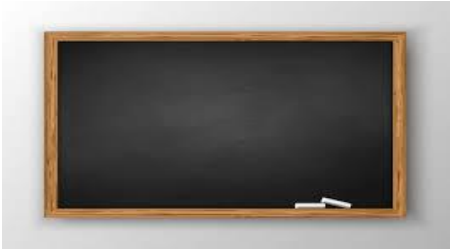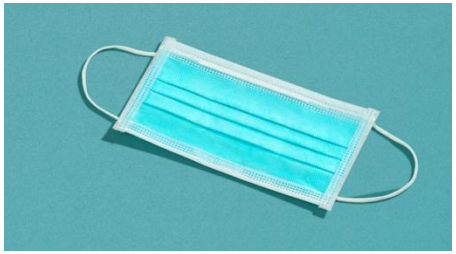གནས་ཁང་ནང་ཡོད་པའི་ངོ་རྒྱ། ཤ།