



REPORT OUTLINE 2021

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Message from THE FOUNDER



Creating a culture of kindness, compassion & empathy, worldwide!

If you had a magic wand to change one thing about the world, what would it be?

A decade-long practice in conflict resolution has led me to believe that most of the world's problems find their seed in a sense of 'othering', where we see others as driving an agenda different from our own. Empathy for one another is the only answer to this divisive viewpoint.

It is also the motivation behind the formation of **The Kindness Foundation** - a kindness collective with a vision to build compassionate communities worldwide!

Personally, the underlying motive behind everything I do has been to help me grow as a parent. I want to give my children an environment that nurtures their self-esteem and equips them with moral courage to choose kindness over righteousness every time. And I desperately want the world to welcome them with the same warmth and acceptance that I hope they will send out into the world. Since I cannot be there to hold their hand all the time, the next best thing to do is to go out there and change the world so they have warm hands to hold everywhere they go.

However, efforts to spread kindness as a conscious choice are often met with cynicism and doubt. Why should we bother with kindness to others when our own suffering is too much to bear?! Isn't kindness nothing more than a sign of weakness? And above all, where does kindness figure in a world that only knows hate in the name of religion, country and culture?

It was in seeking these answers that IKF 2021 was born. The Festival has proven that it's the intangible whispers within us that have the power to provoke us into action, if we only listen to it! I thank you from the bottom of my heart for playing such an integral role in this surreal dream becoming a reality. People like you, who sparked real conversations at the festival, have shown us that we can change the world if we are brave enough to care!

So I ask you again, If you had a magic wand to change one thing about the world, what would it be? I know what I would wish for.

A Kinder World, Just that, Just Kindness.

Warmly

Mahima Poddar

Founder and Managing Trustee

IKF Impact Report 2021/4 **IKF** Impact Report 2021,

About The **Kindness Foundation**

The Kindness Foundation is a nonprofit thinking organization with one simple yet powerful vision - to create compassionate communities worldwide. Our aim is to empower individuals and communities with the tools that can help make a true and measurable impact in the world through our training programs, educational workshops & experiential events. We spotlight the stories of makers, shakers and disruptors who have risen above their circumstances to shape the world around them in powerful and constructive ways.

Our **Impact**



Work

Our

Kindness Week

2872

Lives touched Cities reached No. of years

3320

People

impacted through workshops 1000

Students sparked through Kind Campus

145

NGOs and **Shelters** served

12.8L

Covid Relief Outreach in 2020-2021

(in collaboration with Chennai Task Force)

95+

Shelters/ Homes/Care Centres/PHCs personnel equipped with Medical Supplies

9500

Safety kits Meals and meal-equivalent to frontline provisions delivered

The Kindness Week

Annual week of sharing ioyful experiences with under-served communities.



Kind Campus

Empathy education Program for schools and colleges.



Kindness Vouchers

Expanding The Kindness Week to last the whole year! Gift Vouchers for the under-privileged.



Kindness Brigade

Identifying and celebrating young impact-makers and kindness ambassadors.



Lal Batti Express by Kranti

Empowering the daughters of sex-workers from Mumbai's red-light district to create social change.



Kindness Gallery

Showcasing meaningful and kindness-inspiring artworks from around the world.



Kindness All-In

A Platform for youth to voice their perception and ideas for a kinder world.



Kindness Direct Impact

Fundraising and direct outreach in times of need like during the Covid Lockdown; Regular fundraising and donation drives for clothes, food, toys, books etc.



Training Programs

Modules on empathy building, emotional safety, compassionate communication, child safety and more.

IKF Impact Report 2021/6 **IKF** Impact Report 2021/7



About The International **Kindness Festival** 2021

experiences - sometimes never to see the light of day release of this capacity that has been lying dormant, Personal, Local and Global level.

life meaningful.

