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Weekly Updates

Webinar on “Stay Ahead with Industry 4.0”

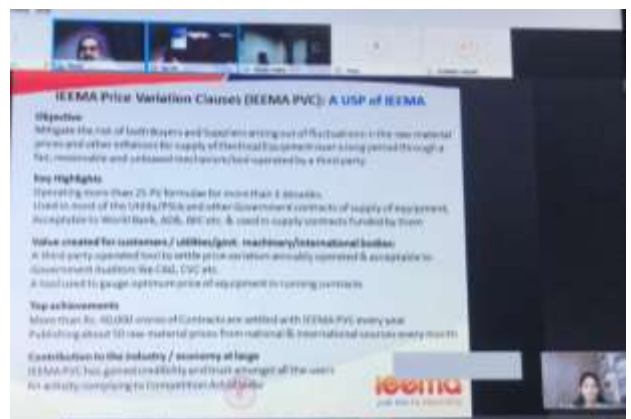
24th July 2020: IEEMA organized a web session and awareness programme on “Stay Ahead with Industry 4.0 ” for the benefit of its members. The invited Guest Speaker for the session was Mr. Nitin Nair; Mr. Sushil Dubey, Mr. S. Adil and Ms. Sneha Kundu from Siemens Limited.



The panelists gave a brief presentation on **overview of Industry 4.0, Digital Manufacturing, Digital Value chain and Digital Quality, Remote Services and Remote Testing.** The session was attended by more than **250 participants** from manufacturing sector.

Training of PVC for Himachal Pradesh State Electricity Board Ltd. (HPSEBL)

28th July, 2020: , IEEMA organised an online training for HPSEBL to promote and educate about the IEEMA PVC to the State Utilities. The training was attended by Chief Engineer (Gen.), Sunder Nagar, Chief Engineer (ES), Hamirpur, Chief Engineer(MM), Shimla and their teams.



The session was interactive and IEEMA PVC department apprised them with **the online procedure of IEEMA PVC.** This would help HPSEBL to use IEEMA PVC easily in their day to day working.



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Interactive Session on Future of Renewables in India

29th July 2020: IEEMA organised an interactive session with the eminent Leaders from the Renewable Energy sector on Future of Renewables in India where they exchanged their views on the subject. The session highlighted challenges, opportunities, and way forward in the Renewable sector.

There was an enthusiastic participation of more than 400 participants from the Industry and Government utilities. The eminent speakers were **Mr. Sunil Jain- ED & CEO- Hero future Energies**, **Mr. Ramesh Nair- CEO Adani Solar**, **Mr. Prakash Chandraker,-Country Business Unit Head – Future Grid-Siemens** and **Mr. Sanjeev Aggarwal – MD & CEO- Amplus Solar**. The session was moderated by **Mr. Simarpreet Singh, Director- Hartek Group**. This session gave an **insightful knowledge about the Renewables, their demand, manufacturing, challenges and opportunities.**



COVID-19: FSSAI recommended **Vitamin C** sources for immunity

COVID-19 has been an awakening for the people to realise the worth of having a strong immunity. Recently, Food Safety and Standards Authority of India (FSSAI) recommended some plant-based fruits that can naturally boost up immunity. They focused on fruits and vegetables that were rich in vitamin C and can help in building resistance against infections, seasonal ailments and viral attacks.

As per the FSSAI adding amla, oranges, papaya, capsicum, guava and lemon to your daily diet can give your body the right amount of nutrition required to sustain the harshness of the viral attacks.

Why is Vitamin C so essential?

According to the experts, consuming Vitamin C rich foods can not only help in boosting immunity and metabolism, but at the same time protect the body from several other ailments.

Below are a few plant based foods rich in Vitamin C suggested by the FSSAI:

1) Amla



Amla also known as Indian gooseberry is a rich source of vitamin C, iron, folate

and is packed with the goodness of antioxidants. According to the Ayurveda, amla can help in balancing all three aspects of our health vatta, pitta and kapha. The antioxidants in amla can substantially reduce the damage caused due to oxidative stress and improve blood fluidity in the body.

2) Papaya



Papaya is known for its natural laxative properties, which help in improving digestive health as well as gut health. It is also a good source of vitamin C. Apart from that, the presence of antioxidants help in detoxification of the body and reverse the damage caused due to oxidative stress. Papaya also helps in cell regeneration.

3) Guava



Guavas are a good source of Vitamin C and also rich in fibre and minerals like potassium that helps in boosting immunity. The nutrients in guava helps in improving the heart health and reduces the sugar level.

4) Capsicum



Capsicum is another rich source of vitamins C, E, A, fibre and minerals such as folate and potassium. Folate helps in boosting haemoglobin and it further helps in the absorption of iron during the process of breaking food molecules during digestion.

5) Oranges



Oranges are rich in vitamin C, fibre and minerals like thiamine, potassium etc. Moreover, oranges are low in glycemic index, which makes them good for people suffering from diabetes.

6) Lemon



Lemon is packed with the goodness of vitamin C and citric acid, it helps in boosting immunity and the presence of citric acid makes it great for fat loss. Drinking lemon juice with lukewarm water and honey can keep several diseases at bay and help in weight loss.