

R.R.B. SECUNDERABAD

MATERIAL SUPERINTENDENT

PREVIOUS PAPER – 2014

HELD ON: 14-12-2014

1. If Arun is Chetna's son, Chetna and Kavitha are sisters, Jyothi is Kavitha's mother, Parth the son of Jyothi, then
 - 1) Parth and Arun are Cousins
 - 2) Parth is maternal uncle of Arun
 - 3) Kavitha is Arun's grandmother
 - 4) Parth is maternal uncle of Kavitha
2. Find the next number in the series:
10, 100, 200, 310,
 - 1) 430
 - 2) 510
 - 3) 400
 - 4) 420
3. A man is facing North. He starts walking on a circular path, completes $\frac{3}{4}$ of the circle and takes a right turn. Which direction is he facing now?
 - 1) East
 - 2) West
 - 3) North
 - 4) South
4. In a certain code MONKEY is coded as XDJMNL. How would the TIGER be coded?
 - 1) SDFHS
 - 2) UJHFS
 - 3) QDFHS
 - 4) SHFDQ
5. Find the number that will replace the:
1, 2, 3, 5, 8, 13,
 - 1) 20
 - 2) 21
 - 3) 22
 - 4) 23
6. How many cubes are there in the figure?
 - 1) 6
 - 2) 8
 - 3) 9
 - 4) 10
7. Ramesh goes 4 km South, then 8 km West, then 6 km North, then 8 km East and then 1 km South. How far is Ramesh from the starting point?
 - 1) 2 km
 - 2) 1 km
 - 3) 0 km
 - 4) 8 km
8. 'Crime' is related to 'Court' in the same way as 'Disease' is related to
 - 1) Doctor
 - 2) Hospital
 - 3) Medicine
 - 4) Punishment
9. Two tangents are drawn to a circle of radius 10 cm. The tangents are parallel to each other. What is the distance between the two tangents?
 - 1) 10 cm
 - 2) 20 cm
 - 3) $10\sqrt{2}$ cm
 - 4) $10\sqrt{3}$ cm

Rrb Sample Question Papers

Clemens Wendtner



Rrb Sample Question Papers:

This is likewise one of the factors by obtaining the soft documents of this **Rrb Sample Question Papers** by online. You might not require more time to spend to go to the books inauguration as skillfully as search for them. In some cases, you likewise pull off not discover the pronouncement Rrb Sample Question Papers that you are looking for. It will totally squander the time.

However below, gone you visit this web page, it will be fittingly unconditionally easy to acquire as without difficulty as download lead Rrb Sample Question Papers

It will not acknowledge many time as we explain before. You can do it even though piece of legislation something else at house and even in your workplace. thus easy! So, are you question? Just exercise just what we present under as well as evaluation **Rrb Sample Question Papers** what you in the same way as to read!

https://crm.avenza.com/book/publication/Download_PDFS/Rccg%20Workers%20Traning%20Manual.pdf

Table of Contents Rrb Sample Question Papers

1. Understanding the eBook Rrb Sample Question Papers
 - The Rise of Digital Reading Rrb Sample Question Papers
 - Advantages of eBooks Over Traditional Books
2. Identifying Rrb Sample Question Papers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rrb Sample Question Papers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rrb Sample Question Papers

- Personalized Recommendations
- Rrb Sample Question Papers User Reviews and Ratings
- Rrb Sample Question Papers and Bestseller Lists
- 5. Accessing Rrb Sample Question Papers Free and Paid eBooks
 - Rrb Sample Question Papers Public Domain eBooks
 - Rrb Sample Question Papers eBook Subscription Services
 - Rrb Sample Question Papers Budget-Friendly Options
- 6. Navigating Rrb Sample Question Papers eBook Formats
 - ePub, PDF, MOBI, and More
 - Rrb Sample Question Papers Compatibility with Devices
 - Rrb Sample Question Papers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rrb Sample Question Papers
 - Highlighting and Note-Taking Rrb Sample Question Papers
 - Interactive Elements Rrb Sample Question Papers
- 8. Staying Engaged with Rrb Sample Question Papers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rrb Sample Question Papers
- 9. Balancing eBooks and Physical Books Rrb Sample Question Papers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rrb Sample Question Papers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rrb Sample Question Papers
 - Setting Reading Goals Rrb Sample Question Papers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rrb Sample Question Papers

