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Weekly Updates

Web Meeting with Shri Rakesh Adlakha, Deputy Chief of Mission-Embassy of India, Muscat, Sultanate of Oman

24th September 2020: IEEMA International Business Division organised a meeting with **Shri Rakesh Adlakha**, Deputy Chief of Mission-Embassy of India, Muscat, Sultanate of Oman. The meeting was held to discuss the engagements with Oman and bilateral trade enhancement and supply chain partnerships with Oman.



India - Nigeria stakeholders interaction for collaboration in Power Sector

25th September 2020: IEEMA International Business Division held an interaction with Transmission corporation of Nigeria(TCN), Abuja Chambers of Commerce and Industry(ACCI) and High Commission of India at Abuja to explore and discuss collaboration opportunities in Power sector and to brief stakeholders on IEEMA e- Connect initiative. The meeting started with welcome address by **Mr. Anil Saboo, President-IEEMA** and opening address from **H.E. Mr. Abhay Thakur, High Commissioner and Mr. V.S.D.L. Surendra, Deputy High Commissioner & Head of Chancery of Indian High Commission to Abuja**. The Chairman & Vice Chairman- IBD briefed the stakeholders on the expected collaboration and support required from TCN, ACCI & Indian Embassy at Abuja.



Md. Sule Ahmed Abdulaziz, MD & CEO, TCN briefed members on the upcoming opportunities and confirmed his support for all possible collaboration, subsequently officials from ACCI discuss on the mutual opportunities for possible collaborations.



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Webinar on 'Role of Fire Survival Cables in achieving Electrical Fire safety in Buildings'

25th September 2020: The third webinar in the series on National Electrical safety Campaign 2020 started jointly between CEA, BIS, IEEMA and ICA India was held on 25th September 2020. The topic was “**Role of FS (Fire Survival) Cables in achieving Electrical Fire safety in Buildings**”. The session focused on the importance of fire survival cables, difference between fire survival and fire resistant cables, its construction and advantages, its testing and standards services and applications to be installed with FS cables etc. The speakers were from ICAI, Apar Pvt. Ltd. and Proion Consultants Pvt. Limited. More than 170 participants attended the programme.

Meeting of Standardization Committee for preparation of 'Standard Specifications & Technical Parameters for Transformers & Reactors

25th September 2020: The final Meeting of Standardization Committee for preparation of 'Standard Specifications & Technical Parameters for Transformers and Reactors (66 kV & above voltage class) was called by **Central Electricity Authority** on 25th September 2020 over web. The meeting was chaired by **Mr. P. S Mhaske, Chairperson and Member(Power System), CEA**. The meeting was joined by more than 50 participants which includes senior CEA officials, Representatives from POWERGRID, NTPC, NHPC, UPPTCL, GETCO, OPTCL, RVPN, APTRANSCO, WBSETCL, HVPNL, TSTRANSCO, MPTRANSCO, MSETCL, CPRI. Industry was represented by BHEL, Toshiba, CG Power, Schneider, Siemens, TBEA, ISA Advance instruments and representative of IEEMA. **Mr. S.K. Ray Mohapatra**, Chief Engineer, PSE&TD Division, CEA informed that more than 300 comments were received from 30 stakeholders and it is likely that the specifications shall be finalized by mid of October 2020.

Meeting with Dr. Rakesh Pandey, (First Secretary) Head of Economic & Commercial Wing, High Commission of India, Colombo, Sri Lanka

25th September 2020: IEEMA organized a session with **Dr. Rakesh Pandey**, First Secretary & Head of Economic & Commercial Wing and **Dr. Athira S**, Second Secretary – Economic & Commercial, High Commission of India, Colombo, Sri Lanka's Office.

The major objective of this interaction was to build in a collaborative relationship amongst the Indian and Srilankan Electrical Equipment Buyers and Sellers. An interactive session with the Ceylon Electricity Board was suggested for Indian Manufacturers along with bringing in the Srilankan Counterpart associations on board.



Health & Fitness Updates



Protect your **EYES** while using Laptop, Computer and Mobile

Looking at computer or mobile screens for a longer duration can cause eye strains. While you won't be able to cut back on the use of these digital devices yet, you can take active steps to protect your eyes while using them.

Here are some important tips:

Adjust your Laptop's screen

Ensure that your Laptop screen is directly in front of you, at about an arm's length away. Position the top of the screen such that it is at, or just below, eye level. This is to ensure that you are not gazing upwards at the screen, as doing this may increase eye strain.

Minimise the glare

Install an anti-glare screen protector to reduce the glare from the light reflecting back

from your screen. If you wear spectacles, purchase lenses with an Anti-Reflective (AR) coating, as this helps to reduce glare. You can also reduce glare from the external environment by drawing the window shades. Position your screen such that the windows are at your side, instead of being in front of, or behind the screen.

Apply the "20-20-20" rule

It is important to take regular breaks using the "20-20-20" rule. Basically, every 20 minutes spent using a screen, you should try to look away at something that is 20 feet away from you for a total of 20 seconds.

Take frequent breaks

It is important to "get away" from your computer screen after every 30 minutes. Take a walk and stretch your arms and legs,

exercise your neck, shoulder and back muscles to relax. This will help to reduce your risk of headaches, as well as the neck, back and shoulder pain associated with the prolonged use of computer.

Remember to blink

When we are using our digital devices, our blink rate goes down and this can lead to dry eyes. Blinking helps to moisten and refresh our eyes. You can also put a sticky note on your computer screen to remind you to blink more often.

Most of these eye strain symptoms caused by the computer use are temporary and will reduce after you stop using the computer. However, if you have persistent eye symptoms, please consult an ophthalmologist for a detailed eye check-up.

