

اخبار اصفهان

روزنامه اقتصادی استان اصفهان

دوشنبه ۱۲ اسفند ۱۴۰۱ | ۱۳ مارس ۲۰۲۳ | ۲۰ شعبان ۱۴۴۴ | سال سوم | شماره ۱۲۹۲ | صفحه اول

قیمت ۵۰۰۰ تومان

Study Finds People With Insomnia Nearly 70% More at Risk for a Heart Attack



اخبار اصفهان
ISFAHAN NEWS
سر مقاله
علیرضا عباسی زاده

نوروز فرصت مناسبی برای افزایش امید و نشاط اجتماعی

دادن امید و شادی به جامعه و مردم، بالاترین سرمایه اجتماعی کشور محسوب می‌شود و نوروز فرصت مناسبی برای افزایش نشاط اجتماعی است. دیدیم که فشارهای روانی بر مردم تحمیل شده اما با همت همگانی این دوران طی شد و انتخاب آبی بر آتش معاندان بود. اکنون در آستانه نوروز وظیفه سنگینی بر دوش دستگاه‌های اجرایی و مدیران است زیرا مردم شایسته خدمت بی‌منت هستند و مصداق خدمت به این مردم و ملت تاریخ‌ساز که پای نظام خود ایستاده‌اند و ویژه‌تر دیدن ستاد سفرهای نوروزی است. بهترین است مدیران به بهانه آغاز سال نو مردم جشن‌های ملی را پیش‌بینی می‌کنند که باید شرایط لازم آماده شود تا به بهترین وجه مردم احساس شادی و آرامش کنند. بیایید باور کنیم اگر با همه توان ظرفیت‌ها را جمع کنیم ملت ایران و کشور ایران برنده همه منازعات بدخواهان است. برخی کارها نیازمند اعتبارات کلان نیست بلکه خلاقیت، استفاده از فکر نو و تجربیات دیگر شهرها می‌تواند منجر به اقدامات جدید شود. به همه این دلایل تعطیلات نوروز ۱۴۰۱ و حضور مسافران و گردشگران فرصتی طلایی برای تولید ثروت در کشور است و همه انتظار دارند مدیران ارشد در همه شهرها و استان‌ها و به خصوص در جاهای گردشگر پذیر سنگ تمام بگذارند.

شهردار اصفهان در نشست خبری آخر سال با اصحاب رسانه:

چهار باغ عباسی پیاده راه می‌ماند



نتایج دهمین دوره انتخابات اتاق بازرگانی اصفهان اعلام شد؛

معرفی تیم تازه نفس اقتصاد شهر

چهار روز



استاندار اصفهان در جلسه کارگروه امور زیربنایی استان مطرح کرد:

ضرورت تغییر نگاه به کار آفرینی و سرمایه‌گذاری

استاندار اصفهان گفت: نگاه ما باید این باشد که سرمایه‌گذاران و کارآفرینان افراد ارزشمندی هستند که برای دیگران اشتغال‌زایی می‌کنند و دولت با همین رویه سرمایه‌گذاران را جذب و موانع را برطرف می‌کند.

معاون فرهنگی اجتماعی فرماندهی انتظامی استان اصفهان:

آماده باش ویژه پلیس در شب چهارشنبه‌سوری

نماینده ویژه رئیس مجلس:

داشتن نماینده مستقل برای شهر آران و بیدگل ضروری است

ایران از کشف نخستین ذخیره بزرگ لیتیم در غرب کشور خبر داد:

نفت قرن بیست و یک زیر پای ایرانیان

معاون علمی و فناوری رئیس‌جمهور:

معیارهای ارزیابی دانش‌بنیان سال آینده تغییر می‌کند

آشنایی با ورزش گلف

حدود سال ۱۳۰۴ ه.م.ز با ورود اتباع خارجی به منظور کشف و استخراج نفت در مناطق نفتخیز جنوب کشور این ورزش وارد ایران شد. تا قبل از ملی شدن صنعت نفت هیچ ایرانی این بازی را انجام نمی‌داد و بازی گلف انحصاراً در دست خارجی‌ها بود. ورزش در تهران نیز این رشته به صورت اختصاصی و در مجموعه ورزشی انقلاب از سال ۱۳۴۰ انجام شد. پس از انقلاب تشکیلات ورزش گلف کشور از اردیبهشت سال ۱۳۷۰ در قالب یک کمیته آغاز به کار کرد و با توسعه فعالیت‌های خود رسماً به عنوان فدراسیون گلف جمهوری اسلامی ایران معرفی و در لیست فدراسیون‌های رسمی کشور قرار گرفت.

این فدراسیون در سال ۱۹۹۶ میلادی به عضویت شورای جهانی گلف درآمد و بعدها با کنفدراسیون گلف آسیا و اقیانوسیه نیز مرتبط شده است.

