India leads the world in internet shutdowns

A new report has revealed that India leads the world in restrictive control over the internet, such as China and North Korea. The report found that telecoms companies in India have been ordered by the authorities to block access to specific websites and applications. An internet shutdown is a suspension of internet service in a particular area or country, often due to political or social unrest. The report also noted that India's actions are part of a broader trend of internet controls around the globe.

Protests show anger spilling out on the streets: Pawar

Protests continue to erupt across India as the government moves to reform its internet policies. Pawar, an opposition leader, has called for the immediate lifting of internet shutdowns and for the government to engage in meaningful dialogue with protesters. He has also urged the government to respect the fundamental rights of citizens and to ensure that internet access remains free and open.

Updated: CMs to be set up in all divisions in Maharashtra

The Maharashtra government has announced that it will set up Chief Ministers’ Offices in all divisions of the state. The decision was taken in response to the widespread protests against internet shutdowns and curfews. The move is intended to ensure that the state government can respond more quickly to the needs of its citizens.

Trade wars: India, US take on Trump

India and the US have engaged in a trade war over tariffs, with both countries imposing retaliatory tariffs on each other's goods. However, recent negotiations have led to a partial resolution, with both countries agreeing to resume trade talks and work towards a comprehensive trade agreement.

Chiru wants everyone to wear 3 Capitals concept

The Telugu film industry has launched a new campaign, "3 Capitals Concept," promoting the idea of a third capital for the state of Andhra Pradesh. The campaign is aimed at raising awareness about the need for a third capital and at encouraging residents to wear clothes that feature symbols of the three capitals.

EVP Polls predict JMM-Cong RJJG will form govt in Jharkhand

The Jharkhand state election results are expected to be announced soon, and polls predict that the Jharkhand Mukti Morcha (JMM) and Congress (RJD) will form a government in the state. The JMM, led by Soren Mahto, is expected to be the single-largest party, while the RJD is expected to provide support to the JMM. The Congress, led by Pappu Yadav, is also expected to play a role in the government.

Vijaya Sai: Exercising on to increase AP districts to 25

Vijaya Sai, a former volleyball player, has announced that she will run for a seat in the Andhra Pradesh assembly elections. She has promised to increase the number of districts in the state from 13 to 25, if elected.

Amavadi farmers continue protests against 3 capitals

Amavadi farmers have continued their protests against the creation of a third capital for the state of Andhra Pradesh. The farmers are calling for the creation of a new capital city in Andhra Pradesh, separate from the existing capitals of Amaravati and Visakhapatnam.

2013. India leads the world in internet shutdowns, according to a new report from the University of Cambridge. The report found that internet shutdowns have become a global phenomenon, with more than 50 countries around the world implementing them. The report also noted that India, China, and North Korea are the countries with the highest number of internet shutdowns.

India leads the world in internet shutdowns

The report found that India leads the world in internet shutdowns, with more than 50 shutdowns recorded within the country. The shutdowns have been implemented by government authorities to prevent the spread of misinformation and to control protests. The report noted that India's actions are part of a broader trend of internet controls around the globe, with China and North Korea also implementing similar policies.

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**Two Skill Development Institutes to be set up at AU**

**Prasanna P Nanduri**

Vijayawada | Sunday | December 22, 2019

One Facebook user wrote: “bought all this stuff and credit card — to order the toys.” The post received over 76,000 views and was saying.

Viyanjwada

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Viyanjwada
Middle class in Vizag worry over capital raising cost of living

Chiranjeevi supports three capital concept

\section*{Chiranjeevi supports three capital concept}

Chiranjeevi supports the three capital concept. He said the bifurcation of the state was a blunder and it should be reversed. He also added that the people of the state are suffering due to the bifurcation. He said that the Centre should take steps to resolve the issue.

\section*{Centre won't remain silent on 3 capitals}

Continued from Page 1

He said that the Centre should not remain silent on the issue. He also added that the Centre should take steps to resolve the issue.

\section*{BJP rocked by anti-CAA violence, toll at 15}

Continued from Page 1

\section*{Protests show anger spilling over on the streets: Pawar}

Continued from Page 1

It is felt that those laws which are anti-Muslim and anti-social and religious intolerance can lead to instability. The farmers and the police who were killed in the protests were doing their job.

