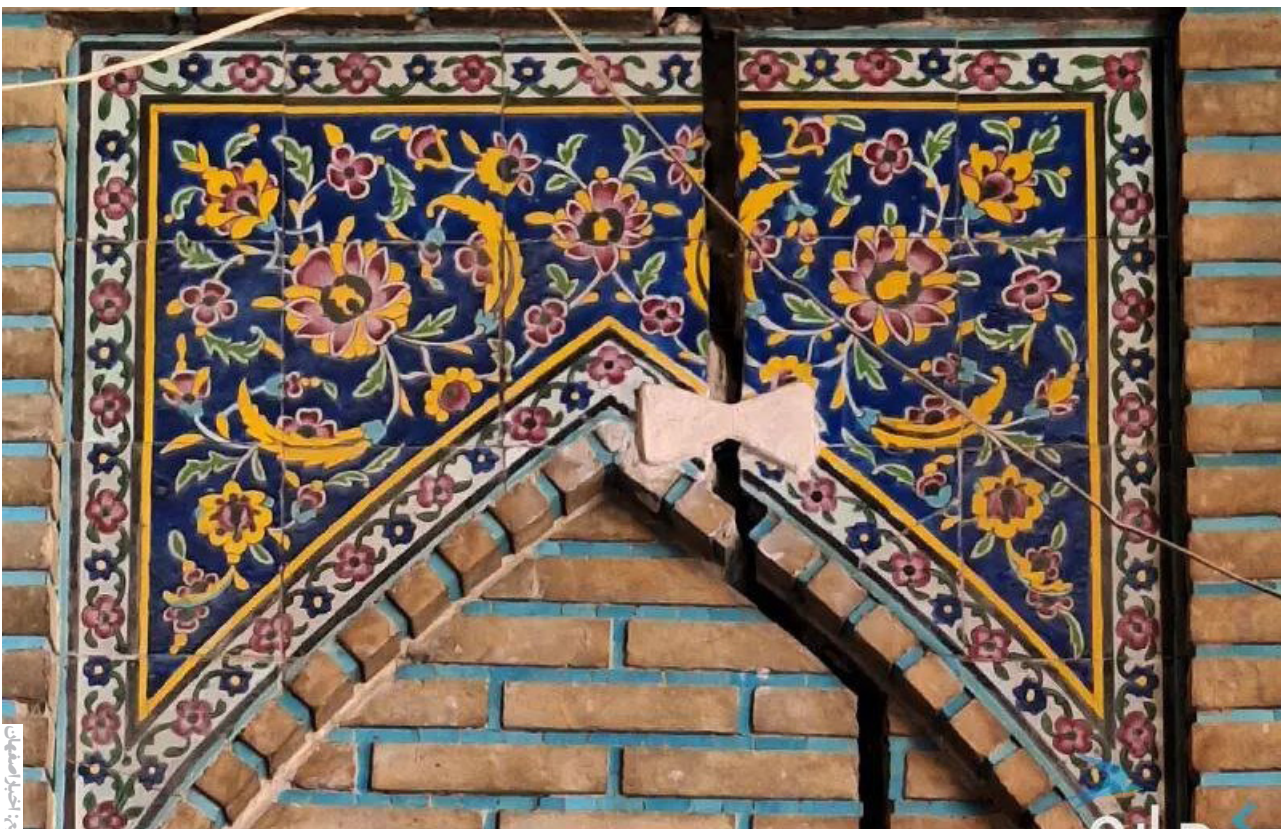


آغاز ثبت نام وام یارانہ ۵ میلیونی



فرو نشست در اصفهان از حرف گذشت؛

زمین هر روز بیشتر در خود فرومی رود

در سفر منطقه‌ای استاندار به شرق شهرستان اصفهان:

تأکید استاندار اصفهان بر پیگیری رفع مشکلات منطقه شرق شهرستان اصفهان



دهقانی فیروز آبادی در حاشیه جلسه هیات دولت:

«کارور ملی هوش مصنوعی» به زودی تاسیس می شود



امام جمعه اصفهان:

موزه بزرگ شهر را با همت جمعی تأسیس کنیم



مارک زاگربوگ:

متاسفانه ما با کسب درآمد از هوش مصنوعی فاصله داریم



مدیر کل راه و شهرسازی اصفهان:
طرح نهضت ملی مسکن در ۱۰۸ شهر استان اصفهان در حال اجراست

Sri Lanka opens multi-purpose project in presence of Raisi

North Korean economic delegation visits Iran

اخبار اصفهان

اولین روزنامه اقتصادی دو زبانه استان اصفهان

شماره ۱۰۰۰ | ۲۰۲۴ | ۲۴ آبان | شماره ۱۵۸۷

تولید و قوانین محل

متأسفانه در طول سال های گذشته و در دولت های مختلف، نحوه مدیریت اقتصادی به شکل لحظه ای و بر اساس حل بحران اجرائی شده است. این در حالی است که ما با مشکلات زیربنایی و ساختاری مواجه هستیم که تا آنها درست نشود، نمی توان انتظار داشت که شرایط بهبود یابد. ما در ایران قوانینی داریم که رسماً محل تولید هستند؛ سازمان هایی نیز داریم که از نظر توان اجرائی عملاً نمی توانند وظایف قانونی خود را به طور کامل اجرائی کنند. مثلاً سازمان حمایت مصرف کنندگان و تولید کنندگان از سوی ما آزادسازی قیمت و واقعی شدن نرخ ها

