

اخبار اصفهان

روزنامه اقتصادی استان اصفهان

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قیمت ۵۰۰۰ تومان

Are you meeting your nutritional needs during Ramadan?



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سرمقاله

مهدی یوسنی

گزارش ویژه مسابقات بین المللی انرژی

پیامدهای اقدام اوپک پلاس در کاهش تولید چه خواهد بود؟

اقتصاد همسایه همیشه سیاست

پنجم اکتبر ۲۰۲۲ وزیران نفت و انرژی و ائتلاف تولیدکنندگان عضو سازمان کشورهای صادرکننده نفت (اوپک) و غیراوپک موسوم به اوپک پلاس تصمیم گرفته بودند عرضه نفت خود را برای ماه‌های نوامبر و دسامبر ۲۰۲۲ روزانه ۲ میلیون بشکه نسبت به رقم تولید ماه اوت ۲۰۲۲ کاهش دهند و در نشست‌های بعدی این سطح تولید را تا پایان سال ۲۰۲۳ تمدید کردند. در حالی که بیشتر تحلیلگران پیش‌بینی می‌کردند در نشست کمیته وزراتی نظارت بر توافق اوپک پلاس (JMMC) که در سوم بر گزار شد، این مقدار تولید تمدید شود، اما یک روز پیش از برگزاری نشست، ائتلاف اوپک پلاس در اقدامی غافلگیرانه اعلام کرد بعضی از اعضا در اقدامی داوطلبانه در مجموع روزانه یک میلیون و ۶۶۰ هزار تولید خود را کاهش خواهند داد. بر این اساس، عربستان سعودی ۵۰۰ هزار بشکه، امارات متحده عربی ۱۴۴ هزار بشکه، عراق ۲۱۱ هزار بشکه، کویت ۱۲۸ هزار بشکه، قزاقستان ۷۸ هزار بشکه، الجزایر ۴۸ هزار بشکه، عمان ۴۰ هزار بشکه و گابن ۸ هزار بشکه در روز کاهش تولید خواهند داشت و این کاهش از یکم ماه مه ۲۰۲۳ اعمال خواهد شد و تا پایان سال ۲۰۲۳ ادامه می‌یابد. افزون بر این، روسیه نیز پیش از این اعلام کرده بود که در پاسخ به اعمال سقف قیمتی از سوی گروه هفت، اتحادیه اروپا و استرالیا، روزانه ۵۰۰ هزار بشکه تولید خود را کاهش خواهد داد.

...ادامه در صفحه ۶

گفت و گو با عضو هیات علمی گروه اقتصاد دانشگاه اصفهان درباره راه‌های تحقق شعار سال؛

بازگشت به اصل ۴۴ در «مهار تورم و رشد تولید» ضروریست

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مدیر شرکت ملی پخش فرآورده‌های نفتی منطقه اصفهان:

اکثر نازل‌های «سی ان جی» تأییدیه میزان فروش دارد

چهارشنبه



نماینده سابق مردم اصفهان در مجلس:

راهی جز اقتصاد صادرات محور نداریم

نماینده سابق مردم اصفهان در مجلس گفت: متأسفانه ساختار برنامه و بودجه‌ای مناسب و قدرتمندی نداریم. دولت باید ساختارهای برنامه و بودجه‌ای را بر محور مهار تورم و رشد تولید تنظیم کند، در حال حاضر ...

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مدیرکل انتقال خون اصفهان:

اهدای خون تهدید کننده سلامتی روزه‌داران نیست

نماینده مردم فلاورجان و عضو کمیسیون اقتصادی مجلس شورای اسلامی:

حکام آذربایجان! نمک شناسی پیشکش، از سر نوشت صدام عبرت بگیرد

رئیس اتاق بازرگانی ایران هشدار داد:

سقوط ۳۰ درصدی در آمد سرانه ایرانی‌ها

راه‌های انتخاب شغل مناسب خودتان:

استراتژی تین اجری و انتخاب‌های پخته

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آگهی مناقصه عمومی یک مرحله‌ای (نوبت دوم)



اداره کل گمرکات استان اصفهان در نظر دارد از محل اعتبارات طرح تملک داراییهای سرمایه‌ای، نسبت به دیوار کشی سایت گمرک کاشان از طریق مناقصه عمومی اقدام نماید. کلیه اسناد مناقصه از طریق درگاه سامانه تدارکات الکترونیکی دولت (ستاد)، به آدرس www.setad.ir برای مناقصه‌گران قابل دریافت است. تاریخ دریافت اسناد مناقصه از سامانه ستاد ۱۴۰۲/۱۱/۱۹ الی ۱۴۰۲/۱۲/۲۶ و بارگذاری اسناد تا ساعت ۱۳ مورخ ۱۴۰۲/۲/۹ می‌باشد.

* برآورد هزینه اجرای کار بر اساس فهرست بهاء عملیات ابنیه سال ۱۴۰۱ معاونت برنامه ریزی و نظارت راهبردی ریاست جمهوری مبلغ ۴۲/۵۵۰/۲۳۷/۰۵۰ ریال می‌باشد.

مبلغ تضمین شرکت در مناقصه ۲/۱۲۸/۰۰۰/۰۰۰ ریال به صورت ضمانت نامه معتبر بانکی و یا سپرده نقدی است.

جهت شرکت در مناقصه رتبه ۵ ابنیه از سازمان مدیریت و برنامه ریزی کشور لازم است.

