

Much Praised Katvoman En Route to 3 Festivals



TEHRAN (Honaronline) - From screenwriter and director Hadi Sheibani, 'Katvoman' competes at 32nd Palencia International Films Festival, 10th Amnesty International Au Cinema pour les Droits humains, and 5th Positively Different Short Film Festival.

The Palencia International Films Festival is organized by the Association of Friends of the film and the Popular University of Palencia. The festival's philosophy has been considering cinema as a tool of development and social cohesion. Palencia International Films Festival collaborates with the Spanish Cinema Academy, and it is a qualifier festival for the Goya awards. The winner of the Milagros Alcalde del Jurado Award will automatically qualify for the Goya Awards, which are organized annually by the Spanish Academy of Cinematographic Arts and Sciences.

19 productions from 17 countries, selected from the 692 works received in the contest, will compete in the International Short Films section of the thirty-second edition of the Palencia International Film Festival, which will be held between February 24 and March 4, 2023.

The human rights film festival, Amnesty International Au Cinema pour les Droits, is searching for films that touch on one or several human rights issues that are connected to any of our campaigns, such as the liberty of expression, women's rights, impunity, and discriminations amongst other things etc. The

10th edition of the festival will take place in different cities of the south of France during the whole month of March 2023.

Positively Different Short Film Festival aims to act as a reference point for raising awareness regarding intersectionality and discrimination, providing a safe space for co-creation and networking. The festival focuses on the multiple facets of oppression and aspires to further creative works, cultural networks and political causes of and about the 'invisibles' of modern societies.

The curatorial team of PDSFF23 divides 37 short films from 17 countries into seven narrative sets. Each set reflects concerns, ideas and explorative attempts to understand better the different worlds we live in and the ones we wish to create. The 5th Positively Different Short Film Festival will take place during 16-19 March 2023 in Athens, accompanied by simultaneous screenings of awarded films in Berlin, Bologna, Zagreb, Malta, Barcelona, and Dakar.

Inspired by the MeToo Movement, Katvoman follows a mother and son happily play Catwoman-Batman. Once the father returns home, the noises from next-door become too much to ignore. Award filmmaker Hadi Sheibani's first project won the Best Fiction Film Award at the 35th Festival International de Film Amateur de Kélibia and has its North American Premiere at the 16th Jacksonville Film Festival.

Time of Exercise May Be Associated With Fat Burning



COPENHAGEN (Dispatches) -- A study in mice has revealed that physical activity at the right time of the day seems able to increase fat metabolism.

A recent study from Karolinska Institutet in Sweden and the University of Copenhagen in Denmark indicates that mice that did exercise in an early active phase, which corresponds to morning exercise in humans, increased their metabolism more than mice that did exercise at a time when they usually rest.

The scientists at Karolinska Institutet and the University of Copenhagen studied the adipose

tissue of mice after a session of high-intensity exercise performed at two points of the daily cycle, an early active phase and early rest phase (corresponding to a late morning and late evening session, respectively, in humans). They studied various markers for fat metabolism and analysed which genes were active in adipose tissue after exercise.

The results show that late morning exercise could be more effective than late evening exercise in terms of boosting the metabolism and the burning of fat, and therefore, they could prove of value to people who are overweight.

Turkmenistan Hosts Iranian Cultural Days

TEHRAN (IFILM) - The Iranian Cultural Days has been running in Ashgabat, Turkmenistan, to celebrate the anniversary of the Islamic Revolution.

Groups of Iranian artists and artisans participated in the three-day cultural festival to showcase their latest works in numerous exhibitions.

In addition, several Iranian bands are also in Turkmenistan performing concerts of traditional music.

Several acclaimed Iranian movies have been selected to be screened during the cultural festival, which ends on Tuesday with a

special ceremony at the Palace of Mukams.

As part of the cultural festival, several exhibitions were inaugurated on Monday by Iran's Minister of Culture and Islamic Guidance, Mohammad-Mehdi Esmaili, and his Turkmen counterpart at the Museum of Fine Arts in Ashgabat.

