



GOVERNMENT DEGREE COLLEGE

Accredited with NAAC 'B' Grade

(Affiliated to Adikavi Nannaya University, Rajahmundry)

MANDAPETA -533308 Dr. B.R Ambedkar Konaseema (dist), Andhra Pradesh



SKILL DEVELOPMENT PROGRAMME ON TALK ON HEALTH AND LIFESTYLE DISEASES

TITLE	Talk on Health and Lifestyle Diseases
Date of Event	4 th Nov 2019
Time	10:00am to 12:30pm
Department	Physical education
Venue	Seminar hall
No. of Participants	20
Target Audience	Students

Details of the programme: Talk on Health and Lifestyle Diseases

Physical education department conducted Talk on Health and Lifestyle Diseases on 4th February 2023 as part of "World Cancer Day The programme was inaugurated by Dr.Ch.Ramakrishna, Principal, Government College , mandapeta

Health and lifestyle diseases have emerged as a significant challenge in today's fast-paced world. These diseases, often rooted in unhealthy habits and behaviors, pose a substantial burden on both individuals and societies. This report aims to provide an overview of the prevalent. health and lifestyle diseases, their causes, and potential strategies for prevention and management.

- Unhealthy diet: The consumption of processed foods high in unhealthy fats, added sugars, and artificial ingredients contributes to obesity, cardiovascular diseases, and diabetes.
- Sedentary lifestyles: Prolonged sitting and lack of physical activity increase the risk of obesity, cardiovascular diseases, and various other health conditions.
- Tobacco and alcohol consumption: Smoking tobacco and excessive alcohol intake contribute to the development of respiratory diseases, cardiovascular diseases, certain cancers, and liver diseases.
- Insufficient sleep: Poor sleep patterns, including inadequate duration and quality of sleep, are associated with a higher risk of obesity, cardiovascular diseases, and mental health disorders.

4 Prevention and Management Strategies:

- a) Promoting healthy eating habits: Encouraging a balanced diet rich in fruits, vegetables, whole grains, and lean proteins while reducing the intake of processed and sugary foods.
- b) Regular physical activity: Encouraging individuals to engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week to combat weight gain, improve heart health, and reduce the risk of chronic diseases.
- c) Smoke free environments Implementing and enforcing strict smoking bans in public places to reduce to secondhand smoke and discourage smoking.
- d) Stress management: Promoting stress reduction techniques such as exercise, meditation, and counseling to mitigate the impact of stress on mental health.
- e) Public health campaigns: Raising awareness about the consequences of unhealthy behaviors and encouraging individuals to adopt healthier lifestyle choices through educational initiatives, media campaigns, and community outreach programs. Health and lifestyle diseases remain a global concern, affecting individuals' well-being and straining healthcare systems worldwide. The adoption of preventive measures and lifestyle changes, along with supportive public policies, can significantly reduce the burden of these diseases and contribute to better overall health outcomes for individuals and communities globally.


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SKILL DEVELOPMENT PROGRAMME ON HYGIENE AWARENESS PROGRAMME

TITLE	Hygiene awareness programme
Date of Event	06 th Feb 2021
Time	10:00am to 12:00pm
Department	Physical education
Venue	Seminar hall
No. of Participants	30
Target Audience	Students

Details of the programme:Hygiene awareness programme

Physical education department organised a hygiene awareness programme on 06th Feb 2021, to keep the students aware about the importance of personal hygiene. .

students could understand why personal hygiene is important in daily life. Students could also get awareness about hygiene

The hygiene awareness program consisted of various activities and interventions designed to engage participants and convey key messages effectively. These activities included:

1. Interactive sessions: Trained professionals delivered interactive presentations, focusing on topics such as hand hygiene, oral hygiene, food and water hygiene, and environmental hygiene. Participants were encouraged to ask questions and actively participate in discussions.
2. Visual aids: Visual aids, such as posters, charts, and pamphlets, were used to enhance participants' understanding of key hygiene practices. These aids contained practical tips and step-by-step instructions to encourage proper and consistent implementation.
3. Demonstrations: Practical demonstrations were conducted to illustrate proper handwashing techniques, toothbrushing methods, and safe food handling practices. Participants were given the opportunity to practice these techniques themselves under supervision.

