

Teen Magazine

The Glory of Spring, Nature, and Wisdom in Beautiful Iran

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In the name of God

Journal

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Editor's Note:

Spring is the season of renewal and blossoming. With the arrival of the ancient Nowruz, the slumbering nature awakens, and the earth dresses in fresh green, yellow, and pink attire. In our Iranian culture, spring symbolizes hope, life, and beauty. This season reminds us of new beginnings and serves as an opportunity for growth and progress.

In these early days and weeks of spring, significant occasions such as the Islamic Republic Day, Saadi Commemoration Day, and many other national and religious events mark new beginnings. These occasions, along with this unique and invaluable time of life, not only remind us of Iran's rich history and culture but also provide an opportunity for reflection and planning for a brighter future.

Iranian teenagers, rooted in their ancient heritage and rich culture, are preparing more than ever to play their role in building and enhancing our beloved homeland. With their determination and efforts, they will shape a future full of brightness and hope for Iran. Days of hope and success await us days that we will build in the best possible way with hard work and perseverance.

This issue of ****Zamzam Magazine**** aims to introduce important events, Iranian luminaries, valuable books, and traditional games to better acquaint teenagers with Iran's rich culture and history and prepare them for shaping a better future.

We would like to remind you of an important point:

****You can also contribute to improving the quality of this magazine!****

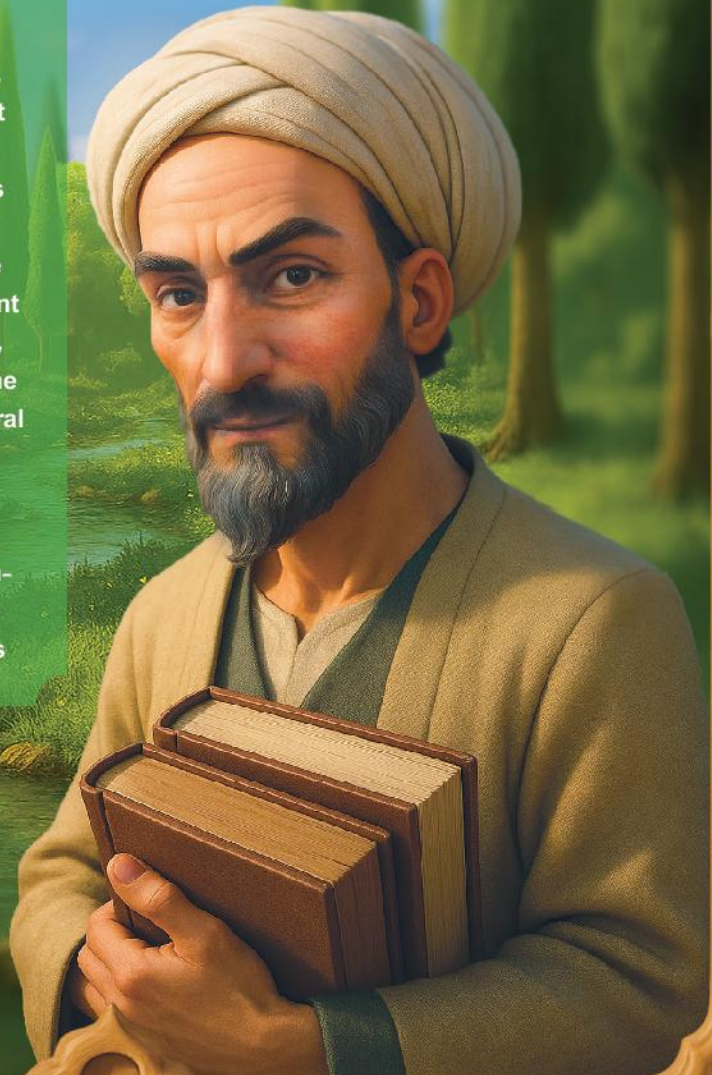
We invite you to contact us through the magazine's communication channels and share your opinions, suggestions, and ideas with us. You can take part in preparing future issues of ****Zamzam**** and contribute to enriching its content with your participation. This magazine belongs to you, and with your collaboration, it can become a dynamic and influential media platform.

Saadi of Shiraz: A Global Poet

Dear young readers! Get to know one of the shining stars of Persian literature:

Saadi of Shiraz. He is a poet who is not only renowned in Iran but also across the world for his wisdom, eloquence, and captivating stories. Saadi was born in the 7th century AH (13th century AD) in the city of Shiraz. From childhood, he was passionate about learning and traveled to Baghdad, which was a major center of knowledge at the time, to pursue his education. But Saadi's life was not just about books and school! He traveled for many years, visiting countries such as India, Hejaz, Syria, and even North Africa. Through these journeys, he encountered different people, cultures, and ways of life, and these experiences became the foundation for his poetry and moral stories.

Saadi has two famous books: ****Bustan**** (a book of ethics and wisdom) and ****Gulistan**** (a rhythmic prose collection of short stories). What makes Saadi unique is



his ability to convey deep philosophical ideas simply, using stories featuring animals, kings, or ordinary people.