مخالفت می کند، اما وقتی صحبت از نظارت بر بازار می شود عملاً توان اجرائی آن را ندارد. ما هرگز به این سوال پاسخ نداده ایم که آیا قرار است به اقتصاد آزاد و محوریت بازار عمل کنیم یا خیر؟ وقتی این سوال بی پاسخ مانده، ما از سویی با تولید کنندگانی مواجهیم که مجبورند با قیمت گذاری دستوری زبان بدهند، از سوی دیگر مجبورند با شرکت های دولتی و خصوصی وارد رقابتی نابرابر شوند و در نهایت هیچ ارزیابی دقیقی از آینده سرمایه گذاری خود نداشته باشند.

حتی در کشوری مانند چین که از اساس با

ادامه در همین...

4 Health Benefits of Walking in the Rain, According to Experts

زیر باران راه بروید، چون...



ادامه از همین صفحه...

بازار مرغ به هم می ریزد و همه دولت و همه دستگاهها بسیج می شوند تا آن بازار را مدیریت کنند و چندی بعد دوباره بازار بعدی وارد بحران می شود. برای عبور از این شرایط باید نگاه کلان به اقتصاد را تغییر داد و آنگاه انتظار داشت که مثلاً وزیر صمت بتواند صنعت و تجارت کشور را مدیریت کند. ما

باید یکبار برای همیشه به این سوال پاسخ بدهیم که آیا موافق آزاد شدن قیمت کالاها هستیم یا خیر؟ این طور نمی شود که برخی کالاها با قیمت آزاد عرضه شوند و تولید و توزیع کنندگان اجازه اعلام هر قیمتی را داشته باشند. اما در عین حال دولت به بعضی دیگر از محصولات اجازه افزایش قیمت ندهد.

یعنی شاید با آمدن وزیر صمت جدید برخی قیمت ها کاهش یافته یا برخی بازارها بهبود وضعیت بدهند، اما این موضوع نیز تا اصلاح نشدن زیربنایا موقتی خواهد بود و باز بحرانی دیگر در بازاری دیگر خود را نشان می دهد. وقتی شرایط را لحظه ای و مدیریت بحرانی ببینیم، این طور می شود که ناگهان

تجدید آگهی مناقصه عمومی یک مرحله ای

موضوع مناقصه: خرید آسفالت ۰۱۹ و ۰۱۲ توپکا مورد نیاز شهرداری توسط شرکتهای تولید آسفالت ذیل صلاح مطابق مشخصات مندرج در اسناد و مدارک و شرایط مناقصه و قرارداد منضم تا سقف مبلغ ۲۰۰۰۰۰۰۰۰۰ ریال.

مبلغ سپرده شرکت در مناقصه: مبلغ ۱۰۰۰۰۰۰۰۰ ریال (یک میلیارد ریال) به صورت ضمانتنامه بانکی یا اعتبار حداقل سه ماهه، سپرده نقدی در وجه تمرکز و وجه سپرده شهرداری قمصر با شماره حساب ۱۱۷۰۰۳۰۳۱۰۰۰۰ نزد بانک ملی قمصر و یا کسر از مطالبات متقاضیان بستناتکار شهرداری.

مهلت دریافت اسناد از سامانه ستاد حداکثر تا تاریخ ۱۴۰۳/۰۲/۱۹، مهلت بارگذاری پیشنهادات حداکثر تا تاریخ ۱۴۰۳/۰۲/۲۹ و بازگشایی پاکتها در مورخ ۱۴۰۳/۰۲/۳۰ در محل شهرداری قمصر خواهد بود.

هر گاه برندگان اول تا سوم مناقصه، حاضر به عقد قرارداد در مهلت مقرر نشوند، سپرده شرکت در مناقصه ایشان به ترتیب ضبط خواهد گردید.

شهر داری در رد یا قبول هر یک از پیشنهادهای مختار است.

سایر اطلاعات و جزئیات در اسناد مناقصه درج شده است.

