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# اخبار اصفهان

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اولین روز نامه اقتصادی دوزبانه استان اصفهان

### سرمقاله

دکتر رضا سرواصمدی

پژوهشگر جمعیت و مردم شناس

## دغدغه‌های جمعیتی چیست و چه باید کرد؟

برخی مخالفان سیاست‌های افزایش جمعیت، با بیان اینکه هم‌کنون کشورمان از نظر اقتصادی، فرهنگی و حتی منابع زیست محیطی توان ازباید جمعیت را ندارد بر این باورند که دغدغه‌های جمعیتی می‌بورد است ولی آیا واقعا این گونه است؟

امروز جمعیت کشورها، تنها یک شاخص انسانی در بین شاخصه‌های مختلف اجتماعی جوامع مختلف نیست و به یک مؤلفه قدرت برای کشورهای جهان تبدیل شده است. این امر باعث شده بیشتر کشورها با هر وضعیت اقتصادی نگاه مثبتی به افزایش جمعیت داشته باشند.

سال‌های اخیر بیشتر کشورها، سیاست‌های هایشان را به سمت و سوی سیاست‌های تشویقی افزایش جمعیت پیش برده‌اند و حتی چین تمامی محدودیت‌های فرزند آوری در این پرجمعیت‌ترین کشور جهان را برداشته است.

کشورمان از دهه ۷۰ با تحولات اقتصادی، اجتماعی، تغییر نگرش مردم و تشدید نگاه فردگرایانه افراطی در مقابل رویکرد جمع‌گرایانه، شاهد نهادینه شدن فرهنگ تک‌فرزندی و ۲ فرزندی در جامعه بوده است.

همراهی کامل نهادهای بین‌المللی با سیاست‌های کاهش جمعیتی کشور در آن سال‌ها، با وجود عدم تخصیص کمک به مسائل و چالش مهم بهداشتی دیگر کشور در آن مقطع زمانی جای سؤال دارد و به گفته رییس دانشگاه علوم پزشکی اصفهان، تنها کمک بین‌المللی در حوزه بهداشت و درمان که بطور کامل به کشورمان پرداخت شده، بودجه کنترل جمعیت است.

ادامه در صفحه ۲...

## هجوم فرونشست به محدوده‌های مسکونی و صنعتی

استاندار اصفهان در حاشیه جلسه شورای اداری استان اصفهان در جمع خبرنگاران هشدار داد:



ISNA PHOTO  
Peyman Shahsanai

### چهار روز

## کمبود قوانین در نظام قانون کشور آسیب زاست

نماینده مردم خمینی شهر در مجلس شورای اسلامی:

## حداکثر بازدارندگی در لایحه اصلاحی عفاف و حجاب اعمال شده است

بررسی آمار افزایش طلاق و کاهش ازدواج در گفت‌وگو با جامعه‌شناس و استاد دانشگاه:

## آفت جامعه؛ تقلیل روابط و فقدان گفتمان است

خلق خاطرات و تصاویر جعلی که متخصصان را گمراه می‌کند:

## دستکاری تاریخ و خاطرات توسط هوش مصنوعی

معاون میراث فرهنگی اداره کل میراث فرهنگی، گردشگری و صنایع دستی اصفهان مطرح کرد:

## ظرفیت میراث صنعتی در گردشگری مغفول است

## ادامه سرمایه‌گذاری دانمارک در ایران برغم خروج آمریکا از برجام

سفیر دانمارک در ایران اعلام کرد:

به مردم ارزان ارائه می‌شود در صورتی که در کشور ما یک متر مکعب آب ۹ دلار ارزش دارد و اگر شهروندی نصف این میزان را صرفه جویی کند چهار و نیم دلار صرفه جویی کرده است.

سفیر دانمارک در ایران اعلام کرد: برغم تحریم‌ها علیه ایران و خروج آمریکا از برجام، دانمارک از جمله کشورهایی است که به روند سرمایه‌گذاری خود در ایران ادامه داده است. «جسپر وار» در دیدار با استاندار اصفهان یادآور شد: دانمارک در زمینه حفظ منابع طبیعی، مقابله با گاز دی اکسید کربن و حفاظت از آب در جهان، سرآمد است.

وی اضافه کرد: هم‌اکنون یادداشت‌های تفاهمی میان دانمارک و ایران در حال انعقاد است و در باره حفاظت از منابع انرژی نیز امیدواریم همکاری خوبی با جمهوری اسلامی ایران داشته باشیم.