4. Distribution of hygiene kits: Each participant received a hygiene kit containing essential items, such as soap, toothbrush, toothpaste, hand sanitizer, and educational materials. This initiative aimed to reinforce the importance of personal hygiene and encourage immediate implementation of lessons learned.

practices in the community. Collaboration with these stakeholders helped ensure long-term impact and behavioral change. After the conclusion of the hygiene awareness program, an evaluation was conducted to assess the impact and effectiveness of the interventions. The evaluation included the following methods:

1. Pre and post-program surveys: Participants were asked to fill out a survey before and after the program to gauge changes in knowledge and awareness.

2. Observations and feedback: The facilitators observed participants' engagement and interactions during sessions, and the participants provided feedback through written evaluations, discussions, and suggestions.

1. Increased awareness: Participants showed a significant improvement in knowledge and understanding of proper hygiene practices, including handwashing, oral hygiene, and food safety.

2. Behavioral changes: Participants reported adopting improved hygiene practices at home and in their communities. Many individuals shared that they had started regularly washing hands, brushing teeth, and maintaining cleanliness in their surroundings.

3. Community participation: The program successfully engaged community members, local leaders, and schools. This involvement paved the way for the sustained promotion of hygiene practices in the community.

The hygiene awareness program effectively enhanced participants' knowledge, attitudes, and practices related to personal hygiene. By using interactive sessions, visual aids, and practical demonstrations, the program was able to convey important hygiene principles in an engaging and memorable way. The distribution of hygiene kits and collaboration with community stakeholders further contributed to the program's success.

Recommendations for future programs include regular follow-up session to reinforce hygiene practices, expanding the program to reach a larger audience long-term behavioral change. The lessons learned from this program can serve as a foundation for future initiatives aimed at promoting hygiene awareness and improving the overall health and well-being of communities.


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SKILL DEVELOPMENT PROGRAMME ON TALK ON HEALTH AND LIFESTYLE DISEASES

TITLE	Talk on Health and Lifestyle Diseases
Date of Event	4 th Febuary 2024
Time	10:00am to 12:30pm
Department	Physical education
Venue	Seminar hall
No. of Participants	20
Target Audience	Students
Resource Person	N.VEERANJANEYULU

Details of the programme: Talk on Health and Lifestyle Diseases

Physical education department conducted Talk on Health and Lifestyle Diseases on 4th Febuary 2023 as part of "World Cancer Day The programme was inaugurated by Dr.T.K.V.SRINIVAS RAO, Principal, Government College , mandapeta

Health and lifestyle diseases have emerged as a significant challenge in today's fast-paced world. These diseases, often rooted in unhealthy habits and behaviors, pose a substantial burden on both individuals and societies. This report aims to provide an overview of the prevalent. health and lifestyle diseases, their causes, and potential strategies for prevention and management.

- a) Unhealthy diet: The consumption of processed foods high in unhealthy fats, added sugars, and artificial ingredients contributes to obesity, cardiovascular diseases, and diabetes.
- b) Sedentary lifestyles: Prolonged sitting and lack of physical activity increase the risk of obesity, cardiovascular diseases, and various other health conditions.
- c) Tobacco and alcohol consumption: Smoking tobacco and excessive alcohol intake contribute to the development of respiratory diseases, cardiovascular diseases, certain cancers, and liver diseases.
- d) Insufficient sleep: Poor sleep patterns, including inadequate duration and quality of sleep, are associated with a higher risk of obesity, cardiovascular diseases, and mental health disorders.