محل تسلیم فیزیکی اسناد: دبیرخانه گمرک اصفهان تا ساعت ۱۳ روز شنبه مورخ ۱۴۰۲/۲/۹ به نشانی - اصفهان - کیلومتر ۵ جاده اصفهان - شیراز - روبروی شهرک آزماش می‌باشد.

زمان بازگشایی پاکات: ساعت ۱۰ صبح روز یکشنبه مورخ ۱۴۰۲/۲/۱۰

* ضمناً اطلاعات فوق در پایگاه ملی اطلاع رسانی مناقصات درج گردیده است.

شناسه آگهی: ۱۴۷۶۷۲۴

چاپ دوم

آگهی مزایده نوبت سوم فروش پلاک‌های کارگاهی تجاری و مسکونی شهرداری حسن آباد

به استناد مصوبات جلسه ۲۷ مورخ ۱۴۰۱/۴/۱۸ و جلسه ۳۴ مورخ ۱۴۰۱/۷/۲۶ شورای محترم اسلامی شهر حسن آباد، شهرداری حسن آباد در نظر دارد نسبت به فروش تعدادی از پلاک‌های کارگاهی، تجاری و مسکونی این شهرداری واقع در مجموعه کارگاهی شهر، بلوار امام رضا (ع) و بلوار دشت جهان اقدام نماید. لذا از متقاضیان واجد شرایط شرکت در مزایده مذکور دعوت می‌شود جهت کسب اطلاعات بیشتر و شرکت در مزایده، حداکثر تا پایان وقت اداری روز دوشنبه مورخ ۱۴۰۲/۲/۴ به سامانه ستاد (سامانه تدارکات الکترونیکی دولت) و یا شهرداری حسن آباد مراجعه نمایند. ضمناً هزینه چاپ آگهی بر عهده برنده مزایده می‌باشد.

آدرس: شهر حسن آباد، جرقویه علیا، بلوار شهرداری، شهرداری حسن آباد

تلفن‌های تماس: ۰۳۱-۴۶۵۳۳۱۱۰ و ۰۹۱۳۹۶۵۳۱۳۳ و ۰۹۱۳۹۶۶۷۴۷۲

نمابر: ۰۳۱-۴۶۵۳۳۹۸۵

مسعود جمشیدی - شهردار حسن آباد

شناسه آگهی: ۱۴۷۴۵۲۲

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قابل توجه شهروندان گرامی آیامی دانید با مفقود شدن مدارک شناسایی خود ممکن است شما به عنوان مجرم شناخته شوید؟

تلفن سفارش آگهی

تلفن دفتر مرکز تهران: ۰۲۱-۸۸۳۵۶۳۰۸-۸۸۰۱۶۶۴۹

فاکس: ۰۲۱-۸۸۳۵۳۲۹۷

روابط عمومی: ۰۲۱-۸۸۳۵۶۲۸۱

امور شهرستانها: ۰۳۱-۳۲۲۷۴۶۹۴

موبایل: ۰۹۱۳۱۱۳۰۵۵۳

فاکس: ۰۳۱-۳۲۲۷۴۵۱۱

لباس ایمنی



اخبار اصفهان / نوشین رهقی

Iran's annual export to Oman up almost 100%

As announced by the deputy chairman of the Iran-Oman Joint Chamber of Commerce, the value of Iran's export to Oman has increased by almost 100 percent in the past Iranian calendar year 1401 (ended on March 20).

Shahla Amouri said that Iran's export to Oman rose to \$1.2 billion in the past year, from \$600 million in the preceding year.

The official put the value of annual trade between the two countries at \$2 billion in the previous year. Amouri has also said that trade activities between the two countries will be expanded.

Referring to the reduction of the cost of registering a commercial company in Oman for foreign investors, she said: "This action of the Omani government is a good opportunity for Iranian traders and businessmen to develop our country's foreign trade."

With the follow-ups, the reduction of commercial company registration fees in Oman for foreign investors has been conducted since April 1, she added.

Emphasizing that the Omani government's agreement to reduce the cost of registering commercial companies has been implemented in order to develop trade with other countries, she added that the Iranian enterprises can take advantage of this opportunity to further grow trade with Oman.

Back in November 2022, Oman's Deputy Minister of Commerce, Industry, and Investment Saleh bin Said Masan announced that Iran and Oman are finalizing a mechanism for facilitating financial exchanges between the two countries.

Saleh bin Said Masan made the announcement in a meeting with Head of Iran Chamber of Commerce, Industries, Mines, and Agriculture (ICCIMA) Gholam-Hossein Shafeie.

The Omani deputy minister said the two countries, however, are still facing challenges in trade exchanges, adding that the central banks of both countries have offered different solutions to these challenges.

Referring to a memorandum of understanding signed between the two countries on trade cooperation and customs facilities, the Omani minister said technical teams from both Iran and Oman are working to take the agreements into effect.

Elsewhere in this meeting, Shafeie mentioned the huge capacities for the expansion of trade between Iran and Oman, saying: "We can export to other countries, especially the African countries, through Oman which would be in line with the interests of both sides". He also noted that the two countries can also work on making joint investments and cooperation on health tourism.

Iran-Oman Joint Chamber of Commerce has taken good measures in cooperation with the Oman Chamber of Commerce and Industry (OCCI) to reopen bank accounts for Iranian traders who intend to make investments in Oman, Shafeie said, adding that it can highly improve trade cooperation between the two neighboring countries. He said that the central banks of Iran and Oman have had negotiations for issuing credit cards for Iranian traders and businessmen. The official expressed hope that the Omani government and the country's chamber of commerce would help finalize these talks. Further in the meeting, Chairman of Oman Chamber of Commerce and Industry (OCCI) Ridha bin Juma Al Saleh, said that the private sector has to do its part to inspire investors to use Oman's open doors policy.



