

# Iranian satellites to contribute to environmental pursuits

## Social Desk

Iranian Space Agency (ISA) provided satellite images of the Kajaki Dam sources in Afghanistan to the country's National Dust Control Headquarters, announced Ali Sadeqi Naeini, the representative of the ISA at the headquarters.

"These images serve as valuable resources for Iranian representatives at the Hirmand Water Commissionerate to facilitate negotiations with the Afghan delegation," he said, according to Tasnim News Agency.

One of the fields in which satellite images play an important role is environmental monitoring. Satellite images with a wide view provide users with the ability to monitor various aspects such as dust paths, water sources, and subsidence rates. The impact of satellites on improving the quality of human life is widely acknowledged. Satellites, including



those used for sensing and telecommunication purposes, operate in different orbits around the Earth and have diverse applications. These effects can be observed in various fields such as weather forecasting, Earth resource observation, satellite-based communications, and aerial photography. Environmental monitoring is a crucial area where satellite images play a significant

role. These images, offering a broad perspective, enable users to monitor dust paths, water resources, subsidence rates, border surveillance, and boundary mapping. In our country, satellite images are also employed for environmental protection purposes, as previously illustrated.

These satellite images have also contributed to the creation of dust maps, aiding

in the identification and control of both internal and external dust sources. Given the water disputes between Iran and Afghanistan, these images provide crucial support to Iranian representatives, equipping them with valuable evidence during negotiations.

Another illustrative example of the impact of satellite images can be observed through the words of Jabbar



TASNIM

Vatan Fada, Director General of the Border Rivers Office at the Ministry of Energy.

"When the Taliban claimed there was a water shortage due to reduced rainfall, we presented satellite images from the past five years, including the most recent ones, demonstrating that the current year had witnessed more rainfall than the previous two to three years," he said.

These images served as undeniable proof of the water availability behind the dam. While monitoring dust and water resources is one of the key environmental functions of satellite images, these images have versatile applications in other fields as well. In addition to Iran, many countries in the region also face environmental challenges.

"Iran's satellite images can assist these countries in

monitoring and addressing such problems. For instance, countries like Iraq and Syria, which, like Iran, confront issues related to dust and water disputes with neighboring nations, can benefit from the use of satellite images," he said, adding, "The availability of accurate information through these images holds significant value for both these countries and Iran."

## Mahdieh Qazvinian Staff writer

After I got sober, I only pedaled. There are countless individuals around the world who, despite enduring the harrowing experience of drug addiction, have managed to break free from its clutches and reintegrate themselves into society. Unfortunately, addiction rates in Iran have reached alarming levels, with an estimated 15 million people affected in 2022. However, amidst this bleak scenario, there are still glimmers of hope.

For over two decades, addiction treatment centers have been actively working in Iran, alongside a comprehensive prevention program that has been in place for 15 years. One shining example of triumph over addiction is Hamid Reza, a recovered addict who now serves as a member of the Cycling Federation of Tehran Province. A devoted father of two, he stands tall as a living testament to the power of resilience and a healthy lifestyle.

At the tender age of 13,

Hamid Reza's curiosity, ignorance, and peer pressure led him down a dangerous path of smoking and drug experimentation. Sadly, this ill-fated decision robbed him of 17 precious years of his life. Today, 18 years have passed since his liberation from addiction, and he has not only overcome this debilitating disease but has also embraced sports, a healthy lifestyle, charitable work, and public service, inspiring others along the way.

From the depths of addiction to the sweet taste of freedom, 49-year-old Hamid Reza reflects on his tumultuous journey. "Like so many other addicts, I took my first step towards drug consumption with a single cigarette, only to find myself trapped in the clutches of various drugs, from opium and morphine to alcohol and hashish," he shares. "I reached the lowest point in my youth, consuming substances in the most destructive ways imaginable."

Hamid Reza continues, "I felt an emptiness within me, believing that excessive drug use would fill the void.

