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CEST

New Arrivals February 2022

1 A Pocket Guide for Cold Water Survival

Cold Water Survival **Author:** International Maritime Organization

Edition: 2012

Description: This guidance is intended primarily for seafarers. It provides information which will help you if you are unlucky enough to fall into cold water, or have to enter it in an emergency, or have to use survival craft in cold conditions. It also provides information which will help seafarers, trained as first-aid providers, to treat those rescued from cold conditions. This guide briefly examines the hazards of exposure to the cold that may endanger life, and provides advice based on the latest medical and scientific opinion on how to prevent or minimize those dangers.

Location- FMA [1 copy]

OPAC Link: Click Here

2 The Stranger



Author: Albert Camus

Description: With the intrigue of a psychological thriller, Camus's masterpiece gives us the story of an ordinary man unwittingly drawn into a senseless murder on an Algerian beach. Behind the intrigue, Camus explores what he termed the nakedness of man faced with the absurd and describes the condition of reckless alienation and spiritual exhaustion that characterized so much of twentieth-century life.

New Skills | Practical Experience | Real Opportunities

		Location- Lautoka [3 copies]	
		Nasinu [2 copies]	
		OPAC Link: <u>Click Here</u>	
3	Practical Research:	Authors: Paul D. Leedy, Jeanne Ellis Ormrod	CHE
	Planning and Design	Edition: Global Edition	
		Description: Global Edition Description for	
		introductory courses	
	Practical Research	Research Methods in any area of study–from Anthropology to Zoology Engaging, cross-	
	Commence of Commen	disciplinary, practical. Practical Research: Planning and Design is a do-it-yourself,	
		understand-it-yourself manual for planning and conducting research. Suitable for a wide variety of	
		courses in basic research methodology, the text guides the reader, step-by-step, from the selection	
		of a problem, through the process of conducting authentic research, to the preparation of a	
		completed report, with practical suggestions throughout.	
		Location- Lautoka [1 copy]	
		OPAC Link: Click Here	

4	The Pit and the	Author: Edgar Allan Poe	CHE
	Pendulum	_	
	THE PIT AND THE PENDULUM EDGAR ALLAN POE	Description: Edgar Allan Poe is not only the finest, most terrifying writer of Gothic horror tales ever to have lived, he also wrote extraordinary poems. Here, Poe writes of the torments of ingenious, malevolent persecutors and of a mind's own sickening madness. The Pit and the Pendulum is a collection of works from a dark and brilliant genius.	
	Ω	Location- Lautoka [1 copy]	
		Nasinu [2 copies]	
		OPAC Link: Click Here	
5	Julius Caesar (No	Author: William Shakespeare	CHE
	Fear Shakespeare)	Description: Each No Fear guide contains:	
	NO FEAR SHAKESPEARE	The complete text of the original play	
	JULIUS CAESAR	A line-by-line translation that puts Shakespeare into everyday language	
	999	 A complete list of characters, with descriptions 	
	17 4	Plenty of helpful commentary	
		Location- Lautoka [3 copies]	
		Nasinu [2 copies]	
		OPAC Link: Click Here	

6	Faced Out	Author: K. S. Maniam	CHE
0	Faced Out	Description: A collection of stories. Maniam invokes a wide range of narrative modes covering realism, psychological, analysis, myth, fantasy, and confession to portray the Malaysian condition. Location- Lautoka [1 copy] OPAC Link: Click Here	OHE
7	HINTS FOR SELF CULTURE	Author: Lala Har Dayal Description: Mans Personality Needs Growth and Development in Its Four Different Aspects Namely: Intellectual, Physical, Aesthetic and Ethical. Through These Four Facets of Life, The Author Disseminates the Message of Rationalism for The Young Men and Women of All Countries. These Short Hints On Self-Culture Addresses You to Make Best Use of Your Life and Helps You to Build Your Personality as A Free and Cultured Citizen. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
8	Glory Of Indian Culture	Author: Dr. Giriraj Shah Description: Glimpses of Indian culture is a penetrating study of Indian Culture and civilization emanating from a deep comparative understanding. The image of India has been presented through various layers of art literature, religion, philosophy and other fine arts which reflect pulsation of society with an intelligent and erudite point of view. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE

