



## Iranian film wins best picture in WMAFF

The 'Lady of the City,' directed by Maryam Bahrololoomi, won the best fiction film award from the 7th edition of the Women Media Arts and Film Festival (WMAFF) in Australia. Iranian filmmaker Narges Abyar was also one of the three jury members of the film festival, along with Australian actress and writer Kate Fitzpatrick and the New Zealand-born, Australia-based filmmaker Margot Nash.

# Seven ways that help you deal with a difficult boss

 **By Ali Amiri**  
Staff writer  
**EXCLUSIVE**

Dealing with a difficult boss is one of the most challenging experiences anyone can experience in their professional life. Having experienced this firsthand, I actually know how it feels to be frustrated, anxious, and demotivated. But through research and asking for advice, I have found that managing a difficult boss is not impossible. With time, I've learned some effective ways to handle the situation while maintaining my sanity. Now, in the hope that you, too, can find helpful advice or minimal solace, I'll share my experience and insights on how to deal with a difficult boss and, eventually, how to thrive in your career.

### Communicate effectively

Communication is the key when dealing with anyone, especially a boss who's making your life more difficult than is necessary. Be clear and concise in your communication with them, avoid any sort of misunderstandings, and be open to honest feedback. If you do this, I'll guarantee that you will understand your boss's expectations. In addition, you can also communicate your own needs and concerns.

### Set boundaries

Many of us tend to forget the importance of boundaries in our personal and social lives. Setting boundaries is, indeed, particularly crucial when dealing with any kind of boss, let alone a difficult one. Try to be clear about what you can and cannot do, and ensure that your boss understands your limitations. This will, in the long run, help you avoid being overloaded with work. In addition, this prevents you being asked to do things that are beyond your capacity and obligations.

### Stay calm

One thing to never forget in dealing with someone who's not your ally and tends to antagonize you is to remain calm and composed. Avoid reacting emotionally at all times, and instead take a step back to assess the situation. In this way, you will buy yourself some time to think clearly and find solutions to the problem.

### Focus on solutions

Also, instead of dwelling on the problem, focus on finding solutions. This will signal your readiness to strike a deal with your boss. Brainstorm ideas and come up with a plan of action to address the issue at hand. Do this and see its magical results. Finding solutions puts you in con-



rol of the situation, and helps you find a way forward in difficult situations.

### Build relationships

Building relationships is very much like planting fruit trees. You'll reap the benefits with a little bit of patience. So, try to build good relationships with your boss and colleagues, and see how this can help alleviate tension and make it easier to deal with a tough work environment. Be friendly, approachable, and supportive of others. Remember that creating a positive work environment and reducing stress levels thereabout is key to a healthy career.

### Seek support

I have found that in stress-

ful times there is nothing better than real support from family and friends. Therefore, it's very important to seek support when dealing with a difficult boss. Talk to anybody whom you could see as a mentor, seek advice from colleagues, or even speak to HR - actually, if the time comes, don't hesitate. Real support helps you find an objective perspective on the situation and find ways to manage it effectively. In short, it gets you through tough times.

### Take care of yourself

Lastly, and I cannot stress this enough: take care of yourself. Be sure to prioritize self-care, set aside time for hobbies and activities that bring you joy.

Also, ensure that you are not overworking yourself - consider this a no-no. By taking care of yourself, you maintain your physical and mental health, which is essential for managing stress and staying productive at work. Perhaps now you, too, can see that dealing with a difficult boss, albeit challenging, is not impossible. By communicating effectively, setting boundaries, staying calm, focusing on solutions, building relationships, seeking support, and taking care of yourself, you can manage the situation effectively and maintain your sanity in the process. And never forget: you work to live, not the other way around.

