

"ATTENTION"

DONATIONS FOR TRAM ACCIDENT VICTIMS FOR FURTHER INFORMATION Please contact Nitin Mehta **MBE**

Chairman

ON 07910875908

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For General and Newsletter

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माँ का रोल जीते जी समझ में आ जाता है

और पिता का रोल उनके चले जाने के बाद समझ आता है

~* बाप बेटी *~

एक बेटी ने उसके पापा की हरोली पर एक काला तिल देखा.... गेर उसने काहा पापा ये दोलत का तील हे ना... और पापा ने अपने दोनों हाथों से उसकी बेटी का चेहरे पर रख के और काहा..... हा बेट्रा देखी मेरे दोनों हाथों में

कितनी दौलत है

हमारी दोस्ती कोई निरमा पावडर नहीं है। पहले इस्तेमाल करे ओर फिर विश्वास करे हमारी दोस्ती तो LIC है ंजीवन के साथ भी जीवन के बाद भी...

जिन्दगी बदलने के लिए

लड़ना पड़ता है. . . और आसान करने के लिए

समझना पड़ता है. !

आप को अपने भीतर से ही विकास करना होता है। कोई आपको सीखा न सकता, कोई आपको आध्यात्मिक नह

काइ नहा, सफ आपका आत्मा हा हा **सुरधी जीवन का फन्द्रा…** ♦ दूसरों ने जलना छोड़े, ● किसी को नीचा न दिखायें, ● नालद मन में न आने दें,

→ चुगती की आदत त्यागें, → असफलता से नियस न हों। अपनी) उम्र ओर पेसे

परकभी यमंड मत करना क्योंकि जो चीजें गिनी जा सकें वो यकीनन खत्म हो जाती हैं.

चन्द्रगुप्त:-- किस्मत पहले ही लिखी जा चुकी है तो कोशिश

करने से क्या मिलेगा?

चाणक्य:-- क्या पता किस्मत में लिखा हो कि कोशिश को ही प्रिलेगा।

E-mail Enquires: mail@shreevsdm.org

Website: www.shreevsdm.org

Weekly Programme:

(BOOKINGS ARE NOW AVAILABLE FOR DAILY PRIVATE PRAYERS / FUNCTIONS)

1. EVERY MONDAY: (BHAGWAN SHIVJI PRAYERS / RUDR ABISHEK)

2. EVERY TUESDAY:(HANUMAN JI / BAJRANG BALI JI PRAYERS)

3.EVERY WEDNEDAY: (BHAGWAN GANESH JI PRAYERS)

4. EVERY THURSDAY: (BHAGWAN VISHNU JI & LAXMI JI PRAYERS)

5. EVERY FRIDAY: (DEDICATED TO ALL MATA JI PRAYERS)

6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

7. EVERY SUNDAY: (BOOKINGS AVAILABLE FOR PRIVATE PRAYERS / FUNCTIONS)

TO BE ADVISED ON A WEEKLY BASIS

ANY DEVOTEES WISH TO BOOK THE MANDIR FOR ANY OF THE ABOVE DAYS FOR THE ABOVE PRIVATE POOJA CEREMONY, PLEASE CONTACT MANDIR MANAGEMENT BY E-MAIL.

Monthly Programme:

SATSANG

REGULAR DEVOTEES CAN BOOK THE MANDIR FOR FAMILY SATSANG. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676 OR BY E-MAIL.

1. WE HAVE PERMANENT BOOKING FOR FIRST SUNDAY OF EVERY MONTH FROM 3.00PM TO 5.00PM PRASAD IS SERVED AFTER AARTY.

How to Overcome Anger

Sanahu taat maayaa gun aru dosh anek Gun yah ubhaya na dekhiahin dekhia so abibek || (Manasa 7/41)

If others have good qualities you may see them, but do not see their bad qualities. If you see towards their bad qualities, those qualities will come in you. And on seeing those bad qualities, if you are getting angry at them, for their willful acts, then you cannot be saved from that anger. Therefore, do your duty. We are not to see towards other's duty, nor are we to see towards their flaws. Yes! If you have a son, then it is your duty to teach him good lessons, but wanting that he should do exactly as you say - that is not your duty. That is his duty. It is not your duty to show him his duty. Your duty is only to say that son, look it is not good to do like this. If he says - "no, no father, I will do it like this"; then say - "OK, do it that way!" This is a very good medicine. I too am taking this medicine. The medicine that has been given, is a very effective medicine. If you say - "Do like this" and if he says, "No ! I will do like that only." Then simply say - "OK! do it like that."