Renovation, development of railway fleet being pursued seriously



Transportation is one of the factors of progress as well as the economic and social development of countries, which has a great role in increasing relations between countries, so it is one of the most important infrastructure industries in any country. Today, many commodities produced in different countries, and the high volume of export and import of goods have increased the need to use various types of transportation channels. For this reason, various ways to transfer goods with very high quality have been created to meet the needs of countries. In fact, the existence of an efficient transportation network strengthens the motivation of

producers, because on the one hand, raw materials and intermediate goods reach the factories at the lowest cost, and on the other hand, it is easier to reach consumer markets at further distances. Therefore, improving and strengthening the transportation network can be an important factor in reducing the cost of goods and services, growing trade, and finally reaching a high level of economic development. At present, various types of sea, road, rail and air transportation are being carried out, each of which, in turn, has a great contribution to the development of countries and establishes commercial connections in the world every day. However, among the

types of transportation, the railway is very important as one of the oldest channels of transportation that allows transporting goods and passengers in a large volume within the countries. In fact, due to greater safety, less fuel consumption, and the possibility of transporting goods in different places, rail transportation has a great contribution to the transportation of goods, and in the past 100 years, by developing and equipping various facilities, it has greatly contributed to the development of trade relations between countries. The advanced countries of the world have invested a lot in this sector in the past years, and experts consider the development

of rail transportation as one of the factors of the development of any country.

The development of the railway sector has been one of the macro policies of the Iranian government as it has been emphasized by the general policies of the country's national development plans. In this regard, the national railway fleet has constantly received new domestically-made locomotives and wagons during the two past Iranian calendar years. As the first stage of the program for the renovation of the country's railway fleet in the past Iranian calendar year 1401 (ended on March 20), 156 freight wagons, three locomotives including two renovated ones and a newly made one by MAPNA Group, as well as 10 renovated passenger wagons joined the railway fleet in early July 2022. In the second stage of the program, 413 new domestically-made locomotives and wagons were added to the railway fleet in late October last year. As for the third stage, the railway fleet received 428 new domestically-made and renovated wagons and locomotives in late December 2022.

The railway fleet also received 500 new domestically-made and renovated wagons and locomotives in the fourth stage on March 17. Of the mentioned 500 wagons and locomotives, 453 were new freight wagons, six

were new locomotives, and nine were renovated locomotives.

The railway fleet also received 10 new passenger wagons as well as 22 renovated ones.

Overall, 1,660 wagons and locomotives have been added to the country's railway fleet in the previous year. On Thursday, Transport and Urban Development Minister Mehrdad Bazrpash emphasized the need to increase the growth of production and the use of domestic power, and announced that the manufacturing of freight wagons in the country rose 50 percent to 1,598 in the year 1401 from 1,081 in 1400. Advantages such as consuming less fuel and creating less pollution as well as high safety attach priority to the railway when compared to some other transportation systems, and make its development economically viable. As stated by the head of the Islamic Republic of Iran Railways (known as RAI), the current government pays special attention to transportation diplomacy in the railway sector.

Stating that the development of railway lines is on the agenda in the current government, Miad Salehi has said: "Part of the requirements of railway development is the updating of equipment and special attention to the employees, and we are trying to take greater steps in these fields in the second year of the government."

Iran exports petchem products worth \$16b in a year



Iran exported 27 million tons of petrochemical products worth \$16 billion in the previous Iranian calendar year 1401 (ended on March 20), the managing director of Iran's National Petrochemical Company (NPC) announced. Making the remarks in a press conference, Morteza Shahmirzaei also announced that 12 million tons of petrochemicals valued at over \$10 billion were consumed inside the

country during the past year. Stating that the production of petrochemical products had good growth in 1401, as the country's petrochemical output surpassed 69 million tons, the official said that according to the planning, if the feed of petrochemical complexes is sustainably supplied, the production of these products will reach 80 million tons this year. He also announced that 10 new petrochemical complexes are planned to

be inaugurated and start production this year, through them the country's petrochemical production capacity will surpass 95 million tons per annum.

Diversification of export markets Elsewhere in his remarks, Shahmirzaei stated that the petrochemical industry was successful in terms of production, as well as completing projects, and securing the country's required foreign currency in 1401, and added that new export markets for petrochemical products were defined and the achievements and capacities of the petrochemical industry were introduced to different countries in the previous year.

Since last year, many efforts have been made to introduce the products of Iran's petrochemical industry to the world, the NPC head reiterated and added that Iran's huge oil and gas reserves also support the long-term activity of the country's petrochemical industry and the main advantage of this industry.

Completing production value chain The official further announced that marketing Iran's petrochemical prod-

ucts throughout the world is also on the agenda of the NPC's activity this year, and mentioned completing the production value chain as another major program of the company this year.

"As we have previously announced, we will fully provide all the capacity of the National Petrochemical Company to the private sector and investors so that the plan to complete the value chain of the petrochemical industry will be realized", he noted. Shahmirzaei further referred to the slogan of the current Iranian calendar year, which is "Inflation Control, Production Growth", and underlined that the NPC is one of the main addressees of this motto.

The official also announced that 75-80 percent of the materials, parts, and equipment required in the petrochemical industry are currently produced inside the country.

"In the field of catalysts, as we achieved noticeable successes in the past year and joined the exporters of these products in the world, we will continue this plan this year as well", he added.

