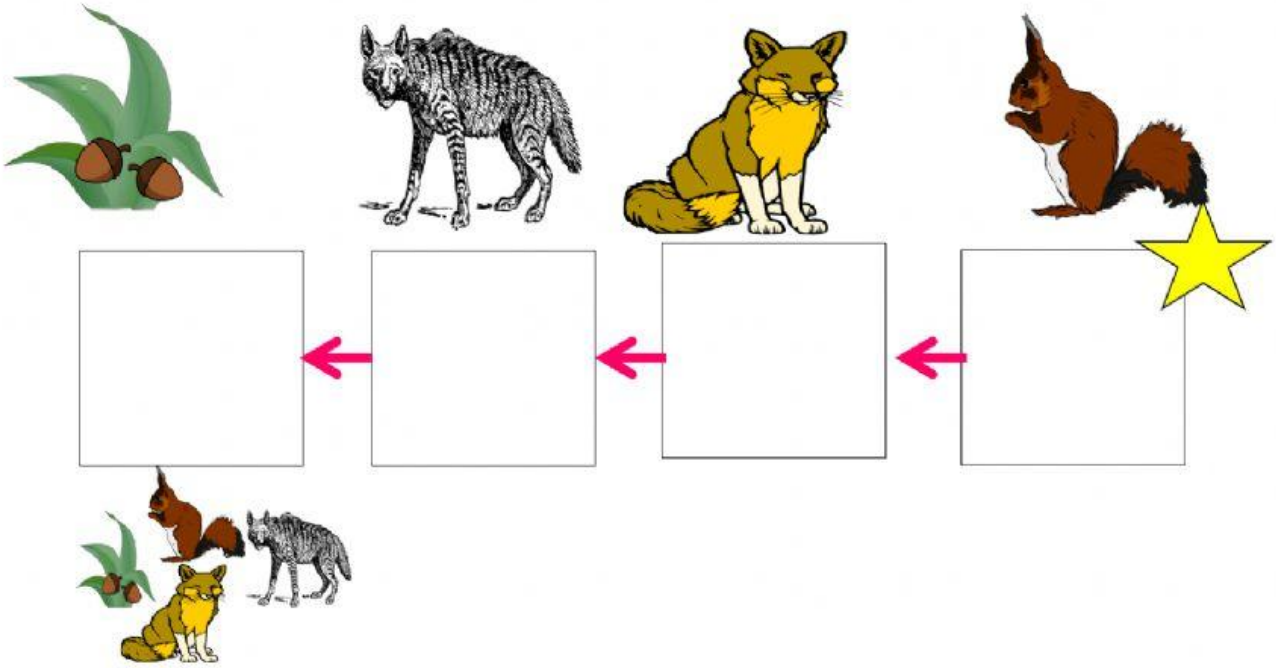نشاط