

# Postgraduate Diploma

## Postpartum after Natural Childbirth for Nursing



## Postgraduate Diploma Postpartum after Natural Childbirth for Nursing

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-postpartum-after-natural-childbirth-nursing](http://www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-postpartum-after-natural-childbirth-nursing)

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# 01

# Introduction

The postpartum period following natural childbirth is a critical time for both mother and newborn, and nursing plays a critical role in their care. During this time, the professional in the area must assess the physical and emotional recovery, as well as the well-being and safety of the baby. It is also important to provide support in breastfeeding and adaptation to the new family life. Therefore, the graduate must know all these aspects that influence after a natural childbirth, in order to provide the best specialized care. In view of this, TECH has created the following program with the main objective of providing the most up to date and rigorous information in the sector. All this through audiovisual resources, complementary readings and practical exercises developed with the Relearning methodology.







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*No fixed schedules and from anywhere you want. You are only a click away to get trained in a fast and effective way”*

During the postpartum period, the mother's body undergoes a series of changes and adaptations as she recovers from pregnancy and labor. It is an important period for health that requires special attention and care. In addition to this, significant changes have been evidenced in the promotion of breastfeeding, mental and emotional health care and self-care.

Therefore, it is of vital importance that nursing professionals keep their knowledge up to date and train according to the new demands and requirements of the field. Driven by this, TECH has launched the following program with the main objective of providing rigorous and up to date information on the most recent advances in postpartum management and care.

All this through didactic materials such as interactive videos, complementary readings, graphic presentations and practical exercises. In addition to this, the innovative Relearning methodology, focused on repetition and experience, involves real cases and simulation for a direct approach of the professional with the current challenges.

The program is also developed in a 100% online format, which can be accessed from any device with internet connection, without fixed schedules or transfers to on-site centers. This makes it easy for graduates to combine their daily routine and healthcare work with the acquisition of new knowledge.

This **Postgraduate Diploma in Postpartum after Natural Childbirth for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Postpartum after Natural Childbirth for Nursing
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*The online modality of this program allows you to combine your daily routine with the acquisition of new knowledge"*

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*Download the content of this program to your daily device and review it at the times of your choice"*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*You will learn about the requirements that an environment must meet to provide safety to the mother during childbirth.*

*You will delve into the processes of care in the first minutes after birth.*



# 02 Objectives

TECH has designed this academic program to bring together the most up-to-date content in the sector along with a high-impact methodology that allows professionals to acquire new knowledge and skills for the approach to postpartum patients. In this way, nurses will acquire new competencies and skills to offer the best specialized care, prioritizing aspects such as the health status and needs of the mother and baby.





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*Ensure that your patients can sleep comfortably after the delivery process”*



## General Objectives

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- ♦ Acquire fundamental knowledge about the physiology of Natural Childbirth, ancestral cultural practices and the emotional needs of women during childbirth, as well as the implications of medical interventions
- ♦ Acquire essential skills and knowledge in the care of pregnant women and their fetuses, including the promotion of healthy pregnancies and the identification of possible complications
- ♦ Acquire fundamental knowledge and skills in the diagnosis, management and prevention of emergencies in childbirth, with a focus on interprofessional collaboration and advocacy for patients' rights
- ♦ Acquire fundamental knowledge and skills in the assessment, diagnosis, and management of neonatal emergencies, with a focus on early recognition of problems and application of appropriate interventions
- ♦ To acquire fundamental knowledge of the neuroscience of pregnancy, Maternity and perinatal care, as well as the scientific evidence related to Natural Childbirth and evidence-based care practices
- ♦ Acquire fundamental knowledge about home labor and birth, including team management and organization, preparation and accompaniment during pregnancy, childbirth and puerperium, and identification and management of special situations and home obstetric emergencies
- ♦ Acquire fundamental knowledge of Natural Childbirth units, such as birthing homes and hospital units, and develop skills to evaluate, plan and manage these settings, ensuring a high level of care and satisfaction for women and their families
- ♦ Acquire fundamental knowledge and practical skills in newborn care, as well as the ability to provide comprehensive and safe care at this critical stage of life and how to collaborate with other health professionals and families to ensure the well-being of the newborn
- ♦ Acquire knowledge of the physical and emotional needs of the mother in the perinatal period
- ♦ Develop skills to provide comprehensive support and care to the mother during the postpartum period, including difficult and emotionally intense situations
- ♦ Promote prevention and care of maternal Mental Health in the perinatal period, including the detection and treatment of mood disorders and the management of obstetric trauma and obstetric violence
- ♦ Analyze the stages of labor and the techniques of pain management and relaxation
- ♦ Develop skills in developing and monitoring individualized birth plans
- ♦ Examine the importance of interdisciplinary collaboration in childbirth care
- ♦ Encourage emotional preparation and support for women and their families during the birthing process
- ♦ Acquire skills in identifying and managing high-risk situations in pregnancy and childbirth



