

اخبار اصفهان

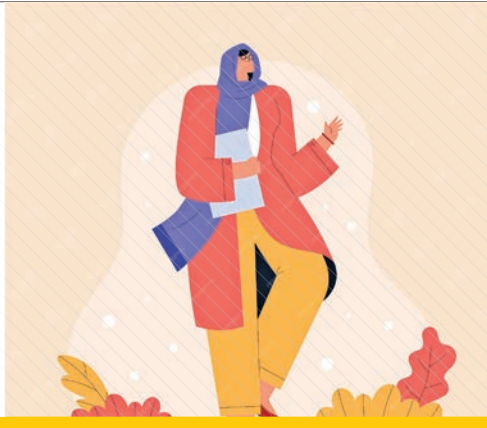
روزنامه اقتصادی استان اصفهان

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قیمت ۷۰۰۰ تومان

How to Be Lovable

چطور دوست داشتنی باشیم؟



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"طوفان الاقصی" و اسرائیلی که اسرائیل سابق نخواهد شد!

سرمقاله
سامان سفاکر
تحلیلگر بین‌المللیاخبار اصفهان
ISFAHAN NEWS

داستان سرایی‌های تانیاها گوش دهد. رژیم‌های ضربه‌ای مهلک و مرگبار را از جنبش مقاومت اسلامی فلسطین دریافت کرده و هنوز هم در بهت و شوک است و با شگفتانه‌های جدید جریان مقاومت فلسطین علیه خود روبه‌رو می‌شود. چگونه می‌تواند از راهبری یک طرح بزرگ منطقه‌ای سخن بگوید؟ حتی اگر چنین کند، آیا عاقلی پیدا خواهد شد که دنبال صهیونیست‌ها راه بیفتد و حرف‌های آن‌ها را بپذیرد؟ نکته دوم در این زمینه مرتبط با هیمنه اطلاعاتی و امنیتی و نظامی است که صهیونیست‌ها سال‌ها آن را برای خود متصور بوده و در عرصه بین‌المللی نیز به آن مباحث می‌کردند.

اشغالی و به کنترل گرفتن شماری از شهرهای صهیونیست نشین و ده‌ها اولین دیگر، درست به همین دلیل هم است که بایستی تأکید کرد که پس از طوفان الاقصی، اسرائیل، دیگر اسرائیل سابق نخواهد شد.

البته که برای این گزاره، ۳ دلیل و شاهد نیز می‌توان ذکر کرد. اول اینکه تنها چندی قبل از عملیات طوفان الاقصی، تانیاها نخست‌وزیر اسرائیل در جریان سخنرانی در نشست سالانه مجمع عمومی سازمان ملل متحد، از ایجاد یک خاورمیانه جدید با مهندسی اسرائیل و همراهی متحدان عربی این رژیم سخن گفت و حتی در این رابطه یک نقشه را نیز نشان داد. باین حال، اکنون کمتر کسی است که حتی به این

شوکه عملیات "طوفان الاقصی" به صهیونیست‌ها به قدری جدی بوده که بسیاری از ناظران و تحلیلگران بر این باورند که اسرائیل، دیگر اسرائیل سابق نخواهد شد. تاکنون چیزی قریب به هزار صهیونیست کشته و بیش از دو هزار تن دیگر نیز مجروح شده‌اند. البته که ده‌ها صهیونیست هم توسط حماس اسیر شده‌اند. عملیات طوفان الاقصی را بحق بایستی کلکسیون‌های از اولین‌های تاریخ مبارزات ملت فلسطین و حتی جهان عرب علیه اشغالگران صهیونیست دانست. اولین در تحمیل بیشترین تلفات به صهیونیست‌ها در روز اول نبرد، اولین در انجام یک عملیات ترکیبی هماهنگ علیه اسرائیل، اولین در نفوذ به عمق اراضی

ادامه در صفحه ۷...

