

اخبار اصفهان

روزنامه اقتصادی استان اصفهان

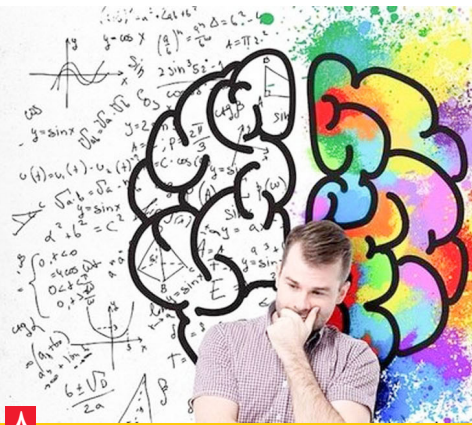
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قیمت ۲۰۰۰ تومان

۳ توصیه ضروری که مدیران کارکنان دورکار باید بدانند:

هوش هیجانی و دور کاری

ویروس کرونا و درس‌های آن بسیاری از شرکت‌ها و سازمان‌ها را دچار محدودیت‌های اجتماعی و اقتصادی کرده است. افراد زیادی شغلشان را از دست داده‌اند و بسیاری مجبور به دور کاری شده‌اند. این روند همچنان ادامه دارد. کارکنان و مدیران باید با این شرایط جدید کنار بیایند. در چنین شرایطی، هوش هیجانی برای مدیران اهمیت چشمگیری دارد. ...



در گفت‌وگو با مدیر منابع انسانی
مخابرات اصفهان عنوان شد:

اهم فعالیت‌های صورت گرفته در حوزه منابع انسانی

مدیر منابع انسانی مخابرات اصفهان در گفت‌وگو صمیمانه به تشریح فعالیت‌های چهار ماهه این مدیریت در سطح استان، در راستای تعالی جایگاه شغلی کارکنان این مجموعه پرداخت. به گزارش روابط عمومی مخابرات منطقه اصفهان، همایون نوریخس با اشاره به همت جدی همکاران حوزه منابع انسانی برای بهینه‌سازی رویه‌های موجود، اظهار کرد: از ابتدای پذیرش مسئولیت در این حوزه با توجه به دغدغه‌های کارکنان نسبت به مسائل و مشکلات شغلی، پیگیری‌های جدی و ...

بازار طلا و سکه ۹۹/۲۳ ساعت ۱۵:۳۰

قیمت سکه	قیمت فروش	قیمت قبلی
سکه طرح قدیم	۱۴,۵۵۰,۰۰۰	۱۱,۱۳۸,۰۰۰
سکه طرح جدید	۱۱,۶۴۴,۰۰۰	۱۰,۹۰۰,۰۰۰
نیم سکه	۶,۴۱۰,۰۰۰	۵,۶۰۰,۰۰۰
ربع سکه	۴,۴۰۱,۰۰۰	۳,۱۷۰,۰۰۰
سکه گرمی	۲,۴۵۳,۰۰۰	۱,۷۵۰,۰۰۰
یک مثقال طلای ۱۷ عیار	۴,۸۷۱,۰۰۰	۴,۷۸۲,۰۰۰
یک گرم طلای ۱۸ عیار	۱,۱۲۴,۳۰۰	۱,۱۰۱,۵۰۰
طلای آب شده نقدی	۴,۸۷۰,۰۰۰	۴,۷۸۳,۰۰۰
یک گرم طلای ۲۴ عیار	۱,۴۹۹,۱۰۰	۱,۴۷۲,۶۰۰



وضعیت نامشخص بورس در بودجه سال آینده

بورس و بازار سهام، بازاری است که بالا و پایین‌های زیادی دارد و ممکن چندین ماه صعودی باشد و یا چندین ماه نزولی. این روزها با توجه به مشارکت همه‌جانبه مردم از بورس دولت در لایحه بودجه سال آینده تا مین رقمی در حدود ۹۵ هزار میلیارد تومان را که تقریباً ۱۱ درصد منابع کل بودجه است از محل واگذاری شرکت‌ها پیش‌بینی کرده که این رقم، عدد بسیار قابل توجهی بوده و بنابر احتمال بسیار زیاد قرار است این واگذاری در بورس و بازار سرمایه انجام شود. ولی این واگذاری کمی دور از تصور است و ممکن است مشکلاتی برای بازار سهام پدید آورد. بسیاری از فعالان و شرکت‌ها نیاز به اوراق درآمد ثابت دارند که بخشی از آن تامین می‌شود در صورتی که این نرخ سود بیش از نرخ سود رایج نباشد برای بازار سهام خطر جدی محسوب نمی‌شود (افزایش سود باعث می‌شود که رقیب جدی برای بازار ...)

ادامه در صفحه ۲



دبیر اتحادیه خوار و بار و آجیل فروش اصفهان از کاهش ۶۰ درصدی خرید خشکبار خبر داد؛

یلدای کرونا زده اصفهان

بخشی از این کاهش به پایین آمدن قدرت خرید مردم و بخشی نیز به بحران کرونا و کم شدن دوره‌های خانوادگی بر می‌گردد

بانک مهر ایران

بانک بدون کاغذ

خانواده مهر ایران ۱۰ میلیونه شد.