- Fact-Checking eBook Content of Rrb Sample Question Papers
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Rrb Sample Question Papers Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Rrb Sample Question Papers free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Rrb Sample Question Papers free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from

dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Rrb Sample Question Papers free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Rrb Sample Question Papers. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Rrb Sample Question Papers any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Rrb Sample Question Papers Books

1. Where can I buy Rrb Sample Question Papers books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Rrb Sample Question Papers book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Rrb Sample Question Papers books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing,

and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.

7. What are Rrb Sample Question Papers audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Rrb Sample Question Papers books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Rrb Sample Question Papers :

[rccg workers training manual](#)

reaction energy and rate answers

[reline digital bs 30 setup user guide](#)

reaction spontaneity study guide for content mastery

[ray tracing mirrors gizmo answer key](#)

[rca-erf935 manual](#)

[raymarine autohelm st5000 manual](#)

[reacutegir et le groom en cavale le mai un souvenir](#)

rca sp2030 subwoofers owners manual

[rcd 510 instruction manual](#)

[read between my lines what was i thinking english edition](#)

ray price honda service

[ray sexton guide service texas](#)

rca rcr311bn manual

rccg doctrinal teaching manual

Rrb Sample Question Papers :

40 techniques every counselor should know 2nd edition merrill - Feb 09 2023

web abebooks com 40 techniques every counselor should know 2nd edition merrill counseling paperback independent family run bookstore for over 50 years buy with confidence book is in very good condition with minimal signs of use

40 techniques every counselor should know merrill counseling - Feb 26 2022

web the book identifies techniques from diverse theoretical approaches including brief counseling adlerian or psychodynamic gestalt mindfulness humanistic phenomenological social learning cognitive behavioral and cognitive behavioral transcripts and descriptions show ver más comprar nuevo ver este artículo eur

40 techniques every counselor should know 2nd edition merrill - Nov 06 2022

web title 40 techniques every counselor should know 2nd edition merrill counseling author bradley t erford edition 2nd edition publisher pearson 2

40 techniques every counselor should know worldcat org - Mar 30 2022

web 40 techniques every counselor should know worldcat org 40 techniques every counselor should know worldcat org items pages home libraries topics lists about for librarians 40 techniques every counselor should know worldcat is the world s largest library catalog helping you find library materials online

40 techniques every counselor should know 2nd edition - Aug 15 2023

web jan 3 2020 new chapters on journaling miller and rollnick s motivational interviewing self disclosure empathic confrontation and strength bombardment new sections on mindfulness based procedures and humanistic phenomenological approach to counseling a number of new edited or expanded transcripts

45 techniques every counselor should know merrill counseling - Apr 30 2022

web a user friendly guide to essential counseling techniques and skills concise yet thorough 45 techniques every counselor should know is designed to prepare students to enter their field with sound ideas for applying theory based techniques to their counseling

45 techniques every counselor should know merrill counseling - Jun 13 2023

web 45 techniques every counselor should know merrill counseling

45 techniques every counselor should know pearson - Oct 05 2022

web jul 23 2021 counseling counseling process skills techniques 45 techniques every counselor should know

45 techniques every counselor should know merrill counseling - Jan 08 2023

web a user friendly guide to essential counseling techniques and skills concise yet thorough 45 techniques every counselor should know is designed to prepare students to enter their field with sound ideas for applying theory based techniques to their counseling

40 techniques every counselor should know google books - Jul 14 2023

web presents a concise yet thorough look at invaluable applied counseling skills with detailed information on 40 counseling techniques from varied theoretical approaches key topics

