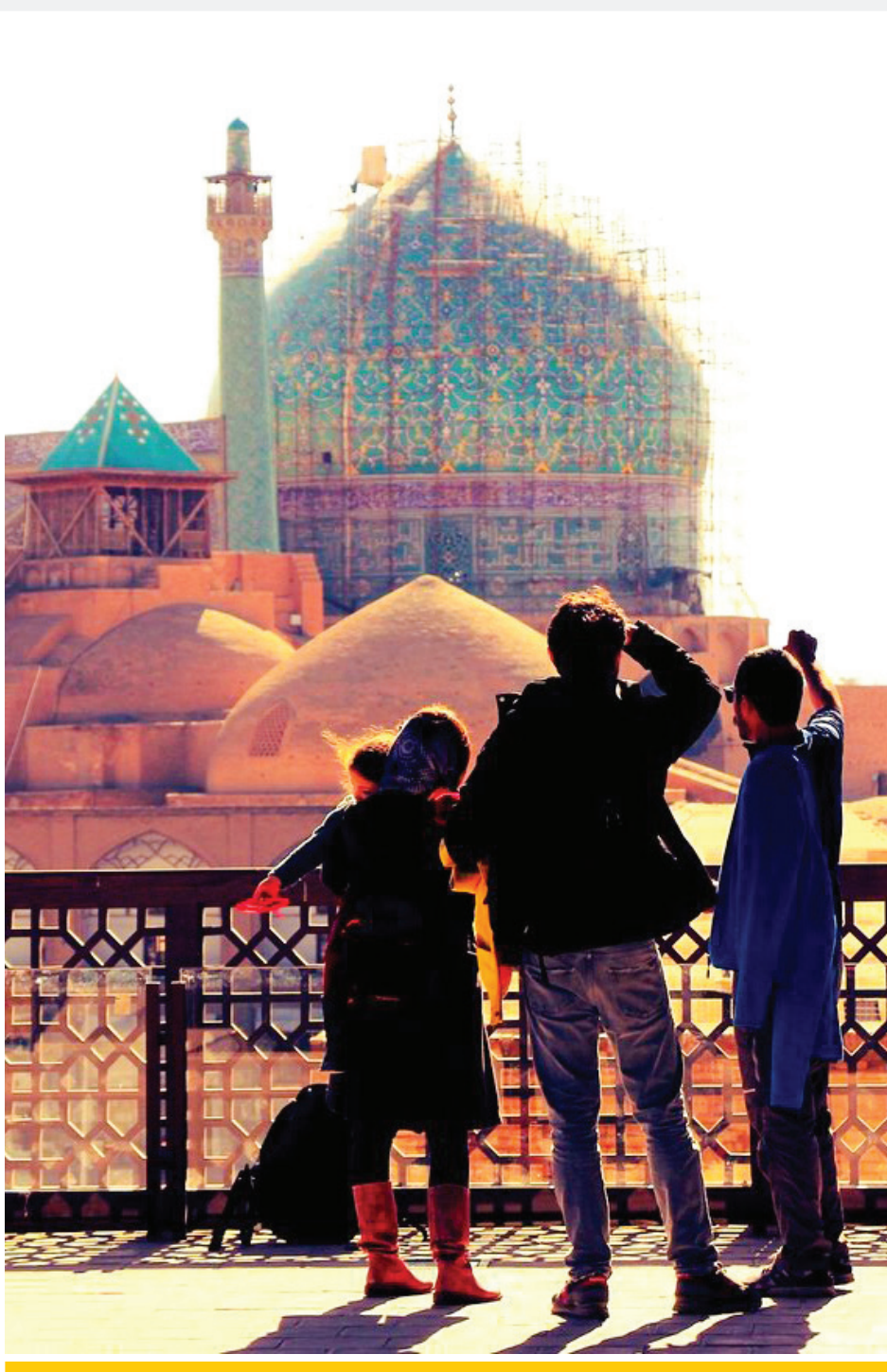


هر کس می تواند
برود و اکسن بزند

سومین محموله واکسن کرونا هم این بار از چین وارد کشور شد تا تعدادی دیگر از هموطنانمان را از این بیماری هولناک مصون بدارد. در چند روز گذشته حوالشی فراوانی پیرامون واکسن زدن برخی از هموطنانمان در خارج از کشور ایجاد شد و این جریان موافق و مخالفان بسیاری داشت. اینکه چرا یک سلبریتی و هنرمند یا آقازاده باید اینقدر در آمد داشته باشد که هر سال چندین بار به آمریکا و دیگر کشورها سفر کند و حتی شهروند آنجا باشد اما برخی دیگر که همکار آنها هستند به نان شبشان محتاج باشند مسئله‌ای جدیست حتی اینکه چرا این هنرمندان با حقوق‌های نجومی از دادن مالیات هم معاف هستند باز جای بسی تأمل دارد اما اینکه هموطنانی که توانایی مالی دارند برای زدن واکسن به کشورهای دیگر بروند چه ایرادی می‌تواند داشته باشد؟! ماه‌های گذشته دولت مادر گیر مشکلات فراوانی برای خرید واکسن شده و روزانه حدود ۱۰۰ نفر از ...

ادامه در صفحه ۲



مدیر کل میراث فرهنگی استان اصفهان:

گردشگری نوروزی در اصفهان منوط به وضعیت
کرونا است

۲

شهر دار اصفهان: زیرساخت‌های تحقق بودجه برای چند سال آینده فراهم شده است

تصویب بودجه
شهری ۱۴۰۰

این روزها اتفاقات خوبی در اصفهان رخ داد و در آینده هم اتفاقات خوب‌تری خواهد افتاد

شمارش معکوس برای کاهش قیمت خودرو

ورق در بازار برمی‌گردد؟

ثبات نرخ ارز طی روزهای اخیر آرامش را به بازار خودرو بازگردانده است و حال با پیش‌بینی عرضه خودروهای ۱۴۰۰ در ماه‌های ابتدایی سال آینده فروشندگان نسبت به فروش خودروهای خود در روزهای پایانی اسامیل تمایل بیشتری پیدا کردند. در حالی که بازار خودرو در بهمن‌ماه نوسانات شدید قیمتی را تحت تأثیر نرخ ارز تجربه کرده است، اسفندماه تاکنون برای بازار خودرو آرامش نسبی را به همراه داشته است و قیمت‌های خودرو در این روزها همسو با بازارهای موزای طلا، سکه و حتی موبایل به ثبات رسیده‌اند. با کاهش نوسانات قیمت‌ها در بازار خودرو...



