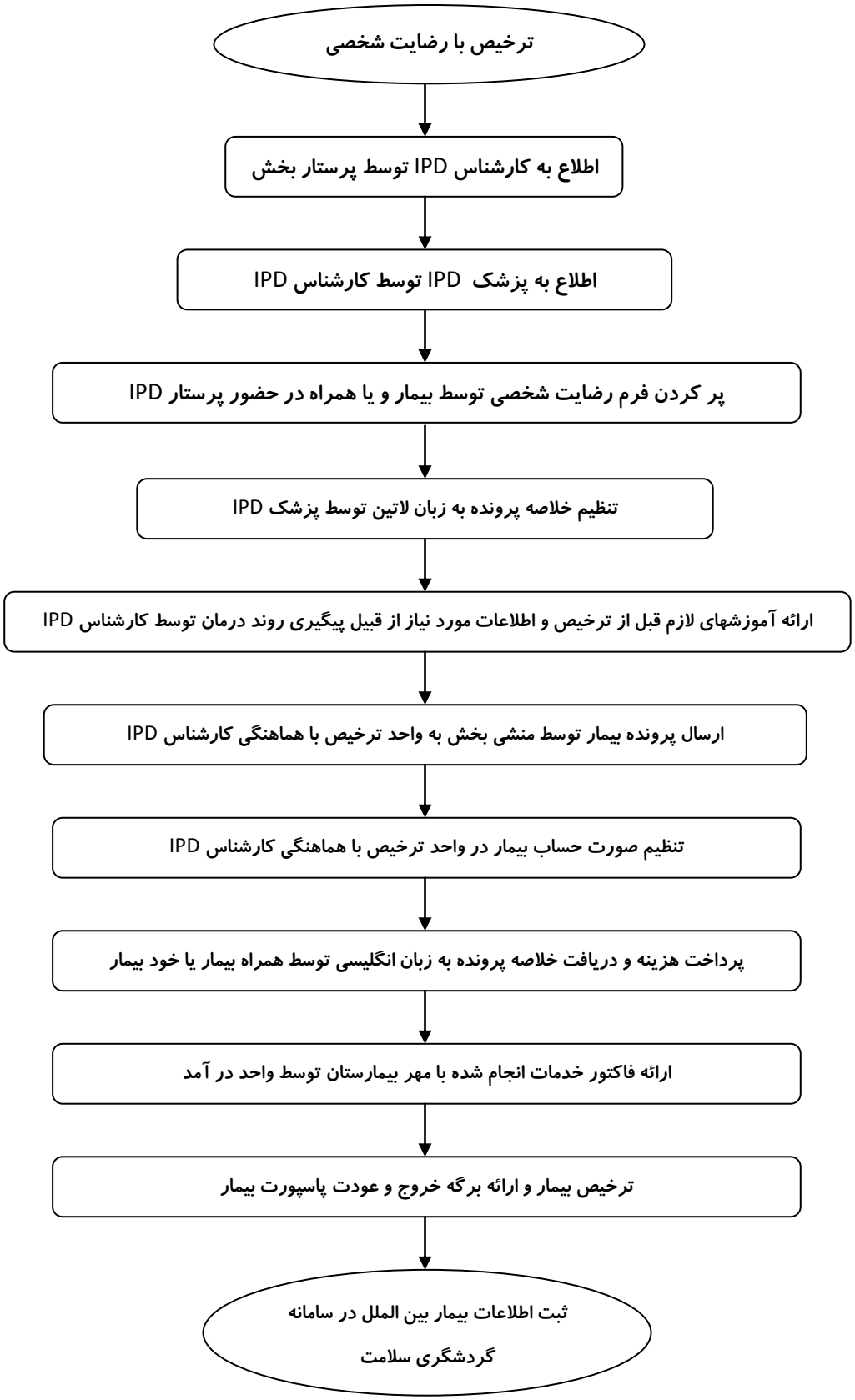فرآند ترخیص با رضایت شخصی