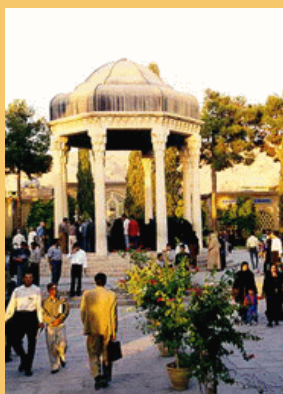




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Hafez - Shiraz



IR Leader urges people to keep vigilance

Islamic Revolution Leader Ayatollah Sayyed Ali Khamenei told a large gathering of people from the Qom province Sunday that the Iranian nation by passing through different divine tests in the past 32 years is now stronger than ever and will keep the path towards the peaks of prosperity and perfection.

The meeting was held on the 33rd anniversary of the historical uprising of people in Qom against the ousted regime of Shah.

Ayatollah Khamenei said the event showed the Qom people are at forefront of any revolutionary scene, adding that the uprising was a slap in the face of the Shah regime and the world arrogance and set the stage for the Islamic Revolution victory.



Ayatollah Khamenei noted that enemies have proved

to be sensitive towards the people and the religious school of Qom because they have showed a sublime sense of responsibility in every revolutionary scene. Ayatollah Khamenei also noted that the enemy's reaction towards the responsible presence of people during his visit months ago to the religious city was another token of the sublime spirit of the people as well as the frustration and vulnerability of the enemies.

The IR Leader said the reaction of the world of arrogance towards the Islamic Revolution in the past 32 years was another sign of enemy's vulnerability as well as the significance of the Iranian people's movement.

"The formation of the Islamic system in Iran offered a new path based on true Islam. The arrogance could not tolerate the issue, hence its oppositions to the Islamic Republic of Iran," the IR Leader added.

Ayatollah Khamenei said the nation has successfully elevated itself in material and spiritual issues thank to its success in divine tests.

Ayatollah Khamenei then touched on the 2009 political sedition following the presidential elections, saying, "In God's favor, the people got awakened and took to the scene and thwarted the big sedition," Ayatollah Khamenei said, noting that the dimensions of the complex sedition have yet to be known.

Ayatollah Khamenei said foreign plotters were the main perpetrators in the 2009 sedition, adding that the individuals who are described by people as 'leaders of sedition' were actually a puppet in the hand of the main plotters who sought to remove the Islamic Republic and change the system.

"They sought to remove the Islamic Republic and religion as a whole from the Iranian community and then set up their favorable government," Ayatollah Khamenei said.

"They had also planned for another likely state of affairs, namely to push the country to riots in case they could not gain their initial goals, and then create a cartoon-like imitation of Islamic Revolution," Ayatollah Khamenei said, adding that the nation made a precise understanding of the situation and dismantled the sedition.

The IR Leader regarded the success of the Iranian nation in this grand and complicated examination as paving the way for highlighting the line of religion and Revolution in the country and the increasing strength of the Islamic system, saying: "The increasing strength is in fact the divine prize for the success in this examination."

Ayatollah Khamenei called on all individuals and officials to

O pain the hidden secrets will become open debate.
 Shipwrecked we just float, O favorable wind arise,
 May we one more time gaze upon that familiar trait.
 Passage of time and the stars, are but what we fantasize
 For compassion and kindness, it is never too late.
 In the circle of wine and roses, nightingale's song is prize
 With the aroma and the wine your senses satiate.
 O Thou compassionate one, life giver and the wise
 One day bestow thy grace upon this mendicant's state.
 For peace of this world and the next, understand what I advise
 Magnanimity the lot of friends, and with foes try to relate.

In the land of repute, our passage they will dispute
 If this will not suit, don't stay mute, and transmute dictates of fate.

When destitute and in need, let your love and passion breed
 Life's alchemy, essence and seed, unimagined wealth shall create.

If unruly with pride, with a candle's zeal your flame will rise
 Beloved turns stone to lava, and molten wax manipulate.
 The Grail contains but wine, if only you realize
 Then the Kingdom of the world, at your feet prostrate.
 The good and wise Magi, forgivers of lives and lies
 Bearer bring good news, drunkards' wine consecrate.
 With this wine stained

keep vigilance and to correctly detect main issues from subsidiary ones and avoid treating the subsidiary issue as main ones.

"Lacking insight and failing in divine examination leads to decline and deterioration of society," Ayatollah Khamenei said, noting, as an example, that people's failure in divine examination in Imam Ali's (P.B.U.H.) era and his martyrdom in the altar of worship by the hand of the most wicked one led to the martyrdom of Imam Hossein (P.B.U.H.) and his comrades in the Karbala incident.

He regarded the current high position of the Iranian nation and their success in local and global issues as the outcome of their success in different examinations, saying: "The enemy has made a lot of efforts to stop the Islamic system from continuing the path of progress through economic pressures and false and ample propaganda and through making other governments and nations scared of the Islamic Republic of Iran but has failed."