- اولین باشگاه گلف جهان در سال ۱۷۵۴ در سنت اندروز اسکاتلند تأسیس شد.
- در ایران این رشته از سال ۱۳۴۰ در مجموعه ورزشی انقلاب انجام شد.
- زمین گلف حدود ۳۰ تا ۴۰ هزار متر مربع وسعت دارد.
- برای بازی گلف کفش ویژه می‌خورد نیاز است.
- لباس گلف هم از جنس مخصوص درست شده است.
- زمین استاندارد گلف دارای ۱۸ حفره است.
- فاصله حفره‌ها از نقطه شروع و از یکدیگر معمولاً بین ۱۰۰ تا ۶۰۰ یارد متغیر هستند.
- هر بازی گلف بین ۴ تا ۵ ساعت طول می‌کشد و دارای قوانین ویژه‌ای است.
- امکان انجام این ورزش از سنین کودکی تا کهنسالی وجود دارد
- مسافت طی شده برای هر بازیکن در ورزش گلف حدود ۸ کیلومتر است.

ادب بازی به همان اندازه که برای خود بازی اهمیت قائل است رعایت حق تقدم و ادب را هم مهم می‌داند. نکات زیر قانون نیستند اما رعایت آنها در بازی اهمیت بسیاری دارد:

- هنگام آماده شدن بازیکن تا پایان سوییچ نزدیک او نایستید و حرکت و صحبت نکنید.
- تا زمانی که گروه جلویی از مسیر خارج نشده بازی را شروع نکنید.
- همیشه بدون تأخیر بازی کنید و پاتینگ گرین را همراه با افراد گروه ترک کنید.
- از گروه‌های سریع‌تر دعوت کنید بازی را زودتر از شما انجام دهند و کنار بروید تا آنها عبور کنند.
- چمن‌های کهنه شده را در هنگام بازی سر جایشان قرار دهید و جای پاها را در بانگرها هموار کنید.
- روی خط پات بازیکنان دیگر قدم نگذارید و راه نروید.
- کلاب‌ها را در پاتینگ گرین نیندازید. (پرتاب کردن کلاب توسط بازیکن عصبی کاری زنده است).
- میله پرچم پاتینگ گرین را با دقت سر جایش بگذارید و بعد از برداشتن میله پرچم آن را به آهستگی خارج از پاتینگ گرین قرار دهید.

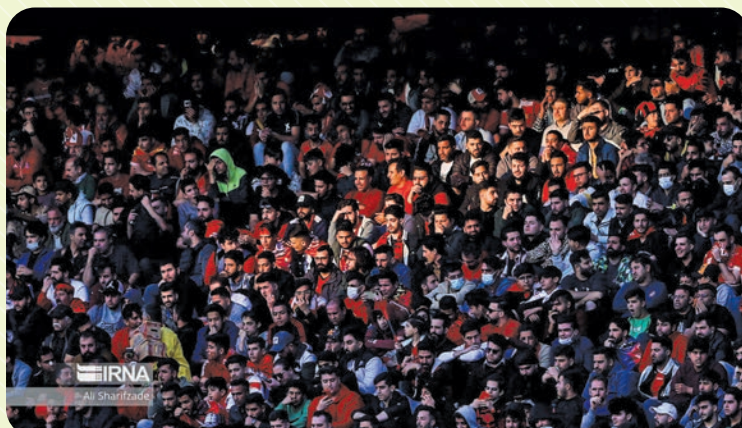


گزارش تصویری

درخشش سپاهان در مصاف با پرسپولیس

دیدار تیم‌های فوتبال پرسپولیس و سپاهان اصفهان از هفته بیست و سوم لیگ برتر فوتبال باشگاه‌های کشور در ورزشگاه آزادی تهران برگزار و با برتری یک بر صفر سپاهان به پایان رسید.

علی شریف زاده / خبرنگار ایرانی



چاپ دوم

آگهی مناقصه عمومی یک مرحله‌ای فراخوان نوبت سوم



شهرداری گرگاب در نظر دارد فراخوان اجرای کامل عملیات ایستگاه آتش نشانی شهرداری گرگاب به شماره فراخوان ۳۰۰۱۰۹۰۲۲۸۰۰۰۰۰۰۰۰ را از طریق سامانه تدارکات الکترونیکی دولت برگزار نماید.

• کلیه مراحل برگزاری فراخوان از دریافت و تحویل اسناد فراخوان تا بازگشایی پاکت‌ها از طریق درگاه سامانه تدارکات الکترونیکی دولت (ستاد) به آدرس www.setadiran.ir انجام خواهد شد.

• متقاضیان شرکت در فراخوان در صورت عدم عضویت در سامانه نسبت به ثبت نام و دریافت گواهی امضای الکترونیکی (به صورت برخط) برای کلیه صاحبان امضای مجاز و مهر سازمانی اقدام لازم را به عمل آورند.

مواعدن مانی:

مهلت دریافت اسناد فراخوان: ۱۴۰۱/۱۲/۲۷

زمان بازگشایی پاکت‌ها: ۱۴۰۲/۱/۱۴

مهلت ارسال پیشنهادات: ۱۴۰۲/۱/۱۰

نوع و مبلغ تضمین شرکت در فرایند ارجاع کار: ضمانت نامه بانکی یا سپرده نقدی

اطلاعات تماس و آدرس دستگاه: شهرداری گرگاب، انتهای بلوار امام خمینی (ره) خیابان شهرداری، ساختمان شهرداری گرگاب

شماره تماس شهرداری: ۰۵۷۵۴۵۴۵-۰۳۱-۵۰۳۱-۲-۰۵۷۵۴۵۴۵ آقای مازندرانیان فرد

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شناسه آگهی: ۱۴۶۶۵۸۸

Officials embrace Tehran-Riyadh rapprochement

The reconciliation between Iran and Saudi Arabia, two regional powerhouses who on Friday agreed to re-establish diplomatic relations after a seven-year hiatus, has been enthusiastically greeted by certain Iranian and foreign officials as well as bodies.

