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Pro-Rector's Message

The second half of the 20th Century and the beginning of the 21st Century have seen tremendous development and transformation in technologies and behaviors. Universities are an important aspect of this growth and transformation, both as recipients of this change and as change makers. During this period universities have grown from first-generation universities where the goal was to teach past theories and practices to fourth-generation universities where the goal is to research new ways of creating knowledge and to transfer this innovative knowledge to the future generation through partnerships with other sectors of the economy and society. This creates a greater socioeconomic & environmental responsibility on the universities with a futuristic approach that is both sustainable and productive. This is only possible when universities commit themselves to the principles of SDGs and like other living organisms transform and evolve sustainably.

The University of Central Punjab through the Office of Sustainability is committed to achieving this goal by inculcating the guidelines of SDGs in its teaching methodologies, courses and behaviors of its students, faculty and administration. UCP stands by the four pillars of learning (a) inculcation of knowledge, (b) protection of truth, (c) formulation of critical thinking, and (d) preservation of local and global culture and at the same time bringing a mix of future sustainability principles, without compromising the influence of technologies that are important for this process of transformation from the present into the future. Therefore UCP, through its Office of Sustainability, is committed to change sustainably and responsibly.



Dr. Nassar IkramPro-Rector UCP

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Director's Message

Human beings are the only species on the face of the earth who are capable of disturbing the balance of nature. In the recent past, great influx of investment in manufacturing industries has affected our environment and it seems that if we will continue to harm our environment at the same pace we will be soon hit by big disasters, such as floods, tsunamis, earthquakes, and thunderstorms, which will destroy our habitat. First, we need to be aware of the problem and its magnitude and then we need to act, and time is not on our side. Statistics show that effects of global warming due to the emission of greenhouse gases is much faster than we expected. As academicians, we have an extra responsibility to make people aware of it. We must start working for the sustainable environment before it is too late. We should use all forums and media to promote it and hope that all strata of our society will understand the gravity of this issue. I am hopeful that together we will be able to make our country and the whole world a place worth living.



Ms. Javaria Qais Joiya

Director
Office of Sustainability - UCP

Introduction to Office of Sustainability - UCP

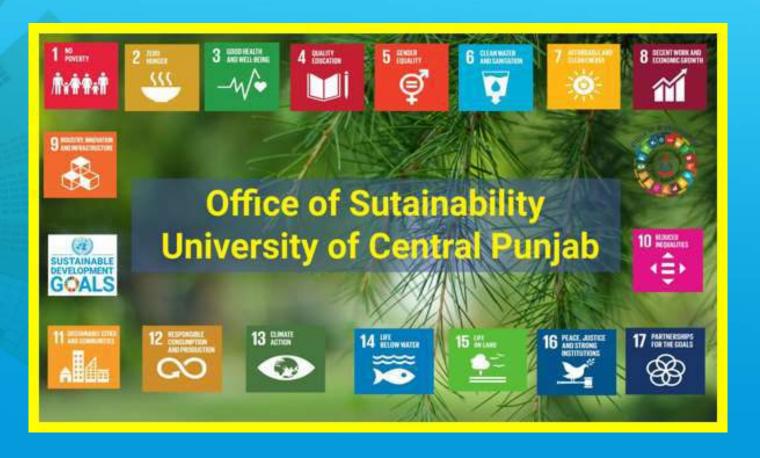
The Office of Sustainability at the University of Central Punjab (UCP) has been established to make it an SDG-engaged University. The office is responsible for facilitating SDGs-centric research, providing learning opportunities that can create a social impact, developing external relations on grounds of a sustainable future, and making policies that lead toward socially and environmentally responsible operations on campus.

At the University of Central Punjab, we strive to create a community that not only cares about global issues but also takes action. Both on campus, and in our daily lives, we make sure that environmental, economic, and social issues are an important aspect of our designs, our questions, and our work.

Our sustainability initiatives seek to push boundaries, to link together disciplines and perspectives that are otherwise separated. Perhaps most importantly, we learn through practice, by taking our ideas and applying them to the real world.









Vision

To address the social, economic and environmental challenges by aligning University operations, teaching and learning, research and innovation, internal and external campus activities with UN defined SDGs, thus contributing towards sustainable development and becoming an SDG-engaged University.

