



## *Renewable Energy and Storage Division meeting*

**3<sup>rd</sup> June 2020:** The meeting of Renewable Energy and Storage Division was held through webinar. Major points discussed during the meeting was State of Industry Pre-COVID 19 and Post-COVID 19, industry size estimate of Solar and Energy Storage for the FY 2019-2020, major concerns of the Solar and Storage sector, Solar PVC, webinar on Renewables etc.

The Meeting was chaired by Mr. Gyanesh Chaudhary from Vikram Solar. 22 Members from 17 organizations attended the meeting.

## *Webinar on “Ease of Finances, MSME Schemes and Comprehensive Packages for the Industry in COVID Era”*

**5<sup>th</sup> June, 2020:** The objective is to bring the finance community & industry together under one roof and making access to capital easier. Eminent speakers from Banks, Credit Rating Agency and NBFCs participated in the webinar.

The webinar was sponsored by India Rating & Research and ICICI Bank and was attended by 318 participants. The key topics discussed were: ***making access to capital easier, information on finance schemes for MSMEs, process of credit rating in backdrop of economy, MSME & power constraint, ease of explaining the process of credit rating & its benefits for getting finances.***



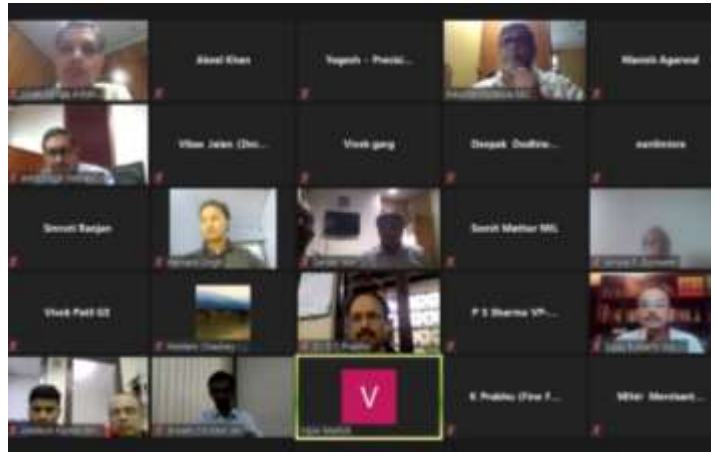


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## Weekly Updates

### *Railway Business Division meeting*

**5<sup>th</sup> June 2020:** The first meeting of Railway Business Division happened under the Chairmanship of Mr. Kaushal Kodesia. Chairman and Vice Chairman formally welcomed the members to this newly formed division to support the membership dealing with business with Indian Railways and shared their short term and long term vision for the Division. Being first meeting the floor was open for the discussion and highlighting the key issues where division can play active role and support membership.



The meeting was attended by 64 members from 45 organizations.

### *Web Meeting of LV Switchgear Division*

**5<sup>th</sup> June 2020:** The 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 24 members from 15 member organisations.

The important points discussed during the meeting were: ***State of the LV SWGR Industry in the COVID era, challenges being faced by members because of the pandemic, discussion on the non- clarity on the Scope of Quality Control Order(QCO) of Plugs and Sockets & QCO on Series of LV products, nomination of industry expert for the post of Vice Chairman for BIS ETD-07 Committee, Discussion on GeM, Proposal for online inspection of LV Products, discussion on preparation of SOPs on release of QCO.***

# Health & Fitness Updates



## Diet Tips to Improve Health

The following tips are healthy, realistic ways to get you on track and headed towards your fitness goals.

### 1. Fill up on Fiber

Fiber is found in healthy foods including vegetables, fruits, beans and whole grains.

Some studies have shown that simply eating more fiber-rich foods may help you lose weight and keep it off. Increasing your intake is as easy as adding beans to your salad, eating oats for breakfast or snacking on fiber-rich nuts and seeds.

### 2. Ditch Added Sugar

Added sugar, especially from sugary drinks, is a major reason for unhealthy weight gain and health problems like diabetes and heart disease.

Plus, foods like candy, soda and baked goods that contain lots of added sugars tend to be very low in the nutrients your body needs to stay healthy.

Cutting out foods high in added sugars is a great way to lose excess weight.

It's important to note that even foods promoted as "healthy" or "organic" can be very high in sugar. Therefore, reading nutrition labels is a must.

### 3. Make Room for Healthy Fat

While fat is often the first thing that gets cut when you're trying to slim down, healthy fats can actually help you reach your weight loss goals.

In fact, following a high-fat diet that's rich in foods like olive oil, avocados and nuts has been shown to maximize weight loss in several studies.

What's more, fats help you stay fuller for longer, decreasing cravings and helping you stay on track.

### 4. Minimize Distractions

While consuming meals in front of your TV or computer may not seem like diet sabotage, eating while distracted may cause you to consume more calories and gain weight.

Eating at the dinner table, away from potential distractions, is not only a good way to keep your weight down — it also allows you time to reconnect with loved ones. Smartphones are another device you should set aside while you're eating. Scrolling through emails or your Instagram or Facebook feed is just as distracting as a TV or computer.

### 5. Walk Your Way to Health

Many people believe they must adopt a rigorous exercise routine to jumpstart weight loss. While different types of activity are important when you're attempting to get in shape, walking is an excellent and easy way to burn calories.

In fact, just 30 minutes of walking per day has been shown to help in weight loss. Plus, it's an enjoyable activity that you can do both indoors and outside at any time of day.

### 6. Bring out Your Inner Chef

Cooking more meals at home has been shown to promote weight loss and healthy eating. Although eating meals at restaurants is enjoyable and can fit into a healthy diet plan, focusing on cooking more meals at home is a great way to keep yourself healthy.

### 7. Have a Protein-Rich Breakfast

Including protein-rich foods like eggs in your breakfast has been shown to benefit weight loss.

Simply swapping your daily bowl of cereal for a protein-packed scramble made with eggs and sauteed veggies can help you shed pounds. Increasing protein intake in the morning may also help you avoid unhealthy snacking and improve appetite control throughout the day.

### 8. Don't Drink Your Calories

While most people know they should avoid sodas and milkshakes, many people don't realize that even drinks advertised to boost athletic performance or improve health can be loaded with unwanted ingredients.

Sports drinks, coffee beverages and flavored waters tend to be very high in calories, artificial colorings and added sugar.

Even juice, which is often promoted as a healthy beverage, can lead to weight gain if you consume too much.

### 9. Shop Smart

Creating a shopping list and sticking to it is a great way to avoid buying unhealthy foods impulsively.

Plus, making a shopping list has been shown to lead to healthier eating.

### 10. Stay Hydrated

Drinking enough water throughout the day is good for overall health and can even help you maintain a healthy weight.

What's more, people who drink water before meals have been shown to eat fewer calories.

