



1 Web Meetings

2

Upcoming Webinars

*Interactive Session on
Scheduling and Conducting Productive Reviews*

April 17, 2021 at 1100 hrs

[Register here](#)

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

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

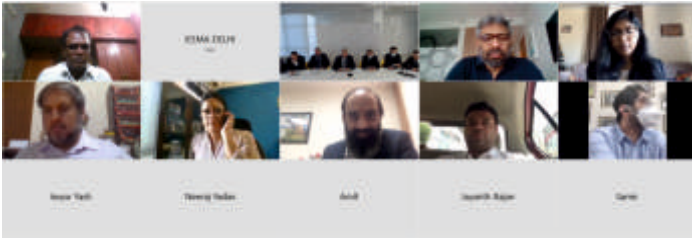
[Register here](#)



“ Popular Weight Loss
DIETS ”

3 Health & Fitness Update

Interaction with officials of Belenergo, Belarus - 2nd April 2021



A web interaction was organised with officials of Belenergo, Belarus for IEEMA International Business Division core committee on 2nd April 2021.

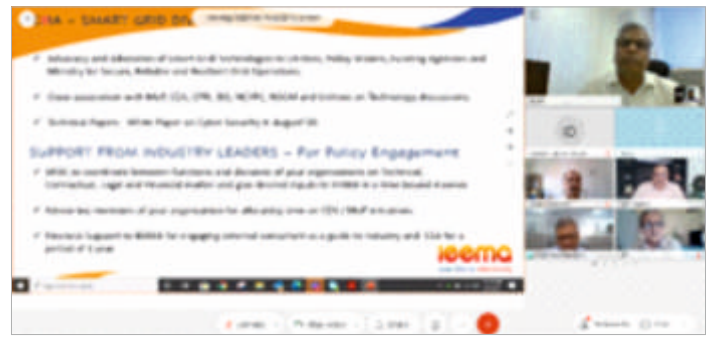
Ms. Bhavika Mangalanandan, Head of Chancery, Embassy of India, Minsk, Belarus was instrumental in bringing this connect.

Belenergo, Belarus is the umbrella organization to which all power, energy, transmission, distribution companies of the country and of the states are affiliated to. All power equipment manufacturers and distributors are also affiliated to Belenergo.

Cyber Security IEEMA Leadership Web Meeting - 7th April 2021



A Cyber security IEEMA leadership web meeting was convened on 7th April. The meeting was chaired by Shri Anil Saboo, President IEEMA. The meeting was attended by MDs/CEOs of leading organisations Siemens, GE(T&D), Schneider Electric, Secure Meters, L&T, ABB Power Products and Systems India Limited, ABB India, ZIV Automation. The meeting was also



attended by Director General, IEEMA, Chairman & Vice Chairman Smart Grid Divisions and other senior members of the associations.

President IEEMA requested leading organisation to provide and allocate resources from their organisations in order to speed up the cyber security activities allocated by Central Electricity Authority, Ministry of Power to IEEMA.

Chairman Smart Grid Division mentioned upon the importance of IEEMA being part of the committee constituted by Ministry of Power for framing the CEA Regulations on Cyber Security.

All senior leadership from member organisations assured their whole hearted support in the Cyber security initiative.

Meeting on Power Transformer Standardization Manual-7th April 2021

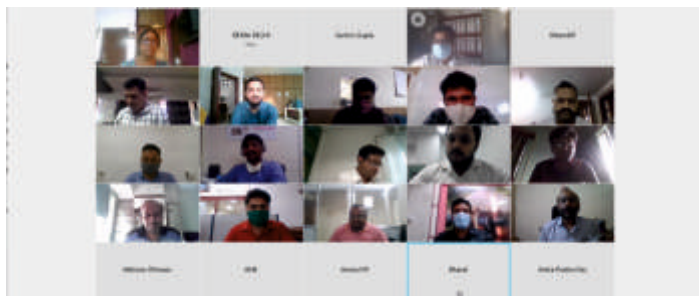
A meeting on Power Transformer Standardization Manual was convened on 7th April 2021 called by Ministry of Power. The meeting was chaired by Shri Alok Kumar, Secretary, Ministry of Power and was also attended by JS, MoP; Chairperson, CEA; CMD-Power Grid, CE(PSE&TD); DG, IEEMA; Representatives from NTPC, NHPC, CPRI and Representatives from Transformer Industry.

DG, IEEMA stated that a great amount of effort and time was put in preparing the manual over the last 5 years. He also mentioned that IEEMA has also prepared a manual on Power Transformers in 2014, which was not widely accepted by State Utilities; however the manual being published under CEA will have larger acceptance. The manual will effectively standardize the product and bring simplification in the procurement process, reduced delivery period, facilitate interchangeability of different makes and ensure enhanced efficiency, quality and productivity.