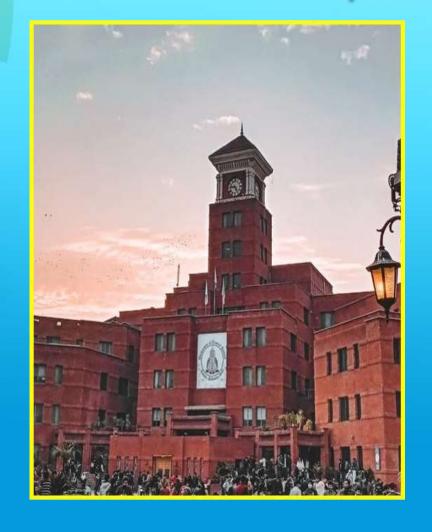
Mission

UCP office of sustainability will pursue the following mission:

- 1. To make/adopt policies that are conducive to SDG enablement in all domains of University activities.
- 2. To align the University's core functions of operations and governance, academics, research and innovation Internal and external activities with SDGs.
- 3. To continuously map the University activities with UN SDGs and carry out gap analysis leading to initiatives focused on enhancing contribution towards SDGs.
- 4. To promote University education and research towards sustainability and SDGs.
- 5. To enhance on-campus and off-campus activities in spreading the importance of SDGs engagement through awareness sessions, sustainability drives, competitions, and industrial collaborations.
- 6. To develop alliance(s) with local and international associations/organizations for capacity building, knowledge sharing, and cross-cultural programmes.

Publication of SDGs Report

Office of Sustainability-UCP is going to publish its SDGs report for 2021-2022. Through untiring joint efforts and dedication of all the faculties, staff and students. UCP is working to achieve this monumental earth-saving ambition by 2030. UCP is following 17 UN-SDGs modules keeping in mind the importance more than ever. Now is the time to ensure the well-being of people, economies, societies and the planet. This report will also be available on the website of Office of Sustainability sustainability.ucp.edu.pk



The Road Map to Becoming SDGs Engaged University

UCP aims to become an SDG engaged university by pursuing the following roadmap across its four core areas

University Operations

- To formulate and adopt policies that promote sustainability across University operations.
- 2. To provide the enablement's that would facilitate sustainability and adoption of SDGs across the University.

Teaching and Learning

- 1. To focus on capacity building and organize awareness sessions for students and faculty to highlight the impact that SDGs can result into.
- 2. To introduce modules in the existing curriculum to help students pursue their thesis / final year projects that are SDGs aligned.
- 3. Introduce new academic programmes that are aimed at promoting sustainability and creating social impact.

Research and Innovation

- 1. To map the existing research and innovation portfolio at UCP against 17 SDGs.
- 2. Promote research and innovation in those themes and projects that are aligned with SDGs.

External Engagements

- To promote SDGs at national levels by getting support from external stakeholders.
- 2. To establish relationships with industries and other organizations to refine production processes and make them more environment friendly.

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Objectives

The Office of Sustainability envisions embedding defined SDGs into the education system through four channels: Research, Learning, External Engagement, and Responsible Campus Operations. Our objectives include:

- 1. Aligning the research conducted at the University with 17-SDGs, thus enhancing the publications ratio in these domains.
- 2. Inculcating a sense of social responsibility in students and hence, making them prepared to make an impact on society.
- 3. Engaging with industries, public sector organizations, and the social and corporate sector to further strengthen this culture of SDGs adoption.
- 4. Refining our campus operations and policies incorporating equal opportunities for all while creating responsible resource utilization and development work.
- 5. Raise awareness among students, teachers, staff and society about the importance of preserving our environment and the harmful effects of polluting our world.
- 6. Organize events and activities related to the sustainable environment coordinate various environment-related activities at UCP and other universities and colleges in the group.
- 7. Organize events and activities related to the sustainable environment, coordinating various environment-related activities at UCP and other universities and colleges in the group.

Building and Infrastructure





Building sustainability, into the context of the University, would increase the importance of our monitoring progress. The progress of University of Central Punjab in sustainability programs from is summarized in this report and it also provides the future goals, related to sustainability.



