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Voice of GOD



Annappanpettai Sri Sundreswarar Temple, Thiru Kalikkamoor

This is the 62nd Devara Paadal Petra Shiva Sthalam and 8th sthalam on the north side of river Kaveri. This place was called as Kalikamoor during 7th Century, is now called as Annappanpetai.

As per Sekkizhar, Thirugnanasambandar came to this temple after worshiping Lord Shiva of Mahendrapalli during his third pilgrimage.

Moolavar : Sri Sundareswarar Consort : Sri Sundarambal, Sri Azhagammai.

Some of the features of this temple are..

The temple is facing east with an entrance arch or mottai gopuram. Balipeedam, Rishabam are before the sanctum sanctorum. Stucco image of Rishabaroodar is above the entrance of sanctum sanctorum. Moolavar is, Swayambhu, little, short on a square avudayar with a silver nagaraparanam. In koshtam Dakshinamurthy and Durgai.

In prakarm sannadhi for Selva siddhi Vinayagar, Lord Muruga with Valli Devasena, Vilvanathar, Akilandeswari, Mahalakshmi, Saneeswarar, Vinayagar, Kailasanathar, Parasarar and Bhadrakali, Ambal is in a separate sannadhi on the right side of the moolavar. In Navagrahas sannadhi all are in standing posture.

HISTORY AND INSCRIPTIONS

Since Thirugnanasambandar has sung hymns on this temple, the temple might have been existed before 7th Century, reconstructed during Chozhas, Marathas, etc,. The Vavval nethi mandapam was constructed during Maratha's period.

The temple was renovated and Kumbhabhishekam was conducted in 1954, Construction of Sri Sastha sannadhi and Maha kumbhabhishekam was constructed in 1965, renovation of Mahamariamman temple and ashta bandhana Kumbabishekam was conducted in 1978 and 4th time on 1996 by T S Duraisamy Ayyar. And recently 2017 Maha kumbhabhishekam was conducted. .

LEGENDS

As per the Legend, Ambal idol was caught in a fisherman's net. With a severe pain in the stomach, he brought the idol to the temple and miraculously his stomach pain disappeared. Ambal was installed in the temple. Remembering this even during Masi maham festival only Ambal will be taken to sea for theerthavari.

Since Lord Shiva removes all hardships due to kali, the place is called as Kalikamoor. It is believed that Parasar Minivar worshiped Lord Shiva of this Temple.

POOJAS AND CELEBRATIONS

Apart from regular poojas, special poojas are conducted on Pradosham, Maha Shivaratri, Lord Shiva of this temple will also joins with Then Thirumullaivayil for Theerthavari on Masi Maham day, Special abhishekam for Ambal on Aadi and Thai month Fridays and Laksharchana during Navratri.

TEMPLE TIMINGS The temple will be kept opened between 08.00 hrs to 10.00 hrs and 17.00 hrs and 19.30 hrs.

HOW TO REACH : On the bus route Thiruvenkadu to Sirkazhi, get down at Mangaimadam, from there take the road to Thirunagar and on the way to Konayampattinam. Town bus from Sirkazhi to Konayampattinam bus runs via Annappan pettai. The temple is 5 KM from Then Thirumullaivasal on south west, 5 KM from Thiruvenkadu on North west and 6 KM from Sayavanam, 15 KM from Sirkazhi, 32 KM from Mayiladuthurai, .

Your Stars This Year

Aries : The best way by which you can get mental peace and satisfaction. Your family will motivate you a lot, especially your parents. So try to tell them about your professional and financial situations. It will also help you to get solutions from the elders in your family. Keep checking your health from time to time.

Taurus: This week will help you to achieve new goals at this time. Make sure you are able to connect with people in a better way. This will not only help you achieve success but also maintain good relations with everyone. Your family members need your constant care and guidance. Take care of your health.

Gemini: Right time for you to maintain better relations with people. You've been looking for the right opportunities for too long, and now is a great time to get them. Know about the possibilities in your life and work hard to get recognition. Family will be highly supportive.

Cancer: You will be able to handle your personal and professional life to a great extent. This will help you to improve things and enable you to become a mature person. It will be beneficial for you to be successful in the long run. You just keep up the good work and be friendly with others.

Leo: Positive thoughts and opportunities to guide you right now. Be grateful for what you have and look forward to a new beginning. Till then, you need to be patient and keep working hard for a better future ahead. This will be the only way you can get mental satisfaction. Family members, especially elders, will provide you.

