



Manmathpur Pranab Temple Observes Guru Purnima with Devotion



Rain Eases in South Bengal, Heavy Showers Likely in North Bengal Till Monday

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Morning India

No more just nutritious vegetarian food! Eggs to be included in mid-day meal : Suvendu Adhikari

MI News Service, Kolkata : When the responsibility for distributing mid-day meals for school studentbts in West Bengal was handed over to ISKCON, it was only for giving nutritious vegetarian food to them.But now eggs willr be included. Announc- ing the government decision at a news conference at Na- banna on Wednesday, Chief minister Suvendu Adhikari said that separate arrange- ments have now been made to provide eggs in the mid- day meal for school students . "This arrangement will come into effect from 1st Aug- ust", he said adding but for the time being, the state gov- ernment has arranged that eggs would be supplied through self-help groups, while the overall responsi- bility for mid-day meal distri- bution remains with ISKCON.

Suvendu Adhikari said, " Earlier the allocation for mid-day meals for individual student was to Rs 10 for high schools and upper-primary school students, while it was

only Rs 6.78 for primary school students. But now we have decided to raise the allocation even for each pri- mary school student to Rs10 from next month".Addition- ally,the Chief minister said, starting August 1st, ISKCON will provide mid-day meals in large parts of Kolkata as a pilot project. ISKCON will serve *Sattvic* food rich in pure protein. "Alongside we are making separate arrangements to provide eggs through self-help groups", he said .

Incidentally,changes to the mid-day meal system were proposed soon after the BJP government came to power in the state. The gov- ernment had handed over this responsibility to ISKCON to improve the food quality and ensure that from now on the students would re- ceive clean and nutritious meals.

Chief minister Suvendu Adhikari had earlier stated that even without eggs, stu- dents would receive nutri- tious vegetarian food,



West Bengal Chief Minister Suvendu Adhikari attended a virtual programme on the release of the Composite School Grant to 80, 375 government and government-aided schools at Nabanna Sabhaghar on Wednesday.pic Prabir Bhattacharya

ensuring that there would be no nutritional deficiency. Initially, ISKCON is taking charge of supplying mid-day

meals in every Kolkata schools as a pilot project and depending on the suc- cess of their implementa-

tion, this system could later be extended across the en- tire state. But the govern- ment announcement

regarding the removal of eggs from mid-day meals had sparked controversy. Many argued that supply of

eggs in school meals bring- ing smile to children's faces. Moreover,the prime reason for many students, particu- larly in villages and semi- urban areas, to attend school is specifically for eggs. Therefore, stopping the supply of eggs entirely would not be advisable. Amidst the controversy, dis- cussions regarding the inclu- sion of eggs in mid-day meals took place at the gov- ernment level. Subsequently, on Wednesday, on the oc- casion of Guru Purnima,Su- vendu Adhikari announced the new government deci- sion from Nabanna. As he put it, "Students are the fu- ture." "Arrangements have been made to ensure that they receive a complete, pro- tein-rich meal." The Chief Minister also conveyed a message regarding trans- parent recruitment in the education sector. He stated that no political figures would be involved in the re- cruitment process. As many as 50,000 teachers and non- teaching staff will be re-

cruited during the current academic year.

The Chief minister also said, "Posts for teachers, non-teaching staff, head- masters, sports teachers, and librarians are all vacant. There had been significant corruption in recruitment, but we have moved past that. We have completely stopped political appoint- ments in the SSC. No politi- cal figure will be involved in any recruitment process henceforth. We will com- plete the recruitment process in compliance with the Supreme Court's direc- tives.6,000 interviews were pending; those will be con- ducted as well. There will be no further issues. We hope that following the recruit- ment of 12,000 teachers and non-teaching staff—as an- nounced in the budget—we will be able to recruit at least another 38,000, thereby successfully appointing a total of 50,000 teachers and non-teaching staff in a trans- parent manner within this academic year."

Rs 20 crores in cash and 15 kgs of gold bars recover from Birbhum district

MI News Service, Bolpur / Kolkata: Following the re- covery of more than Rs 20 crores and 15 kgs of gold bars from a non - descrip- tive house at Muhammad bazar in Birbhum district on Tuesday night, West Bengal Chief minister Suvendu Adhikari warned that "no one who has amassed vast wealth by looting public as- sets or taxpayers' money would be spared.

Sharply reacting and thanking the Director Gen- eral of Bengal Police(DGP) and Superintendent of Po- lice (SP) of Birbhum district on Wednesday for acting swiftly on the basis of an initial tip off, the Chief minis- ter in a statement amply made it clear that "no one involved in corruption and in such crimes would be spared " by his government.

He also took a swipe at the previous Trinamool Congress government and its Chief minister Mamata Banerjee asserting, "Our government will maintain a zero-tolerance policy against corruption" and reiterated that "none would



be allowed to go scot free , whoever he might be—if he is found amassed huge wealth through wrongdoing and by looting public money, or colluded with any corrupt political party any- time". The BJP also de- manded a full-scale investigation into the recov- ery of such huge amount of un-accounted cash and gold bars in the district. Krish- nakanta Saha, the BJP MLA from Sainthia, said, "Change has come to the state. Theft, robbery, and 'syndicate raj' are now is- sues of the past. Those who said of 'khela hobe' can now see what kind of game is ac- tually playing out. I believe the money involved in cor- ruption should be recovered and utilized for the welfare of the people ", he said .

Incidentally, acting on a tip off that huge amount of

cash and gold have been kept at a non- descriptive house at the Mohammad bazar area of Birbhum dis- trict, the Enforcement Di- rectorate(ED)officials and the police in a joint and well- coordinated operation raided the house of one Minar Mondal in the wee hours of Wednesday and re- covered the huge cash and gold reportedly kept in an underground room.

According to informed sources ,the huge cash and gold bars belonged to one Tulu Mondal, a local stone trader and close associate of TMC Birbhum district President Anubrata Mondal. So far more than Rs 20 crores in cash and 15 kgs of gold bars have been seized , and the counting of money was still going on till this evening. Referring to this

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Suvendu Adhikari discusses hill issues with Gurung, Giri

MI News Service,Kolkata: In a significant political move, Gorkha Janmukti Morcha (GJM) President Bimal Gurung and its General Secre- tary Roshan Giri met West Bnegal Chief minister Su- vendu Adhikari here on Wednesday, reportedly to discuss political situation in the Darjeeling hills and several issues affecting the hilly region. The meeting which continued for nearly one- and-a-half-hour, took place at the Public Works Depart- ment's Maidan Camp Office and was also attended by state Transport and Labour Minister Arjun Singh.

According to administra- tive sources, the leaders also held detailed discussions on the political situation in the Darjeeling hills and several issues affecting the region. Speaking to newsmen after the meeting, Gurung said discussions focused on find- ing a political solution to the Gorkhaland issue through di- alogue with the Government of India. "A tripartite meeting involving the Centre, the state government and hill representatives is expected to be held in the future. We



West Bengal Chief Minister Suvendu Adhikari held a courtesy meeting with Gorkha Janmukti Morcha leaders Bimal Gurung and Roshan Giri in Kolkata on Wednesday.

are confident that the long- pending political issues of the hills could be resolved through negotiations," he said. He added that the meet- ing also covered issues re- lated to tea gardens, teacher recruitment, transportation in the hills and the Gorkha- land Territorial Administra- tion (GTA). Gurung also

demand a full and impar- tial investigation into alleged financial irregularities and corruption in the GTA, urging the government to reopen of- ficial files related to the mat- ter. Today's meeting assumes political significance as Gu- rung and Giri had earlier met Suvendu Adhikari, when he was the Leader of the Oppo-

sition. The GJM leaders had also extended their support to the BJP before the assem- bly polls. Subsequently, BJP candidates secured victories in six of the seven Assembly segments under the Darjeel- ing Lok Sabha con- stituency. The GJM leaders had also met the Chief min- ister during his recent visit

to North Bengal, although no detailed discussions were held on that occasion. Labour Minister Arjun Singh said the meeting also fo- cused on the problems of closed tea gardens, tea workers and transportation in the hills. He said the is- sues raised by Gurung and Giri would be examined by the government.

Following the meeting, it was decided that senior gov- ernment representatives would soon visit the Darjeel- ing hills.Arjun Singh is also scheduled to travel to Darjeel- ing on Monday on the Chief minister's instructions. The Gorkha Janmukti Morcha has supported the BJP since 2009, when Jaswant Singh won the Darjeeling Lok Sabha seat on a BJP ticket with the party's backing. The alliance continued with S.S. Ahluwalia's victory in 2014. While discussions on a per- manent political settlement for the hills have continued over the years, BJP leaders recently reiterated during their North Bengal visit that the Centre remains com- mitted to the development of the Darjeeling hills.

Bill introduces to make late registration of births and deaths more stringent

MI News Service, New Delhi : A Bill to make provisions for delayed registration of births and deaths more stringent to "encourage timely reporting by citizens" was introduced in the Lok Sabha on Wednesday.

Minister of State for Home Nityanand Rai intro- duced the Registration of Births and Deaths (Amend- ment) Bill, 2026, amid protests by the opposition, which sought the presence of Prime Minister Narendra Modi and Home Minister Amit Shah in the House during the ongoing debate on the anti-paper leak Bill.

According to procedure, Speaker Om Birla called some opposition members to oppose the introduction of the Registration of Births and Deaths (Amendment) Bill, 2026. After none spoke, MoS Rai introduced the pro- posed legislation. The Bill, which was cleared for intro- duction by the Union Cabinet on July 20, seeks to further amend Section 13(3) of the



Registration of Births and Deaths Act, 1969 (as amended in 2023),"in order to make provisions of de- layed registration more stringent". Under the cur- rent provisions of the Act, registrations delayed by more than one year require an order from the district magistrate (DM), sub-divisional magistrate (SDM), or an executive magistrate before they can be recorded. The proposed legislation in- troduces a two-tier approval mechanism based on the du- ration of the delay. Accord- ing to the Bill, the system will largely remain un- changed for births or deaths reported between one and two years after the event. Applicants will continue to

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First 'J-K International Film Festival' to screen 875 movies from 50 countries

MI News Service, Srinagar : Reflecting the growing international interest in the Union Territory's cin- ematic initiative following the restoration of a com- plete peaceful environ- ment, the four day inaugural International Film Festival of Jammu and Kashmir (IFFJK) 2026 will be held in September with as many as 875 films already lining up for screening from around 50 countries from all corners of the globe. Describing it as a true reflection of the growing international in- terest in the cinematic ini- tiative of J-K, an official spokesperson said on Wednesday that more movies will be accepted till Thursday to give other filmmakers from some more countries to register their entries for the festi- val's maiden edition.

The festival, being or- ganised by the Depart-



ment of Information and Public Relations (DIPR) in collaboration with Na- tional Film Development Corporation (NFDC), is scheduled to be held from September 7 to 10.

Initially the first such International Film Festival of Jammu and Kashmir has received around 400 entries from more than 25 countries, providing an early indication of the in- ternational interest that the Union Territory hopes

to build on as it seeks to revive its historic associa- tion with cinema.

