

This Day in History

January 31

Today is Sunday; 11th of the Iranian month of Bahman 1394 solar hijri; corresponding to 20th of the Islamic month of Rabi as-Sani 1437 lunar hijri; and January 31, 2016, of the Christian Gregorian Calendar.

1437 solar years ago, on this day in 579 AD, the 22nd Sassanid Emperor, Khosrow I, known as Anushirvan the Just, died at the age of 78, after a reign of 48 years, and was succeeded by his son, Hormizd IV. Son of Qobad I who reigned for 41 years, Khosrow I is the epitome of the philosopher-king in Iranian history. It was in his era that the Almighty's Last and Greatest Messenger, Prophet Mohammad (SAWA), was born in Mecca. His wide-ranging social, administrative, military, and tax reforms were adopted by the Muslims when they took over the Sassanid Empire. He patronized scholars and invited scientists from Greece, India, China and other places, and the outcome of this synthesis resulted in what is known as the "Bimaristan", the first hospital that introduced a concept of segregating wards according to pathology. Greek pharmacology fused with Iranian and Indian traditions resulted in significant advances in medicine that were later fully utilized by the Muslims. He strengthened the famous academy Gondishapur as the centre of learning. In his foreign policy, Khosrow Anushirvan, after agreeing to an abortive "Eternal Peace" treaty with Emperor Justinian of the Roman Empire, followed a prudent policy to thwart Roman designs in Syria, Anatolia, Armenia and Upper Mesopotamia. He made sure Rome would never be a threat to Iran by keeping close contacts with the Goths, the Arabs, and the people of Yemen, which he brought under Iranian influence to control the trade routes between India and Europe. In the northeast, he kept the Turks under check and his reign signifies the promotion of the Silk Road linking ancient China with India and Rome through the Iranian Empire.

581 solar years ago, on this day in 1435 AD, the Xuande Emperor of China died at the age of 37 after a 10-year long reign. Named Zhu Zhanji, he was the fifth emperor of the Ming dynasty. An accomplished painter, particularly skilled at painting animals; some of his art works are preserved in the National Palace Museum. He was also fond of poetry and literature. His era name "Xuande" means "Proclamation of Virtue". In 130-31, he permitted his Muslim admiral of Iranian origin, Zheng He, to lead the seventh and last maritime expedition. Zheng, who was great-great-great-grandson of Seyyed Ajjal Shams od-Din - a Persian from Bukhara who served the Mongol Empire and was the Governor of Yunnan, had launched his first expedition in 1405 (18 years before Henry the Navigator began Portugal's voyages of discovery). He journeyed to the major trade centers of Asia - as far as Hormuz in the Persian Gulf, and Malindi in north-eastern Africa.

455 solar years ago, on this day in 1561 AD, the famous general and statesman, Bairam Khan, who served three of the Mughal Emperors of the northern Subcontinent, was martyred in Gujarat by Mubarak Khan Lohani at the age of 61 while proceeding on Hajj pilgrimage to Mecca. He had helped Zaheer od-Din Babar conquer northern India, assisted Naseer od-Din Humayun in retaking his Indian kingdom with Iranian help, and consolidated Jalal od-Din Akbar's rule. A Baharu Turk of the larger Qara Qyunlu tribe that once ruled Iran and Iraq (until 1468), Bairam was born in Badakhshan (in present day Afghanistan), and like his father joined the service of the Timurid prince, Babar, who was a protégé of Shah Ismail I, the Founder of the Safavid Empire. He played an active role in Babar's conquest of India, and served Humayun as Mohrdar (keeper of the seals), taking part in military campaigns in Benares, Bengal and Gujarat. He accompanied Humayun during his exile in Iran, and as a follower of the Ahl al-Bayt of Prophet Mohammad (SAWA), was influential in persuading Shah Tahmasp to provide help to retake Hindustan. Following Humayun's death in 1556, as regent of the 13-year old Akbar, he consolidated Mughal rule in northern India and most notably won the Second Battle of Panipat against a Afghan-Hindu alliance. Bairam Khan has left a divan of Persian and Chaghatay Turkic poetry, which includes qasidas in praise of the Commander of the Faithful Imam Ali ibn Abi Taleb (AS) and Imam Reza (AS). His son Abdur-Rahim Khan-e Khanaan was a prominent scholar and official at Akbar's court.