IKF Evolution

people coming together, taking part in activities & brainstorming sessions, and made accessible to were being cancelled, we reconfigured the IKF to come to life in a virtual environment.

Milestones

2018

2020



March



June



August





Everyone is born with an infinite capacity for kindness. It gets buried or gagged due to life again. Our vision for IKF 2021 was to trigger the or was challenged by fear. Our aim was to inspire conversations, expand perceptions of kindness and empower people with tools to create impact at a

The International Kindness Festival 2021, was the first of its kind global conversation on all things kindness! Through the inspiring stories of people's journeys, we shed light on the various faces of kindness, brainstormed how to break stereotypes & examined the unconventional notions of kindness. It helped us to understand and measure what makes

March

IKF- Conception of idea

Conversation with our first benefactor - Mr. Kiran Reddy

Onboarding SPI Edge

Onboarding 1st Core Team Member - Antara Pandit

Onboarding Event Manager



November

Venue visits

• 1st Pre-event of IKF – 'Kindness Vouchers'



August

Sponsorship Drive



July

Onboarding Core Team Members -Mayuka Goenka & Radha Rathi



October

June

Festival postponed to Jan 2021 -Physical to Virtual



March

Pre-event Planning - 'Animal Kind'



February

Pre-event -'Kindness Week'



January

Venue Selection

• Pre-event at Express Avenue

• Pre-event "Lal Batti" Stage Show by Kranti



September

Selection Process of Virtual Platform Begins



Onboarding Design Partner – Frozen Iris



November

- Curation Process Underway
- 'Kindness Pillar of Support' – Idea Launched



November

- Pre-event 'Kindness Speaks'
- Platform selected -Rigger House



November

- · Onboarding Digital Marketing Agency – The Dimaag
- · Onboarding First Speaker



December

January

- Running Digital Market Surveys
- Festival Website Launched



March

- Pre-festival Press Meet & Platform Demo
- Onboarding Final Speaker
- Festival Begins
- 'Kindness Gallery' Launched
- Auction Commences
- Festival Ends
- · Auction Ends (One Week Post-festival)

February

- Onboarding Marketing Consultant - Shubho Broto
- Onboarding DJs

February

- 'Kindness Speaks' Coaching By Shaan Libby
- Dry-run with Speakers

February

- · Finalising 2nd Event Host
- Auction Curation Starts
- Partners 1 & 2
- with CSIM Sealed
- Onboardina Gamina

- Strategic Partnership
- 'Kindness Gallery' **Curation Starts**

February

- Onboarding Volunteers
- Platform **Development Starts**

house Designer &

Project Manager

- Onboarding Title Sponsor · Onboarding In-
- Finalising 1st Event Host Onboarding 1st Sponsor
 - Launch of Digital Campaigns • Decision to Postpone

Event to March'21

Loved every video and speaker in the auditorium, it was very practical and spectacular.

Rupikha V, Attendee



We believed in our hearts that it was critical, now more than ever, for increased connection, camaraderie, and human interactions. Initially, we had to strip the festival down to an audio-visual experience and it became accessible only to those who are digitally connected. However, as time passed, the vaccine development opened up the possibility of a hybrid event. This was extremely exciting to us, because we were able to include several orphanages, senior citizen homes and other under-served communities in our attendees. This gave us a chance to organize a group screening for them with Actor & Producer, Abhishek Bachchan! The Festival was unique because it addressed an aspect of life which is neutral to age, gender, professional field & industry. It created an impact on the personal and professional lives of youth and grown-ups alike!

