



ELHAM SADAT

ASGHARI

PORTFOLIO

Born in 1981, Iran



THE FIRST IRANIAN WOMAN
HOLDER OF A GUINNESS RECORD



Elham Sadat Asghari nicknamed the Lady of the Sea

**born on August 9, 1981 in Tehran, graduated in architecture,
open water swimmer and inventor of swimming in Islamic dress.**

- The first record: in the year 1387, twelve kilometers for 4:45

- The second record: Fifteen kilometers in the Persian Gulf in 1389 from the recreational pier to the hut (She was opposed by the police. Considering that the necessary cooperation had been done with the Sports Organization and the CEO of the Kish Free Zone.)

- The third record: in 1392, eighteen kilometers for 9 hours of swimming
- The fourth record: in 1392 at a temperature of 8 degrees 10 km, the symbolic record of a joint protocol between sports and the environment (In support of the Caspian jaw, whose generation is on the verge of extinction due to pollution of the Caspian Sea and overfishing of Russia)
- Fifth record: 7 miles of joint sport-environment swimming in support of the Raphael ship, which is home to aquatic and marine creatures up to Halileh Pier (some people wanted to take the ship out and sell the iron)
- The sixth record: June 10, 2014 between Amirkalabeh Wetland and Borjagh Wetland between Anzali Port and Kianshahr Port 19 km, 12 hours without interruption and rest. (Registration of the Record Registration Committee and the Public Sports Federation and the Ministry of Sports
- Seventh record: Supporting abducted Nigerian girls in a support program of about 5 km
- The eighth record: National Day of the Persian Gulf in May 2017, a distance of about 10 km in Bushehr
- Ninth record: (August 2017) twenty-four kilometers and four meters in 45:13 minutes (thirteen hours and forty-five minutes) consecutive (without interruption)
- The tenth record: (May 2016) Thirty-three kilometers and five hundred and fifty meters in 15 consecutive hours (without interruption)
- Eleventh record: (June 2017) Swimming with closed hands (world record)
- Twelfth record: Swimming with closed hands upgrade the record
- Thirteenth record: swimming with one shoulder closed for ten kilometers for 4:58

PERSONAL

Name	Elham
Surname	Asghari
Birthday	9 June 1981
Nationality	Iran
Native language	Persian





2017

Elham Sadat Asghari is an Iranian swimmer who has set a new record in open sea swimming while wearing handcuffs.

2019

Elham broke her own record after 2 years. The farthest swim whilst wearing handcuffs is 5.488 km (3.41 miles) and was achieved by Elham Sadat Asghari in Tehran, Iran

2019

Elham Sadat Asghari from Iran has broken the record of the fastest 10 km swim (one arm) open water in 4 hours 58 minutes and 32 seconds in Chabahar (Free Zone), Iran.

2022

The fastest time to swim 5 km Pulling a canoe/kayak is 1 hr 58 min 40 sec, and was achieved by Elham Sadat Asghari (Iran), in Bushehr, Iran, on 27 June 2022. Elham Sadat achieved this record title as a personal achievement.



C H A P T E R O N E

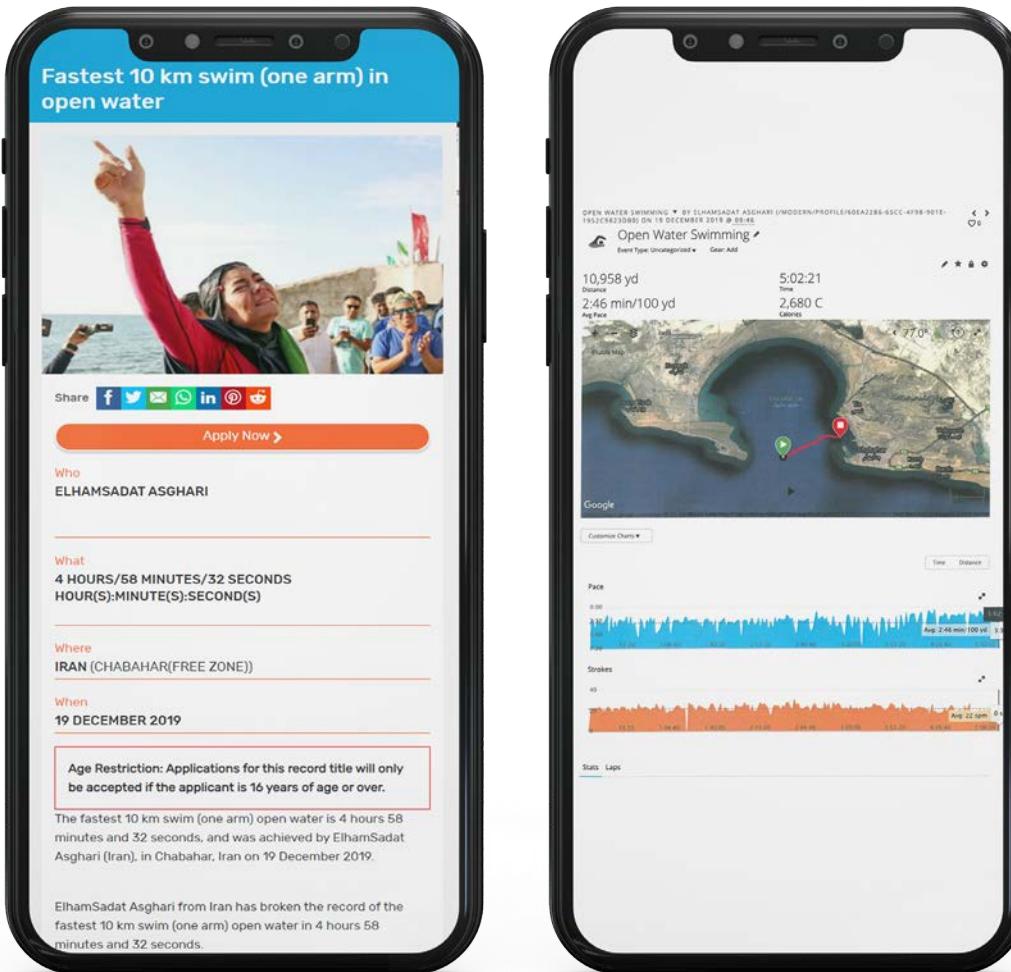
G U Y S



GUINNESS



G U I N N E S S



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0 6 F E B R U A R Y 2 0 1 9





0 6 J U N E 2 0 1 7

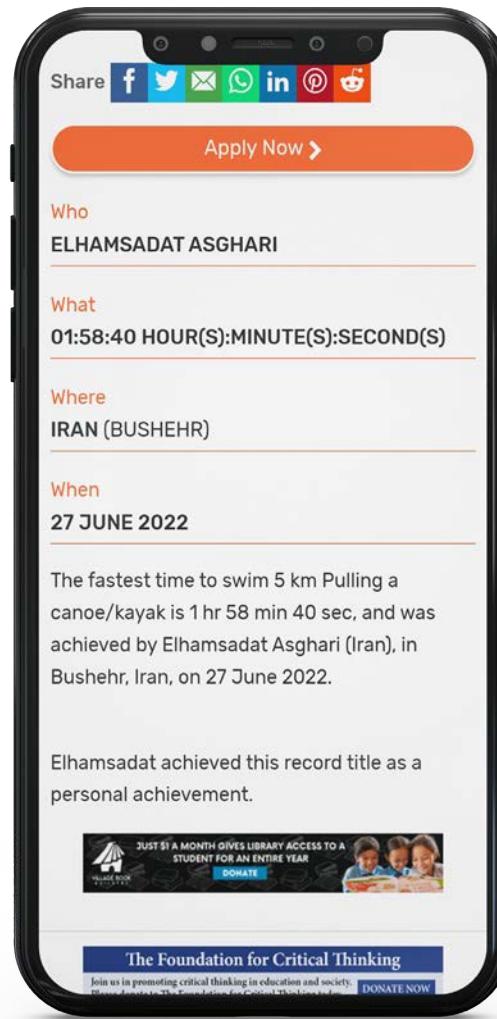
G U I N N E S S

**FASTESt TIME TO SWIM 5 KM
PULLING A CANOE/KAYAK**



G U I N N E S S

2 7
J U N E
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C H A P T E R T W O

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BLOG & NEWS

Swimming Advantages by Elham Asghari

I am the first Iranian lady to set a record in swimming. When I set the record, I wore full coverage and wore a hood and coat. Of course, the Guinness representatives were not able to be present in Iran, and we had to record this record by sending a video, which, of course, cost me about 30 millions, while there was no support for me.



