



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

AOGS TIMES

“SUTRA”

“Thread” of concise knowledge

Theme : “Women’s Health : Prevent, Detect & Thrive”

Motto : “United in Purpose, Stronger Together”

SEPTEMBER 2025

VOLUME 6

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Elizabeth H. Blackburn

Carol W. Greider
and
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નિરાશાથી આશા સુધી... આશાથી સ્વાગત સુધી...

સનફ્લાવર ivf હોસ્પિટલ **૨૨ વર્ષોનો** અનુભવ, વિશ્વાસ અને સફળતા નો વારસો લઈ ને હવે તમારી નજીક, ગાંધીનગર માં નવી શાખા સાથે આવી રહી છે.

ભારતમાં ફર્ટિલિટી સારવારમાં અગ્રગણ્ય-નામો માં એક,

- ૨૧,૦૦૦ થી વધુ સફળ કેસો
- ૬૦ થી વધુ દેશોના દર્દીઓનો ભરોસો
- અને દર વર્ષે હજારો પરિવારો ને માતા પિતા બનવાનું સુખ આપનાર

હવે તમારું પણ સપનું થશે સાકાર — તમારા શહેરમાં, તમારા ઘરના આંગણે!

સનફ્લાવર IVF - એક નવા પરિવાર ની શરૂવાત નો વિશ્વાસ

અમે આપીએ છીએ

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ગ્રાઉન્ડ ફ્લોર, નિરામય મેડિકલ હબ, નામોસ્તુતે હોસ્પિટલ પાસે, ઘ- ૩,
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મેમનગર | નારણપુરા | નરોડા | ગાંધીનગર



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TEAM AOGS MESSAGE



Dr. Nita Thakre
President



Dr. Parth Shah
Hon. Secretary

The Spirit of Navratri – A Celebration of Strength and Joy

As the beats of the dhol echoed through our streets and the air filled with color, energy, and devotion, we welcomed one of our most vibrant festivals. Spanning nine nights of celebration, Navratri honors the divine feminine in her many forms – power, wisdom, compassion, and courage. What festival could be more relatable for us gynecologists, who have devoted our lives to the health and wellbeing of the female!

I learnt recently that the word garba comes from the Sanskrit term garbha, meaning “womb” or “container,” symbolizing the creative power of the divine feminine. Traditionally, garba was performed around an earthen pot with a lamp placed inside – representing life, creation, and the goddess’s energy that nurtures the universe. Over time, this simple devotional dance evolved into the vibrant, synchronized circles of music and movement we know today, where each twirl and clap pays homage to that same eternal light.

This season, our AOGS members came together in the true spirit of Navratri, flaunting their beautiful traditional attire, and lost themselves in the melodious tunes of Anupam Vyas ji, as we transcended the generational divide, and played to our heart’s content, bound by spirit, faith, and festivity. Not to forget the scrumptious meal that followed, well deserved after all the vigorous dancing!

Beyond the festivities lies a deeper message – the victory of good over evil, of light over darkness, of inner strength over fear. Each day of Navratri celebrates a different avatar of Goddess Durga, inspiring us to reflect on our own battles and resilience.

May we allow this spirit to fill our lives with light, positivity, and purpose, and may the goddess bless every heart that beats to her rhythm.

Dr. Nita Thakre
President

Dr. Parth Shah
Hon. Secretary

CENTERSTAGE



Elizabeth H. Blackburn



Carol W. Greider

Elizabeth H. Blackburn and Carol W. Greider, together with Jack Szostak, were awarded the 2009 Nobel Prize in Physiology or Medicine for discovering how chromosomes are protected by telomeres and the enzyme telomerase. Telomeres are repetitive DNA sequences at the ends of chromosomes that act like protective caps, preventing genetic material from being lost during cell division. Greider, then a graduate student in Blackburn's lab, identified telomerase, a ribonucleoprotein enzyme that replenishes these DNA ends and counters their gradual shortening – solving the long-standing “end-replication problem” in biology.

Their discovery transformed understanding of aging, cancer, and genetic disease. In most human cells, telomerase is inactive, and telomeres shorten with each division until cells stop dividing, a process tied to cellular aging. In contrast, cancer cells often reactivate telomerase, enabling uncontrolled growth. Defects in telomere maintenance are also linked to rare disorders such as aplastic anemia and pulmonary fibrosis. Today, telomere biology remains a vibrant field, shaping research into cancer therapies, and regenerative medicine, and forms the mainstay of all anti-aging research.

