



### AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

E-mail : [aims\\_ahmedabad@yahoo.com](mailto:aims_ahmedabad@yahoo.com)

Website : [www.aimsahmedabad.org](http://www.aimsahmedabad.org)

(O) +91 94095 81909 (M) +91 63519 20513

AIMS Campus, Nr. S.P. Ring Road-Ognaj Circle, Nr. Lion's Karnavati Eye Hospital,  
Gota-Kalol Highway, Lapkaman, Ahmedabad-380060.



### AHMEDABAD INSTITUTE OF NURSING SCIENCE

E-mail : [ains\\_ahmedabad@yahoo.com](mailto:ains_ahmedabad@yahoo.com)

Website : [www.ainsahmedabad.org](http://www.ainsahmedabad.org)

(O) +91 94290 84909 (M) +91 95126 14100

# NEWS FLASH

Volume - 3

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## From the Editor's Desk

### Welcome to the 3rd Vol, News flash

It is a commonly believed legitimacy that the college newsletter, is a part of legacy lived by the institution as a whole. Its a mirror to the the knowledge, compassion and wide spectrum of courage celebrated by the esteem institute. It's an honour to confine the huge talents of all the teachers and students as poets, researchers and so on.



Through these colourful pages the college has teamed up with its dedicated teaching staff and supportive staff with a goal and vision of students welfare. I am sure these binded pages will open new horizons of knowledge make it worth reading.

I heartily thank my team for their United efforts, dedication and perseverance.

My sincere applauds to all of u.

Editorial message from  
**Dr. Alpa Purohit** (PT, Ph.D)  
Chief Editor  
Vice Principal, AIMS

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Nursing Tutor, AINS

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**Ms. Ankita Kamothi**  
Associate Professor, AINS



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- 1) BACHELOR OF PHYSIOTHERAPY(B.P.T)  
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(Including 6 Months Internship)
- 2) MASTER OF PHYSIOTHERAPY (M.P.T)  
INTAKE : 22  
COURSE DURATION : 2 YEARS

### AINS

- 1) B.SC NURSING  
INTAKE : 60 seats  
COURSE DURATION : 4 YEARS  
(Including 6 Months Internship)

### OTHER PARAMEDICAL COURSES

- 1) Certificate course in health care waste management
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- 3) Certificate course in operation theatre technology
- 4) Certificate course in phlebotomy
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- 6) Certificate course in EEG technology
- 7) Certificate course in respiratory and sleep medicine technology
- 8) Certificate course in PFT Technology
- 9) Certificate course in medical transcript
- 10) Certificate course in medical lab technology
- 11) Certificate course in fitness training
- 12) Certificate course in radiology and imaging technology
- 13) Certificate course in ECG,ECO,TMT Technology
- 14) Certificate course in Dialysis Technology
- 15) Post Graduate Certificate Programme in Cath lab technology
- 16) Post Graduate Certificate Programme in Clinical Psychology
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- 18) Post Graduate Certificate Programme in Hospital and health care management



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Dr. Zalak Vasavda (PT)

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### ADRESS

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# OUR INSTITUTIONS

## AHMEDABAD INSTITUTE OF MEDICAL SCIENCES

**VISION :** The institute will be a work leader in the integration of teaching and learning, advancement of knowledge, leadership in health services.

Institute strives to achieve global identity through its innovative methods and dedicated efforts for the betterment of community

**MISSION :** The mission of the institute is to prepare skilled, dedicated and outstanding physiotherapists and to advance the profession of physiotherapy, as broadly defined through advance research and the application of clinical processes and government's ethical educational policy

## AHMEDABAD INSTITUTE OF NURSING SCIENCE

**VISION :** Ahmedabad institute of nursing science is a unique institution offering high standards of education to create highly skilled nursing professionals who render qualitative nursing care

**MISSION :** To provide preventive promotive and restorative health services in line with the national health policies

To impact nursing educations to the students for diverse opportunities offered by careeres in nursing and other health care field