Virgo: You may face challenging situations in both your personal and professional life, which may lead to feelings of frustration and anxiety. It is important to be patient and firm at this time. Stay focussed on your goals and stay committed to coming out of the challenges. These can provide you with some valuable experience.

Libra: You will find the right goals in life and complete each of them at the right time. Therefore, it will be necessary for you to understand the importance of time management now. Family will be there, and they will also guarantee success at the right time. Spend time with each of them and be satisfied with your performance.

Scorpio: The main reason for this is that you will be able to successfully balance your personal and professional life. Apart from this, you will also be able to make some changes in your life which will prove your abilities in a great way. Your family will always be with you no matter what challenges you face.

Sagittarius: You will have the courage and strong determination to do something great in life. This will positively affect your personal and professional life in general. You will also get the spiritual identity of your soul mate, which will help you in taking better decisions. Personal life will be full of festivities.

Capricorn: This week can teach you many new things. You will have the courage to go out and try unusual things in life. It will make you happy and help you get mental satisfaction. You should be patient while waiting for better opportunities. Personal life will be very good.

Aquarius: This week will be good for you. Use each of them so that you do not regret your decisions later. This would be an opportune time to balance your personal and professional life in a better way. Spend maximum time with your family. It will be a time of celebration so relax by all means.

Pisces: It would be possible for you to strike a favourable balance between your personal and professional pursuits. It will help you to get that confidence which you were missing for so long. During this time you can take better decisions which will have good results in the long run. Don't worry about your mental health, and start preparing for a better tomorrow.

PREDICTION FOR THIS WEEK
02.07.2023 TO 08.07.2023

Arisi Upma | Rice Upma

Ingredients required

To pulse together: We pulse rice, toor dal, dried red chilies, cumin seeds, and black pepper into a rough mix, and that's our rava mix.

To temper – We need coconut oil, mustard seeds, urad dal, chana dal, asafoetida, grated coconut, and curry leaves.

Apart from these ingredients, we also need salt and water. Please check the recipe card for exact measurements.

Dietary specifications & serving suggestions

This arisi upma is naturally vegan and nut-free. Skip the asafoetida or use gluten-free asafoetida for a gluten-free version.

You can serve this upma with coconut chutney or peanut chutney and sambar. Gothsu, gojju, and puli inji also pair well with this upma.

How to make arisi upma

Pulse the rice, toor dal, one red chili, black pepper, and cumin seeds together. It should be coarse and half-ground, and ensure you don't grind it smoothly like flour. Use the pulse mode and shake it every two pulses to get an evenly ground rice mix.

Heat a pan or kadai and add the coconut oil. When the oil is hot, add the mustard seeds, urad dal, chana dal, red chilies (broken into two pieces), asafoetida, and ten curry leaves. Let the mustard seeds splutter, and the urad and chana dal turn light golden brown.

Then add the grated coconut and fry for two minutes. Add the 4 cups of water and salt and let it come to a rolling boil.

Once the water starts boiling, add the coarse rice mixture. Make sure you stir while adding the rice mix. Mixing while adding ensures that there are no lumps.

Mix well and reduce the heat to medium-low and let it cook for 3 to 4 minutes.

Now mix well and at this stage, if required, add the remaining water (not more than 1 cup) and mix again. Reduce the heat to low, cover, and cook until the rice is cooked. It will take approximately 10 ~12 minutes. This timing is a rough estimate. Please check the doneness of the rice and turn off the heat accordingly. 95 to 98% of doneness is sufficient too, because will cover and let the upma sit for 5 minutes and that's ensure 100% doneness.

Add the remaining curry leaves, optionally 1 tsp of coconut oil, and cover the upma with a lid. Wait for five minutes, then remove the lid, mix well, and serve with your chosen side.

Recipe Notes

Stirring while adding the rice to boiling water is crucial for avoiding lumps.

Adjust the spice and salt to taste.

After cooking is complete, cover the rice upma with a lid and let it sit for a few minutes to ensure the doneness of the rice thoroughly.

Tips

I have tried both the pressure cooker method and the open-pot method. For the pressure cooker method, after tempering and adding water, add the ground mixture and cook for two whistles.

The water and cooking time differ depending on the rice (old or new).

So in this method, ensure you have enough water so it doesn't get browned, and once the rice is done, turn off the heat.



Make sure you pulse the rice, dal, and spices. Refrain from grinding it at once. Also, shake the mixer jar after every two pulses so that the rice grains break evenly.