Record-Breaking Iranian Swimmer

Elham Asghari Record-Breaking Documentary: Swimmer

The Iranian swimmer was able to swim ten kilometers from the mouth of Chabahar Bay in 4 hours 58 minutes and 32 seconds, with one hand closed, while filming a documentary about her life, directed by Tahoora Abolghasemi, and set a Guinness World Record. Elham Asghari, one of the Iranian swimming champions, had previously registered her name in the Guinness Book of World Records for swimming in Islamic clothes with both hands tied at a distance of 5.488 kilometers.





CHAPTER THREE

CHALLENGES

C H A L L E N G E S

Overcoming challenges can change lives. I'd like to share my progress with you in two categories.

Archive Guinness Records 100%

- Farthest Swim Wearing Handcuffs
- Fastest 10 km Swim (One Arm) in Open Water

Up Coming 30%

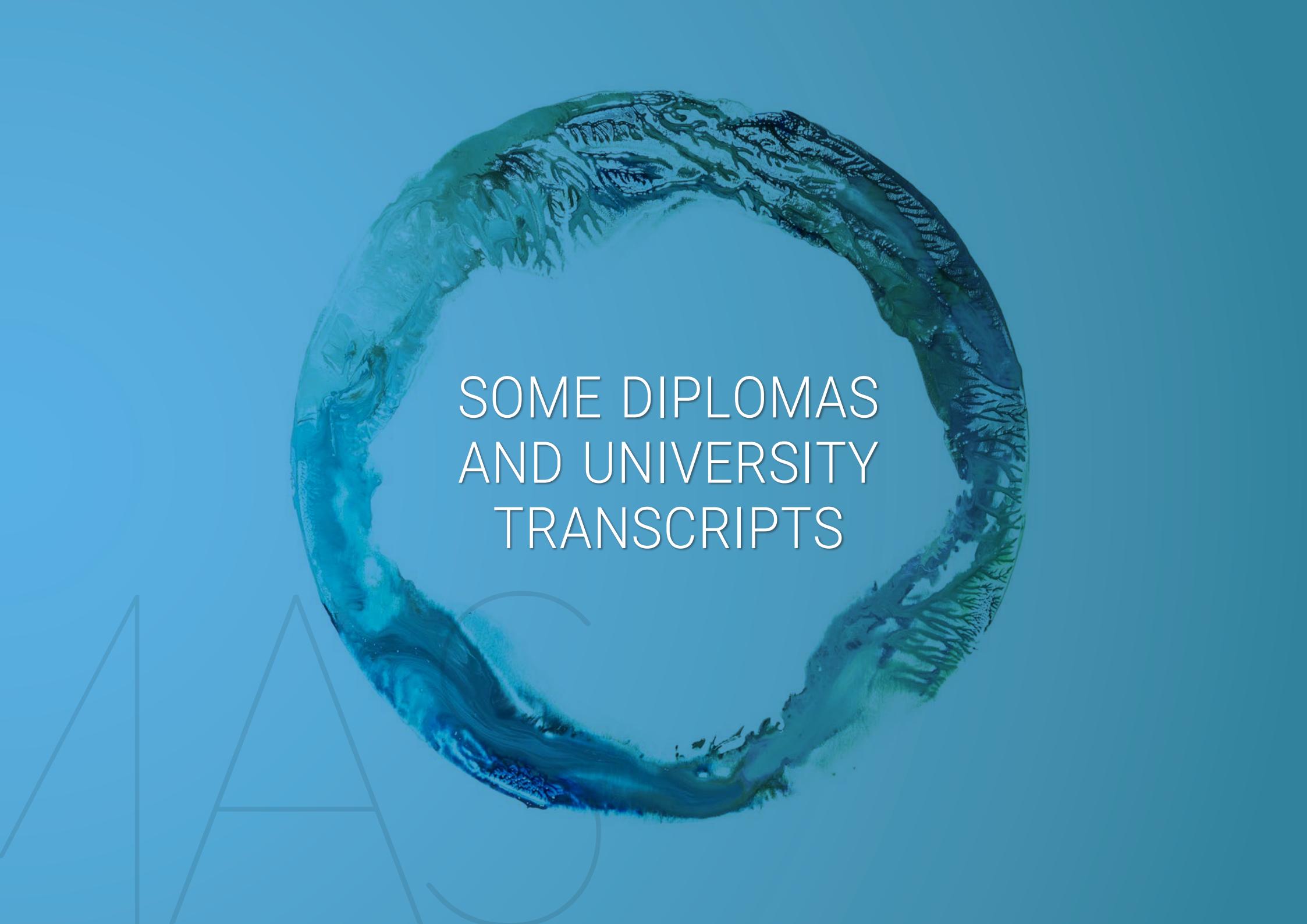
- What's Next in Middle East?!





