



Meeting of Insulator Division

1st September, 2020: IEEMA Insulator Division was held over webinar. The meeting was attended by 23 members.

The discussions were on: industry size estimation, output data format for Insulator production data reported by members, update on ALMM, effects of extension of MEIS scheme & its way forward. The International Business Division & SME Division apprised members about the upcoming IEEMA activities **e-Connect, US Market Survey & Entrepreneurs' Summit – Udyami Bharat.**

IBD Interaction with VELINA, Vietnam

3rd September, 2020: Mr. Harish Agarwal, IBD Chairman along with other IBD members joined the interaction with Mr. Dam Xuan Dung, Director – International Relations, VELINA (Vietnam Electrotechnical Industry Association) and Ms. Minh Nguyen representing Indian Embassy in Vietnam. Chairman introduced IEEMA and its activities and also explained the **E Connect** activity to the foreign delegates.

Mr. Dung from VELINA also showed interest about the first virtual exhibition **Digielec Bharat** and requested Chairman if any document can be prepared from IEEMA wherein the all product categories can be displayed along with their standard and the website, especially products related to solar. IEEMA also requested Mr. Dung if they can share their list of members for invitation to **E Connect**, which they agreed to.

Session on “Exploring Power Market of Egypt”

3rd September, 2020: A session on exploring Power market of Egypt was organized by IEEMA International Business Division, it was a pre-event activity ahead of eConnect virtual buyer seller meet with buyers from Egypt region. The session was conducted by **Dr. Khaled Melad Rezek, Commercial Counsellor, Embassy of Arab Republic of Egypt.** Mr. Neeraj Yadav, Vice Chairman IBD briefed about IEEMA eConnect Initiatives, the session was very interactive and followed by Q&A session where **Dr. Khaled** answered various queries raised by members.



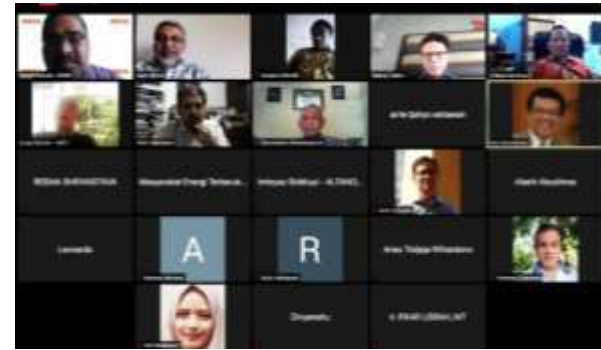


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Weekly Updates

Meeting with METI – Renewable Energy Society

4th September, 2020: A brief discussion with METI – Renewable Energy Society, Indonesia over web conference. 15 committee members from METI & 10 members from IBD division of IEEMA & IOT attended the meeting. **Dr. Surya Darma, Chairman, METI** welcomed all participants and briefed about latest Indonesian Government perspective on growth of power sector especially on Renewables. 35 GW addition is planned in next 5 years till 2025 to reach 45 GW from various Renewable sources, but mainly solar.

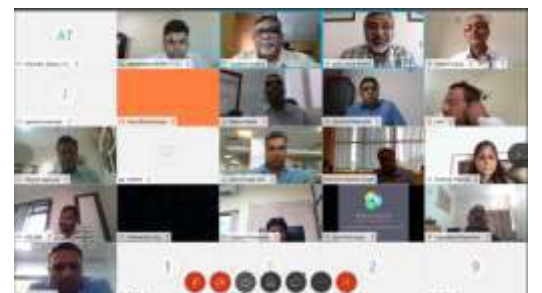


METI members enquired about **JV for manufacturing MV_HV Switchgears, Repair service of Turbines; Glass & Wafer manufacturing for Solar cells/modules and Solar PV and Geo thermal generation technology.** They emphasized on strategic partnership and to comply International standards in products and testing.

Mr. Neeraj Yadav, VC-IBD, IEEMA, made a presentation on the **E-Connect.**

Interactive Session with Sh. Anshul Gupta, Principal Executive Director (Signal) Railway Board

4th September, 2020: IEEMA Railway Business Division organized an interactive session with **Sh. Anshul Gupta,** Principal Executive Director (Signal), Railway Board on the theme **“S&T Opportunities in Railways Sector: Challenges and Track Ahead”.** The objective of this webinar was to understand the challenges & developments in the railways sector in the current COVID-19 scenario, identify the strategies to fast-track execution, and highlight the emerging opportunities for the industry session focuses on current scenario post COVID-19: Challenges and impact on projects, New policy changes: Focus on **Make in India** and **Aatma Nirbhar Bharat,** evolving S&T technologies/solutions in Indian Railways and S&T Outlook & Opportunities in Railways. The session was attended by more than 200 IEEMA members.





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Weekly Updates

Meeting of IEEMA Rajasthan Chapter

4th September, 2020: IEEMA Rajasthan chapter meeting was organized to discuss the current industry scenario due to COVID-19 and its impact on industry, updates on IEEMA activities and planning for future state activities.

The issues related to **Pending Bank Guarantee , Pending Payments and other issues with Utilities** were also discussed during this meeting.

Web Meeting of Cable Division

4th September, 2020: The meeting of Cable Division held through web. The major points discussed during the meeting were: **Industry Size Estimate of Cable Industry for the FY 2019-2020, ALMM Format, Sub Committee on Cable Accessories and House Wiring, Proposal of New Chair and Vice Chairman of the division, IEEMA E Connect initiative and DigiELEC Bharat Conference and Exhibition** etc.

55 Members from 40 Organizations attended the meeting. Meeting was chaired by **Mr. Shashi Amin** from Polycab India.

VITAMIN A

Deficiency, Health Benefits and Food Sources

Vitamin A deficiency

The most common signs of vitamin A deficiency are:

- Night blindness
- Dry eyes
- White lumps at hair follicles
- Loss of appetite
- Impaired taste and smell
- Poor bones growth
- Frequent eyes and viral infections

Health Benefits

• Essential for Eye Health and Prevents Macular Degeneration

Vitamin A is essential to vision and eye health. Proper dietary intake of vitamin A helps protect against certain eye diseases, such as age-related macular degeneration (AMD).

• Protect Against Certain Cancers

Due to their antioxidant properties, carotenoid-rich fruits and vegetables may protect against certain types of cancer.

• Vital for Fertility and Fetal Development

Vitamin A is essential for both male and female reproduction. It's also critical for placental health, fetal tissue development and maintenance, as well as fetal growth.

• Boosts the Immune System

Vitamin A impacts immune health by stimulating responses that protect the body from illnesses and infections.

Foods sources rich in Vitamin A are:

- Egg yolks
- Beef liver
- Butter
- Chicken liver
- Salmon
- Cheddar cheese
- Sweet potatoes
- Pumpkin
- Carrots
- Spinach
- Cabbage
- Red peppers
- Butternut squash

