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CM holds his 8th weekly public outreach 'Janatar Darbar'

MI News Service, Kolkata : West Bengal Chief Minister Suwendu Adhikari held his 8th weekly public outreach 'Janatar Darbar' at the state BJP headquarters here on Thursday, where hundreds of citizens, job seekers, and families lined up to present their grievances ranging from medical assistance, workplace transfer appeals to severe legal and criminal justice cases. While most of the citizens sought medical treatment interventions and reversal of controversial employee transfers including a nurse's appeal, many others sought justice regarding criminal cases—such as the family of deceased Kotulpur BJP leader Suman Mandal demanding strict punishment for culprits.

Among those who met the Chief Minister was Mahua Maity, a nurse who alleged irregularities and favouritism in the transfer process during the previous government. She claimed she had been transferred under pressure and despite repeatedly applying for a transfer for several years, her requests were never considered. Hoping for a resolution under the present administration, she ap-



West Bengal Chief Minister Suwendu Adhikari attended a "Janata Darbar" session at the Salt Lake office in Kolkata on Thursday.

proached the Chief Minister seeking a fair review of her case. Another petitioner, Aarti Gupta, travelled from the Sundarbans seeking medical assistance for her daughter, Monisha Gupta, who was diagnosed with a congenital heart defect in 2023. According to the family, they visited several hospitals, including SSKM Hospital, but failed to receive the required treatment

or relief. The family has now appealed to the Chief Minister for help in arranging proper medical care. The Janatar Darbar also heard an appeal from a resident of Krishnanagar, who sought justice in connection with the alleged acid attack and murder of her daughter in October 2024. The family claimed that despite the victim's death, justice has remained elusive. They

further alleged that attempts were made to pressure them into changing their statements and that the incident was allegedly portrayed as a case of suicide instead of murder. The petitioner requested the Chief Minister to ensure a fair and impartial investigation into the case.

Like all previous occasions, the Chief Minister individually met these people behind closed doors and heard their complaints while assuring swift administrative and legal solutions. Some also came simply to express their gratitude.

One of the allegations of land grabbing allegedly against a BJP MLA was brought directly to the Chief Minister's attention during today's 'Janatar Darbar' when Suwendu Adhikari assured that all complaints would be examined seriously.

In her allegation one Pratima Roy accused Jadavpur BJP MLA Shrabari Mukherjee of seizing her shop. She claimed that her family had been running a saree and clothing store for over 30 years, but the shop was forcibly taken over under the cover of darkness on the night of June 12.

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'Bengal govt aiming to build country's finest police force': Suwendu Adhikari

MI News Service, Kolkata : West Bengal Chief Minister Suwendu Adhikari on Thursday asserted that his government aims to build the country's finest police force despite financial constraints.

Addressing police personnel at the annual 'Bada Khana' event at the Swami Vivekananda State Police Academy in Barrackpore in North 24 Parganas district, Suwendu Adhikari, who is also the state home minister, lauded the state police for maintaining law and order and combating corruption, while assuring the force of his government's full support.

"I know you have to work under many challenges. From tackling corruption to maintaining law and order, you have demonstrated your professionalism. We have certain limitations and financial liabilities, but as Chief Minister, it is my expectation that the best police force in the country is built in this state. I have full faith that you can achieve it," he said. Reiterating his previous an-

nouncement, the Chief Minister said a mega recruitment drive of 100,000 police personnel and a comprehensive modernization initiative, aiming to build the state police force into the finest and most efficient in the country was on. He said Plans were also afoot to induct 100,000 new police personnel to combat acute manpower shortages within the disciplined force. Referring to the low state ratio of 106 police personnel per 100,000 population compared to the national average of 155, Suwendu Adhikari said in collaboration with Rashtriya Raksha University and the BSF, a Training Institute would be set up for specialized tech-driven and cybercrime investigation training. Moreover, he said a new State Investigation Agency (SIA) modeled on the NIA would be set up deploying dedicated women-centric patrol units prioritizing home-district or nearby postings for female police officers and constables to better balance work and family responsibilities.

Bill to prevent insult to 'Vande Mataram' passed in LS

MI News Service, New Delhi : An important bill criminalising insult to national song Vande Mataram was passed in Parliament on Thursday amid din after a brief debate as the opposition raised slogans against the donation theft issue at the Ram temple in Ayodhya. The Prevention of Insults to National Honour (Amendment) Bill, 2026 was passed by a voice vote after only two members spoke on the bill.

The bill was cleared to stop insult to the national song Vande Mataram and make it a criminal offence. With its passage in the Lower House, the proposed amendment now moves closer to becoming a law. In the Lok Sabha, the bill was taken up and passed through a voice vote de-

spite continuous protests by Opposition members, demanding a discussion on police action against students protesting the NEET paper leak. The noisy scenes continued even as the House proceeded with legislative business.

The legislation seeks to amend the Prevention of Insults to National Honour Act, 1971, to include the national song Vande Mataram under its ambit. At present, the law provides penal provisions only for disrespecting national symbols such as the Constitution, the national flag and the national anthem, with punishment of up to three years' imprisonment. Once it comes into force, insulting, obstructing or causing disturbances during the singing of Vande Mataram

will attract the same punishment — up to three years in jail, a fine, or both.

The bill is part of the Centre's push to mark the 150th anniversary of Vande Mataram, written by Bankim Chandra Chattopadhyay in 1875 and first published in his novel Anandmath in 1882. Over the past few months, the Union government has issued directions to states on the full rendition of the national song at official functions. In the Rajya Sabha on Wednesday, the bill was passed after a debate that saw sharp exchanges between the treasury benches and the Opposition. Members of the Congress and other Opposition parties staged a walkout during the discussion.

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Samik Bhattacharya suggests setting up of a chemical hub in Bengal

MI News Service, Kolkata : In a sincere bid to bring back the past glory of the state, West Bengal BJP President Samik Bhattacharya has urged Chief Minister Suwendu Adhikari to set up a dedicated chemical park in the state under the Centre's newly approved BHAVYA Rasayan scheme.

In a letter dated July 28, the Rajya Sabha MP said the Union Cabinet had approved the Rs 3,030-crore scheme on July 24 to establish three dedicated chemical parks across the country through a competitive challenge route. Samik Bhattacharya suggested four potential sites for the proposed hub, including at Singur, Haldia, Raghunathpur or Durgapur, and proposed that the state should consti-

tute an inter-departmental task force led by the Industry, Commerce and Enterprises Department and the WBIDC to prepare the required land dossier.

He urged the Chief Minister to take immediate steps to secure the major chemical park describing it as a landmark opportunity to accelerate industrialisation in the state.

In the letter the BJP state President wrote that the state should move swiftly to submit a strong proposal to the union government before other states stake their claim and also suggested the four potential locations for the proposed chemical park. He said Singur could be considered if land-related disputes do not arise, adding that the



state government could also identify any other suitable, controversy-free site with adequate infrastructure.

Under the programme, he said, the Centre will provide financial assistance of up to Rs 1,000 crore for each selected park. The proposal comes as the Centre is also encouraging

states to attract large-scale investments in semiconductor manufacturing. Incidentally, Suwendu Adhikari had recently expressed interest in bringing semiconductor investments to West Bengal and said he would approach the Tata Group for such projects.

Highlighting the significance of the BHAVYA Rasayan scheme, Samik Bhattacharya said that apart from central financial assistance, the project has also the potential to attract investments worth thousands of crores of rupees from domestic and international private players.

He wrote the initiative would create at least Rs 1,500 crore worth of infrastructure through combined central and state invest-

ments while generating substantial employment opportunities in the chemical, construction, logistics and MSME sectors.

According to the BJP state president, the project would also benefit downstream industries such as textiles, pharmaceuticals, electronics, automobiles and agriculture.

"It would further enable the creation of modern waste management systems and Common Effluent Treatment Plants (CETPs), strengthening environmental infrastructure", he said.

He also noted that the scheme requires the state to identify at least 2,000 acres of contiguous land and commit a financial contribution of Rs 500 crore.

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Birbhum cash haul rises to Rs 28.5 cr, stone trader manager arrested

MI News Service, Bolpur / Kolkata : The manager and brother-in-law of absconding stone trader Tullu Mondal was arrested by the West Bengal police on Thursday following a night-long search operation to recover and seize Rs 28.5 crore in cash and 15 kg of gold from his residence at Mohammad Bazar area in Birbhum district, in one of the state's biggest seizures of suspected illegally amassed assets in recent years. "We have recovered Rs 28.5 crore in cash and 15 kg of gold. Tullu Mondal's manager and brother-in-law Minar Mondal has been apprehended. His house has been sealed," Birbhum SP VR Bhundesh told reporters. Till Wednesday night, Rs 20 crore had been recovered from Minar Mondal's residence.



Minister Suwendu Adhikari said on social media platform X. By Wednesday afternoon, Suwendu Adhikari had made public that Rs 5.5 crore was recovered from the premises linked to Mondal, known in the region for his proximity to Anubrata, who was Mamata Banerjee's close aide and the Trinamool Congress (TMC) district president in Birbhum.

Incidentally, Anubrata Mondal himself was arrested by the Central Bureau of Investigation (CBI) and the Enforcement Directorate (ED) in 2022 as part of their respective probes into his expansive cattle-smuggling racket. By late night, Birbhum Superintendent of Police Vidit Raj Bhundesh said the cash haul had risen to Rs 28.5 crore, with counting still underway. After his release from jail on bail last year,

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Assam flood remains grim, heavy rain also likely in Arunachal, Nagaland

MI News Service, Guwahati : The overall flood situation in Assam continued to remain grim on Thursday even as water level receded from most parts of the state, with the death toll rising to 78 during the last 48 hours and over three lakh people continuing to reel under the deluge. Official sources quoting India Meteorological Department (IMD) forecast heavy to very heavy rainfall accompanied by thunderstorms at isolated places across the entire

Northeastern region including the neighbouring Arunachal Pradesh and Nagaland over the next three days. Raising concerns about the flood situation in several districts bordering the two states, the sources said as there was no rain in most of the flood-hit Upper Assam districts, the water level continued to recede from the inundated villages, giving some respite to villagers. An official of the Assam State Disaster Management Authority



(ASDMA) referring to their daily flood bulletin issued on Wednesday night said three more deaths were reported in the last 24 hours -- two from Sivasagar district and one from Golaghat. With these, the toll

in this year's flood has risen to 78. Altogether 3,00,031 people remained affected, with Charaideo being the worst-hit district with 1,37,561 people impacted, followed by Sivasagar (84,600) and Jorhat (49,911) districts.

More than 16,500 displaced people took shelter in 71 relief camps and another 30 relief distribution centres were catering to over 72,000 people, the sources said. Union Home Minister Amit Shah on

Wednesday called up Assam Chief Minister Himanta Biswa Sarma to take stock of the flood situation, while the latter said that although floodwaters have receded, many are unable to return as their houses have either been washed away, damaged or filled with mud and silt. Shah, who called Sarma for the second time in seven days, assured him of all possible assistance from the Centre for relief and restoration efforts.

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Curfew imposed in Nepal's Madhesh province amid growing security concerns

MI News Service, Kathmandu : Amid growing security concerns following largescale violence in Koshi province's Sunsari district, bordering India, Nepalese authorities on Thursday imposed a curfew in parts of Madhesh province which had left one person dead and several others injured last week. The curfew was also imposed in Dhanusa and Siraha districts of Madhesh province. Various parts of Dhanusa, including Laxminia Hatbazaar, Belauni Road, Nagarain Municipality, Dudhmati bridge



and Janakpur have been placed under curfew from 3:30 pm for an indefinite period as a precautionary measure due to tensions, said Assistant Chief District Officer of Dhanusa Bhudev Jha. The move comes as the curfew first imposed in Sunsari on Monday was extended indefinitely on Wednesday. Prime Minister Balendra Shah has also called a

meeting of the National Security Council later in the day to review the security situation in the country, especially in Sunsari district. In Dhanusa, various areas including Laxminia Hatbazaar, Belauni Road, Nagarain Municipality, Dudhmati bridge and Janakpur were placed under curfew from 3:30 pm for an indefinite period, Jha said. In Siraha district, a curfew was imposed in the Golbazaar area of the East-West Highway from 2 pm, according to a notice issued

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Extension granted till Winter session to panel on 'One Nation One Election'

MI News Service, New Delhi : A joint committee of Parliament examining a bill to hold simultaneous elections to the Lok Sabha and all state assemblies was on Wednesday granted a fresh extension till the end of the Winter session. Committee chairman PP Chaudhary moved a resolution seeking extension of the deadline for submission of the Committee's report till the first day of the last week of the Winter Session. The resolution was passed by voice vote. The 41-member panel is scrutinising the Constitution (One Hundred and Twenty-Ninth Amendment) Bill, 2024, which seeks to in-



roduce simultaneous elections to the Lok Sabha and state assemblies. The committee has been holding nationwide consultations on the proposed implementation of simultaneous elections for the Lok Sabha, state assemblies and local bodies by 2029. The Winter Session of Parliament usually begins in the last week of November and concludes before Christmas.

Fraudsters Target Patients at Sub-Divisional Hospital, CCTV Footage Handed Over to Police

MI News Service, Ranaghat: A suspected fraud racket targeting patients and their attendants has surfaced at the Ranaghat Sub-Divisional Hospital, prompting the hospital administration to alert the police and issue a public advisory. The accused are allegedly preying on elderly patients and unsuspecting women by posing as helpers before fleeing with gold ornaments and other valuables.

According to hospital authorities, the fraudsters have been operating primarily around the Outpatient Department (OPD) and adjoining ser-

vice areas. They reportedly befriend patients and their relatives under the pretext of offering assistance with hospital procedures, gradually gaining their confidence before deceiving them into handing over jewellery, cash or other valuable belongings.

Hospital Superintendent Prahlad Adhikari said that the administration had recently received two verbal complaints regarding such incidents. Treating the matter with urgency, the hospital immediately informed the local police and handed over CCTV footage from the

premises to aid the investigation.

Police have begun examining the footage to identify the suspects. Hospital officials expressed hope that those involved would be traced and brought to justice at the earliest.

Issuing an appeal to the public, the Superintendent urged patients and their attendants not to seek assistance from unknown persons inside the hospital. "There is no need to depend on any third party for medical or administrative help. Doctors and authorised hospital staff are available to provide all necessary assistance," he said.

The hospital has also advised visitors not to part with jewellery, cash or other valuables under any circumstances and to keep their belongings in their own custody.