. **IKF** Impact Report 2021/8 **IKF** Impact Report 2021/9

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IKF 2021 SPEAKERS AND PANELISTS



Abhishek **Bachchan** Actor, Producer



Annabel **Daly** Director - Researcher Marketing Oxford **University Press**



Anthony **Febo** Poet, Teaching Artist



Arnab **Goswami** MD & Editor-in-Chief, Republic Media Network



Pratik Gauri DreamTank NextGen Innovation Fellow



EVENT NCHORS

Venkat

Rajesh Setty Serial Entrepreneur



Rajiv Lochan Director, Sudaram Finance Ltd



Hariprakash

Ranganathan Thota CEO & Founder, Fuel-a-Dream



Basu **Shanker** Ex-Head Strength & Conditioning Coach Indian Cricket Team



Erinda Shah Founder & MD MHFA India



S.**Gurumurthy** Chartered Accountant, Editor - Tughlak



Graham Maxwell **Bubbleologist**



Ravi Krishnan Co-founder, Stepathlon



Ronald **Riggio** Professor, Organizational **Psychology**



Ruchi Mohunta Clarity Coach



Sanjuktha M **Animal Communicator** & Energy Healer



Heidi Cuppari Founder & Executive Director, Dream Tank



Jennie Kristel **Expressive Arts Therapist**



Kiran Khalap **Brand Consultant** (chlorophyll.in)



Lalitha K. Former Head of NCW



Dr Shanthie **D'Souza** Defence & Strategic Studies Expert



Shweta **Katti UN Youth Courage Award Winner**



Sonal Kapoor Director, Protsahan **Indian Foundation**



Longest Held Al- Qaeda Captive



Mahesh **Bhupathi** Multiple Grand Slam Winner



Mariel Wilk Mindfulness/ Kindness Teacher



Maya **Soni** Member, PeriFerry



Nandini Murali Author



Swapna **Shetty** Healer



Tim **Disney Philanthropist**



Vikram Sridhar Performance Storyteller



Author, Leadership & Executive Coach



Nicole **Dreiske Author & Educational** Innovator



Nithya Shanti Spiritual Teacher



Nivedha RM CEO & Founder, Trashcon Labs



Payal Kapoor **Disability Inclusion** Evangelist



Yamuna Sastry Founder, CabDost



Yash Tiwari Youth Mentor & **Public Speaker**



Zakira Shaikh Acid Attack Survivor

THE FESTIVAL **EXPERIENCE**

The Festival was divided into three overarching themes - Global, Local & Self. We explored kindness, compassion and empathy through these lenses:



LEARN

Speaker Sessions
Debates
Kindness Speaks
Interactive Workshops
Fireside Chat
Panel Discussions



ENGAGE

Mentorship Cells

Kindness Pillar of Support
Global Networking
Opportunities
Exhibitor Expo



EXPERIENCE

Daily Auctions
Virtual Art Gallery
Musical Performances
Quiz
Gaming
Scavenger Hunt
Wind-down with reputed
DJ's





Talks, Interviews & Fireside Chats

Attendees tuned into thought-provoking and inspiring stories of changemakers from all over the world and listened to them shed light on the various facets of kindness. Topics explored included:

- 1. Abhishek Bachchan Parent, mentor, friend and guide: The many roles of a modern man
- 2. Annabel Daly Goal-setting from the inside out: Building goals that work for you to help the wider world
- 3. Basu Shanker Embrace the rat race: A realist's approach to tough love and winning the game of life
- **4. S. Gurumurthy** Building empathic social equity for a nation
- **5. Jennie Kristel** What makes you storm: Kindness in the face of hidden anger
- Lalitha Kumaramangalam Shakti unleashed:
 Be yourself. Love yourself. Don't apologise.
- 7. Nandini Murali Left behind: Surviving suicide loss
- **8.** Nicole Dreiske Screen smart: Re-humanizing the way we use technology
- Nithya Shanti (Keynote) Connection before correction: The journey from frustrating to fulfilling relationships
- **10. Payal Kapoor** The power of humanity: Through my eyes
- 11. Rajesh Setty The Art of fierce kindness
- **12. Rajiv Lochan** Reflections from my experiments with truth-telling
- 13. Ravi Krishnan Empathy and health: A modern approach to Well-being



