



## *Webinar on “Retrofit of Digital / Numerical Relays & Electronics in LV – MV Switchgear INSTALLED UNITS”*

**22<sup>nd</sup> June, 2020:** IEEMA organized a Webinar on “Retrofit of Digital / Numerical Relays & Electronics in LV – MV Switchgear INSTALLED UNITS”.

The speaker Dr. Vijay Kanchanlal Shah, Vice President – R & D, ABB India interacted with both the Domestic and International participants. The webinar witnessed international participation from Tanzania and Uganda.

The Crux of the webinar was to discuss why Retrofit existing Switchgear Units with modern relays, Challenges in retrofitting digital / Numerical relays in existing units, achieving right results post-retrofit rather than multiplying operational challenges getting encountered at the critical installations and to enhance the life of the Switchgear. The discussion also happened on different checkpoints to ensure timely, consistent and controlled execution and Sustaining performance of retrofit job.

## *Web Meeting of MV HV Switchgear Division*

**25<sup>th</sup> June, 2020:** IEEMA MV HV Switchgear division meeting was held over web. The meeting was chaired by Mr. Chintamani Vaze, Chairman, MV HV Switchgear Division. Mr. Rupinder Singh, Vice Chairman also joined the meeting. The meeting was attended by 18 members from 10 organisations.

The important points discussed were: **the state of the Industry & post lockdown challenges, Industry size estimation of MV HV SWGR Industry for FY 2019-20, CEA type test validity, violation of Public Procurement Order by State Utilities, Proposal to organise e-swicon & other technical conferences, possibility of online inspection of MV HV SWGR equipments, update to members on the discussions with the Secretary (Power) and way forward.**

## *Interactive session with Thailand Board of Investment*

**30<sup>th</sup> June, 2020:** IEEMA organized an interactive session with Thailand Board of Investment. The session covered supporting **measurers and new incentives announced by the Government of Thailand for the Indian Industry/Manufacturers.** The members expressed interest on the tax policies and support system to understand the situation.

The session was graced by Mr. Nanthapol Sudbanthad - Director Consul, Board of Investment & The Royal Thai Consulate General – Mumbai & senior officials from Government of Thailand.



# Health & Fitness Updates



## Healthy ways to cope with stress

**K**now what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

- ◆ Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through

telehealth services).

- ◆ Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- ◆ Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- ◆ Take care of your body.
- ◆ Take deep breaths, stretch, or meditate.
- ◆ Try to eat healthy, well-balanced meals.

- ◆ Exercise regularly.
- ◆ Get plenty of sleep.
- ◆ Avoid excessive alcohol use and drugs.
- ◆ Make time to unwind. Try to do some other activities you enjoy.
- ◆ Connect with others. Talk with people you trust about your concerns and how you are feeling.
- ◆ Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

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