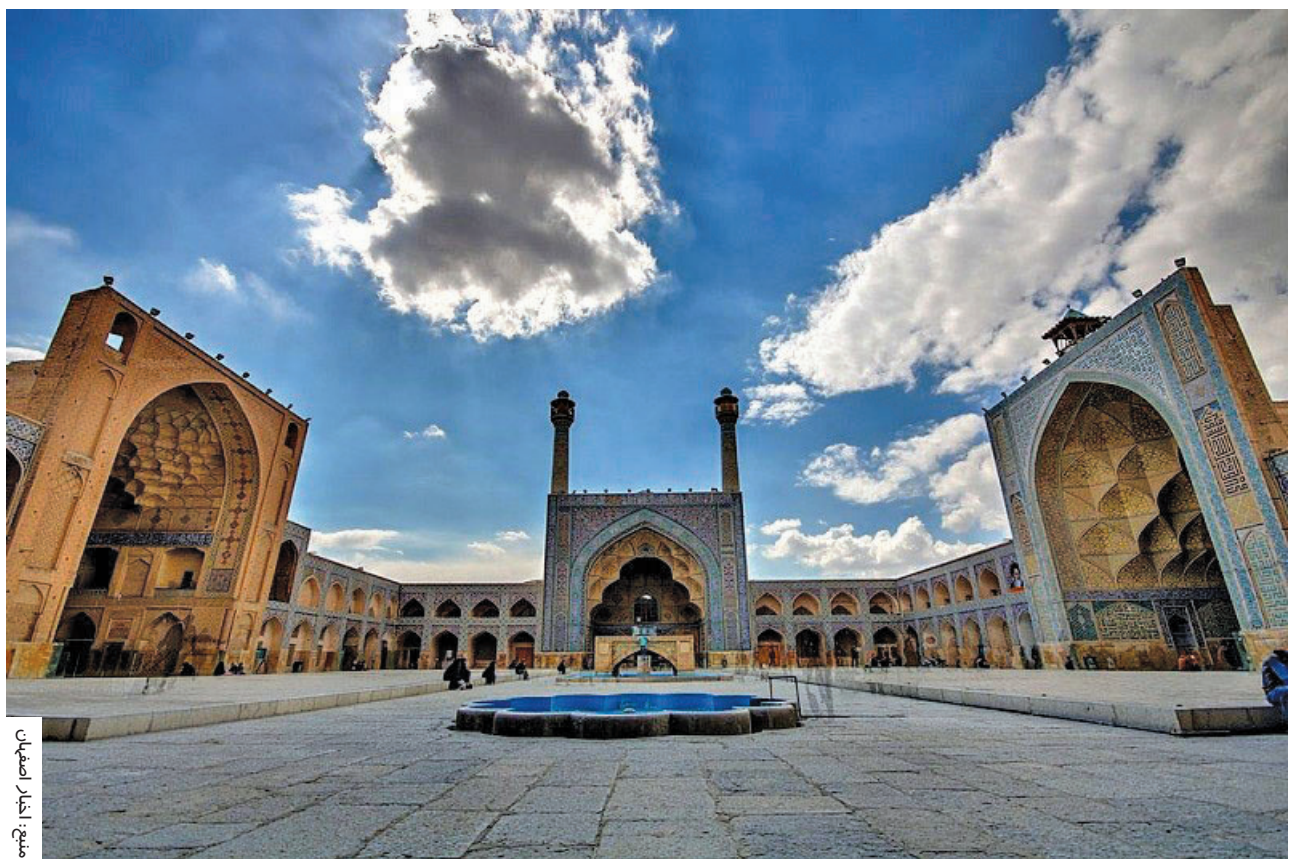


Autumn Anxiety or Autumn  
Depression is Very Real  
and Here's Everything You  
Need to Knowچگونه با علائم افسردگی فصل پاییز  
مقابله کنیم؟

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استاندار اصفهان:

## با اخلاگران بازار مسکن با قاطعیت برخورد می شود



قائم مقام وزیر میراث فرهنگی:

وضعیت مسجد جامع عباسی اصفهان برای تمام دنیا مهم است

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ارتباط مدیریت شهری و  
روستایی با زندگی روزمره مردمسرمقاله  
فرهادیستانی  
شهریزواخبار اصفهان  
ISFAHAN  
NEWS

وظایف نهادها و سازمانها در شهرها و روستاها نیز مزید بر علت شده و گاه برای امری ساده مانند جابه جایی یک تیر چراغ برق از وسط خیابانی در یک روستا، نیاز به هماهنگی میان ۱۲ نهاد و سازمان است که این کار را دشوار و زمان بر و در برخی موارد ناممکن می نماید. بنابراین پیرو کراسی شدید ترکیب مدیریت متمرکز و تداخل وظایف دستگاهها و نهادها سبب عدم برنامه ریزی یا محقق نشدن برنامهها کم شدن تبعات فساد مالی و اداری و معطل ماندن امور و باعث افزایش مشکلات و آسیبها شده است.