His beautiful and concise words have transcended the borders of Iran and become globally recognized. Like his famous verse:

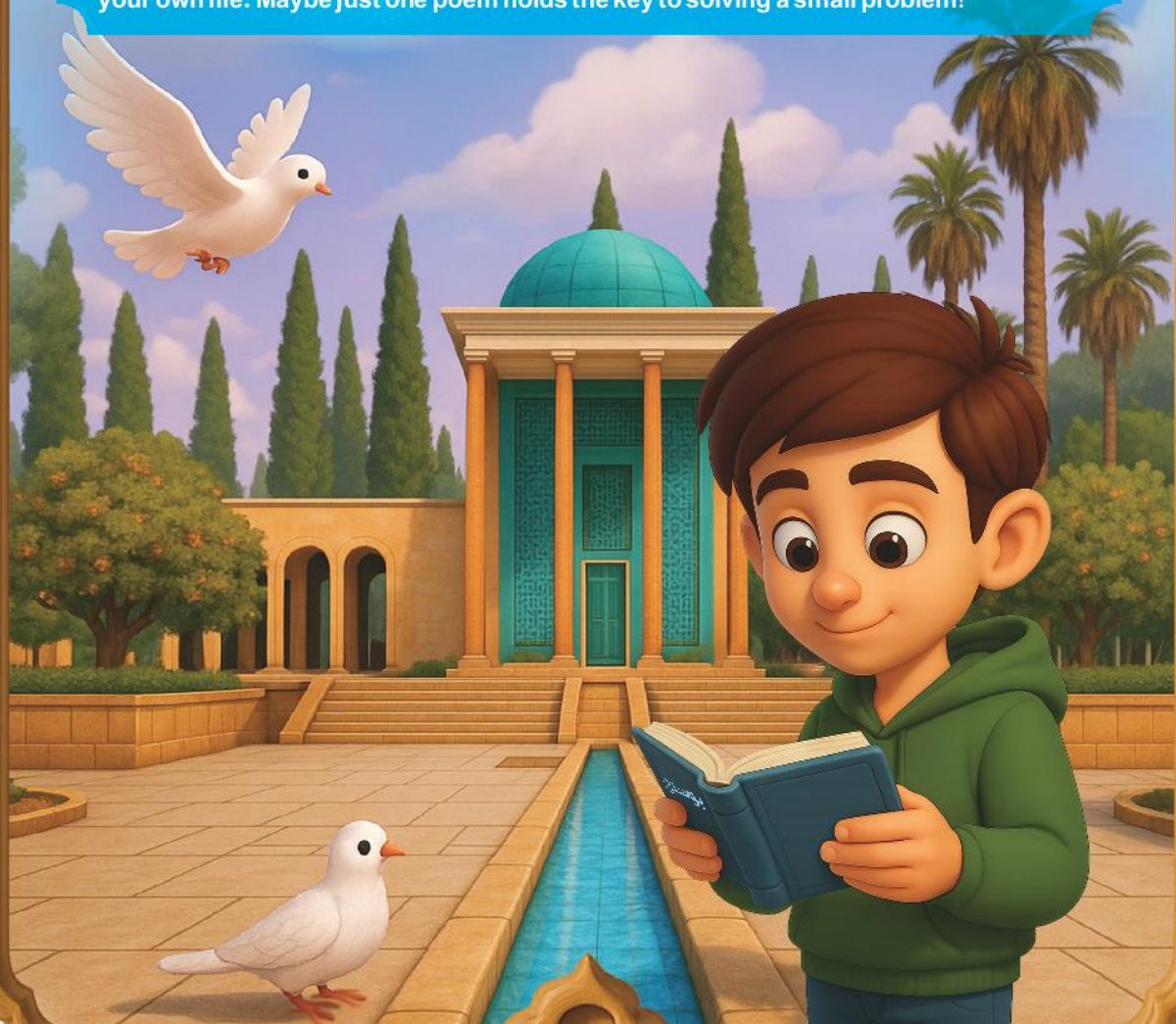
**"Bani Adam are members of one body,
For in creation, they are from the same essence."**

This poem, inscribed at the United Nations, reminds us that all human beings are equal and should treat each other with respect.

After years of travel and creating timeless works, Saadi returned to his hometown, Shiraz, where he found eternal rest. His tomb, known as **"Saadieh"**, is today one of Iran's most important tourist attractions. With its beautiful architecture, it combines traditional Persian art with a serene atmosphere: clear water pools, lush gardens, and intricate tilework that mesmerize every visitor.

Saadi is not just an ancient poet; he is a wise advisor, a creative storyteller, and a kind philosopher whose words can help you in daily decision-making, managing friendships, and even solving problems. If you want to learn more about him, you can start with simplified versions of **"Gulistan"** and **"Bustan"** for young readers or visit his beautiful tomb in Shiraz!

"P.S.:" Next time you read one of Saadi's poems, think about how you can apply it to your own life. Maybe just one poem holds the key to solving a small problem!



Lessons from Saadi

The Clever Master and the Arrogant Student

A great wrestling master had a talented student to whom he taught 365 different wrestling techniques one for each day of the year. When the master grew old, the student said, "My teacher's reputation is undeserved; I can easily defeat him." This statement reached the king, who ordered a wrestling match between the two. During the match, the old master used the **366th** technique and defeated his strong student. When the student questioned why the master had not taught him everything, the teacher replied, "I was not so foolish as to forget the days of my old age." The king admired the master's foresight and rewarded him with a valuable gift.



