives, and the electricity department. Additionally, petitions regarding the welfare of persons with disabilities, general village-level issues, drinking water facilities, employment opportu-



and broader public welfare concerns were submitted. The District Collector handed these petitions over to the officials of the respective departments and issued strict instructions: they were to conduct proper inquiries into the petitions, take immediate action if the requests were found to be eligible, and provide the petitioners with written explanations in cases where their petitions were rejected. Subsequently, on behalf of the Department of Persons with Disabilities, the District Collector distributed foldable wheelchairs to two persons with disabilities. Each wheelchair was valued at ₹15,750, bringing the total value of the distributed aid to ₹31,500. Later, an elderly woman named Guleja from the SIPCOT area in the Walajah Taluk submitted a petition to the District Collector requesting the re-issuance of her lost family ration card. Following a prompt inquiry, a duplicate family ration card was immediately prepared and handed over to the beneficiary. A beneficiary expressed heartfelt gratitude to District Collector Priya Ravichandran for resolving their grievance and providing assistance within a single day. The meeting was attended by District Revenue Officer Baby Indira, Project Director (Rural Development Agency) Selvarasu, Personal Assistant (General) Geethalakshmi, Backward Classes and Minorities Welfare Officer Meena, Adi Dravidar and Tribal Welfare Officer Arivudainambi, Assistant Commissioner (Excise) Rajkumar, District Supply Officer Ekambaram, and other departmental officials.

AI is Just Hype!

As far as the IT sector is concerned, wherever you turn, one topic dominates the conversation: Artificial Intelligence—or AI technology. While this technology has indeed yielded numerous benefits, some companies have simultaneously begun utilizing AI agents to replace and lay off their human workforce. Just a few days ago, several of India's leading IT firms sent employees home in droves, citing AI technology as the primary reason. However, the reality is that these companies are currently grappling with an economic downturn; this is the true catalyst behind these layoffs. Companies are merely using AI technology as a scapegoat for these actions.

Nvidia, 10x for Apple, 11x for Alphabet, 10x for Microsoft, 7.5x for Meta, and 19x for Micron. These figures indicate that, relative to the substantial revenues generated by these corporations, their shares are trading at disproportionately high prices in the market. This situation bears a resemblance to the 1990s, when the Internet—a novel technology at the time—was introduced to the world and began its rapid ascent. Convinced that internet services were poised to transform the entire world, investors poured massive amounts of capital into the sector. At that time, simply having the “.com” suffix attached to a company's name was sufficient; investors would immediately snap up its shares. Consequently, the share prices of these companies skyrocketed dramatically. However, within a few months, the actual revenue figures for these respective companies began to emerge. As a result, by early 2000, these “Dot-com” companies had exhausted their capital and were unable to secure further investments. This led to the bankruptcy of numerous firms, resulting in losses amounting to billions within a single year. The stock market subsequently experienced a catastrophic collapse—an event that came to be known as the “Dot-com Crash.” Consider a scenario where a company's shares are trading at a price ten times higher than its actual annual revenue. If an investor purchases these shares, they would only realize a profit if the company were to distribute its *entire* earnings—every single penny—to shareholders over the next ten years. This would only be feasible if the company incurred absolutely no expenses on salaries or other operational costs. Is such a scenario even possible? Certainly not, right? Yet, driven by the belief that AI is destined to grow and flourish, investors are currently focusing their attention—and capital—on AI-related stocks. However, this trend could very well pave the way for another massive market crash. Fueled by the AI craze, many individuals are purchasing shares even as prices continue to inflate; should these overvalued shares suddenly plummet, a catastrophic market collapse would inevitably ensue. As corporate profits begin to decline, investors will start to liquidate their holdings; this mass sell-off will cause share prices to tumble precipitously, triggering a crisis similar to the one witnessed in the past. To put it simply, there is absolutely no doubt that AI will perform some truly miraculous feats in the years to come. However, allowing the valuation of company shares to be driven solely by this potential—rather than by actual fundamentals—will inevitably lead to a monumental market crash. Do you know what lesson we ought to learn from this? If one analyzes a company's true profits and annual earnings before purchasing its shares, it is possible to weather even a market downturn.