As part of preventive measures, the administration has initiated regular public announcements across the hospital campus and OPD premises to warn visitors about the suspected fraudsters. Officials said the awareness drive, coupled with police action, is expected to help curb such incidents and ensure a safer environment for patients and their families.

Elephant 'Ramal' Draws Crowds During Village Road Stroll

MI News Service, Kharagpur: An unusual scene unfolded at Deuldanga village in Medinipur district when the area's well-known wild elephant, affectionately called 'Ramal', emerged from the nearby forest and walked onto the village road. The elephant's appearance attracted a large crowd, with hundreds of curious residents gathering to catch a glimpse and capture photos and videos on their mobile phones. Ramal calmly wandered through the village, moving along both the main paved road and narrow lanes without

showing any signs of aggression. Despite the heavy crowd surrounding him, the elephant remained peaceful and even passed by parked vehicles with ease. Many villagers attempted to feed the elephant bananas, jackfruit, bread, and cake, while several youngsters were seen trying to take selfies with the giant animal. According to local residents, Ramal has become a familiar presence in the area over the years. They said the elephant frequently visits nearby villages and has never attacked or harmed anyone. Owing to his calm temperament, locals have lovingly given



him the name 'Ramal.' However, as the crowd continued to grow and people ventured dangerously close to the animal, officials from the Forest Department pushed to the spot. Using loudspeakers, they repeatedly urged people to maintain a safe distance, refrain from feeding the elephant, and avoid risking their lives for photographs or selfies. Forest officials emphasized that although the ele-

phant appeared calm, it is still a wild animal whose behavior can change unexpectedly at any moment. Even a minor act of carelessness, they warned, could lead to a serious accident. The department appealed to the public not to interfere with the natural movement of wild animals and to allow them to continue on their way without disturbance. The Forest Department concluded its advisory with a clear message: "Love wildlife, but maintain a safe distance. Take photographs from afar, never feed wild animals, and do not compromise your own safety or that of wildlife in pursuit of adventure."

TMC Panchayat Chief, Deputy Quit in Nadia, BJP Alleges Bid to Escape Corruption Probe

MI News Service, Krishnaganj: A fresh political controversy has erupted in Nadia's Krishnaganj Gram Panchayat after the Trinamool Congress (TMC) pradhan, deputy pradhan and several party members resigned, leaving the panchayat administration virtually paralysed. The resignations came soon after the state implemented the amended Panchayat law transferring key financial and administrative powers from elected pradhans to panchayat secretaries.

The TMC maintained that the resignations were a mark of protest against the BJP government's new policy, alleging that the amended law undermines the authority of elected representatives by vesting greater administrative control in bu-

reaucrats.

The BJP, however, dismissed the claim, alleging that the resignations were an attempt to evade accountability over alleged financial irregularities. The allegations have not been independently verified, and no official investigation has been announced.

According to officials, Krishnaganj Gram Panchayat has 23 elected members. In the last panchayat elections, the TMC secured 12 seats against the BJP's 11, enabling it to form the board. Madan Ghosh was elected pradhan, while Champa Biswas became the deputy pradhan.

Both submitted their resignation letters to the Block Development Officer (BDO). Several other TMC members also



tendered their resignations, creating uncertainty over the functioning of the panchayat.

Local residents alleged that the pradhan and deputy pradhan had remained largely absent from office following the change in the state government. Their offices are now locked, raising concerns over delays in public services and development-related work.

Krishnaganj Panchayat Samiti opposition leader Gautam Ghosh alleged that the resignations were aimed at

"saving themselves from corruption charges" after the political change in the state. He also criticised the administration for not initiating the process of reconstituting the panchayat board despite the vacancies.

The TMC rejected the allegations, reiterating that the resignations were solely a political protest against the amended Panchayat Act and the transfer of executive powers to panchayat secretaries.

The block administration has not yet issued an official statement. With the posts of pradhan and deputy pradhan lying vacant, residents are awaiting clarity on the next administrative steps to restore normal functioning of the gram panchayat.

Two years after alleged rape-murder, victim's mother knocks on CM's door, seeks fresh probe

MI News Service, Krishnanagar: Nearly two years after a young woman's death triggered allegations of rape, murder and an attempted cover-up, her mother on Thursday took her fight for justice directly to Chief Minister Suwendu Adhikari, urging a fresh investigation into a case that the family claims was wrongly treated as a suicide.

Armed with court papers, police records and other documents, the victim's mother appeared before the Chief Minister during his weekly Janatar Darbar, alleging that despite repeated complaints since the incident in October 2024, the investigation failed to establish the circumstances surrounding her daughter's death.

The incident occurred on October 16, 2024, a day after Lakshmi Puja, under the jurisdiction of Krishnanagar Kotwali police station in Nadia district. According to the family, the young woman was sex-



ually assaulted, murdered and her body was later burned with acid. They allege that although they repeatedly sought registration of a case of rape and murder, investigators eventually treated the death as a case of suicide.

The family says they were forced to pursue legal remedies before a formal complaint reflecting their allegations could be registered. Even then, they contend, the investigation

showed little progress and no meaningful action was taken against those allegedly involved.

The victim's mother also alleged that politically influential individuals attempted to suppress the case. These allegations have not been independently verified, and no response from those named was immediately available at the time of publication.

The family recalled that

Suwendu Adhikari, then Leader of the Opposition, had visited them after the incident and assured them of support. Now serving as Chief Minister, Adhikari has instituted the Janatar Darbar, a public grievance forum where citizens can directly present complaints before the government.

The victim's mother urged the Chief Minister to order an impartial reinvestigation by an independent agency, identify those responsible and ensure a time-bound prosecution. Whether Thursday's representation results in a fresh inquiry or administrative intervention is expected to become clear in the coming days.

The case once again raises broader questions over the handling of suspicious deaths involving allegations of sexual violence, the accountability of investigative agencies and the prolonged wait for justice faced by victims' families when investigations remain contested.

Centre Government Positive on Journalists' Demands

MI News Service, New Delhi/ Kolkata: Voice of Media Withdraws Hunger Strike Following Mediation by Raksha Khadse and Prataprao Jadhav.

The indefinite hunger strike launched at Jantar Mantar in the national capital by Voice of Media (VOM) International Forum over various long-pending demands of journalists across the country has finally achieved a positive outcome. Following positive discussions mediated by Union Minister of State Raksha Khadse and Union Minister of State Prataprao Jadhav, the Central Government assured the organisation that it would take positive steps regarding the demands of journalists.

Following the assurance, Voice of Media Founder and International President Sandeep Kale announced the withdrawal of the hunger strike.

The agitation was launched under the leadership of Voice of Media (VOM) International



Union Minister of State Prataprao Jadhav visited the protest site to help resolve the hunger strike. He accepted the memorandum containing the journalists' demands, assured the protesters that the demands would be positively considered, and appealed to them to withdraw the hunger strike.

Forum to press for various demands, including protection of journalists' rights, a Journalists' Protection Act, social security for journalists, health insurance, pensions, journalists' welfare schemes, educational facilities for jour-

nalists' families, recognition for journalists working in digital media, and protection of press freedom and journalism. Journalists from various states across the country participated enthusiastically in the movement and drew the

attention of the Central Government to these issues.

Against the backdrop of the hunger strike, Union Minister of State for Youth Affairs and Sports Raksha Khadse invited representatives of the protesting journalists for dis-

Swarnarekha River Wreaks Havoc as Embankment Breach Floods Part of Malincha Village; Dozens of Families Marooned

MI News Service, Kharagpur: Continuous heavy rainfall, coupled with the rising water level of the Swarnarekha River and the breach of its embankment, has triggered a severe flood situation in Malincha village under Gopiballavpur-II Block of Jhargram district. Floodwaters have inundated a large portion of the village, leaving dozens of families stranded and surrounded by water. According to local sources, as the Swarnarekha River approached the danger mark, a section of the riverbank gave way, allowing floodwaters to gush rapidly into the village. Water levels ranging from knee-deep to waist-deep entered several mud and concrete houses, causing widespread disruption and



distress among residents. As the situation worsened, many families were forced to abandon their homes and move to safer locations and relief camps. The flood-like

conditions have submerged village roads, completely disrupting normal transportation and connectivity. The flooding has also affected the supply of drinking water, food, and other essential services, adding to the hardships faced by the affected residents. The district administration is closely monitoring the situation and has assured that relief and rescue operations will be intensified if conditions deteriorate further. Meanwhile, local residents fear that the situation could become even more critical if the Swarnarekha River continues to rise. They have urged the administration to provide immediate relief materials, safe shelter, and speedy rehabilitation for the affected families.

Dishu Fans Association's Commendable Initiative: Tarpaulins Distributed Among Needy Families

MI News Service, Kharagpur: Setting an inspiring example of community service on the occasion of Kargil Vijay Diwas, the Dishu (Dilip-Shubhendu) Fans Association organized a tarpaulin distribution drive for needy families at Shanti Nagar in Ward No. 15 of Kharagpur. The objective of the programme was to provide relief to economically weaker and underprivileged families during the ongoing monsoon season. Paying tribute to the brave soldiers who laid down their lives in the Kargil War, the dignitaries present said that such acts of social service are a true homage to the nation's heroes who sacrificed their lives in the defence of



the country. Among those present on the occasion were DISHU President Sunil Yanda, BJP Councillor Anushree Behera, Om Prakash Singh, Shailesh Shukla, teacher Ashok Pandey, Supriyo Bose, Deshbandhu Club Secretary Prithvi, and Vasu Venkatesh

of the Krishna Mandir Committee, along with several other distinguished guests. The speakers highlighted that welfare initiatives undertaken with the support of social organisations and industries play a vital role in assisting the underprivileged sections of society. They praised the Dishu Fans Association for its noble initiative and expressed hope that it would continue carrying out such humanitarian activities in the future. The beneficiary families expressed their gratitude to the organisers, stating that the tarpaulins would prove extremely useful during the rainy season. The programme concluded in a cordial and harmonious atmosphere.

Suspicion of Extramarital Affair Turns Violent; Man Held for Allegedly Attacking Sleeping Wife

MI News Service, Chakdaha: A domestic dispute allegedly fuelled by suspicion of an extramarital affair took a brutal turn in West Bengal's Nadia district, where a man is accused of attacking his sleeping wife with a sharp weapon, leaving her critically injured. The accused later walked into the police station and surrendered.

According to police, the incident occurred at Pabna Colony under Chakdaha police station limits. The accused has been identified as Ganesh Poddar, while the victim is his wife, Bina Poddar.

Investigators said the couple had organised a religious gathering at their residence on the occasion of Guru Purnima. Tension reportedly flared when they stepped out to deliver



prasad to the accused's sister's house. The argument continued after they returned home. Police alleged that late in the night, after his wife had fallen asleep, Ganesh attacked her multiple times on the neck with a sharp weapon. Her screams alerted neighbours, who rushed to the house. Instead of fleeing, the accused later surrendered at Chakdaha police station.

The injured woman was initially admitted to Chakdaha State General Hospital and was later shifted to a higher

medical facility after her condition deteriorated. Hospital sources said she remains in critical condition.

During preliminary interrogation, the accused allegedly told police that he suspected his wife of having an extramarital relationship with a local youth and claimed that the recurring domestic discord over the issue drove him to commit the assault. Police, however, said the allegation has not been verified and forms part of the ongoing investigation.

Ganesh Poddar was arrested and produced before the Kalyani Sub-Divisional Court on Thursday. Police have registered a case and are investigating all aspects, including the sequence of events and the motive behind the attack.



"Magher Pore Megh"—a programme featuring Rabindranath Tagore's songs and poems dedicated to the monsoon—was recently organized by Saptaswara at Madhusudan Mancha. The entire event was conceptualized and directed by Subrata Sengupta.

cussions. Various demands of journalists were discussed in detail during the meeting. The representatives pointed out that these issues were not limited to any particular state but were related to the media fraternity across the country.

Raksha Khadse stated that the Central Government was serious and positive about the demands raised by journalists. She assured the representatives that necessary administrative action would be initiated in coordination with the concerned ministries to find an appropriate solution to the issues faced by journalists. She also noted that journalists, as the fourth pillar of democracy, perform their duties with great responsibility and that the government would certainly consider their legitimate demands positively.

Union Minister of State Prataprao Jadhav subsequently met the journalists directly at the protest site. He assured them that the Central Government was sensitive to their demands and that the issues would be effectively pursued

with the concerned ministries. He appealed to the journalists to maintain positive dialogue with the government and withdraw the agitation. His mediation helped create a positive atmosphere between the government and representatives of the journalists.

Following the assurances given by both Union Ministers, office-bearers of Voice of Media and VOM International Forum expressed their gratitude to Union Ministers Raksha Khadse and Prataprao Jadhav. They expressed hope that concrete and positive decisions would soon be taken on the legitimate demands of journalists. They also reaffirmed that the organisation's struggle for journalists' rights, press freedom and the dignity of journalism would continue in the future.

In his concluding address, Voice of Media Founder and International President Sandeep Kale said:

"Today's struggle is not merely the struggle of one organisation; it is the struggle for the rights of every journalist across the country. The journalists who came from every corner of the nation to Jantar Mantar have demonstrated their unity and strength.

The positive response from

the Central Government to our legitimate demands is the first major achievement of our movement.

We sincerely thank Raksha Khadse and Prataprao Jadhav for their mediation and support.

The assurance given by the government is a step built on trust; however, ensuring its implementation is now our responsibility.

We will continue to raise issues concerning journalist protection, social security, healthcare, pensions and the future of journalists' families.

Every VOM journalist must stand united and organised for the dignity and honour of journalism.

We are withdrawing the hunger strike today, but the struggle for journalists' rights has not ended.

VOM will continue to raise the voice of journalists at every level and strengthen their collective movement.

When a journalist is strong, journalism becomes strong; and when journalism is strong, democracy becomes stronger!"

State Govt Plans Statewide Fern Biodiversity Parks to Conserve Endangered Species

MI News Service, Kolkata: In a major biodiversity conservation initiative, the West Bengal government has announced plans to establish Fern Biodiversity Parks across the state to protect endangered fern species and promote public awareness about biodiversity. The project will be implemented by the state's Department of Science, Technology and Biotechnology, with parks proposed in Kolkata as well as several other regions.

