Protests escalate in NE, Curfew in Guwahati

Neither CAB nor abrogation of Article 370 anti-Muslim: Amit Shah

NEW DELHI: Amit Hindupur Sharmi Saihili Bill, noar abrogation of Article 370 of the Constitution of India at the Citizenship (Amendment) Bill. Justice sanjiv Khanna, the five-judge Constitution bench, will tomorrow hear the petitions in Ayodhya case today from them.

The Supreme Court said that it was not necessary for Modi, who was then the Union Home Minister, to inform all the officials of the state about his visit to Godhra. The concerned officials were informed about his visit but no official procedures were followed. The Home Ministry had a secret visit nor a visit to destroy the evidence.

The apex court said that it was not necessary for Modi, who was then the Union Home Minister, to inform all the officials of the state about his visit to Godhra. The concerned officials were informed about his visit but no official procedures were followed. The Home Ministry had a secret visit nor a visit to destroy the evidence.

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Gita takes people closer to success: Dr. Chauhan

Dr. Ashok Kumar
KURUKSHETRA, DECEMBER 21

Annual sports competition was held in DAV Public School, Sector 20, Sirsa. Children participated in the competition with enthusiasm and showed their sports talent. Headmaster Anjali Yadav declared the event open by inspiring the children to participate in the games. Principal Sukhwinder Rana, P.T.I. Shiv Kumar, Dr. Virender Kumar and Sarpanch Devendra Rana were present during the event.

SHIV SHARMA
KURUKSHETRA, DECEMBER 21

Nirav Modi, who was on the run from Indian law enforcement agencies since 2017, was arrested in London on Friday. The Indian government has been working on the extradition of Nirav Modi, who is wanted in India for alleged fraud and money laundering. The Enforcement Directorate (ED) had filed a chargesheet against Nirav Modi and his firm, Punjab & Sind Bank, in the case.

SHIV SHARMA
KURUKSHETRA, DECEMBER 21

The Transport Minister was speaking to the media today after addressing the Centre of Human Rights and Environment organization, which is holding a protest against govt policies. He said that the Lok Sabha Speaker has been heard that the incident is being investigated intensively. The police station in-charge said that the incident has been registered and the investigation is underway. He added that the police are probing the matter. He said that the police have registered a case against the accused.

SHIV SHARMA
KURUKSHETRA, DECEMBER 21

The Lok Sabha Speaker will also be present on this occasion. On behalf of Rotary Club and Cygnus Hospital at Government Medical College, Dr. Surendra Sharma said that the event will be organized to create awareness among people about the importance of maintaining hygiene and cleanliness.

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Editor’s Note

Shiv Sharma is a renowned journalist and political commentator. He has been covering politics and current affairs for over two decades. He is known for his insightful analysis and opinion columns in various newspapers and magazines. His work has won him several awards and recognitions for his outstanding contribution to journalism. In this note, he reflects on the current political climate and provides his perspectives on various issues.

SHIV SHARMA
KURUKSHETRA, DECEMBER 21

The message of the Bhagavad Gita is very important for the youth of today. The Gita is a message that teaches us how to live life. It teaches us the importance of dharma and how to achieve it. It teaches us the importance of karma and how to perform our duties. It teaches us the importance of meditation and how to achieve inner peace.

SHIV SHARMA
KURUKSHETRA, DECEMBER 21

In this case, the police had registered a case against the suspect for the murder of Neetu. The police are investigating the matter and have arrested the suspect. The suspect has been sent to judicial custody. The police are carrying out further investigation to establish the facts of the case.

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KULWINDER BHATIA
MANGAL: The 65th State School sports day was held at Mandi Gobindgarh Government Senior Secondary School, Mandi Gobindgarh, Saturday. District Education Officer Surinderpal Singh Appu, Additional District Education Officer (Primary) Sandhwan and Rori, District Education Officer (Secondary) Dr. Devender Singh Boha, and other dignitaries were present.

At the event, the principal of Government Senior Secondary School Gobindgarh presented the best players of the district to the government. The Principal expressed his gratitude to the government for organizing such events, which provide an opportunity to the students to showcase their talents and skills.

