

اولین روز نامه اقتصادی دوزبانه استان اصفهان

اخبار اصفهان

روزنامه اقتصادی استان اصفهان

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قیمت ۷۰۰۰ تومان

Do Strawberries Have Any Skin Benefits?

آیا توت فرنگی برای پوست فوایدی دارد؟



وقتی علامت غیرواقعی به اقتصاد می‌دهید

سرمقاله
علی‌اصغر سمیعی
تحلیلگر اقتصادی

رقابت در بازار و در عرصه اقتصاد اصل است، و نابرابری در قیمت‌ها و شرایط، به هر بهانه‌ای حتی با نیت خیر خواهانه هم که باشد مسلماً به نوعی، عملی ظالمانه تلقی می‌شود و باعث ایجاد رانت برای عده‌ای و دل‌سردی و ناامیدی برای جمع دیگری خواهد شد. روز یکشنبه، هشتم بهمن ماه ۱۴۰۲، اولین خبری که در صفحه اول روزنامه اطلاعات جلب نظر می‌کند، این است: "سالانه ۱۰۰ میلیارد دلار یارانه برای انرژی در کشور پرداخت می‌شود. یعنی به طور متوسط بیش از یک هزار دلار برای هر ایرانی یعنی برای یک خانواده متوسط ۴ نفره بیش از ۴۰۰۰ دلار از بیت‌المال بابت سوبسید انرژی پرداخت می‌شود. در واقع این پول از بیت‌المال، یعنی از جیب مردم، هر چند اگر کسی در گوشه‌ای از کشور زندگی می‌کند، اتمبیل هم ندارد، خانه‌اش هم گاز کشی نشده و برای گرم کردن خود و پختن غذا، هیژم و خاز استفاده می‌کند و برای روشنایی در خانه‌اش هم، چند لامپ ۱۰۰ بیشتر ندارد، ولی به هر حال خودش، همسرش و همه فرزندانش، که در بیت‌المال سهیم هستند، هر یک ماهانه یک هزار دلار را پرداخت می‌کنند، چون عده‌ای برای اتمبیل‌های خود بنزین ارزان می‌خواهند، و برای خانه‌های بزرگ و چند طبقه خود سوخت ارزان، و برق ارزان، چون آنها با کلمه "صرفه‌جویی" بیگانه‌اند، می‌خواهند خانه را به ضرب سوخت ارزان گرم کنند و با لباس زیر از پنجره برف را تماشا کنند. البته اشکال ندارد؛ به شرط آنکه بهای سوخت مصرفی عده‌ای و دل‌سردی و ناامیدی برای جمع دیگری خواهد شد.

مدیر عامل سازمان قطار شهری اصفهان:
ورود دستگاه حفار مکانیزه به بزرگترین و عمیق‌ترین ایستگاه خطوط قطار شهری
با حضور معاون عمرانی استانداری اصفهان:
۵۰ پروژه عمرانی در نایب افتتاح شد
با بهره‌گیری از میدان مغناطیسی فرکانس پایین:
درمان سلول‌های سرطانی



رئیس دانشگاه اصفهان:

دانشمندان نباید بار و یک‌دهای دین هراسی به پژوهش اسلام بپردازند

۳۰۰ ایده نوآورانه در بخش صنعت و معدن جذب شد؛

فقط ۵ درصد شرکت‌های دانش بنیان معدنی هستند



در دانشگاه صنعتی اصفهان به امضا رسید؛

تفاهم سه‌جانبه راه‌اندازی آزمایشگاه صنعت ۴

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اخبار اصفهان

چهل و دومین جشنواره فیلم فجر شامگاه یکشنبه بیست و دوم بهمن با تجلیل از برگزیدگان در سالن برج میلاد تهران به کار خود پایان داد.



اینفوگرافیک

درباره خود مراقبتی در زمستان

مراقبت از سلامت عمومی:

در زمستان باید به مصرف مواد غذایی حاوی ویتامین C و D توجه داشته و از لباس‌های گرم و مناسب برای حفظ حرارت بدن استفاده کرد. همچنین ورزش و فعالیت‌های بدنی منظم می‌تواند به حفظ سلامتی در طول زمستان کمک کند.

در زمستان به دلیل هوای سرد و خشک، پوست ممکن است خشک و ترک خورده شود. استفاده از مرطوب کننده و استفاده مداوم از لوسیون یا روغن مرطوب کننده می‌تواند به حفظ نرمی و تازگی پوست کمک کند.

مراقبت از پوست

مراقبت از مو

مراقبت از لب‌ها

مراقبت از دست‌ها

در زمستان لب‌ها ممکن است خشک و ترک خورده و حتی خونریزی کنند. استفاده از بalm های مرطوب کننده و استفاده مداوم از لوسیون لب می‌تواند به حفظ نرمی و سلامت لب‌ها کمک کند.

در زمستان دست‌ها نیز به دلیل تماس با آب سرد و هوای سرد ممکن است خشک و ترک خورده شوند. استفاده از کرم مرطوب کننده و استفاده مداوم از دستکش می‌تواند به حفظ نرمی و آرامش دست‌ها کمک کند.