مدیر عامل سازمان بیمه سلامت:

۳۲ میلیون نفر در کشور رایگان بیمه شده‌اند

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رئیس اتاق بازرگانی اصفهان:

نقش صنایع پلیمر در توسعه صادرات استان اصفهان

منبع: اخبار اصفهان

چهارشنبه



امام جمعه اصفهان:

عملیات جبهه مقاومت فلسطین ضربه محکم به رژیم غاصب صهیونیستی بود

امام جمعه اصفهان گفت: عملیات پیروزمندان جبهه مقاومت فلسطین ضربه کاری و محکم بر رژیم غاصب صهیونیستی بود و اینت آن را فرو ریخت...

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آغاز مسابقات ملی مهارت رشته طراحی فضای سبز

مدیرکل آموزش فنی و حرفه‌ای استان اصفهان:

معاون سیاسی، امنیتی و اجتماعی استانداری اصفهان خبر داد:

ممنوعیت ورود اتباع به ۱۲ شهر اصفهان

دستیار ویژه وزیر راه و شهرسازی عنوان کرد:

دولت به دنبال کاهش قیمت تمام شده مسکن

در محل دائمی نمایشگاه‌های بین‌المللی اصفهان در حال برگزاری است:

در پیجه‌ای به روی علاقه‌مندان صنعت ساختمان

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مزایده سراسری املاک مازاد بانک سپه
استان اصفهان (شماره مزایده مرجع
۵۳۳/۱۴۰۲/۴ و ۵۳۳/۱۴۰۲/۳)
(نوبت دوم)

رجوع شود به صفحه ۸

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قابل توجه شهروندان گرامی آی‌آمی داید با مفقود شدن مدارک شناسایی خود
ممکن است شما به عنوان مجرم شناخته شوید!
تلفن سفارش آگهی
تلفن دفتر مرکزی تهران: ۰۲۱-۸۸۲۵۶۲۰۸-۸۸۰۱۶۶۴۹
امور شهرستان‌ها: ۰۲۱-۲۲۲۷۶۶۹۴

انتخابات هیئت مدیره و بازرسی اتحادیه صنف خشک شویی و لباس شویی شهرستان اصفهان

زمان برگزاری: روز سه شنبه ۱۴۰۲/۸/۲ ساعت ۱۷/۴۵ الی ۱۲
مکان برگزاری: خیابان نیکبخت شرقی، ساختمان شماره ۲، اتاق اصناف مرکز استان
نشانی پارکینگ: خیابان میر، خیابان شیخ صدوق شمالی، قبل از چهارراه و کلا، کوچه ۴۳، پارکینگ دادگستری، خیابان آب ۲۵۰، پارکینگ هایپر می
داوطلبان هیئت مدیره: مسعود احمدی، محمد مهدی درخشنده، مجتبی رضایت، حسین رفیعی رانی، ربیحه شفیعی، محمود عباسی، ابوالقاسم گرجی، امیر حسین نوری
داوطلبان بازرسی: روح اله براتی گرجی، وحید بصائری، مسعود درخشنده، محسن زمانی فر

تجدید آگهی مزایده بهره‌برداری از اماکن شهرداری

شهرداری ناین باستاند مصوبه ۲-۸ شماره ۷۸/۶/۱۴۷ مورخ ۱۴۰۲/۱۰/۱۰ شورای محترم اسلامی شهر ناین در نظر دارد نسبت به واگذاری حق بهره‌برداری از اماکن شهرداری شهر ناین را با قیمت پایه کارشناسی و با مشخصات جدول و پلان تفکیکی و کروکی محل که به پیوست می‌باشد را از طریق مزایده عمومی واگذار نماید. (سامانه تدارکات الکترونیکی دولت ستاد)

لذا متقاضیان محترم می‌توانند تا پایان وقت اداری مورخ ۱۴۰۲/۸/۶ با تکمیل اسناد مزایده و مدارک مورد نیاز به انضمام یک فقره فیش واریزی نقدی به حساب ۰۱۰۵۸۵۰۶۷۵۰۰۵ شهرداری نزد بانک ملی ناین به عنوان سپرده شرکت در مزایده را در دو پاکت جداگانه سر بسته لاک و مهر شده (در پاکت الف فیش واریزی نقدی سپرده و در پاکت ب برگ پیشنهاد قیمت، فتوکپی شناسنامه، کارت ملی و دیگر اسناد مزایده) (سامانه تدارکات الکترونیکی دولت «ستاد» بارگذاری نمایند)

