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## Web Meetings

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## Upcoming Conferences

**ELROMA 2021**  
10th International Conference & Exposition on  
**ELECTRICAL ROTATING MACHINES, PUMPS & DRIVES**

September 6-8, 2021

**SWICON 2021**  
10th Edition of International Conference on  
**SWITCHGEAR AND CONTROLGEARS**

November 16-19, 2021

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Tips to Manage  
**Anxiety and Stress**

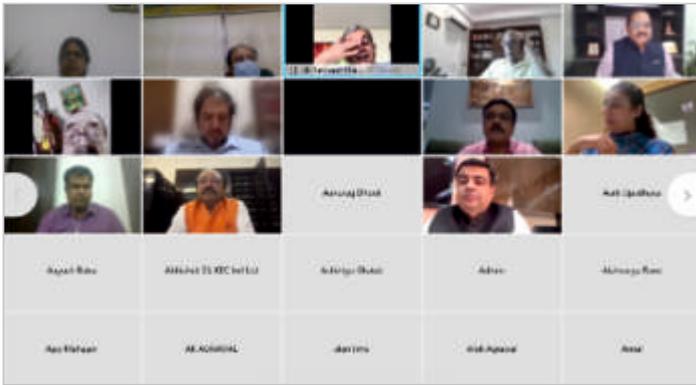
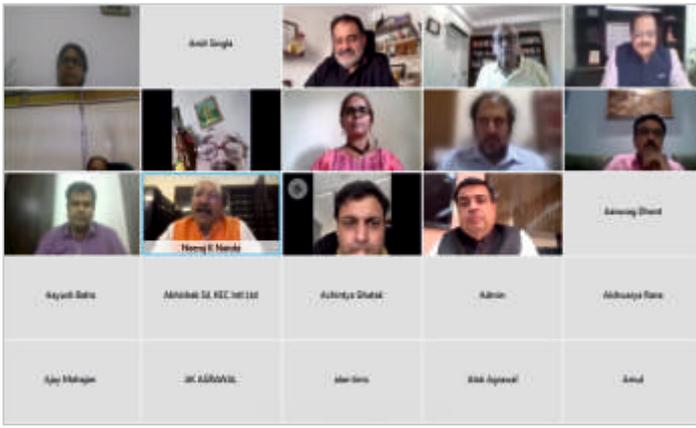
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## Health & Fitness Update

## Two interesting sessions back to back on Covid-19



On 24th May, 2021 Two interesting sessions back to back on Covid 19 were held. The first session from 4.00 to 5.00 pm was by Mr. T.V Mohandas Pai who is a Padma Shri Awardee, Chairman of Manipal Global Education addressed on resurgence of Covid 19 and as how the Industry can reinvent itself to boost economic growth and recovery. He emphasized on the immediate need for digitisation. The second session from 5.00 to 6.00pm was addressed by Dr. Hemant P Thacker who is an M.D in Internal medicine and MRSH (London). He has been the Principal Investigator for numerous International and National Clinical trials and runs his own Research site which is audited and approved. Dr. Thacker has innumerable publications in indexed journals and has contributed many chapters to the API textbook of post-graduate medicine. He shared his views and thoughts on the fight against covid-19 in India. Mr. Anil Saboo President IEEMA delivered the welcome address and Mr. Vijay Karia, Vice President IEEMA moderated the sessions. More than 200 participants attended the sessions which were very interactive.

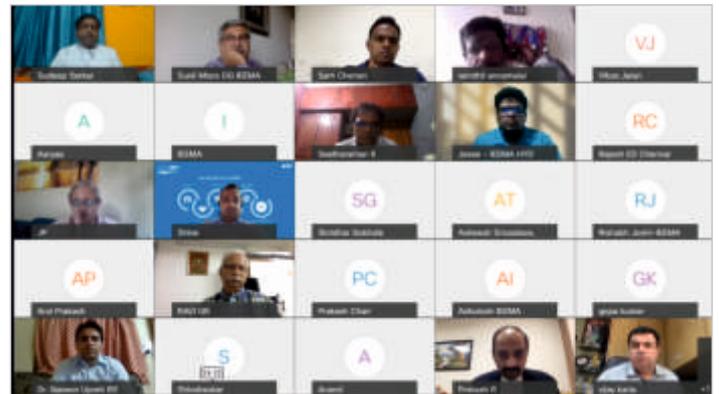
## Meeting with Power Secretary

On 25th May, 2021 Mr. Vijay Karia and Mr. Neeraj Nanda, Vice President IEEMA; Mr. Rakesh A Markhedkar, NEC Member; Mr. Sunil Misra, Director General and Mr. J Pande, Deputy Director General, IEEMA, attended a meeting called by the Ministry of Power to discuss Make in India initiatives and specific needs of Industries for the proposed manufacturing

zones. The meeting was chaired by Mr. Alok Kumar, Secretary, Ministry of Power.

