



Islamic Republic of Iran
Ministry of Foreign Affairs
Center for Public Diplomacy

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MFA DIGEST

*IF THERE IS NO IRAN,
MAY MY BODY NOT REMAIN*

 Tomb of Ferdosi; Toos city, Mashhad, Iran



MFA News



Iran's FM in Telephone Talks

Seyed Abbas Araghchi, Iran's Foreign Minister held telephone conversations with EU Foreign Policy Chief, as well as counterparts from Türkiye, Egypt, Russia, France, Qatar, Saudi Arabia, South Korea, Italy, Japan, Oman, Germany, Brazil, Spain, Pakistan, Algeria, Turkmenistan, United Kingdom, the Netherlands, Singapore, Iraq and the Republic of Azerbaijan.



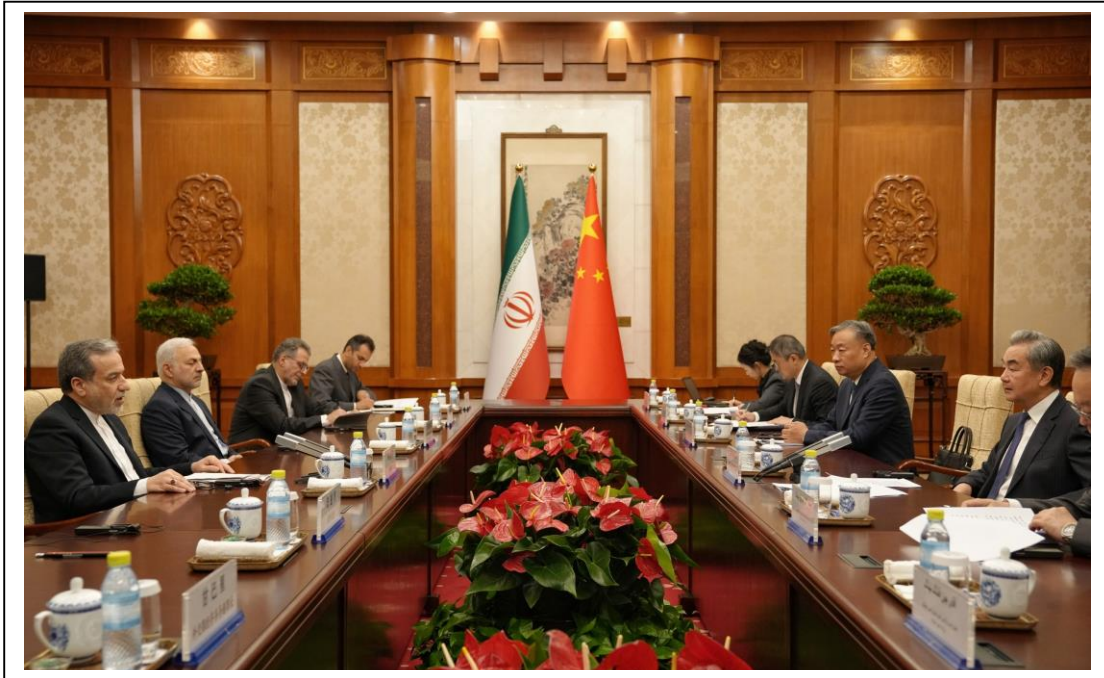


FM Araghchi in China

Foreign Minister Araghchi, travelled to Beijing at the head of a diplomatic delegation, and met with H.E. Wang Yi, Secretary of the Foreign Relations Commission of the ruling party and Chinese Foreign Minister.

During the meeting, various aspects of bilateral relations and cooperation between the two countries in numerous fields, as well as the implementation process of agreements were discussed.

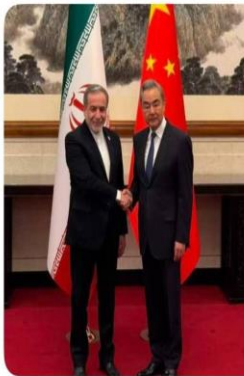




Seyed Abbas Araghchi
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X.com

我在北京同中国外长王毅进行了富有建设性的会谈。双方重申伊朗有权维护国家主权和民族尊严，伊方赞赏中方提出的关于维护和促进地区和平稳定的四点主张。伊方信任中方，期待中方为促和止战继续发挥积极作用，并支持建立能够统筹发展与安全的战后地区新架构。