Referring to the failure of US policies in issues of Palestine, Lebanon, Afghanistan and Iraq, the IR Leader added: "The Americans present the Islamic Republic of Iran as the main cause of their failures while they have been defeated by the awakening and the right policy of nations."

"The effect and strength of the Islamic Republic of Iran in the region and among nations is a spiritual effect because the Islamic system causes the awakening of nations and it is in such a situation that America makes all its efforts to prevent the current Iraqi government from coming to power but because of the awakening of people this government came to power and America could not do anything," Ayatollah Khamenei stressed.

The IR Leader regarded the will and determination of people and officials for taking this path as good and strong, stressing that the path of progress would be successfully continued provided the people remain awakened and avoid underestimating the enemy.

"All individuals especially the youth, Alims, academics and officials should keep and double their vigilance," he added.

"The officials' awakening is to serve the people and keep integrity among them. This would be a thorn in the enemies' eyes," the IR Leader concluded.

President in a meeting with Iraq's Kurdistan Prime Minister: 'Iraq security in Mideast interest'

President Mahmoud Ahmadinejad says the entire region would benefit from Iraq's progress and security, calling for unity and cooperation among Iraqi factions.

"Despite the occupiers' propaganda and efforts, different Iraq groups pursue their future in unity and solidarity, and undoubtedly continuing on this path will provide Iraq's progress and security.



President Ahmadinejad made the remarks in a meeting with Iraq's Kurdistan Prime Minister Barham Salih on Monday.

"Today, all those who opposed the security and progress of regional nations especially Iraq have been weakened and are declining," Dr. Ahmadinejad said, adding that the region's countries are progressing and their power is growing by the day.

President said today because of unity and awareness of regional nations, the enemies and occupiers have become disappointed and discouraged and have no alternative but to leave the region.

"This unity and bright future has regional and trans-regional enemies against whom [we] must be vigilant."

Dr. Ahmadinejad also stressed that there is no restriction in expanding relations between Iran and Iraq.

Salih for his part said, "Iraq seeks to strengthen and deepen

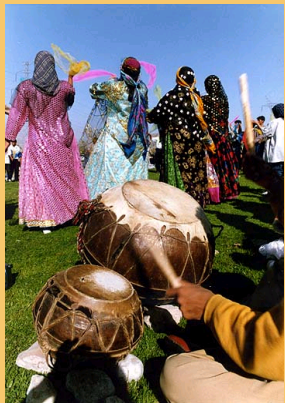
robe, Hafiz would never disguise
O untainted pure
Master, exempt us from
this fate.

Local Music and Dances

Fars



Music and dances of the Fars province whether it is rural/tribal or traditional music are composed of pleasant sounds and happy songs. The "Stick dance" and "Helli" are some of tribal dances in the province.



Comments

Please give your comment about this newsletter.

info@icrolondon.com

About Iran



Area: 1648195 sq.km
Population: 70472846 (2005)
Capital: Tehran

its relations with neighboring countries and the Islamic Republic of Iran has priority."

The Iraqi official called for greater cultural, trade and security cooperation between the two countries, adding that Iran and Iraq's security is inseparable, so Iraqi officials pay special attention to uprooting insecurity in the region.

Envoys of 120 countries heading for Arak to explore nuclear site

Representatives of 120 world countries are heading for the city of Arak in central Iran to explore nuclear facilities there.

The representatives whose countries are all members of the International Atomic Energy Agency (IAEA) arrived in Iran Saturday morning upon the invitation of the Iranian government.



Iran's ambassador and permanent representative to the IAEA Ali Asghar Soltaniyeh told IRNA that the diplomats and experts visiting Iran are representing 120 countries which are members of the Non-Aligned Movement and Group 77.

He also noted that those countries welcomed Iran's initiative as a proof of Iran's policy of transparency in its nuclear activities.

Soltaniyeh further pointed out that a similar visit took place in 2007 in Isfahan when the representatives visited the UCF in the city.

He said Iran had invited a number of other countries which are member states of the European Union to join the majority of world countries who are sending their representatives to Iran but they failed to make use of this historical opportunity to closely observe Iran's peaceful nuclear activities.

However, he noted, Iran respected the decision of these countries not to participate in the visit.

Iran after trust building in N-program

Iran says the Islamic Republic is ready to take any measure to help build confidence in its nuclear program but will not compromise on its legitimate rights.

"We are ready to take any measure in line with building mutual confidence with the West while protecting our nuclear rights," ISNA quoted Iran's caretaker Foreign Minister Ali Akbar Salehi as saying on Friday.



Official Religion: Islam
Official Language: Farsi
(Persian)
Money Unit: Rial

Land and Government

Iran comprises a land area of over 1.6 million square Km (the 17th country in the world by land area). It is located in south west of Asia and is one of the middle-east countries. Iran lies down the northern temperate zone, between latitudes 25 degree north and 39 degree 47' north and between longitude 44 degree 02' east and 63 degree 20' east.