In his address, the principal also highlighted the importance of sports in the overall development of the students. He said that sports not only help in physical fitness but also inculcate values like discipline, teamwork, and leadership.

The Principal also urged the students to participate in such events in the future and make the district proud.

Three robbers nabbed in Moga, 5 pistols seized
Moga: The Moga Police on late Tuesday evening arrested three robbers with a vehicle and seized five pistols in a major robbery case that was reported earlier this month. The robbers were nabbed by police on the outskirts of the town around the complaint of one vehicle driver whom the accused had tried to rob earlier.

The police said that the robbers were arrested while en route to a village in the district. They were in possession of a vehicle, a Delhi register, and five country-made pistols.

The police said that they have launched a search for other robbers who were involved in the crime.

Pak using social media for spreading terrorism
Punjab can't allow revival of terror at any cost: Amarinder
JANDIALA GURU (KULJEET SINGH):

Punjab can't allow the revival of terrorism at any cost, said Chief Minister Captain Amarinder Singh.

During a meeting with the 65th Punjab State Grievance Redressal Forum, the Chief Minister said that the government was committed to ensuring the safety and security of the people of Punjab.

He urged the people to cooperate with the government and help in eradicating terrorism.

The Chief Minister also said that the government was taking all necessary steps to prevent the revival of terrorism in the state.

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Govt invites suggestions for budget 2020-21

The state government has started process of formulation of the state budget 2020-21, inviting suggestions from all corners of the society. In this regard, the government has invited suggestions from the general public, industrialists, traders and farmers associations on its website. A spokesperson of the state government said that the suggestions can be sent via e-mail to budgetofficehps@gmail.com or by letter to Office of Additional Chief Secretary (Finance) and all the suggestions will be considered for formulation of the budget 2020-21.

Govt considering direct dismissal of teachers booked for sexual harassment: Min

In a letter to the State Education Minister, Deepak Bhargava has said that the State Government would think of direct dismissal of teachers booked for sexual harassment. The proposal would be made under the provision of the Recognition of teachers under the Right to Education Act of 2009 in the state. There are about 50,000 teachers in Himachal Pradesh working in the state under the Right to Education Act.

The state government has already started the process of formulation of the state budget 2020-21 and has invited suggestions from various sections of the society, including the general public, industrialists, traders and farmers associations. The suggestions can be sent via email to budgetofficehps@gmail.com and the government will consider all the suggestions for the formulation of the budget.

NIPFA lauds efforts of government for successful organisation of Investor's Meet

NIPFA (National Investors Protection and Facilitation Agency) has praised the government for the successful organisation of the Investors Meet held recently in Dharamshala. NIPFA said that the government has taken a progressive and correct decision to remove the problem of sexual harassment in educational institutions.

The Investors Meet was held in Dharamshala recently, during which the Government of Himachal Pradesh made a strong commitment to ensure that there is no incidence of sexual harassment in schools and colleges. The government has also introduced a number of measures to prevent sexual harassment in educational institutions, including the formation of an anti-harassment cell, the appointment of a nodal officer for handling sexual harassment cases, and the establishment of a complaint redressal mechanism.

The NIPFA has praised the government for its efforts in this regard, and has called for more such initiatives to be taken to ensure a safe and conducive environment for students in educational institutions. The NIPFA has also urged the government to continue its efforts in this direction, and to take all necessary steps to prevent sexual harassment in schools and colleges.

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NIPFA lauds efforts of government for successful organisation of Investor's Meet

The NIPFA (National Investors Protection and Facilitation Agency) has praised the government for the successful organisation of Investors Meet held recently in the state. The meeting was held in Shimla recently and was attended by representatives from different sectors of the economy. The government has taken a number of initiatives to protect the interests of investors and to ensure a fair and transparent investment climate in the state. The NIPFA has praised the government for its efforts in this regard and has called for more such initiatives to be taken to promote investors' confidence in the state.

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CHANDIGARH: Dr. Rama Walia, the President of the Punjab Congress Committee (PPCC), has urged him not to approach the courts to stop the citizenship amendment bill (CAB) in its final form. The PPCC chief said that the Sarbat Khalsa movement should continue to demand the withdrawal of the CAB. She also accused the government of taking illegal steps and misbehaving with the public.

