

Tension gripped Beldanga in Murshidabad district on Friday after the alleged killing of a migrant worker from West Bengal in Jharkhand sparked widespread protests. Chief Minister Mamata Banerjee addressed the issue while speaking to reporters at Dum Dum airport before departing for North Bengal. Terming the anger of the protesters as "understandable," she said the sentiments of the minority community in Beldanga could not be ignored, particularly as the demonstrations took place on a Friday, a day of religious importance. "Friday is a holy day, just like sacred days in other religions. People gather for Friday prayers, and if a few try to provoke unrest for political gains, emotions are bound to run high," Banerjee said. She added that she was personally disturbed by the incident and by repeated reports of harassment of migrant workers from Bengal in other states.

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PM Modi to visit Bengal on Jan 17-18, address rallies amidst SIR, ED-IPAC row



MI News Service, Kolkata
Prime Minister Narendra Modi will visit West Bengal on Saturday and Sunday for back-to-back engagements, during which he will address political rallies and attend government programmes amidst a political slugfest over the SIR of electoral rolls and the recent ED raids on the TMC's political consultancy firm I-PAC. The Prime minister is scheduled to address a rally in minority-dominated Malda on January 17 and another at Singur the next

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The PM will arrive in Malda on Saturday afternoon. He will first attend a government programme and then address a public rally at a nearby ground. On Sunday, he will again come to Bengal, this time to Singur in Hooghly, where he will attend a government programme followed by a public rally

a senior state BJP leader
day, where the area where Tata's small car Nano plant was supposed to come up before it pulled out in 2008 following protests by TMC, in Hooghly district. Both locations carry strong electoral and political symbolism ahead of the assembly elections. This will be PM Modi's second visit to the state amid the ongoing SIR exercise and his first since the political firestorm triggered by the ED's searches at I-PAC offices on January 8, during which Mamata Banerjee, as TMC supremo, had stormed the raid site and had accused

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Morning India



West Bengal Chief Minister Mamata Banerjee lays the Foundation stone of Mahakal Mahatirtha temple in presence of several monks and other distinguished people, at Matigara near Siliguri on Friday.

Mamata lays foundation of Mahakal Mahatirtha

MI News Service, Siliguri
Generating a new hope among the people in North Bengal, Chief minister Mamata Banerjee laid the foundation stone of the much-awaited 'Mahakal

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The state government has provided the land free of cost. The project also includes a Convention centre and will house a grand Shiva idol of 108 feet in height, the largest in the world, and will be placed on a base also of 108 feet

CM Mamata Banerjee

Mahatirtha' temple at Matigara near Siliguri as per schedule on Friday. After months of preparations on the 17.4 acre government land the foundation laying ceremony of the proposed temple was held in presence of not only a huge gathering, but also in presence of several eminent people from all religions including the revered monks from ISKCON,

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CM Mamata Banerjee is addressing the gathering at the Foundation laying ceremony of Mahakal Mahatirtha temple at Matigara near Siliguri on Friday.

Ramakrishna Mission and Bharat Sevashram Sangh and others

Soon after her arrival at Bagdogra Airport at around 3 pm Mamata Banerjee proceeded straight to the site of the proposed temple at Matigara and after addressing a huge gathering there, she completing the ceremony

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Start-up India now a revolution, as youth focussed on solving real problems PM Modi

MI News Service, New Delhi
India's youth and entrepreneurs are focused on solving real problems, and the Startup India mission has become a revolution, Prime Minister Narendra Modi said here on Friday. Speaking at a mega event marking a decade of the flagship programme 'Startup India',

Those risk-taking ideas that were earlier considered fringe, have now become fashion --PM Modi



Prime Minister Narendra Modi visits an exhibition during a programme marking a decade of the Startup India initiative, in New Delhi.

tier-2 and 3 cities, even those in rural areas, are setting up their own ventures. PM Modi said today, 45 per cent of startups have either one woman di-

rector or partner. Risk-taking, which was discouraged, has become main

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Mamata Blames BJP, EC Over SIR, Aadhaar Rejection in Bengal

MI News Service, Kolkata

Despite the Supreme Court's directive, Aadhaar cards are reportedly not being accepted as proof of citizenship during Special Intensive Revision (SIR) hearings in West Bengal. Chief Minister Mamata Banerjee made the claim on Friday before departing for North Bengal, further alleging that while exemptions are granted in many documents in other BJP-ruled states, residents of West Bengal are being unnecessarily harassed. Addressing the media, Banerjee said, "Even though the Supreme Court has instructed that Aadhaar should be accepted, it is not being taken into account. Former Foreign Secretary and economist Amartya Sen have also been called for hearings. The matter is in court, and the decision will be taken there. We have always stood with the people, we stand with them now, and we will continue to do so. This fight against injustice and arbitrary harassment will continue." Banerjee linked the unrest in Beldanga to political motives, claiming it was engineered to

BLOs are under immense pressure. The situation is alarming. This is BJP's plan. They cannot win elections here, so they are deliberately creating tension

CM Mamata Banerjee

create instability. "BLOs are under immense pressure. The situation is alarming. This is BJP's plan. They cannot win elections here, so they are deliberately creating tension," she said. She criticized the handling of SIR documents in the state, high

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People of Bengal Are Not Living at the Mercy of Modi-Shah: Abhishek Banerjee

MI News Service, Kharagpur: From a massive public meeting held at the Medinipur College-Collegiate School ground in Medinipur city, Trinamool Congress All India General Secretary Abhishek Banerjee delivered a strong message to party workers, calling for a sweeping victory in the 2026 Assembly elections. He asserted that the Trinamool Congress must win all 15 Assembly seats in the district and secure a 4-0 result in Jhargram, stating that it was the responsibility of party workers to politically defeat the BJP.

At the rally, Banerjee also unveiled the Trinamool Congress's new slogan for the 2026 elections — "Joto Koro Hamla, Jitbe Bangla" (No matter how much you attack, Bengal will win). Addressing the gathering, he remarked, "If there had truly been no change, leaders like Sukur Ali and CPM's Tapan Ghosh would not now be speaking for the BJP."

Referring to past incidents



of political violence, Banerjee cited Benachapada, Chhota Angaria, and Sabang, alleging atrocities against grassroots workers.

Invoking Bengal's revolutionary history, Banerjee said the people of Bengal had driven out the British and that the soil of the state was soaked in the blood of freedom fighters. "This time too, Rabindra Sangeet will be played," he said, warning BJP leaders that they would be held accountable for their actions.

Without naming Suvidha

warned that CPM extremists would be taught a lesson.

Adhikari, Banerjee referred to him as a "traitor," recalling that a leader had joined the BJP at the same Medinipur ground in 2020 to avoid jail. He alleged discrimination in voter list revisions, claiming that crores of names were excluded in Uttar Pradesh and lakhs in Gujarat, while Bengalis were being branded as Bangladeshis. He reiterated that there would be no NRC in Bengal under Mamata Banerjee and no genuine voter would be excluded.

Alleging a conspiracy to snatch voting rights through SIR, Banerjee claimed 83 people had died by suicide and that BLOs were protesting. He urged people to resist any illegal activity at polling booths and declared, "The people of Bengal are not living at the mercy of Modi-Shah."

Addressing women voters, he concluded, "As long as there is love and support, no one can shut down your Lakshmir Bhanadar."

Abhishek Assures Support to Family of Deceased BLO



Deceased East Jadavpur BLO Ashok Das

MI News Service, Kolkata: Trinamool Congress national general secretary Abhishek Banerjee personally intervened following the tragic death of BLO Ashok Das in East Jadavpur, offering support and reassurance to the bereaved family. Ashok Das, who served as the BLO for the 110th polling station at F.P. School, Chitkalikapur, was found dead at his residence on Thursday. Authorities recovered a suicide note citing extreme stress related to his duties under the Special Intensive Revision (SIR) process in West Bengal.

Reacting swiftly, Abhishek Banerjee dispatched local party leaders to Ashok Das's home in Mukundapur, East Jadavpur, to check on his family and ensure that they received immediate assistance. He assured the family that the party would stand by them during this difficult time and monitor the investigation closely.

Ashok Das, a resident of Ahulanganar, Mukundapur, also worked as an assistant teacher at Bahar High School in South 24 Parganas. His wife, Sudipta Das, has filed a complaint against an unidentified person, alleging abetment to suicide, citing the immense pressure Ashok faced due to SIR responsibilities. The East Jadavpur police have registered a case under Section 108 of the Indian Penal Code and are investigating both the circumstances of the death and the alleged abetment.

Police recovered a suicide note from the scene, which reportedly mentioned that Ashok could no longer bear the SIR-related stress, his health was deteriorating, and he wished to leave for his parents. The police are also tracing all relevant leads, including statements from family members and neighbours.

The concluding day commenced with a ceremonial rally from the AKC Main Gate to the New Playground behind AU 5, with enthusiastic participation from students, faculty, staff, and guests. The presence of the Adamas Howrah Warriors added energy and inspiration, reinforcing the values of teamwork, discipline, and



This year's Gangasagar Mela was eco-friendly and plastic-free. Minister Aroop Biswas was present during the cleaning and sanitation (Clean and Green Gangasagar) of the fairgrounds after the conclusion of the Gangasagar Mela. He was accompanied by Ministers Bankim Hazra, Pulak Roy, Snehasish Chakraborty, Sujit Bose, Becharam Manna, and Member of Parliament Bapi Halder. After the fair, Minister Aroop Biswas stated, "The Gangasagar Mela was inaugurated with the slogan 'Purification every time, the pledge of Gangasagar,' and this has been properly upheld. I extend my thanks on behalf of Chief Minister Mamata Banerjee to all the 300 beach guards who worked day and night (24x7) to keep the fair clean and tidy."