Rajjab ros na kijiye koyi kahe kyon hi | Hasker utter dijiye haa babaji yu hi ||

If what he is doing is sinful or unlawful, then do not accept it. We are to say that which is in accordance with the scriptures, however if they do not listen, then do the scriptures say to fight with them or to control them? You only have the rights to tell them what you know to be true -

"karmanyavaadhikaaraste" (Gita 2/47), But you have no right to think that they should do exactly as you say -*"Maa phaleshu kadaachan" (Gita 2/47).*

You have done your part, your duty was only to point out. It is not your duty to make them do as you say! To do as you say is their duty. We only have to explain their duty. If they fulfill their duty then there is no obstacle in your spiritual progress and if they do not fulfill their duty then too there is no loss. There is no loss for you at all, because you have told them what is for their supreme good. This is a priceless point ! Narayan ! Narayan !!!



कुछ पत बैठा करो बुजुर्गों के पास, हर चीज गूगल पर नहीं मिलती... मैं एक हाथ से पूरी दुन्वियी से लड़ सक्ता हूँ बस परे दुर्गरे हाथ मैं तिरा हाथ हीना चाहिए जरुरत से ज्यादा अच्छे बनोगे तो, जरुरत से ज्यादा "इस्तेमाल" किये जाओगे !

ये जिंदगी उस रब की रजा है, जिसका अपना ही मजा है हर वक्त खुदा से मेरी यही दुआ है, कि आपको इतनी खुशियाँ दे आप भी सोचो कि इसकी क्या वजह है.. एक साल में 50 मित्र बनाना आम बात है 50 साल तक एक ही मित्र से मित्रता निभाना ख़ास बात है

पेछच्दुला शि पासे, आंगन भे रहने दो, प्रजाप पासे, छावग्वो धंवरस्य देगा ठीक स्थी एकर पाता-पिता पूछे ही घासे, घर पी ही रहने दो दोवत सो नहीं क्या सकरो, लेकेन आपके वन्द्वों की परिकार अवस्य देशे

अयोध्या से वापस आने पर मां कौशल्या ने पूछा रावण को मार दिया ? भगवान श्रीराम ने सुन्दर जवाब दिया महाज्ञानी, महाप्रतापी, महावलशाली, प्रखंड पंडित, महा शिवभक्त, चारो वेदो के ज्ञाता, शिव ताण्डवस्रोत के रचयिता लंकेश को मैंने नहीं मारा, उसे "मैं" ने मारा है ! 10th December, 2016

HAPPY GITA JAYANTI!



The glories of Srimad Bhagavadgita are infinite. It is God's divine words, and Gitaji's author is Lord Veda Vyas himself. The remover of all obstacles, Shri Ganeshji is the scribe. Primary leaders and learned teachers of all sects have written commentaries on Gitaji. Many that have written commentaries on this holy text have become great renunciates and eminent great souls. Many great scholars have expressed their sentiments on this holy text. Not only that, people of other Nationality, that do not even believe in Hindu Dharma, have also written a lot about the Gitaji. So far the number of expositions, translations, commentaries, explanation, articles, critics, question-answers and inquiry that has taken place on the Gitaji, that many commentaries and deliberations have....

not taken place for any other holy text. Yes, there are many interpretation and translations of the Bible and many new ones are still being written; however the main reason for its spread is only due to more power and wealth. On the subject of Srimad Bhagavadgita, it is not so. Gitaji does not need the support of inert power and wealth. There is such extra-ordinary, remarkable and distinguishing power in Gitaji, that when she falls in the hands of any person with a quest to inquire and the contemplative wise men, they too become compelled to write on Gitaji, i.e. with great love and reverence they write something on Gitaji and consider themselves to be blessed that their writings have been purified.

