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# PSYCHOANALYTIC THERAPY & RESEARCH CENTRE

*India's Premier Centre for Child & Adult Therapy*

Newsletter Volume 7, Issue 1, July 2019

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We bring you our Newsletter once again with an update of the organisation's activities - in the clinics, in our ongoing training and in outreach work. Elaborated in the pages that follow, are details of all these activities, pointing to a steady growth on all fronts - so much so that we have increased clinic space to enable our therapists to see more patients. PTRC's presence in schools has also expanded and we will shortly be adding one more school in Mumbai where our therapists can help students and parents. We are on the lookout for even larger spaces for our work so that psychoanalytic psychotherapy can reach many more people. PTRC is now also able to offer scholarships to more students, and we have substantially raised monthly stipends for therapists working in schools and in our clinics. Today, we have grown to a member strength of 29, which includes senior psychoanalysts, child psychotherapists, newly qualified analysts and therapists and students in training.

## A Wide Spectrum of Activities

**10th September 2017:** Lectures held by Ms. Nuzhat Khan on *Introduction to Psychoanalysis* and *The Unconscious Mind*. This series of lectures provided a basic understanding of psychoanalytic thinking, linking it to various aspects of daily life. It was open to all and participants came from varied backgrounds.

**17th September 2017:** Lectures by Ms. Nuzhat Khan on *Dreams and their Significance, and Psychosexual Development* and *the Oedipus Complex*.

**24th September 2017:** Study Seminar via Zoom for PTRC students with Mrs. Margaret Rustin from the UK.

**8th October 2017:** Lectures by Ms. Nuzhat Khan on *Relationships* and *Anxiety, Defence Mechanism and Guilt*.

**29th October 2017:** Lectures by Ms. Nuzhat Khan on *Destructive Behaviour in Relationships* and *The Repetition Compulsion*.

**05th November 2017:** Lectures by Ms. Nuzhat Khan on *Depression and Hostility and Grief and Mourning*

**3rd December 2017:** Study Seminar via Zoom by Mrs. Margaret Rustin for the students of PTRC

**6th - 7th January 2018:** Workshop for students with renowned British psychoanalysts Mrs. Irma Brenman Pick and Ms. Francesca Hume. Mrs. Brenman Pick presented a paper titled: *Lurching Between Longing and Destruction* and Ms. Hume presented her paper: *Absence of Resonance and the Struggle to Find the Right Register*.

Clinical cases were presented by Mrs. Minnie Dastur, Mr. Sarosh Forbes, Ms. Micky Bhatia, Ms. Banu Ismail, Ms. Sara Rouhzad, Dr. Amit Kulkarni, Ms. Malika Ahmad and Ms. Riddhi Chheda.

This event was held at The Royal Bombay Yacht Club, Mumbai and was open only to PTRC's students and faculty.

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**21st January 2018:** Twenty members and friends of the PTRC participated enthusiastically in the Mumbai Marathon, helping us raise funds for our various activities. We would like to thank them for their constant support.

**9th & 10th February 2018:** Dr. Anthony Stufkens and Dr. Adriana Ponzoni from the International Psychoanalytical Association visited the Mumbai Chapter of the Indian Psychoanalytical Society to assess our programmes, members and candidates. On the first day in Mumbai, they visited PTRC's clinic at Horniman Circle and attended the Infant Observation, Work Discussion and Advanced Clinical seminars.

The next day was a study event where Dr. Stufkens read his paper on the supervisor's function and the supervisory process: *Manifestations of Love and Hate in the Supervisory Relationship*. Dr. Ponzoni presented a child analytic case titled: *My Letter has 9 Words - A Boy Searching for a Place Amidst Secrets and Lies*.

Clinical cases were also presented by PTRC's Dr. Amit Kulkarni and Ms. Purvi Patel.

**February 2018 - February 2019:** During this period Ms. Manju Mukhi conducted a series of Work Discussion seminars for Primary and Secondary Teachers of the NGO *Aseema* at PTRC's Study Centre in Bandra. Ms. Mukhi held a total of 15 seminars attended by 12-15 teachers. These seminars were highly appreciated by the participants.

**7th April 2018:** The film *Ahalya* was screened at G5A (a cultural centre in Mumbai) followed by a discussion conducted by Ms. Micky Bhatia and Ms. Nuzhat Khan.