۲۲ آذر، سالروز تاسیس بانک مهر ایران گرامه باد.

بانک تخصصی قرض الحسنه

بانک مهر ایران
قرض الحسنه



در شهر

هوای اصفهان در ساعات اولیه؛ مه یا آلودگی هوا؟

کارشناس پیش‌بینی اداره کل هواشناسی استان اصفهان گفت: اکنون به علت پایداری و رطوبت جو و عدم وزش باد امکان تصفیه هوا وجود ندارد و شرایط برای مه آلودگی و آلودگی آلاینده‌ها مهیا است.

آگهی مناقصه عمومی (نوبت دوم)

چاپ اول



سازمان سیمان، منظر و فضای سبز شهری شهرداری شاهین شهر بر اساس بند یک مصوبات هیئت مدیره سازمان مورخ ۹۹/۰۸/۲۲ در نظر دارد نسبت به خرید ۱۵۰۰ لیتر (یک هزار و پانصد لیتر) حشره کش ایمیداکلو پرید ۳۵٪ SC (شرکت گل سم) مورد نیاز خود را با اعتبار اولیه ۴/۵۰۰/۰۰۰/۰۰۰ (چهار میلیارد و پانصد میلیون ریال) از محل اعتبارات فصل عمرانی بودجه مصوب سال ۹۹ شهرداری شاهین شهر سازمان سیمان، منظر و فضای سبز شهری طبق اسناد مندرج در اسناد آگهی از مراکز، شرکت‌ها و فروشگاه‌های مجاز اقدام نماید. متقاضیان می‌بایست جهت اطلاع از شرایط و شرکت در مناقصه به امور مالی سازمان سیمان، منظر و فضای سبز شهری شهرداری شاهین شهر واقع در شاهین شهر خیابان دهخدا فرعی یک شرقی پلاک ۱۰۵ مراجعه و نسبت به تحویل مدارک تا آخر وقت اداری روز شنبه مورخ ۹۹/۱۰/۱۳ به دبیرخانه حراست شهرداری اقدام نمایند. پیشنهادات رسیده راس ساعت ۱۵ روز یکشنبه مورخ ۹۹/۱۰/۱۴ با حضور اعضا کمیسیون عالی معاملات سازمان باز و قرائت خواهد شد. **سایر شرایط:** ۱- چنانچه برندگان اول تا سوم به ترتیب حاضر به انعقاد قرارداد نشوند سپرده آنها به نفع سازمان ضبط خواهد شد. ۲- سپرده شرکت در مناقصه مبلغ ۲۲۵/۰۰۰/۰۰۰ ریال (دویست و بیست و پنج میلیون ریال) می‌باشد که به صورت وجه نقد به حساب سپرده به شماره ۱۰۵۰۵۲۹۲۹۰۰۷ نزد بانک ملی بنام شهرداری شاهین شهر واریز یا به صورت ضمانتنامه بانکی معتبر با شرایط مندرج در اسناد مناقصه قابل ارائه می‌باشد. ۳- سازمان در رد یا قبول یک یا کلیه پیشنهادات مختار است و به پیشنهاداتی که بعد از موعد مقرر در آگهی رسیده باشد یا مبهم، مخدوش یا فاقد سپرده معتبر باشد ترتیب اثر نخواهد داد. ۴- سایر اطلاعات و جزئیات مربوط به پیمان در اسناد مناقصه مندرج می‌باشد.

علی عرب چمنی - مدیر عامل سازمان سیمان، منظر و فضای سبز شهری شهرداری شاهین شهر

شماره: ۱۰۶۴۰

آگهی تجدید مزایده عمومی (نوبت دوم)

چاپ دوم

سازمان مدیریت حمل و نقل شهرداری شاهین شهر به استناد مصوبه ۱۷۶۶ ش مورخ ۱۳۹۹/۰۸/۲۲ شورای اسلامی شاهین شهر در نظر دارد بهره‌برداری و نگهداشت از جایگاه CNG واقع در شاهین شهر بلوار آزادگان جنب پارکینگ کامیونداران را با قیمت پایه کارشناسی رسمی دادگستری (به مبلغ ۱۸۲,۳۸۰,۰۹۲ ریال ماهیانه) و از طریق مزایده عمومی مستند به ماده ۱۳ آیین نامه مالی شهرداری‌ها و طبق اسناد مندرج در آگهی به شرکت‌های واجد شرایط بصورت اجاره به مدت یک سال واگذار نماید. بنابراین متقاضیان می‌بایست جهت اطلاع از شرایط و شرکت در مزایده به امور مالی سازمان واقع در شاهین شهر، بلوار جمهوری اسلامی، مجموعه اداری انقلاب مراجعه و نسبت به تحویل مدارک تا آخر وقت اداری روز پنجشنبه مورخ ۱۳۹۹/۱۰/۰۴ به حراست شهرداری شاهین شهر اقدام نمایند. پیشنهادات رسیده راس ساعت ۱۵ روز شنبه مورخ ۱۳۹۹/۱۰/۰۶ با حضور اعضا کمیسیون عالی معاملات سازمان باز و قرائت خواهد شد. **سایر شرایط:** ۱- سپرده شرکت در مزایده معادل ۵٪ قیمت پایه (به مبلغ ۱۱۰,۰۰۰,۰۰۰ ریال) که بصورت ضمانت نامه بانکی یا واریز مبلغ به حساب شماره ۱۰۵۰۵۲۹۲۹۰۰۷ نزد بانک ملی به نام شهرداری شاهین شهر می‌باشد. ۲- چنانچه برندگان اول تا دوم و سوم حاضر به عقد قرارداد نشوند، سپرده آنان به ترتیب ضبط خواهد شد. ۳- شرکت در مزایده و ارائه پیشنهادات به منزله قبول شروط و تکالیف مقرر در اسناد مربوطه بوده و سازمان در رد یا قبول هر یک از پیشنهادات مختار است. ۴- سایر اطلاعات و جزئیات مربوط به مزایده در اسناد شرایط آگهی مزایده مندرج است.