Iranian economy to expand 2% in 2023: WB

The World Bank, in its latest Middle East and North Africa (MENA) Economic Update report, released on April 6, predicted that the Iranian economy grows by two percent in 2023. The bank in its report titled "Growth Slows for Most MENA Economies Amid Double-Digit Food Inflation", announced that 15 countries in the MENA region will have lower economic growth in 2023 than the previous year. In its latest report on the economic

situation of the Middle East and North Africa region, the World Bank has predicted a three percent growth for the region's economy in 2023. At the same time, Iran is among the countries that will experience the lowest drop in its economic growth in 2023. The World Bank has predicted that Iran's economic growth will reach two percent this year. Iran experienced a 2.7 percent growth in its economy in the previous year.

Back in January, the World Bank, in its latest Global Economic Prospects (GEP) report, saw the Iranian economy growing by 2.2 percent in 2023, despite a sharp, long-lasting slowdown in the global economy. "Our latest forecasts indicate a sharp, long-lasting slowdown, with global growth declining to 1.7 percent in 2023 from 3.0 percent expected just six months ago," the report read.

Requirements to fulfill slogan of year discussed at TCCIMA meeting

Tehran Chamber of Commerce, Industries, Mines and Agriculture (TCCIMA)'s committee for "improving the business environment and removing production barriers" held its 32nd meeting to discuss and investigate the requirements to fulfill the motto of the current Iranian calendar year 1402 (started on March 21), which is "Inflation Control and Production Growth". At the beginning of this meeting, the chairman of the mentioned committee pointed out that a smart slogan was chosen for this year and said: "We must try to make this slogan come true by solving existing prob-

lems and preventing new problems for economic enterprises.

Mohammad-Reza Najafimanesh referred to the plans approved in the past years for the jump in production, and added: "About two years ago, this committee investigated and identified the most important problems of businesses and published them in the form of a booklet that can be used even now. We hope that with the formation of the new board of the Tehran Chamber in the coming weeks, a permanent project will be defined to try to realize the slogan of the year in this

chamber." Mohammad Esabati, the expert of this commission, for his part, while pointing out the importance of following up on the Leader's statements, referred to a selection of his words regarding economic issues such as using the people's ability in the economy, the efforts and coordination of officials and making serious and operational decisions, the use of knowledge and the movement of elites, using all possible economic possibilities, not weakening domestic production with imports, and directing liquidity towards production.

Government, SEO work well to make changes in stock market

The secretary general of Iran's Securities Exchange Brokers Association (SEBA) said that the government and Securities and Exchange Organization (SEO) worked well to make changes in the stock market during the past Iranian calendar year 1401 (ended on March 20).

Mohammad-Reza Dehqani Ahmad-Abad added that these measures can bring good returns in the first half of 1402, but measures must be taken to remove the concerns from the stock market in the long term. In an interview conducted by IRNA, Dehqani offered a solution to improve the situation of the stock market in 1402 and said: "If the shareholders can be assured that there will be no interference in the market mechanism, then we can hope for the improvement of the market situation."

He mentioned the possibility of changes in the type of pricing of goods as well as the removal of mandatory pricing from the country's economy and said: "In any way that the rate determined through the market can be officially recognized, there is no doubt that hot money will be collected and attracted to the capital market. This issue, while helping the country's economy, can prevent the destructive growth of parallel markets, which has no results other than damage to the economy."

According to Dehqani, these solutions are within the authority of the government, which can give guarantees to the shareholders with their decisions.

Iran, Azerbaijan FMs discuss ways to mend strained ties

Amidst rising tensions between the two neighbors, the foreign ministers of Iran and Azerbaijan have held conversations about how to overcome current misconceptions and issues pertaining to bilateral ties. On Friday night and Saturday afternoon, Hossein Amir Abdollahian of Iran and Jeyhun Bayramov of Azerbaijan had two rounds of in-depth discussions concerning the evolution of Tehran-Baku ties as well as other regional concerns.

Respect for good neighborliness, national sovereignty, and territorial integrity was also emphasized.

Amir Abdollahian cautioned of the Israeli regime's machinations against the region's unity, security, and growth, saying, "Only enemies benefit from the existence of differences among regional countries." The senior diplomats from Iran and Azerbaijan additionally stressed the necessity of focusing media campaigns on shared goals.

After an attack on the Eurasian nation's embassy in Tehran in January, Azerbaijan's ties with Iran became tense.

President Ilham Aliyev blamed the incident on the "Iranian establishment" as Azerbaijan shuttered its diplomatic office and withdrew employees following what it dubbed a "terrorist act."

TEDPIX gains 10,000 points on Sunday

TEDPIX, the main index of Tehran Stock Exchange (TSE), gained 10,258 points to 2.212 million on Sunday. As reported, over 20.33 billion securities worth 132.59 trillion rials (about \$315.7 million) were traded at the TSE.

TSE is one of the four Iranian stock exchanges, and the most important one. The other three ones are Iran Mercantile Exchange (IME), Iran Energy Exchange (IRENEX), and Iran's over-the-counter (OTC) market, known as Iran Fara Bourse (IFB).

Israel aggravating situation in occupied lands to avoid resistance: IRGC chief

Storm into Al-Aqsa Mosque by Israeli forces have drawn vitriol from Iran's Islamic Revolution Guards Corps (IRGC) chief commander, who asserted that Tel Aviv is inflaming tensions throughout the occupied territories in an effort to thwart the Palestinian resistance and revengeful actions aimed at areas deep inside Israel.

The comments were delivered by Major General Hossein Salami at a meeting with a number of IRGC commanders, officials, managers, and staff on Saturday.

