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As we begin to recover from the second and third waves of COVID-19, we gradually began our outreach services, expanding outside Chennai and Tamil Nadu.

With support from Computer Age Management Services (CAMS), we were able to provide Occupational Optometry Services to about 2495 unorganized sector workers and 1900 of them benefited from spectacles. This year CAMS also supported us in providing cataract surgery to the unorganized sector workers, and about 41 of them got benefited from the services, and those workers were also provided with postoperative care and spectacles.

With support from National Securities Depository Limited (NSDL), we offered services to about 202 farmers and agriculture workers from rural villages of Sirunagar and Badhur in Chengalpattu and Thiruvannamalai districts in Tamil Nadu, and about 121 workers benefitted from spectacles intervention.

As the industries gradually got back from Work From Home to Working from the office, we offered our services to five companies/industries in Chennai, examining about 850 employees at their premises.

Academically, the teams presented their works at about six National conferences and won awards. An online survey conducted by the department, during the lockdown, to understand the effect of working from home got published in Clinical and Experimental Optometry.
2021-22 A GLANCE

INCREASE FROM PREVIOUS YEAR

74.3%

About 3011 unorganized sector workers were benefitted from the services till date and it is 74.3% more than previous year where the team offered service to about 1379 workers last year.

SPECTACLE BENEFICIARY

76.1%

About 76.1% of the working population benefitted from the spectacle intervention. This year about 2237 workers benefited from spectacles which is 50% more than last year of about 1003 received spectacles. Also about 178 workers benefited from extra safety eyewear apart from regular spectacles.
NEW VENTURES

MAT WEAVERS
Korai-grass mat weavers from Pathamadai, Tirunelveli district, was examined and was provided with refractive spectacles.

FISHER MEN
Fisher men from Kasimedu, Chennai, was provided with filter glasses following eye examination, to manage the glare during day time fishing.

WOODEN TOY MAKERS
Wooden toy makers of Channapatna, Karnataka, were examined and provided with safety glasses to keep them safe from wooden dust exposure during toy making.

FARMERS AND AGRICULTURE WORKERS
Farmers and Agriculture workers from various parts of Chennai and Tamil Nadu have been examined and provided spectacles that will keep them safe from farming injury as well as Ultraviolet radiation.

RUBBER AND TEA PLANTATION WORKERS
Rubber and Tea plantations workers from Thodupuzha and Munnar districts of Kerala underwent comprehensive examination. They were also exposed to rubber milk/dust, insect bites, vegetative matters, and Ultraviolet radiation while at work.
Along the banks of Thamirabarani lies the small town of Pattamadai, where the famous grass (Korai) mats are weaved. The Korai grass is cultivated for this purpose, dried, dyed and weaved as mat, the major occupation of the locality. We were able to offer services to 224 local mat weavers, of which 151 were dispensed new glasses.
Fishermen in the middle of the sea are exposed to discomfort and, sometimes, disability glare from the sunlight reflected off the water. We did a trial with filter glasses for the fishermen to manage the glare. About 74 fishermen and related locals were examined and 52 workers were given new spectacles.
WOODEN TOY MAKERS

Channapatna - "Gombegala Ooru" - "toy-town" of Karnataka where the locals were involved in traditional toy making out of wrightia tinctoria woods. The team understood the visual demands and ocular safety demands of the process and provided them with the safety glasses along with the refractive power, which will help them to see better as well as keep them safe from wooden dust/vegetative matters. About 237 toy makers and locals were examined and 181 were dispensed both safety and refractive spectacles.
THANKYOU SHANKARA NETHRALAYA FOR CHECKING UPON OUR VISION

