



ANNUAL REPORT 2021-2022

30th Anniversary Year

From the Secretary's desk

During the past 2 years, Covid-19 pandemic made many of us realize how strong we are, and how deep we can dig to be able to bounce back with renewed vigor. We are happy to inform you that we have bounced back to normal life and activities in this financial year in 2021-22.

Our staff rose to the occasion like never before and fought against all odds they faced due to Covid-19 pandemic. In the 2nd half of the year 2021-22, life in Paripurnata had become normal. We could carry out our entire planned programme satisfactorily.

Words are inadequate to express my sincere appreciation for them, I can only silently admire their efforts.

Let us all hope, our living planet never faces such dreaded disease in future.

1st July 2022

Bidhan Chandra Chakrabarti Hony, Secretary & Chief Functionary

MANAGING COMMITTEE (2021 - 2022)

Office Bearers

Dr. Jayasree Maiti President

Shri Prabir Basu Vice President

Shri Bidhan Chandra Chakrabarti Hony. Secretary

Shri Arunabha Das Hony, Treasurer

Members

· Shri Asok Kumar Sil · Shri Somnath Sen · Smt. Amita Ghosh · Smt. Moumita Sil (Ray) Shri Susanta Kumar Dutt
 Shri Aloke Nath Mullick
 Shri Swapan Kumar Ghosh



STAFF & INSTRUCTORS

Programme Staff

Dr. Shyamal Chakraborty Dr. Japasish Chakraborty Ms. Jhuma Bhatta (Mukhopadhyay): Programme-Coordinator-cum-Psychologist Shri Briti Sundar Bhattacharjee

Psychiatrist (Part time) General Physician (Part time)

Psychiatric Social Worker-cum-Assets Supervisor

Administrative Staff

Shri Prasanta Kumar Dey Shri Sanjoy Biswas Shri Goutam Chatui Shri Trinath Sil Shri Ratan Das

: Admin, Asst. cum Accountant : Senior Office Assistant Peon

Security Security

House Staff

Smt. Lakshmi Bag Smt. Shyamali Acharya Smt. Shila Mondal Smt. Shikha Dey Smt. Sandhya Chakraborty Smt. Suchitra Mondal Smt. Sushama Santuya

: Deputy House Mother : Asst. House Mother : Asst. House Mother : Asst. House Mother : Asst House Mother

Asst. House Mother (Substitute) from 1st Nov.2021 Smt. Swapna Nath : Asst. House Mother (Substitute) from 7th Mar. 2022.

Activity Instructors (Part time)

Smt. Reba Sarkar : Sewing Dr. Subhra Naskar Art Smt. Susmita Deb Music Shri Swapan Dutta Music Smt. Dipanwita Dawn (Laha) Dance Block Printing



VOLUNTEERS

Smt. Malabika Saha Bhowmick Smt. Gouri Poddar Smt. Nabanita Mukherjee Smt. Ruchira Sen Shri Swapan Kumar Ghosh Shri Naba Kumar Malik

Yoga Therapist Yoga Therapist Dance Therapist Communication Skill Developer Librarian Network Advisor

Report on activities (April 2021 - March 2022)

The following residential programmes were carried out as planned:

- Rehabilitation Programme for women belonging to the marginalized sections, inducted from Government Mental Hospital.
- ii) Recuperation Programme for our ex residents, who have relapsed due to factors like, not taking the prescribed medicines, and indifferent attitude and lack of empathy of the family members. Duration 2-3 months.

Brief descriptions of the key activities executed are given below:

A. THE REHABILITATION PROCESS:

Pharmaco - therapy: Psychiatric treatment with psychotropic medicines as required were regularly carried out by the psychiatrist.

Psychological counseling: Psychological counselling were rendered to all the residents, as applicable. Periodic group therapy sessions and mental state examinations were conducted.

Physical check-up: A general physician regularly carried out check-ups of all the residents and if required prescribed diagnostic and clinical examinations.

Occupational therapy: Training in basic domestic skills like, cleaning, washing, personal hygiene and grooming were imparted every day. Training sessions on stitching, sewing and block printing were held as planned.

Socio-cultural therapy: Therapies in the form of music, dancing, painting and yoga were imparted as planned. To inculcate social skills like, receiving visitors, social interactions and shopping etc. were conducted regularly.