## Specific Objectives

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### Module 1. Natural Childbirth

- ♦ Analyze the science and evolution of Natural Childbirth, and how current medical practices compare to historical and global statistics
- ♦ Examine the physiology of normal childbirth in the human species, including the hormonal cocktail, postures, and female sexuality
- ♦ Analyze childbirth practices in ancestral cultures and their relevance today
- ♦ Identify and address the emotional needs of women during childbirth and how professionals can support them
- ♦ Take an in-depth look at the role of Oxytocin in Natural Childbirth and the differences between endogenous and exogenous Oxytocin
- ♦ Examine current pandemics related to childbirth and their impact on the health of women and newborns
- ♦ Delve into the needs of the newborn during and after delivery, including gut and epidermal flora, the umbilical cord and placental blood
- ♦ Analyze interventionism in childbirth and how it affects the environment and safety in childbirth, as well as the importance of respecting the nature of the process



### Module 2. Requirements of the newborn

- Examine the importance of Natural Childbirth and the monitoring of the newborn at this stage
- Acquire skills in the immediate assessment of the newborn, including measurement of vital signs and establishment of breathing
- Promote and facilitate the first skin-to-skin contact and early initiation of Breastfeeding
- Perform physical examination of the newborn and detect signs of alarm
- Analyze best practices in umbilical cord management
- Examine the administration of screening and preventive tests, such as Vitamin K administration and initial immunization
- Advise on vaccinations and encourage natural immunization
- Examine proper hygiene and skin care techniques of the newborn
- Promote safe sleep practices and prevent Sudden Infant Death Syndrome
- Delve into the appropriate medical follow-up and monitor the newborn's development

### Module 3. Mother's Needs

- Examine in depth the immediate care and recovery of the pelvic floor
- Examine the causes and physiology of entrapments
- Analyze pain management strategies and provide appropriate care
- To examine in depth the return of Menstruation and the factors that influence its recurrence
- Delve into the relationship between Menstruation and Breastfeeding
- Identify contraceptive methods that are compatible with Breastfeeding
- Identify the symptoms of Postpartum Depression, Postpartum Anxiety and Posttraumatic Stress Disorder
- Identify types and manifestations of obstetric violence







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*Once you have completed this program you will be able to offer your patients better postpartum care, guaranteeing their rapid recovery and safety”*

03

# Course Management

At its highest academic level, TECH has selected for the direction of the program an active teaching staff with several years of experience in the management and care of patients after natural childbirth. This faculty is composed of experts and specialists, who throughout their careers have excelled in the best healthcare institutions. They have poured into the study material all their knowledge and practical results, thus guaranteeing an exclusive and highly profitable training.



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*TECH has selected leading experts in the field of natural childbirth and the postpartum process for you to get a successful up to date in this area.”*

## Management



### Dr. Santos Leal, Emilio

- ♦ Medical Director of the International Medical Technology Center
- ♦ Specialist Doctor at Fundación Alcorcón University Hospital
- ♦ Medical specialist at Consorcio Hospital General Universitario de Valencia
- ♦ Medical specialist at Pius Hospital de Valls
- ♦ Medical Specialist in Perpetuo Socorro Clinic
- ♦ Specialty in Gynecology and Obstetrics by Hospital Clínico San Carlos
- ♦ Degree in Medicine and Surgery from the University of Cantabria

## Professors

### Dr. García Báez, Miguel

- ♦ Medical specialist in Pediatrics and Neonatology
- ♦ Pediatrician at Hospital Virgen de La Salud in Toledo
- ♦ Pediatrician at Canary University Hospital
- ♦ Pediatrician at Candelaria in University Hospital
- ♦ Degree in Medicine and Surgery from the University of Zaragoza
- ♦ Diploma in Medical Biostatistics from the Autonomous University of Barcelona
- ♦ Master's Degree in Homeopathy from the University of Sevilla





# 04

## Structure and Content

TECH has identified the demands and needs of the labor field and, in collaboration with its team of specialists, has designed a high-impact syllabus for this program. This academic compendium is focused on providing up-to-date and cutting-edge information on postpartum and the necessary care at this stage. Professionals will have the opportunity to acquire this knowledge over a period of 6 months, in a 100% online format and using the Relearning methodology.