Secretary (Power) concluded that initially the manual can be made voluntary for adoption of all Utilities and by Jan 2022, it can be made mandatory.

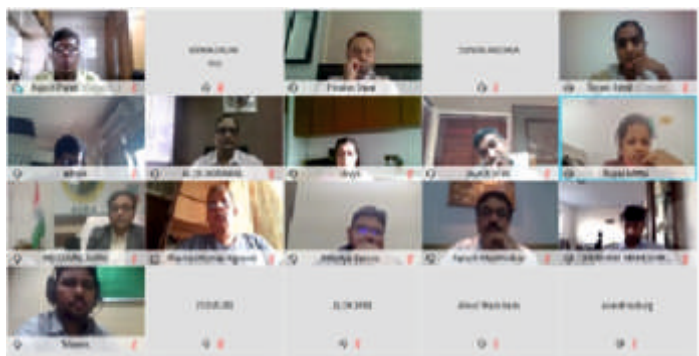
IEEMA requested to prepare similar standard specification for all the major electrical equipment such as Breakers, CT/PT, Surge Arrestor, Isolator, Cables, Capacitors, Conductors through CEA, Ministry of Power.

Training programme on Storage Power (Batteries), Technology Service & Maintenance - 7th April 2021



Training on Storage Power, Technology, Maintenance and Service were held on 7th April 2021. The faculty of the programme was Mr. Uttam Kumar Panda from Exide Industries who is heading all sorts of sales & service activities of various branches and Zone since 2011 and currently heading National responsibility of after sales services of Industrial batteries as Head – Service & Applications (Infra). He is B.Sc, Diploma in Mechanical Engineering. 80 participants from IEEMA member companies and IEEMA operations team attended the training. The session was elaborative and discussions were held on lead acid and Ni – Cd batteries.

IEEMA Western region organised an awareness webinar on “Commodity Hedging with Bombay Stock Exchange - 8th April, 2021.



The objective of the programme was to safeguard the business from any unpredictable movement in the commodity price volatility that can put the business into huge losses. The session was conducted by Mr. Pinakin Dave - Deputy General Manager Products & BD, BSE.

Mr. Jayesh Shah, Chairman, IEEMA Western Region gave the welcome address. Mr. Anil Saboo, President IEEMA in his opening remarks informed audience about the re-emergence of Covid-19 cases has turned financial markets nervous. He also felt that in today's competitive business world works on a wafer-thin profit margins and business owners like Manufacturers, Traders, Exporters & Importers are exposed to commodity & currency price risk

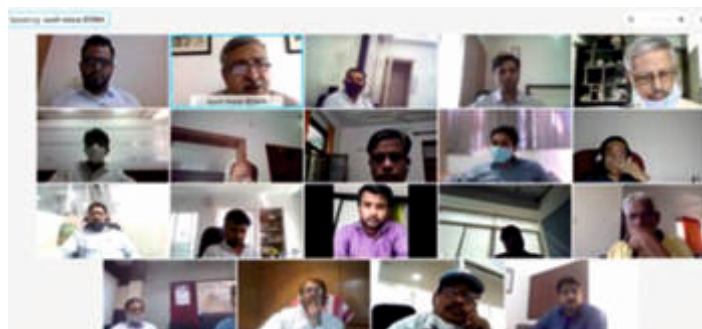
movements, hence they must hedge themselves against extreme price risk.

He also welcome and thanked Mr. Amit Kishore, IAS, MD, Dakshinanchal Vidyut Vitran Nigam Ltd, for taking time out for attending this important session organised by IEEMA.

Mr. Vijay Karia, Sr. Vice President, IEEMA in his introductory remarks informed audience about the biggest need to hedge the copper price risk or foreign currency risk is to safeguard the business from any unpredictable movement in the price that can put the business into huge losses, since we all know the commodity markets works on a low profit margin.

The session was well attended by IEEMA members. The vote of thanks is given by Mr. Rakesh Markhedkar, Vice Chairman, IEEMA Western Region.

Webinar on Partial Discharge Detection – 9th April 2021



IEEMA organised a Webinar on Partial Discharge Detection – A Condition assessment tool to prevent catastrophic failure in electrical assets. Webinar provides detail insights and information to delegates on Components in Electrical Assets and its failure, Impact of PD, Definition, causes and types of PD, Characteristics of PD, PD Detection Techniques - Online & Offline, Case Study, Various tools for PD measurement.

Interactive webinar was supported by Megger India and 200 plus participants have attended it. During the session lot of queries and clarifications related to PD in Cables and Transformers are answered by the speaker Mr. Mathew.

“Popular Weight Loss DIETS”



especially in overweight and obese individuals.

They seem to be very effective at reducing dangerous belly fat, which can become lodged around your organs.