CHAPTER FOUR

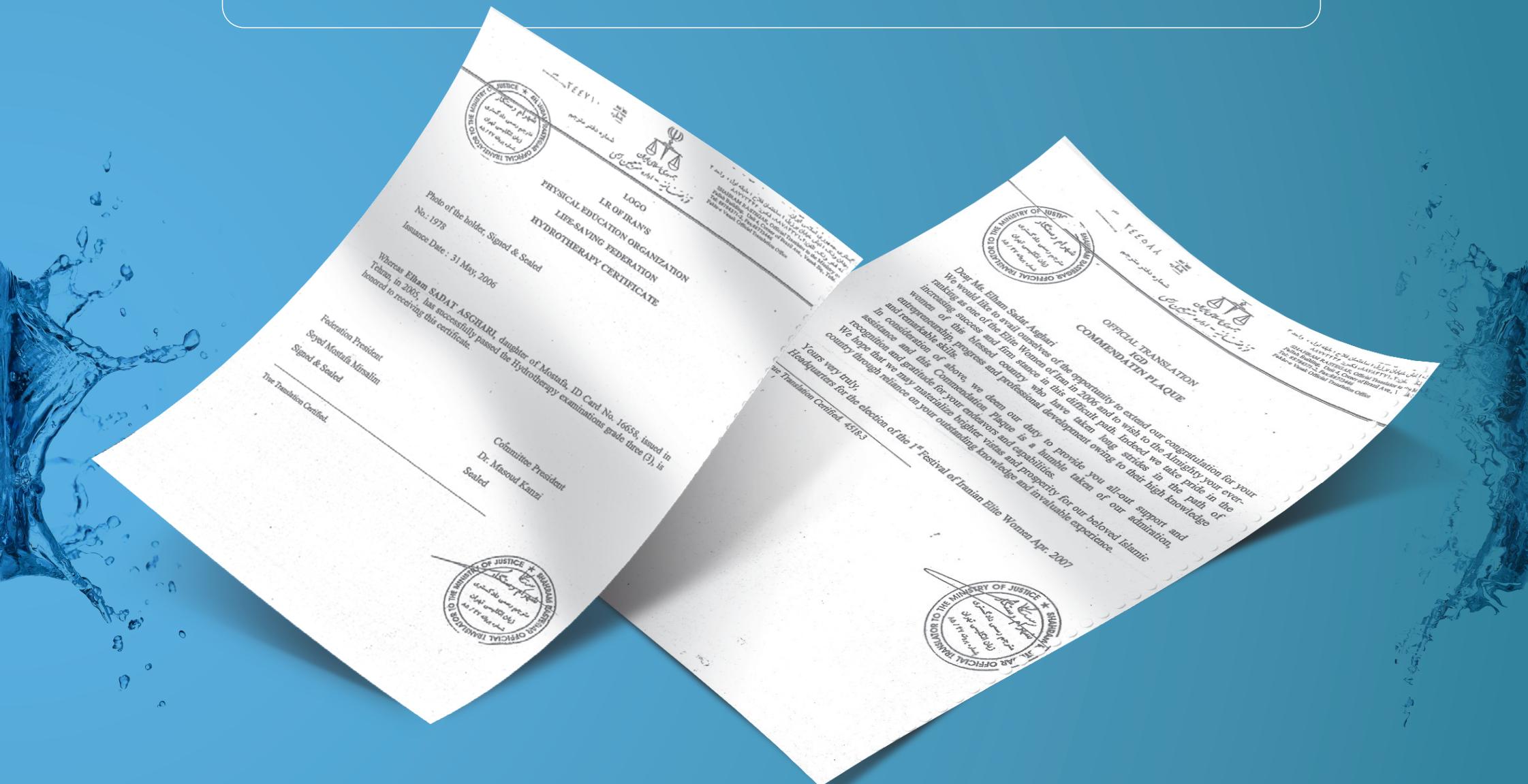
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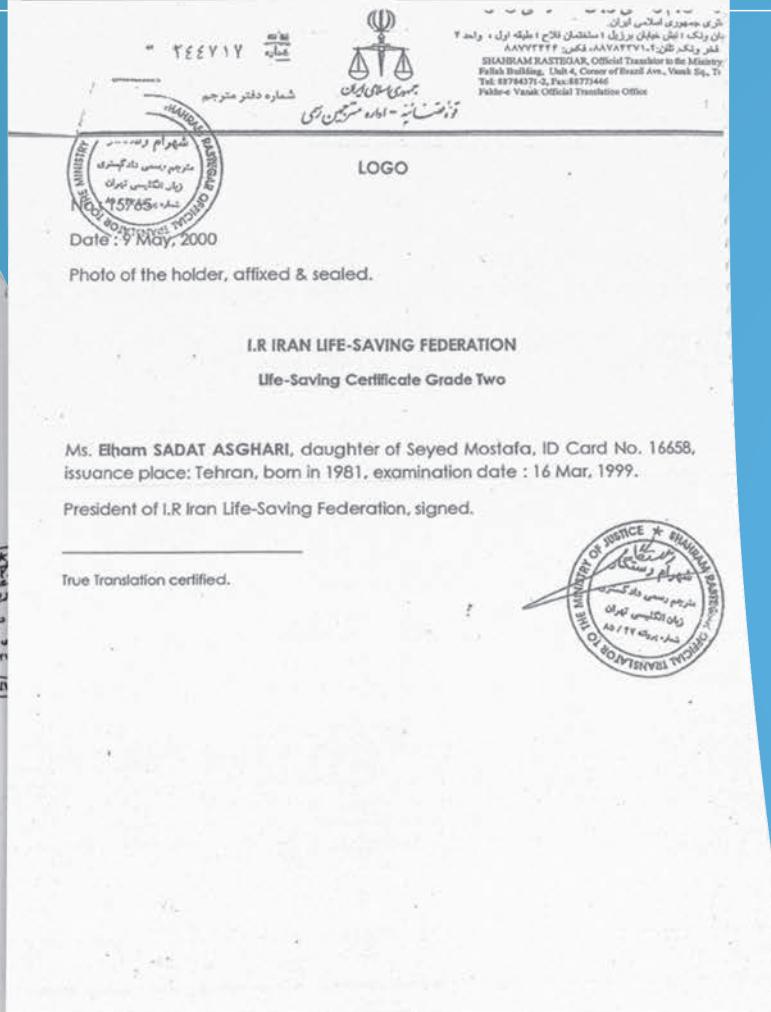
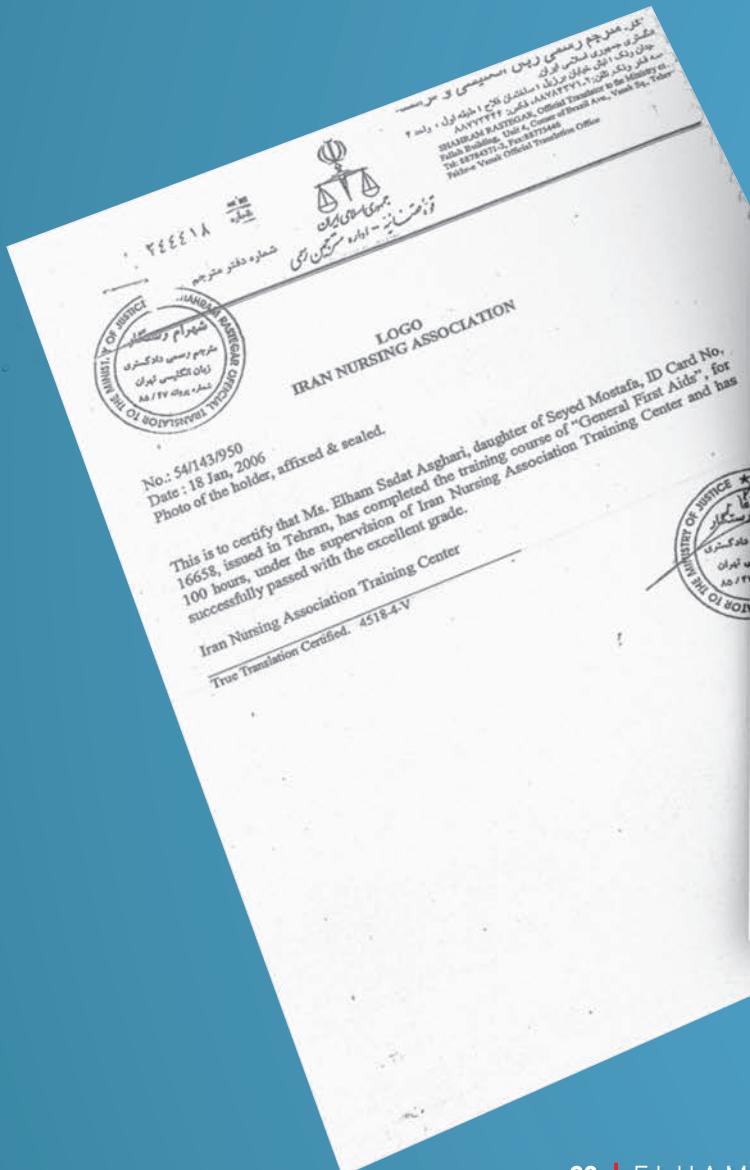
SOME DIPLOMAS AND UNIVERSITY TRANSCRIPTS

Some qualifications:

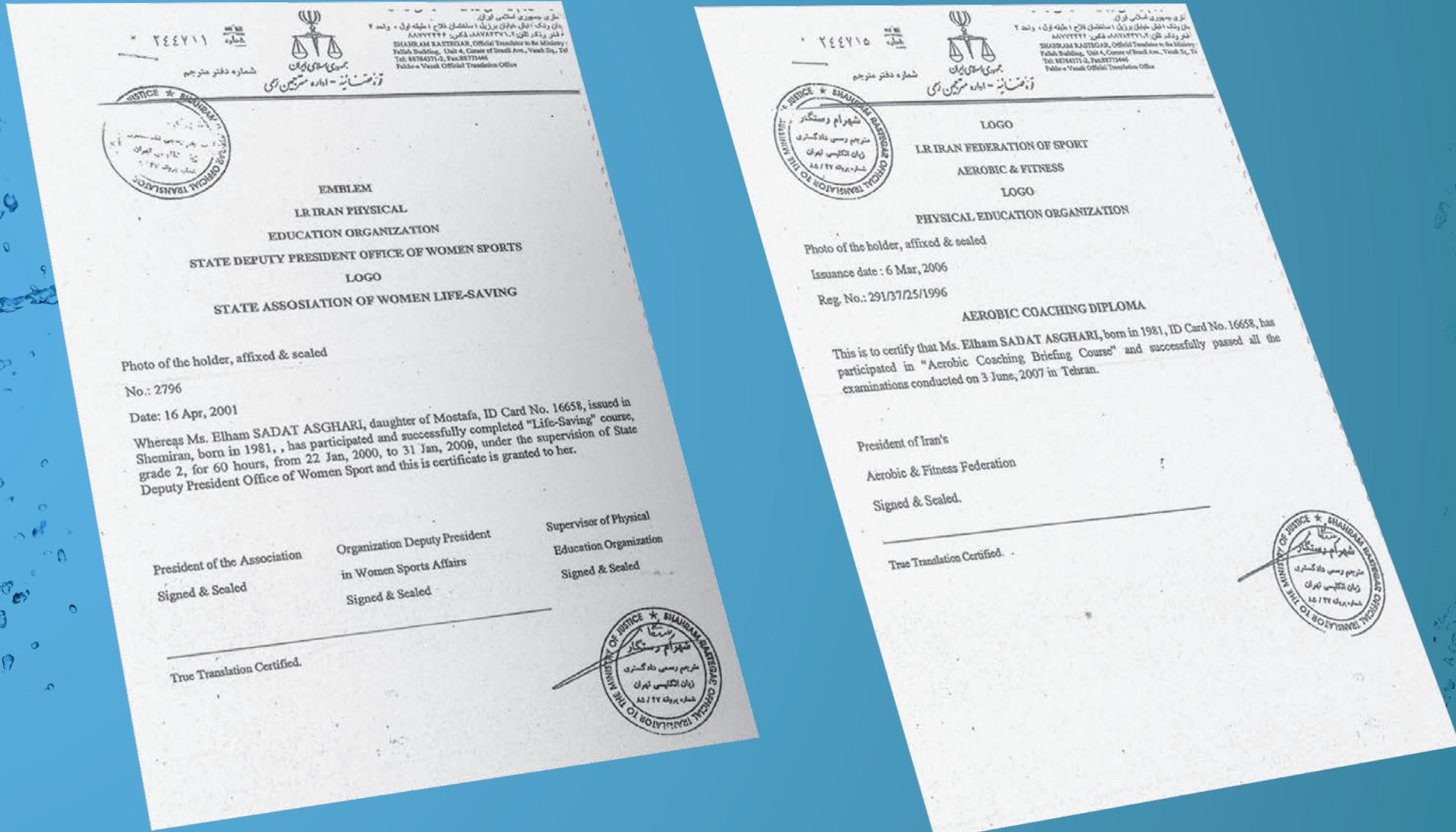
- Bachelor Degree in Architectural Engineering
- General Mechanized Accounting Certificate of Mojtabae Fani Tehran
- Certificate of Senior Financial Accounting of Mojtabae fani tehran
- Certificate of Use of Personal Computers of the Mojtabae Fani Tehran
- Certificate in Management and Accounting for Short-term Courses at the University of Management



