



1

Division Meeting



2

Web Meeting



3

Upcoming Events

*Training Programme on
Excel and Elevate:
Leadership and
Personal Transformation Program*

January 11-13, 2021

[Register here](#)



*Breathing exercises to
reduce **MENTAL STRESS***



4

Health & Fitness Update



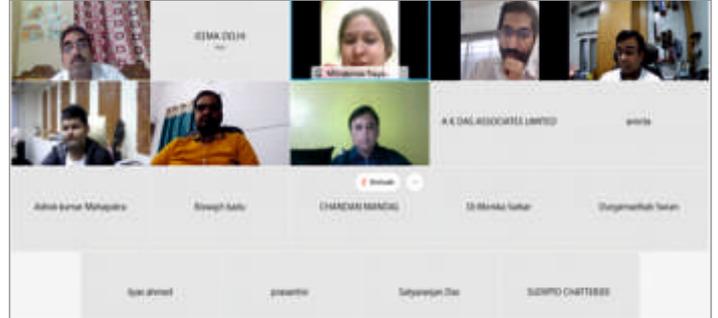
Web Meeting of MV HV Switchgear Division

23 December 2020: IEEMA MV HV Switchgear division meeting was held over web. The meeting was chaired by Mr. Rupinder Singh, Chairman, MV HV Switchgear Division. Mr. Anil Saboo, President, IEEMA and Mr. Sunil Misra, Director General, IEEMA also joined the meeting and apprised members on the initiatives of AatmNirbhar Bharat and various initiatives taken by IEEMA in the past few months. More than 25 members participated in the division meeting.

The important points discussed were about the state of the Industry, implementation of the Union Govt. Orders by State Utilities, Discussion on test labs & testing protocol for component level, update on the IEEMA Committees, Quality Infrastructure Committee(QIC) and Technology and Innovation Support Council (TISCO), discussion on new Vice Chairman of MV HV Switchgear Division, update on the MoP committee formed for CPRI related matter, discussion to organise e-SWICON, discussion to plan an interactive session with MV HV Switchgear Leaders.

Odisha Chapter Meeting

24 December 2020: Odisha chapter meeting was conducted over web. Mr. Jitendra Mohan Gupta, Convenor welcomed the members in presence of Mr. Siddharth Bhutoria ,Chairman Eastern Region and Mr. Devesh Goel, Vice Chairman, Eastern Region and discussed the problems faced in the business activities and issuance of a letter to the Government of Odisha about performance security. IEEMA has already sent a representation letter to the Chief Secretary, Govt. Of Odisha regarding that matter. The meeting was concluded with thanks by convenor and SH.



Breathing exercises to reduce **MENTAL STRESS**

One of the most effective stress management tools is something we involuntarily carry with us throughout every second of the day: our breath.

Deep breathing exercises can have a profound effect on our state of mind, as well as improve the quality of our meditation practice. While allowing the breath to flow naturally throughout meditation is encouraged, intentionally taking a couple of deep breaths initially can help ground the mind and create space for growth.

Deep breathing benefits



Yoga practitioners and healers believe that the breath is the foundation of our life force and energy — which is why many meditation practices and yoga classes include a strong focus on

deep breathing techniques.

Breathing exercises can actually improve cognitive function, encourage positive thought processes, and reduce anxiety.

The breathing exercises affect the levels of noradrenaline in the brain, which is a natural chemical messenger released.

Breathing exercises for anxiety have shown to improve symptoms of depression in addition to reducing the symptoms of anxiety. Many people have unintentionally become shallow breathers, which is a mindless breathing pattern where you inhale through the mouth, hold the breath, and take in less air.

There are countless techniques you can practice, including breathing exercises for stress.

Box Breathing

Box breathing is helpful during extreme stress, where you practice the following process: inhale for a count of 4, hold your breath for a count of 4, exhale for a count of 4, wait at the very end of the exhale for a count of 4, and repeat. This is a

deep breathing exercise that regulates the autonomic nervous system.

Nadi Shodhana



Alternate nostril breathing, also called as Nadi Shodhana, is a practice that can increase energy. This is best practiced sitting straight with a long spine — take your thumb and close off one nostril, then

inhale fully. When your lungs have expanded completely, release your thumb and immediately use your ring finger to close off the opposite nostril and exhale slowly. You will repeat while switching nostrils for your inhales and exhales. In yogic text, this method is said to balance the right and left hemispheres of the brain to produce a stable and pure state of mind.

Bhastrika



Bhastrika or Bellows breath, is an energizing practice that is commonly called “breath of fire” in the yoga room. It’s done by sitting down with a long, tall spine, and vigorously breathing in and out

of the nose while the abdominal muscles contract and the belly appears to quickly rise and fall. This is one of the more challenging breathing exercises to practice, because of the coordination between the diaphragm and abdominal muscles.