40 techniques every counselor should know merrill counseling - Jun 01 2022

web may 20 2014 buy 40 techniques every counselor should know merrill counseling paperback 2 by erford bradley t isbn 9780133571745 from amazon s book store everyday low prices and free delivery on eligible orders

45 techniques every counselor should know 3rd edition - Sep 04 2022

web jul 23 2021 45 techniques every counselor should know is a user friendly guide to essential counseling skills and techniques the text presents the origin of each technique the steps to implement it and the opportunities for application

40 techniques every counselor should know 2nd edition merrill - Mar 10 2023

web abebooks com 40 techniques every counselor should know 2nd edition merrill counseling paperback 0133571742 40 techniques every counselor should know 2nd edition merrill counseling paperback by erford bradley t good paperback 2020 iridium books

40 techniques every counselor should know 2nd edition - Jan 28 2022

web user friendly concise and thorough bradley erford s 40 techniques every counselor should know gives students a succinct look at the theoretical basis underlying each of 40 counseling techniques and the common variations that can be used to ensure their successful implementation the book identifies techniques from diverse theoretical

amazon com customer reviews 40 techniques every counselor should know - Dec 27 2021

web find helpful customer reviews and review ratings for 40 techniques every counselor should know 2nd edition merrill counseling paperback at amazon com read honest and unbiased product reviews from our users

45 techniques every counselor should know merrill coun - May 12 2023

web jan 11 2019 concise yet thorough 45 techniques every counselor should know is designed to prepare students to enter their field with sound ideas for applying theory based techniques to their counseling coverage of each technique starts with the presentation of the theoretical origins then provides a step by step guide to implementation and

40 techniques every counselor should know 2nd edition merrill - Apr 11 2023

web abebooks com 40 techniques every counselor should know 2nd edition merrill counseling paperback new 40 techniques every counselor should know 2nd edition merrill counseling paperback by erford bradley t new paperback 2020 hafa adai

books

45 techniques every counselor should know merrill counseling - Jul 02 2022

web jan 11 2019 45 techniques every counselor should know merrill counseling kindle edition by erford bradley t download it once and read it on your kindle device pc phones or tablets use features like bookmarks note taking and highlighting while reading 45 techniques every counselor should know merrill counseling

40 techniques every counselor should know 2nd edition merrill - Dec 07 2022

web jan 3 2020 40 techniques every counselor should know 2nd edition merrill counseling paperback by erford bradley t click here for the lowest price paperback 9780133571745 0133571742

free download 40 techniques every counselor should know - Aug 03 2022

web nov 14 2020 download 40 techniques every counselor should know 2nd edition merrill counseling paperback read ebook online pdf epub kindle 40 techniques every counselor should know 2nd edition merrill counseling paperback download ebook pdf epub book in english language

mental health cpt codes therathink - Sep 11 2022

web cpt codes for ease of use evaluation and mangement codes related to behavioral health are listed first in the coding and payment guide all other cpt and hcpcs level

2020 updated cpt codes for mental health therapists - Mar 05 2022

web the new codes reflect the shift to an integrated approach to mental health treatment including the inclusion of primary care in the treatment of mental illnesses providers

new mental health cpt codes for 2014 pdf uniport edu - Nov 01 2021

web may 12 2023 these are the updated cpt codes for mental health practices in 2023 90832 psychotherapy 30 minutes 90834 psychotherapy 45 minutes 90837

mental health cpt codes for 2023 modifiers quest national - Dec 02 2021

web jul 28 2023 discover the latest updates and revisions to cpt codes for mental and behavioral health practitioners in 2023 this guide highlights cpt codes used most

coding payment guide behavioral health services sample - Aug 10 2022

web mental health cpt codes primary cpt code hcpcs codeadd on codemedicare reimbursement ratedescription assembled by therathink com 90791 145 44

mental health cpt codes the definitive guide - Aug 22 2023

here is a short list of the most common add on codes for routine outpatient mental health billing 1 add on cpt code 90785 interactive complexity example play therapy using dolls or other toys this is an interactive complexity add on code that is not

