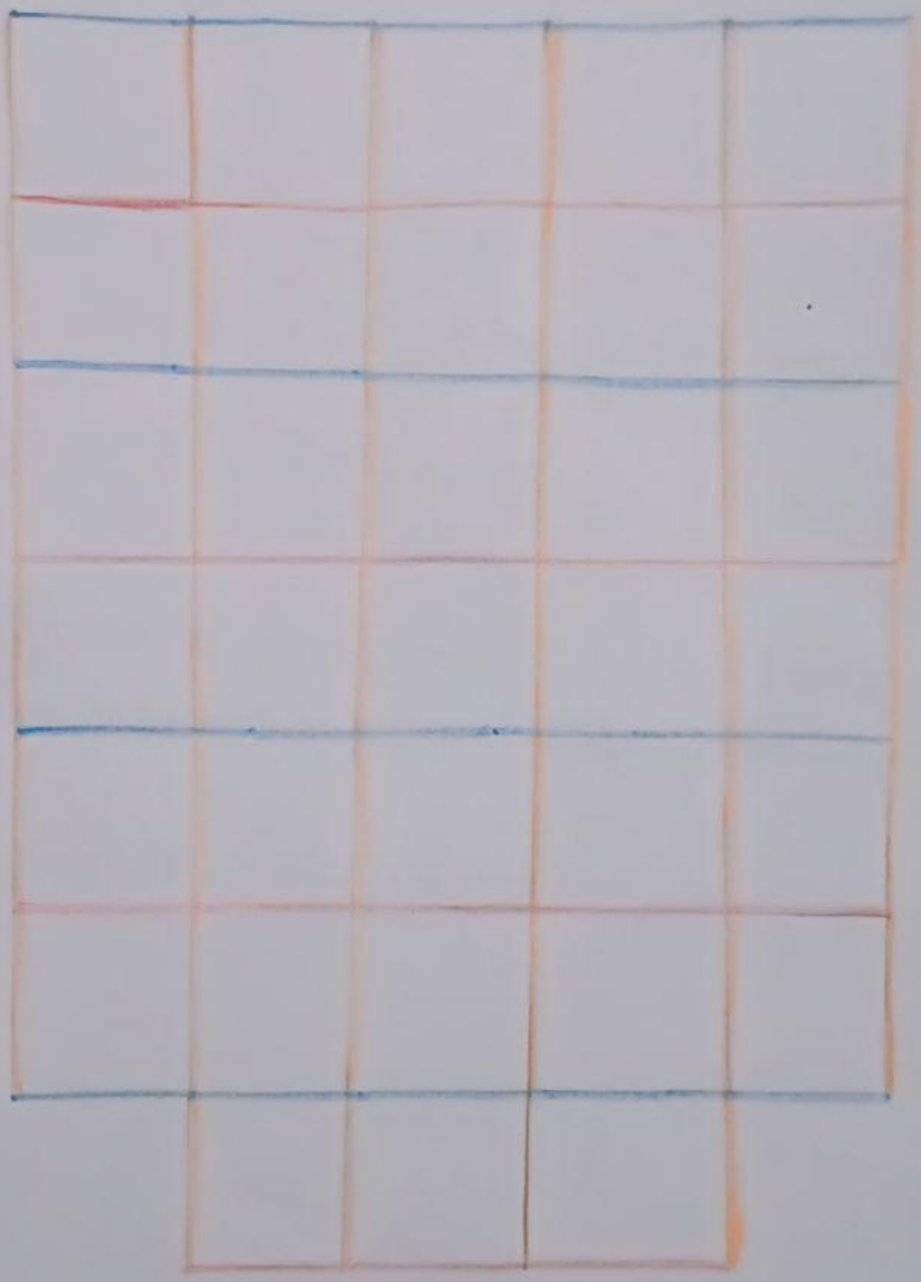ပျည်း (——) လုံး