تلفن: ۰۳۱)۵۵۶۴۲۳۴۵

شناسه آگهی: ۱۷۰۰۴۲۶

شهر دار قمصر - مجتبی ولی پناه

آگهی مناقصه عمومی (نوبت اول)

دستگاه مناقصه گزار	اداره کل زندان های استان اصفهان نشانی: اصفهان - ابتدای اتوبان ذوب آهن
موضوع مناقصه	ارائه خدمات بهداشتی و درمانی به زندانیان زندان های استان
تضمین شرکت در مناقصه	ضمانت نامه بانکی در وجه اداره کل زندانهای استان اصفهان یا واریز وجه نقد به شبای حساب ۱۱۳۱۰۷۶۷۰۴۰۹ IR نزد بانک مرکزی جمهوری اسلامی ایران به نام تمرکز و وجه سپرده اداره کل زندانهای استان اصفهان به مبلغ ۴۱/۳۵۰/۰۰۰۰۰۰ ریال
دریافت اسناد	سامانه تدارکات الکترونیکی دولت: WWW.setadiran.ir از طریق سامانه تدارکات دولت از تاریخ ۱۴۰۳/۰۲/۰۵ لغایت ۱۴۰۳/۰۲/۲۹
تحویل اسناد صرفاً پاکت (الف)	دبیرخانه محرمانه اداره کل زندان های استان اصفهان حداکثر تا تاریخ ۱۴۰۳/۰۲/۲۳
گشایش پیشنهادها	اداره کل زندانهای استان اصفهان روز دوشنبه مورخ ۱۴۰۳/۰۲/۲۴ ساعت ۹ صبح

اطلاعات بیشتر در خصوص اسناد مناقصه و ارائه پاکت های الف:
آدرس: اصفهان - ابتدای اتوبان ذوب آهن - اداره کل زندان های استان اصفهان - اداره بهداشت و درمان
شماره تماس: ۰۳۱-۳۷۸۸۵۸۵۷-۰۳۱

اداره کل زندان های استان اصفهان

شناسه آگهی: ۱۷۰۵۷۲۵

۶ نکته که نشان می دهد تغذیه نامناسب دارید

اخبار اصفهان
نوشین رواقی

- احساس بد اخلاقی و پرخاش**
- احساس گرسنگی دائمی**
- احساس نفخ و دل درد دائم**
- احساس تهوع و یبوست**
- احساس خواب آلودگی**
- احساس بد اخلاقی و افسردگی**



Iran pursuing energy diplomacy despite imposed sanctions

Iranian contractors are implementing water and electricity projects in 50 countries, proving the country's constructive approach to energy diplomacy.

In the early-February, Iranian Energy Minister Ali-Akbar Mehrabian said the country's contractors are presently implementing water and electricity projects in 50 different countries.

He added that Iran's water and electricity industry has gone from a completely dependent industry to complete self-sufficiency due to the efforts of domestic experts. Thanks to its geographical location, Iran can generate significant power through renewable resources such as wind or the sun. In late October 2023, Iran's Energy Ministry announced that the capacity of the country's renewable power plants had reached 1,088.18 megawatts (MW).

Based on the Energy Ministry data, of the mentioned total capacity, 364.89 MW is supplied by wind power plants, 465.65 MW is provided by solar power plants, 99.47 MW is supplied by small hydroelectric power plants, and 12.5 MW is provided by biomass plants.

Renewables, including hydro-power, account for nearly seven percent of the country's total energy generation, versus natural gas' 90 percent share.

Iranian Energy Ministry has put it on the agenda to add 10,000 MW to the capacity of the country's renewable power plants by the end of the current government administration (August 2025). During a recent three-day trip to Pakistan, Iranian President Ebrahim Raisi highlighted the favorable grounds for expanding cooperation and relations between Tehran and Islamabad, particularly in the security and energy sectors.

Accompanying the President on his visit to Islamabad, the Iranian Oil Minister Javad Oji stated that Pakistan is eager to inject gas into the IP (Iran-Pakistan) gas pipeline as soon as possible, adding that Pakistan is arranging contracts with various companies to speed up the process.

Saying that there is an international agreement signed between Iran and Pakistan, he expressed hope to see gas export to Pakistan during the 13th government in Iran under President Raisi.

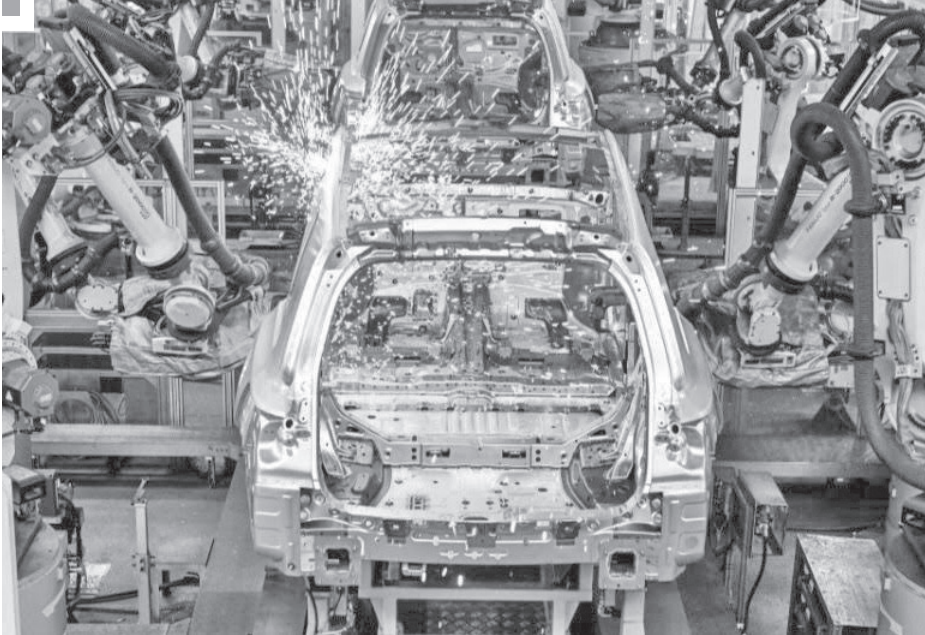
Also in March, Iran's First Vice-President Mohammad Mokhber met with Uzbekistan's Energy Minister Jurabek Mirzamakhmudov, saying that both countries can cooperate on different industrial, energy, electricity, transportation, and knowledge-based areas.