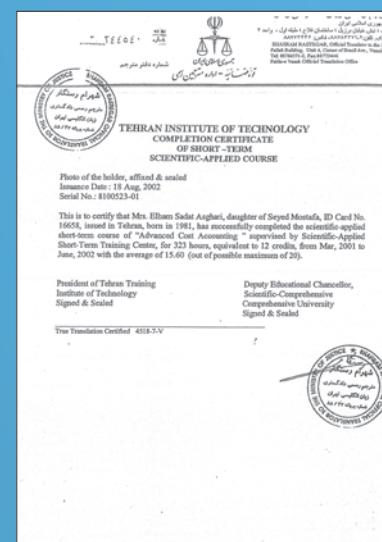
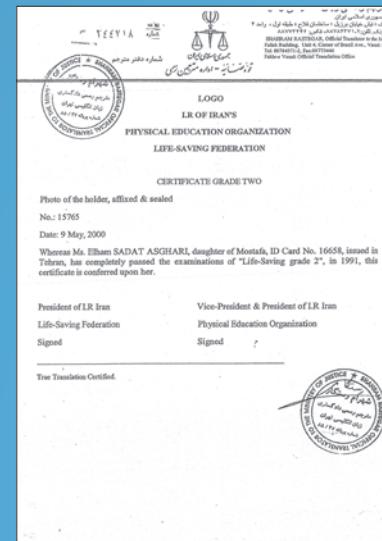
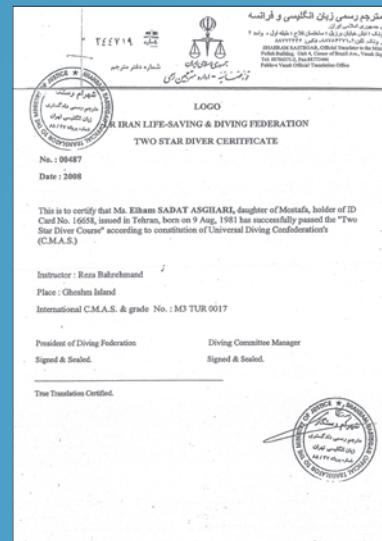
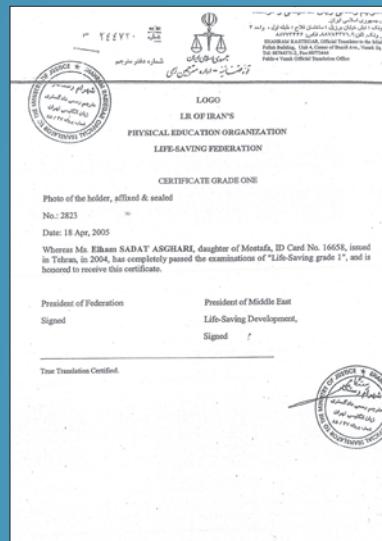
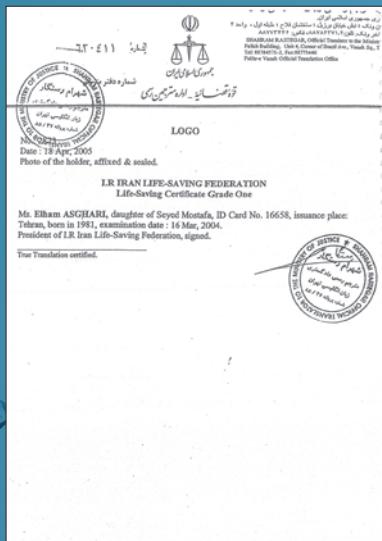
UNIVERSITY DEGREES



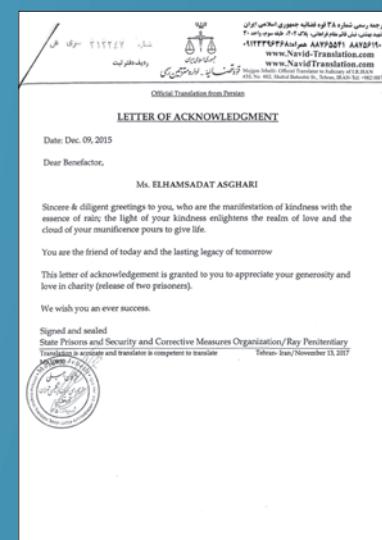
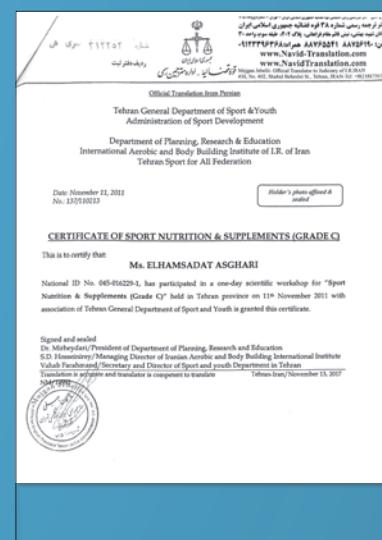
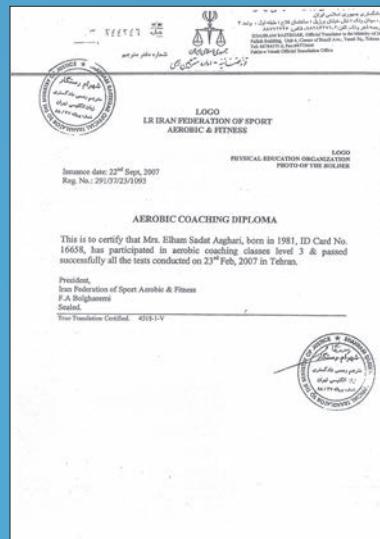
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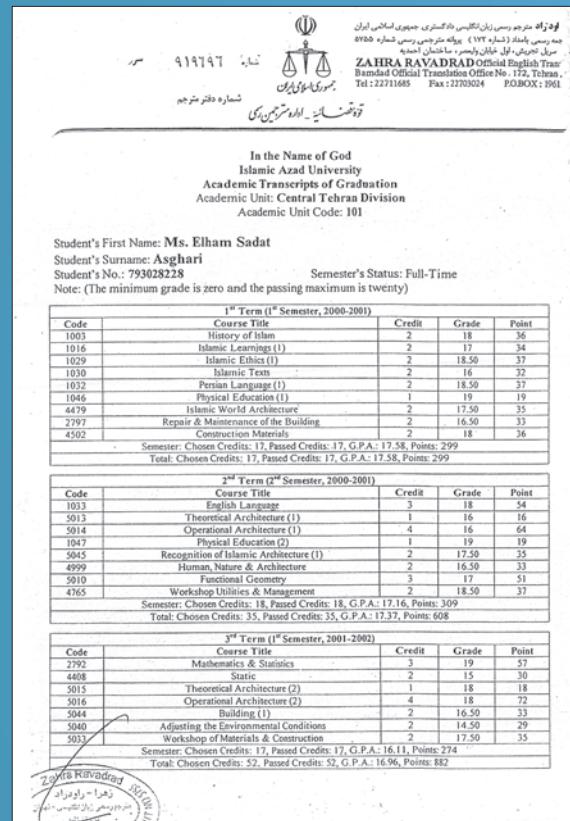
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Date: July 06, 2010
No.: 267/651

This is to certify that Ms. ELHAM ASGHARI has participated in the Introductory Orientation Class for Mini golf Coaching held in Kish Free Zone for 20 hours on April 27th -29th, 2010.