سعید اکرم خانی - رئیس سازمان مدیریت حمل و نقل شهرداری شاهین شهر

شماره: ۱۰۵۶۳۴۵

Airtaxis put into operation at IKAC: official

Deputy Head of Economic and Investment Affairs of Imam Khomeini Airport City Co. (IKAC) revealed the launch of air taxis at Imam Khomeini International Airport.

Sajad Kamalipour broke the news on Sunday and said that a huge fund has been considered by the private sector for investing at Imam Khomeini International Airport (IKIA).

"Unfortunately the COVID-19 pandemic has had a significant impact on the aviation industry due to travel restrictions and a slump in demand among travelers so we need to improve our businesses in the airport," Member of the Board of Directors at IKAC added. Emphasizing the necessity of operating air taxis in the country, the official added, "If we want to develop the aviation industry in our country, operating air taxis is one of the ways to achieve this goal."

By the development of the Air Taxi fleet by the mentioned airline, two Embraer aircraft with a capacity of 50 people and a 604 Challenger with a capacity of 9 people have been bought, and increased from three to four in the short term and will increase the power and capacity of the complex, Kamalipour highlighted. Air taxi is an innovative and fast means of transport that require little infrastructure investment – and additionally provide time and cost savings over the entire route, he explained.

Iran, India, Uzbekistan to talk on joint use Chabahar port

For the first time, India, Iran, and Uzbekistan will hold a trilateral dialogue on Monday on joint use of the strategically located Chabahar port which is being increasingly seen as a fulcrum of connectivity to Central Asia.

The announcement of the meeting was made by the Ministry of External Affairs (MEA).

"The first trilateral working group meeting between India, Iran, and Uzbekistan on joint use of Chabahar Port will be held virtually on December 14," the MEA said. The port is being developed by India, Iran, and Afghanistan to boost trade ties among the three countries in the wake of Pakistan denying transit access to New Delhi.

Located in the Sistan-Balochistan province on the energy-rich Iran's southern coast, the port can be easily accessed from India's western coast, bypassing Pakistan. It is considered to be a major transit point to connect with several Central Asian countries.

The trilateral meeting is taking place in the backdrop of India pitching for participation of Uzbekistan in the International North-South Transport Corridor (INSTC) project.

"India welcomes the interest of Uzbekistan to use the Chabahar port as a transit port. This would open up economic opportunities for the traders and business community of the region," the MEA said in a statement. "Besides Uzbekistan, other Central Asian countries have also shown interest in using the port. India seeks to cooperate closely with regional countries on this issue," it said.

Ways to speed up connectivity projects linking Central Asia was a major focus of a virtual summit between Prime Minister Narendra Modi and Uzbek President Shavkat Mirziyoyev.

The International North South Transport Corridor is a 7,200-km-long multi-mode transport project for moving freight among India, Iran, Afghanistan, Armenia, Azerbaijan, Russia, Central Asia and Europe. Monday's meeting would be jointly chaired at the deputy minister level by Uzbekistan and Iran while the Indian delegation would be headed by a secretary-level officer.

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Iran's Non-Oil Trade With EU Declines

Trade between Iran and 27 member states of European Union stood at 3.54\$ billion during the first eight months of the current Iranian year (March -20 Nov. 20), indicating a %23.5 decline compared with the same period of last year.



According to the latest statistics released by Iran's Customs Administration, \$323.45 million worth of non-oil

goods were exported to EU member states during the eight months under review. The figure is 28% lower than the previous year's \$452.8 million.

Germany alone accounted for 41% of EU's imports from Iran during the eight-month period. A total of \$131.4 million worth of non-oil products were shipped to Germany from Iran, indicating a 14% increase year-on-year.

"The main export destinations over the period included Iraq and China with 5.3\$ billion each, the UAE with 2.7\$ billion, Turkey with 1.6\$ billion and Afghanistan with 1.5\$ billion,"

Italy was the second largest importer of Iranian products in the EU, excluding oil. The country imported \$60.45 million worth of goods from Iran in the eight months to Nov. 20, down 51.2% year-on-year.