## Insights from a recovered drug user

# 'Our future is not defined by our past'



However, instead of finding solace, smoke and intoxication cast a shadow over my eyes, blinding me to the truth."

By the grace of God, 15 years ago, during a period of complete despair and physical exhaustion, Hamid Reza found solace in Narcotics Anonymous, right in the same park where he once indulged in his addiction. Since then, his life has

undergone a remarkable transformation. Hamid Reza attributes this miraculous turnaround to the grace of God, as well as the unwavering support and efforts of his brother and wife.

"The power of drugs is insidious, compelling addicts to do anything to sustain their habit and descend further into self-destruction," he confesses. "I, too, reached the precipice of ruin. Yet, thanks to the grace of God, the guidance provided by Narcotics Anonymous, and the unwavering support of my family, particularly my brother and wife, I managed to break free. For the past 18 years, I have lived a drug-free life and cherished every single moment."

Hamid Reza's journey from the depths of addiction to a life of purpose and fulfillment serves as a beacon of hope for countless others who find themselves ensnared by the grip of addiction. His story reminds us that with determination, support, and a commitment to a healthier existence, liberation from addiction is possible.



## Cycling from Amol to Mashhad in 11 days

Eighteen years have passed since Hamid Reza's last high, and during this time, he has turned to professional cycling to fill the void in his life and overcome the temptation of drugs. He firmly believes that the sense of liberation he once found in drugs is now replaced by the exhilaration and freedom he experiences while cycling. It's a feeling akin to flying through the air, transcending boundaries and limitations. This recovered addict has not only become a member of the federation but has also embarked on remarkable cycling journeys across intercity roads, including Amol, Nowshahr, Royan, and a challenging 800 km route from Amol to Mashhad in August 2019.

Reflecting on this journey, he shares, "On the auspicious day of Ghadir Eid, I embarked on a pilgrimage from Amol to the holy city of Mashhad. After 11 days of taxing pedaling, I finally arrived in Mashhad, eager to visit Imam Reza (PBUH)." Hamid Reza, an individual

with a remarkable story, is actively involved in charitable activities. He states, "In the Narcotics Anonymous, I learned that true happiness stems from helping others selflessly. I now teach and share my experiences with fellow patients in two recovery houses in Tehranpars and Lavasan."

## Exercise as an alternative to drugs

After his recovery, Hamid Reza dedicated his time to working in various addiction treatment centers. With his affairs in order, he is determined to prepare himself for cycling adventures beyond borders. He emphasizes, "Cycling offers a profound sense of freedom. Additionally, traveling by bicycle is not only more affordable but also immensely enjoyable compared to using a car. Therefore, I have decided to travel from Turkey to France, covering about 3700 km. My aim is to spread the message of wellness and freedom from addiction across borders."

Hamid Reza encourages individuals who have expe-

rienced the joy of liberation from addiction to embrace sports, affirming, "Although life presents us with numerous challenges, I implore my fellow human beings to resist temptation and engage in physical activity for at least one hour a day. Walking and running are the most accessible sports, and even without a bicycle or sports equipment, one can shine in these activities with a little determination. The future of a person should not be defined by their past; rather, by the will to change their present and future."

## 12-step program

Hamid Reza has discovered newfound purity through the 12-step program. He explains, "This program, consisting of twelve steps, provides individuals with self-awareness and a deeper understanding. It revolves around three fundamental principles: honesty, insight, and desire. This program has helped individuals like us who struggled with addiction to stop hiding and confront this disease. It has greatly facilitated our personal relationships and self-discovery." Speaking further on the program's nature, she shares, "The 12-step groups have a strong spiritual orientation. They provide a safe, healthy, and supportive environment for individuals who have relinquished their addictive behaviors. Anonymity is highly respected within these groups, ensuring that the words spoken by group members remain confidential, not to be shared outside. In this program, we express gratitude to God at every moment and in every step we take."

## Mohammad Ali Rajabi Cartoonist

