BJMC MONTHLY WALL MAGAZINE

PRASHAMAN

OUTCOME OF MEDICOZ CREATIVITY [volume2,issue no. 7 ,december 2012]

SOMETHING QUOTED:
Everything that irritates us about others can lead us to a better understanding of ourselves.

Send your creativity to us via
Drop Box near Reading Room OR
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- Also available on,
www.bjmc.org,
www.medadmbjmc.org/prashaman

AIDS – A death by social poisoning

MURMUR

in remembrance of all those lost to AIDS or are being lost

I wanna live life like old gone days casually, not as causality

I wanna wake up with sunrise as my first sight, not to summon death daily

But here I am forced to eat alone in abandoned plates, n drink the insult of doors closed on my face

Why have I to bury all nails which prick my skin, n wash away the path which my feet did trace

My cries have dried over lost job n status, but where to mitigate the pain of lost hand shakes

All say I am diseased and a doom for their well-being, but how to tell them it's not AIDS but their indifference that breaks

Am I worse than your cigarette n alcohols which are sure victims of your death? (are they victims or culprits?)

Because since I scored a positive for HIV test, everyone is choking my breath

When I should be the one to cry and shout "How could he do this to me?"

"Which needle pierced me to doom? Should my mother be the one to blame?"

Why can't this society accept being HIV positive was never my choice but my brutal destiny?

That made me count my disease is better than my pestering nearby relative and death a rescuer to this dismay…

-SHIVANGI AGGARWAL
II/I MBBS

CAMPUS LIVE

- The N.S.S. Unit of B.J.Medical College conducted a visit to slums, a poster competition & an awareness programme for First Year M.B.B.S. students on occasion of World AIDS Day.
- Illuminati - The Movie Club carried out the screening of the movies "The Pursuit of Happyness" starring Will Smith on Dec. 7, 2012 and "A Beautiful Mind" starring Russell Crowe on Dec. 14, 2012. All further screenings shall be held on Fridays at 3:15 PM at the Sanskriti Hall on the First Floor. All students are invited to attend.
- NEET-PG Entrance test was conducted from 23rd Nov-5th Dec. Many interns from our college appeared for it. We hope that all of them come out with flying colours.
- It was observed that students of B.J.M.C. who used to appear in college MCQ tests performed well in NEET entrance. So we all should give these tests.
- SVEEP- Systemic Voters Education & Electoral Participation conducted an awareness program for students of our college regarding the coming Vidhan Sabha elections. We urge every eligible voter to use their voting right and be a part of the elections. May the best man win !!
- Gujarat University conducted an election awareness campaign in the University campus in which members of NSS unit took part.
- The students of 2nd year, 3rd/1st & 3rd Final shall appear for their University exams in the month of January. We wish them the Best of Luck.

AHO ASHCHARYAM!!

Isn't there something special about 21-12-2012?? Mention prophesies, astrology, mystery, doomsday and we recall only one personality-Nostradamus, whose umpteen prophecies have come true till date. However a lot about him is unknown.

1. According to legend, Nostradamus once encountered a young monk herding pigs in Italy. To the surprise of onlookers, Nostradamus respectfully addressed the lowly monk as "Your Holiness." Years after Nostradamus died, that monk, Felice Peretti, became Pope Sixtus V.
2. Legend holds that Nostradamus was buried with a document containing the secrets to his prophecies. In 1700, officials decided to relocate his coffin to a more optimal location. In the process, No document was found; however, a medallion inscribed with "1700" was reportedly found around Nostradamus' skeleton, leading people to believe the prophet had correctly predicted the year his coffin would be opened.
3. According to the New York Times, in the days following the 9/11attacks, the top search term on Google was "Nostradamus."