"In an effort to avoid an Intifada and Palestinian resistance, particularly among young people in the West Bank and elsewhere, the phony and criminal Zionist regime is currently causing complications throughout the occupied areas," he noted, adding, "The Gaza Strip is under bombardment, and horrific atrocities are being committed against the downtrodden Palestinians. But they won't succeed with such strategies."

He added that for 13 weeks straight, hundreds of thousands of Israelis have demonstrated in Tel Aviv and other cities against a contentious judicial reform that Prime Minister Benjamin Netanyahu's hard-right administration is attempting to implement, calling the protests "unprecedented."

Elsewhere in his remarks, the IRGC head said the U.S. is in decline.

Those who once wholeheartedly backed the U.S. president, sought political refuge in Washington, and attached their own life to U.S. policies are now separating themselves from the White House and its rash decisions, the major general pointed out.

General Salami also alluded to the autumn unrest in Iran, saying that attempts to overthrow the Islamic government had been made by the enemies of Islam together but failed utterly.

"The U.S., Britain, France, Germany, the Netherlands, the Zionist regime and a number of reactionary regimes in the region, together with several sell-outs, political opponents... had assembled an evil coalition to defeat the Islamic establishment, obliterate Islam from Iran's political scene, and return Iran back to the era before the 1979 Islamic Revolution."

General Salami also underlined that "the foes did not even hem and haw to officially declare that they backed the overthrow of Iran's Islamic Republic." "The maximum pressure campaign heightened, strategies of isolation were placed at the heart of the enemies' policies, and a full-scale psychological warfare was openly waged against the Iranian nation, the Islamic Revolution, Ayatollah Khamenei and the IRGC," Salami added.

Are you meeting your nutritional needs during Ramadan?

Source: <https://www.nestle-family.com/en/article/are-you-meeting-your-nutritional-needs-during-ramadan>
By: PARISA JAMADI

Many a time you may have wondered whether your nutritional needs are met during the holy season of Ramadan or if you are getting all the vitamins and minerals you need. But the fact of the matter is that your fasting shouldn't hinder you from having a complete and balanced food intake. The secret quite simply lies in your ability to tailor your nutritional needs to Iftar, your night meal and Suhour.

WHAT ARE THE BASIC NUTRIENTS THAT YOU NEED TO GET EVERYDAY?

Carbohydrates:work as the fuel of your body by providing you with the energy you require to perform your daily activities. It is also important for the balance of blood sugar. Good sources of carbohydrates include whole-wheat bread, brown rice, and whole-wheat pasta. Additionally, dates, dried fruit and fresh fruits are also

an excellent source of natural sugar - just what you need for extra energy at every meal during this holy month.

Proteins:are the building blocks of your tissues. Good sources of protein include fish, skinless chicken, lean meat cuts, and legumes (chickpeas, beans and fava beans), nuts and seeds. Consuming enough protein during each of your Ramadan meals will keep you feeling full until the next meal, preventing you from eating too many sweets.

Fats:are also an energy source for the body and play a vital role in the normal functioning of your body cells. Some fats are essential for a healthy heart, skin, and hair. Good fats are found in fish, olives, nuts and vegetable oil. Avoid saturated fats such as those found in butter and ghee especially in your sweet and savoury

cooking, because they can increase Cholesterol levels in the blood and increase the risk of heart disease. Use canola and olive oil instead for a better heart and overall health.

Vitamins and minerals:play an important role in achieving normal cell functions, boosting the body's immunity and vitality, and providing important antioxidants that protect body cells from disease. Rich sources of vitamins and minerals include vegetables, whole grains, nuts and fruits (fresh, dry or juice) all of which has its own position on the table of Ramadan. You should also consume Milk and Laban which would provide you with calcium, vitamins and minerals for good bone health.

HOW CAN YOU ACHIEVE BALANCED NUTRITION DURING FASTING TO MEET YOUR DAILY NEEDS?

You can achieve all your nutritional needs by following a balanced meal plan which suits your weight and body requirements. If your weight is about 60kg, you will need around 1800-2000 calories to maintain your weight.

Here is a simple plan from Iftar to Sohour to see how you can cover your nutritional needs during a day of fasting.

IFTAR:

- 2 dates
- 1 cup of Mushroom with tomato and Corn Soup
- 1 bowl of salad + 1 tbsp of olive oil
- Roasted Chicken with Green Beans Saffron Rice (90g chicken and 1 cup rice)

NIGHT SNACK:

- 2/3 cup low fat yoghurt
- 1 whole wheat bun

- 2 Tbsp low fat labneh
- 1/2 cup of fruit salad

SUHOOR:

- 1 cup low fat milk
- 1 small brown Arabic bread
- 1/2 cup fava beans (foul mudamas) covered with tomatoes and parsley
- 2 tsp of olive oil
- 1 orange

As the sun sets and the cannon heralds the eagerly awaited Iftar, it is only natural to forget about the importance of consuming sufficient fluids. So as a gentle reminder, we urge you to drink plenty of water after the fast to assure the proper hydration of your body.

And while you enjoy the delicacies of Ramadan, remember to do that in moderation so that sweets don't replace your essential nutrients.

Requirements to fulfill slogan of year discussed at TCCIMA meeting

Tehran Chamber of Commerce, Industries, Mines and Agriculture (TCCIMA)'s committee for "improving the business environment and removing production barriers" held its 32nd meeting to discuss and investigate the requirements to fulfill the motto of the current Iranian calendar year 1402 (started on March 21), which is "Inflation Control and Production Growth".