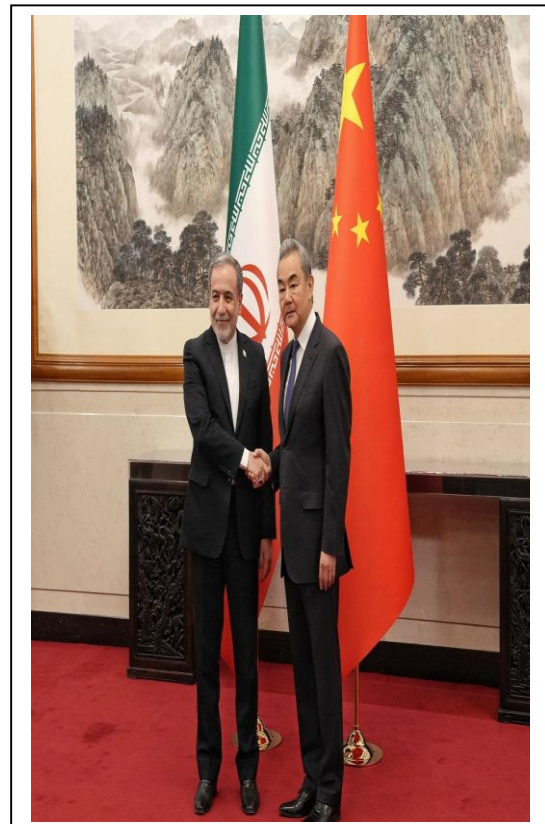
I had had a constructive meeting with Chinese Foreign Minister Wang Yi in Beijing.

Both sides reaffirmed Iran's right to uphold national sovereignty and national dignity.

The Iranian side appreciated China's four-point proposal for maintaining and promoting regional peace and stability.

Iran trusts China and looks forward to its continued active role in promoting peace and ending the conflict in the region, as well as supporting the establishment of a new post-war regional framework that can balance development and security.

Seyed Abbas Araghchi



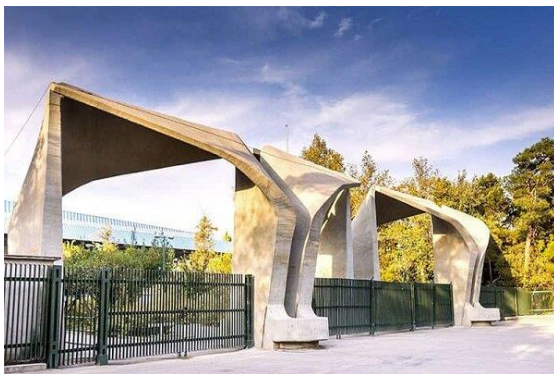


Science & Tech



SIR 2026 includes 166 Iranian universities

The SIR is a classification of academic and research-related institutions ranked by a composite indicator that combines three sets of indicators: research performance, innovation outputs, and societal impact, measured by their web visibility.



In the latest ranking, Tehran University of Medical Sciences and University of Tehran are placed among the top ten institutions in West Asia, ranking 5th and 10th, respectively.



Tehran University of Medical Sciences (with a global ranking of 701) is the top university in the country.



University of Tehran and Shahid Beheshti University of Medical Sciences and Health Services are placed second and third, respectively.

Tehran University of Medical Sciences rank 37 in Dentistry (first in West Asia), 49 in Dermatology, 73 in Obstetrics and Gynaecology, 81 in Otorhinolaryngology, 94 in Infectious Diseases, 96 in Public Health, Environment and Occupational Health, 98 in Urology, 108 in Ophthalmology, 131 in Medicine (first in West Asia), 139 in Epidemiology, 159 in Nephrology, 176 in Surgery, and 189 in Critical Care and Intensive Care Medicine.

Vice-presidency for science details supports to bolster bio-tech sector

Concerning the decisive role of biotechnology in food security, health, and knowledge-based economy, the country has adopted a series of technological and research projects focusing on scientific data analysis, expansion of innovation infrastructure, and enhancement of strategic biotechnology value chains.

The use of artificial intelligence (AI) for advanced analysis of the country's scientific data in biotechnology is one of the most important steps taken.

AI language models and natural language processing tools are used to conduct extensive mining on

scientific articles by Iranian researchers.

Moreover, seven specialized biotechnology centers have been launched at universities. An institutional synergy model has been developed to implement the 'national division of labor in biotechnology' plan, which is being implemented with the help of different agencies, including the headquarters for the development of biosciences and technologies and stem cells, the national Planning and Budget Organization, the Ministry of Health and Medical Education, the Ministry of Science, Research and Technology, and the Iran National Science Foundation.





Second expo on advanced technologies in Persian medicine

The main objective of the exhibition is to identify, assess, and showcase the most innovative and knowledge-based products in the Persian medicine sector, as well as natural and biological products which will ultimately strengthen the country's innovation chain, and boost Iran's market share of technological and health-oriented products, Hossein Rezaeizadeh, the health ministry's director for the traditional medicine office.

The exhibition will feature the products that are developed for the first time in the country, with no similar domestic sample made before, as well as the products that

have already existed but have been significantly improved within a year, he added.

The products have to be domestically made based on indigenous innovation, obtain the required standards and approvals (up to the end of the upcoming summer), and have economic, social, and strategic impacts on national challenges, Rezaeizadeh noted.

The event will provide a great opportunity for companies and technologists that operate in the Persian medicine sector to showcase their achievements and innovative products, develop the market, attract investors, hold talks with policymakers, big industries, and supportive bodies.

DOE updating national document on public participation

The document involves perspectives, objectives, and governing principles, including transparency and accountability. Once completed, the document will benefit from public participation in all parts, from making decisions to implementing them in the environment sector, ISNA quoted Hadi Kiadaliri, the DOE's deputy head for public participation, as saying.



