



# PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN

Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)

PETW/PRIN/YOGA/AY2021-22 7/CR-01

Date: 08-08-2021

## OFFICE ORDER


The Yoga & Meditation cell is reconstituted with the following members for the academic year 2021-22. It is constituted to serve the interest of the student community to improve their physical and mental health.

The composition of Yoga & Meditation Cell is as follows:

S. No	Name of the member	Designation	Position
1	Dr. A.Krishna murthy	Principal	Principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs.Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs.Swetha	Assistant Professor	Member(H&S Dept)
10	G. Shreeya	Student	Member(ECE Dept, 206M1A0401)
11	P. Nikitha	Student	Member(CSE Dept, 176M1A0501)
13	Samreen	Student	Member(CIVIL Dept, 206M1A0101)
14	A.Swetha	Student	Member(H&S Dept, 216M1A0102)

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PETW/PRIN/YOGA/AY2021-22/CR-02

Date: 10-08-2021

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 11-08-2021. The venue will be the Department of Physical Education at 2:30pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review the activities of Yoga & Meditation Cell for the Ay 2015-16.
2. To discuss on events to be organized for the academic year 2016-17.
3. Any other matter with the permission of the chair.

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(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)  
Yoga & Meditation Cell


## MINUTES OF MEETING

1. The Meeting was held on 11-08-2021 and started at 3:00pm in the Department of Physical Education
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year programs in the events took place.
3. Principal instructed to the members of cell to put more efforts to develop yoga habit in the student's life
4. Members discussed to organized the following events
  - a. International Yoga Day
5. The meeting was adjourned at 4:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. A. Krishna Murthy	Dean	Principal
2	Mr. Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
8	G. Sreeja	Student	Member(ECE Dept, 206M1A0401)
9	P.Nikitha	Student	Member(CSE Dept176M1A0501, )
10	Samreen	Student	Member(CIVIL Dept, 206M1A0101)
11	A.Swetha	Student	Member(H&S Dept, 216M1A0102)

  
Convener

  
Principal  
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## Strategic perspective plan for the academic Year 2021-22

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	21-05-2022	Yoga & Meditation Cell	International Meditation Day	Objective of this event is to make the participate to realize the importance of Meditation in our daily life
2	21-06-2022	Yoga & Meditation Cell	International Yoga Day	Objective of this event is to make the participate to realize the importance of yoga in our daily life
3	24-09-2021	Yoga & Meditation Cell	International Physical fitness Day	Objective of this event is to make the participate to realize the importance of physical strength in our daily life

### Yoga & Meditation Cell-Strategy Document

1. Meeting of Yoga & Meditation Cell will be conducted twice in each academic year.
2. A brief synopsis is given on the importance of Yoga & Meditation Cell
3. Students are registered for the cell
4. Staff and Students are encouraged to actively organize and participate in the activities of yoga & Meditation Cell
5. Yoga & Meditation Cell have given instruction and suggestions to the students about implementation of the events

  
Convener

  
Principal  
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**PETW/PRIN/YOGA/AY21-22/CR-3**

**Date: 17/05/2021**

## **CIRCULAR**

On the occasion of Meditation Day, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing one day Meditation Training camp on 21/05/2021, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit. Kindly enroll your names with the coordinator.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Meditation Day	
Date and Time of Activity	21-05-2021	9:00AM to 11:00AM
Details of Participants	195	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/05/2021 from 9.00 a.m. to 11.00 a.m. The principal has addressed the students about the importance of meditation in life.</p> <p>This program included a guest lecture by the expert Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach who provided information about the importance of meditation in one's life. She gave her insights on <b>Meditation – As a Scientific Tool to Transcend the Body and Mind.</b></p> <p>She further went on to give a vivid outlook on few benefits of meditation like reduces stress, improves health, positive thinking and emotional stability, happiness, focused attention. She also guided students to adopt meditation as one of their habit and suggested to follow regular pranayama and yoga along with it. Students are made to do meditation for about 15 minutes in the training program. The training program ended with our respected Principal. He was thankful for the valuable inputs delivered by resource person and she appreciated the commendable efforts taken by the college for initiating such a holistic session. Finally the session ended with a vote of thanks by the HOD.</p>	

  
Principal  
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**Photo**



*Principals*  
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**PETW/PRIN/YOGA/AR2021-22/CR-4**