اخبار اصفهان
نوشین روانی



فرماندار مبارکه:

۷۲ شعبه اخذ رأی برای برگزاری انتخابات در شهرستان مبارکه پیش‌بینی شده است

فرماندار شهرستان مبارکه گفت: ۷۲ شعبه اخذ رأی در سطح این شهرستان برای انتخابات یازدهم اسفند و تسهیل دسترسی شهروندان پیش‌بینی شده است. به گزارش خبرگزاری ایماز اصفهان، علیرضا حسینی، سه‌شنبه بیست‌و چهارم بهمن در جلسه آموزشی توجیهی نمایندگان فرماندار شهرستان مبارکه اظهار کرد: این دوره آموزشی با هدف ارتقای سطح دانش و آگاهی عوامل برگزار کننده انتخابات با محوریت برگزاری انتخاباتی سالم با رعایت اصل بی طرفی و امانت‌داری و فراهم کردن زمینه حضور حداکثری مردم و بر مبنای

معاون هماهنگی امور عمرانی استانداری اصفهان خبر داد:

بهربرداری از ۱۰۰ پروژه عمرانی و خدماتی در اردستان

۷۲۰۰ میلیارد تومان به بهره‌برداری رسیده است. زینلیان ابراز امیدواری کرد مجموعه شهرستان اردستان با تلاش‌هایی که انجام می‌دهند این منطقه به زودی شاهد افتتاح پروژه‌های بیشتر و بزرگ‌تری باشد. وی تصریح کرد: علاوه بر پروژه‌هایی که در ایام دهه فجر امسال در سطح استان به بهره‌برداری رسید در کل استان ۱۵ هزار میلیارد تومان پروژه در دست اجرا است که بخشی از آن از سال‌های گذشته شروع شده است و امیدواریم در ایام نزدیک این پروژه‌ها برای خدمت‌رسانی بهتر مردم تکمیل و افتتاح شود. معاون هماهنگی امور عمرانی استانداری اصفهان در خصوص گلابه مردم روستای «تیسبان» برای تجهیز مرکز سلامت این روستا، گفت: یکی از درخواست‌های مردم این منطقه خدمت‌رسانی بیشتر و پزشک مستقل و تکمیل تجهیزات مورد نیاز در مرکز جامع سلامت روستا بود که رایزنی‌هایی با مدیران دانشگاه علوم پزشکی استان انجام و مصوب شد طبق ضوابط این دو درخواست مرتفع شود.

معاون هماهنگی امور عمرانی استانداری اصفهان گفت: با تلاش‌های انجام شده در مجموع بیش از ۱۰۰ پروژه با اعتباری بالغ بر ۳۰۰ میلیارد تومان در شهرستان اردستان به بهره‌برداری رسید.

مهران زینلیان، شامگاه (سه‌شنبه، ۲۴ بهمن) در آیین بهره‌برداری از استخر شنای اردستان، اظهار کرد: با تلاش مسئولان شهرستان اردستان پروژه‌های خوب و قابل توجهی را در سطح شهرستان اردستان در حوزه‌های مختلف گردشگری، زیرساختی، عمران شهری و روستایی و آبرسانی و تفریحی تکمیل و آماده بهره‌برداری شده است.

وی افزود: در مجموع بیش از ۱۰۰ پروژه با اعتباری بالغ بر ۳۰۰ میلیارد تومان در شهرستان اردستان به بهره‌برداری رسید و امیدواریم که مردم بتوانند از خدمات بیشتر و بهتری برخوردار شوند.

به گزارش ایسا، معاون هماهنگی امور عمرانی استانداری اصفهان، گفت: خدمت‌رسانی در کل استان اصفهان فراهم بوده و در ایام دهه فجر امسال بالغ بر ۷۶۸ پروژه با اعتباری بالغ بر

تکمیل استخر اردستان از مطالبات عموم مردم بود

همچنین رئیس اداره ورزش و جوانان شهرستان اردستان گفت: با توجه به اینکه از سال ۱۳۹۷ سقف مجموعه استخر اردستان دچار مشکلاتی شده بود طبق دستور شورای فنی استان تعطیل شد و از همان سال برنامه‌ریزی برای بازسازی و رفع مشکلات مجموعه آغاز شد. عباس روحانی با اشاره به سفر وزیر ورزش در سال ۹۸ به اردستان و تخصیص اعتبار برای بازسازی مجموعه استخر، گفت: با توجه به اینکه در سال‌های ۹۸ و ۹۹ کشور درگیر موضوع ویروس کرونا شد تخصیص اعتبارات و تعمیرات به تأخیر افتاد. وی افزود: با تلاش نماینده مردم اردستان در مجلس و پیگیری‌هایی که فرماندار داشت، اعتبارات لازم در یکی دو سال گذشته جذب شد و امسال استخر شنا که یکی از مطالبات عموم مردم بود تکمیل شد. مجموع اعتباراتی که برای تکمیل استخر اردستان طی این سال‌ها هزینه شده، ۴۵ میلیارد ریال بود که نهایتاً منجر به تکمیل و بهره‌برداری مجدد استخر شنا اردستان شد.