For an ordinary individual like me, to say or write on such an extra-ordinary holy text, is like a covering; however with this very excuse, I have received this opportunity to a small extent to think about and reflect on Gitaji; from this aspiration, it is of the nature of a restless child. Learned men, please forgive me for my presumptuousness. In Srimad Bhagavadgita the three rivers of Karma (Duty), Bhakti (Love) and Jnana (knowledge) are flowing, and every verse is filled with divine meanings, that with whatever view a man sees this divine and holy text, it appears in the same discipline to him. That is -

Jinh ki rahi bhaavana jaisi |

Prabhu moorati tinh dekhi taisee ||

It is the same with the divine words of the Lord. For those individuals where the discipline of duty is predominant, they see the holy text with the predominance of "karma" selfless service, duty. From the beginning to the end, they see that only doing dutiful acts is emphasized in the Gitaji. If there is a description of Bhakti or Jnana, then it is secondary and only fostering "Karma". And this point appears to be rational. Here on the battlefield, with the presence of dutiful Arjuna and deliberation through Lord Shri Krishna, instructions on duty, appears to be most appropriate.

The dear and learned teachers of "Bhakti" say that in Bhagavadgita there is only description of "Bhakti". Karma and Jnana, support Bhakti. On thinking over the beginning and end of this holy text, this very point becomes firm. In Gita 2/7 verse, when Arjuna with the sentiments of a student, taking refuge in the Lord, prays to tell Him that what is for his eternal good? To that, the Lord clarifies his doubts and in the end tells him the best of all secret instructions that "You take refuge in Me. I will release you from all sins, do not grieve. (Gita 18/66). From this it substantiates that Gita has predominance of Bhakti

In the same way, those who are the revered teachers of Advait (Non-duality), they say that in terms of the principles, Gita only instructs in Jnana (knowledge). Karma and Bhakti is described to remove the impurities and to wipe out the sins of the inner senses and to make one entitled to receive true knowledge. This too is in connection with and in accordance to the scriptures. Lord has started the instructions with Jnana in Gita 2/11. The glories of Jnana have been expressed in a distinguished manner - "na hi gyaanena pavitramiha vidhyate" (Gita 4/38) "Nothing purifies in the world like knowledge" (Gita 4/38).

With respect to such an extra-ordinary Srimad Bhagavadgita, from every angle and every which way, the true purport of Gitaji, only God Himself knows. When a man becomes a target of being gauged and assessed, then it is difficult to know his true depth and inner feelings; now God is infinite, unbounded and unsurpassable. Therefore

| how | can | anyone | grasp | in | totality | His | truth, | His | sentime | nts? Ar | ıd |
|------|--------|--------|----------|-----|----------|--------|--------|------|---------|---------|---------|
| "sab | jaanat | prabhu | prabhuta | soy | i | tadapi | kahe | binu | rahaa | na | koyi " |

According to Gitaji's utterance, one can present something. Thinking over Gitaji, without any biases, Gitaji reveals that Karma, Bhakti and Jnana are described completely and totally; and no subject has been left incomplete

The Main points brought out in Gita - Sadhak Sanjivani.

In Gita, devotion has been greatly eulogized. Several important points are covered in 18/55. Please read. There are many extra-ordinary verses in the Gita

Reciting the Gita starting with the last verse and ending at the first verse (complete recitation backwards), without the aid of the holy book (through memorization) brings peace in one's life.

There are verses related to spiritual disciplines performed with external aid i.e. mind, intellect, senses etc.

There is talks on attaining realization through Jnanayog (Path of knowledge) - SS 2/15.

There are verses on attaining God Realization through Karmayog (Path of Action, Selfless Service) - SS 2/71.

All sins can be wiped out through Karmayog, Jnanayog and Bhaktiyog. This is included in verses SS 4/23 Appendix 7/19 16/5 Contd

Contd...

One can attain God Realization independently through karmayog is made known in SS -5/5 Appendix.

The verse that tests the various spiritual practices is SS 6/22.

Attaining God Realization through Dhyaanyog (Path of Meditation) is exposed in SS 6/28.

The glories of single-pointed aim, goal, one determination is disclosed in SS 10/36.

Being free of sense of mine-ness and I-ness (egoism) is revealed in all the three paths - karmayog, jnanayog and bhaktiyog in SS 2/71, 7/5, 12/13 and 18/53.

In Gita the description of divine qualities are in SS 16/6.

The love of God in all three yoga is brought out in verse SS 18/55 - An Important Fact.

The divine (Godlike) elements of Lord Shri Krishna is brought out in Gita SS 18/62.