Iran and Saudi Arabia decided to restart diplomatic ties and reopen their embassies and diplomatic missions over the next two months after days of intense negotiations in Beijing. Hezbollah Secretary General Seyed Hassan Nasrallah on Friday praised the rapprochement between Iran and Saudi Arabia as a positive development that might broaden possibilities in the region.

Nasrallah's remarks were broadcast live on TV.

Iran's Supreme National Security Council's secretary expressed appreciation to Iraq for holding five rounds of talks that ultimately led to rapprochement between Tehran and Riyadh. Ali Shamkhani thanked Iraq for its efforts in a phone conversation with Iraqi Prime Minister Mohammed Shia' Al Sudani on Friday.

Shamkhani credited the success of Tehran and Riyadh's reconciliation to five rounds of preliminary talks between Iran and Saudi Arabia, which were hosted by Iraq and Oman. He also said that the establishment of "new and extremely serious conversations" between the Iranian and Saudi delegations was made possible by Iranian President Ebrahim Raisi's trip to Beijing in February and his meetings with Chinese President Xi Jinping.

Mohammad Baqer Qalibaf, Speaker of the Iranian Parliament, praised the reestablishment of diplomatic ties with Saudi Arabia as a crucial step in maintaining security in the Persian Gulf.

The foreign ministers of Oman, Qatar, and Iraq expressed their congratulations on the warming of ties between Tehran and Riyadh in separate phone calls with Iranian Foreign Minister Hossein Amir Abdollahian on Friday night.

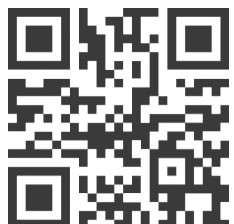
The Iran's top diplomat tweeted, "The return to normal of relations between the Islamic Republic of Iran and Saudi Arabia will provide great capacities for the two countries, the region, and the Islamic world."

Amir Abdollahian further emphasized that the government of Iranian President Ebrahim Raisi places a strong emphasis on good neighborliness as a cornerstone of its foreign policy. Hours after Iran and Riyadh struck the arrangement with Chinese mediation in Beijing, the Syrian Foreign Ministry issued a statement expressing Damascus' appreciation for the agreement.

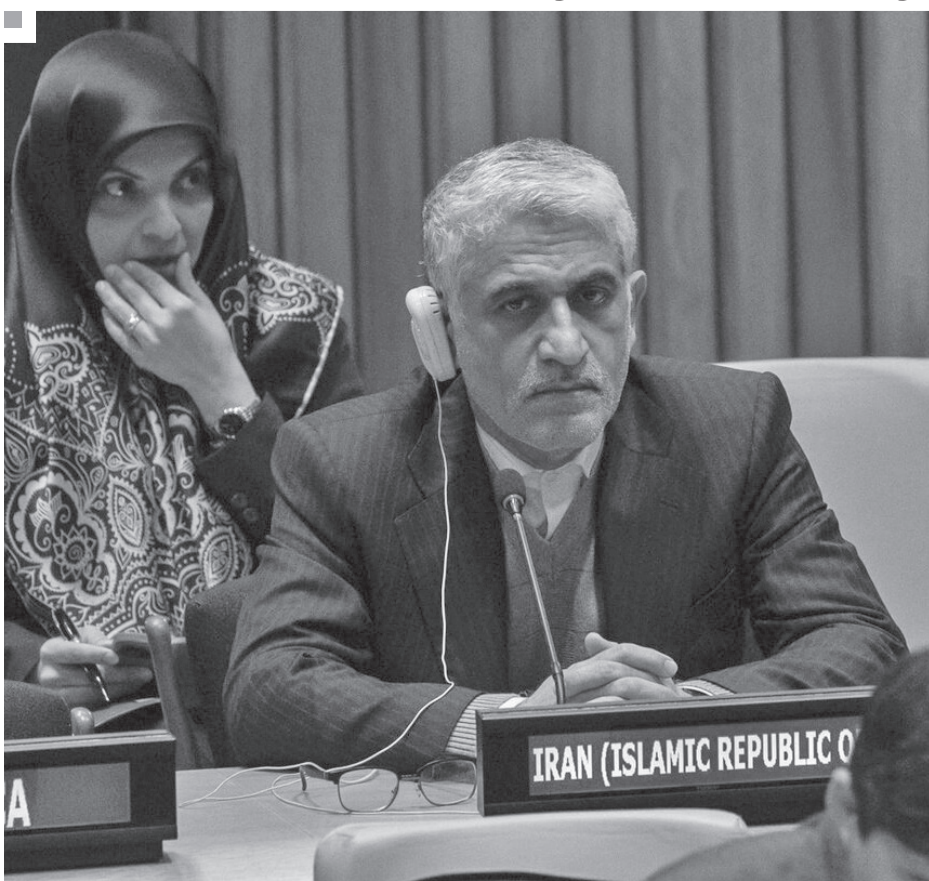
The deal was hailed as "a triumph for dialogue, a victory for peace, giving substantial good news at a time of tremendous volatility in the globe," according to Wang Yi, China's top diplomat.