FACE TO FACE

Dr.Purvi Parwani

Dr.Purvi Parwani (PP) was a student of BJMC some 10 years back and now is working in U.S.A. Ashita Singhal (Member,Editorial Board) spoke to her through e-mail on USMLE and health care facility in the U.S. :

Prashaman : What is USMLE ? Does it give guarantee to students for MD/ MS course in U.S.?
PP : It is an exam to appear after medical school in India or in the USA in order to pursue residency training. No, it doesn't guarantee a residency.
Prashaman : In which year did you clear USMLE & what was your score ?
PP : 2008. USMLE step 1 – 96(232), Step 2- 92(222).
Prashaman : What was your inspiration for USMLE ?
PP : Technical advances and overall approach of treating the disease and not symptoms only.
Prashaman : When did you start preparing for USMLE & what coaching did you take ?
PP : I made my decision late- in mid internship. I didn't get any formal coaching. I studied from Kaplan books and finished USMLE world question bank. But one should start preparation from final MBBS and try to collaborate with others having a similar goal.
Prashaman : Is there any benefit to students who are having PR?
PP : Huge benefit- Your chances of getting into residency are way higher if you have green-card.
Prashaman : What is this pre match selection & match selection?
PP : That's a difficult question to explain and answer in few sentences. Basically, "access to graduate medical training programs such as residencies is a competitive process known as "the Match." Senior medical students usually begin the application process at the beginning of their (usually) fourth and final year in medical school or in the case of International Medical Graduate-it's after internship. After we apply to programs, programs review applications and invite selected candidates for interviews held between October and February. After the interview period is over, students submit a "rank-order list" to a centralized matching service (currently the National Resident Matching Program, abbreviated NRMP) by February. Similarly, residency programs submit a list of their preferred applicants in rank order to this same service. The process is blinded, so neither applicant nor program will see each other's list. Aggregate program rankings can be found here, and are tabulated in real time based on applicants' anonymously submitted rank lists.
The two parties' lists are combined by an NRMP computer, which creates stable (a proxy for optimal) matches of residents to programs using an algorithm. On the third Friday of March each year ("Match Day") these results are announced in Match Day ceremonies at the nation's 153 U.S. medical schools. By entering the Match system, applicants are contractually obligated to go to the residency program at the institution to which they were matched. The same applies to the programs; they are obligated to take the applicants who matched into them.

Prematch is the process where programs offer the position to the candidate right after the interview. By signing the contract by Prematch you cannot apply for the match and are obligated to start residency at the institute where you sign the prematch.

More info:
Clerkship:http://usce.blogspot.com/2007/04/basics-electives-clerkships-externships.html
General: www.prep4usmles.com
http://usce.blogspot.com/2007/04/basics-electives-clerkships-externships.html
www.prep4usmles.com
Prashaman : Do the universities have their independent criteria for selection of students after clearance of USMLE?
PP : Yes, It depends on your USMLE SCORES, CV - Publications, extracurricular activities, clinical experience in the U.S. and how u perform at the interview? Your personality, vocabulary and confidence also matter. Also any additional education: residency in any other country, research experience, MPH etc. So Clearing USMLE doesn't give you guarantee for getting into residency.
Prashaman : How many call letters did you receive and how many interviews you faced ?
PP: I got almost 11 and faced 9 interviews for Internal Medicine residency.
Prashaman : Is it tough for Indians to get a surgical line in the U.S.?
PP : Yes, it's very very difficult but not impossible if you have all of the above.
Prashaman : From year 2014 seats available to us are decreasing. Is it true?
PP: Not sure. I matched in 2009.

(To be continued in next issue…)

