

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS

When Community Steps Forward, No One Stands Alone

*Project Khushi, Year-End Reflections, and the
Power to Sustain, Grow, and Expand Together.*

As the year draws to a close, December offers a meaningful opportunity to pause, reflect, and celebrate the values that define Punjabi Community Health Services (PCHS). It is a month that naturally invites gratitude, and this year I have been deeply moved by the compassion, unity, and generosity across our community. These moments remind us why we exist and why our commitment to sustaining care, growing our impact, and expanding opportunity matters more than ever.

One of the season's most powerful highlights was the 4th Annual Project Khushi (Happiness) Drive, held at 60 West Drive in Brampton and at the Malton Youth Hub. Through this collective effort, we supported over 250 families with children. This initiative was made possible by the generous contributions of the Hope Collective, Uncle Vinny's Toy Drive, and The Brampton Food Hub. Our Health Promotion and Prevention team led the initiative with tremendous dedication, supported by staff from across all PCHS departments, demonstrating how collaboration helps sustain community trust and responsive service delivery.

The overwhelming community response and the heart poured into Project Khushi left me truly in awe. From volunteers generously giving their time to donors giving with open hearts to staff thoughtfully coordinating every detail, this initiative was a vibrant reflection of service in action. Seeing individuals, families, youth, and elders united by a shared purpose to bring warmth, dignity, and joy to those who need it most was deeply inspiring.



2026

In a time when many are facing uncertainty and hardship, this collective effort reinforced our ability to grow compassion-driven impact and sent a powerful message: no one stands alone when the community steps forward. December also gave us the opportunity to turn inward and celebrate the people who make PCHS what it is, our staff. Our holiday get-together provided a much-needed space to connect, laugh, and acknowledge one another beyond our daily roles. It was a joyful reminder that behind every program, service, and success story is a team of dedicated individuals who lead with empathy, professionalism, and heart, enabling us to expand our reach while staying grounded in our values.

The resilience and commitment our staff demonstrate throughout the year, often in complex and emotionally demanding settings, deserve recognition and appreciation. The holiday gathering was more than a celebration; it was a moment of collective gratitude for the care, compassion, and integrity our team brings to their work every day.

As we move into the new year, I carry forward the spirit of December: kindness in action, strength in togetherness, and hope rooted in community. Thank you to our Board, staff, volunteers, partners, and community members for continuing to support PCHS in sustaining what matters, growing what works, and expanding care where it is needed most, ensuring that compassion always leads and that people truly come first.

— * HAPPY * —
New Year

Year-End Reflections: Honoring Your Journey, Supporting Your Well-Being

By: Fariha Abdul Muqueet- Prevention Specialist- SHPP



As the year ends, it offers a natural pause, a chance to slow down, look back, and reflect on how the year has shaped our health, habits, and overall well-being. Reflection is not about perfection or judgment; it's about awareness, learning, and growth.

Acknowledge the Good and the Hard

Every year holds both bright moments and difficult ones. Take time to acknowledge your big or small wins alongside the challenges and setbacks you faced. Perhaps you built a new routine, advocated for your health, or simply made it through a tough season. It is also equally important to recognize the moments that didn't go as planned as both experiences are valuable and deserve space.

Focus on Learning and Growth

Do ask yourself what this year taught you? Maybe you learned how to manage stress differently, set boundaries, ask for help, or prioritize rest. Growth often happens quietly, in moments of discomfort or change. Reflecting on how you've evolved helps you recognize your resilience and adaptability.

Practice Gratitude

Gratitude can be a powerful tool for mental and emotional well-being. Consider writing down the people, experiences, opportunities, or even small comforts you're grateful for. Gratitude doesn't erase challenges, but it helps ground us and shift our focus toward what supported us through the year.

Notice What Energized You and What Drained You

Pay attention to the activities, environments, and relationships that gave you energy and those that left you feeling depleted. Understanding these patterns can guide healthier choices moving forward, helping you protect your energy and invest it where it matters most.

Look Ahead with Intention

Reflection naturally leads to intention. As you think about the year ahead, consider:

- What do I want to do more of?
- What do I want to do less of?
- What is something new I want to start?

These questions help align your goals with your values and well-being.

Be Honest, Kind, and Non-Judgmental

Approach this process with honesty, but without self-criticism. The goal is understanding, not blame. Be as kind to yourself as you would be to someone you care about.