To enhance public participation in environmental protection, the department found it essential to focus on training students at schools. So, DOE, in cooperation with the Education Ministry, has launched a project to train eco-friendly practices among students who will be environmental helpers later.



According to Kiadaliri, a total of 26,000 students from all over the country have participated in the project so far. "If the students are successfully trained and equipped with the needed skills, they will be our best ambassadors in society. Training programs may be costly, but it is worth the price, as these students will train the generations to come," the official added.



The official stated that a document on promoting the culture of preserving the environment among governmental bodies has already been developed and submitted to them, elaborating on their measures which will later be assessed by the DOE.



Trade & Economy

Over 22m tons of steel products manufactured in a year

While Iran is fighting the U.S. severe sanctions on its economy, and the country's different industrial and economic sectors have been affected by the limitations and difficulties caused by the sanctions condition, the country's mining sector is moving forward noticeably, overcoming such barriers.



It is worth mentioning that according to the statistics of the Iranian Steel Producers Association, steel production in Iran during the past Iranian calendar year 1404 has recorded a growth of over six percent.



The association has published the statistics for the year 1404 of the country's steel chain. Accordingly, despite intensified energy restrictions, due to optimal management and the introduction of new capacities—both in production and in energy self-sufficiency by steelmakers—Iran's steel production increased by 6.2 percent. Thus, Iran's steel production in 1404 reached 32.1 million tons, equaling the production level of 1402.



The total production volume of steel products in the country in 1404, however, experienced a reverse trend, declining by 1.8 percent. Meanwhile, sponge iron recorded the highest production growth among steel chain products, with a 16-percent increase. However, in the upstream of the steel chain, production of pellets and iron ore concentrate remained at the same levels as the previous year.

Facilitating business processes necessary to support production: IRICA head

Foroud Asgari, the IRICA head, stated in the 116th session of the Government and Private Sector Dialogue Council of Hormuzgan Province that customs is one of the main pillars of supporting production, trade, and securing people's livelihoods, and emphasized the need to facilitate business processes.



Referring to the formulation of a unified instruction in cooperation with adjacent agencies to facilitate trade, he said: "Our goal is for trade to be conducted with ease and at the lowest cost."



Asgari added: "The revision of trade and customs processes during the emergency conditions and the early days of the holy month of Ramadan during the Imposed War was carried out with the cooperation of competent authorities so that trade procedures could be conducted more smoothly."



According to the customs chief, the 100% clearance of essential goods in minimum time, with the cooperation of adjacent agencies, played a significant role in meeting the country's needs during the 40-day war, to the extent that 3 million tons of essential goods were cleared during that period.



Persian Cuisine



Havari (Meygoo Polo Bandari)

Meygoo Polo Bandari –Shrimp Rice with Fresh Herbs brings together all the flavors of Hormuz, Bandar Abbas, Bushehr in the south of Iran. In Persian, Meygoo means shrimp and Polo means rice; so quite simply! it's shrimp with rice.

Meygoo Polo, also known as Havari Polo, is a true classic of southern Persian cooking and one of the most delicious rice dishes in Iran.

Firm, juicy shrimp, fresh herbs, and warm oriental spices are layered between fragrant Iranian rice; creating a dish that is both comforting and full of exotic flavors.

Ingredients

- 1 tsp saffron threads;
- 500 g shrimp;
- 2 onions;
- Juice of 1 lemon;
- 400 g Iranian rice;
- 100 g fresh coriander;
- 100 g fresh parsley;
- 3 garlic cloves;
- 1 tsp dried fenugreek leaves;
- 1 tsp tomato paste;
- 1 large potato, sliced;
- 30 ml ghee;
- Salt, pepper, turmeric, cumin.

Recipe

Step 1; Brew the saffron

Grind the saffron threads in a mortar until fine. Pour over 50 ml of hot water and cover the mortar with a small plate to keep the aromas.



Step 2; Marinate the shrimp

Clean the shrimp and remove the vein. Grate the onion and squeeze the lemon. Mix the shrimp with onion, lemon juice, use only 20 ml of the brewed saffron (keep the rest for later), plus salt and pepper. Cover and let marinate in the fridge for about 4–5 hours.

Step 3; Prepare the rice

Rinse the Iranian rice several times until the water runs clear, this removes excess starch and keeps the grains fluffy. Soak the rice in lukewarm salted water (1 tsp salt) for about 2 hours, then drain in a sieve.

Bring a large pot of water to a boil, add the rice, and cook for 5–7 minutes until the grains are just al dente. Drain the rice under cold water to stop the cooking process and set aside.

Step 4; Prepare the herbs

Wash the herbs, dry them thoroughly, and chop finely. Set aside 2 tablespoons each for later.

Step 5; Cook the saffron shrimp

Dice the onion and sauté in a little oil until translucent. Press in the garlic. Add turmeric, cumin, fenugreek leaves, tomato paste, 2 tablespoons of the chopped herbs, salt, and pepper. Mix everything well. Add the marinated shrimp with all their juices and cook for 3–5 minutes. Remove from the heat.



Step 6; Prepare the TAHDIG

Pour the brewed saffron with ghee or oil in your pot, or rice cooker. Peel the potato, slice it, and spread the slices evenly on the bottom – this will form the crispy tahdig crust.