At the beginning of this meeting, the chairman of the mentioned committee pointed out that a smart slogan was chosen for this year and said: "We must try to make this slogan come true by solving existing problems and preventing new problems for economic en-

terprises.

Mohammad-Reza Najafimanesh referred to the plans approved in the past years for the jump in production, and added: "About two years ago, this committee investigated and identified the most important problems of businesses and published them in the form of a booklet that can be used even now. We hope that with the formation of the new board of the Tehran Chamber in the coming weeks, a permanent project will be defined to try to realize the slogan of the year in this chamber."

Mohammad Esabati, the expert of this commission, for his part,

while pointing out the importance of following up on the Leader's statements, referred to a selection of his words regarding economic issues such as using the people's ability in the economy, the efforts and coordination of officials and making serious and operational decisions, the use of knowledge and the movement of elites, using all possible economic possibilities, not weakening domestic production with imports, and directing liquidity towards production. In the continuation of this meeting, other members and guests expressed their views and opinions about the requirements for curbing inflation and production growth.



Iran, Russia stress increasing transit of goods via Caspian Sea

During a meeting between Iranian Transport and Urban Development Minister Mehrdad Bazrpash and a visiting Russian delegation headed by Igor Yevgenyevich Levitin, a senior aide to the president of the Russian Federation, the two sides emphasized the necessity to boost the transit of commodities through the Caspian Sea.

During the meeting, held at the place of the Iranian Transport and Urban Development Ministry in Tehran on Sunday evening, the two countries emphasized the development of cooperation in the air, sea, rail, and road sectors and "multimodal transportation".

In the mentioned meeting, the Iranian minister considered the development of transportation cooperation between the

two countries to be beneficial for both sides and said while the maritime trade between the ports of the two countries has a very long history, the use of the capacity of the active ports of the two countries in the Caspian Sea can be considered for new cooperation.

The senior aide to the president of the Russian Federation, for his part, summarized the expert meetings and the visit of the Russian delegation to the Rasht-Ashtara railway route and called for the development of transportation cooperation in all areas.

It should be also mentioned that Iran and Russia reached an agreement last year for reviving the idle section of the International North-South Transport Corridor (INSTC) for expanding transit ties.

The first Russian freight train arrived at Iran's Sarakhs railway station in Khorasan-Razavi province on the border with Turkmenistan last July to officially launch the eastern section of the INSTC.

The Russian train was allowed into the Iranian border in a ceremony attended by First Vice President Mohammad Mokher along with transport, oil, industry, and agriculture ministers as well as the vice president for science and technology.

The second Russian transit cargo for India entered Iran also from the northeastern Sarakhs border in October.

Iran and Russia are also cooperating in the maritime sector to use the Caspian Sea to shorten the transit route from Russia to India.

240 ha added to area under greenhouse cultivation in Hamedan province



As announced by Reza Bahramlou, the head of Hamedan province's Agriculture Department, 240 hectares of land were added to the area under greenhouse cultivation in this province during the past Iranian calendar year 1401 (ended on March 20).

Hamadan is one of the important agricultural hubs of Iran. Despite having 2.1 percent of the country's area, this province accounts for producing 4.4 percent of the agricultural products in Iran.

The agricultural sector accounts for 29 percent of employment and 25 percent of the added value of the province's economic activities.

Also, the agricultural sector of Hamedan accounts for 5.4 percent of the production and 4.3 percent of the added value of the country's agricultural sector.

Some 692,000 hectares of agricultural lands in this province are cultivated with agricultural and garden crops.

As stated by the deputy agriculture minister, the development of greenhouse cultivation is a major policy of the Agriculture Ministry.

In this regard, several projects have been defined and introduced to the banks, and as soon as the notification is made, the projects will receive facilities and their implementation will begin, the official added.

In recent years, the water crisis has caused serious challenges in Iran's agriculture sector.

To solve this problem, several solutions, including the implementation of pressurized irrigation project and greenhouse cultivation, have been emphasized by experts and officials in this sector.

Iranian Agriculture Ministry's Greenhouse Development Program is one of the priority projects of this ministry which aims at increasing productivity, efficiency, and water consumption management in the agriculture sector.



رئیس هیئت عامل صندوق نوآوری خیر داد:

فراهم شدن دسترسی شرکت‌های کوچک به تضامین ۵ تا ۱۰ میلیارد تومان

رئیس هیئت عامل صندوق نوآوری و شکوفایی گفت: دسترسی شرکت‌های کوچک به تضامین ۵ تا ۱۰ میلیارد تومان با انعقاد تفاهم‌نامه‌ای فراهم شد.

علی وحدت در آئین تبادل تفاهم‌نامه همکاری صندوق نوآوری و شکوفایی با صندوق‌های ضمانت سرمایه‌گذاری تعاون و صندوق ضمانت سرمایه‌گذاری صنایع کوچک گفت: این تفاهم‌نامه نشان دهنده یک اقدام کشور برای تأمین مالی شرکت‌های کوچک به شمار می‌رود.

وی خاطر نشان کرد: صندوق نوآوری و شکوفایی متولی حمایت

از شرکت‌های دانش‌بنیان در حوزه مالی است و در این راستا تلاش دارد تا از همه ظرفیت‌ها برای حمایت از شرکت‌های دانش‌بنیان بهره‌برد.

وی گفت: در سال‌های اخیر کمتر به شرکت‌های کوچک توجه شده است ولی حمایت از آنها وظیفه همه نهادها و دستگاه‌ها است.

