China pulls back troops from stand-off spots

Some success comes after Doval, Chinese counterpart Wang talk disengagement

The eight-week-old stand-off at the Line of Actual Control (LAC) in Ladakh has finally seen a disengagement by both sides. The Chinese and Indian troops shooting each other at the Line of Actual Control (LAC) in Ladakh has finally seen a disengagement by both sides.

The important breakthrough came on Monday after months of intensive diplomatic efforts by both nations to find a peaceful solution to the stand-off.

A 37-year-old patient suffering from Covid-19 in the Indian capital was moved to Turkey for better treatment.

India's Covid-19 tally crossed the 20,000 mark on Monday evening, the Ministry of Health and Family Welfare said.

India added 22,500 cases to its Covid-19 tally on Monday, taking the total to 205,758, while 2,11,987 cases, Maharashtra has crossed the 9,000 mark to touch 9,999 on Monday, even as 204 more people died of coronavirus in the country.

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Girl pushed from bus on suspicion of being corona positive, dies

Pandemic, a girl was pushed from a bus in New Delhi claimed that their child had coronavirus.

The police said that after the girl sprang from a window in a bus, they were asked to leave the bus on suspicion of being infected with coronavirus.

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China pulls back troops from stand-off spots

The Two Special Representatives met at Beijing and said that the Chinese side is committed to achieving the goals of disengagement, withdrawal, and de-escalation as set forth in the June 6th agreement.

India and China have been engaged in a military stand-off along the Line of Actual Control (LAC) in the Ladakh region for over a month. The two sides have been unable to resolve the stand-off, which has led to a military confrontation.

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Union Rural Dev Minstry seeks revision of 2011 caste census

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India engaging with China through diplomatic, military channels: FS

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Helpline numbers of Covid patients must on corona app: CM

Govt ramps up installation of ICU beds in hospitals

Arvind Kejriwal directed all the Corona infected patients over 65 years of age to be admitted to the Covid-19 ICU beds in BKC, which is full, and directed these patients to the BKC hospital. The Delhi Corona app will have numbers for each hospital. The Delhi administration took this decision after receiving complaints from the patients that the phone numbers were not available on the app. The government said in a statement that it has directed Mrs. Kiran Bedi, Delhi Deputy Chief Minister Manish Sisodia and other officers to ensure that all the Covid hospitals in Delhi, except GMCH, BV, have been color-coded red, yellow or green depending on the availability of ICU beds.

Now all these hospitals have been directed to provide phone numbers. Now, all those numbers are available on the Delhi Corona app. The government is also working on providing phone numbers to deal with COVID-related cases in the city. So far the Gurugram district has also been color-coded green depending on the availability of ICU beds. The chief minister also directed all the Corona infected patients over 65 years of age to be treated at the Delhi Gandhi Super Specialty Hospital. The hospital has also been directed to make the phone numbers of all the patients who have recovered from Corona available on the充值说明中提到的信息。

According to the government, the director of Delhi's COVID-19 hospital, Dr. Vinay Mehta, said that the speed and safety of trains will be improved by the use of solar energy. The ministry further said that solar power will be used for running of electric trains. The ministry also said that the use of solar energy will be further proliferated to further reduce pollution.

The Delhi Gandhi Super Specialty Hospital has become a ‘net zero’ carbon hospital. According to the government, the hospital has been developed as a zero-carbon hospital. The hospital has also been directed to ensure that all the corona patients who have recovered from Corona are discharged from the hospitals.

Online counselling for home isolation +ve patients

A senior railways official said that the railway is in the process of developing a mobile app which will be available to the public to provide information about the presence of Corona-positive patients. The railway has already launched a mobile app called ‘Railways Green’ which provides information about the presence of Corona-positive patients near them. The Delhi Corona app also provides information about the presence of Corona-positive patients near them.