303 lunar years ago, on this day in 1134 AH, the Iranian poet and literary figure, Lotf-Ali Bayk Azar Bigdeli, was born in Isfahan. For a while he lived in Qom and Shiraz, and upon returning from the Hajj Pilgrimage, resided in his hometown, Isfahan. Despite famine and insecurity in the wake of internal wars plaguing Iran, he continued his studies under ulema and poets. An eloquent speaker well-versed in poetry, he compiled a large number of works, including a divan of poems, and "Atashkade-e Azar", which is an anthology of contemporary and past poets.

166 solar years ago, on this day in 1850 AD, the biggest uprising of Chinese people, known as the "Taiping Rebellion", commenced as a consequence of the extreme poverty of villagers due to foreign rule over China. It resulted in a widespread civil war in southern China from 1850 to 1864, led by Christian convert Hong Xiuquan against the Qing Dynasty. About 20 million people died, mainly civilians, in one of the deadliest military conflicts in history. Hong, who claimed to be a brother of Prophet Jesus, set up what he called the Taiping Heavenly Kingdom with its capital at Nanjing. The new militaristic regime instituted several changes, including abolition of foot binding, land socialization and common property, suppression of private trade, and the replacement of Confucianism, Buddhism and Chinese folk religion by a form of Christianity. The rebellion was eventually crushed with the help of the British and French. In the 20th century, Sun Yat-sen, founder of the Chinese Nationalist Party, looked on the Taiping Uprising as an inspiration, while Chinese communist leader, Mao Zedong, glorified the Taiping rebels as early heroic revolutionaries against a corrupt feudal system.

116 solar years ago, on this day in 1900 AD, Malaysian freedom fighter, Datu Muhammad Saleh was assassinated in Kampung Teboh, Tambunan, ending what is known as the Mat Saleh Rebellion, which was a series of major armed encounters against the British in North Borneo, now the Malaysian state of Sabah. Datu Muhammad Saleh, who was a local chief from the Lingkabo district and Sugut River, led the freedom-fighters from 1894 until his death. The resistance then continued on for another 5 years until 1905. Saleh's uprising was widely supported by the local communities and affected a large geographical area from Sandakan, across Gaya Island, including the interior, especially Tambunan. His most notable uprising occurred at midnight on 9 July 1897, when he led his followers to successfully attack a major colonial settlement on Gaya Island.

101 solar years ago, on this day in 1915 AD, during World War I, Germany became the first country to make large-scale use of poison gas in warfare in the Battle of Bolimów against Russia.

90 solar years ago, on this day in 1926 AD, the Nahzat ul-Ulama (NU) was established by Wahab Chasbullah with support from Hasyim Asyari, the most respected Muslim scholar in East Java. By 2010 NU was one of the largest independent Islamic organizations in the world.

37 solar years ago, on this day in 1979 AD, the demoralized forces of the Shah's regime staged a parade in the streets of Tehran in a futile bid to scare the Iranian Muslim nation. To the horror of the generals, during the parade, many of the soldiers joined the masses and expressed solidarity with the Islamic Movement against the despotic British-installed and US-supported Pahlavi regime. At the same time, news agencies announced that the Father of Islamic Revolution, Imam Khomeini (RA) would be leaving Paris at 3:30 a.m. local time on February 1, and arriving in Tehran at 9:30 a.m. On hearing this, people poured into the streets to prepare a glorious welcome home to their beloved leader.

3 solar years ago, on this day in 2013 AD, Dr. Hassan Ibrahim Habibi, Iranian revolutionary politician, lawyer, scholar, head of Academy of Persian Language and Literature, and the First Vice President for 13 years (1989-2001), passed away in Tehran at the age of 76. He held a PhD in law and sociology. While he was a university student in Paris he visited the Father of the Islamic Revolution, Imam Khomeini (RA), during the latter's brief stay in a village near Paris, and was tasked to draft the prospective constitution of Iran. After victory of the Iranian revolution, Habibi was named public spokesman for the revolutionary council. He was elected to the Majlis, and later served as the minister of justice. He was also head of the Academy of Persian Language and Literature, in addition to being a member of the State Expediency Council. Among his books are: "God" (1981), "Society, Culture, Politics" (1984), "Islam and the Crisis of Our Time" (1984).

(Courtesy: IRIB English Radio - <http://english.irib.ir>)

Iran's ICHTO, France's Louvre Ink MoU



Tehran (MNA) - An ICHTO museum in archeological as well as Cultural Heritage, Handicrafts, and official has announced the signing of an MoU with France's Louvre General Director of Iran's Handicrafts Exports Department

Pouya Mahmoudian referred to the newly-sealed Memorandum of Understanding (MoU) between ICHTO and the Louvre asserting, "The deal marks a positive step in the country's cultural heritage and handicrafts; President Rouhani and his accompanying delegation put culture atop the agenda in their visit to France and the reached agreement was in line with bilateral cooperation and joint activities between Iran and France."

