



1

Division Meeting



2

Web Meeting



3

Regional Meeting



How to combat stress with the help of
AYURVEDIC PRACTICES?



4

Health & Fitness Update



Meeting of Power Transformer Division

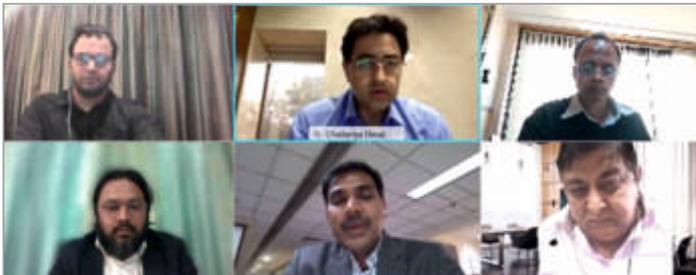
15th December, 2020: IEEMA Power Transformer Division meeting was held over web. The meeting was chaired by Mr. Shouvik Bhattacharya, Chairman, Power Transformer Division. The meeting was attended by 27 members from 24 organisations. Mr. Neeraj Goyal, Vice Chairman, Power Transformer Division also participated in the meeting.

The important points discussed during the meeting were State of Industry, Replacement of the Bank Guarantee by Insurance Scheme, Proposal from NHPTL for the customer meet, Update on the forthcoming webinar from the power transformer Division, update on the MoP committee formed on CPRI related matters, discussion to plan an interactive session with the Power Transformer Industry leaders, Denial of ECLG Scheme to Transformer and Reactor Manufacturers under Atma Nirbhar Bharat, Discussion for representing to state utilities on reducing the PBG, waiver of Liquidated Damages and applicability of PVC for the contracts under reschedulement etc. Chairman mentioned to call for a working group meeting for identifying the leaders for planning an interactive session.

Conductor Division Meeting

17th December, 2020: The meeting of Conductor Division was held through web. Meeting started with Interaction from Central Transmission utility (CTU) Officials. Upcoming opportunities in T&D sector also shared by CTU which were appreciated by the members. Other major points discussed during the meetings were State of Industry, Production Statistics upto September 2020, Seminar for Conductor Industry etc. 40 representatives from 34 organization attended the meeting.

The meeting was chaired by Mr. Ashwin Shah, APAR Industries.



India-Vietnam “Arc of Prosperity”

17th December, 2020: Under the aegis of Consulate General of India in Ho Chi Minh City, Vietnam an interactive session, India-Vietnam “Arc of Prosperity” was organised between HAMEE (Ho Chi Minh

Mechanical & Electrical Association), Ho Chi Minh City Power Corporation(EVN) and IEEMA to discuss the export opportunities for Indian electrical manufacturers in Vietnam market.

The session was chaired by Mr. Sunil Babu, R.O. Cosul, Consulate General of India, HCM City, Vietnam and was addressed by Mr. Neeraj Yadav, Vice Chairman- International Business Division, IEEMA who welcomed the dignitaries and participants to the interaction and set the tone for discussion which followed thereafter. Mr. Anil Saboo, President-IEEMA briefed the dignitaries and participants on IEEMA’s role in facilitating global electrical businesses cutting across the boundaries.

Mr. Tran Hoai Nam, Vice President, HAMEE presented the participants with the perspective of electrical equipment industry in Vietnam and Mr. Nguyen Dang Viet Cuong, Dy. Chief of Office, Ho Chi Minh City Power Corporation(EVN) explained the participants on future plans of EVN in Ho Chi Minh City and the opportunities associated with it

The meeting was attended by around 70 participants.



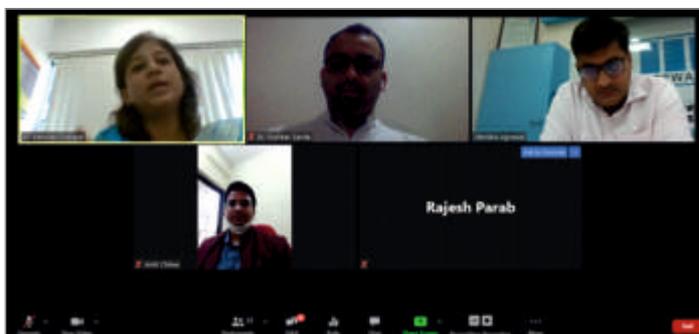
Webinar on ECBC 2017 Code and the Draft Maha ECB Rules 2019

17th December, 2020: A webinar on ECBC 2017 Code and the Draft Maha ECB Rules 2019 was organised by IEEMA Western Region under its Maharashtra Chapter. The webinar was in collaboration with Bureau of Energy Efficiency (BEE) and Maharashtra Energy Development Agency (MEDA).

