



### Mediterranean diet

The Mediterranean diet has already been shown to help protect the aging brain and may significantly lower risk of heart disease. A new study has now found a much stronger link than previously realized between the Mediterranean diet — which is filled with whole grains, fish, fruits and olive oil — and a reduced risk of Type 2 diabetes.

# Iran's cinema halls once again resonant with cinemagoers

Social Desk

EXCLUSIVE

There's something magical about walking into a darkened theater, the nostalgic smell of bologna sandwiches and buttered popcorn wafting through the air, and taking your seat among a sea of strangers. As the lights dim and the previews start to roll, you feel a sense of excitement and anticipation building within you. This is the joy of watching a movie in a cinema hall. Fortunately, recent statistics show that cinema halls in Iran are experiencing another boom post-COVID, and cinemagoers are finding the activity increasingly pleasant. But what is it that attracts individuals to these darkened rooms? For many of us, going to the movies has been a beloved pastime since childhood. It's a chance to escape from reality for a few hours and immerse ourselves in a different world. The big screen, the booming sound, and the larger-than-life images transport us to another place and time, allowing us to forget our worries and lose ourselves in the story unfolding before us. But it's not just about the movie itself. Watch-

ing a movie in a cinema hall is a social experience, a chance to come together with friends or family and share a common experience. There's something special about sitting in a room full of people who are all experiencing the same emotions, laughing at the same jokes, and gasping at the same twists and turns. It's a reminder that we're not alone in this world and that we're all connected by our shared humanity. And then, there's the communal aspect of it all. Before the movie starts, you might strike up a conversation with the person sitting next to you, discussing your favorite movies or actors. During the movie, you might share a laugh or a gasp with your neighbor and feel a sense of camaraderie with someone you've never met before and in all probability, will never meet again. After the movie, you might linger outside the theater, discussing what you liked or didn't like about the film or speculating about what might happen next. Watching a movie in cinema halls is also an opportunity to learn and grow. Movies have the power to challenge our beliefs, broaden our horizons, and expose us to different cultures and perspectives.



IRNA

And let's not forget the pure joy of it all. There's something so satisfying about sitting in a comfortable seat, munching on popcorn or candy, and losing yourself in a story that's bigger than yourself. It's a chance to indulge in a little bit of escapism, forget about the stresses and pressures of everyday life, and simply enjoy the moment. In a world that's becoming increasingly isolat-

ed and disconnected, watching a movie in cinema halls is a reminder of our shared humanity. It's a chance to come together, to laugh and cry and feel all the emotions that make us human. Cinema in Iran has always been hugely popular. The country has a thriving film industry that produces a wide range of movies each year. Despite some restrictions, Iranian filmmakers have found ways

to tell powerful stories that resonate with audiences both at home and abroad. Many Iranian films have won international awards and critical acclaim, helping showcase the country's rich cultural heritage and artistic talent. Despite the challenges facing the industry, cinema remains an important part of Iranian culture, bringing people together and providing a platform for creative

expression. Now, after a few not-so-impressive years for the Iranian cinema in terms of sales, it seems the recently-released movies are more appealing, and the cinemagoers have had a change of heart. The recent statistics indicate a new box office boom for the Iranian cinema, with the ticket sales in the month of Farvardin (March 21-April 20) alone surpassing \$2 million, according to IRNA.

## Iran, China stress expanding cultural, tourism cooperation



Iranian and Chinese cultural officials in a meeting stressed the expansion of Tehran-Beijing cooperation in the field of tourism and cultural heritage. Iran's Deputy Minister of Cultural Heritage, Tourism and Handicrafts Ali Darabi met and held talks with China's Vice Minister for Culture and Tourism Li Qun during his visit to Beijing, which was aimed at attending the General Assembly of the Alliance for Cultural Heritage in Asia, Mehr news agency reported. Referring to the old history of Iran and China, Darabi called for the development of Tehran-Beijing relations. Li Qun, for his part, expressed appreciation to the Islamic Republic for announcing its readiness to hold a museum exhibition and considered such events as an effective step for the development of cultural diplomacy. If the level of tourism interactions increases, many problems in other cooperation areas will also be solved, he said. Li noted that China has played a positive role in cross country cultural heritage protection. Within the framework of the alliance, China is willing to work with all Asian countries to strengthen experience sharing on cultural heritage preservation, promote international cooperation in the cultural heritage sector, and establish a network for dialogue and cooperation among civilizations, said President Xi Jinping in a letter addressed to the assembly, according to Global Times.

# Tehran lures many tourists during holidays



Sa'dabad Palace, Tehran  
safarme.ir

Sadeq Dehqan  
Staff writer

EXCLUSIVE

The Iranian capital Tehran is a top tourist destination for a large number of people from across the country during the holidays, an Iranian lawmaker said. "Since Tehran is largely empty of its population during the holidays, many people think that it is not among important tourist destinations. This is while the capital city hosts a large number of tourists from all over the country during the holidays," Somayeh Rafiei told Iran Daily in an exclusive interview. "If you visit important tourist centers during the holidays in Tehran, you will see a large number of tourists who flock to the city to visit its tourist attractions."

She also touched upon the significance of Tehran's tourist attractions. "Tehran is full of tourist attractions. The metropolis enjoys huge potentials in the tourism sector with respect to its cultural, historical and natural attractions. But its tourism capacities have been largely neglected," the MP noted. Rafiei said many of those who live in Tehran, or were born in the city, have not visited its tourist attractions. "Hence, we can conclude that scant efforts have been made to introduce these attractions." She said precious monuments from different historical eras and important historical developments have turned Tehran into an attractive tourist destination. The lawmaker said lack of knowledge of tourist attractions in Tehran pertains to the abundance of tourist sites across the country. She added that if other

countries had such attractions, they would do their best to lure tourists. She said various museums in Tehran such as the Treasury of National Jewels which displays precious and unique gemstones can draw tourists. The Treasury of the National Jewels is a collection of the most expensive jewels of the world, collected over centuries. It is owned by the Central Bank of Iran. The value of its objects is not limited to their economic value. They demonstrate creativity and taste of Iranian craftsmen and artists over different historical periods, and represent the artistic and cultural heritage of the country. Rafiei also highlighted Tehran's natural potentials to entice visitors. "In terms of ecology, Tehran offers unique natural capacities and as a city with foothills, it

has an attractive nature. The villages, waterfalls and lakes around Tehran, which are 10 to 15 kilometers from the city, are very beautiful but remain unknown among the people," she pointed out. The parliamentarian touched upon issues that adversely impact tourism in Tehran. "As the country's capital, Tehran is grappling with problems such as water shortage, air pollution and traffic, which have negatively affected tourism in the city. Officials should explore ways to tackle these problems in order to promote its tourism sector." The MP said historical sectors of Tehran are located in its center, calling for efforts to preserve them in the wake of urban development plans. Rafiei added that precious monuments are scattered across Tehran, which are indicative of the antiquity and originality of the metropolis.