MEDICAL NEWS

1. **Rs 10 lakh health cover for government employees & pensioners in Gujarat**

The Gujarat government launched a scheme called **Gujarat Karmayogi Swasthya Suraksha Yojana (GKSSY)** to provide free medical treatment coverage up to ₹10 lakh for government employees and pensioners. (The Times of India)

Implication: This expands state-level health insurance coverage beyond national schemes and may reduce out-of-pocket burden for a large cohort.

2. **Hepatitis A now increasingly seen in adults (Ahmedabad / Gujarat study)**

A study from GCS Medical College (Ahmedabad) suggests a shift in Hepatitis A epidemiology: a larger proportion of infections now occur in adults (> 21 years), rather than in children. (The Times of India)

Implication: Adult infections tend to be more severe; may influence vaccination policy, surveillance, and clinician vigilance.

3. **Dialogue on Health Diplomacy at IIPH Gandhinagar**

A health diplomacy meeting held at the Indian Institute of Public Health, Gandhinagar emphasized Gujarat's improvements in maternal & child mortality, noncommunicable disease prevention, and institutional health system strengthening. (Cmo Gujarat)

4. **Viral encephalitis & Chandipura virus cases rising in Gujarat**

Gujarat has registered increasing cases and fatalities of acute encephalitis syndrome; 28 deaths attributed to Chandipura virus since July, among pediatric population. (ETHealthworld.com)

Implication: Need for intensified surveillance, vector control, public awareness, and rapid diagnostic capabilities.

5. **Union Cabinet approves +10,023 new MBBS / PG seats**

The central government has approved the expansion (Phase III) of medical education, adding 5,023 new MBBS and 5,000 PG seats across public institutions, backed by a ₹15,034 crore investment. (The Times of India).

6. **Indian drugmakers to market generic HIV prevention injection (lenacapavir) at \$40/year**

Dr. Reddy's and Hetero plan to produce generic versions of lenacapavir (a long-acting HIV PrEP) to be sold for ~\$40/year in eligible countries starting 2027. (Reuters)

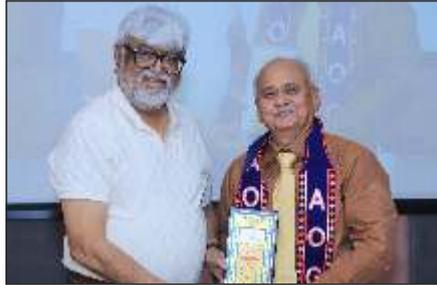
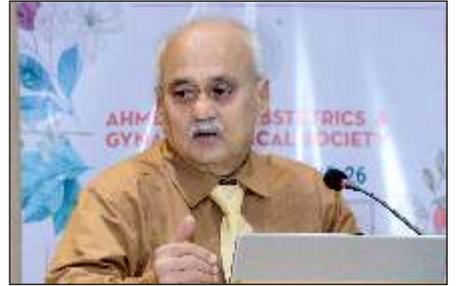
7. **Global Digital Health Summit 2025 in Mumbai**

Over 2,000 delegates from 193 countries will attend the Global Digital Health Summit (Sept 19–21, 2025) in Mumbai – focusing on AI, digital health, telemedicine, and health technology. (The Economic Times)

8. **Global health funding falls to 15-year low – Gates Foundation warns of rising childhood mortality**

The Gates Foundation issues alert that global health aid has contracted, threatening reversal of gains in reducing preventable childhood deaths. (Barron's)

CME : 14.09.2025



“रटियाणी रात, सह-मित्रो नो साथ”

Friday, 3rd October, 2025



“रटियाणी रात, सह-मित्रो नो साथ”

Friday, 3rd October, 2025



Elect the Best Investments for Your Portfolio in 5 Steps



DR. BHAVIT SHAH

1

📊 **Elect the Best Investments for Your Portfolio in 5 Steps**

*A Smart Guide for Doctors by a Financial Expert**

> 📌 **Investing should be more like watching paint dry or watching grass grow. If you want excitement, take \$800 and go to Las Vegas.**

> — **Paul Samuelson***

👨‍⚕️ As busy professionals like **gynecologists**, we spend our lives caring for others – but it's time to care for your **financial future** too! Whether you're planning for retirement, a child's education, or growing wealth – making the **right investment choices** matters.