WITH LOVE
ARTISANS OF INDIA
The farmers, in general, are exposed to plant/vegetative injuries and being outdoor workers they are also exposed to Ultraviolet radiation which is one of the factors causing cataracts and other ocular disease. About 290 Farmers and agriculture workers from various parts of Tamil Nadu like Tiruvallur, Chengalpattu, Madhuranthagam, Acharapakkam and Coimbatore underwent comprehensive eye examination. 208 of these workers benefited from the both refractive spectacles and safety spectacles along with head band, which keeps the spectacles from falling while they are working at the fields.
Rubber plantation workers at Thodupuzha start their working early in the morning, even before sunrise, where they need to Tap the rubber trees, to collect the Latex. They are then sent to the factory for further process and transport. Similarly, at Tea plantations in Munnar the workers will be collecting the tea leaves, spraying pesticides, and process tea at the factory. During all these processes the workers are exposed to latex, rubber dust, pesticide and vegetative matters. About 246 workers from Rubber plantation and 152 workers from Tea plantation benefited from the services and about 342 of 398 workers benefited from the spectacles.
RUBBER AND TEA PLANTATION WORKERS
Unorganized sector

Supported by
Unorganized sector

Supported by CAMS
With support from Computer Age Management Services (CAMS), this year we were able to provide service to 2495 unorganized sector workers and 1900 benefited from spectacles, which includes both regular spectacles and as well as safety spectacles. These workers benefitted from various tints and coatings according to their visual needs and the nature of the job, for better visual comfort. Drivers were prescribed with Anti-Reflection coating, welders were given safety spectacles along with a green tint, symptomatic outdoor workers have been prescribed Photochromatic coatings, and fishermen were also prescribed green/brown tints.

This year CAMS also extended their support to cataract surgery for unorganized sector workers and about 41 workers benefited from the service and postoperative spectacles.
SPECTACLE INTERVENTION

- **Reassured**: 204
- **Referral**: 391
- **Spectacles and Referral**: 137
- **Spectacles**: 1763
- **Progressive Additional Lenses**: 72
- **Single Vision**: 197
- **Reading Glasses**: 80
- **Safety Progressive Additional Lenes**: 6
- **Safety Single Vision**: 55
- **Safety Bifocals**: 176
- **Bifocals**: 1421

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REFERRAL

Neuro ophthalmology: 5
Glaucoma: 102
Retina: 97
Cornea and ocular surface: 24
Uvea: 3
Cataract: 297
Unorganized sector

Supported by

NSDL
Occupational Optometry Services was provided to 202 Agricultural workers from the rural village of Sirunagar and Badhur in Chengalpattu and Thiruvannamalai district in Tamil Nadu with support from the National Securities Depository Limited (NSDL) between 17th and 18th, March 2022. The workers underwent a Comprehensive eye examination and 121 spectacles have been dispensed on 29th March 2022. About 76 workers were referred for further eye examination to the tertiary eye care center. To motivate the workers to wear the spectacles during work, they were provided with head-bands, which will prevent the spectacles from falling down while they are working at farm fields. This will also ensure their safety at work by keeping them safe from ocular injuries.
OVERVIEW OF SPECTACLE AND REFERRAL INTERVENTION

- Spectacles: 121
- Referral: 76
- Reassured: 12
- Neuro: 1
- Cornea: 2
- Glaucoma: 6
- Retina: 7
- Cataract: 60
Unorganized sector

Supported by

Ujita Electronics
Inverting your life......
OOS TO HOUSEKEEPING AND SECURITY GUARDS

Urjita Electronics, MEPZ, Chennai, as part of their CSR activity, supported OOS to provide service to the Housekeeping workers and security guards who are working at the MEPZ premises.

We have examined about 203 workers and of these, 145 were prescribed with spectacles, 38 were reassured and 29 were referred for further examination.

![Pie chart showing the distribution of exams:]
- Spectacles: 136
- Reassured: 38
- Referral: 29
- Spectacles and Referral: 9
Unorganized sector

Supported by
Occupational Optometry Services was provided to 111 Agricultural workers from the rural village of Thiruvallur district in Tamil Nadu with joint grant from the Essilor Vision Foundation and Optometry Council of India. The workers underwent a Comprehensive eye examination between 25th January and 26th January 2022. About 71 workers were provided with both Refractive safety eyewear with a headband to use while at work. Also, workers were provided with regular spectacles to use for other Activities of Daily living. About 23 of them were referred for further examination to the tertiary eye care center.