With an 11% share in exports to EU, Spain was the third largest destination for non-oil goods made in Iran, followed by Bulgaria with 6%, Romania 5% and Belgium 4%.

Edible fruits and nuts topped the list of Iran's non-oil exports to EU, according to IRICA, with a total value of \$111.9 million.

Plastics and polymers came next with \$34.1 million, followed by coffee, tea and spices with \$26.22 million and products of animal origin with \$25.9 million and pharmaceutical products with \$25.4 million.

Iron, steel and carpets were the other top items



exported from Iran to the EU.

Iran's non-oil imports from the 27 European states amounted to \$3.21 billion during the eight months under review, indicating a 22.9% decline compared with the same period of last year.

According to IRICA figures, Germany was also the largest exporter of goods and commodities (excluding oil) to Iran, with \$1.153 billion. The figure, however, is 16.2% lower than the corresponding period of last year.

It was followed by the Netherlands with \$566 million (down 22%), Italy with \$459 million (down 22%), Austria with \$207.5 million (down 19%). Imports from France amounted to \$180 million during the period, to register the largest decline (37%) among leading European exporters to Iran.

Cereals and its subcategories topped the list of imports from European Union member states during the period, with \$569.4 million. These were followed by goods categorized under reactors, boilers and machinery with \$536 million and pharmaceutical with \$421 million.

Optical, photographic, cinematic, measuring, checking, precision, medical or surgical instruments and apparatus, parts and accessories; residues and waste from the food industry; and oilseeds were the other groups of goods at the top of Iran's imports from EU.

Overall Foreign Trade Iran's non-oil foreign trade hit 97.7 million tons worth \$44.6 billion in the eight months leading to Nov. 20. According to Mehdi Mirashrafi, the head of Islamic Republic of Iran Customs Administration, exports accounted for 75 million tons worth \$21.5 billion and imports constituted 21.8 million tons worth \$23.1 billion. "Compared with the corresponding period of last year (March 21 - Nov. 21, 2019), exports registered a 14% and 19% decline in weight and value respectively. Imports saw a respective 1% and 18% decline in weight and value year-on-year," he was quoted as saying by IRNA.

Imports of essential goods accounted for 15.2 million tons (about 70%) of total imports. Also known as necessity goods, essential goods are products consumers will buy, regardless of changes

in income levels.

Amid high inflation and diminished purchasing power, the Iranian government has sought to ensure a steady supply of essential goods at subsidized prices.

"The main export destinations over the period included Iraq and China with \$5.3 billion each, the UAE with \$2.7 billion, Turkey with \$1.6 billion and Afghanistan with \$1.5 billion," he said. Noting that pistachio was Iran's fourth biggest export during the period, IRICA chief said each kilogram of pistachio was exported at \$6, compared with the average 30 cent per kilogram of Iran's exports.

"Top exporters to Iran were China with \$6 billion, the UAE with \$5.4 billion, Turkey with \$2.6 billion, India with \$1.4 billion and Germany with \$1.1 billion," the IRICA chief said.

A total of 4.47 million tons of cargo were transited across the country over the period, indicating a 15% decline YOY, he added. Notably, Iraq stood above China by a narrow margin when it comes to exports from Iran. The neighboring country began to overtake China as Iran's biggest destination since last fiscal month.

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News

FDI in industrial, minin sector at 71% growth in eight months

Some \$1.22 billion worth of Foreign Direct Investment (FDI) was approved in the industrial and mineral sector of the country in the first eight months of the current year. According to the statistics of the Ministry of Industry, Mine and Trade, \$1.22 billion worth of foreign investment under FDI was registered in the mining and mineral sector of the country from

March 21 to Nov. 22, showing a 71.2 percent growth as compared to the same period of last year. A number of 75 projects within the framework of Foreign Direct Investment were approved in the industrial and mineral sector, valued at \$1.22 billion. Also, the number of foreign investments approved in the industrial and mineral sector in eight months of the current year hit 55, showing a 36.4 percent hike as compared to the last year's corresponding period. Germany, China, Turkey, and India stood at first to fourth ranks respectively in terms of value of foreign investment approved in the country.

Hemmati: Vaccine Import Not Easy

The Governor of the Central Bank of Iran says importing the Covid-19 vaccine is more complicated than procuring other medical needs.

Abdolnasser Hemmati said the problem is largely about the method of payment, which is easier for buying pharmaceuticals.

"Paying for the coronavirus vaccine has its own difficulties. [Unlike other medicine], there are not many vaccine producers," he was quoted as saying by the semi-official Tasnim News Agency.

"If we insist on buying from a reliable company payment has to be via specific channels that the US sanctions do not allow and need permit from the Americans," the senior banker said, noting that such restrictions do not always apply to importing normal pharmaceuticals.

He was apparently responding to this week's statements by Nasser Riahi, a member of Tehran Chamber of Commerce, Industries, Mines and Agriculture (TCCIMA), who denied that there is currency transfer difficulty for importing medicine and medical equipment. In a talk with Sepid, a Persian-language medical news outlet, Riahi said "we meet for our import needs in several ways, even from European, Indian and American pharma companies." He did not elaborate.