The verse pertaining to devotion and love of God (Bhaktiyog) is in SS 18/63 (footnotes)

The essential need of fulfilling one's duty as brought out in Chapter 3 is covered in SS 18/66 - footnotes.

The glories of exclusive devotion is shared in Gita SS 18/66.

The reason for calling God "Achyute" three times is addressed in Gita 18/73

Jai Bhagavadgite... Jai Bhagavadgite...



MAA DURGA

[27/10 9:55 am] acharyad347:

जानिए मां दुर्गा के शक्तिपीठ की पौराणिक कथा

नवरात्रि पर विशेष : आध्यात्मिक चेतना का पर्व

मां भगवती दुर्गा जगत-जननी हैं, अपरा हैं, प्रकृति हैं, मूल रूप से सबकी चेतना में उनकी ऊर्जा ही संचरित होती है। वे ममत्व की पराकाष्ठा हैं। तेज, दीसि, दुति, चेतना, कांति और जीवन प्रदायिनी उस ऊर्जा को समन्वित कर आध्यात्मिक चेतना का पर्व नवरात्र है। नवशक्तिभिः संयुक्तं नवरात्रं तद्च्यते।

9 देवियों की संयुक्त शक्तियां नवरात्र के रूप में पूजित होती हैं। साल में 4 नवरात्र होते हैं। बसंत नवरात्र, शारदीय नवरात्र एवं आषाढ़ व माघ के गुप्त नवरात्र। बसंत नवरात्र चैत्र शुक्ल प्रतिपदा से नवमी तक, बसंत नवरात्र आश्विन शुक्ल प्रतिपदा से नवमी तक, आषाढ़ गुप्त नवरात्र आषाढ़ शुक्ल प्रतिपदा से नवमी तक एवं माघ गुप्त नवरात्र माघ शुक्ल प्रतिपदा से नवमी तक माने गए हैं। नवरात्रि साधना की प्रक्रिया एवं उद्देश्य

साधना का अर्थ अपने को सीधा करना है अर्थात अपने मनोगत विचारों एवं अंतरात्मा की भाव संवेदनाओं के स्तर को ऊंचा उठाना है। नवरात्रि साधना का मुख्य उद्देश्य हमारे अंदर की पश्ता को बिंदुरूप कर विराट देवत्व की प्रतिस्थापना है।

भारतीय गृहस्थ जीवन शक्तिपूजन, व्यक्तित्व संवर्धन एवं आध्यात्मिक चेतना जाग्रत करने का एक विराट संकल्प है। मां दुर्गा की पूजन से हमारे समाज में स्त्रियों को माता, देवी एवं पूज्य का स्थान प्राप्त होता है। नवरात्रों में देवी की पूजन से काम, क्रोध, मोह एवं लोभ पर नियंत्रण संभव है। मन अंत:करण, चित्त बुद्धि, अहंकार आदि का शोधन होकर बुरे संस्कारों का शमन होता है। हमारे तन और मन में रहने वाले राक्षसों, जो कि रोग, अहंकार, भय, बंधन, पाप, शोक, दुःख एवं महामारी के स्वरूप में हमें प्रताड़ित करते हैं, इन सभी का दमन और शमन का उपाय नवरात्रि साधना है।

नवरात्रि साधना आध्यात्मिकता की ओर ले जाने वाली वह प्रक्रिया है जिससे ह�� to be contd......

Manners

When we encounter good manners, we feel that some deeper part of us has been honoured. Truly, none of us deserves anything less.

Too Much Thinking

The biggest disease of the mind is over-thinking, especially too much thinking about others. Thinking too much is like eating too much. The heaviness makes it impossible to remain light and flexible.

Hard Nut

Under the hardest shell, is a person who wants to be appreciated and loved.

Resource Full

We each have the three energies we need to learn to manage spirit, mind and body. All three need a good diet - body needs pure food (vegetarian), your mind needs positive ideas and images, and the spirit that you are needs time in silence and stillness to refresh and renew. These are our resources, and each one needs topping up, otherwise we run on empty and dis - ease comes to visit. But diet is just the beginning. Coming soon... exercisel.

Expand My Heart

To welcome an enemy is to take the opportunity to expand my heart.

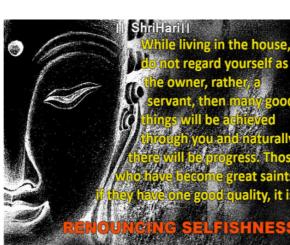
Unconditional Acceptance

Accepting the self and others unconditionally allows everyone to remove their masks and feel at ease with who they are.

