

2023-2024						
Name of the Teacher/Author	Department	Title of the Paper	Date of Paper presentation	Title of the conference/ seminar	Level (Local/University/State/National/international)	Name of the organizing Institute
Sandhya Kadiru	Zoology	Hepatotoxicity Study of beta-Cyfluthrin Exposure on Zebrafish (<i>Danio</i> sp.)	07-Dec-23	Annual Conference on Toxicology Research and Development	International	Sophia College for Women
Mrunmayee Rade,Sukaina Abbas,Sree R Nair	Life Sciences	Effect of Curcumin on Hyperglycaemic <i>Caenorhabditis elegans</i>	4th-6th October, 2023	XLI Annual Meeting of Indian Academy of Neurosciences,International Conference on "BRAIN: CHEMISTRY TO COGNITION"	International	Jiwaji University
Mrunmayee Rade,Sukaina Abbas,Sree R Nair	Life Sciences	Evaluation of Curcumin as A Protective Agent for <i>Caenorhabditis elegans</i> Exposed to High Glucose Diet	7th-8th October	19th NATIONAL RESEARCH SCHOLARS MEET	National	ACTREC
Dr. Sunita Jadhav	Economics	Application of Game Theory in Economics and Finance: A Strategic Decision Making under Interdependence	15th February 2024	One Day National Seminar on mathematics For Economics and Finance	National	Ramnarain Ruia Autonomous College
Dr. Sunita Jadhav	Economics	Net Zero by 2070: A Roadmap to a Decarbonised Future	16th February 2024	International Conference on Economics, Banking-Finance and Social Sciences	International	KES Shroff College of Arts and Commerce, Kandivali (West)
Dr. Smriti Kumari Singh	Hindi	विवेक की राय का भोजपुरी साहित्य	21-22 February 2024	मातृभाषाओं में अभिव्यक्त भाषा, साहित्य एवं संस्कृति के विविध	International	भारतीय भाषा केंद्र, भाषा साहित्य एवं संस्कृति अध्ययन संस्थान, जवाहरलाल नेहरू विश्वविद्यालय, नई दिल्ली, भारतीय सामाजिक विज्ञान अनुसंधान परिषद, नई दिल्ली तथा मैथिली भोजपुरी अकादमी, दिल्ली
Dr. Smriti Kumari Singh	Hindi	उत्तर प्रदेश के साहित्यकारों का हिंदी साहित्य में अवदान	27-28 February 2024	भारतीय गद्य साहित्य के साहित्यकारों एवं समाज सुधारकों का हिंदी साहित्य में अवदान	International	सी. के. एन. के. एच. हिंदी साहित्य समिति, असम
Dr. Smriti Kumari Singh	Hindi	आदिवासी साहित्य सौन्दर्य	08-09 January 2025	हिंदी आलोचना : स्वरूप एवं व्याप्ति	National	महाराष्ट्र राज्य हिंदी साहित्य अकादमी, मुंबई एवं केंद्रीय हिंदी संस्थान, आगरा, अखिल भारतीय साहित्य परिषद, दिल्ली (कल्याण इकाई) और बी.के. बिरला (सशक्त स्वायत्त) महाविद्यालय कल्याण
Dr. Smriti Kumari Singh	Hindi	तुलसीदास के रामचरितमानस में व्यक्त जीवन मूल्य	12-Jan-24	तुलसीदास के रामचरितमानस में व्यक्त जीवन मूल्य	National	महाराष्ट्र राज्य सहित अकादमी, मुंबई एवं जन सेवा समिति संचालित श्री एम. डी. शाह महिला कॉलेज ऑफ़ आर्ट्स एंड कॉमर्स, मलाड, मुंबई एस.एन.डी.टी. महिला विश्वविद्यालय मुंबई
Dr. Smriti Kumari Singh	Hindi	समकालीन हिंदी साहित्य में राष्ट्रीय एवं सांस्कृतिक विचारधारा	23-24 February 2024	समकालीन हिंदी साहित्य में राष्ट्रीय एवं सांस्कृतिक विचारधारा	National	महाराष्ट्र राज्य साहित्य अकादमी, मुंबई एवं हिंदी विद्या प्रचार समिति द्वारा संचालित रामनिरंजन झुनझुनवाला महाविद्यालय (सशक्त स्वायत्त) घाटकोपर (पश्चिम), मुंबई

2022-2023						
Dr. Vaishali Pachunde	Hindi	SUFI KAVYA AUR LOKJEEVAN	14-03-2023	BHAKTIKAL KA PRADEY EVAM PRASANGIKATA	NATIONAL	Smt. Maniben M. P. Shah Women's College of Arts and Commerce (Autonomous) Matunga, Mumbai in collaboration with S.I.E.S. Arts, Science and Commerce College (Autonomous), Sion, Mumbai.