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بازار طلا و سکه ۹۹/۱۲/۱۰ ساعت ۱۶:۳۰

قیمت سکه	قیمت فروش	قیمت قبلی
سکه طرح قدیم	۱۱,۱۰۰,۰۰۰	۱۱,۴۸۵,۰۰۰
سکه طرح جدید	۱۰,۶۷۸,۰۰۰	۱۱,۰۲۹,۰۰۰
نیم سکه	۶,۴۰۰,۰۰۰	۶,۳۲۵,۰۰۰
ربع سکه	۴,۰۷۵,۰۰۰	۴,۳۳۵,۰۰۰
سکه گرمی	۲,۳۶۲,۰۰۰	۲,۳۴۲,۰۰۰
یک مثقال طلای ۱۷ عیار	۴,۶۶۸,۰۰۰	۴,۷۹۹,۰۰۰
یک گرم طلای ۱۸ عیار	۱,۰۷۷,۹۰۰	۱,۱۰۸,۶۰۰
طلای آب شده (نقدی)	۴,۶۷۰,۰۰۰	۴,۸۰۰,۰۰۰
یک گرم طلای ۲۴ عیار	۱,۴۳۷,۲۰۰	۱,۴۷۸,۶۰۰

گزارش

رئیس مشترکین در آمد شرکت آب منطقه‌ای اصفهان مطرح کرد:

افزایش تولید همزمان با کاهش مصرف آب در فولاد مبارکه



رئیس مشترکین در آمد شرکت آب منطقه‌ای اصفهان با اشاره به اینکه فولاد مبارکه با افزایش بیش از سه برابری تولید، یک درصد از رودخانه را برداشت می‌کند، گفت: این میزان مصرف آب در بین تولیدکنندگان فولاد داخلی و خارجی یک شاخص و الگو محسوب می‌شود.

شهرام نخعی با بیان اینکه فولاد مبارکه بزرگترین شرکت فولادساز کشور است، اظهار کرد: تلاش شرکت فولاد مبارکه برای اجرای پروژه‌های بهینه سازی مصرف آب و کاهش برداشت آب خام از زاینده رود و همچنین کاهش مصرف آب در فرایندهای تولید، بزرگترین واحد صنعتی کشور را با رکورد کمترین میزان مصرف آب در میان شرکت‌های داخلی و خارجی معرفی می‌کند. وی افزود: مصرف آب در شرکت فولاد مبارکه نسبت به متوسط مصرف آب شرکت‌های

نیاز شرکت فولاد مبارکه از محل بازچرخانی پساب‌های تصفیه شده شهرهای اطراف تامین می‌شود. وی به اصلاح فرایند تولید و ایجاد سیستم بازچرخانی آب در شرکت فولاد مبارکه اشاره کرد و افزود: فولاد مبارکه اولین کارخانه‌ای است که قبل از شروع فرایند تولید خود، اقدام به احداث تصفیه خانه پساب صنعتی کرد.

بزرگ فولادی جهان بسیار کمتر است. در فولاد مبارکه مصرف آب به ازای هر تن تولید حدود سه مترمکعب است و با سرمایه‌گذاری ۶ هزار میلیارد ریالی در ایجاد شبکه فاضلاب، جمع‌آوری، تصفیه و بازچرخانی پساب ۹ شهر اطراف شرکت فولاد مبارکه را تامین می‌کند. رئیس مشترکین در آمد شرکت آب منطقه‌ای اصفهان گفت: میزان ۳۰ درصد از آب مورد

رونمایی از کتاب «تاریخ آب و فاضلاب اصفهان»

مدیر عامل شرکت آبفا استان اصفهان: «اصفهان در دهه ۱۳۴۰ شمسی»، «اصفهان پیش از تشکیل سازمان آب و فاضلاب»، «تاسیس سازمان آب و فاضلاب اصفهان»، «گسترش کار سازمان آبفا به شهرهای اطراف» و «تشکیل شرکت آب و فاضلاب استان اصفهان» عناوین پنج فصل نخست این کتاب را تشکیل می‌دهند. فصل ششم این کتاب که «تاریخ شفاهی» نام دارد حاوی ۲۰ مصاحبه با افراد مطلع و تأثیرگذار در طول تاریخ فعالیت شرکت آب و فاضلاب استان اصفهان است که مطالعه آن برای مخاطب لذت بخش است.



با حضور جمعی از مدیران عامل ادواری شرکت آبفا، کتاب «تاریخ آب و فاضلاب اصفهان» رونمایی شد. مدیر عامل شرکت آبفا استان اصفهان در این مراسم گفت: این کتاب با هدف مستند سازی تلاش‌هایی که در دهه چهل تا کنون در راستای ارائه خدمات زیربنایی همچون تامین آب شرب سالم و بهداشتی و جمع‌آوری، دفع و تصفیه فاضلاب به مردم اصفهان صورت گرفته، منتشر شده است. هاشم امینی با بیان اینکه بنیانگذار صنعت آبفا در کشور، اصفهان می‌باشد عنوان کرد: صنعت آبفا در اصفهان پایه‌گذاری شد و دیگر استانهای کشور با الگو برداری از اصفهان، چگونگی ارائه خدمات آبفا را در دستور کار قرار دادند.