**6th June 2018:** The film *Aai Sapath* was screened at the G5A, followed by a discussion facilitated by Mr. Sarosh Forbes and Ms. Banu Ismail.

**7th July 2018:** The Introductory Event for new students and Convocation for qualifying students was followed by a Continued Professional Development programme on *The Relevance of Literature, Myths and Fairy Tales to Psychoanalytic Understanding*. Dr. Amit Kulkarni read a paper on *Analysis Of Jack And The Beanstalk*; Mrs. Janice D'Souza Barrett's paper was titled *Analysing Alice - The Underland of Wonderland* and Mrs. Manjari Keswani presented her paper: *The Serpent on the Throne*. This event was attended by PTRC members and students.

**18th July 2018:** A film *Tea Spoon* was screened at G5A, Mumbai, followed by a discussion conducted by Ms. Nuzhat Khan

**July 2018 - April 2019:** Ms. Banu Ismail conducted fortnightly work seminars with the counsellors of NGO *Aseema*.

**July 2018-June 2019:** Mrs. Gouri Salvi continued her part-time work at *Sethu*, a Goa-based Child Development and Family Guidance NGO, providing psychotherapy to children and adolescents and supportive work to parents.

**December 2018:** Ms. Micky Bhatia took psychoanalysis out of the consulting room in her outreach programmes. She was invited by *Point of View* (an NGO that amplifies the voice and free expression of women), as a panelist on their discussion on *Consent and Rejection*. She will shortly conduct another workshop for them on *Anxiety in the Workplace*.

Ms. Bhatia also addressed a group of University students (18-23 years) at *Akshara* (an NGO that focuses on empowering women and girls), and introduced to them the idea of *The Unconscious*, followed by a Q & A session. In addition, she has also helped the senior management staff of a firm of architects in understanding and coping with difficult clients at an interactive programme developed by them called Fridays at Five.

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**20th January 2019:** This year's Tata Mumbai Marathon also saw 20 members and well-wishers of PTRC running for the cause of psychoanalysis.

**February 2019:** Beginning this month, Ms. Gill Ingall (UK) held monthly seminars for students and qualified therapists. Four such seminars have already been conducted remotely. Ms. Ingall is a Psychoanalyst and a member of the British Psychoanalytic Society. She is also a member of the Tavistock Society of Psychotherapists. PTRC is very grateful to Ms. Ingall for her valuable time and inputs and to the Melanie Klein Trust which made this possible.

Meanwhile, Ms. Francesca Hume (psychoanalyst with the British Psychoanalytic Society) continues to conduct online clinical seminars for our students in clinical training and newly qualified members.

**1st-2nd March, 2019:** Mr. Rajiv Shah, PTRC student presented a paper at a two-day Inter-Disciplinary Seminar, Gandhi: The Person and his Philosophy. This event was organised by the Indian Psychoanalytical Society in Kolkata, to celebrate the 150th birth anniversary of Mahatma Gandhi. Mr. Shah's paper was titled: *Gandhi from Within the Cracks in the Mirror*.

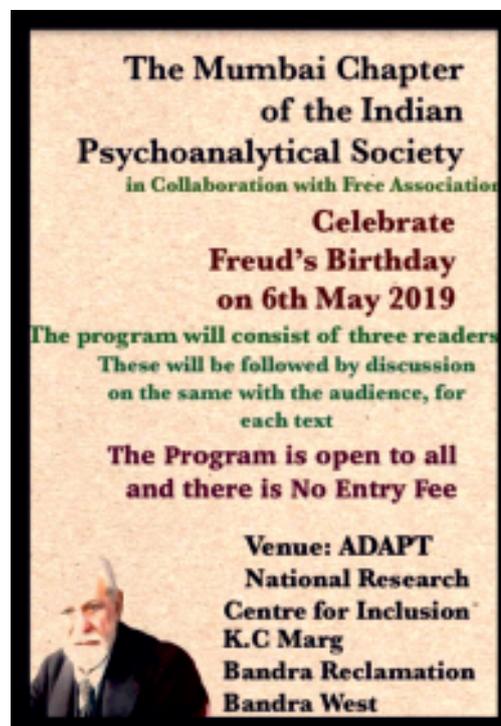
**6th May 2019:** The Mumbai Chapter of the Indian Psychoanalytical Society, in collaboration with *Free Association*, participated in a global celebration of Dr. Sigmund Freud's birthday. *Free Association* is a non-profit organisation which creates innovative opportunities of continuous learning in the field of psychodynamic psychotherapy and psychoanalysis. The organisation conducted an international initiative for texts to be read on Freud's birthday, by psychoanalytic societies worldwide. In Mumbai, this novel celebration comprised three psychoanalysts of the Mumbai Chapter reading from three texts of Dr. Freud, followed by a panel discussion. The readers