شرایط مزایده:

- ۱- متقاضی موظف است ظرف مدت هفت روز از تاریخ بازگشایی پاکت پیشنهادی قیمت به امور مالی شهرداری مراجعه و از نتیجه مزایده مطلع و در صورت برنده شدن ظرف مدت هفت روز نسبت به انعقاد قرارداد اقدام نماید. عدم انعقاد قرارداد در مهلت مقرر انصراف تلقی شده و در این صورت سپرده تودیمی متقاضی به نفع شهرداری ضبط و متقاضی هیچگونه ادعایی نخواهد داشت.
- ۲- کلیه هزینه‌ها و اجاب آگهی در روزنامه و سایر هزینه‌های مرتبط با موضوع بر عهده برنده مزایده می‌باشد و کمیسیون در رد یا قبول هر یک از پیشنهادات مختار است.
- ۳- قیمت پیشنهادی بایستی به عدد و حروف نوشته شود و در صورت مبهم بودن مبلغ پیشنهادی ناخوانا و مخدوش بودن به درخواست متقاضی ترتیب اثر داده نخواهد شد. (سامانه تدارکات الکترونیکی دولت ستاد) بارگذاری نمایند.
- ۴- متقاضیان خرید در صورت تمایل به منظور کسب اطلاعات بیشتر می‌توانند به (سامانه تدارکات الکترونیکی دولت ستاد) بارگذاری نمایند. شهرداری مراجعه نمایند.
- ۵- رعایت منع مداخله وزراء و نمایندگان مجلس و کارمندان دولت و شهرداری‌ها در معاملات دولتی و شهرداری‌ها مصوب دی ماه ۱۳۳۷
- ۶- پیشنهاد دهنده باید تمام اسناد مزایده را بدون تغییر، حذف و یا قرار دادن شرط، امضاء نموده و در (سامانه تدارکات الکترونیکی دولت ستاد) بارگذاری نمایند.
- ۷- متقاضیان بایستی کپی شناسنامه و کارت ملی و اسناد حقوقی شرکت خود را ضمیمه درخواست در پاکت (ب) ارائه نمایند و همچنین اشخاص حقوقی باید کپی آگهی‌های تأسیس و آخرین تغییرات در مورد دارندگان امضاء مجاز پیشنهاد دهنده برای اسناد مالی و تعهد آور و گواهی کد اقتصادی نیز ضمیمه نمایند. (سامانه تدارکات الکترونیکی دولت ستاد) بارگذاری نمایند.
- ۸- سپرده نفرات دوم و سوم شرکت کنندگان در مزایده تا تنظیم قرارداد واگذاری یا برنده مسترد نخواهد شد.

حسن شفیعی شهردار ناین

شناسه آگهی: ۱۵۸۴۲۲۸

اینفوگرافیک

تفاوت‌های افسردگی و ناراحتی

ناراحتی

- آگاهی از علت غم
- انده بی دلیل
- انجام کارهای روزانه با وجود انده
- نداشتن انگیزه برای کارهای روزانه
- احساسی زودگذر و کوتاه مدت
- احساسی مستمر و همیشگی
- معاشرت با دوستان برای تسلی
- دوری از دوستان و انزوای

اخبار اصفهان
نوشین روانی

Israel planning to commit "wide-spread crime" against civilians in Gaza

Israel is trying to cut off internet and all other means of communication in the besieged Gaza Strip before it launches a ground operation into the territory...

"Some knowledgeable sources in Gaza have told Tasnim that with the order to attack Gaza by Netanyahu, the Israeli regime's army has prioritized the destruction of all communication infrastructure in the Gaza Strip.

The regime has specifically focused on the destruction of all electrical, internet, and telephone facilities so that no images or sounds from Gaza are broadcast to the world.

Israel's War Minister Yoav Gallant on Monday ordered the "complete siege" of Gaza. "We are fighting against human animals so we will act accordingly," he said...

