CM Mamata Banerjee Walks Through Bhowanipore, Greets Devotees on Eid

West Bengal Chief Minister and Bhowanipore Assembly candidate Mamata Banerjee marked Eid-ul-Fitr by personally greeting devotees at the iconic Red Road, where a majority of Kolkata's congregational prayers take place. The Eid prayers were organized by members of the Calcutta Khilafat Committee under the guidance of Imam Hazrat Maulana Qari Fazlur Rahman Sahib. Following the prayers, Calcutta Khilafat Committee President Javed Ahmed Khan, accompanied by other members, welcomed Mamata Banerjee along with Trinamool Congress icon Abhishek Banerjee, warmly congratulating them on the occasion. Mamata addressed the gathering, wishing everyone a joyous Eid, and engaged directly with the public. Continuing her outreach, Mamata Banerjee visited Ward 63 in her Bhowanipore constituency, moving through Colin Street and Colin Lane. She was greeted by Councillor and Borough 7 Chairperson Sushmita Bhattacharya, Vice President of the TMC Minority Cell Abdul Qayyum, and party leader Bablu Payan. Borough 6 Chairperson Sana Ahmed was also present to welcome the delegation.

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Morning India

MODI is the 'biggest infiltrator': MAMATA

MI News Service, Kolkata: West Bengal Chief Minister Mamata Banerjee launched a sharp attack on the BJP-led Centre, accusing it of trying to snatch away voting rights through the SIR, describing Prime Minister Narendra Modi as the "biggest infiltrator" and warning that those targeting Bengal "should go to hell".

TMC supremo described the upcoming assembly elections as a battle to protect democratic rights and Bengal's plural social fabric. "We will not allow Modi ji and the BJP to take away your voting rights. We will fight till the end," Banerjee told the gathering, adding that she had approached courts from Kolkata to Delhi to challenge the process.

Her remarks come amid an escalating political confrontation over the Election Commission's voter roll revision exercise, which the ruling Trinamool Congress alleges has led to the deletion of names of genuine voters, particularly from minority-dominated areas. "When you go abroad, you shake hands with leaders and speak of friendship. That is your choice, and I respect all countries. But when you return to India, suddenly the Hindu-Muslim narrative begins, and people are called infiltrators," she said. "You then call for deleting names and labelling people as infiltrators. I would say you and your government are the biggest infiltrators," Banerjee said, in an apparent swipe at Modi and the BJP's repeated allegations of illegal immigration in the border state.

The BJP, however, reacted sharply to Banerjee's remarks, accusing her of lowering the dignity of constitutional offices. "Anyone who calls the prime minister of the country an infiltrator does not deserve to hold a constitutional post. I think she has lost her mind, she should visit Ranchi immediately," BJP leader Suvendu Adhikari said. The party also rejected the TMC's allegations regarding the voter roll revision, asserting that the exercise was being conducted by the EC to remove duplicate and ineligible names. With the state heading towards a high-stakes assembly election, Banerjee used the occasion to reinforce her party's campaign narrative that the BJP was attempting to influence the electoral process through institutional mechanisms and polarising rhetoric.

Illegal immigration has emerged as one of the BJP's central campaign planks in Bengal, with party leaders repeatedly accusing the TMC



government of encouraging infiltration from neighbouring Bangladesh to consolidate its minority vote bank. "Many people's names have been deleted from the voter list during the SIR exercise. I have knocked on the doors of the Calcutta High Court and even the Supreme Court. I still hope people's rights will be protected," she said. Striking a defiant note, the chief minister also alleged that the Centre had effectively imposed an "undeclared President's Rule" in the state.

"You have captured our government and imposed an unofficial President's Rule. But we will not be afraid," she said. The Eid congregation on Red Road, a sprawling ceremonial boulevard in the heart of the city, has long served as both a religious gathering and a symbolic political stage in Bengal's electoral calendar, often doubling as an important outreach platform during election years. Banerjee also sought to portray herself as a protector of the rights of all communities. "Even if nobody stands with you, I will stand with the people of Bengal -- across religions, castes and creeds -- as a member of your family," she said.

At another point in her speech, Banerjee issued a sharp warning to those she accused of attempting to target the state politically. "Those who are targeting Bengal and trying to divide people should go to hell," she said, drawing loud cheers from the gathering. She also invoked the state's tradition of communal harmony. "Hindus, Muslims, Sikhs, Christians -- everyone lives together in Bengal. We will not allow anyone to break this unity," Banerjee said.

In a rallying cry directed at the saffron party, the TMC chief also declared, "BJP hatao, desh bachao." The Eid congregation this year carries added political significance, coming weeks before the assembly elections where the TMC is seeking a fourth consecutive term in power, while the BJP is attempting to expand its footprint in the state. The Muslim electorate, estimated to constitute nearly 30 per cent of Bengal's population, has historically played a crucial role in shaping electoral outcomes in several districts across the state.

TMC national general secretary Abhishek Banerjee echoed the chief minister's message, asserting that Bengal's social harmony would be defended. Striking a combative tone, he added, "Gardan katega par jhukega nahi (you can chop off my head, but I will not bow)." The confrontation over electoral rolls has added a new dimension to Bengal's increasingly polarised election discourse, where issues of citizenship, infiltration and voting rights are emerging as central campaign themes. Against this backdrop, Banerjee's Eid address underscores the TMC's attempt to cast the upcoming polls not merely as a contest for power, but as a larger political battle over democratic rights, identity and the future social fabric of the state. Elections to the 294-member West Bengal Assembly will be held in two phases on April 23 and April 29, with counting scheduled for May 4.

MAMATA pays 'courtesy visit' to Guv

MI News Service, Kolkata: Bengal Chief Minister Mamata Banerjee paid a courtesy visit to Governor R N Ravi at Lok Bhavan, responding to his invitation. Banerjee, while entering the Lok Bhavan, told reporters that she had been invited for tea by the newly appointed Governor when he took oath of office on March 12. Ravi took his oath of office on March 12, and the ceremony was attended by Banerjee.

She briefly spoke to the new Governor about Bengal's hospitality and culture, remarking: "Bengal loves those who love Bengal."

Govt to remove domestic airfare caps from March 23

MI News Service, New Delhi/ Mumbai: The government has removed temporary caps on domestic airfares that were imposed in the wake of the IndiGo flight disruptions in December last year. The airfare caps removal will be effective from March 23, according to an order issued by the civil aviation ministry.

The removal also comes at a time when airlines are facing significant operational disruptions in international routes due to the West Asia conflict. In the order, the ministry also said that airlines are required to exercise pricing discipline and act responsibly. "Airlines shall ensure that fares remain reasonable, transparent and commensurate with market conditions, and that passenger interests are not adversely impacted," it said.

The ministry also stressed that any instance of excessive or unjustified surge in fares, if observed particularly during periods of peak demand, disruptions, or exigencies, would be viewed seriously. On a real-time basis, the ministry is monitoring the airfare trends.

According to the order, the temporary caps on domestic airfares were imposed on December 6 to contain an abnormal surge in ticket prices arising out of large-scale flight disruptions of IndiGo. "... The prevailing situation has since stabilised, with restoration of capacity and normalisation of operations across the sector. Upon review, it has been decided that the fare cap imposed vide the aforesaid letter shall stand withdrawn with effect from 23rd March, 2026," the order said.

Chhattisgarh Ropeway crash leaves 1 dead, 7 injured

MI News Service, Raipur: A woman was killed and six other persons were injured when a ropeway trolley crashed while descending from a hilltop temple in Chhattisgarh's Mahasamund district on Sunday, officials said.

The accident occurred shortly after 10 am when the trolley's cable snapped as it was bringing down seven passengers from the hilltop, Bagbahra Sub-Divisional Magistrate (SDM) Namita Markole said.

Earlier, eight persons were reported to be in the trolley.

Chief Minister Vishnu Deo Sai expressed grief over the incident and ordered a detailed investigation into it. The trolley plunged from a height of 200 to 300 feet, as per officials.

The ropeway service is commonly used by devotees to reach near the temple, located on the hilltop at an elevation of about 1,100 feet. Visitors can also access the shrine by climbing nearly 900 steps.

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Common people, especially women gave a ' warm-hearted' welcome to Mamata Banerjee as she arrived at Chetla to attend a TMC party meeting(Karmi Sabha) in Kolkata on Sunday.

"Won't allow people's rights to be snatched away": Mamata

MI News Service, Kolkata: "Won't allow people's rights to be snatched away": Mamata warns BJP, Election Commission at Eid gathering on Red Road

Kolkata: West Bengal Chief Minister Mamata Banerjee on Saturday issued a strong warning to the BJP-led central government and the Election Commission, asserting that she would not allow people's rights to be taken away. Speaking at the annual Eid gathering at Red Road in Kolkata, she reassured citizens that she stands firmly with all people of the state.

"As long as I am here, I will not allow anyone's rights to be snatched away. I stand with every person of Bengal," the Chief Minister said.

Abhishek Banerjee, Trinamool Congress' national general secretary, was also present at the event alongside her.

Her remarks come amid controversy surrounding the final publication of the SIR (Special Intensive Revision) list in the state, where lakhs of names have reportedly been excluded while many others remain under review. With the schedule for the upcoming West Bengal Assembly Election already announced by the Election Commission, political tensions have intensified, and campaigning has begun in full swing.

The Trinamool Congress has repeatedly alleged that the Election Commission is acting in favor of the BJP-led central government. Reiterating this stance, Banerjee said from the Red Road manch that her fight for those affected would continue.

"Many names have been removed during the SIR process. My struggle for you will go on. I stand with all the people of Bengal. We will not allow our rights to be taken away," she stated.

Addressing the gathering despite rainfall, Banerjee described the rain as a blessing. "This rain is actually a blessing from the Almighty, giving us strength to overcome all obstacles and continue our fight," she said.

Emphasizing her inclusive stance, the Chief Minister added, "I stand with people of all religions. I have gone to Delhi and presented our concerns to the Election Commission regarding the removal of names in the SIR. We are not afraid—we fight."

ECI envisages deploying 2,400 companies of Central Forces

MI News Service, Kolkata: The Election Commission is planning unprecedented security arrangements for the upcoming Assembly elections, with a strong focus on both polling and post-poll phases. According to sources, around 2,400 companies of Central Forces are set to be deployed across the state to ensure smooth conduct of the elections. It has decided to retain a substantial number of forces even after the polling process concludes to prevent post-poll violence, if any. Sources indicate that around 700 companies of Central Forces will remain stationed in the state beyond April 29 after the conclusion of the second and last phase of polls in Bengal.

"200 companies will be specifically assigned for the security of Electronic Voting Machines (EVMs). These forces will guard strong rooms to prevent any tampering or security breaches. Additionally, another 500 companies will be deployed to maintain law and order in the post-poll period. The decision has been taken to avert any potential unrest following the elections," an EC official said.



According to sources in the Bengal CEO's office, the number of sensitive booths across districts has increased significantly, which prompted the decision to scale up the deployment of Central Forces. "The bordering areas and polling booths with a history of violence or unrest have been identified for additional deployment to prevent any untoward incident during the elections," said the EC official.

Bengal will have one of the highest deployments of Police Observers, with 84 officers assigned to oversee law and order during the elections. In comparison, Tamil Nadu has 40 Police Observers, Assam 35, and Kerala 17. Administrative officials believe that the Commission is placing equal importance on post-poll stability alongside the voting process, which is reflected in the decision to retain such a large number of central forces in the state. The counting of votes is scheduled on May 4.

IRAN WAR: LPG crisis impacts school canteens

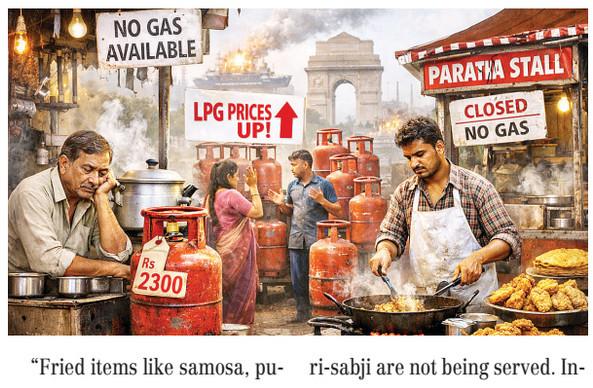
MI News Service, Kolkata: Several schools have decided to adjust their methods to navigate the LPG crisis. Many others have stated that they are capable of managing the crisis as they are currently in the transition phase leading up to the end of the term.

Nevertheless, during this time, teachers come to school to grade papers and prepare report cards. Canteens provide services to them.

"We are going to write to the distributor so that we get the LPG. We require around 10 to 12 cylinders per month. We had an internal meeting with the canteen personnel to take stock of the situation and to ensure that the canteen runs unhindered," said Madhumita Sengupta, principal, BDM International.

In the absence of students, the canteen still caters to around 200 teachers, including CBSE examiners, every day.

At South Point High School, fried items have been taken off the menu.



"Fried items like samosa, puri-sabji are not being served. Instead, the rest of the items like sandwiches, boiled eggs and toast are being sold

in the canteen," said an official of the school.

In most private English-medium schools, the new session will start in the first week of April. Among state-run schools, some are managing with a curtailed menu, while others have kept a backup LPG cylinder.

"The mid-day meal that is served to 180 of our students requires about one and a half

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BJP hiring 'outsiders' at Bhawanipore to rig poll, alleges TMC

MI News Service, Kolkata: Mamata Banerjee started her campaign at her home turf as she conducted a meeting at Ahindra Manch with her party collegues. Mamata candidly said, " Bhawanipore is my home turf. We call it mini-India as we celebrate the unity in diversity at this place for so many years now. I simply want a free and fair election here. "

She also mentioned that her party would provide all legal aid to those who will be missed in the final list.

In the mean time Abhishek Banerjee vociferously addressed the TMC cadres that a minimum lead of sixty thousand should be attained in this area during the forthcoming West Bengal Assembly Election.

Mamata Banerjee further alleged that despite several odds that has been deliberately placed by ECI before the party, TMC people will maintain their calm and will go along with the intense public relations campaign through out the region.

She also mentioned that BJP has hired ' outsiders' to rig the poll at Bhawanipore and doing everything to create the hype of communal tension in this area for ulterior motive.

In Abhishek's words, "Bhawanipore must secure the top spot within Kolkata." Setting a target of winning by a margin of over 60,000 votes, he issued a stern warning to the party workers and leaders present: they must not succumb to complacency. Furthermore, highlighting the simple lifestyle of 'Jananetri' (People's Leader) Mamata Banerjee, Abhishek took aim at Prime Minister Narendra Modi. He once again raised his voice against the alleged deprivation by the Central Government. The All India General Secretary's message to the party workers was clear: they must go door-to-door to publicize every development scheme implemented by the Mamata Banerjee government. Simultaneously, they must remind the public of the Central Government's neglect of—and injustice towards—Bengal.

TMC announces 2nd candidates list for ASSAM

MI News Service, Kolkata/ Guwahati: The Trinamool Congress (TMC) on Sunday announced its second list of candidates for Assam Assembly elections, naming Congress MLA Sherman Ali Ahmed from Mandia constituency while withdrawing the candidature of the party's state senior vice-president Dulu Ahmed.

The latest list has named seven party candidates, while the first one had 11 nominees.

With the withdrawal of party candidate Dulu Ahmed from Chamaria constituency, the TMC has so far declared its nominees for 17 seats.

Sherman Ali Ahmed, who remained suspended from the Congress for most part of his current term as MLA due to "repeatedly violating party discipline", had joined another opposition party, Raijor Dal, earlier this month.

As Raijor Dal, who is now part of a six-party opposition alliance which includes the Congress, denied ticket to Ahmed in its final list published late on Saturday night, the three-term MLA switched to the TMC and has been named its nominee for Mandia.

The other candidates named in the second list are Rojy Ahmed from Hajo-Sualkuchi, Avijit Mazumdar from Guwahati Central, Inus Kumar Kandan from Chabua-Lahowal, Paresh Borah from Mariani, Parimal Ranjan Roy from Karimganj North and Aziz Ahmed Khan from Karimganj South.

"Amendment to the First List (Sl. No. 6) – Candidature from Assembly Constituency Chamaria (LAC No. 27) stands withdrawn," the second list said.

Among party candidates named in the first list are Udangsri Narzary (Kokrajhar), Mominur Islam (Bilasipara), Kaushik Ranjan Das (Abhayapuri), Kalyani Kalita (Bajali), Rajan Chouhan (Goreswar), Hare Krishna Deka (Mangaldai), Faziur Rahman Laskar (Katigorah) and Shahajahan Laskar (Sonai).

Elections for the 126-member Assam Assembly will be held on April 9. Votes will be counted on May 4.

USA LPG cargo ship arrives at MANGALURU

MI News Service, Mangaluru: An LPG cargo ship from the US arrived at the New Mangalore Port on Sunday, amid the supply constraints due to the ongoing war in the Middle East. The vessel "Pyxis Pioneer", which left Port of Nederland in Texas on February 14, brought 16,714 metric tonnes of Liquefied Petroleum Gas (LPG) for discharge to Aegis Logistics, officials said.

The vessel follows the Russian "Aqua Titan" ship in reaching the port within the span of a day. The development is considered significant as Mangaluru is home to India's largest underground LPG storage facility, which became operational in September 2025. The storage facility, located 225 metres below sea level, has a capacity of 80,000 metric tonnes.

In an earlier development, a Russian crude oil tanker named "Aqua Titan", originally headed to China, was diverted to India a few days ago. The ship arrived off the Mangaluru coast on Saturday evening carrying 7.7 lakh barrels of crude oil. The crude is reportedly being unloaded via an offshore pipeline connected to a jetty 12 nautical miles from the shore to the Mangalore Refinery and Petrochemicals Ltd (MRPL).