Officials said the first such park is likely to come up at Eco Park in New Town, Kolkata. The government is also considering setting up similar parks in Khardah in North 24 Parganas and Kalimpong in the hills. The long-term objective is to establish one fern biodiversity park in each of the state's six agro-climatic zones. These zones have been identified based on variations in climate, altitude, soil type and topography. They include the hill region, Terai-Teesta alluvial zone, new Gangetic alluvial zone, old Gangetic alluvial zone, and undulating zone, laterite and undulating

zone, and the coastal alluvial region. The parks are expected to preserve native fern species while serving as centres for scientific research, education and environmental awareness.

The proposal was announced by Science, Technology and Biotechnology Minister Kalyan Chakraborty during a recent meeting with representatives of 28 central scientific institutions to discuss future scientific development in the state. The minister said many fern species are facing a steady decline, making conservation efforts increasingly important. Highlighting the scientific value of ferns, Chakraborty noted that many species produce secondary metabolites with bioactive properties that could have potential applications in medical research and the treatment of various diseases. He stressed that preserving these plants is important not only from an ecological perspective but also for future pharmaceutical and biotechnological research.

Bill to prevent insult to 'Vande Mataram' passed in LS

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Replying to the debate in the Upper House, Minister of State for Home Affairs Nityanand Rai said the bill was aimed at protecting the country's "honour and cultural heritage", describing Vande Mataram as a symbol of India's freedom struggle and national consciousness. Several members across parties spoke on the bill. While some backed stricter provisions to prevent disrespect to national symbols, others flagged concerns over the need for broader consensus and debate. The bill was introduced in the Rajya Sabha on July 24 and passed on Wednesday, while the bill was cleared by the Lok Sabha on Thursday. Its passage comes amid continued disruptions in both Houses by the opposition over the NEET paper leak issue, which has stalled proceedings for over a week.

Birbhum cash haul rises to Rs 28.5 cr, stone trader

► Continued from page 1

Anubrata Mondal has been a shadow of his past, and has since joined the rebel TMC faction led by Ritabrata Banerjee, which reappointed him as party president in Birbhum district. "West Bengal Government's ongoing drive against the corrupt will go on with 'Zero Tolerance Policy against Corruption' as our guiding principle. Let it be unequivocally clear: no person with a chequered past who has amassed wealth through the exploitation of public resources and hobnobbing with the then ruling political party will be spared," Suwendu Adhikari wrote on X, making the raids against Tullu Mondal and his accomplices an example of his government's campaign against mafia syndicates. Sources in the state police said that all five counting machines worked through the night at full capacity, and that the overall recovery figure is likely to be much higher than the current figure. "The counting and scrutiny of the cash and documents related to assets are still underway. A detailed statement will be issued based on the final outcome," a West Bengal Police officer said. "Birbhum district police got information—the source appeared to be reasonably true—that a huge amount of illegally amassed cash and gold which belongs to a syndicated organised group led by Mohammed Najibuddin alias Tullu Mondal of Mohammed Bazar Police Station area, was concealed at a house under the same jurisdiction. A police team and ED officials worked on the information, and after following all legal formalities, conducted a search and seizure operation. From a house belonging to one Minar Mondal, police has recovered so far Rs 28.5 crore of cash and 15 kilograms of different sizes and denominations of gold bars," SP Bhundesh told a press briefing late Wednesday. Tullu Mondal's name first came into the reckoning with the CBI and ED probes into Anubrata Mondal in 2022. His premises were among the dozens raided by the CBI in August 2022 to identify the "facilitators" of Anubrata Mondal in Birbhum. As the ED opened its own money-laundering probe to identify the flow of illicit funds, the agency grilled Tullu Mondal for more than six hours in connection with a cattle-smuggling case. As soon as Tullu Mondal resurfaced in Kolkata after questioning by the ED, he was taken into custody by the Birbhum district police in November 2022 as part of a probe into a case of assault and criminal intimidation.

According to police records, Tullu was booked in a case filed for a clash in the Mohammad Bazaar area on 3 October that year that had left one person injured. As the injured person had later succumbed to injuries, a murder section was added in the case, and Tullu was nabbed from Kolkata, sparking allegations from the Opposition that his arrest by the local police was to protect him from questioning by Central agencies. The Birbhum district police never charged him in the case, however, and he walked out of jail. The trial is currently underway in the local court.

Assam flood remains grim, heavy rain also likely in

► Continued from page 1

Multiple agencies, including medical and veterinary teams, are also continuing their in rescue and relief operations in the affected areas. A crop area of 21,523.08 hectares remained submerged. More than 11,000 animals have been washed away, while another 17,000 have been affected. Damage to various infrastructure, including embankments, houses, roads, schools and other public property, were also reported from various parts of the state, the ASDMA bulletin added.

However, the IMD has predicted heavy to very heavy rainfall along with thunderstorms from July 30 to August 1 at isolated places across Assam and parts of Arunachal Pradesh, which may affect the south and central Assam districts of Tinsukia, Dhemaji and Lakhimpur.

The ASDMA urged people of these districts to take all necessary precautions and remain vigilant, and said the status of the situation would be updated on its official website and on all its social media handles from time to time for general awareness. Meanwhile, the coastal state of Odisha also remained on high alert on Thursday as the flood situation continued to remain grim in four northern districts, as rising water levels in the Mahanadi river triggered fears of a "medium" flood in the downstream areas, officials said. Revenue and Disaster Management Minister Suresh Pujari said that although water levels in some rivers in north Odisha were receding, they continued to flow above the danger mark and fresh areas were inundated overnight.



Bangiy Hindu Jagaran Mancha Dakshinbanga organised a rally, followed by a brief meeting, to protest against the alleged unruly activities of the CJP and other alleged anti-national conspirators. The rally commenced at Sealdah and concluded at Rani Rashmoni Avenue in Kolkata on Thursday. pic Prabir Bhattacharya

West Bengal to Revamp School Curriculum Ahead of NEP Rollout, Says Education Minister

MI News Service, Kolkata:

The West Bengal government has announced a comprehensive overhaul of the state's school curriculum, with revised textbooks and syllabi set to be introduced in phases beginning in 2027, ahead of the implementation of the National Education Policy (NEP) in 2028. School Education Minister Deepak Barman on Thursday said the curriculum from Class I onwards would undergo major changes to make it more relevant to present-day educational needs. Addressing a press conference, the minister said a state-appointed curriculum review

committee has already begun the process of revising the existing syllabus.

According to the minister, the committee has been tasked with reviewing the current curriculum and recommending changes that align with modern educational requirements. Based on its recommendations, revised textbooks will be introduced for the academic session beginning in 2027.

Barman said the larger restructuring of the curriculum will take place in 2028, when the state implements the National Education Policy. From that academic year, students from the primary level



onwards will study under a completely revised syllabus designed in accordance with the NEP framework. "The syllabus will be redesigned to meet the needs of today's students. Review committees are constituted from time to time,

and this committee has been formed with the same objective. Its first task is to review the textbooks that will be published for 2027. From 2028, the curriculum will be prepared in line with the National Education Policy. The

syllabus will be framed based on the recommendations submitted by the committee," the minister said.

He added that the committee is working on a long-term roadmap to ensure that the revised curriculum remains relevant and effective for future generations of students. The announcement comes as the state government continues to introduce a series of changes in the school education system. Earlier, it decided to remove the 'Biswa Bangla' logo from school uniforms as part of a broader policy shift. The government has also announced changes to school uniforms

by restoring greater flexibility in colour selection. Instead of following the previously prescribed blue uniform, individual schools will now be allowed to choose colours that reflect their own identity and tradition. Officials said the curriculum revision aims to modernise school education while ensuring a smoother transition to the National Education Policy. The review committee's recommendations are expected to shape not only new textbooks but also the overall learning framework for students across government schools in West Bengal in the coming years.

Bikash Bhavan Gets Saffron-White Makeover as Bengal Announces Key Edu Reforms

MI News Service, Kolkata:

The West Bengal government has initiated a series of changes in the state's education sector, including a new colour scheme for Bikash Bhavan, the headquarters of the School Education Department. The building, previously painted in the state's signature blue-and-white colours, will now feature a saffron-and-white exterior. Authorities have already removed the blue letter-

ing from the nameplate, and a new saffron-coloured signboard is being prepared. The changes come alongside major education reforms announced by School Education Minister Deepak Barman on Thursday.

The minister confirmed that the 'Biswa Bangla' logo will be removed from school uniforms, while schools will also be allowed greater flexibility in choosing uniform colours. He further

announced a comprehensive revision of the school curriculum. Students will receive updated textbooks under a revised syllabus from the 2027 academic session. A more extensive curriculum overhaul will take effect from 2028, when the state implements the National Education Policy (NEP). Beginning with Class I, textbooks and syllabi will be redesigned in line with the new policy framework.



Government of West Bengal Signs MoU with National Institute of Open Schooling (NIOS) to Strengthen Educational Opportunities for Out-of-School Children, at Bikash Bhavan.

Man Posing as Kolkata Police Officer Loots Cigarettes Worth 84,645 from Trader in Bansdrani

MI News Service, Kolkata:

A cigarette trader was allegedly robbed of cigarette cartons worth 84,645 by a man posing as a Kolkata Police detective officer in South Kolkata's Bansdrani area. The victim has lodged a formal complaint at Bansdrani Police Station, following which an investigation has been launched.



According to police, the trader supplies cigarettes to various locations and travels on a bicycle carrying cartons of several leading cigarette brands on the rear carrier. On the day of the incident, he was on his routine delivery route when an unidentified man intercepted him on a road in Bansdrani. The accused allegedly introduced himself as an officer attached to the Detective Department at Lalbazar and demanded to inspect documents related to the purchase of the cigarettes. The trader re-

portedly became suspicious and questioned the man's identity. In response, the impersonator allegedly threatened and assaulted him. The accused then instructed the trader to visit his wholesaler and obtain an official stamp on the purchase invoice. To make the deception appear genuine, he even arranged a rickshaw for the trader and assured him that he would remain at the spot to guard both the bicycle and the cigarette cartons until he returned. Fearing further intimidation, the trader complied and went to the wholesaler to get the required stamp on the bill. However, when he returned, he found his bicycle still parked at the location but discovered that the cartons of cigarettes, valued at 84,645, had disappeared. The man claiming to be a police officer had also fled from the scene.

Motorcyclist Killed After Being Crushed Between Two Buses Near Behala Chowrasta

MI News Service, Kolkata:

A motorcyclist was killed in a tragic road accident after being crushed between two buses near Shimultala, close to Behala Chowrasta, on Thursday morning. Police said the victim's identity has not yet been established. The accident occurred around 10 a.m. in one of south Kolkata's busiest stretches during peak office hours. According to eyewitnesses, two buses were allegedly attempting to overtake each other when the fatal collision took place. Police said a bus travelling from Diamond Harbour suddenly applied brakes, prompting the motorcyclist riding behind it to stop. However, the second bus, following closely behind, reportedly failed to slow down in time and rammed into the two-wheeler. The impact trapped the rider between the two buses, crushing both him and the scooter. The vehicle was badly mangled, and the road was stained with blood following the collision. As a police kiosk was located nearby, officers rushed to the scene and shifted the injured rider to Vidyasagar Hospital, where doctors declared him dead.

CM holds his 8th weekly public outreach

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The woman alleged that although the MLA was not present at the scene herself, she had two of her associates carry out the act. However, MLA Sharbari Mukherjee flatly dismissed the allegation and said on the other hand "The complainant illegally occupied the shop as a sub-tenant for a long time". When the original shop owner sought her help, party workers mediated and asked her to vacate the premises. "No forceful takeover took place," she added. "The BJP has come to power in the state to deliver justice to the people, not to condone land grabbing. I have full faith in the Chief Minister; if he asks, I will present all the facts and evidence," she said. Another woman from Punjab raised serious allegations against former Trinamool Congress MLA from Rashbehari, Debashis Kumar, accusing him of misappropriating four kathas of land. Notably, Debashis Kumar recently left the Kalighat Trinamool faction to join the Ritabrata faction of the TMC. Chief Minister Suwendu assured that all complaints would be investigated and appropriate action taken. Employees working in the Panchayat Department from different parts of the state also attended the programme, demanding regularisation of their services. They alleged that despite repeated assurances during the previous regime, their employment status remained unchanged. The employees claimed they were repeatedly denied permanent appointments and urged the present government to address their long-pending demands. The Janatar Darbar programme continues to serve as a platform where citizens directly present their grievances before the Chief Minister. Officials are expected to examine the complaints received and take appropriate action in accordance with existing government procedures. The initiative has drawn participants from various districts, reflecting a wide spectrum of public concerns ranging from healthcare and employment to law and order and administrative issues.

Curfew imposed in Nepal's Madhesh province amid

► Continued from page 1

by the District Administrative Office, Siraha. In Sunsari district, one person was killed and more than a dozen people, including security personnel, were injured when police opened fire to disperse clashing groups after a dispute during celebrations by two religious communities in the Kaptanganj area on Sunday. Assistant Chief District Officer Poshan Lamichhane said on Thursday that the security situation in Sunsari district was gradually improving. The district administration has extended the curfew to ten areas, including the East-West Highway, and it will remain in force until further notice. Under the curfew, movement of people, gatherings, demonstrations, public meetings and sit-ins have been prohibited. Security has also been stepped up in various sensitive areas and government offices. Several lawmakers, including Basna Thapa of Nepali Congress and Oren Rai of Shram Sanskriti Party, raised the issue of growing tension in the southern Nepal districts, including Sunsari, in Parliament on Thursday. Sunsari, in southeastern Nepal along the border with Bihar, is a key transit and commercial corridor between the two countries, and the authorities have tightened curbs as they try to contain the situation.

Samik Bhattacharya suggests setting up of a

► Continued from page 1

To strengthen West Bengal's bid, he recommended the formation of an inter-departmental task force involving the Industries Department and the West Bengal Industrial Development Corporation (WBIDC), preparation of all land ownership and readiness documents, allocation of the state's financial share in the next budget, and close co-ordination with the union Ministry of Chemicals and Petrochemicals. The Rajya Sabha MP also wrote that he was prepared to extend all possible assistance in co-ordinating with the Centre to ensure West Bengal's successful participation in the scheme. Copies of the letter have also been sent to State Finance Minister Swapan Dasgupta, Industries Minister Tapas Roy and the state's Industries Secretary.

Kolkata Police Introduces 'Durga Suraksha Squad' with New Uniforms and Helmets

MI News Service, Kolkata: In a major initiative aimed at strengthening women's safety across the city, Kolkata Police has rebranded its all-women scooter patrol unit, formerly known as 'Winners', as the 'Durga Suraksha Squad'. Along with the new identity, the squad will receive specially designed uniforms and helmets inspired by the symbolism of Goddess Durga.