a payable expense this code only indicates that the see more

behavioral health coding resource ama american medical - Mar 17 2023

web feb 16 2023 the cpt codes used to characterize mental and behavioral health services this year include brand new codes plus revisions that fall into categories such

new mental health cpt codes for 2014 - Jul 09 2022

web cpt hcpcs codes for ease of use evaluation and management codes related to behavioral health are listed first in the coding and payment guide all other cpt and

common cpt codes for mental health psychotherapy - Jun 08 2022

web info get the new mental health cpt codes for 2014 connect that we meet the expense of here and check out the link you could purchase guide new mental health cpt codes

an update on billing and coding for the psychiatric mental - Apr 18 2023

web cpt codes changes for mental health and behavioral intervention health and behavioral intervention carried out on an individual will rely on cpt code 9615 when

cpt codes for psychotherapy and other psychology - Feb 16 2023

web aug 25 2021 the new confusing cpt codes tips for documenting and billing to get paid what you deserve psychiatric services washington d c 66 4 418 420

codes you need to know coding billing changes for 2023 - Jan 15 2023

web behavioral health coding resource this resource outlines key cpt codes that physicians and their care teams can use as appropriate when administering behavioral

these are the mental health care cpt code changes to know in - May 19 2023

web jul 17 2023 the behavioral health coding resource pdf provides physician practices and their care teams with a list of key cpt codes that can be used as deemed

ama telehealth policy coding payment american - Nov 13 2022

web two 2 new cpt codes created to describe physician or other qualified health care professional qhp administered multiple family group behavior management or

top 10 mental health cpt codes 2022 simplepractice - May 07 2022

web in this post we will highlight the most commonly used cpt codes in mental health both psychotherapy and psychiatry skip to content mental health worksheets take 25 off

changes to cpt codes for mental and behavioral health - Apr 06 2022

web to gain insight into u s behavioral health trends over the last year we identified the ten most common mental health cpt

codes 2022

coding payment guide behavioral health services sample - Oct 12 2022

web oct 3 2017 ongoing collaboration with and coordination of the patient s mental health care with the treating physician or other qhp and any other treating mental health

updates and changes in behavioral cpt codes for 2023 - Jan 03 2022

web want help therathink com billing servicethis guide will help you learn which pt codes to pick when doing your mental health insurance billing check our

the definitive guide to mental health cpt codes youtube - Feb 04 2022

web the 2020 set of cpt codes for mental health accomplishes this as it provides therapists greater flexibility and accounts for use of digitally based services among other things

psychotherapy cpt codes changes for mental health - Jun 20 2023

a cpt add on code is a code describing a service performed in in conjunction with a primary service many of these add on codes are associated with a specific cpt code or a small set see more

behavioral health coding guide american medical association - Jul 21 2023

cpt coding for psychotherapy doesn t have to be difficult there are an overwhelming amount of total cpt codes 8 000 however only 24 are specifically designated for see more

new cpt codes for behavioral health services take effect jan 1 - Dec 14 2022

web 42 rows mar 30 2022 recently several cpt codes were changed to better describe various psychological neurological and behavioral assessments in the new codes

book of the wyrm mind s eye theatre open library - Apr 10 2023

mind s eye theatre is a live action role playing game larp based on the white wolf world of darkness universe and shares the setting with the table top role playing game vampire the masquerade among others in early editions of the game conflicts and skill challenges involving random chance were settled with a rock paper scissors system often referred to as

white wolf mind s eye theatre owod drivethrurpg com - Oct 04 2022

web welcome to the mind s eye theatre journal the magazine that picks up where other mind s eye publications leave off this issue presents a guide to acting in live action

mind s eye theatre ser book of the wyrm by matthew hooper - Jul 01 2022

web find many great new used options and get the best deals for mind s eye theatre ser book of the wyrm by matthew hooper and jackie cassada 2001 trade paperback at

mind s eye theater book of the wyrm amazon com - Jan 07 2023

web from the corrupted fomori to the hives of the mad black spiral dancers to the many arms of the pentex corporation to the very halls of malfeas here is laid out what the garou fight