To promote professionalism by quality of health care and value driven education with global outlook the institute will be a world leader in preparing who provide leadership and exemplary educational and related health services to improve health related quality of life of individuals in a changing and complex global society





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## WINNER ARTICLES IN 60th IAP NATIONAL CONFERENCE

### TO EVALUATE THE EFFECT OF PHYSICAL ACTIVITY IN POST-MENOPAUSAL WOMEN

**Background & Need :** Menopause is a biological process. Including the physical and emotional symptoms which disturbs sleep, lower your energy levels. Physical activities help the body to cope up the transition of women's body thru this pre and post effects of menopause. Here arises the need a strong buffer to cope up these changes. Hence, it's a strong need to see and evaluate the effect of physical activity on postmenopausal women.

**Methodology :** In total 20 articles were reviewed as per the criteria of selection of article (research pyramid) from various databases and analysed.

**Result :** After analysis it was found that 3 Articles stated no effect of physical activity on menopause, 1 article stated minimal or nodifference with activity. Whereas, 16 articles stated physical activity helps to ease menopausal symptoms in many ways.

**Conclusion :** Hence, after critical evaluation the study suggested that every woman must begin the physical activity in her menopausal phase and continue further to avoid the predisposing effect of postmenopausal symptoms.

BY : **Dr. HIMAKSHI BHATTACHARYA**, Lecturer AIMS  
(2nd in poster presentation, junior professional category)

### KNOWLEDGE AND PERCEIVED BARRIERS OF MAMMOGRAPHY SCREENING AMONG MIDDLE-AGED WOMEN

**BACKGROUND AND NEED OF RESEARCH :** Breast cancer is one of the most prevalent (13.5%) cancer and the prime cause of death among women. Mammography is a gold standard for the early detection of disease & reduces breast-cancer mortality by 20-35%. It has been suggested to screen all women aged 40-60 years at least once every three years. Early diagnosis of cancer increases the possibility of an effective treatment & reduces the burden of disease and death. Therefore, to efficiently enhance its uptake, women should be aware of mammography screening tests. Additionally, studies found few barriers that influence women's hesitation. Hence, it is important to know about barriers that influence women's practice towards mammography screening that needs to be recognized.

**METHOD :** This cross-sectional study was conducted online basis among 175 middle-aged women (40- 60 years) through Google forms using a "structured interviewing questionnaire" about knowledge and barriers towards mammography.

**RESULT :** The results of this study show that only 44.24% of people knew about mammography screening and the most recognized personal barriers towards mammography screening were fear of cancer treatment (65.1%), lack of information about mammography screening (56.6%) & fear of discovering breast cancer (55.4%).

**CONCLUSION AND CLINICAL IMPLICATION :** Poor knowledge and many barriers were observed among middle-aged women towards mammography screening test. So, the implication of awareness programs & eradicating the perceived barriers can help to achieve early-stage diagnosis and effective breast-cancer treatment.

BY : **DR. JINESHREE SHAH (SY MPT)**  
(2nd in poster presentation, PG category)



## STUDENTS' ABSTRACTS

### "A STUDY TO ASSESS THE EFFECTIVENESS OF A PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PERMANENT FAMILY PLANNING METHODS AMONG MARRIED WOMEN [30-45] IN SELECTED URBAN AREA OF AHMEDABAD CITY."

#### Objectives of the study were :

- To assess the knowledge of married women before and after administration of planned teaching programme on permanent family planning methods in selected urban area of Ahmedabad city.
- To evaluate the effectiveness of planned teaching programme by comparing pre-test and post-test knowledge score of married women (30-45 years).
- To find out association of pre-test knowledge score among married women with selected demographic variables.

