



Annual Report 2019-20



Vivekananda Kendra-**nordep** Kanyakumari



COVID 19 - A Blessings in disguise

Dear Friends,

Corona pandemic is a biggest blessing in disguise for the entire humanity. It is an opportunity for all of us to go back to our ancient wisdom and start "Living in tune with Nature". VK-NARDEP is advocating this type of paradigm shift since its inspection in the year 1986. I am reproducing a very good letter which I received in the WhatsApp.

Dear Indians,

The government can only hold a lockdown for a certain period of time. The lockdown will end slowly. The govt. also will not show such strictness because the govt. has made you aware about Corona disease, social distinction, hand sanitization, etc. You are also seeing the situation after getting sick in the country. Now those who are sensible, understand their routine and work for a long time. The govt. will not guard you 24 hours 365 days. The future of you and your family is in your hands.

After the lockdown opens, think carefully, leave the house and go to work and do your work as per the rules. Do you think, after May 11, the Corona will suddenly go away and we will start living like before?

No, not at all!

This virus has taken route in our country, we have to learn to live with it. How?

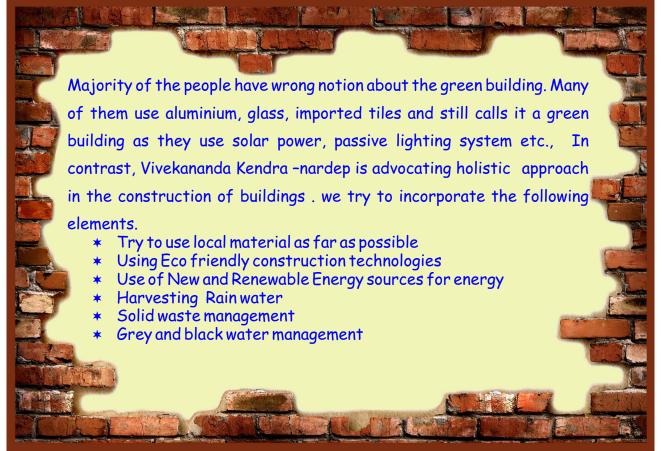
How long will the govt. keep the lockdown? How long will the exit be banned? Now, we have to fight this virus by ourselves, by changing our life style, by strengthening our immunity. We have to adopt a life style getting back a 100 years. Eat a pure diet, eat pure spices, rely on amla, aloe vera, giloy, pepper, cloves, ginger, turmeric etc. Free yourselves from the clutches of antibiotics. You have to increase the amount of nutritious food in your diet. Stop eating fast food, pizza, burgers, cold drinks. We have to change our utensils, we have to adopt heavy vessels like brass, bronze, copper from aluminium, steel etc. which naturally eliminate the virus also.

The amount of milk, curd, ghee will have to be increased in your diet. Forget the taste of the tongue and the spicy fried hotel garbage. Accept these and start implementing them from now on

This pandemic may end but keep this new life style forever. **Enclosing Yearly report** 2019-2020 for your perusal

(V.Ramakrishnan) Director





Eco-friendly construction:



Vivekanand Kendra's building at Rameswaram was old and dilapidated and so we constructed Eco friendly building which covers guest room, kitchen, toilet and open auditorium.

The building was inaugurated on 6th June, 2019. Shri. Balakrishnanji, Vice-President of Vivekananda Kendra performed Puja. By chance Smt. Rema Mohan CEO of National Stock Exchange Foundation Mumbai was also present. Shri. Balakrishnanji honoured all the workers & Masons who carried out the building construction



Eco-Friendly Technologies:



Rat Trap bond wall which saves 25% bricks and 40% cement mortar. This wall gives thermal insulation and so room temperature will be less in summer

Eco-Friendly Technologies:



Filler slab tech. saves 20% concrete and steel. In addition, it gives good thermal insulation Compare to wooden door, Embodied energy of Ferro cement door is less and it is cheap .Moreover, we save the trees



Ferro cement roofing channel - above toilet It requires less material and no need of shuttering and thus cheaper than normal roofing.



Traditional red and black oxide flooring , Cost effective and will go on shining as the days will pass.....

Beautiful Arch rather than a regular beam . Shape itself gives strength rather than the steel and the cement.



Eco-Friendly Technologies:



Using the strength through shape principle, curved forms such as arches, vaults, domes and spheres are stronger, more efficient and more economical than the equivalent rectilinear structures. See the beautiful welcome Arch at the entrance of Varma Research and Resource Center made of old earthen pots given by our close well wisher. He was eager to dispose of old pots from his temple which people left after preparing pongal (sacred rice)



Innovative boundry wall from the waste Mangalore tiles which people have thrown as they opt for concrete roofing.