سفیر دانمارک در ایران بیان کرد: در ایران برق و آب به مردم ارزان ارائه می‌شود در صورتی که در کشور ما یک متر مکعب آب ۹ دلار ارزش دارد و اگر شهروندی نصف این میزان را صرفه جویی کند چهار و نیم دلار صرفه جویی کرده است.

جسپر وار گفت: دانمارک در زمینه آلودگی منابع آب نیز تجربیات خوبی دارد و ما مایلیم در این حوزه نیز با ایران ارتباط داشته باشیم.

وی در ایران با اشاره به ظرفیت‌های عظیم گردشگری در ایران گفت: ایران یکی از مثرکم‌ترین جاذبه‌های تاریخی دنیا را دارد که سرآمد آن استان اصفهان است.

سفیر دانمارک در ایران ادامه داد: مردم کشور ما علاقه‌مندند که به ایران و اصفهان سفر کنند و امیدوارم زمینه این تعاملات نیز شکل بگیرد.

وی همچنین ضمن تشریح از میزبانی مقامات استان اصفهان گفت: سیاست از کشورها به استان‌ها و شهرها و مراودات سیاسی از سطح کشوری به استانی منتقل شده است.

سفیر دانمارک در ایران با اشاره به اینکه تاکنون چندین بار به اصفهان داشته است، خاطرنشان کرد: نخستین بار ۲۸ سال قبل به اصفهان سفر کردم و علاقه‌مند بودم که باز هم به این دیار سفر کنم.

## آگهی مناقصه عمومی یک مرحله‌ای

شماره ۸۶۵۲ مورخ ۱۴۰۲/۴/۲۵

ردیف	عنوان پروژه	شماره مناقصه	مدت قرارداد	مبلغ تضمین شرکت در مناقصه (ریال)	مبلغ برآورد اولیه به ریال (بر اساس فهرست بهای سال ۱۴۰۲)	نوبت مناقصه
۱	تکمیل مدرسه بنیاد برکت از به جلگه	۲۰۲۰۴۰۳۸۰۰۰۵۶	۳ ماه	۱/۵۰۵۱۰۰۰۰۰۰	۳۰/۰۹۲/۵۸۵/۳۷۵	اول
۲	تخریب و بازسازی مدرسه عطیه فلاورجان	۲۰۲۰۴۰۳۸۰۰۰۰۵۵	۱۵ ماه	۲/۱۹۹/۰۰۰/۰۰۰	۴۳/۹۶۹/۳۹۴/۵۹۷	اول
۳	تکمیل مدرسه ۶ کلاسه محله آدریان خمینی شهر	۲۰۲۰۴۰۳۸۰۰۰۰۵۴	۱۵ ماه	۱/۱۹۶/۰۰۰/۰۰۰	۲۳/۹۱۳/۴۴۸/۶۰۵	اول
۴	تخریب و بازسازی مدرسه حسن صدر ناحیه ۴	۲۰۲۰۴۰۳۸۰۰۰۰۵۲	۱۵ ماه	۱/۳۴۸/۰۰۰/۰۰۰	۲۴/۹۴۲/۴۶۵/۴۱	اول
۵	تکمیل مبل مدرسه مشارکت مسکن مهر گلبانگان	۲۰۲۰۴۰۳۸۰۰۰۰۵۳	۳ ماه	۲/۲۷۸/۰۰۰/۰۰۰	۴۵/۵۵۸/۸۶۶/۰۲۳	اول
۶	تخریب و بازسازی مدرسه منتظری زمان آباد بر خوار	۲۰۲۰۴۰۳۸۰۰۰۰۵۱	۱۵ ماه	۹۳۰/۰۰۰/۰۰۰	۱۸/۵۸۶/۷۰۴/۵۰۱	اول
۷	ساخت و حمل فیلترهای شنی استخر فرهنگ بر خوار	۲۰۲۰۴۰۳۸۰۰۰۰۵۷	۱۵ ماه	۹۶۲/۵۰۰/۰۰۰	۱۹۲۵/۰۰۰/۰۰۰	اول