Hemmati said the CBI will "do all it can" to buy medicine and medical equipment, recalling that the bank had allocated \$2.7 billion for this purpose. The United States is obstructing payment for vaccine purchase and is involved in increasing the cost for medical companies wanting to supply medicine to Iran.

Last week he said the US was lying when it says humanitarian trade (food and medicine) is exempt from Donald Trump's economic blockade against Iran. Tehran's efforts to get funds from international lenders to fight the deadly virus have been wrecked due to Trump's unending belligerence and the CBI so far has been unable to unlock assets in countries like India, South Korea, Iraq and Japan among others.

Harmonized Iran-Qatar stands blocks antagonist tendencies, sanctions

Some Arab political analysts believe Iran-Qatar relations have constantly improved during the past couple of years, particularly after Saudi Arabia and its allied states sanctioned Qatar and Iran rushed to assist the Doha government, that played a significant role in strengthening bilateral ties. According to IRNA, the new Iranian Ambassador in Qatar Hamid-Reza Dehqani-Pudeh delivered his credentials to Emir of Qatar Sheik Tamim Bin-Hamad bin-Khalifa ale-Thani on Wednesday, Dec 10. The new Iranian envoy's tenure begins amid noticeably improved Iran-Qatar ties.

The two countries are now cooperating in various social, cultural, and particularly economic fields, based on mutual friendly respect and trust.

During Qatar's diplomatic dispute with Saudi Arabia, Iran backed Doha and asked the Arab countries to resolve their problems through diplomatic talks.

However, after Saudi Arabia and its allies shut down their borders with Qatar and imposed economic sanctions against the Sheikdom, Iran rushed to assist Qatar and opened its air borders for entry and exit of plains to and from Qatar.

During the past few days, the son-in-law of US President, Jared C. Kushner, who also plays the role of a special consultant to him in Arab world affairs, announced during his visit to Saudi Arabia that he intends to put an end to the Saudi-Qatar dispute.

A leading US daily, the New York Times, too, referring to America's efforts aimed at resolving Saudi Arabia and its allied states' disputes with Qatar, informed its audience that the Trump administration intends to deprive Iran of its 100 million dollar benefits from the air corridor it has provided for Qatari planes.

The US efforts in that respect took place under such conditions that the Doha government has been experiencing during the past three years several times.

To safeguard the crucially valuable ties with Iran, Doha has praised Iran for its support under the severe land, sea, and air sanctions and stressed that it will not be influenced by the US-Saudi pressure for entering the anti-Iranian orchestra.

Iran-Afghanistan strategic document to be finalized soon

Iranian deputy Foreign Minister for Political Affairs, Seyyed Abbas Araghchi announced that Iran-Afghanistan strategic document included five parts, four of which have been finalized and the single remaining part regarding security issues will be finalized soon.

Speaking on the sidelines of his visit to Kabul, Araghchi stressed the need to hold intensive consultations on security issues and said, "Iran and Afghanistan are two neighbors which have common interests and concerns". "Afghanistan has involved several problems and Iranian

government and people always stand by people and government of Afghanistan," he added.

"It shows that peace and stability in Afghanistan are the same as those in Iran and Afghan people's welfare and progress are directly related to the Iranians and it is a strategic reality," Araghchi went on to say.

"I think all Afghans acknowledge that their sufferings have been created by interference of foreign countries and Iran has caused no damage to Afghanistan," the official stated.

"The purpose of my visit to Kabul is to negotiate about the Iran-Afghanistan strategic document and I hope this round of talks in Kabul will be the final round, as good progress has been made on this document," he noted.

He reiterated that comprehensive strategic document draws prospect of Iran-Afghanistan long-term relations, focuses on principles and play major role in reinforcing relations.

"Doha talks are related to Afghanistan peace and security and no country should interfere in this issue. Normally negotiations should be held in Afghanistan and of course just the Afghans have the right to decide about national security," Araghchi emphasized.



US imposing utmost aggressive medical sanctions on Iran: Minister

Iran's Minister of Health and Medical Education Saeed Namaki said that the US has imposed the most brutal and aggressive sanctions against the Islamic Republic of Iran.



Namaki on Sunday said in the inauguration ceremony of 64 health projects in South Khorasan province that the US is telling a blatant lie when it says Washington is not sanctioning Iran's medicine and medical sectors.

Describing the US as a compulsive liar, he stressed that despite sanctions, Iran faces no shortage of medicine.

He added that since the beginning of the COVID-19 outbreak in Iran, the National Committee to Manage COVID-19 was established in Iran under the chairmanship of President Hassan Rouhani, with full support of the Supreme Leader, to utilize all capacities at national level, to monitor the disease, and to endorse strict public health measures to curb the disease. Referring to the infection rate increase, the Iranian Health Minister noted that there are no hospital-bed shortages



though this does not mean that people are allowed to ignore the protocols.

He also said that the COVID-19 pandemic swept the world severely, providing many lessons to be learned nationally, regionally and globally, which demonstrated unpreparedness of the global community to deal with a pandemic.

The minister also stressed that global preparedness and emergency response must be at the forefront of the agenda of governments and international agencies for decades to come.