Varma Research and Resource Center new building opened Shri.Hanumanth Rao, All India Treasurer performed the pooja.

Trainingprogramme on "Ferro Cement Technology"6 -189 participantsAwareness programme on "Ferro Cement Technology"1 - 39 participantsTrainingprogramme on "Green construction technologies"3 - 93 participantsTrainingprogramme on "Traditional flooring technologies"1 - 16 participants

2. Water Management:

Hara Teertham





Hara Teertham is created by Haran - one of the vanara chieftain.He served as the chieftain for the Lord Rama's life protecting team in the war. Hara is the Rudra form of Lord shiva. Demon Ravana had a knife known as Chandravithaaram

> which is known for demolishing one's confidence. Haran demolished this knife to protectLordRama.

This Teertham is known for curing Psychosomatic diseases. There is a belief that any one having a dip in this Teertham will get rescued from unexpected problems.





sponsored by:



Hara Teertham.

- Removed Thorny trees
- * Excavated more than 25 feet of soil
- * Excavated soil given to near by farmers field
- Constructed 4 feet thick of retaining wall.
- Constructed steps for entering the Teertham
- * 2 feet Parapet wall for the protection.
- Platform for reaching the Teertham

2. Water Management: -Deva Teertham





In ancient times, the Devas performed Maheshwara Yaga at Gandhamadhana parvatham. At the end of the Yagam, Lord Brahmadeva appeared and made the Yaga Kundam a Teertha Kundam. He looks at the gods there and say, "Oh! Devas, this is wonderful, this is the result of the Maheswara yagam, we have got this Teertham" All those who have a dip in this Teertha will get the benefit of performing Maheshwara yagam and they will attain the eternal pleasures on the earth



Locating Deva Teertham was a challenge. However, we got a clue from he literature that they area is full of Thazhai plants (Pandanus odoratissimus) On enquiry from the poojaris of Nambu Nayakiamman temple they guided us into a fenced coconut farm and showed us a old structure with full of Thazhai plants. We could see natural spring and small quantum of water. Poojaris also explained that once there was a ritual of mulapari (Plant sprouts) being immersed in this Teertham on Vijayadasami festival. Green Rameswaram teams negotiation with private owner does not yield disire results. However, with the help of Revenue department and HR&CE, we could retrieve the Teertham for Renovation

Major hurdle during construction was transportation of material to the site as the area is sandy and having steep slope. Workers has to carry all the material on their heads or in a small cart.

Amutha Teertham



This Teertham is just an off-shoot of Deva Teertham and is known as AmuthaTeertham

Teertham is on its way to Dhanushkodi, inside the Nambunayaki Amman temple



2. Water Management: - Vali Teertham





Vaali is the undisputed king of kishkintha and was winning every opponents he faced. He had a good habit of bathing in the sea and performing shiva pooja, during that time he was blessed by Lord Vishnu by giving a darshan. He prays to him that he should be killed by Lord Vishnu and not by anybody else. Lord Vishnu says that there is a pond near Gandhamadhana parvatham area of Rameswaram Island and he asked him to have a dip in the pond and do pooja for him. Mighty Vaali went to Gandhamadhana parvatham and did the penance and Lord Vishnu appeared and told him that he will get Moksha in the Rama avatar and asked him to wait. After his attaining Moksha, the pond will be known in his name .And as we all know Shri. Rama killed



Vaali Teertham has been fenced by the nearby land owner. Hence when we tried to seek the details of the well immediately they replied as if it is their Ancestors property. They claimed that the names written in the inscriptions inside the Well are all of their forefathers name. Then we realized the seriousness of the problem, we requested both the HR&CE and the Revenue department to conduct a joint survey to resolve the dispute. They agreed and a joint survey was conducted on 02 November 2019 and further negotiations were happened on 8 November 2019. Finally the encroachers agreed that the well is Vaali Teertham and belongs to HR & CE.





