International Drama Therapy Week Observed in Iran

TEHRAN (IFILM) -- **The International Drama Therapy Week has been scheduled to be celebrated in Iran with several special programs, which will kick off on Tuesday.**

Organized by the Drama Therapy Center of Iran (DTCI) in collaboration with the Dramatic Arts Center and the Iranian Association of Dramatic Arts, the International Drama Therapy Week is observed every year in 104 countries, which are members of the World Alliance of Dramatherapy (WAD).

Iran's celebration of International Drama Therapy Week 2021 will take place with a one-day delay compared with the WAD timetable for the week.

The Drama Therapy Center of Iran (DTCI) has planned to honor several media, publishers and a psychologist promoting topics on drama therapy.

Top ten drama therapists of the year will also be honored with the Avicenna Medal during the programs.

Tehran and cities in six other provinces will host workshops on drama therapy issues and some DTCI branch offices in the cities will organize dozens of online sessions and release educational videos.

Joanna Jaaniste, a registered drama therapist, will hold a workshop on Tuesday with the topic of 'Drama Therapy, Story Making and Mental Health'.

Vanitha Chandrasegaram, a Malaysian pioneer in the field of Drama Therapy, will also hold a workshop on stories of life.

The closing ceremony will be held at the Hall of Luminaries at Tehran's City Theater Complex on October 24, 2021.

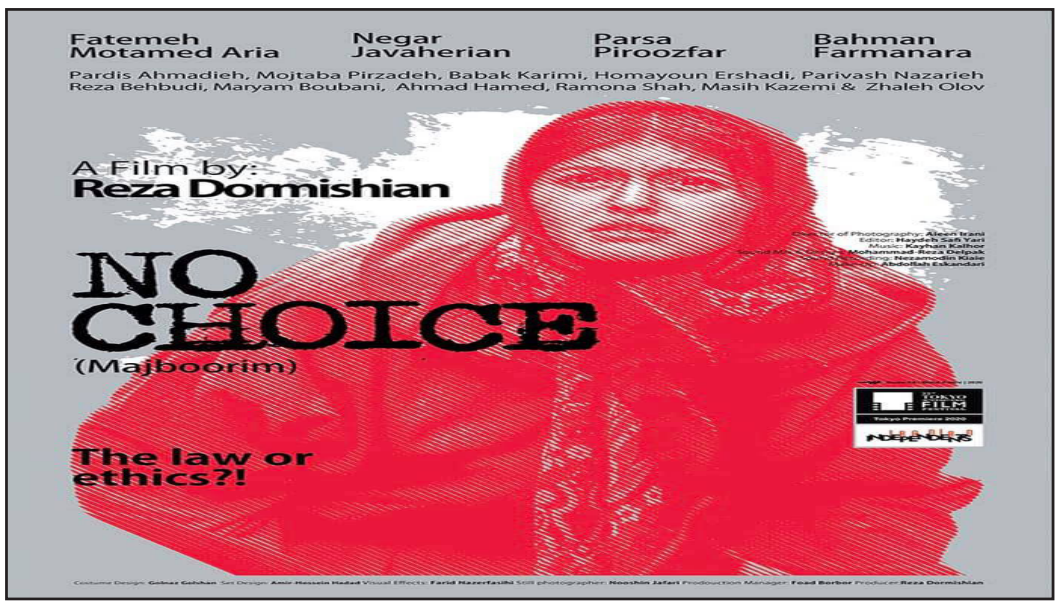
Highly Applauded Social Drama Wins Big in Netherlands

TEHRAN (IFILM) -- **The 013 Cinecitta International Film Festival in the Netherlands has awarded Iranian movie 'No Choice'.**

The movie is about women and their issues in society. It tells the story of three women who clash when a determined lawyer takes on the case of a homeless girl against a doctor. A 16-year-old homeless girl repeatedly works as a surrogate mother for money. A human rights attorney tries to rescue her, but inevitably faces difficulties.