Step 7; Layer the rice

Now begin layering:

A layer of drained and precooked rice

Next a layer of herbs

A layer of shrimp mixture

Repeat until everything is used up, finishing with a layer of rice on top.



Step 8; Prepare ghee-oil-saffron mixture

Warm the ghee–oil mixture and mix with the remaining brewed saffron.

Drizzle over the rice.

Use the handle of a wooden spoon to poke five holes all the way down to the bottom of the pot – this allows the steam to rise and cook the rice evenly.

Rice cooker method: Set the cooker to Crispy mode and let the rice steam for about 45 minutes.

Stovetop method: Cover the lid with a clean kitchen towel (to catch the steam and prevent it from dripping back onto the rice). Place the lid tightly on the pot and cook on low heat until the rice is fluffy and the bottom turns golden and crispy.



Step 9; Flip your rice

Once your Meygoo Polo is ready, it's time for the best part – revealing the crispy tahdig! Gently loosen the sides of the rice with a spatula.

Place a large serving platter over the pot, hold it firmly with both hands, and quickly flip the pot upside down. If done in one confident move, the rice will come out as a beautiful golden dome with the shrimp, herbs, and fluffy rice inside – and the crispy potato crust on the outside.

If you prefer, you can also serve the tahdig separately. Simply spoon the rice with shrimp and herbs onto a large platter and then lift the tahdig out carefully and place it on a small plate. This way everyone at the table

can admire the crust and help themselves.

Step 10; Garnish & serve

For a beautiful presentation, spoon a little saffron-infused rice on top of your dish for extra color and aroma. Sprinkle with a few fresh herbs like coriander or parsley for a fresh green touch.

Meygoo Polo is best enjoyed family-style, placed in the center of the table so everyone can admire the layers and the golden tahdig.



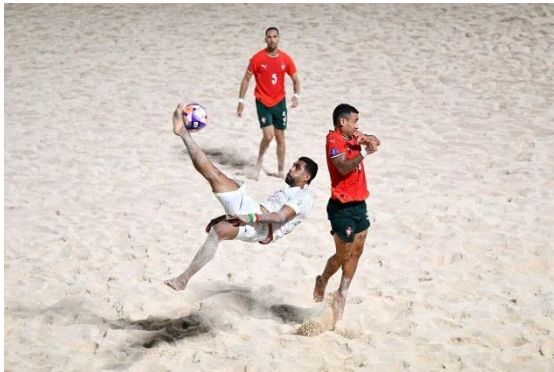


Iran Sports



Iran beach soccer drop to sixth in world ranking

Iran's national team, who have recently claimed the title of the 2026 Asian Beach Games in Sanya, China, sit sixth in the ranking with 1958 points.



Brazil remained top with 4085.25 points, followed by Portugal, Russia, Italy, Belarus and Spain.

In the women's division, Spain lead the table, followed by Portugal and Ukraine.

Mourinho: Iran deserve World Cup place

FIFA President Gianni Infantino has confirmed Iran's participation in the competition, yet there are still doubts on whether they'll actually take part in the tournament due to the ongoing tensions in the Middle East.

"One thing is politics, one is sport," Mourinho said.



"The Iranian players who have qualified for the World Cup, which will involve too many teams, deserve to play it," Mourinho said.

Iran's Mohammadi and Nemati win gold and silver at IWF Junior Worlds

Mohammadi lifted 180kg in the snatch and added 221kg in the clean and jerk to win a gold medal for a total of 401kg. His compatriot Nemati seized a silver medal by lifting 172kg in the snatch and 220kg in the clean and jerk, for a total of 392kg.

Zarei had earned bronze for Iran in the men's 94kg category. Zare and Gholizadeh also won a gold and silver medal respectively in the men's 110kg division earlier.

Iran among women's futsal ranking top 10

The May 2026 rankings take account of 84 new women's matches, 10 of which were played in late 2025, and 321 new men's matches, 64 of which were contested as last year drew to a close. While the women's encounters included 18 qualifiers for the UEFA Women's Futsal EURO 2027 and 66 friendlies, the men's matches comprised clashes at the AFC Futsal Asian Cup 2026, the CONMEBOL Copa América de Futsal 2026 and the UEFA Futsal EURO 2026 (staged in Latvia, Lithuania and Slovenia from 21 January to 7 February), as well as 54 regional and FIFA Futsal World Cup qualifiers and 177 friendlies.

The top six nations in the FIFA Futsal Women's World Ranking remain unchanged from the previous edition published in December 2025, with Brazil, Spain, Portugal, Argentina, Italy and Japan leading the way.

In the latest update, the top five positions are held by teams that competed in the finals of recent continental championships. Hot on the heels of the table-topping Seleção are UEFA Futsal EURO runners-up Portugal (2nd) and the new European champions Spain (3rd). They are followed by Argentina (4th) and Iran (5th), who successfully defended their AFC title. Fellow Asian finalists Indonesia have risen ten places to 14th.





