

# اخبار اصفهان

روزنامه اقتصادی استان اصفهان

یکشنبه ۲۷ فروردین ۱۴۰۲ | ۱۶ آوریل ۲۰۲۳ | ۲۵ رمضان ۱۴۴۴ | سال سوم | شماره ۱۳۰۷ | صفحه اول

قیمت ۵۰۰۰ تومان

## Avoid losing weight during Ramadan



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سرمقاله

شهناز خدایاری

مشاور کسب و کار و شهینگر



### کدام بهتر است؟ کار گروهی یا فردی؟

عاشق مشارکت با همکاران هستند. اگرچه بعضی مواقع تنهایی کار کردن چیزی نیست که شما خواسته باشید. شاید شما فریلنس باشید، تنها بازاریاب بخش بازاریابی شرکتی که در آن کار می‌کنید یا شاید فروشنده هستید و نمی‌خواهید اطلاعات خود را با دیگران به اشتراک بگذارید. بدون در نظر گرفتن تعاریف شغلی شما یا صنعتی که در آن کار می‌کنید، کار انفرادی مزایایی دارد. ادامه در صفحه ۸...

جفری استیبل در توضیح نظر خود درباره کار انفرادی، می‌گوید: معمولاً وقتی برنامه‌نویسان به تنهایی کار می‌کنند، سریع‌تر هستند. طراحان بهترین کار خود را زمانی که مستقل کار کنند، انجام می‌دهند. هنرمندان به‌ندرت با کسی همکاری می‌کنند و در صورتی که این اتفاق بیفتد، کم‌پیش می‌آید که کار خوبی ساخته شود. این مسئله برای همه صدق نمی‌کند. مطمئن هستیم که طراحان تاگل و تیم و یک

مردم با توجه به شخصیت و مناسب‌اشان، شیوه کاری‌شان را تنظیم می‌کنند. عده‌ای از گروهی کار کردن لذت می‌برند، در حالی که افرادی ترجیح می‌دهند به صورت انفرادی کار خود را انجام دهند. در هر کدام از این روش‌ها مزایایی وجود دارد که به نوع شغل بستگی دارد. در این سؤال که بین کار گروهی یا فردی، کدام یک کارآمدتر است، اینترنتی تیم ویک اینگونه پاسخ می‌دهند:

مسئول آموزش و پژوهش بیماران خاص ویوندا اعضاء استان اصفهان:

### ورزش در حین دیالیز عامل عمر بیماران تا پنج برابر

نماینده مردم اردستان در مجلس:

### رژیم جعلی و کودک کش صهیونیستی یک غده سرطانی حساب می‌شود

دانشمندان در مورد انتقال فارغ جدید از گیاه به انسان نگران هستند:

### «آخرین از ما» تعبیر و تحقق کابوس نتفلیکس از هند!

آیا فناوری نورالینک واقعاً می‌تواند ذهن شما را بخواند؟

### این «ماسک» دست بردار نیست



مدیرعامل جمعیت هلال احمر استان اصفهان عنوان کرد:

### توزیع بیش از ۸ هزار بسته معیشتی توسط هلال احمر اصفهان

مدیرعامل جمعیت هلال احمر استان اصفهان از تهیه و توزیع بیش از ۸ هزار بسته معیشتی به ارزش بالغ بر ۶ میلیارد تومان در ماه مبارک رمضان خبر داد.

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مدیرعامل سازمان پارک‌ها و فضای سبز شهرداری اصفهان خبر داد:

## آغاز عملیات سم‌پاشی فضای سبز شهر



منبع: اخبار اصفهان

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معاون جهاد کشاورزی اصفهان از نرخ مصوب مرغ رونمایی کرد:

## مرغ گرم هر کیلو ۷۱ هزار تومان!

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## ۵ راه ساده برای تقویت هوش

مغزتان را به چالش بکشید تا ذهن فعال تر و به مراتب هوشیارتری داشته باشید. این چالش‌ها عجیب اما بسیار کارآمد هستند. قصد داریم ۵ چالش عجیب اما درعین حال ساده را به شما معرفی کنیم که باعث تقویت مغز و ذهن می‌شوند.

اخبار اصفهان  
انجمن نویسندگان

۱ با دست مخالف مسواک بزنید. به این ترتیب از نیمکره دیگر مغزتان هم استفاده کرده اید.

۲ محل فعالیت‌های تان را تغییر بدهید؛ مثلاً برای پیاده روی به منطقه جدید بروید. حتی برنامه تلویزیونی جدیدی را تماشا کنید یا برنامه کودک نگاه کنید.

۳ صندلی همیشگی تان را پشت میز غذاخوری تغییر بدهید؛ اگر همیشه روی یک میز می‌نشید وقت آن رسیده که جای‌تان را عوض کنید.

۴ هیپوکامپ قسمتی از مغز است که حافظه را پردازش می‌کند و بخصوص با بوها، صداها و مناظر که نقشه‌های ذهنی شما را شکل می‌دهند در ارتباط است. بنابراین وقتی با ماشین رفت و آمد می‌کنید پنجره‌ها را باز بگذارید تا خیلی بهتر بوها، صداها و مناظر را شناسایی کنید.