Iranian government system is Islamic republic and its national day is 22th Bahman (11th Feb). Tehran is the capital of Iran

Administrative divisions of Iran at the end of 1383
Number of provinces: 30
Number of Cities : 324
Number of Counties : 865
Number of Towns: 982
Number of Dehestans (rural agglomerations): 2378
Country: Islamic Republic of Iran



Free Persian (Farsi) short course in London

The Centre for Promotion of the Persian Language & Literature (CPPLL) is proud to offer Persian (Farsi) short course to enthusiasts of Iranian culture and literature

Course Description:

Tutor : Dr Abdi Rafiee
(with more than 30 years experience of teaching Persian and author of Colloquial Persian)

Duration : 20 Hours

Sessions : Thursday
Every Week (6 pm till 8 pm)

Elementary: 6:00
7:30pm

Intermediate: 7:30
9:00pm

Place : Banner Street
(Nearest Tubes : Barbican & Old Street)

Fee : Free * (*A £60
Registration Fee is payable at time of

The remark follows Iran's invitation for a number of international ambassadors to the Vienna-base IAEA to visit its nuclear sites.

Salehi, who also heads Iran's Atomic Energy Organization (AEOI), expressed hope that the country's goodwill gestures would lead to further mutual confidence between the Islamic Republic and the West.

"There is no country in the world that is willing to expose its nuclear facilities and this (the invitation) indicates the peaceful nature of Iran's nuclear activity," Salehi stated.

The head of the AEOI said envoys from Non-Alignment Movement member states, representatives from the Group of 77, the Arab League and a number of International Atomic Energy Agency members states have been invited to tour Iran's nuclear sites.

About the recent remarks by US Secretary of State Hillary Clinton, Salehi said sooner or later logic will prevail and the conscience of nations will be awakened in a while and they will gradually become aware of media propaganda and false hypes.

"If involved parties have begun to accept Iran's rightful demand for civilian nuclear energy and technology this is a logical approach and [it is] promising and we welcome it," he said.

'West must reclaim trust in P5+1 talks'

Iran's Supreme National Security Council (SNSC) has urged the six major world powers known as the P5+1 group to inspire trust during the upcoming multifaceted talks.

SNSC Secretary Saeed Jalili says the West should seize the opportunity in the next round of comprehensive talks, due to begin on January 21 in the Turkish city of Istanbul, "to reclaim the Iranian nation's trust" and build confidence.

Jalili made the comments in an interview with the French daily *Le Figaro*, the SNSC said in a press release on Friday.



Referring to his recent meeting with European Union foreign policy chief Catherine Ashton, who represented the P5+1 in the Geneva talks, Jalili said, "In Geneva, we unequivocally agreed that the talks will focus on cooperation based on common grounds, and common grounds may include a range of subjects."

The senior Iranian official emphasized Iran's commitment to the talks and expressed hope that the forthcoming negotiations would prove productive.

Jalili also emphasized that the West needed to clear the climate of mistrust after cold-shouldering the Tehera Declaration between Iran, Brazil and Turkey in May to facilitate Iran's timely access to nuclear fuel for its research reactor in Tehran.

Iranian, Turkish and Brazilian officials issued a joint declaration on May 17 after the West refused to provide objective guarantees for Iran to timely receive the fuel it requires for its medical reactor.

Under the declaration, Tehran expressed its readiness to exchange 1,200 kg of its low-enriched uranium on Turkish soil with 20-percent enriched nuclear fuel.

Enrolment)

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Registered Charity No: 1094447

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Iran to launch new Satellite soon

Communications and Information Technology Minister Reza Taqipour has announced that Iran will put into orbit a new domestically manufactured satellite named Fajr (Dawn) in the current Iranian calendar year, which will end on March 20 this year.

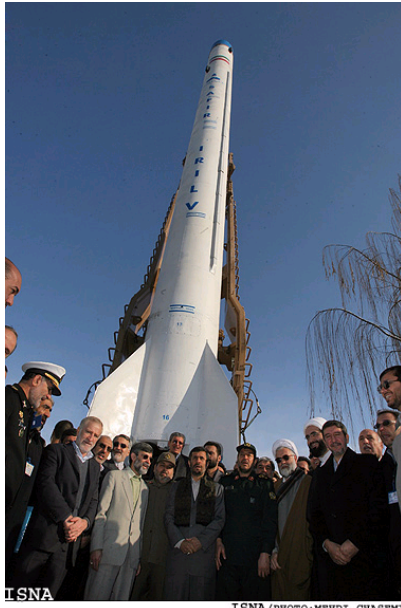
"We have planned to send the domestically made satellite Fajr into space by the end of the year," Taqipour told reporters after the cabinet meeting on Wednesday.

Reportedly, there are many differences between the new satellite and the previous ones.

Fajr can stay in space for longer time and its fuel system has been enhanced.

Iran launched its first domestically manufactured satellite named Omid (Hope) in 2009.

The Islamic Republic unveiled its first major space center in 2008, where the first domestically manufactured rocket, Explorer-1, was launched into space.



ISNA PHOTO: MEHDI GHASEMI

In addition, the Iranian Space Agency (ISA) announced in October 2010 that it planned to send humans into space within 10 years.