- 14. Ronald Riggio What does good leadership look
- 15. Stephen McGown & Dr. Shanthie D'Souza 6 years with Al-Qaeda: The Stephen McGown story
- 16. Shweta Katti Kranti: A revolutionary story of compassion from Mumbai's red-light district
- 17. Tim Disney (Keynote) Kindness as enlightened self interest
- **18. Vikram Sridhar** Volunteering: From the self to selfless of being kind
- **19. Vinay Kumar** Angry no more: From hurt to health through forgiveness
- **20. Zakira Shaikh** The million dollar smile: An empowering story of resilience and survival
- **21. Mahesh Bhupathi** The role of empathy in sporting friendships
- 22. Heidi Cuppari & Pratik Gauri Gamification, entrepreneurship and innovation to improve our world





2 Workshops

Probing and interactive workshops with thought-leaders, who equipped attendees with actionable tools to affect change.

- Annabel Daly Using IKIGAI to discover your unique blueprint to set goals that work for you
- 2. Anthony Febo Peeling the layers of you
- 3. Nandini Murali Life after loss: Tools for transitioning through grief and loss
- 4. Nicole Dreiske Screen smart: Tools for igniting our humanity before using technology
- 5. Nithya Shanti The inner game of relationships: What I see in you, I evoke in you
- Payal Kapoor Corporate sensitizing workshop: Including disabled people in the workforce
- 7. Rajesh Setty The fierce kindness workshop
- 8. Vikram Sridhar The art and science of stories and storytelling

- **9. Vinay Kumar** Leadership workshop: The power of perspective & positive mindset
- 10. Sanjuktha M An introduction to inter-species communication
- 11. Ranganathan Thota Crowdfunding: An act of selfless service
- **12. Erinda Shah** The power of good mental health for a kinder society
- 13. Mariel Wilk Mindfulness for teachers:
 Building a mindfulness practice to survive and
 thrive in the school year
- 14. Swapna Shetty Meditation therapy



Mariel Wilk



Anthony Feb



Nandini Mura



Rajesh Setty

44

First of all, thank you for organising such an amazing virtual session on such an important topic. The speakers blew my mind and I was honestly stuck when it came to choosing workshops because all of them seem incredible! Kudos to the organising team. I was wondering if it is possible to receive the recordings of the various speakers during their sessions? This is because I could not attend quite a few of them and would really appreciate it if I could have access to them.

Tayyiba Sheriff, Participant (Interviews & Workshops)

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Thank you so much for the opportunity! I really loved the entire thing. It was a learning experience more than anything else and I'm really really grateful.

Trisha Rath, Participant (Kindness Speaks)

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I think it was one of the best experiences in a virtual set-up with so much choice and flexibility

Sajida, Participant
(Kindness Speaks & Speaker Sessions)

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Panel Discussions

Lively & expert panel discussions and conversations which broke stereotypes and addressed the philosophy of kindness.

Kindness Or Disguised Selfishness? Reflections of a Branding Legend

Kiran Khalap in conversation with Sonal Kapoor, Nivedha RM, Yamuna Sastry



Arnab's Views on World News - The Youth Want To Know

Arnab Goswami in conversation with Tarasha Dugar, Anjali Bodempudi, Anam Reddy, Tejas Negeshwaran



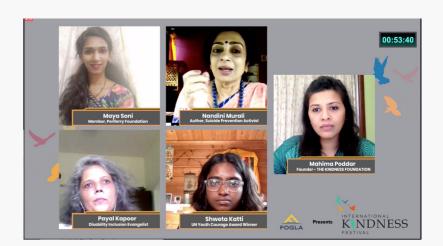
The content was amazing and very informative. It was very well organized. C. Rajendra, Attendee (Panel Discussion)

"You can sit with me" - Examining Tolerance, **Acceptance and** Inclusion

Mahima Poddar in conversation with Shweta Katti, Payal Kapoor, Nandini Murali, Maya Soni

Gamification, **Entrepreneurship and Innovation to Improve** our World

Heidi Cuppari & Pratik Gauri in conversation with Mahima **Poddar**





Kindness Speaks

The 6 winners from the virtual Speech Contest held in honor of World Kindness Day 2020 let their kindness speak, and presented their speeches LIVE at IKF 2021.

