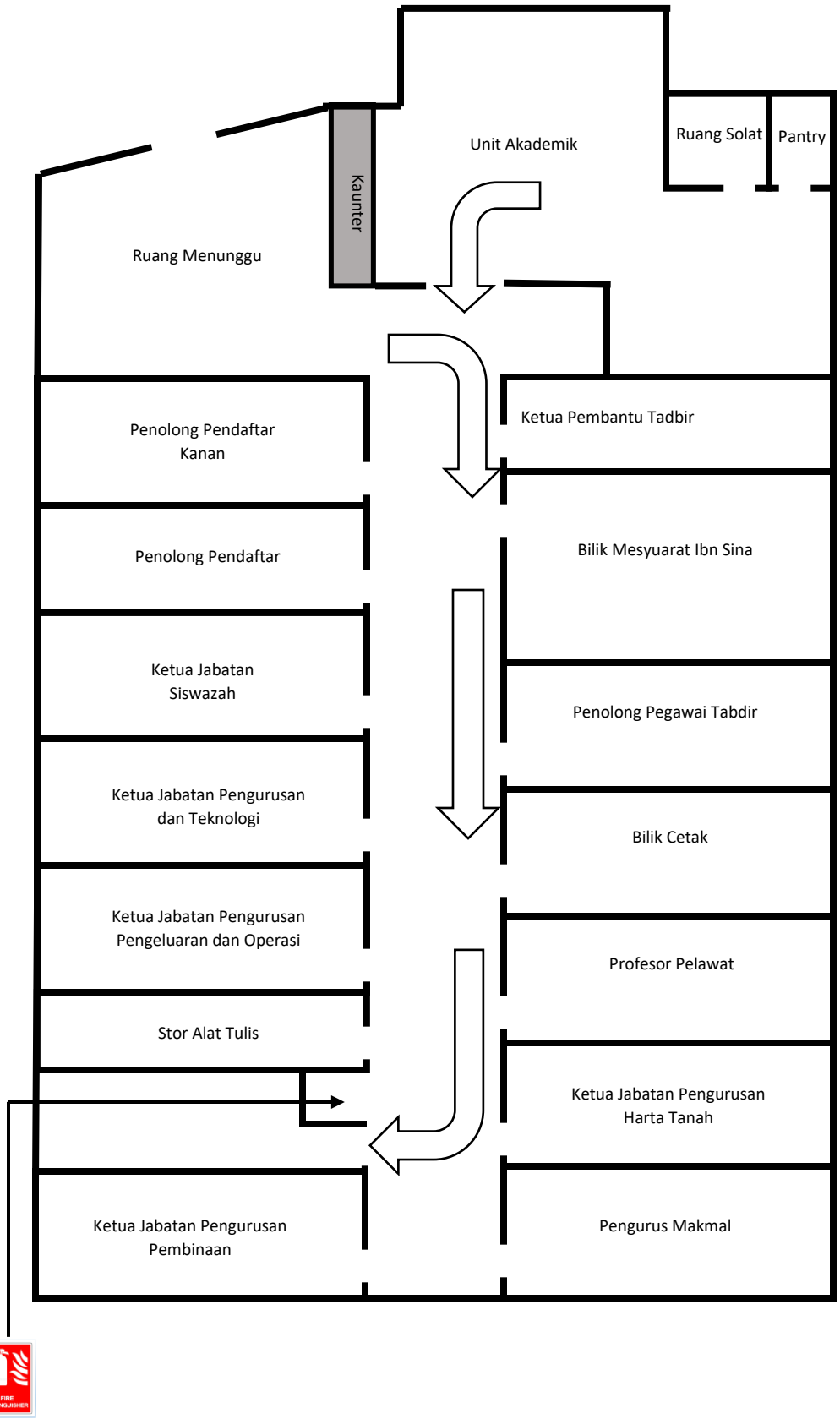PELAN LALUAN KECEMASAN