Mohammad Mardani of the ISA told reporters, "According to the president's order and (by) carrying out preliminary studies, sending astronauts into space will be done in a ten-year period (plan)."

OUP apologises for using false name for Persian Gulf

The largest university press in the world has apologised for inappropriately using a false name for the Persian Gulf in an English language teaching book.

The Oxford University Press said its editorial board agreed that reference to the so-called Arabian Gulf, instead of the correct name Persian Gulf, needed to be removed from its Bright Star Pupil's Book 4 and that it will ensure any reference is deleted in future prints.

"On behalf of Oxford University Press, I would like to apologise for the inaccuracy in this usage," Group Communications Director Anna Baldwin said.

"Oxford University Press strives towards excellence in scholarship and accuracy in all our facts," Baldwin told Cultural Counsellor of Iranian Embassy in London in a copy of a letter obtained by IRNA.

She said that OUP's in-house editorial guidelines on appropriate nomenclature were already correct about the accuracy of Persian Gulf, but that she "ensure the guidelines are re-circulated to avoid such an error re-occurring."

The apology comes after Iranian Cultural Counsellor in London Ali Mohammad Helmi wrote to express his surprise and disappointment about the inaccuracy to OUP chief executive Nigel Portwood.

"My disappointment is confounded by the fact that this



mistake is in direct contradiction with the very concept of a universal institution that Oxford University Press has strived to embody throughout its history," Helmi said.

He said that OUP, which has offices in more than 50 countries, had a well-renowned reputation "built upon adhering to the basic principles of disseminating accurate and unbiased historical facts to the public, especially in this case to young children."

The Persian Gulf was the historical name of the waterway "used over two millenniums ago by the ancient Greeks as Sinus Persicus as recorded by renowned Greek historians/geographers and then by the Romans as Mare Persicum", Helmi reminded OUP.

Regional security requires regional cooperation

The Persian Gulf region is one of the most strategic regions in the world, because it abounds with oil and gas reserves and meets a large part of the world's demand for energy.

That is why the world powers have always been attracted to this region and tried to wield influence on regional governments.

But, the presence of extra-regional players in the region has negatively affected its security, and this problem has taken its toll on the regional nations.

Therefore, the regional nations should work together to find a feasible solution to the issue of regional security.

As the Supreme Leader Ayatollah Seyyed Ali Khamenei has recently said, a safe and secure Persian Gulf benefits all regional countries, but if regional security is undermined, all of the countries in the region will suffer.



The foreign players can not resolve the issue and their presence in the region has become a paradox. They claim they have come to bring security and peace to the region, but their presence has undermined the regional security.

The Persian Gulf region and the Middle East are currently faced with many serious security challenges like the presence of foreign forces, terrorist groups, state-sponsored terrorism, killing of innocent civilians in Afghanistan, Iraq, and Pakistan, the Zionist regime's aggressions, movements aimed at provoking religious and ethnic divisions, attempts aimed at poisoning the regional relations, and promotion of Iranophobia and Islamophobia.

As the Supreme Leader has stated, the solution to all these issues is the promotion of regional cooperation.

Maintenance of security in the Persian Gulf through cooperation of the littoral states is a realistic and responsible security plan.

The expansion of regional cooperation in economic, commercial, environmental, cultural, and social areas can facilitate the establishment of lasting peace and security in the region.

If the foreigners leave this region, the countries themselves can overcome the challenges facing the region with a reliance on their own capabilities and capacities.

But unfortunately a misguided security policy by some regional countries has prepared the ground for a military presence of foreigners in the region, and this presence acts as a constant destabilizing factor.

As the last point it should be mentioned that any security plan for the region should be drawn up with cooperation of all regional countries, otherwise if such a plan excludes any country it will prove ineffective and inefficient.

(This text is a short translation of an article written by Hossein Amir Abdollahian, director of the Foreign Ministry Department for the Persian Gulf and the Middle East. The

Rights Activist: people imprisoned in US for skin color, expressing thoughts

Most famous US rights activist lawyer said here Wednesday there are prisoners in US for color of skin and for expression of their opinions.

Robert Brian expressed sorrow over the breaching of such natural human rights in his country that has always claimed to be the standard bearer and guardian of such rights around the globe.

'These are some of the internal contradictions of the US society' added Brian who has himself been once a victim of the same injustice, and the lawyer of Mumia Abu-Jamal, the most famous political prisoners from 1985 to 2010.

He said, 'Abu-Jamal is definitely apolitical prisoner and during his long years behind the bars he has now become a weathered, outspoken political writer as well, whom the US officials try to keep silent.'



IRNA asked how come the United States on the one hand claims to be the standard bearer of freedom of expression and personal liberties and on the other hand imprisons people like Abu-Jamal and the American Red Indian Leonard Politte, both for the expression of their ideas.

Brian said, 'Politte and Abu-Jamal are both political prisoners and there is no justification for this obvious contradiction in the United States, particularly keeping in mind that there are also over 3,000 people behind the bars in the waiting list to be executed.'

The famous US lawyer pointed out that only at California's Saint Quentin Prison there are now 700 prisoners who are sentenced to death.'

