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Morning India

Cong abandoned Bengal during Partition: MODI

MI News Service, Kolkata: Prime Minister Narendra Modi accused the Congress of "white-washing" the history of the birth of present-day West Bengal and said a "new history" would be written inspired by Paschimban-ga Divas.

"History has been white-washed for the sake of a political agenda. The Congress, which had abandoned Bengal during Partition, adopted a politics of appeasement," Modi told.

"The history of West Bengal was suppressed. The contri-bution of Syama Prasad Mook-erjee, who founded the Jana Sangh, was denied. Attempts were also made to erase the principles on which he had fought for Bengal."

He added: "On this Paschim-banga Divas, it's our responsi-bility to resolve that we will no longer carry forward those mis-takes of history. Inspired by Pas-chimbanga Divas, a new history will be written."

Tarakeswar is where Mook-erjee had, from April 4 to 7 in 1947, organised a conference that adopted a resolution saying the Hindu-majority part of Bengal — today's West Bengal — would not become a part of East Pakistan (today's Bangladesh).

On June 20, 1947, the Bengal Assembly passed a resolution endorsing the decision.

However, of the 79 legislators representing Hindu-dominated districts who were present and voted on the resolution in the Assembly, 58 favoured West Bengal remaining in India. They were from the Congress, Com-munist Party of India, and the Hindu Mahasabha.

Mookerjee was the lone Hin-du Mahasabha representative in the Assembly. Still, the BJP has all along claimed that had Mookerjee not intervened, pres-ent-day West Bengal would have become part of East Pakistan.



Prime Minister Narendra Modi can be seen at a Yoga session on Red Road at the occasion of ' World Yoga Day' on Sunday.

In 2023, the Centre notified June 20 as Paschimban-ga Divas and the day witnessed official celebrations nationwide, includ-ing events at the various Raj Bhavans.

This prompted then Bengal chief minister Mamata Banerjee to accuse the BJP of distorting history and notifying the day "without consultation with the state government".

As a counter to the Centre's move, Mamata moved a reso-lution in the Assembly in 2023 declaring Poila Boisakh as the state's foundation day, trigger-ring statewide BJP protests.

Chief minister Suwendu Adhikari accused the previous state government of taking this step to deliberately suppress the history of West Bengal's forma-tion and Mookerjee's role.

Modi, in his half-hour speech, praised Mookerjee effusively and accused the Congress of surrendering before forces that had conspired to include the whole of Bengal in East Paki-stan.

"When attempts were be-ing made to make the whole of Bengal a part of Pakistan, the Congress had knelt before those conspirators. It was at that very moment that Syama Prasad Mookerjee raised his voice against it," he said.

"We must repeatedly explain the importance of Paschimban-ga Day to the younger gener-ation. They must be told what happened during that period."

Modi added that Bengal had witnessed violence and blood-shed but remained a part of India.

"The idea that saved West Bengal was the very idea that should have guided the state af-ter Independence. Unfortun-ately, the exact opposite hap-pened. Efforts were made to make people forget Paschimban-ga Divas," he said.

MODI commissions 3 indigenously built naval ships in Kolkata

MI News Service, Kolkata: Prime Minister Narendra Modi on Sunday commissioned three indigenously-built naval ships at the Syama Prasad Mookerjee Port here.

The three indigenously built front-line platforms -- stealth frigate Dunagiri, survey vessel (large) Sanshodhak, and anti-submarine warfare shallow water craft Agray-- represent key operational capabilities across maritime combat, hydrographic surveying and anti-submarine warfare.

In his address after commissioning three indigenously built naval ships at the Syama Prasad Mookerjee Port here, Modi said India does not want to remain only a buyer country in the defence sector and the nation's armed forces cannot become just a market for the world.

"The recognition of our capabilities lies in our self-reliance and not in becoming a market for the world," he said.

Modi said India demonstrated its mari-time capabilities a few years ago by commissioning aircraft carrier INS Vikrant.



Prime Minister Modi at Red Road on Sunday.

He said over 40 warships and subma-rines have been commissioned in the last few years, and 45 large naval platforms are under construction.

"No nation can become a big power without maritime prowess. Development, security and prosperity are tied to the seas," he said.

He said the frontline platforms repre-sent key operational capabilities across maritime combat, hydrographic surveying and anti-submarine warfare.

West Bengal Governor R N Ravi, Chief Minister Suwendu Adhikari, and Indian Navy Chief Admiral Krishna Swaminathan were among the dignitaries present at the commissioning event.

The vessels were designed by the Indian Navy's Warship Design Bureau and built by Kolkata-based Defence PSU Garden Reach Shipbuilders and Engineers Ltd.

These platforms have indigenous content exceeding 75 per cent, with exten-sive participation by the Indian industry, including more than 200 MSMEs, in their construction, an official said.

BENGAL govt to set up 125-ft statue of SYAMA PRASAD MOOKERJEE

MI News Service, Kolkata: Chief min-ister Suwendu Adhikari announced that his government would set up a memori-al at Syama Prasad Mookerjee's ances-tral home in Hooghly's Jirat and install a 125-foot-tall statue of the Jana Sangh founder in Kolkata.

Jirat in Hooghly is the ancestral village of Syama Prasad Mookerjee. His grand-father, Ganga Prasad Mukhopadha-yay, was born in Jirat and later settled in Kolkata. Syama Prasad was born in 1901 in Kolkata.

"Your government, the nationalist government, has decided to buy Syama Prasad Mookerjee's ancestral home in Jirat and develop it into a memorial. We will build a library there," Suwendu said in the presence of Prime Minister Nar-endra Modi at Tarakeswar in Hooghly.

"Furthermore, your government will install a 125-foot-tall standing statue of Syama Prasad Mookerjee in Kolkata, en-suring that his legacy remains eternal," he added, addressing the first state gov-ernment event to observe Paschimban-ga Divas.



West Bengal Chief Minister Suwendu Adhikari. File PIC

The BJP has accused previous gov-ernments of downplaying Mookerjee's contributions. Sources said that forming a government in Mookerjee's land was a key aim for the BJP and the wider saf-ron camp. Following the election victo-ry, social media was flooded with pos-ters claiming that the dream had been fulfilled.

Suwendu's announcement under-scored the BJP's intention to elevate the legacy of its ideological icon credit-ed with ensuring that West Bengal re-mained a part of India during Partition.

BJP state president Samik Bhattacha-rya had already said that the new gov-ernment would introduce Paschimban-ga Divas and Mookerjee's role in the school syllabus.

Suwendu also accused the Congress, the Left and the TMC of suppressing his-tory. "Earlier, the Congress, Communist, and Trinamool governments did not of-ficially observe Paschimban-ga Divas in an attempt to erase and make people forget Syama Prasad Mookerjee's con-tribution," he said. "Therefore, for the first time, a nationalist government is officially observing Paschimban-ga Divas in Tarakeswar."

Suwendu also announced that Mook-erjee's death and birth anniversaries, on June 23 and July 6 respectively, would be held with the honour they deserved. The BJP has planned to observe the Syama Prasad fortnight from June 23 to July 6.

Prime Minister Narendra Modi con-gratulated Suwendu and the people of Bengal on the occasion of Paschimban-ga Divas.

65K NCC CADETS join 'YOGA DAY' celeb across Bengal

MI News Service, Kolkata: Em-bracing the theme of the Interna-tional Day of Yoga 2026, "Yoga for Healthy Ageing," more than 65,000 National Cadet Corps (NCC) cadets participated in yoga celebrations conducted across 215 locations in West Bengal and Sikkim between June 18 and June 21, highlighting the growing commitment of India's youth towards fitness, well-being and holistic living.

The flagship event was organised at the NCC Training Institute, Kolk-ata, under the aegis of the NCC West Bengal & Sikkim Directorate. The Additional Director General, NCC West Bengal & Sikkim Directorate, participated in the celebrations and was received on arrival by the Group Commander, Kolkata 'B' NCC Group Headquarters.

The yoga session was conduct-ed by renowned yoga practitioner Visharad Anju Mishra, who guided cadets through a series of asanas, pranayama and meditation exercises

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BENGAL govt to bring bills to tackle public disorder, attacks on police, public servants

MI News Service, Kolkata: The West Bengal government is set to introduce two bills in the Assembly to strictly deal with public disorder, vandal-ism and attacks on police per-sonnel and public servants, a senior official said on Sunday. He said the Home Department is likely to place the proposed legislation before the state Cabinet for approval on Mon-day.

The bills are expected to be tabled during the Budget Session of the Assembly, said the senior official in the state secretariat.

"The objective is not only to maintain law and order but also to ensure public safety. There have been repeated in-stances where police person-nel, administrative officials and even central forces have come under attack while per-forming their duties," the offi-

cial told PTL.

Among the bills, one seeks to amend the West Bengal Maintenance of Public Order Act, 1972, which deals with riots, arson, looting, use of ex-plosives and other actions that threaten public order, he said.

The amendment is expected to propose widening the scope of the existing law and pro-vide additional powers to the administration and police for dealing with such offences, the official added.

"The second proposal is a new legislation titled the Pub-lic Safety Control and Anti-Soc-ial Activity Bill," he said.

Unlike the existing law, which primarily focuses on maintaining law and order, the new bill proposes to strength-en public safety and address anti-social activities more comprehensively, the official explained.

West Bengal has witnessed several incidents in which po-lice stations and government offices were targeted by an-ti-social elements, and in some cases, police personnel and of-ficers were reportedly forced to take shelter from violent mobs.

Following a recent vandal-ism in Falta, where some lo-cals led by the wife of arrested Trinamool Congress leader Ja-hangir Khan tried to storm the local police station, allegedly to free him, Chief Minister Suwendu Adhikari had indi-cated that his government was working on a stringent legal framework to curb such inci-dents.

"The law was in cold stor-age. We are bringing it out and activating it. The Home De-partment is bringing in more stringent laws in this Budget Session.

"With such laws in place, people will think five times be-fore taking the law into their own hands," Adhikari had said.

The bureaucrat at the state secretariat said the proposed legislation draws from similar laws in states such as Uttar Pradesh, Maharashtra and Gujarat, though the scope and definitions vary.

In Uttar Pradesh, such laws largely target organised crime syndicates, land-grabbing and extortion networks, he said, adding that Maharashtra's framework focuses on ac-tivities linked to extremist and anti-state organisations, while Gujarat has enacted laws aimed at tackling organised crime and terror-linked net-works.

The new bill to be intro-duced in the West Bengal

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Strong maritime capabilities deciding factor for nation: MODI

MI News Service, Kolkata: Prime Minister Narendra Modi on Sunday said that strong mari-time capabilities are the decid-ing factor for a country's eco-nomic and strategic influence, and India understands this well and is preparing for it.

In his address after commis-sioning three indigenously built naval ships at the Syama Prasad Mookerjee Port here, Modi said India does not want to remain only a buyer country in the de-fence sector and the nation's armed forces cannot become just a market for the world. "The recognition of our capabilities lies in our self-reliance and not in becoming a market for the world," he said.

Modi said India demonstrated its maritime capabilities a few years ago by commissioning air-craft carrier INS Vikrant. He said over 40 warships and subma-rines have been commissioned



Prime Minister Narendra Modi emphasized the importance of maritime strength in the modern world, stressing that strong maritime capabilities are deciding factor for country's economic and strategic influence. File PIC

water craft Agray. He said the frontline platforms represent key operational capabilities across maritime combat, hydro-graphic surveying and anti-sub-marine warfare.

