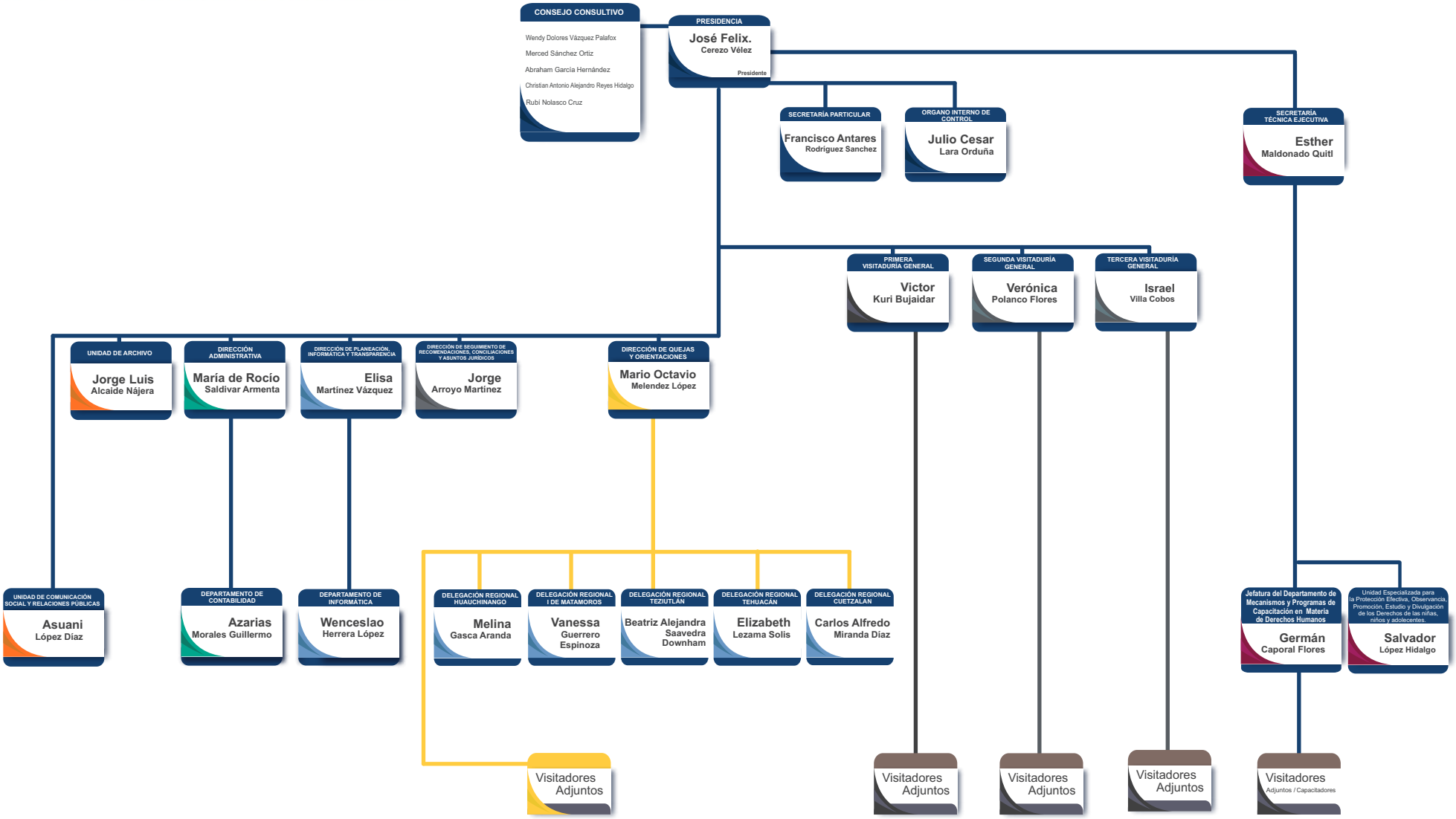Comisión de Derechos Humanos del Estado de Puebla