



**1**

## Division Meetings



**2**

## Regional Meetings



**3**

## Upcoming Events

*Webinar on 'Impregnation Process Audit – Systematic approach to improve Impregnation & Safety'*

[Register here](#)

21 October 2020

*Awareness workshop on IPR*

[Register here](#)

26 October 2020

*eTrafotech*

[Register here](#)

5-7 November 2020



“ How much Kadha can you have in a day that it doesn't lead to any side effects? ”



**4**

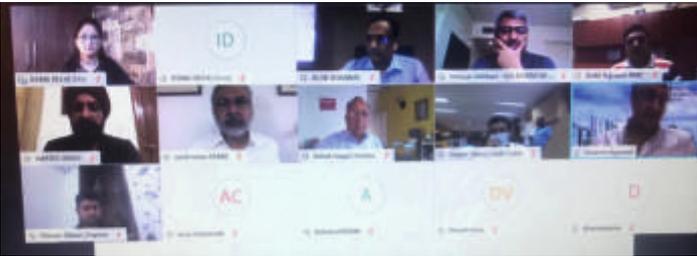
## Health & Fitness Update



## IEEMA's Electrical Insulating Materials Division meeting

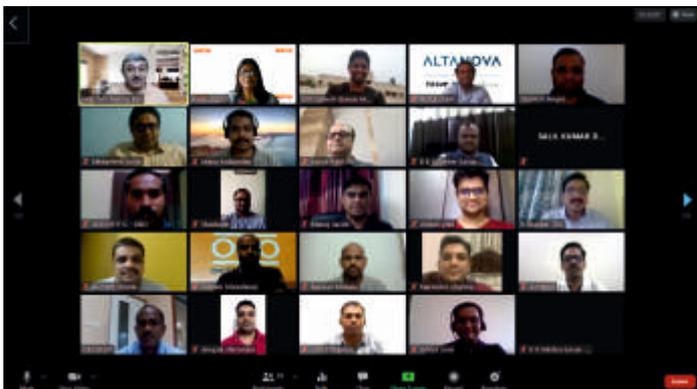
7th October 2020: IEEMA's Electrical Insulating Materials Division meeting was held over Web. The members deliberated on the current prevailing business scenario and how the market prospects are beginning to open up. The members further discussed on the webinar organised on Improvement in Motor and Transformer Reliability by Impregnation Process on 9th September 2020 being attended by 70 delegates comprising of both Domestic and International. The division members concluded that more such technical webinars need to be organised.

## IEEMA Northern Region Committee meeting



10th October 2020: IEEMA Northern Region Committee had its 3rd virtual meeting. There were 15 companies who attended this meeting and discussed the industry scenario in terms of business prospects, outstanding payments, Force Majeure, membership increase etc.

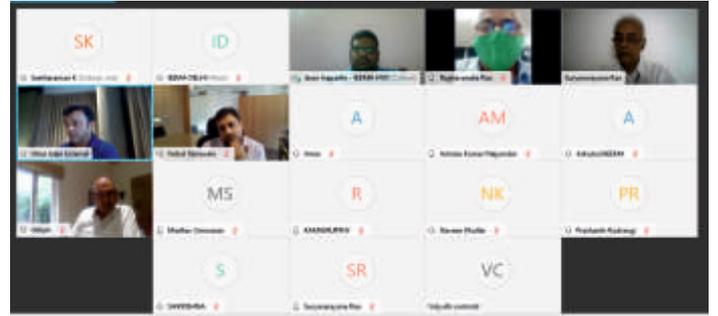
## Training on Excel and Elevate - Leadership & Personal Transformation Programme



16th & 17th October 2020: A Training on Excel and Elevate - Leadership & Personal Transformation Programme was attended by 30 participants from 10 member organisations. The faculty Maj. Gen. Neeraj Bali, Sena Medal (Retd), the Founder of Leadscape Advisors, conducted the program. The participants were totally involved with the content and reflection exercises

conducted by him and were very much satisfied. The programme received an overwhelming response. There was a limitation of 30 seats but looking to larger interest from member companies it is decided to conduct the next module of this training shortly.

## IEEMA Andhra Pradesh & Telangana State membership meeting



14th October 2020: IEEMA Andhra Pradesh & Telangana State membership meeting was held over webex platform. Members proactively discussed various issues on industry trends and representations to do in State utilities. The meeting was moderated by Mr. Vikas Jalan – Chairman and Mr. Suryanarayana Rao – Vice Chairman, Southern Region. The meeting was also attended by senior members like Balangangadhar from Oblum and others.





## How much **KADHA** can you have in a day that it doesn't lead to any **SIDE EFFECTS?**

The Coronavirus has brought many changes in our lifestyle. Drinking Kadha has become an integral part of our daily routine. In the past few months, we have heard that the immune system should be strengthened to fight against Coronavirus and Kadha is really helpful in boosting the immunity. The wrong use of

Kadha can lead to many serious diseases.

Improper use of Kadha can cause acidity, bleeding from the nose, mouth ulcers, urination problems, indigestion, rashes, acne and other diseases. This happens because the ingredients used to make kadha including ashwagandha, black pepper,

turmeric, cinnamon creates heat in the body. Excess heat in the body can disrupt digestion, leading to bleeding from the nose and various other health problems.

Know about the right use of Kadha, the right amount and the right time to take

***How much kadha can you have in a day that it doesn't lead to any side effects depends on your body type as per Ayurveda?***

**Kapha** - People who have prominent kapha dosha can have kadha 2-3 times in a day with moderate amount of ingredients in it.



In fact, people who have kapha body type will feel better after

having kadha as they are ones more prone to viral illnesses, which kadha can cure.

**Pitta** - People with pitta body type should not have kadha more than once in a day.



Such people should make sure not to have kadha empty stomach or during the middle of the day. It's best for to consume kadha in the evening.

**Vata** - People with vata body type can have kadha twice a day. These people can also add some

ghee in kadha to avoid dryness in their body.



Please note that serving of kadha should not be more than 50ml. You can put 100 ml of water with other ingredients, wait for it to boil down to 50 ml and then cool down the kadha a bit before consuming it. If you really want to keep your immune system healthy, then, take kadha with a little care.