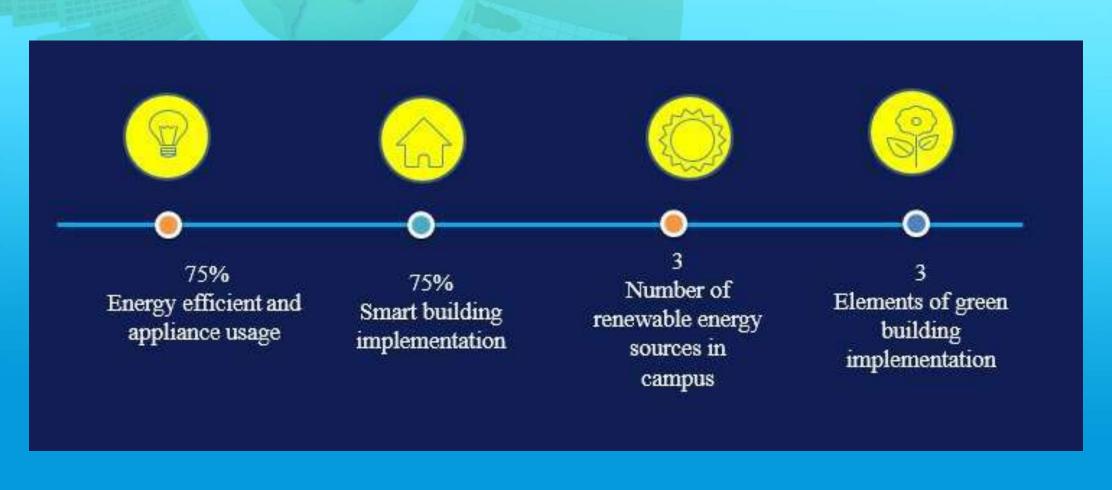
UCP is a comprehensive institute that is built in the city campus, university covers an total area of 449,707 m2 that includes ground floor area of buildings 14,633.65 m2, total campus building area and 100,227.70 m2 containing 75% of smart building implementation, Total area campus on forest vegetation 15,892 m2 and total area campus covered in planted vegetation 286,059 m2.

UCP is actively indulged in the activities that help to sustain the environment and to reduces the carbon emission and facilitates the standard parking, management of the university is making serious efforts by providing paid bus services and various strict rule regarding parking at the campus.

Major steps towards sustainability

UCP is taking serious steps to reduce greenhouse gases. To understand the need of sustainable Environment University of Central Punjab (UCP) installed one of Pakistan's largest Grid -Tied Solar Power Plant in university for selfconsumption and to put an end to energy guzzling. UCP is dedicated to improve wellbeing and health of campus community, enhance safety practices, minimize the consumption of energy and minimize toxic, organic and inorganic waste in campus. Faculty, staff and students are expected to incorporate these practices into their daily practices to reduce, reuse materials consistent with PEPA 1997 act. University is intended to minimize landfill waste and when the only option is disposal, university will dispose or dump waste in an environmentally responsible manner. We will be dedicated to reduce toxic, organic and inorganic waste through the continuing improvement of our waste management practices, and promotion of sustainable behaviors at the campus.





Activities

A number of activities were carried out in line with sustainability objectives of university. Some highlights are given in ensuring sections.

- 1. Discussion session on Importance of Tree plantation.
- 2. Bimonthly Radio Program on Sustainability, SDGs, Climate Change and Environmental issues (a series of awareness campaign/community awareness programs).
- 3. Screening of the Documentary "Inconvenient Truth"
- 4. Lectures on SDGs, Sustainability, Climate Change, Global Warming
- 5. Arranged and organized Plantation drives by UCP.