Dr. Smriti Singh	Hindi	मीडिया के विविध प्रकार, कार्य, भाषा महत्त्व और रोजगार की संभावनाएँ	17-01-2023 to 18-01-2023	भारतीय लोकतंत्र का चतुर्थ स्तंभ : मीडिया	International	तीर्थकर महावीर विश्वविद्यालय, मुरादाबाद
Dr. Smriti Singh	Hindi	आधुनिक विमर्श : संवेदना के विविध आयाम	01-02-2023 to 02-02-2023	एस. एन. डी. टी. महिला विश्वविद्यालय, मुम्बई एवं विश्वविद्यालय अनुदान आयोग के संयुक्त तत्वावधान में आयोजित द्वि-दिवसीय राष्ट्रीय संगोष्ठी	NATIONAL	एस. एन. डी. टी. महिला विश्वविद्यालय, मुम्बई
Dr. Smriti Singh	Hindi	मधु कांकरिया के कथा साहित्य में सामाजिक प्रतिरोध	17-02-2023	Recent Researches: Trends, Theories, Application and Social Relevance	NATIONAL	Sir Sitaram and Lady Shantabai Patkar College of Arts and Science and V.P. Varde College of Commerce and Economics, Mumbai
Dr. Elwin John	English	Interrogating Modernity and Humanism in Pelliserry's Jallikattu.	02-02-2023	Animals in the History of South Asia	International	Mohanlal Sukhadia UNIVERSITY, Udaipur
Samrita Sinha	English	Anglophone Literary Narratives from the Northeastern Borderlands of India: A Biopolitical Analysis	15-12-2022	Talking Across Cultures: Reading South-South Feminisms in India and South Africa	International	Dr BMN College, SNDT University (Mumbai) and Stellenbosch University (South Africa)
Sandhya Kadiru	Zoology	Ecotoxicity of Insecticide beta-Cyfluthrin on embryo and larval Stages of Zebrafish (Danio rerio)	11-02-2023	Recent Advances in SCience, Technology, Humanities and Management	International	V.G.Vaze College of Arts, Science and Commerce
Dr Tressa Jacob	Life Science	Establishing a novel paradigm to study anxiety after predatory attack	15-12-2022	17th Avishkar , Intercollegiate research convention	University	University of Mumbai, Nirmala Niketan college of home science
Kajal Sankhala	Life Science	Study on the ameliorative potential of Methyl cinnamate in Alzheimer's disease model of Drosophila melanogaster AND Assessing the therapeutic potential of Methyl Cinnamate on park13 mutants ,A parkinsons disease model of D.melanogaster. AND Effect of Caffeine on regeneration of Hydra viridissima	07 -11 th December 2022 and 8-9th December 2022	Indian Academy Of Neuroscience.and 18th National research scholars meet (NRSM)	International and National	IAN AND ACTREC
Dr Geetanjali Ganguli	Life Science	Limonene and Azelaic Acid as therapeutic agents against glioblastoma multioforme	21-04-2023	G20 Summit on environmental sustainability and bioenzymes	International	Department of Biotechnology, Mumbai University
Sukanya Menon	Sociology	Poster Presented: "Tone it Down: Cushioned Sociology in Contemporary Times	16-03-2023	The Sociological Ethic and the Spirit of Pedagogy: Contemporary Reflections	National Conference	Mumbai University
Dr Rachna Poncha	History	'The Contribution of Parsis to Bombay: An Enduring Legacy'	28-02-22	Collaborative Lecture Series with Vaze College.	Local	Sophia College and Vaze College

Dr Rachna Poncha	History	Lost Sentinel - The Story of the Bombay Fort'	25-02-23	Annual Inter-collegiate Student Research Seminar "Formidable Forts: Silent Sentinels of India" by Ramniranjan Jhunjhunwala College	Local	Ramniranjan Jhunjhunwala College
Dr Andrea Coutinho	Education	UNDERSTANDING CISGENDER AND LGBT+ INCLUSIVE COMMUNICATION THROUGH THE USAGE OF PRONOUNS IN UNDERGRADUATES IN SOUTH MUMBAI	6th March 202	National Conference Public Relations as a Catalyst in Communicating Sustainability	National Level	Stella Maris College (Autonomous), Chennai
