

اخبار اصفهان

در گفت و گو با نایب رئیس کمیسیون امنیت ملی و سیاست خارجی مجلس مطرح شد:

عدم وجود عزم جدی برای حفظ منابع طبیعی



مدیر دفتر مدیریت مصرف شرکت توزیع برق اصفهان:

۵۰۴ نیروگاه خورشیدی در استان اصفهان فعال است

۶

Why Do You Feel Exhausted? 12 Reasons (Plus Solutions)



۵

دلیل مخالفت شهردار با الحاق بهارستان به اصفهان:

به دلیل عدم وجود نقشه راه مشخص موافق نیستیم

۲

رئیس اداره توسعه فرهنگ شهروندی سازمان فرهنگی اجتماعی ورزشی شهرداری خیر داد:

دعوت به خوداندیشی در گالری شهر اصفهان

۲

برنامه «زنده شهید» به همت فرهنگسرای پایداری در گلستان شهدا برگزار شد:

یادبود شهدای عملیات رمضان در برنامه «زنده شهید»

۲

مدیرعامل سازمان پارکها و فضای سبز شهرداری اصفهان:

سم پاشی در ختان آغاز شده است

۶

سرپرست مدیریت عامل ذوب آهن در همایش راهبردی مدیران و کارشناسان مطرح کرد:

هم افزایی دانش و توان کارشناسان نیاز امروز ذوب آهن

۶

همه نگاهها معطوف به آزمایش موشکی کره شمالی است

ماجرای جوی دو باره چشم بادامیها

۷

کشت گیاه کارلا و تولید پودر گیاهی برای درمان دیابت در اصفهان

۷

یک پیشنهاد اجرایی و کاربردی برای بورس ایران به دولت مردان:

پیشرفت و پیشروی اقتصادی در گرو رها کردن اقتصاد

۸

در قالب طرح محرومیت زدایی از روستاها صورت می گیرد:

آغاز عملیات اجرایی طرح آبرسانی به مجتمع ۲۳ روستایی لای سیاه در شهرستان نایین



اخبار اصفهان عملیات اجرایی

طرح آبرسانی به مجتمع ۲۳ روستایی لای سیاه در شهرستان نایین آغاز شد. این طرح را وزارت نیرو در قالب طرح محرومیت زدایی از روستاها با همکاری قرارگاه سازندگی سیاه امام حسن (ع) اجرا می کند. در این طرح با اجرای ۴۰ کیلومتر خط انتقال به قطر ۱۵۰ میلیمتر واحداث ۶ ایستگاه پمپاژ، آب شرب پایدار جمعیتی بالغ بر ۳ هزار نفر به صورت پایدار تأمین می شود.

با اجرای این طرح، شبکه آبرسانی مجتمع ۲۳ روستایی لای سیاه در حد فاصل روستای رحیم آباد تا مهرآباد و نصرآباد به سامانه آبرسانی اصفهان بزرگ وصل می شود. گفتنی است هم اکنون آب شرب مورد نیاز ساکنان این روستاها از طریق تانکرهای سیار تأمین می گردد و پیش بینی می شود با پایان عملیات آبرسانی به مجتمع ۲۳ روستایی لای سیاه تا تابستان سال جاری و انتقال ۱۰ لیتر آب در ثانیه به این مجتمع روستایی، آب شرب مورد نیاز ساکنان این ۲۳ روستا به صورت پایدار تأمین شود.

نوبت دوم

آگهی تجدید مناقصه



شهرداری نجف آباد به استناد مصوبه شماره ۱۴۰۰/۲۵۵۰ مورخ ۱۴۰۰/۱۰/۳۰ شورای محترم اسلامی شهر در نظر دارد در راستای اصلاح شبکه آبرسانی فضای سبز نسبت به تهیه و خرید میزان ۲۱۰۰ متر لوله پلی اتیلن ۲۰۰ میلیمتر (۸ اینچ) ۱۶ اتمسفر ۱۰ بار استاندارد PE۸۰ (قطر داخلی لوله ۱۸۱ میلیمتر) با وزن هر متر طول لوله تحویلی ۱۳/۴ کیلوگرم با مجموع برآورد تقریبی اولیه به مبلغ ۱۳/۰۰۰/۰۰۰/۰۰۰ ریال بدون تعدیل و مابه التفاوت قیمت، از محل اعتبارات عمرانی سال ۱۴۰۰ شهرداری نجف آباد و بر اساس جدول پیشنهاد بهاء به پیمانکار واجد شرایط واگذار نماید.

