

Forming Cordial and Amiable Terms and Relationships with others: Vital in Promoting Well-being

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Article Received: 18-January-2025, Revised: 08-February-2025, Accepted: 28-February-2025

ABSTRACT:

From the stage of early childhood, throughout the lives of the individuals, they need to form cordial and amiable terms and relationships with family and community members. For this purpose, one needs to be well-informed in terms of various factors, i.e. implementing effective communication processes; making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. As a consequence of acknowledging and implementing all these factors in personal and professional lives, one will contribute in an effective manner in forming cordial and amiable terms and relationships with family and community members. Furthermore, it is necessary for individuals to be well-informed in terms of traits of morality, ethics, diligence and conscientiousness. These need to be reinforced in order to carry out all types of tasks and activities in a satisfactory manner. The individuals cannot live their lives in seclusion and loneliness. Hence, in order to lead to progression, it is necessary for individuals to reinforce cordiality and amiability in terms and relationships with individuals in both personal and professional spheres. Therefore, it is well-understood, forming cordial and amiable terms and relationships with others is vital in promoting well-being. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of forming cordial and amiable terms and relationships with others, measures to be implemented in forming cordial and amiable terms and relationships with others and advantages of forming cordial and amiable terms and relationships with others.

Keywords: *Amiable, Cordial, Individuals, Job Duties, Methodologies, Relationships, Terms, Well-being*

INTRODUCTION:

The individuals are different from each other in terms of number of factors, i.e. castes, creeds, races, religions, ethnicities, genders, age groups, cultures, educational qualifications, occupations, communities and socio-economic backgrounds. In spite of these differences, they have one of the major goals of bringing about improvements in their overall quality of lives. Hence, they need to form cordial and amiable terms and relationships with family and community members. The community members include, friends, neighbours, educators, employers, classmates, colleagues and service providers (Hill, Sumner, & Burrow, 2014). There are number of job duties and responsibilities, which are put into operation on an individual basis, whereas, there are others, which are implemented through working in collaboration and integration with family and community members. Hence, reinforcement of cordiality and amiability in terms and relationships will stimulate the mind-sets of the individuals towards doing well in one's job duties and generating desired outcomes. As a consequence, one will be able to incur the feelings of pleasure and

contentment. Therefore, reinforcing cordiality and amiability is regarded to be of utmost significance.

The communication processes are required to be put into operation in a well-ordered and regimented manner with family and community members. These are the key in augmenting information and understanding in terms of various subjects and concepts; exchanging ideas and viewpoints; obtaining answers to all types of questions that are overwhelming and clarifying doubts in terms of various subjects and concepts (Interpersonal Communication, 2020). Furthermore, one needs to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. The communication takes place in a verbal and written form. Verbal communication takes place face to face, phone or video-calling, whereas, written communication takes place through exchanging messages and emails. Hence, within personal and professional lives of the individuals, these are required

to be put into operation in a satisfactory manner. Therefore, it is understood on a comprehensive basis that implementing effective communication processes is essential in forming cordial and amiable terms and relationships with others.

Understanding the Meaning and Significance of Forming Cordial and Amiable Terms and Relationships with others:

It is understood on a comprehensive basis that individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of problems and challenging situations. The different aspects in terms of which these take place are, households responsibilities, education, employment opportunities, careers, health, well-being, family, relationships, settlement, assets, property, and overall living conditions. The different types of problems and challenging situations are solved on one's own or through obtaining assistance from family and community members. Hence, it is of utmost significance for individuals to depict the traits of helpfulness and co-operation. These traits are considered to be vital in reinforcing cordiality and amiability in terms and relationships with all individuals.

The individuals make efforts to solve all types of problems and challenging situations on their own. When they are unable to solve these, they are required to take help from family and community members. When the individuals are depicting the traits of helpfulness and co-operation, they will acquire appreciation and reverence from others. The family members and individuals within all types of professional settings, i.e. educational institutions of all levels and in various types of employment settings feel pleased, when they experience the traits of helpfulness and co-operation from others. As a consequence, one will render an important contribution in reinforcing cordiality and amiability in terms and relationships. Therefore, individuals are able to acquire an efficient understanding of the meaning and significance of forming cordial and amiable terms and relationships with others, when traits of helpfulness and co-operation are depicted.

The individuals are required to possess an approachable nature and an amiable attitude. The traits of approachability and amiability are the ones, which are considered vital in forming cordial and amiable terms and relationships with other individuals within and outside the homes, i.e. family and community members. In some cases, the individuals are occupied in their tasks and activities and are not able to attend to the concerns of others. In such cases, when they are approached, they need to decline in a polite and respectful manner. Furthermore, one needs to ensure that others are not hurt. Hence, within personal and professional lives of the individuals, they need to reinforce the traits of amiability and approachability.

