



1 Web Meetings

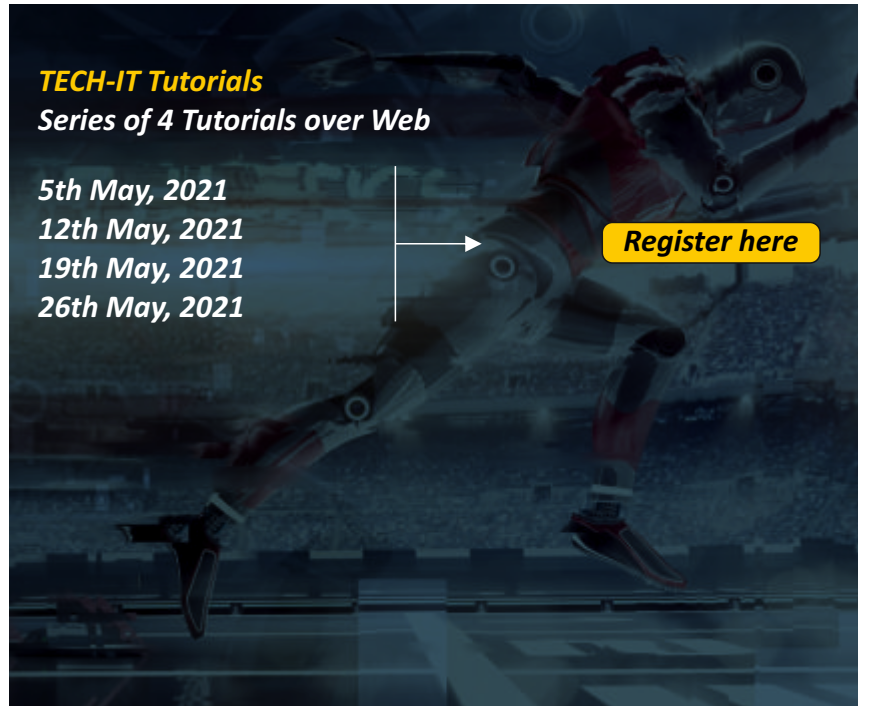
2

Upcoming Webinars

TECH-IT Tutorials
Series of 4 Tutorials over Web

- 5th May, 2021
- 12th May, 2021
- 19th May, 2021
- 26th May, 2021

[Register here](#)



“ How much **KADHA** can you have in a day that it doesn't lead to any **SIDE EFFECTS?** ”



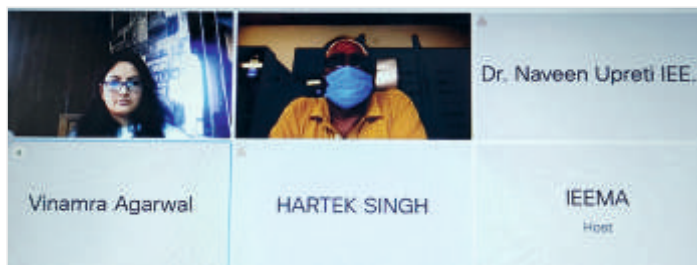
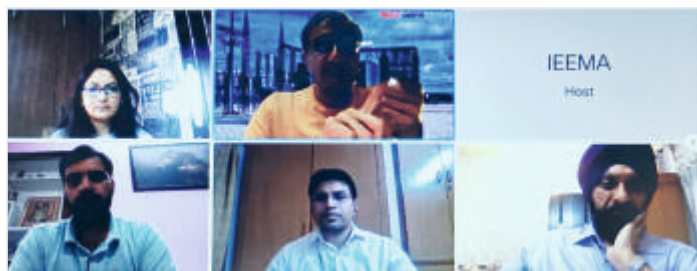
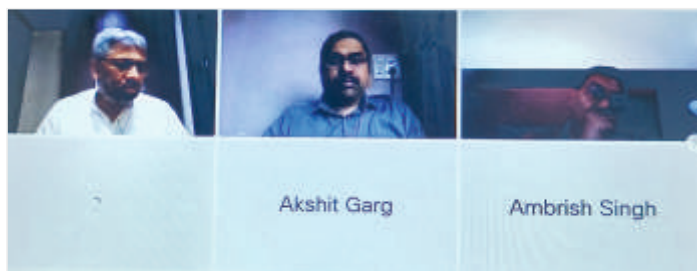
3 Health & Fitness Update

Meeting with Power Secretary – 29th April 2021

On 29th April 2021, Mr. Sunil Misra, Director General and Mr. J Pande, Deputy Director General, IEEMA, attended a meeting chaired by Mr. Alok Kumar, Power Secretary, and Government of India. The meeting was called to discuss the progress in implementation of Orders issued by the Ministry of Power and their impact for promotion of Make in India and Atmanirbhar Bharat. Representatives from Central Electricity Authority and other Central PSUs also participated in the meeting.

IEEMA presented its views on this subject, such as, non-adherence of these Orders in States, relaxation in import of components and parts diluting the main Order, which puts restrictions on imports from prior referral countries sharing land borders, adverse impact of concessional duty imports under Chapter 98 etc. It was decided to create a surveillance group to monitor implementation of these Orders. IEEMA will be a part of this Surveillance group.

IEEMA Northern Region Committee – 1st May 2021



IEEMA Northern Region Committee had its virtual meeting on 1st May 2021 for the members. There were 18 companies who attended this meeting and discussed the Industry scenario in terms of business prospects, outstanding payments, Force Majeure, membership increase, increase in the raw material prices as well as the challenges related to COVID 19 etc.

Send us your feedback on: corpcomm@ieema.org
www.ieema.org

How much

KADHA

can you have in a day that
it doesn't lead to any

SIDE EFFECTS?



The Coronavirus has brought many changes in our lifestyle. Drinking Kadha has become an integral part of our daily routine. In the past few months, we have heard that the immune system should be strengthened to fight against Coronavirus and Kadha is really helpful in boosting the immunity. The wrong use of Kadha can lead to many serious diseases.

How much kadha can you have in a day that it doesn't lead to any side effects depends on your body type as per Ayurveda?

Kapha - People who have prominent kapha dosha can have kadha 2-3 times in a day with moderate amount of ingredients in it.

In fact, people who have kapha body type will feel better after having kadha as they are ones more prone to viral illnesses, which kadha can cure.

Pitta - People with pitta body type should not have kadha more than once in a day.

Such people should make sure not to have kadha empty stomach or during the middle of the day. It's best for to consume kadha in the evening.

Vata - People with vata body type can have kadha twice a day. These people can also add some ghee in kadha to avoid dryness in their body.

Please note that serving of kadha should not be more than 50ml. You can put 100 ml of water with other ingredients, wait for it to boil down to 50 ml and then cool down the kadha a bit before consuming it. If you really want to keep your immune system healthy, then, take kadha with a little care.