#### METHODOLOGY :

According to the system model conceptual framework include in the study, the research design used was one group pre test-post test experimental design; on probability convenient sampling method was used. Samples were selected 30 married women age group between 30-45 years of selected urban area of Ahmedabad city, structured questionnaire method was used for the data collection

#### MAJOR FINDING OF THE STUDY :

The mean pre-test knowledge score of sample about married women (30-45 years) was 17 whereas post-test knowledge was 21. The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score with the mean difference of 4 & the calculated the 't' value ( $t=13.07$ ) was greater than tabulated 't' value ( $t=2.05$ ) which was statistically proved there for the null hypothesis  $H_0$  was rejected and research hypothesis  $H_1$  accepted. And it revealed that the planned teaching programme was effective in terms of knowledge among the sample.

**KEY WORDS :** knowledge, permanent family planning methods, married women.

BY Final year B.SC Nursing students

### EFFECTIVENESS OF EXTRACORPOREAL SHOCKWAVE THERAPY IN TREATING DELAYED/NON UNION AND STRESS FRACTURES

**BACKGROUND :** Evidence based study is integration of best research evidence with clinical expertise and patient values.

Extracorporeal shockwave therapy is a non-invasive therapeutic modality given to patients as medium or high frequency shockwaves for pain relief and to reduce the period of recovery time. It promotes healing via mechanotransduction and stimulates neovascularization and bone turnover.

**OBJECTIVE :** This study aims to evaluate the effectiveness of extracorporeal shockwave therapy in treating delayed/non union and stress fractures.

**NEED OF THE STUDY :** The need arises as evidences are lacking scientifically which proves the effectiveness of shockwave therapy.

**METHODOLOGY :** Research literature was collected from various databases i.e. GOOGLE SCHOLAR, PUBMED, SCIENCE DIRECT, SAGEPUB.

All publications were extracted from the study of last 15 years and it includes case study, systemic review and RCT's.

A study review of 40 articles was conducted from which 20 are chosen. out of these 20 articles, 10 are based on delayed or non union and other 10 are based on stress fracture which prove the effectiveness of shockwave therapy.

**CONCLUSION :** Study review shows that since past many years ESWT is useful in treatment of delayed/non union. Recent studies show that ESWT has also been a great success in the treatment of stress fractures. literature reviewed for this evidence based study showed that ESWT helps in pain relief and stimulates the activity of osteoblasts that are the bone forming cells which helps in treating delayed/non union and stress fractures.

BY Disha Shah Final year BPT AIMS

## STUDENT WELFARE ACTIVITIES

- 1) Complimentary mid day meal
- 2) Complimentary books for first year BPT & BSc Nursing students
- 3) Complimentary books on loan to second, third, and fourth year UG students (with 100% refundable policy)
- 4) Complimentary GSRTC/AMTS Bus pass
- 5) Free 1 pair of apron to first year students and free 2 pairs of Uniforms to FY B.Sc. Nursing Students
- 6) Mediclaim insurance- 1lakh
- 7) Accidental policy- 1 lakh
- 8) Motivational prize to university rankers to all UG students  
First ranker- first term fee complimentary  
Second ranker- 15,000/rs  
Third ranker- 10,000/rs
- 9) Motivational prize to college rankers to all UG students  
First ranker- 5,000/rs  
Second ranker- 4,000/rs  
Third ranker- 3,000/rs
- 10) Motivational prize to PG rankers  
First ranker- 5,000/rs  
Second ranker- 4,000/rs
- 11) Motivational prize to college examination – class test, college first term model exam
- 12) Monthly scholarship 2,000 per month
- 13) Free WIFI facilities
- 14) Birthday celebration for all students
- 15) Foreign country guidance seminars
- 16) Campus interview placement
- 17) Conference research incentive for students.

(Note : As per eligibility criteria)



# WEATHER INSTRUMENTS

**1. Thermometer :**

It measures air temperature. It will tell you how hot or cold it is.

**2. Barometer :**

A barometer is an instrument which measures atmospheric pressure. It measures the strain in dimension units known as atmospheres or bars.

Layers of atmosphere that's known as the air wrap the ground. The atmosphere has weight, and it moves on everything from gravity. That strain is measured by A barometer.

**3. Hygrometer :**

It's a system that measures the quantity of water vapor from even the humidity or the atmosphere. There are various kinds of hygrometer contemplating their fundamentals that are various.