Activities of the Director, Office of Sustainability

- 1. Participated as an International Mentor from Asia Region to mentor with Former Vice President of USA, Al- Gore in 3rd Global Virtual International Climate Reality Training 16th -24th October, 2021
- 2. Presented paper under the theme of "University of Central Punjab, Lahore, Pakistan and SDGs Compliance in Waste, Energy & Water Conservation in the Time of Pandemic" in the 6th International (virtual) Workshop on UI Green Metric World University Rankings (IWGM2021) " the conference them was "Universities, UI Green Metric, and SDGs in the Time of Pandemic" University of Putra Malaysia, Malaysia, 24-26 August 2021
- 3. Participated in two days trainings on gender mainstreaming in SDGs programming by UNDP Government of Pakistan, July 2022
- 4. Had discussion session with an ILO team / delegation invited by the World Wildlife Fund (WWF) Pakistan at Nine Tree, Lahore August 2022
- 5. Exclusive two programs/talks on Climate Change Conditions in Pakistan on UCP TV and Radio July 2022

Ride With Pride (UCP's Girls empowerment initiative)

University of Central Punjab's The Ride with Pride training kicked off on the 10th of December, 2021, with the first batch of 23 excited students. The training instructor was Ms. Aisha Riaz, a UCP alumni and the current UCP Call Centre Supervisor, an avid scooter rider who uses it for her daily commute. Ride with Pride is UCP's initiative to help make the day-to-day commute easy for its female students and to empower and encourage the ladies to commute easily and independently. With this campaign, UCP has encouraged the females of the university to use bikes or scooters in public without making them feel segregated. UCP offers scooters for female students through their app and to issue a scooter, the student needs to provide a signed wavier, a parent permission form, and a copy of driving license. For the security of the female students, scooters are issued with a proper tracking system and a helmet. With this initiative, Lahore will see more ladies of UCP steadfast in the mission to revolutionize their commute.





UCP Teaching Excellence Program 2021

UCP Centre for Professional Excellence organized a comprehensive program for faculty development recently known as UCP Teaching Excellence Program 2021. Senior members from all the faculties were trained in the Master Training Session (TOT) by pioneers and veterans of LUMS. Subsequently, these UCP trainers have been able to train rest of the faculty members in different batches. Batch - 1 having three work streams was conducted from August 31, 2021 to September 03, 2021. Team Leads with the support and guidance from Distinguished Deans and Directors successfully completed this huge task diligently.

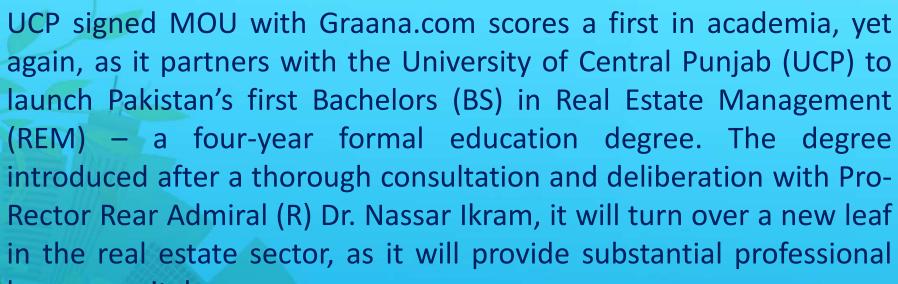




UCP Centre for Professional Excellence has signed Memorandum (MOU) on November 05, 2021 with Pakistan Chapter of UK based, International Association for People and Performance Development IAPPD. UCP- CPE would be offering international Certification and Training Programs of APPD for youngsters and mid-career professionals and industry executives in the areas of Human Resource Management, Sales & Marketing, Project Management, Supply Chain, Operations and Quality Management.







Graana.com collaborates with UCP

to introduce Pakistan's First BS in Real Estate Management





UCP "TAKHLEEQ" INCUBATION CENTRE



UCP Takhleeq Incubation Centre

Founded in August 2018, Takhleeq Business Incubator is invested in building a strong entrepreneurial community by leveraging multi-disciplinary and experiential education in the areas of innovation and entrepreneurship. At Takhleeq, start-ups undergo a six-month long incubation cycle in which they get to experience and learn from a diversely designed curriculum. The goal of Takhleeq is to create innovative solutions for local problems.



Local Startup Financial Assistance

All startups that successfully get incubation at Takhleeq, get Amazon Web Services credit worth \$5,000/- free of cost to digitally help their ventures grow.

UCP – VISVolunteer in Service-Civic Engagement



VIS Activities

Volunteers in Service (VIS) department, established in March 2007, is working to promote volunteerism among youth with a special focus on UCP students. Till date, 24000 students have volunteered with different organizations and campaigns.