Independent Panchayat members and many members of the CPI(M) family joined Trinamool in the presence of Trinamool candidate Manas Bhuiya



MI News Service, Kharagpur : During the election campaign of Trinamool candidate Manas Ranjan Bhuiya in Naranbad area of Sabang block of Sabang assembly of West Medinipur district, an independent panchayat member and several CPI(M) workers joined Trinamool along with his family. It is known that Sabang's Trinamool candidate Manas Ranjan Bhuiya was campaigning in the area along with local Trinamool leaders and workers. During this, an independent Panchayat member and some CPI(M) workers along with their family expressed their desire to join Trinamool. After which the Trinamool leaders and workers warmly welcomed the independent Panchayat member and the people who joined Trinamool from CPI(M) and their families. Trinamool candidate Manas Ranjan Bhuiya handed over the Trinamool flag in their hands. In the election season, independent Panchayat members and people from CPI(M) family. The joining of the people who came to Trinamool is indicating the strengthening of Trinamool's position in the area. While the CPI(M) has maintained silence on this matter, the BJP is avoiding giving political importance to the matter.Trinamool candidate Manas Ranjan Bhuiya says that it is the power of Chief Minister Mamata Banerjee and Trinamool commander Abhishek Banerjee that people are joining Trinamool during the election season. People know that only Chief Minister Mamata Banerjee can upgrade Bengal. Trinamool candidate Manas Ranjan Bhuiya claimed that this time Trinamool will win the elections with a huge vote and Chief Minister Mamata Banerjee's hand and Will be stronger.

Observers review poll preparedness in Karimpur, Kalyani ahead of elections

MI News Service, Nadia : With election momentum building across West Bengal, preparations are in full swing both at the political and administrative levels to ensure a free, fair, and secure voting process. As part of these efforts, Election Commission-appointed observers have begun active field inspections across districts.

In Nadia district, observers have already arrived and started reviewing infrastructure, security arrangements, and overall preparedness in their respective constituencies.

SDO Kalyani Pritam Saha said on Sunday afternoon that the observer P. Siva Sankar, deployed for Kalyani, visited Gayeshpur on Saturday and Saguna on Sunday. " After the visit , he expressed his satisfaction in the preparation," SDO ,Kalyani Pritam Saha said. SDO added that the observation will go on up to March 25.

Official sources added that on Sunday the General Observer P. Siva Sankar (IAS) of 92 Kalyani assembly constituency visited Saguna Gram Panchayat to review election preparedness. During the visit, polling stations such as Basantapur Prathamik Vidyalaya, Ghoragachha



Junior Basic High School, and five other premises were inspected.

All Sector Officials were present at the locations, and MCC enforcement teams, including the Flying Squad Team (FST), were actively engaged.

The General Observer interacted with local residents and gathered feedback. The Observer asked people about key issues such as awareness of the polling date and whether they were facing any political pressure.

In case of Karimpur assembly constituency, Aditya Negi, a 2013-batch IAS officer of the Himachal Pradesh cadre, visited the 77-Karimpur Assembly Constituency as the General Observer. During his visit, he emphasized strict adherence to the Election Commission's Model Code of Conduct, instructing polling personnel and administrative officials to maintain compliance at all levels, said Abhijit Ray, SDO,Tehatta.

Negi undertook an extensive three-day tour from March 18 to March 21 to assess ground-level readiness. On March 18, he inspected key polling stations including Karimpur Jagannath High School, Karimpur Pannadevi College, Natna Primary School, Arabpur Primary School, and Shubhabuni Girls' High School, reviewing essential infrastructure at each location.

His inspection continued on March 19 with visits to Anandnagar Colony Primary School, Sukanta Colony Primary School, Rahmatpur Primary School, and Rahmatpur East Primary School, focusing on voter convenience and facility preparedness.

On March 20, Negi visited Bajitpur Rajkrishna Vidyapith, Karimpur Government-Controlled Primary School, Tarakdas Smriti Vidyapith, and Baliashisha Shrikanta Vidyapith, where he held discussions with officials regarding accessibility, adequacy of infrastructure, and adherence to Election Commission guidelines. He also conducted a meeting with representatives of various political parties in Karimpur-I Block, stressing the importance of maintaining the Model Code of Conduct.

On March 21, the observer visited a Static Surveillance Team (SST) point at Boalmari Bottola in Karimpur-II Block to review monitoring mechanisms and inter-agency coordination.

While expressing satisfaction with the overall preparedness, Negi underscored the need for continued vigilance and stronger coordination among all stakeholders in the days leading up to the polls, reaffirming the Election Commission's commitment to conducting free, fair, and transparent elections.

International conference on Astrology was held in Naihati

MI News Service, Naihati: An International conference was held in Naihati Oikyatan Mancha on tantra, vastu, tarrot and astrology. This was the forty-one conference on astrology, tantra.

In the conference it was stressed the need to aware the world about the Progress made in the field of astrology. Apart from that youths were encouraged to come into the field of astrology.

Mysterious death of an elderly man in Panihati!

MI News Service, Panihati: A body was recovered in Panihati during the election period. There has been a lot of commotion surrounding it. It is learnt that the body of the person was found lying in the Kalitala area of Ward No. 19 of Panihati Municipality by the residents of the area. The body had been lying in the drain all night. Later in the morning, the police of Ghola police station came and recovered the body with the help of locals. According to local sources, the man was cooking at a function in Kalitala. The family claims that after midnight, he suddenly said, 'I have come to watch a little game from the nearby field.' Since then, no trace of him has been found.

Ahead of the assembly election Congress suffered a major split in Murshidabad!



MI News Service, Jangipur: Ahead of the assembly election the Congress suffered a major split in Murshidabad. On Sunday the president of the Lalgola Panchayat Samiti, along with three office bearers, and two other members of the Panchayat Samiti left the Congress and joined the ruling camp of Bengal. With this development the only Panchayat Samiti in the district that was in the hands of the opposition has now come under the control of the Trinamool Congress. This joining is likely to bring a major change in the political equation of Lalgola before the elections, according to a section of the political circles.

The party change took place on Sunday in the presence of Jangipur organizational district president MP Khalilur Rahman, Zakir Hossain and Lalgola Trinamool Congress candidate Abdul Aziz. Panchayat Samiti education superintendent Humayun Kabir, superintendent Ajinur Bibi and Nazrul Islam hoisted the Trinamool flag on the day. In addition, several other leaders and activists including Panchayat Samiti members Shuktara Bibi and Eliza Bibi have reportedly joined the ruling party.

It is known that the total seats of this Panchayat Samiti are 36. Trinamool had earlier got 12. Congress and CPM got 13 and 9 seats. BJP and independents also got one seat each. Left-Congress alliance kept that Panchayat Samiti in their hands. Congress's Laxmirani Sarkar became the president of the Panchayat Samiti, Education Superintendent Humayun Kabir, Public Health Superintendent Nazrul Islam, Fish and Animal Superintendent Tajinur Bibi, Panchayat Samiti members Shuktara Bibi and Eliza Bibi. All five of them were in the Congress party. But due to today's party change, Trinamool got a single majority.

Inspired by the demands of the local Trinamool leadership, the developmental work of the state and the development politics of Chief Minister Mamata Banerjee, many Congress leaders and workers are joining the Trinamool Congress. The leaders who switched sides today also said that they joined the Trinamool for the development and overall progress of the area. However the Congress did not comment on this issue.

Firearms recovered from the car of a former MLA! 6 arrested

MI News Service, Malda: Amidst the election atmosphere in Bengal, firearms were found in the car of a former MLA during a naka search. The Malda police have arrested six people in the incident. A pistol has been seized. The incident took place on Saturday night near the naka point in Chechumor, Old Malda. The incident has creatred intense excitement in the area.

It is learnt that on Saturday night, the Malda police station set up a naka point on National Highway No. 12. The police were searching various vehicles by stopping them. During that operation, six youths were going towards Pandua in the car of former Manikchak MLA and District Congress Vice President Mottakin Alam through the naka point. But the police stopped the car and searched it. During that search, a firearm was recovered from the car. The police then arrested the six youths in the car. It is learnt that the arrested youths could not provide any information about the recovered firearm. They were arrested after that.

Political tension has also started. The district Trinamool leadership has strongly criticized the Congress. Trinamool leader Bibhutibhushan Ghosh fears that there may be a bad motive behind the incident. He claims, "There may be a bad motive behind the incident. Therefore, the police should conduct a proper investigation into the incident."

Tight security, cordon and strict surveillance before elections in Jhargram



MI News Service, Kharagpur : Tight security arrangements have been implemented in Jhargram district regarding the assembly elections. Jhargram's borders are with Odisha on one side and Jharkhand on the other, hence special vigilance is being taken to prevent infiltration of any anti-social element from outside states. It is known that since the announcement of elections, simultaneous naka checking, patrolling and extensive search operation has been started in all the four assembly constituencies of the district. According to the district administration, the state police officers along with the personnel of 232 number women battalion and 24 number battalion of the central forces have jointly launched the operation. This special campaign is being run from. CCTV cameras and monitoring posts have been installed at every important intersection and interstate borders. Let us tell you that Jhargram district borders Odisha on one side and Jharkhand on the other, hence special vigilance is being taken to prevent infiltration of any anti-social element from outside states. To prevent smuggling of illegal money, weapons or other materials during elections, the number of every vehicle is being recorded and detailed information of the passengers is being taken. To restore confidence among the common voters and create a fear-free environment, continuous route marches are being conducted by the central forces from village to city. It is noteworthy that in view of the sensitivity of Jangalmahal area, which was once affected by Maoist activities, this time the Election Commission has given special emphasis on security. The administration is in no mood to take any kind of risk and the main objective of this comprehensive security arrangement is to ensure fair, peaceful and free elections. Besides, surveillance through drones has also been planned in the sensitive areas of the district.

Ink and dung on TMC candidate's wall! Tension in Jamuria

MI News Service, Jamuria: Ahead of the assembly election Political tension is rising in the Bahadurpur area of Jamuria Assembly. There are allegations of ink and cow dung being smeared on the wall writings drawn in support of the Trinamool candidate. The allegations are directed at the opposition. This has created a lot of excitement in the area. The ruling party has alleged that ink and cow dung were smeared on the Trinamool wall writings in the dark of night. This is the second time this has happened. This has led to intense tension in the booth number 210 area of Bahadurpur area on Sunday. A large police force has rushed to control the situation.

Trinamool regional president Aditya Laha has directly pointed the finger at the BJP and the CPM in the incident. He claims, "The opposition did this in the dark of night knowing that they would lose." The same claim is made by Trinamool candidate Hareram Singh. He claims, "The victory of Trinamool Congress is certain in Jamuria. Therefore, some people are doing this to create unrest in the area. A complaint has been filed with the police in this regard." However, BJP candidate Dr. Bijan Mukherjee

Ruckus created in Bakharabad railway station premises over taking photo of a girl, accused arrested



MI News Service, Kharagpur : In the Bakharabad railway station premises adjacent to Belda in Paschim Medinipur district, the atmosphere in the station premises became very agitated over the taking of a photo of a girl (without her knowledge). It is known that after tuition, some girls were roaming in the Bakharabad Railway Station area of Belda. The allegation is that a middle-aged man took the photograph of one of the girls with his smartphone without permission. On realizing that the photograph was being taken, the girl informed the local residents about the matter. Angry local people caught the accused and tied him up inside the station premises and informed the Railway Government Police. After receiving the information, Railway Government Police officials immediately reached the spot and arrested the accused. However, the accused claimed that he had no ulterior motive behind taking the picture. The incident caused tension in the area for some time, but the situation was brought under control with the intervention of the Railway Government Police. The police is investigating the incident.

Bride murdered in Domkol!



MI News Service, Domkol: A woman was murdered in Domkol for refusing to return the 2 kathas of land given in marriage! According to local sources, the woman had taken 2 kathas of land from her husband as a condition of marriage. It is learnt that immediately after the marriage, the husband and in-laws started pressuring the bride to return the land. The consequences were horrific. It is alleged that the husband and in-laws beat the wife to death due to a dispute over land. The police have already recovered the body and sent it for autopsy. The incident has created a huge commotion in the area.

It is learned that the name of the deceased is Parvina Khatun. She is a resident of Faridpur in Jalangi, Murshidabad. The young woman is the third wife of Habi Mandal, a resident of Domkal. This is his second marriage. According to the deceased's family, Habi married Parvina Khatun for the third time a couple of years ago. As a condition of the marriage, he wrote down two kathas of land in Parvina's name. Allegedly, pressure was being exerted to take back that land since the marriage. Parvina started being tortured when she refused to return the land.

It is alleged that Parveena was beaten up on Sunday due to that unrest. Due to which the bride died. According to the deceased's daughter-in-law Rozina Bibi, "Since the marriage, the land was being demanded back. When she was not given, she was tortured." The deceased's grandfather Bapi Mandal said, "My sister informed us about the torture on the phone. After that, I was thinking of resolving the matter. Before that, this incident happened."

On the other hand Accused Habi Mandal claims that Parveena died after his mentally unstable son Yamin Mandal suddenly hit her with a wooden stick. The police have already arrested the accused.

2,500 Tribal Participants Attend ISKCON's All India Convention at Mayapur



MI News Service, Mayapur : The International Society for Krishna Consciousness headquarters at Sridham Mayapur in Nadia district is hosting the three days long 10 All India Tribal Convention, which began on 20 March and has drawn participation from around 2,500 members of tribal and marginalised communities from across the country. Participants from at least ten states — including West Bengal, Gujarat, Maharashtra, Jharkhand, Assam, Andhra Pradesh, Odisha, Tripura, Telangana and Mizoram — have gathered for the three-day event, organisers said. Representatives from diverse communities such as Santhal, Oraon, Munda, Bhumij, Kora, Lodha, Bhutia, Lepcha, Toto, Asur, Rajbanshi, Namasudra, Bagdi, Bauri, Chamar, Muchi and Lohar are taking part in the convention. The programme features cultural performances, seminars and interactive sessions aimed at showcasing indigenous traditions, social practices and spiritual values, while encouraging mutual respect and inclusivity among different sections of society. ISKCON's public relations officer, Rasik Gauranga Das, said the initiative draws inspiration from the teachings of Chaitanya Mahaprabhu. "The objective of the convention is to ensure that members of tribal and marginalised communities feel integrated into the mainstream of society, without losing their identity. They are an inseparable part of the social fabric," he said.

He added that experts working at the grassroots level in tribal welfare across various states are delivering lectures and participating in seminars on issues such as education, health, social empowerment and sustainable livelihoods. According to ISKCON, it runs year-round outreach programmes for tribal communities, focusing on social, economic and educational upliftment, along with spiritual engagement. The organisation currently operates around 120 learning centres and 18 schools across multiple states, where nearly 5,000 students are being taught by about 280 teachers. In West Bengal, such initiatives are concentrated in tribal-dominated districts like Purulia, Bankura and Jhargram. ISKCON also conducts regular medical camps, health awareness drives and initiatives for safe drinking water in these areas. Over 22,000 people have reportedly received free healthcare services under these programmes in the past year, Das said.



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23 March 2026



Kolkata Witnesses Protest at Exide Crossing Against Central Government's Transgender Amendment Bill 2026 on Sunday.

Supplementary List Storm
Nabanna Flags Statewide Unrest Alert

MI News Service, Kolkata: With the supplementary electoral list expected to be published on Monday evening, the West Bengal government has sounded a statewide alert, anticipating possible unrest across multiple districts. Nabanna has issued urgent directives to all District Magistrates (DMs), warning of potential law-and-order challenges in the wake of the list's release.

In a strongly worded communication, the State Home Department has instructed district administrations to remain on high alert, particularly in sensitive pockets where public anger may escalate into protests. Similar advisories have been sent to the State Police and Kolkata Police, with clear instructions to take "all necessary preventive measures" to ensure stability. Officials fear widespread dissatisfaction among the estimated 2.7 to 2.8 million individuals whose names may still be excluded, even after the supplementary list is published. Sources indicate that such exclusions could trigger spontaneous demonstrations, road blockades, or localized disturbances. District authorities have been specifically directed to identify vulnerable zones, intensify surveillance, and ensure rapid response mechanisms are in place. Simultaneously, the Election Commission is moving ahead with an aggressive security blueprint for the 2026 Assembly elections. A Joint Deployment Committee, constituted by the Chief Electoral Officer (CEO), is set to meet on Monday to finalize the deployment strategy for central forces. The committee includes Special Observer N.K. Mishra, CEO Manoj Agarwal, State Police Nodal Officer Anand Kumar, CRPF IG, State Force Coordinator Salabh Mathur, CAPF Coordinator Gaurav Sharma, and Special Observer Subrata Gupta. The Commission has underscored its intent to conduct the under unprecedented security cover. Notably, it has issued a strict directive mandating re-polling at any booth where webcasting is disrupted for more than 30 minutes—signaling a zero-tolerance approach to electoral irregularities. Even before the poll schedule announcement, 480 companies of central forces had been deployed across the state. With an additional 2,000 companies expected in phases, total deployment could surge to nearly 2.5 lakh personnel. Intensive patrolling, naka checking, and area domination exercises are already underway. As administrative and security apparatuses brace for potential flashpoints, the coming days are expected to test the state's preparedness amid rising electoral tensions.

1 Million Names at Risk: Bengal Voter Roll Row Explodes

MI News Service, Kolkata: With the publication of the first supplementary electoral roll imminent, West Bengal's political landscape has been thrust into fresh turbulence after Chief Minister Mamata Banerjee alleged targeted exclusion of voters from a "specific community," escalating tensions ahead of the 2026 Assembly elections.