PIC: Prabir Bhattacharya

West Bengal invites industry to use state data centres for AI development

MI News Service, Kolkata: The West Bengal government is preparing a proposal to allow private companies to use its data centres for building and training artificial intelligence (AI) models. Shubhayan Das, Secretary, Department of Information Technology and Electronics, said on Friday.

Addressing the 10th edition of TechMeet organised by Assocom, Das said the state's data centre in Siliguri has a high computational capacity, while the Software Technology Parks of India (STPI) is also setting up a new data centre that is expected to become operational later this year.

"We are open to ideas where private players and companies can use our data centres for AI model building and training. Such collaborations will be most welcome in the near future," he said.

Das highlighted the progress of the Bengal Silicon Valley project, spread across nearly 250



acres, which is expected to generate employment for around 7,500 people and attract investments of about Rs 30,000 crore.

So far, 41 companies have been allotted land at the site, and development work is underway. He also assured continued state support to improve the ease of doing business.

"In data centre infrastructure, India ranks third in Asia, and within the country, West Bengal currently ranks sixth with 11 private data centres," Das said.

STPI Director, Kolkata, Manjot Nayak said the organisation is

focusing on developing various technology segments and has established around 24 Centres for Entrepreneurship across India. "We have supported more than 2,000 startups through initiatives including funding assistance," he added.

During the event, the IT Secretary presented the STPI Export Excellence Awards to companies from across West Bengal.

Bhaarat Dave, Acting Deputy High Commissioner, British Deputy High Commission, Kolkata, said the state's upcoming Global Capability Centre (GCC) policy aims to position West Bengal as a next-generation technology hub. He said the UK is keen to collaborate with India in innovation, future skills, and secure digital frameworks.

Sushil Mohta, Chairman, World Trade Center, Salt Lake, said West Bengal is emerging as a promising destination for GCCs supported by strong academic institutions, skilled talent, and improving infrastructure.

Lighting Minds with Vivekananda's Ideals



MI News Service, Ambari: A Movement for Better and Right Ideals (AMBARI), a social welfare organization, marked its 9th year with a meaningful social and educational programme held at the Ambari Gadadhar Primary School ground. The programme was organized under the leadership of Secretary Mithu Ray and Assistant Secre-

tary Sujan Dey. The event was graced by the presence of eminent homeopathic physician Dr. Sriraghupati Sarengi; renowned educationist, Assistant Headmaster of Ambari Dhaniram High School, and the only Indian internationally acclaimed biochemical medical scientist, Dr. Ashutosh Dutta; Ambari Gram Panchayat Pradhan Shri Anno

As part of its social outreach, the organization distributed educational materials to 80 students from the local area. The programme concluded on a warm note with sweets being distributed to all present, marking the end of a successful and inspiring event.



Kolkata Police Commissioner Manoj Kumar Verma presented the Best Officer Performance Award at Lal Bazaar, in Kolkata on Friday.

Winter Clothing Distribution by Jangipara Police Station



Many poor and helpless people in the area benefited from this initiative by the police during this biting cold weather. Local residents welcomed this humanitarian step by the police, and expressed their satisfaction, and urged for the continuation of such socially oriented programs in the future. Officer-in-Charge Nazir Uddin Ali was also present.

A Promise in Rhythm and Grace

MI News Service, Kolkata: Organised by the Centre for Excellence in Cultural Pursuits, Malashree, the fifth edition of its flagship endeavour Angikaar was held at the Yogesh Mime Academy, paying tribute to the legendary Odissi maestro Guru Kelucharan Mohapatra. The programme featured captivating solo Odissi performances by Mounta Dutta, Neetika Maitra, Indrajit Sarkar, Vandita Venkatesh, Amrita Sarkar, Premona Basu, Dipshikha Maiti and Soumitra Hazra. The evening was further enriched by evocative musical accompaniment, with Pandit Swapan Bhattacharya on tabla and Pandit Sandeep Banerjee on sitar, adding depth and dimension to the cultural presentation. The entire programme was gracefully conducted by eminent dancer and trainer Dr. Arpita Venkatesh along with Sampita Chatterjee.



Science & Technology Congress begins at Kalyani University

MI News Service, Kalyani: Two-day Science and Technology Congress began at University of Kalyani on Thursday, jointly organised by the university and West Bengal Dept of Science, Technology and Biotechnology (DSTBT).

The congress was inaugurated at APJ Abdul Kalam Auditorium by Ujjal Biswas, minister-in-charge of state's science, technology and biotechnology dept, who lit ceremonial lamp. Biswas said, event aims to showcase recent developments in science and technology and provide common platform for scientists and researchers to exchange ideas on innovation and problem-solving.

Vice-chancellor of the University of Kalyani, Prof Kalol Paul, said the objective of the congress is to promote scientific temperament among students and researchers. "In an era of rapid technological advancement, such science congresses are essential for students to keep pace with emerging trends," he said.

Padma Shri awardee and IIT Kanpur professor Vinod Kumar Singh praised the scientific talent of students from West Bengal and stressed the need for increased government funding for research.

"Many research careers in our institutions have been shaped by the intellectual strength of students from this state," he noted.



Researchers from 22 universities across Kolkata, Howrah, Hooghly, Nadia and North and South 24 Parganas are participating in the congress. Nodal officer Prof Ashis Panigrahi said research papers have been submitted across 12 disciplines, including physics, chemistry, zoology, computer science and technology. Abstracts of 240 researchers have been compiled in a 278-page souvenir released on the inaugural day.



Nurul Islam Khan: The Akhil Sarkar Memorial Short Cricket Tournament, organized by the Kolkata Police Welfare Committee, was inaugurated at the Alipore Bodyguard Lines. Shubhankar Bhattacharya (IPS), Joint Commissioner of Police (AP), Kolkata Police, Shantanu Sinha Biswas, Coordinator of the West Bengal Police and Kolkata Police Welfare Committee, Bijitashwa Raut, Convenor, West Bengal Police Welfare Committee, Ruhul Amin Ali Shah, Convenor, Kolkata Police Welfare Committee, central leaders of the West Bengal Police and Kolkata Police Welfare Committee, and officers and members from all branches of the Kolkata Police were present at the event.

Gangasagar Beaches Cleaned After Mela to Ensure 'Environment-Friendly Fair'

MI News Service, Gangasagar: Soon after the conclusion of the Gangasagar Mela, the South 24 Parganas district administration on Friday launched an extensive cleanliness drive across all beaches in the mela zone. Nearly 3,000 sanitation workers were deployed to clean six major seafront stretches, restoring the coastline to pristine condition within a day. State ministers Aroop Biswas, Bankim Hazra, Becharam Manna, Sujit Bose, Snehasish Chakraborty, and Pulak Roy, along with district magistrate Arvind Kumar Meena, personally participated in the post-mela cleanliness campaign and interacted with sanitation workers and beach guards.

Referring to the massive turnout, Biswas said nearly 1.3 crore pilgrims visited Gangasagar this year. "Managing a gathering of this scale is possible only under the leadership of Chief Minister Mamata Banerjee. She instructed us to ensure that pilgrims from different states and countries face no inconvenience, and every department followed that instruction in letter and spirit," he said. Biswas also reiterated the demand for national fair status for the Gangasagar Mela, noting

that public recognition already gives it that stature.

Agriculture Marketing Minister Becharam Manna highlighted the state government's commitment to the 'Mission Nirmal Bangla' initiative, aimed at keeping West Bengal clean and plastic-free. "This year's mela was 'super clean.' Solid waste management worked round the clock, with proper segregation and recycling," Manna said.

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Manna further announced that two permanent solid waste management units and a faecal sludge management system would be set up before the next mela. Fire and Disaster Management Minister Sujit Bose said, "Each year, arrangements improve. Today marks the end of the mela, but our efforts will continue."

Director, IIT Kharagpur Invited for Republic Day 'At Home' Reception at Rashtrapati Bhavan

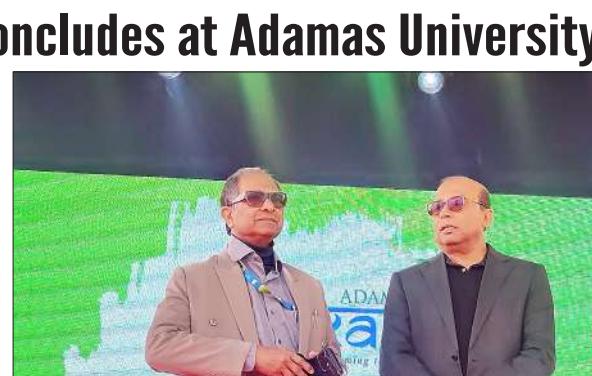
MI News Service, Kharagpur: Indian Institute of Technology Kharagpur is to share that an official invitation for the prestigious Republic Day 'At Home' Reception – 2026, to be held at the Cultural Centre, Rashtrapati Bhavan on 26 January 2026, has been extended to Prof. Suman Chakraborty, Director, IIT Kharagpur, by the Hon'ble President of India, Droupadi Murmu. The invitation was delivered today by India Post, as part of the nationwide dissemination of invitations to distinguished guests from various walks of public life. Officers and staff of India Post, Medinipur Division, personally handed over the invitation to Prof. Chakraborty at IIT Kharagpur, marking the occasion with due dignity and respect. The Republic Day 'At Home' reception is a highly esteemed national event, hosted annually by the President of India, bringing together eminent personalities who have made notable contributions to the nation. Expressing her sentiments on the occasion, Prof. Suman Chakraborty stated that receiving the invitation has been a matter of immense pride and happiness, reflecting the collective commitment of IIT Kharagpur to excellence in education, research, and national progress.



