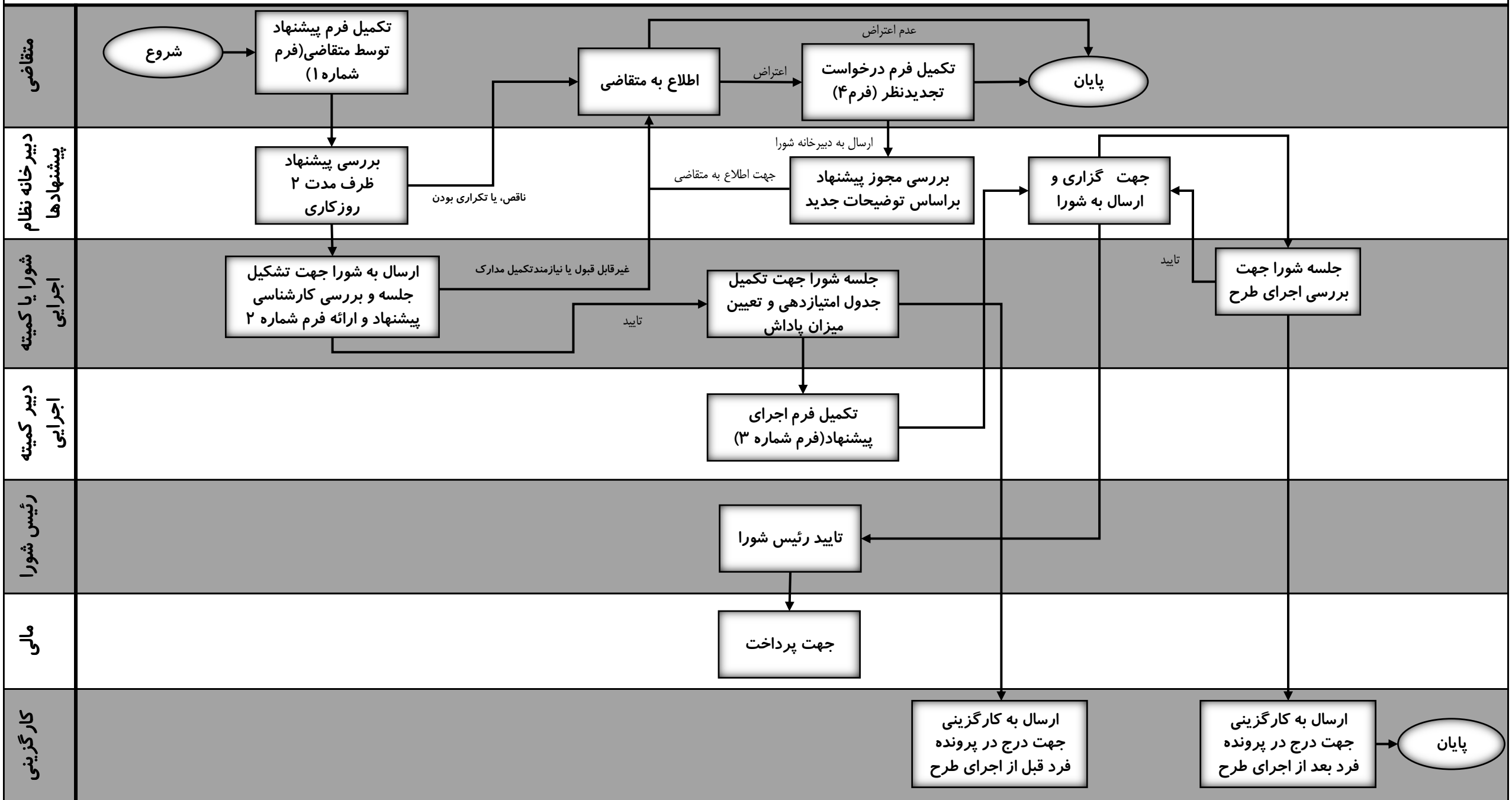فرآیند پیشنهادات