

اخبار اصفهان

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What Are Nails Made Of? And 15 Other Things You Should Know About Your Nails

اخبار اصفهان
ISFAHAN NEWS
سر مقاله
امیر رضامحمدی

بیشترین درخواست فعالان اقتصادی از بانک‌ها اعلام شد؛

تقاضای مهلت پرداخت اقساط



برگزاری سمپوزیوم بین المللی روابط عمومی‌ها و جشنواره برترین‌های روابط عمومی ایران؛
«خط کش طلایی» در حوزه افکار عمومی به شهرداری اصفهان رسید

تقویت اقتصاد دیجیتال، عامل توسعه کسب و کار در کشور

موافق باشیم یا مخالف چند سالی هست که همه ما با کلماتی همچون فناوری اطلاعات، دیجیتال، شبکه‌های اجتماعی، کانال‌های الکترونیک، فضای مجازی و مفاهیمی از این قبیل آشنا شده‌ایم و با آنها سرو کار داریم. در این میان بانکداری دیجیتال و اقتصاد دیجیتال مباحثی هستند که خصوصاً در سال‌های اخیر به دلیل شیوع بیماری کرونا و ایجاد محدودیت‌های مختلف از همه مهم‌تر تغییر سبک زندگی همه مردم، مورد توجه و استقبال قرار گرفت و پیش‌از این نیاز آن احساس شد. اقتصاد دیجیتال در کشور ما نیز چند سالی است که جزو اولویت‌های بخش‌های مختلف دولتی و خصوصی قرار گرفته است و زیرساخت‌های آن بنا شده است. در دیگر سو کسب و کارها در حال تغییر و تبدیل به یک فضای دیجیتالی هستند. در نتیجه اقتصاد امروز شبکه‌های اجتماعی این امکان را به کسب و کارها می‌دهد تا ارتباط مستقیم بین بانک و مشتری برقرار کنند و این یک امتیاز مثبت برای دو طرف خواهد بود که در محیطی متفاوت و جذاب فعالیت کنند و به سمت پیشرفت و رونق بیشتر اقتصادی کشور قدم برداشته شود.

چهار روز

شهردار اصفهان در برنامه تلویزیونی «۲۶۵» شنبه‌روزی به احترام مردم اصفهان؛
۲۶۲ پروژه در سید برنامه‌های محله محور شهر
رئیس کمیته حقوقی کمیسیون اصل نود مجلس خبر داد:
آزادی ۸۰ درصد از زنان بازداشتی حوادث اخیر در زندان قرچک
خبرها و شایعه‌ها تکان‌های شدیدی به تالار شیشه‌ای وارد می‌کند
پیش فرض‌های رشد بورس
جنگ نزدیک ستارگان در می‌گیرد
«هلیوم-۳» و گزاره نبرد فراگیر در فضا

قرض الحسنه

مسیر رسیدن به جامعه قوی

۲۲ آذر، پانزدهمین سالروز تاسیس بانک قرض الحسنه مهر ایران گرامی باد

بانک قرض الحسنه مهر ایران

مزایده املاک تملیکی

مدیریت بانک کشاورزی
آذر ماه

رجوع شود به صفحه ۶

آگهی مزایده نوبت اول

اداره اوقاف و امور خیریه شهرستان فلاورجان در نظر دارد یک باب مغازه به مساحت ۱۶۰ متر مربع از مستقات امامزاده سیدمحمد (ع) قهبریعان واقع در قهبریعان، میدان دفاع مقدس، خیابان ولیعصر، امامزاده سیدمحمد (ع) را برای مدت یک سال شمسی به اجاره واگذار نماید. زمان شرکت در مزایده از تاریخ ۱۴۰۱/۹/۲۳ لغایت پایان وقت اداری ۱۴۰۱/۱۰/۱۱ می‌باشد. متقاضیان می‌توانند جهت کسب اطلاعات بیشتر به صورت حضوری به اداره اوقاف و امور خیریه مراجعه یا با شماره ۳۷۴۲۴۵۰ تماس حاصل فرمایند.
شناسه آگهی: ۱۴۲۶۱۱ | اداره اوقاف و امور خیریه شهرستان فلاورجان

