



**1**

## Division Meetings



**2**

## Webinars



**3**

## Upcoming Events

Workshop on *Thermography*  
25 November 2020

[Register here](#)



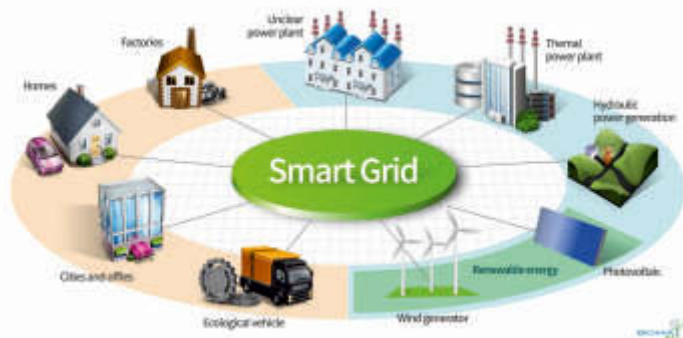
**4**

## Health & Fitness Update



 How to take care of your **SKIN** during the **PANDEMIC?** 

## Smart Grid Division Meeting

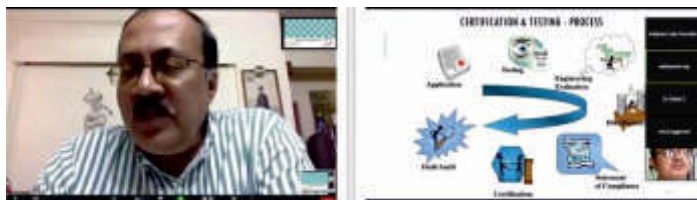


**17th November 2020:** Smart Grid Division meeting was held under the chairmanship of Mr. Deepak Pandey. The key discussion points were: State of the Smart Grid Industry, upcoming Smart Grid projects, Input for MoP Committee on laboratory and testing protocol for imported products and activity of technical committee and way forward. Meeting was participated by 25 members from 19 organizations. Mr. Akeel Khan, Sr. Executive Officer represented IEEMA operations team in the meeting.

## Meeting of Insulator Division

**18th November 2020:** The meeting of IEEMA Insulator Division was held over webinar. The meeting was attended by 11 members. Mr. Sanjeev Sachdev, Chairman, IEEMA Insulator Division has welcomed the members & updated about ongoing IEEMA activities with CEA, CPRI, MOP etc. The discussions were held on: the State of Industry, Status of Data Statistics & data Reporting/ Non-reporting members as per new format, updates on RoDTEP Scheme & BIS ETD-06 Meeting.

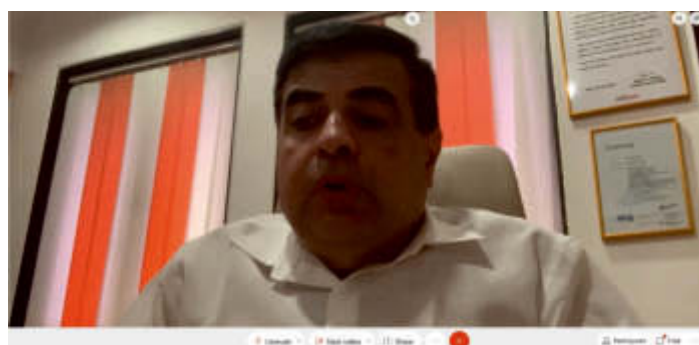
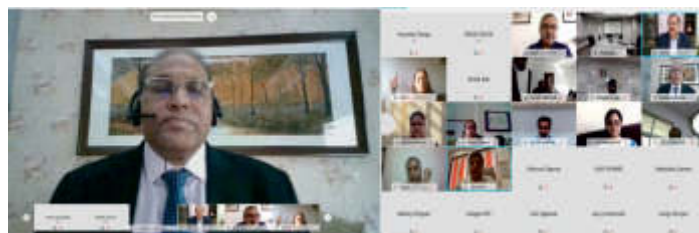
## Webinar on "Global Market Access (Module 1 - European Union & North America)"



**19th November 2020:** IEEMA organized a webinar on "Global Market Access (Module 1 - European Union & North America)". The faculty was Mr. M. G. Satheyndra, Ex. Director - BIS, Ex. Head - CSA & Intertek (South & West), Past Chairman - IEEMA Quality Cell, Secretary - ISLE (Karnataka), Assessor - NABL & NABCB. The webinar focused on the regulatory requirements and compliance strategy, and covered important topics like Certification Basics – Types, Selection of Certification Bodies Criteria, Conformity Criteria – European Union, Directives - Low Voltage Directive (LVD), Electromagnetic Compatibility

(EMC), RoHS, Safety of Electrical Machinery – 60204 & North American Certification (Silent Features & Requirements).

## Awareness webinar on NEW LABOUR CODES 2020



**20th November 2020:** IEEMA organised an insightful and enriching webinar on recently passed 3 Labour Codes by the parliament i.e. Code on Social Security 2020, Industrial Relations Code, 2020 and Occupational Safety, Health & Working Conditions Code, 2020 conducted by Sh. Pradeep Kumar Saxena, Former Additional Chief Labour Commissioner (C) (SAG Grade), Joint Secretary level, Government of India, Ministry of Labour & Employment, New Delhi. More than 125 participants from members and non-members organisations attended the webinar.

**Key Takeaways & Benefits**  
The participants will be acquainted with:

- Important provisions of each Codes
- Key changes in the new codes
- Applicability norms of these codes
- Various obligations of the employer in its implementation
- Special provisions relating to Migrant workers and Employment of women
- Role of Inspector cum Facilitator
- Various Penalties for non-compliance

# How to take care of your **SKIN** during the **PANDEMIC?**

The quarantine time has been tough for everyone. But, one of the positives that came out of it has been the fact that we have found the time to take care of our skin and health. Below are a few ways by which you can take care of the skin while staying at home:

## **Eat right**



Staying home does not mean binge-eating junk food through the day. Eat a king-sized breakfast, healthy lunch and light

dinner. Focus on ingredients in your kitchen that will help boost your immunity such as Jeera, turmeric, ginger, garlic and black pepper. When you're eating a balanced and nourishing diet at home, your skin will reflect exactly that.

## **Drink plenty of water**



To keep your skin hydrated and looking fresh, drink at least 8-10 glasses of water that will help to

flush out the toxins. This is easier done at home than when you're on the move.

## **Protect your skin from blue light**



Screen time affects not only your eyes but also your skin. Protect your skin from the blue rays of your laptops,

TVs and phones by applying sunscreen even when you are indoors.

## **Take enough Sleep**



Do not compromise on your sleeping cycle, even though you are tempted to watch your

favourite series or movies late night. Sleep early and wake up early. Get at least eight hours of sleep every night.

## **Exfoliate your skin**



Exfoliate your face with a home-made scrub at least once a week to get rid

of dead skin. Wash your face before sleeping at night. It is also important to cleanse your face to wash away the dirt from your skin and help in rejuvenation.

## **Moisturize your skin**



It is important to regularly wash your hands, washing and hand sanitising could dry out your skin.

Moisturise your face and hands each time you wash them with a moisturising cream.

## **Include Vitamin C in diet**



Vitamin C prevents free radical damage while brightening the skin. The goodness of Vitamin C goes a

long way in protecting and revitalizing the skin.

Send us your feedback on: [corpcomm@ieema.org](mailto:corpcomm@ieema.org)