"chose excerpts from Freud's works, that were relevant to art and evolution of societal customs."

The Discussant at this event was Mr. Rohit Goel, Academic Director of Jnanapravaha, Mumbai. Mr. Goel, a graduate from Harvard College, MPhil from Cambridge University and Masters from the University of Chicago, has developed and taught innumerable courses including Continental Psychoanalysis and Philosophy. The readings which were open to the public and held at ADAPT in Bandra, drew a large and interested audience.



Mrs. Micky Bhatia (left) introduces the event celebrating Freud's birthday. Seated (from left) are: Ms. Banu Ismail, Mrs. Minnie Dastur, Ms. Nuzhat Khan and Mr. Rohit Goel



**June - July 2019:** Ms. Banu Ismail will conduct two 4-hour lectures for the MA Counselling Course of St Xavier's College, Mumbai.

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## CONFERENCES HOSTED

### The India-Australia-Israel Psychoanalytic Conference

From the 14th -16th September 2018, the Biannual India-Australia-Israel Psychoanalytic Conference was held at the Marine Plaza Hotel in Mumbai. The theme of this Conference was: ***Unintegration, Integration and Disintegration in the Clinical Process.***

The papers presented were as follows:

- ***A Couple on a Couch - How Early Loss and Trauma is Re-experienced and Worked with when the Patient is a Couple*** — By Ms. Laurie Lovell Simons (Australia)
- ***Considering the Passage from Unintegration to Integration Processes and Disintegration – Micro Movements and Micro Transformation*** — By Ms. Pumpi Harel (Israel)
- ***Counterdreaming : Gathering Disintegrated Selves*** — By Dr. Ashis Roy (India)
- ***Analysis of a 9-year-old boy in a Residential Treatment Centre*** — By Mrs. Eliora Soroka-Kulka (Israel)

- ***Origins of Thought and Growth of the Mind : A Personal Journey with Bion*** — By Dr. Michal Lapinsky (Australia)
- ***On the Regressive Impact of Free-Associative Discourse: Notes on Horizontality and Disintegration in the Service of Healing*** — By Dr. Barnaby Barratt (S. Africa)

In the smaller groups, clinical presentations were done by Ms. Jyotsna Field (Australia), Ms. Idit Dori (Israel) and Ms. Abha Shah (India).

This India-Australia-Israel Conference 2018 was attended by 52 delegates from Israel, South Africa, Australia and India (Kolkata, Delhi, Kerala and Mumbai) was a highly successful event which saw productive and meaningful interactions between psychoanalysts from different cultures and psychoanalytic societies. As it always does, this Conference provided a forum for exchange of ideas, better understanding of our work and learning from one another.



At the India-Australia-Israel Conference in Mumbai



Dr. Pushpa Mishra, President, Indian Psychoanalytical Society, at the Conference

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## Dr. Manek E. Bharucha All India Conference

From the 4th - 6th January 2019, PTRC organised the first Dr. Manek E. Bharucha All India Conference, with the theme: **Changing Worlds – Inside and Outside**. We were extremely fortunate to have for this event, two renowned psychoanalysts from the USA - Dr. Howard Levine and Dr. Robert Caper. Their travel to India and within the country was made possible by a grant from the Committee on Practice and Scientific Activities (CAPSA). Grants under this programme, under the aegis of the International Psychoanalytical Association (IPA), help to promote dialogue across IPA regions, encouraging discourse on different psychoanalytic perspectives.

The Conference, which was attended by 80 participants, drew psychoanalysts and psychotherapists from across the world, including countries like the USA, France, Canada, South Africa, Iran, Germany and India. A number of papers were presented, all of which were followed by enthusiastic and stimulating discussions. The event was formally declared open by Mrs. Aiveen Bharucha.

