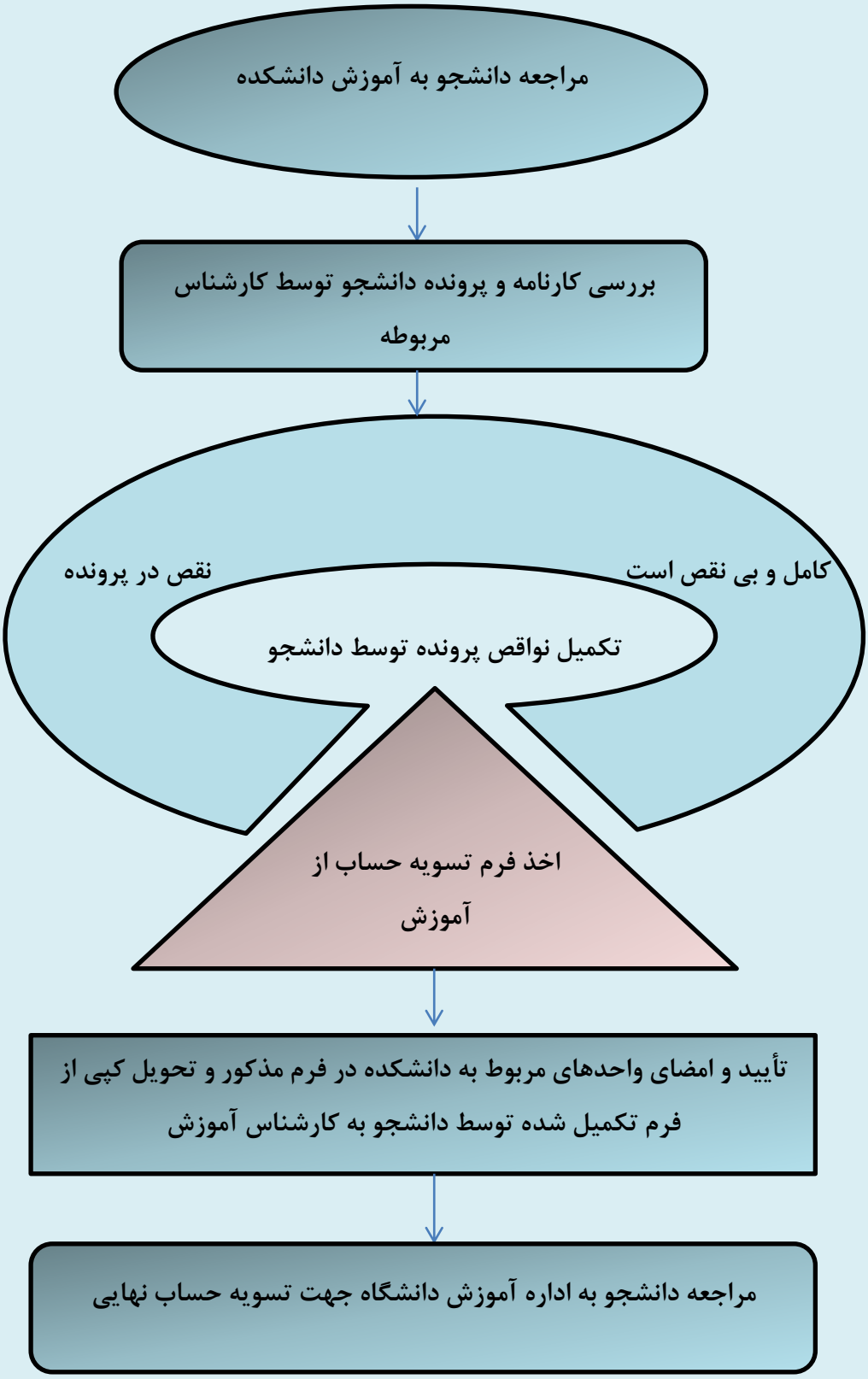فرآیند فراغت از تحصیل