Signed and sealed
K. Saedi/Head of Gulf Federation
Translation is accurate and translator is competent to translate
Tehran-Iran/November 13, 2017
NMAW



Student's First Name: Ms. Elham Sadat

Student's Surname: Asghari

Student's No.: 793028228

Semester's Status: Full-Time

Note: (The minimum grade is zero and the passing maximum is twenty)

1 st Term (1 st Semester, 2000-2001)				
Code	Course Title	Credit	Grade	Point
5003	History of Islam	2	18	36
1016	Islamic Learnings (1)	2	17	34
1029	Islamic Ethics (1)	2	18.50	37
1030	Islamic Text	2	16	32
1032	Persian Language (1)	2	18.50	37
1046	Physical Education (1)	1	19	19
4479	Islamic World Architecture	2	17.50	35
2797	Repair of the Building	2	16.50	33
4502	Construction Materials	2	18	36

Semester: Chosen Credits: 17, Passed Credits: 17, G.P.A.: 17.58, Points: 299

Total: Chosen Credits: 17, Passed Credits: 17, G.P.A.: 17.58, Points: 299

2 nd Term (2 nd Semester, 2000-2001)				
Code	Course Title	Credit	Grade	Point
513	English Language	3	18	54
5913	Theoretical Architecture (1)	1	16	16
5914	Operational Architecture (1)	4	16	64
1047	Physical Education (2)	1	19	19
5045	Recognition of Islamic Architecture (1)	2	17.50	35
4999	Human, Nature & Architecture	2	16.50	33
5010	Functional Geometry	3	17	51
4765	Workshop Utilities & Management	2	18.50	37

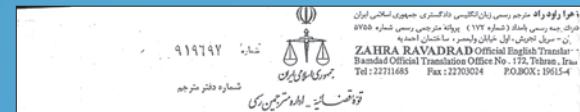
Semester: Chosen Credits: 18, Passed Credits: 18, G.P.A.: 17.16, Points: 309

Total: Chosen Credits: 35, Passed Credits: 35, G.P.A.: 17.37, Points: 608

3 rd Term (1 st Semester, 2001-2002)				
Code	Course Title	Credit	Grade	Point
2792	Mathematics & Statistics	3	19	57
4408	Statics	2	15	30
5015	Theoretical Architecture (2)	2	18	36
5016	Operational Architecture (2)	4	18	72
5018	Building (1)	2	16.50	33
5040	Adjusting the Environmental Conditions	2	14.50	29
5033	Workshop of Materials & Construction	2	17.50	35

Semester: Chosen Credits: 17, Passed Credits: 17, G.P.A.: 16.11, Points: 274

Total: Chosen Credits: 52, Passed Credits: 52, G.P.A.: 16.96, Points: 882



Page Two

Student's First Name: Ms. Elham Sadat

Student's Surname: Asghari

Note: (The minimum grade is zero and the passing maximum is twenty)

4 th Term (2 nd Semester, 2001-2002)				
Code	Course Title	Credit	Grade	Point
5017	Theoretical Architecture (3)	1	17	17
5018	Operational Architecture (3)	4	17	68
1017	Islamic Learnings (2)	2	17	34
1028	Islamic Revolution of Iran & its Roots	2	16	32
5010	Scenes Geometry	2	17.50	35
5045	Recognition of Islamic Architecture (2)	2	16.50	33
5046	Construction (2) & Workshop Report	3	15.50	46.50
5024	Understanding of the Environment	3	14	42

Semester: Chosen Credits: 19, Passed Credits: 19, G.P.A.: 16.07, Points: 305.50

Total: Chosen Credits: 71, Passed Credits: 71, G.P.A.: 16.72, Points: 1,875.50

5 th Term (1 st Semester, 2002-2003)				
Code	Course Title	Credit	Grade	Point
4500	Village (Theoretical) (1)	2	17.50	35
4501	Village (Operational) (1)	2	16.50	33
5019	Theoretical Architecture (4)	1	16	16
5020	Operational Architecture (4)	4	16	64
6324	Recognition of World Architecture	2	15.50	31
5039	Concrete Structures	2	18	36
6312	Materials Resistance & Metallic Structures	2	16.50	33
5047	Knowing the Principles of Frame Planning	2	17	34
6306	Analysis of the Urban Environment	3	15	45

Semester: Chosen Credits: 19, Passed Credits: 19, G.P.A.: 16.39, Points: 311.50

Total: Chosen Credits: 90, Passed Credits: 90, G.P.A.: 16.65, Points: 1,499

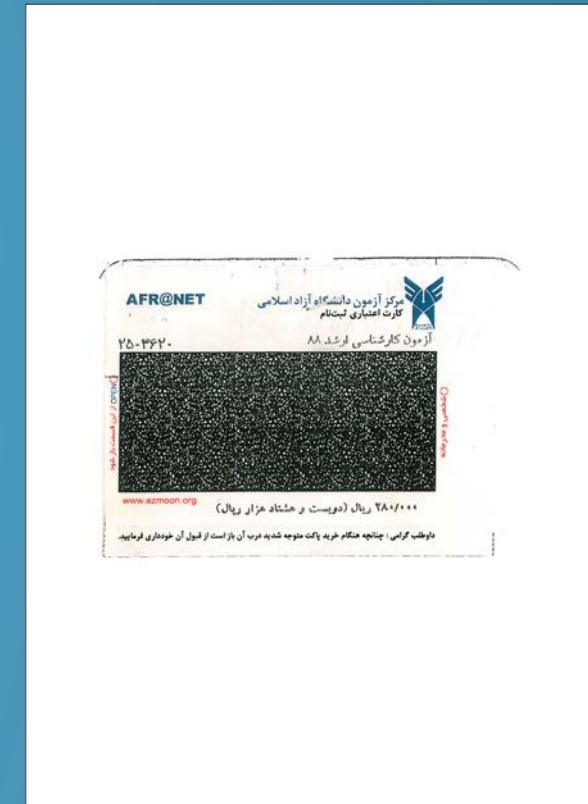
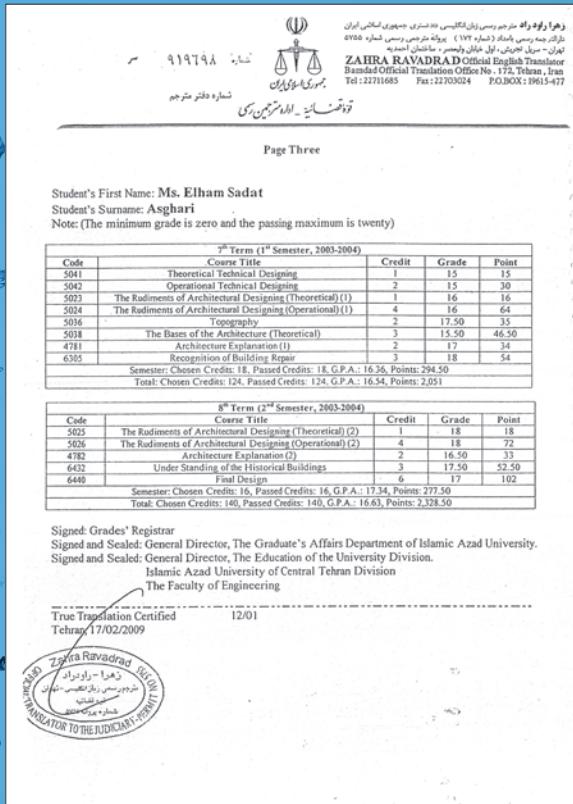
6 th Term (2 nd Semester, 2002-2003)				
Code	Course Title	Credit	Grade	Point
5029	Village (Theoretical) (2)	1	16.50	16.50
5030	Village (Operational) (2)	2	16.50	33
5021	Theoretical Architecture (5)	1	15	15
5022	Operational Architecture (5)	4	15	60
4762	Recognition of the Contemporary Architecture	2	18	36
5038	Electronics & Acoustics (Sound)	2	17.50	35
5037	Mechanical Utilities	2	18	36
5031	Meter & Estimation	2	17	34