The response comes as Jammu and Kashmir prepares to host the four- day festival from Septem- ber 7 to 10, with the administration seeking to use the event as a plat- form to reconnect the re- gion with the global film community and attract world renowned filmmak- ers and production houses to this scenic place. For J-

K, however, the larger question is whether the festival can translate this interest into sustained filmmaking activity and help develop an ecosystem that goes beyond the screening of films. The re- gion has long been associ- ated with the Indian film industry, with its land- scapes featuring in sev- eral popular movies over the decades. The adminis- tration is now seeking to renew that relationship by positioning the Union Ter- ritory as a destination where filmmakers can not only shoot but also find the local talent and serv- ices required to support film production. Speaking at the curtain-raiser event, Chief Minister Omar Abdul- lah said the festival repre- sented an effort to revive and strengthen the long- standing connection be- tween Jammu and Kashmir

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Rijiju accuses Cong of avoiding debate on anti-paper leak Bill

MI News Service, New Delhi : Union Parliamentary Af- fairs Minister Kiren Rijiju on Wednesday accused opo- sition parties of trying to di- vert attention from the anti-paper leak Bill by talk- ing about unrelated issues during the debate in the Lok Sabha. Rijiju said opposition leaders were busy doing politics during the debate and that he hoped that Leader of Opposition Rahul Gandhi would speak on the Public Examination (Pre- vention of Unfair Means) Amendment Bill, 2026, in the House on Wednesday.

A discussion on the Bill began in the Lok Sabha on Tuesday, with the govern- ment describing it as a reaf- firmation of its commit- ment to safeguard the welfare of students and protecting their interests besides en- suring fair public examina- tions. The Opposition, however, criticised the Modi government over the lathi- charge on protesters during

the Congress-led July 20 march to Parliament, saying every blow had damaged the government's credibility more than the backs of the protesting youth. Later speaking to reporters in the Parliament House complex, Rijiju said, "Congress lead- ers did not speak on the Bill at all. They were only doing politics. We hope Rahul Gandhi and other Opposi- tion leaders will speak on the Bill today." "Such an im- portant Bill is being dis- cussed, but they are trying to divert attention by talking about unrelated issues and politicising it," he said.

Calling it a significant re- form sought by students, Ri- jiju said the legislation reflected the Prime Minis- ter's commitment to strengthening the examina- tion system. "This is a very good Bill brought in re- sponse to the demands of students. The Prime Minister has taken a major decision

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A Stray Dog's Silent Pilgrimage: Four-Legged Companion Touches Hearts



MI News Service, Shantipur: In a world often marked by divisions of religion, language and identity, a stray dog from West Bengal's Nadia district has offered a quiet but powerful reminder that love, loyalty and compassion know no boundaries.

The heartwarming incident unfolded during Guru Purnima, when two young devotees from Sutragarh Tuli Mandirtala in Shantipur set out on foot carrying sacred water to offer prayers at the historic Raghaveshwar Shiva Temple in Dignagar.

As they began their pilgrimage, an unassuming stray dog started following them. Initially dismissed as a chance encounter, the animal soon proved that it had chosen to become much more than a passer-by. Throughout the long journey, the dog refused to leave their side.

Whenever the pilgrims stopped to rest, the dog quietly settled beside them. At night, it slept close to them under the open sky. It shared whatever little food the young men had and never wandered away in search of its own comfort. Despite the exhausting journey, the faithful companion stayed with them until they reached the temple.

Witnesses at the temple said the dog remained nearby as the devotees performed their rituals and offered holy water to Lord Shiva. Remarkably, after the prayers concluded, the animal accompanied the two men all the way back to Shantipur, completing the pilgrimage as though it were one of the devotees itself.

The incident has deeply moved local residents, many of whom described it as a rare example of unconditional loyalty. "Animals often understand emotions better than humans. This dog didn't ask for anything; it simply chose to stay," said a resident who witnessed the journey.

Animal behaviour experts note that dogs are highly social animals capable of forming deep emotional bonds with humans. Studies have shown that interactions between humans and dogs trigger the release of oxytocin, often referred to as the "bonding hormone", strengthening feelings of trust and affection. The Shantipur incident appears to be a touching reflection of that extraordinary bond.

For many, the episode also revived memories of a similar incident in February 2026, when a stray dog accompanied Buddhist monks during a peace march organised by the Ratnankur Bonbhar Foundation Buddhist Religious Welfare Trust. The monks had affectionately named the animal "Aloka", describing it as a symbol of compassion and light.

At a time when society is increasingly divided by conflict and mistrust, the silent journey of this nameless stray has become a powerful reminder that kindness transcends species. Without uttering a single sound, the dog demonstrated that loyalty needs no language, and love recognises neither religion nor borders.

Sometimes, humanity's greatest lessons come not from people, but from those who cannot speak at all.

Mystery of NETAJI: BOSE FILES to rock Bengal screens

MI News Service, Kolkata: One of the most anticipated historical films, The Bose Files – Sach Ya Sazish, was officially announced in Kolkata, marking a significant milestone in the journey of a film that had already sparked nationwide curiosity. The announcement came recently after the makers successfully secured censor clearance following an extensive certification process, paving the way for its nationwide theatrical release.

The announcement brought together filmmaker Rajesh Gupta, acclaimed actor Yatin Karyekar, who portrayed the iconic role of Netaji Subhas Chandra Bose, and actor Rajiv Kumar Aneja, who essayed the role of Mandal. They revealed that The Bose Files – Sach Ya Sazish had undergone multiple rounds of scrutiny during an extensive certification process before finally receiving censor clearance.

Directed by Rajesh Gupta, The Bose Files – Sach Ya Sazish was presented as a powerful period drama inspired by the extensively researched works of acclaimed authors Anuj Dhar and Chandrachur Ghose, exploring one of India's most independent debated historical mysteries—the disappearance of Netaji Subhas Chandra Bose.

From Blackmail to Sexual Assault: Civic Volunteer Behind Bars

MI News Service, North 24 Pgs: A shocking allegation of sexual exploitation has surfaced from Habra in North 24 Parganas, where a former civic volunteer has been arrested on charges of allegedly blackmailing and repeatedly raping a female colleague after secretly photographing her while she was changing clothes inside the police station premises. The incident has triggered serious concerns over workplace safety and misuse of trust within a law enforcement environment.

According to police sources, both the accused and the com-

plainant had been serving as civic volunteers at Habra Police Station when the alleged incidents took place. The survivor alleged in her written complaint that the accused clandestinely captured her photographs while she was changing before or after duty. He then allegedly used those images to blackmail her, threatening to make them public unless she complied with his demands. Investigators said the accused allegedly subjected the woman to repeated sexual assault over a prolonged period by exploiting her fear of public humiliation. The

complainant further alleged that she was repeatedly threatened with severe consequences if she disclosed the incidents to anyone, forcing her to remain silent for an extended period. Unable to bear the alleged harassment any longer, the woman eventually approached Habra Police Station and lodged a formal complaint detailing the sequence of events. Acting on the complaint, police initiated a preliminary inquiry and arrested the accused on specific charges. He was produced before the Barasat court on Wednesday, where further legal proceedings

are underway. District police officials confirmed that a case has been registered under multiple serious provisions, including allegations of rape, criminal intimidation and threats. Investigators are examining all available evidence, including the photographs under which the alleged photographs were taken and whether additional digital material exists that could aid the probe. Clarifying the employment status of the accused, Barasat Police District Superintendent J. Mercy stated that the individual had ceased to be a civic volunteer last month.

Ex-TMC Local Chief, Now ISF Leader, Held in NDPS Case; Police Probe Suspected Cross-Border Drug Network

MI News Service, Krishnanagar: The investigation into the seizure of a large consignment of banned cough syrup in Nadia has taken a significant turn with the arrest of a former Trinamool Congress local president, now associated with the Indian Secular Front (ISF). Police suspect the case could have links to a larger interstate, and possibly cross-border, narcotics trafficking network, though they said the probe is still at a preliminary stage.

The accused, identified as Mahidul Islam Dafadar, a former Trinamool Congress president of Hatishala-II region who later joined the ISF ahead of the Assembly elections, was arrested on Wednesday under the Narcotic Drugs and Psychotropic Substances (NDPS)



Act by Krishnanagar Kotwali police. Investigators sought his custodial interrogation before a local court.

According to police, the breakthrough came after officers intercepted a goods vehicle carrying firewood near Ghurni Godown More in Krishnanagar on Sunday. A search allegedly led to the seizure of a substantial quantity of banned cough syrup, following which three persons were arrested.

Police said sustained interrogation of the arrested men,

coupled with an examination of digital evidence and other investigative leads, led them to Mahidul Islam Dafadar. Investigators claimed that discrepancies in his statement, along with material collected during the probe, prompted his arrest.

Officials are now examining whether the seized consignment was part of a wider trafficking chain operating beyond West Bengal. Investigators are analysing call records, financial transactions, mobile phone data and logistics routes to identify other members of the alleged network and determine whether interstate or international links exist.

Police further stated that Mahidul Islam Dafadar has previously faced criminal charges, including a murder

case. Those cases remain subject to judicial process, and no conclusion regarding guilt should be drawn solely from the allegations.

Investigators believe more arrests may follow as the probe progresses. They are attempting to establish the source of the contraband, its intended destination, the transport routes used and the identities of those allegedly financing and coordinating the operation.

Senior police officers maintained that the investigation is continuing and that all possible angles, including suspected international trafficking links, are being examined. No official conclusion has yet been announced regarding the alleged international connection.

State launches statewide probe into alleged blood racket; Private blood bank in Krishnanagar under scanner

MI News Service, Krishnanagar: A high-level team of the West Bengal Health Department on Wednesday inspected a private blood bank at Krishnanagar Institute of Medical Science (KIMS) as part of a statewide crackdown into allegations of illegal diversion and inter-state sale of blood and blood components collected from private blood banks.

The inspection was one of several simultaneous operations carried out across Kolkata and districts including Nadia, Howrah, Purba Bardhaman and Paschim Bardhaman. Officials are investigating allegations that blood collected through voluntary donation camps was diverted from the authorised supply chain and sold illegally outside the state for huge profits.

According to sources, a five-member team reached the Krishnanagar facility around 12.35 pm and scru-



tinised records relating to blood collection, storage, component separation, inventory management, supply registers and statutory compliance. The inspection continued for over three hours before the team left the premises at around 3.55 pm. The officials declined to comment on the findings.

Health department sources said investigators are examin-

ing whether established protocols governing collection, storage and distribution of blood and blood components were violated. They are also matching current records with past transactions to identify possible irregularities and trace the movement of blood units.

The alleged racket is suspected to have operated through a network involving

intermediaries and multiple entities. Sources claimed that although several accused had been arrested in connection with earlier cases, many are currently out on bail. Investigators are now attempting to establish whether there are links between previous cases and the ongoing probe.

Senior officials maintained that blood is a life-saving resource and any attempt to commercialise or illegally trade it would invite stringent legal action. They said those found responsible after the investigation would face action under the relevant provisions of law.

