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01: NEWS FROM HQ

In the wake of the COVID-19 outbreak, enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

While the COVID-19 vaccine hasn't reached us in India yet, preventive measures can be adopted to minimise the ill-effects and boost immunity.

Ayurveda is known to be an extensive knowledge base on preventive care and derives from the concepts of "**Dinacharya**" - **daily regimes** and "**Ritucharya**" - **seasonal regimes** to maintain healthy life.

Here are some simple daily measures that help uphold good health in these times:

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes.
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Additionally, some very simple home-made Ayurvedic immunity promoting measures:

1. Consume 1 tablespoon of Chyavanprash every morning.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger), Munakka (Raisin) and Jaggery (natural sugar) - twice a week.
3. Drink Golden Milk- half teaspoon Haldi (turmeric) powder in 150 ml hot milk – twice a week.

Along with the above, maintaining hygiene is the best way to prevent infections from entering the body. Wash hands often with soap and water, use sanitizers, cover nose while sneezing, and avoid visiting busy and crowded places.





Powergrid gifts the town of Shimla, Himachal Pradesh our KAMPAC REL Compactor as well as our KAMSWEEP machine.

02: EVENTS AT KAM-AVIDA



Happy faces of Safai Karamcharis after receiving training by our Training and Development Sister Concern – Kam Foundation.

Near – far – wherever you are: our KAMJET GR Machine makes its way across the border to Nepal.