HATS OFF TO U Doc: નવી જિંદગી

તે બપોરે એક માતાના ગુર્દાને સમય લીધે સ્વમચાવી દીધો. પતિએની માતા ચોધાર આંસુએ રડતી હતી. તેની સામે તેનો વીસ વર્ષનો દીકરો ચિરિલ લેમ્પિટલના મેડિકલ લોર્ડમાં બેભાન અવસ્થામાં પડયો હતો. અમારા યુનિટની ઈમરજન્સી સેવાથી હું થોડે દૂર બીજા દર્દીને તપાસી રહ્યો હતો. અન્ય સાથી ડોક્ટરને સામાન્ય સૂચનો આપી હું તાકીદથી નવા આવેલા આ દર્દીની સમાચાર માટે આગળ વધ્યો. પતિનું શરીર અંગારાની જેમ પચપચતું હતું. તેની અવસ્થા જોતા તેને અહીં લાવવામાં મોડું થઈ ગયું હોય એવું મને લાગતું હતું. પતિએની સાથે આવેલા તેના સ્વજનો પાસેથી ફેક્ની વિગતો લેતા જણાયું કે તેને પણ સમયથી તાવ આવતો હતો. માથામા ભારે કળતર અને શરીર પણ પૂરા તૂટતું હતું. અઠવાડિયાથી બે-ચાર જગ્યાએથી દવાઓ પણ લેવામાં આવેલ હતી. પતિની શારીરિક તપાસ કરાયેથી પૂર્ણ કરી તેના લોહીના નમૂના લઈ તેને લેબોરેટરીમા મોકલી આપવામાં આવ્યા. પ્રાથમિક સારવાર શરૂ કરી મેં પતિની માતાને ચેમ્બરમાં લઈને આમાંથી બનતી શ્રેષ્ઠ પ્રયત્ન કરવાનો મેં તેમને વિશ્વાસ આપ્યો. મેં લેબોરેટરીના ડોક્ટર સાથે લોહીના રિપોર્ટ મેળે વાત કરી. મને જે લાગતું હતું તેનું રિપોર્ટ દ્વારા સમર્થન મળ્યું. પતિને તેની મહેરિયા થયો હતો. મને તેના કંડિમ્પ્રેક્સેનના કારણે તેની હાલત ખરાબ થઈ હતી. અમે પોટેશિયમ પમણીની દવાઓ ઈંજેક્શન દ્વારા તેને આપવાનું ચાલું કર્યું. સામાન્ય રીતે આ દવાઓથી તરત જ દર્દીઓની પરિસ્થિતિમાં સુધારો જણાતો હોય છે. પણ પતિના કિસ્સામાં તેમ ન બન્યું. બે દિવસને અંતે પણ તેની પરિસ્થિતિમાં કાંઈ ફરક ન જણાયો. પતિનના પાટલા પાસે તેની મા છેલ્લા ચાર દિવસથી આથામાં હતી. જાણે પથ્થર જ બની ગઈ હોય. તે પોતાના દીકરા પાસેથી જરા પણ દૂર થતી નહોતી. જ્યારે પણ મને પતિની પાસે તપાસ માટે જતા ત્યારે તે દરક એક જ પ્રશ્ન પૂછતી, ડાક્ટર, મારો પતિક ક્યારે સારો થશે?

બે દિવસને અંતે અમને આ રોગ માટે વપરાતી અમય દવાઓ ચાલું કરવાની ફરજ પડી. આમ છતાં પતિકની હયિયત તો જાણે સુધરવાનું નામ જ નહોતી લેતી. જેમ જેમ દિવસો વીતતા લાગ્યા તેમ તેમ તેની મા વધુ ને વધુ મૂંઝમૂન થવા લાગી. અંતે તો અમને જોઈને તેની આંખોમાંથી આજુજ સ્વરૂપે આંસૂઓની ધાર વહેતી હતી. અમારી પાસે આ પ્રકારના પણાં કેમો આવતા હતા અને અમને ખ્યાલ હતો કે અંતે થોડાક જ સમયમાં પતિક આમાંથી આવશે. તેમ થયું નહિ. અંતે પતિકની માતાને છેલ્લે પરિસ્થિતિની જાણ કરી. તેને માટે તેઓ એક નો એક હાડકાવાળો દીકરો જે આ લેમ્પિટલમાંથી સાજો કરી આવતી દિવાળીએ પરણાવવાના કોડ હતાં તે જાણે કે સમયની એક જ થાપટ સાથે તૂટી ગયા હોય એમ લાગ્યું. હું પણ એમ વિચારતો હતો કે પોટેશિયમ પમણીની દવાઓ આપ્યા પછી પણ અસર કેમ નથી આવતી. અંતે અમારી પાસે કશ એક જ વિકલ્પ હતો. ડોક્સોર્બેજા ઇંડા ટ્રાન્સફ્યુઝન. સમય સાચવી અમે તરત જ તે વિકલ્પ અપનાવ્યો. અમને આશા હતી કે અંતે ઘણું સારું થશે. પણ દુરસ્ત જાણે નિષ્ઠુર બની હોય તેમ તેની માતાની દુઆઓ અને અમારા પ્રયત્નોને નિષ્ફળ બનાવતી હતી. અંતે અમારી પણ જાણે ધીરજ પૂરી પડી હતી. પતિકની માતાની આંખોમાં તેના દીકરા માટેની લાચારીઓ જોઈ અમે રડી એકાકર ડોક્સોર્બેજા ઇંડા ટ્રાન્સફ્યુઝન કરવાનો નિર્ણય લીધો. અને ઈશ્વરનો આભાર માનીએ કે પતિકની માતાની વિશ્વાસ. બે કલાક પછી હું કહી પતિક પાસે ગયો ત્યારે મેં તેના હાથની આંગળીઓ સહલી જોઈ. અમે અમારી સારવાર વધુ ઝડપી બનાવી. પંદર દિવસની બારે જીવમત બાદ પતિક તેની મહેરિયાના કાળમાંથી બહાર આવ્યો. તે દિવસે પતિકની માતાની પુત્રીઓ તો જાણે ચાર ન રહ્યો. તેણે પતિકને નવી જિંદગી આપવા બદલ અમારો આભાર માન્યો. બે દિવસ પછી ઘરની વાટ પકડતા આ માં-દીકરાની પુત્રી જોઈને મને પણ એક યુવાનને નવી જિંદગી આપ્યાનો સંતોષ થયો.