توزیع ۱۵۰۰ نهال در سالروز پیروزی انقلاب اسلامی در سمیرم

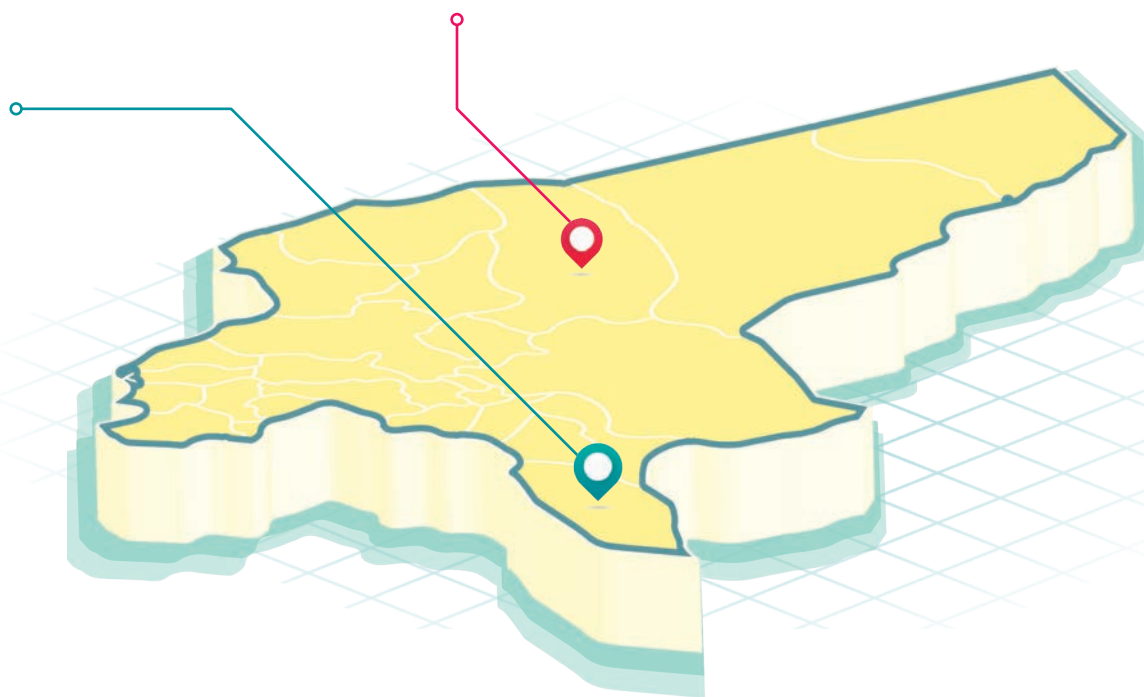


انقلاب شکوهمند جمهوری اسلامی ایران و با توجه به فرمایشات رهبر گران‌قدر اسلامی و تأکیدات ایشان برای کاشت درخت، در راستای ترویج فرهنگ حسنه درخت‌کاری و پوشش هر ایرانی کاشت سه نهال، تعدادی نهال میان مردم توزیع شد.

وی افزود: این مهم هم‌زمان با راهپیمایی مردم در ۲۲ بهمن و جشن ۴۵ سالگی پیروزی انقلاب اسلامی توسط اداره منابع طبیعی و آبخیزداری شهرستان سمیرم انجام شد و ۱۵۰۰ نهال میان مردم توزیع شد.

رئیس اداره منابع طبیعی و آبخیزداری شهرستان سمیرم تصریح کرد: حدود ۱۵۰۰ نهال از نوع بادام اسکوپاریا و آمارا، صنوبر و ارغوان جهت طرح «هر ایرانی کاشت سه نهال» میان راهپیمایی‌کنندگان شهر سمیرم توزیع شد.

رئیس اداره منابع طبیعی و آبخیزداری شهرستان سمیرم گفت: هم‌زمان با چهل‌وپنجمین سالگرد پیروزی انقلاب اسلامی، ۱۵۰۰ نهال بین مردم توزیع شد. میثم جباری اظهار کرد: به شکرانه پیروزی



برگزاری جشن تکلیف ۲۰۰۰ دانش‌آموز در تیران و کرون

مدیر آموزش و پرورش تیران و کرون گفت: جشن تکلیف نزدیک به ۲۰۰۰ دانش‌آموز دختر و پسر این شهرستان در حال برگزاری است.

حسین صائبی در گفت‌وگو با خبرنگار ایماز اصفهان با اشاره به برگزاری جشن تکلیف دانش‌آموزی اظهار کرد: این مراسم برای نزدیک به ۲۰۰۰ دانش‌آموز دختر و پسر تیران و کرون در حال برگزاری است. وی با بیان اینکه بیش از هزار نفر از دانش‌آموزان دختر و بیش از ۶۵۰ دانش‌آموز پسر به سن تکلیف می‌رسند، افزود: جشن تکلیف متمرکز دانش‌آموزان دختر کلاس سوم بخش کرون در محل آستان مقدس امامزاده احمدرضا (ع) برگزار شد.

مدیر آموزش و پرورش تیران و کرون ادامه داد: این برنامه برای دانش‌آموزان پسر بخش کرون نیز برگزار خواهد شد و در بخش مرکزی نیز تا پایان بهمن برگزار خواهد شد.

صائبی توزیع بسته‌های فرهنگی، ارائه مشاوره و گفت‌وگو دینی را از محورهای جشن تکلیف دانش‌آموزی دانست و خاطرنشان کرد: خانواده‌ها در تهیه چادر نماز دختران کلاس سوم همکاری داشتند و چادرها دارای طرح یکسان هستند.

وی با اشاره به اعتکاف دانش‌آموزی تأکید کرد: سال جاری مشارکت خوبی در سه مسجد به صورت متمرکز انجام شد و تعداد کل دانش‌آموزان معتکف این شهرستان به ۳۰۰ نفر رسید.

مدیر آموزش و پرورش تیران و کرون اضافه کرد: آئین اعتکاف دانش‌آموزی همراه با برنامه‌های فرهنگی و اجتماعی بود که بر جذابیت حضور این قشر برای سال‌های آینده می‌افزاید.