The redesigned attire features a striking combination of pink and orange, colours chosen to represent compassion and strength. Female police officers and personnel attached to the squad will wear specially designed waistcoats or aprons over their regular police uniforms while on duty. The garments will have pink



front and back panels with orange collars and side sections, orange buttons, and multiple pockets for convenience. A distinctive feature of the uniform is the image of Goddess Durga's face, prominently displayed on both the front and back. The design also incorporates a trident emerging from the goddess's three eyes, symbolising courage and the power to combat crimes against

women. Beneath the emblem, the words "Durga Suraksha Squad" will be printed in bold English lettering. According to Lalbazar officials, the colours were carefully selected to reflect the squad's mission. Pink signifies empathy and care towards women in distress, while orange represents the determination and strength required to act decisively against offenders.

Name Change
Kasem Ali Sardar And Md Kasim Ali
Sardar (Old Names), Son Of Late Nur
Islam Sardar, Resident Of Vill C
Ababakati, P.O.- Amrutha, Ps -Swarpur-
Garguaj, Dist - North 24 Parganas, Pin
4342372. West Bengal. Do Herby
I declare That I Have Changed My
Name From Kasem Ali Sardar And
Md Kasim Ali Sardar (Old Names) To
Kasem Sardar (New Name) And
Kasemfardh I Shall Be Known As
Kasem Sardar (New Name) In All
Matters Before The Court And
before The Notary Public At Kolkata
on 30/07/2026. Kasem Sardar (New
Name) And Kasem Ali Sardar And Md
Kasim Ali Sardar (Old Names) All Are
One And One Identical Person.

Assam flood death toll rises to 78

MI News Service, Guwahati: The flood situation in Assam remained critical on Thursday despite receding water levels in several parts of the state, with the death toll climbing to 78 and more than three lakh people still affected. Fresh concerns have emerged after the India Meteorological Department (IMD) forecast heavy to very heavy rainfall in Assam, Arunachal Pradesh and Nagaland over the next three days.

The IMD warned of heavy to very heavy rainfall accompanied by thunderstorms at isolated places from July 30 to August 1 across Assam and parts of Arunachal Pradesh, with possible impact on the Assam districts of Tinsukia, Dhemaji and Lakhimpur.

While the overall flood situation showed signs of improvement in parts of Upper Assam, authorities cautioned that fresh rainfall could hamper relief and restoration efforts.

"There was no rain in most of the flood-hit Upper Assam districts. So, water level continued to recede from the inundated villages, giving some respite to villagers," an official of the Assam State Disaster Management Authority (ASDMA) said.

According to the ASDMA's daily flood bulletin issued on Wednesday night, three more people lost their lives in the last 24 hours—two in Sivasagar district and one in Golaghat—taking this year's flood death toll to 78.

A total of 3,00,031 people continue to be affected by the floods, with Charaideo remaining the worst-hit district, where 1,37,561 people have been impacted. Sivasagar has reported 84,600 affected residents, followed by Jorhat with 49,911.

More than 16,500 displaced people are currently staying in 71 relief camps, while another 30 relief distribution centres are providing assistance to over 72,000 people.

On Wednesday, Union Home Minister Amit Shah spoke with Assam Chief Minister Himanta Biswa Sarma to review the flood situation. It was Shah's second call to the chief minister in seven days, during which he assured all possible support from the Centre for relief and restoration efforts.



OVER 78 DEAD, ASSAM BATTLES DEVASTATING FLOODS

Sarma said that although floodwaters have receded in many areas, numerous residents are still unable to return home because their houses have either been damaged or are filled with mud and silt.

Rescue and relief operations by multiple agencies, including medical and veterinary teams, are continuing in the affected districts.

The floods have also submerged 21,523.08 hectares of crop area. More than 11,000 animals have been washed away, while another 17,000 have been affected.

The ASDMA also reported widespread damage to embankments, houses, roads, schools and other public infrastructure across the state.

In view of the fresh rainfall forecast, the disaster management authority has urged residents in vulnerable districts to remain alert, take necessary precautions and follow updates issued through its official website and social media platforms.

Nearly 13,000 households in flood-affected areas of Assam still do not have any electricity connection, almost 11 days after several districts were ravaged by an unprecedented mud-filled deluge.

Chief minister Himanta Biswa Sarma said that the administration is continuously evaluating the flood situation in Upper Assam and accordingly taking decisions to restore power connections in the households.

"Consumers without electricity have declined by a further 30 per cent. As water levels recede, we are continuously assessing safety conditions and will restore more transformers to the grid wherever it is safe to do so," he said in a post on X.

The flood impact and power supply status report for Sivasagar electrical circle, prepared by Assam Power Distribution Company Ltd (APDCL) and shared by Sarma, showed that a total of 12,756 consumers are still affected or without electricity.

The affected areas are Gaurisagar, Sivasagar, Nazira, Amguri and Demow, it added.

On July 24, Sarma had said that around 40,000 households did not have electricity supply although power had been restored to 75 per cent connections.

CJP's have used AI to counter crowd-control: DELHI POLICE

MI News Service, New Delhi: Investigation into the July 20 clashes during the "Chalo Sansad" protest organised by the CJP has revealed that some protesters may have used AI tools to learn methods of countering police crowd-control measures, including use of wet jute bags to minimise effects of tear gas, police sources said on Thursday.

According to the source, the ongoing investigation has indicated that some participants may have searched artificial intelligence (AI) platforms for information on mitigating the impact of tear gas, and preparing for confrontations with security personnel.

"The investigation is being carried out through multiple methods. We have reasons to believe that some protesters used AI tools or other generative AI platforms to search for ways to immediately reduce the effects of tear gas, including use of wet jute bags, and to prepare themselves with hard hats, masks and goggles," the source told.

He said police are in the process of collecting evidence, which is a time taking process.

Police are also probing the alleged distribution of hard hats, face masks and protective goggles among protesters before and during the demonstration, with the source claiming these items may have been intended to help participants withstand police action during the violence.

The source said investigation is underway and police teams were collecting digital and other evidence to substantiate the findings.

Police have not disclosed names of any AI platforms allegedly accessed, nor have they said whether any digital devices have been forensically examined to establish such searches.



The July 20 protest witnessed clashes between protesters and security personnel at multiple locations, including Parliament Street, Connaught Place and Jantar Mantar in the New Delhi district after demonstrators allegedly attempted to breach police barricades.

According to the police, several incidents of stone-pelting were reported during the violence, forcing security personnel to resort to repeated use of lathi-charge, tear gas, and even pellet guns to disperse the crowd.

Police alleged that more than 200 police personnel sustained injuries in the clashes, while over 65 protesters were injured. More than 15 vehicles, including police vehicles, were damaged during the violence.

The source said investigators have identified more than 2,800 people with previous criminal records who were present during the protest. Their role and level of involvement are being examined as part of the broader investigation into the violence.

Police said multiple teams were analysing video footage, social media content, electronic evidence and other material collected during the investigation to establish the sequence of events and identify those allegedly involved in planning or participating in acts of violence.

Police said they are investigating the entire matter from multiple angles.

NOTICE INVITING TENDER
Ref No: DJIMPLADS/ET/2026/01, Date of Issue: 31/07/2026. Tenders are hereby invited from eligible and bona fide contractors/vendors for the supply and purchase of one "Computerized Eye Testing Machine" for underprivileged people at Ramesh dutta street Diba Jyoti, located at 1/H/35, Ramesh Dutta Street, Kolkata- 700006, under the "MPLADS" scheme. Detailed tender documents and specifications can be obtained from the office. Date of Publication: 31st July 2026, Last Date & Time of Submission: 7th August 2026 up to 5:00 PM; Issued By: The President, Ramesh Dutta Street Diba Jyoti, 1/H/35, Ramesh Dutta Street, Kolkata - 700006. Mobile: +91 9748952549

SPECIAL ARRANGEMENTS IN TRAIN RUNNING DURING SHRAVANI MELA AT TARAKESWAR
CORRIGENDUM
In reference to the above captioned Advertisement published earlier regarding Special Arrangements in train running during Shravan Mela at Tarakeswar, it is to be stated that all **Howrah-Tarakeswar UP EMU Special trains will provide stoppage only at Bally and Sheoraphuli stations** during their run from Howrah to Tarakeswar & all **Sheoraphuli-Tarakeswar UP EMU Special trains will run upto Tarakeswar without providing any stoppage enroute**. In Down direction, these special trains will provide stoppages at all stations enroute. All other instructions will remain same. Passengers are requested to follow the announcement of stations.
Divisional Railway Manager, Howrah
EASTERN RAILWAY
Follow us at: @EasternRailway @easternrailwayheadquarter

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ICICI Bank
Branch Office: ICICI Bank Ltd., BP-4, Technopolis Building, 4th Floor, Sector V, Salt Lake City, Kolkata West Bengal - 700091
CIN No: L65190G1J994PLC021012, www.icicibank.com
The Authorised ICICI Bank Officer under the Securitisation, Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13(12) read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued Demand Notices to the borrower(s) mentioned below, to repay the amount mentioned in the Notice within 60 days from the date of receipt of the said Notice.
Having failed to repay the amount, the Notice is issued to the borrower and the public in general that the undersigned has taken symbolic possession of the property described below, by exercising powers conferred on him/her under Section 13(4) of the said Act read with Rule 8 of the said rules on the below-mentioned dates. The borrower in particular and the public in general are hereby cautioned not to deal with the property. Any dealings with the property will be subject to charges of ICICI Bank Limited.
Sr. No. Name of the Borrower(s) / Loan Account Number Description of Property/ Date of Symbolic Possession Date of Demand Notice/ Amount in Demand Notice (Rs) Name of Branch
1. Borrower M/s. Amir Hossain & (Co Applicant) Sadeka Bibi & Amir Hossain & (Mortgagor) Amir Hossain/ Represented By Proprietor Amir Hossain Sherpur, Purbopara, Margram Dokhalbati, Rampurhat West Bengal Birbhum- 731224/ 463505500199 Dag No. 695, Khatian No. 436, Mouza Serpur, P.O. 144, B.L. & L.R.O. Rampurhat, District Birbhum, West Bengal, Owned By Amir Hossain, (Admeasuring an area of 4 Decimals/ Date of Symbolic: 27/07/2026 02/04/2026 & Rs. 17,02,974.05/- Birbhum

BLUE out, SAFFRON in; hockey teams change jerseys



MI News Service, New Delhi: The Indian men's and women's hockey teams will be wearing saffron jerseys instead of blue ones at next month's FIH World Cup in the Netherlands and Belgium, Hockey India said. The World Cup will run from August 15 to 30.

Former hockey captain Viren Rasquinha questioned Hockey India's decision saying the team's identity and legacy have always been associated with the colour blue.

Unveiling the new jersey on its social media pages, Hockey India said the design and colour of the jersey is meant to "tell a story" and carry "India's pride". HI said saffron symbolises courage, sacrifice and victory.

"Inspired by the Indian national flag and the rising sun, it reflects new beginnings," the body stated.

The jersey also has 'Mandala' inspired patterns which celebrate India's cultural heritage. Hockey India said that the deep navy blue accents are inspired by the Ashoka Chakra, which symbolises progress, peace and focus.

HI said the chest graphic is a modern interpretation of the Sudarshan Chakra, symbolising "strength, unity, and momentum."

There is also a tricolour piping along the shoulders and sides, which "reinforces national pride."

"INDIA" is written on the front of the jersey in stylised 'Devanagari' script to "celebrate linguistic and cultural diversity."

"New jersey design embodies the spirit of 'Ek Bharat, Shreshtha Bharat', One India, Supreme India," HI said in the jersey launch video.

Besides saffron, the Indian teams will also have white focus.

sees in their kits featuring the same new design.

The move to change the colour of the main jersey from blue to saffron was questioned by the Congress MP Priyanka Gandhi.

Priyanka Gandhi said the country's identity was rooted in non-violence, truth and brotherhood, and that these values could not be taken away.

"Whether they change uniforms or try to rewrite history through education policy, no matter what they do. You have seen what the youth of our country think about this. You heard what the young people gathered at Jantar Mantar were saying. This is the voice of the nation," the Congress MP said.

"The struggle for this country's independence was founded on non-violence and truth; the RSS played no part in it. The entire nation knows the reality, and those who didn't are now realising what their true intentions are," the Congress MP added. She said the Congress had led the freedom movement under the guidance of Mahatma Gandhi and asserted that the country's core values could not be altered.

"The Congress party led that movement under the guidance of Mahatma Gandhi, and the very soul of this country is rooted in non-violence, truth, and brotherhood. No one can take that away—not the RSS, nor anyone else," Priyanka Gandhi said.

SACRILEGE LAW: Akal Takht rejects Punjab govt's reply

MI News Service, Chandigarh: With the 2027 Punjab Assembly elections less than six months away, the Aam Aadmi Party (AAP)-led Punjab government and the Sikh clergy appear to be on a collision course, setting the stage for a possible showdown.

Terming the government's response to objections over the proposed amendments to the "controversial clauses" in the Jaagat Jot Sri Guru Granth Sahib Satkar (Amendment) Act, 2026 as "unsatisfactory", the Akal Takht, the highest temporal seat of the Sikhs, has rejected it and on Wednesday announced the formation of a five-member committee to engage with the government on the issue.

Following objections raised by the Akal Takht, the state government's Home Affairs Department on Tuesday submitted a 26-page official response addressing 12 objections and observations raised by the Takht on the Act. The response was handed over to the Akal Takht Secretariat through AAP MLA and Chief Khalsa Diwan president Inderbir Singh Nijjar, Amritsar Deputy Commissioner Dalwinderjit Singh and SDM Gurmandar Singh.

However, officiating Jathedar Giani Kuldeep Singh Gargaj said on Wednesday that the government had failed to honour the commitment made by Sikh MLAs before the Akal Takht on June 29, as the response did not reflect the consensus reached when Sikh MLAs and Cabinet ministers appeared before the Takht and assured that the proposed amendments would be incorporated. "The response of the government is not satisfactory and cannot be accepted. It has also failed to establish timely coordination with the Akal Takht before submitting its reply," he said.

has also failed to establish timely coordination with the Akal Takht before submitting its reply," he said.