According to sources within the Election Commission, the first supplementary list is scheduled for release on Monday, with subsequent lists to be published in phases every Friday. However, the process has already sparked widespread concern, as a significant portion of the electorate remains in limbo under the 'under consideration' category.Official data indicates that out of 6,006,675 voters flagged for scrutiny, the status of approximately 2.72 million has been resolved, leaving nearly 3.3 million cases pending. Sources suggest that close to one million names could be excluded in the first phase alone—raising serious questions about voter disenfranchisement on a massive scale. Chief Minister Mamata Banerjee, citing internal inputs, claimed that the exclusions disproportionately affect certain regions and communities. "From what I have heard, nearly one million names have already been dropped from a larger pool. Most of these exclusions are concentrated in Murshidabad, Malda, and North Dinajpur, targeting a particular community," she alleged, without naming the group explicitly. Her remarks have added fuel to an already intensifying political confrontation, with opposition parties and civil society groups demanding transparency in the revision process. To address disputes arising from the inclusion and deletion of names, the Election Commission has constituted 19 tribunals across 23 districts, staffed by retired judicial officers. Voters aggrieved by decisions of electoral authorities will be able to seek redress through these quasi-judicial bodies, though concerns persist over whether the mechanism can handle the sheer volume of cases in time. Uncertainty also looms over the electoral rights of those whose status remains unresolved as polling approaches. Questions are mounting over whether such voters will ultimately be allowed to cast their ballots if their cases are not adjudicated before the elections. Meanwhile, in a significant administrative move, the office of the Chief Electoral Officer has been relocated from the historic Balmer Lawrie Building in BBD Bagh to a more secure and spacious facility at the Shipping Corporation of India building on Strand Road. The shift follows repeated protests and sit-ins outside the former office premises since the commencement of the SIR process, prompting security concerns flagged to the Kolkata Police. As the electoral clock ticks down, the controversy surrounding the voter list revision threatens to become a flashpoint in Bengal's high-stakes political battle.

Chhattisgarh Ropeway crash leaves 1 dead, 7 injured

● Continued from Pg 1:

The SDM said the victims had arrived there to offer prayers at the Khallari Mata temple, located on a hill at Khallari (Bhimkhoj) village in the Bagbahra tehsil, during the ongoing nine-day Navratri festival.

A woman, identified as Ayushi Satkar (28) from Raipur, died on the spot, while six others, including her husband Rishabh Dhavre (29) and another minor relative Chhayansh Dhavre (16), sustained injuries, she said.

The other injured persons have been identified as Govind Swami (47), Namita Swami (48), and minors Kushmita Swami (10) and Manshvi Godaria (12), the official said.

The six injured persons were shifted to a nearby hospital, from where four of them were referred to Raipur for further medication, she added.

Following the incident, another trolley carrying around 10 passengers, which had just begun ascending, was immediately brought back to the base.

Though passengers in that cable car experienced a strong jolt, no major injuries were reported, officials said.

Authorities have launched an investigation into the cause of the accident, they said.

CM Sai, in a post on X, said the incident was extremely tragic and painful. He condoled the woman's death in the accident and prayed for strength for her family.

"As soon as information about the accident was received, necessary instructions were issued to the officials concerned to ensure proper treatment for the injured. A detailed inquiry into the incident will be conducted, and those found responsible will not be spared. I pray to Khallari Mata for the speedy recovery of all the injured devotees," he added.

In a similar incident last year, a BJP leader sustained injuries when a ropeway trolley he was travelling in crashed from a low height near the Bamleshwari Devi hill shrine in the state's Rajnandgaon district.



TMC's Jadavpur Assembly Candidate, Malay (Debobrata) Majumder, Hits the Campaign Trail on Sunday.

Campaign Face-Off with Tradition: Maniktala Sees Courteous Encounter

MI News Service, Kolkata: The streets of North Kolkata witnessed a striking moment of political decorum on Sunday as outgoing Maniktala MLA Supti Pandey came face-to-face with BJP candidate Tapas Roy during the first leg of campaigning for the 2026 West Bengal Assembly elections. The encounter, though brief, drew attention for its blend of personal history and political rivalry.



Supti Pandey, campaigning for her daughter Shreya, paused along the route to acknowledge Tapas Roy, recalling their shared past in student politics and long-standing association within the Trinamool Congress. Speaking to reporters, she reflected on past courtesies, noting that Roy had once honored her grandfather during his early political journey, a gesture she said epitomized the "culture and tradition of Bengal." She added, "That doesn't mean our personal relationship can affect the campaign. One can disagree politically yet maintain respect." Tapas Roy, now a senior BJP figure, reciprocated the sentiment, emphasizing the enduring value of courtesy in political engagement. "This courtesy is the real thing. This is the tradition of Bengal," he said. "For whatever reason, it has disappeared in many areas now." The political narrative between the two leaders has been shaped over decades. Both rose through student politics and held significant influence in North Kolkata—Supti Pandey succeeding her late father Sadhan Pandey in Maniktala, while Tapas Roy represented the neighboring Baranagar constituency. Historical accounts in political circles suggest a rivalry for dominance between the two, which has occasionally been tense but remained anchored in mutual respect. This Sunday's encounter serves as a reminder that even amid high-voltage electoral battles, elements of tradition and decorum persist in Bengal's political landscape. As campaigning intensifies, observers note that while old alliances have transformed, personal histories continue to shape interactions on the ground. The stage is now set for the electoral contest in Maniktala, where Trinamool has fielded Shreya Pandey, aiming to consolidate the legacy of her family, while Tapas Roy seeks to expand the BJP's footprint in the constituency. Sunday's encounter underscored that beyond slogans and rallies, political culture in Kolkata still carries the imprint of its historical ethos.

CM Mamata Banerjee Walks Through Bhowanipore, Greets Devotees on Eid



MI News Service, Kolkata: West Bengal Chief Minister and Bhawanipore Assembly candidate Mamata Banerjee marked Eid-ul-Fitr by personally greeting devotees at the iconic Red Road, where a majority of Kolkata's congregational prayers take place. The Eid prayers were organized by members of the Calcutta Khilafat Committee under the guidance of Imam Hazrat Maulana Qari Fazlur Rahman Sahib.

Following the prayers, Calcutta Khilafat Committee President Javed Ahmed Khan, accompanied by other members, welcomed Mamata Banerjee along with Trinamool Congress icon Abhishek Banerjee, warmly congratulating them on the occasion. Mamata addressed the gathering, wishing everyone a joyous Eid, and engaged directly with the public. Continuing her outreach, Mamata Banerjee visited Ward 63 in her Bhawanipore constituency, moving through Colin Street and Colin Lane. She was greeted by Councillor and Borough 7 Chairperson Sushmita Bhattacharya, Vice President of the TMC Minority Cell Abdul Qayyum, and party leader Bablu Payan. Borough 6 Chairperson Sana Ahmed was also present to welcome the delegation. During her walk, Mamata Banerjee met with local residents, youth, and children, extending her greetings personally. At the Colin Street Jama Masjid, she presented an Eid bouquet to the Imam, who in turn placed his hand on her head, offering blessings for her continued success and expressing gratitude for her participation in the celebrations. Meanwhile, under the supervision of Sheikh Bhai, President of the Colin Street Welfare Club, children lined up with roses in their hands to meet Mamata Banerjee. She received the flowers, shared her affection with the children, and conveyed her Eid greetings to the larger local community. As she proceeded through Colin Lane, she was met with crowds chanting slogans in her support, including "Joy Bangla," while local residents joined her in extending Eid greetings. Her walk concluded at Mirza Ghalib Street, marking the end of a community-focused celebration that blended political presence with personal engagement and cultural respect. This gesture highlighted Mamata Banerjee's continued effort to connect with constituents beyond politics, reinforcing her presence in Bhawanipore and symbolizing her commitment to local communities during significant cultural and religious occasions.

Modi in 'Poll-bound Bengal' at start of next month

MI News Service, Kolkata: Prime Minister Narendra Modi is set to visit West Bengal during the election season. According to sources, the Prime Minister may arrive in North Bengal as early as next week. He is expected to hold a roadshow in North Bengal—specifically in Siliguri—on either April 7 or April 8. BJP National General Secretary for North Bengal, Sunil Bansal, and Union Minister Bhupender Yadav have convened a meeting in Siliguri. Leaders and organizers from the North Bengal region are participating in this meeting. The Prime Minister may also address a public rally in North Bengal on April 7 or 8; Bansal and his team are currently coordinating with Delhi regarding this matter. Sources indicate that Prime Minister Modi is scheduled to hold a total of four public meetings across North Bengal.

IRAN WAR: LPG crisis impacts school canteens

● Continued from Pg 1:

cylinders every week. We are still managing. We are in touch with the self-help group which runs the kitchen. We also have two induction tops in our nutrition lab, which we will put to use if the need

arises," said Sarbari Sengupta, headmistress of the Children's Welfare Association High School for Girls in

Behala.

A school in Kasba, Tiljala Balika Vidyalaya, refilled a cylinder, spending four times the usual price.

"We require the cylinder in our nutrition and chemistry lab, and our higher secondary students are appearing for the practical exams," said Avinanda Ghosh Dastidar, headmistress of the school.

The school provides a midday meal to students. "The school has a private canteen, and she is mostly selling readymade snacks that would not require prolonged cooking and LPG consumption," said a school official.

As the conflict in West Asia continues, several schools are concerned that the LPG crisis may persist, complicating canteen operations.

"Major Lapse": Firhad Admits Failure After RG Kar Tragedy

MI News Service, Kolkata: A fresh tragedy at R.G. Kar Medical College and Hospital has reignited serious concerns over infrastructure and administrative accountability, after a young man lost his life in a lift mishap within the premises. The incident has triggered a political storm, even as senior state minister Firhad Hakim publicly admitted to "major negligence" in the case.

The deceased, identified as Arup Banerjee, a resident of Dum Dum, reportedly died after being involved in a malfunctioning lift inside the hospital. The tragedy comes barely a year and a half after the shocking rape and murder of a young doctor at the same institution—an incident that had already put the hospital's management under intense scrutiny. Breaking ranks with routine defensive responses, Minister Firhad Hakim acknowledged lapses, stating, "There has been negligence. A major lapse has occurred. The police will take action—and action has already begun. Any death is deeply unfortunate. We stand with the bereaved family." His remarks have added weight to growing allegations of systemic failure. Police have initiated a full-scale investigation into the incident, with five individuals already arrested in connection with the case. However, the tragedy has rapidly escalated into a fierce political confrontation. Leader of the Opposition Shuvendu Adhikari launched a scathing attack, alleging "direct murder" and holding top officials accountable. He accused the hospital authorities, the Health Department, and even the state leadership of culpability, claiming that a patient was knowingly forced into a lift that was under maintenance. The ruling Trinamool Congress hit back strongly. Party leader Kunal Ghosh termed the incident "unfortunate" but cautioned against politicization. "The government has provided infrastructure. Local administration must ensure its proper functioning. Tragedy should not be exploited for political mileage," he said, drawing comparisons with similar incidents outside the state. Meanwhile, BJP state president Samik Bhattacharya raised questions about the credibility of the lift contractor, alleging irregularities in the awarding of contracts and a breakdown of institutional control. He further claimed that hospitals have become vulnerable to external interference, undermining administrative authority. The medical fraternity, too, has expressed outrage. Representatives of junior doctors' bodies have termed the incident an "administrative failure," citing gross negligence and lack of oversight in critical infrastructure. As multiple investigations unfold and political tempers rise, the incident has once again exposed deep cracks in the state's public healthcare system—raising urgent questions about safety, accountability, and governance at one of Bengal's premier medical institutions.

'Kidnapped' Minor from UP, Settled Down in Kolkata! Husband Caught by Police After 11 Years



MI News Service, Kolkata: In 2015, a young man married a minor girl. He allegedly 'abducted' the minor from the Khora Colony in Uttar Pradesh and brought her away. At that time, the girl's family members filed a complaint against the young man, accusing him of the sexual assault and abduction of a minor. Eleven years have since passed. The minor girl has come of age. The couple also has a child, who is currently attending school. However, throughout these years, the young man failed to respond to police summonses. Consequently, after all this time, the Uttar Pradesh Police launched a raid in Kolkata. Conducting a search in the Tangra area of East Kolkata—with the assistance of the Kolkata Police—officers from the Khora Police Station in Uttar Pradesh arrested the 'abductor-husband,' identified as Ranjit Singh.

Police sources revealed that the minor girl first met Ranjit through their mutual travels to and from Uttar Pradesh. The young man developed a close relationship with the minor, who was a resident of the Khora Colony area in Ghaziabad. As a result, the young man fled with the minor to Kolkata, where they got married. Immediately thereafter, the minor's family lodged a complaint against the young man at the Khora Police Station. Ranjit went into hiding within the city with his minor wife. Despite conducting searches at the time, the police were unable to locate him. Subsequently, the young man took up employment. His minor wife attained legal adulthood, and the couple had a child, who was eventually enrolled in school. During this period, the Khora Police Station issued summonses to Ranjit; however, Ranjit failed to respond. Officers from the Khora Police Station eventually managed to obtain Ranjit's mobile number. Ranjit explicitly informed the Uttar Pradesh Police that he was living a happy life with his family and that his wife was now an adult; therefore, he did not wish to get entangled in the old case any longer. In response, the police explained to him that—since the allegations of sexual assault and abduction of a minor from the old POCSO case still stood against him—he remained, in the eyes of the law, a 'criminal.'

The police advised him to surrender at the Ghaziabad court, accompanied by his wife. He could potentially obtain relief if his wife appeared in court and provided an account of their marital life. Sources within the Uttar Pradesh Police revealed that Ranjit had, on occasion, told the police that he was in Maharashtra, while at other times claiming to be working in a different state in South India. He continued to evade both the police and the courts. Recently, however, the police at the Khoda station tracked Ranjit's mobile phone signal and discovered that he was in Kolkata. Consequently, the Ghaziabad court issued an arrest warrant against Ranjit. Acting on this warrant, the police conducted a raid in Tangra and took him into custody. The police have confirmed that the arrested individual is currently being transported from Kolkata to Uttar Pradesh.

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Editor: Prem Shankar*, *(Responsible for selection of news under PRB Act) RNI No.WBENG/2014/56803 Email: morningindiaranchi@gmail.com

East Coast Railway Sets New Records In Freight Handling



MI News Service, Bhubaneswar, Mar 22, 2026 : East Coast Railway has achieved a significant milestone in freight performance by achieving the loading target of 275 Million Tonnes (MT) on 20th March 2026, 11 days ahead of schedule.

This achievement reflects ECoR's consistent focus on operational efficiency and excellence in freight transportation.

ECoR has loaded 275.6 Million Tonnes of freight up to 20th March 2026, registering a growth of 10.4% over the corresponding period at 249.6 MillionTonnes.

Further, East Coast Railway has surpassed 250 MT of unloading on 21st March 2026, significantly improving upon last year's unloading figure of 236.5 MT during the same period.

With these achievements, ECoR has set a new benchmark in both loading and unloading performance, reflecting its strong commitment towards enhancing freight operations and contributing to the overall growth of Indian Railways.

This outstanding performance reflects East Coast Railway's pivotal role in strengthening the nation's freight economy and supporting industrial growth in its hinterland.

Continuous monitoring, innovative operational practices, and the dedicated efforts of railway employees have played a key role in achieving this milestone.

East Coast Railway continues to play a key role in supporting industries, ports and businesses by ensuring smooth and reliable transportation of essential commodities. The zone remains committed to further strengthening freight services and contributing to the economic growth of the region.

East Coast Railway continues to play a pivotal role in freight movement, particularly in key commodities like coal, iron ore, steel, and other bulk goods, thereby supporting the nation's economic growth.

From Eyesores To Gardens: Eastern Railway Reclaims Thousands Of Square Feet In Massive Cleanliness Blitz



MI News Service, Kolkata, Mar 22, 2026 : In one of the most significant environmental interventions in recent months, the Environment and Housekeeping Management (EnHM) Department of Eastern Railway has successfully executed a massive cleanliness drive, removing hundreds of tons of legacy waste and reclaiming vast tracts of railway land. The operation, which targeted chronic dumping "black spots" across the Sealdah Division, has successfully cleared over 400 tons of garbage across more than 25,000 square feet of area, effectively transforming the landscape of the suburban network.

The scale of the drive was most visible at Santoshpur and Bhaghajatin stations, where a staggering 100 tons of waste was removed from 4,000 square feet at each location. Similarly, Sealdah station saw the clearance of 50 tons over 4,000 square feet. Other major interventions included Mograhat, where 35 tons were cleared from 2,000 square feet; Patipukur and Tala, which saw the removal of 30 tons each; and Bidhannagar and Kolkata stations, where 20 tons were removed at each site. The drive also extended to Lake Garden and Sodepur with 10 tons each, Sonarpur with 6 tons, and Halisahar and Agarpara with 5 tons each. New Garia also saw the clearance of 4 tons of waste from an 800-square-foot area.

Beyond the numbers, Eastern Railway focused on high-traffic bottlenecks and market-adjacent areas that had long suffered from illegal dumping. At Tollygunge station, the Platform 1 pathway near the booking counter, which had been choked by waste from the local market, was thoroughly sanitized and cleared. In a major restorative effort at Santoshpur, the approach road—previously buried under waste from the local vegetable market—was not only cleared but is now being secured with fencing to prevent future dumping. To ensure the sustainability of this cleanup, a second site along the tracks at Santoshpur station has been completely cleared of garbage and developed into a vibrant garden with protective fencing.

Chief Public Relations Officer of Eastern Railway, Sri Shibram Majhi, stated that this proactive approach by the EnHM Department aims to discourage the public and local vendors from using railway premises as a disposal site, replacing eyesores with green, aesthetically pleasing spaces for commuters while ensuring a healthier environment across the division.

BLO dies in Chanchol, family claims intense mental stress!

MI News Service, Chanchol: SIR process has created a panic and anxiety among the voters of the state. In this atmosphere a BLO died in Nadapara of Chandrapara Gram Panchayat of Chanchol-2 block, Malda. It is learnt that the BLO of booth number 93 was Utpal Thokdar. He worked as a para teacher in a higher secondary school. He died of a heart attack on Saturday night. The family claims that there was severe work pressure with SIR.

Even after the publication of the voter list, there was mental stress about whether the names of those whose names were pending would appear at all. Due to which the whole process progressed through his hands. Everyone came to him and wanted to know. The family claims that he died due to illness due to this pressure.

Former JD-U leader K C Tyagi joins RLD



MI News Service, New Delhi: In a key political shift, former Janata Dal-United (JD-U) leader K.C. Tyagi and former Uttar Pradesh minister Ashok Yadav joined the Rashtriya Lok Dal (RLD) on Sunday, in the presence of party President and Union Minister Jayant Chaudhaury. The RLD President welcomed both the experienced leaders to his party.