According to Devender Panda, Dir(Admn) Sh Panda & Head, Dir(Admn), the 2 MWp solar projects for Indian Railways to be commissioned on 9th October, 2019, “It said. The 2 MWp solar projects will be used for running of electric trains. The ministry also said that the use of solar energy will be further proliferated to further reduce pollution.

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**Rain, thunderstorms in eastern India, predicts IMD**

A time when over 200 per cent increase in lightning strikes, the IMD has warned of thunderstorms and lightning strikes on Monday. The IMD has warned that the number of lightning strikes may increase by about 200 per cent over eastern India on Monday. The IMD has issued a yellow alert over eastern India, especially over coastal Odisha and Ganges West Bengal. 

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**India under COVID-19 pandemic affect from April to June, predicts IMD**

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**Agriculture and Processed Food Products Development Authority (APEDA)**

Agriculture and Processed Food Products Development Authority (APEDA) is an autonomous organization under the Ministry of Commerce and Industry, Government of India. It is a nodal agency for promoting the export of agricultural, floricultural, and processed food products from India. APEDA's mandate includes providing technical assistance, market information, and promotional activities to farmers and exporters. It also works towards the development of the horticulture sector and the diversification of agricultural produce. APEDA is committed to enhancing the export potential of India's agricultural and processed food products, thereby contributing to the country's economic growth and foreign exchange earnings.
**Keral CM’s office in gold smuggling croissants**

KUMAR CHELLAPPAN | 30 OCT

A new modus operandi to smuggle gold through the back door of the Keral CM’s office has been unearthed. The Customs Department, in a joint operation with the Keral police, had seized 30 kg of gold from a consignment of croissants. The smugglers had cleverly disguised the gold into the croissants in order to avoid detection.

The croissants were seized at the Keral CM’s office in Thiruvananthapuram, and the police have arrested two suspects. The Investigation Department, in a subsequent search in the Mastermind of the scam, arrested two more suspects. The whole operation was a well-coordinated effort by the Customs Department, the police, and the Keral government.

**Dada Nia files chargesheet against suspended MPS Davinder, 5 others**

The National Investigation Agency (NIA) has filed chargesheets against 13 individuals, including 5 police officials, in connection with the 2019 Pulwama attack. Davinder Singh, a suspended IPS officer, was arrested along with 4 others.

The chargesheet against Davinder Singh and others has been submitted to the Jammu and Kashmir High Court. The National Investigation Agency has named 13 individuals, including 4 police officers, who were involved in the Pulwama attack.

The suspension of Davinder Singh was announced by the state government earlier this year. He was stationed in Jammu and was involved in the Pulwama attack. The NIA has filed chargesheets against Davinder Singh and others in connection with the Pulwama attack.

**Maha hotels an welcome 33% guests from tomorrow**

The Maharashtra government has allowed hotels to reopen from tomorrow with a maximum capacity of 33% guests. This decision has been taken to revive the tourism industry in the state.

The state government has also announced that hotels in the coastal areas will be allowed to have a maximum capacity of 50% guests. The decision has been taken to boost the tourism industry in the state.

**Kerala situation continues to critical as 193 test +ve for Covid**

The situation in Kerala continues to be critical as 193 individuals tested positive for Covid-19 on Monday. The state government has announced that all schools and colleges will be closed for two weeks from Wednesday.

**Bengal Chief Minister Mamata Banerjee on set to implement new norms with Maharashtra government on tourism**

Bengal Chief Minister Mamata Banerjee is set to implement new norms with the Maharashtra government on tourism. The two states have agreed to work together to promote tourism in the region.

The Chief Minister said that the new norms will include measures such as the opening of museums and art galleries, the launch of a public transport system, and the development of tourist spots.

**TMC writes to EC, questions senior citizen’s voting rights**

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The TMC has written to the Election Commission (EC) questioning the voting rights of senior citizens. The party has raised the issue of whether senior citizens are eligible to vote and whether there is any discrimination.

**61 die in TN as 3,837 test +ve for Covid**

Tamil Nadu has reported 3,837 new Covid-19 cases on Monday, taking the total to 1,28,793. The state has recorded 61 deaths, taking the toll to 3,077. The number of recoveries has reached 1,12,066, with 1,849 patients making a full recovery.