Non-formal education: Classes on general knowledge, current affairs, storytelling and basic human rights were held.

Outings, Picnics and Sports: Outings and picnics were organized, as planned.

Annual Picnic was held on 12th February 2022 for Residents of Paripurnata at office lawn. All the Residents, the Staff, the Instructors and the MC Members participated.

The Residents presented a very engrossing cultural programme, planned & executed by them, with minimal support and interference from the staff. A wholesome lunch was served after the programme.



Annual Picnic



Annual Sports

Annual Sports was held on 28th January 2022 for residents of Paripurnata at office lawn. Various sports events took place. The participants enjoyed the events. The sports ended with the Tea, Sweets & Coffee.

Covid-19 Vaccine: 1st & 2nd dose of Covid-19 vaccine to our inmates and the staff of Paripurnata completed on 24th July and 18th October, 2021 by Abhi Welfare Society with support from Health Dept. Govt. of West Bengal.

Logistic: The residents of Paripurnata are brought from Calcutta Pavlov Govt. Mental Hospital. They are brought initially on leave of absence for 2 months. During this period we try to trace their family members.





New arrivals - for a new life

We try to enquire about their place of stay. Due to their low educational level, they give us some clues about their house. Basing on that we try to contact the local Police Station with the help of internet and through local PS we contact the family members. Once we are able to contact, we give a briefing about Paripurnata. After that either they come to receive her, or else we escort them back to their house.

B. PARALLEL ACTIVITIES

Home Visits were carried out as required to the homes of the residents for exchanging information and sensitizing the family members. Visits were also made to the homes of the ex-residents as follow-up measures, as required.

Shri B. S. Bhattacharjee, Psychiatric Social Worker cum Asset Supervisor visited our present residents Smt. Sabita Chakrabarti's house at Kharagpur, on 21.02.2022 & Smt. Kajal Dey's house at Sreerampur on 24.03.2022 and ex-resident Smt. Rita Hembram, house at Devipur, Bardhaman, on 30th March 2022. Ms. Jhuma Bhatta, Programme Coordinator cum Psychologist visited our ex-resident Smt. Sima Sikdar's house at Baruipur on 26th March 2022.

They interacted ex-residents and with their family members. They received feedback from those parents and family members and solved the problem area.

Ex-residents Meets were held as scheduled to discuss about their health issues, compatibility with their families, along with their livelihood problems and sharing of experiences with their peers.

Family Meets were organized to exchange views on the mental health status of the residents and ex-residents for enhancement of skills of the family members as care givers.

OPDs were conducted weekly for the ex-residents and prescribed medicines were given free of cost. Psychiatric patients from the community were also given free consultation and prescriptions.



C. RELATED ACTIVITIES

Staff-Instructors Meets were periodically organized to discuss the feedbacks of the instructors.

There were exchanges of ideas for making the occupational therapies more meaningful.

Two meets were held on 10 th September 2021, in which 8 Instructors along with 2 Programme Staff and 24 th December 2021, in which 7 Instructors along with 2 Programme Staff were present. Progress of various planned, activities and their impact on the residents were discussed.

Interactive Session between the Residents and the Staff: The programme was held on 7th November 2021, which started at 11.00 am. The session was organized to understand the mental health condition of the residents during Covid - 19 days. Discussions were also focused on other issues they are facing. Tea and snacks were served after the session.

Staff Meet: The meets were held at regular intervals to discuss about the problems they faced in their day to day work and solved the programme accordingly. The meet was held on 23rd Dec 2021, in which 12 staff members attended the meet. Our Hony. Secretary presided over the meet. Various issues were raised by staff which were thoroughly discussed & resolved in amicable manner. The meeting ended with tea and snacks.

House Staff Meetings: The meetings were held at regular intervals to discuss about the problems they faced in their day to day work. The programme staff assessed the individual performance of each house staff and instructed them accordingly.

House staff Training Programme: A Training Programme for house staff was held on 16th March 2022, in which 5 House Staff out of 6 staff, members attended the prgramme. Our Hony. Secretary, Mr. Bidhan Chandra Chakrabarti Inaugurated the Training programme. Speaker: Dr. Japasish Chakraborty, General Physician, delivered an erudite speech on caregivers. Various related issues were thoroughly discussed. The training programme ended with tea and snacks.