FATEHGARH SAHIB, DEC 11

The 70 percent population of the country is still cashless, and the government needs to provide health care to these people. Sarbat Khalsa is a movement for the betterment of the society. The government should provide better healthcare facilities to the people of the country. The government should provide better education and health facilities to the people of the country.

JIVANVIT LIFESTYLE: The government has launched the Seechewal model to address the issues of the development of villages. The model will be implemented in all the districts of the country. The government has also launched the 100 percent scheme that will provide health care to the people of the country.

NJV to get facelift with new rooms, STP and MP hall

The Jivanjivit Foundation, which is the largest provider of health care in the country, will get a new look with the construction of new rooms, STP, and MP hall. The foundation has been providing health care to the people of the country. The foundation has also launched the 100 percent scheme that will provide health care to the people of the country.

Punjabi Congress urges Pratap To not approve CAB

In a memorandum submitted to the President by Punjab Government, Dr. Walia has urged him not to approve the Citizenship Amendment Bill (CAB). She has also asked the government to stop the implementation of the CAB.

STP to be ready by March 2020: DC

The STP project will be completed by March 2020. The project will provide clean water to the people of the country. The government is also planning to construct a new STP in the city.

CHANDIGARH: Chandigarh District Government has ordered to shift the vendors of the city. The government has also ordered to shift the vendors of the city. The government has also ordered to shift the vendors of the city.

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China is losing out in its competitive edge, says Commerce Minister Goyal

China's economy is losing out in its competitive edge, said Commerce Minister Piyush Goyal on Wednesday. He said the country should adopt a more aggressive approach to foreign investment. Goyal said that China's economic growth had slowed down and that the country needed to focus on innovation and technology to remain competitive.

Rahul Gandhi only alternative to Modi, says Gehlot

Rahul Gandhi is the only alternative to Narendra Modi, said Rajasthan Chief Minister Ashok Gehlot. Gehlot said that Rahul Gandhi was a dynamic leader and had the ability to unite the country. Gehlot said that Modi was a divisive leader and had caused division in the country.

MP: Runaway businessman

Two wanted history media house demolished

A media house in Rajasthan was demolished by the police on Wednesday. The media house, which had published articles critical of the government, was demolished by the police after a court order was issued. The police said that the media house had been demolished in order to prevent the publication of articles critical of the government.

Domestic workers to protest against govt's labour code

Domestic workers hold rally across Maharashtra as reason to raise alarm over the government's new labour code. The rally, which was held on Wednesday, was organized by Mahila Ratan Shakti Samaj and other organizations. The rally was intended to protest against the government's new labour code, which is expected to be approved in the Rajya Sabha on Friday. The rally was attended by hundreds of domestic workers from different parts of the state.

New Citizenship law will be written in golden letters, PM tells party MPs

Prime Minister Narendra Modi on Wednesday said that the new Citizenship Act would be written in golden letters. Modi said that the new Citizenship Act was a historic step in the country's history.

India's H-1B visa system is a success, says top official

India's H-1B visa system is a success, said a top official from the US government. The official said that the system had been very effective in ensuring that only the best candidates were selected for H-1B visas.

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The four suspects were taken to the crime scene, ostensibly for a reconstruction of events as part of the investigation.
### Awareness is the first step to early detection of Breast Cancer

#### Leadpacemakers paving the way for better management of atrial fibrillation

Atrial fibrillation (AF) is a heart rhythm disorder where the heart’s upper chambers (atria) beat irregularly. This can lead to a higher risk of stroke, heart failure, and other complications. The World Health Organization estimates that by 2030, AF will affect 26.6 million Indians, making it a major health concern.

#### Chinese, one of the most heart disease-prone populations

A study published in the *Journal of the American College of Cardiology* found that Chinese adults have a higher risk of developing AF compared to other ethnic groups. The risk factors include aging, obesity, diabetes, and hypertension. Early detection and management are crucial to prevent complications. Patients are encouraged to consult with healthcare providers for regular heart health check-ups.