EKAM 2026 Concludes at Adamas University with Grandeur

MI News Service, Kolkata: EKAM 2026 at Adamas University concluded on a high note, marking the successful culmination of a vibrant, multi-day celebration that brought together sports, culture, creativity, and community. Hosted at Adamas Knowledge City, Barasat, the finale reaffirmed the University's commitment to holistic education and student-led excellence, celebrating talent well beyond the classroom.

The concluding day commenced with a ceremonial rally from the AKC Main Gate to the New Playground behind AU 5, with enthusiastic participation from students, faculty, staff, and guests. The presence of the Adamas Howrah Warriors added energy and inspiration, reinforcing the values of teamwork, discipline, and



only athletic achievement but also dedication, perseverance, and sportsmanship.

The celebrations culminated in a Prize Distribution Ceremony honouring winners across multiple sports disciplines. Medals and trophies were awarded amid resounding applause, recognising not only athletic achievement but also dedication, perseverance, and sportsmanship.

Spread over several days, EKAM 2026 featured a thoughtfully curated programme blending tradition with contemporary expression.

Founder's Day set the

tone with an inaugural ceremony and lamp lighting, followed by music, dance, reels competitions, a dance drama, and a fashion show—each reflecting creativity, confidence, and collaboration.

Speaking on the occasion, Samit Ray, Chancellor, Adamas University, said, "EKAM represents the spirit of Adamas University—where education is lived through collaboration, creativity, and character building."

Surjan Das, Vice Chancellor, added that EKAM plays a vital role in nurturing leadership, inclusivity, and a sense of shared purpose among students.

As EKAM 2026 concluded, it left behind pride, unity, and renewed energy as the University looks ahead to inspire once again.

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PM Modi to visit Bengal on Jan 17-18, address rallies amidst SIR, ED-IPAC row

From PG 1

the agency of attempting to steal the TMC's election strategy at the BJP's behest. "The PM will arrive in Malda on Saturday afternoon. He will first attend a government programme and then address a public rally at a nearby ground. On Sunday, he will again come to Bengal, this time to Singur in Hooghly, where he will attend a government programme followed by a public rally," a senior state BJP leader said. The BJP leader, however, could not confirm whether the PM would have a night halt in Kolkata.

The visit comes against the backdrop of a bitter dispute over the SIR process, with the ruling TMC accusing the BJP and the Election Commission of harassing ordinary citizens through the revision exercise, claiming voters would respond to this "harassment" at the ballot box. The BJP, however, has defended the exercise, arguing that SIR is necessary to weed out illegal immigrants and "Rohingyas" from the electoral rolls, and has alleged that the TMC's opposition stems from fears of losing a sizable "illegal" vote bank. On January 18, the PM will visit Singur in Hooghly district, where he will inaugurate, lay foundation stones and flag off development projects worth around Rs 830 crore. Politically, Singur occupies a singular place in Bengal's contemporary history. Nearly two decades after it became the epicentre of the industry-versus-land agitation that reshaped the state's power map, the area is again at the centre of a high-stakes narrative ahead of the polls. The BJP has promised to "bring Tata back to Singur" if voted to power, projecting the exit of the Nano car project as a missed economic opportunity and a symbol of industrial stagnation under the TMC. The ruling party, which rose to prominence riding the Singur and Nandigram anti-land acquisition movements to end 34 years of Left Front rule in 2011, has dismissed the pitch as politically driven nostalgia that ignores history and Supreme Court verdicts ordering the return of land to unwilling farmers.

Mamata Blames BJP, EC Over SIR, Aadhaar Rejection in Bengal

From PG 1

lighting that school certificates, previously accepted as proof of birth, are now being rejected, while Aadhaar is not being considered. Banerjee alleged that in Malda, notices were sent to nearly 90 lakh people of a specific community, while tribal names were excluded in several districts. She questioned why names of prominent figures like Amartya Sen, Lakshmiratan Shukla, Jai Goswami, and Deb were omitted, and noted that even domicile certificates, recognized nationwide, are being ignored in West Bengal. The Chief Minister said, "We have long accepted school certificates as proof of birth. Suddenly, it is being declared that they are no longer valid. Even after the Supreme Court's directive, Aadhaar cards are not being accepted. All this is being done to put people in distress." "Certificates that are valid nationwide are being ignored only in Bengal," she said. Mamata claimed that in Malda, notices have been sent to nearly 90 lakh people of a specific community, and she alleged that in several districts, the names of tribal individuals have been omitted. Banerjee directly accused the BJP and the Election Commission of attempting to create communal tension under the guise of SIR.

Beldanga Killing: Mamata Slams BJP, Abhishek Calls Jharkhand CM

MI News Service, Kolkata: Tension gripped Beldanga in Murshidabad district on Friday after the alleged killing of a migrant worker from West Bengal in Jharkhand sparked widespread protests. Chief Minister Mamata Banerjee addressed the issue while speaking to reporters at Dum Dum airport before departing for North Bengal. Terming the anger of the protesters as "understandable," she said the sentiments of the minority community in Beldanga could not be ignored, particularly as the demonstrations took place on a Friday, a day of religious importance. "Friday is a holy day, just like sacred days in other religions. People gather for Friday prayers, and if a few try to provoke unrest for political gains, emotions are bound to run high," Banerjee said. She added that she was personally disturbed by the incident and by repeated reports of harassment of migrant workers from Bengal in other states.

Launching a strong attack on the BJP, the Chief Minister accused the party of attempting to engineer unrest in West Bengal. She alleged that migrant workers were being targeted primarily in BJP-ruled states and claimed the party was resorting to divisive politics as it lacked popular support in Bengal. Banerjee also raised concerns over alleged selective deletion of names from electoral rolls, stating that minority, Matua, Rajbansi and tribal communities



were being targeted. She said booth-level officers were under extreme pressure due to frequently changing instructions.

Reassuring migrant workers and their families, Banerjee said the state government had already initiated an investigation and registered a case in connection with the death. "We are standing by the affected family. I appeal to everyone to remain calm, maintain peace and trust the judicial process. Justice will be delivered," she said, urging people not to be misled by provocations.

The protests erupted following the death of Alaudin Sheikh, a migrant worker from Sujapur Talpara under Beldanga police station limits. He had been working as a hawker in Jharkhand for the past five years.

His family alleged that he was killed after being labelled a Bangladeshi. His body was reportedly found hanging, and the news spread rapidly, triggering outrage among residents.

Trinamool Congress national general secretary and Diamond Harbour MP Abhishek Banerjee also reacted strongly to the incident. He spoke to Jharkhand Chief Minister Hemant Soren over the phone, demanding a thorough police investigation and stringent punishment for those responsible. Soren assured that police had already launched a probe and said strict action would be taken against the guilty, with no lapses in the investigation.

Abhishek Banerjee also expressed deep concern over the incident, stating that the safety of migrant workers from Bengal must be ensured. During his conversation with Jharkhand Chief Minister Hemant Soren, Banerjee demanded a fair investigation and the strictest possible punishment for those involved in the killing.

Hemant Soren reportedly assured Banerjee that Jharkhand Police had already initiated an investigation and that no lapses would be tolerated. He further stated that all those found guilty would face appropriate legal consequences. The incident has once again raised concerns over the safety of migrant workers from Bengal working in other states.

Inter-College Sports Championship Kicks Off in North Kolkata

MI News Service, Kolkata: The three-day North Kolkata Inter-College District Sports and Games Championship 2025-2026 began at the Scottish Church College Ground, promoting sports culture and nurturing young athletic talent. Organised by the Directorate of Education and the Higher Education Department of West Bengal, the event was inaugurated by footballer Bidesh Bose, encouraging students to excel in both sports and academics. Twenty-five colleges are participating, with opening-day events including track races, long jump, high jump, and shot put. The next two days, January 17-18, will feature football and kho-kho championships, fostering teamwork and sportsmanship among college athletes.

Massive Fire Breaks Out at Sofa Manufacturing Unit on Topsia Road

MI News Service, Kolkata: The city witnessed another major fire on Friday afternoon when a devastating blaze broke out at a sofa manufacturing factory on Topsia Road. Thick black smoke engulfed the area, prompting panic among locals, while at least 11 fire engines rushed to the spot. The next two days, January 17-18, will feature football and kho-kho championships, fostering teamwork and sportsmanship among college athletes.

According to ISKCON sources, scammers have created multiple fake websites and WhatsApp-based booking channels, claiming to offer rooms in popular Mayapur accommodations such as Prabhupad Village, Isodan, GadaBhavan, Krishna Bhavan, and GeetaBhavan. Radhraman Das, Vice-President of ISKCON Kolkata, said these websites appear highly professional and credible.

Mamata lays foundation of Mahakal Mahatirtha

From PG 1

she offered prayers at the historic Mahakal Mandir located at the Observatory Hill in Darjeeling. She said she had decided to construct a grand Mahakal temple in Siliguri. The new temple will be built on nearly 18 acres of land in the Matigara area, opposite the City Centre Mall. "The state government has provided the land free of cost. The project also includes a Convention centre and will house a grand Shiva idol of 108 feet in height, the largest in the world, and will be placed on a base also of 108 feet", the Chief minister said adding that a Board of Trustee has already been formed to oversee the construction and management of the temple. She said the Mahakal Temple will be among the largest Hindu shrines in the country and is expected to become a major landmark near Siliguri. "It will be one of the biggest temples in the country. Once completed, it will open a new avenue for religious tourism in Siliguri and provide a significant boost to the local economy and surrounding areas," Mamata Banerjee said.

The West Bengal Housing Infrastructure Development Corporation Limited (HIDCO) will oversee the execution of the project in coordination with the district administration and the state public works department (PWD), so that the temple could be completed in two years time, the Chief minister said. She said the state government has allocated Rs 344.2 crore to construct the proposed Mahakal Mahatirtha temple, the highest such allocation for a temple complex in the state. Earlier, the Rs 250 crore Jagannath temple complex in Digha was inaugurated by Mamata Banerjee on April 30 last year. The foundation stone of 'Durga Angan'—a Durga temple complex in New Town, pegged at Rs 262 crore—was also laid by the Mamata Banerjee on December 29 last year. The land earmarked for the temple was previously remained as barren. The Siliguri Municipal Corporation has now cleared large quantities of waste from the site.