Furthermore, these are required to be put into operation in a well-ordered and disciplined manner. The individuals in this manner are able to reinforce contacts with family and community members.

The family members and individuals within all types of professional settings, i.e. educational institutions of all levels and in various types of employment settings feel pleased, when they experience the traits of approachability and amiability from others. Furthermore, one will contribute in an effective manner in incurring the traits of pleasure and contentment. In addition, one will be able to please others in doing well in one's tasks and in generating desired outcomes. As a consequence, one will render an important contribution in reinforcing cordiality and amiability in terms and relationships. Therefore, one is able to acquire an understanding of the meaning and significance of forming cordial and amiable terms and relationships with others, when traits of approachability and amiability are reinforced.

The individuals from the stage of early childhood, throughout their lives are required to inculcate the traits of morality and ethics. These are the traits, which are facilitating in augmenting information in terms of various factors, i.e. differentiating between various types of appropriate and inappropriate factors; reinforcing a constructive approach; forming positive viewpoints in terms of various factors and individuals; leading to up-gradation of motivation and concentration levels; augmenting different types of skills and abilities; promoting a normal mind-set; coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; putting in efforts to one's best abilities; possessing the abilities to work under stress; promoting family and community well-being and carrying out all types of tasks and activities in an adequate manner. These factors are to be acknowledged and implemented in personal and professional lives of the individuals.

As a consequence, one will be able to contribute in an effective manner in meeting the expectations of individuals within and outside the homes. This is considered to be one of the essential ways of incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals in an effective manner. Furthermore, one will be able to render an important contribution in reinforcing cordiality and amiability in terms and relationships with family and community members. Therefore, an understanding of the meaning and significance of forming cordial and amiable terms and relationships with others is acquired, when traits of morality and ethics are strengthened.

Measures to be implemented in Forming Cordial and Amiable Terms and Relationships with others:

An aimless life is a meaningless life. Hence, individuals, belonging to all occupations, communities and socio-economic backgrounds have different types of goals and objectives to achieve. The various factors in terms of which these are formulated are, education, employment opportunities, careers, resources, assets, property, family, relationships, settlement, health, well-being, skills, abilities, travelling, personality traits and overall standards of living. The individuals are required to be well-informed in terms of strategies, which are facilitating in achievement of all types of goals and objectives. Furthermore, there are some job duties and responsibilities, which are implemented on an individual basis, whereas, there are others, which are implemented through working in collaboration and integration with others, including family and community members. Hence, it is of utmost significance for others to form cordial and amiable terms and relationships with individuals within and outside the homes (How to Handle a Personal Relationship at Work, 2020).

Throughout one's lives, one needs to be well-informed in terms of measures to be implemented in forming cordial and amiable terms and relationships with others. All types of measures are required to be implemented in a well-organized and regimented manner. Furthermore, positivity needs to be reinforced in all types of measures. One of the important aspects that needs to be taken into account is, these need to be favourable to individuals and others. The family members within homes and educators within schools are vested with the authority and responsibility of imparting information in terms of all these measures. Furthermore, the up-gradation of listening skills is facilitating in acknowledging and implementing all these measures. Therefore, measures to be implemented in forming cordial and amiable terms and relationships with others are stated as follows:

Implementing Effective Communication Processes

The communication processes are required to be put into operation in a well-ordered and regimented manner with family and community members. These are the key in augmenting information and understanding in terms of various subjects and concepts; exchanging ideas and viewpoints; obtaining answers to all types of questions that are overwhelming and clarifying doubts in terms of various subjects and concepts. Furthermore, one needs to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information; reinforcing the traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. Furthermore, the communication ethics need to be

acknowledged and reinforced within and outside the homes.

The communication takes place in a verbal and written form. Verbal communication takes place face to face, phone or video-calling, whereas, written communication takes place through exchanging messages and emails. Hence, within personal and professional lives of the individuals, these are required to be put into operation in a satisfactory manner. As a consequence, cordiality and amiability is reinforced in terms and relationships. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in forming cordial and amiable terms and relationships with others.

Depicting the Traits of Helpfulness and Co-operation

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of problems and challenging situations. The different aspects in terms of which these take place are, households responsibilities, education, employment opportunities, careers, health, well-being, family, relationships, settlement, assets, property, and overall living conditions. The different types of problems and challenging situations are solved on one's own or through obtaining assistance from family and community members. Hence, it is of utmost significance for individuals to depict the traits of helpfulness and co-operation. These traits are considered to be vital in reinforcing cordiality and amiability in terms and relationships with all individuals within personal and professional lives.