آگهی تجدید مزایده عمومی

شهرداری طالخنجه در نظر دارد بر اساس مصوبه شماره ۱۳۲ مورخ ۱۴۰۱/۳/۷ شورای اسلامی شهر یک دستگاه خودرو هیوندای را با بهره‌گیری از سامانه تدارکات الکترونیکی دولت (setsdiran.ir) و با شماره تجدیدمزایده ۱۰۰۱۹۳۶۲۷۰۰۰۰۰۰۰۰ به صورت الکترونیکی به فروش رساند.
مشخصات:

نوع	سیستم	تیپ	مدل	رنگ	قیمت کارشناسی به ریال
آمیولانس	هیوندای	H1	۲۰۱۲	سفید صدفی متالیک	۶/۹۰۰/۰۰۰/۰۰۰

۱- تاریخ انتشار: ۱۴۰۱/۹/۱۶
۲- مهلت در یافت اسناد مزایده: تا ساعت ۱۴:۰۰ روز چهارشنبه مورخ ۱۴۰۱/۹/۲۳
۳- تاریخ باز دید: از تاریخ ۱۴۰۱/۹/۱۶ تا تاریخ ۱۴۰۱/۱۰/۳
۴- مهلت از سال پیشنهاد: تا ساعت ۱۳ روز شنبه مورخ ۱۴۰۱/۱۰/۳
۵- تاریخ باز گشایی: ۱۴۰۱/۱۰/۴
۶- تاریخ اعلام برنده: ۱۴۰۱/۱۰/۵
۷- نوع و مبلغ تضمین سرده مزایده: به صورت نقد واریز به جاری ملی سبیا ۳۱۰۰۰۳۳۰۰۳ بنام شهرداری طالخنجه یا به صورت ضمانتنامه بانکی بابت ۵ درصد سپرده قیمت پایه کارشناسی
۸- نشانی محل در یافت اسناد: از طریق سامانه تدارکات الکترونیکی دولت (ستاد)
۹- هزینه انتشار آگهی روز نامه: به عهده برنده مزایده می‌باشد.
۱۰- هزینه تهیه اسناد و نحوه تحویل آن: واریز مبلغ ۱/۰۹۰/۰۰۰ ریال به حساب ملی سبیا به شماره ۳۱۰۰۰۰۹۰۰۹ بنام شهرداری طالخنجه
شناسه آگهی: ۱۴۲۴۵۵ | مجید زمانی - شهردار طالخنجه

مناقصه عمومی یک مرحله‌ای (نوبت اول)

عملیات انجام خدمات اتوبوسرانی و جابجایی مسافر

شهرداری شاهین شهر در نظر دارد فراخوان مناقصه عمومی عملیات انجام خدمات اتوبوسرانی و جابجایی مسافر به شماره ۲۰۰۱۰۹۴۲۴۰۰۰۰۶۲ از طریق سامانه تدارکات الکترونیکی دولت برگزار نماید.
* کلیه مراحل برگزاری فراخوان از دریافت و تحویل اسناد فراخوان تا بازگشایی پاکت‌ها از طریق درگاه سامانه تدارکات الکترونیکی دولت (ستاد) به آدرس www.setadiran.ir انجام خواهد شد.
* متقاضیان شرکت در فراخوان در صورت عدم عضویت در سامانه نسبت به ثبت نام و دریافت گواهی امضای الکترونیکی (به صورت برخط) برای کلیه صاحبان امضای مجاز و مهر سازمانی اقدام لازم را به عمل آورند.
مواعذ زمانی:
تاریخ انتشار فراخوان: ۱۴۰۱/۹/۱۴
مهلت از سال پیشنهادات: ۱۴۰۱/۱۰/۴
زمان بازگشایی پاکت‌ها: ۱۴۰۱/۱۰/۵
نوع و مبلغ تضمین شرکت در فراخوان: (شرکت در مناقصه): ضمانتنامه بانکی / فیش نقدی به مبلغ ۲/۶۰۰/۰۰۰/۰۰۰ ریال
اطلاعات تماس و آدرس دستگاه: شاهین شهر، میدان فاطمیة، شهرداری مرکزی
تلفن تماس: ۰۳۱۴۵۲۲۵۲۰۰
شناسه آگهی: ۱۴۲۲۸۳۳ | سعید ابریشمی راد - شهردار شاهین شهر