Start-up India now a revolution, as youth focussed on solving real problems: PM Modi

From PG 1

stream, Prime minister Modi observed, lauding India's startup founders for their "impressive" confidence and ambitions. "Those risk-taking ideas that were earlier considered fringe, have now become fashion," he said, adding that the country's youth does not want to work in comfort zones. He also said India's youth and entrepreneurs are focused on solving real problems, and the Startup India mission has now become some sort of a revolution. The Startup India momentum is accelerating, with unicorns launching IPOs and creating jobs, he said. Indian youth is focused on solving real problems, and the Startup India mission has become a revolution, according to the Prime Minister. Who also said nearly fifty per cent of the country's start-ups currently have either one woman director or partner whose risk-taking decisions have now become fashion," he said, adding that the country's youth do not want to work within any comfort zones and are ready to take up challenges.



On her way to North Bengal, West Bengal Chief Minister Mamata Banerjee arrived at Kolkata airport along with MP Kalyan Banerjee. She first spoke with Bidhannagar Police Commissioner Mukesh Kumar and Director General of Police Rajeev Kumar, following which she interacted with the media. The Chief Minister then departed for North Bengal, on Friday.

Abhishek Targets BJP and CPM in Fiery Address at Purba Medinipur Rally

MI News Service, Kolkata:

Trinamool Congress (TMC) National General Secretary Abhishek Banerjee launched a sharp and wide-ranging attack on the Bharatiya Janata Party (BJP) and the CPI(M) while addressing a public meeting in PurbaMedinipur. The rally followed his visit to Nandigram a day earlier, where he had inaugurated the party's Sebaashray welfare initiative.

From PG 1

Recalling the period before 2011, Banerjee said it was the people of this district who had first stood up against the alleged oppression by CPI(M) cadres. He mentioned areas such as Garbeta, Salboni, Keshpur, Chandrakona, Ghatal and Sabang, stating that residents of these regions had come forward in protest against leaders like Susanta Ghosh. According to Banerjee, the people of Medinipur played a crucial role in resisting what he described as years of political intimidation and violence.

Launching a sharp attack on the BJP from the stage, Banerjee alleged that it was on the soil of Medinipur that a "traitor" had joined the BJP to avoid going to jail. Taking a dig at the party's organisational structure in the district, he said the BJP model in West Medinipur consisted of former CPI(M) strongmen at the grassroots level and

"traitors" at the top. He claimed that individuals who once created fear among thousands of people during the Left Front rule were now occupying leadership positions in the BJP.

Banerjee further alleged that over the past nearly 25 years, workers of both the Congress and the Trinamool Congress had faced repeated and brutal attacks in the district. He accused political opponents of resorting to extreme violence, including poisoning ponds, locking people inside their homes, and setting houses on fire. Such incidents, he said, were part of Medinipur's painful political history. Emphasising the district's legacy of resistance, Banerjee said there was no need to remind the people of Medinipur of their own history. He pointed out that the very college ground where the meeting was being held had once been a centre of the freedom movement. From that ground, students like Dinesh Gupta and Pradyut Kumar had stepped forward and sacrificed their lives for India's independence.

Addressing party workers and supporters, Banerjee alleged that families from Kanthi and South 24 Parganas were being wrongly identified as Bangladeshi nationals and pushed across the border.



Thick black smoke engulfing the area behind Science City was captured from the Maa Flyover as a major fire broke out at a sofa and furniture manufacturing factory in the Topsia area on Friday afternoon.

Mukul Roy to Retain MLA Status as SC Stays Cal HC Order

MI News Service, Kolkata:

Senior Trinamool Congress leader Mukul Roy will continue as a Member of the West Bengal Legislative Assembly after the Supreme Court on Friday stayed a Calcutta High Court order that had invalidated his MLA status. The interim relief was granted on humanitarian grounds, considering Roy's serious health condition. The Supreme Court

was hearing a plea filed by Roy's son, Subhranshu Roy, challenging the High Court's decision. A Bench comprising Chief Justice Surya Kant and Justice Joymalya Bagchi observed that Roy is critically ill and undergoing hospital treatment. The Bench noted that the benefits associated with being an MLA could be necessary for hospital expenses and related needs.

Name Change

I. Abusalam Gazi (old name) S/O Anarali Gazi, residing at Vill- Rajpur, P.O.- Hasnabad, P.S.- Hasnabad, Dist- North 24 Parganas, Pin-73426, West Bengal, India, have changed my name and shall henceforth be known as Md Abusalam Gazi (new name), as declared Before The Notary Public at Kolkata, vide an affidavit dated 15/01/2026. Md Abusalam Gazi (new name) and Abusalam Gazi (old name) both are same and one identical person.

Name Change

I. Md Sajahan (Old Name) S/o Mohammad Hasan Ali Residing at FL-2, 204, Durga Kuthir Station Road, Po- Dankuni, P.s- Dankuni, District-Hooghly, Pin- 712311, West Bengal, India, have changed my name and shall henceforth be known as Md Sajahan Ali (New Name) as declared before the Notary public Kolkata vide affidavit Dated 16-01-2026. Md Sajahan (Old Name) and Md Sajahan Ali (New Name) both are same and one identical person.

Name Change

I. PROVAS MICHANDRA MALIK (old name) S/O DULAL CHANDRA MALIK, residing at SAHABAZAR,PS-DHANAKHALI, HOOGHLY- 712402, West Bengal, India, have changed my name and shall henceforth be known as PRAVAS CHANDRA MALIK (new name), as declared before the Notary public Kolkata vide affidavit Dated 14/01/2026. PROVAS CHANDRA MALIK (new name) and PROVAS MICHANDRA MALIK (old name) both are same and one identical person.

Name Change

I. SAFDARI KHANAM, resident of B-56 Iron Gate Road, Garden Reach, Kolkata-700024, declare that my father's correct name is MIRZA MUJHTABA HOSSAIN. In some of his documents his name has been erroneously mentioned as ALIM ; ALIM SAHAR : ALIM KHANAM. His name may please be read as MIRZA MUJHTABA HOSSAIN, in all his relevant documents, as per affidavit sworn before the 1st Class Judicial Magistrate, Howrah, on 08-01-2026. ALIM : ALIM SAHAR : ALIM KHANAM & MIRZA MUJHTABA HOSSAIN, is same, one and identical person.

Name Change

I. Md Rahat S/O firoz rahat (my & my father old name), residing at G-318 Meher Manzil P.O. Garden Reach, Kolkata-700024, West Bengal, India, I have changed my name & my father name and we shall henceforth be known as Md Adil S/O Md Sakil (my & my father new name), as declared Before The 1st Class Judicial Magistrate at Howrah, vide an affidavit No 299 dated 08/01/2026. Md Adil and Adil Rahat both are same and one identical person (my son). Md Sakil and Firoz Rahat both are same and one identical person (my father).



one for containerised cargo and one for dry bulk cargo.

The Balagarh project aims to significantly improve cargo evacuation efficiency by diverting heavy cargo movement away from congested urban corridors.

This will enhance road safety, reduce vehicular congestion and pollution in Kolkata city, and contribute to an improved quality of life for residents. Improved multimodal connectivity and logistics efficiency will also provide cost-effective market access to regional industries, MSMEs, and agricultural producers. The project is expected to generate substantial direct and indirect employment, benefiting local communities through job creation in logistics, terminal operations, transport services, maintenance, and allied activities.

Prime Minister will also launch a state-of-the-art Electric Catamaran in Kolkata. This is one of the 6 Electric Catamarans indigenously built for inland water transport by Cochin Shipyard Ltd. The 50-passenger

hybrid electric aluminium catamaran, equipped with advanced electric propulsion systems and lithium-titanate battery technology, is capable of operating in fully electric zero-emission mode as well as in hybrid mode for extended endurance. The vessel will support Bengaluru.

Prime Minister will lay the foundation stone of four major railway projects in West Bengal, including the new rail line between Balurghat and Hili, next-generation freight maintenance facilities at New Jalpaiguri, upgradation of the Siliguri Loco Shed, and modernization of Vande Bharat train maintenance facilities in Jalpaiguri district. These projects will strengthen passenger and freight operations, improve logistics efficiency in North Bengal, and generate employment opportunities in the region.

On 17th January, at around 12:45 PM, Prime Minister will visit Malda and flag off India's first Vande Bharat Sleeper Train between Howrah and Guwahati (Kamakhya) at Malda Town Railway Station. Thereafter, at around 1:45 PM, Prime Minister will dedicate to the Nation and lay the foundation stone of multiple rail and road infrastructure projects worth more than ₹3,250 crore at Singur, Hooghly.

These projects will play a vital role in building modern infrastructure creation and improved connectivity, strengthening the Eastern and North-Eastern regions as key growth engines of the country.

PM in Hooghly

Prime Minister will inaugurate, lay the foundation stone of and flag off various development projects worth more than ₹330 crore at Singur, Hooghly.

Prime Minister will lay the foundation stone of the Extended Port Gate System at Balagarh, boosting inland water transport and regional connectivity.

PM to flag off 7 Amrit Bharat trains, boosting rail connectivity of West Bengal with other States

MI News Service, New Delhi, 16 Jan.26 : Prime Minister Shri Narendra Modi will visit West Bengal on 17-18 January, 2026.

Prime Minister will also

flag off two new train services equipped with LHB coaches - Radhikapur - SMVT Bengaluru Express; Balurghat - SMVT Bengaluru Express. These

trains will provide the region's youth, students, and IT professionals with direct, safe, and comfortable travel connectivity to major IT and employment hubs such as Bengaluru.