Awareness Programme: To impart awareness and psychosocial - education to the Community, to which respective residents belong, so that the fears regarding mental illness in community and among family members & also neighborhood of the resident is alleviated & the resident is welcomed in the family / community after being discharged.

An awareness programme was organized on 23 rd March 2022 at Kantipota, near Garia Panchpota, in Kolkata. The programme was organized by Paripurnata and conducted by Smt. Jhuma Bhatta, Programme Coordinator cum Psychologist and Shri B.S. Bhattacharjee, Psychiatric Social Worker cum Asset Supervisor. During the 2 hour session attended by about 45 persons, the audience was made aware of the history of Paripurnata and its approach to the rehabilitation process. This was followed by description of the types of mental illnesses and the myths and misconceptions associated with them.

The community was requested to accept the persons suffering from mental illness and to spread awareness about the illness to their kith and kin.

Seminar: A seminar online zoom link on "second series poster-MPA" organized by Medico Pastoral Association, Bengaluru dated 26th March 2022 and another seminar on "Resisting the constraints of Women during and after Covid- 19 Pandemic and their ways of Conquering" organized by Ganaunnayan Parshad, Kolkata at WBVHA Tower 580, Anandapur, Kol. – 17, dated 30th March 2022 attended by Ms. Jhuma Bhatta, Programme Coordinator cum Psychologist.

Programme for the Nursing Students: Almost all the Nursing Colleges of West Bengal send their students (Post Graduate / Graduate / GNM) to Paripurnata for clinical experience / educational visits or training. They interacted with our beneficiaries for orientation and exposure on psycho - social rehabilitation process. The following colleges participate in the Nursing Training Programme during 2021-2022.

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- Peerless Institute of Nursing (Peerless Hospital & B. K. Roy Research Centre), Kolkata
- Asia Heart Foundation College of Nursing, Kolkata.
 Govt. College of Nursing, Medical
 College & Hospital, Kolkata.
 W.B. Govt. College of Nursing, ID & BG Hospital, Kolkata
- Shova Rani Nursing College, KPC Medical College & Hospital.
 Institute of Psychiatry College of Nursing.
 Priyamvada Birla Institute of Nursing, (Unit of Belle Vue Clinic) Kolkata
- Neotia Academy of Nursing.

At the end of training programs, some of the groups had organized short cultural programs for our residents. Many of them donated cash and kind. Quite a few of them remained in touch with us, sent greeting cards and encouraging letters to residents.

Exposure & Orientation Visits by Students: Exposure and Orientation Visits was adversely impacted by lockdown due to Covid-19. However, during period, the following students from various Colleges & Universities, located across India visited Paripurnata during this year. Strict Covid 19 protocols were implemented.

- Two BDP-BA in Psychology student from Indira Gandhi Open University, Study Centre 2804 (Mahatma Aswini Datta Memorial Study Centre) for their field work from 22nd August to 10th September 2021.
- One BMM (Multimedia and Animation student from for their field work from 15th September to 24th September 2021.

D. ENTERTAINMENT & CELEBRATIONS: The residents celebrated festivals and events like, Diwali, Holi, Raksha Bandhan, Christmas, Eid, Rabindra Jayanti and Independence Day.

Rabindra Jayanti: The residents by themselves planned and organized *Rabindra Jayanti* on 8th May 2021, comprising songs, recitations, dances and reading of essays. Supervision by the staff members was minimal.

The programme was viewed by the staff and our members in rapt attention through the help of CCTV monitors downstairs and was much appreciated for their ingenuity.



Holi Utsav



Diwali Festival



Rabindra Jayanti

Mental Health Week (4th Oct' 2021-10th Oct' 21): was observed in Paripurnata. Banners and Posters on various mental health issues were displayed during the week. A cultural programme was organized on 08-10-2021. Residents actively participated in the programme. They sang songs and recited poems. Tea and snacks were served after the session.



Independence Day: The 74th anniversary of our Independence was celebrated on 15th August 2021. The residents confidently rendered nationalistic songs & recitations and read a few essays written by them on the struggles of our freedom fighters.





Durga Puja 2021: Residents, accompanied by our staff members, visited some of the famous puja pandals in local Panchasayar area on Maha Sasthi, 11th October 2021. Panchasayar Puja Committee, invited our residents to their inauguration programme on Maha Panchami, 10th October 2021.