The cast list of the film includes Parsa Pirouzfar, Negar Javaherian, Fatemeh Motamed-Arya, Parivash Nazariyeh, Mayam Boubani, Jaleh Olov, Babak Karimi, Homayoun Ershadi, Reza Behboudi, and Pardis Ahmadieh.

'No Choice' has already taken part in various global events such as the Tokyo International Film Festival in Japan, the Hong Kong International Film Festival, the Belgrade International Film Festival in Serbia, the Shanghai International Film Festival in China, the Mons International Film Festival in Belgium, the Transilvania International Film Festival in Romania, the Chennai International Film Fest, the Thrissur International Film Festival, the Bangalore International Film Festival, and the Pune International Film Festival, all in India, as well as the Asiatica Film Festival in Italy, where it grabbed three awards for Best Film, Best Audience choice, and Best NETPAC film.



The 013 Cinecitta International Film Festival was held in Tilburg on October 13-17. Tilburg's area code "013" is the affectionate nickname for the city.

The second and third prizes of the event respectively went to 'My Wonderful Wanda' by Bettina Oberli from Switzerland and 'The Book of Delights' by Marcela Lordy from Brazil and Argentina.

Iran's 'Aparat' Competes at U.S. Festivals

TEHRAN (MNA) – **The Iranian short film 'Aparat' by Hassan Najmabadi made it into the KIDS FIRST! Film Festival and Arlington Int'l Film Festival in the U.S.**

KIDS FIRST! Film Festival is known for its showcase of extraordinary films made by and for children, ages 2 to 22.

The 30th edition of this festival will be held on October 25-31 in New Mexico, U.S.A.

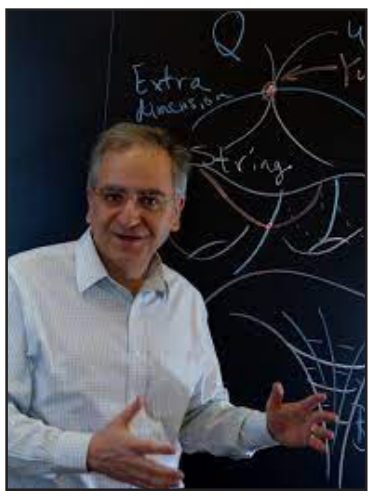
Arlington International Film Festival (AIFF) is an award-winning organization with its mission being to foster an appreciation for different cultures by exploring the lives of people around the globe through independent film.

The 11th Arlington Festival will be held from November 4 to 14 in Massachusetts, U.S.A.

'Aparat' tells the story of six teenage boys who decide to work in the village so as to earn the money they need to rent an 8 mm camera from a wanderer.

Mehdi Gholizadeh, Ebrahim Najmabadi, Emad Mohebbi, Abolfazl Najmabadi, Amir Najmabadi, Amir Mohammad Najmabadi, Mohammad Reza Najmabadi, Zari Najmabadi, and Mehdi Rezaei are among the cast members of this short film.

Professor Vafa Highlights Puzzles of Universe at Mustafa (PBUH) Prize Science Café



Cumrun Vafa, Hollis Professor of Mathematics and Natural Philosophy at Harvard University.

TEHRAN (FNA) -- **A 2021 Mustafa (pbuh) Prize laureate delivered a speech during the Mustafa(PBUH) Prize Science Café held on October 21.**

The Mustafa(PBUH) Science and Technology Foundation (MSTF) hosted Cumrun Vafa, Hollis Professor of Mathematics and Natural Philosophy at Harvard University, String Theorist, and a 2021 Mustafa(PBUH) Prize laureate in All Areas of Science and Technology, during a Mustafa(PBUH) Prize Science Café on the theme of String Theory in physics.

Another lecturer of the event was Hessamedin Arfaei, physicist in the area of String Theory and Professor of Physics at Sharif University of Technology, who has translated Cumrun Vafa's book Puzzles to Unravel the Universe into Persian.