Story by : Department of Medicine
Compiled by : Dhwani Parikh II/III M.B.B.S
Pinal Pipaliya III/I M.B.B.S

FRONTAL LOBE

What do you do one day before the exam?

ANSWERS TO PREVIOUS QUESTION

Are we ready to accept women in the fields of orthopaedics and surgery

1) I guess the real question is "Are women ready to accept the field of surgery and orthopaedics ?"
   - Anonymous
2) Yeah!! To make surgery & ortho a lot more interesting !!!
   - Janmejay Kunpara
   II/1st
3) If we get admission in this two department we are ready to accept; if we do not, we are not ready to accept.
   - Mehul Parmar
   II/1st
4) આજની 21મી સદીમાં પણ સ્ત્રી અને પુરૂષને સમાન સ્થાનમાં આવતા નથી. તેથી સ્ત્રીઓ ને ઓર્થોપેડિક અને સર્જરીમાં સ્વીકાર કરવી શબ્દ માટે થોડી વાર છે.પણ મારા મતે તો સ્ત્રીઓ વધુ સારી સર્જન બની શકે છે કારણ કે તેઓ વધુ સ્મરદેર અને મજબુત હોય છે.
   - Hemanshi Maheta
   II/1st

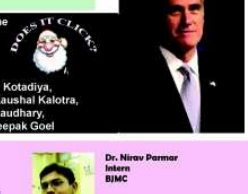
THEJA FRY

LATERAL THINKING
Eg.
Man

Board
Ans: man overboard

1. death.....life
2. he's X himself
3. Stand
   .....
   I
4. 0
   .....
   M.D Ph.D

S/e/o/a/d/i/n/g/
Answer of password:
ROGER FEDERER
given by:
Surbhi Naik (1st yr.)
Monica Dixit (1st yr)



Identify the person and drop the answers in the drop box near reading room!
answer of the last issue:
LT. SH. JASPAL BHATTI
given by:Surbhi Ambani,Sweta Kotadiya, Zinkal Kothadiya,Krunal Mer, Kaushal Kalotra, Hemanshi Maheta,,Jainisha Chaudhary, Dhwani Patel,Miral Prajapati,Deepak Goel

DOES IT CLICK?

STETHOSPEAKS
SAFARNAAMA- THE NEET EXPERIENCE!

Dr. Nirav Parmar
Intern
BJMC

All the Interns and Post-interns who appeared for National Eligibility cum Entrance Test -PG had a great sigh of relief as they came out of exam venue. Obviously! why wouldn't they? It was the biggest exam they were looking forward to since a year at least. Cramming up their heads, crunching up mnemonics and chocking up on notes which can lead to the Golden Gate of the PG seat of their choice. keeping a delicate balance between hectic Internship schedules and Pre-PG preparation classes/test-series is no less herculean a task.

Added to it the torture of uncertainity of whether NEET will be conducted or not? Followed by a "bolt out of the blue" announcement of the exam schedule just around 2 months before the test-date. Not to mention the cruel advancement by 2 months from the regular dates of AIPG and GUJ-PG conducted till last year.

As for the preparation, people already knew that NEET is definitely going to be different from the AIPG and GUJ-PG. The Junta was divided in two neat groups: one thinking that whatever may come, 'triple-A' (MCQ book for PG entrance) will be the source of major chunk of the paper. while the other, more enlightened group focused on getting their concepts right by reading the compiled reference books designed specially for the NEET.