Being the world's most visited museum, the Louvre is the world's largest museum and houses one of the most impressive art collections in history.

Mahmoudian also noted the holding of Iran's cultural week in Paris adding, "During the Iranian President's visit to France, a total of 150 pieces of Iranian handicraft were showcased in Paris's municipality as one of the most artistic cities in the world; the exhibition had a promotional aspect in introducing Iranian handicrafts to France and other European countries."

German Co. Picks Up Intl. Sales Rights to Iranian Film

Tehran (MNA) - German Match Factory has picked up international sales rights to Iranian film 'A Dragon Arrives!'

The new feature from Iranian writer-director Mani Haghighi, A Dragon Arrives!, will participate in the official competition section of the Berlin International Film Festival this year.

The German company has bought international sales rights of three other films which will compete at Berlin Film Festival which include Rafi Pitt's Soy Nero, Let-

ters From War by Ivo M. Ferreira and Death In Sarajevo by Danis Tanović.

Haghighi has produced the film under the banner of Dark Precursor Productions Company in association with Crossfade Films.

Pointing to his cooperation with German Match Factory, Haghighi expressed satisfaction with his cooperation with German Co.

"I'm thrilled and delighted about working with The Match Factory. Even a brief glance at their catalogue

shows that they've always been up to date, brave and extremely cool," said director Mani Haghighi.

Based on a true story, A Dragon Arrives! follows three adventurous young men who are put in danger by their unauthorized investigation into the legend of a seismological phenomenon in an ancient graveyard on a mysterious island.

The director's previous feature was black-comedy Modest Reception, which won the NETPAC Prize for best Asian film at the 2012 Berlinale.

Five Immune-Boosting Short-Cuts to Good Health

Washington (Dispatches) **There are five top things that we can add in to our diet to boost our health, immunity and help us fight disease apart from hand-washing, getting a good sleep, and staying active. Here are the five healthy ingredients:**

1. Turmeric
Turmeric is most significant for its powerful anti-inflammatory properties, and inflammation contributes to risk of diabetes, heart disease, cancer and arthritis. Turmeric acts as an antioxidant, mopping up free radicals in our body, and helping to prevent cell damage and death. Turmeric is used to help treat arthritis, and has a potential role in prevention and treatment of heart disease and cancer.

2. Ginger
Another delicious plant which is full of anti-

inflammatory properties, is Ginger. It relieves pain and researchers in Iran have demonstrated that ginger is effective in treating after-workout soreness. Also, researchers from the University of Georgia gave ginger extract to mice with prostate cancer, and as a result, the growth and progression of the tumors was slowed.

3. Leafy Greens
According to the recommendations of Health Canada we should all get at least one serving of dark green vegetables each day, as per gram kale has more than twice the vitamin C as an orange and more calcium than milk. One hundred grams of spinach has 2.7 mg of iron, while 100 grams of grass fed beef has 2 mg of iron - and a lot more calories and saturated fat. You can maximize your iron absorption from leafy greens by eating them

with a source of vitamin C; red bell peppers are one of the best sources, or try spinach.

4. Pulses
Fibre-rich pulses are delicious, versatile, inexpensive and disease-fighting. Eating beans and lentils can help uslower our 'bad' cholesterol and can even help diabetics control their blood sugars.

5. Tea
Teas are full of antioxidants and can help you live longer! Apart from that, teas may also help you stay trim.Having fed mice high calories, and tea extracts, researchers at the University of California discovered that the tea extracts helped to induce weight loss and also reduced inflammation. In addition, tea has less caffeine than coffee, or you can settle for a herbal tea which are a great way to stay hydrated in the winter months.

UNESCO Calls For Bolstering of Iran-Afghanistan Cultural Relations

Mashad (IRNA) - UNESCO Representative to Afghanistan Nasir Ahmad Yavar on Saturday called for expansion and bolstering of cultural relations between the Islamic Republic of Iran and Afghanistan.

While touring the historical Ghiyasiyeh Khergar school in Khaf city on Saturday, the UNESCO representative said The Islamic Republic of Iran and Afghanistan share many cultural commonalities and should endeavor to broaden such relations and cooperation.

Expansion of cultural cooperation between the two countries will lead to prevention of aliens' cultural in-road, he said.

Ghiyasiyeh Khergar school was among best Islamic universities at its time.

Picture of the Day



Meygoon Ice-Climbing School near the Iranian capital Tehran holds courses for enthusiasts in ice climbing.

Courtesy : Mehr News Agency