**Uttar Pradesh好吃道hypothalamus**

**Uttar Pradesh tasty food hypophysis**

Uttar Pradesh Chief Minister Yogi Adityanath has announced that the state will soon set up a food and agriculture university to promote the state’s food industry. The university will provide training to farmers and be a hub for the food processing industry.

**Vikas Dubey Dhubey now carries bounty of 2.5L**

Vikas Dubey, the wanted criminal from Madhya Pradesh, now carries a bounty of 2.5 lakhs for his safe arrest. The UP police have informed the media that the state government has announced a reward of 2.5 lakhs for any information leading to the arrest of Vikas Dubey.

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China withdraws from Galwan but without agreeing to the definition of LAC on the ground, it won’t give up landgrabs.

Truce for now

Unless a comprehensive Nepal policy is enunciated and strong measures are taken, Pakistan and China will continue to strike hindrances and salami-slicing against India. Bangladesh could follow.

Alliance (UPA) Government brokered a 12-

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FDI facing the impact of a double whammy

FDI inflows and the impact of a double whammy

Striking the right balance between liberalisation and exercising caution, while addressing the twin challenges of economic and health crises, will be challenging.
London: Britain’s ambassador to China, Kim Darroch, has called the country’s behaviour a “gross interference” in Hong Kong. Darroch describes events in the British overseas territory as a “serious threat to the UK’s international reputation and is a cause for concern”. Darroch observed that “China’s actions undermine the principles on which 1997 was agreed on, including the rollover of the principle of ‘one country, two systems’ in which Hong Kongers have BNO passports.”

Darroch said the Foreign Secretary Jeremy Hunt should consider the impact of the legislation on Britain’s national interest. “It is hard to see how China’s actions can be in its own interests,” he added. “The dominant narrative in Hong Kong is one of self-determination and it is essential that the UK government is not driven by national interest.”

Darroch recommended that Britain work with its European partners to oppose China’s actions. “There is a role for the EU to play in working with China to address its concerns,” he said.

The ambassador added that Britain should work with its allies to counter China’s actions. “It is essential that the UK works with its partners to create a united front against China’s actions,” he said.

China issues travel warning for Hong Kong as it promises more to “undermine” the territory

Hong Kong: China has issued a new travel advisory warning citizens to exercise caution when travelling to Hong Kong, saying that the city is in a state of “serious turmoil”. The government has ordered nearly all business to close for the public holiday period, and has launched a new plan to “re-educate” people who are perceived to be subversive. This comes as the city braces itself for a wave of protests ahead of the 25th anniversary of the handover from Britain to China. The government has ordered nearly all business to close for the public holiday period, and has launched a new plan to “re-educate” people who are perceived to be subversive. This comes as the city braces itself for a wave of protests ahead of the 25th anniversary of the handover from Britain to China.

China criticizes US joint carrier drills in South China Sea

Washington: China has criticized US efforts to strengthen its joint carrier task groups in the South China Sea, saying that it undermines regional stability and threatens other maritime nations. The US Navy announced earlier this month that it had deployed two carrier strike groups to the area, increasing tensions in the region. China issued a statement slamming the US move and calling for a peaceful resolution.

40 dead in Japan floods, more areas warned of heavy rain

Tokyo: Rescue workers are continuing their efforts to save those missing or trapped by heavy rain in Japan, where more than 40 people have died in recent days. The government has declared a state of emergency in several areas, and has asked for aid from other countries. The death toll is expected to rise as rescue efforts continue.

Israel announces successful launch of new spy satellite

Israel: Israel has successfully launched a new spy satellite into orbit, according to state media. The new satellite, named “Gilat”, is expected to provide the country with improved intelligence gathering capabilities. The launch was carried out by the Israel Aerospace Industries, the country’s main space agency.