4 Prevention and Management Strategies:


a) Promoting healthy eating habits: Encouraging a balanced diet rich in fruits, vegetables, whole grains, and lean proteins while reducing the intake of processed and sugary foods.
b) Regular physical activity: Encouraging individuals to engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week to combat weight gain, improve heart health, and reduce the risk of chronic diseases.

c) Smoke free environments Implementing and enforcing strict smoking bans in public places to reduce to secondhand smoke and discourage smoking.

d) Stress management: Promoting stress reduction techniques such as exercise, meditation, and counseling to mitigate the impact of stress on mental health.

e) Public health campaigns: Raising awareness about the consequences of unhealthy behaviors and encouraging individuals to adopt healthier lifestyle choices through educational initiatives, media campaigns, and community outreach programs. Health and lifestyle diseases remain a global concern, affecting individuals' well-being and straining healthcare systems worldwide. The adoption of preventive measures and lifestyle changes, along with supportive public policies, can significantly reduce the burden of these diseases and contribute to better overall health outcomes for individuals and communities globally.


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SKILL DEVELOPMENT PROGRAMME ON HYGIENE AWARENESS PROGRAMME

TITLE	Hygiene awareness programme
Date of Event	09 th Dec 2021
Time	10:00am to 12:00pm
Department	Physical eduction
Venue	Seminar hall
No. of Participants	25
Target Audience	Students
Resource Person	A.ANANDA RAO

Details of the programme:Hygiene awareness programme

Physical education department organised a hygiene awareness programme on 09th Dec 2021, to keep the students aware about the importance of personal hygiene. .

students could understand why personal hygiene is important in daily life. Students could also get awareness about hygiene

The hygiene awareness program consisted of various activities and interventions designed to engage participants and convey key messages effectively. These activities included:

1. Interactive sessions: Trained professionals delivered interactive presentations, focusing on topics such as hand hygiene, oral hygiene, food and water hygiene, and environmental hygiene. Participants were encouraged to ask questions and actively participate in discussions.
2. Visual aids: Visual aids, such as posters, charts, and pamphlets, were used to enhance participants' understanding of key hygiene practices. These aids contained practical tips and step-by-step instructions to encourage proper and consistent implementation.
3. Demonstrations: Practical demonstrations were conducted to illustrate proper handwashing techniques, toothbrushing methods, and safe food handling practices. Participants were given the opportunity to practice these techniques themselves under supervision.

4. Distribution of hygiene kits: Each participant received a hygiene kit containing essential items, such as soap, toothbrush, toothpaste, hand sanitizer, and educational materials. This initiative aimed to reinforce the importance of personal hygiene and encourage immediate implementation of lessons learned.

practices in the community. Collaboration with these stakeholders helped ensure long-term impact and behavioral change. After the conclusion of the hygiene awareness program, an evaluation was conducted to assess the impact and effectiveness of the interventions. The evaluation included the following methods:

1. Pre and post-program surveys: Participants were asked to fill out a survey before and after the program to gauge changes in knowledge and awareness.

2. Observations and feedback: The facilitators observed participants' engagement and interactions during sessions, and the participants provided feedback through written evaluations, discussions, and suggestions.


1. Increased awareness: Participants showed a significant improvement in knowledge and understanding of proper hygiene practices, including handwashing, oral hygiene, and food safety.


2. Behavioral changes: Participants reported adopting improved hygiene practices at home and in their communities. Many individuals shared that they had started regularly washing hands, brushing teeth, and maintaining cleanliness in their surroundings.

3. Community participation: The program successfully engaged community members, local leaders, and schools. This involvement paved the way for the sustained promotion of hygiene practices in the community.

The hygiene awareness program effectively enhanced participants' knowledge, attitudes, and practices related to personal hygiene. By using interactive sessions, visual aids, and practical demonstrations, the program was able to convey important hygiene principles in an engaging and memorable way. The distribution of hygiene kits and collaboration with community stakeholders further contributed to the program's success.

Recommendations for future programs include regular follow-up session to reinforce hygiene practices, expanding the program to reach a larger audience long-term behavioral change. The lessons learned from this program can serve as a foundation for future initiatives aimed at promoting hygiene awareness and improving the overall health and well-being of communities.