NOTICE
It is hereby notified to all that my client Sri Kaustav Chaudhary, S/o. Late Krishna Prasad Chaudhary, of 14/A, Dharmatala Bye Lane, Chattr, P.S. Serampore, District Hooghly, Pin-712204, (W.B.) has lost the original title deed being No. 1147/1986 lying in the name of Client's father Krishna Prasad Chaudhary for which my client has lodged before Serampore P.S. vide G.D.E. No. 363 dated 06/10/2025 and also sworn affidavit before 1st Class Judicial Magistrate at Serampore, if any one founded the same please contact with undersigned immediately preferably within 15 days from the date of publication of this notice.

SCHEDULE PROPERTY
ALL THAT part and parcel of all the message hereditament with DAKHALKAR rights measuring 2 (two) Kattas 00 (zero) Chittak BAGAN property with existing coconut tree and other tree and fruits surrounded by boundary walls situated with old day no. 6228 at present dag no. 6933 old khatian no. 1628 at thereafter khatian no. 144, 168, 205/1, 660, 114, 1330, 1443, 1512, 1769 and 1928 at present L.R. khatian no. 16095, 16096, and 16097 at mouza - Chattr, J.L. no. 10, R.S. no. 953, P.S. Serampore, in the district of Hooghly, the property is situated within holding no. old 14 new 14/A Dharmatala bye lane under Serampore Municipality.

Subhajit De Sarkar
Advocate
Serampore Court
Mob.: 9830305314

বিজ্ঞপ্তি
আমার মক্কেল জয়াতুল মিদে পিতা-আমজেন্দে আমি মিদে, সাং-হাতিশালা, থানা-কে এলসি, কোল-১৩৫ বিপদ ২০২৩ সালে ADSR BHANGOR রেজিস্ট্রিকৃত ৬৮৮২ নং দলিলমূলে হাতিশালা মৌজায়, জে এল ১, এল ১০২ নং দাগে, এল আরা ১৬৭৭, ১৬৬৯, ১৬৭০, ১৬৭১ নং খতিয়ানে ২ শতক ৬৭ শতাংশ জমি কয়েম সাপুই, আমির আলি সাপুই, ইউসুফ আলি সাপুই, আজিফা বিবি তরফদার মহাশয়গন ও মহাশয়গর পক্ষে নিযুক্ত আমমোক্তার মোর সালিম মিদে মহাশয়ের নিকট হইতে খরিদ করিয়া BLRO তে রেকর্ড ভুক্ত করার জন্য MN/2026/1603/9601 কেসে আবেদন করেছেন কাহারো আপত্তি থাকিলে তাঙ্গর ২ BLRO তে যোগাযোগ করুন।
প্রবীর কুমার রায়
এল.এন.বি, আডভোকেট
আলিপুর ক্রিমিনাল কোর্ট

NOTICE
Notice is hereby given to all the concerned person that the two original Deed of Sale Nos. 03056 for the year 1997 & 160502472 for the year 2005, both registered in the office of A.D.S.R. Alipore under Premises no. 61/3, Prince Golam Hossain Shah Road under Ward no. 095 had been lost from the custody of Krishnendu Bhattacharjee and a G.D.E. No. 2176 has also been lodged against such loss of the Said Deeds of Sale in the local P.S. at Jadavpur on 24.07.2026.
If any person/s having any right, interest & claim against the said property as mentioned above, he/ she/they may lodge such claim to the undersigned within 07 days from the date of this publication else thereafter the same shall be treated as non-claimable and no further claim against the property shall be entertained.
S.D. Talukdar,
Advocate,
M: 7980435957

বিজ্ঞপ্তি
আমার মক্কেলদাদা ১) সীরা সাউ, খামী- অনিল কুমার সাউ, ২) দিলিপ কুমার সাউ, পিতা- অনিল কুমার সাউ, ৩) বিজয় কুমার সাউ, পিতা- অনিল কুমার সাউ, ২০২৬ সালে A.D.S.R. ডোমবুড় হাওড়া অফিসে রেজিস্ট্রিকৃত ১০৫০নং দলিল দ্বারা ডোমবুড় হাওড়া (আমমোক্তার (বাবু নন্দন) দলিল দ্বারা মৌজা- পল্লিগিয়া (৫৫), হালা - ৪৯২নং খতিয়ানে, সাবকে ও হাল- ৫৯, ৬০নং দাগে ৫.৬৬ শতক সম্পত্তি ক্রয় করিয়া নাম পরিবর্তনে আবেদন করেন। উক্ত বিষয়ে কাছাগও কোন আপত্তি থাকিলে বিজ্ঞপ্তি প্রকাশের ১ মাসের মধ্যে ডোমবুড় B.L.&L.R.O., অফিসে যোগাযোগ করুন।
সুদিত কুমার চক্রবর্তী, আডভোকেট

NOTICE
The undersigned being the Authorised Officer of ICICI Bank Limited under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13(12) R/w Rule 3 of the Security Interest (Enforcement) Rules 2002, issued demand notices upon the borrowers mentioned below, (on the underlying pool assigned to ICICI Bank by Dewan Housing Finance Ltd.) in relation to the enforcement of security with respect to a Housing Loan facility granted, pursuant to a loan agreement entered into between DHFL and the borrower, to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice.
As the borrower failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken symbolic possession of the property described herein below in the exercise of powers conferred on him/her under Section 13(4) of the said Act read with Rule 8 of the said rules on the below-mentioned dates. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of ICICI Bank Limited.
Sr. No. Name of the Borrower(s) / Loan Account Number Description of Property/ Date of Physical Possession Date of Demand Notice/ Amount in Demand Notice (Rs) Name of Branch
1. Gargi Das/ Arun Kumar Das/ K G R S Road Sonar Garg Pally Bhadreswar West Bengal Hooghly- 712221/ LBSGU00003042589 Flat No. B-1, 1st Floor, Durga Apartment, Municipal Holding No 114, Tarakeswar Pally, R.S. Dag No. 3271, R.S. Khatian No. 1314, L.R. Dag No. 4895, L.R. Khatian No. 5434, Mouza & P.S. Bhadreswar, J.I. No. 12, Mohalla-Tarkeswar, Ward No. 14, Champanday Municipality, Dist-Hooghly, West Bengal, Admeasuring An Area of 890 Sft. Super Built Up Area, Cover Area 712 Sft. More or Less. North: Property of Sachindrapada Chakraborty, South: Tarakeswar Pally Road, East: Kgs Path, West: Property of Bela Roy/ Date of Physical: 28/07/2026 August 04, 2022 Rs. 17,58,801.00/- Hooghly

SYMBOLIC POSSESSION NOTICE
ICICI Bank
Branch Office: ICICI Bank Ltd., BP-4, Technopolis Building, 4th Floor, Sector V, Salt Lake City, Kolkata West Bengal- 700091
CIN No: L65190G1J994PLC021012, www.icicibank.com
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Sr. No. Name of the Borrower(s) / Loan Account Number Description of Property/ Date of Symbolic Possession Date of Demand Notice/ Amount in Demand Notice (Rs) Name of Branch
1. Mohan Sahani/ Sarawat Sahani/ D-128, Shastri Nagar, Trenching Ground Road, Garden Reach, P.S. Metiabruz, Near Hindi Nagarick P. Vidhyalay, District South 24 Parganas, West Bengal Kolkata- 700024/ 270000011196/ QZBBY00005003823. R.S. And L.R. Dag No. 765, R.S. Khatian No. 443, L.R. Khatian No. 945 And 4641, J.L. No. 04, R.S. No. 374, Touzi No. 3004, Mouza Ramdashoti, Pargana Magura, P.S. Rabindranagar, Ward No. 01, Maheshole Municipality, A.D.S.R.O. Behala, District South 24 Parganas, West Bengal Admeasuring An Area of 1 Katha 14 Chittaks Including All Rights of Egress And Ingress Over The Common Passage And Easement Rights Over Together With All Right, Title And Interest And Possession of The Vendor Over The Said, Property. North: Rest of Dag No. 765 South: Land of Bivash Kumar Roy, East: Rest Land of Dag No. 765, West: 6' Ft. Wide Common Passage/ Date of Symbolic Possession:- 28/07/2026 February 27, 2026 Rs. 9,60,248.50/- Kolkata

NOTICE
The undersigned being the Authorised Officer of ICICI Bank Limited under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13(12) R/w Rule 3 of the Security Interest (Enforcement) Rules 2002, issued demand notices upon the borrowers mentioned below, (on the underlying pool assigned to ICICI Bank by Dewan Housing Finance Ltd.) in relation to the enforcement of security with respect to a Housing Loan facility granted, pursuant to a loan agreement entered into between DHFL and the borrower, to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice.
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What happens to the body when you drink coconut water ?

Coconut water is never out of trend despite various attractive aromatic and nutritious drinks in the market. It has been consumed for centuries in tropical regions around the world.

Coconut water is a miraculous drink, which can be beneficial for our body in multiple ways. In Ayurveda, coconut water is believed to help in bodily processes such as digestion and urination. It helps provide an instant boost of energy and is also considered to be a diuretic.

Health Benefits Of Coconut Water

In this blog, we will discuss in detail the suggested health advantages of this nutrition-packed drink and any possible side effects.

Coconut Water Nutritional Facts

Coconut water is a clear liquid present on the inside of green Coconuts. About 95% of this is water and the rest is packed with essential nutrients1.

An average green coconut provides about 0.5? -1 cup? of Coconut water.

Coconut water is rich in various minerals and electrolytes like potassium, calcium, iron, manganese as well as antioxidants and amino acids.

Coconut water is the best source of potassium and contains from 237.41 to 361.20/mg/100?mL of potassium2.

It is low in calories, carbohydrates, and sugar, unlike other juices.

Health Benefits of Coconut Water

1. Energy Booster



► In this blog, we will discuss in detail the suggested health advantages of this nutrition-packed drink and any possible side effects.

► Coconut water is a clear liquid present on the inside of green Coconuts. About 95% of this is water and the rest is packed with essential nutrients1.

Coconut water is a great beverage to drink during and after a workout. It is rich in minerals, electrolytes, and antioxidants that can help to boost your energy level instantly1. It may help athletes to refuel their energy stores and recover faster. Drinking coconut water during exercise may help prevent fatigue and dehydration. Coconut water is a natural alternative to any sports drink. It contains more potassium and electrolytes, less sodium, and fewer carbohydrates than many sports drinks.

2. Best Alternatives for Sugary Juices

Coconut water is mildly sweet and has a nutty

flavour. It is low in calories, sugar, and carbohydrate's, unlike other sugary juices and sodas. This makes it a better choice for diabetics or individuals looking to reduce their consumption of added sugar. But remember, it still has calories and should be consumed in moderation.

3. Helps to Lose Weight

Fresh Coconut water may be beneficial? In weight management. It is lower in calories than other beverages like soda or juices, that can help support weight loss. 100ml of Coconut water contains only 19 calories1. So, completely swapping artificial sugary drinks for coconut water could not only boost

hydration but may also help in managing weight.

4. May Benefit to Manage Diabetes

Research3 shows that Coconut water may help to manage blood sugar levels and improve diabetes symptoms. It is a good source of manganese, which may increase insulin sensitivity and reduce blood sugar levels. But do make it a point to consult your doctor before adding coconut water to your routine diet.?

5. May Be Beneficial for Heart Health

Drinking Coconut water may be beneficial to prevent heart diseases. It may help manage cholesterol levels in

the blood and maintain good heart health. Coconut water may help increase good cholesterol (high-density lipoprotein) levels, which decreases the risk of various heart diseases4.

6. May Help to Reduce High Blood Pressure

Being high in potassium, Coconut water may help to manage blood pressure. Research suggests that potassium-rich diets can help support heart health by managing blood pressure and regulating the heart rate.

7. Help Relieve Digestive Issues

Coconut water is rich in manganese that can help to regulate your bowel move-

ments. It may prevent gaseous distension of the abdomen, constipation and acidity. Consuming coconut water regularly can potentially help alleviate digestive discomfort by its effect on gut microbiota and anti-inflammatory properties.

8. May Help to Detox the Body

Coconut water is versatile due to the presence of minerals, electrolytes and antioxidants. Coconut water is traditionally believed to help detoxify your body by providing hydration and antioxidants. Among other health benefits of coconut water, it may also contribute to healthier-looking skin. Coconut water contains vitamin C, and antioxidant properties, and may naturally stimulate collagen synthesis.

9. May Help to Prevent Kidney Stones

When you have a kidney stone, your doctor will advise you to drink a lot of water. Although plain water works wonderfully, coconut water can add to the benefits. Coconut water may help to prevent kidney stone formation when taken in moderate amounts. Among other health benefits, it is also suggested that coconut water may be able to flush out the chlorine and citrate in the urine of healthy people.

10. May Prevent Urinary Tract Infection

Coconut water is known to be a diuretic (increase urine output). Hence, it may help to flush out toxins by way of urine. It makes you use the restroom/ bathroom more often and helps to keep urinary infections away ?

Long-term use of certain acid reflux drugs linked to increased risk of dementia: Study



WASHINGTON : According to new research published in the issue of Neurology, the medical journal of the American Academy of Neurology, people who take proton pump inhibitors for four and a half years or more may have a higher risk of dementia than people who do not take these medications. This study does not establish that acid reflux medications cause dementia; rather, it demonstrates a correlation.

Acid reflux is when stomach acid flows into the esophagus, usually after a meal or when lying down. People with acid reflux may experience heartburn and ulcers. People with frequent acid reflux may develop gastroesophageal reflux disease, or GERD, which can lead to cancer of the esophagus.

Proton pump inhibitors reduce stomach acid by targeting the enzymes in the stomach lining that produce that acid.

"Proton pump inhibitors are a useful tool to help control acid reflux, however long-term use has been linked in previous studies to a higher risk of stroke, bone fractures and chronic kidney disease," said study author Kamakshi Lakshminarayan, MBBS, PhD, of the University of Minnesota School of Public Health in Minneapolis, and a member of the American Academy of Neurology. "Still, some people take these drugs regularly, so we examined if they are linked to a higher risk of dementia. While we did not find a link with short-term use, we did find a higher risk of dementia associated with long-term use of these drugs."

The study included 5,712 people, age 45 and older, who did not have dementia at the start of the study. They had an average age of 75.

Researchers determined if participants took acid reflux drugs by reviewing their medications during study visits and during yearly phone calls. Of the participants, 1,490 people, or 26%, had taken the drugs. Participants were then divided into four groups based on whether they had taken the drugs and for how long, as follows: people who did not take the drugs; those who took the drugs for up to 2.8 years; those who took them for 2.8 to 4.4 years; and people who took them for more than 4.4 years.