شرایط شرکت در مناقصه: متقاضیان بایستی دارای رزومه کاری مرتبط و توان مالی متناسب با موضوع مناقصه باشند. **مهلت و محل دریافت اسناد مناقصه:** از واجدین شرایط دعوت می شود جهت کسب اطلاعات بیشتر و دریافت اسناد مناقصه با همراه داشتن مدارک و رزومه شرکت، تا پایان وقت اداری روز چهارشنبه مورخ ۱۴۰۱/۲/۱۴ به امور قراردادها و شهرداری نجف آباد مراجعه نمایند. شرکت کنندگان باید مبلغ ۶۵۰/۰۰۰/۰۰۰ ریال بابت ضمانت شرکت در مناقصه را طی فیش واریزی به حساب سپرده شماره ۰۱۰۴۴۴۱۵۰۰۰۲ شهرداری نجف آباد و با معادل آن رضامتنامه معتبر بانکی ارائه نمایند.

❖ برندگان اول، دوم و سوم مناقصه هر گاه حاضر به انعقاد قرارداد نشوند سپرده آنها به ترتیب ضبط خواهد شد. ❖ سایر اطلاعات مربوط به مناقصه در اسناد مناقصه مندرج است و شهرداری نجف آباد در رد یا قبول یک یا کلبه پیشنهادات مختار می باشد.

عبدالرسول امامی - شهردار نجف آباد

شماره: ۰۲۵۵۰۲۳۰۰

زندگی سالم



چگونه بدنمان را برای بارداری آماده کنیم؟

تازه مادرها بخوانند

پریساجمعی در هنگام بارداری بدن

برای ۹ ماه وظیفه بسیار مهمی را به عهده دارد. بنابراین اگر به بارداری شدن فکر می کنید، بهتر است با چند گام ساده بدن تان را برای پروراندن نوزادی سالم آماده کنید. این مراحل اصلاً پیچیده نیستند و بدون نگرانی می توانید به آنها عمل کنید. برای آشنایی با این مراحل، در ادامه همراه ما باشید.

به وزن سالم برسید

باردار شدن با وجود اضافه یا کمبود وزن، ممکن است دشوارتر باشد. وزن شما بر تخمک گذاری ماهانه و اینکه تخم دان ها هر ماه تخمک را رها کنند یا نه، تأثیر می گذارد. اضافه وزن همچنین احتمال بروز برخی مشکلات سلامتی را در طول بارداری افزایش می دهد؛ مشکلاتی مانند دیابت بارداری یا پرآکلامیسی که نوعی فشار خون بالاست. اگر پیش از اقدام به بارداری به وزن مناسب برسید، راحت تر بارداری می شوید. غذای سالم بخورید و به طور منظم ورزش کنید. اگر اضافه وزن زیادی دارید، نیازی نیست برای قلمی شدن تلاش کنید؛ کافی ست چند کیلوگی وزن کم کنید.

ویتامین مصرف کنید

دریافت ویتامین های پیش از بارداری اهمیت ویژه ای دارد زیرا احتمالاً تا پیش از به تأخیر افتادن عادت ماهانه تان، متوجه نمی شوید که باردارید. در این صورت چند هفته نخست رشد جنین را از دست می دهید که ممکن است منجر به کاهش قدرت حمایتی شود.

روزانه دست کم ۴۰۰ میلی گرم اسید فولیک مصرف کنید. اسید فولیک از بروز نقص های مادرزادی در مغز و ستون فقرات جلوگیری می کند. ویتامین های پیش از بارداری معمولاً شامل آهن هستند که هم برای بچه و هم برای شما مفید است. آهن هم به رشد ماهیچه های بچه کمک می کند و هم در دورای که گلبول های قرمزتان کمتر از میزان طبیعی است، مانع کم خونی شما می شود. کلسیم برای قلب، ماهیچه ها و اعصاب مادر و فرزند حیاتی است.

فراموش نکنید که پیش از مصرف هر نوع ماده مکمل یا پزشک درباره انواع و میزان آنها مشورت کنید.

حواستان به ترکیبات شیمیایی باشد

برخی مواد شیمیایی مانند آفت کش ها، خلال ها و کودها ممکن است بارداری تان را دشوارتر کنند یا روی نطفه تأثیر منفی بگذارند. بررسی کنید و ببینید که در خانه و محیط کار ممکن است چه نوع مواد شیمیایی اطراف تان باشد. از پزشک تان درباره موادی که باید از آنها دوری کنید، راهنمایی بگیرید. اگر به دلیل شغل تان با موارد خطرناک مانند پرتو رادیواکتیو، جیوه یا سرب سروکار دارید، از کارفرمای تان درباره چگونگی محافظت از خودتان مشورت بگیرید یا در صورت امکان موقعیت شغلی تان را تغییر دهید.

