



1 Web Meetings

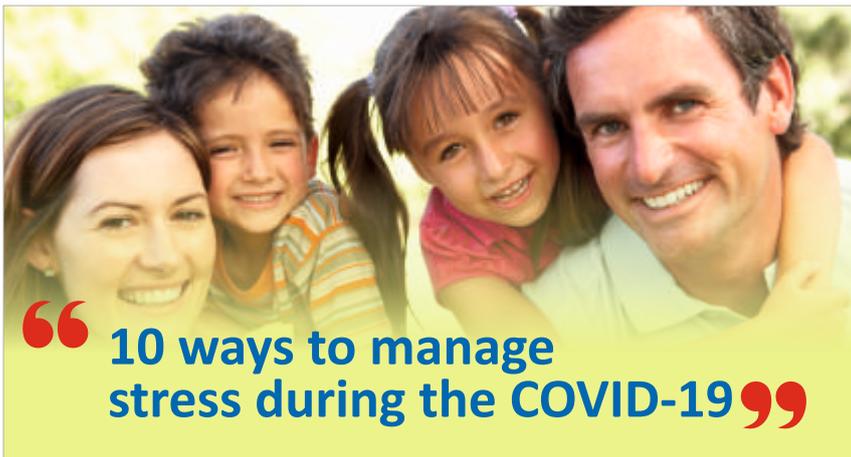
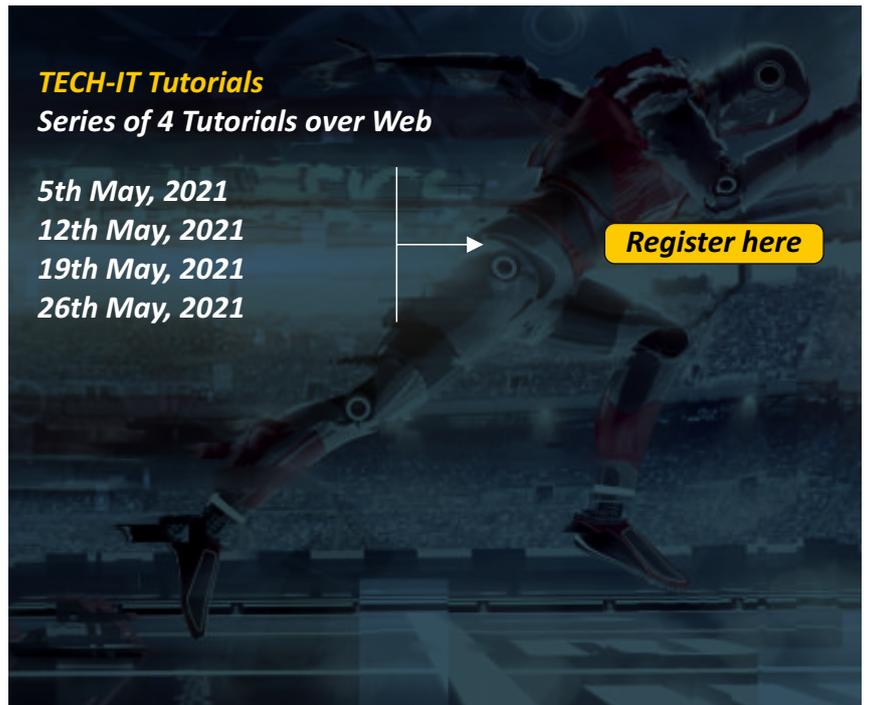
2

Upcoming Webinars

TECH-IT Tutorials
Series of 4 Tutorials over Web

- 5th May, 2021
- 12th May, 2021
- 19th May, 2021
- 26th May, 2021

[Register here](#)



“ 10 ways to manage stress during the COVID-19 ”

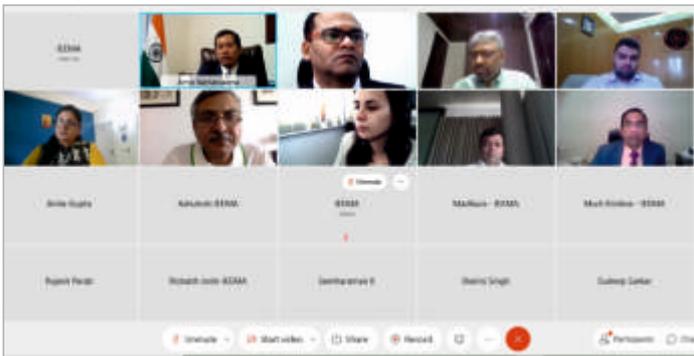
3 Health & Fitness Update

Meeting with Power Secretary

On 4 May, 2021 Mr. Alok Kumar, Power Secretary, Government of India called a meeting to discuss implementation of the Ministry of Power Order, dated 2 July, 2020 regarding cyber security and it's Order for Public Procurement, with regard to the issues arising out of the Department of Expenditure clarification, dated 8 February, 2021. Mr. Sunil Misra, Director General and Mr. J Pande, Deputy Director General, IEEMA, attended the meeting. Other senior officials from the Ministry of Power, Central Electricity Authority and Central Power Research Institute were also present in the meeting.

IEEMA presented its views on issues with DoE clarifications, dated 8 February, 2021 which dilutes the main Order issued by the same department, dated 23 July, 2020. IEEMA was requested to make a formal representation on this matter.