Prime Minister will lay

the foundation stone of the rehabilitation and four-laning of the Dhupguri-Falakata section of National Highway-31D, a key road project that will improve regional road connectivity and facilitate smoother movement of passengers and goods in North Bengal.

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PM in Jayrambati

Prime Minister will inaugurate, lay the foundation stone of and flag off the new rail line, a new train service between Mayapur and Jayrambati, with a halt at Barogopinathpur, will also be flagged off. It will provide direct rail connectivity to the residents of Bankura district, making travel more affordable and convenient for daily commuters, students and pilgrims.

Prime Minister will flag off three Amrit Bharat Express trains : Kolkata (Howrah) - Anand Vihar Terminal Amrit Bharat Express; Alipurduar - Mumbai (Panvel) Amrit Bharat Express; Kolkata (Sealdah) - Banaras Amrit Bharat Express; Kolkata (Santragachhi) - Tambaran Amrit Bharat Express.

Safety First: Howrah Division Strengthens Track Maintenance Practices



MI News Service, Kolkata,

16 Jan.26 : A Technical Seminar on "Do's & Don'ts of Track Maintenance" was organized on 15 January 2026 at the Kamarkundu (KQJ) PWI Office by the Engineering Department, Howrah Division, based on the HQ-prescribed booklet circulated among staff.

The seminar focused on reinforcing essential practices, critical do's and don'ts, and safety precautions for open line track maintenance, with emphasis on track safety, passenger safety, and personal safety. Interactive discussions reflected the staff's keen commitment to safe and systematic train operations. Similar seminars are planned at other locations across the division.

Safety is the First Priority of Howrah Division — Safe Track, Safe Train, Safe Passenger.

PHYSICAL POSSESSION NOTICE



Branch Office : ICICI BANK LTD, BP-4, Technopolis Building, 4th Floor, Sector V, Salt Lake City, Kolkata West Bengal- 700091
CIN No: L65190GJ1994PLC021012, 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 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 Physical Possession	Date of Demand / Notice in Demand Notice (Rs)	Name of Branch
1.	Prathistha Tamang/ Tshering Tamang/ Batasia Ghoom H C Road Jorebunglowls Darjeeling West Bengal Siliguri - 734102/ TBJP00006321735	New L.R. Khatian No. 1244 (Old 1173), Plot No. 198 (Old 142), J.L. No. 13, Mouza Jorebunglow, Khasmohal, Municipal Holding No. 62/1/B, Cart Road Situated at Karma Garage Location, Above Hill Cart Road, Batasia, P.O. Ghoom, P.S. Jorebunglow, Municipal Ward No. 2, District And District Sub Registry Office Darjeeling, Siliguri, West Bengal, Admeasuring An Area of 400 Sq. Ft. Built Up Area, North: By The Boc Building of Smt. S. Pradhan South: By Common Stair Case or Step And The Land of Shri T. Ghising East: By The Common Foot Path And The Compound of Primari School West: By The Boc Building of G. Ghosh/ Date of Physical 15/01/2026	April 20, 2023 Rs. 27,68,722/-	Siliguri/ Darjeeling

The above-mentioned borrower(s)/guarantor(s) is/are hereby issued a 30 day Notice to repay the amount, else the mortgaged properties will be sold after 30 days from the date of publishing this Notice, as per the provisions under Rules 8 and 9 of Security Interest (Enforcement) Rules 2002.

Sincerely Authorised Officer, For ICICI Bank Ltd.

PM to visit West Bengal on 17-18 January

Name Change

I. Fatema Gazi (old name) W/O Md Abusalam Gazi, residing at Vill- Rajpur, P.O.- Hasnabad, P.S.- Hasnabad, Dist- North 24 Parganas, Pin-734326, West Bengal, India, have changed my name and shall henceforth be known as Md Fatema Bibi Gazi (new name), as declared before The Notary Public at Kolkata, vide an affidavit dated 15/01/2026. Md Abusalam Gazi (old name) and Fatema Gazi (old name) both are same and one identical person.

Name Change

I. Ruchi Khatano (Old Name) D/o Golam Mostafa Residing at 852/1D, Topsia Road, Po+P- Tiljala, District-Kolkata, Pin- 700139, West Bengal, India, have changed my name and shall henceforth be known as Ruchi Khatano (new name), as declared before The Notary Public at Kolkata, vide affidavit Dated 16-01-2026. Ruchi Khatano (Old Name) and Ruchi Khatano (New Name) both are same and one identical person.

Name Change

I. Mohammad Sabir (Old Name) S/o Md Mustaqueen Residing at Habipur Road, Near Holy Convent School, Moazzamchak, P.o- Habipur, P.s- Habipur, Bhagpur, Bihar 813113, India, Have Changed my name and shall henceforth be known as Mohammad Sabir Mustaqueen (New Name) as declared before The Notary public Kolkata vide affidavit dated 16/01/2026. Mohammad Sabir (Old Name) and Mohammad Sabir Mustaqueen (New Name) both are same and one identical person.

Name Change

I. Md Rahat S/O firoz rahat (my & my father old name), residing at G-318 Meher Manzil P.O. Garden Reach, Kolkata-700024, West Bengal, India, I have changed my name & my father name and we shall henceforth be known as Md Adil S/O Md Sakil (my & my father new name), as declared Before The 1st Class Judicial Magistrate at Howrah, vide an affidavit No 299 dated 08/01/2026. Md Adil and Adil Rahat both are same and one identical person (my son). Md Sakil and Firoz Rahat both are same and one identical person (my father).



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flag off two new train services equipped with LHB coaches - Radhikapur - SMVT Bengaluru Express; Balurghat - SMVT Bengaluru Express. These

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the foundation stone of the rehabilitation and four-laning of the Dhupguri-Falakata section of National Highway-31D, a key road project that will improve regional road connectivity and facilitate smoother movement of passengers and goods in North Bengal.

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Prime Minister will lay

the foundation stone of the Extended Port Gate System at Balagarh, including an Inland Water Transport (IWT) terminal and a Road Over Bridge

Spanning an area of approximately 900 acres, Balagarh is being developed as a modern cargo handling terminal with an envisaged capacity of about 2.7 million tonnes per annum (MTPA). The project includes the construction of two dedicated cargo handling jetties,

Name Change

I, SANJAY KUMAR, Son of Late Shankar Lal Goyal, residing at 13, Block-C, Bangur Avenue, Bidhannagar, Pin- 700105, West Bengal, India, have changed my name and shall henceforth be known as Sanjay Kumar Goyal (new name) as declared before The Notary Public at Kolkata, vide an affidavit dated 14/01/2026. Sanjay Kumar Goyal (old name) and Sanjay Kumar Goyal (new name) both are same and one identical person.

Name Change

I, Ravinda Kumar Keswani (old name) S/o Nandal Keswani, residing at 13, Block-C, Bangur Avenue, Bidhannagar, Pin- 700105, West Bengal, India, have

Can You Spot Reduce Belly Fat ?

If your goal is to get rid of excess belly fat, don't expect to be able to lose that fat just by doing targeted ab workouts.

Despite what you may have read online, there's no way to target fat loss in a specific area. When you exercise, your body relies on the extra fat stored all over your body as a source of energy. Even if you're doing plenty of core exercises, your body will still pull from all its fat reserves for energy, not just from any belly fat.

The best way to lose and keep off belly fat is by losing weight gradually through diet, sleep, and exercise choices you can maintain. All exercise will help you burn excess fat around your body and gain muscle mass. With enough consistency, that will include tummy fat. Luckily, as you gain more muscle mass, your body burns more energy, even when you're at rest.

Belly Fat Exercises

There are many exercises out there, but not all are created equal when it comes to getting rid of belly fat. But scientists and doctors agree that adding physical activity to your daily routine is a great way to burn off unwanted belly fat. Here are some exercises for belly fat that you can try to help you slim down your

Aerobic or cardio exercise

To burn off visceral fat, your first step is to include at least 30 minutes of aerobic exercise or cardio into your daily routine. Studies show that aerobic exercises for belly fat help reduce belly fat and liver fat.

Some great cardio of aerobic exercises for belly fat include:

Walking, especially at a quick pace

Running
Biking
Rowing
Swimming



Cycling

Group fitness classes
When choosing a cardio activi-

body. Each routine has a selec-

tion of activities that include the

following movements:

Pushups

Pulling

Squatting

Deadlifting

Carrying weights

Typically, an HIIT routine uses

30 seconds of intense activity fol-

lowed by 30 seconds of rest

right, before moving on to the

next activity. The sequence can

be repeated a few times to get

the maximum benefit.

Some HIIT exercises that

people of all fitness levels and

ages can try are:

Jumping jacks

Burpees

Pushups
Jump squats
High knees

To get started, choose a handful of HIIT exercises for belly fat. Perform one activity for 30 seconds, then rest for 30 seconds. Do the next activity, and then rest. When you finish all the activities, you can repeat the cycle a few more times.

Weight and resistance training

Weight training is also an important part of burning off belly fat. Since muscles burn off more calories than fat does when the body is at rest, having more muscle tone can help you burn off more fat. Researchers

have also found that resistance training, which includes weight training, can increase lean weight while decreasing fat, and it can boost metabolism at the same time.

Some weight training exercises for belly fat to include in your routine are:

Bicep curls

Lunges

Squats

Tricep kickbacks

With these exercises, you can do 12 repetitions with lighter weights (5-8 pounds). Another option is to use heavier weights with fewer repetitions and rest time between sets.