## Cultural diplomacy at its best 34th edition of TIBF kicks off in Tehran

### Arts & Culture Desk

The 34th Tehran International Book Fair (TIBF) opened in the Iranian capital at Imam Khomeini's Grand Mosalla on Wednesday. The motto of this year's book fair is "The Future Is Readable," which was selected from 40 slogans shortlisted from a large number of submissions, Mehr news agency reported. As Iran's arguably biggest cultural event, the book fair has always been the country's most effective step toward boosting cultural diplomacy since it brings together innumerable writers, readers, and publishers from around the world to engage in a few hours of bridging the cultural gaps.

booksellers, and 2,700 domestic publishers will be active in the virtual and in-person sections of the book fair, according to the Deputy Director of the 34th edition of TIBF Ali Ramezani. What is more, as per the book fair's tradition, attendants and even the followers of TIBF should keep their ears to the ground to hear the news of big cultural and political names visiting Imam Khomeini's Grand Mosalla, announcing their future projects and deals. So far, it has been revealed that the directors of Muscat, Doha, and New Delhi Book Fairs, as well as the ministers of Tajikistan and Venezuela are to be making appearances, especially considering that Tajikistan is a guest



A day into the 34th edition, it's safe to say that the crowded hallways speak volumes for the role the fair plays in the lives of Iranians and non-Iranians alike. This year, nearly 100 foreign publishers, 200

of honor at this year's book fair. The 34th Tehran International Book Fair is physically held from May 20 to 30, 2023, at Imam Khomeini Mosalla, and virtually on its website, ketab.ir.

# Jajim-weaving art popular throughout Iran

 **By Leila Imani**  
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**EXCLUSIVE**

Last week, I went to see one of my friends, who had just returned from a trip to the northern part of the country. When saying goodbye, she gave me a large gift bag and said that she brought it as a souvenir for me. I was happy that she remembered me during her trip and thanked her profusely. When I opened the bag I saw a small and colorful jajim wrapped in a beautiful cloth. She told me that she bought it from a handicraft shop in Alasht, a city in Mazandaran Province. On the way back home, I was thinking that it would



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be a good idea to use this beautiful little multi-colored jajim as a wall hanging. Jajim is a traditional Iranian rug woven in various parts of the country, especially in rural areas. Jajim-weaving is an art which has its own fans inside and outside the coun-

try. The double-sided rug is woven from colorful and delicate wool threads. The hand-woven fabric does not have lint, and it is reversible. Jajim is woven in a large number of Iranian villages in slightly different designs, colors and sizes



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but with the same texture. There is also a type of jajim with no patterns, which is known as "moj jajim". Jajim-weaving methods are somewhat the same in various parts of Iran but the main difference is in their design, color and size.

Warp and weft are very important in the formation of all handwoven textiles. Jajim patterns are geometrical, formed by the interweaving of warp and weft. A jajim-weaving loom is used to produce the valuable handicraft, but unlike other looms, it is placed horizontally on the ground.

The set of warps, which are denser than other threads with varying colors, are stretched parallel to each other on the loom at a distance of a few centimeters from the ground. The history of jajim-weaving is not known precisely. Since all woolen textiles wear out due to cold and heat, it is impossible to say when jajim-weaving began in Iran. However, since the art of textile-weaving dates back 6,500 years, it can be assumed that the age of jajim-weaving is not much different from that of textiles. In the past, Iranians spread a jajim over a korsi (a low wooden table, covered with colorful quilts, with a heating device underneath), but this hand-woven fabric has various other uses now. As one of the popular

handicrafts of Iran, jajim-weaving is prevalent in several provinces of the country including East Azarbaijan, Ardebil, Zanjan, Kermanshah, Kurdistan, Hamedan, Lorestan, Fars and Mazandaran. It is planned that Alasht be designated as the national city of jajim-weaving. A large number of young and old women are engaged there in Jajim-weaving as a source of livelihood. The weavers believe this old craft was a part of the local people's identity in the past, when a jajim-weaving loom was found in every house. Although a limited number of jajim-weaving workshops are presently active in the region, the handwoven artworks produced by the craftspeople of this region have their own fans all over Iran.