



• Wednesday  
 • January 18, 2023  
 • Vol. 8107

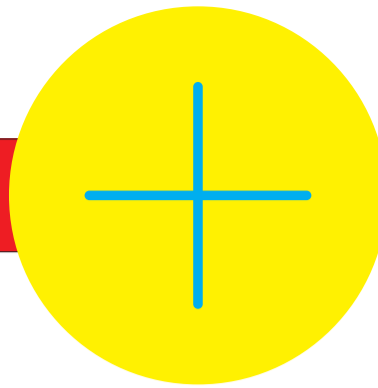
## Exercise could delay onset of Alzheimer's disease



**HIPPOCRATIC POST** – Six minutes of high-intensity exercise could extend the lifespan of a healthy brain and delay the onset of neurodegenerative disorders, such as Alzheimer's disease and Parkinson's disease.

**IRAN  
 NEWSPAPER**

ISSN 1027-1449  
 Keytitle: IRAN (Tehran)  
 irannewspaper.ir



**IRAN**

Iranian Morning Newspaper

# Enjoy amusing dolphin performances on Kish Island



apochi.com



irantours24.com

Dolphin Park Complex is the first dolphinarium in Iran, which is located on Kish Island, in the southern province of Hormuzgan. Not only can you enjoy the great and amusing dolphin performances in this complex, but you can visit other attractions of the complex as well. Dolphins are very charming animals; they put on exciting shows with the help of their coaches. Watching them swim around and dive can be a very memorable experience. If you love to watch dolphins jump,

draw, and even talk, put in some time to watch their performance while you are in Kish. They are intelligent creatures that will make you wonder, apochi.com reported. Other animals such as sea lions, walruses, and penguins live in the complex, too. The pools of the park are filled by water from the sea, and the animals are living in an environment similar to their natural habitat. This large complex has an area of 100 hectares, and it is located on the southeastern part of the island.

### Bird Garden

When you buy a ticket for the Kish Dolphin Complex, visiting the Bird Garden is also included in your ticket. This Bird Garden is located inside the Dolphin Complex and it has more than 57 various species of birds. Pelicans, ostriches, scarlet macaw, various species of stork, toucan, swans, African penguins, and rare species such as marsh crocodile are some of the birds in this park. One of the remarkable points in this park is the collection of

different species from all over the world from South America to Australia and from East Asia to Africa. The landscape of the park is very attractive. About thousands of trees of different species have been planted there, such as sacred figs, bottlebrushes, myrtles, yellow elders, gum trees, hollyhocks, and weeping figs. After touring around the park, you can rest in cafés or restaurants.

### Kish Aquarium

Kish Aquarium is not a part

of the Kish Dolphin Complex, but it is located right next to it. One of the best ways to see the underwater world is by diving, a fun activity possible on Kish Island; but if you cannot do diving for any reason, you have the chance to see colorful corals, fish, turtles, and so many other creatures in the Kish Aquarium. This large aquarium consists of two main parts: One, with a volume of 50,000 liters of water that contains sharks, crocodiles, and snakes; and the other, with a volume

of 20,000 liters that has 70 rare and interesting fish. The two-meter turtle, taxidermy, and Paleontology Center are other interesting parts of this attraction. After watching amusing dolphin performances, you can visit other attractions on Kish Island. As Kish is a small island, you will not have much difficulty reaching different places. Beaches, Greek Ship, the ancient town of Harireh, Kariz-e Kish, shopping malls, and Hendurabi are some of these places.

## Yazd to host first Multimedia Cultural Heritage Productions Festival

**IRNA** – Iran's central province of Yazd will host the first edition of the Multimedia Cultural Heritage Productions Festival, the deputy tourism minister said. The festival, slated to be held February 16-17, will host 2,925 artworks, Ali Darabi noted, adding that a total of 50 jury members

evaluated the submitted works. The deadline for submitting the works was September 6. The works introduce the country's tangible and intangible cultural heritage including customs, rituals, traditions, lifestyle, celebrations, religious and local events, language,

dialect and idioms, performing arts, native and regional knowledge and skills related to the ecosystem, arts and traditional handicrafts. The event will be held with the aim of increasing heritage literacy, honoring artists and works related to cultural heritage, Darabi noted.



## Prison dept sets up stall to collect books at Chennai Book Fair



**THE NEW INDIAN EXPRESS**– The Department of Prisons and Correctional Services of Tamil Nadu set up a stall at the Chennai Book Fair for collecting books from visitors to improve prisoners' reading habits. E. Vigneshwaran, Deputy Jailor of Tiruchy Central Prison, told TNIE that this is the first time the prison department has done something like this. People have donated around 6,000 books so far. Their target is to collect 1 lakh books by the end of the fair, he said. Considering the inmates' welfare and inculcating the habit of reading, the prison department decided to increase the number of books on its shelves across the state.



Farmers in Azadshahr, Golestan Province have begun harvesting narcissus flowers. The harvesting began in December and continues to date. The pleasant aroma of this beautiful flower tickles the nose of every passerby.

Rouhollah Ghaderi/Mehr