Seeing so vast an amount of data to be processed within a short time, it was obviously necessary to do some compromise. Hence, most of the people did textbooks/notes for major subjects and went for papers and AAA for minors. Apart from test series, previous year papers of AIPG and GUJ-PG were a good help .As it was told that NEET was to have case-based long questions, the one-liners and 'Rattebles' were logically sidelined.

With the time moving forward soon the action gained momentum. The ward attendance started to dwindle, the reading rooms chocked full, the Darbaarwallah started having orders for cups of tea at 1 in the morning. And before anyone could realize the date for registration was at our doorstep.

Kyaa din they woh! Aaha! Kya management! (these few words to be read in a satirical tone) The application was to be filed online, but fees had to be paid in advance through Axis Bank vouchers. Before the Bank could open at 10.00 a.m. people had already lined up there since 8.00 a.m. 98% of applicants tried to file their application on the first day itself. So the glitches started showing up, within just 2 hours of opening the registration process, the site started to falter. The 'server Down' messages started popping up.

What more! They had allotted a definite quota of seats to be filled per center per day. Ahmedabad being filled up just before noon .Ah Kya kareln? With A'bad not in hand the Junta started opting for faraway places.

By the time I was able to lay my hands on the voucher and register my humble application (which was on the 2nd day) only Jammu & Kashmir was open! But lucky me!!. And- A'bad popped itself open, and accommodated me on Dec. 4 The selection of the date of exam was no less than a stresser, it was like choosing our own 'Battle-day', more like a Pick-a-poison.

There were many provisions made to help the candidates. But the best help was; not to rely on any! They had set-up a help desk and Twitter (@neetpg2012) too to handle.A confirmation email was promised to each candidate immediately after applying. Some of them didn't get !!

As the dates passed by, the gears started shifting, the speed rising steeply. The tension hung in the air. Tempers becoming unstable,..... Even taking bath was considered a 'waste-of-time', and food- 'a necessary interruption'. Caffeine started to have more concentration than albumin in blood.

The productivity graph which had rose steeply reached to a plateau, and as the 23 nov approached, it fell suddenly. The first batch to the martyrdom dispatched on 23rd morning and returned with an evil omen.To our surprise the whole paper was composed of one- liners; and the Photo/Case based questions were just April-fool. The lucky souls having a "date" in the later parts changed their trajectory. The focus shifted now to the same one-liners and Rattebles once sidelined.

Some, seeing their whole year-full of hard work going down the drain lost all the hope. The words "nothing matters" and "It's all mithya" and "Vairaagya" started trending the small talks. While a set of people still kept faith in The System. The songs in the playlist changed from "*velle-velle*" to "*Jee le zara*...." But the books were not put aside till the day of the exam. Everyone tried to squeeze out the last drop of energy from their body.

The day of 4th dec dawned and I, an owl of the nights, woke up before the alarm rang almost at 5. A pre-appointed Rikshawallah took me to the center exactly 1 hour before the 'reporting-time.' I realized that day what Ajmal Kassab might have felt on 21st morning- the day of his execution. Though I was not going to be killed but we both had the same situation of mind..

An Eternal bliss waiting on the other end.

The management at the test location was really good. our pockets were turned inside-out, whole body palpated for some "unauthorized item- either written or printed in any format- other than the documents required to be presented." No visits to the loo allowed, constant video and physical surveillance was there.

At the exam time approached we were given a few instructions about how to handle their delicate computers. And the rest that followed is blurred. There were 240 questions in total.I don't know how many I did correct, or how many were just guess-work. But by the time the clock stopped ticking, I was done with my career. We then left the room silently

I had decided beforehand, that whatever be the mood, either Talaash or Life of Pi would be the next big thing. But seeing everyone's mood, I sat silently in the auto and directed him to 'civil-hospital'. As I met people after the test, the first question was the obvious. And my constant reply was: "Not sure". Not that I had flunked that badly. But the uncertainty prevails. And it will, till the declaration of results.

A few days ago, someone asked me: "It's just an exam! What's the Big Deal?" I felt like laughing out loud, and at the same time hit him hard on the face. But as I couldn't do none, I stared at him calmly and muttered: "IT IS THE BIG DEAL!"