On Dec 4, 2020, too, Iran's Minister of Health and

Medical Education in a statement delivered to the online session of the High-Level Special Session of the United Nations General Assembly, Response to COVID-19 Pandemic, in New York, said that unilateral sanctions have been targeting Iran's medicine and medical equipment needed by the nation. In the statement, he appreciated "the United Nations efforts to hold High-Level Special Session in response to COVID-19 Pandemic to share experience and to demonstrate the utmost high-level commitment to curb the disease which

strongly hit the globe during the last 11 months."

Namaki added: "The unilateral coercive measures imposed by the Government of United States have negatively affected the process of combating the Pandemic in my country. Unilateral illegal measures, hampers easy access of the people to basic medical items and requirements and thus endangers health of the Iranian citizens. Medicines supply and health commodities have been targeted through tight restrictions of foreign exchange resources even for these humanitarian issues."

Biden intends immediate return to JCPOA: top US nuclear analyst

Jim Walsh, an MIT professor and top US nuclear and security analyst, said here on Saturday that the US president-elect Joe Biden, keeping in mind the stands he adopted during his presidential campaign, will initially choose to immediately return to the Joint Comprehensive Plan of Action (JCPOA) and then begin comprehensive talks with Tehran.

In an exclusive interview with IRNA, Professor Walsh said, "If you had asked me about Biden administration's approach towards the JAOA issue and whether he should immediately return to US commitments in its framework, or beginning talks with Tehran first two months ago, my answer would have probably been different."

He noted that "efforts aimed at reaching new conditions before the US re-entry into JCPOA would be a strategic mistake." The MIT nuclear and security affairs professor further said that "Biden can also start decreasing the US sanctions, particularly in banking and oil fields, as an

effective trust building measure." "Almost all the anti-Iranian moves made by Trump administration were based on executive presidential orders, which can now be annulled based on the same mechanism," further reiterating, "if he is serious in his claims on US return to the JCPOA that will help him achieve his goal," he added. Professor Walsh, who is also the author of a book titled 'Iranian Nuclear Program: Reasons, Aftermaths and Options' and a dozen other strategic works, said that "even if we assume that the US Congress will ratify new anti-Iranian sanctions the president can in a bid to pursue his strategic plans annul them using

his presidential powers." IRNA asked the American professor about his opinion on recent German FM stand on the need for achieving an agreement beyond the JCPOA. Professor Walsh said: "the comment is of trivial importance," adding that "various voices are heard from Europe, even from the same EU country, but generally speaking I do not think they are worth paying much attention." "The important point is that the Europeans, China, Russia and Iran have remained in the JCPOA, and president-elect Biden, too, has sent clear messages revealing his serious intention to return the United States to it," he added.

NEWS

Parl. terms Erdogan's literature surprising, unacceptable

Following the recent remarks of the Turkish President, the Iranian lawmakers expressed condemnation over divisive literature of Recep Tayyip Erdogan, calling it surprising, unacceptable.

In a public session of the Iranian Parliament on Sunday, Seyyed Mohsen Dehnavi read a statement issued by more than 225 lawmakers on the recent events and positions of the Turkish President.

We strongly condemn the use of divisive literature by Turkish President Recep Tayyip Erdogan, who is expected to be a good neighbor and strive for the unity of the Islamic world as well as the establishment of peace and stability in the region, reads the statement.

According to the statement, Iranian parliament members attached great importance to the territorial integrity of the country.

They also stressed the unity of the Muslim nations noting that the government of the Islamic Republic of Iran is obliged to base its general policy on the coalition and unity of Islamic nations and to make continuous efforts to achieve political, economic, and cultural unity in the Islamic world.

Turkish President Recep Tayyip Erdogan traveled to Baku on Thursday to attend a military parade of Azerbaijani forces on the occasion of the liberation of the occupied territories. At the ceremony, which was also attended by Azerbaijani President Ilham Aliyev, Erdogan recited a separatist poem about the Aras River on the Iranian-Azerbaijani border.

Austria's Muslim Community Hails Move to End Headscarf Ban

Austria's Constitutional Court ruled that a law banning Muslim girls aged up to 10 from wearing headscarves in schools was discriminatory, overturning the measure introduced by the ruling conservatives while allied with the far right.

The legislation did not specify that the ban referred to headscarves, instead forbidding the wearing of "religious clothing that is associated with a covering of the head".

But the court found on Friday that it was clearly aimed at Muslim headscarves.

That went against the state's duty to treat officially recognized religions equally, and the principle that singling out any one of them requires special justification, it ruled.

"The selective ban ... applies exclusively to Muslim schoolgirls and thereby separates them in a discriminatory manner from other pupils," court President Christoph Grabenwarter said, Reuters reported.

"There is a risk that (the law) could make it harder for Muslim girls to gain access to education, and it could lead to their social exclusion," he added.

Austria's official Muslim community organization (IGGOe) welcomed the judgement and said the court had ended "the populist politics of bans".

News

Iranian-Arab talks help peace, stability in region: Omani analyst

An Omani researcher on international affairs says he believes that dialogue between Iran and the Persian Gulf Arab states can bring peace and stability and reduce foreign presence and arms race in the region.

