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Web Meetings

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Upcoming Events

Distribuelec 2021

16-20 February, 2021

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Chronic Diseases and

TREATMENT

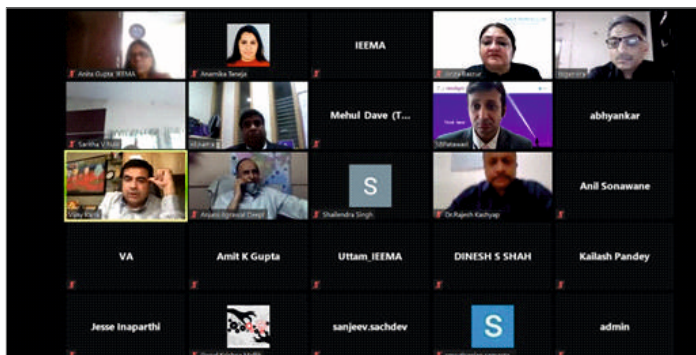


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Health & Fitness Update



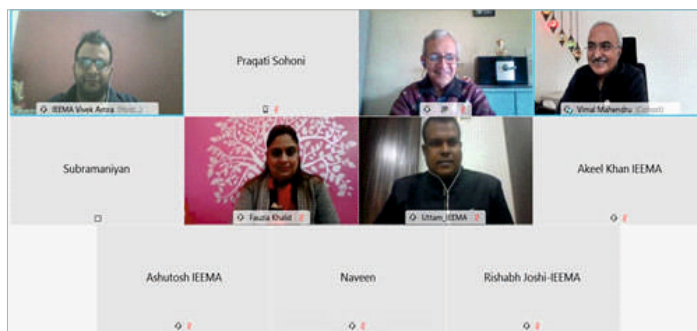
Webinar on Insights on Union Budget 2021-22 and its impact



3 February, 2021: Smt. Nirmala Seetharaman, Hon'ble Finance Minister presented the Union Budget on 1st February 2021. IEEMA organised the session to have further insights on Union Budget 2021-22 with Nexdigm (SKP) as knowledge partner. Smt. Anita Basrur, Practising Charter accountant presented insights on Direct taxes and Shri Saket Patwari, Executive Director on Indirect Taxation. The opening remarks were given by Shri Anil Saboo, President IEEMA and vote of thanks was delivered by Shri Yogendra Agarwal, Chairman, Economic and Taxation Committee. About 75 members attended

the session and had good interactions with the speakers.

Quality Infrastructure Committee Meeting (Standardization Cell)



5 February 2021: The 2nd meeting of Quality Infrastructure Committee (QIC) held through web. The major points discussed during the meeting are: Quality Control Orders – Status and Way Forward, Expansion of QIC membership, Enhancing engagement with BIS, line Ministries and testing labs etc.

Mr. Vimal Mahendru, President – Legrand and IEC Ambassador chaired the meeting.

Chronic Diseases and TREATMENT



What are chronic diseases?

- Cardiovascular Diseases, mainly heart disease and stroke;
- Cancer;
- Chronic respiratory diseases;
- Diabetes;
- Bone and joint disorders

Causes of Chronic Diseases:

- Ageing
- Common modifiable risk factors
- Unhealthy diet
- Physical inactivity
- Tobacco use
- Raised blood pressure
- Raised blood glucose
- Abnormal blood lipids
- Overweight/obesity

Treatment of chronic illness comes in many forms including surgery, physical therapy, psychological therapy and radiotherapy. However, one of the most common treatment forms is the use of medication.

Chronic Disease Self-Care

- Appropriate exercise for maintaining and improving strength, flexibility, and endurance.
- Appropriate use of medications.
- Communicating effectively with family, friends, and health professionals.

Chronic Disease Therapies

- Biofeedback
- Cognitive behavioural therapy
- Behaviour therapy,
- Brief psychotherapy and Massage

Chronic Disease Medications

- Nerve pain medication
- Analgesic
- Narcotic