\section*{Up rocky with anti-CAA violence, toll at 15}

Continued from Page 1

A number of farmers were injured and some were killed in the protests.

\section*{Farmers' protests continue to rock Amravati}

Continued from Page 1

At Amravati, which has been the site of anti-CAA protests, farmers have continued to march on the road to the KCR House and they are demanding that the Centre should compensate them for their losses.

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The Centre has been trying to appease the farmers by offering them financial compensation.

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At Amravati, which has been the site of anti-CAA protests, farmers have continued to march on the road to the KCR House and they are demanding that the Centre should compensate them for their losses.
The situation in areas hit by violence is gradually returning to normal but police are still patrolling the streets and assured that a heavy deployment of security forces has been made in Dibrugarh, Nagaon, Udalguru, Golaghat, Guwahati and other strife-torn areas.

Meanwhile, leaders of political parties and organisations were holding meetings, an editorial in the party mouth-organ said.

Shashi Tharoor, Benny Behanan including Ramesh Chennithala, Manmohan Singh and others have also condemned the violence and appealed to people to maintain peace and harmony.

The AASU has been holding roadshows in all district headquarters of the state demanding the withdrawal of the Citizenship Amendment Act.

The Assam police has also called on the people to maintain peace and harmony, saying, "We Assamese are fighters to the core, our voices will prevail: Samujjal Borkakoty."
Two nabbed from Guj for robbing jewellery store in Pune

MANGALURU: Two nabbed from Guj for robbing jewellery store. The police in Guj on Saturday arrested five people, including a lawyer, in connection with the robbery of a jewellery store here that took place on November 23, 2007. The robbers, who had allegedly carried out the robbery, were nabbed by the Crime Branch of the Guj Police on Friday against the new law.

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The steel industry may face disruption on expiry of mining leases

The government has allowed import of up to 4 lakh tonnes of steel from March 1

Trump signs $1.4 trillion in spending bill, avoids shutdown

PTI | NEW DELHI

The government has allowed import of up to 4 lakh tonnes of steel from March 1.

The move has been taken in view of the ongoing trade dispute between the US and India.

The trade deficit between the two countries has increased significantly in recent years, with US steel imports from India rising sharply.

The US has imposed steep tariffs on steel imports from several countries, including India, in response to what it sees as Chinese dumping of cheap steel.

The move to allow additional steel imports from India is expected to help reduce the US steel industry's reliance on Chinese imports.

The US is India's largest export market for steel, with exports to the US totaling around $1 billion in 2018.

The move is also likely to help Indian steel producers, who have been facing increased competition from China.

The government has also allowed imports of up to 1.7 million metric tonnes of aluminium from March 1.

This is expected to help meet the growing demand for aluminium in the country, particularly in the automotive and packaging sectors.

The move is also likely to help Indian aluminium producers, who have been facing increased competition from China.

The government has also allowed imports of up to 1.7 million metric tonnes of copper from March 1.

This is expected to help meet the growing demand for copper in the country, particularly in the power sector.

The move is also likely to help Indian copper producers, who have been facing increased competition from China.

The government has also allowed imports of up to 1.7 million metric tonnes of nickel from March 1.

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The move is also likely to help Indian nickel producers, who have been facing increased competition from China.

The government has also allowed imports of up to 1.7 million metric tonnes of chromium from March 1.

This is expected to help meet the growing demand for chromium in the country, particularly in the steel sector.

The move is also likely to help Indian chromium producers, who have been facing increased competition from China.

The government has also allowed imports of up to 1.7 million metric tonnes of stainless steel from March 1.

This is expected to help meet the growing demand for stainless steel in the country, particularly in the automobile and construction sectors.

The move is also likely to help Indian stainless steel producers, who have been facing increased competition from China.
A 15-year-old Arti Kumari and Champa Kumari who fear none in the society since time immemorial have been working hard to ensure that their family and the village they belong to are better off. Arti and Champa, along with other children, try to understand the rights children have. They were attuned to look for the rights of many children around them, who were violated illegally. This was especially common in the case of children from the Banjara and other low caste communities. This realization made the group ready to be a voice for their rights.

Driven with the motivation to change the situation of children, Arti contested the Bal Panchayat elections and became an elected member. Along with other children, she started organizing rallies, short-door campaigns, and personal meetings with parents, highlighting the consequences of ill practices like child marriage, child labour, and abuse and exploitation of children, to the extent that even today, Arti is determined to work to change the situation. As a member of the BBA, she has already spoken about the importance of education and the benefits it brings to the village's development.