Iranian Foreign Minister Mohammad Javad Zarif said in a message on December 8 that Hormuz Peace Endeavor is still on the table, saying, "Dear neighbors. Why ask US/E3 for inclusion in talks with Iran when:

a) There won't be ANY talks about OUR region with them as they're the problem themselves b) We can speak directly about our region without outside meddling. Hormuz Peace Endeavor (HOPE) is still on the table."

Zarif had earlier written in a Twitter message in Arabic that it seems that some of the neighbors are asking the West to be part of the negotiation process with Iran, adding Iran not negotiate with Westerners over the region. Their interventions are the basis of the problems, he added.

We are always ready for dialogue with our neighbors, and we have translated it into proposing regional security projects in 1986, the Regional Dialogue 2016, and the Hormuz Peace Initiative 2019, Zarif noted.

Abdullah Baabood, the Omani analyst, told IRNA in this regard that any initiative aiming at resolving disagreements and putting an end to crises is beneficial and Foreign Minister Zarif's proposal is good for the region that is in a delicate situation.

Baabood added that the region is in dire need of such suggestions. Answering a question about how effective friendly relations between regional countries can be on energy security and freedom of navigation as well as on removing the shadow of war from the region, especially in Yemen and Syria, he said.

"Security and stability of the region depends on the will of the regional powers for dialogue and transition from the phase of competition to that of cooperation, synergy, and trust."

He noted regional talks is the main key to such relations, adding that taking into consideration the fact that all the regional countries are facing the same challenge. "Talks between Iran and Arab states can serve as the foundation of such ties and bring peace and stability for the region."



Baabood

noted that restoring trust among the neighboring countries will have a role in cooperation for security and stability of the region, which will remove the need for foreign presence and arms race. Answering a question about the US and the Zionist regime's promotion of Iranophobia to stir up sedition against Iran and the Arab states, he said that Washington, Tel Aviv and some regional states use Iranophobia to frighten the people of the region and through that, they have been able to a large extent to back up their harmful policies.

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Iranian Scientist Fakhrizadeh Awarded Medal of Victory Posthumously

Leader of the Islamic Revolution Ayatollah Seyed Ali Khamenei awarded the 'Medal of Nasr (Victory)' to late Iranian scientist Mohsen Fakhrizadeh, who was assassinated recently. Chief of Staff of the Iranian Armed Forces Major General Mohammad Hossein Baqeri visited the family of the eminent scientist on Sunday to present the medal. The top-class Medal of Nasr has been endorsed by Ayatollah Khamenei, the commander-in-chief of the Iranian Armed Forces. Fakhrizadeh, a senior nuclear and defense scientist, was assassinated in a small city east of Tehran on November 27. In a message after the incident, the Leader called on all relevant administrators to "investigate this crime and firmly prosecute its perpetrators and its commanders" and "to continue the martyr's scientific and technological efforts in all the sectors where he was active."



Headlines

Parl. terms Erdogan's literature surprising, unacceptable

Air taxis put into operation at IKAC: official

Hemmati: Vaccine Import Not Easy

CALL TO PRAYER TIME IN ISFAHAN

Morning call to prayer:
05:31:10
Noon call to prayer:
11:58:12
Evening call to prayer:
17:18:09

WEATHER



MP emphasizes on boosting country's defense budget next year

Spokesman of Parliament Plan and Budget Commission stressed the need to increase defense budget of the country next year (to start March 21, 2021). Speaking in the course of reviewing next year's budget bill (2021 Budget Bill) on Sunday, Mohammad Mehdi Mofatteh said that strengthening the defense budget of the country should certainly be taken into consideration in the formulation of next year's budget bill. The index for determining the defense budget of the country is usually in such a way that the defense budget is divided by gross domestic product (GDP) of the country, Mofatteh added.



US imposing utmost aggressive medical sanctions on Iran: Minister

How to Live a Healthier Lifestyle

The phrase 'healthy lifestyle' is an abbreviated definition of how you should live if you want to live a vibrant, active life with a healthy body and healthy mind. Creating a healthy lifestyle doesn't have to mean drastic changes. Making gradual small changes to your diet and activity habit can have a big impact.



What Is a Healthy Lifestyle?

You know the obvious behaviors that describe someone who is healthy and takes care of themselves. A healthy person doesn't smoke, tries to maintain a healthy weight, eats healthy foods with plenty of fruits, vegetables and fiber and, of course, exercises on a regular basis.

Then there are other elements to add to the list. A healthy person also knows how to manage stress, gets good quality sleep each night, doesn't drink too much, doesn't sit too much—basically, does everything in moderation all the time. When you look at everything that could possibly go into a healthy lifestyle, you can see just how hard all of those things are in our current world. The good news is, you don't have to change everything at the same time. In fact, the trick to healthy living is making small changes—taking more steps each day, 1 adding fruit to your cereal, having an extra glass of water, or saying no to that second helping of buttery mashed potatoes. One thing you can do right now to make your lifestyle healthier is to move more.