Trust Yourself

In any relationship trust is the first thing to leave and the last to return. And if you recognise that the most important relationship is with yourself, then perhaps it's time to start some trust building close to home. Make and keep a promise or a commitment to yourself, however small - in fact, start very small! Make one and keep one today, and then notice the surge of inner power as a result. See how much more you like yourself as a result. Trust is being built.

RENOUNCE SELFISHNESS



In fact a selfish man cannot progress. .. Only he can attain salvation, who gives up selfishness and sees to other's welfare.



There are only two realities - the imperishable and the perishable. There are 8.4 million different forms of births for the attainment of the perishable reality. But there is human birth for the attainment of the imperishable essence. On taking this human birth, you are spending your time in hoarding and sense pleasures, then when will you attain the imperishable essence? You have to think about this seriously. You are entitled to the imperishable essence ! Right Now ! This essence can be realized by - serving others and

This essence can be realized by - serving others and seeing to their welfare -'ते प्राप्नुवन्ति मामेव सर्वभतहिते रताः'

गीता १२ । ४)

MISTAKES

Question: After getting entangled, in a relationship, I realized I made a mistake. Initially when I got involved, I was unable to take a decision, I did not realize it then. What should I do? Swamiji: Pray to God ! Repent after a mistake. There are three points: 1) After a mistake either never recognize or remember you have made a mistake. 2) Realize the mistake and repent that it is not good that on receiving this human birth and turning spiritual, still a mistake is made. Regret it with honesty and 3) I will never make this mistake again for the rest of my life. Never again. On realizing this, all will be

On realizing this, all will be alright. You will not make a mistake in the future.

Power Of Blessings

The power of blessings changes the fire of adverse situations into water.

Meditation

Meditation is not complicated. It is simply a means of teaching your mind to think in the right way.

Appreciation of Every Soul

See through God's eyes and feel through God's heart and you will appreciate the value of every soul including yourself.

Peace

Not to cause anyone sorrow even in your thoughts is complete non-violence.

Give Love To Everyone

If I limit the love I give to just one or two, it will eventually go stale. If I learn to create love inside my heart and silently give it to everyone I meet, love will grace every corner of my life. Hope

Do not lose hope in those who have lost hope.

Over Thinking

The biggest disease of the mind is over thinking, especially too much thinking about others. Thinking too much is like eating too much. The heaviness makes it impossible to remain light and flexible.

Sweetness

Sweetness is a virtue that searches with patience for the good in every person and situation.

Friendship

Anyone with a heart full of friendship has a hard time finding enemies. Balance

Maintain the balance of responding to situations with a cool head and to people with a warm heart.



Poetry of the Month

Punctuality

Keep to the time and keep to the word, Doing in exact time punctuality observed, In an appointment never lose time. Time is money bear in mind.

Punctuality is a boon of God, Given to man to lead right path He is failing in his duty who observeth not, And deviates from the path of God.

A student who attends the school in time, Intoxicates with lessons his brain and mind, A Doctor when attends his patient in time, Cures him radically with soul and mind.

Unpunctual not only wastes his time, Gives anxiety to others for his crime, He causes worry to those who rely on him, And thereof gets contempt from them.

Punctuality is politeness of Kings, Which is also a duty to bring Necessity for men, to attend Schools, offices, and shops workmen.

Whoever performs not his work in time Loses money, reputation and faith divine. He is ruined life long, Sings many a bad luck song.

Punctuality is a gift of grace, Deserves not persons habitual late; Unpunctual loses all sense of honour, Glory, good name amongst his fellows.



For General and Newsletter Enquiries: Shree Nitin Mehta (07910875908) Shree Raju Pandya (07956252294) Shree Dr H P Abbot (07956824091) Pandit Shree Veerendra Rishi (07788436348) Pandit Shree Dr Venkat Joshi (07986603951) Punctuality begets confidence, Trust, assurance, and impudence, Lack of punctuality forfeits all And makes the man rolling ball.

Cultivate the habit of punctuality, It brings you honour in plenty. Punctuality saves the time of others, Thus begets the confidence of brothers.

In all walks of life punctuality helps, To gain in every field unique success For nation, country and yourself To raise them to crest.