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*In addition to its broad informative content, the course includes the most innovative audiovisual resources, developed with the latest technology”*

## Module 1. Natural Childbirth

- 1.1. Natural Childbirth
  - 1.1.1. Science versus Dogma
  - 1.1.2. Evolution as a Species
  - 1.1.3. Statistics Worldwide: Oxytocin, Analgesia, Episiotomies, Cesarean Sections
  - 1.1.4. Improving Statistics
- 1.2. Normal Childbirth in the Human Species
  - 1.2.1. Hormonal Cocktail in Normal Childbirth
  - 1.2.2. Postures in Normal Childbirth
  - 1.2.3. Female Sexuality
  - 1.2.4. Physiology of the Sexual Act
- 1.3. Childbirth in Ancient Cultures
  - 1.3.1. Childbirth in the Tainos, Guanajatabeyes and Siboneyes
  - 1.3.2. Childbirth before the Sumerians
  - 1.3.3. Orgasmic Childbirth
  - 1.3.4. Michel Odent
- 1.4. Women's Emotional Needs During Childbirth
  - 1.4.1. Empowerment
  - 1.4.2. Intimacy
  - 1.4.3. Delivery
  - 1.4.4. Grandeur
- 1.5. Needs of the Laboring Woman's Professional
  - 1.5.1. Stealth
  - 1.5.2. Professional's Attitude towards Pain
  - 1.5.3. Respect to the Moment's Grandeur
  - 1.5.4. Privilege
- 1.6. The Reason for Emotional Needs
  - 1.6.1. Comfort
  - 1.6.2. Intimacy
  - 1.6.3. Connection with the Animal Side
  - 1.6.4. Connection with the Spiritual Side
- 1.7. Oxytocin
  - 1.7.1. The Blood-Placental Barrier
  - 1.7.2. The Blood- Encephalic Barrier
  - 1.7.3. Endogenous Oxytocin
  - 1.7.4. Exogenous Oxytocin
- 1.8. Current Pandemics
  - 1.8.1. The Cesarean Section Pandemic
  - 1.8.2. The Immune Disorders Pandemic
  - 1.8.3. The Autism Pandemic
  - 1.8.4. The Attention Deficit Hyperactivity Disorder Pandemic
- 1.9. Requirements of the Newborn
  - 1.9.1. Intestinal Flora
  - 1.9.2. Epidermic Flora
  - 1.9.3. The Umbilical Cord
  - 1.9.4. The Placenta's Blood
- 1.10. Interventionism
  - 1.10.1. Fixing Nature
  - 1.10.2. Intervention calls for Intervention
  - 1.10.3. The Chain of Interventionism
  - 1.10.4. Environment and Safety in Childbirth