He said, 'We have lost our prestige at the international scene, particularly after the publication of the shameful news on Abu Ghraib and Guantanamo prisons.'

Brian said, 'Some deceased culprits' innocence have been proved posthumously, and we still boast that the US Judiciary System is the greatest in the world.'

About the role that the pressure lobbies have always played in the issuance of verdicts on political files in the US, Lawyer Brian said, 'There is serious pressure over the presiding judges of such files, a horrendous part of which is against the Red Indians. The Red Indians are not only subjected to poverty, that is imposed on them, but also a move has been launched in recent years that by penetration into their inner circles, efforts are made to deprive them of their aboriginal identity. We have a unique way of treating the American Red Indians! Many of them are behind the bars as prisoners of thought.'

He referred to the double standard observed by the Juror Boards at courts of justice as another obvious case of observing injustice in the United States, arguing, 'I have to confess unfortunately that the judgment of the Juror Boards at US courts in dealing with a white criminal differs greatly with the same board's judgment in dealing with a black criminal with quite a similar criminal case.'

Brian also spoke about the under aged prisoners in the execution waiting list at US prisons, arguing, 'In addition to them, there are a large number of prisoners in the United States in under 18 age group.'

The famous American lawyer ended the interview expressing his opinion on the US society's status during the former US president George W. Bush: Those were the black days in US history.

'US woman posed as asylum-seeker'

The Iranian Intelligence Minister says an American woman, who was reportedly arrested by Iran, posed as an asylum seeker but was denied entry into the country.

Last week, reports circulated in the media about the arrest of an American woman, Hall Talayan, by Iran's security forces on charges of espionage.

"This person sought asylum from Iran and claimed she was being threatened by the Americans," Iranian Intelligence Minister Heidar Moslehi said on Wednesday.

Moslehi added that after conducting investigations, however, authorities realized her claims were baseless and prevented her from entering the country.

Commenting on reports about the death of Iranian national Ali Reza Asgari in an Israeli prison, Moslehi said, "We are not certain about this report, because we don't trust the Zionists."

Asgari, a former deputy defense minister, mysteriously disappeared in Turkey in 2007. He was believed to have been abducted and transferred to Israel.

An earlier report by Israeli website Ynet stated that a prisoner had committed suicide in solitary confinement in Israel's Ayalon prison.

The Eurasia Review website claimed that a source within the "inner circle" of the Israeli Defense Ministry had identified the prisoner as Asgari and that his death could have been a murder and not suicide.

Following Asgari's death report, Iranian lawmakers called on the international community to take serious action against the murderers of the Iranian prisoner.

IAEA Envoy: Istanbul talks is a historic opportunity for west

Iran's representative to International Atomic Energy Agency (IAEA) called Istanbul talks 'a historic opportunity for west to return to negotiation table'.

Speaking to French media on Tuesday, Ali Asghar Soltanieh said that time is not in favor of the other side of the talks, so they should take advantage of such an opportunity promptly. He added that by installing the first fuel rod, produced by Iran, in Tehran Reactor, Iran's parliament (Majlis) will probably never authorize the government to do negotiation or dispatch uranium to Turkey, and in this case Iran will continue to produce it.

Soltanieh continued that nuclear weapon has no place in Iran's defense doctrine and 'we oppose any kind of mass destruction weapons'.

He added that media have a heavy responsibility to illustrate a true and clear image of realities.

He underlined that presented information to public opinion come from European and western news sources and media, which, unfortunately, most of them resort to lies.

Soltanieh said that any move towards producing nuclear weapon is a strategic mistake contrary to Iran's security and national interests, while enjoying a peaceful nuclear technology, especially uranium enrichment, under supervision of IAEA for peaceful goals is Iran's inalienable right.

Access to peaceful nuclear technology is a principled right of Iran, he continued, adding that Iran will never ignore its inalienable right in peaceful nuclear technology, which is in coordination with IAEA charter and Iran will never compromise on this issue.

He stressed that compromise in this issue is against Iran's Constitutional laws..

Iran is among the first countries which joined Non-Proliferation Treaty (NPT) and so far, IAEA has inspected more than 4 thousand day/person of Iran's nuclear activities and installations.

Iran's representative to IAEA, by referring to past negotiations with western sides, said that Iran has already negotiated with Group 5+1 in Geneva and has declared that is ready to cooperate on regional and world issues in Istanbul with five atomic powers without any pre-conditions, observing mutual respect.

Answering a question about Iran's missiles activities, Soltanieh said that Iran's missile activities are upon international conventions and in direction of national security and are aimed at defence and deterrence.

Concerning uranium enrichment by 20 percent, he said that it is for medical needs of the country adding that because of lack of cooperation and obstruction of west and Europe in the past, Iran was forced to enrich uranium by 20 percent, and 'we were successful in this concern'.

Concerning possibility of Iran's nuclear installations to be contaminated by 'Stocks net virus', Soltanieh said, 'I assure you that the virus is not able to affect our activities and in this concern you may refer to the related site of the IAEA.'