Write It Down

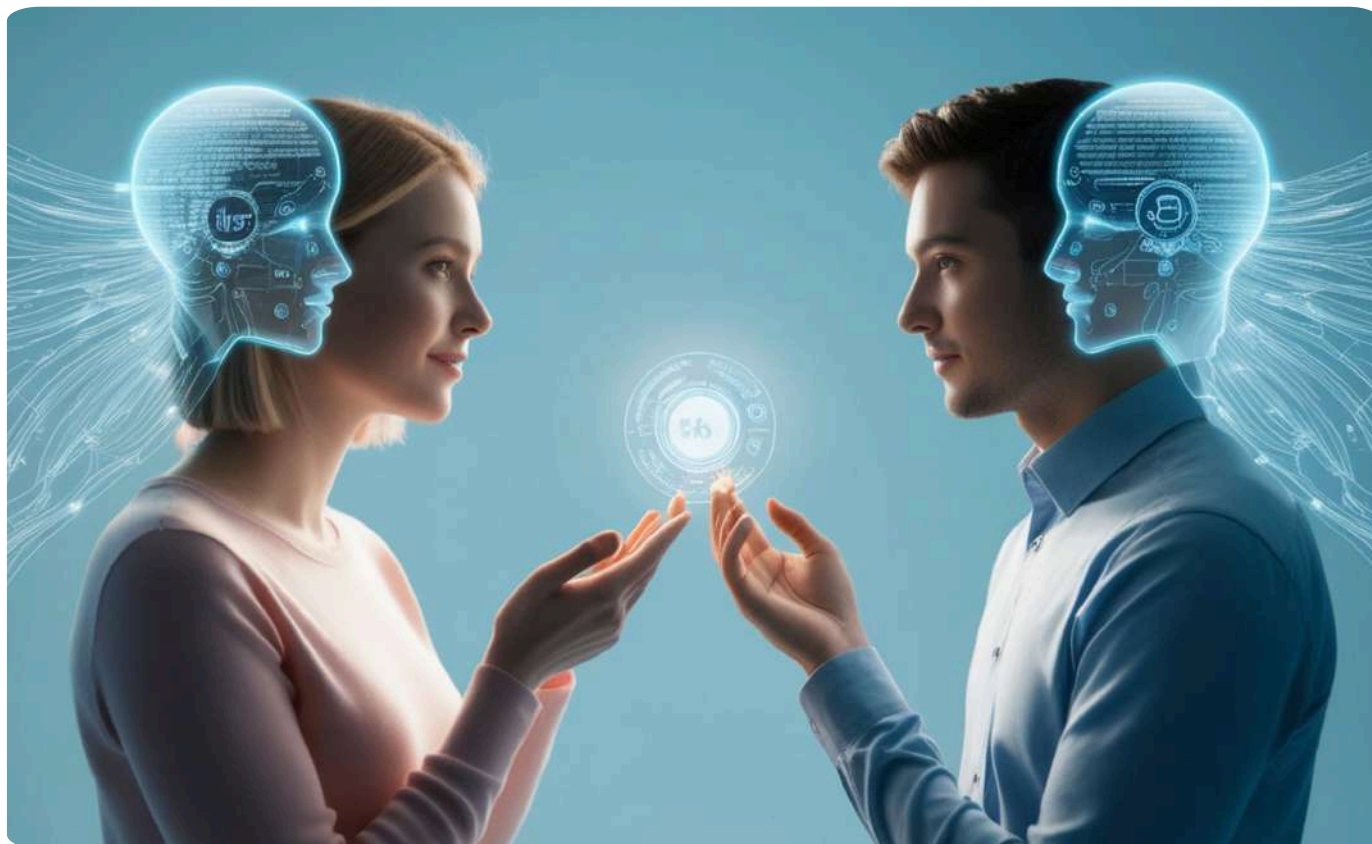
Writing your reflections, whether in a journal, notes app, or planner. It can make your thoughts clearer and more tangible. Putting words on paper helps turn reflection into insight and intention into action.

As you close this chapter and prepare for the next, remember: your health journey is not linear. Each step, pause, and lesson contributes to a stronger foundation for the year ahead.