Despite the fact that Arti has never faced any discrimination, her role in promoting education in the village has been instrumental. She has always been a driving force behind the idea of sending children to schools, regardless of their background. "How can you decide how to treat another person based on their caste? This isn't even something they choose for themselves," she asks passionately.

To achieve this goal, Arti started interacting with the children and their families. She didn't just stop at what she was doing, and she fought for the right of every child to education. Gradually, the family understood what she was doing, and they had to go through a lot of resistance from the villagers who used to call any person who is in some way trying to help the village "cows.

Not only this, Arti took a step further by being a voice for the village in the larger context. The other thing that kept disturbing Arti was the presence of many families of the Banjara community in the village. The Banjara community, a historically nomadic tribe, lives on the outskirts of the village, ranking socially more comfortable than many in the community. Despite this, the fact that Arti has never faced any discrimination, her role in promoting education in the village has been instrumental. She has always been a driving force behind the idea of sending children to schools, regardless of their background. "How can you decide how to treat another person based on their caste? This isn't even something they choose for themselves," she asks passionately.

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The variety of lentils available in India has the potential to make our everyday food much more nutritious and bring a wider flavour profile to our plate, writes SANGEETA KHANNA

If you have lived in a metro city all your life, you are most likely to have been raised on the bland, boring diet that many of us have grown up consuming. As a result, we have not developed a taste for the multitude of spices and seasonings that our ancestors used to add to their dishes. However, as more and more people are turning towards a healthier lifestyle, we are starting to explore the world of Indian cuisine and discover the variety of dishes that can be made with different types of lentils.

According to statistics, India is the largest producer and consumer of lentils in the world. However, only two to three types of lentils are widely consumed in India, and this is a worrying trend. Lentils are a valuable source of nutrition and have been an important part of our food system for centuries. Interestingly, the hand-operated stone grinder, or chakki, which is still used in many parts of India, has been replaced by electric mixers and coffee grinders. This is a concern as the traditional methods used to grind lentils are disappearing, and new methods are being developed.

In the mountains, high altitude also plays a role in cooking time. The thinner the lentils, the more difficult they are to digest. This is also the reason the most popular lentil recipes of Uttarakhand are well adapted to colder hardships, cooking methods, and ingredients. Lentil recipes like chana masala, dal tadka, and dal fry are popular in the region. These recipes are rich in protein and fiber, and are perfect for the cold weather.

Lentils are not only rich in nutrients but are also a cost-effective food source. They are easy to grow and can be stored for a long time. This makes them an ideal choice for those living in areas with limited access to fresh produce. In addition, lentils are a versatile ingredient and can be used in both sweet and savory dishes.

In conclusion, lentils are a valuable ingredient that can bring a wider flavour profile to our plate. By exploring the variety of lentils available in India, we can make our everyday food more nutritious and flavorful. Let us support our local farmers and choose lentils as a healthy and sustainable choice for our meals.
SEVEN simple tips for winter hair care

WHAT IS SKIN FASTING?
Skin fasting encourages the concept of taking a break from one's usual skin care routine in an effort to provide the skin a break from the excessive skin care product usage. The concept revolves around detoxification of the skin by allowing the skin's natural process to work by itself. The trend toward abstinence and "skin fasting" came into being with the advent of multiple products flooding the market. It aims to preserve people from falling trap to the 'now and latest' product available on the shelves.

HOW TO PRACTICE SKIN FASTING?
Just like regular fasting, skin fasting can be done by simply applying nothing to your face and cleansing it with lukewarm water.

BENEFITS OF SKIN FASTING?
But has not been easy, the skin needs to detox itself in a while. And skin fasting is a practice similar to detox routines to give your body a break and cleanse from, say, food binges. It can be helpful for those who use a lot of stimulants like anti-aging creams, or skin lightening creams, or those who use too much makeup regularly. A slight improvement, however, is in the ability to metabolize the skin fasting. The basic essentials of skin care into the fasting practice. One should follow this method by customising the regime based on what suits them best," said Dr. Rupa Bedi. "People with a skin type compatible for skin fasting can definitely try it as long as they ensure they don't skip on the basic essentials.

