

You're dealing with us

The horrifying images making their way out of Gaza over the past two weeks are sure to fill up anyone's heart with nerve-racking agony and unbearable sorrow. Over 5,000 innocent civilians have tragically lost their lives in the latest waves of Israeli strikes against Gaza. Shockingly, more than half of these casualties are children, and an additional 14,000 individuals have been injured.

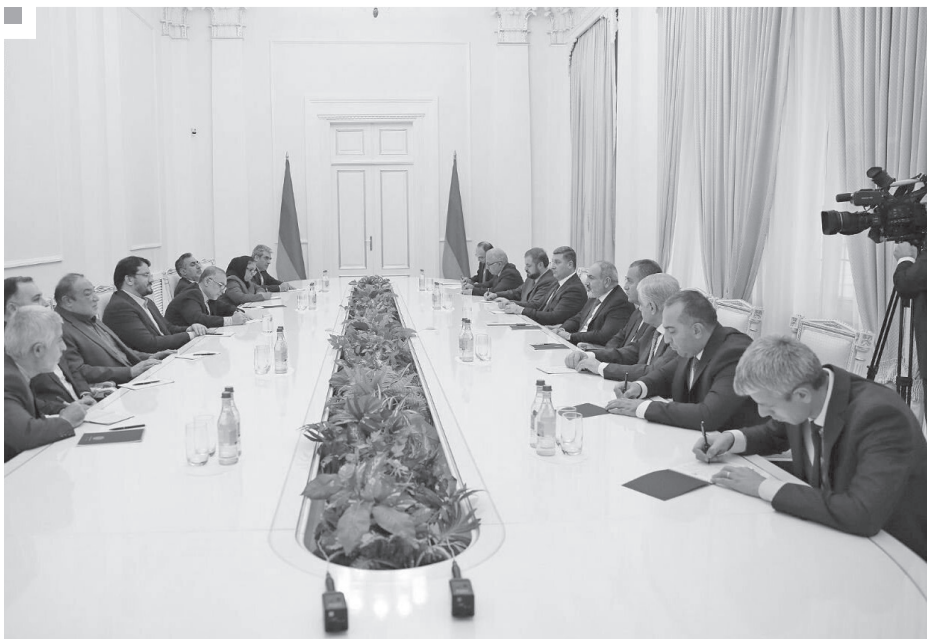
Videos circulating online can give us a small glimpse of the humanitarian crisis that's currently unfolding in Gaza. With the territory under a full siege by the Israeli regime, and hospitals, schools, bakeries, mosques and churches constantly getting targeted, the people of Gaza find themselves in a desperate race against time to survive. Within the densely populated area, over 1.5 million individuals have been displaced and are under everlasting threats from the regime to abandon their homes, much like their ancestors were forced to do in 1948.

While public support for Palestinians is growing worldwide, it is disheartening to see that world leaders, particularly those in the Western world, remain steadfast in supporting the regime's genocidal actions against Gazans. The leaders of the United States, Britain, France, and Germany have visited the occupied territories in recent days to voice their unequivocal support for a regime that many have come to recognize as a rump state designed to ensure Western imperialistic interests in West Asia. These Western countries have stepped up their weapons lifeline to Israel despite mounting criticism by their people. The regime will use the array of new Western weapons to lob thousands of more bombs at Palestinians, in a bid to make up for its egregious October 7 failure against Hamas fighters. In recent years, people across West Asia have taken to the streets to voice their solidarity with Palestine. However, the citizens of Iran have gone a step further by expressing their willingness to confront the Israeli regime within Gaza itself.