وی ادامه داد: صنعت آبفا اصفهان همچنان در ارائه خدمات به مردم در کشور پیشرو محسوب می‌شود چرا که کارکنان فعلی این صنعت میراث دار خوبی از لحاظ خدمات رسانی بی‌وقفه به مردم می‌باشند. مدیر عامل شرکت آبفا استان اصفهان با بیان اینکه در ۱۱ سال گذشته به رغم محدودیت‌های منابع آب، آب شرب پایدار مردم تامین گردید، تصریح کرد: علاوه بر اینکه با استفاده از تکنولوژی نوین آب شرب مردم در سطح استان به صورت پایدار تامین گردید، خدمات رسانی در قالب جمع‌آوری، انتقال، دفع فاضلاب به صورت بهداشتی با سرعت قابل توجهی در دستور کار قرار گرفت، به گونه‌ای که تقریباً در هر سال یک تصفیه خانه در سطح استان در مدار بهره برداری قرار گرفته است.

امینی به سرمایه‌گذاری بخش خصوصی در پروژه‌های آبفا اشاره کرد و اظهار داشت: از سال ۹۲ تاکنون بیش از ۳ هزار میلیارد

صنعت آبفا اصفهان همچنان در ارائه خدمات به مردم در کشور پیشرو محسوب می‌شود چرا که کارکنان فعلی این صنعت میراث دار خوبی از لحاظ خدمات رسانی بی‌وقفه به مردم می‌باشند

تومان به روش‌های مختلف از جمله بیع متقابل، فینانس و تبصره ۳ سرمایه‌گذاری شده است. وی بهره‌مندی آبفا از تکنولوژی در ارائه خدمات مستمر به مردم را مؤثر بر شمرد و بیان داشت: تودشک اولین شهر هوشمند از لحاظ تامین و توزیع آب شرب می‌باشد و این امر در دیگر شهرها همانند خوانسار و بادرود عملیاتی شده است.

وی افزود: ۲۲ خدمت آبفا به صورت الکترونیک و غیر حضوری ارائه می‌شود که این امر بیانگر بهره‌مندی مطلوب آبفا اصفهان از دانش روز می‌باشد. امینی گفت: شرکت آب و فاضلاب استان اصفهان نخستین شرکت آبفای کشور به شمار می‌رود که تاکنون با نصب یک میلیون و ۴۰۰ هزار انشعاب آب در ۹۸ شهر و حدود ۱۰۰۰ روستای استان و نیز نصب ۶۷۰ هزار انشعاب فاضلاب در ۳۵ شهر و پنج روستای استان اصفهان، جمعیتی بالغ بر ۴ میلیون و ۸۰۰ هزار نفر را در بخش آب و نزدیک به ۳ میلیون و ۱۲۰ هزار نفر را در بخش فاضلاب تحت پوشش خود قرار داده است.

مدیر عامل شرکت آبفا استان اصفهان با بیان اینکه این کتاب در ۶۴ صفحه، قطع وزیری و در قالب شش فصل و دو ضمیمه منتشر شده اظهار داشت: «اصفهان در دهه ۱۳۴۰ شمسی»، «اصفهان پیش از تشکیل سازمان

نوبت دوم

آگهی برگزاری مناقصه عمومی



شرکت آب و فاضلاب استان اصفهان

شرکت آب و فاضلاب استان اصفهان در نظر دارد عملیات اجرایی به شرح زیر را از طریق مناقصه عمومی به پیمانکاران واجد شرایط واگذار نماید.

شماره مناقصه	موضوع مناقصه	محل تامین اعتبار	برآورد (ریال)	مبلغ تضمین (ریال)
۹۹-۴-۱۵۴	احداث شیرخانه ایمانشهر - بخش دوم تکمیل ایستگاه و احداث سوله	جاری	۴,۳۴۵,۸۷۹,۶۶۴	۲۲۰,۰۰۰,۰۰۰
۹۹-۴-۲۲۲	احداث ساختمان کلرژنی و حوضچه تماسی کلرژنی تصفیه خانه فاضلاب فولادشهر (با ارزیابی کیفی)	جاری	۲۰,۲۲۵,۶۳۷,۰۲۸	۶۹۷,۰۰۰,۰۰۰
۹۹-۴-۲۶۰	اجرای یک باب ساختمان دو طبقه (اداری - انبار بحران) چشمه توتی (با ارزیابی کیفی)	جاری	۲۵,۰۴۹,۴۵۶,۴۴۳	۸۵۵,۰۰۰,۰۰۰
۹۹-۴-۲۹۴	اجرای خط انتقال فاضلاب محله ارغوانیه به قطر ۷۰۰ بلی اتین (با ارزیابی کیفی)	جاری	۲۸,۸۱۴,۶۳۵,۵۹۰	۹۵۵,۰۰۰,۰۰۰

مهلت تحویل اسناد به دبیر خانه معاملات شرکت افاق ۲۹۲: تا ساعت ۱۵:۰۰ روز شنبه به تاریخ ۹۹/۱۲/۲۳

تاریخ گشایش اسناد مناقصه: از ساعت ۰۸:۰۰ صبح روز یکشنبه به تاریخ ۹۹/۱۲/۲۴

دریافت اسناد: سایت اینترنتی

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تاریخ انتشار: ۱۳۹۹/۱۲/۱۱

Iranian knowledge-based firms to localize CCR catalyst

The CEO of Iran's Noori Petrochemical Plant referred to an agreement with domestic knowledge-based firms to localize the catalyst of "CCR" and announced the setting of a new record in aromatic items output by the company.

According to the National Petrochemical Company (NPC), Taghi Sanei underlined the signing of a contract to develop one of the most widely used catalysts in the aromatic industry with Iranian knowledge-based companies.

Catalyst manufacturing of CCR units has been entrusted to domestic companies, he added. The catalyst is used in reforming units and its manufacturing and supply is monopolized by French companies, including Exxon, he stated, adding "By manufacturing this catalyst, risk reduction and production stability will be ensured in Noori Petrochemical Plant."

The CEO of Noori Petrochemical Company noted that currently, 6 catalysts out of the eight ones used in Noori Petrochemical Plant have been Iranianized.

Sanei further said that a committee has been formed in the company for identifying strategic items for local supply, saying that so far building over 3,500 items has been localized in the facility.

Elsewhere in his remarks, he said that the plant's output was expected to reach 4.8 million tons by March 20 which would be regarded as a historic record in the production of aromatic items in the country.