The UN Secretary-General said on Tuesday that he is "deeply distressed" by Israel's complete siege of the Gaza Strip which will worsen an already dire situation.

"Medical equipment, food, fuel and other humanitarian supplies are desperately needed, along with access for humanitarian personnel," said the UN chief.

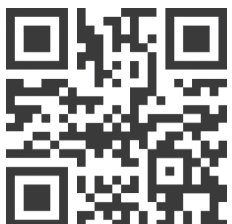
"Only a negotiated peace that fulfills the legitimate national aspirations of Palestinians and Israelis, together with their security alike – the long-held vision of a two-state solution, in line with United Nations resolutions, international law and previous agreements – can bring long-term stability to the people of this land and the wider Middle East region," the world's top diplomat insisted.

The United Nations Human Rights Chief has also condemned Israel's aggression against Gaza, saying Israeli air strikes have struck residential buildings, including large tower blocks, as well as schools and UN buildings across Gaza, resulting in civilian casualties.

"International humanitarian law is clear: the obligation to take constant care to spare the civilian population and civilian objects remains applicable throughout the attacks," Volker Turk said in a statement.

The Hamas resistance movement launched a large-scale attack dubbed Operation al-Aqsa Storm against Israel on Saturday. The group said the offensive happened in response to Israel's repeated violence against Palestinians and the desecration of the Al-Aqsa Mosque.

Israeli settlers accompanied by the regime's armed forces stormed the compound several times in the past year, assaulting Palestinian worshippers in a move that has been seen as a big provocation.



"Irreparable Defeat" for the Zionist Regime



Ayatollah Seyed Ali Khamenei, the Leader of the Islamic Revolution, has reacted to flimsy allegations that Iran was behind the Saturday Palestinian attack on Israel...

We kiss the arm of the brave Palestinian youth

In a speech before a group of military personnel in Tehran on Tuesday, Ayatollah Khamenei addressed the situation in Palestine. He made the remarks on October 10, 2023 as he attended the joint graduation ceremony for the cadets studying in the academies of the Islamic Republic of Iran's Armed Forces.

The Commander-in-Chief of Iran's Armed Forces described Iran's Armed Forces as the fortress of security, honor and national identity, according to a readout by khamenei.ir.

The Leader said, "The supporters of the [Israeli] regime

and some of the people of the usurping regime have been ranting in these two or three days and it continues, including introducing Islamic Iran as being behind this move; They are wrong."

He added, "Of course, we defend Palestine, we defend the struggles, we kiss the foreheads and arms of resourceful and intelligent designers and brave Palestinian youth. We are proud of them; but those who say 'Palestinians' work is caused by non-Palestinians' have not known the Palestinian nation, they have underestimated the Palestinian nation. This is their mistake; They make a wrong calculation here."

Pointing to the "irreparable defeat" of the Zionist regime in the epic that was created by the Palestinian youth, he underlined that, "The cause of this destructive storm was the continuous brutality and ferocity of the fake usurper

regime against the Palestinian nation. This regime cannot conceal its monstrous and devious face in the attack on Gaza and the massacre of Gazans through the act of lying or by playing the victim. By speaking nonsense, it cannot attribute the bravery of the Palestinian youth and their intelligent plans to non-Palestinians."

Referring to the recent unprecedented events in Palestine and acknowledging the failure of the Zionist regime in this matter, Ayatollah Khamenei emphasized that, "From the military and intelligence aspects, this defeat is irreparable. It is a devastating earthquake. It is unlikely that the usurping regime will be able to use the help of the West to repair the deep impacts that this incident has left on its ruling structures."

The Leader of the Islamic Revolution underlined that after Saturday, October 7,

2023, which marked the day of the bravery of the Palestinian youth, the Zionist regime will no longer be the regime that it used to be. "This great calamity was brought on by the actions of the Zionists themselves; Because when you exceed the limits of ferocity and brutality, you should anticipate a 'storm,'" he added.

Ayatollah Khamenei enumerated the brave and selfless acts of the Palestinian Mujahideen (resistance fighters) as a response to the escalating crimes that the occupiers committed for many years. "The current government ruling the usurping regime is to blame for this, for it did not hesitate to take any sort of brutal measures against the oppressed Palestinian nation."