Lovely to hear the children from across schools. Really had goosebumps. Great initiative!

> Minu Antony, PYP Coordinator **Alphabet International School**

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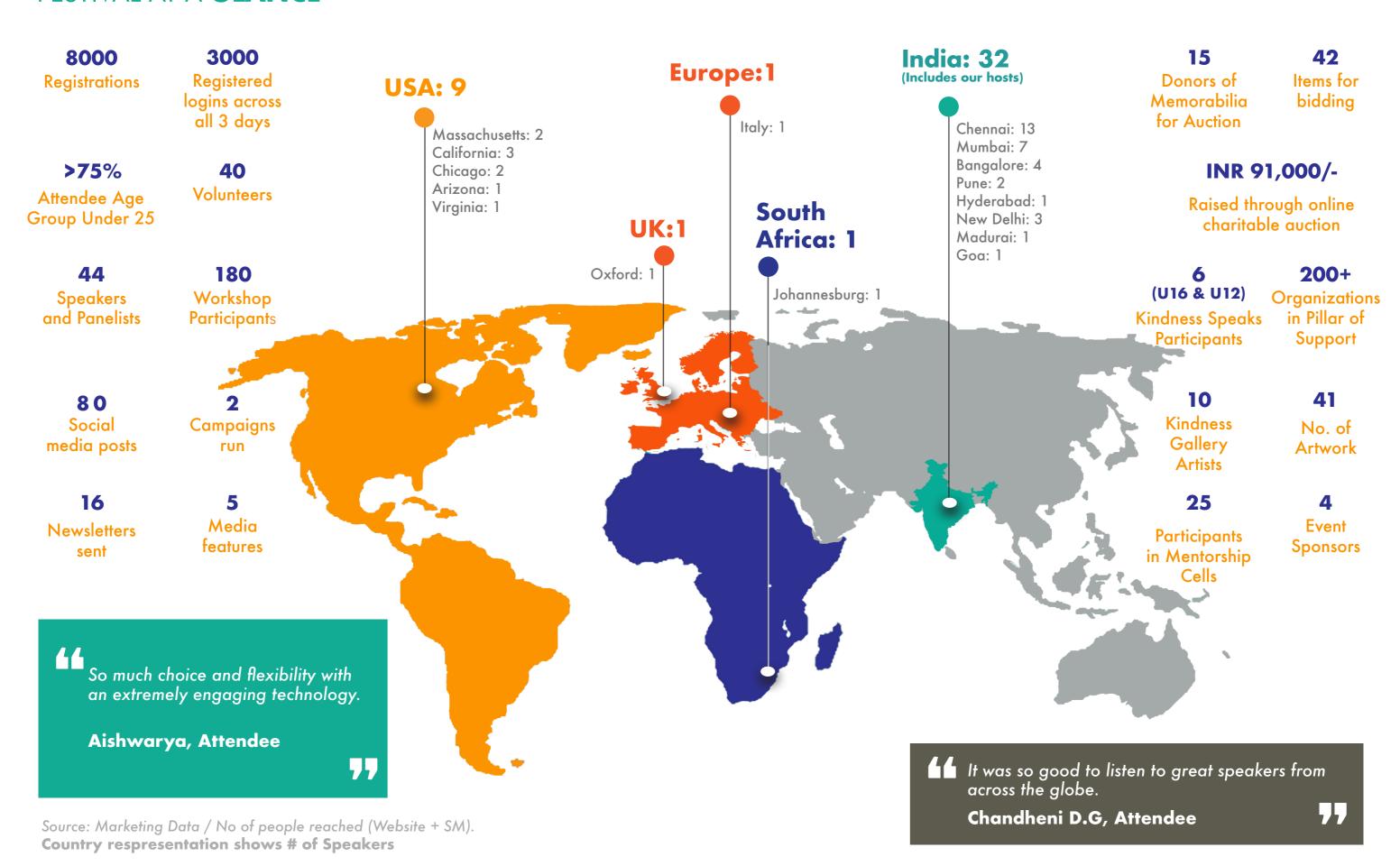