Ex-CBI Official Warns of Risks of Investment in Bitcoin

A former deputy governor of the Central Bank of Iran stressed the need for definite government regulations on the use of cryptocurrencies, warning people not to spend all their capital on Bitcoin.

In an interview with Tasnim, the former CBI deputy for modern technologies elaborated on the nature and function of cryptocurrencies, particularly Bitcoin.

With years of experience and research on digital assets designed to work as a medium of trade exchange, Nasser Hakimi said the Iranian government ought to make definite regulations on cryptocurrencies, otherwise a financial disaster like the recent one in the stock market would be likely.

He also urged people to exercise caution in purchasing Bitcoin as long as the market is not clearly regulated, warning Bitcoiners about the legal risks of trading in the digital currency and the substantial fluctuation in its price. The value of a single Bitcoin reached over 58,000 dollars for the first time in mid-February. Some major companies like MasterCard have announced that they are bringing a cryptocurrency onto their network and Tesla bought 1.5 billion dollars of Bitcoin earlier this year.

The new phenomenon's bull market in the past year encouraged many around the world and also in Iran to invest in the field.

However, many financial gatekeepers are now expressing concerns about the future of cryptocurrency and the risks it involves.

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Iran's ceaseless efforts to get its frozen assets

A new chapter has been opened for Iran to pave the way for liberating its frozen assets following consultations have been made to urge South Korea, Japan, Iraq and Oman to unlock Iranian money.

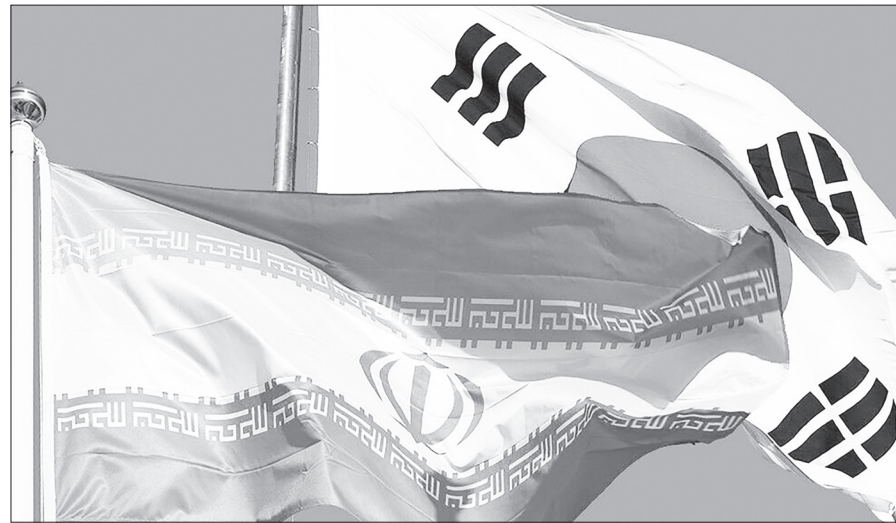


Abdolnaser Hemmati, the governor of the Central Bank of Iran, who hosted ambassadors of Japan and South

Korea in order to find a way for liberating the Islamic country's frozen assets in recent days, told reporters on Wednesday that he is hopeful Seoul will implement the new agreement to unfreeze one billion dollars out of the seven billion dollars that South Korea must pay back to Iran.

The issue of Iranian officials attempting to unfreeze assets in other countries dates back to a few years ago, but the US withdrawal from the 2015 nuclear deal and imposition of the so-called maximum pressure has turned it into an important matter for Iran. Now, a democratic administration is ruling the United States. It has promised to come back to the Joint Comprehensive Plan of Action (JCPOA); so, there are hopes that the Islamic Republic could access its own frozen assets in banks of other countries. Some experts believe that recent developments regarding the unfreeze of Iranian assets from Korean banks are clues that the

The CBI governor also underlined that Iran showed the way to get rid of the lockdown and that the Koreans are responsible for returning Iranian money.



Biden administration is going to lift anti-Iran sanctions, but the new US government is still far from returning to the JCPOA, because Tehran is of the opinion that Washington's rejoining to the deal depends on complete lifting of the bans.

There are different reports and announcements on exact volume of South Korea's debt to Iran from six to over nine billion dollars, while Hemmati declared that Seoul must pay back seven billion dollars to Tehran.

Aside from the accurate figure of Iranian assets, the US plays a key role in freezing and unfreezing of the capital. Despite recent declarations on the release of the assets, South Korean Foreign Ministry announced that the unfreeze depends on Seoul's consultations with Washington.

South Korean Yonhap News Agency reported that Tehran put pressure on Seoul to release its assets,

which are frozen in two Korean banks due to the US sanctions; so, South Korea is holding the White House to find a way to unfreeze the money, including through humanitarian trade with Iran.

The CBI governor also underlined that Iran showed the way to get rid of the lockdown and that the Koreans are responsible for returning Iranian money. Korea Times reported early winter that Iranian assets will pay interest on the \$7 billion and Seoul has not demanded any cost for the money, adding that the CBI can get the deposit and the interest following the lifting of the US sanctions.

Hemmati also held talks with Japanese ambassador to Tehran, urging Tokyo to show an initiative in providing Iran with an opportunity to access its own financial resources in Japan. Aikawa Kazutoshi, Japan's Ambassador to Iran, suggested that Iran can

use the frozen money to purchase corona vaccine.

Iran's Minister of Foreign Affairs Mohammad Javad Zarif called on Japan to stop implementing the United States' illegal decisions, expressing hope that Tokyo will take a proper step to unlock Iranian assets, which are reportedly less than \$3 billion.

There are also some reports that Iraq must pay less than \$2 billion to Iran, but the CBI governor mentioned that Iraq's total debt to Iran is around \$5 billion.

One of the main objectives of Iraqi Foreign Minister Fuad Hussein's today visit to Tehran is his country's debts to the Iran.

The CBI has kicked off negotiations with officials from Oman, Japan, Iraq and South Korea in a bid to pave the ground for returning of Iranian assets.

Some Iranian news outlets have reported that \$7 billion of Iranian money is frozen in India.