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Also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla from Sanskrit amalika, is a deciduous tree of the family Phyllanthaceae. It is known for its edible fruit of the same name.

In traditional Indian medicine, amla is used to promote longevity, and traditionally to enhance digestion, treat constipation, reduce fever, purify the blood, reduce cough, alleviate asthma, strengthen the heart, benefit the eyes, stimulate hair growth, enliven the body and enhance intellect.



Van Mahotsav Day

Sri RKM Sarada Vidyalaya Model Hr Sec School, Burkit Road, T. Nagar, Department of Environmental & Climate Change, Government of Tamilnadu, Lions Club of Central Madras & ExNoRa Greater Chennai Jointly organised A Van Mahotsav Day - 2023 Celebration & Tree Plantation Activity on Friday, 30th June 2023, at the school premises.

Dr K. RAMA, School Head Mistress presided over the van mahotsav day celebration. Tmt. L. Sowmya,

Deputy Director, Department of Environment and Climate Change, Government of Tamilnadu, spoke on the occasion and explained the importance of the van mahotsav day celebration and read the pledge on Environmental awareness. Later, she distributed Herbal saplings to the students. Mrs. T. Indra Devi, Information Officer, EIACP Pc-HuB, Department of Environmental and Climate Change, Government of Tamilnadu, Lion S. Siriskandarajah Incoming President, Lions Club of Central Madras, R. Govindaraj, President, J. Fatheraj Jain, Secretary North, V.P. Sarathy, Co ordinator, & V.Venkatasubramanian, ExNoRa Greater Chennai. Teachers & Students activily participated in the Van Mahotsav Day - 2023 Celebration which included an Awareness Program & Tree Plantation Activity.



Sathyanarayana Pooja

This month's Sri Sathyanarayana Pooja will be performed on poornima on this Sunday the 2nd of July 2023 (02.07.2023), at 4.30 PM. Venue: No.55, Kavarai Street (Near A.M.R Kalyana Mandapam), West ambalam, Devotees who may not be able to come in person can watch the pooja live through "Aishwarya Jathakalaya Youtube Channel:www.youtube.com/@ aishwaryajathakalaya. The Puja will be live streamed on sunday at 4:30 pm, there is no entry fee or offering fee, All devotees can also come and attend the puja in person, Taking the prasadam after the puja is completed is considered to be a very good blessing. Watch the pooja live & get the full blessings of the Lord Sri Sathyanarayana.

For More Detail Contact: 98841 41870, 98841 47630 (Via Call or Whatsapp).

Guru Purnima

Guru Purnima Varshika Mahotsavam celebration by Advaita Bharati Monday July 3, 4 pm to 7 pm.

Shastra Satsang Hall, 9/19, Karnan Street, Rangarajapuram, Kodambakkam, Chennai-24.

Vedanta Classes

Acharya Smt Surya Priya Ji Advaita Bharati Vedanta Classes at Giri Street. West Mambalam.

For further details contact : 89397 26580 / 94448 91489 / 77082 21557.

SPIRITUAL TOUR

Athma Divine is organising a three day tour to ancient shiva temples in Thiruvarur from Friday 14 July 1.00 p.m. to 16 July 9.00 pm return. The fare is inclusive of AC accomodation forr two days with travel by AC coach. Food not included in the package. **For more dedetails contact 8939656479**

Free yoga classes

Free Yoga Classes for gents and ladies conducted by Sannyasi Krishnayogam, (Founder of Satyananda Yoga Centre Mambalam) will start at 5.30 AM on Sunday, July 02, 2023, at Jawahar Vidyalaya Primary School, No.17/35, 35th Street, Sarvamangala Colony, Ashok Nagar, Chennai – 600083.

The regular classes are from 6.00 to 7.00 AM for four weeks. The classes are absolutely free and aimed at physical, mental and spiritual health. The classes are conducted in a spiritual atmosphere in strict adherence to Bihar School of Yoga (Deemed University) curriculum – asana, Pranayama, Pratyahara (sense withdrawal techniques), Dharana (concentration), meditation, mantra, value education, food habits, shat Kriyas (internal pathways cleaning for managing diseases) etc. are covered. Education on anatomy-physiology is also covered for better understanding of the yogic practices. Corporate classes for Stress Management are also being conducted by the Center.

To attend the classes and get benefited please contact mail to syc@satyamyogatrust.net and register the names.