Pillar of Support

The Festival saw the launch of the KINDNESS PILLAR of SUPPORT - a curated directory of non-governmental support services with direct access to their helplines. Volunteers were available to guide visitors through the listings to identify the appropriate matches for their requirement.



FESTIVAL AT A GLANCE



Kindness After-hours and Bubble Show

To wind down each at IKF 2021, we had some of the most sought after DJs - DJ Skip, DJ Sean Antony & DJ Manny, entertain attendees with high-energy live music and sets.



Mentorship Cells

At IKF 2021, our aim was to connect experts from various fields to the youth, to share their advice and experience. We had 2 mentorship cells being run in parallel by:

- 1. Ruchi Mohunta Clarity Coach, on "Helping the youth learn practical life skills, for enhanced performance at the workplace."
- 2. Yash Tiwari Youth Mentor and Public Speaker on "The Five-Year Plan - An introspective workshop for figuring out your life-journey by realising your true potential and innate capacities."



PRESS MENTIONS

The Kindness Foundation's work, and the International Kindness Festival have been widely covered in regional and national print media.



The Kindness Foundation donates two buses with O2 concentrators to Stanley

EXPRESS TAMIL NA TIM DISNEY, MAHESH BHUPATHI AND THE PURSUIT OF KINDNESS

KINDNESS foundation IKF-2021 FAMILY, FEAR,

EMPATHY, AND **KINDNESS**

Tweet

Tamil Nadu Prof Congress

Thank you, @mahimapoddar, for yesterday's panel discussion on Child Sexual Abuse & Women's Safety. Your call for everyday kindness towards building fuller humanness resonates with us all.





12-42 PM - 15 Oct 18

Kindness Week to spread cheer

8

Online Charitable Auction

As a part of the festival experience, a charitable online auction was exclusively curated for us by Sunitha Chakravarthi and Shefali Khatri, and hosted by Ashvita Auctions. Changemakers and achievers from different fields donated several of their personal items for bidding! We had memorabilia from:

- 1. Ajith Kumar, Actor
- 2. Krishnamachari Srikkanth, Cricketer
- 3. Vishwanathan Anand, World Chess Champion
- 4. Mahesh Bhupathi, Multiple Grand Slam Winner
- 5. Yuvan Shanker Raja, Music Director
- Ritika Arya Jain & Minnie Menon, Design Gurus
- Shamlee, S. Saravanan, Diana Sathish, Geeta Sriprakash, Saraswati Renata, Hemalatha, & Shirin Watwani (Prominent Artists)
- 8. Ciclo Cafe
- 9. Aishwarya Srikkanth, Art & Antiques Curator



CURATED BY: Shefali Khatri

Sunitha Chakravarthi

HOSTED BY:
Ashvitas Auctions



KNDNESS

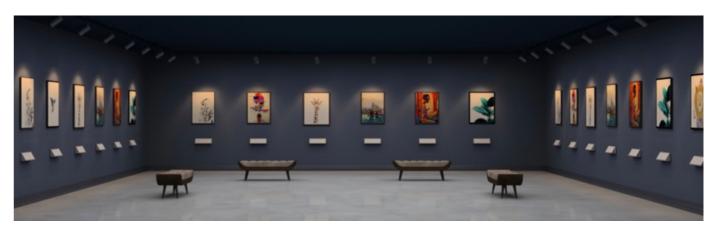


9 Gaming

IKF 2021 was slated to be an informal, exciting, engaging, enjoyable and relaxed experience, with a host of diverse events. We had interactive gaming experiences from Ceekr (Discover your Kindness Quotient) and Yein Udaan (Survive COVID).