The meeting was held in Iran's ambassador residence in Paris

where a number of French media directors and senior reporters were present.

Iran submits 4 portfolios for UNESCO registration

Iran's Cultural Heritage, Tourism and Handicrafts Organization (CHTHO) recently submitted four portfolios documenting Iranian cultural traditions for registration on UNESCO List of the Intangible Cultural Heritage of Humanity.

Documentation on weddings in the traditional Iranian style, traditional Iranian music, traditional Iranian skills for baking bread, and traditional Iranian skills for making cloth has been prepared by CHTHO's Office for Registration, Preservation and Restoration of Intangible Cultural and Natural Heritage.



Marriage in the traditional Iranian style and traditional Iranian music are Iran's main priorities, office general director Atusa Momeni said in statement on Tuesday.

Only two submissions from each member are accepted to be discussed for registration on the list during the annual session of UNESCO's Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage.

The committee is scheduled to decide on registration of 163 items from several countries during the sixth session of the committee, which will be held in Bali, Indonesia, in November 2011.

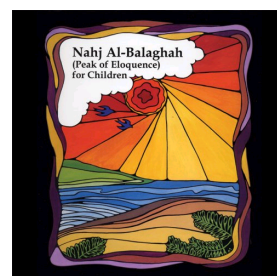
Iran's two other elements will remain on UNESCO's tentative list, which is an inventory of those properties that each member intends to consider for nomination during the following years.

Noruz and the titles and components of the radifs in traditional Iranian music were registered on UNESCO's List of the Intangible Cultural Heritage of Humanity in 2009.

The music of the Bakhshis of the Khorasan region, the Pahlevani and Zurkhaneh sports, the Iranian passion play tazieh, the traditional skills of carpet weaving in the Fars region, and the traditional skills of carpet weaving in Kashan are other Iranian items that were registered on the list last November.

Photo: Turkmen bridegroom (L) guides a camel carrying his bride as part of a traditional wedding ceremony in Gonbade Kavus, northeastern Iran, on September 10, 2010. A reed flute performer and the relatives are seen escorting them.

Nahj Al-balaghah for Children (Part 2)



The sun
look at
the sun and the moon,

the plants and the trees,
the water and the stones,
at the alteration of day and night,
the gush of the oceans,
the great number of the mountains
and the height of their peaks,
at the difference of languages
and the variety of tongues.

The ant

look at the ant
with its small body
and delicate form.
see how it crawls on the earth
and leaps at its livelihood.
it carries the grain to its hole
and stores it in its storage.
it collects during the summer for the winter,
and during strength for the period of its weakness.

The feet

glorified is allah
who has given feet
to the ant and the gnat,
and created those bigger than them,
the fishes and the elephants.

The locust

if you wish,
i will tell you about the locust.
allah gave it two red eyes,
with pupils like two moons,
made its small ears,
opened for it a suitable mouth,
and gave it a keen sense.
he gave it two front teeth to cut with
and two sickle - like feet
to grip with.

Rebirth Society to host international conference in Iran

There are an alarming number of drug users worldwide; the UN estimates that there are between 18 and 38 million problem drug users between the ages of 15 and 64. Tackling the issue of drug abuse, particularly in central Eurasia and western Asia is of the utmost importance, as the majority of the opiate exports from Afghanistan cross the border into Iran, either directly or after first passing into Pakistan. Unless the demand for opium and heroin can be curbed, efforts at reducing supply will be ineffective and one-sided.

From January 15th to 18th, Rebirth Society will host an international conference on Drug Demand Reduction in Tehran. Rebirth Society is the leading NGO working in this field in Iran. The conference will bring together drug demand reduction experts from member countries of the Economic Cooperation Organization (ECO), as well as from Lebanon, Russia, Austria, France, Italy and the United States. Some of the organizations represented are Solidarity for Afghan Families (SAF), Organization for Social Development (Pakistan) and Community of PLHIV (Uzbekistan).

Networks include the Middle East North Africa Harm Reduction (MENAHR), the Harm Reduction Coalition (HRC), European Drug Treatment Centers (Euro-TC), Vienna NGO Committee on Narcotic Drugs and the Eurasian Harm Reduction Network (EHRN). Representatives from the United Nations Office of Drugs and Crime (UNODC) will also be participating in the conference. The conference will serve as a platform for sharing regional and global experiences, as a chance to hear about the latest scientific research on drug addiction and treatment and most importantly, to take the initial steps in forming a regional network of NGOs working in this field.

Mr. Abbas Deylamizade, director of Rebirth Society, has emphasized the importance of establishing a network of drug demand reduction NGOs in the ECO region. 'Fighting drug abuse and its consequences is absolutely crucial and there is so much work that still needs to be done. I am excited about the possibility of forming a network as it will greatly increase the effectiveness of measures targeting drug addiction and its associated harms.