In the same month, Iranian Foreign Minister Hossein Amirabdollahian characterized the negotiations between Iran and Turkmenistan regarding energy, transit, and water resources as "fruitful".

In a related development, the Iran Grid Management Company and the Turkish Electricity Transmission Company (TEIAS) have signed an agreement to make operational the Khoy-Van power transmission line during a recent visit by Raisi to Turkey.

Upon the signing of a contract for the operation of a 400-kV BTB HVDC power transmission line between Khoy in Iran and Van in Turkey, it is possible to exchange electricity between the two countries with the most modern technologies.

Is there overcapacity or insufficient supply in China's new energy?



Recently, some Westerners have been making noises about China's "overcapacity," accusing the country of "flooding" the global market with cheap products and "distorting" the market rules. Is there overcapacity in China?

Is the export of Chinese products an attempt to digest obsolete capacity or to revive the global economy? Will anti-China policies protect or harm Western industries? CGTN has introduced a six-part series "Debunk China's overcapacity fallacy" to analyze these matters. The first essay focuses on China's productive capacity in new energy. Yang Shuiqing, a special commentator for CGTN, is a research fellow at the Institute of American Studies, Chinese Academy of Social Sciences. The article reflects the author's opinions and not necessarily those of CGTN.

As a developing country deeply intertwined in the global industrial chains, China has been providing the world with

cost-efficient and high-quality products. But interestingly, the U.S.-led West has been enthusiastically hyping China's so-called "overcapacity" in new energy vehicles (NEVs), lithium-ion batteries and photovoltaic products.

Is China's productive capacity excessive as some Westerners hype or insufficient to meet global demands?

In economics, only when a productive capacity exceeds global market demands can it be called overcapacity. Take NEVs as an example. Despite "overcapacity" allegations, China's supply capacity in NEVs still cannot meet global demands. Data speaks. According to the research firm EVTank, the global sales of NEVs reached 14.65 million units in 2023, a year-on-year increase of 35.4 percent. In the same year, China produced 9.587 million NEVs and sold 9.495 million units, up 35.8 percent and 37.9 percent respectively.

Among the 9.495 million units

sold, approximately 8.292 million NEVs were consumed in China - a 33.5 percent growth from 2022, and around 1.2 million units were exported overseas - up 77.2 percent year-on-year. This clearly demonstrates the balance between the production and sales in NEVs. In addition, most China-produced NEVs were consumed domestically, contradicting the Western allegation that Chinese cheap cars are "flooding" and "distorting" the global market.

According to Global Electric Vehicle Outlook 2023 released by the International Energy Agency (IEA), total EV sales are estimated to reach over 40 million units under the Stated Policies Scenario (STEPS), and over 45 million units under the Announced Pledged Scenario (APS). In this context, China's productive capacity still lags far behind the world's future demands. Even if China maintains an annual growth rate of 20 percent in production, it could only produce around 34 million

NEVs by 2030, which is still below the global demand.

Moreover, whether China can maintain an annual growth rate of 20 percent in NEV production is, to a large degree, dependent on its lithium-ion battery manufacturing. According to the Ministry of Industry and Information Technology, the total output of China's lithium-ion batteries rose 25 percent year-on-year to over 940 gigawatt-hours (GWh) last year, accounting for approximately 70 percent of the global capacity. But in the meantime, the IEA estimates that battery demand is set to "increase significantly" by 2030, reaching over 3 terawatt-hours (TWh) in the STEPS and about 3.5 TWh in the APS. To meet that demand, over 50 new gigafactories would be needed by 2030 in the STEPS, and close to 65 gigafactories in the APS.

It is also worth noting that key minerals are vital in lithium-ion battery manufacturing. An astounding 60 percent of lithium, 30 percent of cobalt, and 10 percent of nickel demands were directed to EV batteries in 2022, marking a substantial shift from five years earlier when these shares were 15 percent, 10 percent and 2 percent respectively. In this context, a shortage of high-quality supply is more likely to be a reality than overcapacity in the future.

The West also accuses China of "unfair" NEV subsidies. Admittedly, the Chinese government has offered some tax incentives to support start-up companies in the early days of NEV development. However, with the growth of China's NEV firms, the government has gradually pulled back on these subsidies. It is also worth noting that the

Chinese government has been offering subsidies to foreign NEV companies as well. For instance, American firm Tesla received Chinese state subsidies for more than 100,000 vehicles sold in the country in 2020 for a combined amount of 2.123 billion yuan (\$329 million).