The focus for IEEMA members was given on the section 'Electrical Systems and Renewable Energy Systems' along with the overall technical aspects of ECBC 2017 and Maha ECB Rules 2019. The panelist Ar. Kanchan Sidhaye, Associate, VK:e Environmental LLP., gave brief about the technical aspects of the Energy Conservation Building Code 2017 and its different compliance levels, minimum compliance requirements as well as its applicability to the building components like the Building Envelope, HVAC Systems & Controls, Lighting Systems &

Controls, Electrical & Renewable Energy Systems & Controls. A detailed discussion was carried out on the requirements of the Lighting, Electrical and Renewable Energy Systems & Controls in order to understand the minimum efficiency requirements for transformers, motors, DG Sets, UPS, power cabling and details about distribution losses, metering and monitoring, power factor correction and sizing and installation of Solar PV systems. The second panelist Er. Pushkar Sarda, Sr. Engineer, ECBC Cell, MEDA, Maharashtra, gave brief about the amendments done in the ECBC 2017 code with respect to the climatic conditions of Maharashtra and the compliance process defined as per the Draft Maha ECB Rules.

The welcome remarks and vote of thanks was given by Mr. Jitendra Agrawal, Convener, IEEMA Maharashtra Chapter.



Meeting of Railway Business Division

17th December 2020: Railway Business Division meeting was held under the Chairmanship of Mr. Kaushal Kodesia. Mr. Anil Saboo, President IEEMA was also present in the meeting and delivered the opening remark and apprised member about various new initiatives of IEEMA. the major agenda points of the meeting was State of Railway Projects and Industry, updates on various interactive session with key railway officials and way forward, issues of Railway industry and further course of action from Railway Business Division. The meeting was participated by 28 members from 21 organization.

Meeting of T&D Projects Division



18th December 2020: T&D Projects Division meeting was held under the Chairmanship of Mr. Rajeev Dalela, the major points of discussion were state of Industry, commodity prices and impact on industry, Transmission debottlenecking study and way forward and 14th T&D Conclave. the meeting was participated by more than 38 members of 29 organizations.

Distribution Transformer Division Meeting

18th December 2020: IEEMA Distribution Transformer Division meeting was held over the web. The meeting was chaired by Mr. Ajay Sanghi, Chairman, Distribution Transformer Division. The meeting was attended by 15 members from 15 organisations. Mr. Chanchal Jindal, Vice Chairman DT Division & past Chairmen of DT Division also participated in the Meeting. Mr. Aditya Dhoot, NEC Member also joined the discussion and apprised members on the key areas of concerns of the Transformer Industry and he requested members to join hands collectively to address the concerns to the government from IEEMA platform.

The other important points discussed during the meeting was state of the industry, Inclusion of Medium Scale units for Interest claim against delayed payments under MSMED Act 2006, Discussion on unworkable prices of various tenders because of depressed market, No checking of Losses for new Transformers in Bihar and Jharkhand giving rise to malpractices, Discussion on the Steel price rise and IEEMA indices, Request for waiver of Late Delivery Penalty Deductions and Return of Bank Guarantees by the State Power Utilities, Replacement of BG by Insurance, Update on the certificate of conformity for Stampings/laminations /Core of Transformers, Distribution Transformer failure reduction- Proposal of Gujarat Association, Clarification on BIS – Operation of License Guidelines, Industry Representative on the Panel of STI Guideline Committee etc.

Technology Innovation Support Council (TISCO) Meeting

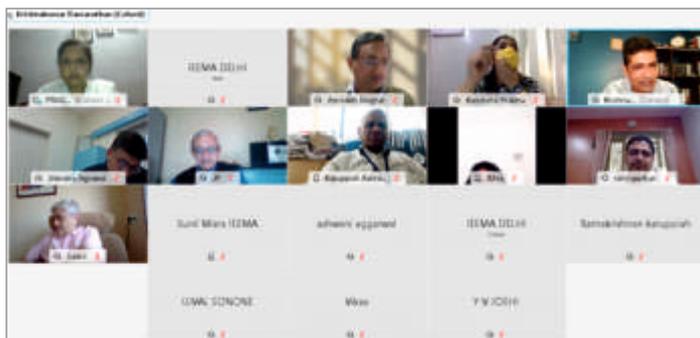
18th December, 2020: Further to Government of India's initiative of 'Aatmanirbhar Bharat', the Government is giving lot of importance to technology innovation and R&D in power sector.