Martyr Anjalai Ammal's Birth Anniversary Celebrated by the Tamizhaga Vettri Kazhagam at Mathur Bus Stand

KRISHNAGIRI JUN.02

At the Mathur bus stand in the Krishnagiri East District, the Tamizhaga Vettri Kazhagam organized a celebration marking the birth anniversary of freedom fighter and martyr Anjalai Ammal. Led by Krishnagiri East District Secretary Murali Vijay—and held in the presence of Uthangarai MLA Ilayaraja, A.C. Devendran, and Nagarathinam—the event saw participants paying homage



to Anjalai Ammal by garlanding her portrait and showering it with flowers. A large number of party functionaries attended the ceremony, including District Treasurer Manikandan; District Executive Committee members Sukumar and Santhoshkumar; District Student Wing leader Ezhilkumar; Union Secretaries Vignesh, Thirumorthy, Siva, and Umamathi; District Women's Wing organizers Abinaya, Priya, Keerthana, and Rajalakshmi; and Union-level administrators Ibrahim, Nivedhana, Thirumal, Hariharan, Venkatesan, Kumar, Vignesh, and Tamilmani. Together, they paid floral tributes to the portrait of the freedom fighter and martyr, Anjalai Ammal.



The Honorable Minister for Artificial Intelligence, Information Technology, and Digital Services, Dr. R. Kumar, visited the IIT Madras Research Park in person today (01.06.2026) and held a review meeting with officials regarding the role of the IIT Madras Research Park in enhancing industry-academia collaboration and accelerating innovation-driven growth.



Dr. J.U. Chandrakala, the District Election Officer and District Collector of Ranipet, visited the BHEL Guest House yesterday. She welcomed and held discussions with the Election Expenditure Observers—Sudipta Pal, Saurabh Dubey, and Prakash Ranjan—who have arrived to conduct the final reconciliation of the election expenditure accounts submitted by candidates contesting in the four Assembly constituencies within Ranipet district for the 2026 Tamil Nadu Legislative Assembly General Elections, prior to their submission to the Election Commission of India.

Schools to Reopen on June 4th Teacher Recruitment Announced Monthly Salary of ₹25,000

Good News from the Tamil Nadu Government
CHENNAI, JUN.02

School students in Tamil Nadu are currently on summer vacation. The summer holidays began last April. The School Education Department had previously announced that schools would reopen on June 1st. The Department has also been making the necessary arrangements for this purpose. However, citing the severity of the summer heat, the Department subsequently postponed the reopening of schools. Read More: TNPSC Combined Technical Services Examination: How to Apply Online? Specifically, the School Education Department has announced that schools for all classes across Tamil Nadu will reopen on June 4th. Consequently, textbooks, uniforms, and other supplies are currently being dispatched to all schools. With only three days remaining until schools reopen, persistent allegations regarding a shortage of teachers in schools have surfaced.

Teacher Vacancies
As the 2026-27 academic year is about to commence, schools must be fully staffed with teachers; measures must be taken to ensure that no vacancies remain unfilled. Any existing vacancies are currently being filled through the appointment of temporary teachers. Although this process should ideally have commenced a month ago, the recruitment of temporary teachers is proceeding with a delay this



ஆசிரியர்கள் பணியிடங்கள் குறித்த அறிவிப்பு

year. Various stakeholders have been making continuous demands for the vacant teaching positions to be filled. In response to this situation, the Tamil Nadu government has announced that it intends to fill the temporary teaching positions in government schools. Chennai Primary Schools 101 C.P.Ed/B.P.Ed Rs. 18,000, 2. Chennai Middle Schools 29 B.P.Ed/M.P.Ed Rs. 20,00 3. Chennai High and Higher Secondary Schools 50 B.P.Ed/M.P.Ed Rs. 25,000
Appointment of Temporary Teachers at a Salary of Rs. 18,00 Orders have been issued to appoint temporary teachers across Tamil Nadu. Specifically, measures are being undertaken to appoint Physical Education teachers on a temporary basis—for a duration of 10 months, from June to March—through the School Management Committees (SMC) in the Primary, Middle, High, and Higher Secondary schools operating under the Chennai Corporation Education Department. ****Read More:**** Order Issued to Display Fee Details at School Entrances: State Information Commission Takes Decisive Action Accordingly, temporary teachers are set to be appointed to a total of 180 vacancies, comprising 101 posts in Chennai Primary Schools, 29 vacancies in Chennai Middle Schools, and 50 vacancies in Chennai High and Higher Secondary Schools. Regarding educational qualifications: applicants for Physical Education teacher positions in Primary Schools must possess a C.P.Ed or B.P.Ed degree; applicants for positions in Chennai Middle Schools must hold a B.P.Ed or M.P.Ed degree; and applicants for Physical Education teacher positions in Chennai High and Higher Secondary Schools must also possess a B.P.Ed or M.P.Ed degree. Regarding monthly remuneration, it has been announced that Physical Education teachers selected for primary schools in Chennai will receive a monthly salary of Rs. 18,000; those selected for middle schools will receive Rs. 20,000; and those selected for high and higher secondary schools will receive Rs. 25,000. Consequently, the Government of Tamil Nadu has directed school Headmasters to identify eligible candidates and immediately submit their recommendations—accompanied by the candidates' details and relevant supporting documents—to the concerned Assistant Educational Officer.