The paradox of AI In therapy and human connections

By: Sowmya Shinde, Case Manager - Addictions



Artificial intelligence is a tool in today's world without which daily living cannot be imagined. Human race has adapted to growing technologies and integrated it into vital part of human functioning and eventually evolution. Hence the significance of AI in mental health therapies needs to be examined from a closer lens.

AI mental health tools (like chatbot support, online therapy apps, and automated check-ins) are becoming more common in Canada. Many young people use them because they are free, fast, and available 24/7. These tools can give information, coping strategies, and basic emotional support. The accessibility of mental health support through user friendly technology is creating a perspective that AI is replacing human beings in therapy and is a much better option for seeking and maintaining better mental health.

However, AI cannot replace the human connections which is the very foundation of our wellbeing and a cure to several addiction and mental health concerns. The fast-advancing technology can enable machines to learn human emotions and support but raises lot of ethical questions and the risk potential is still unexplored. Human counsellors can understand tone, feelings, culture, trauma, and personal history in a way that AI cannot. A human can show empathy, compassion, and deep listening — something technology cannot fully copy.

AI is helpful for people who are hesitant to reach out or who can't access services because of long waitlists. But there are concerns:

- AI can misunderstand feelings
- It cannot respond well to emergencies
- It may not catch signs of trauma or suicide risk
- It cannot build long-term therapeutic relationships

In Canada, mental health experts say AI should be used as a support tool, not a replacement for counsellors. The best approach is a mix of human therapists and technology. AI can help with quick support, but healing and trust still come from real human connection. Hence the keeping an open mind and evolving with technology while analysing the underlying ethical considerations is the key to integrate any advancement into growth and this time when is personal health and wellbeing is under consideration; utmost caution is non-negotiable.



Seasonal Affective Disorder (SAD)

By: Ramanpreet, Community Health Ambassador



Seasonal depression, or Seasonal Affective Disorder (SAD), is a form of depression that follows a seasonal pattern and becomes especially visible during the dark, cold winter months in Canada. Short days and long nights reduce sunlight exposure, which can disrupt circadian rhythms and affect brain chemicals linked to mood and sleep, making people more vulnerable to sadness, low energy, and increased sleep. In Canada, an estimated 2–4% of people experience full SAD, while around 15% live with milder “winter blues,” meaning a significant portion of the population feels their mental health dip during winter.

Canadian winters and SAD

Winter is part of the peak season for depressive episodes in Canada, with large epidemiological studies showing higher rates of major depressive episodes in the colder, darker months compared with summer. The combination of very limited daylight, freezing temperatures, and more time spent indoors can amplify isolation, especially for people in northern regions or those new to Canadian winters. At the same time, holiday expectations and financial pressures that cluster in the winter period can worsen stress, leaving many people feeling guilty or confused about why they feel low during what is often presented as a joyful season.

Symptoms to watch for

Common Symptoms of SAD:

- Persistent low mood during winter months
- Loss of interest in usual activities
- Increased sleep or feeling unusually tired
- Craving carbs and comfort foods
- Weight gain
- Trouble concentrating
- Feelings of hopelessness
- Symptoms improve in spring

Why It Matters:

- These symptoms are more than just “disliking winter”
- They can affect work, school, and relationships
- Important to take seriously — not a sign of being “lazy” or “anti-social”

Who’s at Higher Risk:

- People with a personal or family history of depression
- Women
- Young adults
- Individuals living in northern or higher-latitude regions

Everyday Coping in Canadian Winters

Everyday coping strategies for Canadian winters include getting outside during daylight, staying active, and asking a health provider about vitamin D if you’re not getting enough from food or sun. Keeping a consistent sleep schedule, limiting alcohol, staying connected with others, and practising mindfulness, journaling, or cultural and spiritual routines can also support your mood. If symptoms last two weeks or feel overwhelming, or if you experience thoughts of self-harm, it’s important to reach out to a doctor or mental health professional.



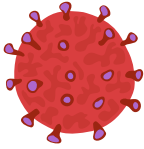
AIDS: Overcoming Disruption, Transforming the Response



By: Navdeep Kaur Case Manager, SHPP



Each year on 1 December, the world unites to observe World AIDS Day, a time to remember lives lost, support those living with HIV, and renew the global commitment to ending the epidemic. In 2025, the World Health Organization (WHO) joins partners and communities under the theme “Overcoming disruption, transforming the AIDS response.” This theme calls for strong political leadership, international cooperation, and human rights centred approaches to achieve the goal of ending AIDS as a public health threat by 2030.