NEV subsidies are not China-unique. For the goal of "carbon neutrality" and "carbon peak," a number of countries have launched subsidy schemes for EVs and plug-in hybrids. Since 2016, Germany has been offering a purchase grant to new vehicles - 4000 euros (\$4261) for non-hybrid electric cars and 3000 euros (\$3196) for plug-in hybrids. The French government has offered buyers a cash incentive of between 5,000 euros (\$5327) and 7,000 euros (\$7457) to get more EVs on the road. Under the Inflation Reduction Act, the U.S. offers a tax credit worth up to \$7,500 to those who buy NEVs, and \$4,000 for used EVs. In this context, China's industrial policies have nothing to be hyped about. The Chinese government is committed to attracting foreign enterprises to build factories in China, enhancing the resilience of domestic industrial chains, boosting employment, and achieving the "dual carbon" target at an earlier date.

Western hype of China's overcapacity is a pure lie. The rapid development of China's NEV industry is a result of the country's cost advantages and its effective integration of industrial chains. Instead of containing China, the U.S.-led Western countries should conform to economic laws and market rules. Cooperation with China is the best solution to sustained growth.

Tajikistan keen to invest at Iran's Chabahar strategic port

The deputy transport minister of Tajikistan said her country is interested in investing at Iran's Chabahar Port in logistics affairs.

In a meeting with Iran's Deputy Minister of Transport and Urban Development Ali Akbar Safaei, Shayesta Moradzadeh emphasized the interest of her country in making investments at the port in logistics affairs.

She also hailed the good level of the bilateral trade and economic relations between Tehran and Dushanbe.

Moradzadeh pointed to the common historical and cultural backgrounds between Iran and Tajikistan and added that the trade and economic relations between the two countries have been on a growth trajectory, especially over the past two years.

Head of Iran's Ports and Maritime Organization (PMO), for his part, pointed to the resolve of the current administration for the development of trade and economic cooperation with neighboring countries, especially with Persian-speaking states, and emphasized that Iran attaches great importance to enhancing transit and transport cooperation with the neighbors.

Safaei pointed out that very good trade awaits Chabahar Port in the future and presently, liner vessels take berth at its Shahid Beheshti Port from India and China directly.

The official welcomed the investment of Tajik private sector companies at Chabahar Port and added that Tajik investors will be allowed to transit their goods to other countries via Chabahar Port with the construction of a logistics compound at this strategic port.

As Iran's only oceanic port on the Gulf of Oman, Chabahar Port holds great significance for the country both politically and economically. The country has taken serious measures for developing this port in order to improve the country's maritime trade.

The port consists of Shahid Kalantari and Shahid Beheshti terminals, each of which has five berth facilities. The port is located in Iran's Sistan-Baluchistan Province and is about 120 kilometers southwest of Pakistan's Baluchistan Province, where the China-funded Gwadar port is situated.

In May 2016, India, Iran, and Afghanistan signed a trilateral agreement for the strategically-located Chabahar port to give New Delhi access to Kabul and Central Asia. Later, based on a separate deal with Iran, India agreed to install and operate modern loading and unloading equipment including mobile harbor cranes in Shahid Beheshti Port in Chabahar.

Under the framework of the mentioned agreement, the Indian side has been operating in Shahid Beheshti port in the form of a build-operate-transfer (BOT) contract; this is the first time that such a contract has been implemented in one of the country's ports with 100 percent foreign investment.

Sri Lanka opens multi-purpose project in presence of Raisi



Sri Lanka inaugurated a multi-purpose project on Wednesday in the presence of Iranian President Ebrahim Raisi.

The 120 MW Uma Oya project has two dams and a 19-kilometer water transmission pipe. The power plant of this project is located at a depth of 750 meters.

The Uma Oya multi-purpose project irrigates 5 thousand hectares of Sri Lankan agricultural lands. The Iranian President arrived in Sri Lanka on Wednesday morning to hold talks with the officials of the South Asian country and attend several inauguration ceremonies.

The Iranian President is paying a one-day trip to Sri Lanka at the invitation of his Sri Lankan counterpart. During this trip, the two countries are set to reach favorable agreements, according to Iranian Govern-

ment Spokesperson's remarks on Tuesday. Iranian President Ebrahim Raisi arrived in Sri Lanka on Wednesday to inaugurate the megaproject financed by Iran.

The Iranian president and his entourage are visiting Sri Lanka after an official trip to Pakistan that took them to Islamabad, Lahore and Karachi.

Raisi held meetings with Pakistan's senior political, military and religious figures and signed eight cooperation agreements during his state visit.

After inaugurating the 'Uma Oya' hydropower complex, Raisi was receive an official welcome at the presidential palace of Sri Lanka in Colombo.

Raisi is also scheduled to attend a meeting of high-ranking delegations of Iran and Sri Lanka, sign a number of cooperation documents, and take part in a press conference.

