



1

Web Meetings

2

Upcoming Webinars

*National Seminar on
Adoption of New Age Conductors*

March 12, 2021; 1030 hrs – 1330 hrs

[Register here](#)

*Webinar on
Elevator & Escalator SAFETY*

March 24, 2021; 1500 hrs – 1800 hrs

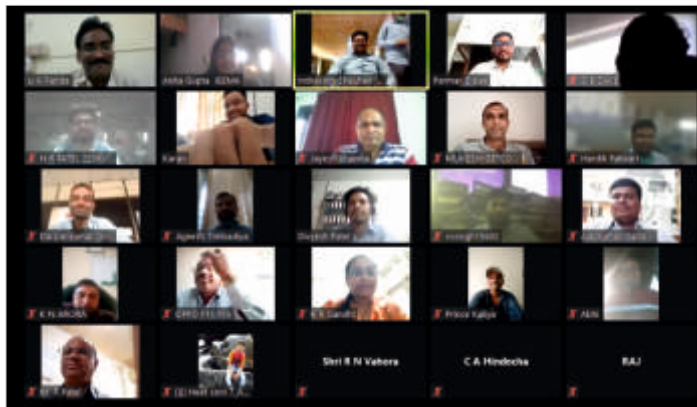
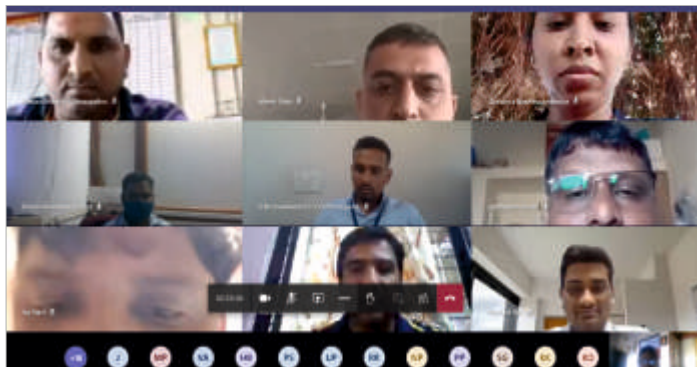
[Register here](#)



3

Health & Fitness Update

Technical trainings for GETCO/GETRI



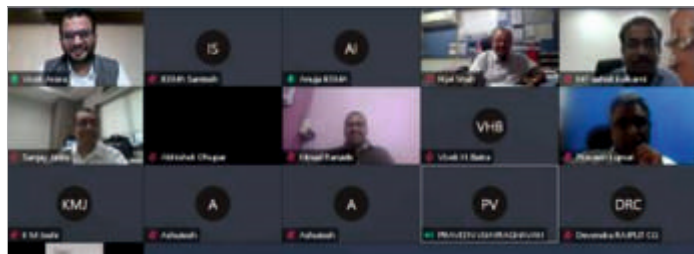
Technical trainings on following topics were held for officials of GETCO/GETRI

- Battery Maintenance on 26th February 2021 where Mr. Uttam Kumar Panda who is Currently heading national responsibility of after sales services of Industrial batteries as Head – Service & Applications (Infra) in Exide Industries.
- Fault Current Limiters – Needs and Benefits on 2nd March 2021 where faculties were Mr. Prashant Bari Local Product Manager – Distribution Solutions Service from ABB India Limited, Nashik and Mr. Manas Burkule Sr. Marketing Manager – Distribution Solutions Service ABB India Limited, Nashik.
- Transformer failures and its remedial measures on 3rd & 4th March 2021 was conducted by Mr. Virendra Lakhiani, who is an independent consultant and has about 45 years of experience in transformer Industry.

The trainings were held on Webinar and 40 to 45 participants attended each session all modules received good feedback with an interactive question answers session at the end.

Rotating Machine & Drives Division Meeting on 3rd March 2021

Meeting of Rotating Machines & Drives division held through web. Major points discussed during the meeting were Update on Policy initiatives, PVC for



Raw material, Electrical Steel meeting with SAIL, Production statistics upto December 2020, Terms of Reference – IE3 etc.

18 members from 15 organisation attended the meeting. Meeting was chaired by Mr Praveen Kumar from Rotomotives

Panel Discussion on Perceived Challenges of Indian Rotating Machines & Drives Industry – 3rd March 2021



An interactive panel discussion session with the Captains of Rotating Machines Industry was conducted by the R.M & Drives Division on the subject “Perceived Challenges of Rotating Machines & Drives Industry”. Following Senior officials participated in session as Panellist’s:

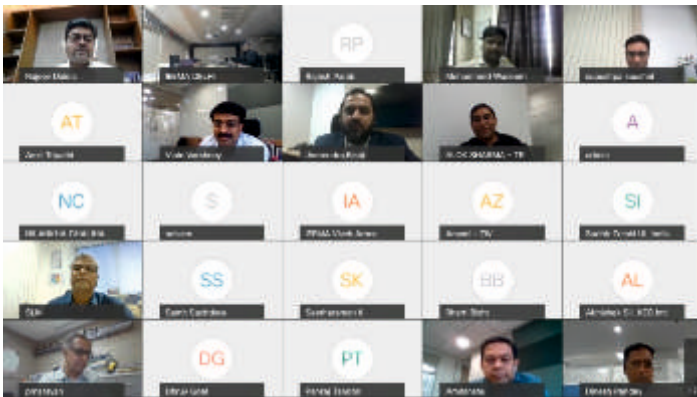
- Mr Nakul P Mehta, Vice Chairman & Managing Director – Bharat Bijlee Ltd

- Mr Ramesh Kumar N, President (Rotating Machines & Power Systems) – CG Power & Industrial Solutions
- Mr Vijay Pratap Singh, Country Business Unit Head (Motion Control, Digital Industries) – Siemens Ltd
- Mr Sanjeev Arora, President (Motion Business) – ABB India
- Mr S Desai, Vice Chairman – Hindustan Electric Motors

Session was moderated by Dr Praveen V. from Integrated Electric.