The papers presented at this Conference were:

- **Containment, Self-Containment and Psychological Growth** — By Dr. Robert Caper (USA)
- **Approaching Termination** — By Mr. Sarosh Forbes (India)

- **Screen Relations: The Limits of Computer – Mediated Psychoanalysis and Psychotherapy** — By Malika Verma (India)
- **States of Unintegration and Dissociation: Symbolising and Bearing Witness as a Psychotherapeutic Challenge** — By Neetu Sarin (India)
- **Application of Object Relations to Family and Couples Therapy** — By Dr. Jill and David Scharff (USA)
- **Freud's Theory of Representation and Expansion of Psychoanalytic Technique** — By Dr. Howard Levine (USA)
- **Parasitism – An Autistic Island** — By Dr. Nilofer Kaul (India)
- **Using Art for Changing Worlds: An Experience with Adults Suffering from Severe Mental Disease** - By Dr. Armelle Hours (France)
- **The Story of a Patient who attends the Analytic Sessions out of Kindness And Generosity!: Balancing between Ego Libido (Inside World) and Object Libido (Outside World) through Joining with Defensive Narcissism** — By Dr. Morteza Modares Gharavi (Iran)

Apart from these papers, there was a clinical presentation of a Child Case along with Consultations with Parents by PTRC's Ms. Purvi Patel and Ms. Manju Mukhi.



At the Dr. Manek E. Bharucha Conference. (From right):  
Mrs. Aiveen Bharucha, Dr. Nilofer Kaul, Dr. Howard Levine and Dr. Robert Caper

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On the last day of the Conference, two public lectures were organised: Dr. Howard Levine spoke on Suggestion, Seduction, Authority and Influence and Dr. Robert Caper's talk was on Psychoanalysis and Suggestion.

The former talk was chaired by Mrs. Minnie Dastur, Senior Training Analyst and the latter was chaired

by one of Mumbai's leading Neurologists, Dr. Nadir Bharucha.

[We would like to acknowledge the contribution of Chezuba, an international start-up, which designed the brochure and programme for the Conference]

## **An Outstanding Appointment**

*We are immensely proud to announce that Mrs. Minnie Dastur (Senior Training Analyst, Mumbai Chapter of the IPA) now heads the Continued Professional Development (CPD) programme of the China Committee and is on their Curriculum Committee as well.*

Last December, she held the first CPD programme for China candidates and members. The event included the screening of the film *Fedora* with reference to Narcissism, and Rosenfeld's (1971) paper on *The Aggressive Aspects of Narcissism*.

From March 15-17 this year, Mrs. Dastur visited Wuhan in China as a member of the China Committee teaching programme to conduct a 3-day workshop on the different important constituents of Psychoanalysis. These included concepts such as Transference, Counter-transference, Resistance, etc.

More recently, in early May, she was invited to be one of the main Speakers at the 6th Chinese Psychoanalytic Congress in Shanghai. She presented her paper to a 1,000-strong audience at the Convention Centre. Mrs. Dastur's paper, titled *Out of the Slough of Despond*, was extremely well received.

Currently, 12 independent Chinese psychotherapists have requested her for 12 online seminars on the work of Wilfred Bion, which she conducts.



*Mrs. Minnie Dastur presents her paper at the 6th Chinese Psychoanalytic Congress in Shanghai*

