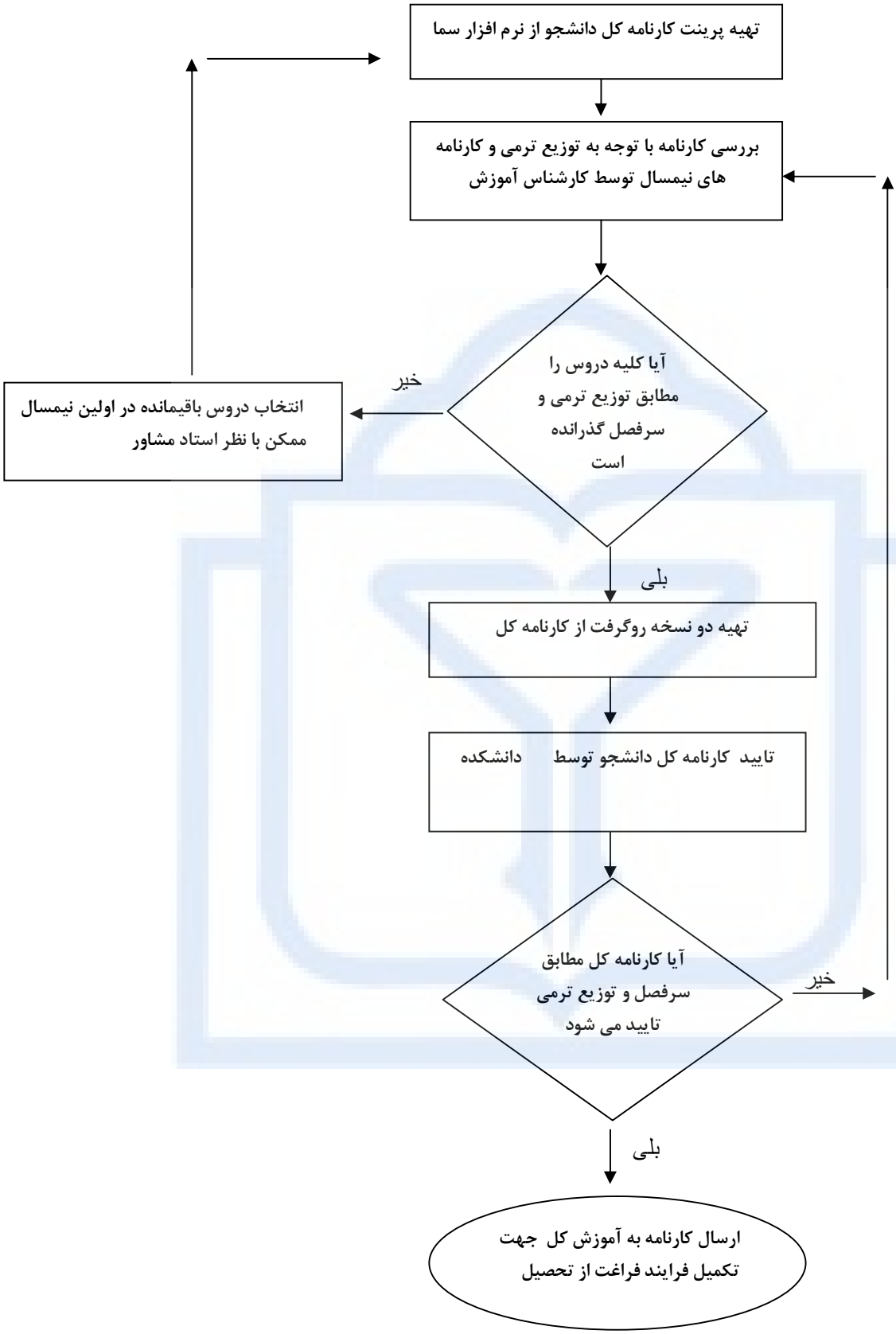فرایند فراغت از تحصیل