Punctuality is a back bone of character, It is a clock that saves from social disaster. India badly needs the laws of punctuality In the population it is growing tendency.

In countries that are free Such unpunctuality cannot be As in India now we see Which the gentry badly feel.

We are passing through democratic age Our responsibility towards punctuality is great.

O, Social Reformers: turn new page Against this vice you crusade Which this vice you crusade Which undermining out national prestige, Check up this insanity with great zeal.



[Versified by Bhagat Har Govind]



Community Special submission can be sent to the Mandir management by 25th of each month. We will endeavour to print in the newsletter FOC.

COMMUNITY SPECIAL

Namaste All,

DSYM invites you to join December Monthly Meditation session which will take place at:

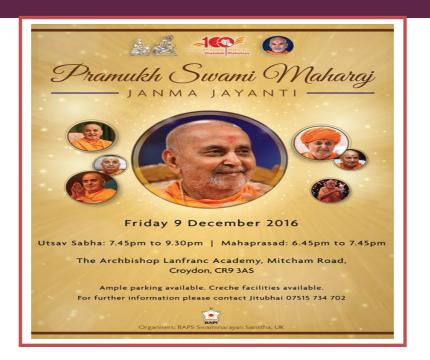
Vishwa Hindu Parishad Centre (VHP)

10 Thornton Row, Thornton Heath Surrey CR7 6JN on Sunday 4th December 2016

10.00am to 12.00pm

Look forward to seeing you all

Hari Om Tat Sat Jai Guru Datta Pushpa Bava (DSYM UK) http://www.dsym.co.uk/



Krishna Avanti Primary School

Avanti Schools have a, "provision in the school for spiritual, moral, social and cultural development is very strong." Ofsted



Your Local School with a Special Ethos

Growing each year to become a large primary school in Croydon

Krishna Avanti Croydon is based on three pillars:

- Educational Excellence
- Character Formation
- Spiritual Insight

To find out more contact: kapscroydon@avanti.org.uk or call 020 8353 4253



OPEN MORNINGS AT Krishna Avanti PRIMARY SCHOOL



Come and meet the staff, parents and pupils on:

Wednesday 19th October 2016 (4pm-6pm) Wednesday 16th November 2016 (By appointment only) Wednesday the 7th December 2016 (By appointment only)

If you would like to attend please email the school on: kapscroydon@avanti.org.uk or phone on: 020 8353 4253



In Memory of Late Shri Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

SHREE VISHWA SANAATAN DHARMA VIVAH SERVICE (VSDMVS)

Please complete this form in BLOCK CAPITAL letters and send it to the above address with

Please send SELF ADDRESSED STAMPED envelope.

Contact Details

| Title | Mr / Miss / Mrs / Dr First Name | | | Surname |
|--------------------|---------------------------------|-------------|----------|-------------------|
| Address | | Town / City | | County: Post Code |
| Tel Number | Landline: | | Mobile : | |
| E-mail | | | | |
| Applicant Dotails: | | | | |

Applicant Details:

| Title | : Mr / Miss / Mrs / Dr | | Sex : Male Female |
|-------------------|------------------------|------------|-------------------|
| | | | |
| First Name | | | |
| i li st marrie | | | |
| | | | |
| Surname | | | |
| | | | |
| Marital Status | | | |
| | | | |
| | | | |
| Nationality | | | |
| | | | |
| Date of Birth | | | Height : ft in |
| | | | |
| Creation . | Vec Ne | Magatarían | Vec Ne |
| Smoker : | Yes No | Vegetarían | Yes No |
| | | | |
| Caste: (Optional) | | | |
| | | | |
| Qualifications | | | Occupation |
| Qualifications | | | Occupation |
| | | | |

Declaration and Consent:

I understand and agree that the SHREE VISHWA SANAATAN DHARMA MANDIR VIVAH SERVICES and its Management will under no circumstances be held responsible legally or morally for the bonafide of either of the 'parties' concerned nor liable for any form of legal action.

I declare that the above particulars are correct to the best of my knowledge.

| Signed (applicant): | Date: | | |
|---------------------|---------|--|--|
| | | | |
| Contact Name: | Tel No: | | |

Please inform us in writing as soon as your son/daughter is engaged / Married.

Raf No.

For Office Use Only:

| Date | 1 | , |
|-------|---|---|
| 11270 | / | 1 |