9781588465078 book of the wyrm mind s eye theatre by - Oct 24 2021

web mind s eye theater book of the wyrm by jackie cassada earle durboraw heather grove white wolf publishing october 2001 trade paperback good cash general

eye of the wyrm minecraft fanfictions wiki fandom - Sep 22 2021

web the eye of the wyrm is an item that is rarely dropped by the monstrous ender dragon it resembles the eye of a dragon and is used much like an eye of ender when thrown in

book of the wyrm mind s eye theatre paperback 1 oct 2001 - Sep 03 2022

web buy book of the wyrm mind s eye theatre by isbn 9781588465078 from amazon s book store everyday low prices and free delivery on eligible orders

mind s eye theater book of the wyrm abebooks - Nov 05 2022

web mind s eye theater book of the wyrm cassada jackie durboraw earle grove heather 7 ratings by goodreads isbn 10 1588465071 isbn 13 9781588465078 published by

the eye - Jun 12 2023

web apr 14 2018 21 99 average rating 7 ratings we have met the enemy the werewolves know that they are fighting an enemy that is mighty and implacable the

mind s eye theatre book of the wyrm white wolf wiki - Aug 14 2023

book of the wyrm is a sourcebook for mind s eye theatre that gives rules and suggestions for wyrm aligned antagonists see more

mind s eye theatre book of the wyrm drivethrurpg com - Jul 13 2023

memorable quotes see more

mind s eye theatre wikipedia - May 11 2023

web the eye

of the wyrm mind s eye theatre richard a knaak - Jan 27 2022

web accompanied by guides you could enjoy now is of the wyrm mind s eye theatre below chasing the dragon justina robson 2009 12 02 ever since the quantum bomb of 2015

mind s eye theater book of the wyrm by heather grove biblio - Feb 25 2022

web mind s eye theater book of the wyrm by cassada jackie durboraw earle grove heather used condition used good isbn 10 1588465071 isbn 13 9781588465078

book of the wyrm mind s eye theatre by jackie cassada - Dec 06 2022

web click to read more about book of the wyrm mind s eye theatre by jackie cassada librarything is a cataloging and social networking site for booklovers all about book of

mind s eye theater book of the wyrm goodreads - Feb 08 2023

web mind s eye theatre book of the wyrm we have met the enemy the werewolves know that they are fighting an enemy that is mighty and implacable the wyrm rea

of the wyrm mind s eye theatre shane peacock - Dec 26 2021

web a smile in his mind s eye ray morrison 2005 01 01 durrell s best known work fused western notions of time and space with eastern metaphysics very little has been written

mind s eye theater book of the wyrm - Apr 29 2022

web 9781588465016 mind s eye theatre laws of the wild revised rules for playing werewolf 9781588465023 mind s eye theatre laws of the wild changing breeds

[mind s eye theatre book of the wyrm white wolf](#) - Mar 09 2023

web book of the wyrm mind s eye theatre by jackie cassada earle durboraw heather grove october 2001 white wolf games studio edition paperback in english

mind s eye theater book of the wyrm abebooks - Aug 02 2022

web mind s eye theater book of the wyrm cassada jackie 7 ratings by goodreads isbn 10 1588465071 isbn 13 9781588465078 published by white wolf publishing 2001 new

mind s eye theater book of the wyrm by amazon ae - Mar 29 2022

web buy mind s eye theater book of the wyrm by online on amazon ae at best prices fast and free shipping free returns cash on delivery available on eligible purchase

mind s eye theater book of the wyrm heather grove - Nov 24 2021

web use our free ebook self publishing services and we will distribute your ebook to all the major ebooks stores hunger mind s eye theater book of the wyrm heather grove the

mind s eye theater book of the wyrm softcover abebooks - May 31 2022

web abebooks com mind s eye theater book of the wyrm 9781588465078 by cassada jackie durboraw earle grove heather and a great selection of similar new used and