



# ieema

## Weekly Updates

### *Webinar on Power Cables- Online Inspection and Cable Accessories*

**8<sup>th</sup> July 2020: IEEMA Cable division organized a webinar on two most crucial aspects of Power Cables:**

**Online inspection of Power Cables- the new normal:** The importance of carrying out online/virtual inspection were discussed in length along with the necessary check list requirement which client and manufacturer have to ensure before carrying out the online inspection.

The **benefit of Online inspection is multifold** as the same can be achieved being anywhere across the globe. This will go a long way in saving time and money for both Customers and Supplier.

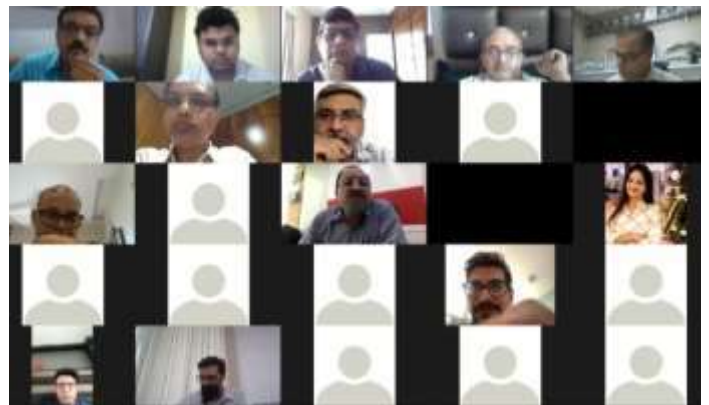
**Cable Accessories- the critical link:** The subject highlighted the need of having right type of Cable accessories to avoid failure were discussed. It also **covered common mistakes made by installer and share correct practice that should be followed while making medium/ high voltage cable splice and termination.**

More than 325 delegates from Power Transmission and Distribution Utilities, Cables and Associated Industry, EPC etc attended the webinar. The webinar was **sponsored by Polycab India and 3M Electro.**  
**Knowledge partners- 3M Electro and Ravin Cables.**

### *T&D Projects Division Meeting*

**Thursday 9<sup>th</sup> July 2020 :** The T&D projects division meeting was held under the chairmanship of Mr. R K Shah. The major agenda items were: **state of industry closure of processes and release of retention money, release of bank guarantees, Old outstanding and public procurement order to promote make in India and import from China through EPC route.**

The meeting was attended by more than 45 members from 36 organizations.





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### *Interactive Session with Shri Pradeep Gaur, CMD-RVNL*

**11<sup>th</sup> July 2020** : Railways Business Division organized an Interactive session with Shri Pradeep Gaur, CMD - Rail Vikas Nigam Limited (RVNL) on **“FUTURE Business Outlook in Railway Sector: CHALLENGES AND OPPORTUNITIES”**.

The session witnessed participation of more than 240 Members. Mr. R.K Chugh, President-IEEMA delivered the welcome address and also introduced IEEMA and its activities to Sh. Gaur. Mr. Kaushal Kodesia, Chairman-IEEMA Railway Business Division introduced IEEMA railway Business division and its objective he also set the context for the session.

Sh. Pradeep Gaur, CMD-RVNL, in his address, **informed members about the activities of RVNL, past performance, On Going Projects and expectation from Industry**. He also addressed many questions raised by participants during the discussion. Mr. Maneesh Agarwal, Vice Chairman IEEMA Railway Business Division ( RBD) summarized the discussion and presented the key take away.



# Health & Fitness Updates

## 5 Immunity-Boosting Drinks



Boosting your immunity during the times of seasonal infections and coronavirus is most important.

Here are some healthy immunity boosting drinks to strengthen your immune system.

### #1 Herbal Blend

Consume a glass of hot water with honey, turmeric and, some mint. If you drink this every day, respiratory infections will not happen to you.

### #2 Turmeric Milk

The active ingredient, curcumin, found in turmeric boosts the body's

antioxidant capacity by being highly effective against free radicals. The spices and the milk which provide good fats have an anti-inflammatory action on the body.

Take Milk, 1 table spoon Turmeric powder, small piece Ginger, pinch of Black pepper powder, pinch of Cinnamon powder, Honey. Put all the ingredients together in a container. Mix them well with a spoon, and bring to boil. Reduce the heat and simmer for about 10 minutes. Strain the drink through a fine strainer into cups.

### #3 The Gingery drink

Ginger is used to intensify digestive fire, and naturally detoxify the digestive tract. It helps in the removal of toxins and promoting blood circulation to help open up sinuses. Black pepper contains Vitamin C and enriches immunity. Cinnamon is a spice which is a great source of antioxidants.

Take a cup of warm to hot water. Add cinnamon and freshly peeled ginger. Let the ginger steep in the water for 2 minutes. Put a pinch of black pepper and drink it up.

### #4 Masala Chai

Tea/Chai is a source of antioxidants that may help ward off diseases and boost your immune system.

Take 2 tablespoons Green Cardamom, 1 teaspoon cloves, 2 tablespoons black pepper, 4-5 pieces cinnamon and 2 teaspoons dry ginger powder. Grind each spice in a grinder and grind it well and make powder, leaving it dry. Add a pinch of this powder in your tea. Filter it and serve it hot.

### #5 Green Juice

This juice is rich in Vitamin A, Vitamin C, Folic acid and other antioxidants that prevent inflammation and help the body fight infections.

Take 1 cup each of Coriander leaves, Mint leaves and Baby spinach. Add 1 chopped Cucumber, 2 table spoons Lemon, pinch of Black salt. Blend all ingredients adding a cup of water. Consume immediately.