

SOBHAN TIMES

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MR. SEIRAFI ZADEH
TALKS ABOUT
PROCRASTINATION





FROM MR. SADAT



Birth

Fatimah, the only daughter of the Holy Prophet of Islam, was born in Mecca on 20th Jumada al-Thaniyah 8 B.H. The good and noble lady Khadijah and the Apostle of Allah bestowed all their natural love, care, and devotion on their lovable and only child Fatimah, who, in her turn, was extremely fond of her parents.

Character

The Princess of the House of the Prophet was very intelligent, accomplished, and cheerful. Her sermons, poems, and sayings serve as an index to her strength of character and nobility of mind. Her virtues gained her the title "Our Lady of Light." She was tall, slender, and endowed with great beauty, which caused her to be called "az-Zahra" (the Lady of Light). She was called az-Zahra also because her light used to shine among those in heaven.

Marriage

After arriving in Medina, she was married to Ali in the first year after Hijrah, and she gave birth to three sons and two daughters. Her children, Hasan, Husayn, Zaynab, and Umm Kulthum, are well-known for their piety, goodness, and generosity. Their strength of character and actions changed the course of history. The Holy Prophet said, "Fatimah is a piece of my heart." He would go out to receive his daughter whenever she came from her husband's house. Every morning on his way to the mosque, he would pass by Fatimah's house and say, "as-Salamu 'alaykum ya ahli bayti 'n-nubuwwah wa ma'dani 'r-risalah" (peace be on you, O the Household of Prophethood and the Source of Messengership).

The Best Woman

Fatimah is famous and acknowledged as the "Sayyidatu nisa'i l-'alamin" (Leader of all the women of the world for all times) because the Prophethood of Muhammad would not have been everlasting without her. The Prophet is the perfect example for men but could not be so for women. For all the verses revealed in the Holy Qur'an for women, Fatimah is the perfect model, who translated every verse into action. In her lifetime, she was a complete woman, being daughter, wife, and mother at the same time. As a daughter, she loved her parents so much that she won their love and regard to such an extent that the Holy Prophet used to rise whenever she came near him. As a wife, she was very devoted; she never asked Ali for anything in her whole life. As a mother, she cared for and brought up wonderful children; they have left their marks on the face of the world, which time will not be able to erase.

Death

The death of the Apostle affected her very much, and she was very sad and grief-stricken and wept her heart out, crying all the time. The tragedy of her father's death was too much for the good, gentle, and sensitive lady, and she breathed her last on 14th Jumada al-Awwal 11 A.H., exactly seventy-five days after the death of her father, the Holy Prophet of Islam. Fatimah died in the prime of her life at the age of eighteen, and to this day, no one knows where her grave is.

FC1



The Benefits of Cooking at Home

Mahdi Javadi

We all love simple food. One of the simplest ways to improve your health is by preparing more home-cooked meals. If you live alone or are a busy parent, finding the time and energy to prepare home-cooked meals can be hard. At the end of a busy day, eating out or ordering in is faster and easier. However, good food has a significant impact on your mood and health. When you prepare your own meals, you have control over the ingredients.