This work was taken up by various institution across the country. This was mainly to understand the occupational vision demand and hazards associated with the farming and utility of providing appropriate eye wear for better work performance and reduce injury rate. Also, Awareness material was posted in the local language at the camp site for the benefit of the working population.
OOS TO AGRICULTURE WORKERS
Blurred vision, red eye, cataract, and cross eyes are treatable.

Please contact your eye care specialist once a year for a regular eye examination.

Everyone should get their eyes examined once a year by an eye care specialist.

If you are a farmer, get your eyes examined regularly as exposure to sunlight and soil may affect your eyes.
Industrial sector
Industrial sector

Alfa Rubbers and Springs Pvt Ltd

TVS Electronics

Intimate Fashions India Pvt Ltd

Michelin Tyres India

R K Industries
In view of World Health Day, on 7th April, National Health Mission (NHM), Tamil Nadu, have organized Health camp for their employees. Team Occupational Optometry Services offered comprehensive eye examination including fundus examination and counselling to 180 Government staffs of various sectors, 108 employees and other health workers.
World Health Day
National Health Mission (NHM), Tamil Nadu
INSTRUMENT SUPPORT

National Securities Depository Limited (NSDL) have supported OOS by donating instruments Autorefractor, Trial box and Illuminated Visual Acuity Chart worth 5,18,420 rupees.

AUTO REFRACTOR WITH AUTO KERATOMETER

TRIAL BOX

ILLUMINATED VISUAL ACUITY CHART
ACADEMICS
Publications

The online survey on "Change in work pattern during COVID-19 and its impact on the eyes and body" conducted by the team in July 2020, got published in Clinical and Experimental Optometry in January 2022.

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Changes in work patterns during COVID-19 lockdown and its impact on the eyes and body

Alisha Regmi, Janani Suresh and Rashima Asokan
Occupational Optometry Services, Medical Research Foundation, Sankara Nethralaya, Chennai, India

**ABSTRACT**

**Clinical relevance:** Greater usage of digital devices and change of work pattern as working from home have created an impact on both visual and musculoskeletal systems. Developing an understanding of these changes could assist in providing appropriate care.

**Background:** The current study aims to elicit the changes in work patterns due to COVID-19 lockdown and understand the impact of the usage of digital devices on the visual system and musculoskeletal system.

**Methods:** A survey was designed using Delphi technique and circulated through electronic communication sources using Google form to the working population and students across India, who consented to participate. The survey had components designed to develop an understanding of work patterns, digital device usage, associated visual/ocular symptoms, work-related musculoskeletal disorder (WRMD) symptoms, and relevant information on psychological factors, and practice of yoga/exercises.

**Results:** There were 1302 valid responses. Mean age of respondents was 24 (IQR 11) years and 548 (42.1%) were male. A total of 1281 (94.5%) reported having one or more visual and ocular symptoms associated with the use of digital devices and 1140 (87.6%) responses indicated WRMD symptoms. Of the symptomatic respondents, 561 (43.1%) had reported visual/ocular symptoms and 586 (45%) WRMD symptoms during lockdown, which they did not experience during regular work. Risk factors for visual/ocular symptoms and WRMD were females, spending more than 6 h on digital devices, taking breaks from digital devices after 2 h, inability to maintain a fair sleep schedule, and inability to make ergonomic modifications at home.

**Conclusions:** A high prevalence of both visual/ocular symptoms (43.1%) and WRMD symptoms (45%) was encountered during COVID-19 lockdown.
Conferences

**Forum: 2nd India Vision Institute Conference**
Theme: Eye in a changing world
Topic: Association of Life time Ocular UV exposure with Pseudo-exfoliation syndrome - A hospital based study
Presenter: Ms. Ishwarya S, Optometrist
Mode: Oral presentation

**Forum: 2nd India Vision Institute Conference**
Theme: Eye in a changing world
Topic: Occupational Dispensing - Enhancing work productivity through task oriented Visual Correction.
Presenter: Ms. Rupa Nivethikka R, Optometrist
Mode: E Poster

**Forum: 2nd India Vision Institute Conference**
Theme: Eye in a changing world
Topic: Knowledge, Attitude and Practice patterns on the eye care seeking behavior among unorganized sector workers in Chennai
Presenter: Ms. Syed Ibrahim A, Optometrist
Mode: Oral presentation

