



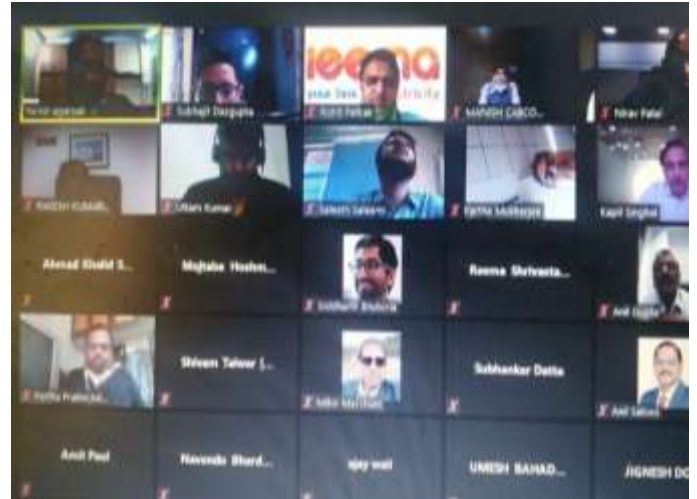
ieema

Weekly Updates

Interactive session on “ENERGISING INDO AFGHAN LINKS”

15th June, 2020: IEEMA International Business Division (IBD) organised an interactive session on “**ENERGISING INDO AFGHAN LINKS**” with senior officials of **Da Afghanistan Breshna Sherkat (DABS)**, Afghanistan to strengthen the business relations between India & Afghanistan power sectors.

The session was graced by Mr. Ahmad Daud Noorzai, CEO, DABS along with Mr. Khalid Stanikzai, CCO; Mr. Salimi, PMO – Director and Mr. Mujtaba Hoshmand, Plan and Policy Director from DABS.



This session was attended by 46 IEEMA members.

IEEMA Northern Region Committee Meeting

20th June, 2020: Mr. Hartek Singh, Chairman, IEEMA Northern Region conducted a zoom meeting with the committee members of North Region for discussing the problems being faced by the members after the opening of their manufacturing units.

The other discussion points were: to approach the utilities where members are still facing the problems related to **outstanding, bank guarantees and inspections**. The Committee also discussed the **topics for the technical programs** for generating revenue for IEEMA.

Health & Fitness Updates

9 Tips for proper posture sitting at a Laptop/Computer



1. How to prevent neck pain:

Your screen should be at eye level so that you are not looking down or up to see it. You can use a monitor stand to raise the screen if needed.

2. How to prevent elbow and wrist pain:

When sitting in your chair, your elbows should be bent 90 degrees to reach the desk. If you are sitting too low for the desk, use a seat cushion to raise yourself up.

3. How to alleviate knee pain:

Elevate your feet slightly in front of you with a footstool or a foot rest. Put it slightly in front of where your feet naturally land so that it reduces the bend in your knees.

4. How to stop slouching:

When sitting in your chair, slide your hips all the way to the back of the chair. Lean your upper back into the chair.

5. How to avoid feeling stiff:

Stiffness in the joints develops when they have been in one position for a long time. Stand up and take a walk once every hour.

6. How to remember to work on your posture:

Wear a posture corrector brace when working. It pulls your shoulders back and will tighten around the shoulders if you start to slouch.

7. How to avoid muscle tightness:

Set alarms on your computer or phone, or put a colorful post-it on

your monitor to remind you to stretch your shoulders, wrists, and lower back once every hour.

8. How to sit upright (in a different chair):

If you want to change your current chair because the above tips do not help, you can try a kneeling chair. When sitting in a kneeling chair, make sure that the pressure is applied onto the bony part of your shin, and not your kneecaps.

9. How to engage your core when sitting:

If you want to train your core while you sit, you can try a stability ball chair. It can be challenging to sit on a ball all day, especially if you have back pain, so check with your physical therapist prior to trying this.