The European Union foreign policy chief's spokesperson stated that the EU welcomes the reported agreement on the resumption of diplomatic relations between Iran and Saudi Arabia.

The Saudi kingdom broke diplomatic ties with Iran in January 2016 after some Iranian protestors stormed the Saudi embassy in Tehran in response to the execution of famous Shia cleric Sheikh Nimr Baqir al-Nimr.



Iran calls for global action against Islamophobia



Amir Saeid Iravani, Iran's Ambassador to the United Nations, has called on the international community to take action against hatred against Muslims.

Iravani made the remarks during a meeting jointly organized by the United Nations and the Organization of Islamic Cooperation.

He celebrated March 15 as the International Day of Combating Islamophobia and thanked the President of the General Assembly and the Minister of Foreign Affairs of Pakistan (the rotating chairmanship of the Organization of Islamic Cooperation) for convening this meeting.

"Today's meeting shows the

serious determination of those present to address the issue of Islamophobia, including hatred, discrimination, terrorist attacks and violence against Muslims and their religious principles, beliefs and rituals," Iravani said, according to IRNA.

He added, "Currently, the world continues to witness the constant aggression of the Zionist occupation regime against Jerusalem and the Muslim people of occupied Palestine. Also, in some European countries, under the pretext of freedom of speech, the Holy Quran is disrespected."

Iravani noted, "The time has come for the international community, especially inter-

national organizations and countries that claim to protect human rights, to fight against spreading hatred against Muslims, who are a significant part of the world's population. Iran voices concerns over education ban on Afghan women Iravani has also expressed concerns over the ban imposed on education for Afghan women and girls in a separate statement to the UN.

In a statement before a UN Security Council Briefing, Iravani said, "Since August 2021, Afghanistan has been grappling with a multitude of challenges. Despite the UN efforts to alleviate the humanitarian crisis, the situation remains dire, with an estimated 28 million people

projected to require humanitarian and protection assistance in 2023. Furthermore, the threat of terrorism persists with the presence of Daesh and Al-Qaeda affiliates. In the meantime, recent restrictions and bans imposed on Afghan's women and girls preventing them from accessing education are deeply concerning. However, we must be cautious of the politicization or exploitation of humanitarian aid for political purposes. Such practices would harm the Afghan people who depend on this aid for their survival."

He added, "It is also crucial that the release of frozen assets belonging to the Afghan people is expedited and not subject to political conditions. This is critical for restoring the Afghan economy and saving lives. To ensure that the Afghan people receive the support they need, humanitarian aid must remain impartial and unconditional. We must prioritize the well-being of the Afghan people above all else."

Iravani noted, "As a neighboring country of Afghanistan, we are deeply concerned about the potentially disastrous consequences of the ongoing situation in Afghanistan. The presence of Daesh and Al-Qaeda affiliates, as well as drug cultivation and trafficking, poses a significant threat to the security of Afghanistan, its neighboring countries, and the entire region. If not addressed effectively, the situation has the potential to lead to widespread destitution and a massive influx of migrants into neighboring countries that are already overburdened with hosting millions of displaced Afghan people. We

strongly support the extension of the UNAMA mandate. UNAMA has a critical role in promoting peace and stability in Afghanistan and it is essential that its mandate is extended to ensure continued support for the Afghan people during this challenging time."

Underlining that Iran hosts more than five million Afghan people, the Iranian ambassador continued, "Despite receiving minimum support from the international community and donor countries and facing challenges caused by the inhumane unilateral sanctions of the United States and western countries, Iran has continued to provide essential services to Afghans living in Iran for over four decades. Iran has provided free education and training to all Afghan students living in Iran. The Iranian education system has welcomed 670,000 Afghan students, including 3,700 students with special education and mental disabilities, and over 33,000 students enrolled in Iranian universities. Iran has taken further steps to support Afghan women and girls who have been affected by the recent restrictions imposed by the Taliban. Iran has streamlined the visa process for women and girls seeking to continue their education within Iran."

He concluded, "Our goal is to achieve comprehensive and durable peace in Afghanistan, as well as sustainable development in the country. We believe that this can only be achieved through joint efforts and collective cooperation among neighbors, the countries concerned in the region, and the international community."

Iran to reach a final verdict on case of Ukrainian plane

A senior Iranian judicial official has said that a final court verdict will be reached in the near future on the case of Ukraine International Airlines Flight 752 which was shot down mistakenly in early 2020. Ahmadreza Pourkhaghan, who is the head of the Judicial Organization of Iran's Armed Forces, said there will be a final court ruling on the case of the plane.

"From the very beginning, the Judicial Organization of the Armed Forces looked into this issue and dealt with it in sever-

al stages in a detailed manner and with multilateral experts," he said, according to Tasnim, adding that ten people have been prosecuted in this regard.

He said the court procedures for this case took more than 20 sessions each of which lasted several hours.

The procedures are over and a court ruling is expected in the near future, the judicial official said.

Ukraine International Airlines Flight PS752 was mistakenly downed by the

Iranian military on January 8, 2020. It was mistaken for an invading missile by the United States.