A review meeting regarding student admissions for the 2026-2027 academic year in Government Engineering, Arts and Science, and Polytechnic colleges was held at the Directorate of Collegiate Education in Chennai, under the chairmanship of the Honorable Minister for Higher Education, Mr. P. Viswanathan. The meeting was attended by Mr. V. Arun Roy, Secretary of the Higher Education Department; Ms. A. Sundaravalli, Commissioner of Collegiate Education; Dr. S. Visakan, Director of the Directorate of Technical Education; and senior officials from both the Directorate of Collegiate Education and the Directorate of Technical Education.



BEAUTY TIPS FOR GLOWING SKIN DURING SUMMER

- 1. Stay Hydrated for Natural Radiance**
Summer heat can dehydrate the body and make the skin appear dull. Drinking plenty of water throughout the day helps maintain skin elasticity and flushes out toxins. Experts recommend consuming at least 8-10 glasses of water daily. Fresh fruits such as watermelon, cucumber, and oranges also contribute to hydration and help keep the skin healthy and glowing.
- 2. Cleanse and Protect Your Skin**
Sweat, dust, and pollution can clog pores during hot weather. Washing the face twice daily with a gentle cleanser helps remove impurities and prevents breakouts. Applying a broad-spectrum sunscreen with SPF 30 or higher is essential before stepping outdoors. Sunscreen protects the skin from harmful UV rays, reducing the risk of tanning, pigmentation, and premature aging.
- 3. Choose Lightweight Skincare Products**
Heavy creams may feel uncomfortable during summer. Dermatologists recommend using lightweight, non-comedogenic moisturizers that hydrate without clogging pores. Gel-based products containing aloe vera or hyaluronic acid can provide cooling hydration. Regular exfoliation once or twice a week helps remove dead skin cells and promotes a brighter complexion.
- 4. Eat Healthy and Get Adequate Rest**
A balanced diet rich in vitamins, minerals, and antioxidants plays a vital role in skin health. Green vegetables, nuts, berries, and fresh fruits nourish the skin from within. Adequate sleep allows the body to repair damaged skin cells and maintain a youthful glow. Combining healthy eating habits with proper skincare can help achieve naturally radiant skin throughout the summer season.

Can You Eat Chicken and Fish Together?

When ordering fried fish alongside Chicken Biryani at weddings, or ordering Prawn Masala with Chicken Kebabs at a restaurant, a question often arises in the minds of most people: Is it safe to eat chicken and fish together? Some fear that this constitutes an "incompatible food combination," while others argue that since both are sources of protein, there is absolutely no issue. So, is this a scientific fact, or merely a superstition that has persisted for years? Let's examine this in detail.

What Does Ayurveda Say?
In Ayurveda, this combination is classified as an "incompatible food." Chicken is considered "hot" (in terms of its energetic nature), heavy, and takes a relatively long time to digest. Fish is also considered "hot," but it is rich in fats and digests much more quickly. Ayurvedic texts state that when the Rasa (initial taste/essence), Dravya (fluid properties), and Vipaka (post-digestive effect) of these two foods differ, the Agni (digestive fire) becomes disrupted. This can lead to indigestion, gas, bloating, skin aller-

gies, or even toxicity. Specifically, traditional Ayurvedic wisdom advises against combining chicken with fish—much in the same way one is advised against combining fish with milk, yogurt, or honey. However, nutritionists assert that eating fish and chicken together is generally safe. They point out that, to date, there are no scientific studies proving that this specific combination is toxic or harmful. Chicken is rich in high-quality protein, B vitamins, selenium, and phosphorus. Fish contains Omega-3 fatty acids, Vitamin D, iodine, and selenium. Consuming both together can provide a diverse range of amino acids that aid in muscle growth. The is-