The same initiative was discussed in the meetings of National Executive Council and a Technology and Innovation Support Council - TISCO was formed to

take this initiative ahead. In the TISCO meetings held in November 2020 under the chairmanship of Mr. R. Krishnakumar, Siemens Ltd. and Co-Chairmanship of Mr. Mustafa Wajid, Meher Group, the basic objectives were discussed and 2 major activities were identified:

- 1) Development of technologies – Interaction with all IEEMA divisions to identify technological gaps on material, sub assembly or product level. This activity started from 18th & 19th December with Surge Arresters division and LV Switchgear division. Insightful deliberations took place in these meetings. This activity will continue with other divisions also.
- 2) Research & Development Ecosystem – Mapping of competencies available in technical Institutes like IITs/IISC etc for R&D and to identify Institutes / Companies associated with similar projects. This will lead IEEMA TISCO to more inputs to take this initiative ahead.

During TISCO meetings, it was also felt that SMEs need to be encouraged more to take R&D Activities, and in this industry also lies a huge potential. However, SMEs need funding assistance and guidance so that these industries are encouraged to take up R&D. Accordingly, it was decided to identify the tax consultants and seek their proposals on offering a subscription-based advisory for IEEMA Membership for R&D Investment schemes. This activity is on-going activity.



IEEMA Women in Power Committee Meeting

18th December, 2020: IEEMA Women in Power Committee had its 2nd Virtual meeting on 18th Dec 2020. There were 10 companies Women representatives who are part of this committee, attended this meeting and discussed the objective behind creating this committee and how to take it forward. The members discussed to activate the participation of the women of our industry in the divisional and IEEMA other activities.



Northern Region Committee Meeting

19th December, 2020: IEEMA Northern Region Committee had its 4th virtual meeting for the members. There were 13 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 etc.



Surge Arresters Division Meeting

19th December, 2020: The Surge Arresters Division meeting was held under the chairmanship of Mr. Vidyadhar Shevade, CGPIS. 8 members from 6 companies attended the meeting. The meeting started with the interaction with TISCO members where TISCO chairman Mr. R. Krishnakumar briefed the members of SA division about TISCO initiatives and deliberations took place on technological gaps in the industry. After that, members of SA division discussed the routine matters like state of the industry, revision in PV formula, etc.



How to combat stress with the help of **AYURVEDIC PRACTICES?**



With the COVID 19 pandemic, we are facing an unprecedented mental health crisis that necessitates to stark a wakeup call for the need to take mental well-being as a serious topic.

According to Ayurveda a healthy mind plays an important role. Being a holistic science, Ayurveda explores the symbiotic relationship among the mind, body, soul, the senses and their workings. Stress disrupts the inner harmony of your Doshas - the three forces that govern your health on a subtle level. Stress produces a host of physiological symptoms that can seriously impact both physical and psychological health.

Massage

In Ayurveda, oil massage is a daily self-care ritual that has been employed to promote physical and emotional health. Daily massage with various herbal oils like Ashwagandha and Sandalwood can stimulate the production of serotonin and dopamine, neurotransmitters that promote well-being, satisfaction and feelings of happiness, while decreasing cortisol levels, a hormone produced by the adrenal glands, which is related to stress and anxiety.

Yoga

It is a soothing technique that modulates the stress response and helps to relax the nervous system. Yoga discipline focuses on three aspects; the mind, body, and the soul. Yoga with unique mind-body practice i.e. Asana and controlled breathing pattern helps to increase the awareness of present movement and promotes emotional stability. Ayurveda recommends regular practice of yoga to bestow the power to control body and mind.

Sattvik Diet

According to Ayurveda Sattvik Guna of the mind supports composure and equanimity. A Sattvik Diet is a pure vegetarian diet which includes seasonal fresh fruit, ample fresh vegetables, whole grain, pulses, sprouts, dried nuts, seeds, honey, fresh herbs, milk and dairy products.

Herbs

The inherent power of herbs helps ward off diseases in a natural and healthy manner. Ayurveda offers a group of Medhya or nootropic herbs that are beneficial in

improving the brain abilities. The goodness of these herbs should be integrated in our daily lives and Ayurveda has a bouquet of them giving us many options.

Brahmi

Brahmi is an adaptogenic herb, it increases resilience to stress by improving efficient transmission of signals along the nerve fibers by modulating the release of neurotransmitter like serotonin, dopamine and GABA which in turn, improves memory, learning and balances the emotion.

Ashwagandha

Ashwagandha reduces anxiety, stress and helps to fight depression. It boosts the adrenals by supporting normal HPA (Hypothalamic-Pituitary-Adrenal) axis functioning, reduces the stress hormone cortisol and improves overall neurotransmitter for strong mental health.

Shankpushpi

Shankpushpi reduces the cortisol levels and combats the stress. It soothes the nervous system and is extremely effective in tackling insomnia.

Ayurveda provides lifestyle, dietary, herbal, and yogic solutions for each individual that can not only diffuse tension but also help in building peace of mind.

