Didn't work:

# Zone NAME GMTOFF RULES FORMAT [UNTIL]

Zone Tehran-nodst 3:25:44 - LMT 1916

3:25:44 - TMT 1946 # Tehran Mean Time

3:30 - IRST 1977 Nov

4:00 - IRST 1979

3:30 - IRST

and run

$ zic -d . <filename>

This will produce a file called Tehran-nodst in the current directory, which you can copy to /usr/share/zoneinfo/Asia and link/copy to /etc/localtime (only doing the last copy would be perfectly fine, too).

Manual:

timedatectl set-time "2016-07-05 16:44:16"

To check:

run hwclock to see what time your hardware clock has. If it is off you should run ntpdate to bring your system time back in then run "hwclock --systohc" to update the hardware clock to have the system time.  
  
Also you might want to reboot and check the BIOS (setup). Some hardware clocks have setting to always be UTC so may be confused by the system time. I believe disabling this helps from other posts I've seen.

To ASK and Test:

Make sure that you have an up to date tzdata package. If you rely on correct time display, then this is a critical package you should keep up to date, as it holds all of the worldwide rules for daylight saving time.

Make sure you set the desired timezone in /etc/sysconfig/clock in addition to setting up /etc/localtime.

Make sure you aren't accidentally using the US/East-Indiana zone, which does not observe daylight saving time.

zdump -v Iran | grep 2016