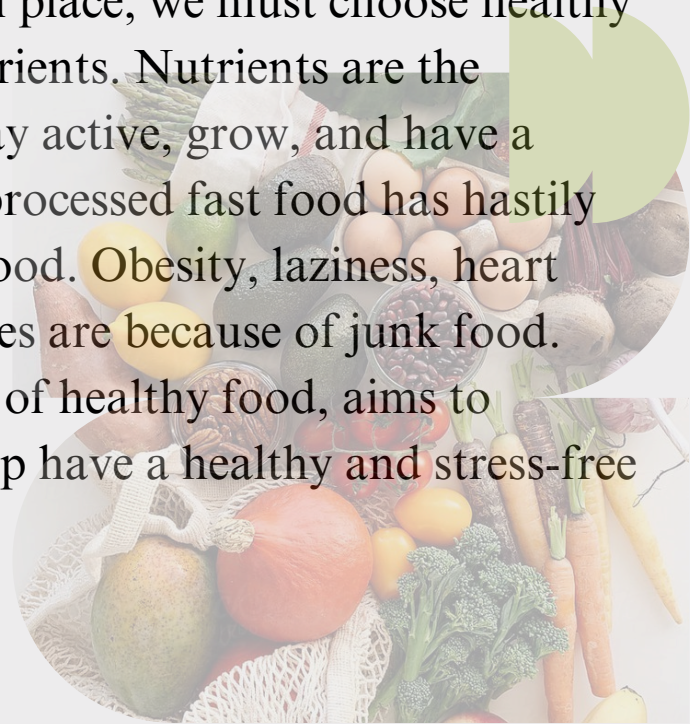


Food

Kourosh Ebrahimi Nejad



Food is the basic need of any living thing. We are what we eat. To keep the functioning of our body in the optimal place, we must choose healthy food that can provide us with the best nutrients. Nutrients are the substances that help the human system stay active, grow, and have a healthy immune system. But, nowadays, processed fast food has hastily replaced healthy eating habits with junk food. Obesity, laziness, heart problems, and an increasing rate of diseases are because of junk food. This article, penned down the importance of healthy food, aims to provide you with information that can help have a healthy and stress-free life.



THE JOBS

Aquarium store



Mohammad Yahya Moshref
Behizad

In the shop, all kinds of ornamental fishes, aquariums, lights and solutions, and aquarium accessories are sold. Ornamental fish are divided into 2 categories: vegetarian and meat eater.

Vegetarian fish such as: tetras, goldfish, guppy, platy, molly, zebra, angel, betta (fighters).

Note: Aquarium or fish water is divided into two categories: freshwater and carnivorous fish.

Such as arowana, flowerhorn, penguin, Pert, scar, cichlid, and...

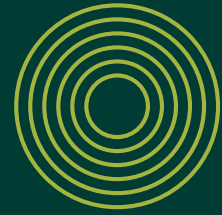
Before bringing the fish into the aquarium, the aquarium seller first washes the fish bag. Then they bring the bag to the aquarium with the bag so that the water becomes water. After 10 minutes, one adds a glass of aquarium water to the fish bag and finally, they catch the fish with a net and bring them into the aquarium.

Note: Do not pour the water from the fish bag into the aquarium.

Iranian Food

Hossein Akbari

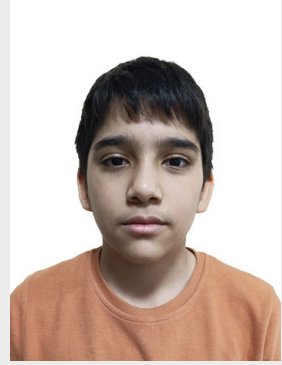
Different countries have different foods. Iran has a lot of food diversity. Iranian food has many fans all over the world. For example, Ghormeh Sabzi and Fesenjan, Kebab. I like Iranian food. My favorite food is Mirza Ghasemi.



Mirza Ghasemi is a famous Iranian Food. It originated in Gilan.

Jokes

Amir Hossein Derakhshan



Jokes started during the Safavid era. The world's first joke was made by the Greeks. This joke was about a professor, a bald man, and a hairdresser who were going on a trip. The first joke Iran made was about a working man and a rich woman.

