



# IUT INTERNATIONAL E-NEWSLETTER

A window to international activities of IUT

Isfahan University of Technology

Nine<sup>th</sup> Issue: July 2020

IUT International E- Newsletter



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In order to expand the university's international scientific interactions with overseas academic institutions, the IUT International is publishing this electronic Newsletter on international relations and in line with the IUT mission towards a Green University.

You are invited to register your email [here](#) to receive the new issue of the newsletter upon its publication. You can also correspond with the editorial board from [here](#) to convey your valuable comments and suggestions or to send materials related to IUT to be published in future issues of the newsletter.

To see the previous issues and more information on the newsletter, please click [here](#).

In addition to being distributed via social networks, this newsletter will also be available through the following QR code. Your constructive participation in this path will guide us toward our goals.



## The 5<sup>th</sup> Forum of University Presidents from Top 13 Iranian and Russian Universities

This forum was held on July 7<sup>th</sup>, with presence of **H.E. Prof. Dr. Mansour Gholami**, the Iranian Minister of Science, Research and Technology; **Kazem Jalali**, the Iranian Ambassador in Russia; and presidents of top 13 universities of Iran and Russia, with the aim of expanding and strengthening scientific and academic relations.

In this meeting, which was held virtually due to the outbreak of Corona virus, **Dr.Seyed Mehdi Abtahi**, President of Isfahan University of Technology, **Dr. Mohammad Javad Omid**, Vice President for International Affairs and Technology Infrastructure, and

**Dr. Sima Fakheran**, Director of International Scientific Cooperation Center were the attendees from IUT.

During the meeting, the presidents of 14 universities presented reports on the joint activities and cooperation that have been carried out to date, and then discussed and exchanged views on the expansion of academic and scientific relations in the context of COVID-19 pandemic and the opportunities ahead could be used to develop communication between universities. [Read more.](#)



## International Collaboration through the Gate of IUN

A joint meeting of international directors, members of the consortium of **Isfahan Universities Network (IUN)**, and Isfahan Municipality was hosted by Isfahan University of Medical Sciences on Sunday, June 11<sup>th</sup>, 2020, in which the Vice-presidents for Treatment and Health from Isfahan University of Medical Sciences were attendees too.

International scientific collaborations, intra-organizational measures to control and contain the COVID-19 pandemic, development of the Diplomat

Citizen Plan, and a report was given on the actions taken by the Corona Headquarters of Medical Sciences were the topics discussed in this meeting. At the end of the meeting, there was a short discussion on the creation of culture in public opinion in order to comply with health protocols and an emphasis was given to the use of scientific and research capacities and capabilities of academic and scientific institutions to fight this disease and attain effective scientific achievements.





A UT5 assembly was held virtually in July. The meeting, which was attended by the international directors of the top five technological universities, underscored the collaboration of these universities in order to overcome the existing constraints caused by the COVID-19 pandemic and to beat off the related economic, political, and safety challenges. Most of these collaborations are through joint programs such as webinars, virtual classes, and international workshops. Due to travel restrictions, the subsequent sessions of this series of meetings are held regularly and online on the last Wednesday of each month.



### A Meeting with University of Limerick

Isfahan University of Technology and The University of Limerick had a video call on July 16, 2020. The latter was represented by

**Mrs. Caitriona Conway, Dr.**

**David Tanner, and Dr. Saeed Shirazian**, while the former was represented by **Dr. Sima Fakheran, Mrs. Neda Shams and Dr. Mohammad Javad Omid**. The meeting proceeded to an agreement between both sides to work on finding mutual fields of interest and sharing opportunities and research funding schemes to initiate joint scientific programs between the two parties and also work on their plans.



### IUT and Shenzhen University Signed a Mutual MOU

A Memorandum of Understanding between Isfahan University of Technology (IUT) and Shenzhen University (SZU), China, on exchange and cooperation in education and culture for providing better international education opportunities to students, initially in the field of Biomedical Imaging and Biomedical Devices has been signed in July 2020.

The Initiator of this MOU is **Prof. Dr. Alireza Fadaei Tehrani** from the Innovation Bio-Engineering Center for Cancer, Faculty of Mechanical Engineering of IUT.



**SUNUM**

IUT Awards and Honors:



### Welcome to the IUT New Adjunct Professor

**Prof. Dr. Ali Zarrabi** has joined IUT as an adjunct professor in 2020. He has been appointed to the Research Institute for Nanotechnology & Advanced Materials. Dr.Zarrabi is an associate professor at the Nanotechnology Research and Application Center (SUNUM), Sabanci University, Turkey.



### IUT BSc Student Accepted for an International Project under PURE, Summer 2020



Mohammad Mahdi Rostamabadi



Dr.Hajar Shekarchizadeh

**Mohammad Mahdi Rostamabadi**, a student of B.Sc. in the field of Food Science and Technology at Isfahan University of Technology, has been accepted for PURE (Program for Undergraduate Research), summer 2020 at Sabanci University. He is working on a project entitled “Different Types of Nano-biosensors Based on Graphene and its Derivatives” under the supervision of **Dr. Zarrabi**.