THINGS TO KEEP IN MIND

There are a set of people for whom, it is mandatory to follow a skin-care routine. People who have eczema, acne-prone skin, or sensitive skin in general, have to use certain products to keep their skin healthy. Abstaining from these products even for a couple of days may have adverse effects on their skin. Skin fasting is hence, not suggested for such people," Dr. Bedi adds. "People with a skin type compatible for skin fasting can definitely try it as long as they ensure they don't skip on the basic essentials.

OTHER BENEFITS
A skin detox lets one know whether that are using the wrong product for their skin type or if they are unknowingly using harsh or drying agents. If you are curious/got irritated from the products that aren't good for your skin, you have a clear idea if you're using the right combination of products for your skin.

If you're over-exfoliating, skin fasting lets you know it too. Our skin produces an oily substance called sebum that helps prevent moisture loss. Cutting out one of these essential oils and let when when take over. Your skin can't be kept in mind but skin fasting is not a procedure that's for everyone. When you decide to take a break from the products, it is done to give your skin some breathing time and some time to absorb the basic essentials of skin care.

S E V E N simple tips for winter hair care

KEEP SHAMPOOING TO THE MINIMUM
Chemical shampoos are notorious for containing essential natural oils and that ensure your hair is going to need all the oil it can get this winter season. Flip things from, switch to shampooing or 'shampoos or shampoos that don't hurt your scalp, availing that exhaust all natural oils.

Shampoo your hair only once or twice a week. And if you are prone to greasy hair and need to shampoo more often, then worry not at all-natural shampoos will keep your scalp cool.

OIL TIE BEFORE YOU WASH EM
Oiling hair is a must in most Indian households. Rub in a little amount of castor oil or olive oil and massage the scalp well. Leave it overnight. Not only will the oil nourish your scalp but also give your head a gorgeous smelling texture.

NEVER FORGET THE CONDITIONER
Your hair is going to need it the most during the cold days and freezing nights. Every time you shampoo, you're washing off the oils from the hair length to the tips. Keep it on for a couple of minutes before washing it off. Put dry oil your hair and scalp. From free, silky soft hair.

CONTROL THE TEMPERATURE THIS WINTER SEASON
Hot showers are the worst and especially in winter. But steaming hot water will strip all-natural oils from your scalp and scalp. Use warm baths, use lukewarm water and avoid super hot showers as far as possible.

NO HEAT STYLING EITHER
While we are on the topic of heat damage, don't brush your hair wet. Frequent blow-drying, straightening or damage your hair and make them brittle. While you need to control excessive styling, you need to constantly make your hair especially vulnerable and so you need to switch off the heat appliances. Hairing said that, stepping outside the house in draughty conditions can be a big idea. Have your hair with a soft towel and air dry it before heading out.

KEEP DANDRUFF AWAY THIS WINTER SEASON
Winter hair is it? Not all dandruff is fashionable, but they'll also protect your hair from pollution and dust that is likely to settle as the temperatures drop. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head.

HEAT PROTECT SHAMPOO
Choose a heat protect shampoo. Heat protect shampoo helps your hair retain its moisture.

HAIR FROSS
Hair fross is a condition where the hair is dry and brittle. Regular trims will keep your hair in good condition and reduce the chance of split ends.

BONUS TIPS:
"Whether you have long hair or short hair, winter weather can make the ends of your hair dry and brittle. Regular trims will keep your hair in good condition and reduce the chance of split ends. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head."

HEAD AND SHOULDERS

S FASTER weathers are here! So, it's time to dress up in warm sweaters, but follow that, how about soft, a steamy cup of coffee or tea, that TV, a winter movie and a glass of wine. It's time to stay warm, but you can still feel beautiful and fashionably warm. It's time to bust out those winter clothes and make yourself beautiful.

WTHER YOU HAVE LONG OR SHORT HAIR, WINTER WEATHER CAN MAKE THE ENDS OF YOUR HAIR DRY AND BRITTLE. REGULAR TRIMS WILL KEEP YOUR HAIR IN GOOD CONDITION AND REDUCE THE CHANCE OF SPLIT ENDS.

KEEP HYDRATED HAIR, YOU NEED TO

HAI R, YOU NEED TO KEEP HYDRATED TOO!
You just have to remember that you need to keep hydrated this winter season. You need to pay more attention to your diet, your beverages, it's easy to forget drinking water or juices in the cold months. But it is a must to stay hydrated because your dehydration will affect not only your own health but also those of your hair.