Author: Stephen Grossman, Bruce E. Rogers, and 9 Unlocking CHE Creativity in the Beverly R. Moore Workplace **Illustrator:** Richard D. Pinney **Description:** Unlock your hidden potential to reach a UNLOCKING new plane of creative thinking. This comprehensive how to guide will stimulate the creativity intrinsic to everyone. Seek out new avenues of problem solving by elevating your ability to conceive ideas. The authors take you on a journey designed to spark confidence by reorganizing your thinking patterns and processes. **Location**- Lautoka [1 copy] **OPAC Link:** Click Here 10 Successful Author: Ginny Pearson Barnes CHE Negotiating: Letting **Description:** The secret to winning negotiations: the Other Person Let the other person have your way. Successful Have Your Negotiating teaches you to abandon the negative Way myths about negotiation and learn to build relationships as well as get results. You'll be more confident and successful every time you negotiate by learning: (1) The eight essential steps of winwin negotiation. (2) How to overcome the fear of confrontation, and more. Written in a friendly, interactive format, Successful Negotiating gives you all the guidance you need to become an expert negotiator - right now. **Location-** Lautoka [1 copy]

OPAC Link: Click Here

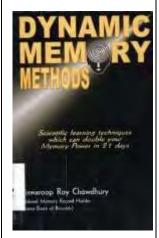
11	The Power of	Author: Jim Wheeler	CHE
	Innovative Thinking	Description: The power of INNOVATIVE	
	Let New Ideas Lead You to Success	THINKING is a practical and motivational book	
	Tou to Success	that leads you to generate new ideas on your own	
	NAME OF TAXABLE PARTY.	and unlock the creativity stored inside you. The exercises and advice in this breakthrough book	
	PRODURBUP	will help you open your mind to explore options	
	TRIBUILDING	you've known all along but didn't t know how to	
		reach.	
	Marie City	Location- Lautoka [1 copy]	
	The same of the sa	ODAC Links Click Horo	
		OPAC Link: <u>Click Here</u>	
12	Success is Just 6	Author: Dinesh K. Vohra	CHE
	Steps Away	Description: True success is all about seeking	
	SUCCESS	happiness and satisfaction in life. Life is full of	
	Steps Away	opportunities and threats. It is how we confront	
		them that determines our success and failures. This book offers concrete and practical solutions	
	The State of Co. or St.	for personal and professional success. What s	
	1	more, it shows you how to change your attitudes	
	There is the	and thinking to bring about dynamic changes in your life. You can zip along on to the highway of	
		success with the perfect blend of right vision, right	
		knowledge, and right action. The six chapters of	
		this book are the 6 steps leading to the ultimate success in life. You have it in you. Discover	
		yourself. So, what are YOU waiting for? Go ahead	
		and break the barrier of indecision and act on your	
		dreams.	
		Location- Lautoka [1 copy]	
		OPAC Link: Click Here	

13	Clear Your Past: Change Your Future CLEAR YOUR PAST CHANGE YOUR FUTURE	Description: This book will help you embark on a lifealtering journey of discovery. It is your step-by-step guide to a process of inner exploration that will let you heal old psychological wounds and permanently change your mental programming-the core patterns of belief and behavior that limit who you are and who you can become. Clear Your Past is the ultimate self-help-book-a unique collection of over 60 of the most powerful techniques developed by therapists and spiritual teachers that you can use on your own for inner transformation and healing. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
14	How to Have a Beautiful Mind Edward de Bono How to Have A BEAUTIFUL MND Tabused in Burn in dispersion in dispersion in the state of the state in the state of the state in the state of the state o	Author: Edward De Bono Description: Using clear, practical language, de Bono shows that by applying lateral and parallel thinking skills to your conversation you can improve your mind. By learning how to listen, make a point or maneuver a conversation, you can become creative and more appealing. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE

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15	Healing With Herbs	Author: Hoad Judith	CHE
	HERBY	Description: In this simple and informative self-help guide, Judith Hoad looks at the use of herbs as a form of medicine since ancient times, shows you how to identify, pick and store herbs, provides basic recipes for an herbal medicine chest and explains first aid procedures. Location- Lautoka [1 copy] OPAC Link: Click Here	
16	Marg = Pathways	Author: Maharaj Kumari Bhindi.	CHE
	HETA CONTROL	Description: Marg is a book of poems. Marg is path of knowledge and Beliefs are not fully separated from each other. Location- Lautoka [1 copy] Nasinu [1 copy] OPAC Link: Click Here	
17	How to Develop	Author: Michael E Allen	CHE
	and Maintain Quality How To DEVELOP And MAINTAIN Michigan E Alien	Description: This book will help your workout how to improve the quality of the business. It provides all information needed by you about quality — how to achieve it, how to measure it, how to develop it and how to maintain it. Location- Lautoka [1 copy] OPAC Link: Click Here	

18	Principles of Powerful Living POWERFUL LIVING DR. JOE RUBINO	Author: Joe Rubino Description: 30 principles for maximizing your personal effectiveness, is a powerful course in becoming the person you wish to be. take on the success principles discussed and watch your life and business transform and flourish. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
19	52 Ways to Live Success: Bite-Size Coaching for Success-Minded People 52 Ways To Live Success The Success	Author: Jeanne Sharbuno Description: If you have 5 minutesthere is something here that will improve your current situation. You have 5 minutes' don t you? Imagine what you can do with an hour! Let these 52 easily understood, down-to-earth principles show you how to Create and achieve success easier than you'd ever believein all areas of your life! Discover how to be yourself in a world that wants you to be like everyone else. Balance work and home by mastering the joy of moseying. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE

Dynamic MemoryMethods: ScientificLearningTechniques



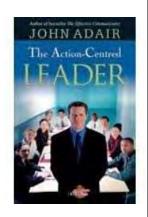
Author: Biswarup Roy Chowdhury

Description: The book is about how to improve concentration / memorizing difficult biological diagrams, creativity and you, how to study smarter and not harder, advanced mnemonic system, remembering long answers of history and geographical maps and preparing for competitive exams.

Location- Lautoka [1 copy]

OPAC Link: Click Here

The Action-Centred Leader



Author: John Adair

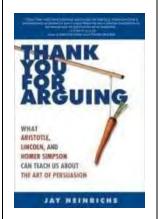
Description: Leadership is the crux of successful management and Action Centered Leader inspires others by words and examples. The book covers in depth the main topics involved in what you need to do to be a leader. It emphasizes on the simple actions that a leader must take to achieve the task, build the team, and develop the individual.

Location- Lautoka [1 copy]

OPAC Link: Click Here

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22 Thank You for
Arguing: What
Aristotle, Lincoln,
and Homer
Simpson Can
Teach Us About the
Art of Persuasion



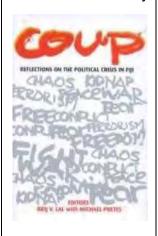
Author: Jay Heinrichs

Description: Thank You for Arguing is your master class in the art of persuasion, taught by professors ranging from Bart Simpson to Winston Churchill. The time-tested secrets the book discloses include Cicero's three-step strategy for moving an audience to action--as well as Honest Abe's Shameless Trick of lowering an audience's expectations by pretending to be unpolished. But it's also replete with contemporary techniques such.

Location- Lautoka [1 copy]

OPAC Link: Click Here

23 Coup: Reflections on the Political Crisis in Fiji: Reflection on the Political Crisis in Fiji



Editor: Brij V. Lal with Michael Pretes

Description: May 19, 2000. Fiji's democratically elected multiracial government is hijacked by a group of armed gunmen led by George Speight and held hostage for fifty days. Suva, the capital, is torched and looted as Speight's supporters gather on the lawns of the parliamentary complex, dancing, cooking food, celebrating the purported abrogation of the constitution that brought the Peoples' Coalition government to power. The country is plunged into darkness yet again, enduring the pain of three coups in a period of just thirteen years. This book gathers a handful of memoirs of those tragic events in Fiji. They were written while the gun was still smoking; personal, anguished reactions of people from all walks of life.

