



1 Web Meetings

2

Upcoming Conferences & Webinars

- **TECH-IT Tutorials**
A series of 4 webinars on Instrument Transformers
14th July, 2021 | 21st July, 2021
28th July, 2021 | 4th August, 2021
- **Technical Preparedness for Department Audit under GST**
July 15, 2021
- **Webinar on GROUNDING and Ground Fault Protection**
July 16, 2021
- **Webinar on CASH FLOW MASTERY**
July 23, 2021
- **Knowledge Sharing Webinar on Power Transformer Critical Components Bushings, Tap Changers & Gaskets**
July 29, 2021
- **ELROMA 2021**
10th International Conference & Exposition on ELECTRICAL ROTATING MACHINES, DRIVES & APPLICATIONS
September 6-8, 2021
- **SWICON 2021**
10th Edition of International Conference on SWITCHGEAR AND CONTROLGEARS
November 16-18, 2021

“ **Mental and Physical Health Benefits of Exercise** ”



3 Health & Fitness Update

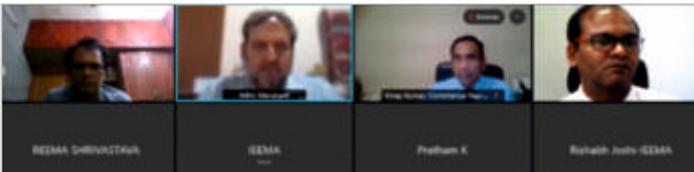
Meeting with Additional Secretary, Department of Heavy Industry, Government of India

On 21st June, 2021 Mr. Sudeep Sarkar, Director, IEEMA attended a meeting called by the Department of Heavy Industry, Ministry of Heavy Industries and Public Enterprises, Government of India, on substantial value of imports into India under the 'others' category. Ms. Nidhi Chhibber, Additional Secretary, Department of Heavy Industry, chaired the meeting.

IEEMA informed that the total import of electrical equipment in 2019-20 was INR 67,967 crore, out of which, INR 35,094 crore (approx. 52%) were under 'others' category. The actual items being imported under 'others' are not identified, which may be known from import transaction data, available with the Department of Commerce. This data should be shared with the industry associations for examination and suggestions on right tariff line classification of these items or creation of new tariff lines, in case no distinctive tariff lines are not available.

Moreover, approx. 9% of total import come under Chapter 98 (HSN 9801 0013) as power project import, taking advantage of concessional basic customs duty of 5%. This business could have gone to the Indian industry. The provision of power project imports was created in the year 1986, when India had limited capability and capacity to manufacture and supply equipment to the power projects. However presently, the domestic electrical industry is fully capable to manufacture and supply all types of electrical equipment and there is gross underutilisation of manufacturing capacities to the tune of 30-40 percent. Therefore, the provision of concessional duty import, as power project imports, has little relevance today and needs to be discontinued.

Interaction was organised with the Officials of Embassy of India, Baku, Azerbaijan



On June 22, 2021 A Web Interaction was organised with the Officials of Embassy of India, Baku, Azerbaijan for IEEMA International Business Division Committee members. Mission intends to increase the presence of Indian electrical products as well as Indian companies in Azerbaijan. There is a great potential for Indian company in Azerbaijan in

electrical sector. Therefore, Mission intends to hire a consultant for study of Azerbaijani electrical market. In this regard, Mission had asked IEEMA on what are the information required that can go into this report. Members deliberated on how to take the help of the Embassy to further its future activities.

Electrical Insulating Materials (EIM) division meeting



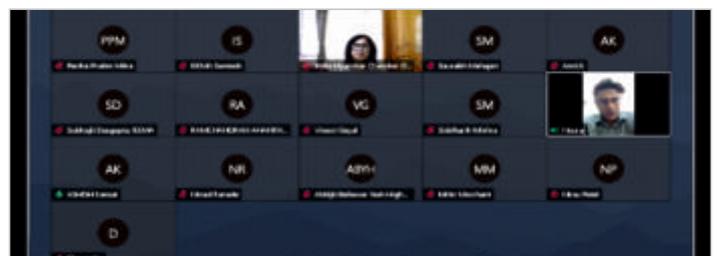
On June 23, 2021 Electrical Insulating Materials (EIM) division had its meeting on 23rd June 2021. Members discussed on the current industry status indicating that Raw Material prices are up by almost 30%, Growth in Business is not steady, Commitment from customers is staggered, Customers are not to pay the price rise variations, Overseas Business is on the rise, Demand in Railway Business is increasing, Slowly industry is gaining momentum etc. Members deliberated on the technical webinars that it can organise to benefit the members.

Cable Division Meeting



On 28th June, 2021, meeting of Cable Division held through web. Major points discussed during the meeting were Industry Size Estimate for FY 2020-21, Cable for EV Charging, State of Industry etc. 50 members from 42 organisation attended the meeting. Meeting was chaired by Mr. Amitava Bose from Universal Cables.