Acquired Immunodeficiency Syndrome (AIDS) is the most advanced stage of infection caused by the Human Immunodeficiency Virus (HIV). HIV attacks the body's immune system, particularly the CD4 cells, weakening the body's ability to fight infections and certain cancers. Without treatment, HIV can progress to AIDS, leaving individuals vulnerable to life threatening illnesses. Although there is no cure for HIV, effective antiretroviral therapy (ART) allows people living with HIV to lead long and healthy lives and prevents progression to AIDS.

Despite decades of progress in HIV prevention, testing, and treatment, the global response now stands at a critical crossroads. Disruptions to essential health services, caused by conflict, funding challenges, stigma, and inequality, are placing many communities at greater risk and threatening to reverse important gains.

The global impact remains significant. In 2024, an estimated 40.8 million people were living with HIV worldwide. Approximately 630,000 people died from HIV related causes, and about 1.3 million people acquired HIV during the same year. These figures highlight the urgent need for sustained action.

Yet, amid these challenges, hope remains strong. Communities affected by HIV continue to show resilience, innovation, and leadership through community led services, education, and advocacy for equal access to care. By strengthening health systems, protecting human rights, and keeping communities at the centre of the response, the world can move closer to the shared goal of ending AIDS by 2030.



High-Functioning Anxiety: The Hidden Struggles Behind Success



By: Prakriti Dobhal, RRSL - Case Manager



Although high-functioning anxiety isn't an official diagnosis, many experience it as a form of generalized anxiety disorder that often goes unnoticed (Hubbard, 2023). People with high-functioning anxiety are often viewed as classic "type A" personalities—confident, organized, and reliable on the outside. But inside, they're battling constant worry, overthinking, and intense self-imposed pressure.

For these individuals, it's a daily struggle to look as if everything is fine. They consistently meet deadlines, stay productive, and rarely show stress, even though their minds are always racing. This hidden anxiety is exhausting, but because it's masked by outward success, it's easy for others to miss.



High-functioning anxiety often shows up in two ways: how people seem on the outside and how they feel inside. On the outside, they might look organized, dependable, and successful. Inside, they deal with racing thoughts, guilt about resting, fear of letting others down, perfectionism, and constant worry about worst-case scenarios (Hubbard, 2023). This split between outside and inside is what makes high-functioning anxiety so tiring. If high-functioning anxiety is not addressed, it can lead to burnout, ongoing stress, irritability, feeling emotionally numb, and health problems. The constant need to stay in control slowly wears down a person's well-being (Hubbard, 2023).

The body reacts to high-functioning anxiety as if it is always under threat. The stress response stays activated, keeping the nervous system in a low-level fight-or-flight state. This can lead to muscle tension, shallow breathing, digestive problems, increased cortisol levels, and trouble sleeping (Cherney, 2023). Over time, this constant stress can leave people feeling physically worn out.

Any person, regardless of age or gender, can be affected by high-functioning anxiety. Did you know that women are more than twice as likely to be affected by generalized anxiety disorder (Hubbard, 2023)? This could be explained due to a few factors, such as social pressures, mental health stigma, gender roles, or even relationship dynamics

To help with high-functioning anxiety, it is important to break the habit of overworking. Helpful steps include therapy, setting boundaries, working on perfectionism, calming the nervous system, and learning to rest without feeling guilty. With the right support, people can keep their drive, reliability, and ambition without letting anxiety take over.

High-functioning anxiety is not a weakness. It often shows someone has been strong for a long time without enough rest. With more awareness and the right help, people can succeed without suffering in silence. Even if it feels like anxiety is part of who you are, you do not need to feel anxious all the time to reach your goals.



Holiday Celebrations With our Seniors



By: Asha Ashwal, Caregiver support worker - Geriatrics

The holidays are an annual time of celebration observed by people around the world, bringing together diverse traditions and cultures. This season is widely embraced as a time for reflection, connection, and shared celebration. The holidays represent joy, hope, love, and togetherness, making them one of the most cherished times of the year.





The Holiday season encourages reflection on these values and inspires people to spread kindness and goodwill. Over time, this season has grown into a global celebration, enriched by diverse customs, traditions, and cultural expressions unique to different regions and communities. During this time, families and friends come together to celebrate through shared meals, gatherings, and meaningful traditions.