#### 169th Birth Anniversary Celebrations of Founder of Dev Samaj off With Medical Camp

Dev Samaj, an organization dedicated to social work and welfare, organized a medical camp on the occasion of its founder's 169th birth anniversary. The camp provided free medical check-ups, including dental care, eye examinations, and consultation with specialists. Public awareness campaigns were also conducted to educate people about preventive measures and the importance of regular health check-ups.

#### Qatar Investor Authority to invest INR 3,200 crore in Adani Electricity Mumbai Limited

QIA has signed a deal for a 15% stake in Adani Electricity Mumbai Limited (AEML). This investment is expected to help AEML in expanding its power distribution infrastructure and improving service quality.

#### THINK Gas launches clean, sustainable urban mobility

THINK Gas, a company dedicated to clean and sustainable urban transportation, launched CNG-powered vehicles for consumers. This initiative aims to reduce carbon emissions and provide a more environmentally friendly option for urban commuters.

#### Before You Rush to Start Early Detection of Breast Cancer

Several factors could hind develop early risk of breast cancer. It's important to combine one's genetic history with lifestyle changes. "Almost 50% of the breast cancer cases in India is different from other countries. Younger women and men have different stages in cancer on advanced stages," Dr. Akash Kumar, an oncologist, explains.

### Facts and Figures

- **Breast cancer awareness:**
  - In 2018, India reported 47,090 new cases of breast cancer among women.
  - By 2020, the number is expected to reach 52,000.

- **Risk factors:**
  - Early age at first pregnancy
  - Family history of breast cancer
  - Hormone replacement therapy
  - Obesity and physical inactivity

- **Signs and symptoms:**
  - Lump or thickening in the breast
  - Change in the shape or size of the breast
  - Skin dimpling or puckering
  - Redness or irritation of the skin

### Importance of Early Detection

- Early detection can lead to better treatment options and improved survival rates.
- Early detection helps in reducing the risk of metastasis (spread of cancer to other parts of the body).

### Recommendations

- Regular self-examinations
- Monthly breast exams by a healthcare professional
- Annual mammograms for women aged 40 and above

#### Conclusion

The key to fighting breast cancer is early detection and consistent follow-up. By making informed decisions and being proactive about your health, you can significantly reduce the risk of developing this life-threatening disease.
'I am happy and a thriving multi-millionaire': Jameela

The Good Place" star had shared her story of getting an abortion in May while advocating for the legalisation of abortion in the US. She said that it was a "best decision" of her life. In a Twitter post on Sunday, Jamil said recently she had shared her post on Twitter. "Can I retweet this more please?"

The actor, a vocal advocate of body positivity and women rights, said on Twitter. "I'm happy and a thriving multi-millionaire, a woman who feels uncomfortable with the fact that I shouted out what my abortion allowed me personally to go on to achieve... I believe it's important for brown girls to see potential is seen as a luxury by many, but it should be a basic right as it is for men," he tweeted. The 33-year-old actor is currently in a relationship with Pakistani cricketer Virat Kohli.

"Chhapaak" becomes an extremely relevant film considering what's happening to women in the country. "Our effort has been to tell an important story about an important issue. I don't need to talk much about the environment in our country regarding women, we all know that. In an environment like this, the importance of this story increases a lot. I'm fortunate that my film 'Chhapaak' got Matt's face in Deepika. She shed her identity and embraced Matt's. Without her, you wouldn't be able to bring this story on the screen," he added. "I absolutely believe in the fact that cinema is a reflection of the society, the times we live in. If we ask this question to makers, writers and creators, about making responsible cinema, somewhere we need to ask ourselves if we're responsible enough in our day-to-day lives."

But thanks for check that.

Given the fact, the actor has had seven releases in theatres so far and six out of those have been hits. "I have been fortunate to get all the good films that I've been associated with. I've had this realisation right from the start of my career, it's been something that I've grown into and learnt and understood over a period of time. It's not that if you're socially responsible then it's going to be a serious, hard hitting movie. No. Piku" said so much more but it was still entertaining. It's not that if you do socially responsible films then they can be a certain type. They can still be told in an entertaining, engaging manner," she said at the trailer launch of "Chhapaak".