به پزشک مراجعه کنید

ماما یا پزشک زنان با بررسی می تواند با اطمینان به شما بگوید که در وضعیت خوبی برای باردار شدن قرار دارید. همچنین می تواند

Source: <https://www.webmd.com/baby/get-pregnant-18/body-baby-ready>

Important

Leader's message of sympathy relayed to families of Afghan martyrs

Leader of the Islamic Revolution Ayatollah Ali Khamenei on Saturday sent a message of sympathy to the Afghan families who have lost loved ones in the recent terrorist attacks in Afghanistan.

The message was relayed by Iran's deputy ambassador to Kabul Hassan Mortazavi.

The deputy ambassador and his accompanying delegation met with the families of the martyrs to declare the sympathy of the Leader and the Islamic Republic to them. A series of deadly attacks has led to the deaths of dozens of people across Afghanistan. An explosion tore through a mosque near the northern Afghan city of Kunduz on Friday killing at least 33 people and wounding dozens of others. The attack happened a day after blasts at a Shia mosque in Mazar-i-Sharif.

Earlier Thursday, a roadside bomb exploded near a boys' school in the capital Kabul, injuring two children in the city's predominately Shia neighborhood of Dasht-e-Barchi. A third bomb in Kunduz wounded 11 mechanics working for the country's Taliban rulers, according to Al Jazeera.

Also on Tuesday, two bomb blasts at a boys' school in Kabul killed at least six people and wounded more than 20. The blasts happened at the Abdul Rahim Shahid high school in the Shia-dominated west of the city. The number of dead is likely to rise. A nearby tuition center was also targeted in a grenade attack.

Iran expresses concern over recent bombings in Afghanistan

The latest bomb attacks in neighboring Afghanistan has prompted a response from Iran's Foreign Ministry spokesperson, who said that regular bomb strikes and explosions targeting people in numerous towns across the war-torn country are a source of great worry.

Saeed Khatibzadeh, in a statement on Thursday, alluded to rising reports of recurrent bomb strikes in several Afghan cities, expressing Iran's worry over the steep increase in the frequency of such "bitter incidents."

Khatibzadeh said such terrorist assaults, whose main targets are fasting Muslim prayers, are disgusting, noting that the latest bomb strikes in Afghanistan occurred during the holy month of Ramadan, when mosques are more packed owing to people's attendance.

Khatibzadeh also wished the injured a speedy recovery.

On Thursday, an explosion at a mosque in Mazar-e-Sharif left dozens killed and wounded, which can be considered as the country's second significant attack on the Shia Hazara population in a week. According to a statement on Daesh's Telegram channel, the attack on the Mazar-i-Sharif mosque was carried out using a remotely detonated booby-trapped bag when the structure was filled with worshippers.

Two explosions outside a school in Kabul's Hazara minority area killed and injured a couple of people on Tuesday.

The Hazara ethnic group makes up around 22% of the country's population. Its members have already been targeted in a number of large-scale kidnappings and murders across Afghanistan.

Khatibzadeh also denounced the "terrorist" attack on a mosque in Kunduz on Friday, expressing Iran's serious worry over the increase of violence and terror in Afghanistan.



License Owner & Managing director: Reza Mahzunieh
Editor-in-Chief: Marzie Rabiei
Assistant Editor-in-Chief of Isfahan Office: Hoorah Building, Shahid Mofateh Street, Ahmad Abad Square, Isfahan, Iran
Tel: 031-32274500
Public Relations: 031-32274515

Organization of advertisement: 031-32274517, 32274518, 32274512, 32274505.
Fax: 031-32274507, 32274511
Lithography and printing: Samim Isfahan subscribers Office: 031-32274508
website: esfahan-news.com
SMS: 30007232

Iran FM to EU: White House must set aside excessive demands, hesitation



Iranian Foreign Minister Hossein Amir Abdollahian spoke over the phone with EU Foreign policy chief Joseph Borrell on Friday evening.

The two diplomats discussed the latest status of the Vienna talks on lifting sanctions on Iran in tandem with the efforts to revive the 2015 nuclear deal, officially called the Joint Comprehensive Plan of Action (JCPOA).