رئیس هیئت عامل صندوق نوآوری و شکوفایی یادآور شد: از سوی دیگر شرکت‌های کوچک جز شرکت‌های خوش‌حساب هستند به گونه‌ای که میزان بدهی آنها نزد صندوق ۹

راه‌های انتخاب شغل مناسب خودتان؛

استراتژی تین ایجری و انتخاب‌های پخته

زمانی که گزینه‌های زیاد شغلی برای انتخاب دارید همیشه برای شما انتخاب یکی از آنها چالشی هیجان‌انگیز است، حتی اگر تصمیم بگیرید که کدام موقعیت را بپذیرید استرس از آنز می‌باشد. چون به کار کار که در زمینه‌های پرتقاضا هستند و کارمندانی که سابقه قوی در موفقیت شغلی دارند، اغلب در موقعیتی قرار دارند که می‌توانند شغل بعدی خود را از بین فرصت‌های متعدد انتخاب کنند. انتخاب شغل مناسب می‌تواند دشوار باشد، اما داشتن یک مسیر شغلی مشخص به شما در یافتن شغل کمک می‌کند. اما با کمی سخت‌کوشی، برنامه‌ریزی و کمی تفکر جدی، می‌توانید خود را در مسیری به سوی شغلی برپا و پربار که می‌تواند برای شما و خانواده‌تان فراهم کند، قرار دهید.

راه‌های انتخاب یک شغل مناسب

۱. ارزیابی علایق: برای انتخاب یک شغل مناسب ابتدا باید علایق خود را پیدا و آن‌ها را ارزیابی کنید. برای پیدا کردن علایق باید به گذشته خود رجوع کنید، کارهایی که در کودکی و نوجوانی مشتاق به انجام آن بوده‌اید را یادداشت کرده و از نظر خود، آن‌ها را به اولویت‌بندی یا هنر‌نشانه‌گذاری کنید. حالا باید در رابطه با هر یک از آن‌ها کارها تحقیق کرده و موقعیت خود را برای انجام آن کار بسنجید. در صورت نیاز برای دستیابی بهتر به علایق و استخدام‌های خود، تست‌های مربوطه در این زمینه را انجام دهید.

۲. سرگرمی‌های خود را ارزیابی کنید: تبدیل سرگرمی‌ها یا کاری که دوست دارید به شغلی در آینده تبدیل کنید بسیار آسان است. بسیاری از سرگرمی‌ها یا نیازها و موقعیت‌های دنیای واقعی مطابقت دارند. در نظر بگیرید که دوست دارید چه کاری انجام دهید و چگونه می‌تواند در یک شغل مناسب باشد. به عنوان مثال، اگر دوست دارید بازی‌های ویدیویی انجام دهید، در نظر بگیرید که یک طراح، برنامه‌نویس یا متخصص بازی‌های ویدیویی شوید. اگر به طراحی یا هنر علاقه دارید، می‌توانید طراح گرافیک شوید. اگر به ورزش علاقه دارید، می‌توانید یک آژانس ورزشی یا کمک مربی شدن را در نظر بگیرید. بررسی کنید که در مدرسه‌ها از چه چیزهایی لذت می‌برید یا لذت می‌برید. موضوعات آکادمیک به خوبی به مشاغل آینده ترجمه می‌شوند، اما ممکن است نسبت به سایر انواع مشاغل به تحصیلات بیشتری نیاز داشته باشند. کارس مورد علاقه شما در دبیرستان به خوبی می‌تواند شما را وارد حرفه آینده خود کند، اما شما باید مایل باشید برای آن کار کنید.

رضایت شغلی چیست؟

به صورت کلی منظور از رضایت شغلی، حس خشنودی و رسیدن به نیازهای اصلی، با پرداختن به آن شغل است. لازم است بدانید رضایت شغلی تنها شامل میزان درآمد و رفاه اقتصادی نیست، بلکه حسی که شما از انجام آن کار دارید نیز مهم است. زمانی که یک فرد از شغل خود رضایت داشته باشد، به مواردی مانند: احترام، امنیت شغلی، زندگی با کیفیت و رشد دست پیدا می‌کند. وجود این فاکتورها در زندگی هر کس می‌تواند باعث رضایت کلی او شود. در واقع کسی که شغل خود را دوست داشته باشد و احساس رضایت نسبی به آن داشته باشد، زندگی ایده‌آل تری خواهد داشت. حتی اگر فردی از نظر اقتصادی در سطح بالایی قرار نگذیرد، باز هم حس رضایت همراه او خواهد بود. هر انسانی برای ادامه بقا و زندگی خود، نیازمند شغلی است که از طریق آن بتواند درآمد کسب کرده و امرار معاش کند. انتخاب شغل یکی از مهم‌ترین مراحل زندگی هر فردی است و بر روی موفقیت در زندگی نباید از اهمیت انتخاب شغل غافل شد. همچنین انتخاب شغل مناسب برای هر اجتماعی نیز سودمند است. زیرا اگر افراد شغل خود را دوست داشته و رضایت شغلی داشته باشند با کمال میل و علاقه وظایف خود را به انجام می‌رسانند، تعهد سازمانی امکان‌پذیر می‌شود و همین افراد رشد و توسعه کشور را فراهم می‌کنند.