Tourism & Nature

Commemoration Day of the Ancient Iranian City Shiraz

In the Iranian calendar, the middle of spring, which corresponds to the 15th day of the month of Ordibehesht (coinciding with May 4 or 5) is registered as "Shiraz Day."

Shiraz is one of Iran's historical and ancient cities, located in Fars Province. This city has a long and rich history and according to studies on the surviving historical artifacts, it is approximately 6500 years old.

Also, the tablets of the ancient city of Pārsa (Persepolis), the "City of the

Persians," show that that Shiraz has served as the capital for various states, including the Achaemenids, Greeks, Elamites, Old Medes, etc. This city has been registered in historical documents and texts under different names like Tirazis, Shirazis and Shiraz. In 1950, it was designated as the cultural capital of Iran. Shiraz is home to numerous historical sites, making it one of the oldest cities, attracting many tourists from around the globe daily. This city is recognized as an important hub for tourism centers and handicrafts in Iran.



Bandar Abbas offers unique blend of history, culture and natural beauty

Bandar Abbas is a city that offers a unique blend of history, culture, and natural beauty.



It is an appealing tourist destination for both domestic and international visitors that offers a range of activities and sites to explore.



The city is also home to some of the most beautiful beaches in the region. The crystal-clear waters of the Persian Gulf make for a perfect place to swim, sunbathe, or participate in water sports.



Visitors can experience the beauty of the Persian Gulf, the hospitality of the locals, and the delicious food and vibrant souks. Sightseers may arrange visits to the nearby Hormuz Island, a UNESCO heritage site, and explore the ruins of Portuguese fortresses.



Visitors may roam in local souks for a while. In those bustling marketplaces, locals sell arrays of goods, from spices and herbs to handmade carpets and jewelry.

Visitors can explore the unique and beautiful architecture of the souks and experiment with dishes that reflect the diverse culture of the area.

Hormuz, An Island Painted

Have you heard about the ‘heaven of geology’?



Well, we call it Hormuz. Hormuz Island is located in Hormuz straight, Persian Gulf.

This heavenly Island is a great choice if you seek serenity.



Hormuz Island is famous for its quiet and pristine islandic nature.

In Hormuz, the beach has a different color, the valleys are special, the mountains are alive and colorful, the caves are rainbow-colored, and indeed the people are lovely!





Society & Culture



A living museum: The cultural and natural wonders of West Azarbaijan province

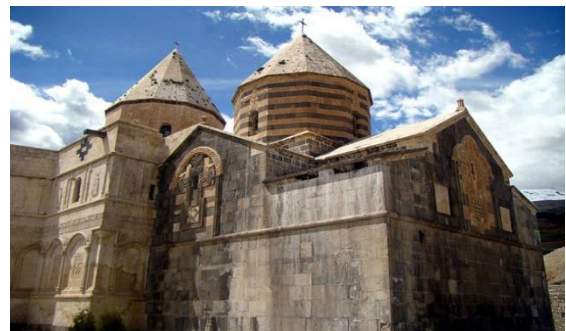
Situated in the northwest of Iran, West Azarbaijan province is a region where history, culture, and nature converge to create one of the country's most compelling tourist destinations. Bordering several countries and shaped by centuries of interaction among civilizations, the province has long served as a crossroads of cultural exchange and human settlement.



At the heart of the province lies Urmia, a vibrant city that reflects both modern life and deep historical roots. Beyond its urban centers, however, the province reveals a rich archaeological landscape.



Excavations at sites such as Hasanlu, Kul Tepe Selmas, and Qalaichi Bukan, along with numerous other ancient mounds, offer valuable insights into early civilizations. These sites bear witness to the presence of powerful cultures such as the Urartians, Mannaeans, Assyrians, and Persians, making the region a cradle of civilization during the first millennium BCE.



The province's historical narrative is further enriched by remains from later periods. Intricately carved inscriptions from the Sassanid era and the ruins of fire temples associated with Zoroastrianism illustrate the enduring spiritual and cultural traditions of the region.