اخبار اصفهان گزارش

مدیر عامل سازمان قطار شهری اصفهان:

ورود دستگاه حفار مکانیزه به بزرگترین ایستگاه عمیق‌ترین ایستگاه خطوط قطار شهری



آزاده سلیمان نژاد



آئین ورود دستگاه تی‌بی‌ام به ایستگاه امام حسین (ع) و آغاز ریل‌گذاری خط دو متروی اصفهان در قالب بیست و هشتمین ویژه‌برنامه «به احترام مردم اصفهان» با حضور مدیران شهری اصفهان ۲۴ بهمن ماه هم‌زمان با سالروز ولادت امام حسین (ع) برگزار شد. مدیر عامل سازمان قطار شهری اصفهان در آیین با بیان اینکه طبق برنامه‌ریزی‌ها، هفت سال زمان برای احداث خط دو پیش‌بینی شده بود، گفت: تلاش این است که این پروژه زودتر از این زمان مورد بهره‌برداری قرار گیرد. به گفته سید محسن واعظی فر، در حال حاضر در پرتو الطاف خداوند و هم‌زمان با میلاد با سعادت حضرت

حفار مکانیزه (TBM) در دو جبهه شامل جبهه غربی با قطر ۹.۵ متر و دو دستگاه جبهه شمال با قطر هفت متر فعالیت خود را آغاز کرد. مدیرعامل سازمان قطار شهری اصفهان و حومه اضافه کرد: دستگاه حفار مکانیزه (TBM) شرقی جبهه دارک (شمال) روز هفدهم دی به ایستگاه طوقچی رسید. وی با اشاره به سایر ویژگی‌های خط دو متروی اصفهان تأکید کرد: پیچیده‌ترین روش اجرا شامل ترکیب تمام روش‌های متداول و نوین در اجرای ایستگاه‌ها و استفاده از روشی خلاقانه و مبتکرانه در اجرا در ایستگاه امام حسین (ع) می‌باشد که نمونه مشابه داخلی و خارجی ندارد، از جمله این موارد است.

شهردار اصفهان با بیان اینکه تاکنون در اصفهان پروژه‌های به بزرگی خط دوم مترو نداشتیم، تصریح کرد: این پروژه هم‌اکنون در ۲۰ جبهه کاری، ۱۶ ایستگاه، دو تونل در حال احداث است و ریل‌گذاری آن از امروز آغاز می‌شود؛ البته تاکنون در اصفهان پروژه‌های به این عظمت را تجربه نکرده‌ایم. به گفته شهردار اصفهان افرادی که از پروژه مترو بازدید کردند، می‌دانند که هر ایستگاه دشوارها رو و پیچیدگی‌های خود را دارد، از آخرین دستاوردهای فنی و علمی برای احداث ایستگاه و تونل استفاده می‌شود که همه این تجربیات ارزشمند است و باید ثبت و ضبط شود، زیرا برای دانش فنی کشور می‌کنند.



Iran's annual dates export reach \$270m

Iranian farmers produced 1.3 million tons of dates in the current Iranian calendar year (began on March 21, 2023) of which 350,000 tons worth \$270 million have been exported, the head of National Date Association of Iran said. According to Mohsen Rashid Farokhi, Iran is currently the world's third-biggest producer of dates, IRNA reported.

Producing 1.8 million tons of dates per year, Egypt is the first producer of dates in the world, and Saudi Arabia and Iran are ranked second and third, the official said. Last week, the spokesman of the International Relations and Trade Development Committee of Iran's House of Industry, Mining and Trade said that the value of Iran's exports of agricultural and foodstuff products increased by 22 percent in the first 10 months of the current Iranian calendar year (March 21, 2023-January 20, 2024).

According to Ruhollah Latifi, Iranian producers managed to export over 6.775 million tons of the mentioned products worth more than \$4.873 billion in the said 10 months, also registering an 8.4 percent rise in terms of weight. As reported, of the total exports, 4.944 million tons with a value of \$2.93 billion were crops, vegetables, and horticulture products, 1.133 million tons worth \$931.96 million were processed food products, and the rest were fishery, livestock, and dairy products.

Dairy products with \$561.4 million of exports, pistachios with \$478.7 million, tomatoes with \$255.4 million, apples with \$248.7 million and fishery products with \$244.9 million were the top five food and agricultural products exported in the mentioned 10 months.

Major electricity projects financed by foreign investors underway in Iran

The Iranian Energy Ministry is implementing 61 major electricity projects that have been financed by foreign investment in the north and northeast of the country, according to the country's Power Generation, Distribution, and Transmission Company (known as TAVANIR).

As IRNA reported, the mentioned projects are being implemented in northern Mazandaran Province and northeastern Khorasan Razavi Province. According to TAVANIR, 46 major projects including three power transmission stations, 21 power distribution substations, five transmission lines, and 17 power distribution lines with a total investment of 1.3 billion yuan, equivalent to 48.540 trillion rials (about \$97 million) are underway in Mazandaran province and 15 projects including two transmission stations, nine substations and four distribution lines worth 457 million yuan, equivalent to 20.545 trillion rials (about \$41 million) are being implemented in Khorasan Razavi province.

Domestic manufacturers in deals worth \$86m to build 10 vessels for IRISL

The Islamic Republic of Iran Shipping Lines (IRISL) has signed deals worth \$86 million with domestic manufacturers for building 10 vessels for the country's shipping fleet, Fars News Agency reported.

According to the IRISL Head Mohammadreza Modares-Khiabani, the construction of four of the mentioned vessels has been awarded to Sadra Neka Shipbuilding Industries and the other six vessels will be constructed by Arvandan Shipbuilding Industries. Negotiations are also underway to sign a contract for the construction of four more vessels worth approximately \$75 million with another domestic manufacturer, the official said.



