



ieema

Weekly Updates

Meeting with Shri Mrityunjay Kumar Narayan, IAS Joint Secretary, MoP

19th August, 2020: A delegation of senior members of IEEMA Meter Division had a meeting with **Shri Mrityunjay Kumar Narayan**, IAS Joint Secretary, Ministry of Power to discuss and apprise him about the issues faced by the meter industry and how more Indigenization can be achieved in Meters. Members informed that domestic industry has capacity of more than 100 Million meters per annum and ready for rollout of Smart Prepayment Meters . The key areas where intervention of other ministries are required were also discussed in detail. **Mr. Amit Kumar, Chairman IEEMA Meter Division** presented industry views and he was supported by members present in the meeting.



The meeting was also joined by **Shri Vishal Kapoor**, Director, Ministry of Power and **Shri A.K Mishra**, Director NSGM.

IEEMA Electrical Insulation Materials Division Meeting

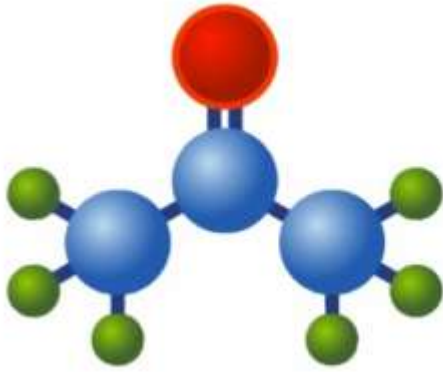
20th August, 2020: IEEMA Electrical Insulation Materials (EIM) Division conducted its 2nd quarter meeting over web. The important points discussed by the Members were: **the current status of the insulating sector from different products view. The members also discussed the impact of COVID on this sector and what are the future prospects.**

Web Meeting of Distribution Transformer Division

21st August, 2020: The web meeting of IEEMA LV Switchgear Division meeting was chaired by **Mr. Raminder Singh, Chairman LV Switchgear division. Mr. Nitin Rastogi, Vice Chairman, LV Switchgear division** also joined the meeting. The meeting was attended by 27 members from 14 organisations. .

The important points discussed during the meeting were: **finalisation of LV SWGR industry size FY 2019-20, discussion on the state of industry, update on the quality control order of plugs and sockets, discussion on ALMM (Approved list of Model and Manufacturers format) for LV Switchgear equipments, nomination of industry expert for the post of Vice Chairman for BIS ETD-07 Committee, discussion on SOP for issuance of the quality control order.** The next meeting was decided to be convened on 6th October 2020.

Health & Fitness *Updates*



Health Benefits of **KETONES**

The ketogenic diet is gaining a lot of popularity these days. The ketogenic diet is helping many people get in shape in time. Keto diet is a low-carb diet, moderate in proteins and at the higher end with healthy fats.

The Keto diet deprives your body of carbs and in turn gets you in ketosis, a state wherein your body turns to fats for energy as it runs out of carbohydrates. This helps you lose your extra fats within no time and at the same time helps you with your chronic conditions like Diabetes Type II, PCOD, etc. A dose of those extra proteins helps you get better skin and hair.

Below are few health benefits of Ketones:

Stimulates Mitochondrial Production

New mitochondria are framed in cells after they start consuming solely

ketones for fuel. This has been found to happen in the mind cells of individuals who are on the ketogenic diet.

Ketones Protects and Regenerates the Nervous System

Ketones help protect the capacity of maturing nerve cells and help in the recovery of a harmed and failing sensory system.

Ketones acts like Antioxidants

Ketones decreases the number of receptive oxygen species and free radicals that are created. This shields the body from the harm and illness that receptive oxygen species and free radicals can cause. Hence, it acts as antioxidants.

Ketones Preserve Muscle Mass

Ketones have a muscle preserving effect. This effect was particularly predominant in individuals who were limiting calories to get more fit. In addition to the fact that this makes the ketogenic diet and ketones an incredible fat loss instrument, yet a life span enhancer too.

Ketones help Prevent Cancer Growth

Ketones can help fight Cancer. This is on the grounds that cancer growth cells can't utilize ketones as fuel. Without fuel, the cancer cells have no energy for development, and the invulnerable framework can help dispose of them from the body.