Monthly film shows: Two Social Bengali movie PRAKTON & AKROSH were shown to the residents on 30th October 2021 and 9th December 2021 respectively. Light refreshment served after the show.

Observing International Women's Day:

Paripurnata organized the programme on 8th March 2021 at the *Sovarani* & *Balaram Sil Memorial Hall*, Paripurnata. Our beneficiaries actively participated in the celebration, which included songs, recitations, dance-recitals and reading of articles, written by our residents themselves.





Another programme organized by Women & Child Development & Social Welfare & West Bengal Commission for Women observed International Women's Day, 2022 on 8th March 2021 at 4.00 PM at Rabindra Sadan, Kolkata. Our resident Ms. Mili Poddar was specially invited to sing in the cultural programme.

Key Results Achieved

- i) Fifteen residents, inducted from Government Mental Hospital, Eight were rehabilitated with their families.
- ii) Six relapsed ex-residents were discharged after being treated for various durations.

Auditor's Report 2021-2022

N.K.B. & Associates
CHARTERED ACCOUNTANTS

5/2, Gorachand Lane, 2 nd Floor, Kolkata – 700 014 Phone: 2284-1431, 2286-5988

AUDITOR'S REPORT

ABRIDGED FINANCIAL STATEMENTS OF PARIPURNATA 1912, PANCHASAYAR ROAD, KOLKATA – 700 094

TO
THE MEMBERS,
PARIPURNATA

We have examined the abridged balance sheet of PARIPURNATA as at 31 st March, 2022, the abridged Income and Expenditure Account and the abridged Receipts & Payments Account for the year ended on that date together with the notes thereon. These abridged financial statements have been prepared by the Society & are based on the accounts of the Society for the year ended 31 st March, 2022 and covered by our report of even date to the members of the Society.

Dated: 7th July 2022

Kolkata

For N.K.B. & Associates

Firm Regn. No.: 322167E CHARTERED ACCOUNTANTS

mxtstyrabungn.

(N. K. BHATTACHARYA)

Proprietor

ICAI Membership No.: 056010 ICAI UDIN: 22056010AMMVOB6933

	Abridged Balance Sheet as a	t 32st March, 20:	22	F/Y 2020-21
	Particulars	Amount (₹)	Amount (₹)	Amount (₹)
i. IL	SOURCES OF FUNDS: 1. a) General Fund b) Project Capital Funds c) Building Fund APPLICATION OF FUNDS: 1. Fixed Assets Net Block (Original Cost less accumulated depreciation) 2. Investment In FDRs with HDFC & Bank	9,939,827.70. 1,294,189.80. 6,357,695.46.	17,591,712.96 ************************************	1,72,92,452.66 51,74,635.00 1,07,41,435.65
	3. (i) Current Assets, Advance & Deposits: a) Cash & Bank Balances b) Advances & Deposits Fund Less: (ii) Current Liabilities for Expenses Net Current Assets (i) - (ii) Total of 1 + 2 + 3	1,174,051.27 144,187.00 1,318,238.27 345,372.00 972,866.27	972,866.27 17,591,712.96	13.76,382.01 1,72,92,452.66

Α	bridged Income & Expenditure Account for the	year ended 31st March,	2022	F/Y 2020-21
	Particulars	Amount (₹)	Amount (₹)	Amount (₹)
L	INCOME: Denation: From Foreign Sources From Indigenous Sources Interest: From HDFC & Bank Other Income	576,733.00 3,543,455.76	4,120,188.76 664,135.64 4,466.69	35,82,344.76 6,99,265.14 3,100.55
	Total:		4,788,791.09	42,84,710,45
W.	EXPENDITURE: Programme Expenses Instuitional Expenses Depreciation Auditors' Remuneration		2,707,321.00 1,476,877.79 289,332.00 16,000.00	24,80,975.00 11,36,917.50 3,05,533.00 16,000.00
	Total:		4,489,530.79	39,39,425.50
iii.	NET SURPLUS FOR THE YEAR		299,260.30	3,45,284.95