The individuals make efforts to solve all types of problems and challenging situations on their own. When they are unable to solve these, they are required to take help from family and community members. When the individuals are depicting the traits of helpfulness and co-operation, they will acquire appreciation and reverence from others. The family members and individuals within all types of professional settings, i.e. educational institutions of all levels and in various types of employment settings feel pleased, when they experience the traits of helpfulness and co-operation from others. As a consequence, one will render an important contribution in reinforcing cordiality and amiability in terms and relationships. Therefore, depicting the traits of helpfulness and co-operation is one of the significant measures to be implemented in forming cordial and amiable terms and relationships with others.

Possessing an Approachable Nature and Amiable Attitude:

The individuals are required to possess an approachable nature and an amiable attitude. The traits of approachability and amiability are the ones, which are considered vital in forming cordial and amiable terms and relationships with other individuals within

and outside the homes, i.e. family and community members. In some cases, the individuals are occupied in their tasks and activities and are not able to attend to the concerns of others. In such cases, when they are approached, they need to decline in a polite and respectful manner. Furthermore, one needs to ensure that others do not get offended. Hence, within personal and professional lives of the individuals, they need to reinforce the traits of amiability and approachability. Furthermore, these are required to be put into operation in a well-ordered and disciplined manner. The individuals in this manner are able to reinforce contacts with family and community members (How Approachable Are You? 2020).

The family members and individuals within all types of professional settings, i.e. educational institutions of all levels and in various types of employment settings feel pleased, when they experience the traits of approachability and amiability from others. Furthermore, one will contribute in a satisfactory manner in incurring the traits of pleasure and contentment. In addition, one will be able to please others in doing well in one's job duties and in achieving desired goals. As a consequence, one will render an important contribution in reinforcing cordiality and amiability in terms and relationships. Therefore, possessing an approachable nature and amiable attitude is an expedient measure to be implemented in forming cordial and amiable terms and relationships with others.

Inculcating the Traits of Morality and Ethics:

From the stage of early childhood, throughout their lives, individuals are required to inculcate the traits of morality and ethics. These are the traits, which are facilitating in augmenting information in terms of various factors, i.e. differentiating between various types of appropriate and inappropriate factors; reinforcing a constructive approach; forming positive viewpoints in terms of various factors and individuals; leading to up-gradation of motivation and concentration levels; augmenting different types of skills and abilities; promoting a normal mind-set; coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; putting in efforts to one's best abilities; possessing the abilities to work under stress; promoting family and community well-being and carrying out all types of tasks and activities in an adequate manner. These factors are to be acknowledged and implemented in personal and professional lives of the individuals.

As a consequence, one will be able to contribute in an effective manner in meeting the expectations of individuals within and outside the homes. This is considered to be one of the essential ways of incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other

individuals. Furthermore, one will be able to render an important contribution in reinforcing cordiality and amiability in terms and relationships with family and community members. Therefore, inculcating the traits of morality and ethics is an eminent measure to be implemented in forming cordial and amiable terms and relationships with others.

Implementing the Traits of Diligence, Resourcefulness and Conscientiousness:

Throughout the lives of the individuals, they need to acknowledge and implement the traits of diligence, resourcefulness and conscientiousness. These are the traits, which are facilitating in augmenting information in terms of various types of job duties and responsibilities; generating information regarding different types of methodologies and procedures; utilizing modern, scientific and innovative methods and materials in tasks and activities; leading to up-gradation of motivation and concentration levels; augmenting different types of skills and abilities; putting in efforts to one's best abilities; possessing the abilities to work under stress; overcoming all types of setbacks; providing solutions to various types of problems and carrying out all types of tasks and activities in an adequate manner. These factors are to be acknowledged and implemented in personal and professional lives of the individuals.

As a consequence, one will be able to contribute in an effective manner in meeting the expectations of individuals within and outside the homes. This is considered to be one of the essential ways of incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is a renowned measure to be implemented in forming cordial and amiable terms and relationships with others.

Reinforcing the Traits of Efficiency, Honesty and Truthfulness:

Within personal and professional lives of the individuals, they need to reinforce the traits of efficiency, honesty and truthfulness. These are considered to be essential in forming cordial and amiable terms and relationships with others. As a consequence, one will contribute in an effective manner in carrying out tasks and activities in accordance to the expectations of family and community members. In other words, within personal and professional lives of the individuals, these traits are regarded to be of utmost significance in doing well in all types of job duties and responsibilities. As a

consequence, one will render an important contribution in making others feel pleased.