Tyagi had resigned from the Bihar Chief Minister Nitish Kumar-led JD-U on March 17. "Now that the party's membership drive has concluded, I have chosen not to renew my membership this time," he had said in a press statement during his exit. It is to mention that Tyagi's association with the JD-U dates back to its formation in October 2003, when the Samata Party merged with the Janata Dal. Despite stepping away from the JD-U, Tyagi had emphasised that his commitment to issues concerning the downtrodden, farmers, and marginalised sections of society remains unchanged. He had also mentioned that his respect for JD-U supremo Nitish Kumar remains intact.

Middle East conflict may result in the shortage of fertiliser: Telengana CM

MI News Service, Hyderabad: The ongoing war in the Middle East may result in the shortage of fertilisers, Telangana Chief Minister A. Revanth Reddy said on Sunday. The Chief Minister asked the officials concerned to convince the Union government to allot more fertilisers to the state.

He said the leaders of all parties should meet Prime Minister Narendra Modi and strive to secure the maximum possible allocation of urea for our state.

"This is not the time for politics and moving forward with coordination and unity. We do politics only during the elections. Once the elections are over, the development of the state becomes the sole priority," he said while addressing a public meeting at Narmeta in Nangunur mandal of Siddipet district.

Special Train To Run Between Howrah & New Delhi

MI News Service, Kolkata, Mar 22, 2026 : To clear the extra rush of passengers, Railway has decided to run special train between Howrah and New Delhi. 04052 New Delhi – Howrah Special will leave New Delhi at 18:15 hrs. on 23.03.2026 to reach Howrah at 23:40 hrs. on the next day. 04051 Howrah – New Delhi Special will leave Howrah at 01:40 hrs. on 25.03.2026 to reach New Delhi at 08:20 hrs. on the next day. The train will stop at Bandel, Barddhaman, Durgapur, Asansol, Chittaranjan, Madhupur & Jasidih stations over Eastern Railway jurisdiction in both directions enroute. The train will have General Second class, Sleeper Class and Air-Conditioned accommodations. Date of the booking of the above special train will be notified shortly.

Eastern Railway Hits Key Infrastructure Milestones To Bolster Safety And Efficiency

MI News Service, Kolkata, Mar 22, 2026 : Eastern Railway's Engineering Department has reported a series of significant infrastructure achievements the month of February, 2026, highlighting a concerted push toward enhanced operational safety, smoother train movements, and modernized track maintenance across its network.

Prioritizing Safety: Level Crossing Eliminations and Bridge Rehabilitation

In a major boost to public safety and rail throughput, the department successfully eliminated 11 manned level crossing gates. These have been replaced by Limited Height Subways (LHS) and strategic diversions, effectively removing potential points of conflict between rail and road traffic.

Further strengthening the structural integrity of the network, the department completed:

Rehabilitation of 13 bridges, ensuring long-term durability.

Regrading of 9 bridges, a critical technical adjustment designed to improve operational safety and allow for more consistent train speeds.

Construction of 9 new side pathways at critical locations to ensure safer movement for ground staff and operational monitoring.

Improving Operational Excellence by correcting forced layout in Sealdah Division

Technical precision remained a focal point in the Sealdah Division, where 7 forced layouts were successfully rectified. These corrections are vital for reducing wear on rolling stock and ensuring the seamless transition of trains through complex track geometries.

Modernizing Track Maintenance

The Engineering Department also intensified its track renewal and health monitoring programs. Notable statistics from the recent period include:

Track Renewals: 41.75 equivalent numbers of Through Turnout Renewals (TTR) were laid, replacing aging components with modern equivalents.

Preventive Safety Measures : 1,320 km of rails underwent Ultra Sonic Flaw Detection (USFD) testing to identify and prevent internal rail fractures before they occur.

Ballast Management: 106,270 cubic meters of ballast were laid, providing the necessary stability and drainage required for high-frequency rail operations.

In this connection, Chief Public Relations Officer /Eastern Railway , Shri Shibram Majhi said, "These achievements reflect Eastern Railway's unwavering commitment to safety and infrastructure modernization. By eliminating level crossings and leveraging advanced testing like USFD, we are building a more resilient and reliable railway for our passengers."

Govt clears Rs 20K Cr credit guarantee scheme

MI News Service, Mumbai: The government approved a limited-period Rs 20,000-crore credit guarantee scheme to aid microfinance institutions (MFIs), which have been complaining about challenges in accessing funds. The Credit Guarantee Scheme for Microfinance Institutions- 2.0 (CGSMFI-2.0) will cover loans disbursed by member lending institutions (MLIs), including banks and other lenders to non-banking finance company-MFIs and MFIs till end-June, the government-run National Credit Guarantee Trustee Company (NCGTC) said in a circular. It can be noted that the MFIs, which serve people at the bottom of the pyramid, have been facing challenging times due to a surge in non-performing assets (NPAs), which has, in turn, made their lenders wary of extending further exposure.

HDFC Bank biggest laggard The NCGTC said MLIs shall provide funding to the MFIs or NBFC-MFIs, as per their assessment, for on-lending to eligible small borrowers and also put certain conditions on interest rates. To qualify for the benefits under the credit guarantee scheme, the interest rate on the loans sanctioned by MLIs to NBFC-MFIs/MFIs is capped at External Benchmark Lending Rate (EBLR) or 1-Year marginal cost of funding based lending rate plus two per cent, it said. Additionally, the MFIs' lending to small borrowers has to be done at a cost of 1 per cent below the average rate of their lending in the last six months.

Other conditions include having a maximum loan tenure of three years, which includes a one year moratorium and two years for loan repayment. Also, the MLIs need to ensure that at least 5 per cent of their total loan amount under the scheme is sanctioned to MFIs classified as small-sized with less than Rs 500 crore of assets under management, 10 per cent to mid-sized ones (Rs 500-2,000 crore of AUM).

VIP Rd: Bidhannagar Police changes vehicular movement

MI News Service, Kolkata: Bidhannagar City Police has made a few changes in the traffic movement in and around the Haldiram's crossing on VIP Road to increase the average speed of the vehicular movement and bring down the congestion. According to police, in the earlier system, vehicles coming from the Baguiati side to go to New Town used to take a right turn from the Haldirams' crossing. Similarly, the vehicles coming from the Kalikhali side along the VIP Road used to take a U-turn to access the airport-bound flank.

Power of Attorney

This is to notify that smt. MIRA MAHATO W/O GOUTAM MAHATO Address ASANSOL PS- ASANSOL Dist- Paschim BURDWAN has/have purchased the below mentioned land schedule by virtue of deed/deeds no.9024 dated 01/12/2018 (A.D.S.R) with the help of power of attorney deed no.3505 dated 08/05/2018 (A.D.S.R /ADSR) executed by sri. GURPAL SINGH S/O GURMEJ SINGH address ASANSOL PS-ASANSOL Dist PASCHIM BURDWAN and the said applicant has/have applied with the same land schedule for mutation vide mutation case no.MN/2026/2305/2913 at the office of the S.D.L & L.R.O (EP-1) dist.Paschim BARDHAMAN. If there is any objection for mutation in this respect, any concerned principle are requested to submit objection along with relevant documents to the concerned revenue office at the office oftl the S.D.L & L.R.O (EP-1) within one month from the date of publication of this notice, otherwise law will take it own course.

Land Schedule

Block :- sub-Divisional land and land reforms office (EP-1)
Mouza:- BAHAGRAM
J.L NO:- 117
Plote no. :- 469
L.R Name of the recorded owner:- PANKHIRAM MANDAL
Khatian:-558

Name Change
I, Mehar Ali Mondal (Old Name), Son Of Aspiyar Mondal, Residing At U-24/1 Karbala Road, Po- Bartala, Ps- Rajabagan, Kolkata-700018, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Meher Ali Mondal (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Mehar Ali Mondal And Meher Ali Mondal Both Are The Same And One Identical Person.

Name Change
I, Banashree Mandal (Old Name), Daughter Of Gour Chandra Biswas, Wife Of Tapan Kumar Mandal, Residing At Vidyasagar Pally Fulorhat, Po-Sonarpur, Ps-Sonarpur, South 24 parganas - 700150, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Banashree Biswas Mandal (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026.Banashree Mandal And Banashree Biswas Mandal Both Are The Same And One Identical Person.

Name Change
I, Parama Gupta (old name), W/o Arindam Gupta, residing at 87/12/278D/1 Raja S C Mullick Road, A2-Ankur Apt Netaji Nagar, Kolkata- 700047, West Bengal, INDIA, have changed my name and shall henceforth be known as Parama Chakraborty Gupta (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Parama Chakraborty Gupta (new name) and Parama Gupta (old name) both are same and identical person.

Name Change
I, Raghib Firdaus (old name), S/o Md israil, residing at 7/B, HAJI LANE, 3RD FLOOR, FL-3C, NEAR-UZMA FAST FLOOR, ENTALLY, KOLKATA- 700014, West Bengal, INDIA, have changed my name and shall henceforth be known as Firdaus Raghib (new name) as declared before the Notary public at Kolkata dated 19/03/2026. Firdaus Raghib (new name) and Raghib Firdaus (old name) both are same and identical person.

Name Change
I, Shagupta Jahangir (old name), W/o Mir Abdul Fahad, residing at 22/A, Karaya Road, Circus Avenue, Kolkata- 700017, West Bengal, INDIA, have changed my name and shall henceforth be known as Shagufta Jahangir (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Shagufta Jahangir (new name) and Shagupta Jahangir (old name) both are same and identical person.

Name Change
I, Tapa Rani Dey (old name) wife of Late Dilip Dey, residing at Ward No-14, Near Mahanama Iron and Steel Store, Krishnanagar, Po-Agartala, Dist- West Tripura, Pin- 799001, Tripura, India, have changed my name and shall henceforth be known as Tapu Rani Dey (new name), as declared Before The Notary Public at Kolkata, vide an affidavit dated 20/03/2026, Tapu Rani Dey (new name) and Tapa Rani Dey (old name) both are same and one identical person.

Name Change
I, Mohammad Abid Alam (Old Name), Son Of Abdul Manan, Residing At 85 C Topsia Road, Po & Ps- Tiljalakolkata-700039, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Md Abid Alam (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Mohammad Abid Alam And Md Abid Alam Both Are The Same And One Identical Person.

Name Change
I, Malini Sen (Old Name) W/o Rajarshi Mitra Residing at 28B/1, Raja Subodh Chandra Mullick Road, Flat No-8, District - Kolkata, Pin - 700032, West Bengal, India, have changed my name and shall henceforth be known as Malini Sen Mitra (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Malini Sen (Old Name) and Malini Sen Mitra (New Name) both are same and one identical person.

Name Change
I, Sahinda Sinha Das (Old Name) W/o Suvadip Das Residing at 24/A, Ramkrishna Upanibesh, P.o - Regent Estate, District - Kolkata, Pin - 700092, West Bengal, India, have changed my name and shall henceforth be known as Sahinda Sinha (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Sahinda Sinha Das (Old Name) and Sahinda Sinha (New Name) both are same and one identical person.

Name Change
I, Subhas Saha (Old Name) S/o Haripada Saha Residing at 71, Pachkari Sadhukhan Road, Natagarh, District - North 24 Parganas, Pin - 700113, West Bengal, India, have changed my name and shall henceforth be known as Subhash Saha (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Subhas Saha (Old Name) and Subhash Saha (New Name) both are same and one identical person.

Name Change
I, Rajdeep Kaur (Old Name), Wife Of Nachhattar Singh Brar, Residing At 21, Rajab Ali Lane, P.S.- Ekbalpur, Kolkata-700023, West Bengal,India, Have Changed My Name And Shall Henceforth Be Known As Rajdeep Kaur Brar (New Name) As Declared Before The Notary Public At Kolkata On 20/03/2026. Rajdeep Kaur (Old Name) And Rajdeep Kaur Brar (New Name) Both Are The Same And One Identical Person Person.

Name Change
I Ratan mudi (old name), S/O- sahdeo Prasad burnwal, R/O-near Allahabad Bank, New Market, ukhra, DIST- PASCHIM BURDWAN, PIN - 713363, WEST BENGAL, INDIA, Shall henceforth be known as Ratan Kumar burnwal (new name) as declared before the Notary Public at Kolkata on 12/03/2026.ratan mudi (old name) and Ratan Kumar burnwal (New name) both are same and one identical person.

Name Change
I, Hanufa Begum (Old Name), Wife Of Mehboob Rahman, Residing At Vill - Chasibarh, P.O. - Krishnapur, P.S.- Chandrakona, Dist - Paschim Medinipur ,Pin - 721127, West Bengal,India, Have Changed My Name And Shall Henceforth Be Known As Honufa Begume (New Name) As Declared Before The Notary Public At Kolkata On 20/03/2026. Hanufa Begum (Old Name) And Honufa Begume (New Name) Both Are The Same And One Identical Person Person.

Name Change
I, Sipra Das (Old Name), Wife Of Haren Das, Residing At 98 Nonadanga, Po: V I P Nagar, Ps: Anandapur, Kolkata-700100, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Pakhi Das (New Name) Vide An Affidavit Sworn Before The Ld 1st Class Judicial Magistrate At Alipore On 08/01/2024. Sipra Das And Pakhi Das Both Are The Same And One Identical Person.

Name Change
I, Shaikh Ejaruddin (Old Name) S/o Sk Chand Residing at Vill - Ranisai, P.o - Ranisai, P.s - Ramnagar, District - East Medinipur, Pin - 721446, West Bengal, India, have changed my name and shall henceforth be known as Sk Ejaruddin (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Shaikh Ejaruddin (Old Name) and Sk Ejaruddin (New Name) both are same and one identical person.

Name Change
I, Sahanaj Parvin (Old Name) D/o Sk. Sirajuddin Residing at 1, Pemantle Street, P.o - Park Street, P.s - Park Street, District - Kolkata, Pin - 700016, West Bengal, India, have changed my name and shall henceforth be known as Afia Shahana (New Name) as declared before the Ld. Metropolitan Magistrate (1st Class) at Kolkata, vide affidavit no 1781 Dated 15-05-2024. Sahanaj Parvin (Old Name) and Afia Shahana (New Name) both are same and one identical person.

Name Change
I, Younnush Sk, Younnush Ali Sk (Old Name) S/o Nurislam Sk Residing at Hatberia, Hatberia Bakhrahat, District - South 24 Parganas, Pin - 743377, West Bengal, India, have changed my name and shall henceforth be known as Innus Ali Sk (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 16-03-2026. Younnush Sk, Younnush Ali Sk (Old Name) and Innus Ali Sk (New Name) both are same and one identical person.

Name Change
I, Santosh Kumar Bhattacharya (Old Name) S/o Anil Chandra Bhattacharya Residing at Mohanpur, Po- Krishi Viswavidyalaya, District- Nadia, Pin- 741252, West Bengal, India, have changed my name and shall henceforth be known as Santosh Kumar Bhattacharjee (New Name) as declared before the Notary public Kolkata vide affidavit Dated 19-03-2026. Santosh Kumar Bhattacharya (Old Name) and Santosh Kumar Bhattacharjee (New Name) both are same and one identical person.

Name Change
I, Basudev Mondal (Old Name) S/o Nilmoni Mondal Residing at Parmadan, Naldugri, District - North 24 Parganas, Pin - 743297, West Bengal, India, have changed my name and shall henceforth be known as Basudeb Mondal (New Name) as declared before the Notary public Kolkata vide affidavit Dated 19-03-2026. Basudev Mondal (Old Name) and Basudeb Mondal (New Name) both are same and one identical person.

Name Change
I, Hitesh Tayal (Old Name) S/o Ved Prakash Tayal Residing at 3/1A, Abhoy Guha Road, Bally, District - Howrah, Pin - 711204, West Bengal, India, have changed my name and shall henceforth be known as Hitesh Kumar Tayal (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Hitesh Tayal (Old Name) and Hitesh Kumar Tayal (New Name) both are same and one identical person.

Name Change
I, Arijita Das (Old Name) W/o Debasish Rudra Residing at 12/B/1, Ranipark, Belgharia, District - North 24 Parganas, Pin - 700056, West Bengal, India, have changed my name and shall henceforth be known as Arijita Das Rudra (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Arijita Das (Old Name) and Arijita Das Rudra (New Name) both are same and one identical person.

Name Change
I, Ashok Singh (old name), S/o Devisaran Singh, residing at Central Park East, P.O.-Jadavpur, Kolkata- 700032, West Bengal, INDIA, have changed my name and shall henceforth be known as Ashok Kumar Singh (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Ashok Kumar Singh (new name) and Ashok Singh (old name) both are same and identical person.

Name Change
I, Bratin Kumar Sinha (old name), S/o Tushar kanti Sinha, residing at Simantapally, Shantiniketan Goalpara, Birbhum-731235, INDIA, have changed my name and shall henceforth be known as Bratin Sinha (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Bratin Sinha (new name) and Bratin Kumar Sinha (old name) both are same and identical person.

Name Change
I, Sanjib Ghoshal (old name), S/o Gambhir chand Ghoshal, residing at BE-329, Sectot-1, Salt Lake City, North 24 Parganas, Pin-700064, West Bengal, INDIA, have changed my name and shall henceforth be known as Sanjib Kumar Ghoshal (new name) as declared before the Notary public at Kolkata, vide an affidavit No. 42, dated 20/03/2026. Sanjib Kumar Ghoshal (new name) and Sanjib Ghoshal (old name) both are same and identical person.

Name Change
I, Moushumi Saha Dutta (old name), W/o Somraj Dutta, residing at U 49 Mahavir Vikas HC Block Sector 3 Saltlake Kolkata 700106, West Bengal, INDIA, have changed my name and shall henceforth be known as Moushumi Saha (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Moushumi Saha (new name) and Moushumi Saha Dutta (old name) both are same and identical person.