Several rounds of negotiations have been held over the plane crash. "The first round of negotiations between Iran and Ukraine about #ps752 issues was held in Kiev during the visit of Iranian delegation to Kiev on 30-31 July, [2020] and ended with participants from Canada, Sweden & United Kingdom. Talks were constructive and fruitful," Iran's Ambassador to

Ukraine Manouchehr Moradi tweeted in 2020.

On January 11, 2020, the Armed Forces General Staff released a statement saying the Ukrainian passenger plane was mistakenly downed near a Tehran airport.

The incident happened a few hours after Iran fired dozens of ballistic missiles at a U.S. airbase inside Iraq in retaliation for the assassination of top Iranian military commander Qassem Soleimani.

Who won, who lost?

In a surprise deal that put an end to seven years of tensions, Iran and Saudi Arabia agreed to patch up their ties. The deal had many winners and losers.

While many observers were skeptical about any imminent thaw in Iran-Saudi relations, top security officials from Iran and Saudi Arabia secretly traveled to the Chinese capital to put the finishing touches on a deal that would end seven years of tensions between the two regional heavyweights.

The deal, brokered by China, was announced all of a sudden on Friday, drawing mixed reactions from countries all over the world.

According to the joint statement put out by Iran, Saudi Arabia, and China, "The three countries announce that an agreement has been reached between the Kingdom of Saudi Arabia and the Islamic Republic of Iran, that includes an agreement to resume diplomatic relations between them and re-open their embassies and missions within a period not exceeding two months, and the agreement includes their affirmation of the respect for the sovereignty of states and the non-interference in internal affairs of states."

The statement added, "They also agreed that the ministers of foreign affairs of both countries shall meet to implement this, arrange for the return of their ambassadors, and discuss means of enhancing bilateral relations."

Almost all countries of the West Asia and North Africa region welcomed the deal. Iranian Foreign Minis-

ter Hossein Amir Abdollahian received a considerable number of calls from foreign officials congratulating him on the development. Also, the countries of the region issued statements welcoming the Iran-Saudi thaw.

In addition, many groups in the region expressed satisfaction with the deal. Lebanese Hezbollah chief Sayid Hassan Nasrallah described the deal as benefiting the region. Yemen's Ansarullah also said that Tehran and Riyadh need diplomatic relations. Iraq, Jordan, Egypt, Oman, the United Arab Emirates, Qatar, Lebanon, Pakistan, and Turkey are among the countries that welcomed the restoration of ties between Tehran and Riyadh. This widespread welcoming derives from the fact that the majority of countries and groups of the region benefit from better Iranian-Saudi relations. In addition to the three parties to the deal, all the above countries and groups are considered to be winners.

The deal, however, has its own losers the biggest of which is Israel. This was on full display as soon as the tripartite deal was announced.

Avigdor Liberman, a former Israeli minister, called on Israeli Prime Minister Benjamin Netanyahu to resign over the Iran-Saudi deal because it was his personal fiasco.

Former Prime Minister Yair Lapid described the deal as a dangerous development that deprives Israel of its regional wall against Iran. "The agreement be-

tween Saudi Arabia and Iran reflects the complete and dangerous failure of the Israeli government's foreign policy," Lapid said, according to Israeli media. Former Prime Minister Naftali Bennett said the resumption of ties between Iran and Saudi Arabia was a "serious and dangerous development for Israel" and a "political victory for Iran."

"This delivers a fatal blow to efforts to build a regional coalition against Iran," said Bennett. He then lamented, "Countries in the world and the region are watching Israel in turmoil over the dysfunctional government that is engaged in systematic self-destruction."

But Israel wasn't the only loser. The U.S. standing in the West Asia region also received a blow. The tripartite deal was done purely by Asian powers, which marks a significant shift in the geopolitics of the region. Gone are days when the U.S. was the majordomo of the region.

In addition to the U.S. and Israel, there is another loser that is holding its breath to see what comes next: the Iranian opposition. Several Iranian oppositionists have been pinning their hopes on Saudi Arabia and its media empire and petrodollars. They used to think that Saudi Arabia would throw its weight behind them in their quest to bring down the Iranian political establishment. But the Friday deal caught them completely off guard, prompting them to look for new patrons.

Yasin training jet production line goes on stream

The production line of the domestic Yasin training jet, which can also be used for close air support (CAS), was inaugurated on Saturday morning in Tehran. Speaking at the inauguration ceremony in Tehran on Saturday morning, Iran's Defense Minister Mohammad Reza Ashtiani said, "Training fighter pilots is one of our key concerns since the procedure is of utmost importance and involves training aircraft in different classes."

The defense minister also said that the second prototype of the Yasin training jet, which was displayed on Saturday, was designed by professionals and specialists at the Iran Aviation Industries Organization (IAIO) years ago.

The qualities of the home-grown training jet make it appropriate to be deployed for close air support of military aircraft against hostile targets, Brigadier General Ashtiani pointed out.

Ashtiani stated that the majority of the sophisticated aircraft's military gear and equipment have been localized.

For his part, Brigadier General Hamid Vahedi, who is in charge of the Islamic Republic of Iran Air Force (IRIAF), said, "Previously, our fighter pilots used to be trained abroad. The first sector affected as a result of the sanctions against our country was this field, which created difficulties for us in terms of training."

Vahedi added, "Utilization of the new aircraft will make training duration more complete and shorter."