Furthermore, one will contribute in an effective manner in incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Hence, it is understood on a comprehensive basis that these traits are regarded as worthwhile in acknowledging the meaning and significance of cordiality and amiability. Therefore, reinforcing the traits of efficiency, honesty and truthfulness is a vital measure to be implemented in forming cordial and amiable terms and relationships with others.

Being well-informed regarding Job Duties and Responsibilities:

The individuals, belonging to all occupations, communities and socio-economic backgrounds need to be well-informed in terms of various types of job duties and responsibilities. These are manageable and complicated; these are implemented in less amount of time or can be more time-consuming and these are carried out on one's own or through working in collaboration and integration with family and community members. Furthermore, one needs to be well-informed in terms of various types of methodologies and procedures. These are referred to the ways of carrying out all types of job duties and responsibilities in a well-organized and disciplined manner. All these are required to be implemented in a well-ordered manner. Furthermore, positivity needs to be reinforced in all types of methodologies and procedures. One of the important aspects that needs to be taken into account is, these need to be favourable to individuals and others.

Furthermore, one will contribute in an effective manner in incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Hence, it is understood on a comprehensive basis that generation of information in terms of different types of job duties and responsibilities is regarded as essential in promoting well-being and goodwill of oneself and others. Therefore, being well-informed regarding job duties and responsibilities is a crucial measure to be implemented in forming cordial and amiable terms and relationships with others.

Being well-aware of Methodologies and Procedures:

The individuals in all occupations and fields are to be well-informed in terms of various types of methodologies and procedures. These are referred to the ways of carrying out all types of job duties and responsibilities in a well-organized and disciplined manner. All these are required to be implemented in a well-ordered manner. Furthermore, positivity needs to be reinforced in all types of methodologies and procedures. One of the important aspects that needs to be taken into account is, these need to be favourable to individuals and others. In other words, these need to be facilitating in generating desired outcomes.

Furthermore, one will contribute in an effective manner in incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Hence, it is understood on a comprehensive basis that generation of information in terms of different types of methodologies and procedures is regarded as meaningful in promoting well-being and goodwill of oneself and others. Therefore, being well-aware of methodologies and procedures is a decisive measure to be implemented in forming cordial and amiable terms and relationships with others.

Utilizing Pioneering Methods and Materials:

With advancements taking place and with the advent of modernization and globalization, one needs to be well-informed in terms of various types of pioneering methods and materials. These are referred to utilization of different types of tools, devices, apparatus, equipment, machinery and technologies. One needs to acquire an efficient understanding of the concepts. Furthermore, one needs to get engaged in regular practice. This is facilitating in augmenting information in terms of different types of pioneering methods and materials. In addition, one needs to hone confidence levels and overcome the feelings of apprehensiveness and vulnerability. One of the important aspects that needs to be taken into account is, these need to be facilitating to individuals and others. In other words, these need to be assisting in achieving desired goals.

Furthermore, one will contribute in an effective manner in incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Hence, it is understood on a comprehensive basis that generation of information in terms of different types of pioneering methods and materials is regarded as

worthy in promoting well-being and goodwill of oneself and others. Therefore, utilizing pioneering methods and materials is an imperative measure to be implemented in forming cordial and amiable terms and relationships with others.

Putting in Efforts to one's Best Abilities:

It is understood on a comprehensive basis that the individuals, belonging to all occupations, communities and socio-economic backgrounds experience various types of dilemmas and challenging situations. The different aspects in terms of which these take place are, job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, unawareness in terms of various factors, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. The influence of various types of dilemmas and challenging situations is experienced in a major or minor form. Hence, one needs to acknowledge and implement the measure of putting in efforts to one's best abilities. This measure is facilitating in providing solutions to different types of dilemmas and challenging situations in an adequate manner.

Furthermore, one will contribute in an effective manner in incurring the feelings of pleasure and contentment among other individuals. In addition, one will please others and acquire appreciation and reverence from other individuals. Furthermore, one will be able to render an important contribution in strengthening cordiality and amiability in terms and relationships with family and community members. Hence, it is understood on a comprehensive basis that this measure is facilitating in promoting well-being and goodwill of oneself and family and community members. Therefore, putting in efforts to one's best abilities is a useful measure to be implemented in forming cordial and amiable terms and relationships with others.

