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Dec.15-21, 2024 Vol.21-46

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THE JOURNEY OF GUKESH



In a historic moment for Indian chess, Grandmaster D. Gukesh, the young prodigy from Chennai, has emerged as the world chess champion, his meteoric rise from a dedicated student at Velammal Vidyalaya Mel Ayanambakkam to pinnacle of the Chess world is nothing short of inspiring.

Grandmaster D. Gukesh began his chess journey at an early age. Nurtured by the strong academic & ex-



tracurricular foundation provided by Velammal Vidyalaya Mel Ayanambakkam, known for fostering talent, the school identified his potential early on and offered him the support needed to develop his skills. With rigorous training, dedication and an unrelenting passion for the game he earned his Grandmaster title at the age of 12, becoming one of the youngest ever to achieve this feat.

The turning point in his career came when he surprised the legendary Vis. Anand in live FIDE rankings, marking the dawn of a new era in Indian Chess.

In 2024, his victory in the world chess championship solidified his position as a Chennai icon. Grandmaster D. Gukesh's rise from a school boy with a passion for chess to the world champion is a testament to his dedication and support of institution like Velammal that nurture young talent.

This achievement not only brings pride to India but also cements his place in the annals of chess history.

In the mean time, Tamilnadu Government announces Rs.5 crores of cash prize, encourage Gukesh future journey.

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(முசும்பர் 15 முதல் 21 வரை)



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AERIAL YOGA IN JUSFIT



Yoga, a practice rooted in ancient tradition, has taken on many innovative forms in recent years. One of the most captivating and physically rewarding variations is aerial yoga. Suspended in soft, silky hammocks, practitioners are literally lifted off the ground to experience a unique blend of yoga and acrobatics. Beyond the sheer thrill of defying gravity, aerial yoga offers a plethora of physical and mental benefits.

Aerial yoga has many benefits, including: Cardiovascular health A study by the American Council on Exercise (ACE) found that participants who practiced aerial yoga for six weeks improved their blood pressure, body fat percentage, and resting heart rate.

Aerial yoga requires core and arm strength to maneuver around the hammock. The hammock's support allows for deep r stretching without compressing the joints.

The hammock can carry some or all of your body weight, making inversions more accessible. Hanging upside down and inverting can decompress joints that compress over time due to gravity and age.

Being upside down increases adrenaline and produces hormones like serotonin, dopamine, and endorphins. In one study, participants lost an average of two and a half pounds, 2 percent body fat, and approximately one inch from their waist. Aerial yoga classes can also blend elements of fitness, dance, acrobatics, and Pilates.

Anyone can do Aerial Yoga but People with low or high BP, heart conditions, severe Arthritis, People who are pregnant or recovering from surgery should avoid. Contact JUSFIT for Women @9500090539 for registration.

கொய்யா சட்னி

தேவையானவை
 கொய்யாப்பழம் - 1
 காஷ்மீர் மிளகாய் - 5
 வரமிளகாய் - 3 (கரந்தித்த 985)
 சீரகம் - 1 ஸ்பூன்
 கொத்தமல்லி கிணை - 1 கைப்பிடி
 தேய்க்காய் - 1/2 ஸ்பூன்
 பூண்டு - 3 மண்
 கிணை வவங்காயம் - 5
 புளி - ஏராளிக்காய் குளவு
 வவங்காய் / நாட்டு சர்க்கரை - 1/2 ஸ்பூன்
 உப்பு தேவையான குளவு
முறை:
 எண்ணெய் - 2 ஸ்பூன்
 கடுகு - சிறிதளவு
 உளுந்தும் பருப்பு - 1/4 ஈ ஸ்பூன்
 கடலாம்பு பருப்பு - 1/4 ஈ ஸ்பூன்

நன்றாக பழுத்த கொய்யாப் பழத்தை சுத்தமாக கழுவி சிறிய துண்டு களாக நறுக்கி கொள்ளவும். பூண்டு மற்றும் வெங்காயத்தின் தோலை நீக்கி சுத்தம் செய்து வைக்கவும். தேய்க்காயை துருவியோ அல்லது நறுக்கியோ சுத்தம் செய்து கொள்ளவும். கொத்தமல்லி இலைகளை மண் இல்லாமல் நன்றாக கழுவி சுத்தம் செய்து எடுத்து கொள்ளவும். கடாயை அடுப்பில் வைத்து சிறிதளவு எண்ணெய் சேர்த்து காய விடவும். அதில் பூண்டு, கிணை வெங்காயம், மற்றும் புளி சேர்த்து நன்றாக வதக்கி ஆற விடவும். மிக்ஸி ஜாரை எடுத்து அதில்

காஷ்மீர் மிளகாய், வரமிளகாய், சீரகம் மற்றும் சிறிதளவு தண்ணீர் சேர்த்து நன்றாக அரைத்து கொள்ளவும். அத்துடன் கொத்தமல்லி இலை மற்றும் துருவிய தேய்க்காய் சேர்த்து நன்றாக அரைக்கவும். அத்துடன் வதக்கி ஆற வைத்த வெங்காயம், பூண்டு மற்றும் புளி சேர்த்து நன்றாக அரைத்து கொள்ளவும். கடைசியாக வெல்லம் மற்றும் தேவையான அளவு உப்பு சேர்த்து நன்றாக அரைத்து கொள்ளவும். சட்னியை தாளிக்க கடாயை அடுப்பில் வைத்து எண்ணெய் சேர்த்து காய விடவும். எண்ணெய் காய்ந்ததும் கடுகு சேர்த்து பொரிய விடவும். அத்துடன் கடலைப்பருப்பு மற்றும் உளுந்தும் பருப்பு சேர்த்து பொன்விறமாரும் வரை சேர்த்து வதக்கவும். அத்துடன் கறிவேப்பிலை சேர்த்து அடுப்பை அணைக்கவும். இதை சட்னி உடன் சேர்த்து நன்றாக கலந்து கொள்ளவும். சுவையான கொய்யாப்பழ சட்னி தயார்!



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MOGAPPAIR Times
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NR. ELANGO NAGAR BUS
DEPOT, SILVER PALM APT.
1064 SQ.FT, UDS 698 SQ.FT
1ST FLOOR, 2 BHK
FLAT FOR SALE,
WOODWORK,
APPROX 20 YRS OLD, CCP,
Rs.68L (NEGO)
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2ND FLOOR
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87785 45262

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1,200 SQ.FT
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PRICE Rs.55 LAKHS
CONTACT OWNER
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SIZE 13 / 36
BUILD UP AREA
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INCLUDING
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COMMISSION ETC.
LOAN ARRAGED
Rs.78 LAKHS
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உணவே மருந்து

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