Location- Lautoka [1 copy]

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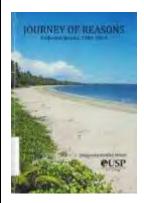
24	Thinking About Thinking K.R. Rawi Thinking Thinking About Thinking About Thinking About Thinking	Author: K.R. Ravi Description: This book is about common errors in thinking that are evident in our day-to-day life, if we can identify the mistakes we make, it would be easier for us to avoid repeating the same mistakes again. This book will enable you to: discover opportunities and solve problems with increasingly innovative insights, sell new ideas with effectiveness and implement the ideas you have just developed. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
25	The Twelve Universal Laws of Success THE 12 UNIVERSAL LAWS OF SUCCESS Herbert Harris From Magnetine representation	Author: Herbert Harris Description: Organizes success principles into twelve universal laws. Each law is presented with biblical/metaphysical foundations while demonstrating step-by-step action-techniques for applying the law and getting desired results. Expands concepts in 'The Secret' to another practical, user-friendly level. Perfect for readers of all ages who want to master the secrets of success. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
26	Fiji: Shattered Coups Shattered Coups Retent 1: Februara Abarrord by Erote Kasprash	Author: Robert T. Robertson and Akosita Tamanisau Description: Written in secret during the 1987 political turmoil, "Fiji: shattered coups" presents the first detailed analysis to emerge from Fiji of the political events which shook the South Pacific. The result is a devastating expose of the coups which traces their origins and records with exact and often painful detail the events which paralysed the island state, spread fear and despondency amongst its people and began a tortuous process of soul searching that may take years to reach fruition.	CHE

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		Location- Lautoka [1 copy]	
		OPAC Link: Click Here	
27	Girmitiyas : The Origins of the Fiji Indians	Author: Brij V. Lal Description: Is an imaginative and valuable contribution to the literature in Indian immigration. The many new insights it provides are of such importance that one hopes it will serve as a model for work on other indentured colonial populations. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE

28	Ocean of Shadows: Collected Poems 1980-2013 OCEAN OF SHADOWS	Author: Bhagwanji Kantilal Bhindi Description: Ocean of shadows evokes multifarious layers of meanings. Life is often perceived as an ocean for it connotes vastness, infinite depth and reflects varying moods endless horizon and the power to connect and separate. Location- Lautoka [2 copies] Nasinu [2 copies] Labasa [1 copy] OPAC Link: Click Here	CHE
29	On Creativity: Awakening the Creative Mind	Author: Ann Mean Leo Description: This book tells you all that you need to know about creativity. How you can awaken your mind and allow your imagination to soar and your creativity to flourish. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE

30	How to motivate people (Turning People On) How To Motivate People	Author: Andrew Sargent. Description: Andrew Sargent explains the issues, the theories expounded by behavioral scientists, the barriers to motivation, the crucial influence of the personnel experts and through description of actual case studies the role of supervisors. He offers positive, practical, and informative guidance to achieving Harmonization and motivating team. Location- Lautoka [1 copy] OPAC Link: Click Here	CHE
31	Aspirations of a Limitless Mind Seeking Endless Possibilities	Author: Bhagwanji Kantilal Bhindi Description: Is based on many of the realities of the writer's life and experiences. The poems in Aspirations of a limitless mind seeking endless possibilities explore a variety of themes ranging from life, values, freedom, success, sleep, memories, criticism, desire, silence, suffering, happiness, sacrifice, love, hope, loss, revenge, guilt, jealousy, human relationships, human nature, and life. Location- Lautoka [2 copies] Nasinu [2 copies] Labasa [1 copy] OPAC Link: Click Here	CHE

Journey of Reasons : Collected Works 1980 – 2018



Author: Bhagwanji Kantilal Bhindi

Description: Is reflective of the teacher, mentor, spiritual leader, administrator creative artist and friend that Bhagwanji is. The book travels between that which embraces the lofty ideals of a good life – almost at ease with the metaphysical, the ethical and spiritual to the more grounded and practical ideas of a practitioner. The book has something of a gem for all of us.

Location- Lautoka [2 copies]

Nasinu [2 copies]

Labasa [1 copy]

OPAC Link: Click Here

33

International Conference on Space Requirements for Special Trade Passenger Ships, 1973 : Final Act of the Conference with attachments including the text of the adopted Protocol-Conférence internationale de 1973 sur les aménagements à bords des navires à passagers qui effectuent des transports spéciaux: Acte final de la Conférence avec documents joints

comprenant le texte du Protocole adopté



Author: Intergovernmental Maritime Consultative Organization

Description: Held in September/October 1971 adopted inter alia a resolution requesting the Inter-Governmental Maritime Consultative Organisation to convene a conference as early as possible in order to formulate technical rules covering the safety aspects of the disposition of passengers on special trade passenger ships.