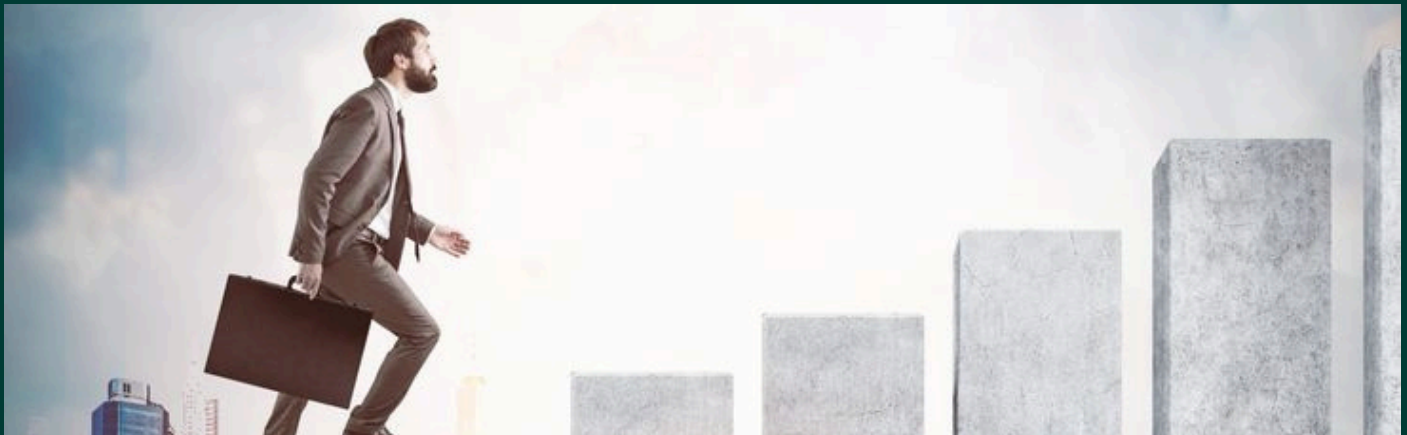


FC2

Jobs

Emad Reza

Afrouz



There are various jobs in Iran, such as pilot, doctor, firefighter, and other professions. A pilot is someone who flies an airplane. Pilots are important because they help people and goods travel long distances quickly and safely. They can work in different places, like for airlines, the military, or private companies.

To become a pilot, you need to learn a lot about airplanes and flying. This includes things like how planes work, how to read maps and charts, and how to communicate with other pilots and air traffic controllers. Pilots also need to be able to make quick decisions and stay calm in emergencies.

Pilots have different jobs depending on where they work. For example, airline pilots fly passengers to different cities and countries. They have to plan their flights carefully, check the weather, and make sure their planes are in good condition. They also need to communicate with other pilots and air traffic controllers to avoid accidents.

Military pilots have different jobs depending on their branch of service. Some fly fighter jets and helicopters to protect their country, while others transport troops and supplies to different locations. Military pilots need to be skilled in flying in different conditions and situations, and they often have to make fast decisions in high-pressure environments.

Private pilots fly for companies or individuals who own their own planes. They may fly executives to different meetings or transport goods to various locations. Private pilots need to be able to manage their time well and plan their flights carefully to make sure they arrive at their destinations on time.



Food

Amir Sadra
Nazar Ahari



Food is very important for our health and energy. It gives our body what it needs to grow and stay strong. Different foods have things like protein, fats, and vitamins that help us feel good and stay healthy.

Eating a mix of healthy foods can help protect us from getting sick. Around the world, each culture has its own special foods and cooking traditions, which bring people together and make meals enjoyable.

MOVIES

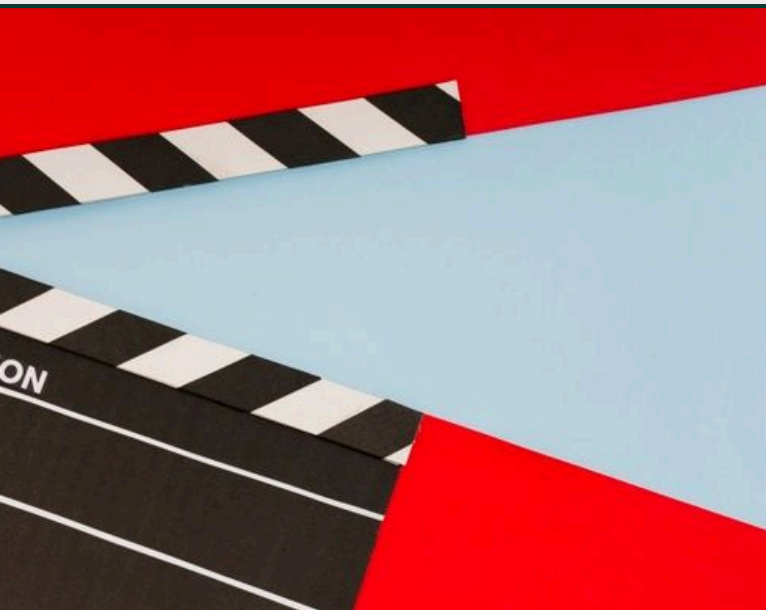
Mohammad Reza Khoshnama



Movies in Iran feature good actors such as Navid Mohamadzadeh and Shahab Hosseini, who are perfect examples. Similarly, American actors like Christian Bale and Leonardo DiCaprio are also notable.



Good movies include "Joker," "Batman," "Avengers," and those produced by DC. An example of a good Iranian movie is "Joker" and "Gol-e-Yakh" or "Absurd."



BURGERS

Abolfazl
Ghasri



Burgers are a delicious and popular food enjoyed by people all around the world. Typically made with a grilled beef patty, they are often served in a soft bun and topped with a variety of ingredients such as lettuce, tomato, cheese, pickles, and sauces. The versatility of burgers allows for endless combinations, making them suitable for any taste. Whether it's a classic cheeseburger or a gourmet creation with unique toppings, burgers are a satisfying meal that brings people together for good times and great flavors.