The hygrometer can be broken into two kinds. They're a hygrometer and wet and dry bulb psychrometer.

**4. Anemometer :**

Anemometer is an instrument from the end channel. It's utilized to assess the wind's rate.

**5. Wind Vane :**

There is a wind vane referred to as a weather vane or a weathercock. This is a tool that's used for revealing the wind's leadership.

**6. Rain Gauge :**

A rain gauge is a tool used for quantifying the quantity of precipitation by meteorologists.

**7. Campbell Stokes Recorder :**

This is a system that records the sun and can be used for understanding the number of times there was sunlight.

**8. Transmissometer :**

Transmissometer measures the extinction coefficient of the air and the ocean water. Additionally, it determines the variety.

**9. Stevenson Screen :**

It is also called thermometer screen. It protects the instruments from rain, snow, high wind, even from animals and direct heat radiation.

**10. Ceiling Projector :**

It is used to measure the height of the base of clouds above the ground. the Projector is usually set at an angle of 90 degrees Celsius.

**12. Radiosonde :**

A radiosonde is a tool that's battery powered and employed for measuring variables. The parameters include pressure, temperature, wind direction in addition to speed.

**13. Ceiling Balloon :**

The ceiling balloon features an identical purpose in the ceiling projector. However, there's a gap, and it's the ceiling balloon would be the system that measures the elevation of this cloud's bottom.

**14. Snow Gauge :**

There is a snow gauge a tool that's useful for measuring the precipitation.

**15. Barograph :**

A barograph is a type of barometer which reflects its outcome. It's used for quantifying the blood pressure, i.e., the atmospheric pressure.

**16. Dropsonde :**

A dropsonde is another kind of tool that's dropped to acquire info regarding the storm's status.

**17. Lightning Detector :**

A lightning detector is a device that detects lightning produced by thunderstorms. There are three primary types of detectors: ground based systems ,Mobile based system and space based system.

**18. Automated Weather Station :**

It reduces labor that is individual and can provide a more precise result.

**Trupti Brahmhatt**  
Vice Principal, AINS

**स्टुडेंट्स की कलम से**

तमे शांत सागरमां वहेता,  
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तमे डीनारा पर पहुँचेला,  
अमे मधहरिये अटवायेला !!  
तमे आव्या कष्टीं लई अयाववा,  
छतां अमे छु लटकेला !!  
तमे मुक्त गगनमां विहार करता,  
अमे वाणछे वस्थे इसायेला !!  
तमे हवा बनीने लहेराता,  
अमे वंदोणिये अटवायेला !!  
तमे आव्या अमने उडता सीजववा,  
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ईश्वर ३५ ४ बनेला !!  
अमे ईन्द्रियोनी पाछा छोडता,  
मोह-मायामां अटवायेला !!  
तमे स्वयं आव्या अमने जगाडवा,  
छतां अमे छु लटकेला !!

- Kaveesha Mehta SY MPT

**उम्मीद**

मिलेगी सफलता हर मोड़ पर, अगर कोशिश बेशुमार होगा ।  
आज अगर परेशान हैं तो, कल ये भी आसान होगा ।  
मुश्किले तो हर मोड़ पर होती है, तो क्यों ना इसे साथी बनाये  
जियेंगे जिंदगी इस कदर की, मुसीबत का भी इम्तिहान होगा ।  
मिलेगी सफलता हर मोड़ पर, अगर कोशिश बेशुमार होगा ।  
बोलने दो लोगो को जो बोलते है, एक दिन हमारा भी मान होगा ।  
हारना जीतना तो जिंदगी का हिस्सा है, हारे है आज अगर तो,  
कल जीत का भी एलान होगा ।

