

- EIM Division Meeting
- Invest Selangor Roundtable Meeting
- Meeting with PSPCL
- IEI Qatar Chapter 54th Engineers Day Celebration
- IEEMA Northern Region & Chandigarh Chapter Meeting

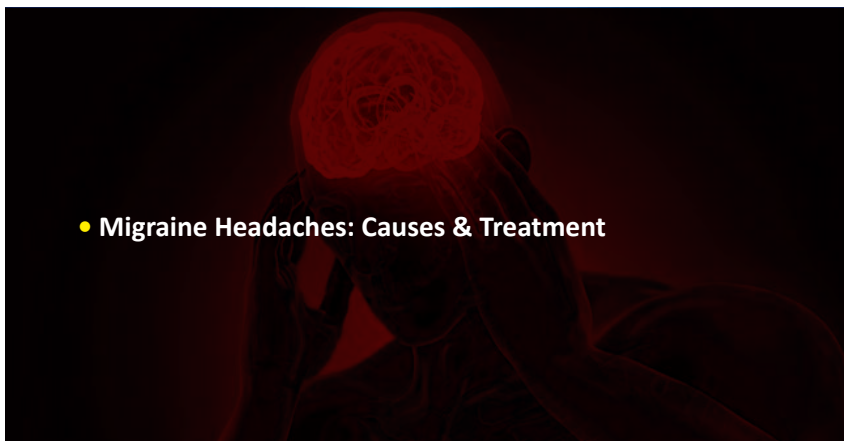
# 1

## Meetings & Events

# 2

## Upcoming Events

- **Training Session (Virtual) - O & M of Transmission Lines**  
1 October 2021  
Register here: <https://www.payumoney.com/webfronts/#/index/ieema-TL>
- **DigiELEC Bharat**  
20-26 October 2021  
Register here: <https://ieema.org/newsite/event/digielec-bharat-2nd-edition/>
- **SWICON 2021**  
16-18 November 2021  
Know more: <https://ieema.org/swicon/>



- **Migraine Headaches: Causes & Treatment**

# 3

## Health & Fitness Update

## Electrical Insulating Materials Division Meeting

**22nd September 2021:** The meeting of Electrical Insulating Materials (EIM) Division was held on web. Members discussed on the current industry status indicating that Finished goods price has gone by 20 – 30 % due to increase in raw materials price, Defence sector is growing, Freight costs are on the higher side, Movement of Containers is haphazard, Segment is flat, exports are good, Local demand has dried up, EV and Automobile sector is picking up, Fan Industry is having good demand, Generator segment is stable, slight increase in demand in Alternator market and White Goods sector is growing. Members deliberated on organising a webinar on Solid Insulations.

## Invest Selangor Roundtable Meeting



**23rd September, 2021:** Malaysian Investment Development Authority (MIDA), Government of Malaysia organized Invest Selangor Roundtable Meeting (a virtual meeting) with IEEMA, Association of Indian Medical Device Industry (AIMED), Federation of MP Chamber of Commerce & Industry (FMPCCI), Utkal Chamber of Commerce & Industry (UCCI), GESIA IT Association (represent IT industry) and Telangana Chamber of Commerce & Industry (TECCI).

The session focused on the five core clusters of Electrical and Electronics, Transport equipment, Life sciences, Food and Beverages, Manufacturing and Machinery and equipment. Selangor aims to be an attractive cosmopolitan that is filled with a beacon of abundance and prosperity.

## Meeting with PSPCL



**24th September 2021:** IEEMA official met Shri A Venu Prasad, IAS, CMD PSPCL for discussing the way forward and issues concerning our membership. IEEMA Year Book was also handed over to him.

## IEI Qatar Chapter 54th Engineers Day Celebration



**24th September 2021:** The Institution of Engineers (India) -Qatar Chapter celebrated the “54th Engineers Day”. Shri. Anil Saboo, President IEEMA was the Guest of Honour at the function.

In his address, Shri. Saboo congratulate the Institution of Engineers (India) Qatar Chapter on celebrating the 54th Engineers Day Celebration, which is observed every year on the birth anniversary of Sir Mokshagundam Visvesvraya, a Bharat Ratna recipient and legendary engineer who dedicated his life to India’s development.

The close bilateral relations existing between the State of Qatar and India depend greatly on cooperation in the field of energy. The two friendly countries are looking forward to strengthening their partnership in this field by intensifying cooperation in building the LNG infrastructure in India, given India's desire to expand its gas infrastructure to meet its growing needs over the next few years.

The Chief Guest of the event was Smt. Angeline Premalatha, Counsellor, Embassy of India in Qatar. The event was attended by more than 150 delegates through Hybrid Celebration at OUC Liverpool John Moores University, Qatar.

## IEEMA Northern Region & Chandigarh Chapter meeting



**25th September 2021:** IEEMA Northern Region & Chandigarh Chapter meeting was conducted by Mr. Hartek Singh, Chairman Northern Region & Mr. Vinamra Agarwal, Vice Chairman – Northern

Region in a hybrid mode. IEEMA office bearers and regional members participated in the meeting. 31 members participated in the meeting. The discussion

points in the meetings were planning of Northern Region activities, increasing the regional membership by running Membership Drive etc.

## Health and Fitness Update

### Migraine Headaches: Causes & Treatment



#### Migraine Causes:

Migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to the light and sound. Migraine attacks can last for hours to days, and the pain can be severe.

- Hormonal changes in women
- Caffeine Drinks
- Stress at work or home
- Sensory stimuli
- Sleep changes

#### Fastest way to cure a migraine:

- Try a Cold Pack.
- Use a Heating Pad or Hot Compress.
- Ease Pressure on Your Scalp or Head.
- Dim the Lights.
- Try Not to Chew.
- Hydrate.
- Practice Relaxation.
- Medications can help prevent some migraines.



Fatigue



Severe head pain



Light sensitivity



Difficulty concentrating



Nausea, vomiting



Stiff neck / back / muscles



Feeling down



Sound sensitivity



'Background' headache



Visual aura, e.g. flashing lights

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