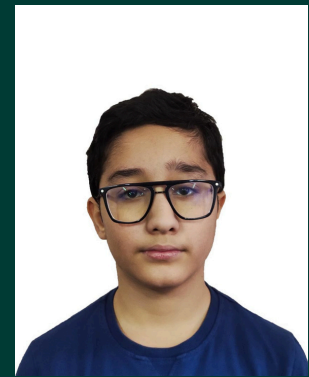
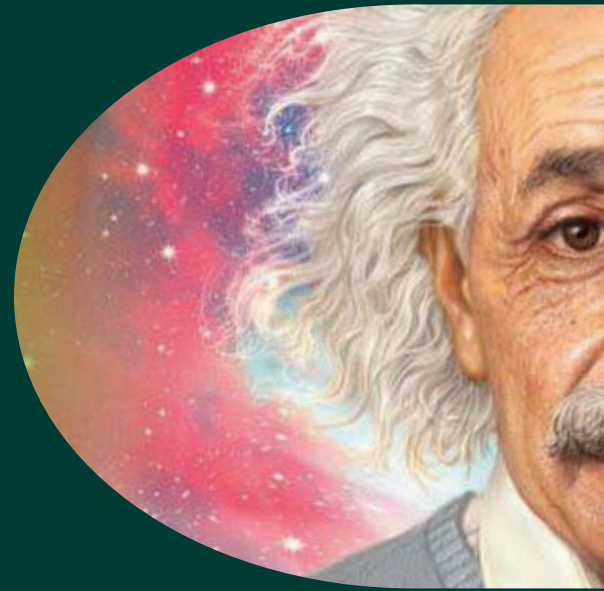




FC3

SCIENTIST

Mohammad Taha Hosseini



A scientist is a person who researches to advance knowledge in an area of the natural sciences.

In English, "scientist" is made from two parts: the word "science" (knowledge) and the suffix "-ist" ("-ist" and "-mand" in Persian).

Aristotle, Bou Ali Sina, Leonardo da Vinci, John von Neumann, and Zakaria Razi were some of the most famous comprehensive scientists.

VIDEO GAMES

Ali Moshref



Video games are very good because you can do anything you like and even things you can't do in real life, such as flying. For example, if you die in the game, you can come back to life, and you can release your anger by playing a video game.

1. It hurts the eyes a lot and makes it difficult to focus on lessons.
2. You have to pay a lot of money to play heavy games.
3. You have to pay for some original games.

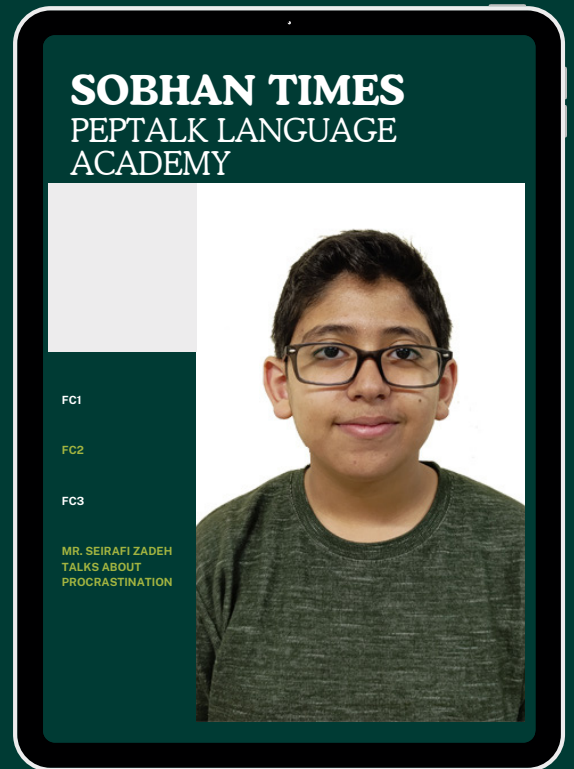
Video games can make us play instead of studying on exam nights. However, you can also make money from video games. If you have a good system and equipment, you can make money by sharing videos and streaming them using donations. You can also make money by uploading videos on Aparat or YouTube.