Dr Andrea Coutinho	Education	Exploring Students' Opinions about Gender Inclusivity in Graduation Programs	10th March 2023	March 2023 International Conference on SEE Learning (BTTC, HSNCU Mumbai)	International Level	March 2023 at BTTC, HSNCU Mumbai)
Saqueba Mistry	BSc IT	Personalized Learning Experience through Adaptive Testing Using Blooms Taxonomy	15th February 2023.	Survival, Resurgence & Sustainability in Digitalisation: A Global Perspective"	National Level	Ghanshyamdas Saraf college of arts & commerce
DR. TREVOR ALLIS	PHILOSOPHY	A PLEA FOR RELIGIOUS TOLERATION IN A SECULAR STATE	22ND FEBRUARY 2023	ON BEING INTERCONNECTED	INTERNATIONAL	ST. XAVIERS COLLEGE - DEPARTMENT OF INTER RELIGIOUS STUDIES
2021-2022						
Dr Roshan Dsouza	Zoology	Oxidative stress response of adult Zebrafish (Danio sp.) to Clothianidin	12 th March, 2022	Annual (Online) International Conference on "Toxicology Research and Development"	International	Organized by the Department of Zoology, Sophia College and RUSA
Dr Roshan Dsouza	Zoology	Ecotoxicity of plasticizer di-(2-ethylhexyl) phthalate (DEHP) in embryos of Zebrafish (Danio sp.)	12 th March, 2022	Annual (Online) International Conference on "Toxicology Research and Development"	International	Organized by the Department of Zoology, Sophia College and RUSA
Dr Meeta Saxena	Physics	Optical, Electrical and Structural characterization of MNA doped PS: PVS polyblends thin film	26 th February, 2022	Advances in Material Sciences, Bio – Sciences and Information Technology (ICAMSBSIT – 2022)	International	Mahatma Phule Arts, Science and Commerce College, Panvel District, Faculty of Science in Association with Internal Quality Assurance Cell Organized International E-Conference
Dr Anagha Tendulkar	Sociology	Gendered intersectionality in Geriatric Care	16-07-2022	Gender Gaps Web policy talk	National	IMPRI Impact and Policy Research Institute
Dr Anagha Tendulkar	Sociology	Age Friendly Communities	01-10-2022	City Conversations Web Policy Talk	National	IMPRI Impact and Policy Research Institute
Dr Anagha Tendulkar	Sociology	Are We Ready for Fast Ageing Society	13-04-2022	Population and Development Web policy talk	National	IMPRI Impact and Policy Research Institute
Dr Bhavna	Life Sciences	Influence of estrogen receptor beta against on C6 cells (Nominated for the Tulsabai Somani Education Trust Award for young scientist under 40).	16th December 2021	Indian Academy of Neurosciences (IAN) Society Meeting - Theme: Neuroglia in health and disease	International	IISER Kolkata and Indian Academy of Neurosciences (IAN) Society
Dr Sandhya Kadiru	Zoology	Ecotoxicity Of The Carbamate Insecticide Methomyl To Embryo And Larvae Of Zebrafish (Danio rerio)	23rd July 2021	One day national webinar Paryavaranam 2021: Research in Biological Sciences : Challenges and Opportunities	National	B.K.Birla College (Autonomous) under DBT Star Status
Sr. Patricia Dsouza	Psychology	Spirituality among women leaders in the education and healthcare sector	18th December	8 th International Congress of Stress, performance and wellbeing	International	The International Stress Management Association (ISMA)