A powerful campaign, titled "Your Opponent Is Me" was launched in response to Israel's relentless assault on Palestinians shortly after the regime began its attacks. Iranians, who previously helped defeat the Daesh terror group in Iraq and Syria have once again taken it upon themselves to help get rid of the latest child-killing machine in the region that has been put into operation by the Israeli regime and its Western patrons. The people of Iran are not strangers to heavy bombardments; they had to fight off an 8-year war imposed upon them by the U.S.-backed Saddam Hussein in the 1980s, and know how it is to feel like it's only you standing against the rest of the world. So far more than 6.2 million people have joined the campaign which aims to help "the oppressed Palestinian nation restore their dignity" as stated on the Website. Saturday night I took a short walk from my office to reach a crowd of thousands of protesters gathered in Tehran's Palestine Square. It was one of the several demonstrations people have staged in the Iranian capital and across the rest of the country in recent days to voice support for Palestinians. I took my time listening to people's chants and tried to observe their faces closely. Some shouted "Death to Israel" with grim and angry expressions on their faces and some could be seen shedding heart-wrenching tears while holding up placards of slaughtered Palestinian children.



Iran inks deal to construct part of INSTC in Armenia



Iran and Armenia have signed a contract for the construction of the Agarak-Kajaran route as part of Tranche 4 of the International North-South Transit Corridor (INSTC) in the Armenian territory, IRNA reported.

As reported, based on the deal, which was signed in the presence of Iranian Transport and Urban Development Minister Mehرداد Bazrpash and Armenia's Minister of Territorial Administration and Infrastructures Gnel Sanosyan, Iranian companies are to construct the mentioned road.

According to Bazrpash, the Armenian side is going to fund the project which is worth \$210 million. The contract was signed during a visit of an Iranian delegation headed by the country's transport minister to Armenia.

During this visit, Bazrpash met and held talks with several high-ranking Armenian officials including the country's Prime Minister Nikol Pashinyan. In this meeting, the two sides announced a decision to increase the value of annual trade between the two countries to \$3.0 billion.

Referring to the bilateral relations between Tehran and Yerevan, Bazrpash said that economic exchanges between the two countries can be increased to three times the current level which is about \$1.0 billion.

He announced Iran's readiness to build a second border bridge in the Nordouz region and welcomed the presence of Armenian investment companies in Iran. The official also expressed the country's readiness for the export of technical and engineering services to Armenia.

In early September, ARMENPRESS reported that Armenia is seeking to export its goods through Iran to the Arab countries of the region and India, as the country is trying to also increase trade with the Islamic Republic.

"Armenia and Iran attach great importance to the prospect of carrying out shipments through the Persian Gulf-Black Sea logistic route, and the Armenian side is maximally seeking to support the implementation of this megaproject, attaching great importance to the use of its own territory. The option of exporting Armenian goods through Iranian territory to Arab countries and India is also under discussion, and in this context, the parties have decided to find solutions through joint efforts and simplify the procedures applied from both sides on that road," Armenia's commercial attaché to Iran Vardan Kostanyan told ARMENPRESS.

"We are now looking into the untapped potential and opportunities to utilize them in bilateral cooperation. On the other hand, our neighbor is still under sanctions, therefore while carrying out economic policy we are unconditionally taking into consideration this fact. Iran provides state support and protection to companies investing in its economy," Kostanyan said, highlighting di-

rect meetings between business representatives. According to Kostanyan, both sides are seeking new opportunities to further develop trade. The two countries plan to increase bilateral trade to one billion dollars, and then to three billion dollars. He further noted that Iran plans to open eight new free economic zones, bringing the number of its free zones to 15. Armenia's membership to the Eurasian Economic Union (EAEU) and its land border with Iran gives opportunities for establishing enterprises and carrying out broad joint projects, he said.

Iran and Armenia are working to significantly increase trade turnover. Last year bilateral trade stood at \$714 million, while the data of this year's first half shows a 13 percent increase, which in turn shows that the positive pace of dynamics is maintained.

On August 25, an exhibition showcasing the products offered by Iranian and Armenian companies in the fields of agriculture, manufacturing, and tourism opened in Yerevan with the purpose of boosting bilateral trade between the two countries.