پوا.اگاهیناسلِفاردا.ایر

قابل توجه شهروندان گرامی آیامی داندید با مقود شدن مدارک شناسایی خود ممکن است شما به عنوان مجرم شناخته شوید؟

امور شهرستان‌ها: ۳۲۲۷۶۹۴-۰۳۱
موبایل: ۰۹۱۳۱۱۳۰۵۵۲
فاکس: ۰۲۱-۸۸۲۵۲۹۷
تلفن دفتر مرکز تهران: ۸۸۰۱۶۶۶۹-۰۸۸۳۵۶۲۰-۰۲۱
روابط عمومی: ۰۲۱-۸۸۲۵۶۲۸۱

U.S. Iran policy: Now what?

The end of the months-long unrest in Iran has once again brought to the surface the Biden administration's dithering on Iran, particularly regarding the stalled talks in Vienna over the 2015 Iran nuclear deal.

After two months of continued unrest, calm and order have been restored in Iran. What French President Emanuel Macron called a "revolution" turned out to be a little more than a hitch. The Europeans and their American allies threw their full weight behind the fleeting wave of unrest that erupted in the wake of the death of Mahsa Amini in September. The West's support for the unrest has escalated tensions between Iran on the one hand and the U.S. and its European allies on the other. Iran and some European countries summoned each other's ambassadors several times in protest. The talks over the Iran deal, officially known as the Joint Comprehensive Plan of Action (JCPOA), fell victim in the process. The Europeans and Americans heaped human rights sanctions on Iran instead of engaging in the nuclear talks that were meant to lift the very U.S. sanctions on Iran.

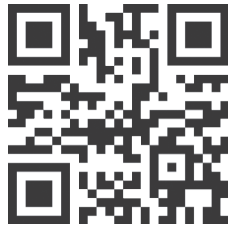
The latest Western batch of sanctions against Iran was expected to be levied on Monday. Iran beat them to the punch and slapped new sanctions on a number of British and European Union individuals and entities. In the last two months, Biden officials have slowly moved from blaming the hiatus in the Vienna talks over the nuclear deal on Iran to openly saying that the pact is no longer on their agenda. And most recently, Biden officials have resorted to military threats against Iran to revive a deal they say is no longer on their agenda. Secretary of State Tony Blinken has hinted that the U.S. is ready to use the military option against Iran. Addressing the J Street National Conference, Blinken went over the history of U.S. non-compliance with the JCPOA.

However, he threatened Iran for the current state of play between Tehran and Washington. "We continue to believe that diplomacy is the best way to prevent Iran from obtaining a nuclear weapon. But should the Iranian regime reject that path, its leaders should make no mistake that all options are on the table to ensure that Iran does not obtain a nuclear weapon," he said.

This highly charged atmosphere appeared to have been created in the wake of unrest in Iran, which now has gone.

The JCPOA issue, however, remains unresolved. Pundits believe that the West might have miscalculated the situation in Iran on the unrest and, accordingly, destroyed the prospects for a deal, believing that Iran will either succumb to unrest or come willing to give away the store.

But none has happened. Iran has said that it will not make concessions under threat. After a recent phone conversation with the EU foreign policy chief, Josep Borrell, Iranian Foreign Minister Hossein Amir Abdollahian said on Twitter, "Talked to @JosepBorrell following his call. I said, if the US & the E3 think, via pressure, they generate leverage in the negotiations, they are wrong! We respond to sanctions & interference. Concurrently, we are on the way to the final stage of a good, strong & durable agreement."



Modern irrigation being established in 10,000 ha of South Khorasan farmlands



Modern irrigation being established in 10,000 ha of South Khorasan farmlands Mehdi Jafari, the head of the province's Agriculture Department, also said that the mentioned systems have been established in 2,931 hectares of farmlands in South Khorasan since the beginning of the current Iranian calendar year (March 21), putting the province in second place in the country in this due. The official said that 37,978 hectares of farmlands are equipped with modern irrigation systems in South Khorasan. Recent droughts in Iran have raised the need to use new methods of irrigation.