Amir Abdollahian in Doha for talks over ties, Palestine



Iranian Foreign Minister Hossein Amir Abdollahian arrived on Monday in the Qatari capital, Doha, on the third leg of a regional tour that is centered on ways to settle the crises and issues in Gaza.

Prior to his visit to Qatar, his regional tour had taken him to Lebanon and Syria.

Iran's top diplomat held talks with senior Qatari officials about a range of issues, including cooperation between Tehran and Doha.

Like the talks in Beirut and Damascus, the main topics of the Iranian foreign minister's meetings with Qatari authorities focused on the developments in Palestine and ways to end the brutal Israeli onslaught against

Gaza.

The necessary groundwork for establishing a permanent ceasefire, halting the attacks and crimes of the Zionist regime, and the urgent need to provide assistance to the people of Gaza were among the most important topics of discussions that took place between Abdollahian and Qatari officials.

In a meeting between Amir Abdollahian and the Qatari Foreign Minister Mohammed bin Abdulrahman bin Jassim Al Thani, they both talked about the ongoing onslaught on the Gazans. **"Israeli regime doomed to die if U.S. stops supports"**

During a meeting with about 15 officials from different Palestin-

ian groups in the Syrian capital Damascus on Sunday, Iran's foreign minister noted that the Tel Aviv regime would fall if the U.S. officials put a moratorium on all kinds of support.

"The Israeli regime totally collapsed after Operation Al-Aqsa Storm, and if it were not for the U.S.'s all-out meddling in the field in support of the Zionist regime and its efforts to resurrect and save it, this collapse would have been completely visible," Amir Abdollahian pointed out.

He went on to add that "the Israeli regime and the U.S. government achieved none of their declared goals since the beginning of the war on Gaza and that they are now forced to hold political talks with Hamas,

whom Tel Aviv and Washington called for its demise."

Abdollahian also said that the struggle and resilience of the resistance groups, as well as the sacrifices of people in Gaza and the West Bank, and the practical unity of the Axis of Resistance in solidarity with Palestine helped the nation defeat the occupying regime.

In addition, he hailed the support provided for the Palestinians by the resistance factions in Lebanon, Yemen, Iraq and Syria, along with independent and brave governments and nations.

"Today, the Palestinian issue has become the foremost issue of the world. The October 7 Operation Al-Aqsa Storm showed that Palestine is alive and that it will not surrender to the will of the Zionist regime and oppressive powers, including the U.S. government," he added.

Amir Abdollahian underscored that Tehran does believe the Palestinian leaders are able to find a solution on the basis of their nations' interests and the international community.

He then called for unity among Palestinians, saying, "If you are united, the world will submit to your will."

"What helped Palestine defeat the Israeli regime until this moment is the trust in God and the Gazans' resilience and sacrifice, as well as the support of the Axis of Resistance."

For their part, the Palestinian officials stressed that the resist-

ance movement as well as the Palestinian people have dealt devastating blow to the regime in spite of the rising number of martyrs and sprawling destruction of the Gaza Strip.

The leaders also said that the Gaza war is not a kind of clash and fight between Hamas and the Israeli regime, describing it as an unfair faceoff between the oppressed Palestinian nation and the Zionist regime and its supporters.

Palestinian officials lauded Tehran's stance and position in advocating the Palestinian issue, calling it as "outstanding, distinct, practical and real."

The ongoing war is one of a string of battles that the Palestinians have had against the occupiers, the officials said, vowing to press ahead with their heroic struggle until the "complete liberation" of Palestine.

Israel has achieved little of substance in its incursion into the Gaza Strip since the last four months but the valiant Palestinian nation has won the battle with faith in divine assistance.

There is nothing left of Israeli Prime Minister Benjamin Netanyahu's regime as it has found itself in a quagmire.

Israel waged the genocidal war on the besieged Gaza Strip on October 7 after Hamas carried out Operation Al-Aqsa Storm against the occupying regime in retaliation for its increased atrocities against the Palestinian people.



Commodities worth \$416m exported from Kerman province in 10 months

As announced by a provincial official, 340,000 tons of goods worth \$416 million were exported from Kerman province in the first 10 months of the current Iranian calendar year (March 21, 2023-January 20, 2024).

Mohammad-Mehdi Fadakar, the director-general of the province's Customs Department, said that the ten-month export indicates 22 percent growth in terms of weight, as compared to the same period of time in the past year.

As previously announced by the head of the province's Industry, Mining, and Trade Department, non-oil goods worth \$490 million were exported from Kerman province in the past Iranian calendar year 1401 (ended on March 20, 2023).

Mehdi Hosseini-Nejad said that the annual export from the province fell 49 percent in value.

He named pistachio and copper as the major exported products and said that pistachios and copper cathodes constituted 64 percent of the province's exports in the previous year.

The official further announced that commodities worth \$2.2 billion were imported to the province in the past year, with a 107-percent growth.

He named auto parts as the major imported items.

As previously announced by the head of the Islamic Republic of Iran Customs Administration (IRICA), Iran exported 113 million tons of non-oil goods valued at \$40.5 billion during the first 10 months of the present year.

Mohammad Rezvani-Far said that the 10-month non-oil export indicates a nine percent growth in weight, but an 11 percent fall in value, year on year, IRIB reported.

The official also said the country exported \$29.9 billion of crude oil in the mentioned 10 months, registering a 10-percent rise, year on year.

