

Department of Physiology:

Dr A.N. Sinha

1. Attended Revised basic workshop on 9-11th oct, 2019 at Himalyan Institute of Medical Sciences, Dehradun, Uttrakhand State.
2. Attended Sensitiz
3. ation Programme on 12 oct, 2019 at Himalyan Institute of Medical Sciences, Dehradun, Uttrakhand State.
4. Attended Curriculum Implementation Support Programme o 14-16th, oct 2019 at Himalyan Institute of Medical Sciences, Dehradun, Uttrakhand State.
5. Attended Sensitization workshop on Family of International Classification of Diseases (ICD-10) held at Government Doon Medical College, Dehradun, Uttrakhand held on 07, Feb, 2020.

Department of Anatomy:

Dr.M.K. Pant

1. Chairperson, scientific session, during Annual National conference of clinical Anatomist held on 13-15 March, 2020 at NHL Medical College, Ahmadabad.
2. Participated at Annual conference of Anatomical Society of India, 67th NATCON held at Dr. Ambedkar International Center, New Delhi on 18th- 20 November, 2019.

Dr. Jolly Agarwal

1. Participated in the at Annual conference of Anatomical Society of India, 67th NATCON held at Dr. Ambedkar International Center, New Delhi on 18th- 20 November, 2019.

Department of Bio-chemistry:

S.No	Name	Appointment	CME Programs/ Conferences Attended
01	Dr. Onjal Taywade	Associate Professor	1. Four days training course on 'Inborn errors of metabolism and metabolic disorders' arranged by SSIEM Society for Study of IEM, 6-9 th January 2020, New Delhi.
02	Dr. Suman Kumari Pandey	Assistant Professor	1. IMA NATCON 2019, KOLKATA, 27-28 December 2019.

Department of ENT:

Dr. Ravindra Singh Bisht

1. Organizing Chairperson of **15th annual conference of uttarakhand state AOI** to be held in Govt. Doon Medical college
2. Attended International workshop on **Sharpen your Surgical Skills Head and Neck Oncology Course** at AIIMS Rishikesh in November on 13th-14th September.
3. Participated workshop **Curriculum implantation support program** at HIMS , jollygrant in May 2019 on 13th -15th .
4. Attended **14th annual conference of uttarakhand state AOI** at Ramnagar ,Nainital on 19th – 21st April .
5. Attended workshop **Current Trends in Papillary Carcinoma Of Thyroid** at HIMS , jollygrant .
6. Attended workshop **8th ENT update & Live Surgical workshop** at Maulana Azad Medical College & Lok Nayak Hospital , New Delhi .

Dr. Nitin Sharma

1. Attended Sensitization workshop on **FAMILY OF INTERNATIONAL CLASSIFICATION OF DIESEASES (ICD-10)** AT Govt. doon medical college .
2. Attended One day workshop on **emergency care BLS/ACLS/Primary trauma care** at Govt. doon medical college on 10th Feb-2020

Dr. Vikas Sikarwar

1. Organizing **Co-secretary of 15th annual conference of uttarakhand state AOI** to be held in Govt. Doon Medical college

2. Attended **International workshop on FESS** at AIIMS Rishikesh in November on 16th november

Participated workshop Curriculum implantation support program at HIMS , jollygrant in May

2019 on 13th -15th .

3. Participated workshop **Curriculum implantation support program** at HIMS , jollygrant in May

2019 on 13th -15th .

4. Attended Sensitization workshop on **FAMILY OF INTERNATIONAL CLASSIFICATION OF DIESEASES**

(**ICD-10**) AT Govt. doon medical college .

5. Attended One day workshop on **emergency care BLS/ACLS/Primary trauma care** at Govt. doon

medical college on 10th Feb-2020

6. Attended workshop **8th ENT update & Live Surgical workshop** at Maulana Azad Medical College & Lok Nayak Hospital , New Delhi .

