Mounting & Updating Phase:

useEffect(() => {}, [dependencies]): The useEffect hook combines componentDidMount, componentDidUpdate, and componentWillUnmount lifecycles in functional components. The callback function passed to useEffect is executed after every render (including the initial render). The optional array of dependencies determines when the effect is re-run. If the array is empty, the effect runs only once after the initial render.

Unmounting Phase:

Cleanup in useEffect: To perform cleanup tasks, return a cleanup function from the effect. This cleanup function will run before the component is removed from the UI. This is similar to componentWillUnmount in class components.