



June 29, 2010

Bengal Energy Ltd. Files Annual Information Form

Calgary, Alberta – Bengal Energy Ltd. (the “Company” or “Bengal”) (TSX: BNG) is pleased to announce that it has filed its fiscal 2010 Annual Information Form on the System for Electronic Document Analysis and Retrieval (“SEDAR”).

The Annual Information Form includes Bengal's statement of reserves data and other oil and gas information for the year ended March 31, 2010 together with the report on reserves data by the independent qualified reserves evaluator on Form 51-101F2 and the report of management and directors on oil and gas disclosure on Form 51-101F3 as mandated by National Instrument 51-101 – Standards of Disclosure for Oil and Gas Activities of the Canadian Securities Administrators.

Copies of Bengal's Annual Information Form may be obtained on SEDAR at www.sedar.com or by visiting Bengal's website at www.bengalenergy.ca.

About Bengal

Bengal Energy Ltd. is an international junior oil and gas exploration and production company with assets in India and Australia. The Company is committed to growing shareholder value through international exploration, production and acquisitions. Bengal trades on the TSX under the symbol BNG. Additional information is available at www.bengalenergy.ca.

FOR FURTHER INFORMATION PLEASE CONTACT:

Bengal Energy Ltd.

Bradley Johnson, Chief Executive Officer

Chayan Chakrabarty, President

(403) 205-2526

Email: investor.relations@bengalenergy.ca

Website: www.bengalenergy.ca