

## 1 Division Meeting



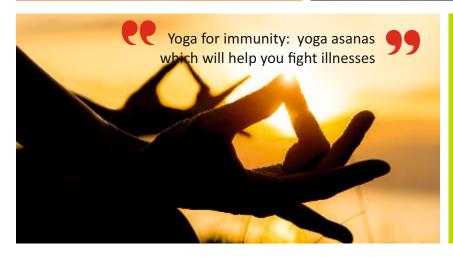


# **Regional Meeting**

Web Meetings Panel Discussion on Perceived Challenges of Indian Cable Manufacturing Industry

Meeting with Chief Engineer, Central
Organisation for Railway Electrification
(CORE) Prayagraj

Rotating Machines and Drives Division Meeting



4 Health & Fitness Update

## Panel Discussion on Perceived Challenges of Indian Cable Manufacturing Industry

8th December 2020: An interactive panel discussion session with the Captains of Industry was conducted by the Cable Division on the subject "Perceived Challenges of Indian Cable Manufacturing Industry". Following CEOs participated in session, along-with Mr. Anil Saboo, President-IEEMA, Mr. Vijay Karia, VP-IEEMA and Mr. Amitava Bose, Chairman Cable Division:

- 1) Mr Anil Gupta, CMD, KEI Industries.
- 2) Mr Anil Rai Gupta, CMD, Havells.
- 3) Mr Shreegopal Kabra, CMD, RR Kabel and
- 4) Mr Inder T Jaisinghani, CMD, Polycab Industries.

The session was attended by 170 plus participants across Cable Division and other segments within IEEMA membership and was very enlightening. Industry Captains candidly shared their views on the current state of affairs of the Cable manufacturing industry. The session was well appreciated by the attendees.



### **Cable Division Meeting**

8th December 2020: The meeting of cable division was held through webinar. Major points discussed during the meeting were: the outcomes of Panel Discussion Session, welcome and key focus areas identified by Chairman and Vice Chairman, State of Industry, Major Concerns of the Indian Cable Industry, Cable Conclave, Price variation vs Firm Contracts etc. 30 representatives from 24 organisation attended the meeting.

The meeting was chaired by Mr Amitava Bose, Universal Cables.



## Meeting with Chief Engineer, Central Organisation for Railway Electrification (CORE) Prayagraj



9th December 2020: A delegation of members of Railway Business Division led by Mr. Kaushal Kodesia, Chairman, IEEMA RBD met Shri D K Srivastava, Chief Electrical Engineer/MP,CORE, Prayagraj over video conferencing and apprised him about the issues faced by Steel Structure manufacturers and in the view of CORE orders for traceability of steel structure. Mr. Srivastava informed the genesis of these orders and also appreciated the concern of the industry and assured immediate redressal of key issues. Members thanked him for patience hearing and appreciating the industry issues and assured him full support from industry in terms of quality products and meting the deadlines.

### **Rotating Machines and Drives Division Meeting**

11th December 2020: The meeting of Rotating Machines & Drives Division was held through webinar. The major points discussed during the meeting were Production Statistics upto September 2020, State of the Industry, ELROMA 2021, Roadmap for progress to IE3, Re-winder certification course etc. 26 representatives from 21 organizations attended the meeting.

The meeting was chaired by Mr Atul Jugade from Siemens.



### **IEEMA Rajasthan Chapter Meeting**

**12th December 2020:** IEEMA Rajasthan chapter's 3rd meeting was organized on webinar to discuss the current industry scenario, updates on IEEMA activities and planning for future state activities. The issues related to high prices of steel and copper, pending bank guarantees, pending payments and other issues with Utilities were discussed during the meeting.

## Yoga for immunity: YOGA ASANAS

### which will help you fight illnesses

Yoga has been used for centuries in keeping the body functioning fit and fine. It can recharge your body, get rid of the toxins, negative energy and keep your vital organs functioning well. It also helps you build resilience both inside and out.





Sitting in Vajrasana for even five minutes can serve a load of health benefits and recharge your immunity. Apart from the immune system, vajarasana is said to benefit the digestive system, promote blood flow to the body's vital organs and

improve liver function. It also keeps the mind calm and stable, if done regularly, therefore eliminating unwanted stress tremors.

#### **Baddha Konasana**



Also known as the Cobbler Pose, Baddha Konasana opens up your hips and groin and promotes blood flow to the gut. It is considered an essential beginner's yoga pose which guarantees holistic wellness. It can

also ease discomfort and digestive ailments for people who often complain of these issues.

#### Naukasana



Two of the prime benefits of mastering this yoga asana is that it strengthens the abdominal walls and

improves the health of essential organs, including the liver, pancreas and the gut, thereby helping purify blood flow and eliminate toxins and waste from the body. A good functioning digestive system benefits the immunity, and in the long run, it could help ward off illnesses from the root.

### Tripadasana



Tripadasana is a balance promoting movement. It works to improve the concentration levels, centre your mind and ward off stress and tensions from the root. Regular practise of this yoga asana would strengthen vital organs,

lower down stress levels and make a difference in your lifestyle.

#### **Padahastasana**



Also referred to as the Hand to Foot pose, this yoga pose is practised while performing sun salutations (Surya Namaskar). It alleviates indigestion, promotes and regulates blood flow and increases the body's vitality,

keeping you energised.