Location- Maritime [1 copy]

OPAC Link: Click Here

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at International conference on special trade passenger ship, 1971: final act of the conference with attachments includint the text of the adopted agreement International Conference on Special Trade Passenger



Author: International Conference on Special Trade Passenger Ships

Description: The assembly of the Inter-Governmental Maritime

Consultative Organization, in accordance with article 3(b) of the

Convention of the Organisation, decided at its sixth session in October 1969 to convene an international Conference to adopt an agreement and Rules concerning special trade passenger ships which should supersede the Simla Rules of 1931.

Location- Maritime [1 copy]

OPAC Link: Click Here

35 Essential English



Written by: Christopher Warnasch

Edited by: Laura Riggio

Description: Beginner course, including course book, audio CDs, and online learning. There are ten lessons in Essential English that will introduce you to the vocabulary and basic grammar that you'll need to get by in a range of situations.

Location- Nasinu [1 copy]

OPAC Link: Click Here

* Supplementary Included

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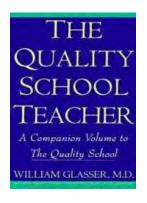
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36	Intermediate	Written by: Suzanne Mcquade	CHE
	English LIVING LANGUAGE ENGLISH MIERINIDATE	Description: Intermediate English (lessons 1 -20) is a continuation of essential English. It will review, expand on, and add to the foundation that you received in essential English. In other words, this course contains an in-depth review of important vocabulary and grammar from essential English. Location- Nasinu [1 copy] OPAC Link: Click Here * Supplementary Included	
37	Advanced English	Written by: Suzanne Mcquade	CHE
	ENGLISH Advancib	Edited by: Laura Riggio Description: Advanced English (lessons 1 -16) is a continuation of intermediate English. It will review, expand on, and add to the foundation that you received in Intermediate English. Location- Nasinu [1 copy] OPAC Link: Click Here	
		* Supplementary Included	

The Quality School
Teacher: Specific
Suggestions for
Teachers Who Are
Trying to Implement
the Lead-

Management Ideas of the Quality School in

Their Classrooms



Author: William Glasser

Description: This book is the follow up to its immediate predecessor, the Quality school. It is written for teachers who are trying to give up the old system of boss-managing which is effective for less than half of all students. William Glasser MD explains that only through lead management can teachers create classrooms in which all students not only do competent work but begin to do quality work.

Location- Lautoka [1 copy]

OPAC Link: Click Here

39 Kaiviti: A Fiji Tale



Author: Blair Robertson

Description: New to Fiji, seventeen-year-old New

Zealander Sean

McDougall makes a peculiar discovery. Superstitious Government Minister, Pio Cavubati, tries to determine what is morally best for the country as it descends into chaos. The beautiful and talented reporter, Leilani Taga, finds herself fighting traditional values as she seeks to gain acceptance in Suva's hedonistic business community. Sugar cane union representative, Das Sharma, realises that refusing to take sides in the building conflict risks alienation from all.

Location- Lautoka [1 copy]

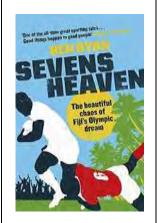
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Doors Open Author: Ian Rankin CHE 40 **Description:** Mike Mackenzie is a self-made man with too much time on his hands and a bit of the devil in his soul. He is looking to liven up his days when a chance encounter offers him the opportunity to do just that. He is going to commit the perfect crime. Location- Lautoka [1 copy] **OPAC Link:** Click Here THE PERFECT CHINE ... A PERFECT MISHTMARE 41 CHE The Book of Hindu Author: Om Lata Bahadur Festivals and **Description:** Highlights how the main festivals of Ceremonies India are celebrated, providing background, details of the prayer ceremonies and rituals, the special dishes THE BOOK OF HINDU associated with some of the festivals and recipes for CEREMONIES them. Location- Lautoka [1 copy] **OPAC Link:** Click Here OM LATA BAHADUR