Dr Rashna Poncha	History	Lost Sentinels - The Forgotten Forts of Bombay	21.7.21	Invited lecture	Local	Museum Society

Dr Rashna Poncha	History	LittleHollands - Nedelanders in India	25.9.21	Invited lecture	Local	KhakiLabs
Dr Rashna Poncha	History	Virtual walk of Frere Town	10.12.21	Invited lecture	Local	Indus Group
Dr Rashna Poncha	History	VOC - The Dutch presence in India	17.12.21	Invited lecture	Local	The K.R.Cama Oriental Institute
Dr Rashna Poncha	History	Frere Town of the 19th Century - A Glimpse of the Bombay of Yore	28.2.22	Invited lecture	Local	The K.R.Cama Oriental Institute
Smriti Singh	Hindi	सुधा अरोड़ा के कहानियों में स्त्री का सामाजिक-संघर्ष	11-13/10/2021	हिंदी एवं उर्दू भाषा एवं साहित्य में शोध की संभावनाएं एवं समस्याएं	International	जवाहर लाल नेहरू विश्वविद्यालय, नई दिल्ली
Dr. Vaishali Pachunde	Hindi	“Vaishvik Mahamari aur Manushya tatha Jambhani Darshan me Samadhan”	05-06-2021	Recent Pandemics, Environmental Consequences, Inter-Relationship And Solutions in Jambhani Philosophy	International	Guru Jambheshwar Environmental Conservation Research Chair, Jai Narain Vyas University, Jodhpur (Raj.), India
2020-2021						
Dr. Sumanika Sethi	Hindi	webinar हिंदी कविता : अद्यतन संदर्भ	24 th June 2020	Webinar “हिंदी कविता :अद्यतन संदर्भ”	International	Maharashtra College
Samrita Sinha	English	“Decolonisation of Queer Politics in Suniti Namjoshi's Oeuvre”	05-08-2020	Rethinking Humanities and its Entanglements (Virtual)	International	Amity University,Kolkata.
Samrita Sinha	English	“Narrative Strategies of Decolonisation: Autoethnography in Mamang Dai's The Legends of Pensam”	21-08-2020	1 st Rupkatha International Open Conference on Recent Advances in Interdisciplinary Humanities (Virtual)	International	Rupkatha International Open Conference
Samrita Sinha	English	“Registers of Protest: A Comparative Study Of Poetic Voices Of Dissent From Kashmir, Northeast India And The Dalit community	22-04-2021	Fourth Annual South Asian Studies Conference, (Virtual)	International	Ireland India Institute, Dublin City University
Dr Rachna Poncha	History	Esplanade Estates	5 th May 2020	Public Lecture	Local	Khaki Labs
Dr Rachna Poncha	History	History of Bombay	11 th June 2020	Certificate Course The -logy of Bombay	Local	Asiatic Society Mumbai Research
Dr Rachna Poncha	History	i) History of Bombay ii) The Bombay fort iii) The Other Forts of Bombay iv) Frere Town.	15 th – 20 th June 2020	Certificate Course The Forts of Bombay	Local	Instucen
Dr Rachna Poncha	History	‘Can a City have an Identity – a Walk through Mumbai’	18 th August 2020	Theory of Knowledge students of Bombay International School and Mount Litera International School.	Local	NOT MENTIONED
Dr Rachna Poncha	History	Virtual walk Frere Town and Esplanade of Bombay	26th September, 2020	Certificate course on Heritage of Mumbai - Community Heritage and Identity.	Local	Dept. of History –Ruia College
Dr Rachna Poncha	History	“Means to an End – Discovering Bombay through the writings of Colonial visitors”	23 rd – 29 th November 2020	‘Writing Bombay – Exploring the City through Literature Old and New’	Local	Asiatic Society Mumbai Research Centre
Dr Rachna Poncha	History	‘Colonial Forts in India’	18 th August 2020	6-Day Seminar “Of Offence and Defence”	National	Dept. of History, Sophia College, sponsored by the Luigi and Laura Dallapicola Foundation.