10 Kindness Gallery

A virtual showcase of meaningful and kindness-inspiring artwork from artists across all age groups and from around the country!



Networking Lounge

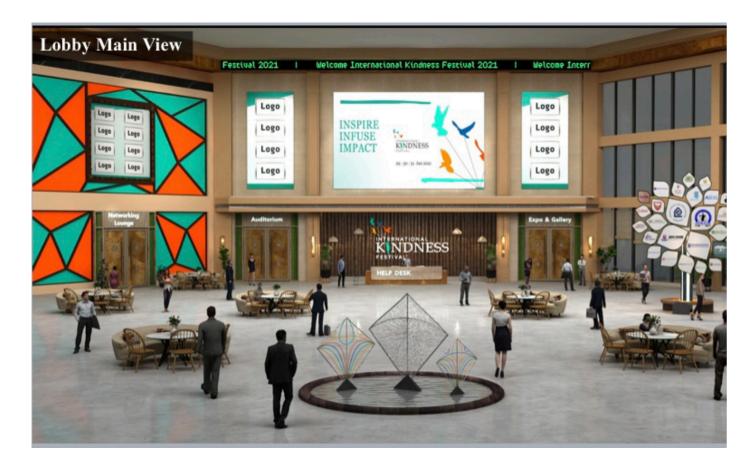
Attendees were able to engage and carry on conversations with speakers, hosts & other like-minded people from all over the world, as a group or one on one, in two different chat spaces.



12 The Platform

A glimpse into the visually rich and interactive 3D virtual platform, exclusively created for IKF 2021, which provided attendees with an unparalleled immersive experience.





KEY TAKEAWAYS BY FESTIVAL ATTENDEES...

- To respect people and bring about an inclusive society."
- I learnt how to face our struggles and problems with a brave face, and how self confidence and self love can boost oneself."
- That kindness no matter where can be done. It is hard in some circumstances but can be personal, but you can never know whom you end up helping really!"
- Gratitude is an important pillar in today's harsh world we live in."
- The key takeaway would be that kindness is often associated with weakness which it actually isn't. Being kind requires certain amount of courage and a will to uplift others in need."
- Patience, perseverance and good listening skills."
- Importance of empathy. Right vs. right dilemmas. People need love the most when they deserve it the least."
- A great impact on me personally."

LOOKING AHEAD

The next edition of the International Kindness Festival is all set to take place in a hybrid format in September of 2022! Leading up to it, we have an exciting line-up of mini-festivals that will break down the larger conversation into specific themes. We look forward to engaging you in a bi-monthly deep dive into bite sized short talks and debates on the following themes:

- The role and impact of STEM (Science, Technology, Engineering, and Math) on Kindness
- 2. The Spirituality Edition
- 3. Teach Kindness Education Edition

- 4. Ideas, Philosophies and the Ethics of Kindness
- 5. Social Activism Kindness in Action
- 6. Social Economics and Social Investing
- 7. Arts and Artistry The voice of Artistic License to paint Kindness.

The Kindness Foundation continues to run it's annual events, programs & workshops like The Kindness Week, Kind Campus, Kindness Vouchers, Kindness All-In, The Kindness Brigade, Kindness Speaks, Kindness Canvas, Child Abuse Awareness & Prevention Workshops, Modules on Empathy Building, Emotional Safety, Compassionate Communication, and more.



JOIN US

We believe that a collective effort can go a long way in making a greater impact.

The Kindness Foundation's vision and mission has been amplified over the last few years, owing to the faith placed in us by our generous donors, partners, volunteers and other like-minded individuals. If you would like to support us in our mission to create compassionate communities worldwide, you can do so in a number of ways.