The event was attended by many students and enthusiasts from different universities.

Vafa started his speech by saying "my interest in science dates back to the days I lived in Iran."

He said in those days he found out that the basic mathematical puzzles are relevant to understanding the universe and physics in particular.

He mentioned the efforts of Muslim scientists centuries ago who have done fascinating work in the realm of mathematics and physics.

Vafa specifically named Abu Rayhan al-Biruni, and then drew attentions to the "fascinating" work of Ibn al-Haytham.

He then talked about the contributions of other scientists such as Newton, Gauss, Maxwell, and Einstein.

He stated that "the field of my research is String Theory, but I have not started it."

"String Theory was discovered accidentally," he continued, adding that "this theory seeks to define physics from the tiniest particles to the biggest scales— the scale of the universe."

"Mathematics is very important in this field of research," he added.

He then started to ask some puzzles from the audience. Through these puzzles, he led the discussion towards fundamental notions in mathematics and physics. "I want to show you the power of basic mathematical ideas in the area of physics," he said.

He talked about ideas such as symmetry breaking, Higgs particle, the power of 'continuity', and 'gravitational lens'.

At the end of his speech, a friendly Q & A session was held with the audience.

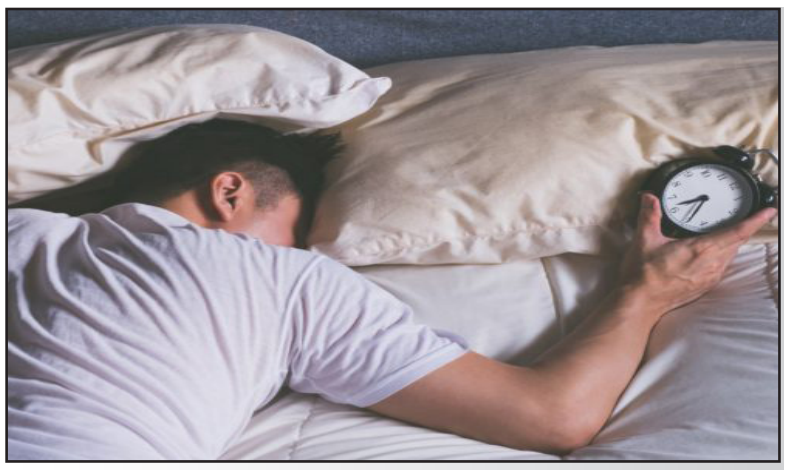
Only Moderate Sleep Keeps Brain Sharp

WASHINGTON (Dispatches) -- **A New research of older adults found that both short and long sleepers experienced greater cognitive decline than people who slept a moderate amount, even when the effects of early Alzheimer's disease were taken into account.**

The researchers at Washington University School of Medicine in St. Louis say that their study suggests that there was a middle range, or 'sweet spot,' for total sleep time where cognitive performance was stable over time. Short and long sleep times were associated with worse cognitive performance, perhaps due to insufficient sleep or poor sleep quality.

They discovered a U-shaped relationship between sleep and cognitive decline. All in all, cognitive scores declined for the groups that slept less than 4.5 or more than 6.5 hours per night -- as measured by EEG -- while scores stayed stable for those in the middle of the range. EEG tends to yield estimates of sleep time that are about an hour shorter than self-reported sleep time, so the findings correspond to 5.5 to 7.5 hours of self-reported sleep.

Alzheimer's is the main cause of cognitive decline in older adults, contributing to about 70% of dementia cases. Poor sleep is a common symptom of the disease and a driving force that can accelerate the disease's progression.



Picture of the Day

Book Unveiling Ceremony of "Walls Talking" at the Tehran Museum of Contemporary Art attended by Farhadi, Abbasi, Iranian National Commission for UNESCO director Hojjatollah Ayyubi, Secretary of the Council Mahmoud Shalouie, and a group of cultural figures.

Courtesy of Honaronline