Jask Free Trade Zone serves as safe int'l link

Governor-General of Hormuzgan Province said on Sunday that Jask Free Trade Zone serves as important international link for Iran, adding that capacities of Makran Coast are useful for foreign trade. Fereydoun Hemmati said establishing Jask Free Zone was very useful for foreign trade thanks to the human resources available in the province, adding

that it is necessary to promote security, social welfare and economy of the region. Taking advantage of human resources of the province and creating jobs is one of the main parameters for attracting people's participation in economic development, he added. Earlier on November 19, 2020, Hemmati said that 97 kilometers of road was inaugurated in the provincial city of Jask, and 171 more kilometers are under construction in five projects. He also referred to petroleum

and refinery mega projects in Jask, saying that Mokran Coasts will become Iran's new energy and petrochemical industry hub soon. "Mokran coastline can play a special role in the future of marine exchanges," Hemmati noted. Mokran coastal region is located in Baluchestan province in southeastern Iran and southwestern Pakistan, it is a 600-mi (1,000-km) stretch along the Gulf of Oman from Ra's (cape) al-Küh, Iran (west of Jask), to Lasbela District, Pakistan (near Karachi).

NO 713

Sudoku

Solution: NO 712

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6	9	3	7	4	5	1	8	2
1	2	5	8	6	9	3	4	7
8	6	1	4	2	3	9	7	5
2	5	9	6	7	8	4	1	3
3	4	7	9	5	1	6	2	8

News

Exports to Iraq via Mehran cross-border customs office exceed \$464m

Iran's exports to Iraq via Mehran cross-border customs office in the western Ilam province reached 907,000 tons worth \$464 million over the past 11 months.

Director-general of Ilam Customs Administration, Rouhollah Gholami, said in an interview to IRNA on Sunday that construction materials, steel products, glass, and tiles were the main products exported via Mehran during the 11-month period. He noted that border trade with Iraq through the Mehran cross-border customs office is on track with all coronavirus-related health protocols in place. According to Gholami, some 250 trucks carrying Iran's export goods cross the Mehran border to Iraq every day.

Iran's exports to Iraq via Mehran checkpoint stood at \$1.18 billion during the last fiscal year (March 2019-20). Mehran border terminal, 85 km southwest of Ilam, reopened in 2003 after the downfall of Saddam's regime.



Baku welcomes Iran's participation in Karabakh reconstruction

Describing Iran as a good neighbor, Tural Ganjaliyev said, "We would like to see Iranian government and companies' participation in the reconstruction of Karabakh."

Nowadays after the liberation of the occupied territories of Azerbaijan, a new chapter is going to be opened in the relation of all regional countries, particularly between Tehran and Baku.

Iran and the Republic of Azerbaijan share, to a large extent, the same history, religion, and culture.

Besides historical and cultural commonalities of the two countries, Iran recognized Azerbaijan's independence in 1991, and diplomatic relations between the two countries were established in 1992.

Both countries are full members of the Economic Cooperation Organization (ECO) and the organization of Islamic Cooperation (OIC).

Commonalities and joint interests of the two countries have functioned as the driving engine of the two countries' ties. Relations between the two neighboring countries have gradually but significantly improved since 2013.

During a visit to the Republic of Azerbaijan organized by GJC, a correspondent of Mehr News agency reached out to Tural Ganjaliyev, a member of Azerbaijan's parliament and head of the Azerbaijani community in Azerbaijan's Upper Karabakh region to discuss Tehran-Baku relation in the post-Karabakh war.

He noted that Azerbaijan is very keen on cooperation with all counties regarding the reconstruction process of the Karabakh region after the liberation of the region.

US Denies Negotiations with Germany on Fate of Nord Stream 2

The United States authorities are not holding consultations with Germany with the aim of reaching an informal agreement that would allow the completion of the Nord Stream 2 project, the Axios portal reported on Saturday.

American diplomats made this statement during a special telephone briefing for representatives of the US Congress. According to the publication, Molly Montgomery, the Deputy Assistant Secretary in the Bureau of European and Eurasian Affairs, denied that the US is negotiating with Germany on a potential side deal to allow the pipeline to proceed. Earlier, the German government's deputy government spokesperson, Ulrike Demmer said that the German government was exchanging views with partners, including the United States, on the construction of the Nord Stream 2 gas pipeline.

During the briefing, representatives of the US State Department stressed that the word "exchange" shouldn't be construed as a negotiation and that the Biden administration, in the course of normal diplomatic conversations, had registered its concerns about the pipeline with the Germans, the portal said, TASS reported. Earlier, the Financial Times reported that Germany is working on a solution that should convince the administration of US President Joe Biden to drop sanctions on Nord Stream 2. According to the newspaper, German politicians, in particular, are considering the possibility of applying a mechanism that would allow Germany to independently block Nord Stream 2 if Russia, for example, puts pressure on Ukraine and arbitrarily reduces supplies through its gas transportation system.

Iranian COVID-19 vaccine undergoes clinical test

Razi Institute COV-Pars coronavirus vaccine which is the first injected-inhaled recombinant corona protein undergoes clinical test by two volunteers receiving the first dose. One of several Iranian vaccines under development, COV-Pars started its clinical test in an event in presence of Iranian Minister of Agricultural Jihad Kazem Khavazi, Chancellor of Iran University of Medical Sciences Jalil Kouhpayezadeh and a group of officials and researchers in Rasoul Akram Hospital in Tehran. COV-Pars vaccine will be administered to 13 volunteers in the first stage, and then 120 volunteers will receive the vaccine in four groups of 30. The vaccine is the first injected-inhaled recombinant corona protein which was unveiled last month in Razi Vaccine and Serum Research Institute in Karaj, Iran. The institute started working on the vaccine in February last year and after initial stages, it passed animal test phase in April 2020. COV-Pars is developed under the leadership of Iran's Health Ministry and Food and Drug Organization expertise.