Historical Monuments of Iran

The plateau of Iran is among the oldest civilization centers in the history of humanity and has an important place in archeological studies. The history of settlement in the Plateau of Iran, from the new Stone Age till the migration of Aryans to this region, is not yet very clear. But there is reliable evidence indicating that Iran has been inhabited since a very long time ago. Settlement centers have emerged close to water resources like springs, rivers, lakes or totally close to Alborz and Zagross mountains. The **most important centers of this kind are:** Sialk hill in Kashan, Hesar hill in Damqan, Toorang hill in Gorgan, Hegmataneh hill in Hamadan, Hassanloo hill in Naqadeh, Marlik hill in Roodbar, and Susa (Shoosh) in Khuzestan. According to archeological excavations conducted in these civilization centers, some vestiges have been discovered, the antiquity of which dates back to the 5th millennium BC.



The migration of Aryan tribes to the Plateau of Iran began in the 2nd millennium BC. Out of these tribes, the Parthians dwelled in Khorassan, the Medes in the west, and the Parsees resided in southern Iran. The Median Empire rose in Hegmataneh (Ekbatan), the present Hamadan. The Achaemenidae established the first great Persian Empire after defeating the Medes and conquest of their capital. The limits of the Achaemenian territory during the reign of Darius I (522-485 BC.) extended from the plain of Sand River in the east to the borders of Greece in the west. Passargadae and Persepolis are among the vestiges of this period and, as important historical sites, are visited by a significant number of foreign tourists annually.

After the decline of the Achaemenian dynasty, and the destruction of Persepolis by Alexander, his successors the Seleucids dominated over Iran for a short period of time. During this time the interaction between Iranian and Hellenic cultures occurred. Around the year 250 BC, the Parthians, who were an Aryan tribe as well as horse riders, advanced from Khorassan towards the west and south-west and founded their empire over Iran Plateau in Teesfoon. This empire survived only until the year 224 AD. The Sassanides, after defeating the last Parthian king in 225 AD, founded a new empire which lasted until mid 7th century AD.

With respect to its political, social, and cultural characteristics, the ancient period of Iran (Persia) is one of the most magnificent epochs of Iranian history. Out of this era, so many cultural and historical monuments have remained in Persepolis, Passargadae, Susa (Shoosh), Shooshtar, Hamadan, Marvdasht (Naqsh-e-Rostam), Taq-e-bostan Sarvestan, and Nayshabur, which are worth seeing.

The influence of Islam in Iran began in the early 7th century AD after the decline of the Sassanide Empire. Since then, new era began in the history of Iran which caused fundamental changes in social, political, religious, governmental, and general conditions of the country. Iranians, who were very unhappy with the existing social and economic inequalities in the time of the Sassanides, accepted Islam easily and contributed to its expansion and enrichment. However, Iranians never covered up their opposition against dominance and the tyranny of the Omavi and Abbasi Caliphs and founded many autonomous movements to confront them. In return, the Omavi and the Abbasi Caliphs, tried to neutralize and suppress these movements, which were based on partisanship of the Prophet of Islam family and establishment of a government on the basis of Imamat, by supporting non-Iranian forces. Continuity of wars of attrition among local governors weakened the overall power of the country and favored conditions for invasion by stranger tribes of Central Asia, like the Seljuki Turks, Mongols, and Teymorides. In the Safavid time, the second great Iranian Empire was founded, and the Shiite sect of Islam, disciples of which were seriously limited till then, was formalized. The dynamic nature of Shiism and its political and social commitments firmly safeguarded Iranian independence and national identity against Ottoman assaults. Thus, Iran once again became a new political and religious power.

With the decline of the Safavid, Afsharieh and later the Zandieh took the throne. After the Zandieh rule, the Qajars took power. At this time the influence of foreign powers such as Britain and Russia in the internal affairs of Iran significantly increased. Meanwhile, social movements of Tobacco, Constitutional Revolution, Forest Uprising, and Sheik Mohammed Khiabani's Revolt took place. In the Pahlavi period, Oil Industry Nationalization Movement incited the uprising of

June 5th 1963, and other autonomous movements resulting in the Islamic Revolution under the leadership of Imam Khomeini in 1979.

Achaemenian	533 - 330 BC
Seleucidian	330 - 247 BC
Parthian	247 BC. - 224 AD
Sassanide	224 - 651 AD
Arab Attack	645 AD
O m a v i a n a n d Abbasian	749 - 932 AD
Saffarian	866 - 903 AD
Samanian	819 - 999 AD
Al Bouyeh	945 - 1055 AD
Qaznavian	977 - 1186 AD
Seljukian	1038 - 1194 AD
Kharazmshahian	1077 - 1231 AD
Mongol invasion to Iran	1220 AD
Eilkhanian	1256 - 1353 AD
Mozaffarian	1314 - 1393 AD
Teymurids	1370 - 1506 AD
Turkamens	1380 - 1468 AD
Safavid	1501 - 1732 AD
Afsharian	1734 - 1796 AD
Zandian	1750 - 1794 AD
Qajar	1779 - 1924 AD
Pahlavi	1924 - 1979 AD
T h e I s l a m i c Revolution	1979 AD

The historical battlefields of Iran, specially religious ones are attractions for pilgrims and tourists. For example, the battlefield against Mongols in Nayshabur, and Chaldran battlefield against the Ottoman Empire may be of special interest. And finally Iran-Iraq battlefields in Khoram Shahr Bostan, and Hovayzeh have special attractions for some tourists.