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SKILL DEVELOPMENT PROGRAMME ON PHYSICAL FITNESS

TITLE	PHYSICAL FITNESS
Date of Event	10- NOV- 2022
Time	10:00am to 12:30pm
Department	Physical education
Venue	GROUND
No. of Participants	25
Target Audience	Students
Resource Person	N.VEERANJANEYULU

Details of the programme: Physical Fitness

Physical education department conducted Talk on Physical Fitness on 10th Nov The programme was inaugurated by Dr.T.K.V.SRINIVAS RAO, Principal, Government College , mandapeta

Physical fitness is a vital aspect of overall health and well-being. It encompasses various components that enable individuals to perform daily tasks with energy and enthusiasm. Regular physical fitness activities can bring numerous benefits, including improved cardiovascular health, increased strength and flexibility, enhanced mental well-being, weight management, and reduced risk of chronic diseases.

The five key components of physical fitness are:

1. Cardiovascular Endurance: The ability to perform aerobic exercises, such as running, cycling, or swimming, for extended periods. This component is essential for heart health and can be improved through activities like brisk walking, dancing, or jogging.
2. Muscular Strength: The ability to exert force against resistance. This component is critical for building muscle mass and can be improved through weightlifting, resistance band exercises, or bodyweight exercises like push-ups and squats.
3. Muscular Endurance: The ability to sustain muscle activity over time. This component is vital for everyday activities and can be improved through exercises like cycling, swimming, or high-intensity interval training.
4. Flexibility: The ability to move joints through a full range of motion. This component is essential for maintaining mobility and can be improved through stretching exercises like yoga or Pilates.
5. Body Composition: The proportion of body fat to lean body mass. Maintaining a healthy body composition is critical for overall health and can be achieved through a combination of regular exercise and a balanced diet.

Incorporating physical fitness into daily life can have numerous benefits, including:


- Improved mental health and reduced stress
- Enhanced sleep quality
- Increased energy levels
- Better bone density
- Reduced risk of chronic diseases, such as heart disease, diabetes, and certain cancers

To maintain optimal physical fitness, the World Health Organization recommends:

- At least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week
- Muscle-strengthening activities at least two times per week
- Limiting sedentary activities, such as screen time, to less than 8 hours per day

In conclusion, physical fitness is a critical aspect of overall health and well-being. By incorporating regular physical activity into daily life and focusing on the five key components of physical fitness, individuals can experience numerous benefits and improve their quality of life.


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SKILL DEVELOPMENT PROGRAMME ON INTERNATIONAL YOGA DAY CELEBRATIONS

TITLE	INTERNATIONAL YOGA DAY CELEBRATIONS
Date of Event	21/06/2022
Time	10:00am to 12:00pm
Department	PHYSICAL EDUCATION
Venue	INDOOR STADIUM
No. of Participants	25
Target Audience	STUDENTS
Resource Person	N.VEERANJANEYULU

Details of the programme INTERNATIONAL YOGA DAY CELEBRATIONS

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. In view of this, On 21/06/2022 Department of Physical education successfully organized YOGA's demonstration. More than 20 students of our college have taken part and effectively performed the various hard and easy steps of Yoga under the guidance of the instructor N.Veeranjaneyulu our college physical director.

Dr.T.K.V.SRINIVAS RAO (Principal) inaugurated the function.The celebration aimed to promote the practice of yoga for health and well-being among individuals from all age groups. This report highlights the various activities and initiatives organized during the event, as well as the positive outcomes and impact achieved. The event commenced with a vibrant opening ceremony, which included speeches from notable personalities emphasizing the importance and benefits of practicing yoga. Participants were welcomed with traditional music and danspal performances, creating an atmosphere of joy and positivity.

A series of yoga sessions were conducted by experienced instructors, encompassing a variety of yoga styles such as Hatha, Vinyasa, and Ashtanga. These sessions catered to participants of different skill levels, providing a platform to learn and practice yoga techniques under expert guidance. To enhance the understanding of yoga, various workshops and demonstrations were held throughout the day. These sessions covered topics suels as breathing exercises (Pranayama), meditation techniques, and yoga asanas (poses). Participants actively engaged in these interactive workshops, gaining valuable insights into the holistic benefits of yoga.