Dated: 7th July 2022

Abridged Receipts & Payments for the year en		nded 31st March, 2022			F/Y 2020-21	
	Particulars	Amount (₹)	Amount (₹)	Amount (₹)	Amount (₹)	
I,	OPENING BALANCE AS ON 01.04.2021 Cash in hand and at Bank			16,00,910.01	15,73,578.00	
ii.	RECEIPTS:			Proposition (1997)		
	Donation : For Programme & Expenses :	1984/90 WWW0010				
	From Foreign Sources	576,733.00				
	From Indigenous Sources	3,543,455.76				
	Interest : From HDFC & Bank		4,120,188.76			
	Maturity of FDRs with HDFC & Bank		526,427.60		00 40 000 54	
	Other Receipt		6,840,199.00 91,892.69		86,43,263.51	
			31,032.03	11,578,708.05		
ili.	Total (i + ii)			13,179,618.06	1,02,16,841.51	
iv.	PAYMENTS:					
	Programme Expenses		2,707,321.00			
	Institution Expenses		1,492,877.79			
	Addition to Fixed Assets		39,689.00			
	Investments in FDRs with SBI & HDFC		7,717,179.00			
90	Other Payments		48,500.00	12,005,566.79	86,15,931.50	
V	CLOSING BALANCE AS ON 31.03.2022 Cash in hand and at Bank (iii – iv)			1,174,051.27	16,00,910.01	

Salary Distribution Table (2021-22)

Staff remuneration [Gross monthly salary + benefits] per month in Rupees

Gross salary	Amount
Head of the organisation (including honorarium):	Zero
Highest paid Full Time regular staff :	₹29501/-
Lowest paid Full Time regular staff:	₹5556/-

NO REMUNERATION HAS BEEN PAID TO ANY OF THE BOARD MEMBERS, THIS YEAR NO PAYMENT HAS BEEN MADE TO ANY CONSULTANT, THIS YEAR

Amount reimbursed to all Board members in the financial year 2021-2022

Sl.No. Particulars		Gross Reimbursment per annum		
1.	International Travel	Zero		
2. Domestic Travel		Zero		
3.	Local Conveyance	₹39290/-		

Salary Slab for Staff

Slab of gross salary (in Rs.) plus benefits paid to staff (per month)	Male Staff	Female Staff	Total Staff	
Less than 5000	-	8	ē:	
5,000 - 10,000	2	4	6	
10.000 - 25.000	3	2	5	
Greater than 25,000	1		1	
International Travel	Zero			
Domestic Travel	Zero			
Local Conveyance	₹22384/-			

It is stated that, the Accounts of Paripurnata have been prepared on cash basis and recognition of interest on investment in FDRs with the banks are prepared on accrued basis.

OUR BANKERS : State Bank of India

New Ballygunge (Kasba) Branch			FOREIGN CONTRIBUTION			
			New Delhi Main Branch			
A/C No.	:	10433834779	Current A/C No.	:	40187950121	
Swift Code	:	SBININBB106	Swift Code		SBININBB104	
IFSC NO.	:	SBIN0008277	IFSC NO.		SBIN0000691	

Expression of Gratitude

We remain grateful to all the following organizations, which have provided us with encouragement and hope.

Government Departments

Disability Division, Ministry of Social Justice & Directorate of Social Welfare, GoWB, Directorate of Health Services, GoWB
Office of the Commissioner for Persons with Disabilities, GoWB
Kolkata Pavlov Govt. Mental Hospital, Panchasayar Police Station, Kolkata Municipal Corporation

Donor Agencies, Trusts & Corporates

GiveIndia

West Bengal Electronics Industry Development Corporation Ltd (WBEIDCL)
Shefali Batra Foundation, USA

SJF Philanthapic Organisation, Bangalore • Agarwal Charitable Trust, Kolkata ChemOrbit International, Hyderabad • M/S Intan Exim Private Limited Hi-tech Tanners LLP • Sanderson and Morgans

Organisations & Groups

INNER WHEEL CLUBS of Calcutta Mid-South / South City Towers / South Kolkata
Ballygunge / South City / Khidirpure Cosmos /Tallygunge Prantik Rotary Club of
Ballygunge • Ladies' Group, • Ekta Heights • N.K. Bhavan

Durga Puja Committees of Baghajatin Park / Panchasayar / Commint Park / WFCS, St. Paul's
Cathedral • Residents of Upohar • Students of South Point School