Tactile pavement for better infrastructure

All three sides of the road surrounding Kothandaramar Temple Tank were in a state of neglect. Now tactile pavement is laid bringing an end to it. Having access to tactile pavement allows people to travel safely and independently, while ensuring that important safety information is conveyed in a non-visual way. Most tactile pavement is a different color than the rest of the path, especially in outdoor settings. This is to help provide increased contrast for people that have low vision or otherwise have some usable vision, so they can see where the path is. This is especially helpful for people with vision impairments that do not use canes or other mobility tools.

Earlier after the incessant rain, the tank is brimming with water, but residents complain of an unbearable stench emanating from the tank. They said sewage has been mixed with the rainwater, making it unfit for use. Also, for the second time around, the walls of the tank collapsed after heavy rainfall. During summer, the tank was used as a public toilet and garbage was dumped into it. Now all that has become history.

The project involved removing garbage found in the temple tank and then desilting it to increase its water

(contd in page 5)





Accessible toilets need of the hour

When Ganesh recently wanted to use a public toilet in Mambalam Railway Station, T Nagar he found the toilet meant for persons with disabilities kept locked. No one was there with the key and it remained inaccessible and he had to finally leave and look for a toilet elsewhere. For several persons with disabilities in the city, public toilets remain inaccessible — either due to lack of maintenance, infrastructure that they are unable to navigate or are simply kept under lock and key.

Ganesh, who is a resident of Kodambakkam, said that similarly, many toilets meant for people with disabilities at many places are kept locked. We have even picked fights in a few areas asking for toilets to be kept open, and for it to be easily accessible, he said. Gopal, a resident of T. Nagar, said that apart from ensuring ramps, regular water supply and easy-to-operate taps for persons with disabilities. There should be regular maintenance to ensure it stayed clean, he added. Toilets in public places, in arterial roads, and in government offices is what should be given first priority," he said.

Many of us are scared to step out because we are worried if there will be accessible toilets available for us to use. Being a lady we find it very difficult, says Bhavana a long time resident. Toilets are badly maintained and not fit for use even by others, let alone persons with disabilities. It would greatly benefit us if every toilet had one kept outside, she added.

Wheelchairs must be kept outside the toilets meant for the disabled, says Kumar, a physically disabled. Many persons with disabilities might be passing by on their vehicles and can only use the toilet with a wheelchair. She stressed on the importance of accessible facilities for women in particular, and said that if they were alone, they often found it hard to ask for assistance to be taken into the toilets, he added.

Accessible toilets are toilets that have been specially designed to better accommodate people with physical disabilities, says Ramu, an interior decorator. An accessible toilet is designed to meet the majority of needs of independent wheelchair users and people with mobility impairments, as well as the additional requirements of people with bowel and bladder conditions, he added.



Patchwork Needed

A combination of Metro Rail work, storm-water drain construction and other civic infrastructure projects has taken its toll on Anna Main Road, Kodambakkam. The Greater Chennai Corporation had allocated ₹10 core, ₹5 lakh for every ward, towards road patchwork and filling potholes. But it is ignored on Anna Main Road, Kodambakkam and motorists suffer.

According to an official of the Corporation, 9,150 uneven patches or potholes have been identified to be filled. Of these, work has been completed at some places. Steps are taken to find a permanent solution to the problem of potholes. Roads are laid every five years and we ensure that a road is milled before it is laid again," said the official. Residents complain that with roads being at a higher level than their houses, there are chances of water stagnation on their premises. A cold mix is used to temporarily fill the potholes and cracks but when the weather improves, a hot mix is used as a long-term solution, the officials said. The stretch off Arcot Road is full of potholes and the Metro Rail construction has contributed to this condition, says Marthandam a senior citizen

By calling 1913, people can register their complaints which will be referred to the relevant zonal officials and engineers.

Tactile pavement for better ...

(from page 4)

storage capacity. A bund was formed and the structure was strengthened as it was in a really bad shape. The corporation intended to capture rainwater from rooftops of houses and buildings surrounding the temple tank and re-route the water into the tank's bed. Sunken wells provided to help the ground water recharge process. The tank was restored at a cost of 1.65 crores and a toilet was built there at a cost of 19 lakhs.

In the narrow bylanes in West Mambalam are numerous small houses that were mostly unaffected during heavy rains. Meanwhile, at posh apartment complexes, the slightest rain causes the common areas to turn into swimming pools. When the monsoons approach, questions arise on how to avoid flooding and effectively harvest all the excess rainwater. The area has natural drainage because of the Kothandaramar temple tank. The tank is now a vibrant water-body and has managed to act as a catchment area during the rains. Numerous efforts were taken to restore it. Most areas with temple tanks were traditional habitats.