Semester: Chosen Credits: 16, Passed Credits: 16, G.P.A.: 16.09, Points: 257.50

Total: Chosen Credits: 106, Passed Credits: 106, G.P.A.: 16.57, Points: 1,756.50



UNIVERSITY DEGREES





C H A P T E R F I V E

C H A P T E R F I V E



INTERNATIONAL CERTIFICATIONS

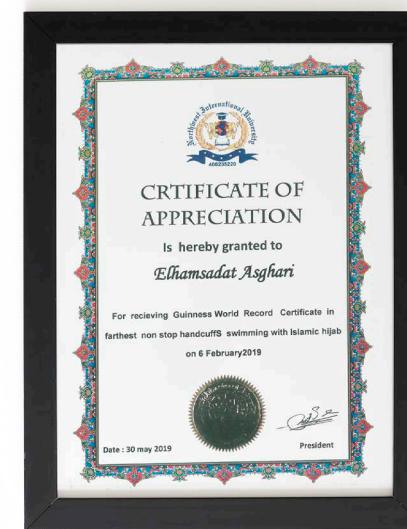
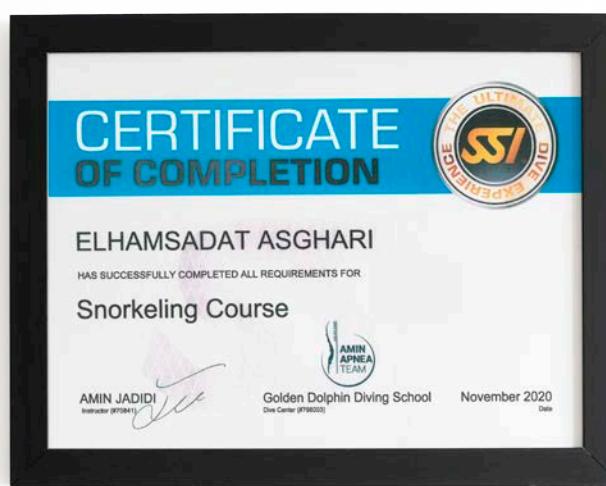
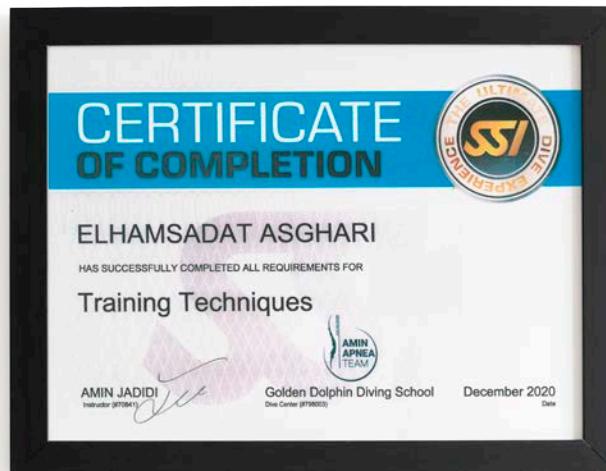
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C E R T I F I C A T E S

INTERNATIONAL





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INTERNAL CERTIFICATES

C E R T I F I C A T E S

INTERNAL

Sports documents:

- Grade 2 Life Saving Certification of the Swimming Board
- Grade 2 Life Saving Ccertification of the Federation
- Grade 1 Life Saving Ccertification of the Federation
- Grade 3 Life Saving Teacher Certificate
- ILS International Life Saving Certificate
- Grade 3 Swimming Coaching Certificate
- Grade 2 Swimming Coaching Certificate
- Hydrotherapy Coaching Certificate
- Grade 3 Swimming Refereeing Certificate
- FINA International Open Water Arbitration Certificate
- Grade 3 Aerobic Coaching Certificate
- Grade (C) Certification of sport message therapy
- Grade (C) Certificate of Nutrition and Sports Supplements
- Grade (B) Certificate of Working with Bodybuilding Machine
- Certificate of Scientific Planning and Training Schedule
- CMAS One-star Diving Certificate



C E R T I F I C A T E S

INTERNAL

Sports documents:

- CMAS Two-star Diving Certificate
- CMAS Three-star Diving Certificate
- PADI Underwater Photography and Videography Certificate
- PADI Coralology Certificate
- PADI Diving Risk Certificate
- CMAS - UAE Night Dive International Certification
- CMAS - UAE Two Star Diving Certificate
- P1 Kickboxing Certificate (2nd DAN)
- P1 Iranian Women Nutrition and Bodybuilding Science Certificate
- Mini Golf Coaching Certificate
- Motor Boat and Jet Ski Certification
- Free Diving
- p-1 Technical Committee of the Organization
- Snorkeling Course November 2020
- Training Techniques December 2020



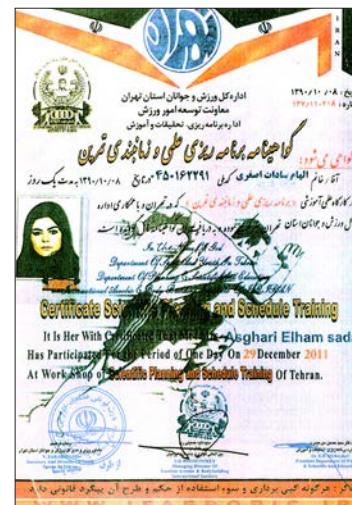
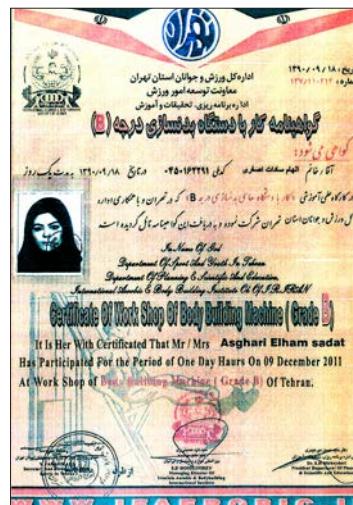
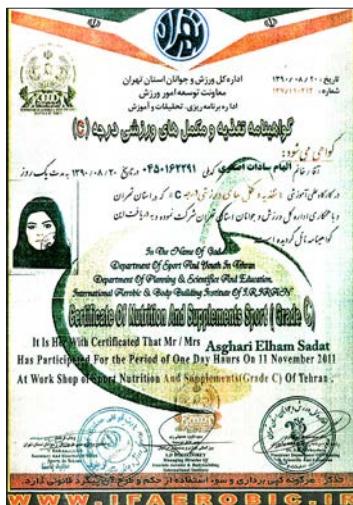
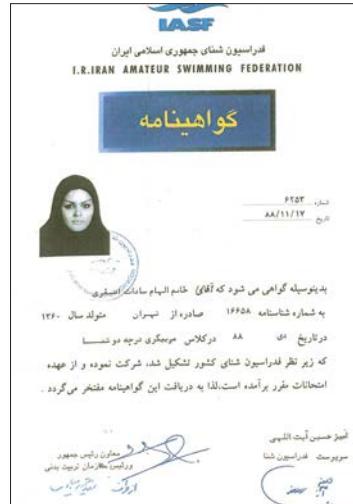
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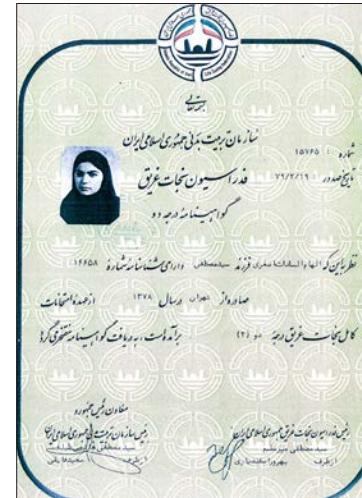
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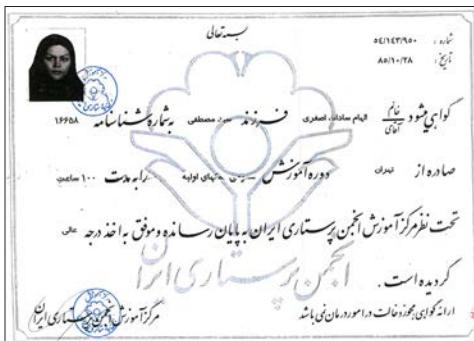
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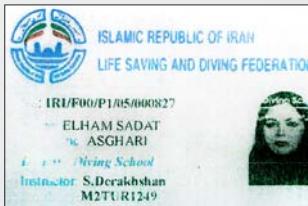
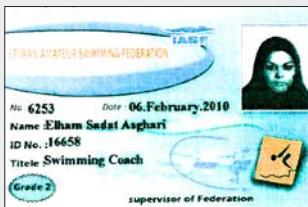
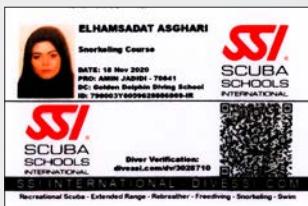
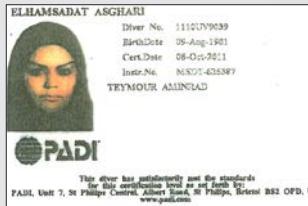
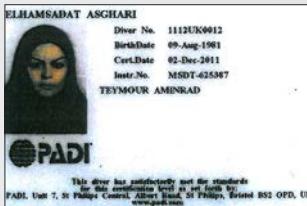
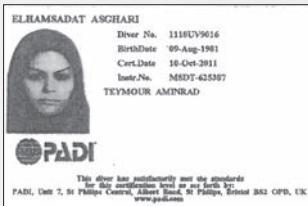
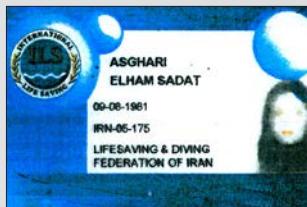
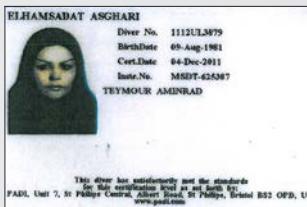
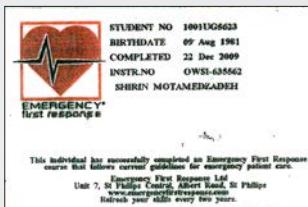
CHAPTER SEVEN