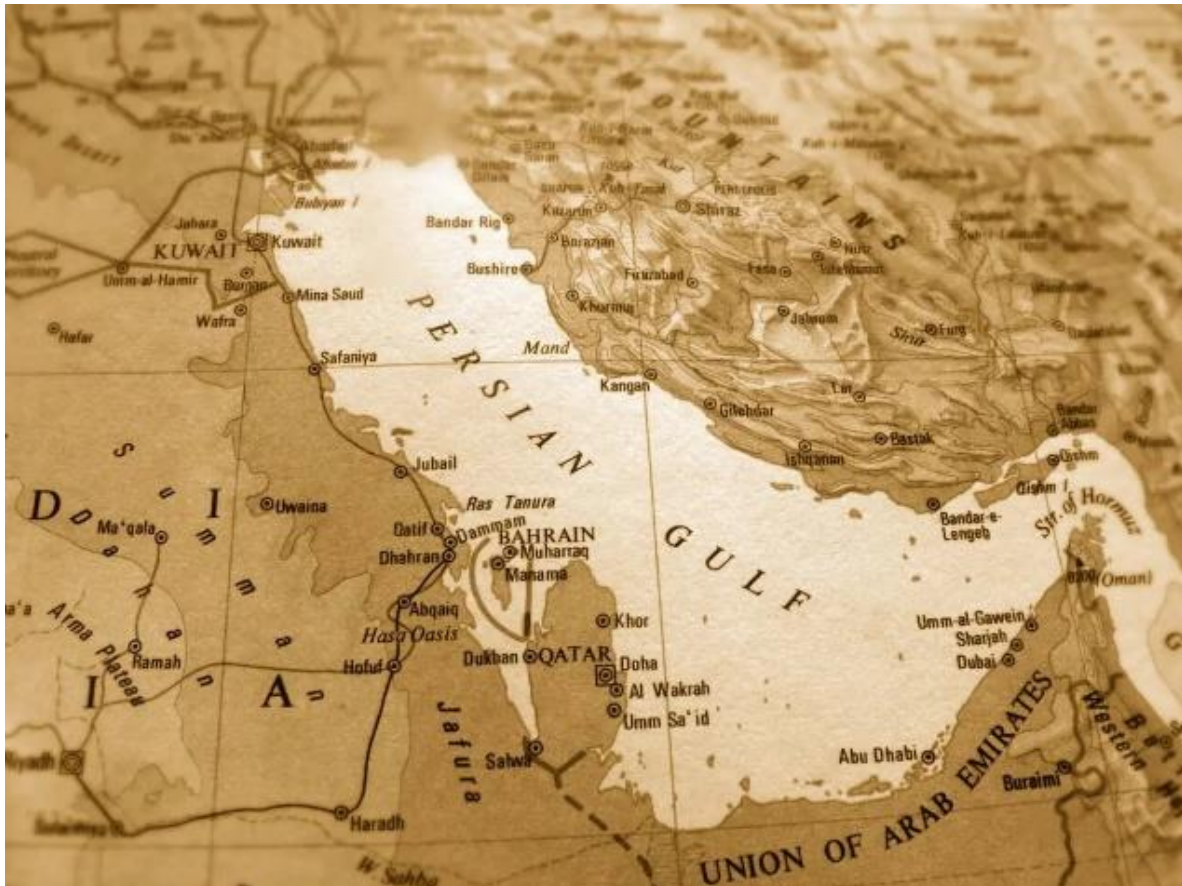
Together, these elements transform West Azarbaijan into a living museum, where layers of conquest, belief, and artistic expression are preserved in stone.

Rethinking the Persian Gulf's role in deep time human history

The “Stone Age” represents the longest and most formative phase of human history: an era when the foundations of survival, adaptation, and global dispersal were established. Far from a symbol of decline, it is an expression of humanity's resilience and capacity to conquer new landscapes. Nowhere is this reevaluation more urgent than in Iran, particularly along the coasts and hinterlands of the Persian Gulf. This region was not a passive backdrop to human history but a key node in the deep-time processes of human movement and settlement. When we speak of the Paleolithic in Iran, we address a record extending back hundreds of thousands of years—far

earlier than the peopling of the Americas some 30,000 to 40,000 years ago. The Iranian Plateau, especially the northern margins of the Persian Gulf and the Strait of Hormuz, functioned as a principal corridor for human dispersal across Eurasia. Today, as Iran advances a maritime-oriented economy, reexamining this deep history reveals that the Persian Gulf was a “vital corridor” for survival, movement, and resource exploitation thousands of years ago. This continuity—from Paleolithic migratory pathways to modern energy and trade routes—renders the region's geopolitical significance intelligible within a long-term perspective and offers new insights for Iran's maritime policy.





Iran registers 400 cultural elements linked to Persian Gulf

Ali Darabi, deputy minister of cultural heritage, tourism and handicrafts, made the announcement on Monday during a ceremony marking Persian Gulf National Day at the Research Institute of Cultural Heritage and Tourism in Tehran.

“The Persian Gulf and Iranian heart land are two cultural elements that, through their mutual influence, have attained a special status,” Darabi said, according to remarks carried by state media.

Each year, Iran commemorates Persian Gulf National Day on the 10th day of Ordibehesht in the

Iranian calendar, April 30 this year, highlighting the geological, cultural, and historical importance of the waterway. The occasion also marks the 1622 victory in which forces of the Safavid Empire, alongside the British East India Company, expelled Portuguese forces from the strategically vital Strait of Hormuz.

Darabi described the Persian Gulf as a “key geopolitical and strategic axis,” noting its long-standing role as a cradle of civilization and a hub for cultural exchanges.

Darabi underlined that the sensitivity of Iranians toward the name of the Persian Gulf stems from its deep roots in historical memory.

17th Gol-Ghaltan (rolling in flower) festival underway with new community-focused approach

Held annually in the Persian month of Ordibehesht (April–May), the ritual coincides with the blooming of Damask roses, known locally as “Gol-e Mohammadi.” Amirieh, often referred to as the “capital of Gol Ghaltan,” welcomes families from across the country who bring their infants to take part in the ceremony.



The ritual, which involves gently rolling babies under one year old in rose petals, was inscribed on Iran’s national intangible cultural heritage list in 2010 as the first such heritage from Semnan province and the country’s second overall after Nowruz.