نارضایتی از ارائه خدمات جامع شهری و روستایی تأثیر مستقیم و بارزی در رضایت یا عدم رضایت از کل ساختار حکمروایی ایجاد می کند. کیفیت سطح تماس مذکور نقشی مهم و اساسی در رضایت مردم از عملکرد کلی حکومت دارد. میزان رضایتمندی افرادی که برای کوچکترین بخش امور روزمره خود برای مدتی طولانی در پیچ و خم پیرو کراسی ادارات گرفتار می شوند با میزان رضایتمندی افرادی که امورشان در کوتاهترین زمان ممکن به نتیجه می رسد، تفاوت آشکار و قابل توجهی دارد. از طرف دیگر تداخل

مدیریت شهر و روستا به واسطه ارتباط مستقیم با زندگی روزمره مردم از اهمیت بسیاری در حکمروایی کشور برخوردار است. کلیه امور افراد یک کشور در شهر یا در روستا جاری می شود و کیفیت آن تحت تأثیر نحوه مدیریت و برنامه ریزی شهرها و روستاهاست. به عبارت دیگر ساختار مدیریتی شهر و روستا اولین سطح تماس شهروندان و حکومت و مواجهه افراد با ساختار حکمروایی کشور است و با وجود ساز و کارهای متفاوت انتخاب و تعیین مدیریت شهر و روستا و اهمیت محلی و مدیران بومی، باز هم رضایت یا

تقدیر فرماندار از شهردار اصفهان:

نقطه قوت جشنواره کودک استفاده از  
گروه های هنری مناطق محروم بود

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در صنعت خودروسازی ضروری است

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چهار روز



رئیس شورای شهر اصفهان:

منبع سرمایه گذاری و مشارکت های  
بودجه ۱۴۰۲ به طور کامل محقق می شود

رئیس شورای اسلامی شهر اصفهان جزئیات مباحث مطرح شده در کمیسیون تلفیق این هفته شورای ششم این کلان شهر را تشریح کرد.

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جدیدترین خبرهای ایران و جهان  
را از کانال نسل فردا در ایتا مشاهده کنید

آدرس: @naslfardanews

نوبت دوم

آگهی فراخوان های ارزیابی کیفی شماره ۴۰۲۰/۶۰۰۱  
(شماره ۴۵۰۰۰۰۱۱۸۸۰۰۰۰۲۰۰۲ در سامانه ستاد)

شرکت مناقصه گزار: شرکت برق منطقه ای اصفهان

شماره	موضوع	شرایط و الزامات ورود
۴۰۲۰/۶۰۰۱	ارزیابی توان انجام طراحی و ساخت سیستم جامع بهره برداری شرکت برق منطقه ای اصفهان	دارا بودن حداقل رتبه ۴ از سازمان برنامه و بودجه در حوزه تولید و پشتیبانی نرم افزارهای سفارش مشتری

**نحوه دریافت استعلام ارزیابی کیفی:** کلیه مراحل برگزاری فراخوان ارزیابی کیفی از دریافت و تحویل اسناد استعلام ارزیابی کیفی تا تهیه لیست کوتاه، با مراجعه به "سامانه تدارکات الکترونیکی دولت (ستاد)" به آدرس [www.setadiran.ir](http://www.setadiran.ir) امکان پذیر خواهد بود. (اطلاعات تماس "سامانه تدارکات الکترونیکی دولت (ستاد)" جهت انجام مراحل عضویت در سامانه و دریافت گواهی امضاء الکترونیکی (توکن): مرکز تماس: ۰۲۱-۴۱۹۳۴، تماس با کارفرما، در صورت لزوم در ساعات اداری روزهای کاری با شماره ۰۲۱-۳۶۲۷۰۸۲۰)

**مهلت دریافت اسناد:** از ساعت ۱۰ صبح روز یکشنبه مورخ ۱۴۰۲/۰۷/۲۳ تا ساعت ۱۶:۰۰ روز پنجشنبه مورخ ۱۴۰۲/۰۸/۰۴

**مهلت و محل تحویل استعلام ارزیابی کیفی:** نسخه الکترونیکی کلیه مدارک و مستندات اسناد مناقصه با یستی حداکثر تا ساعت ۱۴:۰۰ روز یکشنبه مورخ ۱۴۰۲/۰۸/۲۱ در "سامانه تدارکات الکترونیکی دولت (ستاد)" با گذاری گردد.