The statewide inspection has once again brought the functioning of private blood banks and the monitoring mechanism governing blood collection and distribution under public scrutiny. The outcome of the investigation is expected to determine the scale of the alleged network and identify those involved.

Assistant Professor Found Dead Hanging at IIT Kharagpur Campus; Police Probe Underway, No Confirmation on Suicide Note

MI News Service, Kharagpur: Panic gripped the Indian Institute of Technology (IIT) Kharagpur campus on Wednesday after the body of an assistant professor was found hanging inside his official residence.

The deceased has been identified as Deepak Reddy Pullaguram (36), an Assistant Professor in the Department of Electrical Engineering at IIT Kharagpur. A native of Hyderabad, he was residing in the institute's residential quarters due to his appointment at the institute. According to sources, Professor Deepak Reddy had been unreachable since.

After repeated attempts to contact him failed, the IIT ad-

ministration informed the police. A team from the Hiji Police Outpost under Kharagpur Town Police Station reached the spot in the afternoon. With the assistance of security personnel, the police opened the door of the quarters and found the professor hanging inside the room. He was immediately taken to B.C. Roy Hospital located within the IIT campus, where doctors declared him dead. At present, it is not clear whether the death was a case of suicide or if any other circumstances were involved. Police are investigating the case from all possible angles. There has been no official confirmation so far on whether any suicide note was recovered from the



room. Following the incident, police sealed the professor's residence and carried out a detailed search. Investigating officers are questioning security personnel, nearby residents, and the professor's colleagues. They are also trying to determine whether he

had been facing any personal or work-related difficulties. The deceased's family in Hyderabad has been informed. The body has been sent for post-mortem examination, and the exact cause of death is expected to be determined after the report is received. West Medinipur Superintendent of Police Papiya Sultana said, "The body of a professor was recovered hanging. The circumstances leading to the death are being investigated." However, IIT Kharagpur has not yet issued any official statement regarding the incident. The police investigation is ongoing, and officials expect that the post-mortem report may reveal important details about the case.

Grand BJP Event in Khidderpore: Dr. Syama Prasad Mookerjee's Statue Installed, New Party Office Inaugurated

MI News Service, Kolkata: A grand programme was organized by the Bharatiya Janata Party (BJP), Kolkata Port Mandal-1, in the Khidderpore area. On this occasion, a statue of Dr. Syama Prasad Mookerjee—the renowned educationist, nationalist thinker, and founder of the Bharatiya Jana Sangh—was installed in Khidderpore for the first time. The statue was unveiled by retired Justice Ashok Kumar Ganguly. A large number of local residents, BJP workers, and distinguished guests attended the event.

During the programme, BJP Kolkata Port Mandal-1 felicitated students from Ward No. 76 who had successfully passed the Madhyamik and Higher Secondary examinations. The students were appreciated for their achievements and wished a bright



future ahead. The event also featured colourful cultural performances, which captivated the audience.

Another major highlight of the programme was the inauguration of BJP's new party office in Ward No. 76. The office was inaugurated jointly by Reena Singh, President of the Kolkata Port Mandal-1 Mahila Morcha, along with other BJP leaders and party workers.

On the occasion, Pratik

Pandey, President of Kolkata Port Mandal-1, stated that this is the first BJP party office in Ward No. 76. He said that after the formation of the BJP government in the state, it was the first opportunity to organize such a large-scale event. He added that the office would remain dedicated to listening to the concerns of local residents and working towards resolving their problems. The office will serve as

a platform to strengthen the voice of the people and address public issues effectively.

Prominent attendees included social workers Ranjit Singh, Dilip Shaw, and Jayanto Mallik. BJP leaders and dignitaries present at the event included Arvind Tamboli, Uday Shankar, Bina Nando Das, Pratik Pandey, Reena Singh, Mahesh Ram, Manju Singh, Amit Singh, Siblu Das, Somnath Das, Purmendu Mondal, Tanmay Maity, Bubul Sahu, Arun Das, along with several other distinguished guests and BJP workers.

The grand event has further strengthened BJP's organizational presence and public outreach efforts in the Khidderpore area. If you'd like, I can also convert this into a more professional newspaper-style English news report with a headline and subheading.

Manmathpur Pranab Temple Observes Guru Purnima with Devotion

MI News Service, Manmathpur: Manmathpur Pranab Temple observed Sri Sri Guru Purnima with devotion, reverence and enthusiasm, drawing a large number of devotees and visitors from the early hours of the morning.

A key highlight of the celebration was the participation of students from Manmathpur Pranabananda Vidyamandir, who offered floral tributes to their teachers as a gesture of gratitude and respect. Devotees who had received Diksha from the revered Gurus of the Sangha also paid floral homage before portraits of their respective Gurus.

As part of the programme, seven senior teachers were felicitated for their valuable contributions to education. Spiritual discourses were organised to highlight the influence of Sri Sri Gurudev in the lives of devotees



and disciples.

The temple also conducted a special initiative involving students of Manmathpur Shikshabhavan High School and Kumarpur-Jaharpur Kanallal Vidy-aniketan (Madhyamik), aimed at spreading the ideals of Swami Pranabanandaji Maharaj and en-

couraging respect for teachers. Teachers from both institutions were ceremonially welcomed and honoured. The temple authorities said the Guru's grace forms the foundation of spiritual practice and urged devotees to follow their Guru's ideals and dedicate themselves to serving humanity.

Patient's Death Triggers Protest at Nabadwip Hospital; Family Alleges Oxygen Supply Failure

MI News Service, Nabadwip: The death of a patient at Nabadwip State General Hospital on Wednesday sparked protests by family members and local residents, who alleged gross medical negligence and a failure in oxygen supply. Police from Nabadwip Police Station rushed to the hospital to bring the situation under control as tensions escalated.

The deceased, identified as Suman Chakraborty, a resident of Nabadwip, was admitted to the hospital in a critical condition after reportedly suffering a serious cardiac ailment.

According to the family, the patient's condition deteriorated rapidly after admission. They alleged that the oxygen cylinder connected to him had little or no oxygen and repeat-



edly failed to provide an uninterrupted supply. Despite repeated requests to the on-duty nursing staff and hospital personnel to replace the cylinder, no prompt action was taken, the family claimed.

The relatives further alleged that they desperately pleaded with the hospital staff to change the oxygen cylinder, but their requests went unanswered. They claimed that the delay in ensuring an adequate oxygen supply led to the patient's death.

Following the incident, angry relatives and local residents staged a protest inside

the hospital premises, accusing the authorities of serious lapses in patient care and emergency response. The demonstration led to heightened tension before police intervened to restore order.

Hospital authorities had not issued any official statement on the allegations at the time of filing this report. It also remains unclear whether an internal inquiry has been initiated. The family's allegations have, however, raised fresh concerns over emergency preparedness, oxygen management and accountability in public healthcare facilities.

The exact cause of death and the veracity of the allegations are expected to be established only after an official inquiry and the hospital's response.

Major Crackdown on Illegal Liquor in Sankrail: Joint Police-Excise Raid Destroys Several Illegal Brewing Units in Ragda and Rohini

MI News Service, Kharagpur: In a major crackdown on the illegal manufacture and sale of country liquor, the Sankrail Police and the Excise Department jointly carried out raids in the Ragda and Rohini areas of West Medinipur district, dismantling several illegal liquor manufacturing units. During the special operation, furnaces, drums, raw materials, and large quantities of illegally distilled liquor used in the brewing process were destroyed on the spot.

According to police sources, authorities had been receiving complaints for a long time about the illegal production and sale of country liquor in these areas. After verifying the complaints, a joint team from Sankrail Police Station and the Excise Department



conducted the raids. During the operation, officials seized and destroyed a substantial quantity of illicit liquor, fermented jaggery mash, distillation equipment, and other materials used in the illegal trade. Several suspects fled the area after learning about the raid. Police are conducting follow-up operations to identify and arrest those involved.

Legal proceedings under the Excise Act have already been initiated. Officials stated that the drive against the illegal manufacture and sale of liquor will continue across the district. They stressed that no negligence affecting public health or law and order will be tolerated, and strict action will be taken against those engaged in the illegal trade. Local residents welcomed the operation, saying that the illegal country liquor business had long been contributing to social problems and law-and-order concerns in the area. They expressed hope that the joint action by the police and the Excise Department would effectively curb the illegal trade and help strengthen peace and public safety in the region.

Police Hold Key Meetings with Banks and Jewellery Traders in Ghatal, Stress Stronger Security and Cyber Fraud Prevention



MI News Service, Kharagpur: In view of the increasing incidents of cyber-crime and crimes targeting banks and jewellery establishments, the Paschim Medinipur District Police have launched a significant initiative to strengthen security measures. Two separate meetings were held at Ghatal Police Station with bank branch managers and jewellery business owners to discuss the adoption of modern security systems, prevention of cyber fraud, and improved coordination with the police. During the awareness meetings, officials issued important security guidelines and emphasised the need for close cooperation between the police and commercial establishments. The meetings were

attended by the Sub-Divisional Police Officer (SDPO) of Ghatal and the Circle Inspector of Ghatal Circle. Police officials stated that banks and jewellery establishments remain prime targets for criminals, making it essential to adopt advanced security measures and remain vigilant at all times. They instructed participants to immediately report any suspicious person, activity, or transaction to the local police without delay. The officers also urged bank managers to regularly educate customers about emerging cyber fraud techniques. They highlighted the importance of creating awareness against fake phone calls, sharing OTPs, clicking on suspicious links, and the risks associated with online banking. Banks and

jewellery establishments were further advised to install cyber awareness banners and information boards at prominent locations within their premises. The meetings also focused on installing and regularly monitoring high-quality CCTV cameras, setting up effective alarm systems, deploying trained security guards, safeguarding customers' confidential information, and maintaining constant communication with the police. Officials said that immediate reporting of any emergency or suspicious incident could play a crucial role in preventing crimes. According to the district police, the initiative aims to further strengthen the security infrastructure of banks and jewellery establishments, enhance public awareness about cybercrime, and reinforce coordination between the police and the concerned institutions. The participating bank officials and jewellery traders appreciated the police initiative, stating that such awareness programmes would significantly improve security arrangements and help establish more effective control over criminal activities.

India a big name in global sports map: British Dy High Commissioner

MI News Service, Kolkata: Dr. Andrew Fleming, the British Deputy High Commissioner for East and North-East India appreciated India's sporting talent and said that apart from cricket, India's success in football, hockey and other olympic sports clearly shows India's sporting talent depth. To Dr. Fleming, India has come up in a big way in the domain of sports and is now globally recognised as a sporting power on the world. Dr. Fleming

was interacting in a sports programme organised by the Department of Sports Management at iLEAD, Kolkata. The programme was titled "United Through Sport – Celebrating the Spirit of the Commonwealth Games 2026."

The event was graced by Dr. Andrew Fleming, British Deputy High Commissioner for East & North East India, and Chandan Roy Chowdhury, President, Bengal Olympic Association, who participated in

an interactive panel discussion moderated by Jupiter Dalai, Department In-Charge – Sports Management, iLEAD.