Department of PATHOLOGY:

Dr NC Thapliyal

1. 2nd Dermatopathology workshop and CME in HIMS Dehradun on 27-28 April 2019
2. APCON 2019 held on 5-8 December, 2019 at PGI, Chandigarh

Dr Hari Shankar Pandey

1. 2nd Dermatopathology workshop and CME in HIMS Dehradun on 27-28 April 2019
2. IMA NATCON 2019 in Kolkata from 27-28 Dec 2019

Dr Shashi Upreti

1. 2nd World Congress on Cancer held from 3 to 5 February 2020 at Mahatma Gandhi University of Medical Sciences and Technology, Jaipur
2. International Update in Head and Neck Pathology and Computational Pathology held from 16 to 19 Jan 2020 at Tata Memorial centre, Kolkata

Dr Pooja Sharma Kala

1. Update on lymphoma diagnosis and management held on 8-6-2019 at AIIMS, Rishikesh.

2. “Clinical applications of Flowcytometry” online course from 12-17 May 2020 conducted by Flowcytometry solutions and Trust for Education and training in cytometry.

Dr Minali Raja

1. Curriculum Implementation Support Program held from 13 to 15 May 2019 at GDMC, Dehradun
2. NACO Blood Transfusion services training program held on 23 September 2019 at AIIMS, Rishikesh
3. Update on lymphoma diagnosis and management held on 8-6-2019 at AIIMS, Rishikesh

Dr Sana Umar

1. 2nd dermatopathology workshop and CME held on 27th - 28th april , 2019 at HIMS, SHRU, Dehradun
2. 3rd Amrita Annual Pathology Update - pathology of GIT and pancreas held on 13-14th July 2019 at AIMS, Kochi, Kerala

Dr Snigdha Petwal

1. 2nd dermatopathology workshop and CME held on 27th - 28th april , 2019 At HIMS, SHRU, Dehradun

Dr Indira Rath

1. National symposium on breast cancer on 2nd May 2019, AIIMS Rishikesh.
2. Workshop on update of lymphoma diagnosis and management on 8th June ,
AIIMS Rishikesh.
3. 8th annual conference on molecular pathology and PCR workshop on 10-12th
January 2020, at SMS Jaipur.

Department of ORTHOPEDICS:

Dr. Anil Joshi

1. American College Of Surgeons' "ADVANCED TRAUMA LIFE SUPPORT" ProviderCourse, conducted at AIIMS Rishikesh on September 26th – 28th, 2019, by Dr Dhaval Gotecha.:
2. CME on "Recent Update on Trauma Management in Uttarakhand" in May 2019 AtGovtDoon Medical College, Dehradun.

Department of PEDIATRICS

Dr. Debabrata Roy:

Attended Rational use of Blood Components conducted by Pathology Dept of GDMC

Attended CME on Rabies conducted by Shri Dev Suman Subharti Medical College

Dr. Dheeraj Gupta

1. Participated as **Resource faculty for IMSAUKCON 2019**, National Conference organized by collaborative Efforts of IMSA and HNB Uttarakhand Medical Education university which was held on 12-13th April 2019 at Dehradun
2. Presented paper on **“Assessment of Attitude and perception of medical students towards rural health services in hilly regions of Uttarakhand”** at IMSAUK Conference on 12th -13th April 2019

DR JAIRAJ HANSPAL

1. CME on “One Health Approach for Control of Rabies in India” at Gauhati Medical College & Hospital, Gauhati on 25 January 2019
2. 21st Annual Conference of Association for Prevention & Control of rabies in India (APCRICON) on 6-7 July 2019 at RIMS, Ranchi
3. CME on “Interstitial Lung Disease” by Uttarakhand Chapter of Indian Chest Society at Dehradun on 20 October 2019
4. IMA Annual Symposium 20a19 on 14 December 2019, Dehradun
5. Workshop on “Basic Life Support” organized by Max Super Speciality Hospital, Dehradun on 13 December 2019

6. Sensitization workshop on “ Family of International Classification of Diseases (ICD-10) organized by Central Bureau of Health Intelligence , ROH&FW, Lucknow and MoH&FW, Govt. of India at GDMC, Dehradun on 7 February 2020

DR RICHA SINHA

- 1- Attended one day workshop on Emergency Care/ BLS/ACLS/Primary trauma care held at Government Doon Medical College, Dehradun 10th February 2020.
- 2- Presented paper on Effects Of Oral Contraceptive Use On Blood Pressure And Body Mass Index Among Female Of Uttarakhand .“ An Integrated Approach To Address The Challenges Of NCD”.On 12-3 April 2019, Organized By Departement Of Community Medicine , GDMC, Dehradun.
- 3- Delivered a Seminar under Medical Education UNIT on COVID 19 - EPIDEMIOLOGY AND EMERGENCE ON 2ND May 2020.
- 4- Workshop on SDG Dissemination to District level Health Functionaries on 31st October 2019 NHM.Dehradun
- 5- State TOT for Measles elimination and Rubella control, on 25th September, conducted by NHM, District Immunization Officers Uttarakhand.
- 6- Training of Trainers on “ Occupational and Environmental Health for Medical Officers” on 22nd – 27th July, 2019. Conducted by Department of Epidemiology NIHFV, Munirika, New Delhi.