**Forum: ARVO India - 27th Annual Meeting Indian Eye Research Group (IERG)**
Topic: Evaluating the effect of ocular UV exposure as a major causative risk factor and risk modeling for pseudo exfoliation syndrome
Presenter: Ms. Ishwarya S, Optometrist
Mode: E- Poster
Conferences

Forum: ARVO India - 27th Annual Meeting Indian Eye Research Group (IERG)
Topic: Ocular sun exposure damage and its association with pterygium and cataract among salt pan workers
Presenter: Ms. Janani S, Optometrist
Mode: E- Poster

Forum: Ruby banik and Swarnalatha Award presentation
Topic: Visual, ocular profile and perceived impact of photochromatic spectacles among salt pan workers in Marakkanam Town, Tamil Nadu
Presenter: Ms. Janani S, Optometrist
Mode: Oral Presentation

Forum: Ruby banik and Swarnalatha Award presentation
Topic: Impact of UV radiation and air pollution on ocular health among outdoor workers
Presenter: Ms. Ishwarya S, Optometrist
Mode: Oral Presentation

Forum: 72nd National Conference of IAOH - OCCUCON 2022
Topic: Ergonomics assessment and survey on work related visual and musculoskeletal disorders symptoms among Optometrists
Presenter: Dr Rashima A, Optometrist
Mode: Oral Presentation
Conferences

**Forum: 72nd National Conference of IAOH - OCCUCON 2022**
Topic: Visual, ocular profile and perceived impact of photochromatic spectacles among saltpan workers in Marakkanam Town, Tamil Nadu.
Presenter: Ms. Janani S, Optometrist
Mode: Oral Presentation

**Forum: 72nd National Conference of IAOH - OCCUCON 2022**
Topic: Impact of UV and air pollution on ocular surface disorders with emphasis on cataract and pterygium among outdoor workers
Presenter: Ms. Ishwarya S, Optometrist
Mode: Oral Presentation

**Forum: 72nd National Conference of IAOH - OCCUCON 2022**
Topic: An occupational analysis on wooden toy maker’s visual and ocular symptoms and requirements of prescription safety eye wear
Presenter: Ms. Rupa Nivethikka R, Optometrist
Mode: Oral Presentation

**Forum: 72nd National Conference of IAOH - OCCUCON 2022**
Topic: Assessment of Musculoskeletal and Sleep disorder along with visual and ocular profile among drivers
Presenter: Ms. Dhanalakshmi S, Master's Student
Mode: Oral Presentation
Conferences

Forum: 20th Dr E Vaithilingam Memorial Scientific Session
Topic: Profile of referral patterns for color vision testing at the tertiary eye care center
Presenter: Ms. Janani S, Optometrist
Mode: E Poster

Forum: 20th Dr E Vaithilingam Memorial Scientific Session
Topic: The utility of CUVAF tool as marker of ocular ultra violet radiation exposure in detecting the development of pterygium
Presenter: Ms. Ishwarya S, Optometrist
Mode: Oral Presentation
Awards

**Award Title:** *Best oral presentation under the theme of systemic and ocular disease*

**Forum:** IVI 2021

**Receiver:** Ms. Ishwarya S, Optometrist

**Topic:** Association of Life time Ocular UV exposure with Pseudo-exfoliation syndrome - A hospital based study

**Award Title:** *Best poster*

**Forum:** IERG 2021

**Receiver:** Ms. Ishwarya S, Optometrist

**Topic:** Evaluating the effect of ocular UV exposure as a major causative risk factor and risk modeling for pseudo exfoliation syndrome
Awards

Award Title: Ruby banik and Swarnalatha Award for Research in Clinical Sciences
Receiver: Ms. Janani S, Optometrist
Topic: Visual, ocular profile and perceived impact of photochromatic spectacles among salt pan workers in Marakkanam Town, Tamil Nadu

Award Title: Young Scientist award
Forum: OCCUCON 2022
Receiver: Ms. Ishwaraya S, Optometrist
Topic: Visual, ocular profile and perceived impact of photochromatic spectacles among salt pan workers in Marakkanam Town, Tamil Nadu

72nd National Conference of IAOD
IAOD Young Scientist Award
Ms. Ishwaraya Suresh
Research Optometrist
Impact of ultra-violet radiation and air pollution on ocular health with emphasis on cataract and pterygium among outdoor workers.