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## CONFERENCES ATTENDED

- **9th - 10th March 2018:** Mrs. Minnie Dastur was invited to be one of the Speakers at the Committee on Women and Psychoanalysis (COWAP) Conference in Kolkata, the theme of which was *Women's Safety in Dogmatic Times*. Mrs. Dastur presented a paper titled: *Devi (A film by Satyajit Ray): The Colonization and Scotomization of a Mind*. Ms. Banu Ismail also attended the Conference.
- **16th-18th March 2018:** Ms. Nuzhat Khan, Ms. Micky Bhatia, and Ms. Banu Ismail attended *The West Lodge Conference in London*. This renowned Conference, held under the auspices of the Melanie Klein Trust, was conducted by eminent British Psychoanalysts, Michael Feldman, Ron Britton, John Steiner and Priscilla Roth. It is an annual Conference that has been held for over two decades and is exclusively for non-UK participants.
- **3rd – 5th May 2018:** Mrs. Minnie Dastur, Ms. Banu Ismail, Mrs. Gouri Salvi and Ms. Micky Bhatia attended the IPA's *Asia Pacific Conference in Tokyo*. The theme of this Conference was *On Dependence*. Mrs. Minnie Dastur was one of the Keynote Speakers at this Conference and read her paper: *Dependence and Dependability: The Nature of the Primal Link*. Ms. Ismail, Ms. Bhatia and Mrs. Salvi presented their papers at small group sessions.
- **8th-9th November 2018:** Ms. Micky Bhatia was invited to the Fall Seminar at the Jerusalem Hills Residential Treatment Centre, Israel. She presented a clinical paper to an audience of 200 psychologists and therapists who wished to learn more about psychoanalytic work.
- **11th - 14th April, 2019:** Dr.. Amit Kulkarni and Ms. Amrita Ganguly attended the 32nd European Psychoanalytic Federation (EPF) Conference in Madrid, Spain. Dr. Jorge Canestri, President, EPF, assisted in getting sponsorship for two "just qualified/about to qualify" psychoanalysts to attend the Conference. The theme of the Conference was *The Body*. Dr. Kulkarni and Ms. Ganguly who availed of this valued sponsorship and attended the Conference found it an extremely enriching experience. We appreciate Dr. Canestri's efforts in helping our members gain the exposure.
- **26th -28th April 2019:** Four PTRC students — Abha Shah, Bhavini Merchant Dayal, Purvi Patel and Yamini Namjoshi — participated in a Conference organised by the Tara Clinic, Kochi. The Conference which was held in Bangalore was titled *Psychoanalysis in the Consulting Room* and had at its core, the practice of psychoanalytic therapy. Around 60 participants from across the country attended this Conference, including clinical psychologists working in private practice as well as in hospitals, psychotherapists in private practice and staff members working at a children's home.

The three-day Conference focussed on the early stages of development, mainly Infancy, Latency and Adolescence. Among those who presented papers were: *Dr. Ashlesha Bagadia*, a Psychiatrist who specialises as a Perinatal Psychiatrist and Psychotherapist; *Nupur Paiva*, a Child Psychotherapist from Tavistock, UK, who now runs a clinic called Family Tree in Delhi; *Prathyusha*, the founder of a Children's Home in Kerala, which is supported by the Tara Clinic; *Dr. Kakli Gupta* who has trained in the US and specialises in play therapy and *Dr. C.S. Prasanna*, a child psychiatrist practising in Bangalore;

PTRC's Bhavini Merchant Dayal and Yamini Namjoshi presented their infant observations in the segment of the Small Group Presentations on the first day of the Conference. Abha Shah and Purvi Patel

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each presented a background and a session of their latency child cases on the second day. All four presenters felt that there was a great deal of interest in the intensive, long-term infant observations as well as the psychoanalytic psychotherapeutic work that is

done in the course of PTRC's training programme. They were also very appreciative of learning about new developments from the presentations of the other delegates and felt that the Conference provided them with a valuable and rewarding experience.



*Mrs. Purvi Patel (seated centre) reads her paper at the Bangalore Conference*

## **Clinic Work Takes Great Strides Ahead**

Under the Directorship of Ms. Banu Ismail, both PTRC's clinics in Mumbai have provided increased psychoanalytic services to those in need. The services offered at these clinics are: intensive and non-intensive psychotherapy for children and adults; Young Peoples' Counselling Service (YPCS - which is short-term counselling); Infant Mental Health services (therapy for families with children under five); Supportive Parent Work and Psychoeducational Assessments (for children).

It is amply evident that the need for therapeutic treatment is increasing. In the last year we have seen a new trend — that of patients reaching out to us from nearby towns like Sangli, Sawantwadi, Udwada, Nashik, Dhule, Pune, etc. Brief consultations and non-intensive therapy is offered to these patients and

some of our therapists/analysts continue to work with them remotely.

Over the last two years the clinics have treated 460 patients. Of these, 75 were children, 250 were adults, 30 cases were taken under YPCS; 3 families were seen under the Infant Mental Health service; 60 parents were provided supportive therapy; 20 patients underwent brief therapy; four patients were helped via Skype and 18 children came for psychoeducational testing.