**Date: 19-06-2021**

## **CIRCULAR**

On the occasion of Yoga day, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing one day Yoga Training camp on 21/06/2021, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Yoga Day	
Date and Time of Activity	21-06-2021	9:00AM to 11:00AM
Details of Participants	180	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga, Internationally(USA) Certified Coach	
Description	<p>Princeton institute of Engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/06/2021 from 9:00PM to 11:00 a.m. The principal has addressed the gathering.</p> <p>The Resource person for the training program was Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach</p> <p>The session was conducted to improve the holistic development of the students on which the vision and mission of the Institution is laid.</p> <p>Some of the topics covered are the basics of yoga and applying the principles of yoga for wholesome development. The resource person motivated the students to imbibe the values of practicing yoga for physical and mental harmony. She explained the importance of yoga which is an apt measure to inculcate a natural way to control their senses. This has instilled the best practice of gaining control over the emotional well being among the students. Students gained valuable information and some important tips. The session was interactive and informative.</p> <p>This guest lecture is an attempt to aware the students about the importance of yoga and meditation. This lecture has created awareness in the students. A thank you note on behalf of students and faculty was given by HOD.</p>	



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**PETW/PRIN/ YOGA /AY19-20/CR-5**

**Date: 21-09-2021**

**CIRCULAR**

On the occasion of Physical Fitness, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing Physical fitness camp on 24/09/2021, in college premises. Hence all the students attend the program.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Physical Fitness	
Date and Time of Activity	24-09-2021	3:00PM to 4:00PM
Details of Participants	367	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga, Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 24/09/2021 from 3.00 p.m. to 4.00 p.m. The principal has addressed the students about the importance of Physical Fitness in life. The guest lecture was headed by the resource person Ms .Suchita Joshi Msc Yoga, Internationally(USA) Certified Coach</p> <p>The main aim of the workshop was to provide awareness about physical fitness as an important tool to promote health. The program started at around 10 am in the morning and went on till 11 am. The instructors educated the participants on the role of food, water, sleep, mental health and immunity in the maintenance of physical fitness. In this session students were given hands on training on physical fitness. This was followed by a quiz about the best fitness strategy for individuals according to their personal requirements. The instructors then provided the participants with personal guidance regarding fitness.</p> <p>The training program ended with our respected Principal. He appreciated the commendable efforts taken by the college for initiating such a knowledgeable and informative session. The vote of thanks was given by the HOD of Physical fitness on the successful completion of the workshop.</p>	



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**Photo**



*Pijeev*  
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**PETW/PRIN/YOGA/AY2021-22/CR-6**

**Date: 15-11-2021**

**CIRCULAR**

All the Yoga & Meditation Cell members are here by informed to attend a meeting scheduled on 17-11-2021. The venue will be the department of Physical Education at 3:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review on previous events.
2. To discuss on events to be organized.
3. Any other matter with the permission of chair.

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## MINUTES OF MEETING

1. The meeting was held on 17-11-2021 and started at 03:00pm in the Department of Physical Education
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place
3. Principal instructed the members to explore innovative events to be conducted for the next year. Further instructed to come up with new ideas
4. The meeting was adjourned at 04:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. S.Prabakar Rao	Dean	Principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
8	G. Sreeja	Student	Member(ECE Dept, 206M1A0401)
9	P. Nikitha	Student	Member(CSE Dept, 176M1A0501)
10	Samreen	Student	Member(CIVIL Dept, 206M1A0101)
11	A. Swetha	Student	Member(H&S Dept, 216M1A0102)

  
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PETW/PRIN/Vagdevi Health Club/AY2021-22/CR-01

Date: 05-08-2021

## OFFICE ORDER

### Sub: Restructuring of Vagdevi Health Club

In continuation to the Vagdevi Health Club is restructured with the following members for the AY 2021-22

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S.Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs.Swetha	Asst.Prof, H&S	Coordinator
4	Mrs.Vidya	Asst.Prof, ECE	Member
5	Mrs.Swapna	Asst.Prof, CSE	Member
6	Mrs.Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	A.Lakshmi prasanna	H&S	Student Member
9	S.Navya Vagdevi	ECE	Student Member
10	A.DivyaSri	CIVIL	Student Member
11	P.Nikitha	CSE	Student Member

Committee will work in line to meet the following objectives

1. To educate the students about the importance of health
2. To bring awareness among the students about various diseases, flues and also how to retaliate them
3. Motivate and encourage the students to conduct the health campaigns at various villages
4. To develop students as healthy and sound minded which is must for a good society
5. To make all students, staff and faculty to be a part of healthy Nation

The committee shall meet as frequently as necessary to discharge its duties and in any case at least two times per academic year.

