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## Web Meetings

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## Upcoming Events

*Awareness webinar on Lean Manufacturing*

29 January, 2021

[Register here](#)

*Distribuelec 2021*

16-20 February, 2021

[Know more](#)

“ Heart-healthy diet:  
steps to prevent heart disease ”

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## Health & Fitness Update

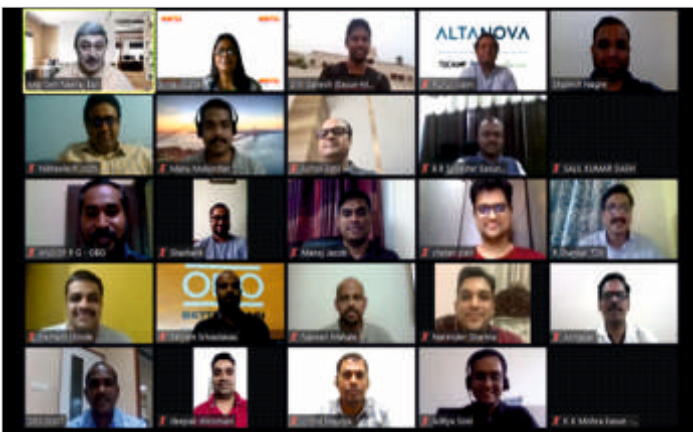
## Interaction of ER Office Bearers with MD, STEP - IIT Kharagpur



**12 January 2021:** An interaction was held between the IEEMA Eastern Region Office bearers and Professor Siddhartha Das, Managing Director - Science and Technology Entrepreneurs' Park (STEP) & Professor, Dept. of Metallurgical & Materials Engineering – Indian Institute of Technology Kharagpur.

The purpose of this interaction was to collaborate with IIT, Kharagpur for joint research, their “LAB to Market Initiative” and working with the start-ups and also getting associated with them for the skill development program and seminars.

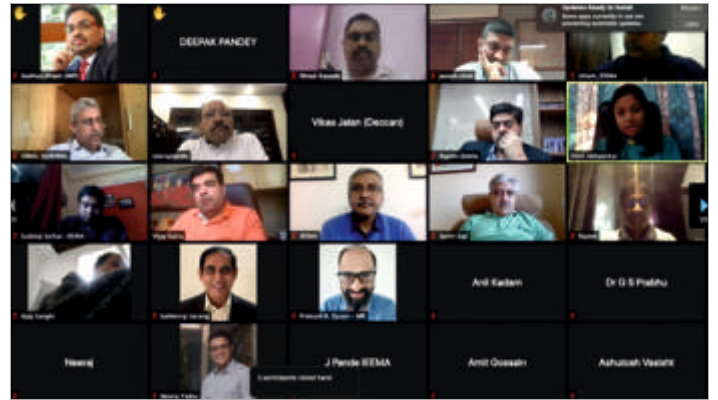
## Batch II – Excel and Elevate – Leadership Development Programme



**11 to 13 January 2021:** IEEMA conducted the second batch of Excel and Elevate – Leadership Development programme. It was a three-day leadership and personal transformation programme to expand the leadership skill set of participants and have a noticeable positive impact on their collective contribution to the success of respective organisations. The faculty Maj. Gen. Neeraj Bali, Sena Medal (Retd), the Founder of Leadscape Advisors, personally conducted the program. This batch was attended by 23 participants from Zera, Siemens, Subhodhan Capacitors, Axis Electrical, Dynamic cables, S & S Power, etc. The last batch was

conducted in October 2020 and overwhelming response was received by the members. This programme also received an excellent feedback.

## Meeting of Divisional and Regional Committee Chairs and Members of Public Policy Cell



**16 January 2021:** A joint meeting of Divisional and Regional Committee Chairs and Members of Public Policy Cell was convened to discuss pressing issues of business, finance, steep rise in raw material prices, suppressed demand. The meeting was conducted to take suitable action to address these issues with the Government.

## Interactive samvaad session on the need of indigenous manufacturing of Cold Rolled Grain Oriented (CRGO)



**16 January 2021:** IEEMA Power & Distribution Transformer Divisions jointly with BHEL organised an interactive samvaad session on the need of indigenous manufacturing of Cold Rolled Grain Oriented (CRGO) steel under the initiative of AatmNirbhar Bharat. Representatives of CRGO mill manufacturers and lamination processors were especially invited to discuss and share their perspective on creating CRGO manufacturing facility within India. The meeting was attended by more than 48 delegates including senior members of Power & Distribution Transformer divisions, BHEL

Representatives, Mill Representatives, and Lamination Processors etc. The final conclusion emerged from the meeting was that BHEL and IEEMA should present the need to the Ministry of Power & Ministry of Steel for manufacturing of CRGO units in

the country either through joint venture with a global partner or re-energise the initiative of developing the CRGO manufacturing facility in India through SAIL and other interested partners.



## Heart-healthy diet: steps to prevent heart disease

*Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Here are some heart-healthy diet tips.*

### Control your portion size

Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This can shape up your diet as well as your heart and waistline.

Keep track of the number of servings you eat.

### Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in fiber. Vegetables and fruits contain substances that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you cut back on higher calorie foods, such as meat, cheese and snack foods.

### Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain farro, quinoa or barley.

### Limit unhealthy fats

Limiting how much saturated and Trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a build up of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

You can reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat. You can also add less butter, margarine and shortening when cooking and serving.

You can also use low-fat substitutions when possible for a heart-healthy diet. For example, top your baked potato with low-sodium salsa or low-fat yogurt rather than butter, or use sliced whole fruit or low-sugar fruit spread on your toast instead of margarine.

An easy way to add healthy fat (and fiber) to your diet is ground flaxseed. Flaxseeds are small brown seeds that are

high in fiber and omega-3 fatty acids. Some studies have found that flaxseeds may help lower cholesterol in some people, but more research is needed. You can grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

### Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. Be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

Fish is another good alternative to high-fat meats. The highest amounts of omega-3 fatty acids in cold-water fish, such as salmon, mackerel and herring. Other sources are flaxseed, walnuts, soybeans and canola oil.

Legumes — beans, peas and lentils — also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat. Substituting plant protein for animal protein — for example, a soy or bean burger for a hamburger — will reduce your fat and cholesterol intake and increase your fiber intake.

### Reduce the sodium in your food

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet. The American Heart Association recommends that:

- Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt)
- Most adults ideally have no more than 1,500 mg of sodium a day

Although reducing the amount of salt you add to food at the table or while cooking is a good first step, much of the salt you eat comes from canned or processed foods, such as soups, baked goods and frozen dinners. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat.

If you like the convenience of canned soups and prepared meals, look for ones with reduced sodium. Another way to reduce the amount of salt you eat is to choose your condiments carefully. Many condiments are available in reduced-sodium versions, and salt substitutes can add flavour to your food with less sodium.