Congratulations
Ms. Ishwaraya Suresh
Winner of the prestigious "Young Scientist Award" from the Indian Association of Occupational Health for her paper presentation at the 72nd OCCUCON, the National Conference of Occupational Health.
Invited Lectures

Dr Rashima A, HOD - Occupational Optometry Services was invited for delivering lectures and talks on topics of Glaucoma, Occupational optometry and Research Methodology

- Cybersight and AI-Driven Diagnosis for Glaucoma
  - Topic: Role of optometrists in the management of preventable visual impairment and Glaucoma

- IVI in collaboration with the Optometric Association of Tamil Nanbargal (OATN)
  - Topic: Basic Research Methodology Workshop

- The Sankara Nethralaya Academy Webinar
  - Topic: Occupational Dispensing – Panel Discussion

- IAPB Webinar:
  - Affordable & Sustainable Glaucoma Care (SEA) – Mar 2021

- EyeCEP -2022
  - Topic: Occupational Optometry, "Update of research on occupational eye health Optometry Grand Rounds"

- Dr Agarwal’s Institute of Optometry on Invitation
  - Topic: Clinical Implications of OCT

- IVI's Excellence in Vision Science Lecture series –
  - Topic: Dimensions of Research in Glaucoma - Optometrist Perspective

- IVI’s Studometry – 22, 7
  - Topic: AN EYE FOR DETAIL Diagnostic Imaging in Optometry
Ongoing Research

Post Graduate Research

- Knowledge, Attitude, and Practice of eye care-seeking behavior on unorganized sector workers.
- Profile of occupational injury and its sequelae of visual impairment in a hospital-based set-up.
- Effect of visual and optical performance; on using blue light filters and computer application
- Role of various color vision tests and their impact on Driving

Under Graduate Research

- Visual impairment, coping strategies and impact on daily life among drivers
- Ergonomics assessment of optical and non-optical devices
UV safety awareness happens every year in the month of July, promoted by organizations including the American Academy of Ophthalmology and the U.S. Department of Veterans Affairs emphasizing the health impact of UV on the body and eye.

This year team OOS planned interactive sessions, where the participants gained knowledge by being part of various sessions that happened in the month of July. This event was sponsored by Essilor India Pvt Ltd for danglers and participation rewards. Keen participation was received from various departments of SN including participation from SN Kolkata. The fun-filled learning that happened through various contests that were conducted for 3 weeks in the month of July displaying the themes: Basics of UV, causes & effects of UV, and management/protection from UV.

Amidst the busy work life, a total of 60 responses were received and creative posters were prepared by employees explaining the aspects of UV and protection against the effects. The winners chosen by lucky draw were awarded with Caps and Sun glasses sponsored by Essilor.
# Ultra Violet Safety Awareness Month
## JULY 2021

### Winners of weekly events

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<th>Week</th>
<th>Contest</th>
<th>Winners</th>
<th>Department</th>
</tr>
</thead>
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<tr>
<td>Week 1</td>
<td>PEN IT TO WIN IT</td>
<td>Mr Jeysoorya</td>
<td>ESO-INTERN</td>
</tr>
<tr>
<td>Week 2</td>
<td>SUN-MAZE &amp; UV CONNECTION</td>
<td>Ms Porkodi</td>
<td>GENETICS</td>
</tr>
<tr>
<td>Week 2</td>
<td>SUN-MAZE &amp; UV CONNECTION</td>
<td>Ms Vijayalakshmi</td>
<td>OPTOMETRY</td>
</tr>
<tr>
<td>Week 3</td>
<td>SUN BLOCK AROUND THE CLOCK</td>
<td>Ms Mayuri</td>
<td>OPTICALS</td>
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### Winners of Poster Competition

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<th>Name of the winners</th>
<th>Department</th>
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<tbody>
<tr>
<td>Mr Vinoth Kumar</td>
<td>Information Technology</td>
</tr>
<tr>
<td>Ms Swetha</td>
<td>Histopathology Lab</td>
</tr>
<tr>
<td>Ms Usha V</td>
<td>Department of Patient Services</td>
</tr>
<tr>
<td>Dr Wadke Vidya Arunkumar</td>
<td>Ophthalmologist - SNK</td>
</tr>
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</table>
Ultra Violet Safety Awareness Month
JULY 2021
Long term exposure to UV radiation can have health and ocular effects.