Amirieh’s mayor, Mostafa Fouadian, has said this year’s festival began on May 5 and will feature a shift away from centralized events toward smaller-scale ceremonies observed in traditional homes across the town.

“In the 17th edition, efforts have been made to preserve the authenticity of the ritual by holding ceremonies in local households,” Fouadian said. “So far, five traditional homes have been prepared, and more will be added in the coming days.”

Registration for participating infants is being conducted through the festival’s secretariat, he added, noting that guidelines have also been issued to ensure the event is held in a respectful and spiritual manner.



The Gol Ghaltan (rolling in flower) ritual is rooted in long-standing local beliefs that rolling infants in rose petals promotes health, vitality, and protection against illnesses, particularly allergies.

Elderly women in the region say the practice also helps maintain the baby's skin.

7000-year-old Iron Age traces found in Qarchak's Tepe Ferdos

Archaeological excavations indicate that the site dates back to the 5th and 6th millennia BC. The discovery of advanced pottery kilns and sophisticated pottery wheels—equipped with animal-horn cylinders—has stunned researchers, offering a rare glimpse into the industrial and social complexities of ancient inhabitants during the Iron Age, the report added.

Tepe Ferdos is more than just an archaeological site; it is a symbol of ancient Iranian civilization that holds

the potential to become a major destination for researchers and tourists alike.

The Iron Age represents a pivotal era in human history, characterized by the widespread adoption of iron for toolmaking and weaponry, replacing the softer and more expensive bronze. This technological leap, which began at different times across the globe facilitated deeper agricultural expansion, more efficient construction, and significant shifts in military tactics. Beyond metallurgy, this period was marked by the rise of complex urban centers and a profound transformation in social hierarchies, as communities adapted to the newfound power of iron-based economies and the





increased efficiency it brought to daily life.

Minab School Martyrs Museum to expose injustices against innocents to global public

Speaking at a specialized working group meeting on Saturday, Salehi-Amiri outlined the strategic vision for the project, asserting that the museum must transcend traditional exhibition formats. He noted that multiple specialized scenarios have been developed for its design, all rooted in expert, scientific, and professional analysis, CHTN reported.

The minister stressed that the museum's core mission is to introduce the new generation, students, and the global public to the tragic dimensions of the Minab

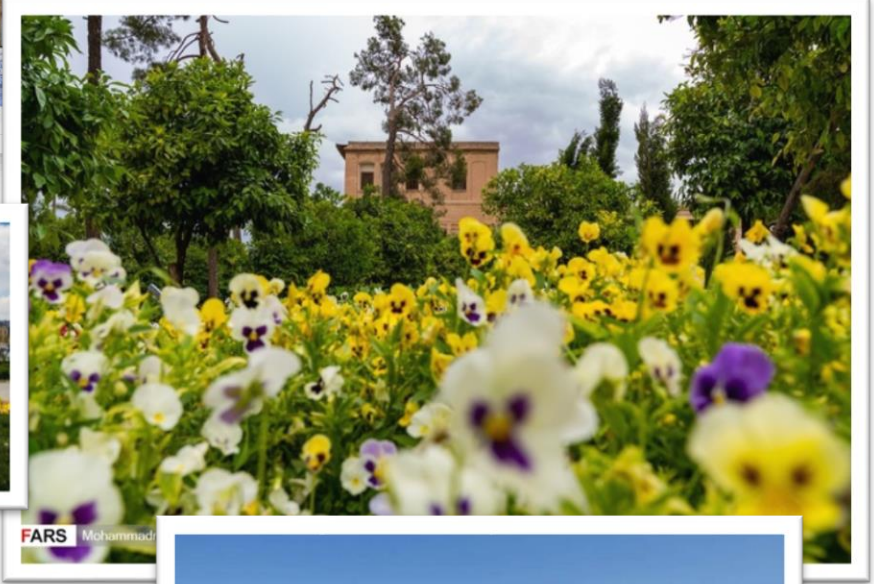
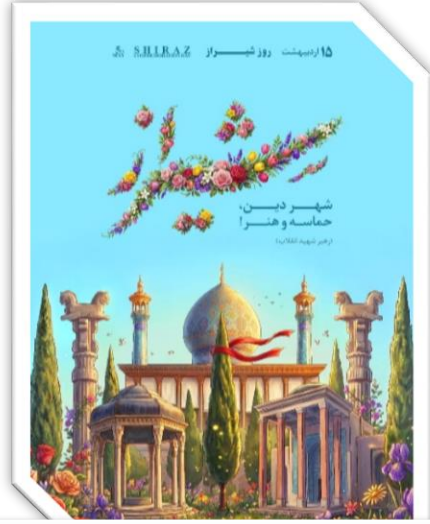
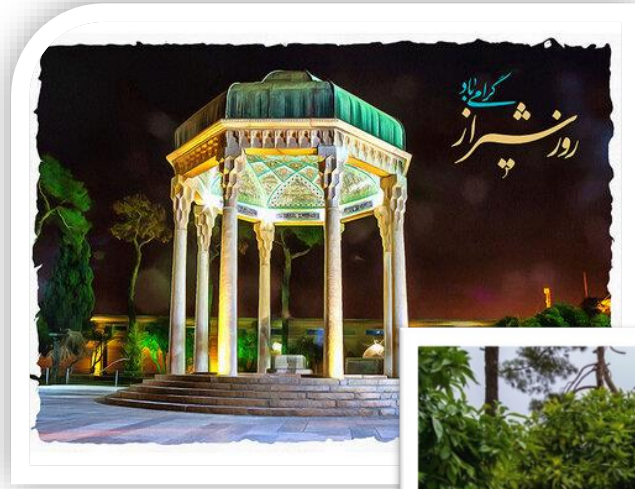
school tragedy through a human, maternal, and educational lens.