Let's simplify the **5 essential questions** you must ask before selecting any investment.

✅ **1. How Does This Investment Work?***

🔍 Most people first check the **returns**. But wait!

You should first ask: **"How were those returns achieved?"**

🔥 **Every investment earns returns from different asset classes:**

| Asset Class | Return Source | Characteristics |
|-------------|---------------------------|------------------------------------|
| Equity | Business Growth | Long-term, high return, volatile |
| Debt | Borrower pays interest | Stable, low risk, low return |
| Commodities | Market price + demand | Volatile, storage cost involved |
| Real Estate | Rent + price appreciation | Big money required, less liquidity |

2

📌 **Equity** (Stocks) | From business growth | Long-term, high return, volatile |

📌 **Debt** (Bonds, FDs) | Borrower pays interest | Stable, low risk, low return |

📌 **Commodities** (Gold, Oil) | Market price + demand | Volatile, storage cost involved |

📌 **Real Estate** | Rent + price appreciation | Big money required, less liquidity |

💡 **Tip:** Focus more on **investment behavior** (how consistently it performs), not just numbers.

| Asset Class | Annualized Return 2015-2024 | Real (inflation-adjusted) |
|---------------------------|----------------------------------|---------------------------------------|
| Equities (NIFTY 50)** | 10-11% | 7-8% real (assuming 3% CPI inflation) |
| Residential Real Estate** | 8-10% in metros; 6-10% pan-India | 5-7% real after inflation |

⚠️ **2. What is the Risk Involved?***

🚫 Don't confuse **volatility** with **risk**.

Volatility is short-term movement – not permanent loss.

✅ For example:

3

* If you invested in **NIFTY (equity index)** for **5+ years**, historical data shows almost **0% chance of loss**.

✅ A **good investment** gives **market-like returns** and also **protects you during bad times**.

📊 **3. What Kind of Return Does It Generate?***

Before getting impressed by **8% return**, ask:

- 🌱 Is it **assured** or **market-linked**?
- 💰 Is it **pre-tax** or **post-tax** return?

4

💧 **4. How Liquid is This Investment?***

📌 Liquidity means – **how quickly can you withdraw money if needed?**

🟡 **Highly Liquid:**

- Mutual Funds
- Stocks
- REITs
- Bonds

🟠 **Lock-in Investments (less flexible):**

- NPS
- Insurance plans
- ELSS (but useful for tax saving)

📌 **Tip:** **Lock-in can be useful** if you tend to panic during market downturns.

🎯 **5. Does It Fit Into Your Financial Plan?***

Investment is personal. Ask:

- 🧑 Am I young or retired?
- 🧠 What is my risk appetite?
- 🎯 What are my short-term and long-term goals?

📊 **Table: Inflation Rates (2000-2024)**

| Year | Inflation Rate (%) | Notes |
|------|--------------------|----------------------|
| 2000 | 10 | +11 months deflation |
| 2001 | 10 | |
| 2002 | 10 | |
| 2003 | 10 | |
| 2004 | 10 | |
| 2005 | 10 | |
| 2006 | 10 | |
| 2007 | 10 | |
| 2008 | 10 | |
| 2009 | 10 | |
| 2010 | 10 | |
| 2011 | 10 | |
| 2012 | 10 | |
| 2013 | 10 | |
| 2014 | 10 | |
| 2015 | 10 | |
| 2016 | 10 | |
| 2017 | 10 | |
| 2018 | 10 | |
| 2019 | 10 | |
| 2020 | 10 | |
| 2021 | 10 | |
| 2022 | 10 | |
| 2023 | 10 | |
| 2024 | 10 | |

5

👨‍⚕️ A 60-year-old gynecologist nearing retirement **should avoid**:

- High-risk investments
- Derivatives
- Crypto or penny stocks

📌 Always weigh the **opportunity cost** (what you lose when you choose one option over another) before investing – what else could you do with that money?

📌 **Final Takeaways :**

- 🟢 Think long term
- 🟢 Prioritize **your goals** over **returns**
- 🟡 Avoid following market trends blindly
- 🔴 Focus on **post-tax returns**
- 🟣 Never compromise on liquidity if you're nearing retirement

📌 So invest **wisely, patiently, and purposefully**.

