

$$\begin{array}{ccccccc}
M & \overset{a}{\dashrightarrow} & Q & \overset{b}{\dashrightarrow} & X & \overset{f^*\eta}{\dashrightarrow} & \\
\parallel & & \downarrow & & \downarrow f & & \\
M & \xrightarrow{p} & T & \xrightarrow{q} & Y & \xrightarrow{\eta} & \\
& & \downarrow & & \downarrow g & & \\
& & Z & \xlongequal{\quad} & Z & & \\
& & \downarrow \delta' & & \downarrow \delta & &
\end{array}$$