sue, therefore, lies not in the combination of the foods themselves, but rather in their quantity and quality. **When Does It Become a Problem?**
Consuming more than 300 grams of animal protein in a single meal places significant strain on the digestive system. This can lead to a sensation of heaviness in the stomach, gas, and nausea. Individuals with elevated uric acid levels, those suffering from kidney issues, and patients with gout may experience increased pain if they consume both types of meat together. Furthermore, chicken and fish require cooking at different temperatures. Chicken should be cooked at 75°C, while fish

requires a temperature of 63°C. If both are cooked in the same oil, there is a risk of cross-contamination and bacterial transmission. Additionally, using spoiled fish or chicken that has been treated with antibiotics significantly increases the risk of allergic reactions. ****How to Consume Them Correctly?*** Clean the chicken and fish in separate vessels, using separate knives and cutting boards. Consume both in moderation, ensuring that the total protein intake does not exceed 150 to 200 grams. Additionally, incorporate fiber-rich salads, leafy greens, lemon juice, or buttermilk into your meal; this will facilitate easier digestion. Drink warm water af-

ter your meal, and avoid lying down immediately afterward. If you are trying this combination for the first time, start with a small portion and observe how your body reacts. **Who Should Avoid This?**
Individuals prone to frequent indigestion, those suffering from Irritable Bowel Syndrome (IBS) or acidity, pregnant women, and young children are advised to avoid combining chicken and fish in a single meal. Those with a history of allergies should consult a physician before attempting this combination. In summary, eating fish alongside chicken is neither a sin nor a toxic act. Its suitability depends entirely on your digestive capacity, the portion sizes consumed, and the cooking methods employed. Ayurveda issues a warning, while science gives its approval. If you are in good health, cook fresh meat properly, and consume it in moderation, there is absolutely no issue. However, if your stomach feels heavy or bloated, discontinue that combination. Your diet should be diverse, but it must also be accompanied by prudence

An Object That Bids Farewell to Poverty!

Spiritual secrets of Alum (Padigaram) to remove negativity, attract wealth, and bless your home with peace and prosperity.

WHAT IS ALUM?

Alum, also known as Padigaram, is a powerful natural crystal known for its ability to absorb and neutralize negative energies.

HOW TO USE ALUM AT HOME

1. FOR WEALTH & PROSPERITY
Wrap a small piece of Alum in red silk cloth and tie it in a knot. Keep it near the main door or in your cash box. It attracts wealth, reduces expenses and brings stability.

2. FOR EVIL EYE REMEDY
On a Tuesday or Saturday, circle a piece of Alum clockwise 3 times around the affected person. Then throw it in fire or place it in a spot where no one steps on it. It removes the effects of Evil Eye instantly.

3. FOR PEACEFUL SLEEP
Place a bowl containing a piece of Alum under your bed. It helps in relieving nightmares and ensures sound and peaceful sleep.

HOW TO USE ALUM AT WORKPLACE

1. FOR BUSINESS GROWTH
Tie a piece of Alum in a black thread and hang it at the main entrance of your shop or office. It blocks negative energies, increases customer flow and boosts growth.

2. FOR FINANCIAL LOSSES
If you are facing losses, keep a piece of Alum in your cash box or drawer. It helps in stopping losses and attracting profits.

3. WEEKLY FLOOR CLEANING
Mix a pinch of Alum powder in water and use it to mop your home once a week. It purifies the space and maintains positive energy, like a temple.

IMPORTANT TIPS

- Replace Alum pieces once a month, as they absorb negative energies.
- Use with faith and positive intention for best results.
- Keep your home and workplace clean and spiritually pure.
- Alum works best when combined with prayers and good deeds.

BLESSINGS OF GODDESS MAHALAKSHMI

By using Alum with faith, you invite Goddess Mahalakshmi's blessings, remove obstacles and welcome prosperity, peace and happiness into your life.

Indian-origin pilot dies in helicopter crash Tragedy within hours of wedding in America

Indian-origin pilot dies in helicopter crash

WASHINGTON.
JUN.02

Dev Biji (26), a Kerala native, works as a pilot for Delta Air Lines in the US. Biji and nurse Jessi first met at the New Testament Church about 10 years ago. They fell in love then. Meanwhile, their wedding took place at 'The Revere' in Dawsonville, Georgia, USA. Dev and Biji looked very happy at the wedding, which was attended by about 400 guests. After the wedding reception, Dev and Biji boarded a 'Robinson



R66' helicopter to go on their honeymoon. The weather was bad at the time. As a pilot, Dev told the pilot that he should not travel by helicopter now. However, the pilot said that he could fly at a higher altitude and directed the helicopter. But within minutes of taking off, the helicopter crashed into a dense forest area near the wedding venue. Both Dave Biji and the helicopter pilot died at the scene. The seriously injured bride, Jessie, was admitted to the hospital. Her condition is stable. The National Transportation Safety Board has launched an investigation into the incident.