The Foolish Man and the Veterinarian

A man developed an eye infection and went to a veterinarian for treatment. The vet applied a medicine used for treating **donkeys' eyes** into the man's eyes, which caused him to go blind. The man took his case to the judge, complaining, "This man put in my eyes what he uses for donkeys, and now I am blind." The judge responded, "The veterinarian is not at fault, because if you were not a donkey yourself, you wouldn't have gone to a vet for treatment instead of a skilled doctor."





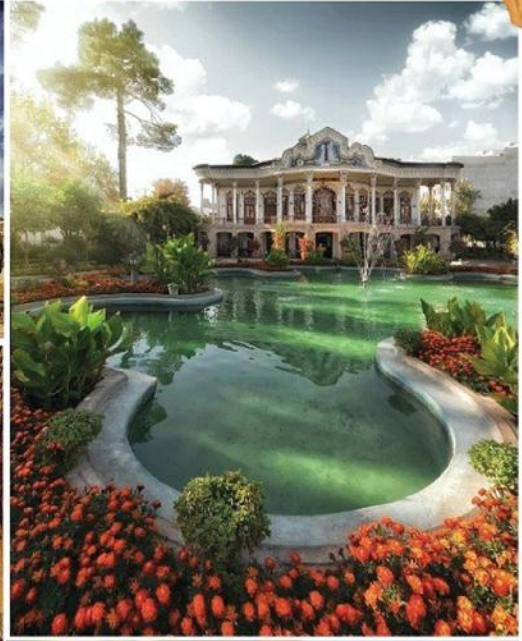
Shiraz: The City of Poetry and History

The city of Shiraz is the capital of Fars Province. This city is one of the most important tourist destinations in Iran, attracting a large number of domestic and international visitors annually. It can certainly be said that Shiraz is one of the most beautiful cities in Iran, housing the most significant historical monuments from the Achaemenid era. Among the remaining relics from this period, Pasargadae and, most notably, Persepolis stand out.

During the Sassanian period, Shiraz also received great attention, and numerous monuments from this era can still be found in the city, including various fortresses and fire temples. The city's grandeur continued through the Safavid, Afsharid, Zand, and Qajar dynasties.

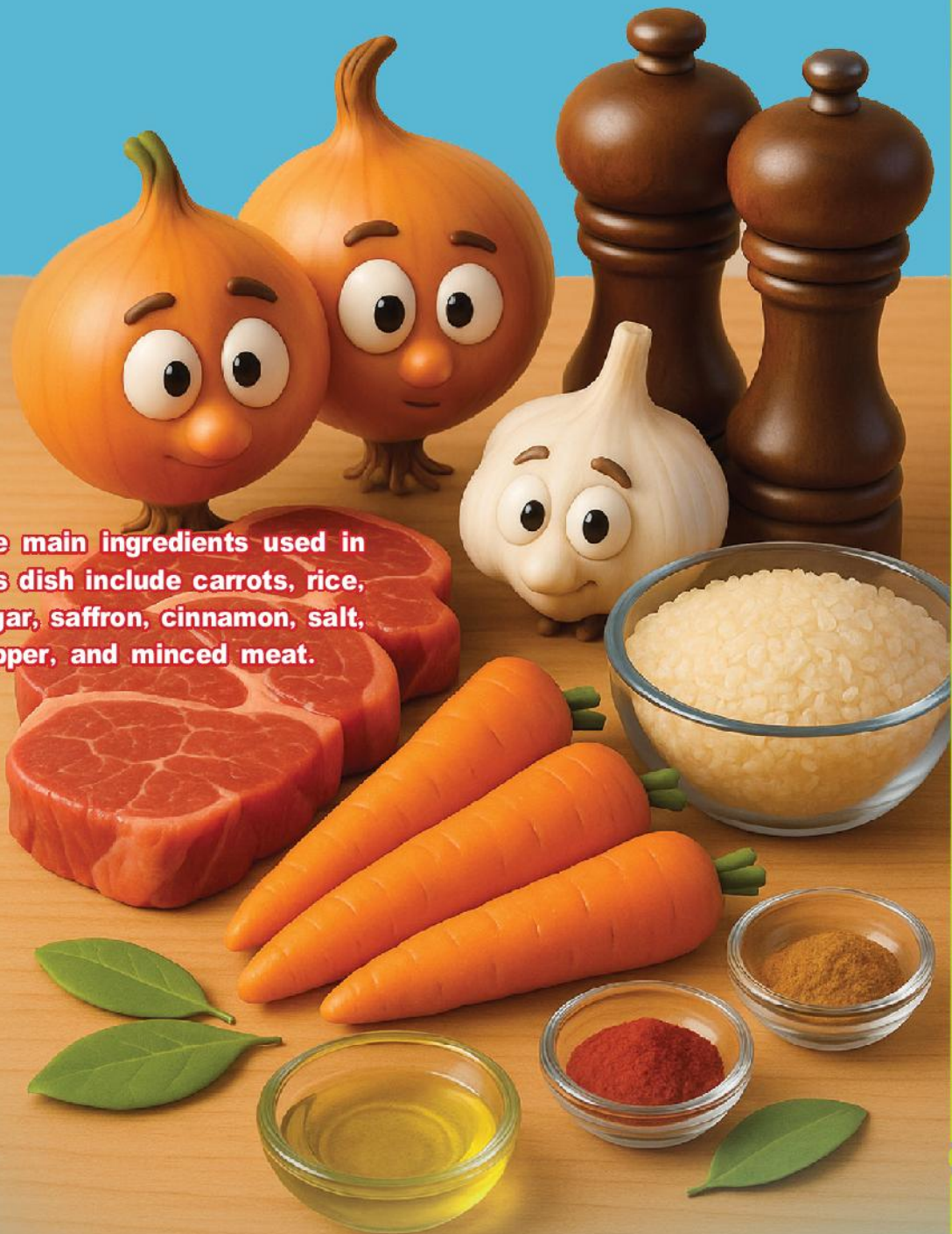
Another remarkable aspect of Shiraz is the mausoleums of great poets such as Hafez and Saadi, attracting numerous visitors each year. Shiraz is the cradle of poetry and literature. This city has always been a center of art and literature, making it one of the main pillars of Iranian culture.