West Bengal Governor R N Ravi, Chief Minister Suwendu Adhikari, and Indian Navy Chief Admiral Krishna Swaminathan

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West Bengal's First Ayushman Arogya Mandir Inaugurated in Nadia's Shantipur

MI News Service, Nadia : In a significant boost to rural healthcare infrastructure, the first Ayushman Arogya Mandir in West Bengal was inaugurated in Shantipur of Nadia district. Built at a cost of approximately Rs 31 lakh, the facility is expected to enhance access to primary healthcare services for thousands of residents in the surrounding rural areas.

The healthcare centre, which had been functioning from a rented premises for several years, has now shifted to a dedicated government-owned building equipped with improved medical infrastructure. Residents will be able to avail themselves of free healthcare services, including immunisation, maternal and child healthcare, and other primary medical facilities under one roof.



The newly constructed facility also includes separate accommodation and office space for nurses and healthcare workers, ensuring smoother delivery of services in the area.

The centre was formally inaugurated by Shantipur BJP MLA Swapan Kumar Das, who de-

scribed the facility as a crucial lifeline for rural residents. Addressing the gathering, he said the centre would serve as the first point of healthcare access for mothers, children and elderly citizens living in remote villages. Referring to the institution as a "local temple of public service,"

he stressed the importance of strengthening grassroots healthcare infrastructure.

Apart from healthcare delivery, the project has incorporated an innovative environmental conservation component. Officials said Shantipur falls within a semi-critical groundwater zone where declining water levels have emerged as a growing concern. To address the issue, a comprehensive rainwater harvesting system has been integrated into the building's design.

Rainwater collected from the rooftop and drainage outlets will be channelled into a specially designed recharge system capable of directing water nearly 100 metres below the surface, helping replenish groundwater reserves. Authorities hope the initiative will encourage local residents to

adopt similar water conservation practices.

The project also reflects community participation, with a local resident donating land for the construction of the healthcare facility.

According to Debajyoti De, Engineer of the Shantipur Development Block, the administration is considering replicating the model in other remote areas if the project proves successful. Officials believe the initiative could become a benchmark for combining rural healthcare expansion with sustainable environmental practices.

The inauguration of the Ayushman Arogya Mandir marks an important step in strengthening healthcare accessibility in rural Bengal, while simultaneously addressing long-term ecological challenges through innovative water management measures.



People perform Yoga at Neti Dhapani on the occasion of International DAY of Yoga, among those present were Rajendra Jakhar, IFS, CCF & FD, Malliye Pranab, IAS, SDO, Canning, Chittrak Bhattacharya, IFS, DFD, Debbarshan Roy, WBFS, AFD, Partha Debnath, WBFS, AFD & Range Officers, Beat Officers, Forest Guards, and Other Staffs on Sunday.

Champdani MLA launched a sharp attack on Trinamool-led Previous government

MI News Service, Hooghly: A blood donation camp was organized in Champdani assembly constituency on Sunday. Champdani MLA Dilip Singh were present in the programme. He appreciated the efforts of the volunteers and organizers and described blood donation as an important humanitarian service for society.

Speaking to reporters on the occasion, he highlighted the significance of International Yoga Day, stating that yoga is beneficial not only for physical health but also for mental peace and a balanced lifestyle. He appealed to the public to make yoga a part of their daily routine for a healthier life.

With the arrival of the monsoon season, the MLA stressed the need for special attention to drainage systems, cleaning of canals, and overall sanitation in various municipal wards. He said that the concerned departments had already been instructed to remain prepared so that citizens do not face inconvenience during the rainy season.

He added that the administration is taking all possible measures to ensure public convenience and tackle issues such as waterlogging during heavy rains.

When MLA Dilip Singh was asked about the developmental projects he planned to undertake for the residents of Champdani following the BJP's historic victory, and about the incomplete works in the municipality due to a shortage of funds, he launched a sharp attack on the Trinamool-led previous government.

He said that the BJP government has been engaged in public service since coming to power, but only a month has passed and the administration is still being fully



formed. Referring to the fund shortage, he questioned the claims made by the previous government, which had repeatedly asserted that no one could match its record in public service and development.

He further said that councillors who are unable to perform their duties should resign from their posts. Accusing the Trinamool Congress government of corruption, he said that this was the reason why the people voted it out of power.

Earlier in the day, Champdani Municipality Chairman Suresh Mishra had also arrived at the venue. He said that he has had a long association with the organizing institution and is regularly invited to its blood donation camps.

Mishra praised the blood donors and stated that the municipality has maintained proper drainage facilities in Champdani, with sanitation workers deployed regularly. Referring to the heavy rainfall that lashed out at Bengal the previous day, he said that although water had accumulated in some areas, the roads were cleared within a few hours after the rain stopped. He remarked that some people engage in politics according to the season.

Attempt to rob money in broad daylight in Kharagpur

MI News Service, Kharagpur: An attempt to rob money in broad daylight was made in Kharagpur city. When they were stopped, the miscreants fired several rounds at the locals! When panic spread, the miscreants took the opportunity to escape on bikes. This sensational incident has created a stir in Kharagpur. The police have already started an investigation. They have assured to arrest the miscreants soon. Such miscreant attacks used to happen in the past! Has the city started a reign of crime again? That question has arisen.

According to police and local sources, the incident took place in ward number 5 of Kharagpur city. A man named Rajkumar Singh lives in that area. He is involved in the fish business. He was returning home with money from the business that day. The money was supposed to be delivered to the owner of his company. The man reached in front of the house with a bag full of money. It is alleged that at that time, three young men arrived there on a bike. Their faces were covered in black cloth. Before the man could realize anything, they tried to snatch the bag from him!

The man refused to let go of the bag full of money. When a miscreant tried to snatch the bag, he was pushed. There were people on the streets at the time of the incident! Seeing the miscreants, locals gathered on the streets. The people of the area surrounded the three to catch them. In this situation, the miscreants did not get a chance to snatch the bag anymore. Meanwhile, the locals surrounded them. After that the miscreants allegedly opened fire indiscriminately. The locals got scared when the gunfire erupted. Taking that opportunity, the miscreants quickly left the area on a bike. It is reported that no one was injured in the shooting.

Upon receiving the information, Kharagpur police reached the spot. A complaint has also been filed with the police station. A search is underway to find the miscreants by examining the CCTV footage of the area. The incident has spread panic in the area.

Enthusiastic Celebration of the 12th International Day of Yoga in Kharagpur Railway Division; Railway Employees Participate in Yoga Session



MI News Service, Kharagpur : Manish Ramtaka (Kharagpur, West Medinipur): The 12th International Day of Yoga 2026 was celebrated with great enthusiasm and grandeur across the Kharagpur Division of South Eastern Railway. A large number of railway officers, employees, their family members, and local residents participated in yoga programs organized at various stations and railway establishments throughout the division. The main event was held at the South Eastern Railway Sports Association (SERSA) Stadium in Kharagpur. On this occasion, Kharagpur Divisional Railway Manager (DRM) Lalit Mohan Pandey joined branch officers, railway employees, members of the South Eastern Railway Women's Welfare Organization (SERWO), Scouts and Guides, and representatives of the Patanjali family in a collective yoga session. The program began with the practice of various yoga postures and pranayama under the guidance of experienced yoga instructors. Participants enthusiastically took part in the session and pledged to make yoga an integral part of their lives for better

physical, mental, and emotional well-being. Addressing the gathering, DRM Lalit Mohan Pandey said that yoga is not merely a form of exercise but the foundation of a healthy and balanced lifestyle. He emphasized that yoga helps establish harmony between the mind and body, inspiring individuals to lead stress-free, disciplined, and healthy lives. He also urged railway employees and their families to adopt yoga regularly. The Yoga Day celebrations witnessed active participation from all sections of the railway family, reflecting the Kharagpur Division's commitment to promoting health, fitness, and well-being among employees and stakeholders. International Day of Yoga programs were also organized at major stations and establishments under the Kharagpur Division, including Balasore, Shalimar, Haldia, Mecheda, Santragachi, and several other locations. Railway officers, employees, Scouts and Guides members, and local citizens participated in large numbers, making the celebrations successful and memorable throughout the division. The observance of International Day of Yoga



People perform Yoga at Indian Museum during International Day of Yoga in Kolkata on Sunday.

More trouble for Abhishek's close aide Sumit Roy! New complaint filed at Debra police station against him

MI News Service, West Medinipur: New complaint filed at Debra police station. Sumit Roy, Abhishek's close aide, is in more trouble on charges of cheating and forgery. Former Medinipore MLA Sujoy Hazra is also named in the new complaint. The police have started an investigation into the incident. Earlier, an arrest warrant and lookout notice have been issued. Meanwhile, Sumit has approached the Calcutta High Court with a plea for anticipatory bail. The case has not been heard yet. A case of land corruption was filed at Shalbani police station. Former MLA of Medinipur Sujoy Hazra was arrested and after questioning him, the name of Sumit Roy, a close aide of Trinamool All India General Secretary Abhishek Banerjee, came up. Now a new complaint has been filed at Debra police station under Kharagpur subdivision. The new complaint includes serious allegations like cheating and forgery.

"An Organised Society Is a Strong Society: Kartik Maharaj's Message at the Kalyani Gathering"

MI News Service, Nadia : A community outreach programme centred on social cohesion and public participation was organised by the Bangiya Hindu Samaj at the Central Park Town Club Ground in Kalyani on Sunday. The event, titled "Felicitation Ceremony for Victorious MLAs and Community Feast", brought together religious leaders, public representatives and residents from different parts of Nadia district.

The programme was held under the slogan "Hindu Ekta Zindabad, Hindu Sanghati Zindabad" and featured discussions on social harmony, cultural heritage, public welfare and community engagement. Organisers said the objective was to create a platform for dialogue between citizens and elected representatives while encouraging greater participation in social and developmental initiatives.

Among those present were Kartik Maharaj, West Bengal Food Minister Ashok Kirtania, Minister of State for Health and Fam-

ily Welfare Sumana Sarkar, Kalyani MLA Anupam Biswas and Bijpur MLA Sudipta Das. Several social workers, community leaders and representatives of local organisations also attended the programme.

Speaking at the gathering, Kartik Maharaj emphasised the importance of social unity and collective responsibility. He said that cultural traditions and social values play an important role in strengthening communities and fostering civic consciousness. Referring to the role of young people, he urged them to participate actively in educational, social and service-oriented activities.

He noted that Bengal's historical legacy of spirituality, learning and social reform continues to inspire efforts aimed at building a more aware and organised society. According to him, cooperation among different sections of society is essential for addressing contemporary social challenges.

Ashok Kirtania high-



lighted the role of community organisations in complementing developmental efforts and strengthening outreach at the grassroots level. He said public participation remains a key factor in ensuring the effective implementation of welfare initiatives.

Sumana Sarkar, Minister of State for Health and Family Welfare, stressed the importance of healthcare awareness, preventive medicine and community-based health initiatives. She observed that public health outcomes improve signifi-

cantly when government programmes receive active support from local communities and voluntary organisations.

The elected representatives present at the programme spoke about the importance of maintaining regular engagement with citizens and addressing local developmental concerns through collaborative efforts. They also thanked the organisers for providing a platform for interaction with residents.

A felicitation ceremony for the invited public representatives was held dur-

ing the event. The organisers honoured the guests with mementoes and traditional greetings in recognition of their public service.

The programme concluded with a community feast attended by participants from different social backgrounds. Organisers described the initiative as a symbolic expression of social solidarity and collective participation.