In comparison to the initial prototype presented on October 17, 2019, during a ceremony in the Shahid Nojeh Airbase in Iran's western province of Hamadan, the current version of the Yasin training aircraft appeared to have been far more advanced and evolved in terms of tactics. The avionics, engine, landing gear, and ejection seat for the Iranian jet trainer were all developed domestically.

Its radome is equipped with aerial weather radar that was produced by domestic knowledge-based firms.

Yasin is able to fly up to 1,200 kilometers and weighs 5.5 tons.

The aircraft can land and take off at a speed of at least 200 kilometers per hour due to the shape of its wings.

Iranian military specialists and engineers have achieved great advances in manufacturing a wide range of indigenous weaponry in recent years, allowing the armed services to become self-sufficient.

Authorities have frequently stated that Iran would not hesitate to develop its military capabilities, particularly its missile power, which is only for defensive purposes, and that Iran's defense capabilities will never be open to negotiation.

Ayatollah Seyed Ali Khamenei, Leader of the Islamic Revolution, has consistently called for measures to preserve and strengthen Iran's military capabilities, criticizing foes for doubting the country's missile program.

Javanmard named Iran's 2022 Asian Para Games Chef de Mission

Iran's National Paralympic Committee (NPC) managing director Kamal Javanmard has been named as Iran's Chef de Mission for the 2022 Asian Para Games.

Sitting volleyball coach Hadi Rezaei was Iran's Chef de Mission

for the 2018 Asian Para Games and 2020 Paralympic Games. The fourth edition of the Games will be held in Hangzhou, China from Oct. 22 to 28. Iran finished in third place in the previous edition behind China and South Korea.

Honey production up 11% in North Khorasan province

The production of honey in North Khorasan province, in the northeast of Iran, rose 11 percent in the first 11 months of the current Iranian calendar year (March 21, 2022-February 19, 2023), as compared to the same period of time in the past year, a provincial official announced.

Alireza Sadeq, the director of poultry affairs of the province's Agriculture Department, said that 3,179 tons of honey were produced from the bee colonies of the province in 11 months of this year.

"According to statistics, we have 2,282 apiaries in the province, which is 2.4 percent of the total number of apiaries in the country", the official stated.

As stated by the chairman of the Animal Science Research Institute of Iran (ASRI), Iran ranks third in the world in the number of apiaries.

Mokhtar Mohajer also said that Iran's rank in honey production is changing and moving between fourth and sixth place in the world.

Based on the data released by the United Nations Food and Agriculture Organization (FAO), Iran is the third-largest producer of honey in the world.

The chairman of the Animal Science Research Institute has said that the amount of honey production in the country should be increased by three to four kilograms per colony. Mohajer said, "According to the Seventh National Development Plan (2022-2026), the amount of honey production should be increased by at least three to four kilograms per colony according to the diversity of plants and the area of pastures that we have in the country".

He announced that 112,000 tons of honey, 8,300 kilograms of royal jelly, 406 tons of pollen, 2,536 tons of beeswax, 247 tons of propolis, and 3,917 grams of bee venom are produced annually in the country.

Currently, there are about 11.8 million bee colonies in 109,759 apiaries in the country, he added.

Pointing out that Iran ranks third in the world in the number of apiaries, he said 87,932 people are working in apiaries in the country, and the output of these apiaries is honey and its by-products.

Stating that all these products are not consumed domestically, he said about 10 percent of these products are exported to countries such as Turkey and Arab countries.

Complaining about the low amount of honey production compared to the number of apiaries and colonies, Mohajer said the average production of honey in Iran is much lower than the standard, in a way that about four kilograms of honey is produced in traditional colonies, and an average of 9.6 kilograms of honey is produced in modern colonies.

He stated that the low literacy of the producers is one of the main reasons for the low production in the colonies, adding that the production potential of each bee colony in the country is more than 25 kilograms.

Study Finds People With Insomnia Nearly 70% More at Risk for a Heart Attack

Source: https://www.healthline.com/health-news/study-finds-people-with-insomnia-nearly-70-more-at-risk-for-a-heart-attack?utm_source=ReadNext#Takeaway

By: PARISA JAMADI

• New research indicates that people who have insomnia were 69% more likely to have a heart attack compared to those who didn't.

• People who slept five hours or less had the greatest chance of experiencing a heart attack. Those with diabetes and insomnia had double the risk of having a heart attack.

• Sleep helps regulate blood sugar, blood pressure and weight, which are all connected to cardiovascular health. With approximately 1 in 3 adults in the U.S. not getting enough sleep, insomnia is a common health problem.

Lack of sleep can lead to a long list of chronic health issues, including heart disease, diabetes, stroke, high blood pressure, obesity and depression.

What the study found

They gathered data from 1,184,256 adults (43% were women). The average age was 52 years and 13% (153,881) had insomnia. Being diagnosed with insomnia was determined by having any of the following: trouble falling asleep, trouble staying asleep or waking early

and not being able to fall back to sleep. It's important to note that 96% of patients did not have a previous history of heart attack. Heart attacks occurred in 2,406 of patients with insomnia and 12,398 in the group who didn't have insomnia.

Results showed a direct correlation between insomnia and having a heart attack among all patients, regardless of age, sex, follow-up duration, and common comorbidities (including diabetes, high blood pressure or cholesterol).