The Iranian foreign minister referred to the continuation of negotiations in Vienna, saying there is no doubt about the determination of the Iranian government to reach a "good, strong and lasting agreement."

He added that the White House must put aside "excessive demands and hesitation and take steps towards re-

alism and solutions."

Referring to the tireless efforts of all parties in the Vienna talks, Iran's top diplomat said that the three European countries (France, Germany and Britain also called E3), Russia and China are now ready to finalize the agreement.

He added that the current U.S. administration must have the "courage to correct the White House's past wrong policies". Amir Abdollahian appreciated the tireless efforts of Borrell and his deputy Enrique Mora for revitalizing the JCPOA, emphasizing that "now diplomacy is working properly".

Borrell also referred to the positive will of the Iranian side in the Vienna talks, saying, "We believe that Iran wants an agreement and that there have been various initiatives which still exist and continue."

The EU foreign policy chief added that the protraction of the break in the talks "is not constructive" and

suggested that talks between EU coordinator Mora and Iran's chief negotiator be resumed shortly.

Amir Abdollahian stresses the need to establish peace in Afghanistan

Elsewhere in the talks, Iran's chief diplomat pointed to the escalation of terrorist acts in Afghanistan and the influx of Afghan refugees to Iran, stressing the need for serious cooperation in establishing stability and security in the country.

Addressing the plight of Afghan refugees, Iran's foreign minister called for sending humanitarian aid to the country.

Iran renews call to end Ukraine war through dialogue
Foreign Minister Amir Abdollahian also referred to the vast dimensions of developments in Ukraine, insisting on Iran's call to find a political solution to the Ukraine war.

Iran welcomes temporary truce in Yemen, hopes for a durable peace



Amir Abdollahian also welcomed establishment of a temporary ceasefire in Yemen and expressed hope that the region would see a permanent ceasefire, complete lifting of the blockade on Yemen and a Yemeni-Yemeni agreement.

Referring to the ongoing war between Russia and Ukraine, Borrell described it as a global crisis that could have negative consequences.

Borrell also welcomed support by Iran to bring the Yemen war to a close and helping the refugees in Afghanistan.

Europe's chief diplomat also stressed that the European Union can establish close consultation, dialogue and joint cooperation with Iran in various fields.

اخبار اصفهان
ISFAHAN NEWS
IMPORTANT economy

Iranian Foreign Minister Hossein Amir Abdollahian spoke over the phone with EU Foreign policy chief Joseph Borrell on Friday evening.

Annual export from Chabahar port up 3.5 folds

Export from Chabahar port, in the southeast of Iran, rose by 3.5 folds in the past Iranian calendar year 1400 (ended on March 20), as compared to its previous year, a provincial official announced.

Behrooz Aqaei, the director-general of Sistan-Baluchestan province, where the port lies, also said that increasing traffic of ships and commodities in the port is on the agenda of his department's activity in the current year.

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. In this regard, the Islamic Republic has been welcoming investors from all over the world to take part in the

development of this port and benefit from its distinguished position as a trade hub in the region.

Chabahar port consists of Shahid Kalantari and Shahid Beheshti terminals, each of which has five berth facilities. The port is located in Iran's Sistan-Balouchestan 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 to give New Delhi access to Kabul and Central Asia.

Based on an agreement with Iran, India is going to install and operate modern loading and unloading equipment including mobile harbor cranes in Shahid Beheshti Port in Chabahar.



Steel ingot exports increase 25% in a year

Iran's export of steel ingots increased 25 percent in the past Iranian calendar year 1400 (ended on March 20), from its preceding year, Iranian Mines and Mining Industries Development and Renovation Organization (IMIDRO) has announced.

The IMIDRO's data put the country's annual steel ingot exports at 7.678 million tons in the past year, and at 6.162 million tons in its previous year. The Iranian Steel industry has been constantly developing over the past years against all the pressures and obstacles created by outside forces like the U.S. sanctions and the coronavirus outbreak that has severely affected the performance of the world's top producers.