۱- دستگاه مناقصه گزاف: اداره کل نوسازی مدارس استان اصفهان  
۲- موضوع مناقصه: مندرج در جدول فوق  
۳- تاریخ و مهلت دریافت و گشایش اسناد مناقصه: (الف) مهلت دریافت اسناد مناقصه از تاریخ انتشار آگهی ۱۴۰۲/۴/۲۶ لغایت مورخ ۱۴۰۲/۴/۲۹ (ب) مهلت تحویل اسناد مناقصه تا پایان وقت اداری مورخ ۱۴۰۲/۵/۱۰ (ج) زمان گشایش باکات اسناد مناقصه روز چهارشنبه مورخ ۱۴۰۲/۵/۱۱ در محل سالن جلسات (د) قیمت پیشنهادی پیمانکار الزاما با سستی یا سفتر تبه پیمانکار در رشته ساختمان و ابنیه مطابقت داشته باشد. (ه) نحوه عقد قرارداد به صورت زیر بنایی بر اساس بخشنامه سر جمع (شماره ۱۲۹۹۱۸۸ مورخ ۹۶/۵/۴ و تبیین مواردی از بخشنامه سر جمع به شماره ۹۷/۸/۱۲ مورخ ۹۷/۸/۱۲) و اصلاحیه بخشنامه شماره ۱۴۰۱/۱۹/۱۶ مورخ ۱۴۰۱/۱۹/۱۶ می باشد. (۴- نوع تضمین قابل قبول شرکت در مناقصه: الف) سبده ۱۰۰٪ به شیء اوراق بهادار - ب) ضمانت بانکی اعتباری (تلفن تماس: ۳۲۲۲۲۸۸۹) (۵- مدت اعتبار پیشنهادها: سه ماه پس از گشایش پیشنهادها مالی و این مدت برای یک بار و برپایر سه ماه قابل تمدید می باشد. متن این مناقصه در پایگاه اینترنتی www.nosazimadarehsif.ir و www.mporgr.ir قابل رویت می باشد و کلیه مراحل برگزاری مناقصه از تاریخ اتمام کار تا روزگانه سامانه ندادار کاتالکترونیک دولت (ستاد) به آدرس www.setadiran.ir انجام خواهد شد. و بازگشایی پاکت‌ها از طریق درگاه سامانه ندادار کاتالکترونیک دولت (ستاد) به آدرس www.setadiran.ir انجام خواهد شد.

شناسه آگهی: ۱۵۳۰۴۷۱

اداره کل نوسازی مدارس استان اصفهان

## تعداد افراد حاضر در جلسه ۴ تا حداکثر ۶ نفر

## جلسات طولانی مدت ممنوع

لطفاً از شر تمام جلسات بزرگ و طولانی مدت خلاص بشوید. مگه اینکه مطمئن باشید که توسط برای کل مخاطبان ارزش داره در غیر این صورت جلسه ها را بسیار کوتاه برگزار کنیم.

## چهار قانون کمپانی تسلا برای برگزاری جلسات کاری

## اگر ارزشی به جلسه اضافه می کنید آزاد هستید که جلسه را ترک کنید

## اگر ارزشی به جلسه اضافه می کنید آزاد هستید که جلسه را ترک کنید

اگر در جلسه قبلی راه حلی برای موضوع مورد نظرتان پیدا کرده اید در ادامه به روز رسانی های لازم را از طریق چت گروهی یا ایمیل انجام بدهید و جلسات دیگری برای ارائه گزارش جلسه قبل برگزار نکنید.

اگر در جلسه حضور داشت که احساس کردید می توانید ارزش به جلسه اضافه کنید یا احساس می کنید جلسه کمکی به شما نمی کند آزاد هستید که جلسه را بدون هیچ توضیحی ترک کنید.

اگر در جلسه قبلی راه حلی برای موضوع مورد نظرتان پیدا کرده اید در ادامه به روز رسانی های لازم را از طریق چت گروهی یا ایمیل انجام بدهید و جلسات دیگری برای ارائه گزارش جلسه قبل برگزار نکنید.

اخبار اصفهان / نوشین رفیعی





## Tel Aviv, the engine of discord in Baku-Tehran relations

In a note, Shargh discussed the anti-Iran approach followed jointly by Israel and Baku following the recent visit by the Israeli war minister to Baku. It wrote: While Iran's foreign policy is premised on de-escalation with the countries of the region and even the West, Baku-Tehran relations are still on the path of tension from the Azerbaijani side. In the midst of such a situation, Israel undoubtedly acts as an engine of disunion between Azerbaijan and Iran. According to experts, every time Iran and Azerbaijan are on the path of de-escalation, interaction and improvement of relations, Israel, by inventing some bogus claims and a trip by one of its officials, reinjects tension into the relations between Tehran and Baku. By strengthening political, diplomatic, military, security, defense, economic, and commercial relations, as well as intensifying cultural and media relations, Israel is trying to use Azerbaijan as a strategic leverage similar to the role of Lebanon to monitor and pressure Iran. According to experts, the weapons that Israel has sold to Baku are not for confrontation with Armenia, but the ultimate goal is to turn Azerbaijan into an arms depot for anti-Iran purposes, similar to the role and position of Lebanon in the north of the occupied territories.