Advantages of Forming Cordial and Amiable Terms and Relationships with others:

From the stage of early childhood, throughout the lives of individuals, they need to understand that beyond their homes also there is a world, with which they are required to communicate with. In other words, apart from family members, community members are also important. In order to lead to progression, it is necessary to form cordial and amiable terms and relationships with family and community members. Hence, communication processes are required to take place with them in an effective manner (Introducing Group Principles and Practices, n.d.). Forming cordial and amiable terms and relationships with others, including family and community members is considered to be advantageous to a major extent.

Therefore, advantages of forming cordial and amiable terms and relationships with others are, honing motivation and concentration levels; promoting enhancement of career prospects; leading to up-gradation of overall personality traits and bringing about improvements in one's overall quality of lives. These are stated as follows:

Honing Motivation and Concentration Levels:

Within personal and professional lives, there are some job duties and responsibilities, which are implemented on an individual basis, whereas, there are others, which are implemented through working in co-ordination with family and community members. Hence, in order to carry these out in a well-ordered manner, meet the expectations of family and community members and generate desired outcomes, it is necessary to lead to up-gradation of motivation and concentration levels. As a consequence, mind-sets will be stimulated towards doing well in one's job duties and responsibilities. Furthermore, one will contribute in honing these levels, when one is forming cordial and amiable terms and relationships with others. The main reason being, one will have support and assistance available in carrying out all types of job duties and responsibilities in a satisfactory manner. Furthermore, all types of setbacks will be coped with in an effective manner. Therefore, honing motivation and concentration levels is regarded as one of the indispensable advantages of forming cordial and amiable terms and relationships with others.

Promoting Enhancement of Career Prospects:

Promoting enhancement of career prospects is one of the major goals of individuals, belonging to all occupations, communities and socio-economic backgrounds. In order to achieve this goal, one needs to be well-informed in terms of various types of job duties and responsibilities. Furthermore, one needs to be well-informed in terms of various types of methodologies and procedures. Some job duties and responsibilities are implemented on an individual basis, whereas, there are others, which are implemented through working in co-ordination with family and community members. Hence, being determined towards promoting enhancement of career prospects is facilitating in forming cordial and amiable terms and relationships with others, including family and community members. Therefore, promoting enhancement of career prospects is one of the significant advantages of forming cordial and amiable terms and relationships with others.

Leading to Up-gradation of overall Personality Traits:

Leading to up-gradation of overall personality traits is one of the major goals of individuals, belonging to all occupations, communities and socio-economic backgrounds. In order to achieve this goal, one needs

to be well-informed in terms of various factors, i.e. diet and nutrition, exercises and physical activities, yoga and meditation, education, skills, abilities, promoting a normal mind-set, treating different types of health problems and illnesses, forming an effective social circle, and promoting enhancement of overall standards of living. As a consequence of forming cordial and amiable terms and relationships with others, including family and community members, one will contribute in an effective manner in leading to up-gradation of overall personality traits. The main reason being, information is generated in terms of various factors. Therefore, leading to up-gradation of overall personality traits is an eminent advantage of forming cordial and amiable terms and relationships with others.

Bringing about Improvements in one's overall Quality of Lives:

Bringing about improvements in one's overall quality of lives is one of the major goals of individuals, belonging to all occupations, communities and socio-economic backgrounds. In order to achieve this goal, one needs to focus on various factors, i.e. education, employment opportunities, careers, skills, abilities, health, well-being, promoting a normal mind-set, treating different types of health problems and illnesses, forming an effective social circle, reinforcing a constructive approach and overall standards of living. As a consequence of forming cordial and amiable terms and relationships with others, including family and community members, one will contribute in an effective manner in leading to up-gradation of overall quality of lives. The main reason being, information is generated in terms of various factors. Therefore, bringing about improvements in one's overall quality of lives is an expedient advantage of forming cordial and amiable terms and relationships with others.

CONCLUSION:

Forming cordial and amiable terms and relationships with family and community members is essential. Measures to be implemented in forming cordial and amiable terms and relationships with others are, implementing effective communication processes, depicting the traits of helpfulness and co-operation, possessing an approachable nature and amiable attitude, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, reinforcing the traits of efficiency, honesty and truthfulness, being well-informed regarding job duties and responsibilities, being well-aware of methodologies and procedures, utilizing pioneering methods and materials and putting in efforts to one's best abilities. Advantages of forming cordial and amiable terms and relationships with others are, honing motivation and concentration levels; promoting enhancement of career prospects; leading to up-gradation of overall personality traits and bringing

about improvements in one's overall quality of lives. Finally, it can be stated, forming cordial and amiable terms and relationships with others is vital in leading to progression.

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