Fashion Forward Tech: Ai+ Smartphone introduces NovaWatch, a smartwatch series for the Connected Generation



Speaking on the announcement, Madhav Sheth, CEO, Ai+ Smartphone and Founder, NxtQuantum Shift Technologies, said,

"Wearables are becoming part of everyday life, but many products still feel designed around technology rather than people. With NovaWatch, we focused on how these devices are actually worn and used across different aspects of life, from health and safety to personal style. Fashion-forward design matters because wearables are visible and personal."

NovaWatch is built to feel natural on the wrist and relevant in daily routines. With this lineup, we're inviting users to add a plus to comfort and performance in their everyday life."

everyday convenience, removing the need to carry multiple devices. Kids Geo Fencing 4G watch is built with family safety at its core, offering simple connectivity that helps parents stay in touch with their children. It provides reassurance without introducing the complexity or exposure of a smartphone. The Rotatecam 4G is aimed at users who see wearables as an extension of personal style. Its rotating camera adds a playful, creator-led dimension to the smartwatch experience, pairing bold design with social and visual utility.

Speaking on the announcement, Madhav Sheth, CEO, Ai+ Smartphone and Founder, NxtQuantum Shift Technologies, said, "Wearables are becoming part of everyday life, but many products still feel designed around technology rather than people. With NovaWatch, we focused on how these devices are actually worn and used across different aspects of life, from health and safety to personal style. Fashion-forward design matters because wearables are visible and personal. NovaWatch is built to feel natural on the wrist and relevant in daily routines. With this lineup, we're inviting users to add a plus to comfort and performance in their everyday life."

WASHINGTON DC : People who have had cancer commonly experience prolonged pain, but a new study suggests that being physically active may help to minimize its severity.

Wiley published the study in the American Cancer Society's peer-reviewed publication, CANCER.

Although physical activity has been demonstrated to alleviate a variety of pains, its impact on cancer-related discomfort is unknown.

To investigate, a team led by senior author Erika Rees-Punia, PhD, MPH, of the American Cancer Society, and first author Christopher T.V. Swain, PhD, of the University of Melbourne, in Australia, analyzed information about 51,439 adults without a history of cancer and 10,651 adults with a past cancer diagnosis.

Participants were asked, "How would you rate your pain on average," with responses ranging from 0 (no pain) to 10 (worst pain imaginable). Participants were also asked about their usual physical activity.

US guidelines recommend 150 minutes (2 hours 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour 15 minutes)

to 150 minutes (2 hours 30 minutes) a week of vigorous-intensity aerobic physical activity.

Based on participants' responses, the investigators found that, for individuals who had cancer in the past as well as for those without a history of cancer, more physical activity was linked with lower pain intensity.

The extent of the association was similar for both groups of individuals, indicating that exercise may reduce cancer-related pain just as it does for other types of pain that have been studied in the past.

Among participants with a past cancer diagnosis, those exceeding physical activity guidelines were 16 per cent less likely to report moderate-to-severe pain compared to those who failed to meet physical activity guidelines.

Also, compared with people who remained inactive, those who were consistently active or became active in older adulthood reported less pain.

"It may feel counterintuitive to some, but physical activity is an effective, non-pharmacologic option for reducing many types of pain. As our study suggests, this may include pain associated with cancer and its treatments," said Dr. Rees-Punia.

Should I limit how often my child eats nuts because they contain fat

Sydney : (The Conversation) When I mention kids and nuts in the same sentence, some parents react like I've dropped the F-bomb, thanks to the association of nuts with two other F-words: fat and fear.

Parents sometimes avoid nuts due to claims they cause unwanted weight gain or trigger life-threatening allergies.

But nuts are good for kids - and avoiding them can do more harm than good.

The fats in nuts are healthy fats.

Decades of exposure to the diet industry's relentless low-fat marketing have led parents to believe that all fats are bad. But this isn't the case.

Nuts are packed with fats, but it's the healthy type: unsaturated fat. It supports heart and digestive health, and reduces inflammation.

Nuts provide essential nutrients children need for healthy growth, including the omega-3 fatty acids younger kids need for brain, nerve and vision development. They are also one of the richest sources of dietary polyphenols or antioxidants, which have a range of potential health benefits, including cancer prevention.

Nuts contain fibre, protein and good fats, which take longer to digest, satisfying kids' hunger and making them feel fuller for longer. In fact, up to 20 per cent of the energy in nuts isn't absorbed, but still provides feelings of fullness.

The high fibre content also helps kids' with regular and easier bowel movements.

This means nuts actually help manage kids' weight, with research showing eating more nuts is linked to a lower risk of being overweight.

What about the allergy risk?

Nut allergies are becoming more common and understandably can cause parents great concern.

But research shows consuming nuts in appropriate forms from a young age can actually reduce the chance of having a nut allergy, including among those at high risk (such as when a family member has an allergy).

Nuts are a powerhouse of nutrition, but getting kids to eat them can be a challenge. All nut varieties offer health benefits, so include a mixture to keep things interesting. Choose raw or dry-roasted, unsalted options to avoid added oil and salt creeping into kids' diets. If they reject them the first time, try again. Research shows kids need eight to ten exposures before they willingly eat new foods.

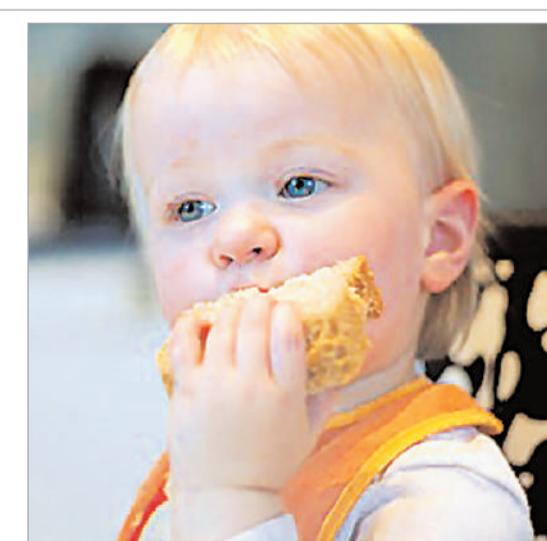
So offer them regularly, encourage tasting and don't pressure them to eat.

To help incorporate more nuts into children's snacks and meals, start with milder, more familiar varieties such as cashews, almonds, or peanuts. These tend to have a softer texture and sweeter flavour, making them more appealing to younger palates. More robust or bitter varieties - such as walnuts, pecans or Brazil nuts - can be introduced gradually, mixed into other foods or baked into recipes to balance their stronger taste and firmer texture.

Another study found regularly feeding peanuts from infancy reduced the rate of peanut allergies in adolescence by 71 per cent.

To reduce the risk of allergies, introduce nuts as early as possible to your child's diet - ideally between four and six months - in the form of 100 per cent nut spreads to prevent choking.

Start by smearing a small amount of 100 per cent smooth peanut butter on the inside of the lip and monitor for 30 minutes. If there's no reaction, double the quantity (1/4 teaspoon) and monitor for another 30 minutes. You can then repeat this process increasing to 1/2 teaspoon.



If this goes well, you can include 100 per cent nut butters in your child's diet, increasing the amount offered weekly.

If you have a family history of allergies, introduce nuts in consultation with your GP. If your child does have a reaction, mild to moderate reactions can be treated using non-sedating antihistamines. If the child has any symptoms of anaphylaxis, call an ambulance immediately and treat them with an EpiPen if one is available.

What should you do?

Allowing kids to enjoy nuts - nature's treats - helps keep unhealthy processed foods out of their diets.

There's no need to limit them because kids are extrem-

ly good at regulating their calorie intake across the course of the day. When nuts are no longer a choking hazard (between the age of three and five years), I'd suggest serving them a large handful every day. Before that, they can eat nuts as pastes or finely crushed and mixed into food to prevent choking.

Adults often avoid eating nuts themselves due to concerns about their high energy content, fearing they might lead to weight gain. However, research suggests this fear may be unfounded.

Studies show even relatively large servings - up to 100 grams per day - are linked to modest reductions in body weight and fat mass.

While Australia's current dietary guidelines recommend limiting intakes of nuts, this no longer reflects the evidence and should be revised when the guidelines are updated next year.

Take-home tips

Nuts are a powerhouse of nutrition, but getting kids to eat them can be a challenge.

All nut varieties offer health benefits, so include a mixture to keep things interesting. Choose raw or dry-roasted, unsalted options to avoid added oil and salt creeping into kids' diets.

If they reject them the first time, try again. Research shows kids need eight to ten exposures before they willingly eat new foods. So offer them regularly, encourage tasting and don't pressure them to eat.

To help incorporate more nuts into children's snacks and meals, start with milder, more familiar varieties such as cashews, almonds, or peanuts. These tend to have a softer texture and sweeter flavour, making them more appealing to younger palates.

More robust or bitter varieties - such as walnuts, pecans or Brazil nuts - can be introduced gradually, mixed into other foods or baked into recipes to balance their stronger taste and firmer texture.

Police arrest suspect for desecrating temple in Hyderabad

MI News Service, Hyderabad: A day after the Mysamma temple at the Puranapul Darwaza area of Hyderabad was desecrated, the city police said that the suspect involved in the incident was arrested on Thursday, January 15.

The arrest comes after communal violence broke out late at night of January 14 after the temple flexi was found damaged. In a statement regarding the arrest, the Deputy Commissioner of Police (DCP), Rajendranagar, said, "The suspect involved in the case registered at Kamatipura Police Station, regarding the incident at Puranapul Darwaza Mysamma temple, has been apprehended by the police."

The DCP said that the incident involved the damaging of a flexi banner and a plaster of Paris (POP) idol in the temple veranda. "The suspect was appre-



hended within 24 hours of the incident. Police are currently investigating the case and interrogating the suspect to collect further evidence," he concluded.

