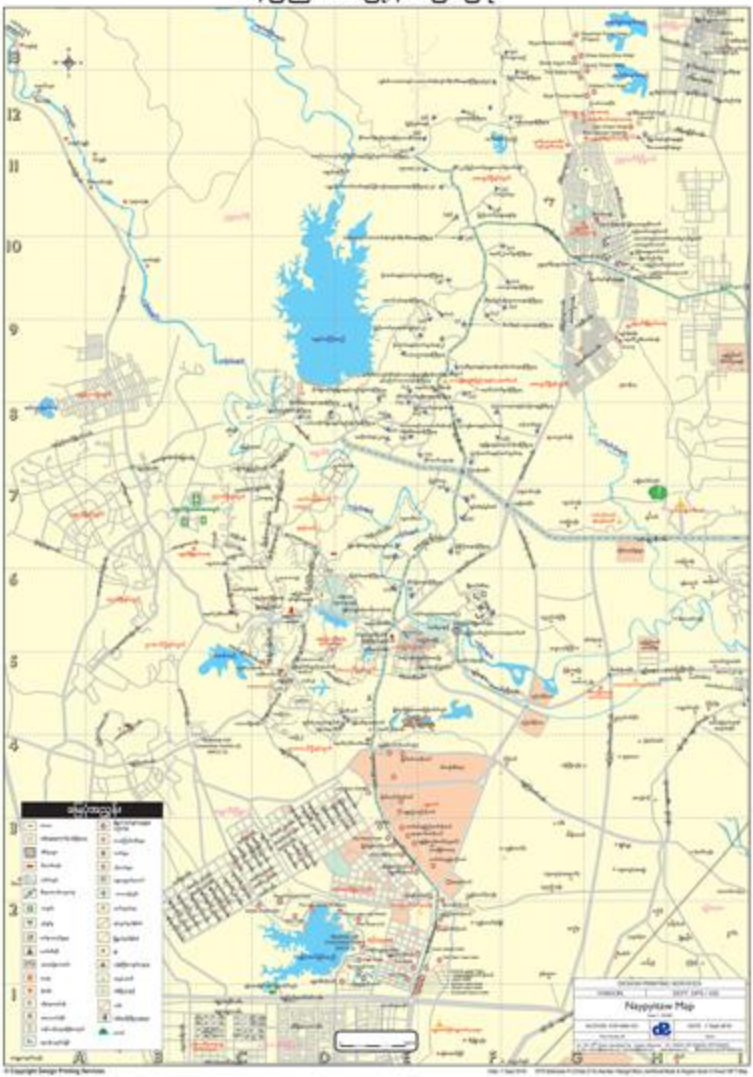နေပြည်တော်မြို့နယ်ပြမြေပုံ