Rezvani-Far further announced that Iran has imported 32.7 million tons of goods worth \$54.8 billion in the first 10 months of the present year, which indicates an 11.6 percent rise in value and six percent growth in weight.

He named China, Iraq, the United Arab Emirates (UAE), Turkey, and India as the major export destinations of Iranian goods in the said period, and the UAE, China, Turkey, Germany, and India as the main sources of import.

Gold, car parts and accessories, and smartphones were the main imported items during this period, according to the official.

Raisi urges further cooperation with China

In a New Year message to China, Iranian President Ebrahim Raisi has called for more expansion of bilateral relations.

In a post on X on Sunday, he congratulated the people and government of China over its Lunar New Year.

"I sincerely congratulate the People's Republic of China on the occasion of the New Year and Lunar New Year and wish Iran and China, as two ancient civilizations, would be full of vitality in the New Year at all levels, especially for the

development of bilateral relations."

He also expressed optimism that "with the advent of the New Year, the world would be filled with justice for all people, especially for the oppressed Palestinian nation."

The Spring Festival marks the beginning of Chinese New Year, which is also known as Lunar New Year. It marks the end of winter and the beginning of spring. The first day of Chinese New Year begins on the new moon that appears between January 21 and February 20.



Taking the sting out of sanctions

When Donald Trump announced that he was re-imposing sanctions on Iran, and even intensifying them, the future began to look bleak and uncertain for me and the large population of Iranian youth.

In 2018, As Trump stood before journalists and spoke of the "maximum pressure campaign", the Iranian public was sent into a furor. Those who had experienced years of sanctions under Barack Obama and had finally breathed a sigh of relief with the inking of the JCPOA, thinking they would finally be free of punishing sanctions, began to await the worst.

For us, an even harsher round of sanctions seemed impossible to survive. By the end of 2019 over 100 foreign companies had left Iran and the national currency was already tailspinning—the U.S. move to choke off anything the Iranian nation relied on for living sent inflation skyrocketing to rates never experienced before.

While we all knew that we would enter a period of unprecedented economic turbulence, we still had more to worry about than our squeezing pockets. I remember hearing that we would no longer be able to keep at par with regional countries in the energy sector and sufficiently tap into our God-given resources. That the long lines at pharmacies were only going to grow longer with all medications eventually becoming scarce and that all sorts of different sectors would soon begin to grapple with acute shortages.

Some parts of our horrid expectations ended up becoming reality. Sanctions compounded Iran's economic woes and many households could no longer rely on single or double incomes. Rent, food, and almost everything else became much more expensive, forcing people to adopt more cautious spending habits. But a lot of what we feared also never ended up happening.

During the years, most of what we have heard in the media has been revolving around the JCPOA and efforts to revive the deal. Several politicians have

been arguing that anything we do and own hinges on the accord. While it is true that the sanctions have baleful effects on people's everyday lives, it seems that a large part of what we have been able to achieve in the face of the sanctions is deliberately being sidelined.

I only began to realize the depth of Iran's efforts in the past decade when I got to visit an exhibition showcasing Iranian-made products at the Imam Khomeini Hussainiyah, close to where the Leader of the Islamic Revolution lives.

Before journalists were allowed to visit the site, Ayatollah Seyyed Ali Khamenei spent a good four hours viewing the products and speaking to the manufacturers. He visited 40 knowledge-based booths and discussed how the country can further boost domestic production with a focus on science.

The Leader then expressed disappointment with the fact that most Iranians had not been made aware of the domestic achievements. I could not agree more with him when I got to personally view the products and speak to the entrepreneurs who have been spearheading Iran's fight against a project aiming to bring the country to its knees.

People from all sorts of sectors (namely energy, oil, automotive, mining, communications, technology, food, agriculture, medicine, transportation, housing appliances, and textile industries) were present at the exhibition to tell the story of the blood, sweat, and tears they have been putting in to save their country from stalling down the barrel of destitute.

"The truth of the matter is that Iranian scientists and experts couldn't get the chance to shine before the sanctions. As the Leader said, we have not only managed to eliminate threats but to turn them into opportunities," said Mehdi Abbasi who is an advisor with the Iranian oil ministry. "At least 500 knowledge-based companies have been established in the oil and gas sector in the past few years. They have even come up with innovations and products that

have never been made in our country before," he added.

Before I had spoken to these entrepreneurs and representatives, it did not make sense to me how sanctions could manage to help our country in some ways. To me, sanctions were equivalent to pain, poverty, and hardship. It never struck me that even the toughest of situations could prove beneficial with faith and perseverance.

Others at the exhibition seemed to be of the same mind as Abbasi. An engineer who has taken part in the development of Iranian satellites now orbiting around the Earth told me that everything is only going to get better from here. "There are a handful of countries that have the same space capabilities as we do. We think that in the future, Iran will be the one launching satellites for other countries, instead of Russia and the U.S.," Mohammad Salari explained.

As I got back home that day, I felt the need to dig deeper into Iran's major domestic achievements. Phase 11 of the South Pars Gas Field, the Persian Gulf Star Oil Refinery, and the booming industries of home appliances, fashion, automobiles, and pharmaceuticals all spoke to the same fact: It seems that we have finally managed to take part of the sting out of the U.S. sanctions, and slowly but surely begun to move towards a promising future.

"Even if we want to sit at the negotiating table with the West, we would only be able to reach a mutually beneficial deal when we are powerful enough to not feel threatened. Tying our whole existence to the sanctions puts us in a more vulnerable position. We should try to talk to the West while making sure that we wouldn't crumble if they decide to betray us again," warned a Western-based Iranian journalist back in November of 2022, when the U.S. announced that it was halting talks with Tehran on the 2015 Iran deal.