A special recognition was also accorded to Utpal Majumdar, Head Coach and Honorary Secretary of the West Bengal Cricket Association for Differently Abled (WBCADA), along with members of the West Bengal Differently Abled Cricket Team—Biju Das, Rajat Biswas, Debraj Banerjee, and Tusar Mukherjee.



The administration has said it wants to make J-K more filmmaker-friendly and establish it as a prime film-shooting destination. "The success of that ambition, however, will ultimately depend on whether the interest generated by IFFJK can be converted into actual productions and a stronger local industry", said an official.

An aerial photograph of a multi-lane highway with a large red building in the background. The highway has multiple lanes in both directions, separated by a median. There are several vehicles on the road. The red building is a large, multi-story structure with many windows. There are some green trees and bushes along the side of the highway.

Officials believe the ring road could transform Kolkata's transport network over the next century while supporting industrial investment, logistics, port services and regional economic growth.

The 12 districts covered are Cooch Behar, South 24 Parganas, North Dinajpur, Malda, Murshidabad, Birbhum, West Midnapore, East Midnapore, Nadia, Hooghly, Howrah and North 24 Parganas. The department had formed district-level inspection committees to verify whether unrecognised madrasahs were following government-prescribed syllabi and schemes.

Pradesh and Madhya Pradesh. In South Bengal skies are likely to remain cloudy or partly cloudy, with light to moderate rain expected at scattered places. Coastal districts and areas bordering Odisha may receive more rain and gusty winds. No major spell of heavy rain is expected until Monday. Purulia, Bankura, East and West Midnapore, Jhargram, West Burdwan and Birbhum may experience thunderstorms and scattered rain, with winds reaching 30-40 kmph.

and it has instilled new confidence among the students. If the Congress has any suggestions on the examination system, it is free to share them," he added. The minister alleged that several Opposition MPs, including Congress MP Priyanka Gandhi Vadra, had spoken on matters outside the scope of the Bill. "You heard Priyanka Gandhi yesterday. She spoke entirely outside the scope of the Bill. All the other Opposition MPs also spoke on issues outside the purview of the Bill and not about the Bill," he said. Rijiju said he expected Rahul Gandhi to devote at least part of his speech to the proposed legislation. "I especially expect Rahul Gandhi to speak on the Bill today. Even if he speaks for 20 or 30 minutes, at least five minutes should be devoted to the Bill. It is such an important piece of legislation and not speaking on it is not appropriate," he said. The minister also criticised Rahul Gandhi's choice of words in his political attacks, saying public discourse should remain civil. "Rahul Gandhi is using all kinds of undemocratic and very abusive language, which is not in keeping with the correct discourse in a parliamentary democracy. We may differ with each other, but the kind of abusive and demeaning language Rahul ji uses is not good for democracy and not good for our country," Rijiju said.

Powerful Ways Your Social Circle Impacts Your Mental Health

New Delhi : Spending time with people you dislike obviously isn't great for your mood. But there's much more to it than simply avoiding people who drain you. Even your closest friends, the ones you genuinely enjoy being around, could be influencing your emotional well-being in ways you've never considered.

So if you thought mental health is purely personal--driven by genetics, life experiences, or our own coping strategies - think again. A major factor affecting how you feel every day is actually determined by those close to you. And to save you the trouble of googling "psychiatrist near me."

We spoke with experts at BetterPlace Health, a leading mental health services provider in Delhi, to uncover three lesser-known ways your social circle can influence your mental well-being.

1. Mirror Effect: How Your Circle Shapes Your Behaviour

Do you often find yourself picking up the latest slang from your friend who is somehow always up-to-date with the most recent language trends? Maybe you start repeating a phrase or a word that they often repeat, or a habit or even mannerisms that they exhibit. This is the mirror effect in action. Psychologists call this social mirroring, and it happens naturally as we try to adapt and fit into our surroundings. Humans are social creatures and when you spend time with a group, you subconsciously start to mimic their behaviour, language, and attitudes.

If your friends prioritise healthy habits--like regular exercise, open conversations about emotions, or practising gratitude--you're more likely to adopt those behaviours too.

But what happens when your circle leans towards negativity? If your close

est friends normalise unhealthy coping mechanisms like excessive drinking, unnecessary swearing, or even self-deprecating humour, you might unconsciously absorb those habits too. Over time, this can reinforce anxiety, stress, or even depressive tendencies.

Why It Matters : As psychologist Lovleena Sharma at BetterPlace Health explains, your behaviour doesn't exist in a vacuum; it's constantly being shaped by the people around you. If you're surrounded by optimistic, growth-oriented individuals, their mindset will naturally rub off on you. You're more likely to adopt healthy habits, feel encouraged to seek support when needed and develop a more resilient outlook on life.

On the flip side, if negativity dominates your social circle--constant complaining, discouraging attitudes, or a dismissive approach to mental health--it becomes far harder to break free from these maladaptive patterns. You might start normalising stress, bottling up emotions, or feeling stuck in cycles of self-doubt.

So what can you do? Surround yourself with people who uplift, challenge, and support you, and you'll see a world of difference in how you navigate your mental well-being. Your environment shapes you--so choose it wisely.

2. Emotional Contagion: Catching Moods from Those Around You

Have you ever been in a conversation with someone, listening to their story, and as soon as they laugh or smile, you smile or laugh too? That's emotional contagion, the psychological phenomenon where emotions spread from one person to another like a virus.

According to Dr. Akul Gupta, psychiatrist, BetterPlace Health, human beings are naturally wired to absorb



the emotions of those around them. He explains that when we interact with others, our brain's mirror neurons activate, subtly mirroring the emotional states we observe. So, if a friend is frequently anxious or stressed, you may find yourself feeling tense too--even if nothing in your own life has changed.

Similarly, positive emotions are just as infectious. Being around people who are hopeful, enthusiastic and supportive can naturally boost your mood and resilience.

Why It Matters : As Sulagna Mondal, a psychologist at BetterPlace, aptly puts it--Your social circle is like the background music to your daily life--you might not always notice it, but it sets the tone for how you feel.

Imagine being constantly surrounded by pessimism, criticism, or never-ending complaints. It's like carrying a heavy backpack that you never get to put down. Over time, this emotional weight can drain your energy, leaving

you feeling exhausted, irritable, or even questioning your own optimism.

Now, picture the opposite--being around people who encourage you to solve your own problems, motivate you to work towards your goals, celebrate small wins, and always help you find the silver lining. It's refreshing, isn't it? Their energy makes challenges feel manageable and everyday life a little lighter. Not just your mood - over time, your mindset can change for the better.

3. Shared Activities and Their Impact on Cognitive Function

Think of your brain like a muscle, the more you hit the gym, the stronger this muscle gets. Did you know that your social interactions can be a great workout for your brain?

Psychologist Ayushi Paul of BetterPlace Health suggests that participating in engaging activities with your friends can improve your cognitive function and build long-term mental resilience.

Why It Matters : Think about it--when you engage in problem-solving discussions, creative brainstorming sessions, or even a match of badminton with friends, you're actively challenging your brain. Studies show that regular social interaction is linked to lower risks of cognitive decline and dementia, proving that meaningful connections are just as important for your mental agility as a good diet or exercise routine.

But what happens when your social life revolves around passive, unstimulating activities? Lovleena Sharma, Psychologist, at BetterPlace Health, explains that if your group's idea of bonding involves endlessly scrolling through social media, sharing Instagram reels, gossiping, or avoiding meaningful conversation, your brain may not be getting the stimulation it needs. Over time, this lack of engagement can contribute to mental stagnation, reduce problem-solving ability, and increase stress levels.

How to know if your friendships are toxic

You know that you're with the right people if your friendships feel uplifting, inspiring, and supportive. If you feel safe sharing anything and everything about who you are - not just the victories, but the losses too. If you don't feel criticised for the way you think, speak or dress, but still feel open to receiving feedback. You'll naturally find yourself adopting healthier coping strategies, engaging in meaningful conversations, and embracing a more positive and resilient outlook toward life, if you surround yourself with the right people. But if your social interactions leave you drained, anxious, or stuck in cycles of negativity, it might be time to rethink who's in your corner.

What to do next

The point of re-evaluating your friendships isn't so that you can start cutting people off or making drastic changes overnight. It's about being mindful of whom you surround yourself with and taking small, intentional steps toward better mental health.

At the end of the day, your social circle isn't just about who you spend time with--it's about what kind of time you spend with them. Whether you realise it or not, the people you love are constantly shaping your thoughts, habits, and emotions, influencing everything from your mood, and stress levels to your ability to bounce back from challenges.

How to know if you need to make a big change

If you've been feeling like your friendships are draining you, and you have trouble or are unsure how to get out of them or don't feel strong enough to, you're not alone--and you don't have to navigate it on your own either. Sometimes, it's hard to walk away from relationships that no longer serve us, especially when we don't feel strong enough to do it. The next best step is to speak to someone outside your circle. Sometimes a stranger can offer you a fresh, unbiased perspective that can help you out more than someone close to you. So if you've found yourself thinking, "Are there psychologists near me?"-- you've already taken a big step - acknowledging that you need support, and that's incredibly brave.

If you're looking for open-minded, judgement-free care, check out BetterPlace Health. They're all about compassion, empathy, and professional support that actually makes a difference. Because let's face it--having a strong support system isn't just a nice-to-have. It is essential.

Study links long-term antidepressant use to increased risk of sudden cardiac death

Vienna (Austria) : A new study presented at the European Society of Cardiology's EHRA 2025 congress reveals a concerning link between the use of antidepressants (AD) and an increased risk of sudden cardiac death (SCD), particularly for those with prolonged use of the medication.

Sudden cardiac death, defined as an unexpected fatality due to a heart-related issue, typically occurs within one hour of the onset of symptoms or within 24 hours in cases that are unwitnessed.

For individuals under 39, the primary causes are often thickening of the heart muscle or electrical problems with the heart, while in older individuals, it is more likely linked to narrowed blood vessels.

Previous studies have shown that individuals with psychiatric disorders face higher risks of both overall mortality and sudden cardiac death. However, the specific impact of antidepressant medications on SCD risk has remained unclear until now.

The latest research, conducted by scientists in Denmark, examined deaths among residents aged 18 to 90 years in 2010, reviewing death certificates and autopsy reports.