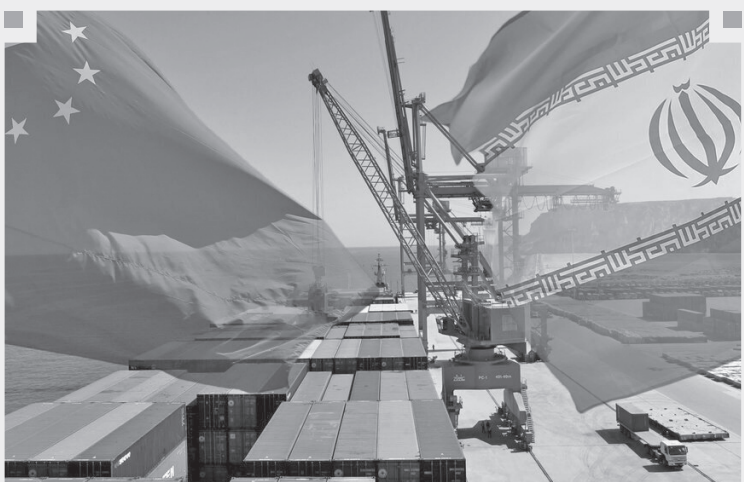
Iran's crude steel production increased by 11.8 percent in the first two months of 2022 when the production by the world's top 64 steelmakers declined by 5.5 percent, according to the World

Steel Association (WSA)'s latest report. Iran was ranked first among the world's top steel producers in terms of production growth, followed by India, Germany, Russia, and the United States.

Based on the report, Iran produced 5.3 million tons of crude steel during the mentioned two months.

The country's crude steel production in February stood at 2.5 million tons which was also 3.7 percent higher than the same month in 2021.

According to the World Steel Association, similar to the past two years, Iran has maintained its 10th place among the world's top steel producers, after countries like China, India, Japan, and Russia. The country is expected to climb to seventh place among the world's top steel producers by the Iranian calendar year 1404 (March 2025).



Iran-China quarterly trade rises 18% yr/yr

Based on the mentioned data, China's imports from Iran in the first quarter of 2022 grew by 30 percent compared to the previous year and reached \$1.93 billion. China had imported \$1.48 billion worth of goods from Iran in Q1 2021.

China's exports to Iran in January-March 2022 also increased by eight percent to reach \$1.92 billion from \$1.77 billion in the previous year's same period.

Iran-China non-oil trade stood at \$14.8 billion in 2021, according to China's customs administration.

The value of trade between the two countries during the previous year declined by less than one percent in comparison to 2020 in which the figure was reported to be \$14.9 billion.

China's imports from Iran in 2021 grew by more than one percent compared to the previous year and reached \$6.5

billion. China had imported \$6.4 billion worth of goods from Iran in 2020.

However, China's exports to Iran in January-December 2021 fell by about two percent to \$8.3 billion from \$8.5 billion in the previous year.

Iran mainly exports foodstuff and agricultural products to China while importing machinery and industrial raw materials, medical equipment, fabrics, and auto parts.

China is one of Iran's main trade partners that has maintained strong trade ties with the Islamic Republic despite the strict U.S. sanctions.

Iran and China officially signed the document for 25-year comprehensive cooperation in March 2021.

The document was signed between Iran's former Foreign Minister Mohammad Javad Zarif and Chinese Foreign Minister Wang Yi at the Iranian Foreign Ministry.

The value of non-oil trade between Iran and China reached \$3.85 billion in the first three months of 2022 to register an 18-percent rise year on year, according to the data released by China's

customs administration. The value of trade between the two countries in January-March 2021 stood at \$3.25 billion, Tasnim news agency reported.

Muslim unity has upset arrogant countries: Iranian interior minister

Iran's Interior Minister Ahmad Vahidi said on Friday that arrogant countries are deeply dissatisfied with the unity among Muslims.

"The global arrogance is deeply upset by the unity among Muslim peoples, and therefore it always seeks to sow division and create hypocrisy among Muslim peoples in order to achieve its goals and objectives," Fars News quoted Vahidi as saying.

The interior minister pointed out that the families of the "defenders of the holy shrines" have a high position in society, saying "the rank of martyrdom is a sublime rank, and it was won by the dear defenders of the holy shrines, and in addition to their emigration, they also struggled for the sake of God and were consequently awarded the lofty medal of martyrdom."

Defenders of holy Shrine refers to those who fought against terrorist groups, including Daesh, in Syria. Vahidi emphasized that arrogant countries the "devils of the earth" resented all this jihad, pride and bonds between Muslim peoples. "Given that the Iranian and Afghan peoples stand side by side with one slogan, unity of word and a unified demand, the global arrogance seeks to sow division among Muslims to prevent their unity and cohesion," the minister remarked.

He pointed out that the love of Islam and Ahl al-Bayt created special bonds between the Iranian and Afghan peoples. "Today, the terrorists are showing their malice and contempt in Kabul, Mazar-i-Sharif and other cities of Afghanistan, and they are killing fasting people and innocent children for no reason other than believing in Islam and following the school of Ahl al-Bayt, peace be upon them."