It is necessary to develop modern methods of irrigation and replace them instead of traditional irrigation by farmers due to the lack of water in most areas. Considering the current situation when the country is facing water challenges, the Agriculture Ministry is implementing a new irrigation systems development plan. Back in May, the ministry's project manager for the mentioned development plan said that the plan for developing modern irrigation systems has witnessed a significant leap in the past three years, as it is most effective in increasing the efficiency of water and soil resources and strengthening

the country's food security. Over the past three years, each year, an average of 150,000 hectares of farmlands have been equipped with modern irrigation systems, and we have witnessed a 300 percent jump, Abbas Zare stated. The official expressed hope that considering the budget allocation for the provinces at the beginning of the current Iranian calendar year (began on March 20), the ministry would be able to develop the project in terms of both quantity and quality. And, in mid-September, he said that following the ministry's new irrigation systems development plan, 174,000 hectares of farmlands have

been equipped with modern irrigation systems in the current Iranian year. According to Zare, the purpose of implementing the plan of modern irrigation systems is to increase the productivity and sustainability of water and soil resources in the country to ensure the sustainable production of agricultural products. According to the official, the implementation of this plan is going to increase the irrigation efficiency of the mentioned farmlands to 44 percent which will increase the production capacity of agricultural products by 30 percent. Although the government seems to pursue the implementation of this plan seriously, more support and incentives are needed in this due. The implementation of the modern irrigation plan should be accelerated to prevent water wastage and promote optimal consumption in the country, and the Ministry of Agriculture should pay special attention to this field. Villages play an essential role in food production and security, and supporting villagers by developing services and providing facilities is the basis of work. As stated last week by an economics professor, "In order for farmers to be able to benefit from modern irrigation methods when planting crops, it is necessary to have appropriate tools, equipment and technology. However, despite the government's approval of 15 percent investment by farmers and 85 percent government support, it is not still possible for the farmers, while the necessary equipment

should be provided to them in installments and other simple methods." In order to preserve the surface and underground water resources of the country, it is necessary to direct the farmers towards new irrigation methods, Abdol-Majid Sheykhi told IRNA. While criticizing the model of submerged cultivation that is now common in the country, he said: "This method of cultivation is a wrong method for a land that has faced water shortages throughout history and has a long history of drought, and it is inefficient; and in order to preserve the surface and underground water resources, modern methods of irrigation such as strip and drip should be used." The professor said the illegal drilling of agricultural wells and the overexploitation of underground water resources, which are constantly increasing, cause irreparable damage to the country's water resources. Referring to the heavy consequences of excessive exploitation of the country's water resources, especially in the agricultural sector, Sheykhi suggested that a coordination headquarters be formed between the ministries of energy and agriculture to design a pattern of cultivation and irrigation based on the climate of Iran. Emphasizing the need for governments to pay attention to the issue of water and water resources, he considered the drought as a natural and historical issue in the country, and that careful planning and proper policy-making should be done to face it.

Iran-Iraq trade expected to reach \$10b by late March

Head of Iran-Iraq Joint Chamber of Commerce Yahya Ale Eshaq said trade challenges between the two countries have been mostly resolved and bilateral trade is expected to reach \$10 billion by the end of the current Iranian calendar year (March 20, 2023). Iran and Iraq have set a target of \$20 billion in annual trade, and businessmen and authorities of both countries are determined to meet that target, Ale Eshaq told IRNA on Sunday. According to the official, Iran and Iraq have had the experience of reaching

\$14 billion in annual trade in previous years. He added that the international trade recession and lower Iranian electricity and energy sales to Iraq were the main reasons for the decline in trade exchanges between Iran and Iraq. Ale Eshaq stated that the ban on the export and import of certain goods according to the laws of the two countries has also been a major reason for the decrease in the trade volume. Referring to the Iraqi prime minister's recent visit to Iran, he noted that var-

ious areas of cooperation including joint investments, oil and gas and collaboration in the economic sector were discussed during this trip. "In general, Iran and Iraq have agreed to improve relations and change the monetary and banking conditions so that the central banks of the two countries will ease the current situation and solve the problems," he added. The value of Iran's exports to Iraq rose 20 percent during the previous Iranian calendar year (ended on March 20) as compared to the preceding year.