Name Change
I, Asit Kumar Banerjee (Old Name), Son Of Abani Mohan Banerjee, Residing At 142a, Dakshinee Co-Op Housing Society, Canal South Road, Dhapa, Kolkata-700105, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Asit Banerjee (New Name) Vide An Affidavit No. 13ac 793830 Sworn Before The First Class Judicial Magistrate At Kolkata On 02/02/2026. Asit Kumar Banerjee And Asit Banerjee Both Are The Same And One Identical Person.

Name Change
I,Baij Nath (Old Name), Son Of Nanhu Singh, Residing At Mudila, Po-Amba, Ps-Kutumba, Aurangabad, Bihar-824111, est Bengal, Have Changed My Name And Shall Henceforth Be Known As Baijnath Singh New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Baij Nath And Baijnath Singh Both Are The Same And One Identical Person.

Name Change
I, Shaikh Safiulla (Old Name) S/o Sk Ejaruddin Residing at Vill - Ranisai, P.o - Ranisai, P.s - Ramnagar, District - East Medinipur, Pin - 721446, West Bengal, India, have changed my name and shall henceforth be known as Sk Safiulla (New Name) as declared before the Notary Public Kolkata vide affidavit Dated 20-03-2026. Shaikh Safiulla (Old Name) and Sk Safiulla (New Name) both are same and one identical person.

Name Change
I, Jointy Banerjee (old name), W/o Amal Banerjee, residing at 42/88, Daga Colony, Dum Dum Road, South Dum Dum, North 24 Parganas, Pin- 700074, West Bengal, INDIA, have changed my name and shall henceforth be known as Jayanti Banerjee (new name) as declared before the Notary public at Kolkata dated 20/03/2026. Jayanti Banerjee (new name) and Jointy Banerjee (old name) both are same and identical person.

Name Change
I,Asgar Ali Molla(Old Name),Son Of Iunus Molla,Residing At Nahazari, Bishnupur, South 24 Parganas- 700104, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Asgar Molla (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026.Asgar Ali Molla And Asgar Molla Both Are The Same And One Identical Person.

Name Change
I, Dilip Kumar Malakar (Old Name), Son Of Haridas Malakar, Residing At Arabinda Pally, Duttapukur, Barasat, North 24 Parganas- 743248, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Dilip Malakar (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Dilip Kumar Malakar And Dilip Malakar Both Are The Same And One Identical Person.

Name Change
I, Prasha Majumder Das (Old Name), Wife Of Sougata Majumdar, Residing At 3no, Debigarh, Madhyamgram, North 24 Parganas- 700129, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Prasha Majumder (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Prasha Majumder Das And Prasha Majumder Both Are The Same And One Identical Person.

Name Change
I, Sougata Mazumder (Old Name), Son Of Samarendra Mazumder, Residing At Debigarh Bijali Park, Madhyamgram, North 24 Parganas- 700129, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Sougata Majumdar (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Sougata Mazumder And Sougata Majumdar Both Are The Same And One Identical Person.

Name Change
I, Ranjit Kumar Ghatak (Old Name), Son Of Muktipada Ghatak, Residing At Vill & Po-Laudoha, Ps- Faridpur, Paschim Bardhaman- 713385, West Bengal, Have Changed My Name And Shall Henceforth Be Known As Ranjit Ghatak (New Name) Vide An Affidavit Sworn Before The Notary Public At Kolkata On 19/03/2026. Ranjit Kumar Ghatak And Ranjit Ghatak Both Are The Same And One Identical Person.

Name Change
I, Sk. Shamsuzzaman (old name), son of Late Sk. Kamruz Zaman, residing at 63/8A, Dr. Sudhir Bose Road, P.O.- Kidderpore, P.S.- Watgunge, Kolkata- 700023, West Bengal, INDIA, have changed my name and shall henceforth be known as Sheikh Shamsuz Zaman (new name) as declared before the Notary public at Kolkata, vide an affidavit SL No. 10/26, dated 18/03/2026. Sheikh Shamsuz Zaman (new name) and Sk. Shamsuzzaman (old name) both are same and identical person.

Change of Name
I, SHYAMSUL HAQUE, Son of Chitan Mia, Resident of Noorth Brook Line-17/164, Champdani (M), P.O. Baidyabati, Dist. Hooghly, P.S. Bhadreswar, Pin-712222 (W.B.) have changed my name and shall henceforth be known as SHAMSUL HAQUE as declared before Chandannagore Court, S.L. No. 2790, Dated 13.03.2026. SHAMSUL HAQUE and SHYAMSUL HAQUE is one and same identical person.

Name Change
I, SANGITA DEVI (Old Name) Wife of No JC-859411X Rank NB SUB (OFC) ANIRUDDHA SINGH Unit 129 AD Regt, C/o- 99 APO, 926129. Residing at, Vill-Baramaphi, Post- Pahari, Ps- Karwi, Dist-Chitrakoot Dham, Pin- 210206, Uttar Pradesh. Do hearby declare that I have Changed my name from SANGITA DEVI To SANGEETA DEVI (New name) and hence forth I Shall be Known as (New name) SANGEETA DEVI in all purpose Vide an affidavit Sworn before the notary public at Domkal Murshidabad, SANGEETA DEVI and SANGITA DEVI both are Same and one identical person.

Name Change
I, (Old Name) MIJAR MONDAL S/o-RACHHUL MANDAL Residing at, Vill-Lakshmipur, Post- Lakshmipur, Ps-Chapra, Dist- Nadia, Pin- 741123, West Bengal. Shall henceforth be Known as MIJANUR MANDAL (New name) as declared before the Notary Public at Berhampore Murshidabad Vide Affidavit No 132 Date 13 Feb 2026, MIJAR MONDAL and MIJANUR MANDAL both are Same and one identical person.

Name Change
I, (Old Name) MANSURA KHATUN BIBI W/o- NEFAUR RAHAMAN Residing at, Vill- Gazipur, Post- Kashimnagar, Ps- Suti, Dist- Murshidabad, Pin- 742224, West Bengal. Shall henceforth be Known as MANSURA KHATUN (New name) as declared before the Notary Public at Berhampore Murshidabad Vide Affidavit No 133 Date 13 Feb 2026, MANSURA KHATUN BIBI and MANSURA KHATUN both are Same and one identical person.

Name Change
I, (Old Name) MANARUL MOLLAH S/o-EYASIN MOLLA Residing at, Vill- Rajabazar, Post- Murshidabad, Ps- Murshidabad, Dist- Murshidabad, Pin- 742149, West Bengal. Shall henceforth be Known as MANARUL MOLLA (New name) as declared before the Notary Public at Berhampore Murshidabad Vide Affidavit No 131 Date 13 Feb 2026, MANARUL MOLLAH and MANARUL MOLLA both are Same and one identical person.

Name Change
I, (Old Name) PRANOTOSH CHAKRABORTY S/o- BIMAL KUMAR CHAKRABORTY Residing at, Vill- 375/1 indraprastha, Post- Khagra, Ps- Berhampore, Dist- Murshidabad, Pin- 742103, West Bengal. Shall henceforth be Known as PRANTOSH CHAKRABORTY (New name) as declared before the Notary Public at Berhampore Murshidabad Vide Affidavit No 130 Date 13 Feb 2026, PRANOTOSH CHAKRABORTY and PRANTOSH CHAKRABORTY both are Same and one identical person.

IRAN WAR: Ethanol industry pushes over 20% blend to cut India's crude import

MI News Service, New Delhi: With West Asia in turmoil and crude oil prices rising, the All India Distillers' Association (AIDA) has offered to supply ethanol blends exceeding 20 per cent with petrol, saying the move could proportionally reduce India's dependence on imported crude oil.

In a letter to Union Minister for Road Transport and Highways Nitin Gadkari, AIDA Deputy Director General Bharati Balaji said the ethanol industry was prepared to go beyond the E20 target already achieved by the country.

"Now with the Middle East entangled in a war and oil prices having started increasing, we as an ethanol industry are ready to offer ethanol more than 20 per cent which will reduce proportionally the import of crude," she said in the letter.

She said such a step will mitigate supply disruptions and adverse economic impact on the country.

India achieved its E20 ethanol blending target -- mixing 20 per cent ethanol with petrol -- ahead of schedule in 2025, a goal set under Prime Minister Narendra Modi's administration to cut fuel import bills and reduce emissions.

The association has demanded that the government raise the ethanol blending mandate gradually from 20 to 30 per cent.

Among other demands, AIDA has called for introduction of flex-fuel vehicles capable of running on 100 per cent ethanol on the lines of Brazil, promotion of ethanol-based cook stoves for domestic and commercial use, and exploration of ethanol blending in diesel to contain costs.

The industry body said ethanol-based cooking solutions could serve as a clean energy option, particularly in semi-urban and rural areas, aligning with national priorities on clean energy access and reduced indoor air pollution.

India's ethanol sector now has a cumulative production capacity of around 2,000 crore litres, with more than 380 dedicated distilleries operational and a further 33 in the pipeline.

IRAN WAR: India's urea plants running at half capacity

MI News Service, New Delhi: India's urea plants are running at half capacity after force majeure declarations disrupted LNG flows through the Strait of Hormuz amid escalating West Asia tensions, industry sources said on Sunday.

Petronet LNG Ltd, which operates India's largest liquefied natural gas receiving terminal, declared force majeure after upstream suppliers cited their inability to deliver contracted volumes amid disruptions to cargoes transiting the Strait, sources said.

The move triggered supply curtailments by state-owned gas distributors GAIL (India) Ltd, Indian Oil Corporation Ltd (IOC) and Bharat Petroleum Corporation Ltd (BPCL), which supply gas under RasGas contracts to fertiliser units across the country.

"Gas supplies have been curtailed to approximately 60-65 per cent of normal levels," a senior industry official told PTI, adding that when scheduled plant turnarounds over the past six months were factored in, effective supply at some units had fallen below 50 per cent.

Urea output at affected plants has consequently dropped by around 50 per cent. Paradoxically, energy consumption at these facilities had climbed by as much as 40 per cent as large ammonia-urea trains running at reduced loads suffer a sharp deterioration in thermal efficiency, according to plant officials.

"Plants of this scale are not designed to ramp up and down at will," one plant operations manager said. "Operating under these conditions means you are burning more energy to produce less fertiliser, and that is a direct financial hit."

The situation has been compounded by what fertiliser company officials described as a breakdown in operational coordination. Following Ras Laffan LNG Company's force majeure invocation, gas consumption mandates have at times been communicated to fertiliser units late at night, leaving plant managers scrambling to make abrupt load adjustments.

"Sudden load variations of this nature are not practically feasible for large train-based ammonia-urea plants," another industry source said. "They risk equipment failures, plant tripping and, most critically, safety risks to operating personnel."



West Bengal Chief Minister Mamata Banerjee and TMC All India General Secretary Abhishek Banerjee attended the Eid-ul-Fitr festival at Red Road in Kolkata on Saturday.

MODI tells Iran President to ensure safe navigation of ships

MI News Service, New Delhi: Prime Minister Narendra Modi spoke to Masoud Pezeshkian and conveyed Eid and Nowruz greetings, expressing hope for peace, stability and prosperity in West Asia.

During the call, PM Modi condemned attacks on critical infrastructure in the region, saying they threaten stability and disrupt global supply chains. He also stressed the need to safeguard freedom of navigation and keep shipping lanes open and secure.

"Spoke with President Dr Masoud Pezeshkian and conveyed Eid and Nowruz greetings. We expressed hope that this festive season brings peace, stability and prosperity to West Asia," the prime minister said in a post on 'X'.



"Condemned attacks on critical infrastructure in the region, which threaten regional stability and disrupt global supply chains," he said. PM Modi also appreciated Iran's support for the safety and security of Indian nationals there.

This was the second call between the two leaders since the conflict began on February 28, when the US and Israel carried out strikes on Iran. Iran responded with attacks targeting Israel and parts of the Gulf.

On March 12, Pezeshkian had briefed Modi on the situation and shared his view of recent developments.

Prime Minister Narendra Modi had raised concerns over the security situation and reiterated that issues should be resolved through dialogue and diplomacy, according to the Ministry of External Affairs.

The conflict has drawn attention to the Strait of Hormuz, a key global energy route under Iran's control. Shipping through the strait has been limited since the hostilities began.

PM Modi has also spoken to leaders from Saudi Arabia, the UAE, Qatar, Bahrain, Kuwait, Jordan, France and Malaysia since the conflict started.

INDIA mulls Indo-Tibet trade revival

MI News Service, New Delhi: The stage is set for the resumption of Indo-Tibet trade, suspended in 2020 due to Covid pandemic, through the Shipki La pass in Kinnaur on the Himachal Pradesh border from June this year, Tribal Development and Revenue Minister Jagat Singh Negi said here on Sunday.

Citing security concerns and other factors, he said many restrictions were in place earlier, preventing tourists and traders from accessing these areas. With the easing of curbs, the resumption of trade is expected to boost commerce and generate employment in Kinnaur and nearby regions, he added.



Negi told that traditional trade remained in limbo for several years, and local traders' unions and Associations had been demanding its revival. He expressed hope that trading activities would resume in June, once weather conditions improve.

Negi also urged the Union government to develop the Shipki La pass road to facilitate the Kailash-Mansarovar Yatra, noting that building just 3 to 4 Km of connectivity would facilitate a smoother and shorter journey.

Kailash-Mansarovar is of great importance to followers of Hindu, Bodh and Jain dharma and opening this route would also boost adventure tourism and tourist inflow, he said, adding that the Members of Parliament from Himachal should also raise this demand.

The Indo-Tibetan trade has a long history. In 1697, a formal treaty was signed between Tibet (Ganden Phodrang) and Raja Kehari Singh of Bushahar, which guaranteed safe passage, cementing a long-term trade partnership, and trading was done on a barter (exchange) basis through the old Hindustan-Tibet road.

Tibetan traders imported quality wool, sheep, salt, yak tails, and raw silk, while Indian traders exported items like copperware, rice, textiles, tea and agricultural tools and trade was based on 'gamgya' (a traditional folk oath of mutual trust) rather than written contracts.

The trade was largely halted in 1962 due to the Sino-Indian War, but limited, regulated trade resumed in 1994 after several decades, which was again discontinued during Covid in 2020.

Himalayan glaciers melting at double rate: ICIMOD

MI News Service, New Delhi: Glaciers across the Hindu Kush Himalaya (HKH), a major part of which falls within India, are melting at double the rate since 2000 and impacting major river systems such as the Indus, Ganges and Brahmaputra, claimed two reports released on Saturday by the International Centre for Integrated Mountain Development (ICIMOD).

The region, spanning 3,500km across Afghanistan, Bangladesh, Bhutan, China, India, Myanmar, Nepal and Pakistan, is considered crucial for water security and biodiversity of the zone that supports over 240 million people. Himachal Pradesh, Uttarakhand and the Northeast are part of this region.

The reports titled "Changing Dynamics of Glaciers in the Hindu Kush Himalaya Region from 1990 to 2020" and "HKH Glacier Outlook 2026: Insights from 50 Years of Himalayan Glacier Monitoring" claim that the region has lost up to 27 metres of ice thickness since 1975. They point out that this could have severe consequences for the almost two billion people downstream who are dependent on meltwater from the glaciers.

"This isn't a distant problem; it's a crisis unfolding in real-time, with new disasters every summer and monsoon. The fact that ice loss rates have doubled this century should shock us all into action," says Pema Gyamtsho, director-general of ICIMOD. Hit by "the triple planetary crisis" of climate change, pollution and biodiversity loss, HKH is now an extremely vulnerable zone, claims ICIMOD.

"HKH holds the largest volume of ice outside the poles, with an inventory of over 63,700 glaciers covering nearly 55,782 square kilometres. These glaciers are the source of at least 10 major Asian river systems, supporting the food, water, energy, and livelihood security of billions," says a statement from ICIMOD, a Kathmandu-based global organisation working on climate challenges in the region.

"... Around 78 per cent of this glacier area, located between



4,500 and 6,000 metres above sea level, is highly exposed to elevation-dependent warming," it adds.

The reports point out that major river systems in India and adjoining countries are at stake because of the melting glaciers. "...The largest absolute area losses are concentrated in the Indus, Ganges and Brahmaputra basins, where over 74 per cent of the region's glaciers are found, underlining their critical vulnerability," ICIMOD said.

ICIMOD's analysis claims that between 1990 and 2020, HKH glaciers lost about 12 per cent of their total area and 9 per cent of their estimated ice reserves. The analysis highlights the threat to small glaciers. "...The losses are most acute for the region's smallest glaciers — those below 0.5 sq km — which are shrinking more rapidly than others," says Sudan Bikash Maharajan, remote sensing analyst at ICIMOD and lead author of the glacier dynamics report.

"This poses an immediate risk of localised water shortages for high mountain communities and intensifies hazards like glacial lake outburst floods. The danger is magnified because three-quarters of the region's glaciers fall into this vulnerable size class," said Maharajan.

The reports also highlight a crucial data gap — among the 38 glaciers, only seven meet the global benchmark monitoring standards. "We are trying to navigate a rapidly changing future with an incomplete map," said Mohd Farooq Aslam, an author of one of the reports, adding that: "...Large parts of the Himalaya remain blind spots."

"The larger glaciers above 10 sq km hold nearly 40 per cent of the region's natural water reserves. The heavily glaciated Karakoram range, home to 18 of the 25 largest glaciers, remains highly vulnerable to long-term water, food, and disaster risks with ramifications for the entire region," the report adds.

Y. P Sundriyal, a geologist and Himalaya expert, said climate change was a reality, and its impacts were going to be quite severe in a geologically fragile and ecologically sensitive Himalayan region of India.

"But if we keep on only blaming it, we will only be shifting the goalpost. A lot of responsibility also falls upon the policy and practice that we pursue," he said.

Dakshineswar Temple: 170 Years of Devotion and Engineering Marvel

MI News Service, Kolkata: For 170 years, the Dakshineswar Kali Temple has stood unwavering on the banks of the Ganges, defying the erosive forces of water, wind, and time. While many revere it as the 'glory of the mother,' the temple's resilience is not mere faith—it is the product of visionary engineering and advanced construction techniques long before modern civil science emerged.