Iran-Pakistan security cooperation contributes to regional stability: MP

Iran and Pakistan can help ensure security and peace in the region through close cooperation and strengthened ties, stated a Member of the Iranian Parliament's National Security Committee on Wednesday.

"President Ebrahim Raisi's trip to Pakistan can pave the way for enhancing the border security of both countries, which will have a significant impact on regional stability and will be influential in international security," Mahmoud Abbaszadeh Meshkini told Iranian Media

Iran's president arrived in Pakistan on Tuesday as the head of a high-ranking delegation. During his meeting with Pakistan's Prime Minister Shehbaz Sharif, Raisi emphasized Tehran's policy of good neighborliness, hoping for deeper and more cordial ties with Islamabad. The Iranian leader also held talks with Pakistani military



leaders and the speaker of the National Assembly, before heading to the country's cultural hub Lahore to sit down with academics.

Iran and Pakistan have historically been on good terms. Tehran was the first in the world to Acknowledge Pakistan's

independence in 1947. Close cultural affinities have caused people of both countries to remain close throughout the rule of different administrations.

"Tehran-Islamabad have good economic potentials, and both sides can benefit from each other's economic potentials

at minimal cost," the MP added.

Abbaszadeh Meshkini considered the cultural interests and commonalities between Iran and Pakistan significant and emphasized: "Cultural interests can provide a basis for expanding economic relations and cooperation to ensure security."

He pointed out: "In addition to being a destination for selling Iranian goods, Pakistan, with a population of 140 million, is also a good destination for exporting services."

Iran and Pakistan seemed to experience a short period of testiness of ties early this year, after the two countries launched reciprocal attacks on each other's territories to target terrorist and separatist bases. The two sides resolved misunderstandings swiftly, and agreed that they would deepen security cooperation to prevent any future tensions.

TEDPIX gains over 1,000 points on Wednesday

TEDPIX, the main index of the Tehran Stock Exchange (TSE), gained 1,071 points on Wednesday to stand at 2,304,448. TSE is one of the four Iranian stock exchanges, and the most

important one. The other three ones are the Iran Mercantile Exchange (IME), Iran Energy Exchange (IRENEX), and Iran's over-the-counter (OTC) market, known as Iran Fara Bourse (IFB).

Iran preparing financial infrastructure to accept Russian credit cards: Report

Iran is preparing the necessary financial infrastructure to accept a Russian alternative for major international credit card systems to build stronger economic ties between the two countries, media outlets have reported.

Iran could start accepting Russian Mir debit and credit cards within the next few months, the trade attaché from Tehran's embassy in Moscow told the Izvestia newspaper on Monday quoted by RT.

According to Mohsen Rahimi, work on preparing the necessary technical infrastructure is already underway; however, implementing the system will take time. The move comes as Russia and Iran continue to build stronger economic ties, Rahimi stressed.

Moscow and Tehran have strengthened relations in the face of Western sanctions. Trade turnover between the two countries amounted to \$4 billion last year and has potential for further growth, particularly in manufacturing, mechanical engineering, and transport, according to an associate professor at the Financial University in Moscow, Mikhail Khachatryan.

Testing of the Mir system, the Russian alternative to Visa and Mastercard, may start in Iran as early as the end of summer or the beginning of autumn, he told the outlet.

The move to launch Mir in Iran is a logical forward step in developing bilateral cooperation after Tehran joined the BRICS economic group this year, said Tatiana Monaghan, secretary general of the International Chamber of Commerce (ICC). Last year, the two countries announced at the Kazan Forum that they had completed all preliminary settlements for the use of Mir cards. Iran and Russia have also agreed to integrate the system with its Iranian analog, Shetab, to facilitate mutual transactions.

Back in January 2023, Iran and Russia announced that the two countries connected their interbank communication and transfer systems to help boost trade and financial transactions. Since the 2018 reimposition of U.S. sanctions on Iran after Washington ditched Tehran's 2015 nuclear deal with world powers, the Islamic Republic has been disconnected from the Belgium-based SWIFT financial messaging service, which is a key international banking access point.

Similar limitations have been slapped on some Russian banks since Moscow's war with Ukraine last year.

"Iranian banks no longer need to use SWIFT ... with Russian banks, which can be for the opening of Letters of Credit and transfers or warranties," Deputy Governor of Iran's Central Bank, Mohsen Karimi, told the semi-official Fars news agency in late January 2023.

"about 700 Russian banks and 106 non-Russian banks from 13 different countries will be connected to this system", Karimi said without elaborating on the names of the foreign banks.

4 Health Benefits of Walking in the Rain, According to Experts

Source: <https://www.verywellhealth.com/health-benefits-of-walking-in-the-rain-8635150>

By: PARISA JAMADI

When it's raining outside, it can be tempting to stay indoors and cozy up on the couch with a good book or movie. However, if you're feeling the urge to step outside and get moving, whether it's because you need to simply stretch your legs, there's a good health-related reason to embrace the rain.