Iran capable of vaccinating 20m people a month: Official

Iran's Deputy Health Minister Alireza Raisi ensured on Sunday that there was no concerns on fast vaccination as the country's health network has capability to vaccinate 20 million people a month. Speaking in an event to honor healthcare workers, Deputy for Health in the Ministry of Health and Medical Education said that Iran's health network, founded 30 years ago by great healthcare figures, is a strong point that reaches across the country so that no village with over 1,000 people population is deprived of the health network. In addition to Health Houses – small local health centers, Raisi said, there are over 2,500 medical centers in cities and countryside and the centers are all connected to hospitals and specialized centers. These centers in health network managed to carry out three rounds of COVID-19 screening across the country and it is now extending to nomad population, according to the Deputy Minister. He also underlined that the health network will upgrade from primary healthcare to universal health coverage system (UHC); the transmission is now in pilot phase.

Government, Parl. to continue coop. on counteractive plan

A senior Iranian lawmaker said that government and parliament will continue the cooperation in propelling the Strategic Action Plan, which aims to counteract the US' unilateral sanctions.



Speaking in an interview with Mehr news agency on Sunday, Shahriar Heidari, the vice chairman of Parliament

National Security and Foreign Policy Commission, said that the lifting of sanctions imposed against the Islamic Republic of Iran was the main aim of the Parliament in approving the Law of the Strategic Action Plan.

Emphasizing the need for accurate implementation of Strategic Action Plan for Lifting Sanctions and protecting the rights of the Iranian people, he stated, "Upon the approval of the new law, the Islamic Republic of Iran initiated enriching uranium with 20% purity with a prior notice to the International Atomic Energy Agency (IAEA)."

Under the law approved by the Parliament, "We said from the beginning that if Western countries fail to lift sanctions imposed against the Islamic Republic,



IAEA inspectors would be expelled from the country as of Feb. 23 and also Iran will suspend the voluntary implementation of Additional Protocol (AP)." According to the recommendations of the Leader of the Islamic Revolution, both the Parliament and government will interact with each other, he said, adding, "Chairpersons of Parliament National Security and Foreign Policy Commission and Energy Commission are scheduled to hold expert-level meetings with the government and Supreme National Security Council (SNSC) in this respect." It is hoped that cooperation between Parliament and government will lead to realizing national interests and materializing sublime

advice of Leader of the Islamic Revolution, he added. Back in December 2020, Iranian legislators passed a law to further accelerate the development of the nuclear program. The law is a firm reaction to Washington's 2018 withdrawal from the Iran nuclear deal – the Joint Comprehensive Plan of Action (JCPOA) – and the illegal sanctions the US has imposed against Iran since then.

To implement the law, Iran stopped the voluntary implementation of the Additional Protocol to the nuclear Non-Proliferation Treaty (NPT) and restricted access to the country's nuclear sites on February 23. Following the decision, Rafael Grossi, the director-general of the International

Atomic Energy Agency paid an official day-long visit to Tehran and held talks with Ali Akbar Salehi, the head of the Atomic Energy Organization of Iran (AEOI) and Foreign Minister Mohammad Javad Zarif on issues relating to the IAEA's monitoring of Iran's nuclear energy program.

Iran and the IAEA then issued a joint statement according to which, the two sides have reached a "temporary bilateral technical understanding." According to the statement, Iran said it would stop its voluntary implementation of the Additional Protocol to the NPT and would deny IAEA inspectors access to its nuclear facilities beyond the Safeguards Agreement as of February 23, 2021 for three months.

Zarif stresses Iran's commitment to Iraqi stability

Iranian Foreign Minister Mohammad Javad Zarif wrote in a Twitter message on Saturday that during meeting with his Iraqi counterpart Fuad Hussein he has emphasized Iran's commitment to stability of Iraq.

"Good meeting with Iraqi FM @Fuad_Hussein1. Discussed expansion of ties & regional & international cooperation," Zarif

tweeted on Saturday.

"I welcomed Iraq's constructive efforts for regional security, stressed Iran's commitment to Iraqi stability & rejected destabilizing US aggression against Iraqi forces," he added.

Zarif in a meeting with his Iraqi counterpart Fuad Hussein in Tehran on Saturday said that some recent attacks and developments in Iraq are suspicious and could be carried out to disrupt Tehran-Baghdad relations and Iraq's security and stability.

He stressed the need for measures by the

Iraqi government to find the perpetrators of the event. Zarif and Fuad Hussein discussed political, economic, and border trade cooperation, according to the public relations office of the Ministry of Foreign Affairs. Condemning the US dangerous attack on Iraqi forces along the borders with Syria, Zarif said that the attacks were illegal and a violation of Iraqi sovereignty. Regarding the issue of Iranian fuel tankers in Tamarchin, northwestern Iran, Zarif hoped that the problem will be solved with cooperation between the two neighboring countries.

NEWS

Prospects of Iran-Saudi relations dependent on JCPOA fate: ex-ambassador

Iran's former ambassador to Lebanon and Jordan Ahmad Dastmalchian said that Prospects of Tehran-Riyadh relations are dependent on Tehran-Washington ties and the fate of the Joint Comprehensive Plan of Action. Dastmalchian made the remarks in an exclusive interview with IRNA.

The US secretary of state has noted that Washington will not cut relations with Riyadh but will revise relations with Saudi Arabia within the framework of the US national interests, the former ambassador said.

He said that today Saudi Arabia and the US have more icy relations than ever.

The publication of a report about the murder of Jamal Khashoggi and declassifying the case were a clear negative signal for bin Salman, Dastmalchian said.

He said that Saudi Arabia has no longer has that status to the United States it enjoyed so far.

"The relations between Riyadh and Washington used to be based on providing security in exchange for oil while this deal is of no significance for the US now as the oil market has become oversupplied and the US has turned into a main exporter of the Shale oil."

Iran rules out alleged discrimination against ethnic groups

Iran on Sunday ruled out alleged discrimination against ethnic groups, saying that the Government respects equal citizen rights of all ethnicities.

Secretary of Iran's High Council for Human Rights Ali Baqeri Kani made the remarks in reaction to statement by UN High Commissioner on Human Rights criticizing Iranian code-of-conduct of the minorities.

Baqeri said that Iranian ethnic groups are not minority, but they are citizens of 'the whole Iran'.