Commissioned by Rani Rashmoni in 1847, the 100-foot temple posed a formidable challenge: how could such a massive structure survive on the soft, alluvial soil of the Ganges, where even ordinary concrete buildings succumb within decades? The answer lies in the ingenious foundation technique known as 'kurma praksha'—modeled on the back of an inverted turtle. The floor is deliberately arched in the center with sloping edges, allowing rainwater to flow away rapidly, preventing soil loosening and foundation instability. The temple's ghats have been designed with stepped formations that dissipate the relentless force of the river's waves, ensuring that the surrounding soil remains intact. Above, the iconic nine peaks, or 'navaratnas,' serve a dual purpose: they control the impact of high-velocity winds during cyclones and their massive weight stabilizes the walls and arches, preserving structural integrity for centuries. The temple complex, including 12 Shiva shrines, showcases further architectural foresight. Narrow lanes between the temples accelerate wind flow according to natural aerodynamics, providing a natural cooling system across the premises even during the height of summer—an ancient precursor to modern climate control. Perhaps most remarkable is the durability of the temple's brickwork. Constructed long before the advent of cement, the bricks were bonded with 'Vajralep,' a unique mixture of lime-surki, jaggery, beoli dal, and the juice of a wild fruit. This organic adhesive penetrated the bricks' pores, creating a bond stronger than contemporary cement, while the red exterior brickwork shields the structure from erosion and decay. The Dakshineswar Kali Temple stands as a timeless fusion of devotion, scientific ingenuity, and masterful craftsmanship. Rani Rashmoni and her team of visionary artisans not only created a spiritual sanctuary but also demonstrated that meticulous planning and innovative engineering can withstand the ravages of nature and time, securing a legacy that continues to inspire awe and admiration today.

MAMATA launches campaign from Bhawanipore ; ABHISHEK to kick off from Mar 23

MI News Service, Kolkata: Trinamool Congress (TMC) supremo Mamata Banerjee launched her election campaign from her own Constituency, Bhawanipore, on Sunday. She will also start her campaign in North Bengal from Tuesday. Her party's national general secretary Abhishek Banerjee will also kick off campaigns separately in South Bengal from March 23 for the upcoming Assembly elections.

Mamata attended a meeting with her party activists as a first preparatory move to take stock of the electoral situation in her Assembly Constituency. Senior TMC leaders attended the meeting.

The names of more than 47,000 voters have been deleted from the list in Bhawanipore following the SIR exercise. It was learnt from sources that the local councillors, along with party workers, will reach out to electors in booths, highlighting success stories related to different development and social security schemes under the Trinamool Congress-led government.

Bhawanipore will go for a vote on April 29. Over 14,000 electors belonging to 'under adjudication' are awaiting clearance from the judicial officers to exercise their voting rights in her constituency. Mamata, on March 24, will hold a rally at Alipurduar parade ground. On the same day, she is expected to hold two more rallies each at Matigara and Moynaguri.

Abhishek, on the other hand, will hold a public rally at South 24-Parganas' Patharpratima on March 24. He is expected to hold a meeting with party workers in Nandigram on March 25. The workers' meeting in Nandigram will be his first internal meeting since the poll schedule was announced. Sources close to Abhishek said he will hold three public meetings in West Midnapore's Daspur, Keshiary and Narayangarh before heading for Nandigram.

Declare Pak atrocities against BENGALI HINDUS as genocide: US LAWMAKER

MI News Service, Washington: US Congressman Greg Landsman has introduced a resolution in the US House of Representatives seeking to recognise the atrocities committed by the Pakistani Army and its allies, Jamaat-e-Islami, against Bengali Hindus on March 25, 1971, as "war crimes and genocide".

Landsman, a Democrat Congressman from Ohio, moved the resolution in the US House of Representatives on Friday, and it has been referred to the Committee on Foreign Affairs.

The resolution states that on the night of March 25, 1971, the Government of Pakistan imprisoned Sheikh Mujibur Rahman, and its military units, in conjunction with radical Islamist groups inspired by the ideology of Jamaat-e-Islami, began a general crackdown throughout East Pakistan code-named "Operation Searchlight" that involved widespread massacres of civilians.

It said that on March 28, 1971, United States Consul General in Dacca, Archer Blood, sent a telegram to Washington titled "Selective Genocide", in which he wrote, "Moreover, with support of Pak military, non-Bengali Muslims are systematically attacking poor people's quarters and murdering Bengalis and Hindus".

Landsman noted that on April 6, 1971, in what became known as the "Blood Telegram", Consul General Blood sent an objection to the official United States Government silence on the conflict, signed by 20 members of the Consulate General Dacca.

"But we have chosen not to intervene, even morally, on the grounds that the Awami conflict, in which unfortunately the overworked term genocide is applicable, is purely an internal matter of a sovereign state," the then diplomat said in the telegram.

The resolution moved by Landsman urges the House of Representatives to condemn the atrocities committed by the Armed Forces of Pakistan against the people of Bangladesh on March 25, 1971.

The resolution "recognizes that while the Pakistani Army and its Islamist allies indiscriminately mass-murdered ethnic Bengalis regardless of their religion and gender, killed their political leaders, intellectuals, professionals, and students, and forced tens of thousands of women to serve as their sex slaves." "They specifically targeted the religious minority Hindus for extermination through mass slaughtering, gangrape, conversion, and forcible expulsion," it added.

Noting that entire ethnic groups or religious communities are not responsible for the crimes committed by their members, the resolution calls on the President of the United States to recognise the atrocities committed against ethnic Bengali Hindus by the Armed Forces of Pakistan during 1971 and their allies in the Jamaat-e-Islami as crimes against humanity, war crimes, and genocide.

IRAN WAR: Cut unnecessary expenses, says Air India CEO

MI News Service, New Delhi: The Air India Group has been significantly impacted by the Middle East conflict and the financial impact is "yet to be fully felt", according to Air India chief Campbell Wilson, who has also stressed the need for having a tighter-than-ever control of unnecessary expenditure.

Loss-making Air India and Air India Express have been grappling with operational disruptions like other airlines since the start of the conflict involving the US, Israel, and Iran on February 28.

"In the three weeks since the conflict started, we have had to cancel around 2,500 flights to the region. As of today, we can operate only around 30 per cent of our normal Middle East schedule because airports and/or airspace are closed, or are assessed to be beyond our safety threshold," Wilson said in a message to the staff.

The airline's flights to the UK, Europe, and North America, are also taking longer flight paths due to airspace restrictions in the region, resulting in more fuel consumption.

Wilson said the impact on Air India Group is significant given the usual scale of its operations to, and through, the Middle East.

According to Wilson, the financial impact of this crisis is yet to be fully felt, as although the spot price of jet fuel has more than doubled, most of the impact will only hit the group from next month.

Given economic uncertainties, he said it was not certain that customers or companies would be as willing to travel as they were prior to the conflict, and may choose to stay put for a while.

"For now, though, we should continue to focus on safe operations, keep tighter-than-ever control of non-urgent or unnecessary expenditure, support each other and keep delivering great Air India service to our customers," Air India's MD and CEO said in the message.

Air India, Air India Express, IndiGo, and Akasa Air have imposed fuel surcharge and charge on tickets amid rising jet fuel costs due to the conflict.

Mentioning the imposition of fuel surcharge, Wilson also said not every customer is willing to pay higher airfares "so there is a limit to how high we can price before demand drops".

"There will be pockets of new demand, such as we're seeing on -- and deploying additional flights to -- some Europe and North America cities, but already airlines in some parts of the world are reducing some flights due to high fuel prices.

"Depending on how fuel costs, airfares and customer demand moves, we may also have to adjust," he added.

How to Start Exercising : A Beginner's Guide to Working Out

Understanding the different types of exercises and how to incorporate them into your weekly routine can help you start exercising. Some tips, such as joining a fitness class or doing mini-workouts, can help make exercise a long-term habit.

Regular exercise plays an important role in maintaining your health.

In the short term, exercise can help improveTrusted Source your mood, mental health, and sleep, as well as manage your hormones and blood pressure levels.

In the long term, exercise can help you achieve and maintain a healthy body weight and muscle mass and reduce your risk for chronic diseases, among many other benefits.

If you're considering starting to exercise but don't know where to begin, this article is for you. Here's all you need to know about starting a routine and sticking to it.

Common types of exercise

There are various types of exercise:

Aerobic: Also known as cardiovascular exercise, this type of exercise refers to types of continuous movement that elevate your heart and breathing rate. Examples include swimming, running, and dancing.

Strength: These exercises focus on increasing muscle power, thickness, and strength. Examples include resistance training, plyometrics, weightlifting, and sprinting.

Calisthenics: These moves are usually performed without gym equipment using large muscle groups. They're done at a medium aerobic pace. Examples include lunges, situps, pushups, and pullups.

High-intensity interval training (HIIT): This type of exercise includes repetitions of short bursts of high intensity exercise followed by low intensity exercises or rest periods.

Boot camps: These are timed-based, high intensity circuits that combine aerobic and resistance exercises.

Balance or stability: These exercises are designed to strengthen muscles and improve body coordination. Examples include Pilates, tai chi poses, unilateral exercises, and core-strengthening exercises.

Flexibility: These types of exercises help muscle recovery, maintain range of motion, and prevent injuries. Examples include yoga or individual muscle-stretch movements.

These activities can be done individually or combined. The important thing is to do what works best for you and to have fun with it.

Common types of exercise include aerobic, strength, calisthenics, HIIT, boot camps, flexibility, and stability. You can do them individually or combined.

How to get started

It's essential to consider a few things before starting a new workout routine.

1. Check your health

It's important to speak with a healthcare professional and get a physical examination before starting an exercise routine.

This is particularly important for those new to strenuous and vigorous physical activities.

An early checkup can detect any health problems or conditions that could put you at risk for an injury during exercise.

It can also help you optimize your workout, making it easier for you and a personal trainer (if you choose to work with one) to understand your limitations and create an exercise plan tailored to your particular needs.

2. Make a plan and set realistic goals

Once you decide to start exercising regularly, try to create a plan that includes attainable steps and goals.

One way to do this is to start with a plan of easy steps to follow. Then you can continue building on it as your fitness level improves.

For example, if your goal is to finish a 5-kilometer run, you can start by building a plan that includes shorter runs. Once you can finish those short runs, increase the distance until you can run the whole 5 kilometers in one session.

Starting with small, achievable goals will help increase your chances of success and keep you motivated throughout



the process.

3. Make exercise a habit

Another key component of exercise success is to build a routine that you enjoy and can maintain over the long term.

Research suggests that you're more likely to maintain an exercise routine long-term if:

it's enjoyable
you recognize or "feel" the benefits
you make it a habit and do it regularly

Forming new exercise habits can feel challenging, especially if this is a big change from your current lifestyle. Many people also feel like they don't have enough time to exercise.

Consider looking at your current schedule to see where you can add at least 30 minutes of exercise daily. Common times include working out first thing in the morning, on your lunch break, or right after work.

If you can't find a 30-minute block, try incorporating at least three 10-minute mini-workouts throughout the day.

Creating a sustainable exercise schedule or exercising at the same time every day can help you make it a habit. It's important to choose a time that works best for you.

How much time should I exercise each week?

The Physical Activity Guidelines for Americans provides the following weekly recommendationsTrusted Source as a minimum to help maintain physical and cognitive function and prevent chronic conditions:

Aerobic: At least 150 minutes of moderate intensity cardiovascular exercise or 75 minutes of high intensity exercise.

Resistance: At least two weekly sessions of resistance training that target all of the muscle groups.

1-week sample exercise program

Here is an easy-to-follow, 1-week exercise program that doesn't require equipment and will take you 30 to 45 minutes a day to complete.

This program can be adjusted to your fitness level and made as challenging as you want.

Monday: 40-minute moderate-pace jog or brisk walk.

Tuesday: Rest day.

Wednesday: Walk briskly for 10 minutes. Then, complete the following circuits, resting 1 minute after each set but not between exercises. Stretch afterward.

Circuit #1: 3 sets alternating 10 lunges for each leg, 10 pushups, 10 situps

Circuit #2: 3 sets alternating 10 chair-dips, 10 jumping jacks, 10 glute bridges

Thursday: Rest day.

Friday: 30-minute bike ride or moderate-pace jog.

Saturday: Perform Wednesday's strength training circuit or another bodyweight strength training circuit.

Sunday: Take a long walk for 40 minutes.

The 1-week program above is just a simple sample to get you started. For more workout ideas and plans, check out the following links:

20-minute workout for beginners
30 moves to make the most of your at-home workout for various skill levels
6 low impact cardio exercises in 20 minutes or less
13 moves to help build cardio and strength fitness.

A few tips for beginners

1. Stay hydrated

Drinking fluids throughout the day is essential for maintaining healthy hydration levels.

The Academy of Nutrition and Dietetics provides the following recommendations for adult daily water consumption:

Men: 15.5 cups (3.7 liters)
Women: 11.5 cups (2.7 liters)

Replenishing fluids during exercise is essential for maintaining optimal performance, preventing injury, and maximizing recovery. This is especially true when exercising in hot temperatures.

2. Optimize your nutrition

Eating a well-balanced diet is one of the most importantTrusted Source aspects of preventing chronic conditions and maintaining a healthy-for-you weight. Eating the right foods can also help boost your energy levels to maximize your workouts and provide nutrients that support muscle recovery and growth. For instance, carbohydrates can help fuel your muscles before exercise, especially high intensity exercise that lasts longer than 1 hour. Eating carbs after exercise can also replenish glycogen stores and assist with the absorption of amino acids into your muscles during recovery.

Additionally, protein helps improve muscle recovery after exercise, repair tissue damage, and build muscle mass.

Lastly, regularly consuming healthy fats could help promote fat burning instead of muscle loss, increase energy, and manage blood pressure and cholesterol levels.

Learn more about what to eat before working out and what to eat after working out.

3. Warm-up

Warming up before your workout refers to increasing your body temperature.

New study identifies blood molecules that could revolutionise teen depression diagnosis



Montreal [Canada] : In a groundbreaking study, researchers from McGill University have identified nine biological markers in the blood that could help diagnose depression in teenagers.

The findings, which were published recently, are expected to revolutionise how depression is detected in adolescents, offering the potential for earlier intervention before symptoms become severe and harder to treat.

The study, led by Dr Cecilia Flores, James McGill Professor at McGill's Department of Psychiatry, sheds light on a new method for identifying the condition.

The researchers discovered that these nine molecules, known as microRNAs, were elevated in the blood of teens diagnosed with depression.

Furthermore, these microRNAs were able to predict the progression of the condition, providing valuable insight into how symptoms may evolve over time.

"Alarmingly, more and more adolescents are being diagnosed with depression, and when it starts early, the effects can be long-lasting and severe," said Dr Flores, who is also a researcher at the Douglas Research Centre and the Ludmer Centre.

"Teens with depression are more likely to face additional challenges such as substance use, social isolation, and symptoms that often resist treatment," Dr Flores added.

Interestingly, these microRNAs have not been linked to depression in adults, suggesting that the markers may reflect biological processes unique to teenagers.

This could open the door for personalised treatment approaches for adolescent depression, which often manifests differently than in adults.

The study was conducted in collaboration with researchers from the University of California, Los Angeles (UCLA), and Stanford University.

It involved 62 teenagers, 34 diagnosed with depression and 28 healthy individuals. By analysing small blood samples, which were collected via a simple finger prick and stored in dried form, the researchers were able to preserve the integrity of the biological markers over time.

"The method we developed is minimally invasive, scalable, and easy to implement in real-world settings," said Dr Alice Morgunova, postdoctoral fellow at McGill and first author of the study.

"Our findings pave the way for using dried blood spots as a practical tool in psychiatric research. This approach allows us to track early biological changes linked to mental health with minimal discomfort for patients," Dr Alice added.

Currently, diagnosing depression in teenagers largely depends on self-reported symptoms, which can delay accurate diagnosis.

Many adolescents struggle to recognise the signs of depression or are hesitant to seek help.

A blood-based screening tool could provide a more objective way of identifying those at risk, potentially leading to earlier and more effective interventions.

The researchers plan to continue their work by validating these findings in larger groups of adolescents and examining how these microRNAs interact with other genetic and environmental risk factors for depression.

The study was funded by several prestigious organizations, including the Douglas Foundation, Bombardier Fund, the National Institute on Drug Abuse (NIDA), the Canadian Institutes of Health Research (CIHR), and the Natural Sciences and Engineering Research Council of Canada (NSERC), among others.

'Selfish' genes called 'introners' proves to be major source of genetic complexity: Study

Washington DC [US] : A new study proves that a type of genetic element called 'introners' is the mechanism by which many introns spread within and between species.

It also provides evidence of eight instances in which introners have transferred between unrelated species in a process called 'horizontal gene transfer,' the first proven examples of this phenomenon.

DNA is the genetic code that provides the biological instructions for every living species, but not every bit of DNA helps the species survive.

Some pieces of DNA are more like parasites, along for the ride and their own survival.

To translate DNA into proteins, the building blocks of life, many of these selfish DNA elements have to be removed from the genetic code. Doing so enables the body to produce the wide diversity of proteins that allow for complex life, but the process can also lead to health problems, like some kinds of cancer. University of California, Santa Cruz researchers are studying the ways that these genetic elements hide and make copies of themselves, so they can propagate within a species' DNA, or even hop from one species to an unrelated one in a process called "horizontal gene transfer."

A new study in the journal Proceedings of the National Academy of Sciences proves that



a type of genetic element called "introners" are the cause of many of these selfish genes spreading within and between species. It provides evidence for eight instances in which introners have transferred between unrelated species, the first proven examples of this phenomenon.