Hojatollah Abdolmaleki, the secretary of Iran's Free Zones High Council and presidential advisor was personally leading a delegation to Armenia and attended the event.

Several countries complicit in Israeli genocide: Leader aide

Ali Shamkhani, political advisor to Leader of the Islamic Revolution Ayatollah Seyed Ali Khamenei, has noted that several countries are complicit in all crimes perpetrated by the Israeli regime.

Shamkhani said in a post on his official X account on Monday that the resistance front and all those who desire freedom will carry out their responsibility to stop Israel's extermination of the Palestinian people.

He added that the U.S. forbids other nations from aiding the helpless Gazans while it is giving Israel unparalleled financial, military, intelligence, and media assistance.

"Some governments may go along with this process, the result of which is the genocide of the Palestinian people, but the world's freedom-seeking people and the resistance front will fulfill their duty," Shamkhani, who is also a member of the Expediency Council, said.

Israel waged the war on Gaza on October 7 after the Gaza-based Palestinian resistance groups launched Operation Al-Aqsa Storm, a surprise attack into the occupied territories in response to the Israeli regime's intensified and incessant crimes against the Palestinian people.

Foreign Ministry spokesman Nasser Kanaani said on Sunday that Israel has committed a number of "criminal acts" in Gaza and the international community needs to respond "seriously" to such crimes.

He also described Hamas's operation as a "turning point" in the Palestinians' fight against the Israeli regime.

"The reaction of the Zionist regime to the glorious resistance of the Palestinian people is criminal action in such a way that it takes revenge on the defenseless people in the Gaza Strip," he added.

Denouncing the West's inaction towards the crimes of Israel, the spokesman said, "With the silence of the U.S. and its allies on what is happening to the Palestinian people, the mask was removed from the faces of the so-called human rights advocates."

Kanaani also urged Muslim nations to stand with the Palestinians, pointing out that Palestinians are adamant in resisting the occupation regime. "Islamic countries are obliged to support them," Kanaani noted, adding, "Iran continues to support the resistance of the Palestinian people in the political field."

Speaking at a joint news conference with South Africa's Minister of International Relations and Cooperation Naledi Pandor in Tehran on Sunday, Iranian Foreign Minister Hossein Amir Abdollahian denounced the Israeli strikes on Gaza as an act of war that the Tel Aviv regime is doing "on behalf of the United States". He said that the Zionist regime, working as a proxy for the U.S. in the region, has invaded the Gaza Strip and is murdering women and children while claiming that it is targeting Hamas.

National Housing Movement project materialized by 70% in Tehran province



The implementation of National Housing Movement project has been materialized by 70 percent in Tehran province, the director-general of the province's Transport and Urban Development Department announced.

Hossein Jannati said that considering the provision of 10 percent of housing in the National Housing Movement Plan in Tehran Province and on the other hand, the land deficit in Tehran, the construction of 340,000 housing units in this province has been started.

Last month, Transport and Urbana De-

velopment Minister Mehرداد Bazrpash announced that 1.759 million units of the National Housing Movement plan are under construction across the country.

The minister also announced launching a program for allocating free land to young couples in order to help them build houses.

The National Housing Movement to construct four million housing units in four years is one of the major plans of the current government in the housing sector.

According to the plan, out of these four million residential units, 3.2 million units will be constructed in cities and 800,000 units in villages, some of these units are currently being constructed after providing lands and preparing the necessary conditions. After the National Housing Action Plan (started in 2018), the National Housing Movement is the government's second major program to provide affordable housing units for the low-income classes.

The operation for the construction of 209,212 residential units of the National Housing Movement began in February 2022. The ceremony to begin the mentioned operation and also to launch some development projects in the housing sector was attended by former Transport and Urban Development Minister Rostam Qasemi.

Also, in July 2022, the minister inaugurated a project for the construction of the first group of affordable housing units for laborers under the framework of the National Housing Movement.