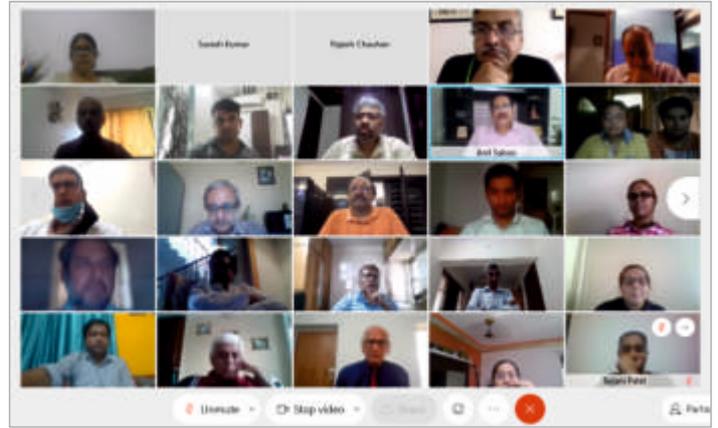
Interaction with Mr. B Vanlalvawna - Ambassador at Embassy of India, Baku, Azerbaijan



On 13 May, 2021 Members of IEEMA International Business Division, along with Mr. Sunil Misra, Director General- IEEMA had an exploratory interaction with Mr. B Vanlalvawna - Ambassador at Embassy of India, Baku, Azerbaijan and his team. The discussion was held on the Power and Electrical Infrastructure requirement in Azerbaijan. Market of Indian electrical equipment, process to engage IEEMA Members. This was an introductory interactions, to take it further specific B2B engagements are to be scheduled with support from the Indian Embassy at Azerbaijan.



Webinar on Hope Faith and Happiness



On 15 May, 2021 Looking at the second wave of Covid being too brutal and detrimental towards people's happiness; a session on hope, faith and happiness was conducted by Prof. Ramesh K. Arora, who has been a consultant and trainer in the fields of excellence in life and work, happiness, leadership and motivation for the past three decades and has lectured in International organisations. Prof. Arora has received the prestigious Paul Appleby Award for his significant contribution to the discipline and profession of Public Administration. The welcome address was delivered by Mr. Anil Saboo, President-IEEMA. About 200 members with their families and friends joined the session.

COVID-19 Health & Safety Tips



*Together,
we will make a difference*



“ 10 ways to manage stress during the COVID-19 ”

1 Family time

Studies show that when family bonds and relationships are stronger, not only does it have a positive effect on an individual's mental health, but for those struggling with mental health issues such as stress, it can make them more responsive to treatment. Spending time with family has a number of benefits, some as simple as improving your mood, and doing so can be a good avenue to stress management during the covid-19 outbreak.



2 Have a routine

Having a routine introduces a sense of stability to one's life. This sense of stability can also help reduce stress. There are a number of ways this can be done and varies from person to person. Some prefer to organise and plan every event of their day using a to-do list app, while some prefer assigning broadening time ranges for similar activities. Whatever approach you choose to follow, as long as you maintain a consistent routine, the sense of structure and assurance it provides can have a positive impact on stress levels and be an excellent way to manage stress

3 Watch your Diet

Part of having a health routine includes making sure you are consuming healthy foods for your meals. Eating healthy has a plethora of benefits that include weight loss, reduced risk of cancer, stronger bones and teeth as well as an improvement in your mood. Eating healthy can help reduce stress and has a number of long-term benefits if followed correctly.



4 Exercise

Exercise is an excellent way to help cope with, as well as reduce stress and can come in extremely handy whilst coping during the covid-19 pandemic. Studies have shown that exercising produces endorphins, which are chemicals in the brain that help increase one's ability to sleep, which has then been proven to reduce stress. Furthermore, exercise also helps increase your immunity in the fight against covid-19 and can be a great way to manage stressful conditions.

5 Balance exercise with rest

As important as getting in that daily workout is, it is also essential that we make sure we do not over exert ourselves, and making sure you get adequate rest. A simple way to do so is to make sure you get the minimum of seven to nine hours of sleep daily.



6

Reduce time on social media

While many of us rely on social media not only to keep in touch with our friends and loved ones, but also as a source for all our information and news that we receive, there are several studies that have established a correlation between increased social media use and increased levels of stress, as well as irritation and agitation. Minimising time spent on social media could potentially help an individual cope with stress during the covid-19 induced lockdown.

**7**

Revisit your hobbies

Due to the lockdown promoted by the covid-19 outbreak, millions of employees around the world find themselves now having to work from home, while there are a number of disadvantages including a sense of uncertainty that come with the lockdown, one silver lining is the fact that due to new work from home rules, many people now have more free time. Spending time pursuing hobbies during this free time can be an excellent way to reduce stress.

8

Get organized

Another benefit of more free time due to the covid-19 is that you can use this time to organise. Be it cleaning up the house, reorganising a bookshelf or refiling documents, introducing a sense of order into your life can bring with it a sense of security as well as accomplishment.

**9**

Know your facts

The covid-19 outbreak has been propelled and aggravated by the mass hysteria propagated by various media outlets. As scientists struggle to understand this new disease, individuals find themselves in a storm of endless information, the fatalistic appearance of which can cause an increase in stress levels. One of the means of stress management during the covid-19 lockdown is to ensure that you have your facts right and are getting your information from reputable sources.

10

Help others

While ensuring the safety of yourself and your family is imperative during the covid-19 pandemic, a good mode of stress management is to try and help others. The pandemic has had an adverse effect on countless people, leaving a lot of them without a job, stranded or homeless. Helping someone in need would not help better the community as well as provide you with a sense of accomplishment and satisfaction.