## Siasat-e-Rooz: Tehran-Moscow unity essential in face of NATO dangerous scenario for Caucasus

In an analysis Siasat-e-Rooz wrote: Changes in the region show the carefully planned project of NATO against the two countries of Iran and Russia, which makes the convergence of the parties in the Caucasus even more imperative. The Republic of Azerbaijan, with the behind-the-scenes support of NATO and the West, is seeking to dominate parts of Armenia's territory, which practically challenges the geopolitics of the region, and the end result would be surrounding Iran, Russia, and finally China, which would result in many negative consequences. Unfortunately, the serious problems and complications of the conflict in Ukraine have caused the Caucasus region to be neglected to some extent. With the least neglect the Caucasus will turn into a scene of conflict and competition between the U.S., Israel, Europe and their agents, which will endanger the interests of Russia and Iran. They will intensify tensions in the sensitive region of the South Caucasus and destabilize the security of the entire region. They will not limit themselves to the South Caucasus and try to find a foothold in the North Caucasus and most importantly the Caspian Sea and its surrounding countries. The Caspian Sea belongs only to the littoral countries and no one must be allowed to find a foothold in this very important sea.



## Tehran, Belgrade eye expanding trade ties



In a meeting between the head of the Iran Chamber of Commerce, Industries, Mines and Agriculture (ICCIMA) and Dragan Todorovic, the two sides stressed the need for expanding trade ties by promoting the exchange of trade delegations. As reported by the ICCIMA portal, Hossein Selahvarzi and Dragan Todorovic discussed the obstacles facing the commercial cooperation of the two countries in the meeting and explored the latest information related to the economic opportunities and capacities of the two countries. Referring to the emerging economy of Serbia, Selahvarzi said: "The ICCIMA is focusing a lot on promoting international activities, and in this regard, coun-

tries with economic advantages are given priority; therefore, with the help of the Serbian Embassy, we can take good steps to develop business relations." He mentioned the visit of an Iranian trade delegation to Serbia in 2022, saying: "In that visit, solutions were agreed upon in the form of some payment mechanisms and now we should focus more on implementing those mechanisms." The ICCIMA head further underlined the advantages of trade relations between Iran and Serbia and continued: "ICCIMA is ready to exchange trade delegations with Serbia and as the first step we will get in touch with the Serbian Chamber of Commerce to make the necessary arrangements for receiving a trade dele-

gation from Serbia." Todorovic, for his part, congratulated Selahvarzi on his election as the new head of the ICCIMA and welcomed his proposal regarding the visit of a Serbian trade delegation to Iran, saying: "In October or November this year, the joint economic committee of Iran and Serbia will be held in Tehran, and a business delegation can also be sent to Iran at the same time as this event." "Also, in ten days, the speaker of the Serbian Parliament is going to visit Iran, and after two weeks, our Deputy Foreign Minister will also travel to Tehran. Arrangements can also be made for the presence of business delegations during these trips," he added.

During a meeting between the private sector representatives of Iran and Serbia in Tehran in late May, the two sides discussed ways of expanding mutual economic ties. In the meeting which was attended by acting head of the ICCIMA Department of International Affairs Niloufar Asadi and a delegation of Serbian private sector representatives, the two sides stressed the need for promoting joint investment and production in order to increase the level of trade. According to Asadi, establishing a barter trade mechanism between the two sides can also significantly boost economic relations between the two countries. The officials also explored common areas for cooperation including agriculture, petrochemicals, tourism, and especially health tourism. The head of the Serbian delegation for his part expressed his country's readiness for welcoming Iranian economic delegations in the future, saying: "In addition to cooperation between the science and technology parks of the two countries, we are looking for trade in agricultural products, especially the import of chemical fertilizers from Iran and the export of corn, soybeans, and other products." Meanwhile, in a meeting with the former Head of Iran's Trade Promotion Organization (TPO)