A well-being expo was organized where participants could explore holistic health and wellness products and services. This section included stalls offering organic foods, eco-friendly products, meditation aids, and yoga-related merchandise. Experts in the field were present to provide guidance and advice on holistic living. To embrace the cultural aspects of yoga, traditional dance and music performances were showcased, highlighting the diverse heritage associated with the practice. These performances showcased the beauty and elegance of different cultures while fostering a sense of unity among participants.

The event witnessed a significant turnout, with people from all walks of life coming together to celebrate yoga. Participants ranged from young children to older adults, indicating a growing interest and acceptance of yoga as a beneficial practice. The celebration succeeded in enhancing public awareness about the various dimensions of yoga, including its physical, mental, and spiritual benefits. Participants gained a deeper understanding of yoga's potential for improving overall well-being. The event served as a platform for individuals to connect and bond with like-minded people interested in yoga and well-being. Participants shared experiences, exchanged knowledge, and formed new friendships, contributing to a sense of community spirit and shared vision.

The celebration played a significant role in motivating the participants to continue their yoga practice beyond the event. Many individuals expressed their commitment to integrating yoga into their daily lives, acknowledging its positive impact on physical and mental health. In conclusion, the International Yoga Day Celebration held successfully achieved its objectives of promoting the practice of yoga for health and well-being. The diverse range of activities, workshops, and demonstrations ensured that participants gained valuable knowledge and experiences to embark on their individual yoga journeys. The event successfully fostered a sense of community and unity, inspiring participants to embrace yoga as a way of life.


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SKILL DEVELOPMENT PROGRAMME ON HYGIENE AWARENESS PROGRAMME

TITLE	Hygiene awareness programme
Date of Event	16 th September 2023
Time	10:00am to 12:00pm
Department	Physical education
Venue	Seminar hall
No. of Participants	25
Target Audience	I B.A
Resource Person	N.VEERANJANEYULU

Details of the programme: Hygiene awareness programme

Physical education department organised a hygiene awareness programme on 16th September 2023, to keep the students aware about the importance of personal hygiene. .

students could understand why personal hygiene is important in daily life. Students could also get awareness about hygiene

The hygiene awareness program consisted of various activities and interventions designed to engage participants and convey key messages effectively. These activities included:

1. Interactive sessions: Trained professionals delivered interactive presentations, focusing on topics such as hand hygiene, oral hygiene, food and water hygiene, and environmental hygiene. Participants were encouraged to ask questions and actively participate in discussions.
2. Visual aids: Visual aids, such as posters, charts, and pamphlets, were used to enhance participants' understanding of key hygiene practices. These aids contained practical tips and step-by-step instructions to encourage proper and consistent implementation.
3. Demonstrations: Practical demonstrations were conducted to illustrate proper handwashing techniques, toothbrushing methods, and safe food handling practices. Participants were given the opportunity to practice these techniques themselves under supervision.

4. Distribution of hygiene kits: Each participant received a hygiene kit containing essential items, such as soap, toothbrush, toothpaste, hand sanitizer, and educational materials. This initiative aimed to reinforce the importance of personal hygiene and encourage immediate implementation of lessons learned.

practices in the community. Collaboration with these stakeholders helped ensure long-term impact and behavioral change. After the conclusion of the hygiene awareness program, an evaluation was conducted to assess the impact and effectiveness of the interventions. The evaluation included the following methods:

1. Pre and post-program surveys: Participants were asked to fill out a survey before and after the program to gauge changes in knowledge and awareness.

2. Observations and feedback: The facilitators observed participants' engagement and interactions during sessions, and the participants provided feedback through written evaluations, discussions, and suggestions.

1. Increased awareness: Participants showed a significant improvement in knowledge and understanding of proper hygiene practices, including handwashing, oral hygiene, and food safety.

2. Behavioral changes: Participants reported adopting improved hygiene practices at home and in their communities. Many individuals shared that they had started regularly washing hands, brushing teeth, and maintaining cleanliness in their surroundings.