DR SHIV KUMAR YADAV

1. Completed **One Day workshop on Emergency Care/BLS/ACLS/Primary Trauma care** held at Government Doon Medical College, Dehradun 10th February 2020.

2. **Delivered a Lecture under Medical Education unit on World AIDS day** 1st December 2019 on the topic **“Community Makes the Difference”**.
3. Participated as **Resource faculty for IMSAUKCON 2019**, National Conference organized by collaborative Efforts of IMSA and HNB Uttarakhand Medical Education university which was held on 12-13th April 2019 at Dehradun and **presented a lecture on “Epidemiology of accident in Uttarakhand”**.
4. Presented paper on **“Assessment of Presence of Stress and its determinants among Indian Medical Undergraduate Course”** at IMSAUK Conference on 12th -13th April 2019

DR SONAM MAHESHWARI

1. One week online Faculty Development Program on *Structural Equation Modelling in Management & Social Science using AMOS & “R”* held from May 11-15, 2020 at Institute of Management Studies Ghaziabad, India
2. Online Webinar on *Sample Size Determination* on May 7, 2020 Organised by Centre Council for Research in Homoeopathy, Ministry of AYUSH, Govt. of India.
3. Swayam Online Certification Course on *Biostatistics and Mathematical Biology* for the session July-October, 2019 offered by Dr. Felix Bast, Assistant Professor, Department of Plant Sciences, Central University of Punjab, Bathinda, Punjab.

Dr. Anupama Arya

: 1. IMSA UTTARAKHAND CONFERENCE 2019, organized by department of community medicine, GDMC, Dehradun from 12th -13th April in joint collaboration with Hemwati Nandan Bahuguna Uttarakhand Medical University, in Hotel Grand ,as a Delegate and Rapporteur and a chairperson. The theme was "An Integrated approach to address the challenges of Non Communicable Diseases."

2. Curriculum Implementation Support programme(CISP) workshop held on 13th-15th May 2019 at Government Doon Medical College, Dehradun, organized by Medical Education Unit, GDMC aegis of MCI, Regional Centre, Himalayan Institute of Medical Sciences, Dehradun.

3. Participated in WORLD AIDS DAY on 1st December 2019 in SDSUV campus, Pt. L.M.S Government post graduate college, Rishikesh (Shri Dev Suman Uttarakhand University Campus) by Department of Medical Lab Technology. A sensitization workshop on theme "ENDING THE HIV /AIDS EPIDEMIC:COMMUNITY BY COMMUNITY".

4. Participated in the sensitization workshop on " FAMILY OF INTERNATIONAL CLASSIFICATION OF DISEASES (ICD-10)" held at Government Doon Medical college, Dehradun organized by Central Bureau of Health Intelligence ROH AND FW, Lucknow, Ministry of Health and Family Welfare, Govt. of India in Government Doon Medical College, Dehradun on 7 February 2020.

5. Actively participated in CME workshop on EMERGENCY CARE organized by department of anaesthesiology, Govt. Doon Medical College in association with HNBUMEU on 10th February 2020 at Government Doon Medical College, Dehradun.

6. As a Senior Coordinator and faculty speaker in HEALTH CARE MANAGEMENT DEVELOPMENT PROGRAMME HEMDP;NHM-UK-1,2,3,4,5 held in September 2019, November 2019, December 2019, January and February 2020 organized by school of health care administration by Hemwati Nandan Bahuguna Uttarakhand Medical Education University, Dehradun ,sponsored by National Health Mission.