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Amitabh Bachchan and Sonakshi Sinha's Twitter handles topped the list of most tweeted Indian entertainment handles of 2019. With the year coming to an end, Twitter India shared the details of the most-retweeted tweeters and most tweeted microblogging sites in Entertainment, Sports, and Politics categories. Beat allaverities of the Indian entertainment industry, Amitabh Bachchan topped the list of male category for the top entertainment handle, leaving behind, Akshay Kumar and Salman Khan who stood at second and third positions respectively. Twitter handles of musician A.R. Rahman, actors Ranveer Singh and Raj Dangi are others that made it to the list of top ten entertainment Twitter handles in the male category.

My successes are validation of films on youth: Deepika

Despite the fact that Deepika Padukone is no doubt one of the most exciting young stars in Bollywood today. Given the fact, the actor has had seven releases in theatres so far and six out of those have been hits. "I have been fortunate to get all the good films that I've been associated with. I've had this realisation right from the start of my career, it's been something that I've grown into and learnt and understood over a period of time. It's not that if you're socially responsible then it's going to be a serious, hard hitting movie. No. Piku" said so much more but it was still entertaining. It's not that if you do socially responsible films then they can be a certain type. They can still be told in an entertaining, engaging manner," she said at the trailer launch of "Chhapaak".

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**ADB trims India’s GDP growth forecast to 5.1 pc in current fiscal**

**Says, consumption affected by slow job growth**

**AGENCY MANILA, DEC 11**

The Asian Development Bank (ADB) on Tuesday trimmed its forecasts for economic growth for India this year and next year to 5.1 per cent and 6.1 per cent, respectively, and said the world’s second biggest developing country was at a crossroads considering the situation.

“ADBI’s most recent forecasts for India’s GDP growth this year and next year are 5.1 per cent and 6.1 per cent, respectively,” said ADB chief economist Sagaresree Guha.

ADBI also forecast a fiscal deficit of 3.7 per cent of GDP this year and 3.2 per cent next year.

**Tight credit, lower consumer sentiment affect growth**

In its report, the bank said while the Indian government had announced a number of initiatives to combat climate change, it noted the need for additional and well-targeted fiscal stimulus.

The bank noted that while the government had announced tax cuts and increase in spending, the stimulus would be limited due to lower consumer sentiment and rising fiscal pressure.

**High inflation, damp consumption**

Over the past few months, high inflation has been a major issue in the country, with the wholesale price index (WPI) inflation rising to 4.41 per cent in October from 3.02 per cent in September.

Consumer inflation, however, remained moderate at 3.14 per cent in October, well below the target of 4 per cent set by the Reserve Bank of India (RBI).

**ADB expects GDP growth at 5.1 pc this year**

The ADB expects GDP growth this year at 5.1 per cent, which is in line with the government's target of 4 per cent.

The bank said that while the Indian economy had grown at a rate of 5.7 per cent in the first quarter of this fiscal year, the momentum has been dampened by high inflation, low manufacturing output and weak consumer sentiment.

**ADBI expects GDP growth at 6.1 pc next year**

The ADB expects GDP growth next year at 6.1 per cent, which is slightly lower than the government's target of 6 per cent.

The bank said that while the Indian economy has the potential to grow at a faster rate, the government needs to take steps to boost investment and consumption.

**External factors pose risks**

The ADB said that external factors such as trade tensions, geopolitical developments and the global economic slowdown pose risks to India's growth outlook.

**ADB could revise forecasts further**

ADBI said that it would be monitoring the situation closely and could revise its forecasts further depending on the developments.

**ADBI recommends policy measures**

The ADB recommended that the government take policy measures to boost investment and consumption, including lowering corporate taxes, easing regulations and improving infrastructure.

**ADBI also cautions against risks**

The ADB also cautioned that the government needs to be careful not to overreach with its stimulus measures and that it needs to ensure that the benefits of the stimulus are distributed fairly.

**ADBI notes that India's position on climate change is strong**

The ADB noted that India's position on climate change is strong and that the government has announced a number of initiatives to combat climate change.

**ADBI expects inflation to remain moderate**

The ADB expects inflation to remain moderate in the coming quarters, with the headline CPI inflation expected to remain below 4 per cent.
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