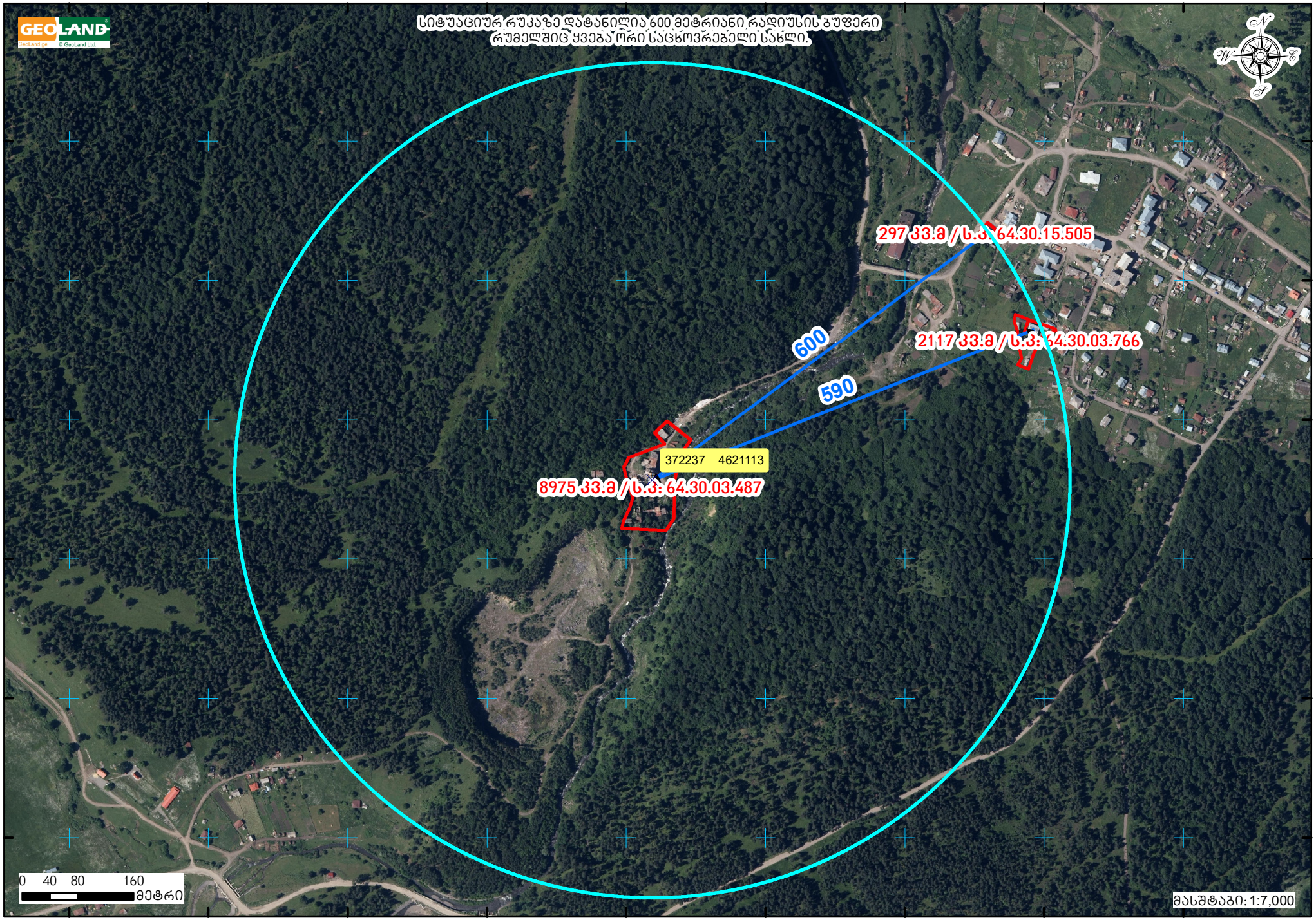სიტუაციური რუკა