Azadi Museum, Tehran

This collection is within the tower of Azadi Square. There are different articles belong to era BC, Achaemenian, Parthian or even the Sassanian periods, as well as Islamic era. These pieces are earthenware articles, admirable metal vessels, valuable paintings and carpets.



Television (Hatami), Tehran

This cinema town was constructed in the year 1979 covering an area of 10 hectares for the purpose of renovation of scenes from old city of Tehran.



Designing the facade of buildings, shops, localities and alleys have taken place by Italian designers right according to the paintings and photographs of that time. Great efforts have been made to bring forth the replica of famous historical buildings which through the passage of time were witness to various incidents. This Cinema town consists of three important aggregates:

Lalehzar Street, Municipality Building and Toop Khaneh Square of old Tehran.

Sectors attached to Lalehzar, including Oodlajan and Pamenar localities, beyond the Tehran Bazaar.

The space related to Sarbedaran period which is located behind the old localities of Tehran.

Geography and Nature of Iran (Part 1)

Covering an area of 1,648,000 square kilometers, the Islamic Republic of Iran is located in southwestern Asia. The Caspian Sea, Turkmenistan, Azerbaijan and Armenia in the north; Afganistan and Pakistan in the east; Turkey and Iraq in the west surround the country. On the south Iran borders the Persian Gulf and the Sea of Oman. Total terrestrial borders of the country are 5,170 km. and total water borders are 2,510 km.

Iran is situated at the heart of the Middle East and, as a bridge, links the Caspian Sea, the largest land-locked body of water in the world, to the Persian Gulf. It is also a crossroad between the



East and the West. Thus, historically, Iran has been in the juncture of cultural, intellectual and political manifestations of both the East and the West, while preserving it's unique identity.

Unique landscapes such as limpid water springs, pomegranate orchards, pistachio gardens, rows of lombardy poplars, decampment of nomads in different seasons, stelliferous nights, rocky mountains, endless high and low lands, extinct snow-clad volcanoes, dense forests of the Alborz Mountain Range, and coastlines of the Caspian Sea, the Persian Gulf and the Sea of Oman are all eye-catching and memorable.

Iran's landscapes vary remarkably at different seasons. They are at times full of stone and sand, at times full of floodwater, sometimes covered by snow or by lush vegetation. Iranian artists have portrayed Iran's nature as a sign of diversity and charm in their different and diverse artistic works. Iranians also have traditionally valued Water as a symbol of life and development. Innumerable permanent streams can be seen flowing in meadows, gardens, orchards, homes, mosques and sacred places irrigating trees. Nature and it's diversity in Iran

are valuable parameters for development of the tourism industry. In total, it is estimated that 19 million hectares of terrestrial land are covered by orchards, gardens and farmlands; 10 million hectares are plain and pastures; 19 million hectares are forests; and the remaining include barren lands, desert, and mountains.

Among significant characteristics of the vast land of Iran is the existence of high mountains as well as flat plains, desert areas, rivers and lakes contributing to unique geographical conditions in which, at any time of the year, and in each section of the country, one of the four seasons is visible. Thus, in winter, swimming and water skiing are possible in the warm waters of the Persian Gulf, and at the same time winter sports, like skiing are possible in the northern and western mountains of the country, while one can enjoy the pleasant spring weather along the shores of the Caspian Sea- at the same time of the year.

The high Alborz Mountains, sealing off the narrow Caspian strip, are covered with dense forests and lush vegetation which have to be crossed when traveling to northern Iran.

5 reasons to include olive oil in your diet

A lot has been said about the beneficial effects of olive oil on health. But, we are often plagued



by doubts about the actual function of olive oil in combating health-related illnesses like heart disease, cancer and diabetes and its role in improving the overall immune system. We've put together some quick facts which clarify these doubts and tell you why you should include olive oil in your diet.

Heart disease: Mono-unsaturated fats such as the ones found in olive oil are best at lowering cholesterol. Olive oil reduces the blood's basic ability to form clots which would mean fewer heart attacks.

Weight control: A diet rich in olive oil prevents belly fat accumulation and insulin sensitivity. But, olive oil must be consumed in small quantities as it is high in calories

Diabetes: People with diabetes are at high risk for heart disease. Olive oil is linked to lower triglyceride levels and may help offset a propensity for high triglyceride levels that many diabetics suffer from, which puts them at risk for heart disease.

Arthritis & asthma: Mono-unsaturated healthy fats found in olive oil are used by the body to produce substances that are relatively anti-inflammatory. By reducing inflammation, these fats may be able to prevent or reduce the severity of diseases like arthritis and asthma.

Blood pressure: Olive oil contains a compound called oleuropein that prevents hardening of the arteries caused by bad cholesterol sticking to the walls of the arteries. This, in turn, prevents high blood pressure. Olive oil also contains antioxidant polyphenols which may be the substance lowering blood pressure.



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