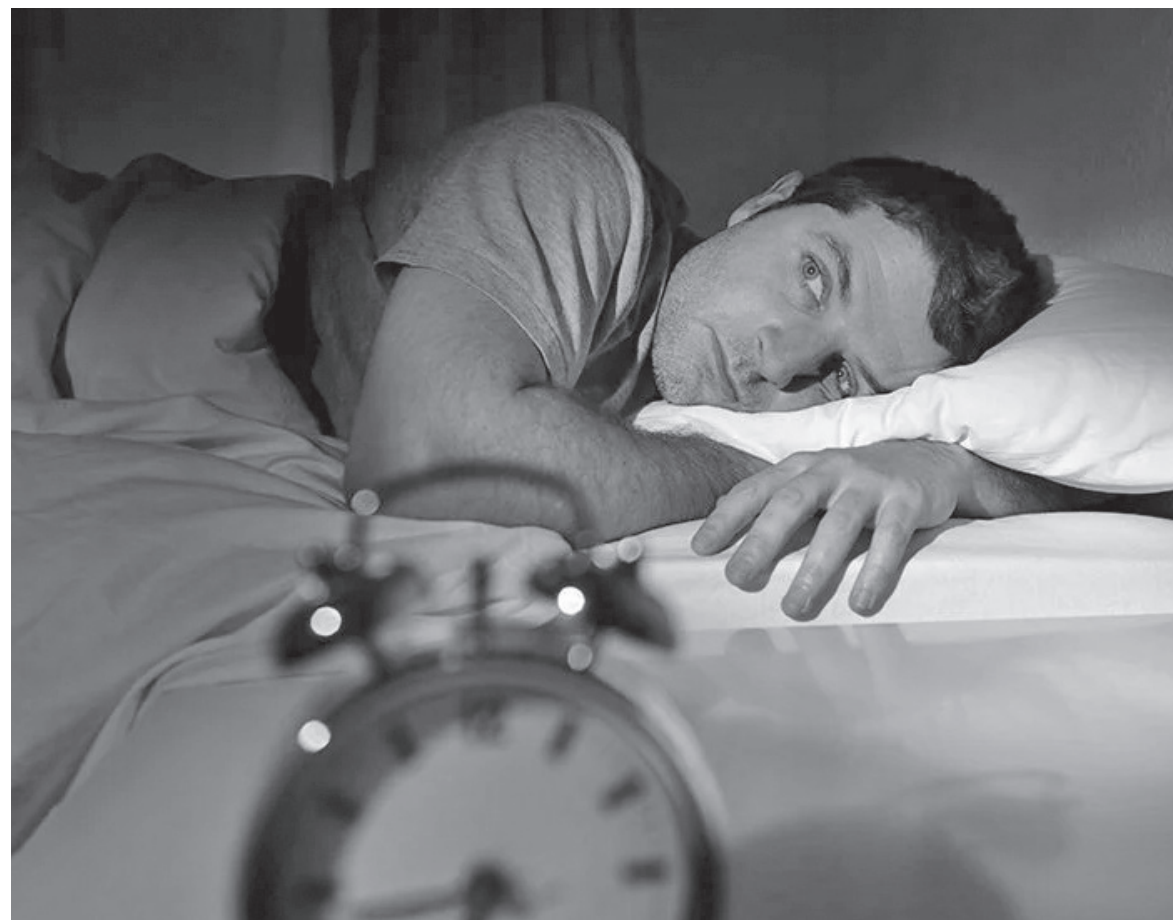
Specifically, those who slept five or fewer hours a night were 1.38 and 1.56 times more likely to experience a heart attack compared with those who slept six and seven to eight hours a night.

Sleep and heart health

The connection between sleep and the heart has many layers.

Also important is sleep quality.

"Even if you get enough sleep, sometimes sleep can be shallow and fragmented, which also prevents your body from performing all the maintenance it



needs during that time. Other dimensions are important too," Dr. Grandner explained.

For example, a recent study Trusted Source showed that irregular sleep patterns on their own can contribute to atherosclerosis risk, and people who are very sleepy during the day also are more likely to have cardiovascular events, Dr. Grandner added.

"Sleep is vital in helping the body repair itself," said Wafi Momin, DO, a cardiologist with UTHealth Houston Heart & Vascular and Memorial Hermann. "Getting at least seven hours of sleep each night helps your body recover and allows you to function normally the following day."

Getting enough shut-eye can also help manage blood pressure, blood sugar and weight, all of which contribute to heart health.

"Regular, consistent sleep also helps regulate blood pressure, sugar levels as well as weight," Dr. Momin said. "These health problems are linked to heart diseases such as heart attack and

stroke so getting plenty of sleep and regulating these risk factors can be of much help."

Sleep deprivation, a consequence of insomnia, puts the body under stress, triggering cortisol release which could accelerate atherosclerosis, Dean explained.

Tips to get a good night's sleep

- Avoiding uncomfortable temperatures, light, and noises in the bedroom.
- Limiting the screen time an hour prior to bed at the minimum.
- Avoiding heavy meals near bedtime.
- Avoiding caffeine prior to bedtime.

Additionally, Dr. Grandner recommended giving yourself enough time and space to wind down at night.

"When you get into bed, your mind and body should be ready to detach from the day, that means putting down screens, engaging in relaxing behaviors, and avoiding eating or drinking too much too close to bedtime," Dr. Grandner stated.