VIS department works in collaboration with civil society organizations like Akhuwat, Al-Khidmat, Shaukat Khanum Memorial Cancer Hospital and Research Center, UNV, etc. The of partners have reach 170 till date and more are to be added in 2022. It's a continuous process of addition.

VIS department is the National Representative in Pakistan for International Association for Volunteer Effort (IAVE), USA. Apart from IAVE, VIS department also has membership of United Nations Academic Impact (UNAI). Considering the performance of VIS department of UCP, Global Network of Volunteering Leadership (GNVL) invited us to join the network to represent Pakistan in the network. GNVL takes only 1 representative from each country.



Chuldongkorn University, Bangkok



University of Philippines Philippines

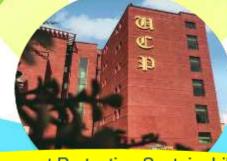


Volunteering Taiwan Taiwan



Emirates Foundation UAE

Consensus was reached with Chulalongkorn University, University of Philippines and Volunteering Taiwan. Emirates Foundation has agreed but they have delayed the plan till 2023 due to their expansion process.



Environment Protection, Sustainability and Climate Change Policies

Paper Usage Policy

Water Conservation Policy

Recycling and Waste Management

Sustainable Investment

Climate Strategy

Parking and Transport

Air Pollution

Sustainability Policies

UCP is dedicated to improve wellbeing and health of campus community, in order to enhance safety practices, minimize the consumption of energy and minimize toxic, organic and inorganic waste in campus. Faculty, staff and students are expected to incorporate these practices into their daily work practices to reduce, reuse materials consistent with PEPA 1997 Act.