"[Introners are] a way that genome architectures and complexity arise, but not necessarily because there is natural selection that favours this complexity," said Russ Corbett-Detig, senior author on the study and professor of biomolecular engineering at the Baskin School of Engineering. "A few may ultimately benefit the host, but most are just cheaters that found a really good way to hide in the genome," Russ added. In this study, the researchers have proven that introners are one of the main ways that new introns appear within a species' DNA. Introners are a kind of transposable element, a "jumping gene" that can move from one part of a genome to another, that have found a way to successfully make copies of introns throughout a genome. The team's past work has suggested this, but their advanced methods of searching the DNA of a wide range of species have now allowed them to definitively confirm their hypothesis. The researchers searched for introners in the DNA of thousands of species, something only recently made possible due to ongoing coordinated efforts to sequence a wide range of biodiversity and make the data publicly available, like the Earth BioGenome Project and the Sanger Tree of Life.

These ancient fish are likely to be blamed for toothaches in cold: Study

Washington DC [US] : New research from the University of Chicago shows that dentine, the inner layer of teeth that transmits sensory information to nerves inside the pulp, first evolved as sensory tissue in the armoured exoskeletons of ancient fish.

Paleontologists have long believed that teeth evolved from the bumpy structures on this armour, but their purpose wasn't clear.

The new study, published this week in Nature, confirms that these structures in an early vertebrate fish from the Ordovician period, about 465 million years ago, contained dentine and likely helped the creature sense conditions in the water around it.

The research also showed that structures considered to be teeth in fossils from the Cambrian period (485-540 million years ago) were similar to features in the armor of fossil invertebrates, as well as the sensory organs in the shells of modern arthropods like crabs and shrimp.

These similarities imply that sensory organs in the armor of diverse animals evolved separately in both vertebrates and invertebrates to help them sense the larger world around them.

"When you think about an early animal like this, swimming around with armour on it, it needs to sense the world. This was a pretty intense predatory environment, and being able to sense the properties of the water around them would have been very important," said Neil Shubin, PhD, Robert R. Bensley Distinguished Service Professor of Organismal Biology and Anatomy at UChicago and senior author of the new study.

"So, here we see that invertebrates with armour like horseshoe crabs need to sense the world too, and it just so happens they hit on the same solution," added Neil Shubin.

While they didn't pin down the earliest vertebrate fish, Shubin said this discovery was more than worth the effort.

"For some of these fossils that were putative early vertebrates, we showed that they're not. But that was a bit of misdirection," Shubin said.

"We didn't find the earliest one, but in some ways, we found something way cooler," Shubin added.

The study, "The Origin of Vertebrate Teeth and Evolution of Sensory Exoskeletons," was supported by the National Science Foundation, the US Department of Energy, and the Brinson Family Foundation.

LIGHT THERAPY HELPS IN BRAIN CONNECTIVITY FOLLOWING INJURY

ILLINOIS [US] : A study suggests that low-level light treatment may have an impact on the healing process in the brains of individuals who have experienced serious brain injuries.

The findings of the study were published in Radiology, a journal of the Radiological Society of North America (RSNA).

The ability of various wavelengths of light to heal wounds has been researched for many years. Low-level light treatment was used by researchers at Massachusetts General Hospital (MGH) on 38 patients who had experienced moderate traumatic brain injury, which is defined as a head injury severe enough to affect cognition and/or be detectable on a brain scan. Within 72 hours of their injury, patients underwent light therapy using a near-infrared light-emitting helmet.

"The skull is quite transparent to near-infrared light," said study co-lead author Rajiv Gupta, M.D., Ph.D., from the Department of Radiology at MGH. "Once you put the helmet on, your whole brain is bathing in this light."

The researchers used an imaging technique called functional MRI to gauge the effects of the light therapy. They focused on the brain's resting-state functional connectivity, the communication between brain regions that occurs when a person is at rest and not engaged in a specific task. The researchers compared MRI results during three recovery phases: the acute



phase of within one week after injury, the subacute phase of two to three weeks post-injury and the late-subacute phase of three months after injury.

Of the 38 patients in the trial, 21 did not receive light therapy while wearing the helmet. This was done to serve as a control to minimize bias due to patient characteristics and to avoid potential placebo effects.

Patients who received low-level light therapy showed a greater change in resting-state connectivity in seven brain region pairs during the acute-to-subacute recovery phase compared to the control participants.

"There was increased connectivity in those receiving light treatment, primarily within the first two weeks," said study coauthor Nathaniel Mercaldo, Ph.D., a statistician with MGH. "We were unable to detect differences in connectivity between the two treatment groups long term, so although the treatment appears to increase the brain connectivity initially, its long-term effects are still to be determined."

The precise mechanism of the light therapy's effects on the brain is also still to be determined. Previous research points to the alteration of an enzyme in the cell's mitochondria (often referred to as the "powerhouse" of a cell), Dr. Gupta said. This leads to more production of adenosine triphosphate, a molecule that stores and transfers energy in the cells. Light therapy has also been linked with blood vessel dilation and anti-inflammatory effects. "There is still a lot of work to be done to understand the exact physiological mechanism behind these effects," said study coauthor Suk-tak Chan, Ph.D., a biomedical engineer at MGH. While connectivity increased for the light therapy-treated patients during the acute to subacute phases, there was no evidence of a difference in clinical outcomes between the treated and control participants.
Additional studies with larger cohorts of patients and correlative imaging beyond three months may help determine the therapeutic role of light in traumatic brain injury.

The researchers expect the role of light therapy to expand as more study results come in. The 810-nanometer-wavelength light used in the study is already employed in various therapeutic applications. It's safe, easy to administer and does not require surgery or medications. The helmet's portability means it can be delivered in settings outside of the hospital. It may have applications in treating many other neurological conditions, according to Dr. Gupta.

"There are lots of disorders of connectivity, mostly in psychiatry, where this intervention may have a role," he said. "PTSD, depression, autism: these are all promising areas for light therapy."

Morning India
For TV, Epaper & News visit: www.live7tv.com
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Russia strikes Ukrainian energy facilities, drone sites: defense ministry



MI News Service, Moscow: Russian forces have launched strikes on energy infrastructure and military-related targets in Ukraine, the Russian Defense Ministry said Sunday.

According to the ministry, the strikes targeted key facilities within Ukraine's fuel and energy sector, as well as sites used for the preparation and launch of long-range unmanned aerial vehicles.

The raid also struck temporary deployment sites of Ukrainian armed formations and foreign mercenaries across 144 locations, the ministry added.

In addition, Russian air defense systems reportedly downed eight guided aerial bombs and 244 fixed-wing drones over the past 24 hours, the ministry said.

Trump issues 48-hour Hormuz ultimatum, threatens strikes on Iran's power plants



MI News Service, Washington: Escalation continues into the fourth week of the US-Israeli war on Iran, now in its 23rd day on Sunday, March 22, with intensifying cross-border strikes, mounting casualties and growing regional fallout.

US President Donald Trump has issued a 48-hour ultimatum to Iran to fully reopen the Strait of Hormuz, warning that failure to comply would trigger US strikes on Iranian power plants. He said the waterway must be opened "without threat", adding that the United States would begin targeting major energy facilities if Tehran does not act.

The Strait of Hormuz — a vital global oil corridor — has remained effectively disrupted since the conflict began on February 28. Around 20 percent of the world's oil and liquefied natural gas passes through the route, and recent attacks on shipping have sharply reduced traffic while pushing crude prices above USD 100 per barrel.

Iran launched fresh missile attacks on southern Israel, including Arad and Dimona, wounding dozens and causing damage to residential areas. Israeli emergency services reported at least 88 people injured in Arad, including several in serious condition, while additional casualties were recorded in Dimona. Israeli Prime Minister Benjamin Netanyahu described it as a "difficult evening of battle" and said Israel would continue striking its enemies on all fronts. Authorities imposed emergency restrictions across southern regions, including school closures and limits on gatherings in high-risk areas.

In response, the Israeli military said it had begun a new wave of strikes targeting Iranian government infrastructure in Tehran, following earlier attacks on key locations including Natanz, Isfahan and Karaj. Iran confirmed that the Natanz nuclear facility was among the sites hit.

Iran opens Hormuz to most ships, restricts 'enemy' vessels



MI News Service, Tehran: The US-Israeli war on Iran entered its fourth week on Sunday, March 22, with shifting signals over the Strait of Hormuz, intensifying regional attacks and mounting global economic concerns.

Iran indicated a partial easing of its position on the strategic waterway, with its representative to the International Maritime Organization stating that the Strait of Hormuz remains open to all shipping except vessels linked to "enemies", in an apparent reference to the United States and Israel.

The statement came hours after US President Donald Trump warned that Washington would strike Iranian power plants if the strait is not "fully opened" within 48 hours, raising the stakes around one of the world's most critical energy routes.

Missile threats extended beyond Israel, with Saudi Arabia saying it detected three ballistic missiles launched towards Riyadh. One was intercepted, while the others landed in uninhabited areas. A separate drone targeting the kingdom's eastern region was also shot down.

In Israel, air raid sirens sounded across central and northern areas after fresh missile launches from Iran, with explosions reported in multiple locations. No immediate casualties were confirmed in the latest attacks.

In the north, one person was killed after a projectile, believed to have been fired from Lebanon, struck a vehicle. Additional cross-border fire caused injuries and damage, according to Israeli authorities.

Lebanon-based Hezbollah said it carried out 14 attacks targeting Israeli military positions using missiles, drones and artillery. The Islamic Resistance in Iraq also claimed 21 operations targeting US-linked bases across Iraq and the wider region, alleging troop withdrawals towards Jordan.

The Israeli military said it intercepted further ballistic missiles and conducted operations in Lebanon targeting Hezbollah-linked infrastructure, reporting that weapons were seized and fighters killed.

In Tehran, Iranian authorities said they had intercepted an armed drone allegedly linked to US and Israeli forces, as reports emerged of fresh Israeli strikes on the capital.

Iran will win the war, says Former RAW Chief A S Dulat



MI News Servce, New Delhi: Amid escalating tensions in the Middle East, fears of a deepening global oil and gas crisis are mounting, with potential ripple effects on India's energy security. The ongoing conflict involving Iran, United States, and Israel has raised serious geopolitical and economic concerns.

Former chief of India's external intelligence agency, Research and Analysis Wing, Amarjit Singh Dulat, described the current situation as "deeply concerning." Emphasizing India's historically strong and longstanding ties with Iran, he noted that New Delhi must closely monitor developments in the region.

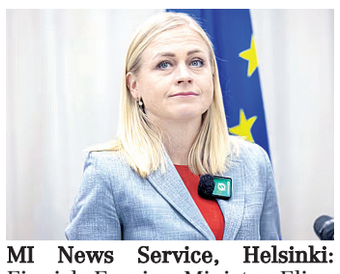
In a striking assessment, Dulat suggested that Iran may currently hold the upper hand in the conflict and could potentially emerge victorious. His remarks come at a time when tensions continue to escalate, raising fears of disruptions to global energy supplies and trade routes.

Experts warn that any prolonged conflict could severely impact oil prices and supply chains, directly affecting major energy-importing nations like India.



SP HRD Shri Subimal Pal IPS officer visited yesterday Uday Narayanpur PS to supervise election preparedness and police arrangements in connection with forthcoming West Bengal Assembly Election 2026 and briefed officer and force of Uday Narayanpur Ps shri Soumen Gangopadhyay, SDPO Amta shri Nirupam Ghosh and CI Amta inspector Dipojwal Bhowmik were present.

Finland rules out military role in Persian Gulf: FM



MI News Service, Helsinki: Finnish Foreign Minister Elina Valtonen said on Saturday that Finland has no intention of engaging in military activity in the Persian Gulf.

Speaking to Finnish public broadcaster Yle, Valtonen underlined that Finland would not send equipment to the region, although she said a staff officer contribution could be considered.

"Finland hopes that military action will end as soon as possible, and that violence against civilians and attacks on civilian infrastructure will stop immediately," she said.

Valtonen said the parties should return to negotiations, warning that, at worst, prolonged instability could further disrupt global trade, drive up prices, and weaken international security more broadly.

Valtonen also stressed that NATO countries would not take part in the Middle East conflict alongside the United States.

Her remarks were widely seen as a clarification of a post published late Friday on X by President Alexander Stubb, who said Finland had joined a statement by several European countries expressing support for efforts to facilitate secure transit through the Strait of Hormuz.

Stubb wrote on X that Finland, together with its close partners, had joined a joint statement on the situation in the Persian Gulf, particularly the Strait of Hormuz. The statement calls on all countries to respect international law and uphold the principles of international security. It adds that the participating countries stand ready to contribute to appropriate efforts to ensure safe passage through the strait.

On Feb. 28, Israel and the United States launched joint strikes on Tehran and several other Iranian cities, killing Iran's then Supreme Leader Ali Khamenei, along with senior military commanders and civilians.

Iran responded by launching waves of missile and drone strikes targeting Israel as well as U.S. bases and assets in the Middle East, effectively closing access to the Strait of Hormuz, a key waterway through which about 20 percent of the world's oil passes.

On March 15, U.S. President Donald Trump said he had "demanded" that several countries heavily reliant on Middle East oil join a coalition to escort vessels through the Strait of Hormuz.

Katz says Israel will send Iran back decades if it keeps hitting cities



MI News Service, Jerusalem: Defense Minister Israel Katz says Israel will send Iran decades backwards in response to its attacks, accusing it of purposely targeting civilians.

"If this continues, we'll be sure to hit Iran so hard it will be sent back decades," Katz says while visiting the site where a missile impacted in the southern city of Arad last night, injuring scores.

Katz says Iran's Islamic Revolutionary Guard Corps is "intentionally firing at civilian centers," which he says is designed to put domestic pressure on Israel's government to halt the war.

"This won't happen," Katz says. "The home front is strong."

Netanyahu's 'terrorism' continues to threaten peace, says Turkish president

MI News Service, Ankara: Turkish President Recep Tayyip Erdogan sharply criticized Israeli Prime Minister Benjamin Netanyahu on Friday, accusing him of perpetuating "terrorism" that endangers both regional and global stability.

In a pointed speech, Erdogan highlighted how Netanyahu's provocations triggered Iran-centered attacks on February 28, worsening instability across the Middle East. He described Israel's ongoing military operations in Gaza as the work of a "Zionist genocide network," accusing it of blocking humanitarian aid, killing civilians, demolishing infrastructure, and acting like "bandits."

Erdogan further condemned Israel for closing Al-Aqsa Mosque—Islam's first qibla—to worshippers under the pretext of the Iran conflict, while intensifying illegal settlements and expansionist policies in the West Bank and other occupied Palestinian territories.

He reported that since March 2, Israeli strikes have killed over 1,000 people in Lebanon and displaced more than one million, deepening the humanitarian crisis.

Despite these challenges, Erdogan reaffirmed Türkiye's commitment to peace, stating that the country is deploying all available resources to restore stability, revive dialogue, and promote diplomacy in the region.



Expressing solidarity with Muslims observing Eid amid suffering—especially in Gaza—he voiced hope that unity, patience, and resilience would help the Islamic world navigate its current difficulties filled with "obstacles, pitfalls, schemes, and traps."

On a positive note, Erdogan welcomed a temporary truce between Pakistan and Afghanistan during Eid, crediting Türkiye's mediation efforts. He expressed relief that "fingers have been taken off the triggers" between the two brotherly nations, allowing their peoples to celebrate in peace, and voiced hope that this calm would become permanent.

Erdogan concluded with optimism, believing the region could soon overcome its crises through mutual support and determination

Eid Celebration at Furfura



Nurul Islam Khan: On Saturday, the Eid-ul-Fitr prayers were held at the Furfura Darbar Sharif in Hooghly. The prayers were led by Pirzada Hazrat Maulana Sawban Siddiqui. Numerous Pirs were present on the occasion, and a vast number of local devotees participated in the congregation. Prayers were offered for the harmony and prosperity of both the nation and the state. Divine protection was sought for the entire Muslim Ummah, including Iran. Protests were also voiced against the Election Commission's decision to exclude the names of 6 million valid voters from the state's electoral rolls. Finally, prayers were offered for the welfare of all humanity.

Eid Prayers Concluded



Nurul Islam Khan: The largest Eid congregation in the Bangaon subdivision was held at 8:00 AM at the Eidgah grounds of the "Bangram Hazrat Pir Abdul Hai Siddiquiya Khanqah Sharif"—an institution established by the incumbent Pir of Furfura Sharif, Shaykhul Islam Ala Hazrat Abu Nasr Md. Abdul Hai Siddiqui (known as 'Boro Huzur'), *Rahimahullah. The Eid prayers were led by the esteemed Pirzada of Furfura Sharif, Hafiz Maulana Md. Mujahid Islam Siddiqui Al-Quraishi (Hafizahullah).

Brief addresses were delivered by Maulana Md. Ibrahim Mondal and Maulana Md. Abdul Halim.

Democrats head Golan says Netanyahu dragging out war to avoid elections

MI News Service, Jerusalem: During a visit to Arad in southern Israel, which suffered an Iranian ballistic missile attack on Saturday, The Democrats chairman Yair Golan accuses Prime Minister Benjamin Netanyahu of dragging out conflicts for political gain. Golan, an outspoken former general who is among the premier's most vociferous critics, says Netanyahu is "squandering" the army's military gains by failing to parlay them into increased security. Instead, he charges, Netanyahu wants to keep Israel on war footing because ending the fighting would lead to elections. "Netanyahu has turned national security into a tool for his political survival," asserts Golan. "This is why we've been in an endless war for two and a half years. Instead of leading toward a decisive victory and using diplomacy to stabilize the situation, he is dragging the war out because its end would necessitate elections and a change in government."

Iran warns US, Israeli water desalination facilities in region will be hit if energy infrastructure attacked

MI News Service, Tehran: Iran's Khatam al-Anbiya Central Headquarters has issued a stark warning of severe retaliation if the United States or Israel targets Iran's fuel and energy infrastructure amid the ongoing conflict.

The headquarters, which coordinates operations between Iran's regular Army and the Islamic Revolutionary Guard Corps (IRGC), made the statement on Sunday through spokesman Lieutenant Colonel Ebrahim Zolfaqari.

He declared that any attack on Iran's energy facilities would prompt strikes on all energy infrastructure, IT systems, and water desalination plants belonging to the US and its regional allies, in line with prior warnings.