A communal clash jolted the city's Ganga-Jamuni tehzeeb on Wednesday night, January 14, after a tattered flexi board and a damaged deity idol were allegedly found inside the Mysamma Temple at Hyderabad's Puranapul Darwaza area.

The incident enraged many, and Hindutva group members turned up in the dozens. Videos of an angry mob stomping and wrecking the graves with sticks, chanting "Jai Shri Ram" slogans, as well as damaging a religious flag, in the presence of police personnel, emerged on social media.

After being alerted, the Kamatipura Police reached the spot and tried to diffuse the situation. But things only escalated from

there, as the mob swelled to nearly 300 people. They hurled stones at the officers and set vehicles on fire. A civilian motorcycle was set ablaze, and the windshield of an incoming truck was broken, bringing the traffic to an abrupt halt at the busy intersection on the banks of the Musi river.

At least four police officers and a resident were reportedly injured in the stone pelting. Police responded with a lathi charge to disperse the crowd, even as tension continued to rise.

Additional force was called in. Senior police officers, including Additional Commissioner of Police, South Range (Law & Order), Taseer Iqbal, Deputy Commissioners of Police (DCP) from Charminar, Golconda and Rajendra Nagar, Task Force and traffic police, reached the site and finally brought the situation under control.

On Thursday, activists claimed that the bloody crackdown by the authorities in Iran has killed at least 2,637 people, a week after shutting Iran off from the world following nationwide protests challenging the country's theocracy.

In Srinagar, rallies were taken out near the Nehru Park in Hassanabad and the Gund Hassi Bhat localities of the city to express solidarity with Iran and its Supreme Leader, Syed Ali Khamenei. The protesters voiced their support and condemned what they termed "external pressure" and "interference" against Iran.

Pro-Iran rallies taken out in Kashmir, slogans raised against US, Israel

MI News Service, Srinagar: Amid the deadly protests challenging Iran's theocracy and threats by the US to intervene militarily in the country, peaceful demonstrations were taken out at several places in Kashmir in support of the Islamic Republic after the congregational prayers on Friday, January 16, officials said.

Several Shia-dominated areas in Srinagar, Pulwama and Budgam witnessed the demonstrations as the agitators raised slogans in favour of Iran and against the US and Israel, they said. The demonstrations remained peaceful, the officials said.

On Thursday, activists claimed that the bloody crackdown by the authorities in Iran has killed at least 2,637 people, a week after shutting Iran off from the world following nationwide protests challenging the country's theocracy.



day called upon the people of Iran to stand united to defeat the "plots" of the US and Israel, and also appealed to the leadership in the Islamic Republic to address the grievances of the protesters there.

"The US has a habit of saying that they want to establish democracy in other countries by taking out leaderships there...which is totally wrong. Basically, the US always wants to intervene because it eyes their resources like fuel, etc.," she said. "However, the biggest atrocities are being committed against the people in Gaza, but the US does not intervene there. I am happy that people came out on the roads in J&K, especially in Kashmir, in support of Iran," she said, referring to demonstrations in many parts of Kashmir after the Friday prayers.

Referring to Iran's relationship with India, the PDP president said demonstrations in support of the Islamic Republic should have taken place across the country as in the old times. "Kashmir also has a close relation with Iran, but since the BJP government came, the whole system in the country has changed, and people are now afraid to protest," she claimed.

Carrying placards and banners, the agitators raised slogans in favour of Iran and its leadership, and against the US and Israel. Similar protests were witnessed at the Main Chowk in Budgam in central Kashmir and the Gangoo area in south Kashmir's Pulwama district. Speaking to reporters in Pulwama, a Shia leader said the US and Israel, along with their allies, were "committing atrocities" against Muslims across the world, and innocent people in Iran. We came together to protest against the atrocities of America and Israel," he said. The people of Kashmir want to tell the US and Israel that "we are alive and Muslims across the world are always ready to support their Muslim brothers".

PPD chief Mehbooba Mufti on Fri-

Prime Minister Modi To Flag Off India's First Vande Bharat Sleeper Train

MI News Service, Kolkata, 16 Jan.26 : Hon'ble Prime Minister Shri Narendra Modi will flag off India's first Vande Bharat Sleeper Train connecting Howrah and Guwahati (Kamakhya) from Malda Town station tomorrow, January 17, 2026. On the same occasion, the Hon'ble Prime Minister will also flag off the return service between Guwahati (Kamakhya) and Howrah through video conferencing. The launch of this path-breaking service marks a historic milestone in the upgradation of long-distance overnight rail travel in the country and reflects Indian Railways' commitment to introducing modern, efficient and passenger-friendly train services.

During the programme, the Hon'ble Prime Minister will also flag off multiple new train services aimed at enhancing long-distance and inter-regional connectivity. These include the Alipurdar-SMVT Bengaluru Amrit Bharat Express, New Jalpaiguri-Tiruchirappalli Amrit Bharat Express, Alipurdar-Mumbai (Panvel) Amrit Bharat Express, New Jalpaiguri-Nagercoil Amrit Bharat Express, Balurghat-SMVT Bengaluru Express and Radhikapur-SMVT Bengaluru Express, significantly strengthening rail links between eastern and southern as well as western parts of the country.

In addition to the launch of new train services, the Hon'ble Prime Minister will lay the foundation stones for several key railway infrastructure projects. These include the new rail line between Balurghat and Hili, establishment of next-generation freight maintenance facilities at New Jalpaiguri, upgradation of the Loco Shed at Siliguri and enhancement of maintenance facilities for Vande Bharat trains at New Jalpaiguri. The Hon'ble Prime Minister will also dedicate to the Nation the electrification of the New



Coochbehar-Bamanhat and New Coochbehar-Boxirhat rail sections, a major step towards accelerating infrastructure growth and uplifting the socio-economic condition of the region.

The Vande Bharat Sleeper train offers a superior overnight travel experience with ergonomically designed berths, ample luggage space, modern toilets and divyang-friendly facilities. It ensures a clean and hygienic journey with local cuisine included in the fare, supported by modular pantries and advanced disinfectant technology. Equipped with the indigenous Kavach system, advanced fire safety features and CCTV surveillance, the train sets new benchmarks in safe, efficient and world-class overnight rail travel, reflecting Indian Railways' commitment to modern, passenger-centric services.

With the launch of India's first Vande Bharat Sleeper train and the inauguration of multiple new services and infrastructure projects, Indian Railways takes a decisive leap towards redefining long-distance travel and strengthening national connectivity. This landmark initiative not only ushers in a new era of safe, comfortable and world-class overnight rail journeys but also reinforces the Government's unwavering commitment to modern infrastructure, inclusive growth and a future-ready railway network for the nation.

Shab-e-Meraj Observed at Margram 'Masjidul Ghousil Azam' Pak

MI News Service, Kolkata, 16 Jan.26 : Friday night, 16 January 2026—corresponding to the 27th of Rajab, 1447 Hijri in the Islamic calendar—the holy night of Shab-e-Meraj Pak is being observed with great reverence and grandeur at 'Masjidul Ghousil Azam Pak', located at the Margram Quaderia Khanqah.

Exactly two years ago on this very night of Shab-e-Meraj, the mosque—associated with the blessed name of Ghousul Azam Dastagir Hazrat Abdul Qadir Jilani (A.S.)—was inaugurated by His 23rd lineal descendant and, at the same time, the 36th descendant of Hazrat Muhammad Mustafa (S.A.W.), the present Sajjadanashin Huzur Pak of the Silsila-e-Quaderia Razzaqia Mustarshidia, Hazrat Syed Shah Yasoob Ali Al-Quaderi Al-Baghddadi, Adamallahu Fuyuzahum. Under His guidance and in His august presence, this special occasion is being observed.

It may be recalled that on 4 August 2015, the foundation stone of this mosque was laid by the then Sajjadanashin of this Silsila, 'Boro Huzur Pak' Hazrat



Syed Shah Rashid Ali Al-Quaderi Al-Baghddadi (A.S.). The dome of this mosque has been constructed in the likeness of the dome of the Masjid Pak adjoining the Mazaar Sharif of Hazrat Abdul Qadir Jilani (A.S.) in Baghdad, Iraq. During the tenure of 'Boro Huzur Pak', the Margram Quaderia Khanqah Sharif was inaugurated on 3 November 2001, and it soon became the spiritual centre of guidance and the heart of the Quaderia Sufi order for a vast surrounding region.

This evening, after the Maghrib prayer, a Milad Mahfil was held, followed by the Isha prayer and a Waz Mahfil. Several renowned Islamic scholars delivered sermons highlighting the true events of

UN chief condemns Israeli authorities' unlawful entry into UN property in occupied East Jerusalem

MI News Service, United Nations: UN Secretary-General Antonio Guterres on Thursday strongly condemned the Israeli authorities' unlawful entry into a UN property in occupied East Jerusalem on Jan. 12 and the order of its temporary closure, Farhan Haq, deputy spokesperson for the UN chief, said in a statement.

The UN Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) Jerusalem Health Centre, which serves hundreds of Palestine refugee patients every day, is, for most of them, their only possibility of having access to primary healthcare, the statement said.

The statement said the action fol-

lows the seizure by the Israeli authorities of the UNRWA Sheikh Jarrah compound and the adoption and amendment by the Israeli parliament of the Law to Cease UNRWA Operations in the Territory of the State of Israel. The secretary-general expressed his grave concerns to the Israeli prime minister and has brought those actions to the attention of the president of the UN General Assembly and the president of the Security Council.

The secretary-general is also deeply concerned that UNRWA has been informed that utility providers will soon cease supplying electricity and water services to multiple

UNRWA facilities in occupied East Jerusalem, the statement added.

"These measures are a violation of the inviolability of United Nations premises, and an obstacle to the implementation of the clear mandate of the General Assembly for UNRWA's continued operations in the Occupied Palestinian Territory, including East Jerusalem," the statement said.