Participants were then followed for a median duration of 5.5 years. During this time, 585 people, or 10%, developed dementia.

Of the 4,222 people who did not take the drugs, 415 people developed dementia, or 19 cases per 1,000 person-years. Person-years represent both the number of people in the study and the amount of time each person spends in the study. Of the 497 people who took the drugs for more than 4.4 years, 58 people developed dementia, or 24 cases per 1,000 person years.

After adjusting for factors such as age, sex and race, as well as health-related factors such as high blood pressure and diabetes, researchers found people who had been taking acid reflux drugs for more than 4.4 years had a 33% higher risk of developing dementia than people who never took the drugs.

Researchers did not find a higher risk of dementia for people who took the drugs for fewer than 4.4 years.

"More research is needed to confirm our findings and explore reasons for the possible link between long-term proton pump inhibitor use and a higher risk of dementia," said Lakshminarayan. "While there are various ways to treat acid reflux, such as taking antacids, maintaining a healthy weight, and avoiding late meals and certain foods, different approaches may not work for everyone. It is important that people taking these medications speak with their doctor before making any changes, to discuss the best treatment for them, and because stopping these drugs abruptly may result in worse symptoms."

A limitation of the study was that participants were asked once a year about medication use, so researchers estimated use between annual check-ins. If participants stopped and restarted acid reflux drugs in between check-ins, estimation of their use may have been inaccurate. The authors were also unable to assess if participants took over the counter acid reflux drugs.

Exercise apps a good prescription to improve healthcare workers' mental health: Research

WASHINGTON : According to new University of British Columbia research, simple home workouts using fitness apps can effectively lower depressed symptoms among healthcare professionals and could be a major asset in combating the sector's global mental health epidemic. The study, published today in JAMA Psychiatry, divided participants into either a waitlisted control group or an exercise group who were given free access to a suite of home exercise apps called DownDog, that included yoga, cardio and strength training. They were asked to aim for at least 80 minutes of moderate-intensity exercise per week over 12 weeks.

"The exercise group reported significantly lower levels of depressive symptoms compared to the control group as the study progressed," said first author Dr. Vincent Gosselin-Boucher, a postdoctoral fellow at UBC's school of kinesiology. "The majority of the participants in the study started very high on the scale for depressive symptoms compared to the general population so the changes were actually quite amazing to see." The positive effects were most pronounced among participants who completed an average of at least 80 minutes of exercise per week.

In addition to depressive symptoms, the researchers measured burnout symptoms and sick days over the two-week period prior to the beginning of their participation in the study, and every two weeks during the trial, while the exercise apps tracked participants' workouts.

Exercise improved two measured facets of burnout, namely cynicism and emotional exhaustion. The exercise group also reported fewer sick days than the control group.



Using physical activity to boost mental health

While previous research has shown that exercise can improve depressive symptoms, researchers said behavioural approaches such as exercise were missing in the mental health initiatives offered by healthcare institutions around the world to address covid-19's toll on their staff's mental health. "Our study provides the first evidence that working out at home using exercise apps, even with limited equipment, can significantly enhance the mental health of healthcare workers," said lead author Dr. Eli Puterman, an associate professor at

UBC's school of kinesiology and Canada Research Chair in Physical Activity and Health.

"The past three years have been incredibly difficult for healthcare workers. Offering accessible, easy ways to exercise could be a great tool for employers to support their staff's mental well-being, in addition to the institutional, provincial, and federal measures currently being undertaken to reduce healthcare workers' burnout, sick leave and resignations." The study was conducted in collaboration with Providence Health Care and recruited participants across acute and long-term care hospitals in Vancouver, B.C.

Most participants were women who worked as nurses. For study co-investigator Agnes Black, director of Health Services and Clinical Research and Knowledge Translation at Providence Health Care, the study offers a welcome, preventative approach to mental health care.

"We recognize the incredible stress healthcare workers have endured during the pandemic and amid ongoing staff shortages. This is a really innovative and low-cost way to have a positive impact by putting our money upstream, before people are in crisis, are burnt out and have to call in sick. It's a way to say, 'We want to make it super easy for you to fit exercise into your day so you can stay physically and mentally healthy as you continue your vital work.'"

Making working out a habit

The study found that a major challenge was getting participants to stick to the program: between week two and week 12, adherence to the recommended 80 minutes of exercise per week dropped to 23 per cent of participants, from 54 per cent. In the future, the researchers plan to explore whether providing motivational support such as fitness coaches can nurture the exercise habit. "We also hope to do longer-term trials to focus on the broader mental, physical and economic impacts of this type of intervention," said Dr. Puterman. He encourages healthcare institutions to think about other ways they can support healthcare workers to be more physically active, such as offering free gym memberships, walk breaks at work, or staff exercise rooms within hospitals.

Obesity connected to detection of blood cancer precursor: Study

WASHINGTON, [US] : According to a recent study, there is a higher likelihood of monoclonal gammopathy of unknown significance (MGUS), a benign blood disorder that frequently occurs before multiple myeloma, among obese individuals.

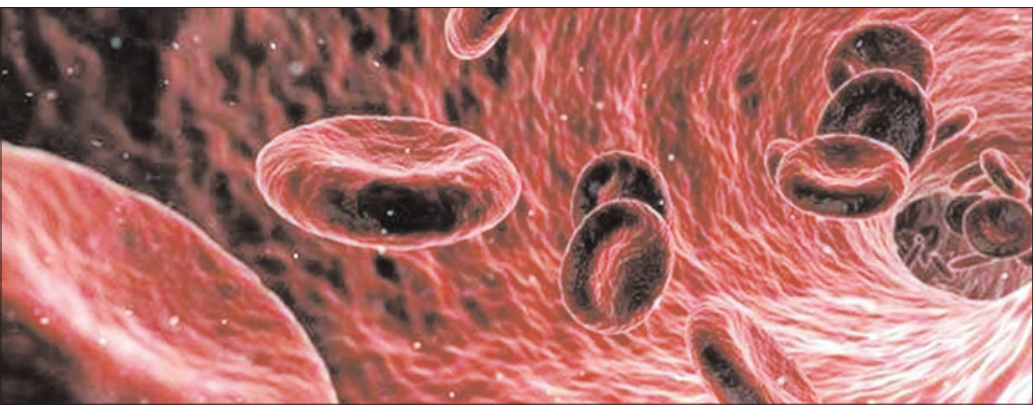
The findings of the study were published in Blood Advances.

Multiple myeloma is a blood cancer of the plasma cells, a type of white blood cells that produce antibodies to fight infection. MGUS, characterized by an abnormal protein produced by plasma cells, is a known precursor to multiple myeloma. Most people with MGUS exhibit no significant symptoms and are not immediately ill. Rather, the presence of MGUS serves as a warning to monitor for the potential development of more critical conditions, like multiple myeloma, that MGUS can turn into.

The Centers for Disease

Control and Prevention reported in 2020 that nearly 42% of the US population is classified as obese, defined by a body mass index (BMI) of 30 or higher. Yet, little research exists to suggest how obesity may impact cancer outcomes.

"While significant advancements have been made in therapeutics for multiple myeloma, it remains an incurable disease, often diagnosed after patients have already experienced end-organ damage," explained David Lee, MD, MPH, MMSc, an internal medicine resident at Massachusetts General Hospital. "It's preceded by premalignant conditions including MGUS. Our research group is focused on investigating risk factors and etiology of MGUS to better understand who may be at increased risk for developing MGUS and its progression to multiple myeloma." Investigators enrolled 2,628



individuals from across the United States who were at elevated risk of developing multiple myeloma, based on self-identified race and family history of hematologic malignancies, between February 2019 and March 2022. Participants were screened for MGUS, defined by the presence of monoclonal proteins at serum

concentrations of 0.2g/L or greater. Investigators measured MGUS using mass spectrometry - a novel, highly sensitive method of identifying and quantifying monoclonal proteins in the blood.

After controlling for age, sex, race, education, and income, the team found that being obese was associated with 73% higher odds

of having MGUS, compared to individuals with normal weights. This association remained unchanged when accounting for physical activity. However, highly active individuals (defined as doing the equivalent of running or jogging 45-60 minutes per day or more) were less likely to have MGUS even after adjusting for

BMI class, whereas those who reported heavy smoking and short sleep were more likely to also have detectable levels of MGUS.

Limitations include that this was a cross sectional study - a snapshot of how certain variables or characteristics may relate to one another at a single point in time. While investigators found a strong correlation between MGUS, obesity, and lifestyle factors, they do not have enough evidence to assume causation.

Additionally, the American Medical Association recently voted to adopt a new policy that no longer uses BMI alone to assess whether someone is of a healthy weight, as previous research suggests the metric does not effectively distinguish between fat and lean mass and does not account for how fat is distributed throughout the body. The formula was created based on data from non-Hispanic white populations, sug-

gesting its implications cannot accurately be generalized across Black, Asian, and Hispanic groups.

Going forward, researchers will aim to validate these findings in other study cohorts, including individuals who are followed longitudinally, to further explore the mechanisms through which obesity and other modifiable risk factors might influence the development and progression of MGUS.

"These results guide our future research in understanding the influence of modifiable risk factors, such as weight, exercise, and smoking, on cancer risk," explained Dr. Lee. "Before we can develop effective preventative health strategies to lower the risk of serious diseases like multiple myeloma, we first need to better understand the relationship between MGUS and potentially modifiable risk factors like obesity."

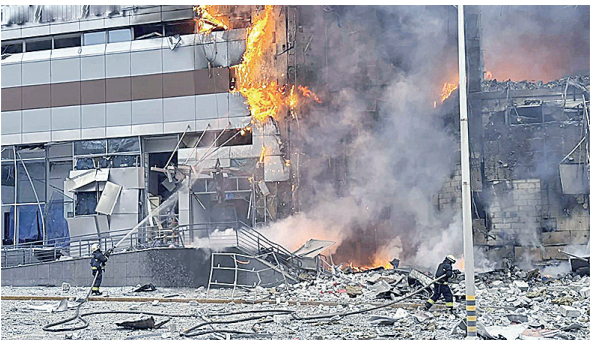
Russia launches another massive attack on Ukraine, 8 killed

MI News Service, Kyiv: Russian strikes killed at least eight people and wounded more than a dozen others across Ukraine, authorities said on Thursday, after President Volodymyr Zelensky warned of Moscow launching another massive attack overnight.

A ballistic missile struck a village house near the central city of Kryvyi, killing four adults and two girls aged five and 12, local officials said.

Eight other people were wounded in the attack, Kryvyi Rig's defence council reported, warning "the death toll may rise".

Officials in Ukraine's eastern Poltava region, meanwhile, said one person was killed in a drone strike on a warehouse, while at least 15 people were wounded in attacks



on the western city of Lviv. Kyiv's city military administration confirmed one person was killed and two others wounded in the capital after Mayor Vitali Klitschko said Russia was "attacking the capital with ballistic weapons".

"The threat of further attack remains present. Stay in shelters!" Klitschko said early Thursday, adding there were fires in several districts of the city.

Five other people were reported wounded in attacks in an eastern Kyiv district.

"The Russians prepared a massive attack several days ago, and there is a high probability that the strike will be carried out tonight," Zelensky said in a post on X late Wednesday.

"Please, in all regions of Ukraine, pay attention to air raid alerts today and

stay safe."

Zelensky in his post repeated his request to Ukraine's allies to supply Kyiv with the missiles its air defence system lacks.

Zelensky spoke on Tuesday with American counterpart Donald Trump at the White House and discussed the possibility of Ukraine producing Patriot interceptors.

Photos shared by the city's emergency service on Thursday showed fire-fighters blasting water into bombed buildings and sifting through rubble.

Last month was the deadliest for civilians in Ukraine since April 2022, as Moscow ramped up its long-range strikes on towns and cities across Ukraine, according to the United Nations.

Ukraine has escalated its retaliatory strikes on

Russia in recent months, partly to pressure Moscow to the negotiating table after nearly four-and-a-half years of war.

In early July, Trump had expressed his intention to allow Ukraine to make surface-to-air missiles, at a time when Russia had stepped up its ballistic missile strikes.

Only the American Patriot systems are capable of shooting them down, but Ukraine is desperately short of PAC-3 interceptor missiles.

This shortage has also worsened since the war launched by the United States and Israel against Iran in February.

Zelensky said on Tuesday he had a "good meeting" with Trump and said the US president "accepted that he will give us (Patriot) licenses".

US launches strikes on Iranian targets after Trump's warning

MI News Service, Dubai: The US military said early Thursday it had completed "a heavy wave of strikes against Iran" conducted in response to an earlier Iranian missile attack on a US base in Jordan. The latest barrage came after the US partnered with Saudi Arabia to strike Iran-backed militias in neighboring Iraq, killing at least 20 fighters and six Iranian advisers.



Central Command said in a social media post that over two hours the US struck "dozens" of targets belonging to Iran's Revolutionary Guard Corps, including military command centers as well as missile and drone facilities, and coastal surveillance and defense sites.

The new strikes came hours after US President Donald Trump vowed to hit Iran "very hard" after it targeted a base in Jordan that hosts U.S. troops.

Iranian state media said two people were injured in attacks on the island of Qeshm in the Strait of Hormuz and that explosions were also reported in Khuzestan province to the northwest.

Elsewhere, drone strikes ignited fires on two natural gas vessels at the Egyptian port of Damietta, according to British maritime security firm Ambrey. It was not immediately clear who was responsible for the strikes on a U.S.-owned floating storage facility and a Greek-owned tanker. No injuries were reported.

The flare-ups on multiple fronts after several days of relative calm raised the risk of a return to all-out war. It also underscored the difficulty of winding down a five-month conflict that has jolted the world economy and is unpopular among Americans. The fighting

was also likely to add to concerns that the US is further drawing down already diminished stockpiles of sophisticated munitions needed to defend its bases and allies.

Egypt, a close US ally and regional mediator, is one of the only countries in the Middle East to have been spared direct military action during the war. A strike by Iran or its allies, if confirmed, would mark a significant widening of the conflict.

Asked during an Oval Office event if Iran was responsible for the strikes on the natural gas vessels, Trump responded: "It's a little more of the same."

"In the meantime, we're going to be hitting them very hard because it's our turn to hit them," he added.

Saudi Arabia had accused the Iraqi militias of firing drones against its oil facilities over the past two days. An umbrella group of Iraqi militias initially denied the allegations, while another Iran-backed group — the Houthi rebels in Yemen — said they had attacked Saudi energy facilities as part of a separate but related conflict.