Alireza Peyman-Pak in Belgrade in July 2022, Serbia's Minister of Foreign Affairs Nikola Selakovic announced his country's serious determination to develop economic relations with Iran noting that the volume of trade between the two countries has the potential to increase and Serbia supports this issue. Selakovic referred to the 80-year history of official relations between the two countries and expressed the determination of the president and the government of the Republic of Serbia to expand economic cooperation with the Islamic Republic of Iran. Underlining the good political relations between the two countries, he said that the volume of mutual trade has the potential to increase and the Serbian government is ready to take the necessary measures to realize this goal. Peyman-Pak, for his part, referred to the capacities and capabilities of Iranian companies and explained Iran's roadmap for the development of economic cooperation with Serbia, and noted that several mechanisms have been considered to realize the increase in the volume of trade between the two countries through the private sectors. He also emphasized the role of the chambers of commerce of Iran and Serbia in promoting trade relations between the two countries.

## Army chief says Iran sensitive to every square inch of its land

The Armed Forces keep voraciously defending every square inch of the Iranian land, the chief commander of the Army has said. Major General Abdolrahim Mousavi made the comments on Thursday in response to a recent joint statement by the Persian Gulf Cooperation Council (GCC) and Russia concerning the three Iranian islands of the Greater and Lesser Tunbs and Abu Musa in the Persian Gulf. In their statement, the GCC and Russia supported a settlement through "bilateral negotiations or the International Court of Justice." In response to the UAE-backed statement, Mousavi stated, "We are very sensitive about every iota of our country's soil and whatever is said occasionally about the properties of the Islamic Republic." In order to defend territorial integrity, he ordered the Army's land, air, and naval units to stay more alert and attentive. "We will never neglect for a moment protecting the Islamic Republic's borders and interests, from the northernmost to the southernmost spot of the sacred land of Iran and will safeguard the country's territorial integrity with full force," Mousavi said while speaking at a meeting with a number of Army commanders. The commander continued by saying that Iran enjoys enormous dignity as a result of national strength rooted in the Armed Forces' determination and readiness to defend the interests of the Islamic establishment. Numerous historical, legal, and topographical records in Iran and elsewhere in the globe attest to the historical Iranian ownership of the three Persian Gulf islands of Abu Musa, the Greater, and the Lesser Tunbs. But the United Arab Emirates has claimed ownership over the islands time and again. The islands were placed under British rule in 1921, but on November 30, 1971, Iran regained control of the islands a day after British troops departed the region and two days before the UAE was set to become an official federation. Iran's Foreign Minister Hossein Amir Abdollahian dismissed the joint GCC-Russia statement in a tweet on Wednesday in Persian, stating that Tehran will not compromise on its position over its territorial integrity. "We do not pull any punches with any side over the independence, sovereignty and territorial integrity of Iran," Amir Abdollahian tweeted.

## IRGC intelligence unit provides details about riot mastermind in southeastern Iran



A member of the so-called Jaish ul-Adl terrorist group, who was provoking violent riots and other acts of violence in Iran's Sistan-Baluchestan province last September, has been detained by the intelligence units of the Islamic Revolution Guard Corps. On Thursday night, the IRGC's Salaman Base released a statement in which it asserted that terrorists, separatists, rogue elements, and agents of foreign intelligence agencies were responsible for disrupting regional unity and

security by inciting crowds during the unrest in the provincial capital of Zahedan. The regional IRGC intelligence units kept a close eye on the situation, identifying key leaders and instigators of the protests. Among them was Ali Narouei, also known as Salahuddin, who was recognized and closely followed. The troops were able to hack into his phone and discover close connection with anti-Iran terrorist groups.

During the September riots in Zahedan, Salahuddin maintained contact with a high-profile member of the Jaish ul-Adl terrorist group called Qader, according to the statement. Qader directed him to deliver guns and live ammunition to rioters and provocateurs via social media channels. Salahuddin then departed southern Iran and found sanctuary in Dalbandin, Pakistan's southwestern region of Balochistan, in a hideaway maintained by a Jaish ul-Adl terrorist named Taher Shiranzaei. Salahuddin was eventually transferred, along with other terrorists, to Jaish ul-Adl's primary training camp. During his stay, he went through a six-day training program that taught him how to employ mechanical, electromagnetic, and remotely controlled explosives, as well as advanced ways of targeted assassination. Following his training, Salahuddin made contact with another Jaish ul-Adl terrorist member known as Zaker Sheikhzadeh, alias Mullah Omar, who was in charge of identifying senior Ira-