The event was coordinated under the supervision of Tarak Nath Sarkar, Principal Adviser of Bangiya Hindu Samaj, who oversaw the planning and organisational arrangements. According to the organisers, the gathering sought to promote social awareness, civic engagement and community cooperation through constructive public interaction.

The event reflected the growing role of community-based platforms in facilitating discussions on social welfare, cultural identity and public participation in local development.

Odisha Metallics Unit-1 and Rashmi Metallurgical Industries Celebrate 12th International Yoga Day 2026 with Enthusiasm

MI News Service, Kharagpur : The 12th International Yoga Day 2026 was celebrated with great enthusiasm and fervor by the units of the Rashmi Group—Odisha Metallics Private Limited, Unit-1, and Rashmi Metallurgical Industries Private Limited—at their guest house premises. Officers and employees from both units participated actively in the event and pledged to make yoga an integral part of their daily lives. The program commenced with the traditional lighting of the ceremonial lamp, symbolizing the dispelling of ignorance and the spread of health, positivity, and energy. This was followed by a welcome address by CSR Coordinator Natabar Biswal, who greeted the guests and participants



and highlighted the importance of yoga in modern life. More than 300 employees from both units took part in the event. Renowned yoga instructor Sulochana Das and her team demonstrated various yoga postures and pranayama techniques. Employees were also guided on how to incorporate yoga into their daily routines to maintain phys-

ical and mental well-being. The event was attended by several senior officials of the Rashmi Group, including Executive Director Bhaskar Choudhury, Vice President Mrinmoy Chakraborty, Vice President N.C. Rath, and GM (Legal) Tapan Nath, among others. Addressing the gathering, Bhaskar Choudhury urged all employees to practice

yoga for at least 45 minutes every day. He emphasized that yoga is a powerful tool for maintaining physical fitness, mental peace, and overall health. He stated that healthy employees are the greatest strength of any organization, and yoga plays a vital role in building a healthy workforce. The event concluded with an attractive cultural dance performance by the yoga team on the patriotic song "Vande Mataram," which captivated the audience. Thereafter, all employees collectively pledged to make yoga an inseparable part of their daily lives, promote healthy aging, and lead stress-free lives. The program ended with the singing of the National Anthem.

Cargo truck fell into the river in Kalchini, Two dead

MI News Service, Alipurduar: A railing on the national highway broke in Kalchini. As a result, a cargo truck fell into the river. The driver and helper of that truck died in the incident. The police recovered their bodies on Sunday morning. The incident has spread panic in the area.

According to police sources, a container-laden truck was heading towards Assam from Uttar Pradesh via Hasimara around midnight on Saturday. Due to low visibility and heavy rain, the vehicle lost control and fell onto a bridge. The vehicle fell off the railing of the bridge over the Bhandani River on National Highway 31 in Mendabari area of Kalchini block. The truck sank. The helper and the driver of that truck died in the incident. The names of the deceased are driver Asiful Hosain and Akhlesh Yadav. Both of them are residents of Uttar Pradesh.

Locals rushed to the spot after hearing the loud noise. The police were informed. Police and NDRF teams rushed to the spot. Despite efforts throughout the night due to the strong current in the river, the driver and the helper could not be rescued. Finally, their bodies were found on Sunday morning. They have been sent for autopsy. The incident has created a huge sensation in the area.

It is to be noted that North Bengal is facing a disaster. Continuous rain is going on. Red alert has been issued in several districts. More than 200 mm of rainfall is expected in some parts Jalpaiguri and Alipurduar districts. In addition, heavy to very heavy rain is predicted in Darjeeling, Kalimpong, and Cooch Behar. This disastrous weather is causing one accident after another.



Prime Minister Narendra Modi monitors, performs and encourages the mass at the ' Yoga Session' at Red Road in Kolkata on Sunday on the occasion of ' World Yoga Day'.



BENGAL mulls hardware sector growth with global tech partnerships

MI News Service, Kolkata: The state government is actively exploring collaborations with NVIDIA for strengthening engagement with the hardware sector and creating new opportunities for technology-led growth in the state. "We need greater collaboration among Government, Chambers of Commerce, Industry and Academia to make

Kolkata Eastern India's leading digital economy. We are also actively exploring collaborations with NVIDIA, said Nilanjan Bhattacharya, Special Secretary to Minister-in-Charge, Department of Information Technology & Electronics, addressing the 17th Edition of the Business IT Conclave (BITC 2026) organised by the Bengal Chamber of Commerce and Indus-



West Bengal Chief Minister Suwendu Adhikari. File PIC

try (BCC&I). NVIDIA Corporation is an American multinational technology company headquartered in Santa Clara, California. The company develops graphics processing units, systems on chips and application programming interfaces for data science,

high-performance computing, Artificial intelligence (AI), and mobile and automotive applications. Highlighting Kolkata's growing importance in the technology landscape, Dr Chiranjib Bhattacharya, Chairperson, IT Committee, BCC&I said that Kolkata is increasingly emerging as an at-

tractive destination for Global Capability Centres (GCCs) and technology investments.

"The growth of global consulting, technology and professional services firms reflects confidence in the city's talent pool, digital infrastructure and business ecosystem," he added. This year's conclave witnessed participation from leading technology organisations, including BeyonData Solutions (Gujarat-based IT Solutions Company), CP Plus, Nutanix, British Telecom (BT Group), PwC India, Software Technology Parks of India (STPI), CrowdStrike, Cloud4C, Sify Technologies, among several other technology enterprises that have expressed strong interest in expanding their presence and exploring investment opportunities in West Bengal.

3 State Hospitals Set for SS Upgrade in Bengal

MI News Service, Kolkata: The state government has initiated a significant push to upgrade existing Health infrastructure across Bengal. As part of the initiative, Vidyasagar State General Hospital in Behala, Baghajatin State General Hospital and Bidhannagar Sub-divisional hospitals may see a major facelift.

State Health minister Sharadwat Mukherjee held a meeting at Swasthya Bhavan, chalking out an elaborate plan to upgrade these three government-run health facilities into superspecialty hospitals. State Sports minister Indranil Khan, who is also in

charge of the Consumer Affairs department, was present at the meeting.

BJP MLA from Behala West, Indranil Khan, soon after his party came to power, visited Vidyasagar State General Hospital on Diamond Harbour Road and pointed out several lapses in the hospital. The hospital lacked even a trauma care unit. Khan has submitted a proposal to upgrade the facilities of the hospital.

The expansion will relieve referral pressure on major hospitals and improve specialised healthcare accessibility for residents in Behala, Budge Budge, Maheshtala,

and Amtala areas. Following his effort, new facilities like cardiology, neurology, trauma care, orthopedics, and blood bank are already being upgraded in the hospital. Thousands of people from the region will get the benefits.

State Health department has also decided to upgrade Baghajatin State General Hospital. Officials have outlined visions to develop Baghajatin hospital into a premier super-specialty (SS) facility. Discussions took place on how to enhance existing capacity to manage critical care and high-end treatments locally without relying on tertiary referral hos-

pitals. Bidhannagar Sub-divisional Hospital, which caters to a huge number of patients, will also be revamped. Specialised departments, modern operation theaters will be installed in the hospital and upgradation of emergency service mechanisms will also happen. "We have taken up plans to upgrade these three hospitals into a super-specialty hospital. Therefore, we had a detailed discussion with the officials on how to execute the plans. Health infrastructure across Bengal will be upgraded to ensure that people can avail better services," Health minister Mukherjee said.

Fresh job charges tightens noose around Sumit Roy

MI News Service, Kolkata: The legal challenges surrounding Sumit Roy, widely known as a close aide of TMC National General Secretary Abhishek Banerjee, have intensified with registration of fresh criminal case alleging large-scale job fraud. The latest development comes even as law enforcement agencies continue to investigate him in connection with separate allegations of fraud and land-related irregularities.

According to police sources, a new complaint has been lodged at Debra Police Station in West Medinipore district. The complaint has alleged that a substantial amount of money was paid to Roy through an intermediary

on the promise of securing a government job. The complaint further claims that after the payment was made, the candidate was asked to submit medical examination, creating the impression that the recruitment process was progressing. However, despite completing the required formalities, the promised appointment allegedly, never materialized. After repeated attempts to obtain clarity reportedly failed, the individual approached the police, leading to the registration of a fresh case. Investigators have initiated a detailed probe to verify the allegations and examine the financial transactions involved. The latest accusation adds to the mounting pressure on Roy, who is

already under scrutiny in other ongoing investigations. Earlier, a case had reportedly been registered against him under non-bailable sections, further complicating his legal position. Roy's name surfaced prominently during the investigation following the arrest of former Trinamool MLA Sujoy Hazra in connection with separate allegations. Sources familiar with the investigation claim that information obtained during questioning led investigators to expand their inquiry, bringing renewed attention to Roy's activities. In recent weeks, police teams reportedly visited locations linked to Roy, including a search operation at a residence in Kolkata's Kalighat area. However, he was not

found during the search. Authorities have since issued a lookout notice as efforts continue to trace his whereabouts. Reacting to the controversy, Trinamool Congress spokesperson and Belegkata MLA Kunal Ghosh maintained a cautious stance. Speaking to the media, he said that he had already expressed his views on the matter in the past and emphasized that the law should be allowed to take its own course. Ghosh declined to comment further on the allegations. With multiple investigations now converging on Roy, the latest job fraud complaint is expected to sharpen scrutiny and place the case under an even brighter spotlight in the days ahead.

Storm chaos in Central Kolkata: Tree crash near Chandni Chowk snarls traffic

MI News Service, Kolkata: A sudden spell of intense rain accompanied by strong winds on Sunday brought parts of central Kolkata to a standstill after a large tree collapsed on Central Avenue near Chandni Chowk, disrupting traffic movement and raising serious safety concerns.

The incident occurred shortly after the city witnessed a sharp deterioration in weather conditions. Dark clouds had hovered over Kolkata since the morning, but by around 11 a.m., heavy rainfall coupled with gusty winds swept across several parts of the metropolis. Amid the adverse weather, the tree was uprooted and fell onto overhead power lines, creating a potentially dangerous situation in one of the

city's busiest commercial and transport corridors. According to preliminary reports, the impact of the fallen tree also caused an electric pole to collapse onto the roadway. The development triggered immediate concern among commuters and local residents, as exposed electrical infrastructure posed a possible risk of electrocution. The incident led to temporary traffic congestion on Central Avenue, with vehicular movement slowing significantly as authorities rushed to secure the area. Eyewitnesses described moments of panic as the tree crashed onto the power lines during the storm. The sudden obstruction affected traffic flow in the vicinity of Chandni Chowk, an area that routinely witnesses heavy movement of vehicles

and pedestrians throughout the day. Responding swiftly, personnel from the Kolkata Municipal Corporation (KMC) and officials from CESC reached the location and launched emergency restoration operations. Municipal workers began cutting and removing the fallen tree while power utility teams assessed the condition of the damaged electrical infrastructure to ensure public safety and prevent any further hazards. Authorities cordoned off portions of the affected stretch as precautionary measures were undertaken. The damaged tree was cleared within a short period, allowing traffic management teams to gradually restore normal vehicular movement in the area. Officials also inspected the site for structural

damage, with reports indicating that roadside railings suffered damage due to the impact. The incident once again highlighted the vulnerability of urban infrastructure during sudden weather disturbances, particularly during periods of heavy rainfall and strong winds. Civic agencies remained on alert as rain continued in several parts of Kolkata, monitoring potential risks such as waterlogging, falling trees and power-related disruptions. Normalcy was largely restored by the afternoon, though officials continued to monitor the affected zone to ensure complete public safety and uninterrupted traffic flow. Headline: Storm Havoc in Kolkata: Tree Crashes Onto Power Lines at Chandni Chowk, Traffic Hit

Markets Go Green as Reusable Bag Vending Machines Roll Out

MI News Service, Kolkata: In a major step towards reducing plastic pollution and encouraging sustainable consumer habits, the West Bengal government has announced a comprehensive plan to discourage the use of single-use plastic carry bags in markets across the state. As part of this initiative, special vending machines dispensing eco-friendly reusable

bags will be installed at the entrances of markets, making sustainable alternatives easily accessible to shoppers who arrive without carrying their own bags.