Source: <u>sustainability@ucp.edu.pk/policies</u>. repository

UCP Policies

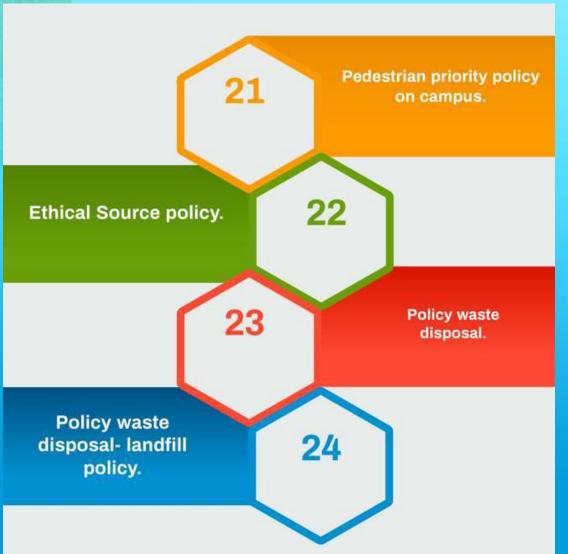






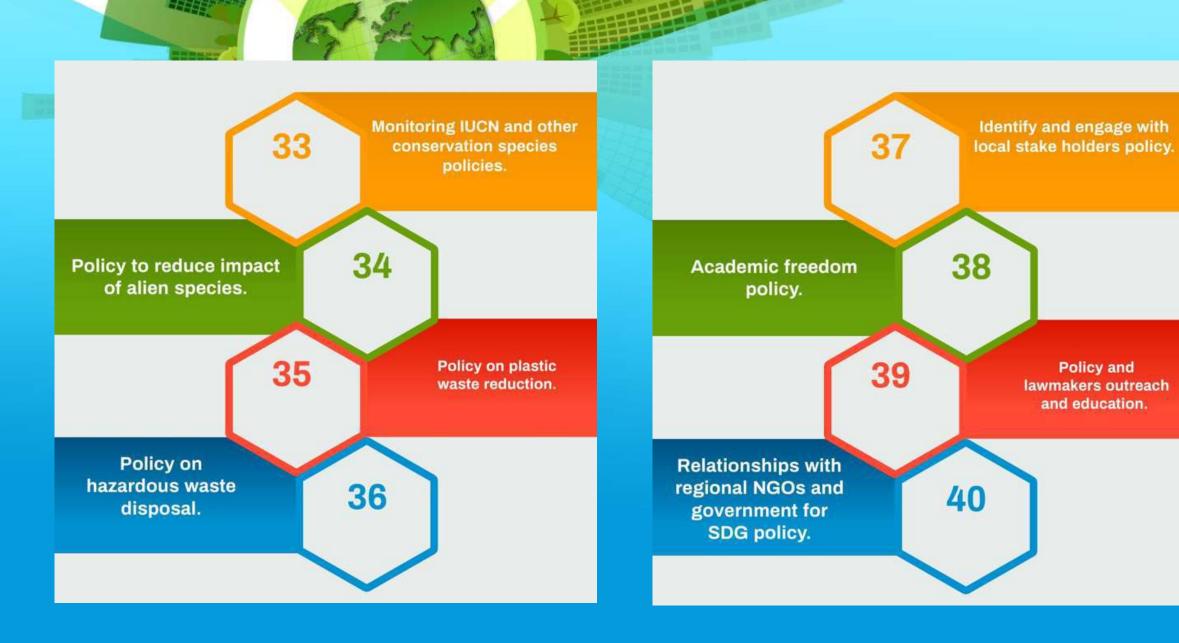














Environmental Protection Policy

Preamble

The University of Central Punjab is committed to being a positive and creative force in the local and global environment through its teaching, research and administrative operations. Recognizing that some of its activities have significant effects on the environment, the University as an institution, and all members of the University community, have a responsibility to society to act in ways consistent with the following principles and objectives:

Fundamental Principles

The University will:

- Meet and, where reasonably possible, exceed compliance with applicable federal, provincial and local environmental regulations and other requirements to which the University subscribes.
- Operate to minimize negative impacts on the environment
- Adopt practices that reflect the conservation and wise use of natural resources
- Respect biodiversity

Specific Objectives

In adopting these fundamental principles, the University, under ethical attitudes toward natural spaces, will take all reasonable steps to meet the following objectives:

- Minimize the use of energy, water and other resources through efficient design, management and practice
- Minimize waste generation and actively manage the impact of waste, emissions, & effluents generated by University activities
- Minimize noise and odor pollution from University activities
- Manage the use of chemicals or toxic substances under regulatory requirements and established environmental practices, including scientific research practices
- Include biodiversity and environmental concerns in planning and landscape decisions and minimize the negative impacts of University activities on biodiversity and natural spaces

Purpose

As an institution of higher learning, the University values the opportunity to play a vital role in supporting sustainability principles. The University seeks to be both a model and catalyst of change by demonstrating stewardship of the natural and built environment in a socially, environmentally and economically responsible method.

This policy reinforces our responsibility to the environment. Additionally, this policy will set forth the goals we strive to meet to reach the highest possible standards of sustainability on our campus and in our day-to-day activities related to academics and community outreach.

In particular, this policy will:

- Foster a culture of sustainability throughout our campus and the broader community by playing a positive and proactive role in sustainability leadership; and
- Ensure that our commitment to sustainability is in our organizational behaviors and policies through long-lasting solutions, including ecological, social and economic facets of sustainability

Sustainability Policy

Scope and authority

This policy applies to all members of the University, including faculty, staff, and students. Including contractors and service providers to all areas of the University that support teaching, learning, research and services.

Policy

The University is committed to supporting and implementing the following sustainability goals: Environment

- Develop programs and policies that minimize resource and material demands of University activities.
- Adopt effective waste management strategies that reduce the volume of waste generated and sent to landfill.
- 3. Identify opportunities to:
 - reduce water consumption
 - implement water conservation measures where possible and establish programs that promote the efficient use of water
 - identify opportunities to reduce energy consumption, implement energy conservation measures where possible
 - establish programs that promote the efficient use of energy among faculty, staff and students.
- Ensure that University procurement policies and procedures incorporate an assessment of the environmental impact of purchases throughout their life-cycle and encourage the use of producers and suppliers who follow environmentally responsible practices.
- Establish systems to monitor and measure our environmental performance.