The festival is organized based on an agreement signed by Iran's President Ebrahim Raisi and his Turkmen counterpart Serdar Berdimuhamedow, Iranian ambassador to Ashgabat, Gholam-Abbas Arbabkhales said in a press release published on Monday.



Diploma Awarded to Iranian Artist in LA Event



TEHRAN (MNA) - A piece of video art produced by Iran's Ramin Hosseinpour has been honored in Los Angeles.

A diploma went to the artwork of the Iranian artist in the artistic event held in the U.S.

Ramin Hosseinpour's video art has been awarded at

different other international festivals.

Hosseinpour was the music video director, producer, composer, arranger, and electric guitar player.

Earlier, Hosseinpour was chosen as the Best Male Vocalist at the LA Music Video Awards 2022 for his video art of Sculpture.

Lifetime of Love for Music

TEHRAN (IP) -- Seyed Hamid Peymoode was born in April 6, 1985, in Tehran. Since 2002, he has released 3 albums and 8 pieces in the field of music independently and with the use of Iranian masters.

During these years, some of the videos of this artist have been published on the official Persian and international channels of his country, and the last piece released by this artist called "Man Be Jat" was officially released to the music market in 2022 under the "PEYMOODE" label.

Peymoode is currently producing his new album in the electronic, instrumental style, which will be released in 2023.

Peymoode is not just a name-Peymoode in the Farsi language means to walk the path.

Hamid Peymoode introduced himself to his audience with the name of Peymoode after passing through the obstacles of this path for 21 years and gaining experience and musical knowledge. According to her, Peymoode is not only her personal stage name but also the publishing label of her works.

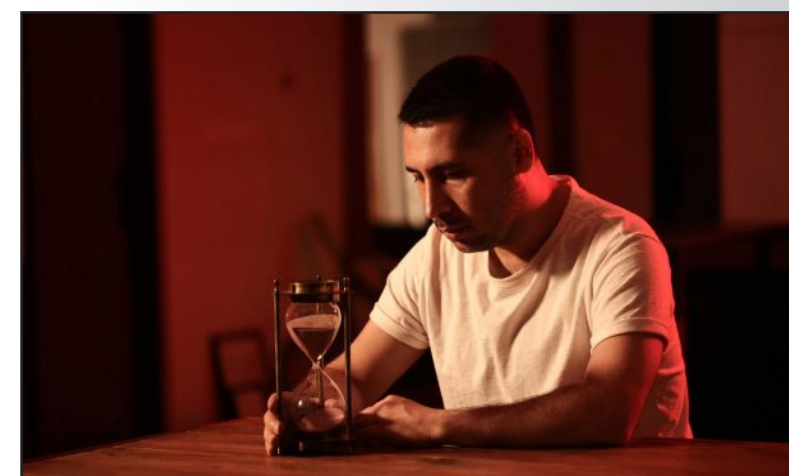
Independence in music (independent music) From the beginning, Hamid Peymoode entered the field of music with the aim of producing standard and different works, and until today, these two items have been the most important components of his works.

According to him, this has caused him to avoid cooperation with labels and music production and publishing companies so that he can freely create pieces according to his will that will create a sense of beauty for himself and

the audience. In his opinion, adherence to music theory is more important in the production of artwork than the current taste of the artistic community.

Although he is an authorized artist in Iran, Peymoode has not produced many works during his years of activity, but he is currently working on his album which will be released this year.

The transcendental power of music PEYMOODE's opinion, music has extraordinary power and can destroy the border between countries and people, which is nothing more beautiful than a world without borders. The diverse nature of music and audiences from all over the world



shows that there is a common language and regardless of borders and geography, studies show that in some diseases, music therapy has a very important and influential role and can be attributed to its important role in reducing anx-

ity and depression.

Each work is created by an artist with 7 independent notes, which are the same notes that exist in nature. From the sound of the river to the sound of an autumn leaf falling from the branch.

Picture of the Day



Cars are buried under heavy snow in Iranian province of West Azarbaijan. Heavy snowfalls have recently blanketed many parts of the country.

Courtesy of IFILM