📌 Your financial health matters too.

Organized by :



48th SOGOG 2025

19 20 21

DECEMBER, 2025

VENUE :
HYATT REGENCY
ASHRAM ROAD, AHMEDABAD.

CONFERENCE THEMES :

Critical Care in Obstetrics

Foetal Medicine Frontiers

Infertility: Challenges & Solutions

Preventive Gyn-Oncology & Early Diagnosis

Mixed Bag

WORKSHOPS

- WORKSHOP 1
Mastering Fetal Medicine : Practical Tips
- WORKSHOP 2
Operative Obstetrics Skills : Precision & Practice
- WORKSHOP 3
Endometriosis & Fibroids : Comprehensive Approach
- WORKSHOP 4
Vaginal Surgeries & Urogynecology : Optimizing Patient Outcome

**PG ACTIVITIES
AT SOGOG**

- PAPER / POSTER PRESENTATION
- DEBATE & QUIZ

REGISTRATION FEES

| Registration Category | Amount |
|--|-----------|
| R.C. Members: | ₹15,000/- |
| SOGOG Members (Conference+Workshop): | ₹11,800/- |
| SOGOG Members (Only Conference): | ₹9,440/- |
| Corporate registration (Per Delegate): | ₹14,160/- |
| P.G. Students (Conference+Workshop): | ₹8,260/- |
| P.G. Students (Conference): | ₹7,080/- |

Including GST

SCAN TO REGISTER



ORGANIZED BY : AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

Email : sogog2025@gmail.com

SOGOG STARS UNDER SPOTLIGHT



Date: Friday, 19th December 2025 | Time: 7:00 PM – 9:30 PM
 Venue: Hyatt Regency, Ashram Road, Ahmedabad



Performances by SOGOG Societies
 – showcasing creativity, rhythm & spirit.



Special act by Dr. Tushar Shah
 – Standup comedy that will leave you in splits!



Best Outfit Award
 – Men & Women who dazzle in their finest will be crowned the style icons of the evening.

AN EVENING OF Talent, Laughter & Style!

Join us for a night where our own stars shine brightest, filled with fun, laughter, and unforgettable memories!

Dress Code: Indian Ethnic Wear – bring out the elegance and tradition in vibrant style!

An Evening with *Maahi*

Experience the sensational voice of Maahi, Son of the legendary Shaan!

Saturday, 20th December 2025

Hyatt Regency, Ahmedabad
 8:00 Pm onwards

Get ready to be enchanted by soulful melodies, electrifying performances, and a night filled with magic. Let Maahi take you on a musical journey you'll remember forever!



SOGOG Olympics 2025

Where Doctor's & Family members Turn into Champions!
 Step out of the clinic and into the arena –It's time to serve, smash, strike & shine!

- GAME ZONE •
- CHESS •
- BADMINTON •
- PICKLEBALL •
- BOX CRICKET

FOR MORE DETAILS CONTACT :
DR. PARTH SHAH +91 94296 17556

19 20 21 DECEMBER, 2025

VENUE: **HYATT REGENCY** ASHRAM ROAD, AHMEDABAD.
 Organized By : AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

SCAN TO REGISTER



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- Dr. Nayana Patel



AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

SOCIAL SECURITY SCHEME

આપણી સોસાયટીની સોશિયલ સિક્યોરીટી સ્કીમ આશરે છેલ્લા ૧૫ વર્ષથી ચાલે છે.

IMA અને AMA ની જેમ આ આપણી પોતાની ગાયનેક સોસાયટીની

Unique Security Scheme આપણાં મેમ્બર્સ માટે ઉપલબ્ધ છે.

આ સ્કીમ દ્વારા આપણાં પરિવારજનોને હાલની તારીખમાં

રૂા. ૩,૨૫,૦૦૦ જેવી માતબર રકમ મળી શકે છે. જેમ મેમ્બર્સની સંખ્યા વધતી જશે તેમ

આ DFC Amount વધતું જશે.

વધારામાં આ સ્કીમમાં Spouse Membershipની સુવિધા પણ ઉપલબ્ધ છે.