۵ شکل کتاب خواندن خود را تغییر بدهید؛ وقتی کتابی را با صدای بلند بخوانید یا به خواندن دیگری گوش بدهید نسبت به زمانی که در سکوت کتاب می‌خوانید، مغز شما جریان جدیدی را تجربه می‌کند.

گزارش تصویری

نماز روز قدس به امامت آیت‌الله سید ابوالحسن مهدوی در میدان امام (ره) اصفهان برگزار شد.

منبع: ایمن







## Palestine developments revealed miscalculation of states that normalized ties with Israel: FM

Iranian Foreign Minister Hossein Amir Abdollahian has said that the developments in Palestine and the occupied territories have revealed the miscalculation of some states that got implicated in establishing formal relations with Israel.

In an opinion piece for the Lebanese Al-Akbar newspaper, Amir Abdollahian addressed the situation in Palestine on the occasion of World Quds Day, which was celebrated on Friday.

"It has become clear that the general state of aversion towards the Zionist entity has exceeded the borders of Palestine and the Islamic countries, as all the advocates of freedom and justice in all parts of the world have realized that the nature of this entity based on ethnic cleansing and bloody crime is a flagrant violation of human rights and an imminent threat to peace, security and stability in region and the world," the foreign minister opined.

He noted, "Historical experience has proven that the nature of the Zionist entity based on occupation and expansion does not coexist with the security, peace and stability of the region, as this entity believes that its survival and security depend on its continuous malicious efforts to infiltrate Islamic countries and sow the seeds of discord, enmity, conflicts and wars between them."

"The use of phrases with bright connotations, such as peace and coexistence, are nothing but deceptive attempts by the forces of arrogance to polish the image of this entity, attenuate the Palestinian cause and throw it into oblivion, and promote the normalization of relations with the usurping entity of Jerusalem in front of international public opinion, especially the Islamic one," Amir Abdollahian wrote.

He added, "Despite this, the developments taking place in Palestine and the occupied territories revealed faster than expected the political miscalculations of some governments that were involved in establishing official relations with this entity." The Iranian foreign minister said, "We are fully confident that the continuation of the brutal Zionist violence against the Palestinians will only lead to more harmony among the Palestinian people and fuel the flame of their determination and jihad against the occupation perched on their pure land."

He once again reiterated Iran's democratic solution to the Palestinian question, saying that "the democratic initiative launched by the Islamic Republic of Iran through its call for a general referendum with the participation of all the indigenous people of Palestine, Muslims, Christians and Jews, in order to form a Palestinian state from the sea to the river... can be a just starting point that seeks peace and puts an end to this Palestinian tragedy, which represents the oldest and most painful crisis in contemporary human history."



## U.S., allies to blame for Afghanistan misery: Iran FM

The U.S. and its allies, according to Iran's foreign minister, have sponsored and directed Daesh and other terrorist and extremist organizations in Afghanistan's south and north, which has led to the current difficult situation.

Hossein Amir Abdollahian made the remarks while speaking at the fourth meeting of Afghanistan's neighbors on Thursday in Samarkand, Uzbekistan.

Here is the full text of his address:  
I would like to thank you for choosing the beautiful city of Samarkand for hosting the Fourth Meeting of the Ministers of Foreign Affairs of Neighboring Countries of Afghanistan. This initiative has been very successful and resulted in gathering Afghanistan's neighboring countries in different cities including Islamabad, Tehran, Tun Xi and Samarkand to magnify their united voice worldwide.

One year and nine months have passed since Afghan developments and shifts in its political structures. During this period, we have all tried to help stabilize Afghanistan and bring about peace to its innocent people. Under such a framework, the Islamic Republic of Iran has been pioneer in various political, security, economic and social spheres and has significantly assisted the Afghans to pass through the crisis, inter alia, interacting with the Afghan interim government at the highest level, helping Afghan security forces to fight terrorism, maintaining economic and trade exchanges, promoting border cooperation and dispatching tens of humanitarian aid packages to various Afghan cities. On the other hand, hundreds of thousands of new Afghan refugees have been hosted and settled in the Islamic Republic of Iran in the recent period, increasing the number of Afghan refugees in Iran to millions. This is a grave burden, especially in the light of unfair sanctions imposed by the US on the Iranian people and deprivation of international support, which demonstrates the Islamic Republic of Iran's humanitarian policy regarding the innocent people of Afghanistan.

Conditions in Afghanistan are critical for us as its neighboring countries, because a stable or instable Afghanistan would directly impact us. However, there are some extra-regional countries that despite years of offence and aggression against this country and causing numerous damages and pains to the Afghan people, still look greedily at this country as an instrument to advance their illegitimate objectives

against the regional countries. These extra-regional powers while keeping off Afghanistan should admit responsibility for decades of destruction in this country and compensate it. Afghanistan's geography cannot be used as a leverage against the regional countries.

Reinforcement of terrorist groups, particularly Daesh, in Afghanistan and moving its experienced elements from the Middle East to this country are among the plans of the extra-regional countries for Afghanistan and its neighbors. Augmentation of the Daesh operational capacity and expanding its objectives to officials of the Taliban interim government, diplomatic premises, media and cultural centers, Shia Muslims and business activists all verify this claim. The Islamic Republic of Iran advocates coherent interaction among the regional countries to block the expansion of activities by Daesh and other terrorist groups in Afghanistan.