China accuses UK of ‘gross interference’ in Hong Kong

First person charged under new Act denied bail

Hong Kong: A 19-year-old man was charged under the new national security law, becoming the first person to be prosecuted under the law. He was arrested for “collusion with foreign forces to commit subversion”.

Beijing: China has issued a new travel advisory warning citizens to exercise caution when travelling to Hong Kong, saying that the city is in a state of “serious turmoil”. The government has ordered nearly all business to close for the public holiday period, and has launched a new plan to “re-educate” people who are perceived to be subversive. This comes as the city braces itself for a wave of protests ahead of the 25th anniversary of the handover from Britain to China. The government has ordered nearly all business to close for the public holiday period, and has launched a new plan to “re-educate” people who are perceived to be subversive. This comes as the city braces itself for a wave of protests ahead of the 25th anniversary of the handover from Britain to China.

Bucking China pressure, Taiwan, Somalian establishes ties

Beijing: China has accused the UK of “gross interference” in Hong Kong, saying that the British government is “playing a dangerous role in inciting subversion and secession”. The UK has issued a travel warning for Hong Kong, saying that the city is in a state of “serious turmoil”.

China, US ink joint deal on North Korea

Washington: China and the US have signed a joint deal on North Korea, in an attempt to ease tensions in the region. The agreement includes a commitment to maintain dialogue and to work towards a denuclearized Korean peninsula.

AP FACT CHECK

Trump falsely says 99% of virus cases benign

Washington: President Donald Trump continues to make inaccurate statements about the coronavirus pandemic, despite overwhelming evidence to the contrary. Trump has repeatedly said that the virus is under control and that the US is doing better than other countries. This is false. The virus is still spreading rapidly in the US and other countries, and the number of cases continues to rise.

AP PHOTO

Trump’s critics have challenged his statements about the virus and its impact, arguing that he is not being honest about the situation and is not taking the necessary steps to mitigate its effects. Despite this, Trump continues to insist that the US is doing well and that the virus is under control.

TIANANMEN SQUAREъем

China: China has arrested another dissident in the lead-up to the anniversary of the Tiananmen Square protests on June 4, 1989. The government has arrested at least 20 people in recent days, including students and activists, in an attempt to prevent any protests or demonstrations.

Israel and the US announce new military cooperation agreement

Washington: Israel and the US have announced a new military cooperation agreement, which will see the US provide Israel with advanced weapons systems. The agreement is seen as a move to strengthen ties between the two countries, and to increase Israel’s military capabilities.

Benjamin Netanyahu, Israel’s prime minister, said the agreement would “greatly expand our ability to act on land, at sea, in the air and in cyberspace against Israel’s enemies, near and far alike”. The US will provide Israel with advanced weapons systems, including precision-guided munitions, drones and advanced surveillance technologies.

The agreement also includes a provision for the US to provide Israel with advanced intelligence capabilities, including satellite imagery and real-time monitoring of military activities.

Despite the agreement, there are concerns that it could lead to an increase in tensions in the region, and could potentially escalate the conflict between Israel and its rivals in the Middle East.
Market soars 4-month high
On global rally, easing In-India tensions

By PTI

Makarba benchmarks
India’s CPI...
Sugars is the new tobacco

Sugar added to food has little nutritional role, does not make people feel full and is in dangerously much the nutritionists recommend. Sugar consumption has led to 25% increase in the Type 2 Diabetes among the obese and non-obese. When do the calories of Diabetics due to subcu-
taneous fatty tissue, normal people get affected due to geneti-
cally higher sugar intake.

Dependency on processed foods which has sugar content rather than natural food and changing food habits due to busy lifestyle. These have made us addicted to sugar. Due to this, the triple combination of ailments which are — obesity, diabetes and depression.

Sugars would suddenly image a rise in blood pressure, blood clots, world famous diabetes. Sugar is more worse at a similar rate. A random World Health Organisation report stated that 2 in 5 deaths are due to such a situation. After a similar situation, while the blood clots and emotions such as the sudden blood clots taste has affected our young men and women due to depression and gastric problems such as this is also a fact.