The move comes in response to growing environmental concerns regarding plastic waste and forms part of a broader strategy aimed at promoting responsible consumption and waste reduction. Officials stated that the proposed system is designed to make environmentally friendly choices both convenient and affordable for the public. Under the plan,

shoppers entering markets without reusable bags will be able to purchase specially designed bags directly from vending machines. The bags are expected to cost between 10 and 15, depending on factors such as size, durability and material quality. Urban Development and Municipal Affairs Minister Firhad Hakim said the government is committed to replacing plastic carry bags with durable and reusable alternatives that are practical, affordable and environmentally responsible. He urged citizens to gradually move away from plas-

tic and adopt sustainable practices in their daily lives. According to officials, the bags will be manufactured using recyclable and eco-friendly materials, with a strong emphasis on durability and repeated use. Authorities are also exploring the possibility of introducing multi-purpose reusable bags capable of carrying a variety of market goods, including vegetables, fish and meat. These bags are expected to be washable, hygienic and suitable for repeated use, thereby reducing dependence on disposable packaging.

65K NCC CADETS join 'YOGA DAY' celeb across Bengal

Continued from Pg 1: designed to promote physical fitness, mental resilience and long-term wellness. Cadets, officers, Associate NCC Officers and staff members participated enthusiastically, reflecting the NCC's commitment to nurturing healthy and responsible citizens.

The event was graced by Olympic medalist and tennis legend Leander Paes, recipient of the Padma Bhushan, Padma Shri, Arjuna Award and Major Dhyan Chand Khel Ratna. Addressing the cadets, Paes spoke about the importance of discipline, determination and perseverance in overcoming challenges and achieving

excellence. Sharing a lesson from his illustrious sporting career, he remarked, "The harder the battle, the sweeter is the victory," a message that resonated strongly with the young audience. He also expressed his support for future NCC initiatives in sports, fitness and wellness.

The celebrations were conducted in the spirit of the vision of Prime Minister Shri Narendra Modi, whose initiative at the United Nations led to the adoption of the International Day of Yoga and transformed it into a global movement promoting health, harmony and sustainable living.

Officials highlighted that

the NCC continues to serve as a unique platform for fostering national integration by bringing together youth from diverse social, cultural and linguistic backgrounds. The event also reflected the rich heritage and inclusive ethos of West Bengal, a land renowned for its contribution to India's freedom movement, intellectual renaissance and cultural legacy.

As thousands of cadets performed yoga in unison across the Directorate, the celebrations stood as a powerful symbol of a healthier, stronger and more cohesive India, inspired by the NCC motto of "Unity and Discipline."

Cloudburst Chaos: Maheshtala Crash Maims Man, Chinar Park Rescue Drama

MI News Service, Kolkata: A brief but intense spell of rainfall lasting just over an hour threw large parts of Kolkata and its adjoining areas into disarray on Saturday, triggering a series of incidents that highlighted the city's vulnerability to extreme weather events.

The downpour caused widespread waterlogging, disrupted traffic and led to two major emergencies—one a devastating road accident in Maheshtala and the other a dramatic rescue operation near Chinar Park. The most serious incident occurred on Budge Budge Trunk Road in Maheshtala, where a man sustained life-threatening injuries after being struck by an out-of-control dump-

er truck while taking shelter from the rain.

Eyewitnesses said the victim was standing beneath a flyover near the Molla Gate crossing when the 18-wheel dumper, travelling from the Jinjira Bazar side, reportedly lost control amid the adverse weather conditions. The vehicle crashed into the protective structure surrounding a flyover pillar before hitting the man with tremendous force. Local residents immediately rushed to the scene and transported the injured man to a nearby private hospital. Medical sources reported that one of his legs was severed in the accident, while the other suffered severe injuries. Given the critical nature of his condition, he was later shift-

ed to a hospital in Kolkata for advanced treatment. Police from the Jinjira Investigation Centre seized the dumper and detained the driver for questioning. An investigation has been launched to determine the exact circumstances that led to the accident. Another alarming incident was reported from Kaikhali near Chinar Park, where an app-based cab became trapped in a heavily waterlogged stretch of road. Officials said the vehicle sank into a submerged cavity hidden beneath accumulated rainwater, leaving two passengers stranded inside. As floodwaters surrounded the cab and the doors reportedly became jammed, panic spread among the occupants. Shopkeepers and local resi-

dents quickly responded to the emergency, managing to force open the doors from outside and rescue the passengers safely. Traffic police later arrived and supervised operations to recover the partially submerged vehicle. The heavy rainfall also caused extensive waterlogging across several parts of Kolkata, including Salt Lake Sector V, major thoroughfares and residential neighbourhoods. Civic authorities said drainage efforts were slowed by high river levels and the closure of lock gates connected to the Ganges, delaying the discharge of accumulated water. The events served as a stark reminder of the challenges posed by sudden extreme weather in a densely populated urban environment.

Rain Returns with a Warning: South Bengal Braces for More Showers

MI News Service, Kolkata: Large parts of South Bengal continued to face severe waterlogging and disruption on Sunday following intense rainfall, and the India Meteorological Department (IMD) has indicated that there is little prospect of immediate relief from the prevailing wet weather conditions. According to the latest forecast, several districts across the state are likely to experience continued showers, thunderstorms and occasional heavy rainfall over the coming

days, keeping weather conditions unstable.

The warning comes after heavy rain inundated multiple areas of Kolkata and its neighbouring districts, causing widespread inconvenience and exposing persistent drainage problems in several urban pockets. Key areas such as Dharmatala, Sealdah, Behala and a number of low-lying localities witnessed significant water accumulation. The Bally Underpass also remained heavily submerged, disrupting

traffic movement and creating difficulties for daily commuters. Meteorologists have attributed the ongoing weather pattern to a continuous influx of moisture-laden winds from the Bay of Bengal. These moist winds have contributed to the formation of rain-bearing systems across the region, resulting in repeated spells of rainfall. The high moisture content in the atmosphere has also pushed relative humidity levels to between 67 and 98 percent, making con-

ditions extremely uncomfortable despite intermittent rain. According to IMD forecasts, South Bengal is expected to witness scattered rainfall and thunderstorms over the next four to five days. While rainfall intensity may decrease slightly on Monday and Tuesday, weather experts caution that this respite is likely to be temporary. A reduction in rainfall could also lead to a rise in daytime temperatures, increasing humidity and discomfort for residents.

AMIT SHAH gives teeth to 'OPERATION TIGER'

MI News Service, New Delhi: Amit Shah declared "there is only one Shiv Sena now", effectively dismissing the existence of Uddhav Thackeray's faction amid unconfirmed reports that six of its nine Lok Sabha MPs were ready to defect to Eknath Shinde's party.

The Union home minister's comments came as he began a two-day visit to Maharashtra that has fuelled speculation about possible defections also from Sharad Pawar's NCP(SP), which has eight Lok Sabha MPs.

Maharashtra has been abuzz about a purported "Operation Tiger" by the NDA to engineer defections from Opposition parties to bolster its parliamentary majority.

"Pehle Shindeji ke piche Shiv Sena Shinde goot kehna padta tha. Ab koi goot bacha nahi hai, ek hi Shiv Sena ho gayi hai," a smiling Shah said at a rally in Kolhapur after inaugurating the Ambabai temple development and beautification project.

A translation: "Earlier, one had to refer to Shindeji's party as the 'Shiv Sena, Shinde faction'. Now, no separate faction

remains; there is only one Shiv Sena."

Shinde, who was also on the dais, acknowledged the endorsement with folded hands.

Six MPs from Uddhav's Shiv Sena (UBT) are believed to have written to Speaker Om Birla on Wednesday seeking a merger with deputy chief minister Shinde's Shiv Sena.

On Thursday, the six skipped a parliamentary party meeting called by the Sena (UBT) in Delhi, prompting party senior and Rajya Sabha member Sanjay Raut to call them "traitors" and serve them with show-cause notices.

Shah's Maharashtra visit also coincides with the pronouncement of the verdict in a high-profile murder case that can potentially complicate the reported defection plan involving the six MPs.

Pavanraje Nimbalkar, Congress leader and father of Dharashiv Sena (UBT) MP Omraje Nimbalkar — one of the six purported rebels — was murdered in 2006.

A special CBI court in Mumbai acquitted all nine accused, including former Maharashtra minister and one-time NCP parliamentarian Padamsinh



Patil, the brother of deputy chief minister and NCP leader Sunetra Pawar, a BJP ally.

Omraje had said he would decide on his political future only after the court delivered its verdict, indicating he believed the accused were guilty and that he would defect and join the NDA only if they were convicted.

The NDA cannot afford a rethink by Omraje since it needs six Sena (UBT) MPs to defect together to meet the two-thirds threshold that the presiding officers of legislatures across the country are using to validate defections. Shinde, therefore, rushed to announce that the CBI would challenge

the verdict in the high court. "It is very unfortunate that the CBI court has acquitted the accused in this brutal murder case," Shinde told.

"Chief minister Devendra Fadnavis and I spoke to Union home minister Amit Shah, who assured us that the CBI will appeal against the verdict in the high court."

Omraje kept his cards close to his chest. "I will clarify my political stand within the next two days after consulting people in my constituency," he told reporters after the court verdict.

He also made it clear he would not criticise Uddhav. "Regardless of my political

decision, I have never spoken against Uddhav Thackeray or Aditya Thackeray. Whatever decision I take in the future, I will not criticise anyone," he said.

Members of the Shinde camp interpreted this as a sign that Omraje was prepared to switch sides.

Shinde's announcement that the CBI would appeal against the acquittals prompted AIM-IM president and Hyderabad MP Asaduddin Owaisi to accuse the government of using investigative agencies to facilitate defections.

In a post on X, Owaisi alleged that the Centre had not appealed acquittals in several high-profile cases, including the Babri Masjid demolition and the Mecca Masjid and Ajmer blasts. He claimed the decision to challenge the Nimbalkar verdict was driven by political considerations rather than the pursuit of justice.

The original Shiv Sena had split in June 2022 when Shinde broke away with the majority of the party's MLAs and joined the NDA, toppling Uddhav's coalition government with the Congress and the NCP.

Kolkata braces for torrential rains as orange alert issued across Bengal

MI News Service, Kolkata: The city and large swathes of West Bengal were placed on high alert today as dark skies at noon foreshadowed an intense spell of rain driven by moisture-laden winds from the Bay of Bengal.