The session, attended by 340 plus participants across Rotating Machines & Drives Industry was very enlightening. Industry Captains candidly shared their views on the current state of affairs of the Rotating Machines & Drives Industry touching all the key topics. Session was well appreciated by the attendees.

T&D Projects Division Meeting on 5th March 2021



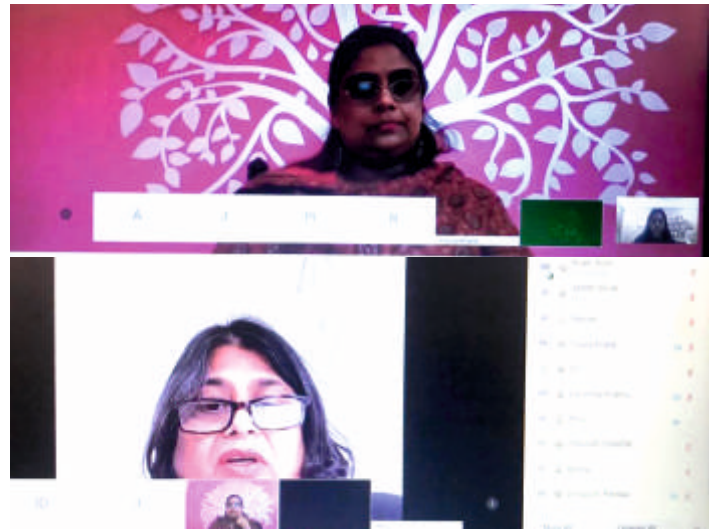
T&D projects Division meeting was held under the Chairmanship of Mr. Rajeev Dalela, President- KPTL. The key discussion points were State of Industry, updates on various government orders and IEEMA's representation, Use of secondary steel, 14th T&D conclave and T&DP industry leader's conclave. The meeting was attended by 46 participants. Mr. J Pande, DDG IEEMA and Mr. Akeel Khan, Sr Executive Officer, IEEMA represented IOT in the meeting.

Interaction with BHEL on electronic components on 6th March 2021

IEEMA organised the third in the series interaction with BHEL on electronic components. Engineers and senior officers from BHEL Bangalore Electronic division participated in the discussions. Chairman SME led the discussions from IEEMA side. The focus was on the electronic components requirement by BHEL and process for IEEMA members to secure

enrolment as vendors to BHEL. More than 75 Members participated from IEEMA.

IEEMA Women in Power Chapter Committee meeting on 6th March 2021



IEEMA Women in Power Chapter Committee has conducted its 4th meeting. Dr. Mira Parasuram from Kappa Electricals was appointed as the Chairperson for this committee. There were total 8 committee members who participated the meeting. The members discussed the finalisation of the objectives for this Chapter.

A person is running away from the camera on a gravel path. The background is a sunset with a warm orange and yellow glow. The sky is filled with soft clouds. The person is wearing a black t-shirt and dark shorts.

“Benefits of RUNNING”

Running Improves Your Health

Running is actually a great way to increase your overall level of health. Research shows that running can raise your levels of good cholesterol while also helping you increase lung function and use. In addition, running can also boost your immune system and lower your risk of developing blood clots.

It Prevents Disease

For women, running can actually help to lower your risk of breast cancer. It can also help reduce the risk of having a stroke. Many doctors today recommend running for people who are in the early stages of diabetes, high blood pressure, and osteoporosis, and it is proven to help reduce the risk of having a heart attack. By helping the arteries retain their elasticity and strengthening the heart, your chances of suffering a heart attack can be significantly reduced.

You Might Lose Weight

Running is one of the best forms of exercise for losing or maintaining a consistent weight. You will find that it is a leading way to burn off extra calories and that it is the second most effective exercise in terms of calories burned per minute, following only after cross country skiing.

Running Boosts Your Confidence

Not all of the benefits of running are physical. Running can provide an noticeable boost to your confidence and self-esteem. By setting and achieving goals, you can help give yourself a greater sense of empowerment that will leave you feeling much happier.

It Relieves Stress

Stress can actually cause a number of health and mood problems. It can also diminish appetite and sleep quality. When you run, you force your body to exert excess energy and hormones. Running also helps to reduce your chances of developing tension headaches.

Running has the Power to Eliminate Depression

When you are depressed, the last thing you likely want to do is to get up and go for a run. Yet you will find that after only a few minutes of running, your brain will start to secrete hormones that naturally improve your mood. In fact, there are few things in the world that can better or more rapidly treat depression than exercise such as running.