Iran exported \$8.916 billion worth of commodities to its neighbor in the mentioned year, making Iraq the Islamic Republic's second-biggest trade partner. Exports to Iraq accounted for 18.3 percent of the country's total non-oil shipments in the previous year. Iran and Iraq signed a memorandum of understanding (MOU) on economic cooperation back in January 2021, at the end of the fourth meeting of the two countries' Joint Economic Committee.

Transit via border terminals up 8% in 8 months on year



The transit of commodities through border terminals increased by eight percent in the first eight months of the current Iranian calendar year (March 21-November 21), as compared to the same period of time in the past year, the head of Iran Road Maintenance and Transportation Organization announced. Dariyush Amani said 5.4 million tons of commodities were transited through these terminals in the said time span. Last year, nearly 10 million tons of goods were transited through Iran's border terminals, and considering the targeting of 20 million tons of transit, the capacity of the North-South corridor, including the route from Russia to India and other countries

in the region, should be used to achieve this figure, the official further stressed. As previously announced by Amani, the transit of commodities through the Iranian roads network increased by 38 percent in the first half of the current Iranian calendar year (March 21-September 22), as compared to the first half of the preceding year. He said, "We have 26 border terminals with 15 neighboring countries, and with the good potentials we have in the country's road transport, more than 80 percent of the country's transport is carried out through roads". Transit of commodities through the Iranian roads network increased by 98 percent in the previous Iranian calendar year 1400 (ended on March 20), as compared to the preceding year, the director-general of Transit and International Transportation Affairs Bureau of Iran Road Maintenance and Transportation Organization (RMTO) said. According to Javad Hedayati, over 9.3 million tons of goods were transited via the country in the previous year. Meanwhile, as announced by Ruhollah Latifi, the former spokesman of the Islamic Republic of Iran Customs Administration (IRICA), after seven years of reduction in the transit of goods from the country, the growth path of transit resumed in the past year, and with the passage of 12.65 million tons of

goods through Iran, a growth of 68 percent was achieved. The policy of paying attention to neighbors and developing political and economic relations with neighboring countries in the current government, increasing attention to road and rail routes in the world and the efforts and cooperation of transportation and trade-related organizations in establishing or activating corridors through the country has led to significant growth in transit of goods through Iran. Iran is one of the countries that has a special status in trade and transit relations due to its strategic location and special geography, as the country is the passage of several important international corridors. Considering its geographical location, Iran can play a significant role in the transit of goods in the region and benefit a lot from its status in this due. Paying attention to upstream documents, especially the country's development plans, and the government's decision to develop transit, paying special attention to infrastructure development, reducing transit time, making it cheaper to cross Iran and making more advantages over competitors, due to the short path for customers, can lead to facilitating the development of transit so that the country can reach the desired growth in this due.

'China still seeks expansion of trade ties with Iran'

Saeid Eshtiaqi, a board member of the Iran Chamber of Commerce, Industries, Mines and Agriculture (ICCIMA) told IRNA on Monday that economic relations between Iran and China are on an upward trajectory and the Asian country is still seeking expansion of ties with the Islamic Republic. "This country [China] has stood by Iran in difficult times and has been among Iran's friendly countries," Eshtiaqi said. He noted that the vice premier of China is going to visit Iran in the coming weeks. Referring to the signing of the comprehensive 25-year cooperation agreement between Iran and China, the official said: "We should use the opportunities presented by this agreement to our interests." The ICCIMA board member further stated that Iran's oil exports to China have increased in recent months, adding: "This country was one of Iran's major target markets at the height of the sanctions and did not leave Iran alone as a friend and supporter in times of hardship." Emphasizing that China is still seeking to develop its economic relations with Iran, Eshtiaqi said: "Iran is one of China's trading partners, and we must first solve our internal problems and develop our relations with other countries to improve bilateral relations." According to the data released by China's customs administration, the value of Iran's non-oil exports to China reached \$5.37 billion in the first nine months of 2022, registering an 11-percent rise year on year. The Islamic Republic exported \$4.84 billion worth of goods to China in January-September 2021. Based on the mentioned data, Iran and China traded \$12.32 billion worth of commodities in the mentioned nine months to register an 18-percent increase compared to \$10.49 billion in the same period in 2021. China's exports to Iran in the first nine months of 2022 also grew by 23 percent compared to the previous year to reach \$6.95 billion. The Asian country had exported \$5.65 billion worth of goods to Iran in the same period of the previous year. Iran-China non-oil trade stood at \$14.8 billion in 2021, according to China's customs administration. 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.