This is while the US and the UK have not supported any cruel government as much as the illegitimate Zionist regime,

he said.

The Leader further said that killing Palestinian men, women, children, and elderly, desecrating the al-Aqsa Mosque, beating worshippers, and letting loose armed settlers to attack the Palestinian people are among the atrocities committed by the Zionist regime.

"Did the zealous Palestinian nation, with its thousands-year-old history, have any other choice but to create a 'storm?'" he asked. Ayatollah Khamenei also pointed to the wicked regime's attempts to pose as innocent with the help of the Global Arrogance's media, saying such attempts are based on sheer lies and distortions and "no one can turn this demonic monster into an innocent face."

Referring to the wickedness of the occupying regime, Ayatollah Khamenei said no Muslim nation in modern history has faced such a shameless and cruel enemy and has not been under such pressure, siege, and shortages.

The reason the Zionist regime pretends to be innocent is to justify its crimes in the ongoing onslaught and crimes against Gaza and its innocent people, he maintained.

"The calculation of the illegitimate regime and its supporters in this regard is also wrong. The rulers and decision-makers of the Zionist regime and their supporters should know that these actions will bring a greater disaster upon them, and the Palestinian people, with a firmer determination, will slap their hideous faces harder in response to these crimes," he said.

Tehran to host 3 intl. exhibitions next week



Tehran Permanent International Fairgrounds is going to host three exhibitions from October 15 to 18, IRIB reported.

The 29th International Exhibition of Textile Machinery, Raw Materials, Home Textiles, Embroidery Machines

and Textile Products (IRANTEX 2023), the 10th International Apparel Exhibition (IRAN MODE 2023) and the 10th International Exhibition of Footwear, Bag, Leather, and Related Industries (MPEX 2023) are going to be held in the mentioned period.

As reported, more than 340 domestic and foreign companies will be participating in IRANTEX 2023 to present their latest products and achievements. The exhibition is going to provide a platform for promoting investment, trade, and commerce as well as, discussion and exchanging views in this industry.

The foreign companies partaking in this year's exhibition are from various countries including Germany, Italy, Taiwan, Uzbekistan, Tajikistan, South Korea, Turkey, India, Japan, Spain, and China.

In this exhibition, all kinds of textile-related equipment, industries, and services, including textile machines, parts, sewing machines, embroidery and cutting machines, types of home textiles including blankets, curtain fabrics, bedspreads, sheets and pillowcases, sleeping mats, towels, tablecloth, cashmere, drapery, curtains and related accessories and

parts, fabric, clothing, all kinds of yarn, fibers, dyes, as well as all kinds of raw materials for textile industries, bathroom and toilet services and all kinds of fabrics for clothing production are offered and displayed.

Holding 15 scientific workshops and two specialized conferences with the presence of experts and university professors, as well as the visit of several foreign trade and business delegations are also among the programs scheduled to be held on the sidelines of the exhibition.

Also, 84 domestic companies will be present at the 11th Iran Mod Exhibition. Due to the ban on clothing imports, foreign companies will not be present in this exhibition. Meanwhile, some 171 domestic companies will exhibit their latest achievements and products at MPEX 2023 exhibition, while 200 foreign guests will also be present in this event.

Kordestan's annual pomegranate output expected to reach 10,000 tons

As announced by a provincial official, 10,000 tons of pomegranate is expected to be harvested in Kordestan province, in the west of Iran, in the current Iranian calendar year (ends on March 2024). Zahed Haji-Mirzaei, the director for horticulture affairs in the Agriculture Department of the province, also announced that 615 hectares of gardens are under pomegranate cultivation in the province. Saying that 800 persons in the province are active in the production of this fruit, the official said that the pomegranate harvest has started in the gardens of Kordestan and will continue by the end of the next Iranian calendar month (November 21). Iran is the largest producer of garden products in the region, according to the chairman of the Iran