CITY UNION BANK LTD

3. Sustainable Agriculture:

Farmers Awareness and Buyers and Sellers Meet -14&15 of Feb,2020

Programme started with lighting the lamp by Smt. SuchiMathur, Assistant Director, National Institute of Agricultural Marketings (NIAM), Jaipur, and Shri. Sailesh, DGM -NABARD, Kanyakumari. Total 219 farmers participated which includes Govt. officials and professionals. During the programme, many farming techniques were discussed such as i.) Improving soil health ii) nutrient management iii) value added Coconut and Banana products iv) seed treatment and organic certification V) Food processing and marketing, vi) vermi wash vii) inter-cropping farming viii) Bio gas slurry based agriculture ix) High potency compost x) pest management etc.,



11 Farmers producer companies as well as institutions displayed innovative organic products such as Neera from palm and coconut, juices, Kani tribals displayed varieties of Organic fruits and vegetables while Rajasthani person settled in Tamilnadu was proud in selling varieties of products related with cow. Many farmers brought their sample of organic grains in their bags for selling and marketing.

In the open session, Farmers expressed their problems mainly of credit and marketing facilities. Everybody wanted their quality product to have a good exposure so that they can get real value for it. Majority of the farmers wanted to get rid of middle man - the so called seller. They wanted their product to be sold directly to the end user which will be beneficial to both.

Five farmers were felicitated during the concluding function by giving them the Mementos. Participants enjoyed all the arrangements including food and general atmosphere in the Vivekanandapuram campusduring their stay visited Gramodaya park, J.C. Bose nursery, Biley garden, RamayanDarshan etc.,



Training Programme on "Organic farming,Azolla cultivation and Terrace garden" - 34 participants

Training Programme on " Composting technologies –NPK rich Bio-manure, Vermi compost and Vermi wash" 112 participants

Training Programme on "Honey bee technology" - 12 participants

17 International participants from Kanthari Institute, Thiruvananthapuram visited Gramodaya Park and J.C.Bose Nursery on 24th August as part of study tour. They learned Sustainable Development technologies.

3. Sustainable Agriculture Vermi Wash Technology





First time in India, Vermi wash is produced in a big scale. It has multiple advantages :

- * very small place for installation
- No need to take day today efforts
- * Low cost but effective technology
- * Along with daily vermi wash, one gets 4-5 tons of vermi compost after 4-6 month.
 - * Earth worm population increase 4-5 times after harvesting time.
 - \star Vermi wash can be applied as a foliar spray or through drip irrigation
 - * Substantial increase in yield as well as improvement in quality.

3. Sustainable Agriculture Banana Cultivator's Meeting



"Banana cultivator's meeting" was held at VRRC Hall, Vivekanandapuram on 27th February. 20 farmers attended the programme. Shri.Thangavel, Senior Scientist, Banana Research Institute, Trichy explained different varieties of banana to the three foreign guests. The meeting was organised with the help of Nanjil Banana Producers Cooperative Society, Kanyakumari

My Name is Mrs.Rathi, My Native place is parwathipuram, Nagercoil, Kanyakumari District. I am a beautician and my husband is a Doctor (General physician). Two years back,I attended the Terrace Garden training at Vivekananda Kendra -Nardep. Since then I started planting vegetables at my backyard and terrace. We use these vegetables as and when they are available. One day, my son asked me mummy! today sambar is very tasty ! why? I told him that the credit should go to the fresh vegetables of our terrace garden. This home garden came handy to me during this lock-down period (COVID-19). Now I am regularly using these vegetables and sometimes share to my relatives also. This makes me happy. Thanks to Vivekananda Kendra for initiating me in this venture





I amMr.MeenakshiSundaram, Erambukadu, Kanyakumari District, Tamilnadu. (M-9443844752). I received Vermiwash unit from Vivekananda Kendra. It is very useful to my horticultural garden. I am using it regularly mainly for my Coconut plants. I observed the following changes:

- * More earthworms in the soil which indicates improvement in the soil structure.
- iCoconut leaves have turned Green from earlier Brown
- * Good usage of water as overhead tank water which passes through the vermi unit comes out as a good nutrient - Vermi Wash.
- I wish this technology spreads all over Tamilnadu.

4. Holistic Health:

Workshop on "Traditional Siddha Varma Bone Setting Practices - 7 programmes - 192 participants



 Siddha Varmam Network members meeting 26th Aug.2019- 145 participants attended.
Total network members 380
International AYUSH Summit" - Pre-Conference workshop on 27th November,2019 - 31 participants







4. Holistic Health



Seminar on "Muppu Rasavatham&Traditional Siddha Varma therapy" held on 14th & 15th September,2019- 131 participants

AND TRADI





National seminar on "Traditional Siddha Varma for Joint pain and dislocations" - 10th & 11th January,2020. - 137 participants attended. Herbal magic show was the main attraction.