The State Meteorological Department warned of heavy to very heavy rainfall, gusty thunderstorms and disruptive conditions across both South and North Bengal. Kolkata recorded a minimum temperature of 27.7°C today after a Saturday high of 34°C. Meteorologists attributed the sultry conditions to a large influx of water vapour from the Bay, pushing relative humidity levels between 67 and 98 percent and creating oppressive, uncomfortable weather for residents. Forecasters expect temperatures to edge up slightly if the rains ease on Monday and Tuesday, but predict renewed convective activity from

Wednesday that could re-intensify downpours in South Bengal, prompting the prospect of another orange alert. An orange alert has already been declared for Kolkata and adjoining areas as well as parts of Bardhaman, Birbhum and Murshidabad, where thunderstorms with wind speeds of 40-50 km/h are likely. Officials cautioned that, apart from the listed districts, most areas of the state face varying chances of storms and rainfall over the coming days owing to a broad axis of unsettled weather stretching from Punjab through Haryana, Uttar Pradesh and Bihar. Northern districts face a graver threat. A red alert was reissued Sunday for several North Bengal districts, with Jalpaiguri and Alipurduar singled out for potentially extreme rainfall — isolated pockets could receive over 200 mm. Darjeeling, Kalimpong and Cooch Behar re-

main under an orange alert for very heavy rain, while Malda and both Dinajpur districts may see considerable thunderstorms and showers. The upper five districts of North Bengal are under a yellow alert for heavy rain until Thursday, with an orange advisory expected to persist into Monday in some areas. State disaster management authorities have urged residents to stay indoors, avoid non-essential travel and keep emergency supplies ready. Riverine and low-lying areas were advised to prepare for flash flooding and waterlogging. Schools, transport agencies and municipal bodies were asked to monitor local conditions closely and issue timely advisories. With the monsoon pulse strengthening and moisture continuing to surge from the Bay, authorities warned that the next 72 hours will be critical for preparedness and response across the state.

Kalyan's public rift deepens as legal row rattles Trinamool ranks

MI News Service, Kolkata: A visible rupture has opened within the Trinamool camp as veteran party lawyer Kalyan Banerjee registered sharp objections to recent legal appointments, escalating tensions that follow his earlier spat linked to Abhishek Banerjee.

The disagreement, sources say, exposed cracks in the party's trust network at a high-level meeting attended by Mamata Banerjee and senior leaders. Kalyan, a long-time legal strategist for the party who represented it in politically high-profile matters from Singur and Nandigram to the Rizwanur Rahman case and major corruption probes, reportedly expressed clear displeasure when party leadership signalled intent to appoint alternate counsel for several ongoing cases. The proposed roster includes senior advocate and Rajya Sabha MP Maneka Guruswamy — a figure who

has previously appeared for the party in apex court matters — prompting Kalyan's vocal resistance, according to attendees. Insiders describe the confrontation as more than a routine personnel dispute. Kalyan had earlier withdrawn from a case involving Abhishek Banerjee and publicly stated his unwillingness to take up matters perceived as adverse to Mamata Banerjee, a move that observers read as evidence of mounting personal and professional strain. Although a subsequent public reconciliation showed the two leaders embracing and speaking of familial ties, the latest disagreement suggests unresolved grievances remain. The episode has broader implications for the party's legal strategy. With multiple cases active in different courts, coherence in counsel selection is critical. Party sources indicate a deliberate push to diversify legal representation, citing the

need for specialised expertise and parliamentary advantages provided by a lawyer who also occupies a Rajya Sabha seat. Kalyan's resistance, and the fact he aired it during a meeting with the top leadership present, underscores a deeper battle over authority and loyalty within the organisation. Political analysts say the row could affect courtroom coordination and messaging at a sensitive juncture when legal and public relations management are tightly interlinked. For now, the leadership appears to weigh legal pragmatism against the risks of alienating a seasoned ally whose courtroom credibility has been central to the party's defence in several landmark matters. As the dispute simmers, watchers will be observing whether the party opts for consolidation behind a single legal team or moves ahead with a plural counsel approach that may further test internal bonds.

Highway Tragedy: Four Die as Bus Strikes Trailer

MI News Service, Maynaguri: A fatal collision on NH-27 near the Ulladabori-Teesta bridge left four passengers dead and 39 others injured after a Siliguri-bound bus ploughed into a stationary trailer, prompting urgent rescue operations and an immediate announcement of state relief for victims' families.

The accident occurred when the bus, reportedly en route from Siliguri to Cooch Behar, lost control and struck a trailer parked at the roadside with a damaged front wheel. Locals were first on the scene and began rescue work before district emergency teams and police arrived to evacuate the wounded to nearby hospitals. Chief Minister Shuvendu Adhikari conveyed deep sorrow over the tragedy on his X handle, expressing condolences to the bereaved and wishing a speedy recovery to the injured. He said Jalpaiguri district administra-

tion and police had reached the site and were supervising rescue and relief measures. The Chief Minister also discussed the situation with North Bengal Development Minister Nishith Pramanik and Transport Minister of State Anandamoy Barman, and ordered close oversight of medical care for victims. The state has announced financial assistance for affected families: Rs 5 lakh for next-of-kin of the deceased, Rs 1 lakh for seriously injured patients and Rs 50,000 for those sustaining minor injuries. The government will also meet medical expenses for all hospitalized passengers, officials said. Eyewitnesses described chaotic scenes as passengers scrambled amid rain of fragments and mangled metal. First responders and locals worked to extricate trapped commuters; several seriously wounded were airlifted or rushed to tertiary care centres

for urgent treatment. Police have opened an inquiry into the circumstances that led to the trailer being stationary on a busy national highway and whether adequate warning or hazard signals had been deployed.

Traffic along the NH-27 corridor was disrupted for hours as recovery and forensic teams cleared the wreckage. Initial investigations will focus on vehicle condition, driver fatigue or error, and adherence to safety protocols for parked vehicles on the carriageway. Transport and local administration officials said they would review road safety measures at the Ulladabori stretch, including signage, lighting and emergency response readiness, amid growing concern over accidents on the busy NH-27 link. As families brace for funerals, authorities pledged swift assistance and a full probe into the causes of the collision.

Kalighat's Trinamool fights to save frozen funds as internal rifts deepen

MI News Service, Kolkata: The controversy over party funds has erupted into a full-blown crisis for Kalighat's Trinamool unit, which is now turning to legal avenues to salvage accounts frozen by authorities after allegations about the source of large deposits. Party insiders say the move reflects growing desperation as leadership changes and public accusations pile up.

Authorities froze about 440 crore across three bank accounts after a complaint filed by a local legislator. The action followed public questioning by Opposition leader Ritabrata Banerjee over the provenance of funds linked to the party, sparking a rapid chain of developments that has unsettled the organisation. On June 12, then-treasurer Arup Biswas wrote to bank officials seeking the freeze; paradoxically, sources say the party had already replaced him on June 5, appointing Subha-

sish Chakraborty as treasurer amid mounting scrutiny. The sequence of events — resignation, replacement and then the formal complaint — has fuelled speculation about internal dissent. Political observers say the pointed, uncompromising tone of Arup's reply to the charge sheet has been read within circles as an act of rebellion. With key accounts under attachment, Kalighat's leadership is reportedly preparing legal defenses to restore access to funds. Legal teams are said to be assembling challenges against the freezes, while party officials briefed on the matter emphasise the need for immediate judicial intervention to prevent operational paralysis. State Tourism Minister Shankar Ghosh commented that the seizure followed standard banking procedures and stressed the investigative imperative. "This action was taken under banking rules; investigators are obliged to trace the source of these funds," he

said, adding that any lawful steps required to contest the attachments would be pursued through legal channels.

For now, investigators are intensifying efforts to trace fund origins, while opposition scrutiny grows louder. The dispute has exposed organisational strains: internal replacements of treasurers, sharp exchanges of correspondence, and public questioning by political rivals have combined to place the party's finances under an unforgiving spotlight. Analysts warn that prolonged legal entanglement and frozen liquidity could hamper the party's local operations and campaign activities, particularly in Kalighat, which party cadres regard as a pivotal base. As legal teams prepare bids to unfreeze the accounts, the coming days are likely to decide whether the unit can contain fiscal damage or whether the revelations will trigger wider political fallout.

Resident united for wellness as Yoga Day observed with green initiative

MI News Service, Kolkata: Marking International Yoga Day, a special yoga and wellness camp centered on the theme "Yoga for Healthy Ageing" was organized at Purba Income Tax Housing in Kolkata on Saturday. The initiative, jointly hosted by Income Tax Housing, Purba and the social organized Utkarsh Arohan, witnessed enthusiastic participation from residents, government employees, officers and their family members, underscoring the growing recognition of yoga as a vital component of preventive healthcare and holistic well-being.

The program commenced in the early hours of the morning at the housing complex grounds, where participants from various age groups gathered to take part in guided yoga sessions. Experienced instructors conducted a series of structured activities, including yoga asanas, pranayama and meditation, emphasizing the role of disciplined practice in enhancing physical fitness, mental resilience and emotional balance. Organizers highlighted that the theme of healthy ageing assumes particular significance at a time when lifestyle-related

ailments, stress and declining physical activity are emerging as major public health concerns. Speakers at the event stressed that regular yoga practice can contribute significantly to improving flexibility, cardiovascular health, respiratory efficiency and overall quality of life, especially among senior citizens. Addressing the gathering, Anupam Majumdar, Convener of Utkarsh Arohan, said that the initiative was inspired by the global message of "One World, One Health," which advocates a holistic approach to human well-being and environmental sustainability.

He noted that yoga serves not only as a tool for personal health but also as a means of fostering social awareness, community participation and a balanced lifestyle. Beyond physical exercise, the program also featured discussions on the importance of preventive healthcare, stress management and the adoption of healthy daily habits. Participants were encouraged to integrate yoga into their routine lives as a practical and accessible pathway toward long-term wellness. In a symbolic conclusion to the event, orga-

nizers and participants undertook a tree plantation drive, reinforcing the connection between human health and environmental stewardship. The plantation initiative was presented as a commitment to creating a greener, healthier and more sustainable future for coming generations. The observance reflected a broader message that the pursuit of individual well-being and ecological responsibility must go hand in hand, with yoga emerging as a powerful bridge between personal health, social harmony and environmental consciousness.

Red Road turns yoga hub as Modi leads Global wellness celebration

MI News Service, Kolkata: Amid a massive gathering on Kolkata's iconic Red Road, Leader of the Opposition Suwendu Adhikari on Saturday praised Prime Minister Narendra Modi for transforming yoga into a global movement and giving renewed prominence to the ancient Indian discipline in West Bengal. His remarks came as the city hosted one of the country's largest celebrations of International Yoga Day, with the Prime Minister personally leading the event attended by thousands of participants from different walks of life.

The programme formed part of the worldwide obser-

vance of the 12th International Yoga Day, which has evolved into one of the largest public wellness initiatives in the world since being recognized by the United Nations General Assembly in 2014. Since then, yoga has gained increasing acceptance across countries and cultures, with mass participation events becoming a hallmark of the annual celebration. This year's observance once again featured large-scale yoga sessions, community engagement programmes and awareness campaigns highlighting the physical, mental and emotional benefits of the practice. Addressing participants before the com-

mencement of the yoga session, Adhikari described yoga as an integral part of Bengal's rich cultural and spiritual heritage. He credited the Prime Minister with helping to popularize yoga among people of all ages and backgrounds and for bringing the ancient discipline into mainstream public life. According to him, yoga has long been associated with the traditions of West Bengal and has received renewed momentum through sustained efforts aimed at increasing public awareness and participation. "Yoga has a deep-rooted connection with the cultural traditions of West Bengal. It has received renewed momen-

tum and wider acceptance through sustained efforts to promote this ancient practice. I extend my respect and congratulations to the Prime Minister," Adhikari said. He also highlighted the remarkable public response to the event, noting that more than 2.57 lakh registrations had been recorded for the Kolkata Yoga Day programme. The large turnout, he said, reflected growing enthusiasm among citizens for yoga, fitness and holistic wellness initiatives. The highlight of the celebrations was Prime Minister Modi's participation at Red Road, where he joined thousands in performing yoga asanas

and wellness exercises. In his address, he emphasized yoga's role as a global force for health, harmony and human connection. Pointing out that International Yoga Day is now observed in 192 countries, he described yoga as a pathway to inner balance, mental resilience and holistic well-being. The Prime Minister further described June 21 as a celebration of humanity's shared commitment to health and wellness. He underscored yoga's contribution to healthy ageing, emotional strength and social harmony, reaffirming its status as one of India's most influential cultural contributions to the world.