ارزیابی مهارت‌ها: انتخاب یک شغل بر اساس چیزی که در آن مهارت دارید می‌تواند به شما کمک کند تا به برتری برسید و آینده‌ای مطمئن برای خود فراهم کنید. در نظر بگیرید که در چه مهارت‌هایی برتر هستید. اگر در مهارت‌های خاصی مانند درست کردن چیزها یا ساختن چیزها مهارت دارید، این می‌تواند شغلی عالی برای شما فراهم کند. تحصیل در مدرسه ممکن است ضروری باشد یا نباشد، اما نیروی کار ماهر اغلب مورد تقاضا است و پیدا کردن کار برای شما نسبتاً آسان است. به عنوان مثال، نجاری، تعمیر خودرو، ساخت و ساز و کارهای برقی همه از افرادی سود می‌برند که در تعمیر چیزها یا کار با دست‌ان خود مهارت دارند. این‌ها همچنین مشاغل پایدار و با درآمد خوبی هستند. مهارت‌های دیگر مانند مهارت آشپزی نیز می‌تواند به راحتی به



شما باید به یاد داشته باشید، اگر شما در نظر دارید که در آن کار آزاد است، ممکن است گاهی اوقات نیاز داشته باشید.

به عنوان مثال، بسیاری از افراد اخیراً وارد دانشگاه حقوق شدند و اغلب بیش از ۱۰۰۰۰ دلار بدهی مدرسه دریافت کردند، زیرا فکر می‌کردند در آینده دستمزدها بسیار بالا خواهد گرفت. با این حال، مناصب و کالت در چند سال گذشته چنان مورد تقاضا نبوده و اکنون این افراد بدهی‌های هنگفتی دارند و راهی برای پرداخت آن ندارند. مثال دیگر، کار به عنوان نویسنده یا هر شغلی آزاد است، ممکن است کار آزاد است، ممکن است گاهی اوقات نیاز داشته باشید.

دسترسی آسان؛ مشاغل را در نظر بگیرید که به راحتی به آن‌ها دسترسی دارید. در نظر بگیرید که چه گزینه‌های شغلی برای شما وجود دارد که به راحتی وارد آن شوید. به عنوان مثال می‌تواند شرکتی که یکی از والدین شما کار می‌کند، کار کردن برای یک کسب‌وکار خانوادگی یا کار کردن برای یک دوست. اگر گزینه‌های شما محدود است، انتخاب شغلی می‌تواند به وارد آن امکان بهتر بین گزینه‌ها.

وضعیت مالی؛ وضعیت مالی خود را در نظر بگیرید. توانایی شما برای پیگیری یا تغییر شغل ممکن است به وضعیت مالی شما بستگی داشته باشد. برخی از مسیرهای شغلی نیاز به تحصیل ویژه دارند و این گاهی اوقات گران است. با این حال، نباید احساس کنید که فقیر بودن شما را از تحصیلات مورد نظرتان محدود می‌کند. بسیاری از دولتی برای کمک به شما برای هزینه‌های مدرس، و

وضعیت مالی؛ وضعیت مالی خود را در نظر بگیرید. توانایی شما برای پیگیری یا تغییر شغل ممکن است به وضعیت مالی شما بستگی داشته باشد. برخی از مسیرهای شغلی نیاز به تحصیل ویژه دارند و این گاهی اوقات گران است. با این حال، نباید احساس کنید که فقیر بودن شما را از تحصیلات مورد نظرتان محدود می‌کند. بسیاری از دولتی برای کمک به شما برای هزینه‌های مدرس، و



شهردار دستگرد خیر داد:

رفع نیازهای شهرداری از طریق تعامل با دانش‌بنیان‌ها

شهردار دستگرد گفت: بسیاری از نیازهای شهرداری همچون تهیه بلوک‌فروش و جداول شهر از طریق دانش‌بنیان تأمین شد و در حال حاضر نیز در حال مذاکره برای تهیه یک دستگاه سیار پخت آسفالت برای شهرداری هستیم.

رحیمی افزود: سال گذشته لودر شهرداری طی دو مرحله و به مدت ۲۰ روز به شهر بومین می‌انداختند اعزام شد تا در آنجا به هموطنان برای بازگشایی معابر که پس از بارندگی برف مسدود شده بود، خدمت‌رسانی شود.

دستگرد یکی از شهرهای استان اصفهان است که در بخش مرکزی شهرستان بر خوار قرار دارد.

لذا بخشی از کمبود سرنانه فضای سبز شهر با احداث پارک بانوان حل شد.

رحیمی از راه‌اندازی رادیوی عمومی شهر با هدف اطلاع‌رسانی اخبار شهرداری خبر داد و تصریح کرد: دیوارکشی مسیر دفع آب‌های سطحی انجام شده و در بعضی از نقاط نیاز به اصلاح در حال اجرا است.

وی تأکید کرد: طرح جمع‌آوری و دفع آب‌های سطحی شهر نیز مصوب شده است که پس از ابلاغ و تأمین اعتبار از سوی دولت اجرایی خواهد شد تا آب‌های سطحی شهر هنگام بارندگی ذخیره شود و به مصرف فضای سبز برسد.

شهردار دستگرد گفت: بسیاری از نیازهای شهرداری همچون تهیه بلوک‌فروش و جداول شهر از طریق شرکت‌های دانش‌بنیان تأمین می‌شود.

اصغر رحیمی اظهار کرد: عملیات روشنایی بعضی معابر و پارک‌های شهر توسط شهرداری انجام شده و برای بلوار معلم نیز با مشارکت اداره برق در حال انجام است.

وی افزود: شهرداری در راستای توزیع عادلانه خدمات، احداث پارک در محلات مختلف شهر را در دست اجرا دارد.

شهردار دستگرد خاطر نشان کرد: طی سال‌های گذشته زمین‌هایی با کاربری فضای سبز واگذار و ساخت‌وساز در آنها انجام شده بود؛