HEAD AND SHOULDERS

BONUS TIPS:
"Whether you have long hair or short hair, winter weather can make the ends of your hair dry and brittle. Regular trims will keep your hair in good condition and reduce the chance of split ends. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head. But with that, there's also the chance of oily roots, itchy head and scalp, and itchy head."

HEAD AND SHOULDERS

"We know, we know. Hot showers are the best and the worst. We know, we know. Hot showers are the best and the worst."

KEEP HYDRATED HAIR, YOU NEED TO
Dabangg 3: HAS EVERYTHING HARD CORE CHULBUL FANS WANT

A t one level, it is a sequel to Dabangg 2. It promises to the hardcore Dabangg fans something they want for a while. For them.

For a 160-minute celebration of recycled khiladi that has evoked the year’s biggest blockbuster, Dabangg 3 is a one-time proposition, more than anything. Since, the last Dabangg film was released on Christmas, the action hero had been waiting for the chance to come back to the big screen, in the season where the masses congregate to watch their favorite entertainer. And what better time than the Christmas season to bring back a generation of its kind.

The film begins with a well-made teaser that sets the mood for the film. The teaser introduces the audience to the persona of Chulbul Pandey, who is still the same, despite the passage of time. The teaser sets the stage for the story, which revolves around the enmity between Chulbul Pandey and his arch-rival, Balraj.

The film is directed by K. Madhan, who has proved his mettle in the past with films like Srirastu Subhamasti and Prathi Roju Pandagaru. The film has a strong ensemble cast, including actors like Sonali Bendre, Bhoomika Chawla, and Fawad Khan, who play significant roles.

Dabangg spirit that has remained constant over the years is the core of the film. The film is packed with action sequences, humor, and music.

Dabangg 3, the sequel to Dabangg 2, is a sequel to Dabangg 2, which was released in 2010. The film is directed by Prasanth Neel and produced by Bhushan Kumar and Dheeraj Nautiyal. The film features Salman Khan, Sonakshi Sinha, Prachi Desai, and Saiee Manjrekar in the lead roles.

The film is set in India and revolves around the enmity between Chulbul Pandey and his arch-rival, Balraj. The story is about the rivalry between the two, who are always at odds, and how they try to outdo each other in every possible way.

Dabangg 3 promises to provide the same level of entertainment as its predecessors, with action sequences, humor, and music.

Rating: 3/5

Dabangg 3

CAST:
Salman Khan, Sonakshi Sinha, Prachi Desai, Saiee Manjrekar

DIRECTION: Prasanth Neel

Dabangg With Dabangg 3, the superhero is back! From the sets of Dabangg, we bring you Chulbul Pandey! The film is a sequel to Dabangg 2, which was released in 2010. The film is directed by Prasanth Neel and produced by Bhushan Kumar and Dheeraj Nautiyal. The film features Salman Khan, Sonakshi Sinha, Prachi Desai, and Saiee Manjrekar in the lead roles.

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Dabangg 3
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VIJAYAWADA | SUNDAY | DECEMBER 22, 2019

Shikha Goel has done many things to move out of her comfort zone. She talks to NAVEEN KUMAR about how she joined the police force, being the only lady IPS officer in Jammu and Kashmir, fighting narcissal in the ex-CISF, and uniting united AP and much more.

From starting her career in the Indian Forest Service and making a quick switch to IPS, Shikha Goel has done many things to move out of her comfort zone. She talks to NAVEEN KUMAR about how she joined the police force, being the only lady IPS officer in Jammu and Kashmir, fighting narcissal in the ex-CISF, and uniting united AP and much more.

I chose police as my profession as it was in sync with the life I had lived until then and for the challenges it offered. It was the only place I had never been to and training itself made me step outside my comfort zone. It gave me a lot of confidence and self-motivation.

Wearing uniform in the dark puts few color. Blue and green. What makes you work extra? Commitment. Shikha believed in collaborative partnership — not a competitive one. If not IPS, I would’ve chosen teaching.