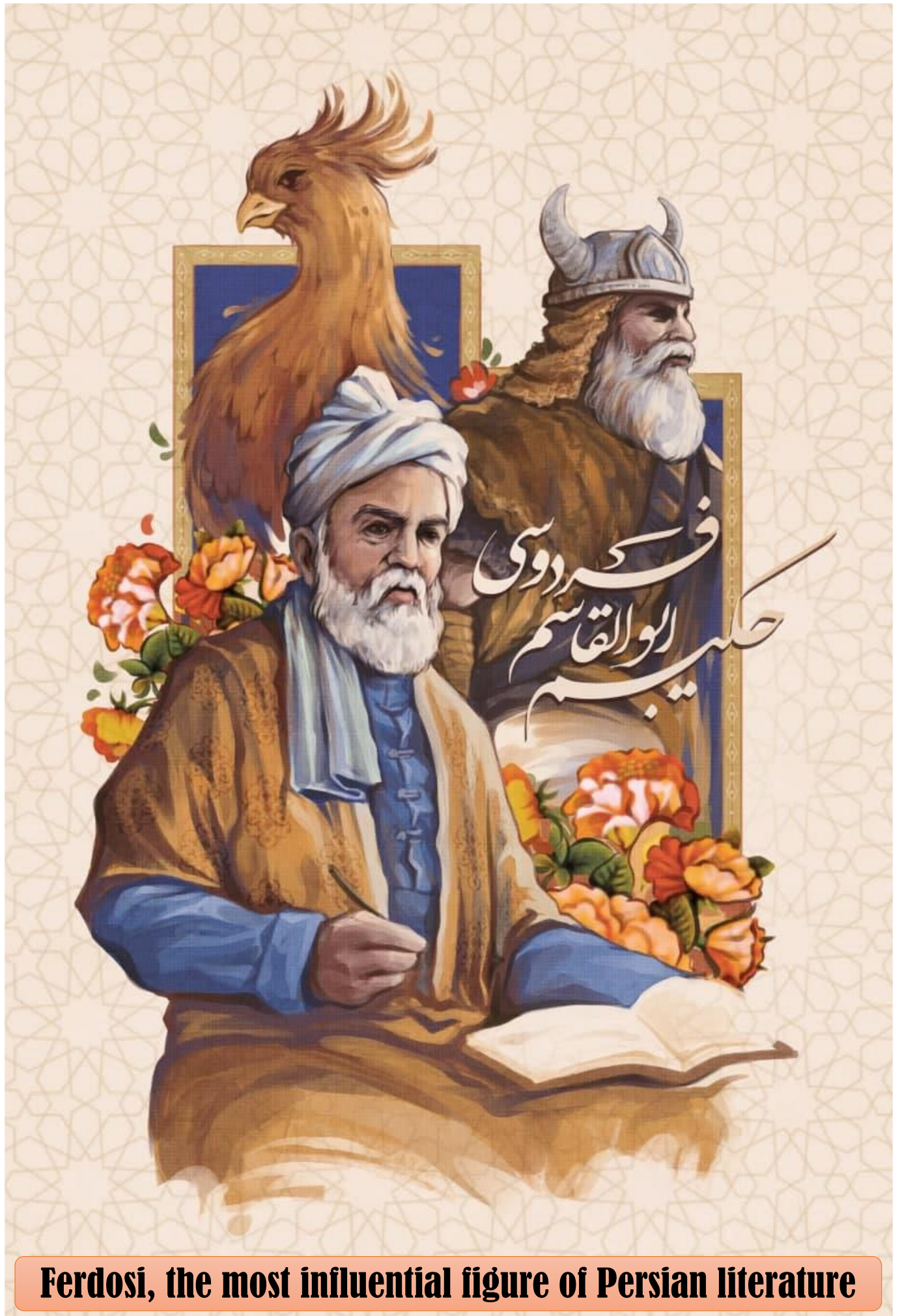
"The world must know, and never forget, that the United States—with full awareness of the site's non-military nature—targeted a school filled with students," Salehi-Amiri stated. He added that such an act remains unjustifiable under any human, ethical, or legal framework.

To ensure the authenticity of the narrative, the minister proposed that teachers and students from the Minab school itself take part in the storytelling process. This would allow visitors to confront the reality of the tragedy through a tangible and emotional perspective, fostering a deep sense of empathy and understanding, he added.

Events & Occasions

Commemorating the Ancient Iranian City Shiraz





Ferdosi, the most influential figure of Persian literature