



Health & Mind

NITIRAJ ENGINEERS LTD.

News Letter

VOL- 24 ISSUE-5 August - 2024

*From the desk of
CEO.....*

Dear Friends,

Healthy body bears

Healthy mind.

Always

think positive

and love yourself.

It's a key to Success.



Rajesh Bhatwal



Quality Policy

We at Nitiraj Engineers Ltd. are committed to Design, Develop, Manufacture and Service **Electronic Weighing Scales, Currency Counting Machines, Auto Fare Meters, and Electronic Systems** to meet Customers Requirement and Satisfaction.

This we shall achieve through the process of **continual improvements in Product performance, Customer Satisfaction, Development of employees and implementing Quality Management System** in all the areas of organisation to achieve Market leadership

This policy shall be reviewed for continuing suitability and shall be revised if needed

Date : 1 July 2015

PHOENIX®



*Rajesh Bhatwal
CEO*



Health & Mind

Salvi P. K.

**Yoga is not a religion.
It is a Science of well-being, Science of youthfulness,
Science of integrating Body, Mind and Soul.**

The body benefits from movement and mind benefits from concentration.

Yoga pays more attention to the mind-body connection as many medicine systems treated the mind and body as a whole. The Western world began seeing the mind and body as two separate entities. The body became a vessel, a machine made of independent and replaceable parts, which held no meaningful connection to the mind. According to Yoga the complex links between the body and the mind and their overall impact on our health is considered as a one unit. **Our minds and bodies are constantly engaging in conversations with each other.**



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Whenever we are ill or in physical pain, we are in a bad mood; we feel discouraged and even depressed. This goes all the way around as our minds can also affect our bodies. Under constant stress, for example, our stomachs or chests get hurt and we feel weak and nauseous. Whenever we are hurt or angry, our pulse races or we get headaches.

When thinking about health, one of the first things that come to mind is the body. Without a healthy and strong body, it's hard to go about our day and achieve our purposes. In this fast-paced world, we prioritize physician appointments, daily workouts, and healthy diets to keep our bodies fit and functional. However, there is something just as crucial we tend to neglect: our mental health. As it is said, ***a healthy body is a healthy mind.*** Optimal mental and spiritual health, as demonstrated by science, plays an essential role in physical health. For this reason, finding the perfect balance between mind and body will open the doors to a healthier and more joyful life.

Do Some Exercise

Doing exercise every day has many benefits. When you exercise, your body releases endorphins which can greatly improve your mood. You don't have to spend a lot of money and join a gym to do some exercise, such as walking or cycling to your destination, cleaning the house while listening to music and gardening are all easy ways to get the blood pumping. After a while you'll start to find doing tasks easier as well looking better, which in turn will also make you feel better about yourself.

Talking to Others

In today's world it has never been easier to keep in touch with friends and family. Feeling connected with other people is an important part of what makes us human and neglecting this part of life can have detrimental effects on your mental health. Many mental health problems have their roots in trouble with communication and can be helped or even prevented by keeping



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in touch with others and maintaining strong relationships. If you are having difficulties then some of the best help can be given by friends or family, so talk to them about how you feel and also listen to their thoughts and emotions

Get a Hobby

So much of our lives are taken up by work pressure these days that we can sometimes forget about what we enjoy. Maybe you love to paint, play a musical instrument or have always wanted to build the best railway set in the country. Taking some time out for yourself will help you cope with stress, focus your mind and allow you to express yourself. If you are feeling blue, conveying your thoughts in a painting, a song or in a poem will help you understand how you feel and make you feel better..



Accepting that You are Unique

Many people are unhappy or self-conscious about their appearance, the way they speak or their background; comparing themselves unfairly to others they see in magazines or on television. These feelings can lead to an entrenched sense of worthlessness or even bring about conditions such as depression or an eating disorder. By talking to others and expressing your feelings you will be able to get a better understanding of both your weaknesses and strengths. If you find it helps then take five minutes every day to list the qualities that make you unique, thinking of one positive and then one negative, and try to accept that you are you; which is the best person you can be.