Beyond the decorations and celebrations, the holidays are also a time for compassion and giving back. Many people take part in charitable activities, volunteer their time, donate to those in need, and reach out to the less fortunate. These acts of kindness reflect the true spirit of Christmas—ensuring that everyone feels valued, supported, and included during the season.





At PCHS, this season was celebrated in a warm, inclusive, and joyful manner, respecting the diversity of the communities we serve. The room was beautifully decorated, and seniors enthusiastically participated in fun activities such as bingo, singing, games, and laughter exercises, with prizes distributed afterward.

Seniors enjoyed sharing cherished memories and stories about their holiday celebrations, including decorating a Christmas tree for the first time. A shared lunch was served, featuring Punjabi thalis and other culturally diverse foods, which everyone enjoyed. Overall, the Holiday celebration at PCHS brought seniors together, creating a sense of warmth, connection, and happiness.





Project Khushi Shines Bright: A Record-Breaking Night of Giving

By: Tanya Vyas, SHPP Community Health Ambassador



Project Khushi, organized by PCHS, a heartwarming initiative rooted in the essence of "Khushi," meaning joy in many South Asian languages, returned for its fourth year. Every year it keeps expanding and keeps supporting the families in our community. This year making one of the most successful and positive events the program has ever hosted. Thanks to the biggest wave of donations to date. The initiative was able to support countless individuals and families in need. The generosity demonstrated by both community members and PCHS staff played a crucial role in making the event truly meaningful. Their contributions helped provide essential items such as hats, gloves, hygiene products, jackets, warm clothing, toys, and food. Support that made a real difference during the winter season.

Despite the snowy evening, the turnout was remarkable. Families, children, and individuals from across the community braved the weather to attend, filling the space with warmth, gratitude, and a shared sense of togetherness. The atmosphere reflected the spirit of giving that Project Khushi stands for, showcasing how compassion can shine even on the coldest nights.



A heartfelt thank you goes out to Uncle Vinny's Toy Drive and the Hope Collective for their generous toy donation, the Brampton Food Hub for donating cartons of non-perishable food items, and to the staff members who worked tirelessly behind the scenes to organize, set up, and run the event. Their dedication, planning, and teamwork ensured that everything went smoothly, and the attendees felt welcomed and supported. Punjabi Community Health Services helped over 260 people through this initiative.

Project Khushi's success is a testament to what can be achieved when a community comes together with generosity and kindness. This year's event not only met its goals, it exceeded them, leaving a lasting impact on everyone involved.



Holiday Hangout: Celebrating the Season Together



By: Simran Dhillon – Youth Worker

On December 20, 2025, the Malton Youth Hub was transformed into a warm and festive space as newcomer youth gathered for the Holiday Hangout, Create, Connect and Express. The event offered participants a relaxed and welcoming environment where they could explore seasonal activities, connect with peers, and experience winter holiday traditions and fun.

Youth moved freely between activity stations throughout the afternoon, creating an easygoing flow that encouraged curiosity and participation at their own pace. At the ornament making tables, participants decorated wooden and clear ornaments using markers, beads, and other festive materials. For many youth, this activity provided an opportunity to learn about a familiar Canadian holiday tradition while creating something meaningful to take home. Some focused on thoughtful designs, while others enjoyed experimenting with colors and textures in a more playful way.



The photo booth area quickly became a lively gathering space filled with laughter and conversation. With holiday themed props, festive lighting, and Polaroid cameras, youth captured spontaneous moments with friends and decorated custom photo borders to display around the room. These shared experiences helped create a sense of belonging and allowed participants to take home keepsakes that reflected both their creativity and the joy of the day.



Group games and interactive activities encouraged teamwork, communication, and connection among participants. These moments were especially valuable for youth who were new to the program, helping to break the ice and foster positive peer relationships in a supportive setting.

Food, hot chocolate, popcorn, and snacks were available throughout the event, giving youth time to relax, socialize, and recharge between activities. These informal moments allowed participants to share conversations, reflect on their experiences, and learn from one another's traditions and perspectives.

By blending creativity, cultural exploration, and social connection, the Holiday Hangout provided newcomer youth with a meaningful opportunity to engage with holiday customs while building confidence and community. The success of the event was made possible by the dedication of the Youth Team, the support of volunteers, and the enthusiasm of the youth participants, whose positive energy helped create a memorable and welcoming holiday experience.