Siddha Varma therapy "Conference on Respiratory disorders" held on 18th Nov,2019 - 158 participants

4. Holistic Health:











Green Health Home - 2412 patients treated Siddha Varma massage - 372 persons treated





.I have severe back pain, weakness of the joints and loss of appetite. I tried allopathic treatment for months without any effect. Finally, I came to Vivekananda Kendra's Varma Research and Resource Center. Dr.Ganapathi examined me and saw the X-ray and other papers which I carried with me. He informed me that there is small bulge in my spinal column and said that my Natellu Varmam is affected, He gave me some internal medicine and Massage for the entire spinal column for a week. surprisingly I found tremendous improvement in such a short period. Thanks to Vivekananda Kendra....

Lakshmanan, Thengamputhur, Kanyakumari Dist.

5. Renewable Energy:

Training Programmes on Bio-Methanthan plant 7 nos.- 196 participants



Awareness programmeon"Cowdung and Biomass based portable Biomethanation Plant" .12 programme -430 participants



Training programme on"Cowdung and Biomass based portable Bio-methanation Plant" 6 programmes -125 participants

Training programme conducted on "Repair and Maintenance of Bio gas plant"22 &23rd Nov.2019 - 31 participants attended from 11 districts of Tamilnadu. International Fund for Agricultural Development sporsored these participants, so that they can go back to the field and carry out minor repairs of the Bio gas plant



5. Renewable Energy:





IFAD supported programme 6 districts of Tamilnadu Tirunelveli, Thoothukudi, Ramanathapuram, Pudukottai, Thanjavur and Tiruvarur.

1cum capacity Bio gas plant 137 nos



20 numbers of kitchen waste based 1 cum. bio gas plant installed at Rameswaram supported by : Hand in Hand Inclusive services, Chennai as a part of project "Aspiration"

2 numbers of 6cum capacity kitchen waste based bio gas plant installed at Rameswaram & Kanyakumari.

Each plant will save 6 LPG cylinders per month in optimum conditions.





25 cum capacity kitchen waste based bio gas plant constructed at Chennai

5. Renewable Energy:

Moulds of 3,4 & 6 cum capacity Shakti Surabhi Bio gas plants sent to Kashi Sewa Samithi.Varanasi Moulds ensures proper quality by way of accurate dimensions and fine polish



Shakti SurabhiBiomethanation plant goes to Uttar Pradesh ... Installation of Biogas plant for kitchen waste at Gorakhnath temple premises



Chief minister of Uttar Pradesh, Yogi Adityanath inaugurated "Shakti Surabhi Biogas plant" installed by Kashi SevaSadanSamiti in the premises of Gorakhnath temple on 19th July 2019. Workers of Kashi SevaSadanSamiti explained to the Chief minister about the working of the plant and usages such as (i) Methane gas for cooking, (ii) waste management and (iii) output slurry as an organic fertiliser. Chief minister was very much impressed with the technology.

Vivekananda Kendra – Nardep has transferred Biomethanation technology to Kashi SevaSadanSamiti for disseminating it in the state of Uttar Pradesh.

Smt.Selvarani - Panchayat Level Federation member (PLF), Kancheepuram:

I learnt a beautiful song on Biogas (Sana Erivayu) from Vivekananda Kendra earlier. The song explains the benefits in 3 – 4 minutes such as saving of trees, better hygienic conditions, various usages etc. After listening the melodious song, IFAD officers always wants me to sing the song during various meetings as its effect is worth one hour lecture on bio gas technology. Many people wanted this gas plant in our area but this project is over in our district. We will be

happy if IFAD extends this project in our district.

Smt. Motcham, Thoothukudi:

 \bigvee My son is a Parish Priest in a church. He always brings his colleagues and other members of the Parish to show the Bio-methanation plant working on kitchen waste. Many of them wonder to see the blue flame coming out of the biogas stove and after knowing that the input material is food waste.

Smt. Selvarani, LevinjipuramPLF -Tirunelveli Dist.:

Earlier I came with my husband to Vivekananda Kendra for bio gas training programme. When I asked Shri.Muneeswaram about the price and subsidy, he informed us that there is no subsidy for portable plant. Luckily, afterwards I joined IFAD as PLF member. Luckily IFAD is propagating this technology. I got the plant with 50% subsidy. My plant is working nicely as I use rice water (kalani)regularly which is full of starch. My husband and other members are happy with this Shakti Surabhi Bio gas plant.