**شرایط فراخوان ارزیابی:**

۱- پس از بررسی اسناد و مدارک واصله فراخوان در چهار چوب ضوابط و مقررات از شرکت های واجد شرایط برای دریافت اسناد و مدارک مناقصه دعوت بعمل خواهد آمد.

۲- شرکت برق منطقه ای اصفهان می تواند تا ۱ سال آینده از نتایج این فراخوان جهت اجرای پروژه های مشابه استفاده نماید.

۳- سایر شرایط و اطلاعات مربوط به فراخوان در استعلام ارزیابی کیفی، موجود می باشد.  
\* ضمناً می توانید این آگهی را در سایت های اینترنتی مشاهده کنید

<http://iets.mporg.ir> [www.tavanir.org.ir](http://www.tavanir.org.ir)  
[www.erec.co.ir](http://www.erec.co.ir) [www.setadiran.ir](http://www.setadiran.ir)

روابط عمومی شرکت توزیع برق اصفهان

شناسه: ۱۵۸۵۴۰۶

اخبار اصفهان  
اینفوگرافیکانسان دوستی  
به شیوه اسرائیلی ها  
برخی از مواضع مسئولین رژیم  
صهیونیستی در سالهای مختلف  
درباره مردم غیر نظامی فلسطین

**موشه دایان فرمانده نظامی**  
رژیم صهیونیستی باید مثل  
یک سگ هار باشد و مردم را  
شکار کند.

**یوآف گالانت؛ وزیر جنگ**  
بدون غذا بدون برق بدون  
سوخت بدون آب ما با حیوانات  
انسان نما می جنگیم

**موشه شاروت، دومین نخست وزیر**  
ما فراموش کردیم که به سرزمین خالی  
نیامدیم تا آن راه برت ببریم بلکه آمده  
ایم تا کشوری را از مردم ساکن آن بگیریم

**ژنرال شلومو، لحات شهردار**  
باید همه فلسطینی ها را بکشیم  
مگر اینکه به عنوان برده اینجا  
زندگی کنند.

**داوید بن گوریون نخست وزیر**  
فلسطینی ها هرگز به خانه های  
خود باز نمی گردند؛ پیرها خواهند  
مرد و جوانها فراموش خواهند کرد.

**آیلت شاکد وزیر دادگستری**  
باید مادران فلسطینی را کشت تا مبارز  
تربیت کنند و فلسطینی را بکشند  
فلسطین نسل جدید داشته باشد

**آریل شارون نخست وزیر**  
بدون اخراج اعراب و مصادره  
زمینهای آنها صهیونیسم دولت یا  
رژیم صهیونیستی وجود ندارد.

**خام عوادیا یوسف**  
تمامی این اشرار فلسطینی هایی که  
از ما متنفر هستند، باید طاعون  
بگیرند و از روی زمین محو شوند.

**یوسف ویتز، مدیر کمیته اسکان**  
باید معلوم باشد که در کشور  
جایی برای هر دو قوم نیست.







IRISL invests \$7.2m in Assaluyeh Port

The Islamic Republic of Iran Shipping Lines (IRISL) has invested 3.7 trillion rials (about \$7.2 million) in Assaluyeh's Pars Port to begin port operating services in the mentioned port, IRIB reported. According to the IRISL Office of Public Relations, the group has targeted to operate the unloading and loading of 18,000 containers in Pars Port by the end of the current Iranian calendar year (late March 2024).

The investment has been made following a deal concluded between the IRISL and the Pars Special Economic Energy Zone (PSEEZ), which was signed in the past and was renegotiated in June, according to which 900 billion rials (about \$1.7 million) is invested in the construction of buildings and infrastructures of the port and 2.8 trillion rials (about \$5.5 million) has been invested on the port equipment.

### Iran military chief warns 'other actors' may get involved if Israel doesn't halt Gaza crimes

A senior Iranian military official has warned it is possible that "other actors" get involved in support of the people in the Gaza Strip if Israel doesn't stop its dreadful crimes in the coastal strip.