मिलेगी सफलता हर मोड़ पर, अगर कोशिश बेशुमार होगा

- Jaiswal Komal Ramnivas  
Final Year B.Sc. Nursing



## વૃધ્ધાવસ્થામાં હાથ, ફિઝિયોથેરાપી સાથે !

વૃધ્ધાવસ્થા કે વૃધ્ધ થવાથી આપણા શરીરમાં ઘણા શારીરિક ફેરફારો થાય છે. આ ફેરફારો સામાન્ય રીતે સ્નાયુઓની મજબૂતાઈ, હાડકાની ઘનતા, શરીરના સંકલનમાં ઘટાડો અને સાંધાની જકડન વધારે છે. વૃધ્ધ નાગરિકો માટે રોજીંદા જીવનમાં જરૂરી શારીરિક કાર્યને પાછું લાવવા અને ટકાવી રાખવા માટે ફિઝિયોથેરાપી કસરતો ચાવીરૂપ બને છે.

આ કસરતો શરીરના દુઃખાવાને ઘટાડવા માટે સાંધાઓની હલનચલનને વધારવામાં, સંકલનને સરળ બનાવવામાં અને ફેફસા અને હૃદયની મજબૂતાઈ ટકાવી રાખવામાં મદદરૂપ બની શકે છે જોકે ફિઝિયોથેરાપી વૃધ્ધત્વની પ્રક્રિયાને રોકી શકતી નથી, પરંતુ તેની આપણા શરીર પર પડતી અસરને ઘટાડી શકે છે.

### વૃધ્ધાવસ્થામાં ફિઝિયોથેરાપી-જીરિયાટ્રીક ફિઝિયોથેરાપી શું છે ?

આ સ્પેશ્યલ પ્રકારની ફિઝિયોથેરાપી કસરત જે ફક્ત વૃધ્ધાવસ્થામાં કરાવવામાં આવે છે. ૬૦ વર્ષ પછી થતા ફેરફારો સામે લડવા આ કસરતો કાર્યરૂપ બને છે. વૃધ્ધાવસ્થામાં મહત્વપૂર્ણ ત્રણ શ્રેણીની તકલીફો થઈ શકે.

૧. એક એવી શ્રેણી જેમાં દર્દી ફક્ત તેમના અંગોનો ઉપયોગ કરતો નથી અથવા તો કસરત ન કરવાના કારણે શરીર જકડાઈ જાય છે. આ સમસ્યાનું સમાધાન કસરતથી જ આવી શકે.
૨. અન્ય શ્રેણીમાં વ્યક્તિ હૃદય, ફેફસા, મગજના વગેરે રોગોથી પીડાતો હોય છે. આ સ્થિતિમાં ઘણું જ ગંભીરતાથી કસરતોનો વિચાર કરીને આ રોગો સામે લડવા માટે પણ ફિઝિયોથેરાપી કામ કરે છે.
૩. આ સિવાય સ્નાયુ અથવા હાડકાને લગતી તકલીફો અને વિદ્યુતીઓ જેમ કે, ઘસારો, દુઃખાવો વગેરે સામે પણ કસરત લાભદાયી બને છે.

### ફિઝિયોથેરાપીની આ શાખા કઈ રીતે કામ કરે છે ?

ફિઝિયોથેરાપીસ્ટ વૃધ્ધોને કસરતો શીખવાડી અને કરાવીને હલનચલન સારું બનાવવા, શારીરિક અને માનસિક સંતુલન વિકસાવવા માટે પણ મદદરૂપ થાય છે. કસરતના ઘણા પ્રકારો છે જેમ કે ગરમ અને ઠંડાનો શેક કરવો. શારીરિક કસરતો, ઈલેક્ટ્રીથેરાપી એરોબીક કસરતો વગેરે કરાવી શકાય છે.

વૃધ્ધોને આમ તો અન્ય લોકોની જેમ જ સારવાર આપવામાં આવે છે. વૃધ્ધાવસ્થામાં ઓપરેશન કરવું ખૂબ જ અઘરું છે, પાછળથી રીકવરી પણ જલદી મળતી નથી તેથી દરેક પરિસ્થિતિમાં કસરતને પ્રાધાન્ય આપી સારવાર કરાય છે.