## Module 2. Requirements of the Newborn

- 2.1. The Newborn during Natural Childbirth
  - 2.1.1. Definition of Natural Childbirth
  - 2.1.2. Benefits of Natural Childbirth
  - 2.1.4. Newborn Monitoring Importance
- 2.2. First Minutes after Birth
  - 2.2.1. Immediate Assessment of the Newborn
  - 2.2.2. Establishing Respiration
  - 2.2.3. First Skin to Skin Contact
  - 2.2.4. Early Start of Breastfeeding
- 2.3. Monitoring of Vital Signs
  - 2.3.1. Measurement of Heart Rate
  - 2.3.2. Monitoring of Respiratory Frequency
  - 2.3.3. Body Temperature Control
  - 2.3.4. Evaluation of Coloration and Perfusion
- 2.4. Physical Examination of the Newborn
  - 2.4.1. Measurement of Weight, Height and Head Circumference
  - 2.4.2. General Body Inspection
  - 2.4.3. Evaluation of Reflexes and Muscle Tone
  - 2.4.4. Alarm Signs Detection
- 2.5. The Umbilical Cord
  - 2.5.1. Clamping and Cutting Procedure
  - 2.5.2. Cleaning and Maintenance
  - 2.5.3. Observation of Signs of Infection
  - 2.5.4. Late Cutting
- 2.6. Screening and Prevention Tests
  - 2.6.1. Vitamin K Administration
  - 2.6.2. Prophylaxis of Neonatal Conjunctivitis
  - 2.6.3. Heel Test
  - 2.6.4. Initial Immunization
- 2.7. Vaccines
  - 2.7.1. Benefits
  - 2.7.2. Inconveniences
  - 2.7.3. How to Advise
  - 2.7.4. How to Promote Natural Immunization
- 2.8. Hygiene and Skin Care
  - 2.8.1. Newborn Bathing and Cleaning
  - 2.8.2. Diaper Care and Dermatitis Prevention
  - 2.8.3. Identifying Common Skin Problems
  - 2.8.4. Use of Products Suitable for the Skin
- 2.9. Sleep and prevention of Sudden Infant Death Syndrome (SIDS)
  - 2.9.1. Guidelines for Safe Sleep
  - 2.9.2. Correct Position to Sleep
  - 2.9.3. How to Recognize and Reduce Risk Factors
  - 2.9.4. Establishment of Routines and Proper Environment
- 2.10. Medical Follow-up and Development
  - 2.10.1. Follow-up Visits
  - 2.10.2. Parameters to be Measured
  - 2.10.3. Vigilance in Consultations

### Module 3. Mother's Needs

- 3.1. Normal Postpartum
  - 3.1.1. Physical and Emotional Changes
  - 3.1.2. Immediate Care
  - 3.1.3. Breastfeeding
  - 3.1.4. Pelvic Floor Recovery
- 3.2. The Misunderstandings
  - 3.2.1. Causes and Physiology
  - 3.2.2. Pain Management
  - 3.2.3. Duration and Evolution
  - 3.2.4. Prevention and Care
- 3.3. The First Menstruation
  - 3.3.1. Return on Menstruation
  - 3.3.2. Factors Influencing its Reappearance
  - 3.3.3. Menstruation and Breastfeeding
  - 3.3.4. Changes in the Menstrual Cycle
- 3.4. Postpartum Contraception
  - 3.4.1. Contraceptive Methods Compatible with Breastfeeding
  - 3.4.2. Start of Contraception Postpartum
  - 3.4.3. Emergency Contraception
  - 3.4.4. Counseling and Education
- 3.5. Spontaneous and Intended Abortion
  - 3.5.1. Causes and Risk Factors
  - 3.5.2. Procedures and Care
  - 3.5.3. Physical and Emotional Recovery
  - 3.5.4. Prevention and Counseling





- 3.6. The Empty Crib: The Painful Process of Losing a Late Pregnancy
  - 3.6.1. Emotional Impact and Grief
  - 3.6.2. Support and Accompaniment
  - 3.6.3. Recovery Process
  - 3.6.4. Prevention and Management of Future Pregnancies
- 3.7. Psychological Care after Childbirth
  - 3.7.1. Identifying Emotional Problems
  - 3.7.2. Interventions and Emotional Support
  - 3.7.3. Support Networks and Available Resources
  - 3.7.4. Strengthen of the Couple Relationship and the Family
- 3.8. Perinatal Mood Disorders
  - 3.8.1. Postpartum Depression
  - 3.8.2. Postpartum Anxiety
  - 3.8.3. Post-Traumatic Stress Disorder
  - 3.8.4. Detection, Prevention and Treatment
- 3.9. Obstetric trauma
  - 3.9.1. Causes and Risk Factors
  - 3.9.2. Prevention and Management of Obstetric trauma
  - 3.9.3. Short- and Long-Term Consequences
  - 3.9.4. Support and Resources for Recovery
- 3.10. Obstetric Violence
  - 3.10.1. Types and Manifestations of Obstetric Violence
  - 3.10.2. Prevention and Awareness
  - 3.10.4. Interdisciplinary Approach and Training of Professionals

“ *A program designed by the best, for the best: you*”



# 05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.





This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Postpartum after Natural Childbirth for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Diploma in Postpartum after Natural Childbirth for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Postpartum after Natural Childbirth for Nursing**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development languages  
classroom

**tech** technological  
university

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