3. Community participation: The program successfully engaged community members, local leaders, and schools. This involvement paved the way for the sustained promotion of hygiene practices in the community.

The hygiene awareness program effectively enhanced participants' knowledge, attitudes, and practices related to personal hygiene. By using interactive sessions, visual aids, and practical demonstrations, the program was able to convey important hygiene principles in an engaging and memorable way. The distribution of hygiene kits and collaboration with community stakeholders further contributed to the program's success.

Recommendations for future programs include regular follow-up session to reinforce hygiene practices, expanding the program to reach a larger audience long-term behavioral change. The lessons learned from this program can serve as a foundation for future initiatives aimed at promoting hygiene awareness and improving the overall health and well-being of communities.


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SKILL DEVELOPMENT PROGRAMME ON AWARENESS PROGRAMME ON YOGA

TITLE	AWARENESS PROGRAMME ON YOGA
Date of Event	05/FEB/2023
Time	10:00am to 12:00pm
Department	PHYSICAL EDUCATION
Venue	INDOOR STADIUM
No. of Participants	31
Target Audience	STUDENTS
Resource Person	N.VEERANJANEYULU

Details of the programme: AWARENESS PROGRAMME ON YOGA 05/FEB/2023

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. In view of this, On 05 Feb 2023 Department of Physical education successfully organized YOGA's demonstration. More than 20 students of our college have taken part and effectively performed the various hard and easy steps of Yoga under the guidance of the instructor N.Veeranjaneyulu our college physical director.

Dr.T.K.V.SRINIVAS RAO (Principal) inaugurated the function.The celebration aimed to promote the practice of yoga for health and well-being among individuals from all age groups. This report highlights the various activities and initiatives organized during the event, as well as the positive outcomes and impact achieved. The event commenced with a vibrant opening ceremony, which included speeches from notable personalities emphasizing the importance and benefits of practicing yoga. Participants were welcomed with traditional music and danspal performances, creating an atmosphere of joy and positivity.

A series of yoga sessions were conducted by experienced instructors, encompassing a variety of yoga styles such as Hatha, Vinyasa, and Ashtanga. These sessions catered to participants of different skill levels, providing a platform to learn and practice yoga techniques under expert guidance. To enhance the understanding of yoga, various workshops and demonstrations were held throughout the day. These sessions covered topics suels as breathing exercises (Pranayama), meditation techniques, and yoga asanas (poses). Participants actively engaged in these interactive workshops, gaining valuable insights into the holistic benefits of yoga.

A well-being expo was organized where participants could explore holistic health and wellness products and services. This section included stalls offering organic foods, eco-friendly products, meditation aids, and yoga-related merchandise. Experts in the field were present to provide guidance and advice on holistic living. To embrace the cultural aspects of yoga, traditional dance and music performances were showcased, highlighting the diverse heritage associated with the practice. These performances showcased the beauty and elegance of different cultures while fostering a sense of unity among participants.

The event witnessed a significant turnout, with people from all walks of life coming together to celebrate yoga. Participants ranged from young children to older adults, indicating a growing interest and acceptance of yoga as a beneficial practice. The celebration succeeded in enhancing public awareness about the various dimensions of yoga, including its physical, mental, and spiritual benefits. Participants gained a deeper understanding of yoga's potential for improving overall well-being. The event served as a platform for individuals to connect and bond with like-minded people interested in yoga and well-being. Participants shared experiences, exchanged knowledge, and formed new friendships, contributing to a sense of community spirit and shared vision.

The celebration played a significant role in motivating the participants to continue their yoga practice beyond the event. Many individuals expressed their commitment to integrating yoga into their daily lives, acknowledging its positive impact on physical and mental health. In conclusion, the International Yoga Day Celebration held successfully achieved its objectives of promoting the practice of yoga for health and well-being. The diverse range of activities, workshops, and demonstrations ensured that participants gained valuable knowledge and experiences to embark on their individual yoga journeys. The event successfully fostered a sense of community and unity, inspiring participants to embrace yoga as a way of life.


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