સામાન્ય નબળાઈનો અનુભવ થવો સામાન્ય છે. આ નબળાઈના કારણે વ્યક્તિનું હલનચલન ઓછું થાય છે જે વધુ રોગોને નોતરે છે. જીરિયાટ્રીક ફિઝિયોથેરાપી શારીરિક શક્તિ અને સ્થિરતા પછી લાવવામાં મદદ કરે છે, જેનાથી દર્દીઓના જીવનની ગુણવત્તામાં સુધારો થાય છે. વૃધ્ધ વયસ્કો માટે ગતિશીલતા અને સંતુલન સુધારવા, શક્તિ વધારવા, શારીરિક ક્ષમતા, આત્મવિશ્વાસ વધારવા કસરત ઉપાય છે. કસરત વ્યક્તિને ફરી જુવાન તો નથી બનાવી શકતી પરંતુ વૃધ્ધાવસ્થામાં પણ નિરોગી અને તંદુરસ્ત હલનચલન પુરું પાડી શકે છે. આ પરિસ્થિતિ ફિઝિયોથેરાપીસ્ટની યોગ્ય સલાહ સાથે કસરત કરી સ્વાસ્થ્યના ઘણા લાભ મેળવી શકાય.

- Dr. Janki Shah

Lecturer, AIMS



## AIMS & AINS Achievement



**AHMEDABAD INSTITUTE OF MEDICAL SCIENCES (AIMS) awarded with best College for Campus Placement at 60th National IAP Conference 2023, Ahmedabad.**



**Dr. Neeta Vyas, PT, Ph.D., Senior Advisor, AIMS  
Felicitated with SCROLL OF HONOR AWARD at International  
Conference of Physical Therapy 2023, Mumbai**



**Dr. T Kanna Amarnath (PT), Principal of AIMS College &  
Ms. Hetal Patel, Principal of AINS College have done tremendous  
work as a chief editor in News Bulletin Vol. I & Vol. II**



**Dr. Neeta Vyas, PT, Ph.D., Senior Advisor, AIMS  
Felicitated with LEGENDARY AWARD AT 60th National IAP  
Conference 2023, Ahmedabad**



**Winner of Quiz Competition at IAP Conference**



**Dr. Alpa Purohit, PT, Ph.D., Vice Principal, AIMS  
Felicitated with SIGNIFICANT CONTRIBUTION AWARD at  
60th National IAP Conference 2023**



**Dr. Himakshi Bhattacharya (PT), Lecturer, AIMS Received  
2nd rank in poster presentation (Junior Professional Category)  
In 60 National IAP Conference 2023, Ahmedabad.**



## Free Medical Camps



Free Medical and Physiotherapy Camp by AIMS at Panchayat Office, Lapkaman. On 24th January 2023



Students participation in Walkathon to raise Organ Donation awareness by KD Hospital



Exhibition on "Tuberculosis" by Final Year BSc Nursing Students at Chandkheda CHC, Ahmedabad



Free Medical and Physiotherapy Camp by AIMS at Vishwas City 11, Gota on 22nd February 2023

## Institutional Visits



A visit to Hospice Centre, Vasna by TY BSc Nursing Students



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## AIMS & AINS College Activities

### AIMS & AINS Bulletin Release Vol. 2



### Sports Day Celebration



### Food Festival Celebration



### Days Celebration





## 2ND PHYSIO CUP 2023

AHMEDABAD INSTITUTE OF MEDICAL SCIENCES ORGANIZED 2ND PHYSIO CUP 2023, a state level inter college sports competition, in which various colleges of physiotherapy from all over Gujarat participated in Cricket, Volley Ball and Table Tennis.



### AIMS WINNERS IN 2ND PHYSIO CUP 2023



**AIMS BOYS TEAM : WINNER IN VOLLEY BALL**



**AIMS GIRLS TEAM : WINNER IN TABLE TENNIS DOUBLES**



**AIMS BOYS TEAM : WINNER IN TABLE TENNIS DOUBLES**



**AIMS GIRLS TEAM : RUNNER UP IN CRICKET**



## ફિઝિયોથેરાપી સારવાર

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