Tehran to host intl. transportation expo in late Dec.

The sixth International Exhibition of Transportation, Logistics, and Related Industries is scheduled to be held at Imam Khomeini Grand Prayer Campus (Mosalla) during December 18-20, the director general of Tehran Transport and Urban Development Department

said. As IRIB reported, Khalil Mohabbat said one of the distinct features of this year's exhibition is the strong presence of capable domestic manufacturers in the event which is slated for National Transportation Week.

TEDPIX climbs 20,000 points on Monday

TEDPIX, the main index of Tehran Stock Exchange (TSE), gained 20,012 points to 1.409 million points on Monday. As reported, over 8.73 billion securities worth 43.358 trillion rials (about \$150 million) were traded at the TSE. The first market's index rose 20,095 points, and the second market's index climbed 23,442 points. TEDPIX lost 15,000 points to 1,402,830 in the past Iranian calendar week (ended on Friday). The index had risen 131,000 points (10.21 percent) to 1.414 million points in the Iranian calendar week ended on November 11. As reported, it was the highest weekly rise during the current Iranian calendar year (began on March 21). After a long period of decline, the stock market transactions finally returned to the upward cycle from the last three weeks and under the influence of the decisions taken by the government and the Securities and Exchange Organization (SEO), and increased the hope of shareholders to invest again in this market and obtain a reasonable return from it.

Iran executes rioter convicted of killing two Basij members

A rioter convicted of killing two Basij members in Mashhad's recent unrest was hanged in the public early on Monday morning. The rioter, Majid Reza Rahnavard, has reportedly been convicted of killing Hossein Zeinalzadeh and Danyal Rezaezadeh, the two members of the Basij who were stabbed to death on November 17 during unrest that erupted in the wake of the death of Mahsa Amini. Rahnavard was charged with Moharebeh, which means waging war against God and Prophet Mohammad (PBUH) and usually results in receiving the death penalty. This is the second execution in connection with the Mahsa Amini unrest and the first carried out in the public. On Thursday, the Judiciary executed a rioter who had blocked Sattar Khan Street in Tehran. The rioter, Mohsen Shekari, was convicted of Moharebeh. Following the execution of Shekari, the West leveled huge criticism against the Islamic Republic. They accused Iran of violating human rights, a charge Iran roundly denied. Seyed Majid Mir-Ahamadi, the Deputy interior minister for security and police affairs, has reacted to criticism against Iran for executing Shekari, saying the enemy's propaganda in this regard aims to prolong the unrest. He said the people have demanded that the Judiciary to put on trial the rioters and the Judiciary has done so. He made the remarks in an interview with Fars News. The security official said the enemy's propaganda against the Judiciary is natural because they want the rioters to act freely. He pointed out the implementation of sentences against rioters has caused them to feel that they cannot allow themselves to continue their crimes. In reaction to a series of tweets by Western officials who reacted harshly and angrily to the execution of Shekari, the Iranian Foreign Ministry said late on Thursday that the Judicial system in Iran "has employed proportionate and standard anti-riot methods."

