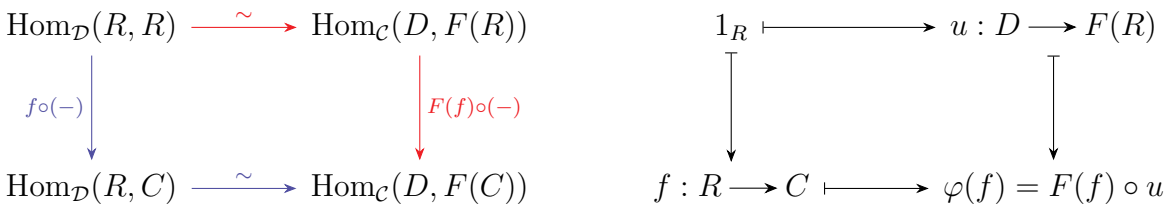
$\mathrm{Hom}_{\mathcal{D}}(R,R)$
$\sim$
$\mathrm{Hom}_{\mathcal{C}}(D,F(R))$
$f\circ(-)$
$F(f)\circ(-)$
$\mathrm{Hom}_{\mathcal{D}}(R,C)$
$\sim$
$\mathrm{Hom}_{\mathcal{C}}(D,F(C))$
1_R
$u : D \longrightarrow F(R)$
$f : R \longrightarrow C$
$\varphi(f) = F(f) \circ u$