People on very low-carb diets commonly reach a state called ketosis. Many studies note that ketogenic diets lead to more than twice the weight loss than a low-fat, calorie-restricted diet.

Other benefits: Low-carb diets tend to reduce your appetite and make you feel less hungry, leading to an automatic reduction in calorie.

Furthermore, low-carb diets may benefit many major disease risk factors, such as blood triglycerides, cholesterol levels, blood sugar levels, insulin levels, and blood pressure.

The downside: Low-carb diets do not suit everyone. Some feel great on them while others feel miserable.

Some people may experience an increase in “bad” LDL cholesterol.

In extremely rare cases, very low-carb diets can cause a serious condition called nondiabetic ketoacidosis. This condition seems to be more common in lactating women and can be fatal if left untreated.

However, low-carb diets are safe for the majority of people.

Low-Carb Diets



- **Low-carb diets have been popular for decades — especially for weight loss.**

There are several types of low-carb diets, but all involve limiting carb intake to 20–150 grams per day.

The primary aim of the diet is to force your body to use more fats for fuel instead of using carbs as a main source of energy.

How it works: Low-carb diets emphasize unlimited amounts of protein and fat while severely limiting your carb intake.

When carb intake is very low, fatty acids are moved into your blood and transported to your liver, where some of them are turned into ketones.

Your body can then use fatty acids and ketones in the absence of carbs as its primary energy source.

Weight loss: Numerous studies indicate that low-carb diets are extremely helpful for weight loss,

Intermittent Fasting

Intermittent fasting cycles your body between periods of fasting and eating.

Rather than restricting the foods you eat, it controls when you eat them. Thus, it can be seen as more of an eating pattern than a diet.

The most popular ways to do intermittent fasting are:

- **The 16/8 method:** Involves skipping breakfast and restricting your daily eating period to eight hours, subsequently fasting for the remaining 16 hours of the day.



- **The eat-stop-eat method:** Involves 24-hour fasts once or twice per week on non-consecutive days.
- **The 5:2 diet:** On two non-consecutive days of the week, you restrict your intake to 500–600 calories. You do not restrict intake on the five remaining days.
- **The Warrior Diet:** Eat small amounts of raw fruits and vegetables during the day and one huge meal at night.

How it works: Intermittent fasting is commonly used for weight loss because it leads to relatively easy calorie restriction.

It can make you eat fewer calories overall — as long as you don't overcompensate by eating much more during the eating periods.

Weight loss: Intermittent fasting is generally very successful for weight loss. It has been shown to cause weight loss of 3–8% over a period of 3–24 weeks, which is a lot compared to most weight loss diets.

In addition to causing less muscle loss than standard calorie restriction, it may increase your metabolic rate by 3.6–14% in the short term.

Other benefits: Intermittent fasting may reduce markers of inflammation, cholesterol levels, blood triglycerides, and blood sugar levels.

Furthermore, intermittent fasting has been linked to increased levels of human growth hormone (HGH), improved insulin sensitivity, improved cellular repair, and altered gene expressions.

Animal studies also suggest that it may help new brain cells grow, lengthen lifespan, and protect against Alzheimer's disease and cancer.

The downside: Although intermittent fasting is safe for well-nourished and healthy people, it does not suit everyone.

Some studies note that it's not as beneficial for women as it is for men.

In addition, some people should avoid fasting, including those sensitive to drops in blood sugar levels, pregnant women, breastfeeding moms, teenagers, children, and people who are malnourished, underweight, or nutrient deficient.

The Vegan Diet

The vegan diet restricts all animal products for ethical, environmental, or health reasons.

Veganism is also associated with resistance to animal exploitation and cruelty.

How it works: Veganism is the strictest form of vegetarianism.



In addition to eliminating meat, it eliminates dairy, eggs, and animal-derived products, such as gelatin, honey, albumin, whey, casein, and some forms of vitamin D3.

Weight loss: A vegan diet seems to be very effective at helping people lose weight — often without counting calories — because its very low fat and high fiber content may make you feel fuller for longer.

Vegan diets are consistently linked to lower body weight and body mass index (BMI) compared to other diets.

One 18-week study showed that people on a vegan diet lost 9.3 pounds (4.2 kg) more than those on a control diet. The vegan group was allowed to eat until fullness, but the control group had to restrict calories.

However, calorie for calorie, vegan diets are not more effective for weight loss than other diets.

Weight loss on vegan diets is primarily associated with reduced calorie intake.

Other benefits: Plant-based diets are linked to a reduced risk of heart disease, type 2 diabetes, and premature death.

Limiting processed meat may also reduce your risk of Alzheimer's disease and dying from heart disease or cancer.

The downside: Because vegan diets eliminate animal foods completely, they may be low in several nutrients, including vitamin B12, vitamin D, iodine, iron, calcium, zinc, and omega-3 fatty acids.