SHUTTERBUG

-NOOPUR JAIN
II/I M.B.B.S.

CA toon

B'JOY

Tipping for Votes
1.Two politicians on the campaign trail encounter each other near a roadside dince, and decide to have a cup of coffee. They shoot the breeze for a while, and then get up to leave. "You know why I'm going to be elected?" guy asks, pulling a roll of bills out of his pocket. "It's because of my generous personality. I always give the waitresses a big tip and ask them for their vote."
"That a fact," says the other, "I always ask them to vote for you too . . . but then I tip them a nickel."
2.How do you know that carrots are good for your eyesight?
Have YOU ever seen a rabbit with glasses?
3.Doctor: I have good news and bad news... Patient: Go with the good news first.
Doctor: You have 24 hours to live.
Patient: What?! How about the bad news?
Doctor: Um... I forgot to tell you yesterday.
4.Nurse: Doctor, Doctor, there's an invisible man in the waiting room!
Doctor: Well, go in there and tell him I can't see him!!

DISSECTION

PALLAVI DUBEY
I M.B.B.S.

PHIR MILENGE

'Life is a moment. For a moment it's there and in a moment it's gone'

What would you do if you find out that you are HIV positive, you are infected by the only person you ever loved, you cannot trace that person for answer and the worst of all your boss throws you out of your job for which you have given everything, just because he fears you would infect him and other employees? Sit and sulk or……fight! This is what Shilpa Shetty starring as Tamanna Sahabni, head executive of a reputed firm has to face in the movie Phir Milenge. The movie puts forth a reflection of pure injustice and ignorance about HIV in that even the most knowledgeable people in our society have. Shilpa Shetty beautifully portrays the dilemma as she tries to decide which is more devastating, the fact that she is HIV positive or her sudden unacceptance in the society. I must say that revanthy, the director binds the audience emotionally with the song "jeene ke ishaare" and "khul ke muskurale tu, dard ko sharmane de" and forces all of us to rethink on our preformed notions regarding HIV. As far as the performances go, Salman Khan is excellent in his little cameo especially in the scenes in which he is shown to die (well that truly brings me on the verge of tears). Abhishek Bacchan is outstanding. Nasser as the heartless (but I do think that the end scenes reveal his feelings) defense lawyer is great.

But clearly the entire credit of the whole movie goes to the two women. Revathy, who brings forward one of the best direction ever seen in the hindi cinema and Shilpa Shetty for one of the best performances ever in the mainstream role.The best part of the movie, is its ending! The movie doesn't end in a controversial way. The director has intelligently implanted loose ends to it, first to signify that there are absolutely no laws in India to help the victims of HIV, second to show that even HIV patient has the absolute right to live her life with dignity, being a part of the society. So guys the movie is worth watching. Take a break and do watch the movie.

TRAVELLER X

15th dec 2012-31st jan 2013

A vibrant, cultural, musical and splendid carnival in the arid lands of Kutch creates a mosaic of exquisiteness which reflects the identity and spirit of the region.

RANN UTSAV

Events:
The three days of Utsav are packed with cultural Dances, Music, Craftsmanship, Carnival processions, Pageantry and in all an encapsulation of the true spirit and zeal of the inhabitants out here.

How to Reach:
By Air - Flies in flight to Bhuj.
By Train: Kutch Express from Mumbai up to Gandhinagar.
Sayajinagari Express from Baudra to Bhuj
By Road: It's the best to enjoy the scenic beauty of Kutch. Buses are available from Ahmedabad to this place.

Stay:
The Gateway to Rann Resort in Dhordo is the only village resort built in the White Rann. It offers a stay in Katchi bhungas (mud huts).
Also as many as 400 AC and non-AC tents are available for stay.

Visits:
Pachchum Bet, an island of Kutch
Indian Wild Ass Sanctuary
Koteshwar temple (can view the pak sea-shore from a distance)
Narayan Sarovar
Lakhpat

This Mahotsava under the tutelage of Vibrant Gujarat has been a unique opportunity for people around the world to celebrate the mystical magic of Kutch and its diversity.
http://www.flamingotravels.co.in/media/412436/rann_utsav_1.jpg
http://blog.travelvacuri.com/wp-content/uploads/2012/11/3.jpg
http://i.ytimg.com/vi/1uzSlfjpO4Y/0.jpg

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