Sugars have been stigmatized in our society. With the government’s taking measures to prevent on the spread of this disease, we have taken the necessary steps against sugar. It is dangerous to drink only coffee while suffering from diabetes. The main goal should be to provide this environment that essentially malignant cells just lose the ability to divide and more cells are needed.

When you eat sugar, your body will not absorb everything you eat. It will take out some nutrients and save them for itself. This is because the body has a mechanism to protect itself from sugar. In the presence of sugar, the body will release insulin to help your blood sugar levels. However, this can lead to the formation of free radicals in the body, causing inflammation and oxidative stress.

Consuming foods and beverages high in sugar or refined carbohydrates may increase your body’s ability to ward off diseases. When the body is working overtime, the immune system is compromised, is more likely to get sick or suffer from chronic diseases.

**SUGAR**

- **Nature**: Sugars are a type of carbohydrate.
- **Function**: Sugars are used for energy by the body.
- **Sources**: Sugars can be found in many foods, including fruits, vegetables, and grains.
- **Harmful Effects**: High sugar intake can lead to obesity, type 2 diabetes, heart disease, and certain types of cancer.
- **Tips to Reduce Sugar Intake**: Choose whole foods over processed foods, limit sugary drinks, and read labels to avoid hidden sugars.

**Probiotics**

Probiotics are beneficial bacteria that support your gut health. They can help improve digestion, boost the immune system, and reduce inflammation. Probiotics are often found in fermented foods such as yogurt, kimchi, and sauerkraut. They can also be taken in the form of supplements.

**Benefits of Probiotics**

- Improved digestion and absorption of nutrients
- Stronger immune system
- Reduced inflammation
- Better mental health

**How to Get Probiotics**

- Eat fermented foods
- Take probiotic supplements
- Consume yogurt, kefir, sauerkraut, kimchi

**Important Considerations**

- Not all probiotics are created equal.
- Look for probiotics that contain live cultures.
- Check the expiry date and storage conditions.

**Conclusion**

Probiotics can be beneficial to overall health and wellbeing. They can help with digestive issues, boost the immune system, and improve mental health. Incorporating probiotics into your diet or taking supplements can be a simple way to improve your gut health and overall health.
Life on the go

The art that we today perform shall be discovered and analysed some time in the future. So when historians look back at 2020, they see not a speck of black but a smorgasbord of undying human spirit, says Ashish Jha.

Rajkumar salutes dreams, aspirations

Actor RAJKUMAR RAAD says he has seen big dreams in life, and he salutes every one of his in a unique way.

Rajkumar took to Instagram, where he shared a selfie at the balcony. In the backdrop of the colour, towing buildings can be seen.

In one paragraph, he said, “My girlfrnd, actor Parvathy, has dropped a heart and hug emoji on the comment section.”

I believe the biggest lesson is to reach out for extraordinary importance of preparation at least for the coming future, in case something like this ever happens to us. I also gone we have learnt to feel a new sense of appreciation for our lives and for the ones we love. One needs to be grateful on so many levels.”

—Vaish Kapoor

Rahima focuses on beauty line

Fifteen star RAHMAN has pushed plans to release new music to comment on the current crisis. “Rahima’s ninth album is on the way. I want to work for my country and to plan a new show for the fans. I’m going to go along with Fifi Cossy Rana in the making of the show. This will go to a fan and planning to be a big hit this year.”

Adik the pand

RANDEV HODA has taken part in a clean-up drive at Venus Beach. On social media, Randeep posted a few pictures in which he can be seen spreading awareness about the environment. He also made sure to follow the necessary precautionary measures while cleaning. The actor was spotted wearing masks and gloves. He also urged everyone to do their bit to clean.

On screen, Randeep will soon be seen sharing screen space with Salman Khan in ‘Bhool Bhulaiyaa 2’.

A thousand dreams

Mumbai-based artist SABRAH SARDAR’s abstract expression of life is about losing self-control, says Uma Nair.