The people of Shiraz are very kind and warm-hearted, and their sweet accent captivates every visitor. Shiraz offers numerous gifts and souvenirs, such as:





The main ingredients used in this dish include carrots, rice, sugar, saffron, cinnamon, salt, pepper, and minced meat.

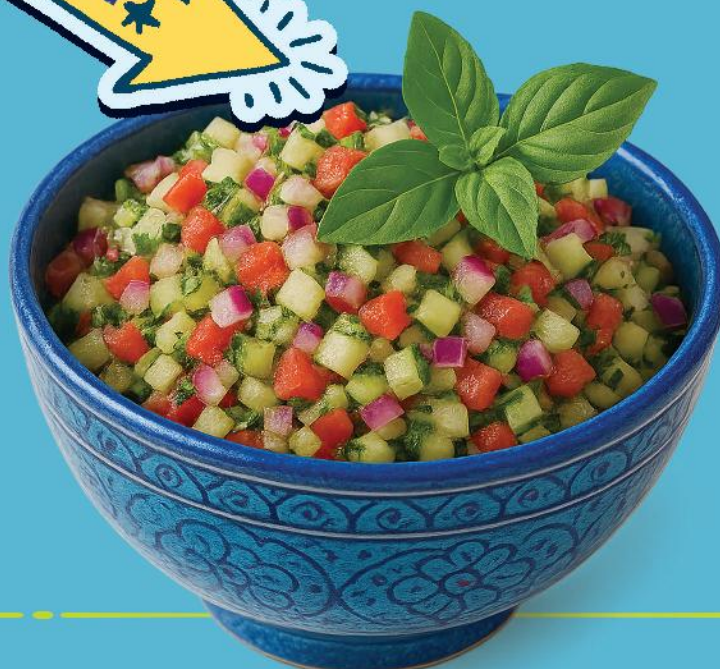




Carrot Pilaf!

Carrot Pilaf (Havij Polo) is one of Shiraz's traditional and sweet dishes, cherished by many. If you try Carrot Pilaf just once, you will certainly fall in love with its delightful taste.

For the artistic people of Shiraz, preparing this traditional dish is not difficult. They take their time with care and precision to make Carrot Pilaf. The main ingredients used in this dish include carrots, rice, sugar, saffron, cinnamon, salt, pepper, and minced meat. The addition of saffron gives the dish a vibrant color and an enticing aroma. People of Shiraz use slivered almonds and pistachios to garnish and enhance the flavor of Carrot Pilaf, but don't forget to enjoy it with Shirazi salad!





Persepolis

A Symbol of Ancient Iran's Glory

Persepolis, also known as *Parseh* or *Persepolis*, is one of the most magnificent historical sites in Iran and the world. This grand complex served as the ceremonial capital of the Achaemenid Empire and is located in Fars Province, near the city of Marvdasht. The construction of Persepolis began under Darius the Great around 518 BCE, and subsequent kings like Xerxes and Artaxerxes I expanded the complex.

• The Breathtaking Architecture of Persepolis:

Persepolis was built on a stone terrace with a height of approximately 12 to 18 meters above ground level. The complex includes magnificent palaces, halls, stunning staircases, and massive columns. Some of the most famous sections of Persepolis include:

- The Grand Stairway: A symmetrical double staircase forming the main entrance to Persepolis.
- The Gate of Nations: The place where envoys from various countries would present themselves before the king.
- The Apadana Palace: One of the most splendid buildings in Persepolis, built for official ceremonies.
- The Hall of a Hundred Columns: A vast hall whose towering columns exemplify the grandeur of Achaemenid architecture.
- The Tachara Palace: The private palace of Darius the Great, whose walls are made of polished stone.