What Are Nails Made Of? And 15 Other Things You Should Know About Your Nails

Source: <https://www.healthline.com/health/beauty-skin-care/what-are-nails-made-of#19-Nails-separate-primates-from-other-mammals>

By: PARISA JAMADI

- 1. Your nails are made of keratin**
Keratin is a type of protein that forms the cells that make up the tissue in nails and other parts of your body. Keratin plays an important role in nail health. It protects nails from damage by making them strong and resilient.
- 2. Yes, that's the same stuff that makes up your hair**
Keratin forms the cells of your hair and skin, too. It also forms cells that are a key part of many glands and that line internal organs.
- 3. Your visible nails are dead**
Nails start growing under your skin. As new cells grow, they push old ones through your skin. The part you can see consists of dead cells. That's why it doesn't hurt to cut your nails.
- 4. But they need blood flow to grow out and create the "nail"**
Tiny blood vessels, called capillaries, sit under the nail bed. Blood flowing through the capillaries helps nails grow and gives them their pinkish color.
- 5. Nails do have feeling — sort of**
The nails you can see are dead and have no feeling. However, a layer of skin under the nails, called the dermis, has sensory nerve endings. Trusted Source. These send a signal to your brain when pressure is applied to your nails.
- 6. Fingernails grow about 3.5 millimeters each month**
And toenails grow about 1.5 millimeters. Trusted Source per month. Those are the averages for healthy adults. Whether you're getting proper nutrition and how well you take care of your nails can affect the growth rate.



- 7. Men's nails grow faster**
Their hair grows faster than women's, too. The one exception is during pregnancy, when a woman's nails and hair might grow faster than a man's.
- 8. So do the fingernails on your dominant hand**
If you're right-handed, you might've noticed the nails on that hand grow faster than on your left and vice versa. This could be because that hand is more active.
- 9. Seasons influence growth**
Nails grow faster in summer than in winter.
- 10. How much you use your hands affects growth, too**
Using your hands a lot makes your nails more prone to minor trauma from things like tapping them on a table or using a keyboard. This promotes blood circulation in your hands, stimulating nail growth. Trusted Source.
- 11. Your nail color can change according to your health**
About 10 percent of all dermatological conditions are nail-related. Yellow, brown, or green nails usually mean you

- have a fungal infection. In some cases, yellow nails are a symptom of a thyroid condition, psoriasis, or diabetes.
- 12. White spots on your nails aren't actually a sign of calcium deficiency, though**
White spots or lines are usually caused by minor injuries to your nail, like from biting them. These spots are typically harmless and will grow out.
- 13. And stress can really affect your nails**
Stress can cause your nails to grow more slowly or even temporarily stop growing. When they start growing again, you might have horizontal lines across your nails. They're usually harmless and will grow out.
- 14. Nail biting is the most common "nervous habit"**
Also called onychophagia, nail biting usually doesn't cause long-term damage. However, it raises your risk of getting sick by spreading germs to your mouth. Damage to the skin around your nails could cause infection, too.
- 15. You really do need to let your nails "breathe"**
To keep nails healthy, take breaks from using polish or having artificial nails.

The bottom line
Your nails give you a picture of your overall health. Changes in your nail color or a disruption in their growth could be symptoms of a medical condition, poor nutrition, or excessive stress. Talk to your doctor if you're worried about recent changes to your nails. Follow these tips. Trusted Source for good nail hygiene:

- Trim your nails regularly, keeping them short.
- If you do have longer nails, scrub the underside of them when you wash your hands. Use soap and water every time and consider using a nail brush as well.
- Sanitize nail grooming tools before each use.
- Don't bite or chew your nails.
- Avoid ripping or biting off hangnails. Instead, use a sanitized nail trimmer to remove them.

Parliament tries to approve CGT plan by late March



Spokesman of the Iranian Parliament Economic Committee Mehdi Toghiani said on Monday that the parliament will make the necessary effort to approve the capital gains tax (CGT) plan by the end of the current Iranian calendar year (March 20, 2023). Stating that the CGT plan has been on the parliament's agenda for a long time, Toghiani noted that the busy schedule of the parliament and the occasional emergencies are the reasons for delaying the approval of the mentioned plan, IRNA reported. He further emphasized the importance of the CGT plan, saying that the parliament will definitely deal with this plan, however, considering the priority of next year's budget bill and the seventh National Development Plan, it is not possible to make a precise comment about the plan's approval date. "This plan is one of the important infrastructure plans of the country and because of the transparency it creates, it can improve the country's economic