Paper Usage Policy

- Climate change has gained prominent attention and it has rightly been called the greatest challenge of our age. UCP being a leading seat of learning plans to contribute to real environmental improvement. Keeping sustainable development and energy conservation issues in mind, UCP has already in collaboration with M/S Premier Energy embarked upon the renewable solar energy solutions? As of today, 1/4th of the total energy consumption is being produced through the state-of-the-art grid-tired solar system.
- Recent studies associated with global warming, deforestation, and emission of greenhouse gasses show that the environmental impact of paper consumption is quite significant in the overall scenario.
- The primary raw material of paper is wood fiber from trees. Because trees absorb and store Carbon, therefore healthy forests are critical to controlling climate change. In order to honor our environmental commitments and sensitize all the stakeholders, it is advised that deliberate efforts be made to reduce the unnecessary paper printing. That will not only ensure a cleaner environment but also lead to the economical use of resources.

Paper Usage Policy

UCP moved to towards a paperless environment and the following actions are expected from faculty, staff, and students:

- Prefer emails for correspondence avoiding the use of paper.
- While printing, use both sides of the paper wherever possible.
- Review and proofread the documents before printing to avoid any wastage of paper.
- If selected portions of a report or document are needed to limit your printing to that.
- Use the back side of the papers with one side printing.
- Use the UCP web portal or Moodle for providing documents to students, including assignments, projects, articles, books etc.
- Accept students' work online wherever possible.
- Use multimedia projector instead of paper handouts for classroom discussions.
- Try to share copies wherever possible to reduce paper printing.

Paper Usage Policy

- Make exact number of copies for examinations and meetings to avoid wastage of paper.
- Use What's App and other such applications of communication to reduce printing.
- Eliminate duplication of documents i.e. online and printed copies.
- Reuse paper envelopes.
- Keep smaller paper chits for writing short messages or other material.
- Promote electronic backups as compared paper files.
- Use and promote recycled paper wherever possible.
- Minimize the use of disposable paper products.

Waste, Water and Transportation

Paper Conservation Initiatives in UCP Library

- The library is not receiving thesis in hard form since January 2018 to avoid paper consumption.
- University receives soft copies of the thesis and upload to institutional repository.
- This does not only save paper but also for library space.
- To avoid photocopies of book chapters or library resources, the library has provided the scanning facility to the UCP community.
- For internal communication, we circulate the instructions through email instead of papers, we also reuse the paper if it is printed on one side.

Water Conservation

Water is life it should neither be wasted nor be misused. There are many parts of the world and in our country where people do not get clean drinking water and are forced to drink unclean and unhealthy water. Some people even don't get unclean water for their usage. Signals of a future shortage of water are evident such as lower water levels, increasing salinity, and drying rivers.

It is extremely important that we start understanding the seriousness of this issue and adopt measures to conserve water. UCP also promotes the sagacious use of water. Some of the salient features of the water conservation policy of UCP are given here:

- Reuse water for inferior purposes.
- Use rainwater.
- Use Altered Nozzles reducing water consumption by 98%.
- Use Low-flush or Dual-flush flush systems in bathrooms.

Water Conservation

- Try not to use running water directly.
- Never keep water running when not used.
- Regularly check leakages in the water supply and places of water use.
- Processor treat sewage water.
- Promote the use of filtered water instead of bottled water.
- Use reusable glasses or cups for drinking water.
- Use any other device that will reduce water use.
- Do not use drinking water for plants and washing.
- Create awareness about water conservation.

Recycling and Waste Reduction

A lot of waste is regularly produced in our offices and at other places. Efforts are made to reduce the production of this waste and its proper disposal.

- 1. We promote a waste hierarchy of three R's i.e. Reduce, Reuse and Recycle.
- 2. UCP promotes waste minimization and the adoption of such measures that reduce wastage.
- 3. UCP is also initiating a recycling program of the waste produced. We are shifting towards minimum consumption of paper by increasing the use of online communication, double side printing, reusing envelopes, employing UCP academic portal and Moodle for academic activities etc. Further, to properly recycle the waste three different waste bins are placed in the university. We are looking forward to taking more steps to reduce waste by eliminating plastic bags and disposable items.