**PURE** program is organized by **Sabancı University** for undergraduate students to provide scientific research experience. This program is designed for undergraduate students who would like to pursue a guided research project. Undergraduate students at all levels can apply and will be selected according to the projects’

requirements and background of the applicant. The goal of the program is to make undergraduate students acquainted with real research problems early in their studies. Selected undergraduate fellows will work closely with a faculty member on a specified project. Students, who took part in 62 interdisciplinary projects ranging from engineering to basic and social sciences for seven weeks, presented their works at a poster presentation event called PURE Fair.

Mr. Rostamabadi, as one of the top students of his major among entrants of the academic year 2017-2018, has been working on the “Targeted Delivery of Food Bioactive Agents” as his Undergraduate Project under the supervision of **Dr. Hajar Shekarchizadeh**.





John Hall

**Self-Care Isn't Just Good For You...  
It's Also Good For Your Productivity**

It may not get the coverage it deserves, but America is in the midst of a stress epidemic. In fact, according to a survey conducted by Everyday Health, approximately one-third of people visited a doctor about something stress-related.

While the causes of stress differ from person to person, the effects are the same when stress builds up. These can include insomnia, restlessness, fatigue, upset stomach, muscle tension, irritability, social withdrawal, substance abuse, and a lack of motivation as well as mental health issues like depression and anxiety.

Fortunately, there's a proven way to ward off stress in your life: self-care. It lets us know when we're running on empty, so we can replenish our resources.

It shouldn't be surprising that self-care can help us become more productive as well.

**1. Self-care gives you a break from stress and anxiety.**

Self-care won't eliminate all of the stress and anxiety in your life. It will, however, give you a much-needed break from common workplace and life stressors. Barbara Markway, Ph.D., writes in Psychology Today that you should focus on activities that encourage you to zone in on your senses, such as breathing exercise. You could also do things that make you happy, like crafting, going to the movies, or taking a walk.

Additional self-care tasks could be ones that assist you in mastering a skill, connecting with others, and accepting your emotions. You could engage in spiritual activities, like praying and meditating, and there's perhaps no greater stress buster than physical activity.

**2. Self-care improves your cognitive functions.**

People that look after themselves [and practice self-care] do have better cognitive ability. They do have "better focus and they do have better concentration. Regular exercise helps memory and thinking by reducing "insulin resistance, reduce inflammation, and stimulate the release of growth factors." If you're sleep-deprived, your decision-making abilities, focus, memory, and motivation will all take a hit.

Also, spending just five minutes on your Smartphone can significantly impair your memory. It can also affect the quality of your sleep if you're on your phone right before bed; the blue light emitted from the screen can delay the release of melatonin.

**3. Self-care provides some alone time.**

We need some solitude occasionally. Science shows that alone time can spark creativity, build mental strength, and increase empathy and productivity. It allows you to reflect, process ideas and thoughts, solve problems, and get better acquainted with yourself.

**4. Self-care allows you to give more to others.**

Helping others gives you perspective and strengthens the important relationships in your life.

Of course, you can't pour from an empty cup. Engaging in self-care will give you the energy and capacity to give more to others.

**Incorporating Self-Care into a Hectic Schedule:**

To start, create a schedule that includes a morning routine, blocks for working on your most important tasks during your peak productivity hours, and frequent breaks throughout the day. During these breaks, back away from the things causing you stress—meditate, journal, go for a short walk, catch up with a friend, or find inspiration via a book, podcast, or TED Talk. The Pomodoro technique is a great method for inserting breaks into your schedule: You work for a specific amount of time, usually around 25 minutes, then take a short break. You'll come back feeling refreshed and recharged. Also, make sure to set boundaries. For example, if you don't want to be interrupted at work, turn off your phone and don't accept last-minute meeting requests. If you've already made plans, whether it's camping with your family or taking a class, say "no" to any requests that interfere with those plans.

Don't overwhelm yourself. Self-care doesn't have to be time-consuming or expensive. In fact, it's most effective when you focus on short, frequent self-care activities as opposed to infrequent and elaborate efforts, like an annual spa weekend. Self-care shouldn't add stress. Self-care may sound like a selfish luxury, but it's anything but. Self-care gives you the energy to pursue the things that really matter —and that's a great use of your time.

<https://www.forbes.com/sites/johnhall/#ad08b6384568>



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Your constructive comments and suggestions are most welcomed.

**Contact us:**

- Tel:** 031- 33912505-6
- Fax:** 031- 33912511
- E-mail:** [international@iut.ac.ir](mailto:international@iut.ac.ir)  
[isco@cc.iut.ac.ir](mailto:isco@cc.iut.ac.ir)
- Website:** [international.iut.ac.ir](http://international.iut.ac.ir)
- Address:** IUT International—  
Isfahan University of  
Technology
- Telegram:** [IUT\\_International](https://t.me/IUT_International)
- Instagram:** [IUT\\_International](https://www.instagram.com/IUT_International)

**Managing Editor:**

**Sima Fakheran, PhD**

**Editor-in-chief:**  
**Neda Shams**

**News & Design Director:**  
**Nassim Yazdianpour**

**Associate Editor:**  
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