This escalation follows US President Donald Trump's recent threat to "hit and obliterate" Iran's power plants—starting with the largest—if Iran does not fully reopen the Strait of Hormuz within 48 hours.



Trump has described his previous attempts to secure the strait as unsuccessful and proposed US Navy escorts for tankers, along with political risk insurance for shipping companies. He also urged NATO allies to contribute naval and air forces to form a coalition, though most have declined to commit.

The conflict began on February 28, 2026, with joint US-Israeli strikes on Iran, prompting Tehran to block the Strait of Hormuz to tankers linked to the aggressors and their partners. This vital waterway, connecting the Persian Gulf to the Sea of Oman, handles about 20% of global oil and gas transit.

The near-total halt in traffic has caused a dramatic surge in energy prices worldwide, disrupting markets and leading to shortages in dependent regions.

Iran has conducted retaliatory operations, including missile and drone strikes on Israeli-occupied territories and US military bases across the Middle East, adhering to an "eye for an eye" principle and inflicting significant losses on adversaries.

As tensions rise, the situation risks broader regional involvement and further economic fallout from energy disruptions. Iran's military posture signals readiness for intensified responses to protect its infrastructure.

IPL 2026: After strong fan demand, Kolkata Knight Riders launch practice jersey

KOLKATA : Three-time champions Kolkata Knight Riders (KKR) have unveiled their practice jersey for the 2026 Indian Premier League (IPL) season, marking the first time the franchise has introduced a training kit for fans to purchase.

The move follows an overwhelming response to the initial reveal of the team's training jersey, with thousands of supporters urging the franchise to make it available for purchase.

Designed with a contemporary look, the jersey features a tiger-print motif inspired by the Bengal Tiger, symbolising power and agility while reflecting the team's identity. The jersey is now available for purchase on the team's official store.

"The response from our fans to the practice jersey was incredible and truly reaffirmed the deep connection they share with the brand. We saw clear demand for the practice jersey and felt it was only right to make it available.



"Reimagined in a refined, summer-ready palette and engineered for performance, the Kolkata Knight Riders practice jersey reflects the discipline and intensity that define KKR - while giving fans another way to express their pride," said Binda Dey, CMO, Knight Riders Sports, in a statement.

KKR, led by veteran India opener Ajinkya Rahane, will open their IPL 2026 campaign against five-time champions Mumbai Indians at the Wankhede Stadium in Mumbai on March 29.

Their first home match will be against 2016 winners Sunrisers Hyderabad at the Eden Gardens in Kolkata on April 2, before hosting Punjab Kings and Lucknow Super Giants for clashes on April 6 and 9 respectively.

KKR are currently conducting trials on the sidelines of their pre-season camp to finalise replacements of injured pacers Harshit Rana and Akash Deep. The likes of Navdeep Saini, Akash Madhwal, Simarjeet Singh, Sandeep Warrier, KM Asif and Sunil Kumar have been attending the trials to fill the vacant spots in the KKR line-up.

'Ronaldo not obsessed with 1,000-goal milestone,' says Portugal coach Martinez



LISBON : Portugal head coach Roberto Martinez has dismissed suggestions that star footballer Cristiano Ronaldo is fixated on reaching the 1,000-goal milestone, stating that the veteran forward remains focused on team performance rather than personal records.

Ronaldo, who has scored over 950 career goals and continues to lead the line for both Portugal and Saudi Pro League club Al Nassr, recently picked up a muscle injury that has sidelined him for a few weeks. The 41-year-old was consequently left out of Portugal's squad for the ongoing international friendlies as a precaution.

Despite the setback, Ronaldo has enjoyed a strong run of form this season, scoring consistently for his club and maintaining an impressive goals-per-game ratio. His performances have reinforced confidence in his availability for the 2026 FIFA World Cup, where he is expected to play a key role for the national side.

Rejecting claims of an obsession with individual milestones, Martinez pointed to Ronaldo's team-oriented approach during recent tournaments.

"I don't agree with that. If Cristiano had played the European Championship focused on scoring a goal to break another record, the assist against Turkey for Bruno Fernandes wouldn't have happened," he said as quoted by Goal.com.

Martinez emphasised that the Portugal squad, especially its senior players, prioritises collective success over personal achievements. "It's not true that our players have records or personal goals in mind. The only thing I saw at the European Championship was a different kind of responsibility in the more experienced players, a maximum responsibility to have a top performance in the tournament," he added.

When asked if Ronaldo had set any personal target, Martinez reiterated that such discussions were irrelevant to the player's mindset. "No, because I don't see Cris playing with the anxiety or intention of reaching 1,000 goals. Whether he has 950 or 1,050 goals, he has the same legacy. It won't change anything. That's outside talk," he said.

The Portugal coach further highlighted Ronaldo's decision-making and ability to create opportunities for teammates as key aspects of his game.

"We're talking about a striker who has 25 goals in 30 games. But I value behaviour inside the box much more. And Cristiano doesn't have the obsession that people talk about from the outside regarding his 1,000th goal. Because his behavior isn't like that. I can't say for the club, but here with the national team it's not like that," he concluded.

Meanwhile, Portugal is placed in a tough group K with Uzbekistan and Colombia in the FIFA World Cup 2026. They will start their campaign on June 17. Ronaldo is expected to lead the side as they aim for their first World Cup trophy.



Gauff reaches Miami Open fourth round with comeback win over Parks

MIAMI : Coco Gauff staged a comeback to defeat fellow American Alycia Parks in three sets to advance to the Miami Open round of 16. Despite early struggles, Gauff dominated the match and saved numerous break points. It marks her fourth appearance in the last 16 in Miami, as the 22-year-old continues to chase her first quarterfinal at the WTA 1000 event.

Gauff opened with an early break to take a 2-0 lead, but Parks responded by winning six straight games to claim the first set 6-2. From there, Gauff dominated, winning 12 of the next 13 games to secure a 2-6, 6-0, 6-1 victory in 1 hour, 50 minutes, WTA reports. "It was really difficult. She was playing really well and she's one of those people who's hit or miss sometimes. So, you're stuck in the fine line of being aggressive but also maybe just making her play. And I think I got too stuck on the other end of it. And then the second and third, I just tried to be aggressive when I could. I made some adjustments on the return and I think that made a difference," Gauff said after her win.\ This was the American's 11th win at the WTA level after losing the first set since the start of the 2025 season, tying with Madison Keys and Anastasia Potapova on this stat. The only player with more wins from a set down in the same span is Jessica Pegula (13). Moreover, among players born since 2000, Gauff's 104 wins at WTA 1000 events rank second behind Iga Swiatek's 130 wins. She will now face Sorana Cirstea in the next round, aiming for her first quarterfinal at the WTA 1000 event. The Romanian veteran Cirstea, playing her final season on tour, defeated 21st seed Elise Mertens 6-3, 6-2. Gauff won their only previous meeting, a three-set match in the second round of the 2022 Australian Open.

South Africa's Daffue secures win on dramatic final day at DP World PGTI Open 2026

NUH : MJ Daffue produced a bogey-free final round to seal a second title in two months on a thrilling final day of the DP World PGTI Open, a US$300,000 event co-sanctioned by the DP World PGTI. The South African,?who started Sunday with a four-stroke lead, signed for a 69 to reach 21 under par 267 and finish one shot clear of American Jhared Hack and India's Saptak Talwar. The victory sees Daffue?catapult to the top of the season-long Road.

4th T20I: Esterhuizen shines as SA beat NZ by 19 runs to level the series 2-2

WELLINGTON : Wicketkeeper batter Connor Esterhuizen's half-century, followed by a combined bowling effort from Gerald Coetzee, Ottneil Baartman, Prenelan Subrayen, and Keshav Maharaj, helped South Africa register 19- run win against New Zealand in the fourth T20I of the five-match series played at the Sky Stadium on Sunday.

Batting first, South Africa posted 164/5 on the scoreboard from 20 overs, with Esterhuizen leading the charge with the bat. In reply, New Zealand got bowled out for just 145 in 18.5 overs. With this win, South Africa have levelled the series 2-2, and the decider will be played on March 25 at Hagley Oval.

After winning the toss and choosing to bat, South Africa had a poor start as Mulder got out on just the second ball. However, Esterhuizen and Tony De Zorzi built a strong partnership of 81 runs, putting the team in a good position. Esterhuizen reached his fifty in 33 balls during the 10th over.

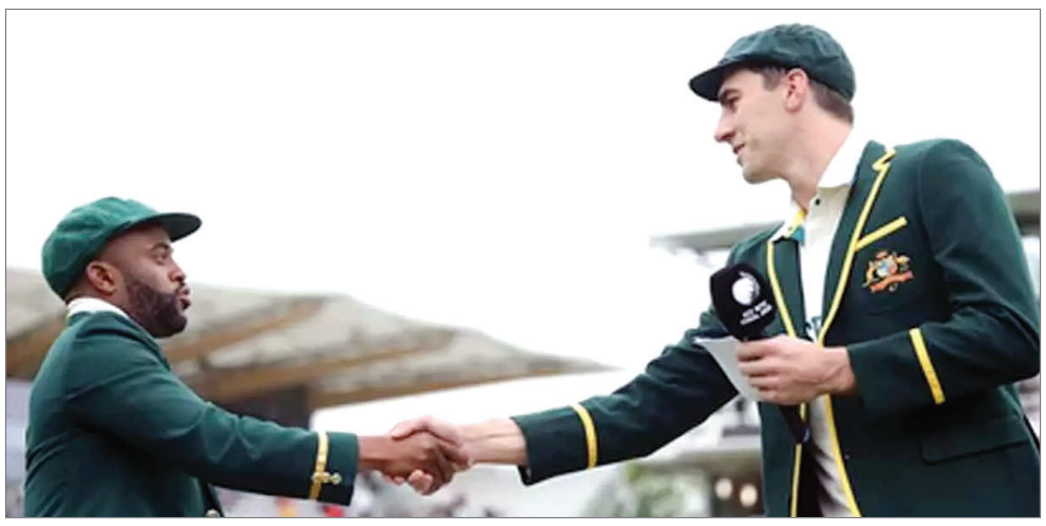
New Zealand, led by Jimmy Neesham, fought back by taking quick wickets. Esterhuizen was dismissed for 57, while De Zorzi got out after scoring 23 off 21 balls. Rubin Hermann remained not out on 28, while Jason Smith and Dian Forrester added 19 runs each, helping South Africa reach a competitive total. For New Zealand, Kyle Jamieson took two wickets, while Zakary Foulkes, Ben Sears, and Cole McConchie picked up one wicket each.



Chasing the target, New Zealand had a tough start and could not recover. Tim Robinson was the top scorer with 32, and Dane Cleaver made 26, but the rest of the batters failed to contribute much. At 76/2 in 8.2 overs, New Zealand were still in the game, but the dismissal of Cleaver led to a collapse. They lost eight wickets for just 69 runs and were eventually all out for 145 in 18.5 overs. Gerald Coetzee led the bowling with three wickets, while Baartman, Subrayen, and Maharaj took two wickets each.

Brief Scores: South Africa 164/5 in 20 overs (Connor Esterhuizen 57, Rubin Hermann 28*; Kyle Jamieson 2-29, Cole McConchie 1-26) beat New Zealand 145/10 in 18.5 overs (Tim Robinson 32, Dane Cleaver 26; Gerald Coetzee 3-31, Prenelan Subrayen 2-13) by 19 runs.

Ten Tests in 14 weeks: CA reveals taxing 2026-27 schedule, BGT scheduled for Jan 2027



SYDNEY : Cricket Australia on Sunday unveiled an action-packed schedule for the 2026-27 international summer, featuring 27 matches across 14 venues over an extended eight-month window, which commences in August with two Tests against Bangladesh and concludes with the historic 150th anniversary Test against England at the MCG scheduled for March next year.

The much-anticipated Test series between Australia and India 'Border-Gavaskar Trophy' tour, a final frontier for the likes of Cummins, Steve Smith, Mitchell Starc, Josh Hazlewood and Nathan Lyon who have never won a series in India, is expected to begin around mid- or late-January. The BCCI is yet to confirm the schedule.

While the seven-month window of men's and women's international cricket is as long as it's ever been, the men's side playing 10 Tests in 14 weeks between early December and mid-March shapes up as the most taxing fixture ever handed to an Australian team.

After their two-Test series away from home against Bangladesh in August 2026, Australia men will feature in a much-anticipated three-match Test series in South Africa in October. The two teams had previously met each other in the WTC Final at Lord's last year, with the Proteas emerging triumphant in a historic win. A major highlight of the schedule is the first-ever four-Test series against New Zealand. New Zealand will play their first series of more than three Tests since 1999 with matches in Perth (December 9-13), Adelaide (17-21), Melbourne (December 26-30) and Sydney (January 4-8).

Notably, the Gabba has been omitted from the Test schedule amid uncertainty surrounding the venue's future. Queensland will instead host a Test in Mackay against Bangladesh at Great Barrier Reef Arena from August 22 to 26, following the series opener in Darwin from August 13 to 17. Australia men will then head to India for a blockbuster five-match series for the Border-Gavaskar Trophy. The series, stretching from January to March 2027, will mark their final assignment in the ongoing WTC cycle, with much to play for the Pat Cummins-led side. The last time the two teams met, Cummins and co. had emerged victorious in a 3-1 series win at home, ending a decade-long wait to defeat India in a Test series. In the white ball format, Australia men will host England for a three-match ODI series followed by five T20Is between November 13 and December 2. The limited-overs leg begins in Perth and concludes in Canberra, covering venues across the country, including Melbourne, Sydney and Brisbane.

Australia men will conclude their calendar with a showpiece Day-Night Test against England from March 11-15 to mark the 150th anniversary of the first Test match. The one-off Test will be played at the iconic Melbourne Cricket Ground from March 11 to 15.

Meanwhile, Australia's women's cricket team will begin their summer in October. They will host Bangladesh for their first bilateral series?between the pair on Aussie soil from October 9 to 22, with all ODIs to be played as day-nighters in Brisbane, with three T20s under lights at North Sydney Oval.

The ODI matches will form part of the women's ODI Championship, which determines qualification and seeding for the next women's ODI World Cup in 2029. The Sophie Molineux-led side will then host New Zealand for a three match ODI and T20I series in February next year. While Ferns will play six matches between February 21 and March 7, 2027.

"We're delighted to release an international schedule that ensures fans across Australia will see our brilliant national teams play over eight months at many fantastic venues across the country," Cricket Australia chief executive Todd Greenberg said, as quoted by cricket.com.au.

"Our rivalry with the Kiwis has always been hard fought and produced many memorable moments and the men's Test series and women's white ball series will be no exception.

"We're also delighted to take Test cricket back to Darwin and to Mackay for the first time with northern Australia providing a fantastic alternative timeslot in the crowded international schedule for the men's series against Bangladesh."

"The 150th Anniversary Test Match will be a wonderful conclusion to the summer with the cricket world coming to the MCG to celebrate the game's historic rivalry and also the superstars from across the world who have made Test cricket great," he concluded.



Zverev advances with ease at Miami Open, Shevchenko stuns Shelton

MIAMI : Indian Wells semi-finalist Zverev eased past Damm to open his Miami campaign. The German enjoyed a straightforward outing as he eased past wildcard Martin Damm 6-2, 6-4 on Sunday (IST).

The victory strengthened Zverev's impressive record at the ATP Masters 1000 level this decade, taking his tally to 103 wins. It also extended his dominant run against players ranked outside the Top 100 and underlined his consistency against left-handed opponents in recent seasons.

Zverev, who has now reached 20 match wins in Miami, will next take on experienced campaigner Marin Cilic. The Croatian advanced after edging past Brandon Nakashima in a tightly contested three-set encounter, saving a match point en route to victory.

Meanwhile, Alexander Shevchenko produced a spirited comeback to knock out home favourite Ben Shelton, while third seed Alexander Zverev progressed to the third round comfortably at the Miami Open on Sunday. Shevchenko rallied from a set down to claim a 6-7(3), 7-6(3), 6-3 victory over Shelton in a late-night second-round clash, handing the American another early exit at one of the biggest tournaments in his home state of Florida.

The win marked the World No. 84's third career victory over a Top 10 opponent and helped him advance to the third round of an ATP Masters 1000 event for the fourth time. The Kazakhstani nearly lost the second set but increased his level in the tie-break to force a decider. He then played aggressive tennis in the third set, securing an early decisive break to add pressure on Shelton.

Despite Shelton's strong serving early on, he faltered later as Shevchenko dominated and controlled the rallies. Shevchenko, showing calm under pressure, lost only one point in his last two service games to win stylishly. With this result, Shevchenko advances on the ATP Tour to face Ugo Humbert, who won in straight sets over Gabriel Diallo earlier.

Amelia Kerr creates world record with 10 straight 30-plus T20I scores

WELLINGTON : Amelia Kerr scripted history by registering the most consecutive 30-plus scores in T20 Internationals, across both men's and women's cricket, as New Zealand Women defeated South Africa Women to take an unassailable lead in the five-game series.

Kerr extended her remarkable consistency with a knock of 31 off 29 balls in Wellington after returning figures of 1/32 in four overs to help restrict South Africa to 159/6. Her all-round effort played a key role in New Zealand's six-wicket win, achieved with nine balls to spare, as the hosts moved 3-1 ahead in the series.

The 25-year-old has now scored 30 or more runs in 10 consecutive T20I innings, setting a new world record. She surpassed the previous mark of nine, jointly held by Sri Lanka's Chamari Athapaththu and Romania's Rebecca Blake. Kerr's purple patch has spanned multiple series, underscoring her consistency at the highest level. Her run began with a 43 off 38 balls against South Africa in 2024, followed by an unbeaten 51 off 46 against Australia in 2025. She then scored 40 off 36 and 66 off 47 in the same series, before producing a career-defining unbeaten 101 off 51 against Zimbabwe in her first T20I in 2026.The right-hander continued her dominance with 82 off 52 against Zimbabwe, before returning to face South Africa in the ongoing series, where she has posted scores of 78 off 44, 32 off 18, 30 off 28 and 31 off 29, completing a sequence of 10 consecutive 30-plus innings.