

Wash your hands

It takes 21 seconds to wash your hands and help prevent the spread of COVID-19.

Your task is to write a function that takes the number of times a person washes their hands per day **N** and the number of months (consider a month has 30 days) they follow this routine **nM** and calculates the duration in minutes and seconds that person spends washing their hands.

Input

The first line of input contains the number of times a person washes their hands per day **N** and the number of months they follow this routine **nM**.

Output

The first line contains the duration in minutes and seconds.

Sample input

Sample output

8 7	588 minutes and 0 seconds
0 0	0 minutes and 0 seconds
7 9	661 minutes and 30 seconds