Fruit Union. Referring to the necessity of adopting a policy to increase exports, Reza Nourani said: "Given the country's high capacities, we are the first in the region in the production of agricultural and horticultural products". Mentioning the country's high potential in the production of agricultural products, he stated: "Iran is a country suffering from water scarcity, and we have gone through several consecutive years of drought, however, we have the first place in the production of agricultural products in the region." According to Mohammad-Mehdi Bouroumandi, the deputy agriculture minister for horticulture affairs, Iran has a special position in the field of horticultural

products. The official says that all researchers believe that the advantage of Iran's agriculture sector is horticulture because it creates more employment and brings a good foreign currency income. He has mentioned the renovation of gardens as one of the important programs of the ministry and said: "The capacity of agricultural production in the country is more than this and should be increased." Referring to the important role of farmers and gardeners in maintaining food security, he pointed out that apart from four tropical fruits including bananas, coconuts, mangoes, and pineapples, the country is completely self-sufficient in providing other agricultural products.

Lawyers say Iranian national's rights violated in Swedish jail

Swedish authorities have limited Hamid Nouri's calls and visits and ignored his requests for medical attention or treatment, according to the Iranian national's lawyers speaking during the first session of his last round of appeals. On Monday, Nouri's lawyer, Hanna Larsson, raised concerns about his detention, including restricted calls and visits. She also highlighted the lack of action taken by the detention center to address these issues and mentioned Nouri's difficulties in accessing medical care.

Nouri, a former Iranian judiciary official, was illegally arrested upon his arrival at Stockholm Airport in November 2019 and has been imprisoned since then. Swedish authorities accused him of involvement in the execution and torture of members of the Mojahedin-e-Khalq terrorist organization in 1988. On July 14, 2022, Nouri was sentenced to life imprisonment by a Swedish court, which Iranian officials consider illegal. He has been held in solitary confinement since his arrest.

In May, Thomas Bodstrom, Nouri's lawyer, was reported by the Swedish daily newspaper Aftonbladet as stating that Nouri had already spent 1,295 days in a 7-square-meter cell, breaking the record for the longest period of solitary confinement in Sweden's history. Bodstrom referred to him as the most isolated prisoner in Swedish history.

The prisoner's son has also detailed his dad's dire conditions in Swedish jails. "We regard the model of torture against my father which includes severe restrictions and imbalance in services to be the Israeli model," Majid Nouri wrote on X last December. According to Majid, during the four years of Nouri's detention the Iranian national barely got to speak to his family and friends. At one point, he couldn't speak to anyone outside the jail for over a year. The 62-year-old also gets strip searched every week and gets threatened before being allowed to talk to his family members, Majid said quoting his father. Nouri's family has also reported getting harassed by MKO members when trying to attend court hearings.

Iran censures ruthless massacre of Palestinian children

Iranian officials have condemned Israel's brutal killing of Palestinian civilians, including women and children, in the last 4 days.

According to the Palestinian Ministry of Health, at least 788 Palestinians have so far been killed during Israeli airstrikes on the Gaza Strip and 4,100 others have been injured. Dozens of children are among the dead.

Speaking on the occasion of World's Children's Day (October 8th) the spokesman for the Iranian Foreign Ministry raised the alarms about the relentless killing of Palestinian children at the hands of the Israeli regime.

"On World Children's Day, the child-killing regime of Israel went after Palestinian children in Gaza with gifts made of bombs, missiles, and fire," Nasser Kanaani wrote on X. The Iranian diplomat said the regime has decided to target Palestinian children as it knows that these innocent lives will make up the next resistance front against Israeli aggressions. "The bright future of Palestine lies in the hands of today's children who will build the future in this land, and this is something that the usurping Zionist regime has always been concerned about," he explained. Other Iranian officials have also voiced concern about the ongoing massacre of Gazans while expressing support for resistance fighters

"I congratulate the brave resistance, perseverance, and creative actions of the Palestinian fighters. Truly, the steadfastness and resistance of Palestine in this glorious operation is exemplary," Iran's president said on Tuesday. Ebrahim Raisi added that the surprise attack on Israeli positions was a long time coming. "This is something that many had hoped for during the several years of occupation. The strong will of the Palestinian youth has created a great epic and shown that oppression and injustice, such as displacing women and children and confiscating their agricultural lands and territories, may be able to continue for a while, but will eventually come to an end as it infuriates people who have been wronged and oppressed".