જે AOGS મેમ્બર હવું સુધી આ સ્કીમનાં મેમ્બર ન થયા હોય તેમને સત્વરે મેમ્બર થવાં અનુરોધ. ફોર્મ અને વિગતો AOGS ઓફિસમાંથી ઉપલબ્ધ છે ઓનલાઇન મેમ્બરશીપનો વિકલ્પ પણ ઉપલબ્ધ છે

**AOGS SSS Bank details : Name : AOGS SSS | Branch : Bank of India Ashram Road Branch
AC No. : 200210110002460 | IFSC : BKID0002002**

For More Details, Please Contact : Dr. Lata Trivedi Mo. : 79903 08240

AOGS Office : Mo.: +91 78610 11818, Ph.: +91 79 2658 6426

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AHMEDABAD OBSTETRICS & GYNAECOLOGICAL SOCIETY

19 20 21 DECEMBER, 2025

VENUE : HYATT REGENCY, ASHRAM ROAD, AHMEDABAD



Email : sogog2025@gmail.com

DELEGATE DETAILS :

Title : Prof. Dr. Mr. Ms. Mrs. Gender : Male Female :

DELEGATE 1 NAME : _____

DELEGATE 2 NAME : _____

ACCOMPANYING PERSON 1 : _____

ACCOMPANYING PERSON 2 : _____

IF KID THEN NAME : _____

HOSPITAL NAME : _____

EMAIL : _____

CONTACT NUMBER : _____

ADDRESS : _____

COUNTRY : _____ STATE : _____

CITY : _____ PINCODE : _____

SELECT YOUR WORKSHOP

- 1. **Mastering Fetal Medicine: Practical Tips**
- 2. **Operative Obstetrics Skills: Precision & Practice**
- 3. **Endometriosis & Fibroids : Comprehensive Approach**
- 4. **Vaginal Surgeries & Urogynecology : Optimizing Patient Outcome**

| DELEGATE 1 | DELEGATE 2 |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

REGISTRATION FEES

| Registration Category | Amount |
|--|-----------|
| R.C. Members: | ₹15,000/- |
| SOGOG Members (Conference+Workshop): | ₹11,800/- |
| SOGOG Members (Only Conference): | ₹9,440/- |
| Corporate registration (Per Delegate): | ₹14,160/- |
| P.G. Students (Conference+Workshop): | ₹8,260/- |
| P.G. Students (Conference): | ₹7,080/- |

Including GST

SCAN TO REGISTER



PAYMENT DETAILS: By Cheque / DD: By Cash: Amount: _____

Amount in Word: _____

Cheque / DD No.: _____ Cheque / DD Date: _____

Bank Name: _____ Branch: _____

NET BANKING

NEFT **IMPS**

UPI

To Make Payment
USE This QR Code

Reference Number: _____

UPI Transection ID: _____

Payment Date: _____

Payment Date: _____

Bank Name: _____

From Name: _____

Branch: _____

From UPI ID OR Number: _____



REGISTRATION GUIDELINES

Important Points

- All rates are inclusive of applicable taxes (18% GST Included) and shall be charged as per prevailing rates. ● Spot registrants will not be guaranteed Conference Kit and Gift.
- Congress Registration is mandatory for registration in Workshop and Banquet. ● Please provide your membership number (FOGSI Society Registration No.) for our reference. ● Provide all the necessary details as required in the form; it will be used for the conference communication only.
- Provide us your updated email id and WhatsApp Mobile number; it will be used for the registration receipt and other conference communication. ● Conference Organizers are not responsible for postal delays / failure of delivery by post or failure of electronic communication. ● PG. Students should attach a letter from HOD as a Proof of belonging to that College / University.

Travel and Accommodation

- In case of any cancellation of flight/train or any mode of transportation, booking amount will not be refundable. ● In case of late arrival at Venue, guests will not be entitled for missed meals or other activities. ● Any incidental, personal and other expenses and cost of items which are not specified/mentioned in the inclusions are to be borne by the guest.

Liability and Safety

- Management is not responsible for the loss of personal belongings of the guest. Guests are requested to take care of their belongings. ● Guests carrying valuables such as fragile items, money, jewellery, silverware, cameras, electronics / laptop or photographic equipment, antiques, artefacts, work of art, precious metals and other similar valuables at their own risk. ● Organizers reserves the right to cancel reservation without any prior notice in case of any Central/State Government Event/Meetings/Visits or any unwanted natural calamities. In which case, alternative dates can be set or full refund will be given. ● All guests can opt for adequate insurance coverage through their Insurance Company prior to travel.

