



1

Division Meeting



2

Webinars



3

Upcoming Events

*Webinar on
Perceived Challenges of
Indian Cable Manufacturing Industry*

8 December 2020, 3 PM IST

[Join here](#)



4

Health & Fitness Update



What are the
MENTAL HEALTH
BENEFITS of EXERCISE?

E-Mobility and Charging Infra Division meeting

2nd December 2020: The meeting of E-Mobility and Charging Infra division was held through web. The major points discussed during the meetings are focus areas of the division, New Policy and updates, charging solutions for residential buildings, new tenders etc. 25 representatives from 21 organization attended the meeting.

Meeting was chaired by Mr Mustafa Wajid, Meher group and the nomination for the post of Vice Chairman are invited.

Meeting with TEMCA, Thailand



3rd December 2020: A meeting with President and Members of Thai Electrical and Mechanical Contractors Association (TEMCA) was organized to apprise them about eConnect, Virtual RBSM.

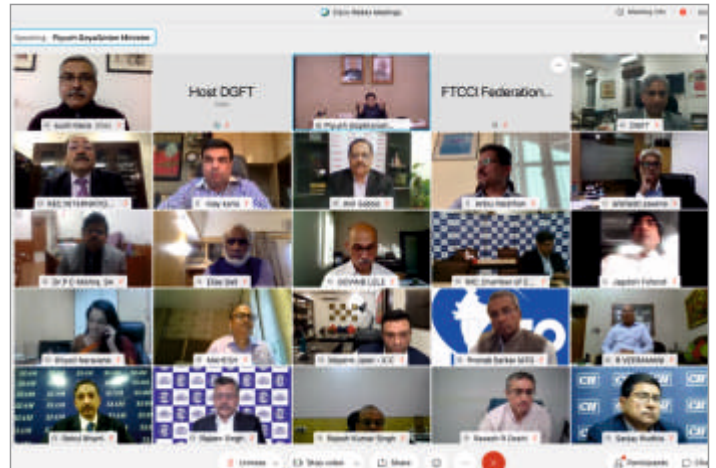
Mr. Imteyaz Siddiqui, Mentor IBD made a presentation about eConnect and informed the process of registration and meeting schedule. Mr. Boonsak K., President-TEMCA appreciated the initiatives of IEEMA and assured the support from TEMCA for participation in eConnect. Mr. Boonsak also informed the industry scenario in Thailand amid pandemic. Mr. Mihir Merchant, Member IBD appreciated the support extended by TEMCA in previous IEEMA's endeavours in Thailand and proposed vote of thanks.

IEEMA e-TRAFOTECH Closing Meeting on 4th December over web:

The closing meeting of e-TRAFOTECH 2020 Conference was held on 4th December 2020 over web. The meeting was Chaired by Mr. Shouvik Bhattacharya, Chairman Organising Committee & Chairman, IEEMA Power Transformer Division. The meeting was attended by 19 Committee Members from Advisory, Organising & Technical Committee. The deliberations covered up brief update on the

conference, Income & Expenditure, learnings of the e-conference, areas of improvement etc.

Meeting with Hon'ble Commerce and Industry Minister, Shri Piyush Goyal



7 December, 2020: Hon'ble Commerce and Industry Minister Shri Piyush Goyal held a meeting today with Industry Associations to discuss the new Foreign Trade Policy (FTP) (2021-26).

Mr. Anil Saboo, President-IEEMA, Mr. Vijay Karia, VP-IEEMA, Mr. Neeraj Nanda, VP-IEEMA and Mr. Sunil Misra, DG-IEEMA attended the meeting.



SPEAKERS



Mr Anil Gupta
CMD
KEI Industries



Mr Anil Rai Gupta
CMD
Havells



Mr Shreegopal Kabra
CMD
RR Kabel



Mr Inder T Jaisinghani
CMD
Polycab



Moderator
Mr A Bose
Chairman
IEEMA Cable Division



Opening Remarks
Anil Saboo
President
IEEMA



Context Setting
Mr Vijay Karia
Vice President
IEEMA

Key Takeaways

Knowledge sharing and insightful Panel discussion for Electrical Industry

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What are the **MENTAL HEALTH** BENEFITS of EXERCISE?

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges. Exercise can help provide:

Sharper memory and thinking

The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

Higher self-esteem.

Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.

Better sleep

Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.

More Energy

Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized.

Stronger Resilience

When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviours that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress.