All branches of terrorism and extremism are a malady for the countries and their national security in the region and across the world and are at the service of the imperialist objectives of the United States and the West and impose dangers and harms directly on our country. The US and its allies are responsible not only for destroying, murdering and worsening the present hard conditions in Afghanistan but also fully for supporting and guiding Daesh and other terrorist and extremist groups in the south and north of Afghanistan.

Decades of unrest in Afghanistan proves that the only way to establish peace and security in this country passes through inclusion and participation of all ethnicities and groups at the government. The regional countries' advice to the Afghan interim government to form an inclusive government is not equal to intervening in its internal affairs but a sympathetic advice to help them govern the country more effectively. Undoubtedly, Afghans themselves will nominate representatives of ethnicities and groups to take part in the government.

The same is true about the rights of women and girls. Although Islam does not put any ban on education and employment of women and girls, concerns of the Afghan interim government to create the required grounds based on Sharia is understandable.

Therefore, in addition to direct contribution to the education of the Afghan girls and women, the Islamic Republic of Iran voices its readiness to provide the Afghan interim government with all kinds of hardware and software supports to create the

necessary conditions for the education of women and girls. It is noteworthy that currently there are some 700,000 Afghan school students and 40,000 university students studying at the educational centers of the Islamic Republic of Iran.

The Islamic Republic of Iran does not define its interaction with the Afghan interim government based on opportunism and profit seeking. Hosting millions of Afghan refugees which incurs billions of dollars on our sanctioned economy annually and Iran's continued readiness to help the Afghan people in all fields are the best proofs for this claim. At the same time, this does not mean neglecting the other side's obligations. In the past one year and nine months, the Afghan interim government has failed badly in fulfilling the government's commitments to its people and its neighbors. Failing to establish security and provide a good livelihood to the people have only led to further migration of Afghan people to and imposition of additional pressures on its neighboring countries, particularly Iran.

On the other hand, increased border tensions, continued drug trafficking and failure to facilitate Iran's water right from the transboundary water resources does not illustrate a proper picture of reciprocal interaction vis-a-vis the Islamic Republic of Iran's goodwill and cooperative approach. Changing this approach and putting the Afghan interim government on the track of mutual interaction, accountability and liability, as important elements of good governance, are among the serious and humble demands of the Afghan neighboring countries.

In addition to the bilateral interactions of the regional countries with the Afghan officials, the initiative of the First Meeting of the Special Representatives of Neighboring Countries of Afghanistan to form political, economic and security working committees can be followed to relay jointly these sympathetic advices to the Afghan interim government.

In conclusion, I would like to end my statement by tabling several recommendations and proposals.

First recommendation: We believe that congested regional and especially Afghanistan's problems can be properly solved and managed through the adoption of a sort of regional cooperation model and pattern to be supported by the United Nations and other international organizations. Afghanistan should turn into a geography of interaction and cooperation for the countries of the region. This requires

prohibition of unhealthy rivalry and promotion of assistance to each other with the objective of advancing various economic, social and humanitarian programs and packages. Avenues of cooperation and regional cooperation roadmap through specialized meetings with the presence of the Afghan interim government authorities who will inshallah soon form an inclusive government seem necessary for identifying the projects needed in Afghanistan. The share of Afghanistan's neighbors in such cooperation and roadmap as well as their financial and executive mechanisms provide the best solution for moving Afghanistan towards stability and tranquility and terminating several decades of hardship for its people. The criteria for prioritizing projects and programs should be covering the maximum demands and immediate needs of the people of Afghanistan and full participation of neighboring countries in them. The best example for such projects is regional and international transit projects which are capable of creating stronger connectivity between Afghanistan and its neighbors and can expand global development roots. In this way, meetings on Afghanistan will be turned from mere dialog to practice and action to realize stability and development in that country and can gradually make us closer to our objectives.

Second recommendation: We emphasize that reducing economic pressure on the people of Afghanistan can affect the movement of refugees and displacement and even the status of terrorist groups. Therefore, international and humanitarian organizations such as the United Nations are expected to step up humanitarian aid to Afghanistan and take necessary measures to improve its economy, peace, security and stability there.

Third recommendation: Cultivation of drugs and smuggling of narcotics have increased in great numbers during 20 years of American occupation of Afghanistan. Moreover, the Western and American intelligence network mafia are presently involved directly in this black trade and its expansion and international organizations and the Afghan interim government must make more serious efforts to stop and confront them. The Islamic Republic of Iran stands totally ready to establish closer cooperation with the international organizations and the Taliban government bilaterally or multilaterally to fight with the world drug problem and the trafficking and trade of narcotics.

The Taliban, during the past

two years, have achieved partial success in the fight against Daesh and trouble makers and war mongers. Such a fight should be expanded in view of regional cooperation with the help of international organizations and the Islamic Republic of Iran has contributed during this period to the fight against terrorists in Afghanistan.