SEO to help increase role of private sector in stock market

The head of Iran's Securities and Exchange Organization (SEO) has said his organization is following new plans to increase the role of the country's private sector in the stock market, the Securities and Exchange News Agency (SENA) reported.

Referring to the significant role of the private sector in financing production companies, Majid Eshqi said: "Increasing the role of the private sector in the stock market is one of the serious plans of the Securities and Exchange Organization."

He stated that some measures have been taken to increase the real role of the private sector in the capital market in the last few years, adding that the role of the real private sector has also increased in relation to financing through debt securities compared to the past.

"Considering the emphasis of the Leader of the Islamic Revolution, we will do our best to increase the share of the real private sector in areas like financing and acceptance in the capital market," Eshqi elaborated.

Back in August 2023, Eshqi had said that using the capacities of the country's private sector in the stock market has been one of the main strategies of the organization over the past year.

"One of the main approaches of the Securities and Exchange Organization during the past year has been to use the power of the private sector, because government entities and the public sector do not have the necessary characteristics for economic prosperity, so we must increase the share of the private sector in the capital market," Eshqi said in a conference in Khorasan Razavi Province. Large industries have their own problems and fluctuations, but small and medium-sized enterprises (SMEs) can compensate for these fluctuations, the official said, adding that the main part of the world economy is moving towards small and medium-sized companies because value, employment, and innovation lie in such companies. The SEO head further noted that the stock market should mainly focus on investment and financing, saying: "We need to direct the liquidity flow towards production." Emphasizing the important role of the seventh National Development Plan (2022-2026) in securing the future of the capital market, Eshqi stated: "One of the major indicators of investment is predictability, so more action should be taken in the seventh development plan to make the economy more predictable."

He pointed to the holding of investment and financing conferences in provinces as a starting point for a new movement towards promoting investment and said: "Economic enterprises do not have enough familiarity with the capital market and such conferences are bridges that provide the necessary platform in this regard."

Do Strawberries Have Any Skin Benefits?

Source: <https://www.healthline.com/health/beauty-skin-care/strawberry-skin-benefits#takeaway>

By: PARISA JAMADI

Strawberries are really good for you. In fact, strawberries may offer numerous health benefits, including anti-inflammatory benefits for you and your skin. They're also good for your overall health.

In particular, strawberries contain antioxidants known as polyphenols, as well as vitamins and minerals such as:

- vitamin C
- manganese
- potassium
- folate

General skin care

Strawberries contain vitamin C. The stable, water-soluble version of this vitamin known as sodium ascorbyl phosphate (SAP) is known to brighten skin.

Acne

Since strawberries are high in vitamin C, and vitamin C is known for its anti-inflammatory qualities, it's possible

that strawberries could help reduce some of the inflammation associated with acne.

Topical vs. eating

You don't have to choose between eating strawberries or applying products containing strawberries to your skin to reap the benefits. You can do both.

Eating strawberries means that you're consuming all those healthy vitamins and minerals that help you fight off oxidative stress and inflammation.

Meanwhile, using topical products containing strawberries on your skin may help you counteract the effects of aging.

But there isn't much scientific evidence to support the idea that applying strawberries topically will drastically improve your skin.

Other benefits

If strawberries were just good for your skin, that might be persuasive enough.



But strawberries also have numerous other demonstrated health benefits when eaten. For example:

- They contain compounds called anthocyanins, which contribute to their vibrant color. These provide numerous benefits, including improving your blood lipid profile and decreasing your risk of developing heart disease.
- They contain lots of phenolic antioxidants, which may help prevent certain kinds of cancer.
- They seem to help modify your body's digestion of sucrose, which may help prevent type 2 diabetes.

Ways to use it

You're probably familiar with strawberry ice cream, strawberry pie, and other delicious desserts containing this ruby-red fruit. But a growing number of skin products now contain strawberry or strawberry extract.

Here are some ways your skin can benefit from strawberries.

Strawberry face mask

Some people prefer to grab a container of strawberries from the fridge and make their own face mask, typically by mashing up the strawberries and mixing them with yogurt or honey. Some may prefer to mix in milk or cream. Be sure to rinse thoroughly after you apply your mask.

While there's no harm in trying this DIY face mask, don't expect drastic results. More research is necessary to determine if strawberries applied topically really have any benefit to the skin.

Strawberry juice

Vitamin C, antioxidants, and fiber. What's not to love? You can reap all these benefits from gulping down a glass of strawberry juice.

Strawberry scrubs

By mixing up some mashed strawberries and some sugar, you can create a

pretty good facial scrub right in your own kitchen. You can also try adding a bit of coconut oil or olive oil to make it a little smoother. For those with sensitive skin, be aware that sugar exfoliants can be harsh on the skin, leading to irritation and inflammation.

The bottom line

You almost can't go wrong with strawberries.

They may help:

- improve the appearance of your complexion
- improve your heart health
- lower your cholesterol levels
- reduce your chances of developing type 2 diabetes
- reduce your risk of cancer

Try finding some ways to incorporate strawberries into your diet on a regular basis. You might also give strawberry-infused skin care products a try.

Freedom of speech in Meta style



Meta's removal of Ayatollah Khamenei's accounts raises concerns over freedom of speech and proves the company's pro-Israeli stance.

