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## Web Meetings

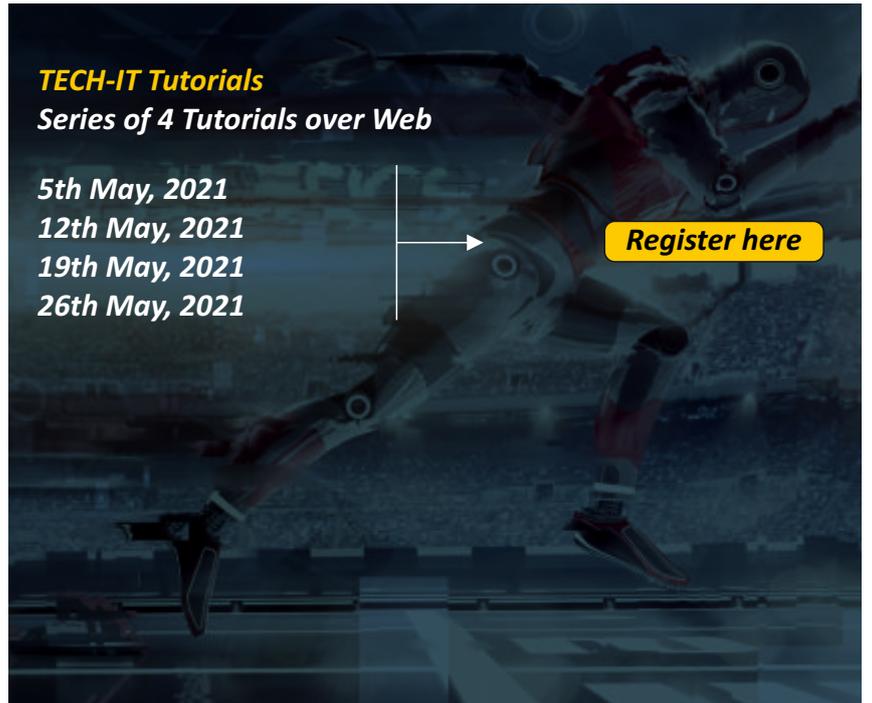
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## Upcoming Webinars

**TECH-IT Tutorials**  
Series of 4 Tutorials over Web

5th May, 2021  
12th May, 2021  
19th May, 2021  
26th May, 2021

[Register here](#)



“ 5 easy ways to improve  
**BLOOD OXYGEN LEVEL** at home ”



**3**

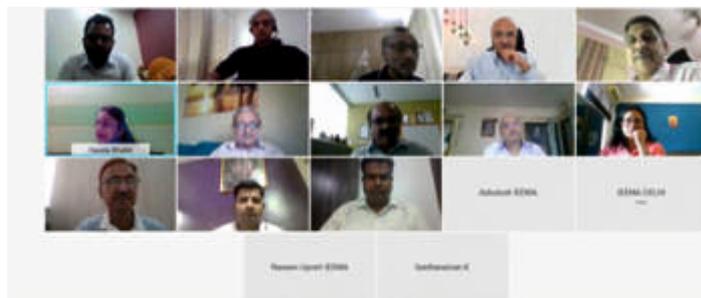
## Health & Fitness Update



## TISCO activity – meeting with industry and institutes – 15th April 2021

As a part of TISCO (technology innovation support council) activity of encouraging R&D within the industry, TISCO interacted with 11 product divisions of IEEMA to identify the technological gaps and pain points of the industry and also simultaneously had invited expression of interest from premier technical institutes of the country. TISCO had organised a meeting between industry and institutes on 15th April 2021. 6 institutes (IIT Roorkee, IIT Delhi, IIT Indore, BITS Pilani, BITS Goa, SRM Institute) participated in the meeting. Respective division chairs present in the meeting appraised the institutes about technological gaps and requirement of R&D in their respective product segments. Such kind of a meeting where institutes and industry were on one platform took place for the first time. This is an ongoing activity.

## Quality Infrastructure Committee (QIC) Meeting – 21st April 2021



Meeting of QIC held through Webex. Major points discussed during the meeting were Quality Control orders, Review of BIS ETDC Meeting Agenda, Grouping Guidelines, Capacitor Testing facility, Class 2 & Class 5 conductors, Role of QIC in creating awareness on key topics such as Energy Efficiency, Cybersecurity etc. Mr. Vimal Mahendru chaired the meeting.

# “ 5 easy ways to improve **BLOOD OXYGEN LEVEL** at home ”



### Prone Position



This method is tried, tested and scientifically proven. In this method, a person needs to lie down with their chest raised, one pillow below their neck, one below the chest

and two below the shins and they need to practice rapid breathing.

### Drinking Healthy Fluids



A person needs to be hydrated and doing so can improve the oxygen levels. Drinking enough water can keep a person hydrated and it boosts the oxygen level as H<sub>2</sub>O is made up of two

hydrogen atoms and one oxygen atoms and that helps to improve the oxygen level.

### Relaxation Techniques



People can practice yoga, relaxation exercise to calm their mind, body and soul. By practising relaxation exercises, the body becomes free and it helps to boost oxygen.

### Breathing Exercises



There are different types of breathing exercises. One should practice it daily to improve their oxygen levels. By doing the breathing exercise, lung function gets

improved and it also helps to relax one's mind and body.

### By Consuming Iron-Rich Foods



To boost the oxygen level, one should consume iron-rich foods. The iron-rich food helps to boost the blood circulation in the body and it provides the oxygen to heart, lungs and other organs. By consuming

iron-rich food, the oxygen level of a person gets boosted.