He said unbelievers see "purity, attendance in mosque, fasting and worshipping as unforgivable sins." He considered the unity between the Iranian and Afghan peoples as stemming from the religious beliefs of the two nations. The minister stated that the agents of arrogant countries are deeply resentful of unity among Islamic countries, and therefore they commit such crimes, adding such acts only result in an increase in Muslims' belief and more solidarity among Muslim peoples.

Afghanistan has lately become a flashpoint of repeated brutal acts perpetrated by terrorist groups. Over the last few weeks, Sunni and Shia mosques have been targeted with attacks that resulted in the injury and death of dozens of innocent civilians.

Iran has condemned the rise in attacks in Afghanistan and warned of plots to instigate sectarian wars. Iranian Foreign Ministry spokesman Saeed Khatibzadeh has expressed Iran's concern about the recent wave of explosions in Afghanistan. He censured the "blind terrorist acts" that took place during the holy month of Ramadan in which more people attend mosques, describing the targeting of fasting worshippers as a "repulsive" act.

Referring to media reports that dozens of innocent people were killed and injured in one of the explosions in Mazar-i-Sharif on Thursday, Khatibzadeh wished patience for the families of the victims of the attacks and health and recovery for the injured.

TPO to hold exhibition on export capacities of SMEs

Trade Promotion Organization (TPO) of Iran is going to hold an exhibition for introducing the capacities of the country's small and medium-sized enterprises (SMEs) in late June, the TPO portal reported. To be held during June 26-29, the exhibi-

tion is organized in collaboration with the Ministry of Cooperatives, Labor, and Social Welfare, the Vice Presidency for Science and Technology, Iran Small Industries, and Industrial Parks Organization (ISIPO), and Iran International Exhibition Company (IIEC).

Establishment of 40 new towns on agenda

Iranian Transport and Urban Development Ministry plans to establish 40 new residential towns across the country in which affordable housing units will be built under the framework of the ministry's National Housing Movement.

According to Transport and Urban Development Minister Rostam Qasemi, over 600,000 housing units will be constructed in the mentioned towns under the framework of the National Housing Movement, the Transport Ministry's news portal reported. Speaking in a meeting for reviewing the progress of the housing unit projects awarded to the Headquarters for Execution of Imam Khomeini's Order, Qasemi said: "In the new towns, using the lands allocated to the National Housing Movement, in addition to the construction of housing units, income must be also generated and the proceeds must be spent in order to advance the National Housing Movement." Earlier this month, Deputy Transport and Urban Development Minister Mahmoud Mahmoudzadeh announced the definite allocation of about 980,000 land lots with residential use for the construction of National Housing Movement units across the country.

Mahmoudzadeh said that 1.4 million land lots have been also identified that their usage should be determined, or they should be added to the area, or be investigated technically by the provincial planning councils and the Supreme Council of Architecture and Urban Planning. If the final task is determined, the land has been provided for the construction of 2.3 million housing units, he added. According to the deputy minister, out of the four million units that are to be built in four years, 3.2 million are in urban areas and 800,000 in rural regions. The provided lands are the lands of the Ministry of Transport and Urban Development and so far, no land has been provided by other organizations, the official further stated.

TSE's main index climbs 58,000 points in a week

TEDPIX, the main index of Tehran Stock Exchange (TSE), gained 58,000 points (four percent) to 1.512 million in the past Iranian calendar week (ended on Friday). TEDPIX also gained 145,000 points (10.5 percent) in the past Iranian month Farvardin, the first month of the Iranian calendar year (March 21-April 20). In the past few months, Securities and Exchange Organization (SEO) has taken many measures to stabilize the stock market, reduce the excitement in trading and return shareholders' trust in this market, and these decisions have showed their effect in the past month. TEDPIX is expected to follow a mild upward trend in the current Iranian calendar year 1401 (started on March 21), a market analyst told IRNA on April 3. "The capital market index experienced a significant decline in [the Iranian calendar year] 1399 (ended on March 21, 2021) and the transactions at this market also undergone some correction in the previous year. Therefore, it seems that given the relative stability of macroeconomic variables, we will see a slight growth in the market index during the current year," Ali Teymouri said.

Why Do You Feel Exhausted? 12 Reasons (Plus Solutions)

Source: <https://www.healthline.com/nutrition/10-reasons-you-are-tired#The-bottom-line>

If you're feeling overly tired or have little energy, you're not alone. Fatigue may be caused by simple factors like a lack of sleep or coming down with a cold or the flu.