According to health experts, walking in the rain has many unexpected benefits. Here's why three family medicine physicians say walking in a drizzle is good for your health and how you can make the most of your stroll.

Why Walking in the Rain Is Good for Your Health

The Air Quality Is Better and Cleaner
One of the main benefits of walking in the rain is that the air becomes cleaner and fresher for breathing, Neal Patel, DO, family medicine physician with

Providence St. Joseph Hospital in Orange County, California, told Verywell in an email. The rain can wash away pollutants and allergens in the air, especially in many large cities that are overly populated and polluted.

It's Harder to Overheat During Exercise
In warmer environments, rainy weather can prevent you from overheating during exercise by helping to regulate body temperature more effectively, Keen said. Normally, when you exercise, your body generates heat, causing your temperature to rise. Sweating cools you down. However, when it rains, the cooler temperatures and raindrops act as natural coolants, helping dissipate heat from your body, Keen said. "Rain would prevent overheating mostly because it cools. Also, when it rains, it is often overcast, which means the sun is not beating down on people."

You Might Burn More Calories

There's a chance walking in inclement weather can help you burn more calories, Eric Ascher, DO, a family medicine physician at Lenox Hill Hospital in New York, told Verywell in an email. That's just because people tend to walk quicker in the rain as a motivator to not get wet, "so the body naturally works a bit harder and burns more calories," he said. Plus, cooler temperatures associated with rain require your body to work harder to maintain its core temperature, which can lead to higher energy and calorie expenditure to keep you warm, added Keen. "When it's cooler outside, your body is essentially working harder to keep your body warmer," said Keen. "The body would burn a few more calories than when it is not raining."

It Helps Boost Your Mood

The sound and smell of rain can have a calming effect on the mind, which can boost mood, promote relaxation, and reduce stress levels, Ascher said.

When to Avoid Walking in the Rain

There are certain situations where you should avoid walking in the rain to prioritize your safety and well-being. For instance, if you are at risk of falling, have a history of previous falls, or have trouble with balance, it's best not to walk outside when it's raining, Patel said.

Can You Get Sick From Walking in the Rain?

According to Ascher, you actually cannot get sick simply from walking in the rain. But if you stay in wet or cold clothing for a prolonged period of time and your body temperature lowers enough to affect your immune system, you may be at an increased risk of getting sick.

How to Make a Rainy Walk Comfortable and Safe

If you decide to walk in the rain, it's important to take precautions against slips, falls, or blisters, Keen said. To properly prepare for a rain walk, experts recommend:

- Wear shoes with a good grip.
- Wear a rain jacket
- Wear a reflector vest or other reflective clothing.
- Use a small blinking indicator light.
- Try waterproofing spray. If you don't have waterproof clothes, jackets, shoes, or backpacks, you can use waterproofing spray that can be applied to these items, Keen said. While waterproofing spray may not offer the same level of effectiveness as waterproof gear, it serves as a cost-efficient alternative, Keen added.
- Avoid walking in areas with a lot of tree coverage or power lines.