On Friday, Meta stirred controversy by abruptly removing Instagram and Facebook accounts belonging to Ayatollah Khamenei, the Leader of the Islamic Revolution, who had a substantial following of 5.1 million users. The decision, made without prior notice, underscores the company's pro-Israeli stance.

In 2023, the Instagram account KHAMENEI.IR ranked among the top 10 accounts of world leaders. Remarkably, posts on his Farsi-language account garnered over one hundred million views in the past three months. This account, active for twelve years, boasts a staggering nine thousand posts that received eighteen million comments.

Formerly known as Facebook, Meta now owns a quartet of platforms: Instagram, WhatsApp, Facebook, and Facebook Messenger. Headquartered in Menlo Park, California, Meta provided a scant explanation for its actions, citing violations of its Dangerous Organizations and Individuals policy as justification for the account removals.

This move coincided with Ayatollah Khamenei's support for oppressed Palestinians and condemnation of the genocidal warfare in the Gaza Strip, a stance he has steadfastly maintained since October 7th. Meta's actions raise fundamental ques-

tions about the role of social media platforms in regulating political discourse and the expression of support for contentious causes.

The incident highlights the delicate balance between freedom of speech and the enforcement of platform policies, particularly concerning influential figures like Ayatollah Khamenei. While Meta's subsidiary platforms profess to foster an environment of free expression and diversity of opinion, their practices often align closely with U.S. laws and policies, potentially stifling dissenting voices that challenge mainstream narratives.

The removal of Ayatollah Khamenei's accounts signals two significant realities. Firstly, it casts doubt on Western claims of upholding freedom of expression, revealing a willingness to silence expressive and influential voices without hesitation. Secondly, it exposes a broader pattern of support for the Israeli regime, which has faced widespread condemnation for its violent actions against Palestinians. Meta's actions are just one facet of a larger trend of political and media support for Israel, highlighting the West's willingness to sacrifice principles for geopolitical alliances. As such, it prompts a broader discussion about the power dynamics inherent in digital platforms and their impact on global conversations surrounding geopolitics and social justice.

Pro-Israeli allegiances: a closer look at Meta's actions

Mark Zuckerberg, the CEO of Facebook, has long displayed a pro-Israeli stance, a position that has come under increased scrutiny, especially in light of the recent Israeli aggression and onslaught in Gaza. Even before Meta's recent actions, Zuckerberg's intolerance towards viewpoints contrary to his own was evident.

In 2020, following the assassination of the Iranian anti-terror General Soleimani by the U.S. army at the Iraqi airport, an outpouring of support for General Soleimani flooded virtual spaces. However, Facebook, under Meta's umbrella, swiftly intervened by banning and removing hashtags such as #Soleimani and #WeAreTheNationOfImamHussain.

These actions underscored Meta's staunch alignment with pro-Zionist stances and its readiness to implement restrictions that exceed even the expectations of the Israeli regime.

The implications of Meta's actions extend beyond mere content moderation; they raise profound questions about the role of social media platforms in shaping political narratives and stifling dissenting voices. By aligning with certain geopolitical agendas, Meta risks eroding trust in its commitment to free expression and exacerbating tensions in already volatile regions. As such, Zuckerberg's alignment with pro-Israeli stances warrants closer examination, not only for its immediate consequences but also for its broader implications on digital freedoms and global discourse.

Iran plans satellite launches from domestic stations in two years: minister



The Iranian Minister of Information and Communication Technology Issa Zarepour says Iran plans to launch foreign satellites from Iranian stations within the next two years.

Speaking about Iran's objectives in the realm of the space industry, Zarepour highlighted the country's ambition to utilize Iranian satellite carriers for launching satellites belonging to other nations.

He emphasized the significant progress Iran has made in its space industry over the past two years, indicating a strong trajectory for further advancement.

Zarepour underscored the Ministry's objective of ensuring the safe launch and successful orbiting of neighboring countries' satellites using Iranian satellite carriers.

He also noted Iran's self-sufficiency in imaging and evaluating satellites, with ongoing efforts focused on enhancing the accuracy of Iranian satellites.

Iranian satellite carriers are capable of launching satellites weighing between 100 to 200 kilograms, facilitated by ground stations for signal reception. Highlighting the broader impact of Iran's space industry, Zarepour emphasized its contribution to improving the quality of life for Iranian citizens.

He mentioned plans for further improvements in Iranian launchers, with aspirations to reach the Geo layer within a five-year timeframe.

Zarepour expressed optimism about

the future launch of Iranian-made satellites, building on recent successes in satellite deployment.

In a significant development, the Islamic Revolution Guard Corps (IRGC) recently achieved a milestone by successfully launching its Sorayya satellite into a 750-kilometer orbit.

This accomplishment underscores Iran's growing capabilities in aerospace technology and its ambitions in space exploration.

The Sorayya satellite was launched using the three-stage solid-fuel Qaem 100 satellite carrier, developed by the IRGC Aerospace Force, marking Iran's first satellite deployment at this altitude.

Following the successful launch, General Ali Jafarabadi of the IRGC Aerospace Force's Space Division expressed readiness to launch satellites for neighboring countries, subject to government facilitation of necessary negotiations.

General Jafarabadi highlighted the IRGC's expertise in launching research satellites weighing less than 100 kilograms and reiterated the success of the recent collaboration between the government and the IRGC in satellite launches.

He affirmed the IRGC's preparedness to conduct multiple launches for the Iranian government, citing the successful deployment of the Qaem 100 satellite carrier and the Sorayya satellite as examples of Iran's growing capabilities in space technology.

