



1 Government Interactions

2

Upcoming Events

*Interactive session with
Dr. Ajay Sahai DG & CEO FIEO
on RoDTEP*

15 January, 2021

[Register here](#)

*Awareness webinar on
Lean Manufacturing*

29 January, 2021

[Register here](#)

Distribuelec 2021

16-20 February, 2021

[Download Brochure](#)

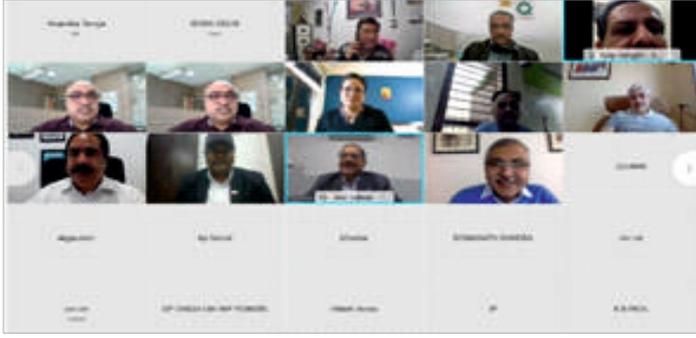


Effective Exercises
to get **RELIEF** from
BACK PAIN

3

Health & Fitness Update

Interactive session with BHEL India



10 January 2021: IEEMA SME division, as part of its initiative to seek opportunity for IEEMA members, has begun an engagement with BHEL India starting today, for each IEEMA division; to discuss their needs for regular purchases, import substitution items & other opportunity areas.



Effective Exercises to get **RELIEF** from **BACK PAIN**

The ever-changing lifestyle has given rise to many health issues in our lives. One of the common issue is back pain. Back pain is a concern that is increasingly affecting all age groups. Some of the most common causes of back pain are:

- Sitting for long hours with the wrong posture
- Lifting heavy weights without precaution
- A ruptured disc in the spinal cord
- Poor posture or abrupt movements while sleeping
- Osteoporosis
- Kidney stones or associated problem

BACK PAIN RELIEF EXERCISES

One can get relief from back pain by including various types of exercises into your daily routine. Below are a few exercises for back pain relief:



Glute Bridge

This lower back pain relief exercise is a simple way to strengthen your hamstrings, glutes, hips, transverse and abdomen. The way to do it is as follows:

- Lie down on your back on the floor, with your knees bent and only the heels touching the floor.
- While keeping the heels on the floor, raise the hips until your shoulders, hips and knees form a single and straight line. The glutes must be tightened for better grip.
- This position should be held for 8 to 10 seconds, after which the hips are slowly brought back to the floor with a rest period of 5 seconds.

Hamstring Stretches

This exercise relieves tension in the back of the leg, which is connected to the lower spine. It should be performed as follows.

- Lie down on your back with one knee bent.
- Use a towel for locking it around the toes of the straightened leg.
- Extend back slowly on the towel while straightening the knee. One should feel a mild stretch on the back of the leg. Be cautious and don't overstretch.
- The position should be held for about 30 seconds and should be repeated five times for each leg.

Knee to Chest

This is another simple and safe exercise for lower back pain which also improve one's posture:

- Lie down on your back with feet on the floor and knees bent.
- Bring your right knee to your chest while maintaining the keeping the other leg flat against the floor.
- Hold the position for 20 to 30 seconds, ensuring that the lower back is on the floor.
- Lower the right knee and simultaneously repeat the routine with the left leg.

Light Aerobic Exercise

Short sessions of cardio-vascular exercise improve the blood circulation in the body. This includes Swimming, Walking, Running and other functional exercises that elevate heart rates and heat the body. Preferably, such exercises should be done in short durations in the presence of a professional trainer. The sessions can be lengthened as stamina will improve.

Take precautions to avoid any swimming strokes requiring the body to twist, or overexert.

Wall Sits

This is one of the simple back pain exercises, but it will definitely improve your seated posture, which is considered a primary reason for back-related ailments. This exercise involves simple steps:

- Stand straight with your back against the wall at a distance of 6-8 inches.
- With great care, lean against the wall until the spine is flat against it.
- Slowly, slide against the wall until knees are bent slightly. Try to get into a position where the hips and knees are in a straight line.
- Hold this position initially for 30 seconds, then carefully slide back up against the wall.

There are certain exercises which one should avoid:

- Toe-touching exercises, as these can aggravate Sciatica by overstressing ligaments and spinal discs.
- Sit-ups as they can damage the discs in the long-run. They are only preferable to strengthening the core muscles.
- Leg raises apply pressure on the lower back muscles.
- Avoid lifting weights in the gym and in regular activities as this can hurt the spinal cord.

These exercises, apart from helping you with your back pain, also help in increasing your stamina and strengthening your back. They can do wonders for your endurance and health, as well as boost your productivity.