Fourth recommendation: The Islamic Republic of Iran believes that girls' education is an Islamic and human necessity and is prelude to the growth, progress and development of nations. We must see the eradication of obstacles in Afghanistan in this respect.

For this, the grounds have been paved for the virtual education of Afghan girls in Iran with all considerations pertaining to Islamic, cultural and civilizational requirements of the region. My country is ready to expand scientific and academic capacities in Afghanistan with the help of the UN and cooperation of the interim government in Kabul.

Fifth recommendation: The United Nations during the past 21 months has failed to demonstrate appropriate efforts in line with its professional, humanitarian and independent duties and obligations towards Afghanistan. It is necessary for the UN to devote more effective efforts to improving the conditions of millions of Afghan refugees in Iran and millions of Afghans who have been internally displaced in Afghanistan.

Sixth recommendation: The Taliban and the interim government are in difficult conditions due to failure to make serious efforts to remove Afghanistan's main challenges such as the formation of an inclusive government, protection of the rights of Afghan citizens, codification of the constitution and enjoyment of national capacities for the complete fight with terrorism and improvement of Afghan's economy. They should be aware that if present problems continue to exist in Afghanistan, not only the people of that country but also all the various regional factors and capacities will be negatively affected.

We emphasize that regional cooperation and regional patterns to resolve the problems and crises of the past two years provide reliable grounds for a coordinated discourse and maintaining regional initiatives in the upcoming meeting in Doha.

Once again, I would like to appreciate the Uzbek government for the well hosting of this meeting.

A peaceful and stable Afghanistan is the wish of the people and government of the Islamic Republic of Iran.

## Iran FM meets counterparts in Uzbekistan

Iranian Foreign Minister Hossein Amir Abdollahian met with a number of foreign counterparts in Uzbekistan, where he headed the delegation to participate in the 4th meeting of the Conference of Afghanistan's Neighbors.

Amir Abdollahian met with Uzbek Foreign Minister Bakhtiar Saidov, Tajik counterpart Sirojiddin Muhriddin, caretaker Afghan Foreign Minister Amir Khan Motaqqi, and Pakistani Minister of State for Foreign Affairs Hina Rabbani.

In his meeting with Saidov, Amir Abdollahian said high-ranking Iranian and Uzbek officials are determined to expand cooperation and that it is necessary that they use their existing possibilities to realize the wishes of the presidents of Iran and Uzbekistan. Saidov, for his part, thanked Amir Abdollahian and his entourage for accepting the invitation to attend the 4th Conference of Afghanistan's Neighbors in the historical city of Samarkand.

Amir Abdollahian and Muhriddin discussed bilateral issues and regional developments on the sidelines of the conference of Afghanistan's neighbors in Samarkand. Amir Abdollahian described the holding of the 15th session of the Iran-Tajikistan joint commission last year as a factor in further expanding ties between the two countries. Muhriddin expressed pleasure with the recent agreement between Iran and Saudi Arabia to restore their diplomatic relations. Muhriddin then spoke about cooperation between his country and Iran in different spheres and said the Tajik government is interested in expanding and boosting ties with Tehran.

In his meeting with Motaqqi, Iran's chief diplomat called the interaction between the two countries in different areas as significant. He stressed the need for establishing lasting security in Afghanistan and underlined the necessity of promoting cooperation with Afghanistan in terms of border security, avoiding tension in the area and preventing drug trafficking. Amir Abdollahian said Iran's right to water from the Helmand River is a chronic problem and the interim ruling government in Afghanistan must, for that matter, take practical measures to resolve the existing problems.

He then noted that the steps taken by Afghanistan are necessary but not sufficient, adding that the main criterion for Iran is tangible fulfillment of its right to the Helmand water, according to the Iranian foreign ministry.

As for the formation of an inclusive and participatory government in Afghanistan, Amir Abdollahian said, "What we have proposed to the interested parties in Afghanistan during the last four decades is that all ethnic groups and factions should feel that Afghanistan belongs to them." For his part, Afghanistan's Mottaqi welcomed the issues raised by the Iranian foreign minister in the meeting.

## Over 1,200 ha of lands equipped with modern irrigation systems in Sistan-Baluchestan

As announced by a provincial official, 1,249 hectares of lands have been equipped with modern irrigation systems in Sistan-Baluchestan province, in the southeast of Iran, in the past Iranian calendar year 1401 (ended on March 20).

Hossein-Ali Ramroudi, the acting director of water and soil in the province's Agriculture Department, put the fund to implement modern irrigation projects in the province at 450 billion rials (about \$958,000) in the previous year.

He said that with an average annual rainfall of 100 mm, Sistan-Baluchestan is considered one of the

provinces with low rainfall, and in order to use the available water of water sources, it is necessary and vital to use modern systems for irrigating the agricultural fields and gardens.

According to the project manager of Iranian Agriculture Ministry's smart irrigation systems development program, the purpose of implementing this plan is to increase the productivity and sustainability of water and soil resources in the country to ensure the sustainable production of agricultural products.

Fariborz Abbasi, who is the head of the Agriculture

Ministry's Water and Soil Department, has said in smart agriculture human intervention in irrigation management and planning is minimized by using new technologies," he explained.