Even though everyone feels tired from time to time, chronic fatigue can harm your quality of life and prevent you from doing things you enjoy. In most cases, fatigue can be remedied by lifestyle or dietary modifications, correcting a nutrient deficiency, or treating an underlying medical condition. Still, to improve fatigue, you need to get to the bottom of what's causing it. Here are some potential reasons why you're always tired.

1. Not getting enough high quality sleep Getting enough sleep is essential for overall health. Unfortunately, many of us don't get enough, which may lead to fatigue. During sleep, your body performs a number of critical processes, including releasing important growth hormones and repairing and regenerating cells. This is why most people wake up feeling refreshed, alert, and energized after a night of high quality sleep (1Trusted Source, 2Trusted Source, 3Trusted Source). Even though sleep time should be individualized, the American Academy of Sleep Medicine and Sleep Research Society recommends that adults get at least 7 hours of sleep per night for optimal health (2Trusted Source, 3Trusted Source).

2. Nutrient deficiencies Nutrient deficiencies may lead you to feel exhausted on a daily basis, even if you're getting more than 7 hours of sleep. Deficiencies in the following nutrients have been linked to fatigue (6Trusted Source, 7Trusted Source):

- iron
- riboflavin (vitamin B2)
- niacin (vitamin B3)
- pantothenic acid (vitamin B5)
- pyridoxine (vitamin B6)
- folate (vitamin B9)
- vitamin B12
- vitamin D
- vitamin C
- magnesium

Anemia affects 25% of the world's population. Iron deficiency anemia is the most common type, responsible for 50% of all anemia. Fatigue is one of the most common symptoms of this condition, but it typically improves once iron stores are restored (8Trusted Source).

3. Stress Although some stress is normal, chronic stress is linked to fatigue (11Trusted Source, 12Trusted Source, 13Trusted Source). In fact, chronic stress may lead to stress-related exhaustion disorder (ED). Furthermore, chronic stress may cause structural and functional changes in your brain and lead to chronic inflammation, which may contribute to symptoms like fatigue (14Trusted Source, 15Trusted Source).

4. Certain medical conditions

If you're experiencing unexplained, chronic fatigue, you should visit your doctor and discuss your symptoms. They may recommend testing to rule out certain health conditions that cause fatigue, such as sleep apnea, hypothyroidism, cancer, chronic fatigue syndrome, multiple sclerosis, anxiety disorders, kidney disease, depression, diabetes, and fibromyalgia (17Trusted Source, 18Trusted Source, 19Trusted Source). It's important to know that it's abnormal to feel exhausted all the time. If you experience frequent fatigue, there's likely one or more causes.

5. Consuming too much caffeine Although caffeinated beverages like coffee and energy drinks give you a temporary boost of energy, over-reliance on them may make you more tired the next day. That's because too much caffeine can harm sleep, which may cause fatigue.

6. Inadequate hydration Staying well hydrated is important for maintaining energy levels. The many biochemical reactions that take place in your body every day result in a loss of water that needs to be replaced.

7. Overweight or obesity Maintaining a healthy body weight is essential to overall health. Not only is obesity significantly linked to a greater risk of many chronic illnesses like type 2 diabetes, heart disease, and certain cancers, but it may also increase your risk of chronic fatigue (32Trusted Source, 48Trusted Source).

8. A sedentary lifestyle. Leading a sedentary lifestyle may lead to tiredness during the day. Studies show that exercising more may improve symptoms of fatigue in some people, including those with medical conditions like multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

9. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.

10. Multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

11. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.

12. Multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

13. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.

14. Multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

15. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.

16. Multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

17. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.

18. Multiple sclerosis (MS) (44Trusted Source, 45Trusted Source, 46Trusted Source).

19. Certain medications. Some drugs, including steroids, blood pressure medications, and antidepressants, are linked to side effects like insomnia and increased tiredness (47Trusted Source, 48Trusted Source).

The bottom line Even though everyone has days when they feel exhausted, constantly feeling run down and tired isn't normal. Many possible factors cause chronic fatigue, such as underlying medical conditions, nutrient deficiencies, sleep disturbances, caffeine intake, and chronic stress. If you're experiencing unexplained fatigue, it's important to talk with your doctor to find the cause.