Benefits of Physical Activity

You know you need to exercise, but there are many excuses not to do it. You're too busy, don't know where to start, you're not motivated or you're afraid you'll injure yourself. Maybe you think exercise has to be really hard or it isn't good enough. It's great if you can spend time exercising—meaning you're sweating, working in your target heart rate zone, or doing something to strengthen your body. But it doesn't always have to be that way. Moderate activities like chores, gardening and walking can make a difference.

Healthy Weight Loss or Maintenance

Even if you opt for small changes, the

benefits are still pretty amazing. For example, increasing your activity level can help you to reach and maintain a healthy weight. If you are currently overweight, small steps toward that goal can have an impact.

The Centers for Disease Control and Prevention notes that if you are overweight, reduction of 5 to 10% of your total body weight can help lower blood pressure, cholesterol, and blood sugar.

Other Benefits

The great thing about moving is that just a few minutes a day can have other lasting benefits, many of which you may not even be aware of. Just some of the benefits include:

- Enhances self-esteem
- Helps maintain flexibility as you age
- Improves joint stability
- Improves memory in elderly people
- Improves mood and reduce symptoms of anxiety and depression
- Increases and improves range of motion
- Maintains bone mass
- Prevents osteoporosis and fractures
- Reduces stress
- Reduces the risk of heart disease, stroke, and diabetes

How to Increase Physical Activity

You can start the process of being healthy and now by adding a little more activity to your life.

Do Some Chores

Get housework done and increase daily movement at the same time. Shoveling snow, working in the garden, raking leaves, sweeping the floor—these kinds of activities may not be vigorous exercise, but they can keep you moving while getting your house in order.

The Centers for Disease Control and Prevention notes that if you are overweight, reduction of 5 to 10% of your total body weight can help lower blood pressure, cholesterol, and blood sugar.

UNICEF: Yemen 'Teetering on Edge of Complete Collapse'

UNICEF Executive Director Henrietta Fore called Yemen the most dangerous place on earth for children, warning that the impoverished Arab country is "teetering on the edge of complete collapse" as a result of the ongoing Saudi-led war.

Saudi Arabia launched a devastating military aggression against Yemen in March 2015 in collaboration with a number of its allied states, such as the UAE, and with arms support from the US and several Western countries.

"Over 80 percent of people require urgent humanitarian assistance and protection. Including 12 million children, whose lives are a waking nightmare," Fore said recently during a virtual event.

She added, "It is perhaps the most dangerous place on earth to be a child. One child dies every ten minutes from a preventable disease. Two million are out of school. And thousands have been killed, maimed, or recruited since 2015. Just last week, 11 were reportedly killed, including a one-month-old baby."

"The situation on the ground is a tangle of crises—any one of which would bring a country to its knees. Conflicts across 49 frontlines—up from 36 in just one year. An economy in tatters—families can no longer cope."

"Support systems and infrastructure—from hospitals and schools to water and sanitation systems—on the brink of collapse. A COVID-19 pandemic sweeping across the country. Through all of this, our humanitarian teams are facing fighting, blockades, and bureaucratic hurdles

to reach the millions who need our help," Fore stressed, according to the Middle East Monitor. She continued, "And now, despite repeated warnings, the country is facing a nutrition crisis. 2.1 million children are acutely malnourished—and almost 358,000 severely malnourished. We believe famine-like conditions have already begun for some children."

The UNICEF official reiterated, "These are not just numbers on a page. These are millions of individual tragedies. Millions of blighted futures. And millions of parents making the gut-wrenching choice between food and medical care for their children."

Saudi Arabia launched a devastating military aggression against Yemen in March 2015 in collaboration with a number of its allied states, such as the UAE, and with arms support from the US and several Western countries.

The aim was to return to power the Riyadh-backed regime of former president Abd Rabbuh Mansour Hadi and defeat the Houthi Ansarullah movement that has taken control of state matters. Since then, over 100,000 people have been killed, according to the US-based Armed Conflict Location and Event Data Project (ACLED).

The war has failed to achieve its goals, but killed tens of thousands of innocent Yemenis and destroyed the impoverished country's infrastructure. The UN refers to the situation in Yemen as the world's worst humanitarian crisis.

Deadlock as Brexit trade deal faces make-or-break day

London and Brussels face a make-or-break decision on an elusive trade agreement on Sunday, after a week of tension and deadlock that left a tumultuous 'no deal' exit for Britain from the European Union's orbit on Dec. 31 looking more likely than not. Negotiators have until the evening to resolve an impasse on arrangements that would guarantee Britain zero-

tariff and zero-quota access to the EU's single market, though talks could carry on if they miss the deadline.

British Prime Minister Boris Johnson and the president of the EU's executive Commission, Ursula von der Leyen, both said on Friday that a 'no-deal' was now the most likely outcome.

Negotiators met in Brussels on Saturday, and a British government source said they would press on through the night. But the talks were very difficult and "as things stand, the offer on the table from the EU remains

unacceptable."

"The prime minister will leave no stone unturned in this process, but he is absolutely clear: any agreement must be fair and respect the fundamental position that the UK will be a sovereign nation in three weeks' time," the source said.

Johnson and von der Leyen are expected to be in touch on Sunday, probably late in the day, to decide whether to abandon the negotiations or keep trying for an eleventh-hour deal.