6. Adaptive Research:

Strengthening Livelihoods - village Thattankudiyiruppu – Ramanathapuram district:

Supported by :Bayer, India

Based on the appraisal and need assessment the resources are distributed in the village meeting.

Villagers have prepared a business plan envisaging the leveraging of resources. If they succeed, it will be a testimony of their stakes for their own growth





Livelihood options	Beneficiary
Cow Purchase	1
Goat Purchase	120
Hen Purchase	9
Sewing Machine Purchase	6
Small Business	3
Debt Redemption	1
Grand Total	140

Motivationcamp for "Thattankudiyiruppu Villagers"was held at Technology Resource Center, Kalluvilai on 1st and 2nd June. 38 participants attended the training. Shri.V.Ramakrishnan and his team acted as a resource persons.



Training programme on Cow based product



'Cow dung based cosmetics' preparation training was held at Gramodaya Park, Vivekanandapuram on 11th to 13th April. 15 participants attended the training. Smt.Priyanka Hariharan from Madurai was the resource person. Tooth power, Soap, Toilet cleaner etc. were taught during the training.



6. Adaptive Research:

Bio mass gasifier Demonstration Unit - Aspiration Dist. Ramanathapuram



Location : OptimaHeat Sidco Industrial Estate , Paramakudi Training programme on Sustainable living:

Supported by : DST, New Delhi

30 KVA capacity Biomass Gasification power plant consists of

1. Main Gasification unit 2.Heat Exchanger for gas cooling with filters 3. producer gas engine. Input material : Prospophis Juliflora wood chips

Power generation Cost - Rs. 7 to 8 /kwh outpur material - Bio char which can be used in the fields /garden.

Electricity - Running the Engines /motors etc.,





Workshop on "Sustainable Living" was held TRC, Kalluvilai on 5th and 6th March. 22 participants attended. Shri.N.Krishnamurthi and Shri.Dilip Kulkarni from Maharashtra guided the deliberations. The subject was covered in the following six sessions:

- 1: "Is development really sustainable?"
- 2: PindandaAikya the individual is a miniature form of the Universe. The Perspective of Inner Sustainability
- 3: Sustainable living: Where am I?
- 4: Promoting sustainable lifestyle among communities
- 5: Homemade household utilities
- 6: Entropy and sustainability

Training programme for Aspiration Dist staff:





Refresher course for "Aspiration" Staff was held at Technology Resource Center on 16th to 18th August. 25 Aspiration staff attended the training. Shri. Shri.Krishnamurthiji, Shri. Hanuji, Shri.V.RamakrishnanDr.V.Ganapathy and Sis.Saraswathi were the resource persons.

7. Net working:





i.	Exposure visit	4	477
ii.	Study tour	8	268
iii.	Training programme on "Sustainable	3	109
	Agriculture"		
iv.	Seed and organic certification	1	40
	training		
۷.	Training programme on "Zero budget	2	80
	farming"		
vi.	Rural technologies for home makers -		
	SHG Network members	12	679
vii.	Personality Development camp for	1	31
	Students of Avvai ashram, Sivasailam		
viii.	Refresher course for "Family	1	70
	Members"		
ix.	DST Core Grant Review meeting	1	25





8. Paper Presentation:

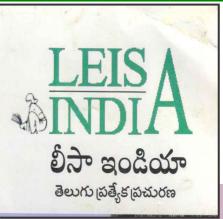


SI. No	Theme	Sponsored organization	Venue	Date	Title of the paper	Paper presented by
1.	Annual conference of FRLHT, Bangalore	FRLHT, Bangalore	Trans Disciplinary University, Bangalore	17 th May, 2019	"Clinical Application of Siddha Varma therapy for Pain Management "	Dr.V.Ganapathy
2.	Workshop on "Developing Village Volunteers in Village Panchayats"	Gandhigram Rural Institute, Gandhigram, Dindigul	Holiday Home Resorts, Kodaikanal	11 th to 12 th June, 2019	&ustainable technologies in Rural Developmen t'	V.Ramakrishnan
3.	Training programme on "Waste Water treatment"	Human Resource Management and Child care organisation	Namakkal	23 rd Sept. 2019	Phyto remediation for Grey Water treatment'	V.Ramakrishnan
4.	Waste management and Social entrepreneurs hip Meet	SRM Institute of Science and Technology, Kattankulat hur	Auditorium, SRM University, Chennai.	5 th December, 2019	ãBio- methanation technology"	V.Ramakrishnan
5.	Yoga Sastra Sangamam	Vivekananda Kendra, Vivekananda puram	Eknathji Hall, Vivekananda puram	9 th to 11 th January, 2020	ãClinical Research Study on Varma Asanas"	Dr.V.Ganapathy
6.	2 nd International conference on "Rural Technology Development and Delivery" (RTDD2020)	Unnat Bharat Abhiyan, New Delhi	IIT, Madras	13 th March, 2020	ãGreen ResilientRa meswaram"	Shri.G.Vasudeo Secretary