Dr Rachna Poncha	History	Virtual walk Frere Town and Esplanade of Bombay	19 th March 2021	Certificate course on Heritage of Mumbai - Community Heritage and Identity.	Local	Dept. of History –Ruia College
Dr Elwin Susan John	English	“Speckled Selves: Epidermis, Disease and Identity in Narratives”	April 29, 2021	{4th Annual South Asia Conference}	International	Ireland India Institute, Dublin City University
Dr Elwin Susan John	English	“A Dance with Acid and Fire: Gender, Disability and Burnt Identities”	April 16, 2021	{Gender Studies and Women Empowerment}	International	NIT Agartala

Dr Paul Rozario	Political Science	The Impact of Covid 19 on World Trade"	August 29-31, 2020.	Post Pandemic World Order: Navigating the New Normal,	International	Nepal Institute for International Cooperation & Engagement and Water Policy Center,
Dr Paul Rozario	Political Science	" The Impact of Covid 19 on World Trade and India"	24- 25 September 2020.	WPC-Covid-19 Dialogue: Sectoral Impacts, Global Responses and Enhancing Resilience to Future Pandemics	International	Water Policy Center, and NIES Ratnam College Mumbai,
Dr Anagha Tendulkar	Sociology	Family as Caregiver to Elderly During Lockdown in Urban India	08-04-2021	Old Age Care in Times of Crisis: Past and Present	International	Birkbeck, University of London & London school of Hygiene and Tropical Medicine
Dr Anagha Tendulkar	Sociology	Non-Residential Care in Urban India	25/4/2021	Challenges of the 21 st Century: Democracy, Environment, Inequalities and Intersectionality	International	International Sociological Association Forum of Sociology
2019-2020						
Sangeeta Dubey	Economics	History of Indian Banking	21st September, 2019	Complex Narratives: Exploring Indian Business History from Ancient to Modern Times	13th Dr. Mani Kamerkar Memorial two-day National Seminar	H.R. College of Commerce & Economics
Lata Pujari	History/SCWSD	Women Performing Artists at Vijayanagara (1336 CE - 1565 CE)	15-01-2019	Women in Performing Arts – Identities, Issues and Interpretations	3rd International Conference on Humanities & Social Sciences, 2019	WDC & Department of Hindi, Maniben Nanavati College, Mumbai & ICSSR, New Delhi
Sunita Jadhav	Economics	The Changing Nature of Work: Skill Requirements to Meet New Age Challenges	16th January 2020	Two Day Multidisciplinary International Conference on Sustainable & Inclusive Globalisation	International	P.G. Department of Economics & Centre for Regional Development Studies, R T M Nagpur University, Nagpur
Smirti Singh	Hindi	महाकवि जयशंकर प्रसाद : एक पुनर्पाठ	18-02-2020	मुंबई विश्वविद्यालय, हिंदी विभाग एवं महाकवि जयशंकर प्रसाद फाउंडेशन द्वारा आयोजित महाकवि जयशंकर प्रसाद : एक पुनर्पाठ विषय पर दो दिवसीय अंतर्राष्ट्रीय संगोष्ठी	International	मुंबई विश्वविद्यालय, हिंदी विभाग एवं महाकवि जयशंकर प्रसाद फाउंडेशन
Saqueba Mistry	BSc IT	ERGO-SMART WORKSTATION: A COGNITIVE BASED TRAINING USING ICT FOR INDIVIDUALS USING COMPUTER WORKSTATION.	14-09-2019	Emerging innovations in information technology : prospect and challenges	National	Bunts
Dr Rashna Poncha	History	"The Bombay Fort – Protector or Impediment?"	21-06-2019	Monsoon Series Lecture	Local	Maritime History Society
Dr Rashna Poncha	History	"Esplanade Estates"	22-02-2020	Khaki Labs Talk	Local	Khaki Labs
Dr Roymon T.C	Philosophy	Invited lecture on 'The Youth's Mission to Transform the World in Values'	14-01-2020	Seminar on The Role of Human Values and Culture in Youth Empowerment	State	Dept. of Philosophy & Vivekananda Youth Forum
Dr Roymon T.C	Philosophy	invited lecture on 'Epistemic Friction'	22-08-2019	Inaugural session of BPS	University	Dept. of Philosophy & the Bombay Philosophical Society
Dr Sumanika Sethi	Hindi	Kamlesh Bakshi) : अतीत से गुजरते	22-08-2019	समकालीन कथा साहित्य और कमलेश बख्शी	National	Ram Narain Ruia College, Mumbai

Dr Sumanika Sethi	Hindi	स्त्री चेतनाओं का गांधी पर प्रभाव	03-03-2020	इक्कीसवीं सदी की चुनौतियाँ और गांधी तथा हिंदी साहित्य	National	SIES College, Mumbai
Dr Sumanika Sethi	Hindi	हिंदी कविता : अद्यतन संदर्भ- एक सिंहावलोकन	24-06-2020	हिंदी कविता : अद्यतन संदर्भ	National (Webinar)	Maharashtra College, Mumbai
Shraddha Prabhu	Microbiology	'Microbiological Analysis of Mayonnaise samples served at Local Vendors'	28-02-2020	QUEST Science day	Local	Sophia College
Shraddha Prabhu	Microbiology	Water analysis of Banganga Tank'	28-02-2020	QUEST Science day	Local	Sophia College
Dr. Vaishali Pachunde	Hindi	"महात्मा गांधी और अहिंसा"	21st and 22nd September, 2019	"अहिंसा का स्थान आज के समय में"	International	Hindustani Prachar Sabha, Mumbai.