Lockdown revelations took one back to the face with the abstract world of Sabir Nair. Impressionist paintings of the artist have always been at the heart of the family. The pandemic has brought Sabir Nair back to the canvas, where he uses his colour to give full play to his imagination. From the origins and abandon the canvas, he brought a new face to face with the abstract world of Sabir Nair. Impressionist paintings of the artist have always been at the heart of the family. The pandemic has brought Sabir Nair back to the canvas, where he uses his colour to give full play to his imagination. From the origins and abandon the canvas, he brought a new face to face with the abstract world of Sabir Nair. Impressionist paintings of the artist have always been at the heart of the family. The pandemic has brought Sabir Nair back to the canvas, where he uses his colour to give full play to his imagination.

Veil in the Sangt

Sangt’s second look from the subterranean crossing. The Sangt, which is a type of mind, was shown to affect his creative urge, he said, “I needed to find a way of doing this without being too obvious.”

Set the pace discrete or lead all not seem to be in a good mood in the past. It keeps EFFECTING! We are a little bit under the radar so we keep working hard.

Sangt’s abstract work spans the moves in the history of miniaturist movements. In the sensory works of the Sangt, we find more than a hundred years of history and more.

What he finds hard is the thing, you control and yourhalted. The worst you go or stay.

One should always be the right hand’s to be between the rhythms of Sabir Nair’s.

The description of a light which can run anywhere and sometimes sometimes cannot be understood.

Robert Herrick and said he thinks of the “thoughts of the fowl.” Their painting is being both physical and conceptual, which will be more prevalent in the future. But this technology is being used to combat the virus. The Songt is not only by itself; the Songt and his technology is being used to combat the virus. The Songt is not only by itself; the Songt and his technology is being used to combat the virus.

It provides a glimpse into diabetes D.C. & E.; the Coronaviruses pandemic. The documentary follows the path of the Coronaviruses pandemic and the key roles played by the Coronaviruses pandemic. The documentary is a part of the Coronaviruses pandemic and the key roles played by the Coronaviruses pandemic.

The documentary will be released in the D.C. & E.; the Coronaviruses pandemic and the key roles played by the Coronaviruses pandemic. The documentary is a part of the Coronaviruses pandemic and the key roles played by the Coronaviruses pandemic.

A focus of hope

Shot during the lockdown, a documentary, COVID-19 India’s War Against The Virus, captures key moments and developments that shaped India’s fight against the pandemic.

Mukyamantra is a new reality show which has been running in India. The show has been produced by the channel, which is a part of the Coronaviruses pandemic.

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Barca stay in title race

Messi will finish career at Barca, Bartomeu

The 33-year-old Argentine, who signed for Barca in 2000, will retire at Camp Nou next year, according to club president Josep Maria Bartomeu. He has told Lionel Messi that his career at the Catalan club will end after the La Liga season, which begins on August 28.

"We have a contract with him and he has said he wants to stay here," Bartomeu said. "He has a commitment to the club and the fans."

Messi has scored 670 goals in 755 appearances for Barca, winning 10 La Liga titles and four Champions League crowns.

A

IWAILA

The Indian cricketer, who is recovering from a back injury, has returned to full training and will be available for selection for the T20 World Cup in Australia.

"I am feeling very good," Pujara said. "I had a good three-week break and now I am back to full fitness."

Pujara, who has played in 21 Tests and 40 ODIs for India, said he was looking forward to the T20 World Cup in Australia, where he will be part of a team aiming to win their first World Cup title.

"I am very excited to be back and I am sure we can do well," he added.

The T20 World Cup in Australia is scheduled to begin on October 19 and end on November 9.

IWAILA

Aston Villa hammered Everton 4-1 on their last matchday and are looking to build on that momentum.

"We are feeling very good at the moment," Villa manager Dean Smith said. "We have been playing well and we are looking for another good performance against Everton.

"We will have to be at our best to get the result we want."