

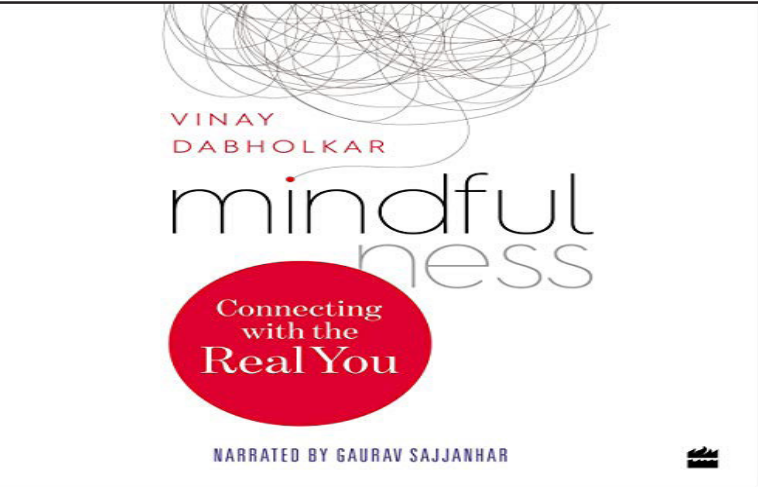
Tehran, New Delhi Enhance Academic Ties



TEHRAN (MNA) – Iran’s Tarbiat Modares University (TMU) and Indian Institute of Technology Delhi have signed an MoU on academic cooperation. Iran’s TMU is to cooperate with the Indian entity in the field of science, education, research, and technology. The MoU will be valid based on the provisions en-

shrined in the document for five years. The Institute keeps its position in the 701-800 group in the Shanghai ranking of the world’s top universities. Earlier on November 30, the TMU inked a Memorandum of Understanding with Russia’s Saint Petersburg State University (SPBU).

Psychological Guide Available to Persian Readers



TEHRAN (IBNA) -- Self-help book ‘Mindfulness: Connecting with the Real You’ (2019) by Vinay Dabholkar which is a practical guide for the contemporary human beings has been translated into Persian and published. This book has been rendered into Persian by Shahin Ghaffari. Falsafeh (Philosophy) Publishing has released ‘Mindfulness: Connecting with the Real You’ in 164 pages. Whether we like it or not, a large part of our thinking is wasteful- be it guilt, fear, anxiety or stress. This drains our energy and hinders our decision-making. ‘Mindfulness’ is an eye-opening take on how to reclaim your time and stay in the moment, illustrated with metaphors derived from cinema, theatre, magic and other stories. Through the book, we learn to recognize and cut down on thoughts that are unproductive. We also learn to investigate the process of self-deception- becoming more self-aware in the process. Not reheated fixes for our existential woes, this book serves as a guide for intelligent

readers and urban professionals to focus and practice mindfulness. And through it, we stand to develop skills on time management that lead to personal growth, necessary for an optimal life experience. Vinay Dabholkar works as a catalyst in three areas: design thinking, culture of innovation and mindfulness. He is a co-author of the book ‘8 Steps to Innovation: From Jugaad to Excellence’. He has been a visiting faculty member at IIM Bangalore (since 2011) and IIT Bombay (since 2016). Over the past decade, he has helped several organizations and individuals in their journey toward innovation and mindfulness. He also works with non-profits and government organizations in the education and healthcare space. Prior to starting his consulting career, he worked for a decade at Motorola in the US and Sasken in Bangalore. He did his B. Tech. from IIT Bombay and Ph.D. from SUNY Buffalo, U.S.A., in computer science. His blog can be accessed at catalign.in.

Social Drama Honored at Spain’s Goya Awards

TEHRAN (IP) -- The short film “Dabur,” directed by Saeid Nejati from Iran, has received an award in Soria International Short Film Fest, which is the entrance ceremony to the 24th edition of Spain’s Goya Awards. With Mahdiyeh Gholamhosseini and Amir Alvandi as co-producers, Dabur is a joint production of Iran’s Nejat Film and Turkey’s Paradox Productions, and it is distributed by Iran Film Port which is managed by Ali Mohammad Eghbaldar. Soria International Short Film Fest is held with the support of the Goya Awards Academy of Spain, aiming at the promotion, creation, and production of short films as a means for auditory and visual expression, raising awareness and artistic knowledge, and an essential and strong tool for cultural interactions. Goya Awards, the Spanish Oscars, is



one of the most prestigious film festivals in the world, supervised by the Spanish Academy of Cinema Arts and Sciences, granting prizes to artistic works of sufficient influence upon the globe. All

selections entering the Goya Awards are qualified to be screened and to compete for the prizes in this ceremony. This festival was held on 11-20 November 2022 in Spain.

Beirut Int’l, Arab Book Fair Hosts Iran

TEHRAN (IRNA) – The 64th round of Beirut International and Arab Book Fair started work with Iran in participation. The event is underway with participation of publishers from Iran, Oman, UAE, France, Syria, Iraq, Saudi Arabia and Lebanon. The opening ceremony was held in the presence of the Lebanese Prime Minister Najib Mikati, former Lebanese



officials, head of Arab Culture Association and the Iranian diplomats. Addressing the event, Mikati said that this exhibition provides an opportunity for publishers to introduce their latest works and achievements, He also described Beirut International and Arab Book Fair as a place to exchange experiences of publishers, writers and cultural intellectuals.

University of Kazakhstan Holds Iranian Studies, Persian Language Courses

TEHRAN (IBNA) -- Iran’s Embassy and Cultural Attaché to Kazakhstan in cooperation with the representative of Sa’di Foundation held the first Iranian studies and Persian language course at the National Defense University of Kazakhstan. In his speech at the opening ceremony of this course, Iran’s Ambassador to Kazakhstan Majid Samadzadeh Saber stressed the importance of language as a way of communication and one of the main influential factors in the formation and development of communication and cooperation, especially in the international scenes. He referred to the importance of a common language in the field of defense and security which due to the special sensitivities of this field is twofold. He also hoped that holding a Farsi language course at the National Defense University of Kazakhstan could help the officers of the Kazakh military forces become more familiar with Iran and Iranian culture and prepare the ground for the development of cooperation between the two countries. Following the ceremony, the vice president of the National Defense University of Kazakhstan, for his part expressed satisfaction with holding the Persian language and Iranian studies

course and said that Persian language enjoys a high status in the history and culture of Central Asian countries; because many masterpieces of literature and poems in this region have been written in Persian language.



Picture of the Day



The beauty of the autumn season in the nature of Lorestan province, Iran. Courtesy of Mehr News Agency