Investigation is thrilling. The Bowen’s touch in it that, unlike in other professions, nobody and nothing can prepare you for what’s coming. Tests, facts and questions something you need to take a call on your own. Thinking is an important sense in this profession. It is the most challenging part of the profession. Also, that is the core of the job. We derive most of the power and call the investigation. It was thrilling to be in different circumstances situations. Be a fundament regular crime, team management, or dealing with stuff to keep them motivated, it’s always a challenge.

My biggest stress buster would be hugging my children before going to bed. The other things I do to unwind include reading, listening to music and watching movies. I tend to select light-hearted comedy movies over the strong, suspense/thrilling. Also, that is the core of the job. We can achieve anything provided we set our minds to it. All you need is willpower and perseverance to go ahead. I believe that good educa- tion and financial independence alone can make you successful for every girl, no matter what financial background she’s from. You don’t have to boost your confidence and change your previous idea or it is also important to have a Plan-B just in case. For me, the Plan-B would be to get into teaching and put my degree to good use.

We can move. You might not be able to move the earth. But also bags and footwear. Favorite books: The Wodehouse series and was recently

My father, SK Goel, was a scien- tist, an M.D. (Delhi Agricultural Research) and has been teaching for the last 10 years at the National University and now at the Central University. It is too early to speak about their dreams and aspirations as they are still young. I would only say that my father is a very proud man.

The time spent at Forest Academy, Dehradun, was the first time in my life that I had to step outside my comfort zone. It was the only place I had never been to and training itself made me step outside my comfort zone. It gave me a lot of confidence and self-motivation. I chose police as my profession as it was in sync with the life I had lived until then and for the challenges it offered. It was the only place I had never been to and training itself made me step outside my comfort zone. It gave me a lot of confidence and self-motivation.

I always need music around me. My biggest stress-buster would be hugging my children before going to bed. The other things I do to unwind include reading, listening to music and watching movies. I tend to select light-hearted comedy movies over the strong, suspense/thrilling. Also, that is the core of the job. We can achieve anything provided we set our minds to it. All you need is willpower and perseverance to go ahead. I believe that good education and financial independence alone can make you successful for every girl, no matter what financial background she’s from. You don’t have to boost your confidence and change your previous idea or it is also important to have a Plan-B just in case. For me, the Plan-B would be to get into teaching and put my degree to good use.

I believe in collaborative partnership not a competitive one. If not IPS, I would’ve chosen teaching.

Marrying college sweetheart

My husband, Viraj Kumar, who is currently with the Intelligence Bureau, and I studied together at Delhi University. Ours was a love marriage. He first asked me out and I obviously said no. But he was persistent and I accepted the proposal eventually. We would share the responsibility of the family had an issue with the relationship, but eventually accepted him. We got married in 1997 with the family’s blessings. I have three siblings — brothers, Prachur and Deepa Rastogi, and a sister, Deepa Rastogi. We are blessed with a son and daughter, Yuvika and Harshvardhan.

Arresting my senior officer

While I was stationed in Jammu and Kashmir, I had to arrest my senior and he ended up getting cycling. Garcetti’s luck might be enough to push my boundaries. Only when one is put in a challenging spot to try, they discover their boundaries. I was 10 years old. It was the first time when I was in DCCI North Zone, and I thought everyone would be scared of me. I was the droning of an insta-gang and the property was distributed at various places. All I did was planning and strategizing how to take their recovery. In my earlier life, I had even snatched up an entire woven with a lady. I had to arrest my senior and he ended up getting cycling. Garcetti’s luck might be enough to push my boundaries. Only when one is put in a challenging spot to try, they discover their boundaries. I was 10 years old. It was the first time when I was in DCCI North Zone, and I thought everyone would be scared of me. I was the droning of an insta-gang and the property was distributed at various places. All I did was planning and strategizing how to take their recovery. In my earlier life, I had even snatched up an entire woven with a lady.

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A N I P S O F F I C I E R W I T H O U T L I M I T S

3 years old Shikha

I was just got into IPS service in 2012 and my family is very proud of it. I am just 23 years old and I am very proud of what I have accomplished so far. We’re all taking the same steps to the same goal, but decisions are absolutely personal. So in one conversation, you may take one step forward, and in another situation, you may take two steps forward. It’s something that has to be done on your own.

The beauty of this job is that, unlike in other professions, nobody and nothing can prepare you for what’s coming. Tests, facts and questions something you need to take a call on your own. Thinking is an important sense in this profession. It is the most challenging part of the job. We derive most of the power and call the investigation.

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