Major General Mohammad Hossein Bagheri, the Chief of Staff of the Iranian Armed Forces, made the warning in telephone conversations with the defense ministers of Qatar and Russia on Thursday. "The continuation of the Zionist regime's crimes and the direct support and backing from certain countries would further complicate the situation and could make other actors intervene in this arena," General Bagheri told Russian Defense Minister Sergei Shoigu, according to Tasnim.

In phone talks with the Qatari defense minister, Bagheri also emphasized that silence by the Islamic world in the face of the Israeli atrocities is unjustifiable. In his two calls, the Iranian military chief said it is necessary that the international community take an immediate step to halt the Israeli massacre in Gaza and send humanitarian aid to the besieged people.

The occupation regime of Israel has cut off water, food, medicine and fuel to Gaza since October 7, when the Hamas resistance group launched a surprise attack on Israel inside the occupied territories.

The senior general also censured the U.S. for commanding the Israeli criminal operations against Gazans, calling for a ban on the deployment of arms and equipment from the United States' regional bases to the occupied Palestinian territories. Israel's bombardment of Gaza killed 307 Palestinians in the 24-hours up to Thursday evening, the UN reports, bringing the death toll since Israel declared war on the Palestinian enclave to 3,785 - of whom at least 1,524 were children and 1,444 women.

The actual death toll in Gaza is likely to be far higher as hundreds more victims remain buried under the rubble of buildings levelled by the Israeli onslaught, which is nearing the end of its second week.

### Housing price decrease 0.6% in Tehran city

Average housing price declined 0.6 percent in the capital Tehran during the sixth Iranian calendar month Shahrivar (ended on September 22), compared to the previous month, according to a report by the country's Transport and Urban Development Ministry. Based on the ministry data, the biggest decrease in housing prices was related to regions 22, 18 and 13, in which the prices decreased by 11.8 percent, 9.7 percent and 9.4 percent, respectively, Fars News Agency reported.

Experts believe that the housing market has entered a long-term stagnation and the prices are not expected to change drastically anytime soon.

# Autumn Anxiety or Autumn Depression is Very Real and Here's Everything You Need to Know

By: PARISA JAMADI

Source: <https://www.pacificprime.co.uk/blog/autumn-anxiety-or-autumn-depression-is-very-real-and-here-everything-you-need-to-know/>

Autumn anxiety, autumn depression, or winter depression are all names that are commonly used for Seasonal Affective Disorder (SAD), a type of depression associated with the change of seasons, typically in autumn and winter due to the prolonged darkness and rain. Modern city life can be very stressful. That's why understanding the importance of mental wellbeing can help you discover problems early on, so you can seek treatment to get your mental wellbeing back on track in case it exacerbates.

In this Pacific Prime UK article, let's take a closer look at the causes of SAD and things that you can do to prevent yourself from being sad.

What is SAD and What Causes it?

SAD is a type of seasonal depression that is associated with the change of seasons. It is typically more common in autumn and winter as these seasons are characterized by longer and darker evenings. In the UK, this period also tends to have more rainfall than usual. However, there are cases of SAD where people feel better during the winter and show symptoms of SAD during the summer.

The exact reason or cause for SAD is not fully understood but is often linked to the lack of sunlight during the shorter autumn and winter days. Note that the main theory revolves around the theory that reduced sunlight might affect a part

of the brain called the hypothalamus from working properly.

Here are some of the side effects that are associated with a lack of sunlight:

High Production of Melatonin

Melatonin is a hormone our brains create in response to darkness that helps control how and when you sleep. It makes you feel tired and sleepy. People suffering from SAD are likely to produce more melatonin than normal.

Low production of serotonin

Serotonin is a hormone that affects your mood, appetite, and sleep. It is thought that sunlight can trigger the release of serotonin. Reduced sunlight during the autumn and winter may lead to lower serotonin levels, which is linked to feeling down or depressed.

Change in the circadian rhythm (body's internal clock)

The human body uses sunlight to time different important functions, such as waking up, so the reduced sun time during autumn and winter may disturb the body clock. This in turn may also lead to developing symptoms of SAD.

Should you see a GP for 'autumn mood' or SAD?

SAD can be just a temporary side effect of your mind and body coping to the change of seasons. However, there is still a chance that you cannot cope with the symptoms after a prolonged time. If you feel that you are not coping well with the symptoms you should seek help from



your doctor.

Your doctors can help carry out an assessment of your physical and mental wellbeing and give you professional advice on treatments to help you with your conditions.

Here are some of the symptoms of SAD:

- Constant low mood
- Loss of interest in everyday activities
- Feeling despair and lonely
- Feeling lethargic
- Sleeping longer than normal
- Gaining weight

• Decreased sex drive

What are the treatments for SAD?