PCHS Employee Holiday Lunch

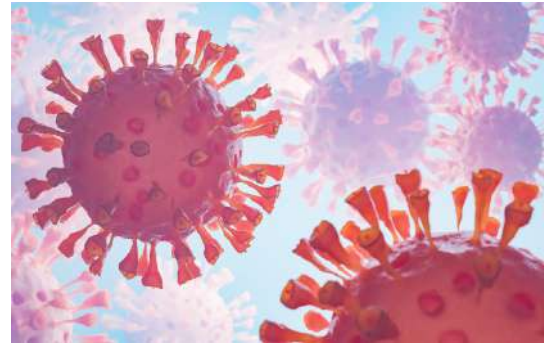


PCHS staff came together for a special holiday lunch to celebrate the season of gratitude, connection, and togetherness. It was a meaningful opportunity to pause, share a meal, and recognize the dedication and hard work of our team throughout the year. The lunch reflected the spirit of appreciation and community that defines PCHS, leaving everyone feeling valued and connected as we head into the holidays.



Fight the Flu This Season!

The flu is back and making its way through our communities — but with a few smart habits, you can protect yourself and the people around you. Influenza spreads easily through coughs, sneezes, and contaminated surfaces, but don't worry... we've got Prevention & Control-approved tips to keep you flu-free this winter!



Tips to Stay Safe

🍷 1. Clean, Clean, Clean!

- ✓ Wash your hands with soap and water for at least 20 seconds (especially after using the washroom or before handling food).
- ✓ Disinfect surfaces with a chlorine bleach solution—this bug is tough!
- ✓ Handle contaminated laundry with care—hot water + detergent is your best bet!

🍴 2. Watch What You Eat!

- 🚫 Avoid raw/undercooked shellfish & always wash fruits and veggies.
- 🚫 If you've been sick, stay out of the kitchen for at least 48 hours after symptoms go away.

🏠 3. Stay Home if You're Sick!

If you're experiencing symptoms, don't share the bug! Rest, hydrate, and recover at home.

1. Get Your Flu Shot!

Your best protection against the flu is the annual vaccine.

- ✓ Reduces your chances of getting seriously sick
- ✓ Protects older adults, children, and people with chronic conditions
- ✓ Safe, quick, and available at most clinics & pharmacies



RSV & The Common Cold

What You Need to Know!

As the colder months roll in, so do respiratory viruses like RSV (Respiratory Syncytial Virus) and the common cold! 🤧 While they might seem similar, RSV can be more serious—especially for infants, seniors, and those with weakened immune systems.



What's the Difference?

RSV (Respiratory Syncytial Virus)

- Affects the lungs and airways, causing wheezing, severe cough, and breathing difficulties (especially in babies and older adults).
- Can lead to bronchiolitis or pneumonia in severe cases.
- Highly contagious and spreads through coughs, sneezes, and contaminated surfaces.

The Common Cold:

- Caused by many different viruses, like rhinoviruses.
- Typically results in runny nose, sneezing, mild cough, and sore throat—less severe than RSV.
- Still spreads easily through touch, air droplets, and contaminated objects.

How to Stay Safe

1. Wash Your Hands Often!

✓ Scrub with soap and water for at least 20 seconds to wash away germs.

✓ Use hand sanitizer when soap isn't available.

🚫 2. Keep Your Distance!

✓ Avoid close contact with sick individuals, especially if you're caring for infants or older adults.

✓ Cover coughs & sneezes with your elbow or a tissue (not your hands!)

🧼 3. Disinfect, Disinfect, Disinfect!

✓ Wipe down frequently touched surfaces like doorknobs, phones, and keyboards.

🏠 4. Stay Home if You're Sick!

✓ Rest and recover to prevent spreading the virus.

How to Manage Symptoms

✓ **Stay hydrated** – drink plenty of fluids to keep mucus thin and prevent dehydration.

✓ **Use a humidifier** to help ease congestion.

✓ **Try warm fluids** like tea or broth to soothe a sore throat.

✓ **For RSV:** Monitor for difficulty breathing and seek medical care if symptoms worsen.

Let's stay healthy and keep those germs away!

Where Can You Get the Flu Shot?