Last month, 1,278 units of the National Housing Movement were handed over to the applicants in a ceremony attended by Aref Norouzi, the acting director of the Headquarters for Executing the Order of Imam Khomeini.

The mentioned units were delivered to the applicants in five different provinces throughout the country, Tasnim News Agency reported.

The Headquarters for Executing the Order of Imam Khomeini has signed a memorandum of understanding (MOU) with the Ministry of Transport and Urban Development to construct 100,000 units under the framework of the National Housing Movement.

According to Norouzi, the headquarters also completed and handed over 2,000 such units back in April.

Speaking at the opening ceremony, the official said construction of the National Housing Movement units is underway by the Headquarters for Executing the Order of Imam Khomeini in 27 provinces. Putting the physical progress of the mentioned residential units at about 50 percent, Norouzi clarified that for the construction of the delivered 1,278 units, about 127.8 trillion rials (about \$256.8 million) has been spent from various sources.

As announced by an official with the Islamic Revolution Housing Foundation (IRHF), the foundation has constructed 167,700 affordable housing units under the framework of the National Housing Movement initiative across the country.

Iran's sponge iron export increases 180%

The export of Iran's sponge iron increased by 180 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 Iranian Steel Producers Association (ISPA) announced.

As reported, 874,000 tons of the product was exported in the six-month period of this year, while the figure was 312,000 tons in the same time span of the previous year. As previously announced by the ISPA, Iran's export of sponge iron registered a record high of 249.4 percent in growth during the first four months of the current Iranian calendar year (March 21-July 22), as compared to the same period of time in the past year. The ISPA reported that the country exported 580,000 tons of the product in the first four months of the present year, while the figure was about 166,000 tons in the four-month period of the previous year. Direct reduced iron (DRI), also called sponge iron, is produced from the direct reduction of iron ore (in the form of lumps, pellets, or fines) into iron by reducing gas or elemental carbon produced from natural gas or coal. Many ores are suitable for direct reduction.

While Iran is fighting the U.S. severe sanctions on its

economy, and the country's different industrial and economic sectors have been affected by the limitations and difficulties caused by the sanctions condition, the country's mining sector is moving forward noticeably, overcoming such barriers.

Among the mining sector's different products, sponge iron is an outstanding example, as the production of this item is rising more and more in the country. Iranian Mines and Mining Industries Development and Renovation Organization (IMIDRO), Iran's largest metals and mining holding, has stated that one of the most important reasons for the increase in sponge iron production in Iran is the establishment of new sponge iron plants, adding that in recent years, with its new strategy and with the participation of the private sector, the organization has been able to launch several projects to produce sponge iron. Meanwhile, last July, IMIDRO reported that Iran's Mines and Metals Company (MME) has established China's first gas-based sponge iron production unit using the Persian Direct Reduction (PERED) technology. "As the world's first manufacturer of gas-based sponge iron, Iran is now transferring the technology to the world's biggest steel producer", IMI-

DRO announced at the time.

The deal for the construction of the first gas-based sponge iron plant was concluded between China's CSTM Company and MME Company from Iran as the license owner of PERED technology.

With a capacity of 300,000 tons, the plant has been launched in China's Taiyuan city. PERED is a new technology for producing sponge iron using natural gas as fuel, which according to MME is a masterwork of the Iranian steel industry and is more efficient and effective in all respects such as the degree of metallization of the product, fuel consumption, operating costs and ease of operation compared to similar technologies. This technology is already being used in several production units across Iran including Shadegan Steel, Miyaneh Steel, Neyriz Steel, and Baft Steel companies.

The main difference between the PERED technology with other technologies is the high and tangible quality of the sponge iron metallization, which has been reached above 95 percent on the initial day. In other technologies, however, it is very difficult to achieve a degree of metallization above 95 percent during the first months of a unit's operation.