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PETW/PRIN/Vagdevi Health Club/AY2021-22/CR-02

Date: 09-08-2021

## CIRCULAR

All the Vagdevi Health Club members are hereby informed that, the health club meeting is scheduled on 10-08-2021. The Venue will be the IQAC at 12:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. To review the events conducted on the previous academic year:2021-22
2. Discussing the events to organized for the AY 2022-23
3. For scheduling all the related events/programs without affecting the class/lab work, examination schedules.
4. To discuss the about the necessary facilities from college side like banners, seminar hall, transportation, food and others
5. Inviting the necessary resource persons if required

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## MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 11-08-2021

Minutes of the first meeting of Vagdevi Health club for the AY 2021-22 held at 12:00pm on 10-08-2021 at IQAC Block- B at Princeton institute of Engineering and Technology for women.

### Minutes of Meeting:

The chairman, Dr. S.Prabakar Rao started the meeting by greeting all the members present and congratulated the members for successful conduction of the events in the AY 2021-22.

Members presented suggested one event for the first semester while one more for the second semester.

Committee members suggested to organize one event in odd semester awareness program on Good Sleep and second event in even semester awareness program on the occasion of World Tuberculosis day.

One event was decided to be conducted for each semester

The meeting concluded with the chairman thanking the members for their valuable suggestions.

### Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S.Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs.Swetha	Asst.Prof, H&S	Coordinator
4	Mrs.Vidya	Asst.Prof, ECE	Member
5	Mrs.Swapna	Asst.Prof, CSE	Member
6	Mrs.Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	A.Lakshmi prasanna	H&S	Student Member
9	S.Navya Vagdevi	ECE	Student Member
10	A.DivyaSri	CIVIL	Student Member
11	P.Nikitha	CSE	Student Member

  
COORDINATOR

  
Principal  
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**Strategic perspective plan for the academic year 2021-22**

S. No	Date of the Event	Dept./Club	Name of the Event	Budget for the Event	Details
1	12-12-2021	Vagdevi Health Club	Awareness Campaign on Good Sleep	NIL	Good Sleep produces healthy mind and healthy mind produces better work output. Having due regard to the importance of good sleep Vagdevi health club will conduct awareness program for students to make them efficient nation builders.
2	24-03-2022	Vagdevi Health Club	Awareness Campaign on Tuberculosis	NIL	TB cases in Telangana are on the rise compared to the Nation-wide. So to make the students aware about its symptoms, treatment conducting such program is very much necessary.

**Vagdevi Health Club-Strategy Document**

1. Health Club meeting is conducted at the beginning of the each academic year
2. A brief synopsis is given by the Vagdevi Health Club on the importance of the club and its activities
3. Students are motivated to register in health club.
4. Students are encouraged to actively participate in the health club activities.
5. Health club has given instructions and suggestions to the students about implementation of the events as and when needed

  
Coordinator

  
Principal  
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**PETW/PRIN/Vagdevi Health Club/ay2021-22/CR-3**

**Date: 10-12-2021**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Good Sleep on 12-12-2021 at 2:00pm in PETW main auditorium. Hence, all the faculty, staff and students are requested to attend program without fail.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Good Sleep	
Date and Time of Activity	12-12-2021	2:00Pm to 4:00pm
Details of Participants	225	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi MSC Yoga, Internationally(USA) Certified Coach	
Description	<p>An awareness program on 'Good sleep' was conducted on the 12<sup>th</sup> of December 2021 by Princeton Institute of Engineering and Technology for Women Ms.Suchita Joshi MSC Yoga, Internationally (USA) Certified Coach was the Facilitator for the program. The webinar was attended by 225 students from B.Tech.The motive of the program was to confront both the students and faculty about problems of disorders and reduced quality of life without a good sleep.</p> <p>This program started with the question by the guest speaker to the audience present over there, "how many of us are really having a proper sleep? After which the facilitator explained them about 'how much sleep do we need'? She added about the average basal sleep needed for an adult is approximately 7 to 8 hours.</p> <p>Then she explained the important role of good sleep in metabolic, emotion regulation, memory consolidation, brain recuperation processes, and learning.</p> <p>She also gave insights about effective strategies to promote sleep as a healthy behavior.</p> <p>Some suggested strategies for improving sleep initiation, sleep maintenance and quality are consistency in maintaining an appropriate sleeping environment; avoiding television -watching before bed, avoiding use of electronics or reading in the bedroom; and avoiding large meals and physical activity before going to bed.</p> <p>The session ended with a good response from the students. They felt the session was very useful.</p>	



**PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN**

**Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.**

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**Photo**



*Pijeev*  
*Principar*  
PRINCETON INSTITUTE OF ENGINEERING  
& TECHNOLOGY FOR WOMEN  
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Ghatkesar (M), Medchal Dist, T S-500088



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**PETW/PRIN/Vagdevi Health Club/ay2021-22/cr-4**

**Date: 22-03-2021**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an “Awareness program on Tuberculosis” at PETW main auditorium. All the faculty, staff and students are requested to attend program at 2PM on 23-03-2022 without fail

Copy to:

1. Chairman
2. IQAC Coordinator
3. Exam Branch
4. All HODS
5. Library
6. Notice Board

  
Principal  
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Ghatkesar (M), Medchal Dist, T S-500088



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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Tuberculosis	
Date and Time of Activity	24-03-2022	2:00PM to 4:00PM
Details of Participants	160	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga, Internationally(USA) Certified Coach	
Description	<p>An awareness program on 'Tuberculosis' was conducted on the 24<sup>th</sup> of March 2022 by Princeton institute of engineering and Technology for Women. Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach was the Facilitator for the program. The webinar was attended by 160 students from B.Tech</p> <p>The campaign was organized to create awareness among the commuters about TB. The programme was inaugurated by Dr Prabakar Rao, chairman of PETW</p> <p>The program began with a brief dialogue on Tuberculosis. A brief interaction was organised between Ms .Suchita Joshi Msc Yoga, Internationally(USA) Certified Coach and students. She delivered a brief message about TB-cause, spread, symptoms, where TB is diagnosed and treated and the fact that TB is curable. She also gave a brief on preventive measures. Through this programme, all the students were benefitted. The guest lecturer had clarified all the doubts of students on TB. After completing all the formal events, an oral assessment on TB to know the effectiveness of the programme was conducted. It was very interesting to know that the students were able to give answers to the questions raised by the facilitator. NSS students performed a street play on TB and then, animation movies on TB were also played for the students.</p> <p>The programme provided a great opportunity to demystify the public myths and misconceptions about TB.</p>	





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**Photo**



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PETW/PRIN/Vagdevi Health Club/ay2021-22/CR-5

Date: 11-04-2022

## CIRCULAR

All the Vagdevi Health Club members are hereby informed that the Health Club Annual review meeting is scheduled on 13-04-2022. The venue will be the IQAC at 3PM. Hence all are requested to attend the same.

The agenda of meeting is:

- I. Review meeting on the events conducted in Academic year
- II. Discussion on non-conduct/Extra conducted events.

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## MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 14-04-2022

1. The Minutes of the second meeting was held on 13-04-2021, started at 2PM in the IQAC Block-I Princeton Institute of Engineering and Technology for Women.
2. The coordinators started the meeting with congratulating all the members for the smooth conduction of current academic year programs
3. Club members discussed about 6 the problems faced in conducting the events and suggested the modifications to overcome the glitches faced.
4. All the members presented accepted the suggestions

The list of events conducted in the current academic year

S. NO	Name of the Event	Date of the Event
1	Awareness program on Good Sleep	12-12-2021
2	Awareness program on Tuberculosis	24-03-2022

### Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S.Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs.Swetha	Asst.Prof, H&S	Coordinator
4	Mr.P. Srinivas	Asst.Prof, ECE	Member
5	Mr.P.Sudheer	Asst.Prof, CSE	Member
6	Mr.G.Santosh	Asst.Prof, EEE	Member
7	Mrs.Supriya	Asst.Prof, CIVIL	Member
8	LakshmiPrasanna	H&S	Student Member
9	S. Navya jtyothi	ECE	Student Member
10	Divya sri	CIVIL	Student Member
11	P. Nikitha	CSE	Student Member

  
COORDINATOR

  
Principal  
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