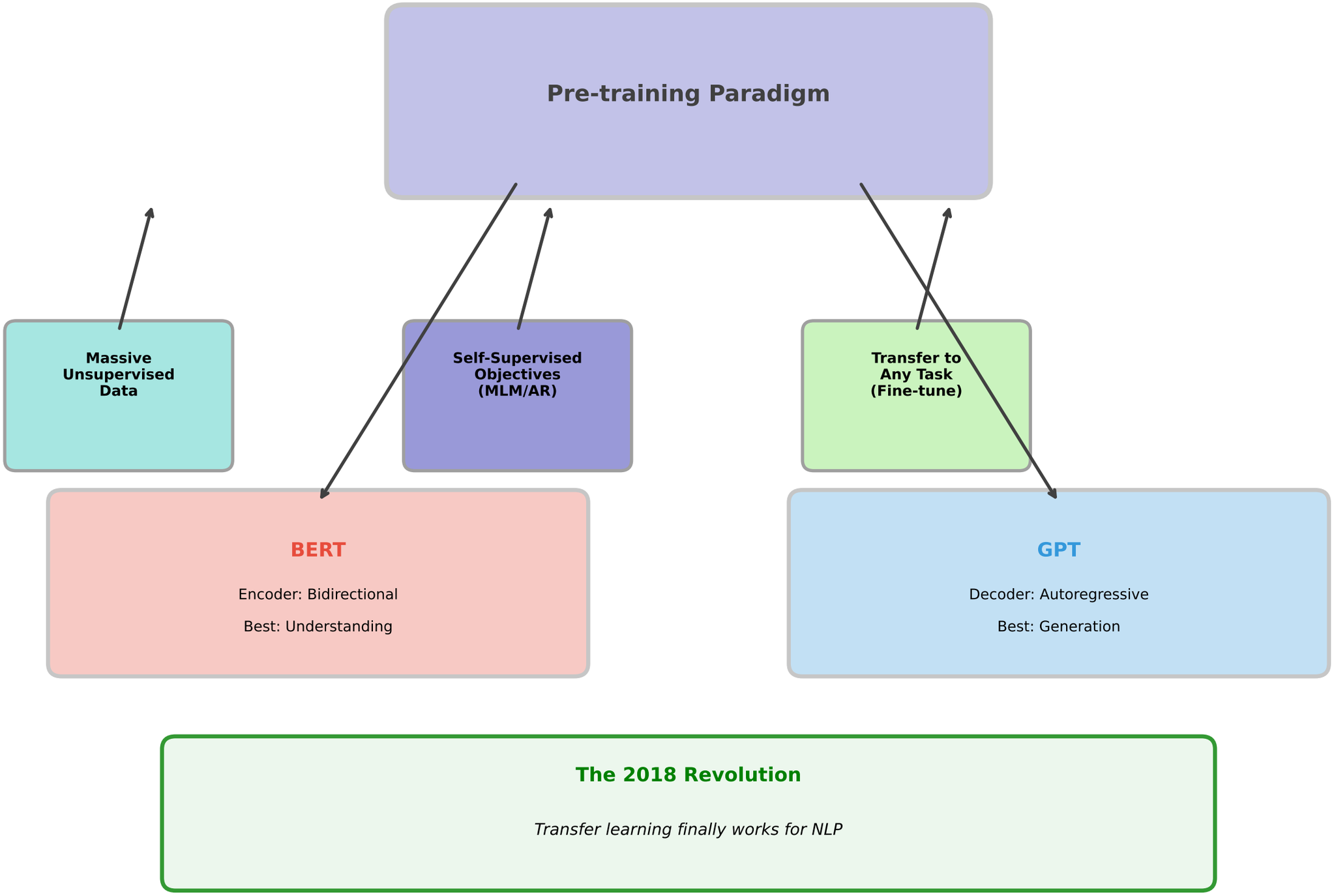Unified Pre-training Paradigm: The Foundation of Modern NLP