If you cannot sleep, you should get out of bed and only get back into bed

if sleep is possible. It may mean less sleep opportunity tonight but it can prevent longer-term insomnia, Dr. Grandner explained.

The main cause of long-term insomnia is people struggling too much to sleep, and sleep becoming so stressful that the stress of not sleeping keeps you awake and it becomes a self-fulfilling prophecy.

Takeaway

According to a new study, people who have insomnia were 69% more likely to have a heart attack compared to those who didn't.

Results showed a link between insomnia and heart attack risk. Patients who slept five hours or less had the highest risk of experiencing a heart attack. People with diabetes and insomnia had double the risk of having a heart attack. Getting quality sleep is important for overall health, especially cardiovascular health. It is proven to stabilize blood sugar, regulate blood pressure and support weight management, which are all tied to heart health.

'Iran's annual export to Iraq anticipated to hit record high'



Considering Iran's vast export capacity and Iraq's large market for Iranian goods, both sides want to expand the volume of bilateral economic exchanges.

As announced on Friday by a board member of the Iran-Iraq Joint Chamber of Commerce, the value of Iran's daily exports to Iraq is about \$30 million, half of which is related to oil and gas exports, and the other half is related to goods exports.

Hamid Hosseini said, "Considering the favorable situation of exports to Iraq this [Iranian calendar] year (ends on March 20), it is expected that our export record to this country will be broken and exceeds \$9 billion."

"Although our exports to Iraq experienced some problems during a period of this year, statistics show that Iran's exports to Iraq are currently favorable", he added. Also, in mid-December, Head of the Iran-Iraq Joint Chamber of Commerce Yahya Ale-Es'haq said trade challenges between the two countries have been mostly re-

solved and bilateral trade is expected to reach \$10 billion by the end of the current Iranian calendar year.

Iran and Iraq have set a target of \$20 billion in annual trade, and businessmen and authorities of both countries are determined to meet that target, Ale-Es'haq said at the time.

According to the official, Iran and Iraq have had the experience of reaching \$14 billion in annual trade in previous years. Referring to the Iraqi prime minister's recent visit to Iran, he noted that various areas of cooperation including joint investments, oil and gas, and collaboration in the economic sector were discussed during that trip.

"In general, Iran and Iraq have agreed to improve relations and change the monetary and banking conditions so that the central banks of the two countries will ease the current situation and solve the problems," he added.

The value of Iran's exports to Iraq rose 20 percent during the previous Iranian

calendar year (which ended on March 20, 2022) as compared to the preceding year. Iran exported \$8.916 billion worth of commodities to its neighbor in the mentioned year, making Iraq the Islamic Republic's second-biggest trade partner. Exports to Iraq accounted for 18.3 percent of the country's total non-oil shipments in the previous year.

Iran and Iraq signed a memorandum of understanding (MOU) on economic cooperation back in January 2021, at the end of the fourth meeting of the two countries' Joint Economic Committee.

According to the chairman of the Iran-Iraq Joint Chamber of Commerce, despite all events that are happening in the region, the relationship between the two countries of Iran and Iraq is on an upward trajectory.

The current administration of Iran under President Raisi has shown great interest in broadening and enhancing trade and economic ties with neighboring states, Ale Es'haq has emphasized.

Islam doesn't discriminate against women: diplomat

A diplomat with the Iranian mission to the United Nations has denounced the Western media for portraying Islam as discriminating against women.

The diplomat, Zahra Ershadi, made the remarks at a UN conference on women in Islam.

"The demonization of Islam is basically done by simplifying the concept of Islam and portraying it, as the religion of discrimination. Throughout history, the western media has been trying to distort Islam by spreading falsehoods about our religion and claiming that women are hugely discriminated against. But this couldn't be further from the truth. In fact, Islam places great importance on the rights and dignity of women, and this has been the case since the very beginning," she said.

Ershadi said, "From the time of the Prophet Muhammad (peace be upon him), women played an active and significant role in the spread of Islam. They were scholars, teachers, and leaders in their communities. The Prophet himself had a strong and loving relationship with his wife, Hazrat Khadijah, who was a successful businesswoman and a major supporter of his mission. The Prophet's love for Hazrat Fatima az-Zahra (sa) was mixed with respect and exaltation; and in addition to being motivated by the paternal relationship, this love was granted to her for the unique talents, wisdom, and noble traits she

enjoyed."

She further said, "In the Holy Quran, women are honored and respected. Our holy book teaches that men and women were created from a single soul and are equal in the sight of God. It also states that men and women are partners and helpers to each other. This partnership is meant to be one of love, mercy, and compassion. Additionally, several pious women have been mentioned in the Holy Quran, and people from every time and era can look upon them and learn from their exemplary characters – the most significant of whom is Hazrat Maryam."

The Iranian diplomat continued, "Islam and the Holy Quran place a high value on the contribution that women make to society and uphold their rights and opportunities. Muslim women have historically made major contributions to Islamic civilization in a variety of fields. But we are witnessing practices and outlandish, outright false anti-women narratives from Islam that are against the Islamic teachings and discriminate against women. For instance, the recent prohibitions and restrictions that Afghan women and girls have been subjected to by de-facto authorities that prevent them from accessing education are regarded as a violation of women's rights and go against the fundamental teachings of Islam that place a high value on the education of both men and women."