situation," the official added. During an open session of the parliament on May 26, the Iranian MPs approved the general outline of the CGT plan. The parliament's Economic Committee's report on the mentioned plan was discussed and approved in the session. Based on the approved plan, if a person buys gold, foreign currency, a house, or a car and then sells it, he/she must pay the related tax. As defined by the Investopedia, capital gains tax is a levy assessed on the positive difference between the sale price of the asset and its original purchase price. Long-term capital gains tax is a levy on the profits from the sale of assets held for more than a year. Short-term capital gains tax applies to assets held for a year or less and is taxed as ordinary income. While CGT prevents the wealth to be owned just by a few people, it leads the liquidity toward production and helps the re-distribution of wealth and income

in society. It was in the middle of the Iranian calendar year 1391 (March 2012-March 2013) that economic officials apparently thought of passing a capital gains tax law. Finally, this plan was sent to the cabinet by the Ministry of Finance and Economic Affairs in February 2019, after a seven-year delay, and reached the parliament after 10 months. Capital gains tax is one of the tax bases that, although it can increase public resources, mainly has a regulatory function and can play an effective role in regulating various markets such as housing, cars, gold, and currency by weakening unproductive activities and reducing speculative incentives. In this regard, the plan on capital gains tax was proposed with the aim of supporting production and investment, reducing fluctuations in asset markets such as car and housing, gold, and foreign currency, as well as preventing a sudden rise in prices in these markets.

Moscow strongly rejects British claim that Iran sending arms to Russia

The remarks by British Foreign Secretary James Cleverly that Iran was supplying arms to Russia in its military campaign in Ukraine is utterly false, the Russian embassy in London has said, calling his statement "inappropriate". "We categorically reject recent comments by Cleverly, who followed in the footsteps of US authorities and accused the Russian Federation and Iran of some 'sordid' deals concerning the Ukraine crisis. The United Kingdom is well aware of the fact that the allegations about Iran's military supplies to Russia lack any factual basis," the diplomatic mission said in a statement released on Monday. "Russia, unlike certain Western governments, is invariably committed to compliance with national legislations as well as international principles as regards its cooperation with third countries," it added, Press TV reported.

The Russian embassy also emphasized that Cleverly should be reminded of London's and its Western allies' massive military, technical, financial and propaganda assistance to Ukraine when talking about "sordid" transactions between Moscow and Tehran. The embassy underlined that supplying Ukraine with Western weapons, which is taking place in clear breach of fundamental norms of export control, only led to prolongation of hostilities and an increase in civilian casualties as Ukrainian army forces used the military equipment to launch "de-facto terrorist strikes against civilian targets" on Russian territory. "We are carefully recording all cases of London's and its Western allies' financial and military supplies to the Kiev regime, as well as planned military operations against Russian facilities and military personnel. Such criminal acts will naturally have specific legal consequences for all those involved," the statement said.

The embassy also drew attention to Cleverly's "utterly unfounded speculations" that Tehran violated UN Security Council Resolution 2231, which endorses the 2015 Iran nuclear deal (JCPOA). "If London is really concerned about implementation of the resolution, British authorities should pay meticulous attention to its true violator, the United States, whose unilateral withdrawal from the nuclear deal [in May 2018] has created serious challenges for global security," the statement added. Earlier this month, Iranian Foreign Minister Hossein Amir Abdollahian rejected claims about the Islamic Republic's arms sales to Russia to be used in the ongoing war against Ukraine, saying such allegations are aimed at legitimizing the West's military assistance to Kiev. In a phone conversation with Secretary General of the United Nations Antonio Guterres on December 2, Amir Abdollahian said the ongoing conflict between Russia and Ukraine is rooted in the wrong policies of the North Atlantic Treaty Organization (NATO), namely its expansion toward the east. The top diplomat reiterated Tehran's opposition to the dispatch of weapons to the warring sides which he said would only increase human losses and financial costs for both sides. He said Tehran would continue its efforts to stop the war and promote lasting peace in Europe. Both Iran and Russia have repeatedly denied claims that Tehran has provided Moscow with drones to be used in the war in Ukraine. The anti-Iran claims first emerged in July, with U.S. National Security Advisor Jake Sullivan alleging that Washington had received "information" indicating that the Islamic Republic was preparing to provide Russia with "up to several hundred drones, including weapons-capable UAVs on an expedited timeline" for use in the war.