nian security and intelligence officers in Sistan-Baluchestan region. Salahuddin was subsequently assigned an assassination mission in Zahedan. Salahuddin unlawfully entered Iran through border on April 5, intending to commit terrorist actions. However, he was quickly recognized and detained by the IRGC's intelligence forces before he could carry out any such intentions. After congregational prayers on September 30, 2022, terrorists carried out gun assaults on Zahedan police stations and public areas, killing 19 persons and injuring another 20. In addition, they destroyed a bank, an emergency station, and a fire engine in the city. Security forces' prompt action stopped the culprits' attempts to start further riots. The separatist terrorist group Jaish ul-Adl claimed responsibility for the attack in a statement. The province of Sistan-Baluchestan, which borders Pakistan and Afghanistan, has recently seen a number of terrorist strikes that targeted both civilians and security officers.

## 'ITC prepared for maximum oil export'



The value of export from Qeshm Free Zone in the southern Qeshm Island rose 63 percent during the first quarter of the current Iranian calendar year (March 21-June 21), as compared to the same period of time in the past year, the head of the zone's Customs

Department announced. Products worth nearly \$76.9 million were exported from Qeshm Free Zone in the three-month period, Mokhtar Garshasbi stated. The official further said that the value of imports to the zone dropped 30 percent to \$31.2

million during the first quarter of the present year. In a recent interview conducted by the Tehran Times, Secretary of Iran's Free Zones High Council Hojatollah Abdolmaleki said the value of exports from free trade and special economic zones last year was close to \$18 billion and about a third of the country's non-oil exports value. Of this amount, the share of special economic zones was more, and the share of free trade zones was \$1.7 billion, and considering that the value of imports to the free zones was almost \$1 billion, then the trade balance of these zones was \$700 million positive, and it was the first time that this happened. "This year we plan to have a jump in non-oil exports from the free zones", the official noted. The establishment of free trade zones (FTZs) in Iran dates back to the Iranian calendar year 1368 (March 1989 - March 1990) following the fall in the country's oil income in the preceding

year which prompted the government to promote non-oil exports. The first two free trade zones of Iran were established in the south of the country. The first one was Kish Free Trade Zone established in 1368 on Kish Island in the Persian Gulf and the second one was Qeshm Free Trade Zone established the year after on Qeshm Island in the Strait of Hormuz. Some five other free trade zones have been also established in the country since then, including Chabahar in southeastern Sistan-Baluchestan Province, Arvand in southwestern Khuzestan Province, Anzali in northern Gilan Province, Aras in East-Azerbaijan Province and Maku in West-Azerbaijan Province, both in the northwest of the country. The development of existing free trade zones and the establishment of new FTZs has become one of the major economic approaches of the Iranian government.

## TEDPIX loses 500 points on Saturday

TEDPIX, the main index of the Tehran Stock Exchange (TSE), dropped 513 points to 2.07 million on Saturday, which is the first day of the Iranian calendar week. As reported, over 13.071 billion securities worth 85.744 trillion rials (about \$175 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).



# 9 Impressive Health Benefits of Onions

Source: <https://www.healthline.com/nutrition/onion-benefits>

By: PARISA JAMADI

Though all vegetables are important for health, certain kinds offer unique benefits.

Onions are members of the Allium genus of flowering plants that also includes garlic, shallots, leeks and chives.

These vegetables contain various vitamins, minerals and potent plant compounds that have been shown to promote health in many ways.

In fact, the medicinal properties of onions have been recognized since ancient times, when they were used to treat ailments like headaches, heart disease and mouth sores (1).

Here are 9 impressive health benefits of onions.

### 1. Packed With Nutrients

Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals.

One medium onion has just 44 calories but delivers a considerable dose of vitamins, minerals and fiber (2).

This vegetable is particularly high in vitamin C, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption.

Vitamin C also acts as a powerful antioxidant in your body, protecting your cells against damage caused by unstable molecules called free radicals (3).

Onions are also rich in B vitamins, in-

cluding folate (B9) and pyridoxine (B6) — which play key roles in metabolism, red blood cell production and nerve function (4).

Lastly, they're a good source of potassium, a mineral in which many people are lacking.

### 2. May Benefit Heart Health

Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk.

Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots. Onions have also been shown to decrease cholesterol levels.

### 3. Loaded With Antioxidants

Antioxidants are compounds that inhibit oxidation, a process that leads to cellular damage and contributes to diseases like cancer, diabetes and heart disease.

Onions are an excellent source of antioxidants. In fact, they contain over 25 different varieties of flavonoid antioxidants (12).