UV Index in India during summer and Winter


The UV Index represents the amount of skin-damaging UV radiation reaching the earth's surface at any instant in time.

### UV Index Table

<table>
<thead>
<tr>
<th>UV Index</th>
<th>Exposure Level</th>
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<tr>
<td>2 or less</td>
<td>Low</td>
</tr>
<tr>
<td>3 to 5</td>
<td>Moderate</td>
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<tr>
<td>6 to 8</td>
<td>High</td>
</tr>
<tr>
<td>8 to 10</td>
<td>Very High</td>
</tr>
<tr>
<td>11+</td>
<td>Extreme</td>
</tr>
</tbody>
</table>

Use a large Brim hat

Use umbrella when UV index is more than 8

UV cut Sunglasses are more protective than plain glasses

Use Sunscreen with Sun Protection Factor (SPF) for more than 15
The article titled "Go For a change" was submitted by the team OOS to the SN's first edition of E-Newsletter - SN Health Bytes. It emphasizes on the effect of "Monotony" at work place and need for Job/task rotation and its impact on effective working. Taking up Job rotation is observed to have positive effect on the employee by reducing the effect of Burnouts and Monotony.

Read More

https://www.sankaranethralaya.org/sn-health-bytes/index.html
The team OOS was instrumental in planning and organizing the Safety Quiz, conducted as part of the Hospital Safety Week Celebration, on 31st March 2022. The questions included hospital safety norms, safety procedure/protocols and hazard management.
The year 2021-22 was "The Green Revolution Year" for OOS, where we offered services to about 1001 workers from Agriculture and related sectors from various districts of Tamil Nadu and Kerala. In Tamil Nadu, we examined farmers from Tiruvallur, Chengalpattu, Tiruvannamalai and Coimbatore. In Kerala, we examined people involved in Tea and Rubber Plantation in the districts of Thodupuzha, Iduki and Munnar.
After 3 years of planning and trials, we finally moved from Paper files to Electronic Medical Records this year. We first had our trial of EMR outside the SN is at Micheline Tyres Industry, were examined about 569 patients and data were simultaneously entered in EMR.

The EMR portal was created with specifications related to OOS, with additional tabs for Occupational History, specific test in relation to their occupations and one page report generation that to be given to employer/employee. Our Thanks to Department of IT and special thanks to Mr. Gowtham K, Programmer, IT Development - IT & Systems for his constant support and developing our needs. Now we have successfully synced the data to mainstream EMR.
COLOR VISION CLINIC

Color Vision Clinic, part of the occupational optometry clinic was established at K N BIRVO Block, SN Main Campus, in 2020, aiming at providing Pre-employment color vision testing and Color vision testing as part of the Periodic Medical Examination.

We have examined about 32 patients who have visited the clinic referred for Lantern Signal test and FM 100 hue test. Based on the test performance, recommendations were provided to the employer stating the type and severity of the defect. The patients were counseled about the fitness for the job or given suggestions to continue the current occupation/carrier choice.

![Pie chart showing the distribution of patients based on their employment and test results.](chart.png)
FRIENDS OF OOS

We would like to express our sincere gratitude to these people, who helped us in reaching many deserving unorganized sector workers across Chennai and various parts of Tamil Nadu.
Our Thanks to

- Undergrad and Post Grad Students of Elite School of optometry and The Sanakra Nethralaya Academy
- Department of Optical Services
- Department of Patient Services
- Department of Transport Services
- Department of Information Technology & Systems
- Department of Finance & Accounting Services
- Department of Events, Housekeeping & Utility Services
- Department of Security
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