Dr. Vaishali Pachunde	Hindi	"रामचरित मानस में स्त्री विमर्श"	28th, 29th and 30th November, 2019	"आंतरराष्ट्रीय रामायण सम्मेलन"	International	University of Mumbai, Hindi Department and Shree Bhagvat Parivar
Dr. Vaishali Pachunde	Hindi	"कामायनी की प्रासंगिकता"	17th and 18th February, 2020	"महाकवि जयशंकर प्रसाद: एक पुनर्पाठ"	International	University of Mumbai, Hindi Department and Mahakavi Jaishankar Prasad Foundation
Dr. Vaishali Pachunde	Hindi	"हिंदी पद्य साहित्य में गांधी के सत्य और अहिंसा"	2nd and 3rd March, 2020	"इक्कीसवीं सदी की चुनौतियाँ तथा गांधी साहित्य"	National	रामनिरंजन झुनझुनवाला महाविद्यालय तथा एस. आय. ई. एस. महाविद्यालय के संयुक्त तत्वावधान में आयोजित.
Dr. Vaishali Pachunde	Hindi	"निराला के काव्य में क्रांति एवं विद्रोह का स्वर"	15th and 16th March, 2019	"छायावाद एक पुनर्पाठ"	International	University of Mumbai, Hindi Department
Dr. Meeta Saxena	Physics	Thermally Stimulated Discharge Conductivity (TSDC) of doped polyblend	Poster presentation: 3rd to 5th January, 2020	Humboldt Kolleg 2020 on "Food, Livehood, Opportunity and Wood"	National	Raichak, West Bengal, India
Nishtha Dev	English	Contesting Violence	20-21 Jan 2020	"Gendered Heroisms in Amar Chitra Katha"	International Conference	SRTM University, Nanded
Ms. Rochelle Ferns	Chemistry	Girl Power- Little Wonders Creating Huge Impact Swachh, Swasth and Sashakt Bharat	8th Feb 2020	NSS - It's role in social awakening and national development	State	SIA College of Higher education, Dombivali
Dr. Ivan John	Education	Including the Excluded: the LGBTQAI+ Community	22-01-2020	Readjusting the Inclusive Lens – Transcending the Exclusivist Mindset	State	Smt. Kapila Khandvala College of Education, Mumbai
Dr. Ivan John	Education	Media, Gender and Pedagogy	24-01-2020	Understanding National Cinema	National	St. Mira's College for Girls (Autonomous), Pune
Dr. Ivan John	Education	Mumbai Seenagers: their lives and challenges	18-02-2020	Transition and Transformation : Cities in Life, Literature and Culture	International	IDOL (Mumbai University) and Kaash Foundation
Sr Patricia Dsouza	Psychology	Leadership styles of Women managers from the education and healthcare sector	31 st January – 1 st Feb-20	International Conference on Community Psychology	International	St Wilfred's P.G. College, Jaipur
Dr. Yasmin Khan	Life Science	Effect Of Ethanol On Cell Death And Motor Neuron Development In Zebrafish (Danio rerio) – Presented by Ms. Simrah Khan	14-Dec-19	14th Avishkar Research Convention 2019-20	University	Mumbai University

Dr. Rajbinder Kaur Dehiya	Microbiology	Poster presentation - 1) Preliminary studies on microbiological degradation of methylene blue by Bacillus cereus 2) Preparation of slow release biofertilizer using cellulose nanoparticles and the study of its effect on plant growth 3) Qualitative and quantitative detection of Lipase and its application	28-02-2019	Quest-Wider than the sky, National Science Day	College level	Science Department, DBT star College, Scheme
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