Baqeri Kani wrote in his twitter account, "Ms. Commissioner; Iranian ethnic groups are not 'minority', they are 'the whole Iran'."

"If politics didn't prevent you to take a trip to Iran and you were allowed to closely see Iran's realities, you would notice how Lurs, Kurds, Turks, Turkmens, Arabs, Baluchs, Fars people, etc. shout at the aliens: 'We are Iranians,'" he added.

UN High Commissioner on Human Rights Michelle Bachelet had claimed that a coordinated campaign in Iran had targeted minorities in Sistan & Baluchestan and Khuzestan provinces.

News

Honoring commitments, simple way for US to return to JCPOA: Envoy

Honoring commitments is the simple way for the United States to return to the Joint Comprehensive Plan of Action, Iran's Ambassador and Permanent Representative to the United Nations Majid Takht Ravanchi has said in an interview.

The new US administration still violates the UN Resolution 2231 just like the predecessor, the Iranian ambassador said in an interview with Qatari news network, Al Jazeera.

The United Nations Security Council, Resolution 2231 (2015) urges full implementation of the JCPOA in line with the timetable set by the JCPOA Annex V and sets forth steps for the eventual removal of Security Council sanctions on Iran.

New US President Joe Biden who took office on January 20 has already repeated that he is willing to return to the JCPOA from which the former US president Donald Trump withdrew unilaterally in May 2018; meanwhile, no changes have been seen in the US policy on the deal yet, Takht Ravanchi noted.

In early days of February, Iranian Foreign Minister Mohammad Javad Zarif advised the US to learn from the Trump administration's complete failure rather than show interest, and warned that the existing window is closing quickly.

It is up to the new US administration whether they want to follow Trump's policy or to open a new chapter, the ambassador noted. He said that from Iran's opinion, implementation of commitments by the US needs no new talks.

The United States should decide to fulfill commitments based on Resolution 2231, Takht Ravanchi underlined.

Asked whether relieving sanctions would be meant as part of return to the deal, the ambassador replied that lifting "sanctions" have been part of the deal and they had to be lifted.

Asked whether Iran's remedial measures vis-a-vis the US non-compliance will lead to escalation, Takht Ravanchi said "We're not interested in escalation."

To respond reciprocally to the US move, Iran decided to reduce its commitments to the international deal, based on Article 26 and 36, on the first anniversary of the US withdrawal in May 2019.

All provocative measures including assassination of dear General Qassem Soleimani have been taken by the United States, the ambassador said, reaffirming Iran's unwillingness to take such measures.

About the recent visit of Director-General of the International Atomic Energy Agency (IAEA) Rafael Grossi to Tehran, the ambassador said IAEA inspectors are present in Iran and are doing their duties.



He further termed the February 21 IAEA agreement with the Atomic Energy Organization of Iran as excellent.

According to the February 21 Joint Statement, Iran gave three-month moratorium to the Majlis Law suspending voluntary acceptance of IAEA Additional Protocol so that activities of the nuclear sites will be monitored in tapes for three months and will be delivered to the UN nuclear agency if the US lifted the sanctions during the moratorium. Otherwise, the tapes will not be delivered.

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Spanish companies keen to invest in Iran

Economic and Commercial Counselor of Embassy of Spain says there are a large number of investment opportunities in Iran and Spanish companies are interested in investing in Iran. Economic and Commercial Counselor of Embassy of Spain says there are a large number of investment opportunities in Iran and Spanish companies are interested in investing in Iran. Emilio Carmona Pertinez in a meeting with the head of the technology and information commission of Iran Chamber of Commerce, Industry, Mine and Agriculture (ICCIMA) Mohammad Reza Talaei said that Spanish companies are eager to invest in Iran because of a huge number of investment opportunities in the country. He also welcomed holding the first virtual exhibition in Iran, saying that this exhibition will be a valuable opportunity for boosting the awareness and knowledge of foreign economic activists about Iranian products and the economy.

Headlines

Iran capable of vaccinating 20m people a month: Official

Government, Parl. to continue coop. on counteractive plan

Ex-CBI Official Warns of Risks of Investment in Bitcoin

CALL TO PRAYER TIME IN ISFAHAN

Morning call to prayer:
05:10:20

Noon call to prayer:
12:15:36

Evening call to prayer:
18:18:05

WEATHER



White House keeping its friendship with Daesh

Iranian Parliament's General Director for International Affairs, Hossein Amir-Abdollahian stressed that US President's authorization to strike local anti-ISIS forces shows how White House is hypocrite vis-a-vis terrorism and keeps its friendship with Daesh. Mask of White House occupants has just changed and nothing more," he wrote on his official Twitter account.



Iranian COVID19-vaccine undergoes clinical test

5

Is a treadmill harmful to the knee?

Running, whether outdoors or on a treadmill, is a high-impact exercise that can be tough on your knees. When selecting a treadmill, look for features that will help preserve the health of your knees. Don't become addicted to treadmill running as moderation is key to reducing your risk of knee damage. If you have suffered a previous knee injury, talk to your doctor before starting a treadmill workout routine.

Running, whether outdoors or on a treadmill, is a high-impact exercise that can be tough on your knees. When selecting a treadmill, look for features that will help preserve the health of your knees. Don't become addicted to treadmill running as moderation is key to reducing your risk of knee damage. If you have suffered a previous knee injury, talk to your doctor before starting a treadmill workout routine.

Road Running vs. Treadmill

The treadmill's cushioned platform absorbs more of the impact than running on the typical road running surface of concrete or asphalt. The advantage of road running is that the terrain is variable, so the risk of repetitive motion injury is reduced. Because each style of running has benefits and consequences, try including both forms in your fitness regimen, but always in moderation.