Over the past four years, each year, an average of 150,000 hectares of farmlands have been equipped with modern irrigation systems, and we have witnessed a 300 percent jump, the official has stated. The Agriculture Ministry is also taking the necessary measures for supporting the domestic manufacturing of equipment used in these systems.

**Ex-legislator  
Emad Afrough  
passes away  
at 66**

Emad Afrough, a former member of the Iranian Parliament who was vocal in his criticism of his fellow principlists, died at the age of 66. Afrough passed away on Friday in hospital in Tehran as a result of cancer-induced problems, ac-

ording to his son. Afrough represented Tehran in the seventh Parliament from May 2004 to May 2008. A PhD holder in sociology, he served as chair of the Cultural Committee of the legislature.



**Avoid losing weight  
during Ramadan**

Source: <https://www.nestle-family.com/en/article/avoid-losing-weight-during-ramadan>

By: PARISA JAMADI

**Raisi calls for united Muslim front against Zionist regime**

Iranian President Ebrahim Raisi conveyed his serious worry over recent events in Palestine in a phone call with Pakistani Prime Minister Shehbaz Sharif on Thursday.

In light of the Zionist regime's violation of Al-Aqsa Mosque, Raisi hoped that the Muslim world will unite to put an end to the Israeli regime's heinous crimes.

He also denounced the atrocities committed by the Zionist regime, particularly their disrespect of Al-Aqsa Mosque.

The Iranian president also expressed confidence that Islamic countries would establish a unified front to prevent the continuance of Zionist atrocities, according to his official website.

Hundreds of Palestinian worshippers were injured and detained as armed Israeli troops conducted two raids on Al-Aqsa Mosque last week. Photos from the attacks showed imprisoned Palestinian worshippers being brought into a van with their wrists tied and their legs and arms wrapped behind their backs.

For his part, Prime Minister Sharif criticized the recent criminal acts of the Zionist regime. He also called Pakistan an unwavering ally of the Palestinian people, and expressed hope that the Organization of Islamic Cooperation (OIC) would unite to stop further Zionist crimes.

Sharif also emphasized the need to improve ties between Tehran and Islamabad.

'Cordial ties between Tehran and Islamabad'

Raisi also praised the cordial and long-standing ties between Tehran and Islamabad and expressed optimism that they would continue to grow, particularly in the areas of business and energy.

**IRGC conducts naval parades in solidarity with Palestinians**

The Islamic Revolution Guards Corps (IRGC) Navy on Thursday held maritime parades in Iran's northern and southern territorial waters in order to express its unwavering support for the Palestinian people and denounce the Israeli regime's heinous and brutal crimes against the oppressed nation.

Rear Admiral Alireza Tangsiri, commander of the IRGC Navy, said the sailors were participating in drills in the Persian Gulf, the Caspian Sea, and the Sea of Oman to demonstrate support for the Palestinian people.

He added parades were taking place concurrently at a number of ports around the Muslim world, including Syria, Lebanon, Yemen, Iraq, and elsewhere in East Asia.

More than 2,700 IRGC Navy boats were participating in the parades to show solidarity for the Palestinian cause and the Intifada, according to Admiral Tangsiri.

He went on to say, "Today, supporters of Palestine are flying the Palestinian national flag in 120 different nations. The flag of the oppressed Palestinians is being raised even by citizens of British and European nations. Even though Palestine and the Palestinians are under pressure, they remain resilient because they have relationship with God."

While some people gain weight during the holy month of Ramadan, others struggle to keep their weight from falling off the normal range. In fact, fasting could be quite a challenge for maintaining a healthy body weight. Especially, if your food intake is not enough to meet the minimum caloric requirements for the basic needs of the body.

**SHOULD YOU WORRY ABOUT WEIGHT LOSS DURING FASTING?**  
You need not worry, unless your weight is at the borderline of the normal range or lower than the normal value. You can find out if you are underweight by calculating your BMI. To do this, divide your weight by the square of your height; if you get a number of 18.5 or

less than you your weight is below normal and you should prevent any further weight loss.

**WHY DO SOME PEOPLE LOSE WEIGHT DURING RAMADAN?**

Sometimes fasting could last up to 13 hours or more. During this time the body needs glucose which serves as its energy source and is necessary for its proper functioning. Glucose from food could last up to a maximum of 5 hours, after that the body tends to use its fat stores in order to provide the necessary energy. And not restoring these reserves after fasting would result in weight loss

**WAYS TO AVOID LOSING WEIGHT:**

• Have your Iftar in two stages: Some

people can get full just by eating salad and soup, resulting in them having just a little bit of the main dish. This usually ends up with inadequate caloric intake and might lead to weight loss. You should instead try to have your Iftar meal in two sessions. First have dates, soup and salad. Then go for Maghreb Prayer and come back to have your main dish. In this way you would have given your stomach enough time to prepare for the main dish.

• Good to Remember: If you feel full quickly during Ramadan, then make sure you drink water between your meals and not with them. Have 1 glass at the beginning of Iftar, wait a couple of minutes then enjoy your meal. The rest

(6-7 glasses of water or fluids) can be divided within your non-fasting hours but only 2 hours after food.