### 4. Contain Cancer-Fighting Compounds

Eating vegetables of the Allium genus like garlic and onions has been linked to a lower risk of certain cancers, including stomach and colorectal.

A review of 26 studies showed that peo-

ple who consumed the highest amount of allium vegetables were 22% less likely to be diagnosed with stomach cancer than those who consumed the least amount (17).

These cancer-fighting properties have been linked to the sulfur compounds and flavonoid antioxidants found in allium vegetables.

### 5. Help Control Blood Sugar

Eating onions may help control blood sugar, which is especially significant for people with diabetes or prediabetes.

Specific compounds found in onions, such as quercetin and sulfur compounds, possess antidiabetic effects.

### 6. May Boost Bone Density

Though dairy gets much of the credit for boosting bone health, many other foods, including onions, may help support strong bones.

It's believed that onions help reduce oxidative stress, boost antioxidant levels and decrease bone loss, which may prevent osteoporosis and boost bone density (28).

### 7. Have Antibacterial Properties

Onions can fight potentially dangerous bacteria, such as *Escherichia coli* (*E. coli*), *Pseudomonas aeruginosa*, *Staphylococcus aureus* (*S. aureus*) and *Bacillus cereus* (29).

### 8. May Boost Digestive Health

Onions are a rich source of fiber and prebiotics, which are necessary for optimal gut health.

Prebiotics are nondigestible types of fiber that are broken down by beneficial gut bacteria.

Gut bacteria feed on prebiotics and create short-chain fatty acids — including acetate, propionate and butyrate.

Research has shown that these short-chain fatty acids strengthen gut health, boost immunity, reduce inflammation and enhance digestion (35, 36).

### 9. Easy to Add to Your Diet

They give flavor to savory dishes and can be enjoyed either raw or cooked.

Not to mention, they can boost your intake of fiber, vitamins and minerals.

### The Bottom Line

The health benefits related to onions are quite impressive.

These nutrient-packed vegetables contain powerful compounds that may decrease your risk of heart disease and certain cancers.

Onions have antibacterial properties and promote digestive health, which may improve immune function.

Adding more onions to your diet is an easy way to benefit your overall health.

## Iran plans to barter petchem products for basic goods with Africa

Iranian president Ebrahim Raisi has announced an agreement with some African countries to barter petrochemical products for basic goods, Shana reported.

Raisi, who has returned to Tehran from a three-nation Africa tour, said on Friday that facilitating the import of raw materials and implementation of extraterritorial cultivation projects were also among the objectives of his visits to the continent.

"Like Iran's relations with the Asian states and other countries of the world, our ties with Africa are important and relations with this conti-

nent, the land of opportunities, should not be ignored," he noted.

"The world is not limited to just a few Western countries, and we seek to have relations with all states in the world," said the president and reiterated, "To us, the African Continent is as important as the American and Asian continents." During Raisi and his delegation's landmark African tour, 21 documents on cooperation in different fields were signed between Iran and the three countries of Kenya, Uganda, and Zimbabwe. The African tour was the first by an Iranian president in more than a decade aimed at diversifying relations amid U.S. sanctions.



## Another show power of U.S. hegemony via F-16

The U.S. saber-rattling march of power in West Asia is nothing novel but has maintained a new façade by the deployment of F-16s in a bid to allegedly curtail the military hand of Iran.

A senior defense official said on Friday that the United States is boosting its deployment of fighter planes in the vital Strait of Hormuz to defend ships from Iranian alleged snatchings and that the U.S. is getting more worried about the developing relations between Iran, Russia, and Syria in West Asia, according to Associated Press. The official told reporters at the Pentagon that this weekend, additional F-16 fighter planes will join the A-10 attack aircraft that have been patrolling the Persian Gulf region for almost a week. The news comes as Iran and other Persian Gulf littoral nations have emphasized time and time again that the deployment of foreign forces will only increase regional instability and that the security of the region should be upheld by the littoral states. AP purportedly said that after Iran attempted to seize two oil tankers in the Strait of Hormuz last weeks, Washington is beefing up its military presence in the region. In response to the U.S. announcement, an informed Iranian defense source denied the charges that Tehran was attempting to seize control of two ships. In April, Iranian authorities detained two tankers in the Persian Gulf and the Sea of Oman within a week, one for a legal complaint by a private plaintiff and the another for a marine mishap involving an Iranian fishing ship. The U.S. Navy has frequently intercepted oil cargoes and ships under Iranian control

that were headed to other nations in recent years, claiming that its restrictions against Iran's oil exports are justified. Iran maintains that the presence of U.S. military ships in the Persian Gulf waterway poses a perilous danger to the security in the region.