42 Sevens Heaven:
The
Beautiful Chaos of
Fiji's Olympic
Dream



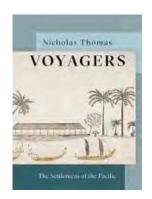
Author: Ben Ryan

Description: The incredible story of how one man inspired a nation of underdogs to achieve sporting greatness. It is late summer 2013. Ben Ryan, a redhaired, 40-something, spectacle-wearing Englishman, is given 20 minutes to decide whether he wants to coach Fiji's rugby sevens team, with the aim of taking them to the nation's first-ever Olympic medal. He has never been to Fiji. There has been no discussion of contracts or salary. But he knows that no one plays rugby like the men from these isolated Pacific islands, just as no one plays football like the kids from the Brazilian favelas, or no one runs as fast as the boys and girls from Jamaica's boondocks. He knows too that no other rugby nation has so little - no money and no resources, only basic equipment, and a long, sad history of losing its most gifted players to richer, greedier nations.

Location- Lautoka [1 copy]

OPAC Link: Click Here

Voyagers: The
Settlement of the
Pacific



Author: Nicholas Thomas

Description: Thousands of islands, inhabited by a multitude of different peoples, are scattered across the vastness of the Pacific. The first European explorers to visit Oceania, from the sixteenth century on, were astounded and perplexed to find populations thriving so many miles from the nearest continents. Who were these people? Where did they come from? And how were they able to reach islands dispersed over such immense tracts of ocean?

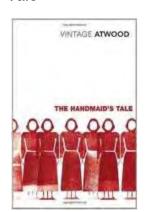
Location- Lautoka [1 copy]

OPAC Link: Click Here

CHE

The Fifth Child 44 Author: Doris Lessing CHE **Description:** A self-satisfied couple intent on raising DORIS a happy family is shocked by the birth of an abnormal LESSING and brutal fifth child. Doris Lessing's contemporary gothic horror story—centered on the birth of a baby who seems less than human—probes society's unwillingness to recognize its own brutality. Harriet and David Lovatt, parents of four children, have created an idyll of domestic bliss in defiance of the social trends of late 1960s England. While around them crime and unrest surge, the Lovatts are certain that their old-fashioned contentment can protect them from the world outside—until the birth of their fifth baby. Gruesomely goblin-like in appearance, insatiably hungry, abnormally strong, and violent, Ben has nothing innocent or infant-like about him. Location- Lautoka [1 copy] OPAC Link: Click Here Islanders: The CHE 45 **Author:** Nicholas Thomas Pacific in the Age of **Description:** This compelling book explores the lived **Empire** experience of empire in the Pacific, the last region to be contacted and colonized by Europeans following Islanders the great voyages of Captain Cook. Unlike conventional accounts that emphasize confrontation and the destruction of indigenous cultures, Islanders reveals there was gain as well as loss, survival as well as suffering, and invention as well as exploitation. Location- Lautoka [1 copy] **OPAC Link:** Click Here

46 The Handmaid`s Tale



Author: Margaret Atwood

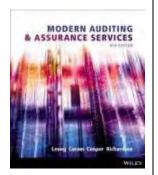
Description: Offred is a Handmaid in the Republic of Gilead. She has only one function: to breed. If she deviates she will like dissenters be hanged at the wall or sent out to die slowly of radiation sickness. But even a repressive state cannot obliterate desire neither offred's nor that of the two men on which her future hangs.

Location- Lautoka [1 copy]

OPAC Link: Click Here

47 Modern Auditing and

Assurance Services



Author: Philomena Leung, Paul Coram, Barry J.

Cooper, Peter Richardson

Edition: 6th

Description: The practice of auditing is explained in the context of auditing theory, concepts, and current practice, with appropriate reference to the Australian auditing standards and the respective international standards on auditing. Auditors play a vital role in the current economic environment, with increasing responsibility for ensuring market integrity. The development of auditing practice reflects how the accounting profession responds to the complex demands of information, competition, corporate failures, and technology. Auditing continues to evolve in response to the changing business and regulatory landscape to maintain its relevance and importance.

Location- Ba [1 copy]

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CBHTS