CARTS

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CHAPTER EIGHT

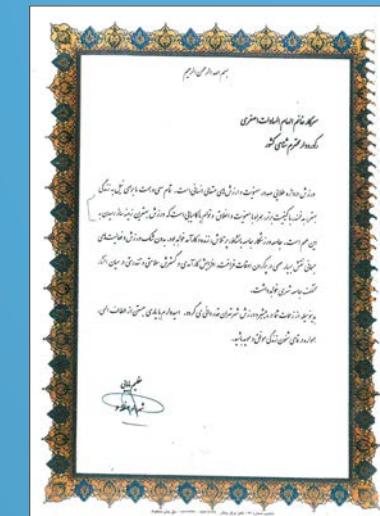
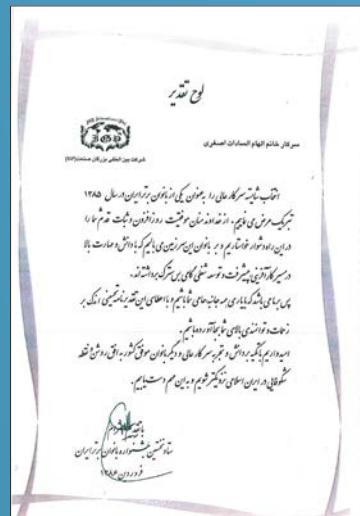
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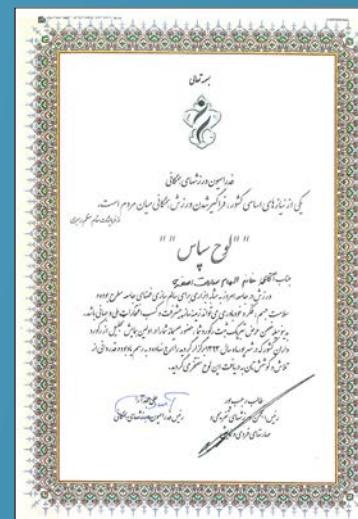


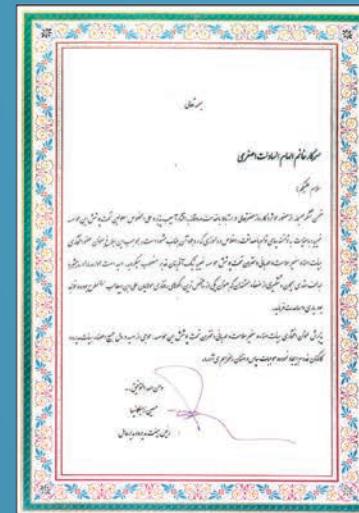
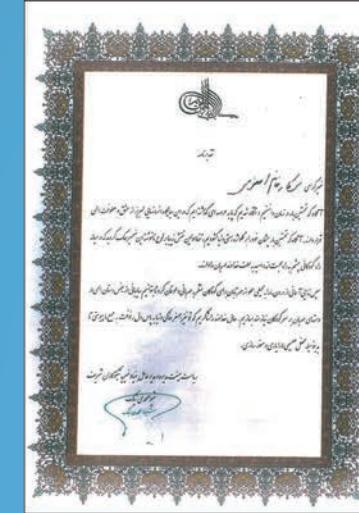
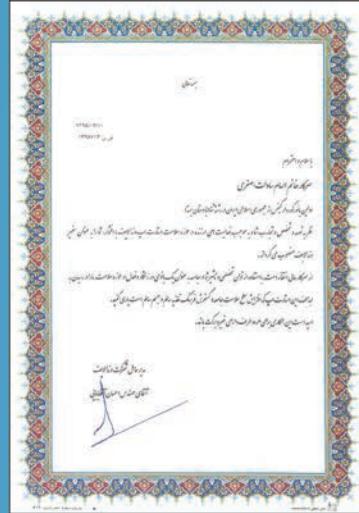
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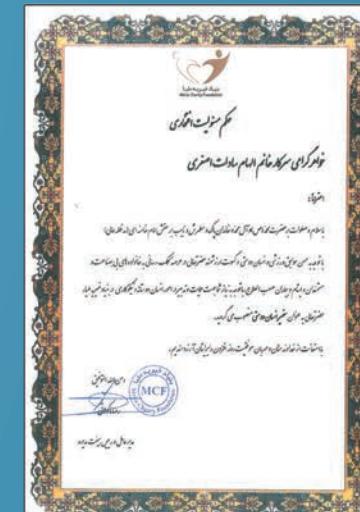
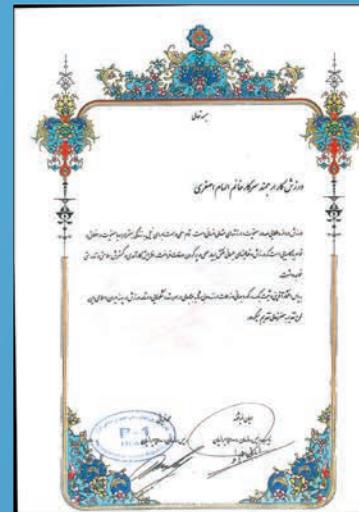
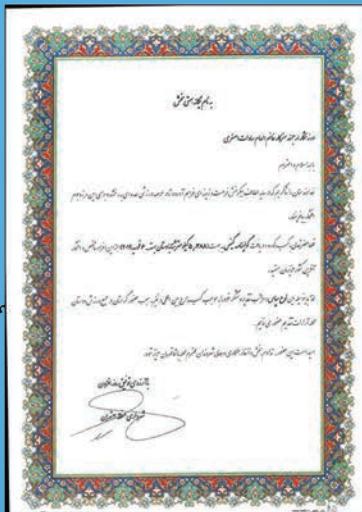
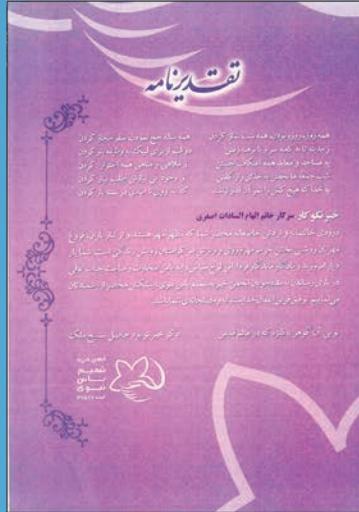
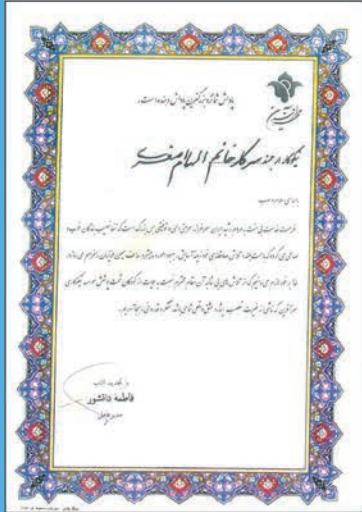


