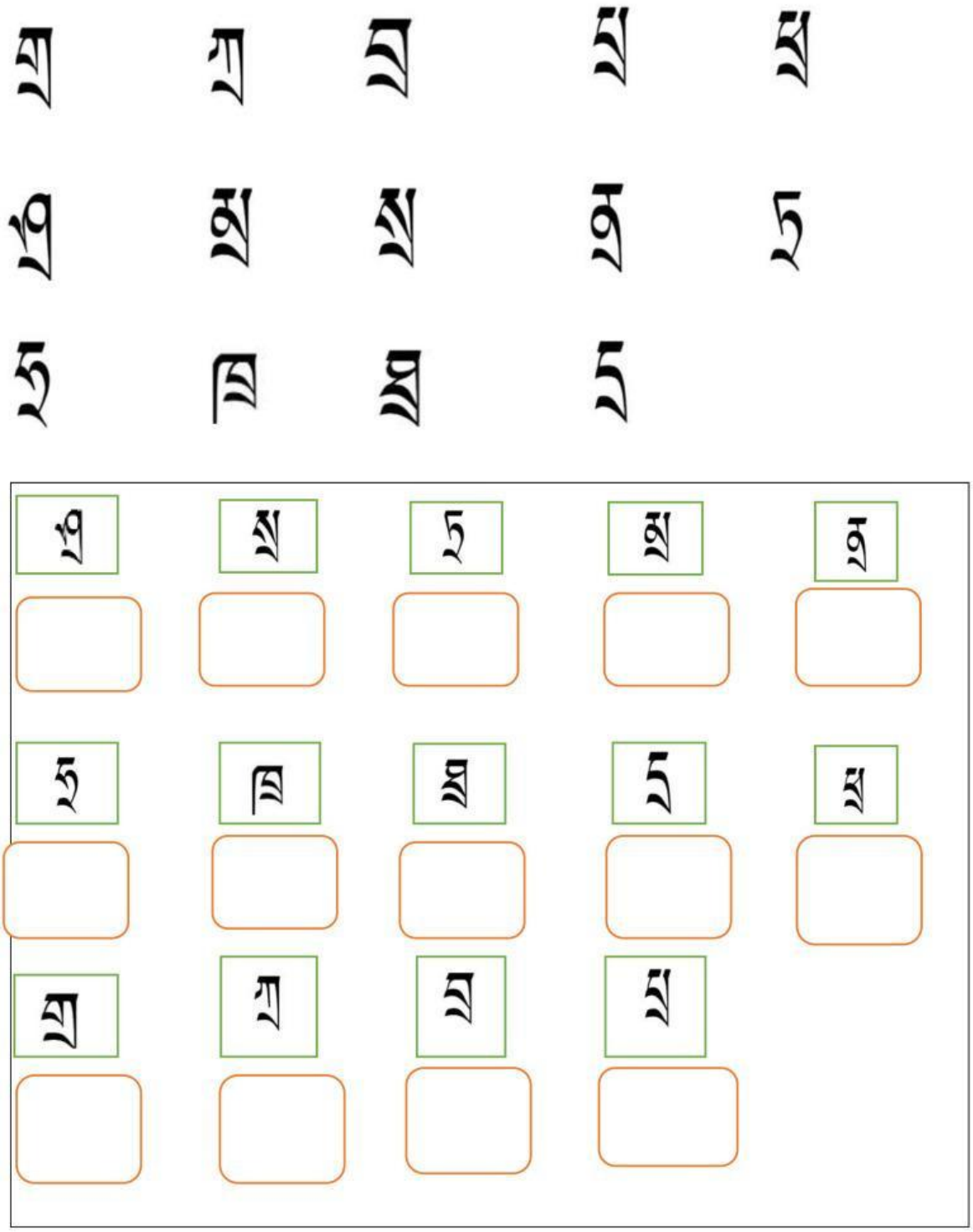ར་བཏགས་ ༡༩'གི'ཡི'ཀུ'ཚུ'འདྲུད'དེ' ཐིག'ཕྲེ'ནས'བཙུགས།