• Persepolis: A Symbol of Persian Civilization

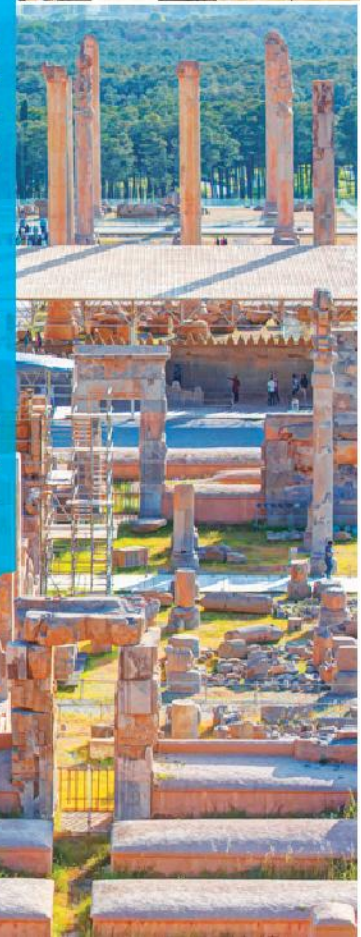
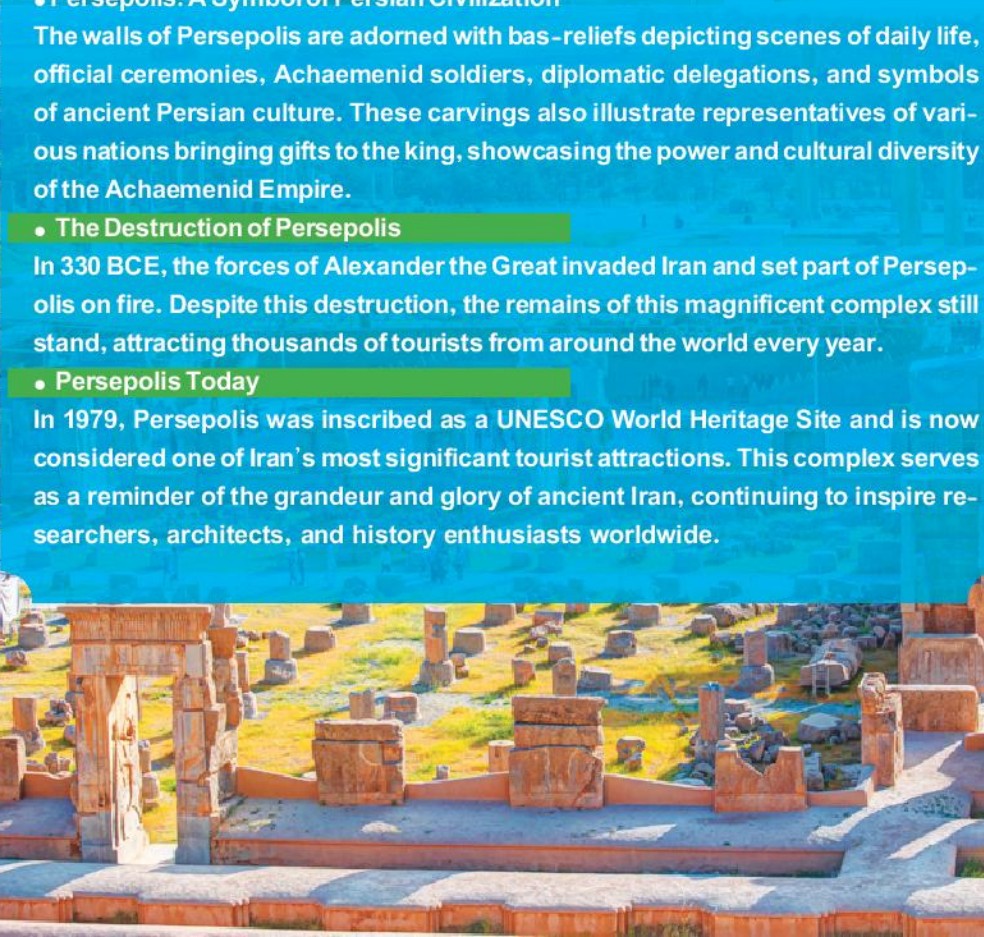
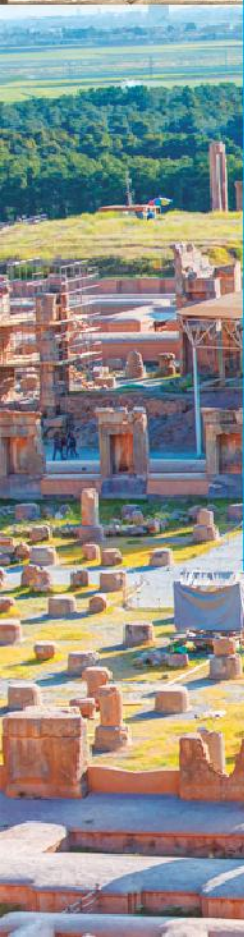
The walls of Persepolis are adorned with bas-reliefs depicting scenes of daily life, official ceremonies, Achaemenid soldiers, diplomatic delegations, and symbols of ancient Persian culture. These carvings also illustrate representatives of various nations bringing gifts to the king, showcasing the power and cultural diversity of the Achaemenid Empire.