CBI allocates 11\$b for imports in a month

Central Bank of Iran (CBI) allocated \$11 billion for the imports in the past Iranian month Farvardin, the first month of the Iranian calendar year (March 21-April 20), which is almost five times the figure for the same month of the past year. CBI Public Relations Director Mostafa Qamari-Vafa announced in a tweet: "After allocating \$1 billion for the import of medicine and medical equipment and \$3 billion for the import of basic goods, with another \$7 billion allocated for the import of other items, the total foreign currency allocated since the beginning of 1401 (the current Iranian calendar year) has reached \$11 billion; it is approximately equal to five times the figure in the same

period last year, which was about \$2.3 billion". Iran imported 30.9 million tons of basic goods in the past Iranian calendar year 1400 (ended on March 20), an official with the Islamic Republic of Iran Customs Administration (IRICA) told ISNA. Foroud Asgari, the deputy head of IRICA for customs affairs, said that the imported goods were in 25 commodity groups. Putting the value of the imported basic commodities at \$19.6 billion in the past year, the official said that the imports show a 60-percent rise in worth and 32-percent growth in weight, as compared to the Iranian calendar year 1399.



TPO to form specialized committee to support foreign trade



Iranian President Ebrahim Raisi has tasked the Trade Promotion Organization (TPO) to establish a specialized committee for addressing foreign trade issues and removing barriers in the way of the country's traders, the TPO portal reported. Speaking in a cabinet meeting on Wednesday, President Raisi underlined the need to make the best use of the capacities of the private sector in developing trade relations with the countries in the region and instructed TPO Head Alireza Peyman-Pak to form the mentioned committee to identify problems and obstacles in this regard. TPO has been taking new steps for promoting Iran's foreign trade over the past few months. Earlier this month, the organization signed a memorandum of understanding (MOU) with the Iranian Committee of the International Chamber of Commerce (ICC Iran) to cooperate in the

facilitation and development of the country's international trade. The MOU was signed by Peyman-Pak and Secretary-General of ICC Iran Mohammad Khazaei on Monday, the TPO portal reported. Cooperation in developing the application of new trade tools and knowledge-based solutions to enhance the export potential of Iranian companies, promoting the application of new financial technology tools to facilitate foreign trade, holding training courses required by the country's businessmen and exporters, providing legal and trade advisory services to traders and businessmen, cooperation in resolving disputes between Iranian businesses with foreign parties using non-judicial methods within the framework of the ICC Iran and TPO duties are mentioned as some of the areas that the two sides are going to cooperate on based on the signed MOU.

Furthermore, developing and facilitating Iran's trade relations with other countries, translating and localizing ICC's international agreements within the framework of the ICC regulations, providing advisory assistance by the ICC Iran to TPO for the development of international trade, cooperation with companies, and facilitating and encouraging their membership in the International Chamber of Commerce, cooperation in translation and publication of reports and statistics published by the International Chamber of Commerce, cooperation and planning in holding joint business events, cooperation in the development of international trade using the capacities of both institutions, coordination, and cooperation for exchanging trade delegations within the framework of the duties of the Iranian Committee are also among the provisions and areas of cooperation.

14 gas storage development projects underway



Managing Director of Iran Gas Engineering and Development Company Reza Noshadi has said 14 gas storage facility development projects are currently underway across the country, Shana reported. According to Noshadi, in addition to the geographical distribution of the mentioned projects all around the country, they also have unique features in terms of the required technology and complexity of operations. Storage in a salt dome and water reservoir are two of the mentioned projects which are being conducted for the first time in the country, while Ghezel Tappeh Reservoir is also one of the country's most exceptional hydrocarbon fields in terms of temperature and pressure, Noshadi said. "The development of such fields significantly improves the skills of Iranian engineers and leads to the integration of knowledge and technology in the country, so we need to attract experts and experienced engineers to manage and implement these strategic projects," he added.

Noshadi further stressed the importance of timely implementation of storage development projects and called for the allocation of human resources needed to fulfill commitments on time. Following the development of the South Pars gas field and the increase in the country's gas production capacity, the construction and development of the country's natural gas storage facilities have become a top priority. In this regard, the Oil Ministry has been following a comprehensive plan to increase the country's natural gas storage capacity to 6.5 billion cubic meters (bcm) by the Iranian calendar year 1402 (starting in March 2023). The country's current gas storage capacity stands at 3.25 bcm. Iran currently has two major natural gas storage facilities in Sarajeh and Shourijeh, in which every year the National Iranian Gas Company (NIGC) stores the gas received from gas refineries all over the country to be used in the colder months of the year.