The tanks are the only surface water-bodies left making their preservation and importance more crucial. Attempts are being made to use these tanks as recharge ponds, by cleaning, desilting, and diverting all the runoff water from the surrounding areas into the tank today. Kothandaramar temple tank have good quality and quantity of water because of conscious maintenance and a better water table.

This temple is around 150 years old. The highlight of the temple is that Lord Ram is found seated on the royal throne with his consort Sita on his left. Hanuman is at his footsteps and his brother Lakshman is found holding the royal umbrella. This depiction of Pattabhishekam posture of Ram is similar to that of the famous Bhadrachalam temple. Hence, this temple of Kodanda Ramar is also called the southern Bhadrachalam.



World Doctors Day celebrated

World Doctor's Day was celebrated yesterday at Kodambakkam Arcot Road Govt Maternity Hospital. Don Bosco Anbu Illam - HCL Foundation, R-2 Kodambakkam Police Boys and Girls club jointly celebrated World Doctor's Day on behalf of the club along with 25 students Mrs. Nirmala (Scout Master), Mr. Sathyaseelan - Don Bosco Anbu Illam and Kodambakkam Police Sub Inspector Mr. Munuswamy was joined by the Police and congratulated the doctors.

The students entertained them by reciting congratulatory poems. As a token of love, the doctors gifted pens for the students as they recited congratulatory poems.

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6. Minimise the number of commitments by saying 'No', instead of 'Yes' to our contacts/ colleagues' requests.
7. Concentrate on simple health improvement techniques.
8. Babauta believes that every area of life can be done with limitations.

A couple of questions on this:

Are there areas of your life that you feel overwhelming?

I. Which areas of your life do you wish were simpler?
II. Do you think you have too many possessions and you want to reduce these?
III. Are you receiving too much information?
IV. Do you have too many responsibilities?

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Sivakarthikeyan to romance sensational Bollywood actress in new movie



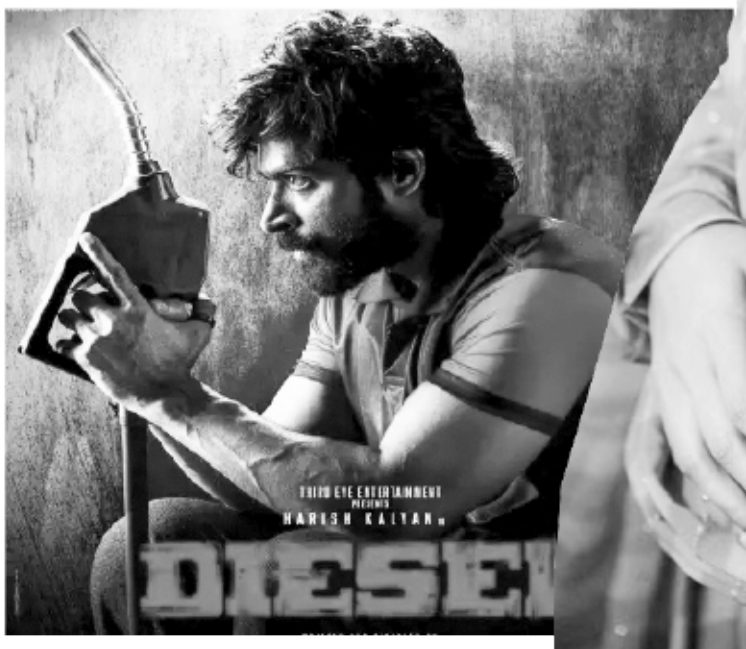
Busy star Sivakarthikeyan, from July 2nd will be in hectic promotional activities for his new movie 'Maaveeran' directed by Madonne Ashwin. The film starring Aditi Shankar as the female lead with Mysskin, Yogi Babu and others in pivotal roles in releasing worldwide on June 14th in theaters.

Siva will then resume the shooting of 'SK 21' produced by Kamal Haasan and directed by Rajkumar Periyasamy in which Sai Pallavi is pairing with him for the first time. This is also the first film of the hero that G.V. Prakash is scoring music for.

We broke the news long back that Sivakarthikeyan will next act in a new movie directed by AR Murugadoss for which the preproduction work is already underway. It is reported that talks are on with Bollywood actress Mrunal Thakur to play the female lead in the tentatively titled 'SK 22'. The official announcement is expected when the film is ready to go on floors later this year.