• The Destruction of Persepolis

In 330 BCE, the forces of Alexander the Great invaded Iran and set part of Persepolis on fire. Despite this destruction, the remains of this magnificent complex still stand, attracting thousands of tourists from around the world every year.

• Persepolis Today

In 1979, Persepolis was inscribed as a UNESCO World Heritage Site and is now considered one of Iran's most significant tourist attractions. This complex serves as a reminder of the grandeur and glory of ancient Iran, continuing to inspire researchers, architects, and history enthusiasts worldwide.





Ali Landi

The Selfless and Heroic Iranian Teen

Ali Landi, the selfless and heroic Iranian teen, is a symbol of courage, sacrifice, and humanity. In 2021, through his brave act of saving others, he etched his name in Iran's history.

Ali Landi, a 15-year-old boy from Izeh in Khuzestan Province, on September 24, 2021, during a fire incident in a residential building in Izeh, entered the building despite the life-threatening danger and saved several people from the flames. Unfortunately, during this heroic act, he suffered severe burns, and after enduring days of pain and suffering, he passed away on October 3, 2021, in the hospital due to the severity of his injuries.

With his unique sense of sacrifice and bravery, Ali Landi became a role model for the youth of Iran and the world. Some of his outstanding qualities include:

- **Courage : He saved others' lives without fear of danger.**
- **Sacrifice : He thought of saving his fellow human beings without regard for himself.**
- **Humanity : He demonstrated love for others and a willingness to help in action.**

Ali Landi's heroic act was not only recognized in Iran but also gained attention globally. Media and social networks honored him as a symbol of courage and sacrifice. Many people in Iran and around the world paid tribute to this heroic teenager by sharing messages of sympathy and appreciation.

After Ali Landi's passing, memorials were created, and streets and alleys were named in his honor to commemorate his heroism.

Through his courageous action, Ali Landi reminded us all that bravery and sacrifice can save lives and inspire future generations. He proved that age is not a barrier to performing great deeds and that anyone, with love and sacrifice, can bring about a significant change in the world.

**Ali Landi, a hero immortalized by his selflessness,
will always remain alive in our hearts.**

"Hopscotch"

A Popular Iranian Game

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Hopscotch is one of the traditional and popular Iranian games often played by children and teenagers in open spaces. This simple, entertaining, and active game requires no special equipment.

How to Play Iranian Hopscotch



1. Drawing the Houses:

Squares or rectangles are drawn on the ground using chalk or a stone. The number of houses usually ranges between 6 to 10 and is designed in a column or spiral pattern.

2. Starting the Game:

The player throws a small stone (or a similar object) into the first house. If the stone lands correctly inside the house, the player must hop on one foot (hopping like "Hopscotch") to move through the next houses, carefully maneuvering the stone from one house to the last.

3. Rules:

- The player must not touch the lines of the houses with their foot.
- If the stone falls into the wrong house or the player loses balance, the turn passes to the next player.
- In each round, the player must throw the stone into the next house and complete the path.

4. Ending the Game:

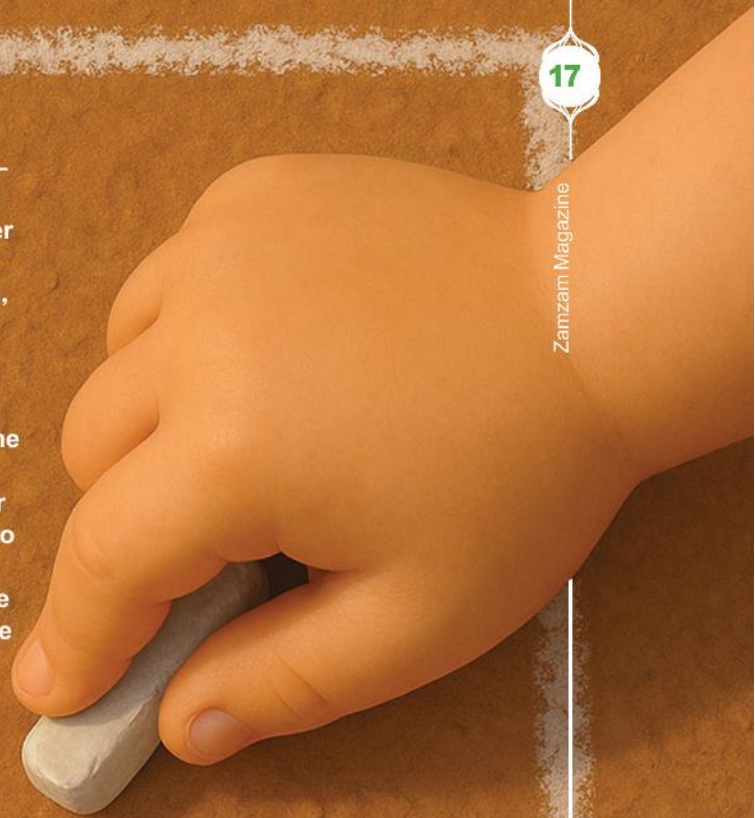
The player who correctly completes all houses first wins the game.

