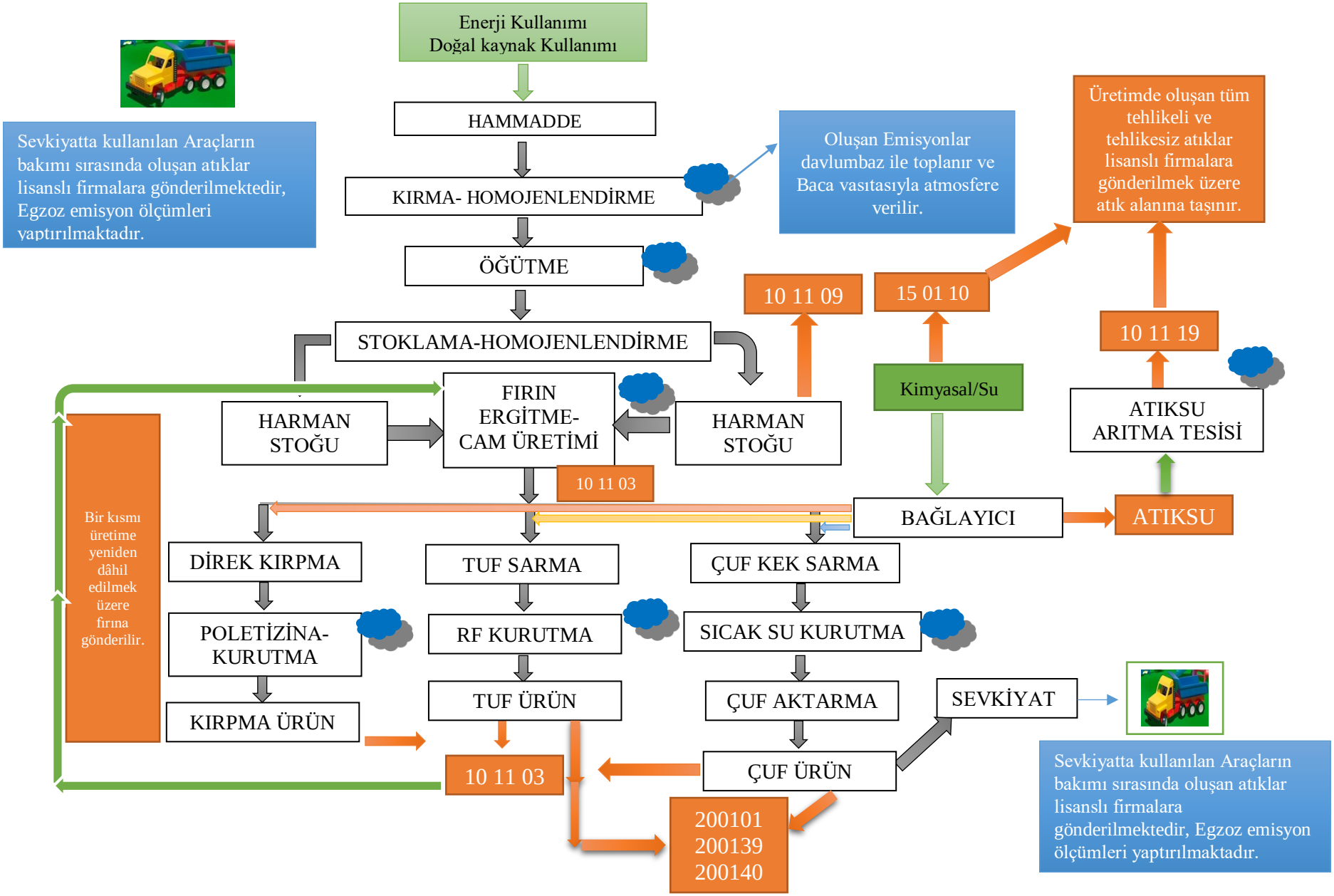GENEL YAŞAM DÖNGÜSÜ