PING PONG

Mohammad Taha Behzad Nia

My favorite sport after football is ping pong. This sport requires a ball, two rackets, and a special table. The rackets have two colors: red and black. The red side is used for attack, and the black side is used for defense. There are special techniques in this game, including ball rotation and speed defense. The color of the table is blue to see the ball better. There are two or four (in pairs) players in this game, and the scores are 6, 12, and 21. There is no set time in this match. The best rackets are those that can make heavy and rotating shots.



VIDEO GAMES

Amir Ali Zareh

Video games are games in the virtual world.

For example: Minecraft, GTA, Call of Duty, and others.

You can experience video games on 3 types of systems:

- PE (phone)
- PC (computer)
- PS (PlayStation)

Video games have many types of topics:

War games, story games, creation games, scary games, parkour games, customization games, and more.



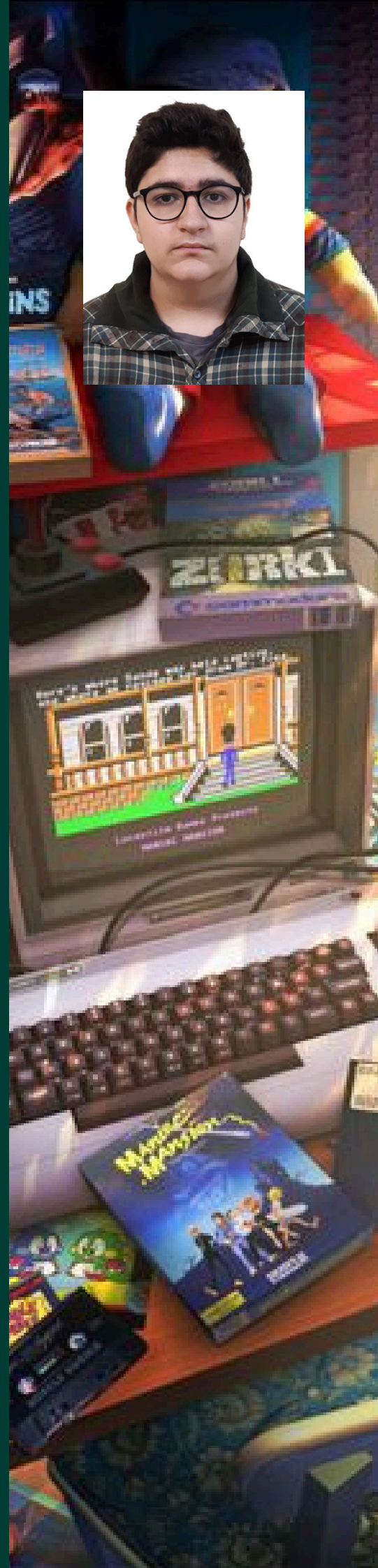
VIDEO GAMES

Ilia Nourossana

Well, I love video games myself, and I play video games a lot. My favorite video game is Red Dead Redemption 2, which I have played sixteen times. But RDR2 didn't get the 2018 game award. God of War got the award, and the whole world thinks that it's so unfair.

I like Call of Duty too. My favorite one is Call of Duty: Black Ops Cold War. I really don't enjoy online games that much, so I prefer to play story games.

But there are so many good games that I have not got to play, such as Spider-Man, The Last of Us, Uncharted, and many others. I hope someday I get to play them, and as usual, I will beat them more than ten times.





FROM MR. SEIRAFI ZADEH

What Is Procrastination?

Procrastination is when a person delays a task or puts something off until the last minute or even past the deadline.

Procrastinators often do other activities instead of their main task. They try to avoid facing difficulties.

Types of procrastination

1. perfectionist (Has high standards and fear of not meeting expectations and puts off work because they fear they won't do it correctly)
2. Dreamer (Has big goals but no plan for success)
3. Worrier (Fears change, has worst-case scenario thinking, and resists risk-taking)
4. Over-doer (Has unrealistic expectations of what can be achieved and lacks priority-setting abilities)

Negative impact of procrastination

Procrastination doesn't do anyone any favors. It can create problems beginning in your school years, when you may delay deadlines, project management, and follow-through.

Studies have shown that the earlier an assignment is submitted, the higher the academic achievement

Ways to overcome procrastination

Identifying the role of procrastination in your life

Making time for time management

Breaking up large projects into smaller tasks

Finding productive reasons to keep working on tasks and commitments

Keeping your goals realistic and reassessing goals and strategies as needed



“Procrastination doesn't do anyone any favors. It can create problems beginning in your school years, when you may delay deadlines, project management, and follow-through.”