• Enrich your dishes with healthy calories: Sprinkle a generous amount of olive oil to your salad, or slice some olives on your baked, low fat cheese sambosa. You can also add some nuts over your salads and Ramadan desserts.

• Have an extra nutritious snack between your Iftar and Suhour: When you are out for the evening, have mankoushe with a glass of laban, a bowl of hummus (balila) with a glass of fruit cocktail juice or simply a cheese sandwich and a glass of milk. Remember to take your sweets after this snack so you fill up on nutritious foods first.

• Make sure to have your Suhour: It will be very difficult to meet your nutritional requirements with just one meal. This is why it is absolutely essential to have a proper Suhour to provide your body with the additional calories vital for your wellbeing, and to prevent any undesirable weight loss.

In conclusion, there are many ways to boost your calories and avoid losing weight during this month. You can do that by adding healthy nutrient- and calorie-dense ingredients to the foods you are eating. These include healthy oils, nuts, avocados and olives. Also remember to remain physically active during this month since this will help stimulate your appetite

**32 tons of honey produced in Alborz county in a year**

As announced by the head of the Agriculture Department of Alborz county (in Qazvin province), 32 tons of honey were produced in 74 apiaries of this county in the past Iranian calendar year 1401 (ended on March 21).

Alireza Borkhi said, currently, the number of beehives in this county is 7,424, based on the latest census.

According to the latest census of the country's apiaries by the Agriculture Ministry, the production of honey is 136,000 tons in the country, a board member of the Iran Beekeepers Association announced.

Mohammad Fekri said that with producing 30,000 tons of honey per annum, West Azarbaijan province supplies more than 22 percent of the

country's annual honey, East Azarbaijan, Fars, Ardebil and Kermanshah provinces come next, and about 43 percent of the honey is produced in other provinces.

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.



**Iran, world's 22nd largest economy based on GDP (PPP): IMF**



The International Monetary Fund (IMF) in its latest report on the countries' gross domestic product based on purchasing power parity - GDP (PPP)-, ranked Iran the 22nd in the world in 2022, Tasnim news agency reported on Friday.

In this report, the IMF announced the GDP of 193 countries in the world, including Iran, in the previous year.

According to the calculations of this international organization, Iran's GDP based on the purchasing power parity, has reached \$1.596 trillion in 2022, which has increased by \$141 billion compared to the preceding year. With its GDP (PPP) of \$1.596 trillion in 2022, Iran has been recognized as the 22nd largest economic power in the world in the past year, according to which Iran's economy is bigger than the economies of 171 other countries in the world.

Iran's economy ranks 22nd among 193 countries in the world, while the coun-

try is under the most severe sanctions imposed on a country's economy in history.

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.

Following the global economy, the Islamic Republic of Iran's economic growth in 2023 was also revised down by 0.5 percentage points, to 2.2 percent, on account of slower growth in key trading partners.

Based on the report, the deterioration in the global economy is broad-based in virtually all regions of the world in the current year, and per-capita income growth will be slower than it was during the decade before COVID-19.

**Iranian oil production up 37,000 bpd in Q1: OPEC**



In its latest report, the Organization of the Petroleum Exporting Countries (OPEC) announced the increase of 37,000 barrels per day (bpd) of Iranian oil production in the first quarter of 2023, and announced the average price of Iranian heavy oil in this period at \$80.67. In its latest monthly report, the organization, citing secondary sources, announced that Iran's average oil production in the first quarter of this year reached 2.565 million barrels per day, Tasnim news agency reported on Friday.

Last week, Iranian President Ebrahim Raisi said that the oil and gas sector experienced a growth of nine percent in the past Iranian calendar year 1401 (ended on March 20).

The President considered the growth of production in 1401 promising and said: "We will strongly follow the wise slogan of 1402 which is "Inflation Control and Production growth".

Oil Minister Javad Oji has recently

said that a new record high will be reached in the country's oil export in the current Iranian calendar year. The country's oil export in 1401 was 83 million barrels more than that of 1400, and 190 million barrels more than the export in 1399, the minister announced.

Underlining that now oil export has reached the highest figure in the last two years, the official said, "Considering that the Oil Ministry is one of the main providers of the country's foreign currency; in the 13th government, despite the tightening of cruel sanctions, fortunately, thanks to the grace of God and the efforts of our colleagues in the country's oil and gas industries, there are good records in the field of exporting crude oil, gas condensate, and petroleum and petrochemical products."

Despite the negative impacts of the U.S. sanctions, Iran has been ramping up its oil production and exports over the past few months.