TMC Fund Dispute Turns Sharper with Kunal's Fresh Remarks

MI News Service, Kolkata: The dispute over the financial affairs of the Trinamool Congress (TMC) intensified on Sunday after senior party leader and Belegkata MLA Kunal Ghosh launched a fresh attack on rebel legislator Ritabrata Bandyopadhyay. Addressing a press conference in Kolkata, Ghosh questioned Bandyopadhyay's allegations regarding the handling of party funds and sought an explanation about the source of money used for his election campaign.

The latest exchange marks a significant escalation in the ongoing confrontation between the TMC leadership and the dissenting MLA, a conflict that has increasingly played out in the public sphere. Ghosh argued that Bandyopadhyay's allegations against the party's financial management raised important questions about the funds he himself had accepted and used during the election. Referring to campaign expenditure records, Ghosh claimed that a major portion of Ban-

dyopadhyay's election expenses had been financed through official party channels. According to him, of the approximately ₹26.86 lakh spent during the election campaign, nearly ₹25 lakh came directly from the party's account. He contended that if Bandyopadhyay is now questioning the legitimacy or transparency of party funds, he must also clarify why he accepted and utilized those funds while contesting the election. "If questions are being raised about the party's funds today,

then it must also be explained why those very funds were accepted and utilized during the election campaign," Ghosh said. He further stated that if anyone genuinely believes the funds were improper or irregular, they should return the money and pursue legal remedies through the appropriate authorities. Ghosh maintained that allegations concerning election funding are serious in nature and cannot be separated from the conduct of election campaigns. His comments come

in response to Bandyopadhyay's recent efforts to seek official scrutiny of the party's financial operations. The rebel MLA has reportedly approached authorities demanding an examination of party accounts and action regarding certain financial transactions linked to the organisation. Political observers believe the dispute has now evolved beyond a disagreement over internal financial management into a larger battle involving issues of accountability, transparency and party discipline.

ing overtime but struggling against tidal inflow and closed river gates.

Areas worst hit included Sukiya Street, MG Road, Thanthania, Dharmatala, Sealdah and Behala; parts of Salt Lake and the underpass near Ballygunge station were similarly inundated. In Bidhanagar's ward seven, the lane beside Haldiram at Kaikhali saw

knee-deep flooding, while an underpass recorded chest-deep water, causing major traffic disruptions and stranding commuters. The Kolkata Municipal Corporation activated its pumping stations and control room operations immediately after downpours began, but officials warned that relief would be slow.

Delhi CM unveils winter pollution action plan GRAP to operate from November-February

New Delhi : Delhi Chief Minister Rekha Gupta on Friday said the city government has already notified the "Proactive Winter Air Quality Management Framework" to tackle seasonal pollution well before the onset of winter, giving citizens and stakeholders sufficient time to prepare.

Sharing details of the initiative on X, Gupta said the framework was introduced months in advance to ensure that residents, industries, institutions, businesses and construction agencies are aware of the measures and can comply with them before pollution levels begin to rise.

"To control pollution during winter, the Delhi Government notified the 'Proactive Winter Air Quality

Management Framework' back in June. This ensures that citizens, industries, institutions, business establishments, and construction agencies have ample time to prepare before November, sparing Delhi residents from unnecessary inconvenience."

According to the Chief Minister, the framework will operate alongside the Graded Response Action Plan (GRAP) from November 1 to February 28 every year.

The new measures include several restrictions and preventive steps aimed at reducing emissions during the winter months. Under the framework, only vehicles possessing a valid Pollution Under Control Certificate (PUCC) will be allowed to



refuel at petrol pumps. The government has also proposed a ban on the entry of non-BS VI commercial vehicles registered outside Delhi between November 1 and January 31. However, exemptions will be granted

to CNG and electric vehicles, as well as vehicles engaged in emergency services and government operations. To discourage excessive use of private vehicles, parking charges at authorised parking facilities will be doubled

from November 1 to February 28. The government may also modify office timings and, if necessary, introduce provisions for up to 50 per cent physical attendance in both government and private offices.

The framework mandates strict compliance with dust-control norms at construction and demolition sites from November 1 to January 31. Additional restrictions on construction activities may be imposed between December 10 and January 20 if pollution levels worsen. Large construction sites and major buildings will be required to install anti-smog guns and mist-suppression systems. Authorities will also intensify monitoring against the open burning of waste

and other materials through drone surveillance and field inspections.

Emphasising the importance of early action, Gupta said timely preparation remains the most effective strategy to combat winter pollution and added that the government is carrying out all necessary preparations in 'mission mode'.

During the winter months (October through February), Delhi's Air Quality Index (AQI) frequently plummets into the "Very Poor" (301-400) or "Severe" (401-500) categories. Peak pollution levels during this time are primarily driven by thermal inversion (cold air trapping pollutants near the surface), stubble burning, and calm wind conditions.

Medication significantly decreases TB growth, find scientists



WASHINGTON : A promising new cancer treatment looks to be especially successful against tuberculosis (TB), one of the world's most fatal infectious diseases.

Texas Biomedical Research Institute (Texas Biomed) scientists discovered that the medication significantly decreases TB growth, especially in drug-resistant bacteria. The findings, published in the journal *Biomedicine & Pharmacotherapy*, were made in unique cellular models containing TB-infected human cells, which can aid in the screening of future TB medications and therapies such as this one. The medication tested in this study comprises two molecules, one of which is already FDA-approved for use in cancer patients and another that is being tested in Phase 1/2 cancer clinical trials.

"The inhibitors combined with antibiotics controlled TB up to 98 per cent, which is very exciting," said Dr Arnett, the first paper author. "But even more exciting is the inhibitors were just as effective at controlling drug-resistant TB as drug-susceptible TB. That is the power of a host-directed therapy targeting the human's immune response versus trying to attack the pathogen directly." A key aspect of the research is the cellular models used to test the effectiveness of the inhibitors: human macrophages and a human granuloma model developed and refined in Dr. Schlesinger's lab over the past decade. Human blood cells donated by volunteers are cultured with M.tb, which leads to the formation of granuloma-like structures.

"Granulomas are unique, dense environments that are not well replicated in mice," Dr. Arnett said. "Our studies demonstrate that this cellular model can serve as an important bridge to identify compounds that can penetrate and retain activity in granulomas, before we move to the necessary - but more complex, time-consuming and expensive - animal research phase." Dr. Schlesinger and Dr. Arnett have filed a provisional patent for the combination therapy for infectious diseases. They are planning additional cell, mouse and nonhuman primate studies to gather further evidence about the therapy's effectiveness and seek partnerships with industry collaborators. They are hopeful the therapy can move quickly to the clinic because years of safety studies have already been completed, or are underway, for the inhibitors for cancer applications.

Dr. Schlesinger's lab at Texas Biomed is focused on understanding the fundamental biological interactions between airborne-transmissible bacteria and humans and then using those insights to identify potential treatment targets. M.tb blocks a normal cell death process called apoptosis. This allows the bacteria to grow inside immune cells in the lungs, called alveolar macrophages. This new paper shows that by inhibiting two key proteins, MCL-1 and BCL-2, M.tb can no longer hijack the apoptosis process and macrophages are able to kill M.tb. Importantly, this happens inside granuloma structures, the dense cellular clumps that the body forms around M.tb to try to contain it. Antibiotics and other treatments have a notoriously difficult time penetrating granulomas, which is one reason why M.tb is so hard to eliminate. "Immunotherapy has been a game-changer in the cancer field by finding ways to help a patient's own immune system fight tumours more effective-

Study finds new method to detect novel biomarkers for kidney diseases with nephrotic syndrome

BOSTON [US] : A study has revealed a major advance in the identification and tracking of renal illnesses linked to nephrotic syndrome.

The findings of the study were published in the *New England Journal of Medicine* and presented at the 61st ERA Congress in Stockholm, Sweden.

By employing a hybrid methodology, scientists discovered that anti-nephrin autoantibodies serve as a dependable biomarker for monitoring the advancement of the disease, paving the way for more individualized therapeutic strategies.

The study, conducted across Europe and the USA, introduced a novel approach combining immunoprecipitation with enzyme-linked immunosorbent assay (ELISA) to reliably detect anti-nephrin autoantibodies.

The findings revealed that anti-nephrin autoantibodies were prevalent in 69 per cent of adults with MCD and 90 per cent of children with INS who had not been treated with immunosuppressive drugs. Importantly, the levels of these autoantibodies correlated with disease activity, suggesting their potential as a biomarker for monitoring disease progression. The antibodies were also rarely seen in the other diseases under examination.

Nephrotic syndrome, defined by increased urine protein levels, is associated with kidney disorders, including membranous nephropathy (MN), primary focal segmental glomerulosclerosis (FSGS), and minimal change disease (MCD). Damage to podocytes, the kidney's filtering cells, is the main cause of nephrotic syndrome because it permits protein to seep into the urine.

Children diagnosed with MCD or FSGS often receive a diagnosis of idiopathic nephrotic syndrome (INS), where the cause of the nephrotic syndrome is unknown. This is frequently because children with high protein levels in their urine rarely undergo a kidney biopsy, which is how the cause is typically determined.

To further investigate the impact of nephrin immunisation on kidney function and disease, researchers administered laboratory-made nephrin protein to mice, creating a condition akin to MCD in the mice. Immunisation led to the phosphorylation of nephrin and notable alterations in cell structure, indicating the involvement of antibodies targeting nephrin in podocyte malfunction and nephrotic syndrome.

Remarkably, unlike other models necessitating multiple immunisations, this model induced swift disease manifestation with a single immunisation, even at low antibody concentrations.

Children diagnosed with MCD or FSGS often receive a diagnosis of idiopathic nephrotic syndrome (INS), where the cause of the nephrotic syndrome is unknown. This is frequently because children with high protein levels in their urine rarely undergo a kidney biopsy, which is how the cause is typically determined.

Traditionally, diagnosing these conditions has posed challenges due to overlapping histological features and hesitancy to conduct invasive kidney biopsies, particularly in children. While anti-nephrin autoantibodies have been observed in certain patients with MCD and FSGS, their precise role in the advancement of these diseases is not fully understood.

Dr Nicola M Tomas, co-lead author of the study, commented, "The identification of anti-nephrin autoantibodies as a reliable biomarker, coupled with our hybrid immunoprecipitation technique, enhances our diagnostic capabilities and opens new avenues for closely monitoring disease progression in kidney disorders with nephrotic syndrome."

