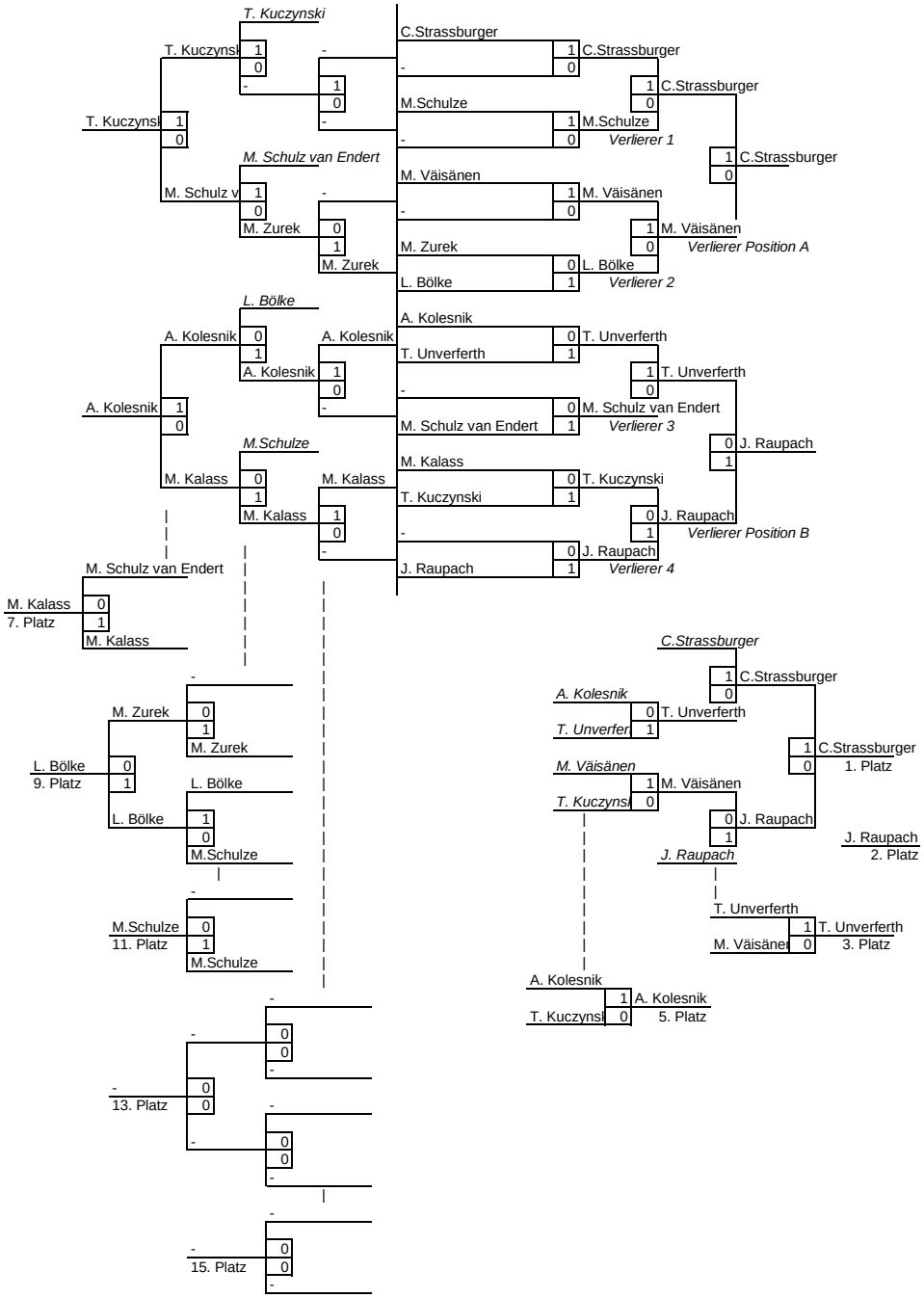Disziplin HE-A