TEDPIX falls 21,700 points on Tuesday

TEDPIX, the main index of Tehran Stock Exchange (TSE), dropped 21,723 points (1.07 percent) to 2.179 million on Tuesday. TSE is one of the four Iranian stock exchanges, and the most impor-

tant 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).

Agriculture Ministry to help boost investment in free zones

Iranian Agriculture Minister Mohammad-Ali Nikbakht has said his ministry will take all the necessary measures for increasing investment in the country's free and special economic zones, Freena reported.

Speaking in a meeting with Secretary of the Free Zones High Council Hojatollah Abdolmaleki on Tuesday, Nikbakht referred to the appropriate strategy of the Free Zones High Council in internationalization and jump in investment and export in the country's free zones, and announced the complete readiness of his ministry to solve the issues related to the Agriculture Ministry in such zones.

Abdolmaleki for his part mentioned some of the potentials and capacities of the free and special economic zones, saying: "These zones play a key role in the country's economy by accounting for more than 70 percent of the country's sea transit and more than 30 percent of non-oil exports."

In late August, Abdolmaleki had announced that 850 packages for investment in the country's free zones were ready to be presented to the investors.

"We have launched a movement to jumpstart investment in the free zones, with 850 investment packages worth about 15 billion euros ready to be presented to investors", Hojatollah Abdolmaleki reiterated.

"We have already presented these investment packages in exhibitions in Tehran, Mashhad, Sulaymaniyah of Iraq, and Armenia, and hundreds of new investors have been identified from different regions who have expressed interest in this regard", the official added.

As announced by Abdolmaleki, the growth of investment-making has doubled in the country's free trade and special economic zones during the current government's incumbency.

The official said that the implementation of development projects has also doubled.

In an interview conducted by the Tehran Times in mid-June, Abdolmaleki said: "In the past, the amount of foreign investment made in the zones was very limited and the reason was that the investment opportunities and capacities in these areas were not well introduced. This year, we started a program that, thank God, is working very well, and that is preparing investment packages and introducing them to domestic and foreign investors."

These packages are in fact a preliminary feasibility study plan that shows the profitability of that plan, the amount of capital required, the required raw materials, technical and technological issues, consumer and market, which is actually the feasibility studies of that project and it shows whether the project is profitable or not, he added.

How to Schedule Your Day: Examples, Tips & More

Source: <https://www.wikihow.com/Schedule-Your-Day>
By: PARISA JAMADI

Whether you're a student, employee, or stay-at-home parent, keeping a schedule can help you manage your time and be productive. Thankfully, making and keeping a schedule isn't hard to do! With a few scribbles in your planner or tabs on your screen, you can have an efficient plan for the day in no time. Keep reading to learn how to schedule your day and be as productive as possible.

Things You Should Know

- Write down everything you must do for the day on a piece of paper or in a notes app before making your schedule.
- Schedule your day using time slots to stay on task. Plan each hour of your day to get started, allowing extra time for tasks so you don't fall behind.
- Prioritize tasks or events that have deadlines or fixed times. For instance, schedule your day around work meetings, homework assignments, or appointments.

Making a Daily Schedule

Pick a calendar or planner to use that meets your daily needs. There are plenty of calendars or planners on the market for you to choose from! Opt for one with a daily to-do spread if you want to focus more on daily tasks, or pick one with monthly and weekly spreads to

help you plan ahead.

- If physical planners and calendars aren't your thing, there are a ton of scheduling apps you can use on your phone

Write down everything you need to accomplish for the day.

Color-code your tasks so your schedule is easier to read at a glance. Look at your list of things you need to do. Then, categorize each type of task to a color. For instance, daily chores may be green, exercise yellow, and homework or work assignments orange.