J&K govt steps in with Rs 175 crore package to revive SEHAT scheme

Srinagar : After private hospitals in Jammu and Kashmir decided to exit the Ayushman Bharat PM-JAY SEHAT scheme, the J&K government on Friday stepped in to revive the scheme with a Rs 175 crore package and assurance of early clearance of pending bills of various hospitals under this national flagship scheme.



J&K is the only UT in the country where every household is entitled to this healthcare scheme irrespective of the income criteria.

Officials said that in a significant development for beneficiaries of the Ayushman Bharat-PM-JAY SEHAT Scheme in Jammu and Kashmir, private hospitals and dialysis centres have temporarily withdrawn their proposed decision to exit the scheme after the government approved the release of Rs 175 crore towards settlement of long-pending reimbursement claims.

The move comes against the backdrop of growing uncertainty surrounding the future of the SEHAT scheme after the Jammu and Kashmir Private Hospitals and Dialysis Centres Association (JKPHDA) had announced plans to withdraw from the programme from July 1, citing severe financial stress caused by delayed claim settlements.

During discussions with senior officials of the State Health Agency, representatives of private healthcare institutions were assured that the sanctioned amount would be released without delay.

Following the assurance, the association agreed to defer its proposed de-empanelling and continue providing healthcare services under the scheme for the time being. Despite the breakthrough, hospital authorities reiterated that prompt clearance of dues remains essential for sustaining quality healthcare delivery. They emphasised that pending payments, particularly those accumulated over the past three months, should be released at the earliest to

ensure smooth functioning of hospitals and dialysis centres across the union territory.

Private healthcare providers had earlier expressed concern that prolonged reimbursement delays were adversely impacting operations and affecting critical services, including dialysis, oncology care, intensive care treatment, cardiac procedures and emergency medical services.

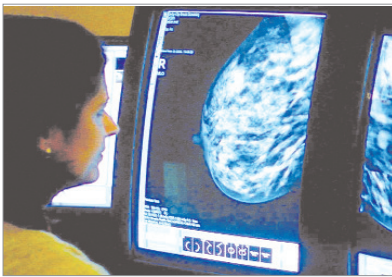
According to the association, outstanding liabilities had exceeded Rs 250 crore, prompting the warning of withdrawal from the scheme.

The government's decision to release funds is being seen as a major step towards safeguarding the continuity of healthcare services under the SEHAT initiative, which offers cashless medical treatment to millions of residents across Jammu and Kashmir.

The funds are expected to be routed through the State Health Agency, representatives of private healthcare institutions were assured that the sanctioned amount would be released without delay.

Study sheds more light on detection of breast cancer

FLORIDA [US] : Scientists have developed a saliva test that detects breast cancer and has shown promising results in preclinical testing. A new handheld gadget, according to researchers from the University of Florida and National Yang Ming Chiao Tung University in Taiwan, detects breast cancer indicators from a small sample of spit. Their findings appeared in the *Journal of Vacuum Science and Technology B*.



"Imagine medical staff conducting breast cancer screening in communities or hospitals," said Hsiao-Hsuan Wan, a UF doctoral student in the Department of Chemical Engineering and the study's lead author. "Our

device is an excellent choice because it is portable -- about the size of your hand -- and reusable. The testing time is under five seconds per sample, which makes it highly efficient." The new tool works by placing a saliv-

va sample on a test strip, which is treated with specific antibodies that respond to cancer biomarkers.

Electrical impulses are sent to contact points on the biosensor device. Signals are measured and translated into digital information about how much biomarker is present. The results are quick and easy to interpret, Wan said. During testing, the device distinguished between healthy breast tissue, early breast cancer, and advanced breast cancer in a small group of 21 women. Their biosensor design uses common components like glucose testing strips and the open-source hardware-software platform Arduino.

Simple Tips to Have a Happy and Healthy Mind

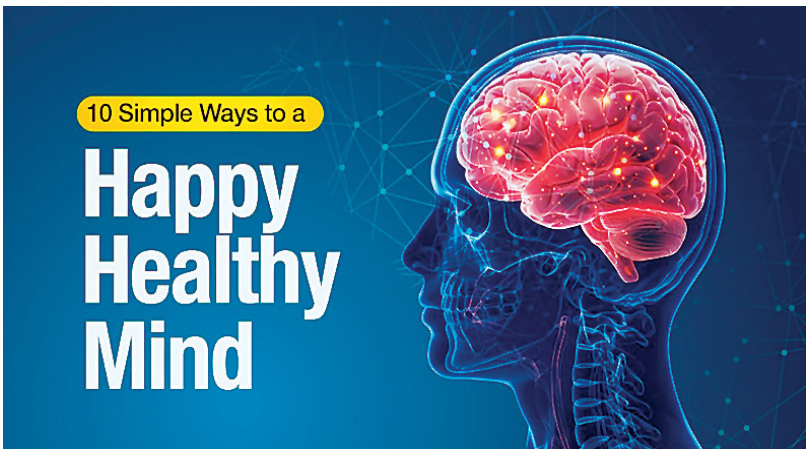
Eat Healthily
Maintaining physical fitness alongside mental health can have a lasting impact on your body. As Dr. Sandeep Govil notes, there is a famous old adage: "A healthy body fosters a healthy mind; therefore, it is essential to be mindful of your diet and what you consume." With so many convenient fast-food options available, it is easy to neglect healthy foods. Try to stick to a "three-meal plan" to boost your energy levels and ensure you remain active throughout the day. Drink plenty of water to stay hydrated and keep your metabolism functioning efficiently.

Be Mindful of What You Drink
While many people consume alcohol and caffeine to alter their mood, their effects are merely temporary. When feelings of energy or euphoria subside, you may feel significantly worse—an outcome that can have a severely negative impact on your mental health. Most people prefer to consume alcohol or caffeine in moderation, which can actually be beneficial for the body. However, some individuals continue to drink in an attempt to stave off the onset of these negative emotions or to escape underlying feelings of anxiety or depression. This is extremely dangerous and can lead to long-term health complications

or mask existing medical conditions. If you are a man, limit your alcohol intake to no more than four units per day; if you are a woman, limit it to no more than three units. Additionally, avoid consuming caffeinated beverages after 7:00 PM.

Engage in Some Exercise
Incorporating a little exercise into your daily routine offers numerous benefits—both mental and physical. When you exercise, your body releases endorphins, which can significantly improve your mood. You do not need to spend a fortune or join a gym to get a workout; walking or cycling to your destination, cleaning your home while listening to music, and gardening are all simple ways to get your blood pumping. Over time, you will find exercise becoming easier, and you will begin to look better—both of which will contribute to you feeling better about yourself.

Talk to Others
In today's world, staying connected with friends and family is easier than ever before. Feeling a sense of connection with other people is a fundamental aspect of the human experience, and neglecting this vital part of life can have a detrimental effect on your mental health. Many mental health issues stem from difficulties in communication; by



maintaining contact with others and nurturing strong relationships, you can effectively cope with—or even prevent—these problems. If you are facing difficulties, friends or family members can offer the best support; therefore, talk to them about how you are feeling, and be sure to listen to their thoughts and feelings as well.

A Change of Scenery
Sometimes we get stuck in a rut—it happens to all of us! Taking a vacation is a fantastic way to relax, lift your spirits, and see more of the world. However,

not all of us are lucky enough to be able to head out into the sunshine whenever we please. Yet, there are very simple (and less expensive) ways to take a break from our daily routines that can be just as beneficial for improving your mental health. Taking a different route to work or simply rearranging the furniture in your home can help your mind experience new things and adapt to different situations.

Take Up a Hobby
Nowadays, a huge portion of our lives is consumed by work-related pres-

ures, so we sometimes forget what we truly enjoy. Perhaps you love painting, playing a musical instrument, or have always dreamed of building the ultimate model railway set. Carving out some time for yourself will help you cope with stress, focus your mind, and express yourself creatively. If you are feeling down, expressing your thoughts through painting, a song, or a poem can help you gain a better understanding of your emotions and leave you feeling much better.

Accepting That You Are Unique
Many people feel unhappy or self-conscious about their physical appearance, their manner of speaking, or their background, often unfairly comparing themselves to people they see in magazines or on television. These feelings can give rise to a deep sense of worthlessness or even lead to conditions such as depression or eating disorders. By talking to others and expressing your emotions, you will be able to gain a better understanding of both your weaknesses and your strengths. If you feel this helps, take five minutes each day to list the qualities that make you unique; reflect on one positive and then one negative aspect of yourself, and strive to accept that you are who you are—the best person you can be.*

Care for Others
It is natural to be concerned for the well-being of others, whoever they may be. Part of maintaining healthy relationships involves caring for the people who care about you. This can be as simple as signing a "get well soon" card at work or calling an elderly relative just to ask how they are doing. Owning a pet allows you to experience these emotions on a consistent basis, as you are the person they rely on for food, shelter, and affection. Genuinely caring for others can help improve your mental health and allows you to explore emotions from which you may have previously distanced yourself. You may experience a sense of joy and feel inspired to volunteer your time to help those in your community who are less fortunate than you—though this is merely an extreme example of caring. Allowing yourself to truly feel for others helps you understand why other people care about you, and why you, in turn, should take care of yourself.

Exercise Your Mind
Just like the rest of your body, your brain requires exercise to stay healthy. There are many different ways to do this—from playing computer games to solving crossword puzzles. Instead of using a calculator to tally your bills.

Iran says Lebanon conflict will top the agenda in talks with US

MI News Service, Tehran: Iran said on Sunday that the ongoing conflict in Lebanon between Israel and militant group Hezbollah will top the agenda in talks with the United States in Switzerland, as well as issues such as frozen Iranian funds and the sale of the country's oil.

"The Zionist regime continues to violate its commitment in Lebanon, this issue will be the main topic of discussion in today's talks," foreign ministry spokesman Esmail Baqaei said in a video shared by Iran state news agency.

Tehran said on Thursday it had signed a deal with Washington to end months of hostilities that began on February 28 following US-Israeli attacks on Iran.

Under the agreement, the Israel-Hezbollah conflict in Lebanon was also due to stop.



Iran's military announced on Saturday that it has closed the Strait of Hormuz again over ongoing Israeli attacks in Lebanon.

But there were no reports of fresh strikes in Lebanon after Saturday evening and Baqaei said that since Saturday "a fragile cessation (in Lebanon) has been established."

According to Baqaei, the Iranian delegation will meet with the US delegation alongside mediators Pakistan and Qatar during the talks Sunday at the Swiss mountainside resort of Burgenstock.

"This meeting will be in the form of separate meetings with the mediators in the morning and a quadrilateral meeting in the afternoon, meaning that the delegations of all four countries will be present in the same room," he said from Switzerland.

He added that Tehran would also pursue the issue of its frozen and inaccessible funds in the negotiations.

"The issue of making available Iran's frozen or restricted assets, as well as the discussion related to issuing the necessary licences for the sale of Iranian oil, will also be on the agenda," he said.

Iran has not officially disclosed the value of its frozen assets, though media reports have estimated them at more than \$100 billion, largely frozen since the 1979 Islamic Revolution that toppled the US-backed shah.

Israel orders military to ceasefire in Lebanon

MI News Service, Jerusalem: Israeli Prime Minister Benjamin Netanyahu and Defence Minister Israel Katz have ordered the military to ceasefire in Lebanon, local media reported on Saturday.