Also, on Tuesday the Speaker of Iran's Parliament, Mohammad Bagher Ghalibaf, said the Islamic Republic would like to hold parliamentary meetings with Islamic countries to discuss the heinous crimes committed against Palestinians. He also once again voiced Iran's staunch support for the Palestinian cause.

"Since the beginning of the [1978] revolution and even before the revolution, Palestine has always been an important issue for religious forces. The Revolution made the Palestinian cause important for the entire Muslim world. There is no doubt that necessary support will be provided to the people of Palestine until they reach their rightful goals, and necessary actions are being taken in this regard," the official stated.

How to Be Lovable

Source: <https://www.wikihow.com/Be-Lovable>
By: PARISA JAMADI

This is not something that's going to happen overnight, but the more you practice accepting and loving yourself and loving other people, the more people are likely to love you!

Learning to Love Yourself

Understand that you determine how other people will see you. If you see yourself as ultimately unlovable that's going to influence people into thinking that you're unlovable. It's important, first and foremost, to see yourself as lovable, because you are lovable.

Expecting people to find you lovable if you don't find yourself lovable is putting way too much pressure on other people. Because you determine how you see yourself, if you act with confidence in your own loveliness, other people are more likely to see that and respond to that, even if they are only doing so subconsciously.

Be compassionate with your feelings.

Pay attention to how you feel. If you feel down about something, ask yourself why you feel that way? What caused it? Is it related to something bigger than just

one specific incident?

Learn to recognize the negative things you tell yourself. Everyone has an inner critic that tells them all the awful and bad things they're doing. You can never fully get rid of that inner critic, but you can help shed light on those negative thoughts, giving them less power to control you.[2]

Consider why you feel like you're not lovable. Is it because someone recently broke up with you? Is it because you tell yourself that you're ugly, or that your personality is too weird? Pay attention to these thought processes. When you do find that you're having a negative thought about yourself, acknowledge that you're having a negative thought, and replace it with a positive or neutral thought.

Validate yourself instead of seeking validation. Putting the pressure on other



erless situation. Instead of looking for other people to validate yourself.

idate yourself, practice

people to validate you and make you feel good about yourself puts you in a completely powerful

validating yourself.[3]

Set up a gratitude journal that is focused on the things you appreciate about yourself. Record at least three things every day that you're grate-

ful for about yourself.

Ask yourself what sort of validation you need right now. Ask yourself what will make you feel better, feel more balanced, healthier, and then give that validation to yourself.

Avoid taking yourself too seriously. It's hard to deal with life when every single thing that happens makes you feel the weight of the world. If you have a tendency to talk too much with a person that you're romantically into, don't get down on yourself about it. Instead make a joke out of the situation.[4]

Things like being a little clumsy, doing something horribly embarrassing can be a chance to laugh at yourself (kindly). Let yourself be imperfect. At no point in life are you going to be perfect. That's okay! No one else is either. If you're thinking that you have to be perfect to be lovable, cease that thinking right now.[5] Enjoy your life. People tend to be drawn to those who are happier and are having more fun with their life. Instead of trying to make yourself or your life "perfect," start to enjoy the things that are already in it.

Learn to be alone. No one is guaranteed a relationship and that's okay, because you don't need a relationship to be happy. Being lovable is all about being okay on your own, loving yourself so that you don't depend on other people to do so.[6]

Leading Nigerian cleric Zakzaky due in Tehran

Nigeria's leading Islamic scholar Sheikh Ibrahim al-Zakzaky is set to arrive in the Iranian capital of Tehran on Wednesday. Sheikh Zakzaky is widely followed and revered by Muslims in Africa in general, and Nigerian Muslims in particular, for his revolutionary political ideals and struggle for truth and justice. Sheikh Zakzaky, who founded the Zaria-headquartered Islamic Movement in Nigeria that focuses on non-violent resistance to local and foreign arrogant powers, says Imam Khomeini's thought inspired him. He has founded more than 300 schools in Nigeria and other African nations and has also established charities for health and educational

support of African Muslims.

