



ieema

Weekly Updates

Smart Grid Division Meeting

26th May 2020: Smart Grid Division meeting was held under the Chairmanship of Mr. Sunil Singhvi. The major Agenda item was State of Utilities Post Covid-19 , Status of Smart Grid Projects and future outlook, Cyber Security in Power Sector. Members also discussed how Smart Grid Technology enable faster restoration of Power Post natural calamities. Members also discussed to organized a workshop on Cyber Security in Power Sector. The Division meeting was attended by 35 participants from 28 Organisations.



Energy Meter Division Meeting

27th May 2020: Energy Meter Division meeting held under Chairmanship of Mr. Amit Kumar. The Major points of discussion were State of Discoms post Covid-19, Proposal of remote inspection of energy meter, Public procurement order 2017 and its implementation at utility level, Model Standard bidding document for AMISP and activities of technical committee.

The Division meeting was attended by 37 participants from 26 organisations.



Session with Mercados EMI on Amendments in Electricity Bill (2020)

27th May 2020: IEEMA organised an interactive session with Mercados EMI on Amendments in Electricity Bill (2020). More than 150 members joined and utilised this platform for understanding the recent amendments done in the bill. They discussed the promotion of renewable and hydro power, improvement in distribution sector, overall governance of the sector, commercial discipline & tariff rationalisation etc.





ieema

Weekly Updates 

Webinar on Emerging Global Order in COVID Times

May 29, 2020: IEEMA International Business division conducted a Webinar on Emerging Global Order in COVID Times; View from India. This session was moderated by Vice Chairman Mr Vipul Ray, and the eminent panellists were Prof Prabir De, Professor at the Research and Information System for Developing Countries (RIS), New Delhi, specialist in ASEAN, Prof Biswajit Nag, Professor of Economics at the Indian Institute of Foreign Trade (IIFT), New Delhi, and Mr. Harish Agarwal Immediate Past President and Chairman of IEEMA IBD.

The discussion held focused on current situation in the World Economies, their impact on Indian Economy, the diversion of supply-chains from China to India's advantage. The deliberations were beneficial for IEEMA Members.



Health & Fitness Updates



Guidelines for domestic travel (air/train/inter-state bus travel)



All passengers shall download Aarogya Setu app on their mobile devices.



Suitable announcement about COVID-19 including precautionary measures shall be followed by passengers.



During boarding and travel, all passengers shall use face covers/masks.



They will also follow hand hygiene, respiratory hygiene and maintain environmental hygiene.



At airports/railway stations/ bus terminals required measures to ensure social distancing shall be taken.

Yoga

How often do we consider yoga as a tool to boost our immune system? We come to yoga for countless reasons: stress relief, increased flexibility, mobility, or strength, for spiritual connection, connection to ourselves, and reclaiming our bodies. Ultimately we come to yoga for resilience both inside and out.

And while yoga as a whole supports optimal wellness in our minds and bodies, there are certain yoga poses for immunity that can help if you're feeling depleted, sick, or simply looking for a healthy dose of prevention.

Let's explore some yoga poses to help your body help itself:



Pranayama Breathing: Allowing yourself to relax and breathe deeply can help reduce stress hormones, heart rate, and nervous system distress.

Try It: Find a comfortable seat with your legs either crossed or kneeling, slightly tuck the chin so the crown of the head reaches tall. Inhale length up the entire spine, exhale and stay for as long as it feels good but at least 10 deep breaths.



Legs Up the Wall (Viparita Karani): The ultimate stress-busting yoga pose, Legs Up the Wall should also be a staple when you practice yoga for immunity. It allows lymph drainage, blood circulation to even out, releases pressure from your back, and helps you feel grounded, so in turn your nervous system can completely relax and reset.

Try It: Sit about 3 inches away from an empty wall. Lie onto your back and swing your legs up onto the wall, so the back of your thighs rest against the wall. Allow your entire spine to rest heavy on the mat or floor beneath you, and relax your arms by your sides or on your stomach. Stay here for 1-10 minutes.



Forward Fold (Uttanasana): Inverted postures and forward bends bring prana and blood flow to the sinuses, which can help ease congestion. Sinuses and our mucus membranes are our body's first line of defense against infection, so keeping them healthy.

Try It: From standing, bring your feet hip-distance apart. Slowly hinge at the hips and keep a bend in your knees as you come into a gentle forward fold. Stay here for 5-10 breaths or as long as feels good. When you come out of this pose, roll yourself slowly to standing to prevent any dizziness.

Follow us on



<https://www.facebook.com/followIEEMA/>



twitter.com/tweetieema



linkedin.com/company/ieema



www.ieema.org