The secretary-general urged the Israeli government to immediately take steps to return and restore the UNRWA Sheikh Jarrah compound and the UNRWA Jerusalem Health Centre, and to ensure that essential utilities to UNRWA premises are maintained.

Netanyahu said to have asked Trump to hold off on striking Iran

MI News Service, Tel Aviv : Prime Minister Benjamin Netanyahu asked US President Donald Trump to delay potential plans for an American strike on Iran, the New York Times reported Thursday, citing a senior US official. It said Netanyahu had requested that Trump "postpone any plans" for a military attack. The White House later confirmed that the two leaders had spoken by phone, but did not give details of the conversation.

Trump had threatened to strike Iran over its mass killings of protesters in anti-regime demonstra-

tions that began two-and-a-half weeks ago. Iran has threatened to retaliate against Israel if attacked by the US. According to the network, Israeli officials believe the protests are being suppressed and have declined dramatically, and there is a dispute within Israel's top leadership regarding the approach toward Iran.

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Russia condemns interference, incitement, threats of force against Iran: Envoy

MI News Service United Nations: Russian UN ambassador Vassily Nebenzia said Thursday that his country condemns all forms of external interference, incitement to violence, and threats of use of force against Iran. At a Security Council meeting on the situation in Iran, Nebenzia called on the United States to put an end to its escalatory actions.

He noted that "the extremely dangerous and irresponsible rhetoric" in recent days by the US leadership has gone as far as openly calling for the

takeover of state institutions of Iran and threats to assist the protesters.

Russia demands that the United States and its like-minded partners refrain from further reckless steps, including those involving nuclear facilities, and rather focus on providing solid assurances against further confrontation and resume joint efforts to find potential solutions, said the ambassador.

The sentencing, which was broadcast live, was Yoon's first verdict coming from his botched martial law bid.

The first-instance sentencing for Yoon's insurrection charges was scheduled for Feb. 19. The special counsel sought a death penalty for Yoon on the charges.

The emergency martial law was declared by Yoon on the night of Dec. 3 in 2024, but it was revoked hours later by the National Assembly.

The constitutional court upheld a motion to impeach Yoon last April, officially removing him from office. The ousted leader was indicted under detention last January as a suspected ringleader of the insurrection, becoming the first sitting president to be arrested and indicted.

Mossad chief Barnea in US to discuss Iran, plans to meet with Witkoff – report

MI News Service, Washington: Mossad director David Barnea has arrived in the US for consultations about Iran's deadly crackdown on protests and a potential American military response, the Axios news site reports. The spy chief is expected to meet with White House envoy Steve Witkoff in Miami, the report says, adding that the latter is managing direct communications between the US and Iran. It is unclear whether Barnea will meet with US President Donald Trump, who is expected to be at his Mar-a-Lago golf club in Florida, over the weekend, the report says. Israel is reported to have asked Trump to delay any military action against Iran, as the Jewish state is expected to come under fire in retaliation for any major US action there.

MI News Service, Seoul: South Korea's former impeached President Yoon Suk-yeol was sentenced to five years in prison on arrest obstruction charges, live footage showed Friday. The criminal division of the Seoul Central District Court in charge of Yoon's obstruction of justice case handed down the prison sentence to Yoon for abusing the presidential security service to hinder the anti-corruption agency from executing its arrest warrant in January 2025.

The Corruption Investigation Office for High-ranking Officials (CIO) was once thwarted in its attempt to arrest Yoon as the presidential security service formed human shields and bus blockades to prevent investigators from entering the presidential residence. The team of Cho Eun-suk, an inde-

pendent counsel who led investigations into Yoon's insurrection and other charges, demanded a 10-year prison term for Yoon.

The court stressed that severe punishment was necessary, considering the need to restore the rule of law damaged by Yoon's crime, but it noted that the fact that he was a first-time offender with no criminal record was considered a favorable factor.

S. Korea's Ex-President Yoon sentenced to 5 years in prison on arrest obstruction charges

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Why a US-Israel-sponsored "Regime Change" in Iran will never happen

By Syed Zubair Ahmed

For decades, Washington and Tel Aviv have nurtured the idea—sometimes openly, sometimes quietly—of engineering a "regime change" in Iran. Sanctions, covert operations, cyber warfare, information campaigns, and the nurturing of exile groups have all been tried in different forms. Yet, despite enormous pressure, the Islamic Republic of Iran continues to stand, adapt, and assert itself as a regional power. The reasons for this are structural, historical, ideological, and civilizational. Iran is not a fragile state waiting to collapse; it is a deeply rooted nation with capacities that make externally sponsored regime change not just unlikely, but fundamentally impossible.

Unlike many states targeted for regime change, Iran has not outsourced its security to foreign powers. Its armed forces—including the regular army (Artesh) and the Islamic Revolutionary Guard Corps (IRGC)—are not ceremonial institutions. They are experienced in asymmetrical warfare, regional conflicts, and strategic deterrence. The IRGC is not merely a military

nuclear issues, Iran's real deterrent lies in its missile capabilities. Precision-guided missiles, drone warfare, and layered air defense systems have altered the strategic balance in West Asia. Iran has demonstrated that it can strike with accuracy and restraint, sending clear messages without escalating into total war. This capability acts as a powerful deterrent against direct military intervention. Regime change requires either occupation or decisive military defeat—neither of which is feasible against a country that can impose unacceptable costs on its adversaries. At its core, Iran is a country built on ideology, not personality cults.

From Iraq to Lebanon, from the Persian Gulf to Central Asia, Iran has cultivated alliances, influence, and partnerships. This regional footprint is not an accident; it is a strategic necessity born out of historical invasions and encirclement. Any attempt at regime change in Tehran would destabilize the entire region, triggering conflicts far beyond Iran's borders. This reality acts as a brake even on the most hawkish plan-

ners in the US and Israel. The 1979 revolution was not merely a change of regime; it was a civilizational choice. By forcing Reza Shah Pahlavi into exile, Iranians rejected monarchy, foreign tutelage, and elite rule imposed from above. Attempts to revive monarchical nostalgia from abroad misunderstand this historical rupture. The Iranian people did not overthrow a king to accept another externally sponsored order. Any regime imposed through foreign intervention would lack legitimacy from day one.

The idea of a US-Israel-sponsored regime change in Iran is not a serious strategic option; it is a political fantasy recycled for domestic consumption and psychological pressure. Iran's military strength, ideological foundation, popular legitimacy, regional influence, and civilizational depth form a firewall against external engineering. History teaches us that nations like Iran do not fall from outside pressure—they transform, slowly and internally. Those who ignore this reality are not planning policy; they are indulging in illusion.

Pirzada Sawban Siddiqui honored



Nurul Islam Khan: Pirzada Alhaj Sawban Siddiqui was honored at the annual Milad-un-Nabi program of Mahtosh Nandi Mahavidyalaya in Jangipara. Many dignitaries were present, including the renowned Maulana Dr. Rafiqul Islam.

11 Palestinians killed despite ceasefire agreement entering Phase 2

MI News Service, Gaza: Israel continued to attack Gaza, killing at least 11 Palestinians and wounding several others on Thursday and Friday, January 15 and 16, even as the ceasefire agreement with Hamas entered the second phase. The United States on Thursday announced Phase 2 of the ceasefire agreement between Israel and Hamas. This phase will focus on demilitarisation, technocratic governance and the reconstruction of Gaza. On Thursday, Israeli air strikes targeted areas like the central city of Deir el-Balah



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Flagging off of

Vande Bharat Sleeper Train

Howrah – Guwahati (Kamakhya)
From Malda Town Railway Station

Guwahati (Kamakhya) – Howrah
From Kamakhya Railway Station

.....

Amrit Bharat Express

New Jalpaiguri – Nagercoil

New Jalpaiguri – Tiruchchirappalli

Alipurduar – SMVT Bengaluru

Alipurduar – Mumbai (Panvel)

.....

Mail Express

Balurghat – SMVT Bengaluru

Radhikapur – SMVT Bengaluru

Laying of Foundation Stone of

4 Laning

of Dhupguri – Falakata Section of NH-27

New Rail Line

between Balurghat & Hili

Upgradation of Loco Shed

at Siliguri

Next Generation Freight Maintenance facilities

at New Jalpaiguri

Upgradation of

maintenance facilities for Vande Bharat trains at Jalpaiguri

Dedication to the Nation

Electrification of Rail line

between New Coochbehar – Bamanhat

between New Coochbehar – Boxirhat

Projects Benefits

Vande Bharat sleeper train

- Affordable and comfortable travel
- Reduction in travel time by approximately 2.5 to 3 hours
- Speed of up to 180 km/h
- Toilets equipped with disinfectant technology

Amrit Bharat Express trains

- Significant reduction in travel time
- Safe, comfortable, and reliable journeys

Mail Express Trains

- Equipped with modern amenities
- Boost to tourism and the local economy

Electrification of Rail lines

- Faster and more reliable rail services
- Improved punctuality and reduced travel time
- Clean and environment-friendly rail travel

NH-27 Road Project

- Enhances connectivity to northeastern states including vital chicken neck corridor
- Save nearly 1 hour for travelling between Siliguri and Guwahati

Narendra Modi

Prime Minister

17th January 2026 | Malda Town Station | 11:00 AM

In the august presence of

Dr. C. V. Ananda Bose

Governor, West Bengal

Mamata Banerjee

Chief Minister, West Bengal

Nitin Jairam Gadkari

Union Minister of Road Transport & Highways

Ashwini Vaishnaw

Union Minister of Railways, Information & Broadcasting and Electronics & Information Technology

Shantanu Thakur

Union Minister of State for Ports, Shipping and Waterways

Dr. Sukanta Majumdar

Union Minister of State for Education and Development of North Eastern Region



INDIAN RAILWAYS