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## Web Meetings

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## Upcoming Events

*Interactive Session with CEO TPCODL*

January 28, 2021

[Join here](#)

*Awareness webinar on Lean Manufacturing*

29 January, 2021

[Register here](#)

*Distribuelec 2021*

16-20 February, 2021

[Know more](#)



**“ The best and the worst breakfast for diabetics ”**

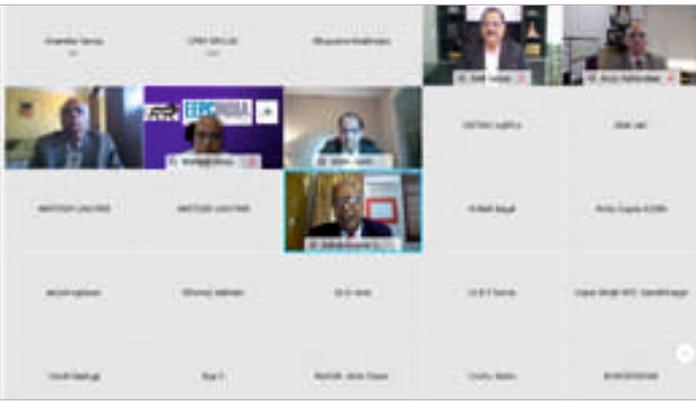
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## Health & Fitness Update

## Meeting with Mr. Lokesh Garg, Deputy Director General, NCIIPC

**20 January 2021:** Mr. Deepak Pandey, Chairman IEEMA Smart Grid Division, Mr. Anil Kadam, Vice Chair Smart Grid Division and Mr. Akeel Khan, Sr. Executive Officer IEEMA called on to Mr. Lokesh Garg, Deputy Director General, NCIIPC to apprise him about IEEMA SGD's initiative in Cyber security in Power Sector and take his guidance to synergise the work. Mr. Garg Appreciated the initiatives taken by IEEMA and also suggested that focus point should be distribution utilities. National Critical Information Infrastructure Protection Centre (NCIIPC) is an organisation of the Government of India created under Sec 70A of the Information Technology Act, 2000 (amended 2008), through a gazette notification on 16th Jan 2014 based in New Delhi. It is designated as the National Nodal Agency in respect of Critical Information Infrastructure Protection.

## Webinar on Capital Goods Industry



**23 January 2021:** The Department for Promotion of Industry and Internal Trade (DPIIT) under Ministry of Commerce & Industry, Govt. of India in association with Quality Council of India (QCI), National Productivity Council (NPC) & Industry Chambers is organising Udyog Manthan - a marathon of focused

sector-specific webinars for promoting Quality and Productivity in Indian Industry. This series of the webinars will run from January 4, 2021 to March 2, 2021.



Mr. Anil Saboo President IEEMA was a panellist in session on Capital Goods held on 23rd January 2021. Ms. Sukriti Likhi, Additional Secretary, Department of heavy Industry set the context of the discussions. The other panelists were Mr. Karthik Kaliappan, Regional Manager – Product Safety and Compliance, John Deere India Pvt. Ltd., Mr. Mahesh Desai, Chairman, EEPC India, Meera Group, Mr. Arun Adiverekar Associate Vice President-Corporate Quality, Kirloskar Pneumatic Co. Ltd. , A. N Chandramouli, GC member , CGSC & Board Member of Starrag, India , Mrs. Mohini Kelkar Chairperson, Grind Master Machines Private Limited and Mr. Viren Joshi, Executive Vice Chairman , Sigma Electric Manufacturing Corporation President shared the key challenges concerning the Quality and Productivity of Electrical Equipment Industry where he raised that Industry lags in R & D and testing facilities. President requested support from Government in giving importance to Quality and finding alternative to L1 based procurement. He raised to enhance the type test facilities for electrical equipment and recognition of Indian labs in overseas market.

Interactive session with



**Mr. M. Shenbagam**  
CEO, TP  
Central Odisha Distribution Ltd

and

**Officials of TPCODL**

on

**January 28, 2021 10:30 AM - 11:30 AM (IST)**



Interactive Session on

**Current State & Challenges faced by Indian Power Transformer Industry**

29<sup>th</sup> January 2021, 5.00 PM to 6.30 PM



# The best and the worst breakfast for **DIABETICS**



Breakfast is the most important meal of the day, especially for diabetics since it's the first meal of the day after fasting for so long. This makes eating a healthy breakfast an important factor in keeping a check on the sugar levels.

Here is a list of foods that you must add to your daily breakfast in order to manage your blood sugar levels.

High-fiber, low sugar cereal

Cereals are one of the most favourite breakfast options of all time. But diabetics must ensure to include high-fibre, low sugar cereal in their diet to manage their blood sugar levels.

## Porridge



Commonly called as daliya, porridge makes for a great breakfast option. It can be prepared sweet or salty, but talking about diabetics, they must opt for a salty dalia with loads of veggies.

## Whole Grain bread



Whole Grain bread has a good amount of carbs but it is not refined and sugary. It contains fibre, which is very important in managing blood sugar levels.

## Avocado



Avocado has a lot of healthy fats. You can add it to your whole grain slice of bread for a wholesome breakfast option.

Some other healthy options include fresh fruits, eggs and oats.

### Breakfast options diabetics must avoid:

Foods with sugar and simple carbs should be avoided by people struggling to manage their diabetes. The list of foods that they must not opt for includes:

- Sugar in tea/coffee
- Packed juices and fruit smoothies
- Refined flour bread
- Sugary cereals
- Waffles and Pancakes
- Sugary spreads like chocolate spread, hazelnut spread, jams, pastries, packaged and processed foods