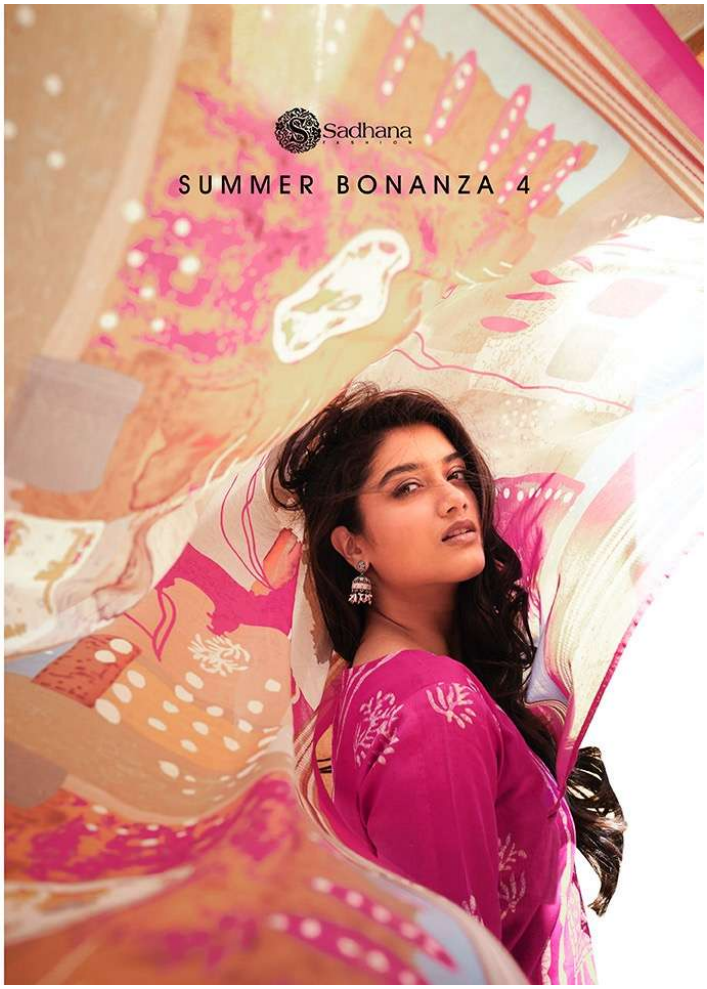Sadhana