Benefits of Playing Hopscotch:

- Improves balance and motor coordination
- Enhances concentration and precision
- Provides fun and joy in open spaces
- Strengthens competitive spirit and teamwork

Hopscotch is not just a simple game but also a part of Iranian culture and collective memories. This game is still played in many parts of Iran, especially in villages and small towns.

Hopscotch a simple yet joyful game, a cherished memory of childhood!



Zurkhaneh Rituals (Persian Martial Arts & Gymnastics): Iran's Cultural Heritage

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Zurkhaneh Rituals, also known as Pahlavani or "ancient sport," is one of the oldest and most fascinating Iranian sports, combining strength, agility, music, and ethics. This sport is practiced in a place called "Zurkhaneh." It is not only a physical activity but also a spiritual practice. In this sport, which takes place in a special venue called "Zurkhaneh," great emphasis is placed on moral teachings, religious values, and the spirit of chivalry and cooperation. Athletes who practice this sport, known as "Pahlavans," consider Imam Ali (peace be upon him) as their role model and follow his example in ethics, manners, chivalry, and faith in God. Unique Features of Zurkhaneh Rituals:

1. A Complete Sport: This sport is a combination of strength, speed, balance, and agility, engaging all muscles of the body.
2. Music and Rhythm: The movements are performed to the rhythm of the Zurkhaneh drum and accompanied by epic poetry, creating excitement and energy.



3. Teamwork: In Zurkhaneh, everyone works in harmony, which strengthens the spirit of cooperation and friendship.

4. Ethics and Chivalry: Pahlavans adhere to moral principles such as honesty, respect, and helping others.

5. Preserving Culture: This sport is part of Iran's culture and history, helping young people connect with their cultural heritage.

Main Movements in Zurkhaneh Rituals

Zurkhaneh Rituals includes various movements, each with its unique appeal.

Some of these movements are:

1. Mil-Giri (Club Swinging):

Movements performed with wooden clubs called "Mil" to strengthen arm and shoulder muscles.

2. Pa Zadan (Leg Kicking):

Footwork movements that help strengthen the legs and improve balance.

3. Charkh Zadan (Spinning):

Fast spinning movements that enhance agility and speed.

4. Sang-Giri (Stone Lifting):

Lifting heavy stone weights to build body strength.

5. Kabadeh-Giri (Bow Lifting):

Movements were performed with heavy wooden bows to strengthen muscles.

What is a Zurkhaneh?

A Zurkhaneh is usually a dome-shaped building with a warm and friendly atmosphere. At the center of the Zurkhaneh, there is an octagonal pit called "Gowd," where athletes perform their movements. The walls of the Zurkhaneh are decorated with images of great Pahlavans and epic poetry.

Zurkhaneh Rituals is not just a form of exercise but a way of life that helps you be both strong and virtuous. So, if you are looking for a unique and exciting sport, be sure to try Zurkhaneh Rituals!



Puriya Vali,

A Legendary Champion

One of the most famous and beloved Iranian champions who participated in Zurkhaneh Rituals and is recognized as a symbol of strength, ethics, and chivalry is Puriya Vali. He was not only a strong and skilled champion but also remained in Iranian history due to his noble character and chivalrous behavior. His full name was Mahmoud Khwarazmi, known as "Puriya Vali," and his birthplace was the Khwarazm region, an area in Central Asia. This region was once part of Greater Iran but is now in Uzbekistan and Turkmenistan.

From childhood, Puriya Vali was interested in Zurkhaneh Rituals and, under the guidance of great masters, became a strong and skilled champion. He was renowned not only for his physical strength but also for his exemplary ethics and chivalry. The main reason for his fame is his good morals, chivalry, and outstanding ethical qualities. Many stories about his life reflect his noble and humanitarian spirit.

One of the most famous stories about Puriya Vali relates to a match he had with a young champion. When Puriya Vali realized that this young champion needed victory to continue his life, succeed, get married, and improve his life, he deliberately lost the match instead of fighting with all his strength to win. This story symbolizes his chivalry and shows that for Puriya Vali, ethics and humanity were more important than winning a competition.

Puriya Vali, this great champion, holds a special place not only in the history of Zurkhaneh Rituals but also in Iranian culture and literature. He reminds us that true strength lies in serving others and maintaining ethical values.





The Champions Cartoon is an Iranian animation based on the life and stories of Puriya Vali, the legendary and famous Iranian champion. This animation beautifully introduces the culture of chivalry, Zurkhaneh Rituals, and ethical values such as bravery, sacrifice, and helping others. It creates joyful moments for viewers.

The Champions Cartoon aims to familiarize audiences with Iran's cultural and historical heritage by using engaging stories and strong characters. This animation is a valuable cultural work that is not only entertaining but also teaches teenagers important lessons about ethics, chivalry, fighting against oppressors, helping the innocent, and the importance of sports.

If you are interested in champion stories and Iranian culture, be sure to watch this animation!