Saudi Defense Minister Khalid bin Salman met separately on Wednesday with Trump and Vice President JD Vance, according to two people familiar with the matter who were not authorized to comment publicly about the private meetings.

They said the Saudi decision to join the US attacks against the Iraqi militias was meant to send a message to Iran that it wouldn't tolerate Iran or its proxies targeting the Saudi oil industry and other critical infrastructure. At the same time, the defense minister underscored to Trump and Vance that the Saudis want to see a de-escalation in the war and Washington and Tehran to return to negotiations.

Before the latest eruption, mediators had expressed optimism about bringing the US and Iran to the negotiating table. An interim agreement collapsed in recent weeks over renewed fighting in the Strait of Hormuz, a crucial waterway for global energy supplies that Iranian attacks have again effectively closed.

A regional official said mediators are "still trying with both sides" to restore calm and get the ceasefire back on track. He gave no details on whether progress was being made and spoke on condition of anonymity to discuss the closed-door diplomacy.

The renewed hostilities sent oil prices spiking. Brent crude, the international standard, jumped 7.3% to \$88.093 a barrel.

Armed assailants target police checkpoint in Pakistan's Khyber Pakhtunkhwa, nine killed

MI News Service, Islamabad: At least nine police personnel were killed, and 28 others injured after armed assailants targeted Khazina Banda checkpoint in Hangu district of Pakistan's Khyber Pakhtunkhwa province, local media reported on Thursday.

Fitna al Khawarij, a term used by the state for terrorists belonging to the banned Tehreek-e-Taliban (TTP) Pakistan, was behind the attack, according to the statement released by Khyber Pakhtunkhwa Inspector General (IG) Zulfiqar Hameed.

Hameed said that police personnel responded to the attack and additional forces were sent to the site. He said that nine police personnel, including a deputy superintendent of police (DSP), were killed while 28 others were injured during the exchange of fire between police and armed assailants.

The incidents occurred amid a rise in attacks targeting law enforcement personnel in Pakistan, especially in the border provinces of Balochistan and Khyber Pakhtunkhwa.

On July 15, at least two policemen were killed and 26 people, including 22 police personnel, were injured after armed assailants carried out attacks in Bannu and Lower Dir districts of Khyber Pakhtunkhwa province.



According to media reports, Six police personnel and four people were injured after armed assailants attacked the Miryah police station using an explosives-laden vehicle. Following the blast, a heavy exchange of fire between the attackers and police lasted for several hours.

District Police Officer Captain (ret'd) Muhammad Furqan Bilal said that the armed assailants tried to ram the explosives-laden vehicle into the police station, causing an explosion and exchange of fire with security personnel.

According to the sources, the armed assailants, before the attack, blew up a previously damaged bridge on the road leading to the police station to stop the police personnel and rescue teams from reaching the spot.

In a separate incident, two police personnel were killed and 16 others injured during an exchange of fire with armed assailants in Lower Dir's Haidaray Top.

Temporary stoppage of trains at different stations over Danapur division for Shravani Mela

MI News Service, Kolkata: For the convenience of the passengers, Railway has decided to provide two (2) minutes temporary stoppage of following trains at different stations/halts over Danapur Division for Shravani Mela with effect from 30.07.2026 to 28.08.2026:-

- 13402/13401 Danapur – Bhagalpur – Danapur Intercity Express at Khusrupur & Hardas Bigha stations.
- 13331/13332 Dhanbad – Patna – Dhanbad Intercity Express at Fatuha & Athmal Gola stations.
- 18183/18184 Tatanagar – Buxar – Tatanagar Express at Athmal Gola & Karauta stations.
- 13287/13288 Durg – Ara – Durg South Bihar Express at Mankatha station.
- 13419/13420 Bhagalpur – Muzaffarpur – Bhagalpur Janasewa Express at Mankatha station.
- 13235/13236 Sahibganj – Danapur- Sahibganj Express at Mankatha station.
- 03235/03236 Sahibganj – Danapur- Sahibganj Special at Mankatha station.
- 13019/13020 Howrah – Kathgodam – Howrah Bagh at Mankatha station.
- 63231 Patna – Pt. Deen Dayal Upadhyaya MEMU at Gandhi Halt.
- 63232 Buxar – Patna MEMU at Gandhi Halt.
- 63223/63224 Patna – Ara – Patna MEMU at Gandhi Halt.

Wadi-Raichur Traction Modernised to 2x25 kV; Freight, Passenger Gains

MI News Service, Kolkata: Indian Railways has approved a Rs 220 crore project to upgrade the Electric Traction System from 1x25 kV to 2x25 kV on the Wadi-Raichur section of South Central Railway. The work covers a 102 route-km (204 track-km) double-line stretch and is part of broader efforts to modernise traction infrastructure on key corridors.

The Wadi-Raichur section lies on High Density Network (HDN) Route-7, which connects Mumbai-Pune-Wadi-Raichur-Guntakal-Kadapa-Renigunta-Chennai. Converting to the 2x25 kV system will strengthen traction infrastructure and increase the section's ability to handle growing passenger and freight traffic on this strategically important route.

The upgraded traction system is expected to enhance operational efficiency, support higher traffic requirements, and ensure more reliable train operations. The project aligns with Indian Railways' ongoing programme to modernise core infrastructure and bolster capacity on high-density routes across the network. Approval of the Rs 220 crore scheme reflects Indian Railways' continued commitment to upgrading critical infrastructure, improving operational performance, and building a modern, reliable and future-ready railway network for both passengers and freight customers.

Pakistan says working to bring U.S., Iran back to Islamabad MoU as talks continue

MI News Service, Islamabad: Pakistan said on Thursday that it is continuing diplomatic efforts to help ease tensions between the United States and Iran, urging both sides to return to the Islamabad Memorandum of Understanding (MoU) as negotiations continue.

"The negotiations between the parties are ongoing to normalize the situation, particularly the situation in the Strait of Hormuz, and to de-escalate," Foreign Office spokesperson Tahir Hussain Andrabi told a weekly media briefing. He said Pakistan was doing its "utmost" to bring the two sides back to the Islamabad MoU so that "all irritants can be removed" in line with its spirit and the Pakistan-Qatar joint statement.

The spokesperson said the security situation in the Gulf remained "precarious" despite a relative calm in recent days, adding that Pakistan believes dialogue and diplomacy remain the only viable path forward.

He said Pakistan welcomed efforts to sustain the cessation of hostilities and resume dialogue between Iran and the United States, adding that Islamabad would continue to play its role in promoting regional peace and stability.

Andrabi also said Prime Minister Shehbaz Sharif and Saudi Crown Prince and Prime Minister Mohammed bin Salman Al Saud recently agreed to work closely to maintain regional peace and ensure the uninterrupted flow of lawful maritime commerce through the Red Sea and the Strait of Hormuz.

Sealdah's Central Gate Debut – Relief for Long-Distance Travellers

MI News Service, Kolkata: Sealdah Division has opened a new Central Gate at Sealdah Station to offer faster, safer and more convenient access for Mail and Express passengers. The dedicated gate aims to ease passenger movement, reduce congestion at existing entry points, and improve the travel experience for long-distance commuters.

Until now, passengers used four main gates—Prafulla Dwar, North Gate, Main Gate and South Gate. The Central Gate provides a wider, hassle-free entry and exit with direct access to long-distance platforms (Platforms 11–14) and allows travellers to reach the prepaid taxi stand immediately outside the gate without passing through heavily crowded suburban areas. The new passage reduces hazardous criss-cross movement and minimizes congestion, benefiting passengers with heavy luggage, elderly travellers, women, children and tourists. Sealdah Division has also advised passengers to use the most convenient gate according to their destination:



Platforms 1–5 (Main Line): Prafulla Dwar or North Entry Gate for Naihati, Kalyani, Ranaghat, Santipur, Krishnanagar City Junction and Gede-bound suburban services.

Platforms 6–10 (North/Main): Main Entry Gate for Barasat, Bangaon, Hasnabad, Dankuni and Baruipara services. Platforms 11–14 (Mail/Exp): Central Gate dedicated to Mail and Express long-distance trains.

Platforms 15–21: South Entry Gate for Sealdah South Section suburban services. Rajeev Saxena, Divisional Railway Manager, Sealdah, said the objective is to make every passenger's journey more comfortable and convenient. He

described the Central Gate as a significant step toward modernizing Sealdah Station, improving passenger movement and enhancing facilities for long-distance travellers.

The Central Gate has been planned with future amenities in mind. Sealdah Division is exploring an app-based cab pick-up and drop point near the gate and a modern toilet complex to boost last-mile connectivity and passenger convenience. The Central Gate is now fully operational and open to the public; Mail and Express passengers are encouraged to use it for quicker entry and exit to ensure a smoother, faster and more comfortable journey through Sealdah Station.

Dibision of Godda -Daurai express for non interlocking work over North Western Railway

MI News Service, Kolkata: Due to Pre Non Interlocking/ Non Interlocking work in connection with commissioning of patch doubling work in Kund – Khori Section of Jaipur Division over North Western Railway from 12.08.2026 to 04.10.2026, 19604 Godda – Daurai Express (Journey Commencing on

11.08.2026, 18.08.2026, 25.08.2026, 01.09.2026, 08.09.2026, 15.09.2026 & 22.09.2026) will be diverted via Rewari – Alwar – Jaipur – Phulera instead of its existing route via Rewari – Ringas – Phulera with providing stoppages at Alwar, Bandikui, Dausa, Gandhinagar Jaipur & Jaipur stations on diverted route.

Clouser of manned level crossings hate between Barachak & Hirapur yard line
MI News Service, Kolkata: The Manned Level Crossing Gate No. 1A/E-3(1A/E) between Barachak & Hirapur Yard line in Asansol – Sitarampur section over Asansol Division will be closed permanently for road users with effect from 02.08.2026. The road traffic will be diverted through nearby Road Over Bridge (ROB).

Cancellation of MEMU locals for track maintenance work over Howrah division

MI News Service, Kolkata: Due to Track maintenance work at Dankuni station limit, 06 hours Traffic block has been planned from 22:30 hrs. of 01.08.2026 to 04:30 hrs. of 02.08.2026 with following trains cancellations: Cancellation of EMU locals on 01.08.2026: From Howrah: 37849, 36087 From Baruipara: 32414 From Sealdah: 32413 From Masagram: 36088 From Bardhaman: 36860 Cancellation of EMU locals on 02.08.2026: From Howrah: 36811 From Bardhaman: 36812

Eastern Railway Scouts: 52 Felicitated at “Building Character” Event

MI News Service, Kolkata: Eastern Railway Bharat Scouts and Guides (ERBSG) held "Building Character – Celebrating Excellence" on 30 July 2026 at Udisha Auditorium, Fairlie Place, Kolkata, to recognise dedication and motivate Scouts, Guides and adult leaders. The programme was presided over by Hon'ble GM/ER, Sri Milind Deouskar (Patron, ERBSG), and attended by senior officials including S. P. Singh, AGME/Rly. (President/ERBSG); Vikram Gupta, PCE/E.Rly. (Vice-President/ERBSG); Sudhir Kumar Sharma, CMM/Wagon/E.Rly. (SCC/ERBSG); and Shribram Majhi, DGM(G)/E.Rly. (State Secretary/ERBSG).

The event featured an experience-sharing talk by Sanjana Gond, a former Rashtrapati Guide now pursuing MBBS, who described how Scouting in-



fluenced her personality and career. This was followed by a "Join Scouting" presentation and cultural performances by Scouts and Guides. The highlight was the Patron Award ceremony, in which 52 members were felicitated by Hon'ble GM/ER, Sri Milind Deouskar, for their meritorious contributions to Scouting and Guiding activities in Eastern Railway,

with special recognition for their role in the 21st All India Railway Jamborette held at Liluah.

The programme concluded with a vote of thanks and a renewed commitment to foster character and excellence across ERBSG. Commenting on the event's success, Shri Shribram Majhi, Chief Public Relations Officer, Eastern Railway, empha-

sised that Scouting and Guiding nurture discipline, social responsibility and leadership among youth. He reiterated Eastern Railway's commitment to empower Scouts and Guides and congratulated the 52 Patron Award recipients for their exemplary efforts in building character and strengthening the community.

DRM Rayagada Inspects Safety Arrangements At Vulnerable Locations During Monsoon

MI News Service, Kolkata: In view of consistent rain during the monsoon and to ensure safe and uninterrupted train operations, Divisional Railway Manager (DRM), Rayagada, Amitabh Singhal conducted an extensive inspection of vulnerable railway sections under the Rayagada Division. The inspection focused on critical safety aspects in ghat sections, including areas susceptible to heavy rainfall, water logging, rock fall and soil erosion.

During the inspection, Singhal reviewed the preparedness of Railway staff and closely examined the condition of vulnerable cuttings, tunnels, drainage systems, and track infrastructure. He emphasized that safety remains the highest priority of the Division and directed officials to maintain continuous monitoring of all sensitive locations during the monsoon season.



Singhal also reviewed measures taken to ensure smooth train operations despite persistent rainfall. Railway teams have been deployed round the clock to monitor track conditions, promptly clear water logging at identified locations. Necessary precautions are being taken to minimize the impact of adverse weather on train movements while ensuring passenger safety.

Rayagada Division has already intensified infrastructure protection works across the vulnerable Kotavalasa-Kirandul (KK), Koraput-Rayagada (KR) and Rayagada-Ladda ghat sections. Advanced slope stabilization measures such as Rock Fall Barriers, Rock Bolting and Wire Mesh Netting are being executed to enhance safety and operational reliability. Significant

progress has been achieved in the KK, KR and RV section, with major protection works completed in some sections and nearing completion in balance sections. Geological and geophysical studies are also underway to identify long-term solutions for improving slope stability and strengthening Railway infrastructure. Amitabh Singhal reiterated that, the Division is fully prepared to meet the challenges posed by the monsoon through continuous field monitoring, close coordination among departments and timely preventive measures. He emphasized that, passenger safety and uninterrupted train operations remain the Division's highest priority. Appreciating the dedication of all the departments, he commended their round-the-clock efforts in ensuring safe and smooth Railway operations despite adverse weather conditions.

CWG 2026: Neeraj, Rohit, Yash Vir storm into men’s javelin final



GLASGOW : Olympic champion Neeraj Chopra, Rohit Yadav and Yash Vir Singh, all three Indians, qualified for the men's javelin final at the 2026 Commonwealth Games here on Thursday. Competing in windy conditions, no athlete cleared the automatic qualifying mark of 84.00 m; the Indian trio advanced as the 12 best performers for Friday's final.