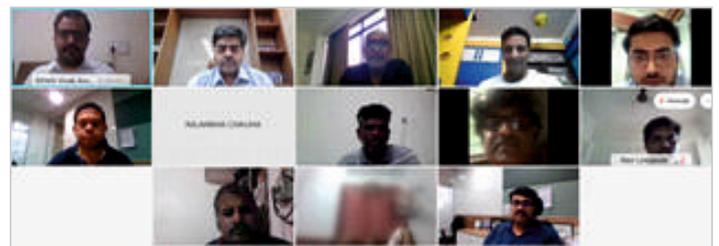
It was discussed to prioritise items, which are essentially imported due to non-existence of domestic manufacturing capacities and assess the demand of these items from medium term to long term (10-15 years). For assessing a realistic demand for the prioritised items, IEEMA recommend that a detailed demand assessment study be conducted by the Ministry of Power, by engaging a top level consultant. IEEMA is submitting a list of prioritised items and names of probable manufacturers to the Ministry of Power shortly.

## Southern Region Committee Web Meeting



On 27th May, 2021 Southern Region Committee web meeting was held. Mr. Vikas Jalan, Chairman – Southern Regional Committee handed over the proceedings to the New Chairman of Southern Region Mr. R Prakash. Members appreciated the efforts and contribution of Mr. Vikas Jalan during his tenure. State Conveners for Southern States have been proposed. Members deliberated on the prevailing conditions of the Industry due to COVID. A presentation on the initiative pertaining to Industry Academy Connect by Vibrant Education (M) SDN. BHD was made to the Committee. Members extensively discussed on the topics related to Price Variations, Government Orders, IEEMA Representations, future webinars.

## T&D Projects Division Meeting

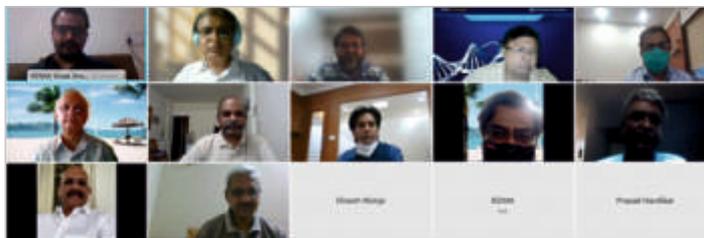


On 28th May, 2021 meeting of T&DP division held through web. Major points discussed during the meetings were State of Industry, Abnormal Price rise in Raw Material Cost, PBG reduction in states from 10

percent to 3 percent, PVC in TBCB projects, T&D Conclave, CEO session, Distribution segment Membership Drives etc. 48 representatives from 43 organization attended the meeting.

It was decided to have T&D Conclave on 10th December, 2021.

## ELROMA 2021- 2nd Organizing & Technical Committee meeting



On 29th May, 2021 2nd Organizing & Technical Committee meeting of ELROMA 2021(Virtual edition) held. Major points discussed during the meeting

were proposed session topics, which will be released shortly in detail. 17 Members from 16 organizations attended the meeting. ELROMA 2021 (Virtual Edition) is scheduled from 6th to 8th September, 2021 and will focus on Electrical Rotating Machines, Pumps & Drives

**ELROMA 2021 Theme – *Smart Efficient Rotating Machines & Control Solutions for Greener World***

## IEEMA Rajasthan Chapter Meeting

On 29th May, 2021 IEEMA Rajasthan chapter's web meeting was organized to discuss the current industry scenario, updates on IEEMA activities and planning for future state activities.

Issues related to raw material scarcity, High prices of steel and copper, Pending Bank Guarantee, Pending Payments, Changing fixed price contracts to variable price and other issues with Utilities were discussed.

# Tips to Manage *Anxiety and Stress*

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health. Check out the fitness tips below.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Learn what triggers your anxiety.** Is it work, family, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- **Talk to someone.** Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