Prioritize each task on a number scale to determine what's important. It's more effective if you know what needs to be done first when making a daily schedule. So, number your tasks from what needs to be done first to what doesn't have to get done today. This way, you can easily look at your schedule and know what you must do.[3]

- Try asking yourself these questions to determine what task(s) are of the highest priority:

- o Which task is due first or has a deadline?
- o Which task takes the longest time to complete?
- o Is one task more important than the others?

o Which task will be the most challenging?

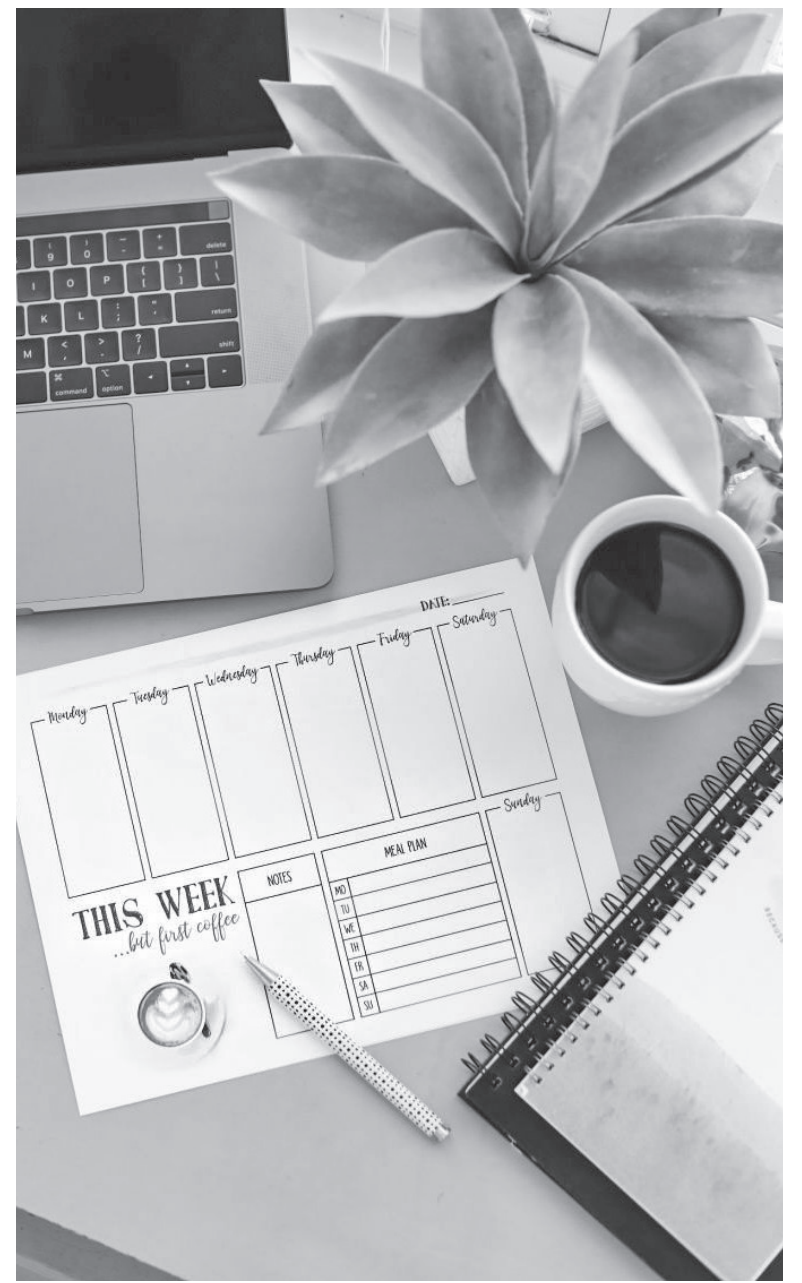
Note if any tasks are time-sensitive. If you have a homework assignment due, a work meeting, or a yoga class at a specific time, write that down as well.