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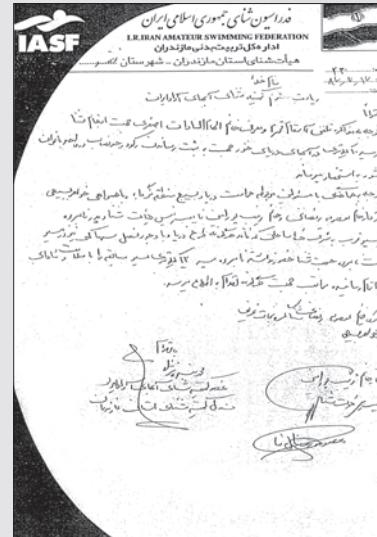




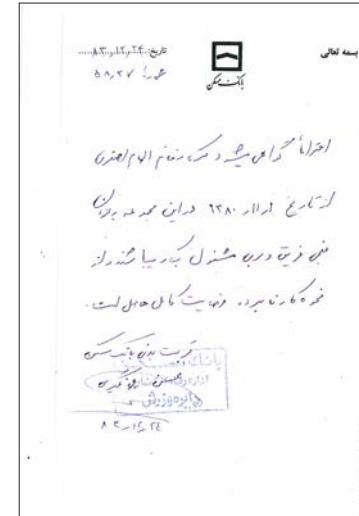
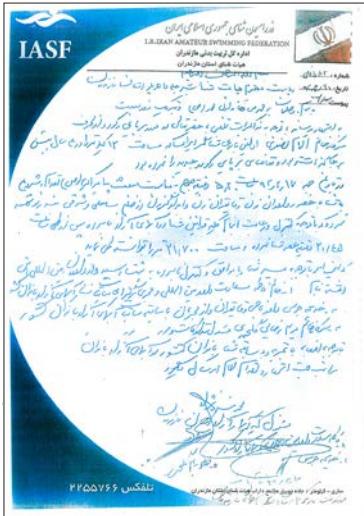
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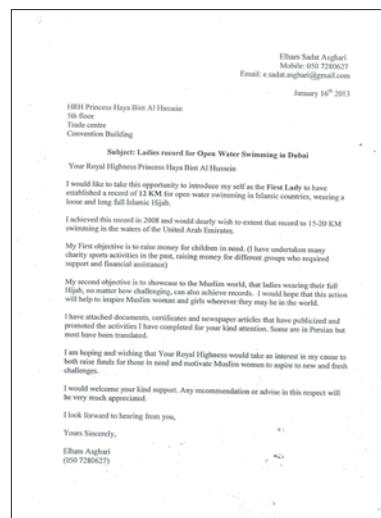
OTHER REPORTS AND REQUESTS



OTHER REPORTS AND REQUESTS



OTHER REPORTS AND REQUESTS





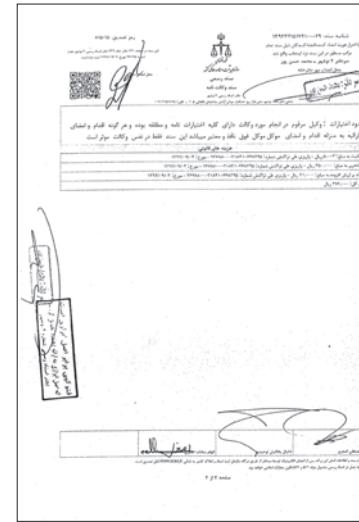
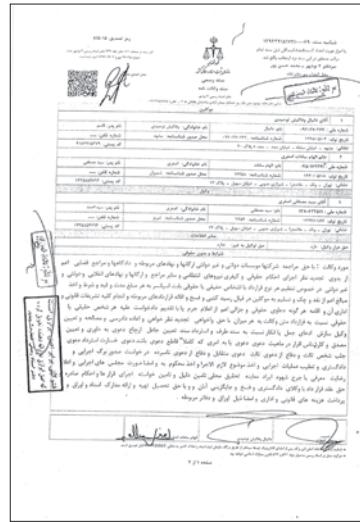
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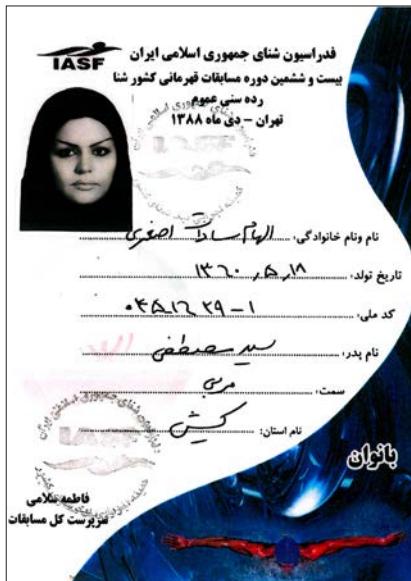
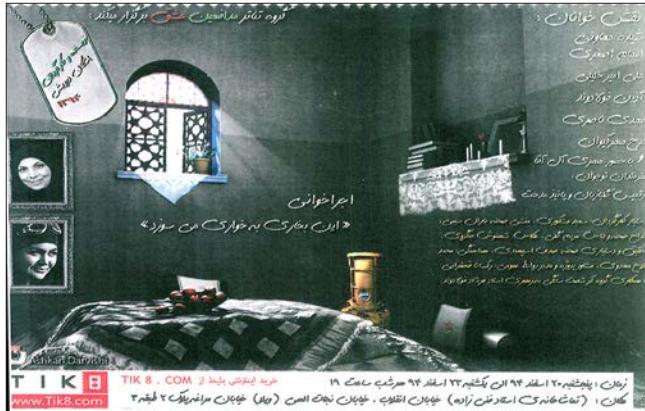


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S P O N S O R S H I P A G R E E M E N T S





CHAPTER
ELEVEN

APPRECIATION PAPER

CHAPTER ELEVEN APPRECIATION PAPER

APPRECIATION PAPER

Appreciation paper

- Iran Newspaper
- Ettefaghe No Magazine
- Aftabnews- SPORT Agency
- Farda News Agency
- Mardomsalari Newspaper
- Shegefti Magazine
- Khanevade sabz Magazine
- Shahrvand Newspaper
- Bsoye Eftekhar Weekly
- Pishkhan Magazine
- Sarnakh Magazine
- World of women Magazine
- Successful young Magazine
- Hamshahri khanevadeh Magazine
- 7rooz zendegi Magazine
- ParsNews Agency
- Rokh b Rokh Magazine
- Banovan Magazine
- Tajlil Magazine
- Tamasha Weekly
- Fasleno Magazine
- Mehr News Agency
- Iranian Women's Sports Agency
- Young Magazine ists Club
- Ilna News Agency
- Atna News Agency



CHAPTER
TWELVE
“ORCA”





“ O R C A ”



“Orca” was presented to cinema activists at the Qumra event in Qatar

Sahar Mosayebi's first story film is taken from the life of Elham Sadat Asghari.

Orca, will be presented exclusively to film activists, distributors and festival directors at the annual Qumra event organized by the Doha Institute in Qatar. This year, in the story section, 8 films in the final stages of post-production have been selected to be screened from different angles by the audience in Qumra during the five days of the event. This event was held online from March 12 to 17, 2021.

THIS FILM IS A JOINT PRODUCT OF IRAN AND QATAR

“Orca” produced by Tahoora Abolghasemi and Mahtab Keramati, Taraneh Alidoosti, Masoud Keramati, Mahtab Nasirpour, Mohammad Rashno, Hassan Zarei, Sepideh Alaei, Armik Gharibian, Fatemeh Neyshabouri, Hamideh Hamidi, Shokoofeh Mousavi, Mobin Rastegar Ready to release. Writer: Tala Motazed, Production Manager: Samira Alaei, Director of Photography: Rozbeh Raiga, Editor: Mohammad Reza Moeini, Director Advisor: Saman Moghadam, First Assistant Director and Programmer: Alaleh Hashemi, Stage Secretary: Azar Tajli, Sound Recordist: Mehdi Ebrahimzadeh, Sound Design And Voice: Hossein Abolsedgh, Makeup Designer: Abbas Abbasi, Stage Designer: Amir Hossein Haddad and Mahtab Keramati, Costume Designer: Mahtab Keramati and Ali Abedini, Visual Special Effects: Morteza Mashhoudi, Photographer: Maryam Majd, Media and International Affairs Advisor: Samin Mohajerani, Field Special Effects: Arash Aghabeyk, Backstage editing: Afroz Khanboloki, Backstage cameraman: Pedram Namdar, Procurement Manager: Bahman Seddiq.



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