Parijat Guest House • Assembly of God Church. • Mouchak • Panchasayar • Utsa
Sahyog • PEHEL • Nopanians Educational and Services Trust (NEST) • Shilpi

Associates

India Cares • Credibility Alliance • Guide Star India • Help Your NGO • Sukriti
Our Civil Society • Ankurkala • Women & Infants in Need (WIIN) • Maromi
Financial Management Service Foundation (FMSF)

With all humility, we convey our sincere gratitude to all the individuals (as listed below), for their thoughtful donations in cash or kind and their unstinting support to Paripurnata

Ms. Juthika Chatterjee Mr. Suresh Manual Rapheal Mr. Sukrit Chatterjee Dr. Dilip Kumar Das Ms. Rupali Chatterjee Mr. Debjit Das Ms. Lakshmi Dewivedi Mr. Tarak Nath Basu Ms. Reshma Jiwani Mrs. Ruma Basu Mr. Ravi Singhal Mr. Abhishek Basu Dr. Jayasree Maiti Ms. Debarati Mukherjee Paul, Capt. Mahua Baidya Ms. Mohuya Sarkar Ms Minakshi Dr. P. K. Nayak Mr. Ashok Bachhan Goyal Mr. ManeshMoulik Ms. Chhabi Basu Ms. Tanima Roy Mr. Somnath Sen Ms. Nabarupa Chatterjee Mr. Satyajit Das Mr. Amitabha Bhattacharjee Mr. Prabir Kumar Basu Mr. Debanjan Garai & Mrs. China Pal Mr. Asok Kumar Sil Ms. Sutorsha Ray Karmakar Ms. Sreyashi Roy Chowdhuri Ms. Aparajita Krishnakali Chakraborti Ms. Sovarani Basu Ms. Bani Saha Ms. Agamani Ghosh Ms. Moitreyee Roy, Ms. Moumita Sil Ray Ms. Atravee Rov Mr. Amrito Roop Chakraborty Mr. Pinaki Sanyal Ms. Farina Kapadia Mr. Biseswar Chakraborty Mr. Amitava Ghoshal Mr. Arindam Sarkar Ms. Indira Culshaw Mrs. Krishnashree Sarkar Mr. Suchit Suri Ms. Laly Mandal Mr. Pramod Chauhan Mr. Sajal Podder Mr. Partha Sarathi Chakrabarti Ms. Dolan Champa Chakrabarty Ms. Shivani Sahani Mr. Amit Biswas Mr. Prasenjit Chowdhury Mr. Sanjoy Chatteriee Ms. Shakuntala Ganguly Mr. Ashwhin Kumara Mr. Partha Sil Mr. Krishnendu Chakrabarti Mr. Pritam Dey Mr. Aloke Nath Mullick Mr. Abihijit Basu Ms. Madhuri Mr. Kanailal Das Mr. Yogesh K. Agarwal Mr. Soumuk Majumder Mr. Saikat Goswami Mr. Goutam Kumar Das Ms. Moumita Mondal Mr. Chanchal Dutta Mr. Puneet Sood Mr. Sujit Chakraborty Mrs. U. S. Roy Mr. Prabhat Sil Mr. Debojyoti Dasgupta Mrs. Ranjana Sen Mr. Soumuya Dey Mr. Alwan Raman Ms. Aparna Kundu Mr. Biswajit Das Ms. Anjana Sil Mr. Nagen Bhattacharjee Mr. Patit Paban Sil Mr. Arunabha Das Mr. Subhendu Nandi Mr. Bidhan Chandra Chakrabarti Mr. Prasanta Kr Sil Mr. Susanta Kr. Dutt Mr. Saniit Sil Mr. Swapan Kr Ghosh Ms. Chaitali Sil Mrs. Mousumi Mukherjee Mr. Susanta Sil Ms. Shyamali Chaklader Ms. Dipti Sinha Mr. Subrata Sarkar Ms. Namita Menon Ms. Kaberi Chakrabarti

Ms. Mira Mallick

Mr. Pradip Kumar Sil

Mr. Arijit Bhatta

Mr. Ajit Mondal Ms. Shila Mondal

Ms. Jhuma Bhatta



A resident, being escorted to her home Bhagalpur, Bihar

Clinical experience of Nursing students



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