

Russian Event Hosts Award-Winning 'Do not Breathe'



TEHRAN (IFILM) -- Iranian short flick 'Do not Breathe' has been set to compete at the Moscow International Film Festival (MIFF) in Russia.

The Iranian Youth Cinema Society reported that 'Do not Breathe' will take part in the main competition section of the 44th edition of the Russian event.

The film is about a man whose mouth emits smoke when breathes and that causes the problems for him and people surrounding him.

'Do not Breathe' is directed by Milad Nasim-Sobhan.

The cast of the film includes Ali Baqeri, Alireza Mehran, Ali Farzin, Vahid Khaksari, and Amirali Ali-Naqi.

'Do not Breathe' was awarded at the 55th edition of the Houston International Film Festival in the U.S.

The Moscow International Film Festival is one of the oldest in the world.

The upcoming edition of the festival will take place on August 26-September 2.

Iran's Top-Rated Animation Crowned Best in Italy

TEHRAN (IFILM) -- Iranian animation 'The Sprayer' has succeeded to receive the Best Short Animation Award at the 2022 Human Rights Film Festival in Italy.

Written and directed by Farnoush Abedi, 'The Sprayer' competed with 23 other animations at the 4th edition of the Italian film festival.

Iran-based Institute for Intellectual Development of Children and Young Adults (IIDCYA) is the producer of 'The Sprayer' with a theme of man's hostile attitude towards the Earth.

The story of the movie is set in an unknown land, where a group of soldiers is on a mission to destroy all types of growing plants.

One of the soldiers realizes that the plants are not only safe but also useful. Therefore, despite his mission, he tries to preserve one of the plants.

"Due to recent changes in the



A still from Iranian animation 'The Sprayer'.

environment, the hostility of human beings with the Earth, global warming, the gradual erosion of the Earth, and a desperate struggle to save the future, it seems the greatest threat in the course of history is happening for man," Abedi said in his interview with local media.

"The animation is a symbolic look at this great threat, which can turn into a global issue," he added.

The 9-minute animation is made with 3D technique for children aged 7 and up.

Previously, Abedi's animation went on screen at the WILDsound FEEDBACK Film and Screenplay

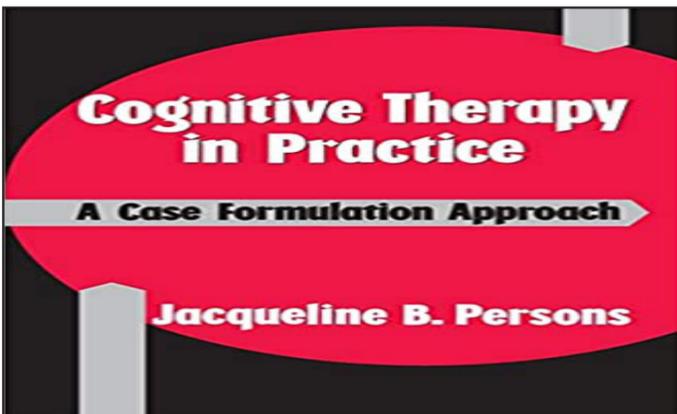
Festival in Canada, the Prague International Film Awards in the Czech Republic, the Wasteland Film Festival in the U.S., the Viborg Animation Festival in Denmark, the Torino Underground Cinefest in Italy and the Pigeon International Film Festival in Iceland.

'The Sprayer' is also the recipient of the best short film award at the 4th IndieX Film Festival in the U.S.

The Diritti a Baschi, Human Rights Film Festival aims "to promote and disseminate auteur cinema with particular regard to human rights issues and to encourage dialogue between directors," writes the online submission platform of the festival.

The event was held in the Italian city of Baschi (Terni) on August 5-7, 2022, after a two-year hiatus due to the coronavirus pandemic.

Book on Cognitive Psychology Available for Persian Readers



TEHRAN (IBNA) - A book on psychology titled 'Cognitive Therapy in Practice: A Case Formulation Approach' (1989) by Jacqueline B. Persons has been rendered into Persian and is available to Iranian readers.

This book which gives a nitty-gritty account of cognitive behavior therapy in practice has been translated into Persian by Ali-Hossein Esfandzad and released by Arjmand publishing in 384 pages.

At the heart of this cognitive therapy model offered in 'Cognitive Therapy in Practice' is the case formulation—the therapist's hypothesis about the psychological mechanism underlying the patient's problems. The book opens with a discussion of the model, emphasizing the connections between overt difficulties and underlying psychological problems, often encapsulated in such irrational beliefs as "I must be perfect or I am a failure," or "I don't deserve happiness."

The central chapters describe numerous behavioral and cognitive strategies for ameliorating the problems anxious and de-

pressed patients bring to treatment, as well as for changing underlying beliefs.

In discussing these topics, as elsewhere, the author uses case examples to show how the case formulation guides the therapist's actions. In addition, she applies cognitive behavioral strategies to suicidality, one of the most troublesome difficulties encountered by therapists.

Finally, Dr. Persons turns her attention to the needs of therapists themselves, offering strategies for handling anxiety, anger, and uncertainty about competence.

The general model presented here will allow therapists to understand their patients' problems and generate solutions to them based on this understanding in a coherent, systematic way. It will be valuable to both beginning and experienced cognitive behavior therapists.

Jacqueline B. Persons is director of the Cognitive Behavior Therapy and Science Center and a clinical professor in the department of psychology at the University of California, Berkeley.



5,600-Year-Old Building Found Near Tehran

TEHRAN (IFP) -- Archeologists discover the remains of a building dating back 5,600 years ago during a search in the city of Robat Karim, located southwest of the Iranian capital, Tehran.

Hamid Karimi, the head of the local cultural heritage department said

that the ancient structure resembled an administrative building, but said more studies were needed to determine the type of the building.

The official said archeological research showed the city of Robat Karim itself dates back to some 7,000 years ago.

Dementia Risk Associated With Heart Abnormality

NEW YORK (Dispatches) -- An extended study has found that structural or functional abnormalities within the heart's left atrium, with or without symptoms, may increase a person's risk of developing dementia later in life by 35%.

Michelle C. Johansen, M.D., Ph.D., an assistant professor of neurology at The Johns Hopkins University School of Medicine in Baltimore, and the research team studied to determine the relationship between atrial cardiopathy and dementia, and if so, whether it was independent of atrial fibrillation and stroke.

The large, diverse study of over 5,000 older adults in the U.S. showed that abnormal size or functioning in the left atrium (one of the two upper heart chambers), even before symptoms are present, may play a role in the development of dementia. The abnormalities, called atrial cardiopathy, appeared to increase participants' risk of developing dementia by 35%.

The left atrium is one of four chambers of the heart and is responsible for receiving blood from the lungs and pumping it into the left ventricle, which

then pumps the blood to the rest of the body. An abnormality in the structure or functioning of the left atrium, known as atrial cardiopathy, can often serve as a biomarker, or predictor, of a person's cardiac risk.



Picture of the Day



The world's oldest prosthetic eye has been discovered in Iran's Zabol. This prosthetic eye dating back to over 4800 years ago, was found in Iran's Burnt City which is the oldest in history. The fake eye in a skeleton belonging to a woman was made from tar and animal fat and painted gold. Experts note that whoever designed the eye must have had a good grasp of ocular anatomy with the tiniest blood vessels recreated using golden wires.

Courtesy of IFILM