There is no fixed treatment for SAD. However, there are common treatments that you can try to improve your mood. If you are suffering from prolonged "autumn depression", seek professional advice from your doctors to find the best treatment for you.

Here are some of the common treatments:

- Changes in lifestyle - Getting exposed to natural sunlight as much as possible, regular physical activity, and keeping

your stress levels in check.

• Light therapy - What do you do when there is no natural sunlight? The answer is light therapy; a special lamp called a light box is used to simulate exposure to sunlight.

• Meeting a therapist - Similar to clinical depression, if you're suffering from SAD, counseling and therapy can help boost your feelings and mood during the autumn season.

• Medicine - Antidepressant medications such as selective serotonin reuptake inhibitors (SSRIs) can help.\*

## IMIDRO starts building 100MW solar power plant

The Iranian Mines and Mining Industries Development and Renovation Organization started on Wednesday the construction of a 100MW solar power plant for Chadormalu mine in Yazd, central Iran.

The ground-breaking ceremony was held with Mohammadreza Movassaginia, chairman of the board of IMIDRO, in attendance. The power plant will be established on 150 hectares of land in Ashkezar County.

Some 60 million has been invested in the project which will generate more than 190 million kilowatt hours of electricity per year. The power plant is scheduled to be constructed within 16 months and will run for three months in trial operation.

One of the environmental benefits of implementing this project is to reduce the production of 115 thousand tons of greenhouse gas per year. During the construction period, the project will create 400 direct and 250 indirect jobs.



## Pistachio export increases 3% in 6 months on year



The value of Iran's pistachio export rose three percent during the first six months of the current Iranian calendar year (March 21-September 22), as compared to the same period of time in the past year, the Islamic Republic of Iran Customs Administration (IRICA) announced.

As announced, Iran exported 20,000 tons of pistachio worth \$137 million in the mentioned six-month period, indicating also seven percent growth in terms of weight, year on year.

Russia, Germany, the United Arab Emirates (UAE), India and Kirgizstan were

the main export destinations of Iranian pistachio during the first six months of the present year, according to the IRICA. Although Iran is mostly known for its vast hydrocarbon resources, there are some other precious products that people all around the world put the Iranian brand on and appreciate greatly, one such product is Iranian "green gold" or pistachio.

Iran exported 56,298 tons of pistachio worth \$405.04 million to 57 countries during the past Iranian calendar year 1401 (ended on March 20).

The annual export indicates a 55.7 per-

cent fall in value and a 58.4 percent drop in weight, year on year.

Over the past decade, climate change has caused severe drought in Iran, leading to 85 percent of the country being classified as arid or semi-arid. The decline in annual average rainfall and shortage of surface water has forced farmers to dig more wells to pump water from underground reserves. Nearly half of the 750,000 wells dug in Iranian farms are illegal, which indicates why the unconstrained use of underground water in agriculture is the main source of water waste in the country.

## Iran foreign currency reserves increasing significantly



Deputy Governor of the Central Bank of Iran (CBI) for Economic Affairs Mohammad Shirijian has said Iran's foreign currency reserves are increasing due to the growth of oil and non-oil exports, and Iran has no foreign debt, IRIB reported on Tuesday. Shirijian made the remarks in a meeting between the governors of the central banks of the Middle East, North Africa, Afghanistan, and Pakistan (MENAP) with the head of the Middle East and Central Asia (MCA) Department of the International Monetary Fund (IMF).

Referring to the balanced growth of different economic sectors of Iran and increasing the resilience of the country's economy against the recent global shocks, the official said the country's real GDP grew by four percent in 2022, and its growth rate increased to 5.3 percent and 6.2 percent in the first and second quarters of 2023, respectively.

Iran's external debt (foreign debt) has

been falling in recent years following a downward trend.

External debt is the portion of a country's debt that is borrowed from foreign lenders including commercial banks, governments, or international financial institutions. These loans, including interest, must usually be paid in the currency in which the loan was made. Foreign debt as a percentage of Gross Domestic Product (GDP) is the ratio between the debt a country owes to non-resident creditors and its nominal GDP.

The ratio of Iran's foreign debt to GDP is very insignificant and considering this figure, Iran is among the countries with the lowest amount of foreign debt in the world due to the U.S. sanctions and their consequent financial restrictions.

Having external debts is an important economic indicator globally, but it is not currently important for Iran since the country has almost no foreign debts.