Iran really wants to make a deal-Trump

Washington.
JUN.02:

US President Donald Trump has said that Iran really wants to make a deal. In a post on Truth's social media account, he said, "Iran really wants to make a deal. It would be a very beneficial deal for America and all those who stand with America. But those who want to gain political advantage from this issue are constantly criticizing me more than ever, saying, 'I should move faster, I should move slower, go to war, avoid r "Why don't those stupid Democrats



and those seemingly unpatriotic Republicans understand how difficult it will be for me to do my job properly and negotiate in this environment? You all sit back and relax. Everything will work out in the end. That's how it always works out." Donald Trump has denied a CNN report that the nuclear issue was not included in the deal with Iran. In a social media post, he said, "CNN said that my Iran nuclear deal does not talk about nuclear issues. But in fact, the deal makes it very clear that Iran will not have nuclear weapons. It goes on to discuss various aspects of nuclear energy in very rigorous and detailed detail. In fact, a large part of the deal is about that."

Individuals Set Fire to Veeranam Lake Area

K.M.KOIL.JUN.02

Veeranam Lake is situated near Kattumannarkoil in the Cuddalore district. It is reported that, at an unspecified time, unidentified individuals set fire to the area surrounding Veeranam Lake in the Lalpettai region before fleeing the scene. Consequently, the reed thickets, shrubs, and vines encircling the lake caught fire and burned rapidly. Terrified by this blaze, the birds and small wildlife inhabiting the lake area fled in panic.

Talks with US suspended Iran opposes Israeli attack on Lebanon

TEHRAN.JUN.02

Iran has announced that it has suspended peace talks with the United States in protest against Israel's attack on Lebanon. The United States and Iran have been trying to find a peaceful solution to the war situation in West Asia through negotiations. Both sides have agreed to a ceasefire. In this context, both sides are trying to reach a peace agreement through mediators. Both sides are putting forward



various conditions in this regard. However, the agreement has not been signed yet. There is a continuing tug-of-war. Iran has announced that it has suspended peace talks with the United States in protest against Israel's attack on Lebanon. This was confirmed by the TANSIM news agency, which contacted Iran's Islamic Revolutionary Guard Corps. Earlier, the US launched an attack on Iran last week. India confirmed both sides. Iran also condemned the US for violating the ceasefire. On February 28, the US

and Israeli forces launched a joint attack on Iran. In response, Iran attacked US military bases in Israel and the Middle East. This sparked a war in West Asia. The war disrupted the supply of crude oil. In this context, a ceasefire was declared between the United States and Iran on April 9. The two sides have been engaged in peace talks since then. However, it is noteworthy that this issue has not yet reached its final stage.

Be careful of 'pickpockets

Rahul criticizes CBSE, central government Controversy over answer sheet revaluation issue

NEW DELHI.JUN.02

Alleging that students are being charged money for correcting answer sheets, Congress president Rahul Gandhi has harshly criticized the Modi government and the CBSE board, using the term 'big pocketers'. In a post released by Rahul Gandhi regarding this, he said, "Be careful of pickpockets. Today they are sitting in CBSE itself. If the invigilators are wrong due to CBSE's mistake, what will you



get? You will get a payment receipt. Digital scan copy: Rs. 100 per subject, Re-sit: Rs. 100 per paper, Re-sit fee: Rs. 25 per question. A child has to spend up to Rs. 2,000 just to check his own answer sheet. Think about it: How much money does CBSE

make when 4 lakh children submit such applications! When scanning with a mobile phone, mistakes are bound to happen in the evaluators. But to correct them, the child has to pay his own money. The mistake is CBSE's; the punishment is

for the child; the revenue is for the government," he said. A student who spoke to Rahul Gandhi in a video explained the process of re-marking the CBSE answer sheet and the stages at which students should pay. Following this, Rahul Gandhi criticized the CBSE and the central government. Earlier, Rahul Gandhi had criticized the CBSE and the central government for disrupting the answer sheet marking process for the Class 12 exams.