The study found that individuals exposed to antidepressant medications had a significantly higher incidence of sudden cardiac death compared to those not using such medications. The cohort of 643,999 individuals who had been prescribed antidepressants was compared with the general population, which had 4.3 million residents. Among those exposed to antidepressants, 1,981 cases of sudden cardiac death were recorded, compared to 4,021 in the unexposed group. The risk of SCD was higher across all age groups for those who had been on antidepressants, with notable differences depending on the length of exposure. When the data was adjusted for age, sex, and comorbidities, individuals who had used antidepressants for 1 to 5 years were found to have a 56 per cent higher risk of sudden cardiac death compared to the general population. Those who had used the medications for six or more years faced a 2.2 times greater risk. The study further revealed that younger individuals were more significantly affected by longer antidepressant use. For those aged 30-39 years, the risk of sudden cardiac death was nearly three times higher with 1 to 5 years of antidepressant exposure, and up to five times higher for those using antidepressants for six or more years. In older individuals,

particularly those aged 50-59 years, the risk of sudden cardiac death doubled with 1 to 5 years of antidepressant use, and increased fourfold with six or more years of exposure. However, the risk appeared to level off in people over 70 years, with a less significant difference between shorter and longer exposure periods. Dr Jasmin Mujkanovic, a co-author of the study from Rigshospitalet Hjertecentret in Copenhagen, explained, "Exposure time to antidepressants was associated with a higher risk of sudden cardiac death, and linked to how long the person had been exposed to antidepressants. Those exposed for 6 years or more were at even more increased risk than those exposed for 1 to 5 years, when compared with people unexposed to antidepressants in the general population."

Dr Mujkanovic also suggested that the increased risk could stem from the potential adverse effects of antidepressants, but added, "The exposure time to antidepressants might also serve as a marker for more severe underlying illness. Additionally, the increase could be influenced by behavioural or lifestyle factors associated with depression, such as delayed healthcare seeking and poor cardiovascular health."

This new research emphasizes the need for further studies to better understand the potential cardiovascular risks associated with antidepressant medications, particularly for those with prolonged use. As the study highlights, individuals using these medications for extended periods may face significantly higher risks of sudden cardiac death, underlining the importance of careful monitoring and management of their health.

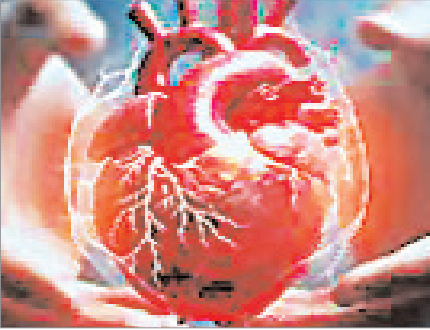
Study gives more insight into cardiovascular health in early pregnancy

Washington : According to research, maintaining good cardiovascular health during the first trimester of pregnancy may mitigate the genetic risk of developing preeclampsia and or gestational hypertension.

The preliminary findings were presented at the American Heart Association's Hypertension Scientific Sessions 2024.

Leading scientific interchange on new developments in basic and clinical research on hypertension and its connections to heart and kidney disease, stroke, obesity, and genetics will take place during the Chicago meeting, which takes place from September 5-8, 2024.

Preeclampsia and gestational hypertension are examples of hypertensive disorders of pregnancy that are a major cause of death for both expecting mothers and their unborn children. Based on a person's genetic background, a validated risk model known as a polygenic risk score can be used to estimate the likelihood that they will develop certain disorders. The American Heart Association's Life's Essential 8 (LE8) scoring system is used to determine cardiovascular health in early pregnancy, but it is unclear how much this score influences the risk. "We were looking to see if there was an association between cardiovascular health during early pregnancy and risk of developing a hypertensive disorder of pregnancy such as preeclampsia or gestational hypertension, even across genetic risk groups for these diseases," said study coauthor Vineetha Mathew, a fourth year M.D.-candidate at Tufts University School of Medicine in Boston. "Our results found that across all genetic risk groups, better first trimester cardiovascular health may partially mitigate the risk of adverse pregnancy outcomes and the risk of developing hypertensive



In addition, a cardiovascular health scoring system categorizing first trimester health status from favorable to unfavorable was adapted from the Association's Life's Essential 8 and assigned to each woman. Seven out of eight of the LE8 components (diet, physical activity, sleep, nicotine exposure, diabetes, baseline blood pressure, and body mass index - not cholesterol levels) were incorporated into a cardiovascular health score for the entire cohort of pregnant individuals. Cholesterol was added for a sub-group (47%) for whom these values were measured. The analysis examined the association of cardiovascular health and genetic risk with preeclampsia and gestational hypertension and was adjusted for age, self-reported race and ethnicity, education level and marital status.

disorders of pregnancy." The study investigated

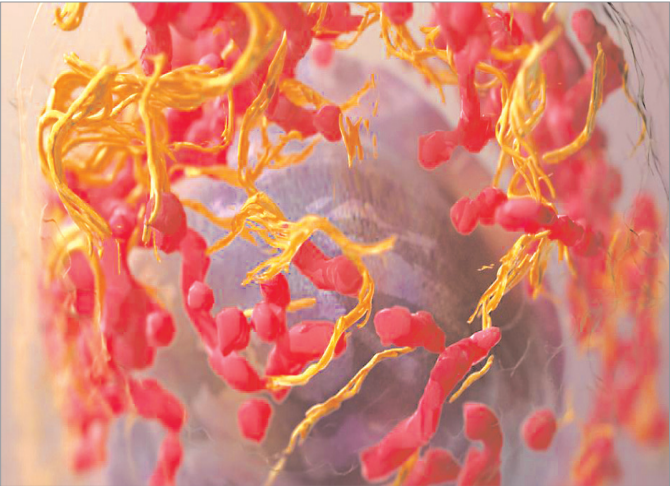
whether cardiovascular health in the first trimester of pregnancy can offset a genetic risk for developing gestational hypertension and preeclampsia during pregnancy. The researchers analyzed data on more than 5,000 individuals who were pregnant for the first time to calculate the rates of these hypertensive disorders during pregnancy. For the analysis, researchers classified each individual's genetic risk using a previously validated polygenic risk score, which estimates susceptibility to a disease based on the aggregate effect of millions of genetic variants across the genome. In addition, a cardiovascular health scoring system categorizing first trimester health status from favorable to unfavorable was adapted from the Association's Life's Essential 8 and assigned to each woman. Seven out of eight of the LE8 components (diet, physical activity, sleep, nicotine exposure, diabetes, baseline blood pressure, and body mass index - not cholesterol levels) were incorporated into a cardiovascular health score for the entire cohort of pregnant individuals. Cholesterol was added for a sub-group (47%) for whom these values were measured. The analysis examined the association of cardiovascular health and genetic risk with preeclampsia and gestational hypertension and was adjusted for age, self-reported race and ethnicity, education level and marital status. "What was really interesting about our findings was how cardiovascular health in the first trimester appeared to be protective for all. We saw that the odds of developing a hypertensive disorder of pregnancy among those with a high genetic risk combined with favorable cardiovascular health was comparable or even better than those with low genetic risk but unfavorable cardiovascular health," Mathew said.

Study finds how skin cancer occurrence in young adults declines

SOLNA [SWEDEN] : A recent study suggested that the risk of malignant melanoma, or skin cancer, may be declining in Sweden, at least for people under the age of 50. "We can see a trend break in young adults around 2015 where the incidence curves are falling," says first author Hildur Helgadóttir, senior consultant and associate professor of oncology at the Department of Oncology-Pathology, Karolinska Institutet.

Her research colleagues have examined the incidence and death of melanoma for various age groups over time by analysing data from the Swedish Melanoma Registry. This indicates that they have made a comparison between people in the same age range at one point in time and people in the same age range at another. The findings indicate that while the new-onset curves for individuals over 50 continue to rise, they began to decline about 2015 for those in the younger age groups.

"This is the first time we see this in Sweden, and we are actually the first European country to report a decline," said Hildur Helgadóttir. In terms of mortality, the curves have also turned downwards for ages up to 59, but



not for those over 60. Hildur Helgadóttir believes that the decrease in mortality in the younger groups is due both to a reduction in the incidence of the disease and to the introduction of new oncological drugs that have improved the prognosis for the disease. She believes that the fact that mortality is not decreasing in the elderly is because the incidence of the disease is still so high in this group. "The question is why the risk of melanoma has decreased." "We have not directly analyzed the causes in our study,

but we have hypotheses about factors that we believe have interacted," said Hildur Helgadóttir.

"There are four main factors," she said. The first is increased awareness of sun protection.

"The first national 'Sun Safe' campaign in the 1990s specifically highlighted the importance of protecting children. About 20 years later, we believe that this has led to a reduction in the incidence of the disease in younger adults," said Hildur Helgadóttir.

Another factor is that access

to sunbeds has decreased drastically. Since 2018, there has been an 18-year age limit on sunbeds, but the number of public sunbeds decreased much earlier.

Third, mobile phones and computers mean that children and young people are spending more time indoors and are not exposed to sunlight in the same way today. Finally, immigration means that there are more individuals in Sweden with darker pigmentation who can tolerate the sun better. "We see that it is necessary to continue the work of emphasizing the importance of sun protection so that the reduction of melanoma in younger people is maintained and that the incidence will eventually also decrease in older people," said Hildur Helgadóttir.

Hildur Helgadóttir points out how necessary it is to continue to emphasize the importance of sun protection so that the reduction of melanoma in younger people is sustained and that the incidence will eventually decrease in older people as well.

"We are having an unusually warm and sunny September. It is important to remember that from April to September the sun can be strong and you should be careful," said Hildur Helgadóttir.

AI Good at some tasks, but bad with Maths says Deutsche Bank research



NEW DELHI : Generative AI, while gaining widespread attention, is not without its flaws. A recent report by Deutsche Bank Research highlighted that despite its strengths, the technology still struggles with certain tasks, particularly when it comes to mathematical calculations.

The report noted that though generative AI has proven useful in many areas, such as summarizing, translating, and even generating creative content on a wide range of topics, its limitations in reasoning, learning abstract concepts, and developing an understanding of the world remain significant obstacles.

"Generative AI is certainly flawed... while Generative AI is surprisingly good at some activities, it is surprisingly bad at others, such as making mathematical calculations" said the report.

As per the report one of the key issues is the tendency of generative AI systems to produce hallucinations, or inaccurate information, despite using reliable data. It noted that these systems can also introduce bias or irrelevance into their outputs, and existing solutions have not fully addressed these problems. This remains a challenge, even as AI models continue to evolve.

The report also pointed out that much of the optimism surrounding AI's potential to boost productivity comes from controlled experiments. However, real-world applications show that the technology may not be as effective in every setting.

For instance, highly regulated industries like financial services and healthcare, where the stakes are especially high, have been slow to adopt generative AI despite the potential benefits of analyzing vast amounts of unstructured data.

The risks in these sectors--where errors could lead to serious consequences--make it harder for them to integrate AI into everyday use.

"The gap between high experimentation and low uptake is particularly striking in regulated industries such as financial services and healthcare" the report added.

In some cases, generative AI is showing potential in unexpected ways, such as generating novel research ideas, identifying irony, and even creating game engines that simulate real-world environments. However, as per report the generative AI tools will only get better from here. And indeed even if they never did, it would take years for companies and individuals to find and implement the best use cases of AI.

Few families return to south Lebanon under Israel's pilot plan

MI News Service, Zawtar Al-Gharbieh: Mahasen Faqih and her husband returned this week to their village in southern Lebanon, digging through the debris of their home in search of their belongings, as part of the US-brokered "pilot zones" agreement in which Israel agreed to withdraw in exchange for the disarmament of the Iran-backed Hezbollah militant group. The couple fled north shortly after the start of the latest Israel-Hezbollah war, in early March. Now, their home in Zawtar al-Gharbieh — one of three zones where Israel agreed to turn over control to the Lebanese army — is among homes so damaged that they're uninhabitable. But Faqih said they've vowed to stay, settling inside the large grocery shop that they own in the village as they wait to have their home demolished and rebuilt.