Where Can You Get the Flu Shot?

Peel Public Health Clinic

Address: 10 Peel Centre Drive, Suite A & B, Brampton, ON L6T 4G4 Rehabilitative Care Alliance

Phone: 905-799-7700 or toll-free 1-888-919-7800 Peel Region

This is a regional public health office — you can call to check if they have flu vaccine clinic times.

Peel Public Health Meadowvale (Mississauga) Clinic

Address: 7120 Hurontario St, Mississauga, ON L5W 1N4 Ligne Santé Centre-Ouest

Phone: Same as above, via Peel Public Health. Ligne Santé Centre-Ouest

Pharmacies

Peel Region's website notes "participating pharmacies" can administer the flu vaccine. Peel Region+1

Because the list of pharmacies changes, call your local pharmacy (e.g. Rexall, Shoppers, etc.) to confirm they have the flu shot in stock



Eligibility for the Flu Shot

Everyone 6 months and older in Peel is eligible. Peel Region+1

No Ontario health card needed: You can get the publicly funded flu vaccine even without OHIP. Peel Region

Priority groups

(at higher risk) include:

Older adults (65+) Peel Region

Pregnant people Peel Region

Children 6 months to 4 years Peel Region

People with chronic health conditions



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Harmeet Kaur Basra
Case Manager- Connection,
Acceptance,
Resource, Empowerment
(CARE) Program



Yasha Malhotra
Case manager, Mental
Health



Sukhpreet Singh Mittu
Settlement Counsellor



Abhinav Sharma
Short-term Counsellor,
Settlement program



Abhishek Sharma
Settlement Counsellor



Pardeep Kaur
Settlement Counsellor



Bijal Soni
Settlement Counsellor



Alizeh Hassan
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- ✓ Types of child care
- ✓ Understand child care rules in Ontario
- ✓ Finding child care in your area

Topic Points:

- ✓ Finding EarlyON centres
- ✓ Guide to accessing EarlyON programs

January 24, 2026
(Saturday)
10:00 AM – 12:00 PM

Registration Contact

Sharon Uy
437-213-3973
Sharon.uy@pchs4u.com

LOCATION: Virtual (zoom) 

Eligibility criteria: Permanent Residence, Conventional Refugee, Live-in Caregiver

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SAVE THE DATE

PCHS ANNUAL HEALTH FAIR



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SUNDAY

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STAY TUNED FOR MORE INFORMATION!

For More Information, Call (437)243-3735 or Email supportline@pchs4u.com



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Invitation to Follow

Client Testimonial



I am a graduate of the ICDP program and also completed the PCHS 8-week aftercare program. I began struggling with substance use during university around 2013, which later led to mental health challenges and a psychotic episode in 2015. Despite knowing substances were not right for me, I continued to struggle for many years while managing school, work, and daily life.

This past March, I decided to participate in the ICDP program, and it became a turning point in my recovery. The program provided education on addiction and mental health, practical coping skills, mindfulness techniques, communication, and healthy relationships, along with weekly one-on-one support from a case manager. Being supported by professionals and peers working toward similar goals was incredibly uplifting.

The PCHS 8-week aftercare program helped stabilize my recovery long-term through consistent support and ongoing guidance. The weekly check-ins and continued connection with my case manager made a meaningful difference in maintaining my mental health and progress.

These programs helped me regain focus, build healthy relationships, and move forward with confidence. I strongly encourage anyone struggling with mental health or substance use to seek support through these programs—they were instrumental in my recovery.

Client: Addiction Program



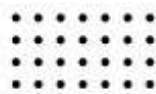
PCHS 2024-2025 Impact Report is now Available



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Punjabi Community Health Services



2024-2025 **IMPACT REPORT**



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PCHS Locations

Head Office:

2980 Drew Road, Unit 241
Mississauga, ON L4T 0A7

Brampton Office Location:

60 West Drive, Unit 202 and 101,
Brampton, ON, L6T 3T6

Community Door:

7700 Hurontario St, Unit 1300,
Bampton, ON, L6Y 4M3

Dewside Drive:

2 Dewside Dr, Unit 202,
Brampton, ON, L6R 3Y5


Different Spokes:

8 Nelson Street West
Brampton ON, L6X 1B7

Southfields Community Center:

225 Dougall Ave.
Caledon, ON L7C 3M7



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