Interaction with India-Myanmar Chamber of Commerce (IMCC) in Myanmar



On June 29, 2021 an interaction took place between IEEMA IBD division and the India-Myanmar Chamber of Commerce (IMCC). The meeting was chaired by Mr. Neeraj Yadav – Chairman, IEEMA IBD Division and Mr. Saurabh Mahajan, Vice-Chairman, IBD division. IMCC was represented by Mr. Ashish Kansal – Ex-Com Board of Directors, IMCC. The participants from both side was engaged in fruitful discussion on the areas and scopes of entering into Myanmar’s power sector. Mr. Kansal very clearly put forward the avenues and areas of mutual interest for IEEMA members about how they can engage deeply with Myanmar energy sector. There were total 14 participants for the interactive session.

ELROMA O.C & T.C Meeting

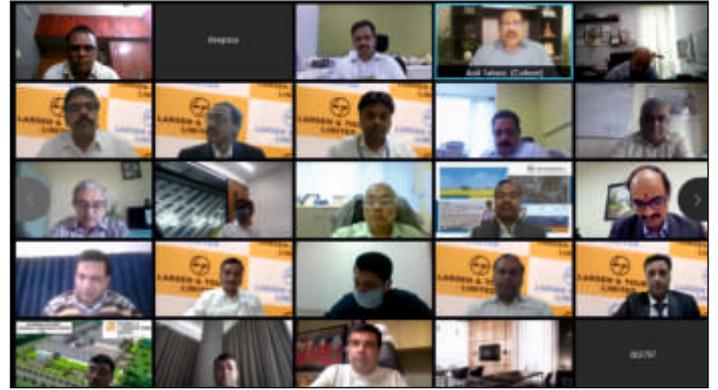


On July 2, 2021 meeting of ELROMA 2021 O.C & T.C members held through web. Major points discussed in the meeting were Invited Papers approach from user and Material Industry, Cohost updates etc. 16 members from 14 organisations attended the meeting. Meeting was chaired by Mr Ashok Kulkarni from CG Power

Virtual edition of ELROMA 2021 is scheduled to be held from 6th to 8th September, 2021. Papers are

invited from learned authors with due date for paper submission as 30th July, 2021.

Interactive Session on T&D Business Scenario in India and Vendor Relationship Management at L&T



IEEMA during the pandemic has been conducting a series of webinars to support and create awareness amongst its members on varied subjects. One such endeavour is organising for its members an interaction with large organisations like BHEL, L&T etc in order to create a win-win situation to both and understand the way forward.

The aim of this engagement is to have a committed and long term mutual engagement.

On July 3, 2021 an interactive session for our members was organised with L&T PT&D, where in the topic of discussion was "T&D Business Scenario in India and Vendor Relationship Management at L&T.

Mental and Physical Health Benefits of Exercise

Exercise has many benefits, both curative and preventive, for physical and mental health. Any amount of exercise, even if it falls below the suggested amount, is likely to produce benefits. Exercise benefits both mental health and physical health. Indeed, the National Institute on Aging say studies show that “taking it easy” is risky.



Improves cardiovascular health

Regular exercise is good for heart health. Possible benefits include:

- improving cholesterol levels
- lowering blood pressure
- reducing the risk of heart attacks and heart disease
- reducing the risk of stroke
- Reducing the risk of cardiovascular disease is an important benefit of exercise.

Helps with diabetes management

- improving control of blood glucose
- reducing cardiovascular risk factors
- helping with weight loss
- helping with general well-being
- delaying or preventing the development of type 2 diabetes

Reduces risk of some cancers

- colon
- stomach
- esophageal
- breast
- bladder
- uterine (endometrial)
- kidney

Improves mental health and mood

Physical activity can help reduce anxiety, and this benefit can start right after a moderate or vigorous exercise session.

Longer term, regular exercise can also help reduce the risk of depression.

Improves bone health

Regular exercise can help prevent the bone density loss that occurs with aging, say the CDC.

Moderate or vigorous muscle-strengthening and aerobic exercise, as well as bone-strengthening programs, can all help.

Real benefits to bone density begin with only about 90

minutes of exercise a week.

Weight-bearing exercises, such as walking and dancing, and resistance exercises are particularly good for bone health.

Helps build and strengthen muscles

Weight-bearing exercise helps build strong muscles, which is particularly important for adults as they get older.

Increases chance of living longer

“Strong scientific evidence shows that physical activity delays death from all causes,” according to a 2018 report from the Department of Health and Human Services.

Even better, the benefits start to accumulate with modest amounts of moderate-to-vigorous exercise. The greatest jump occurs when a person goes from being “inactive” to being “insufficiently active.”

Helps maintain a moderate weight

The CDC say there is good evidence that exercise can help maintain weight over time, although it may take more than the recommended amount to do so.

In general, losing weight and then keeping it off also require a healthful, balanced diet.

Helps prevent falls for older adults

According to the CDC, physical activity that includes more than one type, such as aerobic exercise, balance training, or muscle strengthening, can help decrease both the risk of falls and the risk of injury from falls in older adults.

Helps with sleep

Exercise helps people sleep, and some of the benefits can start immediately. Regular exercise can help by:

- increasing the efficiency of sleep
- improving sleep quality and deep sleep
- reducing daytime drowsiness
- reducing the need for sleep medication