7. Actively participated in sensitization workshop (One day) on COVID-19 organized by Govt. Doon Medical college in collaboration with NHM on 16th march

Dr. DEENDAYAL VERMA

1. Participated as **Resource faculty for IMSAUKCON 2019**, National conference organized by collaborative Efforts of IMSA and HNB Uttarakhand Medical Education university which was held on 12-13th April 2019 at Dehradun .
2. CISP “**Curriculum Implementation Support Program**” held from 13-15th May 2019 at Government Doon Medical College under aegis regional centre, Himalaya Institute of Medical Sciences Dehradun.
3. **International Collaborative Diabetic Foot Conference** organized by PGIMER, Chandigarh, Punjab held on 8-9th February 2020.
4. Completed **One Day Workshop on Emergency Care/BLS/ACLS/Primary Trauma care** held at Government Doon Medical College, Dehradun 10th February 2020.
5. **Covid-19 Workshop “Short Term Sensitization Workshop”** actively participated in Short Term Sensitization Workshop on Covid-19 organized on 16th March 2020 at Government Doon Medical College Dehradun.

DR SUNIL

1. 23rd Annual Conference Of NZIAPSM 2019

“Universal Health Coverage: Aspiring to Combat Financial Hardship to Achieve Health for All Organized by Department of Community Medicine

Shaheed Hasan Khan Mewati Government Medical College Nalhar ,Mewat (Haryana) 2nd- 3rd November 2019

2. IMSA UTTARAKHAND CONFERENCE 2019 (DR.RR THUKRAL MIDTERM CONFERENCE) Organized by Department of Community Medicine , Government Doon Medical College , Dehradun ,Dehradun in collaboration with IMSA & HNBU Medical education University ,uttarakhand from 12 th to 13th April 2019

DR PRIYANKA DOBHAL

1. IMSAUKCON 2019, 13-14 April with non communicable disease as theme

DR MADHULIKA

1. Attended and done **Training in Airway Management** held in Department of Pharmacology, GDMC, Dehradun

Department of Dentistry:

Dr. Amit Shah

1. “Sharpen your surgical skills- Head and neck oncology course” Department of surgical oncology-AIIMS- Rishikesh, 13-14 September 2019
2. “Bhubaneshwar cadaver course-2019, (occuloplasty hands-on workshop) – AIIMS, LVPEI-Bhubaneshwar, 7-8 December 2019
Emergency Care BLS/ACLS/Primary Trauma Care

Dr. Pratyaksha Singh Panwar

1. Emergency Care BLS/ACLS/Primary Trauma Care
2. Family Of International Classification Of Diseases(ICD-10)

Dr. Devashish Singh Sawai

1. Emergency Care BLS/ACLS/Primary Trauma Care
2. Family Of International Classification Of Diseases(ICD-10)

Dr. Ankur Joshi

1. “Sharpen your surgical skills- Head and neck oncology course” Department of surgical oncology-AIIMS- Rishikesh, 13-14 September 2019
2. Bhubaneshwar cadaver course-2019, (occuloplasty hands-on workshop) – AIIMS, LVPEI-Bhubaneshwar, 7-8 December 2019

Emergency Care BLS/ACLS/Primary Trauma Care

DEPARTMENT OF PEDIATRICS

Dr Ashok Kumar

1. Evidence based management of common respiratory disorder in children.
2. Workshop on breast feeding and kangaroo mother care
3. CME & Workshop on pediatrics ventilation
4. CME on management of ARDS in neonates & MAS
5. CME on BERA & AOE in pediatrics aspects
6. CME on ROP

Dr Tanvi Singh

1. Attended CME on Pediatric Hematology and Oncology (IAP Dehradun), 8th December 2019
2. CISP curriculum implementation support program- 13 to 15 May 2019
3. Attended CME on Pediatric Endocrinology (Growth and growth faltering, newer approach in managing Type I Diabetes in children) IAP Dehradun, 22 Feb 2020
4. Xth Practical Pediatric Endocrine Course (PPEC) by Grow India Society at Dehradun- 1 March 2020
5. Online neonatal Ventilation Program- 11 to 16 May 2020

Dr Ayesha Imran

1. Attended IAP Advanced Life Support Mass Awareness Program under IAP Action Plan 2019 (24th November 2019)
2. Attended CME on Pediatric Hematology and Oncology (IAP Dehradun), 8th December 2019
3. Attended CME on case based approach to Anemia, IAP Dehradun, 1st Feb 2020