SUPPORT OUR CAUSE

The Kindness Foundation seeks to forge strategic partnerships with companies & individuals who share our value system and vision to create an impact. We are actively seeking sponsors & partners to support us in bringing this vision to life.

Volunteer with us

Our volunteer opportunities range from event planning, fundraising & outreach work to social media, design & other key areas. If you have time to give and the commitment to bring about change, get in touch with us to find out how you can become a Foundation volunteer.

Contact us

- partner@thekindnessfoundation.in
- (i)/thekindnessprojectinyou
- f /thekindnessprojectinyou
- **₩**@TKPinYOU
- ****+91.93445 02996

We are extremely proud of our association with The Kindness Foundation for its flagship International festival. It was truly rewarding to experience all the kindness together in one place, well organised and thoroughly enjoyable. We plan to be back!

Ms. Neeta Agarwal
Head of CSR, Fogla Group of
Industries

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ACKNOWLEDGEMENTS

The Kindness Foundation would like to thank all of the sponsors, partners, volunteers, and community supporters who helped make The International Kindness Festival 2021 a success.

The Committee would also like to express its gratitude to the individuals who played key roles in conducting research, drafting, and designing this report, as well as acknowledge the interns who captured the spirit and energy of the International Kindness Festival 2021.

Extended Team

Swathi Ami Sakhi Pandey Poorna Sapna Karthik Sunitha Chakravarthi Shefali Khatri

Event Partner

SPI EDGE: Guruprasad. Pranshu

RIGGER HOUSE (Production): Machaiah, Mukesh, Rahul, Pranay, Ganesh

THE DIMAAG (Digital Marketina): Yuzdi FROZEN IRIS (Design):

Harish Venkatesh, Prannoy, Jagriti, Siri

TRULEAP VENTURES (Marketing Strategy: Shubho Broto Das

Music Artists (Kindness After Hours)

DJ Skip DJ Sean Antony DJ Manny

Event Anchors

Suresh Venkat Vasanthi Hariprakash

Auction Partners

Shefali Khatri Sunitha Chakravarthi Ashvitas Auctions

CSIM (Sponsor): Banu, Latha Coaching the Children of Kindness Speaks

Shaan Katari Libby (AtoZee Creativity)

Gaming Partners

Vedika Agarwal (Surviving Covid)

Ankur, Sona, Nikhil, Shivani (CEEKR) for developing the Kindness Quotient game

Festival Logo Design

Jivesh Goenka, 78 Design

Festival Video

Smudge

Festival Film Shots

ICMC Media Centre

Volunteers

Aadhi Jayaseelan Meenu A. Rahul Baiai Shruthi Thonooli Hari, Shakti, Arun

Special Mention

Principal of MOP Vaishnav College: Dr. Lalitha Balakrishnan Staff & students of the Department of Sociology, MOP Vaishnav College Student Volunteer Coordinator - Srinidhi

SPONSORS AND **PARTNERS**

The Kindness Foundation is grateful to the many sponsors and partners who have enabled us to accomplish so much in the year 2020-21.

SPONSORS

IKF 2021 would not have been possible without the support of those who placed their full faith in us, and in our vision. A heartfelt thank you to Fogla Corp - our Title Sponsor, Janajal, CSIM & Adroit, for helping us move forward in our journey to create a kinder world!









PARTNERS



Curation Partner



Design Partner







Production Partner

Digital Marketing Partner

CORE **TEAM**



Mahima Poddar Founder and Managing Trustee



Antara Pandit Partnerships and Community Engagement



Mayuka Goenka Partnerships and Institutional Giving



M. Mahadevan Senior Trustee



Radha Rathi Creative Head



Ratheesh Krishnan Curator

INTERNATIONAL KINDNESS FESTIVAL 2021

IMPACT REPORT



VERSION 1.0: JULY 2021

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