Pakistan's ISI advises militants to join political parties to escape close surveillance by Indian forces

New Delhi.JUN.02

Many people are working in Jammu and Kashmir in support of Pakistani intelligence agencies and terrorist organizations there. They are involved in all the tasks required for their extremist activities. In this situation, some people who were acting like this were caught by the Jammu and Kashmir Police. During the interrogation, several conspiracies by the Pakistani intelligence agency ISI came to light. The Pakistani ISI has instructed people involved in extremist activities in Kashmir to join national polit-



ical parties and get membership cards. Only then can they easily escape from the check posts without undergoing intensive checks and can easily smuggle weapons, they said. Speaking about this, the former DGP told the SP, "Such conspiracies can help them to some extent escape the surveillance of the security forces. During the raid, the membership cards of political parties are interpreted as a security shield. "Such incidents of militants showing identification cards of political party members while carrying weapons have happened before," he said. Several commanders of several militant outfits operating in Kashmir have been killed in intensive search operations by security forces. It seems that the ISI has been instructing people who help in militant activities to join political parties.

District Collector Saravanan has announced that measures will be undertaken to enhance infrastructure facilities in Dharmapuri district

DHARMAPURI.
JUN.02

Mr. V. Saravanan assumed office today as the new District Collector of Dharmapuri at the District Collector's office. Mr. Saravanan, who previously served as the District Collector of Trichy, officially took charge as the District Collector of Dharmapuri starting today. Following his assump-



tion of office, District Collector Saravanan stated that appropriate measures would be

implemented to improve the infrastructure facilities within Dharmapuri district. He further mentioned that officials across all government departments have been instructed to ensure that all government schemes fully reach the public. He affirmed that various initiatives aimed at the district's development would be effectively implemented.

What happened in the last minute of actress Twisha's death? CBI questions husband, mother-in-law

Bhopal.JUN.02

The suicide case of actress Twisha Sharma from Noida, Uttar Pradesh has been transferred to the CBI. For the past few days, CBI officials have been questioning Twisha's husband Samarth Singh and uncle Kiripala Singh. Following this, both of them were called to their house in Bhopal yesterday and questioned. What happened in the last minutes of Twisha's death was recreated in a realistic way. An



80-kg doll resembling Twisha was brought. It was hung from a noose. At that time, CBI officials raised various questions from her husband Samarth Singh and her uncle Kiripala Singh. Why was Twisha's body taken down without in-

forming the police? Why was the CCTV footage completely destroyed? Why was the rope used to hang Twisha hidden? Why did her husband Samarth Singh go into hiding if he did nothing wrong? Various questions were raised. Their answers were recorded on video. CBI officials said, "Mother Kiripala Singh is a retired judge. Her husband Samarth Singh is a criminal lawyer. Kiripala Singh used his influence to destroy various important clues."

Tirupattur District Welcomes

New District Collector G. Ravikumar Assumes Charge

Tirupattur.JUN.02

G. Ravikumar, appointed by the Government of Tamil Nadu as the 6th District Collector of Tirupattur, assumed charge today (June 1) at the Tirupattur District Collector's Office. During a ceremony held at the District Collector's Office, he formally took up his responsibilities by signing official files. Following this, he reviewed district administrative operations and held consultations with officials from various departments. District



administrative officials and office staff extended their best wishes to G. Ravikumar upon his assumption of office as the new District Collector. Officials stated that measures would be taken to expedite the implementation of welfare initiatives and development projects for the benefit of the district's residents.

New Job Opportunities at CECRI Karaikudi

24 Project Assistant Vacancies

Organization Name

CSIR-Central Electrochemical Research Institute (CSIR-CECRI),

Karaikudi Notification No:

PS - 05/2026 Dated 29.05.2026

Job Category

Central Govt Jobs

Employment Type:

Contract Basis Total No of Vacancies

24 Posts (Principal Project Associate, Senior Project Associate, Project Associate - II, Project Associate - I, and Project Assistant - II)

Place of Posting: Karaikudi

Starting Date: 30.05.2026

Last Date: 08.06.2026

Apply Mode: Online Official Website:

<https://www.cecri.res.in/> HEADING



Following the retirement of Mr. Ganesan—who served as a Forest Guard in the Gudiyatham Forest Range of Vellore District—a felicitation ceremony was held at the Gudiyatham Forest Range Office. During the event, Mr. Yuvaraj (General Secretary), Mr. Rajesh (Youth Wing President), and Mr. Sivakumar (Tamil Nadu President) of the All Legal Rights Awareness Association honored Mr. Ganesan by draping a shawl over him and expressing their appreciation.