Qeshm Island to host ISBE 2024 next month

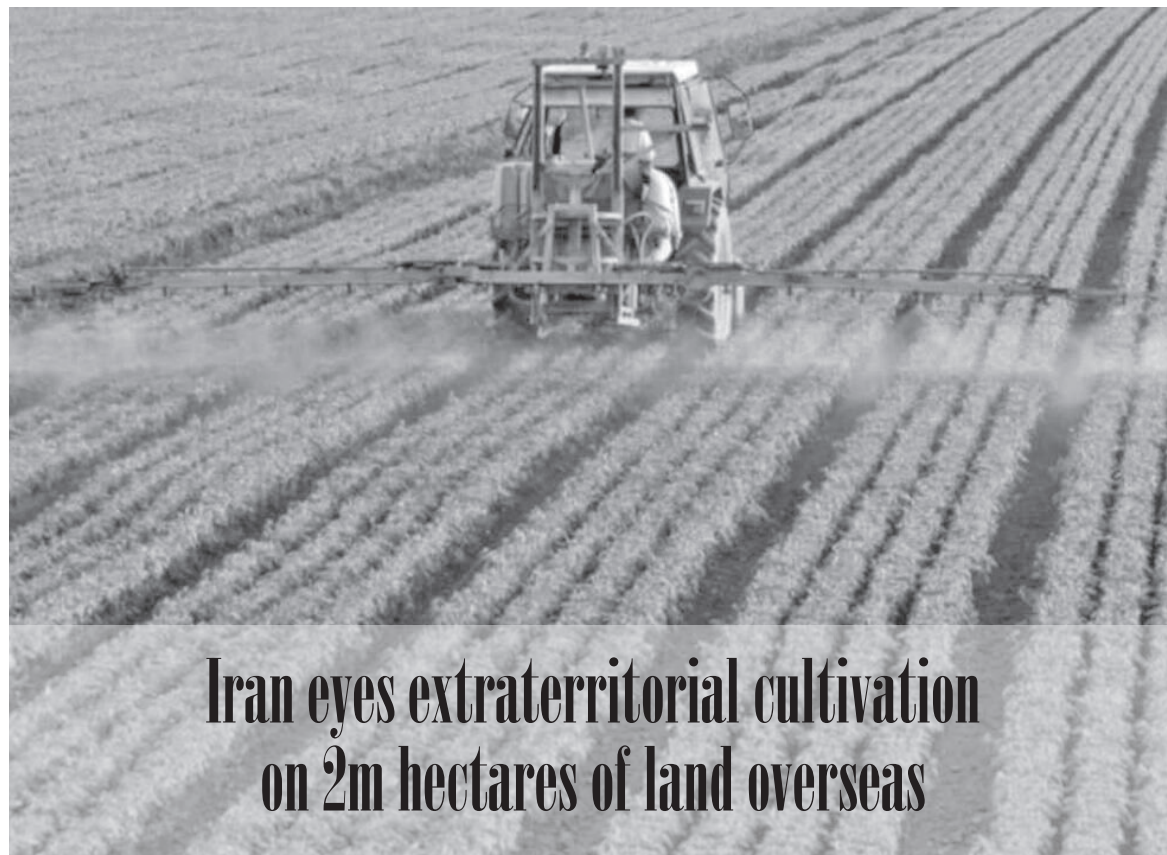


Iran's Ministry of Agriculture announced that the First Iran Sea-Based Economy International Matchmaking Event (ISBE 2024) will be held from May 14 to 16, 2024, on the southern Iranian island of Qeshm.

The event is based on the studies conducted on the maritime economy, regulations, opportunities, and challenges toward sustainable development which will result in economic growth and improve sea-based industries by creating value through potential opportunities, it said.

Besides, this event will focus on the general policies of maritime development and the policies outlined by governmental and non-governmental organizations that have a progressive vision in this field, it stated.

Within the framework of this event, which will be jointly organized by the Supreme Council of Marine Industries of the country and the Qeshm Free Zone, various specialized meetings and panels will be held and Iranian companies will have the opportunity to gain more familiarity with their counterparts for cooperating in the fields of combined transportation and maritime logistics, shipping, shipbuilding, marine structures, exploration, extraction and transfer of oil and condensates, bunkering and fuel supply services for vessels, port services, customs, fisheries and fishing, tourism and maritime recreation and expand multilateral cooperation through the interaction among activists in the field of sea-based economy, the ministry said, IRNA reported.



Iran eyes extraterritorial cultivation on 2m hectares of land overseas

The director of the Iranian Agriculture Ministry's extraterritorial cultivation plan says the ministry has targeted two million hectares of extraterritorial cultivation in the 7th National Development Plan (2023-2027) to ensure food security.

"According to the seventh development plan, this year, nearly 400,000 hectares of extra-territorial cultivation should be carried out in the target countries to supply the country's strategic needs for agricultural products," Aghareza Fotouhi said.

As one of the major policies of the current government administration, the Islamic Republic has been following new

strategies to expand cooperation with Africa, and agriculture has been the main focus of such cooperation.

In line with the mentioned strategies, the first meeting of the Iran-Tanzania Joint Economic Committee is going to be held shortly, and to prepare for the mentioned meeting, the Iranian Agriculture Ministry hosted a gathering to discuss possible agreements and memorandums that could be reached between the two sides in the upcoming committee meeting.

Tanzania is considered one of the most important countries in East Africa and Iran is taking new measures to expand economic ties with this country.

North Korean economic delegation visits Iran



A North Korean delegation led by Foreign Trade Minister Yun Jong Ho has left for Iran.

According to TASS, the Foreign Trade Ministry's delegation departed Pyongyang on April 23.

North Korean officials last visited Iran in 2019.

In September 2020, former Head of Iran's Trade Promotion Organization (TPO) Hamid Zadboum met with the North Korean Ambassador in Tehran Han Sung-o to discuss the expansion of banking and trade ties.

In this meeting, Zadboum emphasized the need to establish a suitable environment for the two countries' private sectors to be able to expand mutual trade activities.

The North Korean ambassador for his part stressed the importance of solidarity between the two countries in the face of the U.S. sanctions and called for the development of economic, trade, and cultural cooperation with Iran.

He also praised the Islamic Republic of Iran's successful efforts in tackling both the coronavirus pandemic and the U.S. sanctions.

Referring to the long-standing relations between Iran and North Korea, Han called for more collaboration and meetings to develop the level of economic cooperation between the two countries and suggested that Iran's Trade Promotion Organization and the North Korean Trade Development Committee establish a Joint Trade Committee.

"This committee will follow up on all trade cooperation requirements, and committee meetings will be held periodically in Tehran and Pyongyang," the official said.

Zadboum welcomed the constructive comments of the North Korean ambassador and pointed to the formation of a joint trade committee as an effective step for the expansion of trade between the two sides.

The establishment of this committee will be studied and pursued by the Industry, Mining and Trade Ministry and the Ministry of Foreign Affairs, he added. "For the expansion of trade relations, in addition to the capacities of the two countries, the cooperation with third countries can also be considered, Zadboum stressed.