Exercise Your Mind

Just like the rest of your body your brain needs exercise too in order to stay healthy. There are lots of different ways you can do this; from computer games to doing the cross word. Instead of working out your bills on a calculator straight away, try calculating the sums in your head first before checking if you were correct mechanically. Learning a new word every day is also a good way of making sure your memory stays in full working order, which will help as you get older as well as in day-to-day life. Your mind is your most valuable tool so keeping it fully functioning is very important to staying happy and living an active life



Sale in July 2024

FIVE TOP BRANCHES

Akola
Sambalpur
Raigarh
Jeypore
Bhawanipatna

TOP ZONAL MANAGER

Dilip Kumar Panigrahi
Balangir, Jeypore, Bhawanipatna, Malkangiri,
Umerkote, Sambalpur, Padampur & Sonapur

TOP FIVE SALES EXECUTIVE

Sales Executive	Branch
Bhagwat Vasudev Junare	Akola
Pravin L. Soni	Raigarh
Ashwini Kumar Kar	Bhawanipatna
Anil Kumar Rout	Bhubaneswar
Ravi Shankar Banjare	Bilaspur



New Dealers Appointments

New Dealers Appointments July 2024

- **Pranav Electronics Sales & Service** - Vambory (Maharashtra)
- **Dambir Traders** - Shrirampur (Maharashtra)
- **Yash Electronics** - Parner (Maharashtra)
- **New Saitesh Sales & Service**- Gangakhed (Maharashtra)
- **Gajanan Electronics Workshop** - Satwas (Madhya Pradesh)
- **Jai Shri Ram Enterprises** - Zirakpur (Punjab)



Circulars -

No. - Date	Subject
Circular No. 7 1.7.2024	■ Sales & Service Revenue Incentive Scheme for July 2024. Period 1.7.2024 to 31.7.2024
Circular No 8 1.7.2024	■ Sales Incentive Scheme for Officer (Enquiry Handling) for July 2024 Period 1.7.2024 to 31.7.2024
Circular No. 8A 1.7.2024	■ Sales Incentive Scheme for Jr. Officer (Enquiry Handling) for July 2024 Period 1.7.2024 to 31.7.2024
Circular No.8B 1.7.2024	■ Sales Incentive Scheme for Jr. Officer (Enquiry Handling H. Auto.) for July 2024 Period 1.7.2024 to 31.7.2024
Circular No. 9 1.7.2024	■ Home & Hotel Automation Incentive Scheme for G. G. Girase for July 2024 Period 1.7.2024 to 31.7.2024

B) Incentive Scheme;

Circular No.4 - For all Regional /Area Managers regarding INCENTIVE SCHEME for the month of June 2024



Appointments & Promotions

Promotions - July 2024

- **Kundan Dagadu More**
Promoted as Officer in Sales Department in Head Office.



Appointments -July 2024

- **Harshit Raju Singh Rathore**
Appointed as Sales Executive in Marketing Department at R M Branch.
- **Mangesh Atmanand Ramteke**
Appointed as Assistant General Manager in Marketing Department at RM Branch.
- **Gautam Tanti**
Appointed as Area Sales Manager in Marketing Department at RM Branch.
- **Nurul Alam Barbhuiya**
Appointed as Area Sales Manager in Marketing Department at RM Branch.
- **Nilesh Rajendra Mistri**
Appointed as Junior Officer in Dealer Support (WS) Department in Head Office.
- **Parmeshwar Kashyap**
Appointed as Sales Executive in Marketing Department at Bilaspur Branch.
- **Amol Ramlal Pawar**
Appointed as Junior Officer in Accounts Department in Head Office.
- **Rajesh Saha**
Appointed as Area Sales Manager in Marketing Department at RM Branch.
- **Mahendra Ramesh Tirthap**
Appointed as Executive in Purchase Department in Head Office.

Health & Mind

Mind & Mood

Your mood and your mental health affect every aspect of your life, from how you feel about yourself to your relationships with others and your physical health. There's a strong link between good mental health and good physical health. In the other direction, depression and other mental health issues can contribute to digestive disorders, trouble sleeping, lack of energy, heart disease, and other health issues.

There are many ways to keep your mind and mood in optimal shape. Exercise, healthy eating, and stress reduction techniques like meditation or mindfulness can keep your brain — and your body — in tip-top shape.

**Be Healthy
and
Stress free**



Health & Mind

Some tips to help you:

- Try to relax and reduce stress.
- Spend time in nature.
- Find ways to learn and be creative.
- Getting restful sleep is one of the most important things.
- Take care of your mental health. ...
- Build your social networks. ...
- Get regular exercise and eat a healthy diet.
- Be physically active every day.
- Physical activity raises blood flow to the whole body, including the brain. ...
- Stay organized. ...
- Eat a healthy diet. ..
- Remain socially involved.



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Published by Swati Samant for Nitiraj Engineers Ltd. at Nitiraj House, Dhule.

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ISO 9001 : 2015