The Nigerian cleric and his wife have faced persecution from Nigerian authorities for years, with both suffering from multiple life-threatening ailments and prevented from traveling abroad for treatment.

In 2015, he was injured and arrested along with his wife during an attack by the Nigerian army, which resulted in the death of three of his sons and hundreds of his followers. At least 350 people were killed in what's now called the Zaria massacre.

Zakzaky and his wife were acquitted from all charges laid against them in 2021.



Exports from Iran to India up 9% in 7 months y/y



The value of Iran's exports to India increased nine percent in the first seven months of 2023, as compared to the same period of time in 2022, according to the data released by the Indian Ministry of Commerce and Industry.

The Indian ministry put the worth of Iran's exports to India at \$393 million in January-August 2023, while the figure was \$361 million in the same time span of 2022, IRIB reported.

Petroleum products, raw materials for dye production, and various fruits were the top exported goods to India in the first seven months of 2023. India imported \$156 million of petroleum products, \$105 million of raw materials for the production of dyes, and \$70 million of fruits from Iran during this period.

As reported, the two countries' trade dropped 27 percent to \$1.171 billion in

the first seven months of this year from \$1.604 billion in the same period of the past year. The decrease in trade between Iran and India in the first half of 2023 was caused by the drop in the country's exports to Iran. India's exports to Iran in the mentioned seven months experienced a 37 percent drop and reached \$778 million. In the January-August of last year, India exported \$1.243 billion of goods to Iran. Rice had the largest share in India's export basket to Iran in the first seven months of this year, accounting for \$539 million of the country's total exports to Iran in this period. Fruits with \$30 million and tea with \$18 million were the second and third top exported goods to Iran, respectively.

Based on the data previously released by the Indian Ministry of Commerce and Industry, the value of Iran's exports to India

increased by 60 percent in 2022 as compared to the preceding year.

The Indian ministry put the worth of Iran's exports to India at \$653 million in 2022, while the figure was \$409 million in 2021.

As reported, petroleum products were the major goods imported by India from Iran in the said months.

According to the mentioned data, the value of trade between Iran and India reached \$2.5 billion in 2022, rising 48 percent from \$1.693 billion in 2021.

During January-December 2022, India's exports to Iran also increased by 44 percent to stand at \$1.847 billion, while the figure was \$1.284 billion in 2021.

Rice was India's major product exported to Iran in the said period during which the country shipped \$1.098 billion worth of rice to the Islamic Republic.

China confident about continuous flow of Iranian oil shipments: report



Chinese oil refineries are confident that flows from the Islamic Republic of Iran will continue despite the recent conflict between Hamas and Israel, betting Washington will seek to avoid a surge in global crude prices. As Bloomberg reported, China's independent refiners, known as tea-pots, have been enthusiastic buyers of Iranian oil of late. However, Iran's stance against the Israeli regime could put that trade under threat. There's a risk the White House takes a tougher stance on sanctions enforcement, reversing a looser approach that has allowed Iran to increase output by more than half a million barrels a day this year.

For now at least, several Chinese refiners and traders involved in buying Iranian crude said they did not anticipate a crackdown or any disruptions. Even with Washington under pressure to act, the Biden administration will have an eye on inflationary pressures ahead of a presidential election next year, they said, asking not to be

named as they are not authorized to speak publicly.

In the past, sanctions haven't been very effective in damping China's enthusiasm for Iranian oil, with the crude often disguised as coming from other origins, most notably Malaysia.

This year the surge in flows has been helped by a softer approach to sanctions enforcement. Chinese purchases of Iranian oil soared to 1.5 million barrels per day (bpd) in August, the most in a decade, data intelligence firm Kpler said.

Earlier this month, a Reuters survey showed that the Islamic Republic has managed to push its oil output to 3.15 million bpd, the highest since 2018, the year Washington re-imposed sanctions on Iran.

Analysts have said the higher Iranian exports appear to be the result of Iran's success in evading U.S. sanctions and Washington's discretion in enforcing them, the survey found on October 3.