"Zawtar is our small homeland, and we are very happy," Faqih, 58, said. "We will sleep here to tell



the Israelis that we will stay in our land and will not leave it, no matter what happens."

A week after the Lebanese army took control, only about 15 families have returned, according to Mayor Abed Ezzeldine, who says nearly half the village's 500 homes have been destroyed and many others damaged.

Hezbollah is strongly opposed to the initial deal reached between Israel and Lebanon — which remain technically in a state of war since Israel's establishment in 1948 — and to the direct talks between the nations, ongoing for nearly three months.

The latest Israel-Hezbollah war began March 2, when the Lebanese militant group fired rockets into Israel two days after Israel and the US launched their war on Iran. Israel has since invaded Lebanon and occupied dozens of villages in the south along its border.

Under the deal, Israeli forces are supposed to withdraw from some occupied areas of southern Lebanon. But the location of the initial pilot zones generated some controversy in Lebanon. Israeli troops weren't present in most of the areas, raising questions about how a withdrawal could happen.

In Zawtar al-Gharbieh, it's unclear whether troops were on the ground. But they were in adjacent areas, and the village was under heavy fire, preventing civilian residents and the Lebanese army from entering until last week.

The Israeli military has destroyed 24 centuries-old villages and 15,000 to 20,000 houses in Lebanon, Israeli Defence Minister Israel Katz told a TV station Tuesday. He said Israeli troops control 700 square kilometres of southern Lebanon and "are preventing raids on the communities."

Residents return to damaged or destroyed homes in Zawtar al-Gharbieh

On Tuesday, as Faqih sifted through debris, she was able to recover only nine plates from the kitchen. That room and the main sitting room were knocked out, with the ceiling partially collapsed. On the home's other side, an Israeli strike left a hole in the main bedroom's ceiling.

Saudi Arabia joins US in strikes on Iran-backed militias in Iraq

MI News Service, Riyadh: Saudi Arabia and the US have carried out strikes against Iran-backed militias in Iraq, in a potential escalation of the Middle East conflict.

US Central Command (Centcom) said the strikes were against "Iran-aligned terrorists that the Islamic Revolutionary Guard Corps (IRGC) directed to attack US forces and Saudi energy infrastructure".

Iraq's paramilitary Popular Mobilisation Forces (PMF), which is dominated by Iran-backed Shia militias, said at least 20 of its members had been killed in US-Saudi strikes on its bases.

It came hours after Centcom said Iran had launched missiles at US forces in the Middle East in an "attempted surprise attack", ending a lull in hostilities.

It also said that naval forces had struck three oil tankers in the Strait of Hormuz after they "ignored warnings" and sailed along what it described as an "unsafe and illegal route" through the vital Gulf waterway.

Centcom said US and Saudi fighter jets had struck "multiple terrorist logistics and weapons sites across eastern Iraq in a strong response to over 30 IRGC-directed aerial drone attacks in the last 72 hours".



It called the drone attacks "unwarranted" and added that they had failed.

"The IRGC and its terrorist proxies must cease these attacks to avoid further U.S. military response," the Centcom statement said.

The PMF said in a statement on Wednesday morning that at least 20 of its fighters had been killed and 32 wounded in US-Saudi strikes on several of its bases in Iraq.

It called the strikes a "dangerous escalation" as well as a violation of Iraq's sovereignty.

The PMF is an umbrella organisation of mostly Shia Muslim militias that has been formally integrated into the Iraqi armed forces. It includes several Iran-backed groups which are part of a network of proxies that Tehran has used to advance its interests across the Middle East for years.

Those militias have attacked US

personnel and interests in Iraq on a number of occasions, aiming to force the remaining US troops to leave the country. The US has regularly struck back at the militias.

An Iranian defence official was quoted by state TV as denying any Iranian connection to the drone attacks on Saudi Arabia, according to Reuters news agency.

The official warned that attributing attacks on US interests in the region to Iran was a "major miscalculation".

On Tuesday, Saudi Arabia said its military had intercepted and destroyed drones targeting petroleum facilities in the country's eastern region.

Defence ministry spokesman Maj Gen Turki al-Malik alleged the drones were launched by Iran-affiliated militia groups in Iraqi territory.

The renewed hostilities came about 24 hours after US President Donald Trump spoke of "very friendly negotiations" with Iran. At that point, the two sides had not exchanged strikes for a third consecutive day.

The pause in fighting had followed 13 straight nights of bombing by the US, which said it had destroyed tunnels and bridges in southern Iran. Scores of people were reported to have died in the strikes.

Massive Recruitments Since 2014, Says Ashwini Vaishnav

MI News Service, Kolkata: Union Minister Ashwini Vaishnav told the Lok Sabha that Indian Railways recruited 5.56 lakh staff from 2014 to 30 June 2026, including 50,485 appointments in Southern Railway. Between 2004-05 and 2013-14, recruitments were 4.11 lakh. Around 4.5 crore candidates appeared in Computer-Based Tests during the 2024-25 recruitment cycles. Examinations were held in 15 languages across more than 150 cities to improve access. The Ministry introduced an Annual Recruitment Calendar from 2024 for Group 'C' posts to provide regular opportunities, certainty in schedules, and faster hiring and training. Currently, recruitment is underway for 1,61,889 non-gazetted posts

(11,387 in Southern Railway) under the 2024-26 calendars. CENs issued: 2024-10 CENs for 92,116 vacancies (6,927 in Southern Railway) with 3,58,59,270 candidates in first/single stage CBT, 5,57,611 in second stage, and 1,90,379 in CBAT/skill tests; 2025-9 CENs for 51,970 vacancies (3,412 in Southern Railway) with 90,96,344 first-stage CBT takers and 1,26,351 in second stage; 2026-3 CENs so far for 17,803 vacancies (1,048 in Southern Railway). Selection panels for over 3,300 candidates were finalised up to 30 June 2026, mainly for safety posts. The figures reflect continuous vacancy generation and filling based on operational needs, technological changes, mechanisation, and innovations.

Vaishnav: Recruitment Drive Reaches 4.5 Crore CBT Takers

MI News Service, Kolkata: Union Minister Ashwini Vaishnav told the Lok Sabha that Indian Railways recruited 5.56 lakh personnel during 2014-15 to 30 June 2026 (including 50,485 in Southern Railway), compared with 4.11 lakh recruits in 2004-05 to 2013-14. Vacancy generation and filling are continuous given Railways' size and operational needs; vacancies are filled by placing indents with recruitment agencies as per requirements. RRB examinations, described as technical and resource-intensive, were conducted transparently following guidelines.

To improve processes, the Ministry introduced an Annual Recruitment Calendar from 2024 for Group 'C' posts, offering more opportunities, yearly eligibility intake, exam schedule certainty, and faster re-

cruitment, training and appointments. Under the 2024-26 calendars, recruitment is underway for 1,61,889 non-gazetted vacancies (including 11,387 for Southern Railway).

Annual Calendar 2024: Ten Centralised Employment Notifications (CENs) covered 92,116 vacancies (6,927 for Southern Railway) across posts such as Assistant Loco Pilot (ALP), Technician, RPF Sub-Inspector/Constable, Junior Engineer/DMS/CMA, Paramedical, NTPC (Graduate/Undergraduate), Ministerial & Isolated Categories, and Level-1. First/single stage CBTs attracted 3,58,59,270 candidates across 139-157 cities in 15 languages. Second-stage CBTs had 5,57,611 candidates. CBAT and skill/typing tests had 1,90,379 candidates. By 30 June 2026, panels for over

3,300 candidates (mainly safety posts) were finalised for 2026-27.

Annual Calendar 2025: Nine CENs notified 51,970 vacancies (3,412 for Southern Railway), including 10,970 ALP and 22,195 Level-1 posts. First/single stage CBTs for 29,775 posts saw 90,96,344 candidates; second-stage CBTs had 1,26,351 candidates. Section Controller CBAT had 2,989 candidates.

Annual Calendar 2026: Three CENs (so far) notified 17,803 vacancies (1,048 for Southern Railway), including 11,127 ALP and 6,557 Technician posts.

The Ministry emphasised continuous recruitment aligned to operational, technological and mechanisation needs. The information was provided in a written reply to a Lok Sabha question.

Shravani Mela Special Gains Two New Stops: Mankatha, Barhiya

MI News Service, Kolkata: For the convenience of the passengers during Shravani Mela, Railway has decided to provide temporary stoppage of 03527/03528 Asansol - Gorakhpur - Asansol Shravani Mela special at Mankatha & Barhiya stations over East Central Railway with immediate effect. 03527 Asansol - Gorakhpur Shravani Mela special will arrive Mankatha & Barhiya stations at 01:26 hrs. &



01:38 hrs. respectively and 03528 Gorakhpur - Asansol Shravani Mela special will arrive Barhiya & Mankatha stations at 01:20

hrs. & 01:31 hrs. respectively. Both the trains will provide 02 minutes stoppage at above mentioned stations in both directions.

Continuation of service of Kolkata-Dibrugarh -Kolkata special

MI News Service, Kolkata: To clear the extra rush of passengers, Railway has decided to continue the service of special train between Kolkata & Dibrugarh as per its existing path, stoppages & timings. 05932 Dibrugarh - Kolkata special will leave Dibrugarh on every Saturday between 01.08.2026 & 29.08.2026 (05 trips) and 05931

Kolkata - Dibrugarh special will leave Kolkata on every Monday between 03.08.2026 & 31.08.2026 (05 trips).

Moreover, timings of 05931 Kolkata - Dibrugarh special at Rangiya station has been revised with effect from 03.08.2026. The train will arrive at Rangiya station at 20:30 hrs. to leave at 20:40 hrs.

Commuter Care: Eastern Railway Distributes ORS at Sealdah ORS Day Outreach: Free Supplies



MI News Service, Kolkata: Eastern Railway marked World ORS Day 2026 with a large public awareness campaign at Sealdah Railway Station under GM Shri Milind Deouskar. Led by B. R. Singh Hospital in collaboration with the Health & Family Welfare Department, Sealdah, and the West Bengal Academy of Pediatrics (WBAP), the drive aimed to educate passengers on preventing diarrhoeal diseases and treating dehydration with timely use of Oral Rehydration Solution (ORS).

The event was inaugurated by medical leaders including Dr. Mihir Sarkar (WBAP Secretary), Prof. (Dr.) Dibyendu Roy Chowdhury, and Dr. Sanjeev Choudhary, ACMS, Health & Family Welfare, Sealdah, along with other dignitaries. Experts stressed that prompt ORS administration, adequate fluid intake, continued normal feeding, and timely medical consultation are essential to diarrhoea management. They urged households to keep ORS packets handy, especially during the monsoon when diarrhoeal illnesses rise.