دقترا اصفهان: میدان احمدآباد، ابتدای خیابان شهید مفتاح (بهرام) ساختمان امام (ع)  
اولین روزنامه اقتصادی دو زبانه استان اصفهان  
تلفن: ۰۳۱-۳۲۲۷۴۵۰۰  
دورنگار: ۰۳۱-۳۲۲۷۴۵۱۴  
روابط عمومی: ۰۳۱-۳۲۲۷۴۵۵۴  
سازمان آگهی‌های اصفهان: ۰۳۱-۳۲۲۷۴۵۰۶ ۳۲۲۷۴۵۱۲ - ۳۲۲۷۴۵۱۱  
تلفن: ۰۳۱-۳۲۲۷۴۵۰۰

تصمیماتی که می‌گیرید اعتماد می‌کنید. وقتی تنها کار می‌کنید، کارها سریع انجام می‌شوند. کاملاً واضح است که شما توانمند هستید، تنها کارمند سریعی که در گروه شما گام برمی‌دارد خودتان هستید. مجبور نیستید که منتظر دیگران بمانید، شما کار خود را تمام کرده‌اید و پروژه کامل شده است. نیازی به نگرانی برای اگرها یا خوشنت‌ها و اعمال همکارانتان ندارید. تقسیم پروژه‌ها به بخش‌های مختلف و جای‌گذاری متخصصی به عنوان مدیر پروژه در هر قسمت، معمولاً به عنوان استراتژی استفاده می‌شود.  
وقتی به تنهایی کار می‌کنید، هیچ درگیری یا کشمکش ندارید. به‌تنهایی کار کردن برای کسی که از بحث و درگیری اجتناب می‌کند یا قدری که متقاعد است، هیچ کس قادر به درک و اجرای نظراتش نیست، موقعیت ایده‌آلی است. همچنین زمانی که تنها فرد مسئول در پروژه‌ای هستید، تمام اعتبارات متعلق به شماست.  
چیزی که بیشتر مردم به دنبال آن هستند و به خاطرش کاری را انجام می‌دهند، تصدیق شدن است. وقتی شما به‌تنهایی کاری را انجام می‌دهید، به این معنی است که تمام تعریف و تمجیدها از محصولی که خلق کرده‌اید، فقط متعلق به شماست.

بهبود یافته و به افزایش خلایق و توانایی آنها کمک شده است.  
تفاوت کار گروهی و فردی  
کار گروهی سودمندی‌های فراوانی دارد که مطمئن شما حداقل یکبار تجربه‌اش کرده‌اید. در کار گروهی ایده‌های خلاقانه جریان یابنی دارند، همانطور که پیش از این اشاره شد، زمانی که شما با کسی همکاری می‌کنید، ایده‌ها و نظرات به سرعت اجرایی می‌شوند. وقتی افکار ناب در کنار هم قرار می‌گیرند، ما تعدادی طرح خلاقانه و اصیل دریافت می‌کنیم.  
هر شخصی از زوایای مختلفی به موضوعات می‌نگرد و همین زیاست. تقسیم فشار کاری آخرین نکته خوبی است که در محیط کار به آن توجه می‌شود. هنگامی که موعد تحویل فرا می‌رسد، با کمک همکاران پروژه را تمام می‌کنید. ممکن است افرادی

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کدام سرویس‌ها را می‌توانم از منجمت ...  
از آرایش فناوری خود در آزمایش‌های انسانی تأییدیه دریافت کند، اماهای مربوطه این درخواست را به دلیل نگرانی‌های مرتبط با بخش ناتوان سیستم عصبی اش را بهبود بخشند.

ایمان ماسک در سال ۲۰۲۰ گفته بود که آینده عجیب خواهد بود و کاربردهای بالقوه ایمپلنت‌های مغزی را که توسط شرکت فناوری عصبی نورالینک (Neuralink) توسعه داده توضیح داد.  
در طول هفت سال گذشته آن شرکت در حال توسعه یک تراشه رایانه‌ای بوده است که برای کاشت در مغز طراحی شده جایی که بر فعالیت هزاران نورون نظارت می‌کند.

این تراشه که رسماً به عنوان «واسط مغز و کامپیوتر» (BCI) در نظر گرفته می‌شود از یک کاوشگر کوچک حاوی بیش از ۳۰۰۰ الکترود متصل به رشته‌های انعطاف پذیر نازک‌تر از موی انسان تشکیل شده است. ماسک می‌خواهد مغز را با رایانه‌ها پیوند دهد تا مانند فیلم علمی-تخیلی «ماتریکس» ساخته شده در سال ۱۹۹۹ میلادی اطلاعات و خاطرات از اعمال ذهن بارگیری شود.

ماسک برای اولین بار فناوری نورالینک را در سال ۲۰۱۹ به نمایش گذاشت و خودی را با تراشه نورالینک در مغز آن حیوان و ویدئوی از یک میمون که با ذهن خود در حال بازی پینگ‌پنگ و کنترل آن بود را در معرض دید افکار عمومی قرار داد. با این وجود، ظرفیت بالقوه واسط مغز و رایانه (BCI) بسیار فراتر از حیواناتی است که گیج بازی می‌کنند.  
گالگو می‌گوید که این فناوری برای نخستین بار به منظور کمک به افراد فلج و دچار آسیب‌های ستون فقرات یا شریطی مانند سندرم نشانگان قفل شدگی (Locked-in Syndrome) زمانی که بیمار کاملاً هوشیار است، اما نمی‌تواند هیچ قسمتی از بدن را به جز چشمانش حرکت دهد امکانی برای برقراری ارتباط ایجاد کرد. گالگو می‌گوید: «اگر بتوانید ارتباط داخلی آن را در رایانه به واژگان ترجمه کنید این قابلیت زندگی را متحول خواهد کرد.»  
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کودک تحریک می‌کردند تا حس را ایجاد کنند. در مورد کوپلند یک واسط مغز و رایانه به نام آرایه یوتا در مغز او کاشته شد تا عملکرد بخش ناتوان سیستم عصبی اش را بهبود بخشند.  
آن دستگاه توسط یک رقیب نورالینک تولید شد و در قشر حسی او کاشته شد و با حسگرهایی در انتهای دست رباتیک او متصل شده بود. زمانی که کوپلند با اوپاما دست داد آن حسگرها سیگنال‌هایی را ارسال کردند که باعث می‌شد الکترودهایی در قشر حسی ناحیه دست مغز را تحریک کنند و به کوپلند اجازه دهند دست رئیس جمهور را احساس کند. این قابلیت جدید واسط مغز و رایانه نشان دهنده نسل بعدی تحریک عمیق مغز است.