- **The Horniman Circle Therapy Centre** : A team of psychoanalysts and child psychotherapists continue to see children, parents and adults with emotional difficulties. The team currently working at this clinic in South Mumbai include Ms. Banu Ismail, Ms. Manju Mukhi, Ms. Sara Rouhzad, Ms. Amrita Ganguly and Ms. Abha Shah.

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- **PTRC's Clinics at Bandra :** PTRC's therapists also see patients in its clinic in Bandra, Mumbai. From January this year as the numbers of patients increased, PTRC expanded its clinic space in Bandra. Now our therapist/ analysts work from 3 clinic rooms in Bandra. The team here includes Ms. Banu Ismail, Dr.. Amit Kulkarni, Ms. Malika Sikander, Mrs. Manjari Keswani and Ms. Purvi Patel. In addition to the psychotherapeutic work, Dr. Kulkarni also offers psychiatric consultations when needed.
- **Ms. Anshu Jaiswal** has completed two years at CJ School where she works with five students. She works 10 hours a week at the school and has provided 144 therapy sessions to children. She has also done a number of joint parent meetings with Ms. Manju Mukhi.
- **Ms. Ipshita Juyal** has completed her first year as therapist at CJ School. She has worked with two students from the Primary School and has provided 44 sessions to them. She has also done some joint parent sessions with Ms. Manju Mukhi and Ms. Purvi Patel.

### **Work in Schools Expands**

School work has progressed at an excellent pace with PTRC's therapists providing psychotherapy to children and also doing supportive parent work in two schools in Mumbai — Alexandra Girls' High School and Cowasjee Jehangir (CJ) High School. This work is supervised by PTRC's senior Child Psychotherapist, Ms. Manju Mukhi.

The detailed report below speaks for the enormous amount of work done in schools by PTRC therapists:

- **Ms. Abha Shah** who has completed two and a half years at Alexandra Girls' High School currently works with eight students. She puts in between 8-12 hours of school work per week and in the last year plus has provided 370 therapy sessions. She also sees one student weekly at CJ School and has done about 25 sessions for supportive parent work.
- **Ms. Purvi Patel** has completed two years at CJ School. She works psychotherapeutically with four students (intensively and non-intensively) and has done 280 sessions with these children. She is also working with parents on a regular basis.

- **Ms. Manju Mukhi** has seen 20 students (non-intensively) at Alexandra Girls School, providing a total of 380 therapy sessions. She has also done 55 parent sessions, providing 13 parents with supportive therapy. She also provided 60 parent sessions at CJ school. At Alexandra School she meets the Principal and the teachers regularly to provide feedback and inputs. At CJ school, on the request of the Principal, she gave a talk to the teachers of the Secondary School on Understanding Children's Behaviour.

With support from the Lalkaka Trust, Ms. Mukhi has also organised placements for two more PTRC students — *Yamini Namjoshi* and *Bhavini Merchant Dayal* — at the Bai B.S. Bengallee Girls' High School.

The preparations have been done and the new academic year will see PTRC therapists providing much needed services to a third school in Mumbai.

Meanwhile, Ms. Banu Ismail continues to work at the Cardinal Gracias School providing therapy to students, supportive work for parents and consultative work with the teachers.

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## Remembering Krishna



Last year, on 9th May, PTRC lost one of its most valuable members, Krishna Govilkar, after a protracted illness. Krishna was an integral part of the organisation from its very inception more than four decades ago.

His dedication to PTRC was exemplary and we will always remember his kind and helpful nature and smiling face. For all of us at the organisation — which he served so loyally and lovingly — his absence is deeply felt. Krishna is survived by his wife and children.

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## A Vote of Thanks

A heartfelt vote of thanks is due to each and every one of PTRC's friends and well-wishers. They have been constant in their support of all our activities and have always encouraged us to continue to grow.

Our deepest gratitude also to our Board Members who have always stood by us.

A special thanks to Mr. Hormuzd Madan who worked tirelessly along with Mr. Sarosh Forbes to give us an efficient budget.

We also take this opportunity to express our thanks to Mr. Ravindra Bhide who is so generously helping us update our financial records and put structures in place.

## Board of Trustees

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For any further details on PTRC's Training Programme and activities, please visit our website [www.psychoanalysis-mumbai.org](http://www.psychoanalysis-mumbai.org)

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