Neeraj, who returned to

the Games after missing the Birmingham edition due to injury, opted against taking his final attempt after securing qualification in fifth place with a best throw of 79.61m on his second attempt. Rohit also chose not to take his final throw and finished ninth with 78.37m, while Yash Vir Singh was 10th with 78.36m.

A lower back injury has been troubling Neeraj since September 2025. The

Olympic and world championships gold medallist sustained a lower back problem shortly before the World Athletics Championships in September last year, where he finished eighth. He made a delayed start to the season and had competed only once in the 2026 season, when he featured in the Doha Diamond League in June, finishing fourth with a throw of 85.69m.

Sri Lanka's Rumesh Pathirage, who holds the world lead of 92.62m this season, topped the qualification standings with a superb throw of 82.84m, adapting best to the challenging weather conditions. Two-time world champion Anderson Peters of Grenada finished second with 81.29m, while South Africa's Douw Smit was third after registering 80.64m.

England's Ben East (80.38m) claimed fourth place ahead of Neeraj, while Australia's Cameron McEntyre (78.91m) was sixth, reigning Olympic champion Pakistan's Arshad Nadeem registered his season best with 78.63m, which he could not better, and qualified for the final with a seventh-place finish in the qualification.

The Bahamas' Keyshawn Strachan (78.60m), Trinidad and Tobago's Keshorn Walcott (78.26m) and Nigeria's Chinecherem Nnamdi (75.27m) also progressed.

UAE qualify for 2027 U19 Women's T20 WC after thrilling one-run win over Malaysia

KUALA LUMPUR : The United Arab Emirates (UAE) held their nerve in a dramatic finish to defeat hosts Malaysia by just one run in the final of the ICC U19 Women's T20 World Cup Asia Qualifier and seal their place at the global event, to be held in 2027. The nail-biting victory at the Bayuemas Oval capped an outstanding, unbeaten campaign for the UAE, who emerged from the eight-team regional qualifier that began on July 23 to claim the sole qualification spot. The main tournament will be the third edition of the ICC U19 Women's T20 World Cup, and will be co-hosted by Nepal and Bangladesh in 2027 and will feature 16 teams. India have won both editions of the tournament since its inception in South Africa in 2023. In the final, Al Maseera Jahangir produced a stellar all-round display to earn the Player of the Match Award. Jahangir top-scored with a 34-ball 31 before returning exceptional figures of 2-12 from her four overs to restrict Malaysia and seal.

Sports Min Mandaviya felicitates ISSF World Cup gold medallists Esha Singh, Neeru Dhanda

NEW DELHI : Union Minister of Youth Affairs and Sports and Labour and Employment, Dr Mansukh Mandaviya, on Thursday felicitated India's ISSF World Cup 2026 gold medallists Esha Singh and Naib Subedar Neeru Dhanda for their landmark achievements in their respective events. Neeru scripted history at the ISSF World Cup in Lonato, Italy, by becoming the first Indian woman trap shooter to win a gold medal at an ISSF World Cup.

Esha, meanwhile, continued her remarkable ascent in international shooting by clinching the women's 25m pistol gold medal at the ISSF World Cup in Hangzhou, China. It was her second World Cup gold of the year in the event. During the interaction, Mandaviya assured the duo of continued government support as they strive for sustained excellence in the sport. "The Government is pushing hard and leaving no stones unturned to ensure you don't stay behind by any means in giving your best from every tournament. Shooting is one of our highest priority disciplines and is a prominent medal-winning sport for us looking ahead to the 2028 LA Olympics, the 2030 Commonwealth Games and so on. All we want is medals from you also at the Los Angeles 2028 Olympics," Mandaviya said.

Mandaviya also said the shooters' achievements reflect the success of India's long-term investment in athlete development through initiatives such as the Target Olympic Podium Scheme (TOPS), National Centres of Excellence, Khelo India and scientific coaching support. Arjuna Awardee Esha is part of the TOPS Core group, while Neeru is part of the TOPS Development group. Both shooters have also been Khelo India Athletes (KIAs).



The duo is currently preparing for the upcoming 2026 Asian Games. Neeru, 26, from Haryana's Jind district, also created a new national record in qualification at the Lonato World Cup, scoring 121 out of 125. She then defeated former World Champion Carole Cormier of France in a thrilling final to claim the gold medal.

A Naib Subedar in the Corps of Military Police, Neeru trains at the Indian Army's prestigious Army Marksmanship Unit (AMU) in Mhow. Her World Cup triumph followed her gold-medal-winning performance at the 2025 Asian Shooting Championships. Meanwhile, reigning Asian Games double silver medallist Esha, 21, edged past a strong Chinese challenge in the Hangzhou final to clinch the women's 25m pistol gold. Last year, Esha became the first Indian woman to win a World Championship medal in the women's 25m pistol when she claimed bronze in Doha. She had earlier won her maiden ISSF World Cup title in the 10m air pistol. She also won the 25m pistol gold at the Munich World Cup with a world-record score of 43.



CWG 2026: Can't think too far ahead in judo. Every bout demands your full focus, says Yamini Mourya

MUMBAI : Yamini Mourya, the first Indian judoka to win a medal at the FISU World University Games, is heading to the 2026 Commonwealth Games in Glasgow, looking to build on the momentum gained from previous experience and take on another major international challenge.

Yamini Mourya has steadily established herself as one of India's leading judokas in the women's 57kg category. The 28-year-old has since added gold medals at the African Open and Asian Open to her growing list of achievements. Now she is banking on that experience to achieve success at Glasgow.

Unlike many sports, judo offers little room to think beyond the next contest, and that is exactly how Yamini approaches every tournament.

"In judo, you can't think too far ahead because every bout is different. My focus is always on the match in front of me and executing what we've worked on in training. The preparation has been good, and I'm feeling confident. Now it's about staying calm, making the right decisions on the mat and giving my best in every contest," she said.

Having competed regularly on the international circuit over the last few seasons, Yamini believes every tournament has added to her confidence and experience.

"Competing against strong international opponents teaches you something every time. You understand where you need to improve and what works under pressure. Those experiences have helped me become a better athlete, and I'm looking forward to testing myself again at the Commonwealth Games," she added. Training out of the Inspire Institute of Sport, Yamini says the high-performance environment has allowed her to focus entirely on becoming a better athlete. "One of the biggest advantages of training at the Inspire Institute of Sport is that everything is taken care of in one place. From nutrition and physiotherapy to recovery and training, there's a great support system around us, so I can focus completely on judo. Being on campus with athletes from different sports who are all chasing the same dream is also very motivating. It pushes you to work harder every day and become a better athlete," she stated. Representing India at another major multi-sport event remains the biggest motivation. "It's always a proud feeling to wear the India jersey. Every athlete wants to perform well for the country, and I'm no different. I'll go into every bout with confidence, give everything I have and hope to make India proud."

Rahane's career a fine example of what it means to put the team first: BCCI chief Manhas

NEW DELHI : Describing Ajinkya Rahane's career as a fine example of what it means to put the team first, BCCI President Mithun Manhas on Thursday paid rich tributes to the former India captain, who announced his retirement from international cricket.

Rahane played 85 Tests, 90 ODIs and 20 T20Is for India, with his last international appearance coming in a Test match against the West Indies in July 2023. Rahane made 5077 runs in Tests at an average of 38.46 with 12 centuries, while amassing 2962 ODI runs at average of 35.26 with three hundreds. He also made 375 T20I runs at a strike rate of 113.29. He led India in six Tests, of which they won four and drew two, apart from being in 2015 ODI World Cup and 2014 and 2016 T20 World Cups.

The most defining time of his international career came when he became India's stand-in captain in the 2020/21 Border-Gavaskar Trophy series, held during the Covid-19 pandemic. He captained a depleted Indian side to a remarkable 2-1 series triumph, after Virat Kohli left for paternity leave and India had been bowled out for 36 in the first Test at the Adelaide Oval.

"Ajinkya Rahane's career is a fine example of what it means to put the team first. He earned his reputation through performances in some of the toughest conditions in world cricket and became one of India's most dependable batters overseas.

"His leadership during the 2020-21 Border-Gavaskar Trophy will forever remain one of the defining chapters in Indian Cricket. Taking charge after the opening Test, he led a young side through extraordinary circumstances to a famous series victory, culminating in the historic triumph at The Gabba.

"On behalf of the BCCI, I congratulate Ajinkya on a distinguished international career and wish him every success in the years ahead," said Manhas in a statement issued by the BCCI.

More than half of Mumbai-based Rahane's Test appearances came in



"Ajinkya Rahane's career is a fine example of what it means to put the team first. He earned his reputation through performances in some of the toughest conditions in world cricket and became one of India's most dependable batters overseas."

overseas conditions, where he repeatedly proved his mettle by thriving against quality pace and bounce on challenging overseas tracks.

It is further evident from him hitting Test hundreds at Lord's, Wellington, Melbourne, Kingston, and Durban, which cemented his legacy as a batter for crisis situations, apart from being a quintessential team man who always respected the sport.

Highlighting Rahane's integrity and quiet dignity both on and off the field, BCCI Honorary Secretary Devajit Saikia noted that his impact extended far beyond the runs he scored for India. "Ajinkya, you can be immensely proud of the way you led India and the way you played this great game. You played cricket with the utmost sincerity and integrity, qualities every dressing room values.

"You let your cricket do the talking and earned the respect of everyone who shared a dressing room with you. Your contributions to Indian Cricket went far beyond the runs you scored.

"Through important innings, thoughtful leadership and the example you set for younger players, you made every team you represented stronger. I thank you for your outstanding service to Indian Cricket," he added.



CWG 2026: Chitravel, Thirumaran qualify for men's triple jump final

GLASGOW : India's Praveen Chitravel and Selva Thirumaran advanced to the men's triple jump final at the 2026 Commonwealth Games after negotiating a challenging qualification round on Thursday. Chitravel produced a best effort of 16.41 metres to finish second in the qualification standings and comfortably secured his place in the medal event. His mark was below the automatic qualification standard of 16.60m, but he progressed as one of the 12 best performers in the field.

Jamaica's Jordan Scott topped the qualification round with a 16.56m effort, while Thirumaran finished third overall after producing a crucial 16.26m jump with his final attempt. Thirumaran endured a difficult start to the competition, recording fouls in each of his opening two attempts. With his Commonwealth Games campaign hanging in the balance, the Tamil Nadu jumper responded under pressure with a clean 16.26m effort on his third and final attempt to move into the top 12. The result gives India two medal contenders in the men's triple jump final, scheduled for Saturday, August 1.

Chitravel, who has established himself among India's leading triple jumpers, will enter the final with one of the strongest qualification performances. His 16.41m mark placed him just 15 centimetres behind Scott, while also giving him a useful platform ahead of the medal battle. The qualification round was decided through a combination of automatic qualification and overall performances, with the 12 leading athletes progressing to the final. India's athletics campaign at the Games has already produced strong performances across field events, and Chitravel and Thirumaran will now look to convert their qualification into a podium finish. India will also have a strong presence in the men's javelin throw final, with Olympic champion Neeraj Chopra, Rohit Yadav and Yash Vir Singh all progressing from Thursday's qualification round. Chopra finished fifth with a best throw of 79.61m, while Rohit recorded 78.37m to place ninth and Yash Vir followed in 10th with 78.36m. Sri Lanka's Rumesh Pathirage topped the standings with 82.84m. The javelin qualification was also affected by strong, swirling winds, with only four athletes crossing the 80m mark and none reaching the direct qualification standard of 84m. With two triple jumpers and three javelin throwers through to their respective finals, India will have several opportunities to challenge for athletics medals in the latter stages of the Commonwealth Games.

Stephen Fleming named England Test coach, Joe Root returns as captain

LONDON : Former New Zealand captain Stephen Fleming has been appointed England Men's Test head coach, with Joe Root returning as captain as the team prepares to enter a new era under the experienced coach.

Fleming will take over the reins from his former teammate Brendon McCullum, who resigned from his role after the 2-1 loss against New Zealand in the home Test series.

Root, meanwhile, has been reinstated as England's Test captain. The right-handed batter previously led England between 2017 and 2022 and remains the country's most experienced Test captain, having led the side in 65 matches and secured 27 victories.

Fleming, 53, will begin his tenure after the upcoming Test Series against Pakistan, with Marcus Trescothick serving as interim head coach during the series. The former New Zealand skipper is expected to take charge in time for England's Test tour of South Africa later this year.

Fleming arrives with an impressive coaching record, having spent 18 years with Chennai Super Kings (CSK) and guiding the franchise to a record five Indian Premier League titles. He reached the IPL final 10 times during



his tenure and also coached CSK's affiliate teams in South Africa and the USA. He has also coached Melbourne Stars and led Southern Brave to the final of The Hundred in 2023.

As a player, Fleming was New Zealand's longest-serving Test captain, leading the side in 80 Tests and recording a national record 28 victories. He played 111 Tests for New Zealand and also represented English county sides Middlesex, Yorkshire and Nottinghamshire. He captained Nottinghamshire to their first County Championship title in 2005.

Root briefly returned to the captaincy on an interim basis during England's Test series against New Zealand at the Oval earlier this summer, but could not make a sudden impact as England lost the match.

Fleming said he was honoured to take charge of one of the most prestigious coaching positions in world cricket. "I'm incredibly excited to be joining England as Test Coach. It's one of the most prestigious coaching positions in world cricket, and I am honoured to be appointed," Fleming said in an official statement released by the ECB.

"There is a lot of young talent in and around the team, and our aim is to help them fulfil their potential as world-class cricketers," he added.

Fleming also expressed his excitement at working with Root, describing him as a "generational talent", while highlighting the development of Harry Brook as another important part of his role. "I'm particularly looking forward to working with Joe Root as Captain - a generational talent who has achieved so much already. There is still plenty more to come from him, and I'm excited to support him so he can enjoy and thrive in the role in what is a different context to his first stint," he said.

"I'm also excited to work with Harry Brook. The best players are never finished products, and helping Harry continue to develop his extraordinary talent and his leadership will be an important part of this journey," he added.

Root said he was honoured to be given another opportunity to lead England in Test cricket.

"The Test captaincy is a difficult but hugely rewarding job and, after enjoying a brief taste of it again working with Brendon McCullum last month, I am excited to lead this next generation of players forward," Root said.