برای حرکت یا صحبت کردن می‌باشد. بنابراین، واسط مغز و رایانه واقعا افکار شما را ضبط نمی‌کنند بلکه برنامه مغز برای حرکت دادن انگشت به اینجا یا باز کردن دهان برای ایجاد صدای «آه» است.  
گالگو می‌گوید: «دانشمندان هم چنین نشان دادند که می‌توانند قصد قشر حرکتی را برای ترسیم یک حرف بخوانند. با استفاده از مدل سازی پیچیده (از طریق رایانه متصل) این قابلیت به شرکت کنندگان فلج اجازه می‌داد تا ۱۰ واژه در دقیقه تایپ کنند که یک پیشرفت بزرگ محسوب می‌شد.»

مستقل به رشته‌های انعطاف پذیر نازک‌تر از موی انسان تشکیل شده است. ماسک می‌خواهد مغز را با رایانه‌ها پیوند دهد تا مانند فیلم علمی-تخیلی «ماتریکس» ساخته شده در سال ۱۹۹۹ میلادی اطلاعات و خاطرات از اعمال ذهن بارگیری شود.  
ماسک برای اولین بار فناوری نورالینک را در سال ۲۰۱۹ به نمایش گذاشت و خودی را با تراشه نورالینک در مغز آن حیوان و ویدئوی از یک میمون که با ذهن خود در حال بازی پینگ‌پنگ و کنترل آن بود را در معرض دید افکار عمومی قرار داد. با این وجود، ظرفیت بالقوه واسط مغز و رایانه (BCI) بسیار فراتر از حیواناتی است که گیج بازی می‌کنند.  
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برای مثال، هنگامی که داده‌های مورد نظر به افکار مردم مربوط می‌شود نقض حریم خصوصی چه پیامدهایی دارد؟ چگونه می‌توانیم اطمینان حاصل کنیم که عدم دسترسی باعث تشدید نابرابری اجتماعی نمی‌شود؟  
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تولدهای اخلاق عصبی  
واله می‌گوید در دراز مدت واسط مغز و رایانه «نگرانی‌های اخلاقی مختلفی» را ایجاد می‌کنند که باید توسط محققان، شرکت‌ها، آژانس‌های تأمین مالی، تنظیم‌کننده‌ها و خود کاربران به دقت مورد بررسی قرار گیرند. این تحقیقات زمینه جدیدی از تحقیقات اخلاقی را به وجود آورده است: اخلاق عصبی. اینجاست که بحث‌های پیش‌تر علمی-تخیلی می‌شوند.  
برای مثال، هنگامی که داده‌های مورد نظر به افکار مردم مربوط می‌شود نقض حریم خصوصی چه پیامدهایی دارد؟ چگونه می‌توانیم اطمینان حاصل کنیم که عدم دسترسی باعث تشدید نابرابری اجتماعی نمی‌شود؟  
وقتی این اطلاعات مستقیماً به مغز وارد شود چه اتفاقی رخ خواهد داد؟ هشدارهای مربوط به نظارت و کنترل تکنولوژیک در زمان‌های اوایل قرن بیستم مانند «دنیای قشنگ نو» و «۱۹۸۴» مطرح شده بودند آیا ما به آن هشدارها گوش داده و توجه کرده‌ایم؟

گیم باکس  
XBOX GAME PASS ULTIMATE  
کنسول جدید اکس باکس در ویدئویی به نمایش در آمد!

تکنولوژی  
لوگو جدید ال جی رونمایی شد

شخصی در ۴۰ منطقه جدید در سراسر جهان ارائه خواهد شد. Game Pass Ultimate  
شخصی در ۴۰ منطقه جدید در سراسر جهان ارائه خواهد شد. Game Pass Ultimate

می‌کند. ال جی با بازطراحی هویت بصری در تلاش است به برندی «پویاتر و جوان‌تر» تبدیل شود.  
لوگوی جدید ال جی در صفحات مختلف سایت‌های رسمی این شرکت حالت متحرک خواهد داشت و از المان‌هایی مثل چشم‌ک‌زدن و لیخت‌زدن استفاده خواهد کرد.  
ال جی می‌گوید با هویت بصری جدید توجه تعداد بیشتری از مشتریان را جلب می‌کند، از جمله افراد نسل زد.