General Rules

- Any dispute arising in above mentioned terms & condition is subject to Ahmedabad Jurisdiction only. ● No Pets are allowed inside The Venue. ● Guests have to follow the house rules and applicable laws of the land. ● Child below 6 years is complimentary. For the kid above 6 years accompany Person Registration is required.

CANCELLATION & REFUND

Delegate Registration Cancellations

- Cancellations made on or before November 1, 2025 will receive a 50% refund. ● Cancellations made after November 2, 2025 are not refundable.

No-Shows : Delegates who do not attend the conference ("no-shows") are not eligible for a refund.

Transfer of Registration : Delegate registrations can be transferred to another individual, subject to approval by the SOGOG 2025 organizing committee. A transfer fee of 500 INR will apply.

Conference Cancellation or Postponement

- In the event that SOGOG 2025 is canceled or postponed due to unforeseen circumstances, registered delegates will have the option to: Receive a full refund of their registration fee. ● Transfer their registration to the rescheduled conference date (if applicable).

Refund Process

- All refund requests must be submitted in writing to sogog2025@gmail.com ● Refunds will be processed within 30 business days of approval. ● Refunds will be issued to the original payment method used during registration.

Exceptional Circumstances

- Refunds may be considered in exceptional circumstances (e.g., medical emergencies, bereavement) at the discretion of the SOGOG 2025 organizing committee. Supporting documentation will be required.

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MEDICAL QUIZ

Male Infertility

MCQs

1. The most common cause of male infertility is:

- A. Varicocele
- B. Hypogonadotropic hypogonadism
- C. Obstructive azoospermia
- D. Klinefelter syndrome

2. Which of the following semen parameters is not included in the WHO 2021 reference values?

- A. Sperm concentration
- B. Sperm motility
- C. Sperm morphology
- D. Sperm vitality
- E. Fructose concentration

3. A patient presents with azoospermia, small testes, elevated FSH, and normal testosterone. The most likely diagnosis is:

- A. Primary testicular failure
- B. Hypogonadotropic hypogonadism
- C. Obstructive azoospermia
- D. Androgen insensitivity

4. Which hormone is primarily responsible for stimulating Sertoli cell function and spermatogenesis?

- A. LH
- B. FSH
- C. Testosterone
- D. Prolactin

5. In obstructive azoospermia, which of the following findings is most consistent?

- A. Low semen volume, acidic pH, absent fructose
- B. High FSH and LH
- C. Small testes with gynecomastia
- D. Low testosterone levels

6. Which genetic abnormality is most strongly associated with severe oligospermia and non-

obstructive azoospermia?

- A. 47,XXY karyotype
- B. Y-chromosome microdeletion in AZFc region
- C. CFTR mutation
- D. Robertsonian translocation

7. The most common genetic cause of congenital bilateral absence of the vas deferens (CBAVD) is mutation in:

- A. AR gene
- B. CFTR gene
- C. FMR1 gene
- D. SRY gene

8. A 32-year-old man with infertility has gynecomastia, tall stature, small testes, and azoospermia. The most likely karyotype is:

- A. 46,XY
- B. 46,XX
- C. 47,XXY
- D. 45,X

9. Which of the following is the best first-line imaging study for evaluation of suspected varicocele in an infertile male?

- A. MRI pelvis
- B. Scrotal Doppler ultrasonography
- C. Retrograde venography
- D. CT abdomen

10. Which of the following treatments is most appropriate for hypogonadotropic hypogonadism – related infertility?

- A. Clomiphene citrate
- B. Exogenous hCG and FSH therapy
- C. Varicocelectomy
- D. Intracytoplasmic sperm injection (ICSI)

Answer Key : 1.A. 2.E. 3.A. 4.B. 5.A. 6.B. 7.B. 8.C. 9.B. 10.B.

READER'S CORNER

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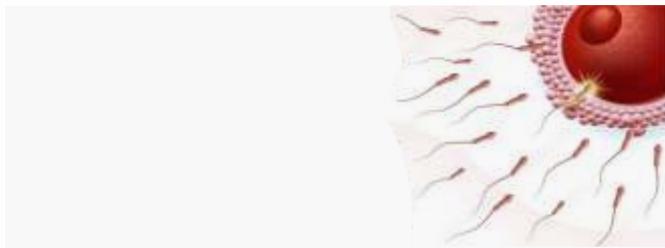
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