Mrunal Thakur gained pan Indian fame after playing the romantic lead in the multilingual blockbuster film 'Sita Ramam' costarring Dulquer Salmaan and Rashmika Mandanna. She is also part of the ensemble cast of 'Lust Stories 2' costarring real life lovers Tamannaah Bhatia and Vijay Varma which will begin streaming from July 29th on Netflix.

Harish Kalyan looks intense, fierce in new poster of 'Diesel'



As Tamil actor Harish Kalyan celebrates his birthday on Thursday, the makers of his upcoming film 'Diesel', released a new poster of the film.

The poster shows Harish sitting and staring away from the camera holding a fuel dispenser like a gun.

Looking intriguing and intense in the poster, Harish can be seen flaunting his chiselled physique with highly vascular forearms donning a red t-shirt.

'Diesel' is directed by Shanmugam Muthusamy and stars Harish in the lead, opposite Athulyaa Ravi.

The film revolves around the oil mafia, and its major portions have been shot in different locations of North Chennai. Produced by Third Eye Entertainment, 'Diesel' has cinematography by M.S. Prabhu, music by Dhibu Ninan Thomas along with San Lokesh serving as the Editor. Production by SP cinemas, the Tamil action drama is slated for December 2023 release.

Vijay Antony to light up cinemas with his whodunit thriller 'Kolai' on this date



Vijay Antony is currently relishing the success of his blockbuster directorial debut 'Pichaikkaran 2'. Now, he is gearing up to deliver his next one from his versatile movie line-up. 'Kolai', the stylish whodunit thriller, is going to be the next big release from Vijay Antony and it is directed by Balaji Kumar (Vidiyum Munn fame).

The upcoming movie is jointly produced by Infiniti Film Ventures & Lotus Pictures. The producers have made the official announcement regarding the release date today. Kolai is preparing to release in cinemas on July 23rd. The release date was revealed with a new poster, which shows Vijay Antony as an aged detective looking for the killer with his sidekick played by Ritika Singh. The supporting cast includes Meenakshi Chaudhary, Murli Sharma, Radikaa Sarathkumar, Siddhartha Shankar, Kishore Kumar, John Vijay, Arjun Chidambaram and Samkit Bohra. All the assets of the venture, right from the first look to motion poster to trailer, were captivating to the audience. It has music scored by Girishh Gopalakrishnan, cinematography by Sivakumar Vijayan and editing by Selva RK.

The filmmaker revealed in an earlier interview that Kolai is a psychological murder mystery inspired by a real incident that happened in New York in 1923. The story revolves around the murder of a leading model named Laila (played by Meenakshi Chaudhary). While the cops are clueless about the murderer, the Vijay Antony and Ritika Singh duo steps in to hunt down the killer.

Famous Youtube star TTF Vasan turns into a hero

Youtubers foraying into the film industry is the latest trend in Tamil cinema. While many stars from the platform became character actors, the famous Youtuber TTF Vasan is all set to debut as a hero in Kollywood. TTF Vasan's first movie is titled 'Manjal Veeran', directed by Chellam. The poster shows the Youtube star riding a bike ferociously with a sacred spear in his hand. The film's shooting kicked off recently and is currently in progress. Produced by The Budget Film Company, it seems to be a rural action entertainer. The cast and crew details of this flick are yet to be revealed.

TTF Vasan is a biker, Youtuber and social media influencer. He is best known for his YouTube channel called "Twin Throttlers," which boasts over a million subscribers. Through his channel, he shares captivating content about his thrilling bike riding adventures. He has faced many controversies earlier.



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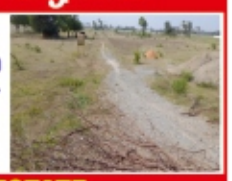
Tickets for the Deepavali festival

Deepavali, the most important festival for Hindus, it is celebrated all over the country and abroad, and it falls on November 13th this year (2023). A large number of citizens travel with their families to celebrate Deepavali in their native places with close relatives and friends every year. As a result, there is a significant influx of travelers during this occasion.

Generally, bookings for the festival travel begin 120 days before Deepavali. Therefore, to avoid a rush for bookings, reservations are scheduled to start on July 12th. Accordingly, those who book on July 12th can travel on November 9th, and those who wish to book tickets for travel on November 9th can do so on July 12th. Booking on July 13th is for travel on November 10th, July 14th for travel on November 11th, July 15th for travel on November 12th, July 16th for travel on November 13th, July 17th for travel on November 14th, and July 18th for travel on November 15th, press release said.

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