4. South Neocon 2020 at Changanassery Kerala- 22-23 Feb 2020
5. Xth Practical Pediatric Endocrine Course (PPEC) by Grow India Society at Dehradun- 1 March 2020

Dr Vishal Kaushik

1. Attended 56th Annual Conference of Indian Academy of Pediatrics held from 8-10th February, 2019 at Mumbai Maharashtra
2. Attended CME in PEDICON 2019 (IAP) on 7th February at Mumbai, Maharashtra.
3. Attended IAP Advanced Life Support Mass Awareness Program under IAP Action Plan 2019 (24th November 2019)
4. Attended CME on Pediatric Hematology and Oncology (IAP Dehradun), 8th December 2019
5. Attended CME on case based approach to Anemia, IAP Dehradun, 1st Feb 2020
6. Attended CME on Pediatric Endocrinology (Growth and growth faltering, newer approach in managing Type I Diabetes in children) IAP Dehradun, 22 Feb 2020

Department of OBS & GYNAE:

Dr Minakshi Singh

One day workshop on emergency care BLS/ACLS/Primary trauma care on 10th feb, 2020.(1 CME credit hour)

Dr. Reena Pal

- A) a) “Safe abortion and IUCD as post-abortion contraceptive” on 21/04/20 at Dehradun.
b) One day workshop on emergency care bls/als/primary trauma care on 10/02/2020 organized by Govt doon medical college Dehradun

Dr. Chitra Joshi

Organized 02 days workshop (LaQshya) on Quality Improvement of maternity O.T. & Labour Room (16-12-2019 to 17-12-2019)

Workshop Attended –

- 1- BLS Workshop – 10th Feb. 2020
- 2- Advanced Course in Medical Education (ACME) 10th Oct. – 15th Oct. 2019
- 3- Executive Management Programme – 13th Jan. – 18th Jan. 2020

External Examiner-

MBBS (Main) – RIMS, Ranchi in March 2020

Dr. Monica Chauhan,

1. Attend live webinar on infertility management (21-04-2020)
2. Attend live webinar on management of pregnancy in context of COVID 19 pandemic (15-04-2020)

Dr. Neelam Goyal

AICOG Lucknow Conference January 2020

Dr. Sandhya Tripathi,

Attend live webinar on infertility management (21-04-2020)

Attend live webinar on management of pregnancy in context of
COVID 19 pandemic (15-04-2020)

Attend various CME in College.

Department of Forensic Medicine & toxicology

- a. Dr Niraj Kumar (as Associate Professor) attended a Conference named- "Forensic DNACON-2019 & Clinical Forensic Medicine Update-2019", on 29-31st August 2019 at Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly.

- b. Dr Niraj Kumar (as Associate Professor) attended a Medical Meetup Event and Discussion- PrantAbhyasVarg 2019, by National Medicos Organization, held on 4th August at Govt Doon Medical College, Dehradun.

- c. Department of Forensic Medicine successfully Organized a Quiz Contest on 14th May 2019 in GDMC Dehradun and distributed prize among students.

- d. Attended all the workshops and MEU Seminars organized at GDMC Dehradun.

Department of Anesthesia:

Dr.Hema Saxena

1. ECG workshop for faculty and students with guest speaker Dr Murli Bharadwaj on 23 Jan,2020
2. Attended ISA delhi (state level) in Feb ,2020
3. organised workshop on “Emergency care with hands on training on BLS,ACLS and Primary Trauma Care” at GDMC,Dehradun on feb 10,2020

Dr.Atul Singh

1. Attended ISACON uttarakhand 2019
2. workshop on “Emergency care with hands on training on BLS,ACLS and Primary Trauma Care” at GDMC,Dehradun

Dr.Sanjul Dandona

Research workshop on ACLS/BLS and trauma at GDMC, Dehradun on 10 Feb 2020

Dr. Deepika Tiwari

workshop on” Emergency care with hands on training on BLS,ACLS and Primary Trauma Care” at GDMC,Dehradun

Dr. Shobha V

1. Academy of Regional Anaesthesia(AORA) 2019,Coimbtore, Tamil Nadu, India.

2. The National Conference of Indian Society of Anaesthesiologists, ISACON-2019, Bangalore, India.
3. workshop on "Emergency care with hands on training on BLS, ACLS and Primary Trauma Care" at GDMC, Dehradun