9. Media Coverage:



SI. No.	Name of the Magazine	Date	Subject	Author
1.	Down to Earth - Bimonthly magazine	16 th to 30 th April 2019	âAzolla fern is cheapest cattle feed'	Letter to Editor by VK-Nardep
2.	LESIA Magazine (Telugu edition)	September, 2019	Enhanced Fish Amino technology	Smt.S.Premalatha
3.	Dinamalar - Daily Tamil paper	16 th February, 2020	Coverage on "Farmers Awareness, Buyers and Sellers Meet"	VK-Nardep



Magazine on Low External Input Sustainable Agriculture Compilation of Selected translated articles into Telugu

తక్కువ బాహ్య ఉత్పాదకాలను ఉపయోగించి చేసే సుస్థిర వ్యవసాయ ప్రతిక తెలుగులోకి అనువదించిన కొన్ని వ్యాసాల సంకలనం

கன்னியாகுமரி

விவேகானந்த கேந்திரத்தில் இயற்கை விவசாய கருத்தரங்கு

கன்னியாகுமரி, பிப், 14; சுன்னியா குமரி விவேசுாளந்த சேத்திரத்தில் தேசிய அளவிலான இயற்கை விவ சாயம் குறித்த இரண்டு நாள் சுருத் தரங்கு வெள்ளிக்கிழமை தொடங்

தியது. தொடக்கவிழா நிகழ்ச்சிக்கு சேல்லா நிர்வாலி விவேசானந்த சேந்திர திர்வாகி வாசுதேவ் தலைமை வகித்தார். நார்டெப் ஆராய்ச்சி உதவியாளர் ராஜமணி வரவேற்றார். ஜெய்ப் பூர் தேசிய வேளாண் வணிக நிறு வன துணை இயக்குநர் சுசி மாத் தூர் இயற்கை விவசாயத்தின் முக் கியத்துவம் குறித்து உரையாற்றி னார். மேலும் இயற்கை விவசா யம் செய்வதால் கிடைக்கும் நன் மைகள், இதன் மூலம் விளைச்ச லாகும் பொருள்களை உலக அள வில் சந்தைப்படுத்துதல் குறித்து அவர் பேசினார்.



கருத்தரங்கில் பேசுகிறார் தேசிய வேளா in Dave பன அதிகளி கசி மாத்தார்

சேத்திர நார்டெப் இயக்குநர் ராமகிருஷ்ணன், திருப்பதிசாரம் வேளாண்மை அறிவியல் மைய <u> திட்ட</u> ஒருக்கிணைப்பாளர் திருக் குமரன், குமரி மாவட்ட நபார்டு வங்கி பொதுமேலாளர் சைலேஷ் உள்ளிட்டோர் பேசினர்.

சருத்தரங்கில் மண்புழு உரநீர் கருத்தரங்கல் மண்டிழு உரதா தொழில் நுட்பம் என்ற புத்தகம் வெளியிடப்பட்டது. இதில் இந் தியா முழுவதும் இருந்து 200 க்கும் மேற்பட்ட இயற்கை விவ க்கும் எப்ரப்ட்ட இயற்கை வல சாய ஆராய்ச்சியாளர்கள், ஆர்வ லர்கள் கலத்து கொண்டனர்.

Buyers and seller meet organised on 14 & 15th of Feb.2020 was covered extensively by the local news papers



20

Leisa India covered our Fish Amino technology in their Telugu Edition.Earlier it has appeared in the English



10. J.C.Bose Nursery

Place for organic product -Green living



11. Publications

	Publication:	Nos	
i.	AdangalVarmaPulligal (Tamil chart)	1000	
ii.	ManaiyadiMooligaiVanam (Tamil Book)	2000	
iii.	NilaithaSugamumNeedithaAayulum (Tamil Book)	2000	
iv.	ManpuluUraNeer (Tamil Book)	1000	

மேம்படுத்தப்பட்ட "மண்புழு உரநீர் கட்டுமானம்"

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