Iranian Wildlife

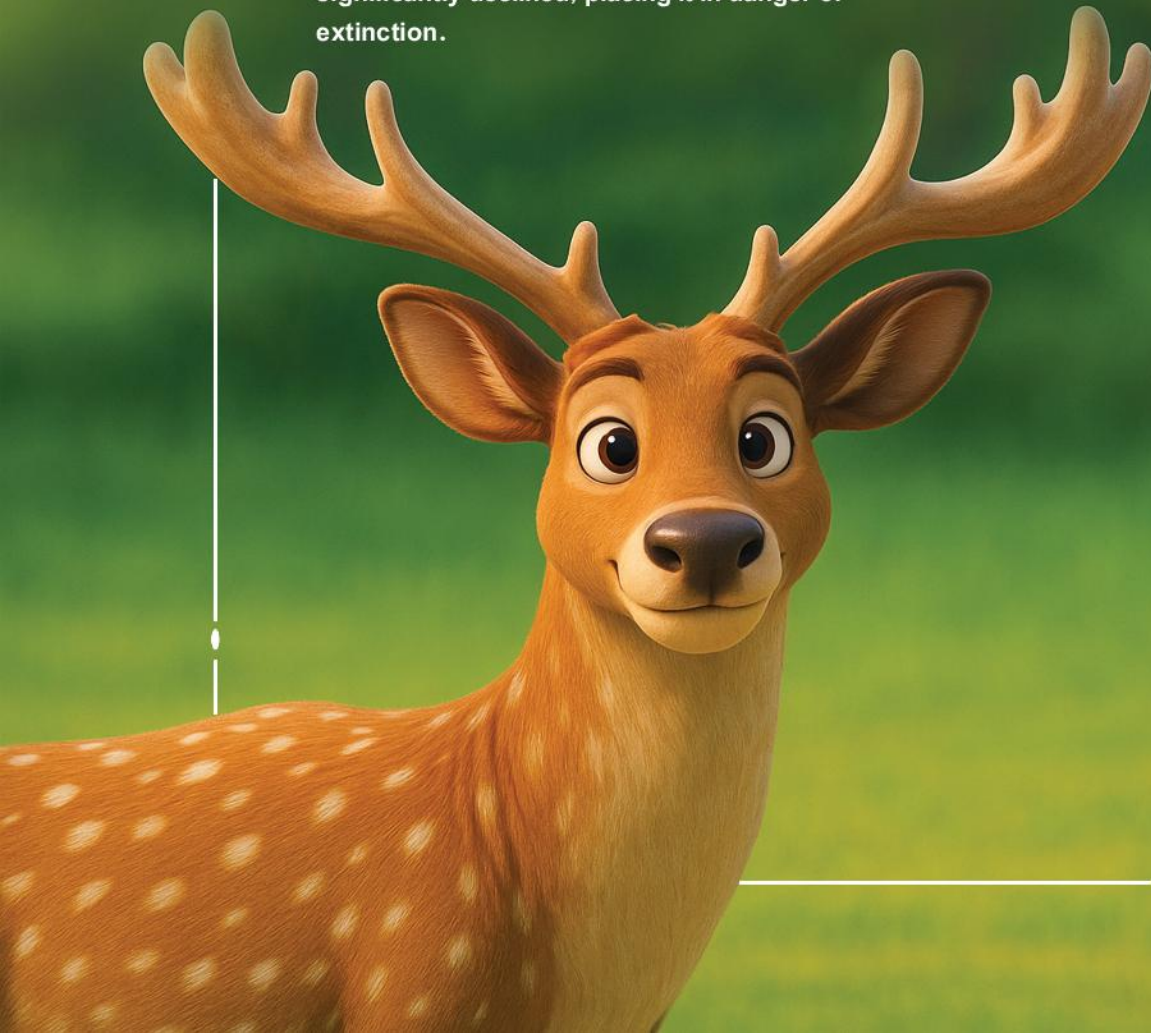
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Hello, friends! Today, I want to introduce you to one of the most beautiful and rarest animals in Iran: the Persian fallow deer. This beautiful and lovable animal is one of the symbols of Iran's nature and has an interesting story. So, join me to learn more about it!

Who is the Persian Fallow Deer?

The Persian fallow deer, scientifically known as **Dama Mesopotamia**, is a species of deer that once lived in vast areas of Iran, Iraq, and Turkey. However, due to excessive hunting and habitat destruction, its population has significantly declined, placing it in danger of extinction.





Physical Characteristics

- Body Color: Yellowish-brown with white spots on its back and sides.
- Antlers: Only males have antlers, which shed and regrow each year.
- Size: Smaller than red deer, reaching a height of about 1 to 1.5 meters.

Habitat of the Persian Fallow Deer

In the past, the Persian fallow deer lived in the forests of the Zagros Mountains and humid regions of southwestern Iran. However, due to illegal hunting, habitat destruction, and the invasion of domestic livestock into its living areas, this valuable animal is now mostly found in wildlife refuges such as the Dasht-e Naz Protected Area in Mazandaran and Ashk Island in Lake Urmia. Today, efforts are being made to protect the Persian fallow deer by establishing sanctuaries, raising awareness, and enforcing hunting bans.

So, by:

- Spreading awareness among friends about the importance of protecting the Persian fallow deer,
- Supporting environmental organizations, and
- Following conservation laws,

We can help preserve this natural treasure. Remember, protecting nature means protecting our future. So, let's work together to save this beautiful and lovable animal from extinction!





Remember:
Each of us can
be a hero for nature