Just recently the Islamic Revolution Guards Corps Navy seized a foreign oil ship carrying over a million gallons of illicit fuel in the Persian Gulf.

The large haul of illicit petroleum was intercepted on June 6 at Iran's southern maritime border, the commander of the IRGC Navy's second naval zone told reporters. The foreign vessel was getting military assistance from U.S. troops, according to General Ramezan Zirahi, but alertness, professional action, power, and precise response by the IRGC Navy aborted the Americans' unlawful and unprofessional actions in the Persian Gulf. He said that as Iranian soldiers were inspecting the "NADA 2" oil ship, which was systematically smuggling gas oil out of Iran, American forces engaged in a number of risky and unprofessional actions to thwart the legitimate seizure of the fuel. During the operation, the IRGC servicemen discovered that the oil tanker's captain was calling the U.S. command and control center to make plans for an escape, according to General Zirahi. In an attempt to thwart the seizure operation, the Americans sent two A-10 combat aircraft, a P-8A reconnaissance plane, two Hawk-C helicopters, an MQ-9 unmanned aerial vehicle and patrol vessels to the area, the IRGC general explained. Also in May, an Iranian oil ship that had been illegally sto-

len by a foreign firm five years ago was retaken in a joint operation by the IRGC Navy and the Intelligence Ministry.

The 10,000-ton oil tanker Purity has returned to Iranian territorial waters as a result of a court order and the joint operation by the IRGC Navy and Intelligence Ministry, according to Mojtaba Qahremani, head of the justice department in Iran's southern province of Hormozgan. "The seized 10,000-ton oil tanker Purity had been illegally leased to a foreigner by falsifying documents since 2018 and its Iranian owners were deprived of the benefits of the oil tanker," Qahremani added.

The ship was said to have docked in Iran's Assaluyeh Port on the Persian Gulf's westernmost coast to have its fuel consignments unloaded.

Late in October 2022, forces from the IRGC's first naval zone also captured a foreign tanker that was carrying 11 million gallons of illegal fuel in the Persian Gulf. The Islamic Republic has said unequivocally that the Persian Gulf would never be a safe haven for smugglers.

As a result, several assaults on Iranian and international tankers have been hindered by the IRGC Navy over the last years. Over the last 4 decades, the U.S. has made attempts to impede Iran's diplomatic and military progress but has failed in the totality of its aims.

In line with this policy regard, the U.S. navy has conducted a myriad of plots to halt the flow of oil in the Persian Gulf by confiscating oil tankers but has blamed Iran for its actions. However, they are trapped in oblivion that Iran is voracious to encounter all kinds of threats.

## Chabahar port is a golden opportunity for India: envoy



India's Ambassador to Tehran Rudra Gaurav Shresth has said Iran's southeastern Chabahar Port is a golden opportunity for India to expand its economic ties, IRNA reported.

"Chabahar's position in the expansion of trade exchanges in West Asia, Eurasia, and even Europe is unique," Shresth said on Friday during a visit to the port. "This trip is planned with the purpose of visiting the port's infrastructure to implement our investment commitments," the ambassador told the press. The official called on the members of the Shanghai Cooperation Organization (SCO) to take the necessary measures for using the capacities of the Chabahar port.

"The North-South International Transport Corridor can serve as a safe and efficient route for landlocked countries in Central Asia to access the Indian Ocean, and we all must strive to realize the corridor's full potential," the official added. During the trip to Chabahar Port, Shresth visited

Shahid Beheshti and Shahid Kalantari ports, Chabahar's Marine Traffic Control Tower, Shahid Kalantari Port Passenger Terminal, as well as the basin and access channel to Shahid Beheshti and Shahid Kalantari ports. As Iran's only oceanic port on the Gulf of Oman, Chabahar Port holds great significance for the country both politically and economically. The country has taken serious measures for developing this port in order to improve the country's maritime trade. The port consists of Shahid Kalantari and Shahid Beheshti terminals, each of which has five berth facilities. The port is located in Iran's Sistan-Baluchestan Province and is about 120 kilometers southwest of Pakistan's Baluchistan Province, where the China-funded Gwadar port is situated.

In May 2016, India, Iran, and Afghanistan signed a trilateral agreement for the strategically-located Chabahar port to give New Delhi access to Kabul and Central Asia.