Leave space in your schedule for flexibility. Try to avoid fully booking up your day when you can. Keeping some free space in your schedule can help you relax or schedule unexpected, low-priority tasks throughout the day. Plus, how can you stay motivated without taking a break every now and then?[6]

Keeping to Your Schedule
Check your calendar or planner throughout the day. Make it a habit to check your calendar every morning and night to stay on task and prepare for the day ahead. This way, you can always be on top of the game and know what's to come—it's a great way to stay motivated![7]

Cross off tasks as you complete them. When you complete a task or event, cross it off your to-do list with a pen or pencil. Not only is this super motivating, but it also helps you stay on schedule.

Adjust your schedule as needed. Although you should try sticking to your schedule as much as possible, things happen, and adjustments may be needed.



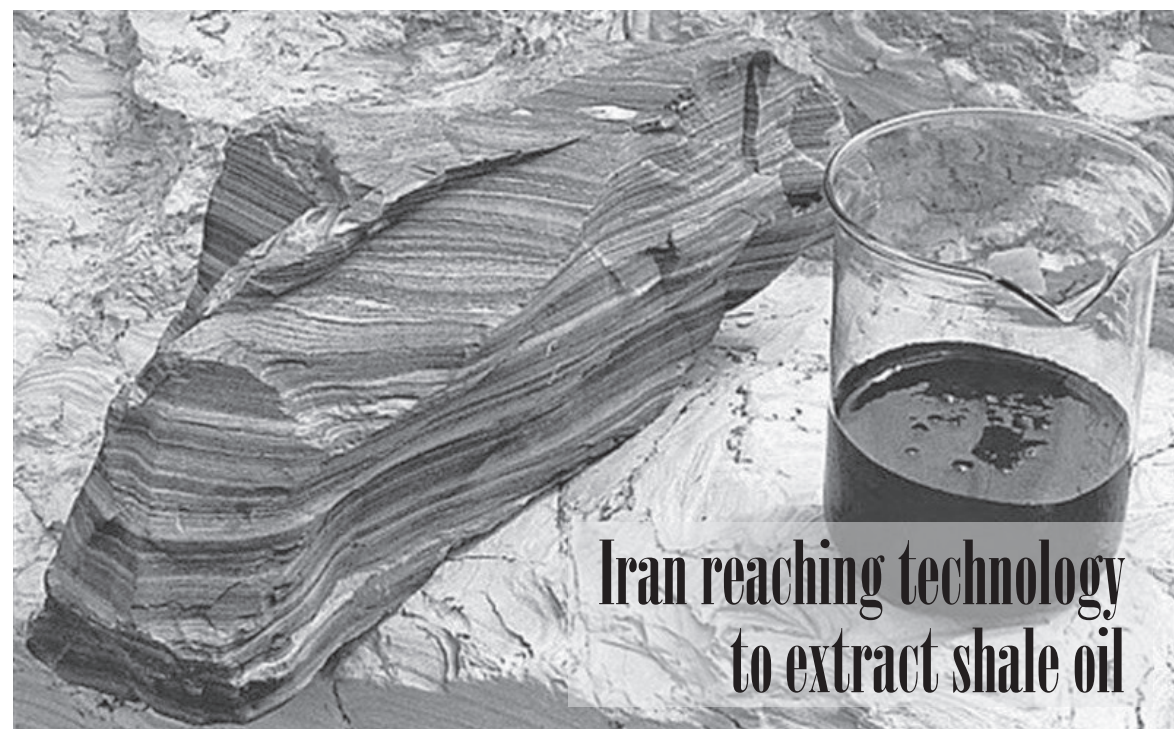
Iran is anchor of regional stability while US, Israel escalating tension

Iran's Foreign Ministry spokesman, Nasser Kanaani, said on Tuesday that Iran is "the pillar and anchor of stability" in the region in contrast to the United States, which is fomenting conflict in the region by endorsing Israel.