We are initiating following activities to control waste or to recycle it as it will help to protect and save our environment:

- Going paperless (to whatever extent possible we are working on it)
- We advocate energy production from waste, which gives duel advantage

Recycling and Waste Reduction

- Minimize or eliminate the use of disposable items and promote the use of utensils made of natural materials
- Segregation of waste materials for recycling, reuse, and disposal
- Keeping a paper recycling bin within arm's reach in offices and keeping enough number of bins at various places in the university
- Printing smarter (by printing only the most important documents)Providing real dishes and silverware (by reducing disposable plates, glasses, bottles etc.)
- Buying in bulk
- Reusing binders, file folders, and envelops
- Creating a recycling center (working on the project and it will start soon)
- Providing Filtered Water and eliminating bottled water
- Giving Employees Reusable Water Bottles

Toxic Waste

- Toxic Waste should be minimized and prevented wherever possible. If toxic waste is produced, chances for repair, reuse and composting should be enabled when appropriate and only then should sent for energy recovery and landfill disposal be considered.
- Housekeeping department should stop using drain cleaners, as they are usually highly toxic. They should use alternatives methods like; sewer snake and may use boiling water.
- Dispose of hazardous waste in accordance with the regulations of PEPA 1997.
- Use substitute methods to handle pests and unwanted plants, likewise natural grade diatomaceous earth, using covers in gardens to ward off insects and pulling weeds out by hand.

Air Pollution

Air pollution is perhaps the most dangerous form of pollution as it directly affects everyone and there is no escape if one has to be at a polluted place. Industrialization and an increase in the number of vehicles are the two major causes of air pollution and on the other side, trees are cut, which provide oxygen and help to reduce air pollution. We want to control air pollution and reduce it to a minimum level at the UCP campus and encouraging the students, faculty, and staff members to support this cause and promote it wherever they live. The following are some of the key elements of our policy are as under.

- Making strict rules regarding creating air pollution at UCP campus.
- Imposing fines and penalties in case of violation of rules.
- No smoking in the campus.
- No burning of any waste at any time in the campus or near the campus.
- Proposal for proper disposal of waste without creating any air or water pollution
- Fines and penalties for any violations of pollution-related rules
- Carbon emissions are calculated and we work to gradually reduce these emissions
- Minimum emission air conditions and other devices
- Not allowing vehicles creating smoke or unusual emissions
- Keeping power generators in best conditions with clean filters keeping the emissions to the minimum
- Regular tree plantation campaigns at UCP campus and in the nearby areas

Parking and Transportation

UCP campuses have international standard parking facilities. This does not only make parking easy but also reduces the time to park, thus controlling carbon emissions at the campus. Nevertheless, campus traffic and parking issues are serious concerns for the universities due to which faculty, staff, and students face problems. UCP's management is keen to reduce the carbon emissions from vehicles by better management of parking facility and Pick & Drop facility.

To deal with these issues following steps are taken or are in process:

- Providing shuttle bus service to the students, faculty, and staff members.
- In addition to the shuttle bus service, UCP provides Pick and Drop bus service to students to reduce the flow of personal vehicles.
- Planning to reduce unnecessary parking at the UCP campus.
- Encouraging and facilitating carpooling for students, faculty, and staff.
- Reducing the distance travelled by vehicles in the parking area by using empty space indicators and electronic boards.
- Planning to subsidize the bus rates to encourage students to use this service.
- Improving management of Parking areas to minimize traveling of vehicles in these areas.
- UCP management is working on improving the Pick and Drop lane to reduce the time per pick and drop.



SDGs in Alignment with the University's Courses/Subjects (Trainings and Projects)







Meaningful education in the context of the SDGs is the commitment of the University of Central Punjab. The SDGs, sustainability, climate change and environmental issues are in alignment with the courses/subjects of the university.

UCP Girls' Hostel Accommodation/Facilities for Students (Girls)

The University of Central Punjab provides reasonable accommodation for persons with disability. The girls' hostel, by the university, has arrangements for tenants with disabilities.





Sustainable Food Choices



The University of Central Punjab provides sustainable food choices for its students. The cafeteria includes beans, peas, peanuts, whole grains, vegetables, fruits and nuts.





Thank You

Thank you for your interest in knowing about the efforts of the University of Central Punjab to make our campus, education and practices more sustainable. We hope that you are inspired by our activities and have a clear understanding of our sustainability programs in detail. We encourage you to join us in making our environment more sustainable in future. For any further the information on the subject, you may contact through the given address.

University of Central Punjab
Office of Sustainability:
https://sustainability.ucp.edu.pk/

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