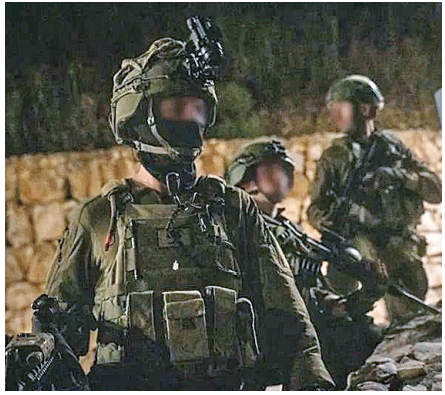
However, the Israeli military did not withdraw from the territories they hold in southern Lebanon.

Earlier on Saturday, Iran announced the closure of the Strait of Hormuz once again, citing alleged violations of the Memorandum of Understanding (MoU) by the US and Israel.

Just days after announcing an agreement lifting naval blockades, Iran's top joint military command, Khatam al-Anbiya Central Headquarters, said the closure comes in response to the "explicit breach" of the first clause of the post-war MoU by the US and Israel and "ongoing violations" of the ceasefire in southern Lebanon, according to media reports.

The headquarters said that in light of the United States' clear breach of its commitments regarding the first article of the MoU on ending the war and Israel's attacks in Lebanon, it is announcing that the Strait of Hormuz will be closed to vessel traffic.

The MoU between Iran and the US was signed on June 18 by Iranian President Masoud Pezeshkian and US President Donald Trump through a simultaneous digital



process without an in-person ceremony.

"The agreement's first article provides for the immediate and permanent termination of military operations between Iran, the US, and their respective allies across all fronts, including Lebanon, and commits the parties to refrain from future military action or threats of force."

It is worth to mention that Iran on Friday introduced new regulations for vessels transiting the Strait of Hormuz, requiring ships to register in advance and obtain permits and insurance before entering one of the world's most critical energy shipping routes, after the earlier reopening of the waterway under a US-Iran agreement.

Switzerland welcomes arrival of Iranian delegation for talks with U.S.

MI News Service, Geneva: An Iranian delegation landed in Switzerland late Saturday for talks with the United States at the Burgenstock resort to halt the conflict in the Middle East.

"We welcome the arrival of the Iranian delegation in Switzerland," the Swiss foreign ministry said on X, adding that the Iranian delegation is on its way to the Burgenstock resort as part of the implementation of the Memorandum of Understanding (MoU) signed between the United States and Iran. Meanwhile, according to Iran's state-run IRIB TV, the Iranian negotiating delegation, codenamed "Minab 168," has arrived in Switzerland. Earlier Saturday, Switzerland said that it continues to provide a "discreet and reliable setting" to facilitate talks at the Burgenstock resort on the implementation of the MoU between the United States and Iran. The initial negotiations on the interim peace deal between the two sides were scheduled for Friday but were later postponed.

International Yoga Day gains ground across US

MI News Service, Washington: From Texas parks and New York's Times Square to state legislatures and governor's offices, International Day of Yoga was celebrated across the United States this weekend, reflecting the growing mainstream acceptance of a practice that originated in India and has evolved into a nationwide wellness movement.

This year's theme, "Yoga for Healthy Ageing," focused on preventive healthcare, active living and mental well-being.

More than a decade after the United Nations designated June 21 as the International Day of Yoga, the observance is now marked across the United States in parks, universities, community centres, public squares and government institutions. Yoga is practiced by tens of millions of Americans and has become one of the most visible examples of India's cultural influence in the country.

One of the largest celebrations on Saturday took place in Sugar Land, Texas,



where Consul General D.C. Manjunath joined Mayor Carol McCutcheon at Brazos River Park for an event organised by Hindu Swayamsevak Sangh and Hindu Yuva. The gathering brought together residents, elected officials and yoga enthusiasts for outdoor yoga sessions and wellness activities.

Manjunath spoke about yoga's role in promoting "holistic health, well-being, and harmony."

In New York, the Consulate General of India organised a yoga session in Central Park ahead of the main observance. Describing it as "an evening of vibrant energy," the

highlighting the theme "Yoga for Healthy Ageing."

The event drew diplomats, lawmakers, community leaders, yoga practitioners and members of the Indian American community, underscoring yoga's growing appeal across the United States.

This year's celebrations were also accompanied by increasing recognition from American lawmakers and public officials. In New York, the State Senate adopted Resolution J1895, sponsored by Senator Shelley Mayer, memorialising Governor Kathy Hochul to proclaim June 21, 2026, as Yoga Day in New York State. The resolution cited yoga's roots in ancient India, its widespread practice among Americans and its benefits for wellness, stress reduction and healthy living.

A Yoga Day resolution was introduced in New York State Assembly. The legislative recognition marked one of the most significant official endorsements of Yoga Day by a state government this year.

SER Marks 12th International Day of Yoga: Focus on Healthy Ageing

MI Service, Kolkata: South Eastern Railway (SER) celebrated the 12th International Day of Yoga on Sunday with a pan railway programme centred on this year's theme, "Yoga for Healthy Ageing." The main event at the BNR Indoor Sports Complex, SER Headquarters, Garden Reach, was inaugurated by SER General Manager Anil Kumar Jain, who lit the ceremonial lamp before joining officers and staff for a guided session.

The programme brought together principal heads of departments, divisional officers and railway personnel from across the zone. Certified instructors from The Art of Living, Kolkata Centre, led participants through the Common Yoga Protocol (CYP), encompassing asanas, pranayama and guided meditation tailored to promote physical mobility and mental well-being. Organisers said the session emphasised practices suitable for all age groups, in line with the national theme highlighting healthy ageing.

Addressing attendees, Jain underscored the role of regular yoga practice in reducing stress and anxiety, improving flexibility



and strength, and enhancing overall resilience among railway employees who face demanding work schedules. He urged staff to incorporate simple yoga and breathing exercises into their daily routines to maintain fitness and sustain occupational performance. The event also provided staff with informational materials on the scientific benefits of yoga and practical tips for integrating mindfulness into workplace life. Medical volunteers were present to assist participants and to advise on modifications for those with pre-existing conditions. To mark the national observance, the SER headquarters conducted a live streaming of the Prime Minister's address on International Day

Union Leaders Host Massive Yoga Event at Karni Stadium

MI News Service, Bikaner: On the occasion of International Day of Yoga, Union Minister for Railways, Information & Broadcasting and Electronics & Information Technology, Ashwini Vaishnaw, and Union Minister of State (Independent Charge) for Law & Justice and Minister of State for Parliamentary Affairs, Arjun Ram Meghwal, led a large public yoga session at Karni Singh Stadium here on Sunday, urging citizens to adopt yoga as part of their daily routine for better physical and mental well-being.

The event drew a broad cross section of the community, including school students, youth groups, women's collectives, representatives of social organisations and officials from several government departments. Under the direction of certified yoga instructors, participants performed a sequence of asanas, pranayama and guided meditation in a coordinated mass programme that emphasised accessibility for practitioners of all ages. Addressing the gathering, Shri Vaishnaw termed yoga "India's ancient and invaluable heritage" and highlighted the global embrace of the



practice under the leadership of Prime Minister Narendra Modi. He stressed that regular engagement with yoga not only strengthens physical fitness but also fosters mental peace, positive thinking and resilience against stress. "Incorporating yoga into daily life is a simple, effective step towards healthier communities," he said, urging citizens to make it a sustained habit rather than an occasional activity. Meghwal reinforced the cultural and philosophical roots of yoga, describing it as integral to the nation's civilisational ethos. He said a healthy body and mind are prerequisites for social strength and national development. "Yoga instills discipline, self control and

Eastern Railway Leads Wellness Push with 12th International Day of Yoga



MI News Service, Kolkata: The nation welcomed the 12th International Day of Yoga today as Prime Minister Narendra Modi inaugurated the national celebrations from Kolkata, leading thousands in the morning session and setting the tone for nationwide observances under the theme "Yoga for Healthy Ageing."

General Manager, Eastern Railway, Milind Deouskar, joined the Prime Minister's programme before presiding over celebrations at Eastern Railway Headquarters.

The Belvedere Railway Club hosted the Eastern Railway event, where Sheelendra Pratap Singh, Additional General Manager, Dr. Mahua Verma, Principal Chief Personnel Officer, principal heads of departments and senior officers took part. A faculty member from the Art of Living Meditation Centre guided participants through the Common Yoga Protocol. Eastern Railway reported robust participation across its network, with more than 20,000 employees, family members and students joining activities organised at four divisions and three workshops. Divisional Railway Managers and Chief Workshop Managers led local programmes at their respective units, while simultaneous sessions were conducted at key stations, divisional offices and yards. Health and welfare centres also took part: yoga sessions were held at Eastern Railway High Schools, B.R.

Singh Hospital, Howrah Orthopaedic Hospital and various divisional hospitals, drawing enthusiastic participation from students, medical staff and patients. Railway Protection Force personnel and staff from multiple departments performed group exercises within their jurisdictions, underlining the integrated, organisation-wide approach to employee wellness. Officials said the primary objective of the observance was to promote physical fitness, mental resilience and workplace efficiency—qualities that are critical for railway personnel whose duties demand constant vigilance and round the clock readiness. Programmes emphasised accessible asanas, pranayama and relaxation techniques designed to reduce stress and improve concentration. In his address, the Prime Minister highlighted yoga's enduring benefits, describing it as a practice that "nurtures the body and strengthens the mind," and urged citizens to adopt yoga as a daily habit beyond the day's celebrations. Eastern Railway leaders echoed this call, noting plans to sustain regular wellness activities through the year. Organisers credited meticulous planning and coordinated deployment of instructors for the smooth conduct of events across the network, calling the day's programmes a significant step toward fostering a healthier, more alert workforce.

Liluah Sees 1,200+ Staff Join International Yoga Day 2026

MI News Service, Liluah: Under the guidance of Milind Deouskar, General Manager, Eastern Railway, the Carriage & Wagon Workshop (C&W), Liluah, observed International Day of Yoga 2026 with a large scale session at Kela Bagan, Gardiner Road, drawing more than 1,200 supervisors, staff and officers.

The programme opened with Yatish Kumar, CWM/LLH, welcoming eminent yoga teacher Bhupendra Shuklesh, who led the gathering through a structured sequence of practices aligned with this year's na-

tional theme, "Yoga for Healthy Ageing." Participants performed Tadasana, Bhujangasana, Makarasana, Yoga Nidrasana and guided meditation, with the instructor emphasising modifications suitable for different fitness levels. Shuklesh underscored the role of workplace yoga in promoting emotional balance, enhancing concentration and improving interpersonal harmony. His session combined practical asana demonstrations with breathing exercises and relaxation techniques designed to reduce stress and support



long term well-being among railway personnel. The event saw active participation from Shibram Majhi, Deputy General Manager (General) and Chief Public Relations Officer (CPRO), Eastern Rail-

ways. At the conclusion of the session, the assembled workforce took a collective pledge to incorporate yoga into their daily routines, committing to sustained practice for improved health and vitality. Shibram Majhi highlighted the significance of the initiative, saying, "Yoga is a powerful tool for holistic wellness, and seeing such overwhelming participation today reaffirms Eastern Railway's commitment to building a stress-free, healthy and highly motivated workforce." Officials described the programme as part of Eastern Railway's broader wellness

drive aimed at enhancing employee fitness, mental resilience and operational readiness. By integrating regular yoga practices at workshops and stations, the railway administration seeks to mitigate occupational stress and bolster alertness among staff whose responsibilities demand constant vigilance. The successful turnout at C&W Liluah reflected growing interest in institutional wellness programmes and reinforced the division's resolve to continue promoting accessible fitness initiatives across its units throughout the year.