As part of the campaign, hundreds of commuters received free ORS packets and educational leaflets at Sealdah. Teams demonstrated correct ORS preparation and use, highlighted warning signs of severe dehydration needing urgent care, and engaged directly with passengers. Health messages were also displayed continuously on the station's digital screens to broaden reach.

The programme saw active participation from healthcare professionals, railway officials, and volunteers, demonstrating a shared commitment to reducing preventable deaths from diarrhoeal diseases through education and awareness. Shri Shibrum Majhi, Chief Public Relations Officer, Eastern Railway, said such public health initiatives at major railway hubs help safeguard millions of daily passengers and reaffirmed Eastern Railway's commitment to ongoing community health education.

Regulation of trains for safety related works in Kharagpur Division

MI News Service, Bhubaneswar: South Eastern Railway's Kharagpur Division has announced temporary train alterations due to yard remodelling works at Baleshwar Station connected with the Narayangarh-Bhadrak 3rd line project. The changes take effect from 29 July 2026 to 11 August 2026.

Short termination/origination Train No. 68408 Bhubaneswar-Baleshwar MEMU will be short-terminated at Bhadrak, and Train No. 68407 Baleshwar-Bhubaneswar MEMU will be short-originated from Bhadrak during the period. Both will operate only between Bhubaneswar and Bhadrak, with 68407 originating from Bhadrak instead of Baleshwar.

Diversions Train No. 12876 Anand Vihar Terminal-Puri Neelachal Express (departures on 28 July, 2 Aug, 4 Aug and 7 Aug) will be diverted via Chandil-Kandra-Sini-Rajkharsawan-Nayagarh-Jakhapura instead of Chandil-Tatanagar-Hijli-Balasore-Bhadrak-Jakhapura.

Train No. 22824 New Delhi-Bhubaneswar Rajdhani Express (28 July, 4 Aug and 5 Aug) will follow



the same Chandil-Kandra-Sini-Rajkharsawan-Nayagarh-Jakhapura diversion.

Train No. 22811 Bhubaneswar-New Delhi Bhadrak Express (29 July, 2 Aug, 5 Aug and 9 Aug) will be diverted via Jakhapura-Nayagarh-Rajkharsawan-Sini-Kandra-Purulia-Rukni-Bhojudih-NSC Bose J Gomoh, replacing its normal Jakhapura-Bhadrak-Balasore-Hijli-Midnapore-Adra-NSC Bose J Gomoh route.

Train No. 22823 Bhubaneswar-New Delhi Rajdhani Express (3 Aug, 4 Aug and 7 Aug) will run via Jakhapura-Nayagarh-Rajkharsawan-Sini-Kandra-Chandil Junction instead of Jakhapura-Bhadrak-Balasore-Hijli-Tatanagar-Sini.

Train No. 12816 Anand Vihar Terminal-Puri Nandan Kanan Express (3 Aug) will be diverted via NSC Bose J Gomoh-Bhojudih-Rukni-



Purulia-Kandra-Sini-Rajkharsawan-Nayagarh-Jakhapura instead of its regular NSC Bose J Gomoh-Adra-Midnapore-Hijli-Balasore-Bhadrak-Jakhapura route.

Rescheduling Train No. 22823 will depart one hour later from Bhubaneswar on 30-31 July. Train No. 22824 will depart one hour later from New Delhi on 1 Aug.

Train No. 22811 will leave one hour 30 minutes later from Bhubaneswar on 2 Aug; Train No. 22812 will be rescheduled by one hour 30 minutes from New Delhi on 7 Aug.

Train No. 12815 Puri-Anand Vihar Nandan Kanan Express will depart one hour later from Puri on 3, 5 and 6 Aug.

Passengers should note these temporary changes when planning travel and consult NTES or the official Indian Railways website for latest updates.

Wildfires in south-west France flare up as region braces for new 40C heatwave

MI News Service, Paris: Firefighters in France are working around the clock to contain wildfires that have been raging in the Gironde region, while bracing for another sharp rise in temperatures.

"The fire is like David against Goliath," said Eric Brocardi, spokesman of the national firefighters' federation.

Four of his colleagues had died in recent weeks across France, he said, and 2,000 had been deployed in the Gironde to contain the flames, which for days have ravaged the countryside between the coastline and Bordeaux.

According to regional prefect Sophie Brocas 14 places that had already been hit by the fires saw new flare-ups on Tuesday. "We are not in the clear," she said.

This summer's fourth heatwave was expected to start by Wednesday, bringing temperatures in the area to 40C.

Similar temperatures are expected in Spain.

Dozens of communities are still threatened by wildfires that forced more



than 70,000 to evacuate their homes over the last week.

Spain has ended some evacuation orders, allowing about 44,000 people to return home or leave confinement.

The Madrid region has been especially affected, but Prime Minister Pedro Sánchez said while there were highly challenging hours and days ahead, light was beginning to appear "at the end of the tunnel".

In neighbouring Portugal, 400 firefighters were tackling a large fire on three active fronts in the eastern Guarda area.

The French city of Bordeaux is not currently under threat, according to

officials, despite the fact that one of the wildfires burning on Monday came only 15km (9 miles) from the city's periphery.

But Commander Rémi Lassourelle, who is leading the firefighting response in the Gironde region, is still worried.

"We are frightened about the impact on Bordeaux and the metropolitan area," he said. Air quality in the city also deteriorated greatly.

"By Sunday evening everything had really begun to empty out," a holidaymaker from Essex told the BBC, adding that the air was "really smoky" with bits of ash. "People were staying indoors, so it was eerie, and very sad."

Service Change: AC Locals Now Bypass Kakinara & Jagaddal



MI News Service, Kolkata: The temporary experimental stoppages provided for the Sealdah-Ranaghat AC Local train (31637/31638) at Kankinara and Jagaddal stations will be discontinued with effect from August 01, 2026 (01.08.2026).

Initially, temporary stoppages were introduced at five stations (Simurali, Halisahar, Ichhapur, Jagaddal, Kankinara) on a trial basis to assess passenger convenience and demand.

However, due to extremely low passenger footfall for the AC EMU train at Kankinara and Jagaddal, the decision has been taken to discontinue the stoppages at these two stations to ensure punctuality and maintain the train's regular schedule. Stoppages at the remaining three stations will continue until further assessment as per schedule. Passengers traveling on this route are kindly requested to check the updated train timings and plan their journeys accordingly. Sealdah Division sincerely regrets any inconvenience this adjustment may cause and deeply appreciates your understanding and cooperation as we work to optimize train services for all commuters.

Smooth Tracks, Soaked Roads: ECoR Delivers During Rath Yatra

MI News Service, Bhubaneswar: East Coast Railway (ECoR) effectively managed train operations and passenger movement during Rath Yatra 2026 at Puri despite continuous monsoon rainfall, handling around 13 lakh pilgrims with an average daily footfall of nearly one lakh. Preparations began months in advance with a detailed action plan covering infrastructure, passenger amenities, security, surveillance, train operations and emergency response, and progress was regularly reviewed at divisional and zonal levels. ECoR coordinated closely with the district administration, Odisha Police, temple authorities and other agencies, holding regular meetings to synchronise arrangements inside and outside the station for effective crowd management during heavy rain and peak periods.

Responsibilities were allocated across Commercial, Mechanical, Signal & Telecommunication, Electrical, Engineering, Medical, RPF, GRP and Housekeeping departments. A dedicated War Room monitored operations round the clock. Digital ticketing via the RailOne App, ATVMs and MUTS devices reduced queues, while a Command and Control Centre linked to 220 CCTV cameras and 19 video walls continuously monitored passenger movement to assist crowd regulation. Real-time ticket sales guided deployment of additional special trains and standby rakes on the Khurda Road-Puri section; two Amrit Bharat Special trains were also run.

To shelter pilgrims from rain, temporary holding areas of over 16,000 sq. metres and rest shelters exceeding 13,000 sq. metres were set up, along with 187 temporary toilets, 128 bathrooms and 103 urinals. Housekeeping teams maintained cleanliness round the clock. Communication systems (VHF sets, satellite phones, PA systems) remained operational. OSOP stalls showcased Odisha handloom and handicrafts. Medical teams, first-aid booths and ambulances provided care to about 13,000 pilgrims, including lifesaving treatment for a critically ill girl. Food safety and water quality were monitored per FSSAI guidelines.

Power continuity was ensured with seven DG sets, dual-source arrangements, RCCB-protected circuits and UPS backups. RPF and GRP, aided by CCTV and AI monitoring, maintained security, helped trace lost children, recover belongings and prevent unlawful acts. Permanent infrastructure upgrades included two new platforms at Puri, an additional loop line at Malatipatpur, two road over bridges, and extra accommodation at the Tourist Complex. ECoR personnel also assisted in Rath repositioning and, with NGOs and partners, helped distribute nearly three lakh free meals. Officers participated in state-level coordination meetings for integrated stakeholder planning.

CWG 2026: Gulveer Singh wins historic silver medal in 10,000m with late final-lap surge

GLASGOW : India's Gulveer Singh produced a sensational late kick and surged to a silver medal in the men's 10,000m, adding the Commonwealth Games medal to the Asian Games bronze and twin gold medals in the Asian Championships he has won so far.

India's top long-distance runner came up with a fine performance, pulling off a brilliant 'kick' in the final lap and sprinting to the finish line in 27:49.78 to secure his maiden Commonwealth Games medal in Glasgow on Tuesday night.

With this medal, Gulveer made history, becoming the first Indian to win a medal in the Commonwealth Games.

Mirabai Chanu begins Asiad preparations in Glasgow after historic CWG gold

GLASGOW : Less than three days after rewriting the record books with yet another Commonwealth Games gold medal, Olympic silver medallist Mirabai Chanu is already back in training, shifting her focus to the next major target on India's sporting calendar, the 2026 Asian Games in Aichi-Nagoya, Japan.

The Indian weightlifter icon was spotted training in Glasgow as she began preparations for the continental showpiece. With the Commonwealth Games title secured, Mirabai has wasted little time in turning her attention to the only major multi-sport prize that has so far eluded her.

The Manipur-born weightlifter opened India's gold-medal account at the Commonwealth Games 2026 by clinching the women's 48kg title in commanding fashion. Despite failing her opening 82kg snatch attempt, she recovered brilliantly to clear the weight on her second lift before raising the bar to 85kg, setting new Commonwealth Games and Commonwealth records in the snatch. She encountered another hurdle in the clean and jerk after dropping her first attempt, but responded with the composure of a seasoned champion by successfully lifting 105kg on her second attempt, sealing the gold medal well before the competition concluded.

The triumph completed a hat-trick of Commonwealth Games titles for Mirabai, who had earlier won gold at Gold Coast in 2018 and Birmingham in 2022. Her Commonwealth journey began with a silver medal at Glasgow 2014, making her one of the most decorated weightlifters in the history of the Games.

The Asian Games, however, remains unfinished business. At the 2022 Asian Games in Hangzhou, Mirabai finished fourth in the women's 49kg event with a total lift of 191kg, comprising 83kg in the snatch and 108kg in the clean and jerk. Her medal hopes ended painfully when she sustained a thigh injury while attempting 117kg in her final clean and jerk effort.