Dr. Satyansh Sangal

workshop on "Emergency care with hands on training on BLS, ACLS and Primary Trauma Care" at GDMC, Dehradun

Dr. Aditya Kumar

1. attended ISACON uttarakhand 2019.
2. workshop on "Emergency care with hands on training on BLS, ACLS and Primary Trauma Care" at GDMC, Dehradun

Dr. Shivankar

Research workshop on ACLS/BLS and trauma at GDMC, Dehradun on 10 Feb 2020

Department of Ophthalmology

Dr. Rupali Tyagi

Participated in workshop on Retinopathy of prematurity organised by Uttarakhand state ophthalmological state society and Drishti eye centre Dehradun in 2019

Department of Dermatology

Dr Shruti Barnwal (Associate Professor)

1. First international DERMACON and 47th National conference of Indian Association of Dermatologist, Venereologist and Leprologists (IADV), Bengaluru 2019, 18th – 20th January 2019.

Dr Mohd Sadiq Umar (Assistant Professor)

1. First international DERMACON and 47th National conference of Indian Association of Dermatologist, Venereologist and Leprologists (IADV), Bengaluru 2019, 18th – 20th January 2019.
2. Update on DPLD, DPLD conference held on 17th March 2019, Dehradun
3. 2nd Dermatopathology workshop and CME, Associated with IADV held on 27th- 28th April 2019, Himalayan Institute of Medical Sciences, Dehradun

Dr Naziya Khatun (Senior Resident)

1. 2nd Dermatopathology workshop and CME, Associated with IADV held on 27th- 28th April 2019, Himalayan Institute of Medical Sciences, Dehradun
2. DERMACON 2020, Pune, India- 48th national conference of Indian Association of Dermatologist, Venereologist & Leprologist. Maharashtra Medical Council granted 4 credit hours.

Department of Pulmonary Medicine

Dr Anurag Agarwal

All CME conducted by MEU

National conference of Chest Physicians of India- Napcon 2019 at kerala

Dr Swetabh Purohit

All CME conducted by MEU

Department of Surgery:

Dr. Navneet

- 1.Pathogenesis of Covid 19
- 2.Dengue case management for clinician of Utrakhand.
- 3.Sample collection and lab diagnosis of dengue.
- 4.Social and Psychological impact of covid 19
- 5.Intubation of covid 19 patient
- 6.diagnosis and testing of covid 19.
- 7.MEU continued personal and institutional protective measures.
8. Covid 19 Epidemiology and emergence.
- 9.GDMC Preparedness and team response.
- 10.Prevention and management of cancer.
- 11.cancer and you.
- 12.Breast cancer: An overview
- 13.Breast cancer awareness
- 14.Rationale use of pathology investigations.
- 15.Amasicon: 2020 International congress of the association of minimal access surgeons of India New Delhi

Department of Psychiatry:

1. Awareness Camp on world mental health Day April 2019
Dr. J.S. Rana/ Dr. Jaya Nawani/Dr. Divya Ghai (Department of psychiatry)
2. Epilepsy and Psychosis-An update September 2019.
3. Disability Camp organized by C.M.O Chamoli in Karnaprayag Chamoli
Dr. Divya Ghai (Septmeber 2019)
4. Safety issues in patient to disabilities-Lt Col. Dr. J.S. Rana (October 2019)
5. Workshop mental healthcare act. 2017- January 2020
6. Workshop on Guidelines on psychosocial care and Trauma Counselling (PSTC), organized by USDMA- Dr. Divya Ghai, Dr. J.S. Bisht. (January 2020)
7. Semi nar on Long Acting Anti Psychotics-Dr. Jaya Nawani (February2020).
8. Newer Anti-Depressant- February2020
9. Webinar-Telepsychiatry-Telemedicine guidelines in time of covid-19(23 May 2020)
- 10.Impact of covid-19 on patient and healthcare workers-Dr. J.S. Rana, Dr. Jaya Nawani, Dr. Divya Ghai & Mr. Govind Prasad (Psychiatric social worker)

MEU

1. Social and psychological impact of covid-19(21 May 2020)
2. Video Recording of Awareness and management of mental health issues during corona pandemic-By Uttrakhand skill development society (April-2020) -Dr. J.S. Rana, Dr. Jaya Nawani.