```c
#include <stdio.h>

int main() {
    int num, left, right;

    printf("Enter a number: ");
    scanf("%d", &num);

    left = num << 1;
    right = num >> 1;

    printf("Left shift (num << 1) = %d\n", left);
    printf("Right shift (num >> 1) = %d\n", right);

    return 0;
}
```

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    printf ("Enter a number: ");
    scanf ("%d", &num);
    left = num << 1;
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