Now fully fit and carrying the confidence of another Commonwealth Games triumph, Mirabai has already begun laying the foundation for another medal bid. With the Asian Games fast approaching, India's most celebrated weightlifter will be hoping her latest chapter in Glasgow becomes the springboard for redemption on the continental stage.



CWG 2026: My focus is on running my own race, staying patient and executing the plan, says Parul Chaudhary

MUMBAI : Asian Games medallist and India's leading female distance runner, Parul Chaudhary, is carrying confidence gained from recent performances in international and domestic competitions to the Commonwealth Games 2026 in Glasgow, hoping to achieve success in women's 5000m and the 3000m steeplechase.

Over the last few years, Parul has emerged as one of India's leading distance runners, consistently raising the bar in both of her favourite disciplines by banking on her strong performances and valuable international experience.

An Asian Games champion, multiple-time national record holder and Olympian, Parul remains focused on one thing-executing her race well.

"Every race is different, so I don't think too much about the result beforehand. My job is to stick to the race plan, stay patient and give my best in every lap. If I execute well, the result will follow," she said. Distance running is a sport that demands years of consistent work, and Parul



believes that strong support systems play an important role in helping athletes sustain that journey.

"For athletes, support from institutions like the Inspire Institute of Sport is very important. It allows athletes to focus on training and gives them access to the right people and the right guidance whenever they need it. The stronger these support systems become, the more they help Indian athletes compete consistently at the highest level," she was quoted as saying in a release.

Having steadily improved with every season, Parul says



position as the pace picked up past the 5600m before picking up pace in the final 1000m of the race. He moved up to third position going into the final lap and produced a tremendous kick to eventually finish second.

This is a slower time and does not come close to his personal best of 27:00.22, the national record that he set in 2025.

Gulveer Singh, who is one of India's greatest-ever long-distance runners, holds national records in 3000m and 5000m besides the 10,000m. A serving Naib Subedar in the Grenadiers Regiment of the Indian Army, Gulveer was born in Sirsa vil-

CWG 2026: Sanjana's campaign ends abruptly after snatch heartbreak in women's 77kg

GLASGOW : India's hopes of adding another weightlifting medal to its impressive Commonwealth Games 2026 haul suffered a setback on Wednesday after teenage lifter Sanjana bowed out of the women's 77kg competition without registering a successful lift in the snatch phase.

The 19-year-old, competing in her maiden Commonwealth Games, was unable to clear her opening weight of 94kg despite three attempts, bringing her campaign to an unexpected end before the clean and jerk segment even began.

Under competition rules, athletes must record at least one valid snatch lift to remain in contention. With no successful effort on the board, Sanjana was eliminated from the contest, denying her the opportunity to compete in the clean and jerk, a discipline in which she had been expected to make significant gains.

The result came as a surprise given the Indian young-



ster's credentials heading into the event. Based on the declared entry weights, Sanjana carried the second-highest combined total in the field, 94kg in the snatch and 122kg in the clean and jerk, trailing only Samoa's Seine Stowers and positioning herself among the leading contenders for a podium finish.

Instead, the competition ended almost before it had begun, marking one of India's biggest disappointments in the weightlifting arena at the Glasgow Games.

Sanjana also became only the second Indian weightlifter to leave the competition without a medal after Nirupama Devi, whose campaign in the women's 63kg category ended in a 'Did Not Finish' following three failed clean and jerk attempts despite completing the snatch.

Despite the setback, Sanjana remains one of India's brightest prospects in the sport. She first made her mark by collecting medals

CWG 2026: Sakshi storms into boxing semifinals, assures India of another medal

GLASGOW : Indian boxer Sakshi assured the country of another medal at the Commonwealth Games 2026 after registering a dominant 5-0 unanimous decision over Northern Ireland's Caitlin Fryers in the women's quarter-finals on Tuesday.

Sakshi was in complete control throughout the contest, winning all three rounds on the judges' scorecards. Four judges awarded her 29-27, while one scored it 29-25, reflecting her dominance in the bout. She also benefited from a point deduction against her opponent.

The convincing victory takes Sakshi into the semifinals, guaranteeing at least a



bronze medal under the Commonwealth Games boxing format, where both losing semifinalists receive

'Kane keen to stay at Bayern Munich,' says CEO Dreesen on contract talks

MUNICH : Bayern Munich CEO Jan-Christian Dreesen has revealed that striker Harry Kane is keen to extend his stay with the Bundesliga champions, with both the club and the England captain eager to reach an agreement over a new contract.

Kane, who joined Bayern from Tottenham Hotspur in 2023, has been in sensational form in Germany, scoring 146 goals in 147 appearances across all competitions. His current contract is due to expire at the end of the coming season, but Bayern are hopeful of securing the 33-year-old on a longer deal.

"Both parties are very keen to extend his contract. Now we need to make sure those expectations align and that we find common ground. As far as I know, he is still in the USA. We will speak when he returns, as we had arranged," Dreesen told reporters on Wednesday.

Kane has established himself as one of the greatest strikers in Bundesliga history in a remarkably short period. He became the fastest player to reach 97 Bundesliga goals, achieving the feat in just 94 matches, and is also the first player in league history to finish as the Bundesliga's top scorer in each of his first three seasons.

The England captain also enjoyed another successful international campaign, helping his country finish third at the FIFA World Cup 2026.

Speaking about international football, Dreesen backed FIFA's decision to expand the World Cup to 48 teams but expressed reservations over proposals to increase the tournament further.

"You have to find a balance between quantity and quality," he said when asked about the possibility of a 64-team World Cup. The Bayern chief also welcomed Jurgen Klopp's appointment as Germany head coach, joking that the former Liverpool manager would "need lots of FC Bayern players" if he wanted to collect plenty of victories.

lage of Aligarh district in Uttar Pradesh. He started his running journey on village roads and farmland trails as he prepared for recruitment into the Indian Army.

Gulveer made his international breakthrough with a bronze medal in the 5000m at the 2023 Asian Athletics Championships and followed it with a bronze medal in the 10,000m at the 2022 Asian Games.

He reached new heights in 2025 by winning double gold medals in the 5000m and 10,00m at the Asian Athletics Championships in Gumi, South Korea, establishing himself as Asia's leading long-distance runner.

CWG 2026: Rain, risk and the rulebook - Why athletics goes on despite the downpour

GLASGOW : Glasgow's unpredictable weather has become as much a talking point as the medals themselves at the 2026 Commonwealth Games. As rain lashed the athletics arena yet again, many spectators were left asking the same questions: Why are the events continuing? What if an athlete gets injured? Why can't the schedule be changed or a reserve day be kept?

The concerns are understandable. Watching sprinters explode out of wet starting blocks and long jumpers land on slippery runways naturally raises fears about safety. Yet athletics, unlike many other sports, has long learned to coexist with the elements.

Why doesn't athletics stop because of rain?

The simple answer is that rain alone is not considered dangerous enough to halt competition.

World Athletics regulations allow competitions to continue in wet weather as long as the venue remains safe and there is no immediate threat from severe weather. Also, modern synthetic tracks are designed with advanced drainage systems that prevent water from accumulating, allowing athletes to maintain grip even during heavy showers.

Officials constantly monitor conditions throughout the session. If the surface becomes unsafe or visibility is significantly affected, they have the authority to delay or suspend competition.

What about the risk of injury?

There is no denying that rain increases the challenge. Sprint starts become trickier, throwing circles and runways require extra attention, and athletes must adjust their techniques to avoid slipping. However, elite athletes train in varying weather conditions throughout the year and are expected to adapt.

Organisers also take several precautions: Ground staff regularly dry-throw circles and jump runways. Officials inspect the track before each event. Athletes are allowed additional warm-up measures when necessary. Equipment is checked to ensure it remains competition-ready.

Why aren't reserve days kept?

This is perhaps the biggest misconception among fans. Athletics competitions involve dozens of events spread across morning and evening sessions over several days. Hundreds of athletes compete in heats, semifinals and finals, many of whom are also entered in multiple disciplines.

Introducing reserve days would create a domino effect: Television broadcast schedules would be disrupted. Medal ceremonies would have to be rescheduled. Athletes competing in multiple events could face clashes. Travel and accommodation plans for thousands of athletes, officials and volunteers would be affected.

Unlike cricket or tennis, where one match can simply move to another day, athletics operates as a tightly packed timetable with very little flexibility.

Could the rules change in future?

Climate change has led to more frequent extreme weather events, prompting discussions across international sport about weather protocols. However, reserve days for major athletics championships remain highly unlikely because of the sheer scale of scheduling challenges.

Instead, organisers are investing in better drainage systems, improved weather forecasting and stronger safety protocols rather than rewriting the competition calendar. Fans' concern is valid.

Many spectators at Glasgow 2026 believe athlete safety should come before schedules.

"If the rain is this heavy, why risk injuries?" was a question repeatedly heard around the stadium. Others wondered why organisers could not simply postpone events by a day.

Their concerns reflect genuine care for athletes, but under current international regulations, rain itself is considered part of outdoor competition. Only when weather poses a serious threat to safety do officials intervene.

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'We are deeply concerned': FA slams FIFA's plan to sell stakes to private investors

LONDON : The Football Association (FA) stated that it is "deeply concerned" about FIFA's plan to sell off stakes in the World Cup to private investors.

FIFA has proposed creating a commercial subsidiary and selling minority stakes to private investors to fund a sharp increase in development funding for its 211 member associations via FIFA Forward Enterprise (FFE), a new FIFA-owned and controlled subsidiary consolidating FIFA's commercial and event operations.

This plan draw fierce criticism from UEFA, with European associations expected to meet this week to discuss their response.

In response to FIFA's proposal, the FA said, "We were completely unaware of this proposal and have no substantive details, including what the proposition actually is, and what conditions are attached."

It added, "Based on the limited information, we are deeply concerned about the lack of process and govern-



nance to get to this point, and the apparent substance and principles involved. When the proposal is shared in the full and transparent way now promised by FIFA, we will make our views clear, and comment further."

FIFA would seek to raise up to 4.2 billion U.S. dollars by selling minority, non-controlling stakes in the company, based on an initial equity valuation of 20 billion dollars.

The proposal requires the support of a majority of FIFA's member associations and relevant approvals from the 37-member FIFA Council.

UEFA, European football's governing body, which represents 55 member associations and organizes the continent's leading club competitions, rejected the proposal outright.

"This crosses a line that football's governing institutions should never cross," it said. "The soul and governance of football are not assets to trade -- especially with zero transparency as to who gains financially."

FIFA said if the plan approved, football development in every corner of the world would benefit immediately from increased funding available to all 211 FIFA Member Associations (MAs): (i) An optional USD 20 million per MA in exceptional and immediate funding for special projects from the new FIFA Fast Forward Programme (FFPP), (ii) USD 20 million per MA in Forward funding for 2027-2030 (currently budgeted USD 8 million), (iii) USD 22 million per MA in Forward funding for 2031-2034, and (iv) USD 24 million per MA in Forward funding for 2035-2038.