Advantages and disadvantages of a treadmill for the knee

The majority of treadmill runners will run with their toes, even though the habit of injury ultimately depends on one's style of running. When you run on your toes, your legs are shaped so that your knee bends to a great extent when your foot makes contact with the conveyor belt. Therefore, the knee is capable of absorbing a greater force with every step that you take. When you run outside, you can walk or run as fast or slow as you want. You can change how fast you move right on the fly just by moving your body. With a treadmill, however, the pace is always fixed. You can only move as fast or slow as your treadmill settings will allow. This can be a big reason why some runners feel pain as they walk with their toes touching first. Treadmill users should try to walk with the middle of their feet touching first. This will help balance out the force when walking so that all of it does not get directed in one place. The knee pain that one can experience from using

a treadmill is not based on the fact that a treadmill is being used, but how it is being used. If you are experiencing knee pain when using the treadmill, it is very likely that you are doing something on the treadmill that causes this pain, such as walking with too much toe touching first.

Symptoms of Knee Injury from Treadmill Use

There is not just one type of knee injury associated with running, diagnosing a problem without seeing an expert is almost impossible. If you are experiencing problems you should see a qualified professional, such as a Physiotherapist as soon as possible. Treadmill knee injuries can range from repetitive trauma injuries which could be through overuse, poor running form, wrong trainers or even poor diet. More acute injuries can come on more suddenly like a sharp pain followed by swelling and soreness. Out of all of the symptoms you might experience from overusing your treadmill, the first and most prevalent symptom of knee injury from treadmill use is the sensation of pain, this can give you a good indication of the type of injury you have. Typically it will be localized around your front, back, or the area surrounding your knee cap.

How to Use the Treadmill Without Putting Stress on Knees

Running in general, due to its high-impact nature, is often made out to be the cause of lower body joint pain and other related issues. In actuality, your approach, form and health history are probably more influential than the treadmill itself. Being mindful of your technique, body alignment and the exercises that you are performing on the treadmill can help to reduce or eliminate knee stress.

Choose the Right Treadmill

Choose a treadmill that is well maintained to help reduce the impact on your joints. Though treadmills are not as cushioned as grass or a track, they are easier on your body than concrete. However, with time and use, treadmills can lose some of their shock-absorbing abilities. Test several different treadmills at your gym and pick the one that provides a softer landing. When first running on a treadmill, you may be inclined to shorten your stride, which can increase the stress on your knees. Make sure the treadmill running surface is long enough and wide enough to accommodate your natural running stride to reduce injury risk. And while you may feel tempted to run at the front of the treadmill, this can shorten your stride.

Iran Gets Chinese Vaccine for Coronavirus

The first consignment of COVID19- vaccines made by China's Sinopharm arrived in Iran, whose vaccination rollout has already begun with Russian-made Sputnik V vaccine.

A Mahan Air flight carried a cargo of 250,000 doses of Sinopharm vaccine to Tehran in the early hours of Sunday. Sinopharm, a Chinese state-owned company, is developing two COVID-19 vaccines. It announced in December 2020 that phase three trials of the vaccine showed it was 79% effective. The United Arab Emirates, which approved a Sinopharm vaccine earlier this month, said the vaccine was 86% effective. Iran has already imported shipments of Sputnik V from Russia to vaccinate the priority groups, including the nurses and the elderly in the nursing homes.

Sinopharm, a Chinese state-owned company, is developing two COVID19-vaccines.

Health Minister Saeed Namaki said on Friday that Iran is going to import the AstraZeneca vaccine for the coronavirus from South Korea. Officials say Iran will receive around 16 million doses of vaccines through the World Health Organization's COVAX program, import more than 25 million doses from abroad, and produce 25 million other doses inside the country.

Earlier in February, the chairman of the Headquarters for Executing the Order of Imam Khomeini, the institution that has developed the first Iranian vaccine for COVID-19, said the homegrown vaccine is one hundred percent effective against the mutated variant of coronavirus found in the UK.

The Razi Vaccine and Serum Research Institute unveiled the second Iranian vaccine for the coronavirus, administered via injection or inhalation, on February 7.

Iran ready to assist Iraq in security affairs: Ambassador

Iran's Ambassador to Iraq Iraj Masjedi said here on Sunday in an interview with Iraq's Kurdish TV channel Rudav that Tehran is ready for assisting Iraq in security affairs, if needed.

Iran favors restoration of full security in Iraq, never supports those who intend to weaken and deteriorate Iraq's security, and in pursuit of such policies, Tehran is even ready for assisting Iraq in its security affairs, if needed," said Masjedi.

He pointed out that the existence of foreign forces is not only of no tangible fruits for Iraq, but leads to further insecurity and tension both in Iraq and in the region as well. Therefore, he said, the Islamic Republic of Iran resolutely believes that the security forces of the Iraqi central government and the autonomous Iraqi Kurdistan

province can ensure Iraq's security needless of any foreign force.

Iran's relations with all different Iraqi governments after the collapse of Saddam's despotic regime have been friendly and constructive, the ambassador reiterated.

He added that Iran's current relations with various Iraqi sectors are satisfactory, and especially after Prime Minister Mustafa Al-Kazemi's recent visit of Tehran and his consultations and agreements with Iranian officials they are now even better than before.

***No new agreement with Iraq on re-drawing of borderlines

The Iranian diplomat further said that the 1975 Algeria Agreement on shared borders with Iraq that is also registered at the UN is still the basis and presently there is no plan for re-drawing of any new map on shared borders.

"The thing to be done at the time being is the rearrangement and full implementation of the 1975 Algeria Agreement in full collaboration

between the two countries," he said, adding that only some small parts have remained undecided in that agreement that are of trivial importance.

"At any rate, there is no agreement on setting up new border posts, or defining new borders," he said.

*** Iran opposes violation of security of diplomatic centers in Iraq

The Iranian ambassador to Baghdad was asked about Iran's stand on missile attacks against the US Embassy in Baghdad.

"I tell you quite clearly that the Islamic Republic of Iran is opposed to any kind of breaching of the security of diplomatic centers in any country, including Iraq, and has always condemned such attacks," replied.

Ambassador Masjedi further reiterated that the entire diplomatic centers' required security need to be preserved and there is no difference between the US, or any other country's embassies.

Walk, Don't Run
Walk on the treadmill rather than run to prevent knee pain.
Wear the Right Shoes
Wear proper walking or running shoes, depending on your activity.
Shorten Your Stride

