

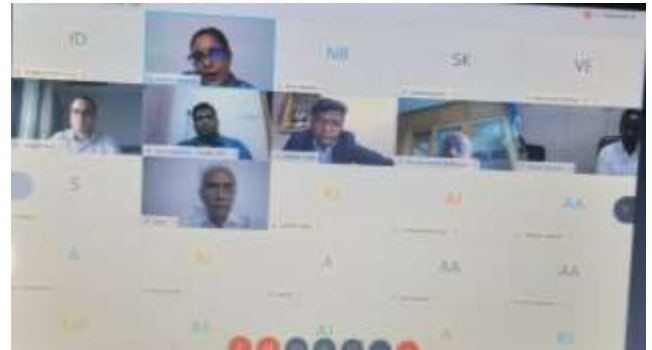


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Weekly Updates

Webinar on “MCX Metals Delivered Contracts & Fundamentals of Base Metals”

14th July, 2020: IEEMA organised a webinar on “MCX Metals Delivered Contracts & Fundamentals of Base Metals”. The speakers were Ms. Rashmi Nihalani, AVP Product Management Team, Base Metals, MCX and Mr. Kunal Shah, Head of Commodity Research, Nirmal Bang.



The webinar was focused on **how metal consumers can use the Exchange platform to hedge their metal price risk, how the metal consumers can use the Exchange platform to procure of metal and overall economic outlook for metals that will help the members to know what’s happening in the metals market.** The webinar was attended by 51 participants.

Webinar on “Training on Tax Technology”

18th July, 2020: The webinar on training on tax technology was held by faculties Mr. Jigar Doshi, Founding Partner of TMSL, Tax expert and Mr. Niraj Hutheesing, Founder of Cygnet Infotech Pvt Ltd on the perspective as how technology can be an enabler instead of disruptor.

With the changing face of global technology and due to recent pandemic, it has become critical to onboard the journey of advancement to technology to be able to survive and then grow in the market. The reliance and dependence on technology is accelerating. This usage is not limited to the market, Government has also made a conscious step towards tech enhancement. The recent initiatives such as e-invoicing, simplified returns were discussed. **Awareness on tax technology is the first step towards aligning ourselves with the market practice.**

The training delivered the Importance of technology in the tax domain and how the industry is adopting such change. It gave an insight on the available and upcoming Tech solutions to the routine business transactions. Total 35 participants were there from member and non member companies.

Health & Fitness Updates

Health Benefits of **SAFFRON**



Saffron contains potent antioxidants that can keep health woes at bay. Added to tea or milk it can help treat insomnia and may help treat depression. Saffron is generally safe with little to no side effects. In standard cooking amounts, saffron does not appear to cause adverse effects in humans. As a dietary supplement, one can safely take up to 1.5 grams of saffron per day.

A Powerful Antioxidant

Saffron may help improve your mood, memory, and learning ability, as well as protect your brain cells against stress.

Reduce PMS Symptoms

Premenstrual syndrome (PMS) is a term that describes physical,

emotional, and psychological symptoms occurring before the start of a menstrual period. Studies show that saffron may help treat PMS symptoms. In women 20–45 years of age, taking 30 mg of saffron daily was more effective than a placebo at treating PMS symptoms, such as irritability, headaches, cravings, and pain.

Reduce Appetite and Aid Weight Loss

Snacking is a common habit that may put you at risk of gaining unwanted weight. According to research, saffron may help prevent snacking by curbing your appetite. Taking a saffron extract supplement helps significantly reduce appetite, body mass index (BMI), waist

circumference, and total fat mass. Another theory is that saffron elevates your mood, which in turn reduces your desire to snack. Saffron has been shown to reduce snacking and curb your appetite.

Reduce heart disease risk factors & lower blood sugar levels

Studies indicate that saffron's antioxidant properties may lower blood cholesterol and prevent blood vessels and arteries from clogging. Saffron may lower blood sugar levels and raise insulin sensitivity.

Improve eyesight in adults with age-related macular degeneration (AMD)

Saffron appears to improve eyesight in adults with AMD and protect against free radical damage, which is linked to age-related macular degeneration.

Improve memory in adults with Alzheimer's disease

Saffron's antioxidant properties may improve cognition in adults with Alzheimer's disease.