Kanaani cited Tehran's hosting of the second 3+3 regional platform meeting, dubbed Time for Peace, Cooperation, and Progress in the South Caucasus, as an example of Iran's efforts towards collective security in the region. "While the United States and some of its allies are escalating war-mongering, instability and insecurity in the region by lending unwavering support to the villain Zionist regime, Tehran was host

to the second meeting of the 3+3 regional platform," he wrote on his X post. Kanaani also said, "Iran remains the pillar and anchor of stability and security in the region on the basis of indigenous collective security doctrine." He added Tehran does believe that the nations in the region have had the potential to address their issues and guarantee long-term security and stability in accordance with shared goals and cooperative advancement. "Such a strategy could lead to more benefits and sustainable development for our region only when all our countries pursue a similar approach without the profit-seeking interference of trans-regional players," he averred. In an effort to resolve regional disputes free

from outside intervention, the three South Caucasus nations of Armenia, Georgia, and Azerbaijan as well as Russia, Turkey, and Iran formed the 3+3 consultative platform. The first 3+3 meeting was held in Moscow in December 2021 at the level of deputy foreign ministers and without the presence of Georgia. The second meeting was held on Monday in Tehran, with the participants emphasizing in their final statement "the importance of peaceful settlement of disputes, respect for sovereignty, political independence, territorial integrity, inviolability of internationally recognized borders, non-interference in internal affairs, prohibition on the threat or use of force, and respect for human rights."



Iran reaching technology to extract shale oil

A pilot project for extracting shale oil in Iran is in its final steps and the country can be said to have access to the technology for extracting oil from such reserves, Shana reported.

The semi-industrial pilot project for shale oil production in Iran was designed to investigate the technical and economic aspects of the shale oil exploratory production process and to demonstrate the ability to exploit unconventional reservoirs on a laboratory scale, Shana reported.

The National Iranian Oil Company (NIOC) awarded the project to the Technical Faculties Campus of Tehran University in collaboration with Estonia's Tallinn University in 2010 and now the project has reached its final steps. Determining the thermal and geochemical characteristics and oil yield

rate of oil shale reserves, determining the quality and physicochemical characteristics of oil extracted from shale reserves, providing the most efficient technology in order to achieve the maximum oil yield capacity of oil shale reserves, evaluating the oil yield capacity of Ghalikouh shale reserve in western Lorestan province, providing the most efficient mechanism and technology to obtain the highest quality shale oil, designing and building the first laboratory for exploratory shale oil production in Iran, as well as establishing and achieving the necessary technology for the implementation of the industrial phase of Ghalikouh shale oil reserve are said to be the main goals of the mentioned project.

Iran found shale oil reserves of two billion barrels of light crude in its western

Lorestan province in February 2017.

"Based on studies, it is estimated that the shale oil reserves in Ghalikouh in Lorestan amount to two billion barrels of oil in place," Bahman Soleimani, NIOC's former deputy director for exploration, told Tasnim News Agency at the time.

Shale oil is an unconventional oil produced from oil shale rock fragments by pyrolysis, hydrogenation, or thermal dissolution. These processes convert the organic matter within the rock (kerogen) into synthetic oil and gas. The resulting oil can be used immediately as a fuel or upgraded to meet refinery feedstock specifications by adding hydrogen and removing impurities such as sulfur and nitrogen. The refined products can be used for the same purposes as those derived from crude oil.

Free zones have great potential to accelerate economic development



A parliament member has said that the country's free and special economic zones have great potentials to accelerate economic development and the government should take the necessary measures to support the Free Zones High Council in this regard, Freena reported.

"Commercial-industrial free zones in the country are a special shortcut to increase the speed of the country's development, which should be given special attention," Ruhollah Izadkhah said.

He praised the performance of Secretary of the Free Zones High Council Hojatollah Abdolmaleki in the current government, saying that during his tenure the council has managed to implement very positive projects in the country's free zones.

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-Azərbaycan Province and Maku in West-Azərbaycan 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.

