



Dance and Health

NITIRAJ ENGINEERS LTD.

News Letter

VOL-25 ISSUE-2

May 2025

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

Dear Friends,

*Great Sales people are
relationship builders,
who provide value and
help their customers
to win.*



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

Dance and Health

Salvi P. K.



Dancing is in our DNA.

It has been found in every culture around the world and enjoyed by people of all age, from toddlers to elderly.

Dance, from a scientist's angle is an important as well an enjoyable human activity. Dance is a healthy physical activity. Dancing can be enjoyed in many forms, and is for every age and ability. Dance for health has become an important factor in the prevention, treatment, and management in several health circumstances. It can benefit both physical and mental health and subsidizes social communication. Dance is an art which is learned in and shared between many cultures. Types of dance can entail body movements, expression and collaboration. The correlation between dance and health has been the subject of a number of research studies that show dance to be a largely healthy exercise.

Dancing is a healthy exercise for all ages.

Dancing can be a way to stay fit for people of all ages, shapes and sizes, having a wide range of physical, and mental benefits including improved condition of the heart and lungs, increased muscular strength, increased aerobic fitness, improved muscle tone and strength, weight management, stronger bones and better coordination, agility and flexibility, improved balance and spatial awareness, increased physical confidence, improved mental functioning, improved general and psychological well-being, greater self-confidence and better social skills. Most forms of dance may be considered aerobic exercise, and as such can also reduce the risk of cardiovascular disease, help weight control, stress reduction.

Dance and Health

Sangeet Natak Academy, the national academy for performing arts in India, recognizes eight traditional dances as Indian classical dances, while other sources and scholars recognize more. These have roots in the Sanskrit text *Natya Shastra*, and the religious performance arts of Hinduism

Folk dances are numerous in number and style and vary according to the local tradition of the respective state, ethnic, or geographic region. Contemporary dances include refined and experimental fusions of classical, folk, and Western forms. Dancing traditions of India have influence not only over the dances in the whole of South Asia, but on the dancing forms of Southeast Asia as well. In India, a command over either of Sanskrit, Tamil, Telugu, Oriya, Meitei (Manipuri), Persian, or Arabic, are highly appreciated and respected for learning dances (most significantly Indian Classical Dances) as dancers could have the tools of these languages to go into the primary material texts.

Origins of Dance in India

Depiction of a celebration in Bhimbetka
The origins of dance in India go back to ancient times. The earliest paleolithic and neolithic cave paintings such as the UNESCO world heritage site at Bhimbetka rock shelters in Madhya Pradesh show dance scenes. Several sculptures found at Indus Valley Civilisation archaeological sites, now distributed between Pakistan and India, show dance figures. For example, the Dancing Girl sculpture is dated to about 2500 BCE, showing a 10.5 centimetres (4.1 in) high figurine in a dance pose.

The Vedas integrate rituals with performance arts, such as a dramatic play, where not only praises to gods were recited or sung, but the dialogues were part of a dramatic representation and discussion of spiritual themes. The Sanskrit verses in chapter 13.2 of *Shatapatha Brahmana* ($\approx 800 - 700$ BCE), for example, are written in the form of a play between two actors.



Dance and Health

Shiva as Nataraja (Lord of Dance).

The evidence of earliest dance-related texts are in Natasutras, which are mentioned in the text of Panini, the sage who wrote the classic on Sanskrit grammar, and who is dated to about 500 BCE. This performance arts related Sutra text is mentioned in other late Vedic texts, are as two scholars names Shilalin and Krishashva, credited to be pioneers in the studies of ancient drama, singing, dance and Sanskrit compositions for these arts. Richmond et al. estimate the Natasutras to have been composed around 600 BCE, whose complete manuscript has not survived into the modern age.



The classic text of dance and performance arts that has survived is the Hindu text Natya Shastra, attributed to sage Bharata. He credits the art his text systematically presents to times before him, ultimately to Brahma who created Natya-veda by taking the word from the Rigveda, melody from the Samaveda, mime from the Yajurveda, and emotion from the Atharvaveda. The first complete compilation of Natya Shastra is dated to between 200 BCE and 200 CE, but estimates vary between 500 BCE and 500 CE. The most studied version of the Natya Shastra text consists of about 6000 verses structured into 36 chapters. The classical dances are rooted in Natya Shastra.

India has a number of classical Indian dance forms, each of which can be traced to different parts of the country. Classical and folk dance forms also emerged from Indian traditions, epics and mythology.





Sale in April 2025

FIVE TOP BRANCHES

Dhule-Mktg.

Berhampur

Buldhana

Akola

Cuttack

TOP ZONAL MANAGER

Dilip Kumar Panigrahi

Jeypore, Malkangiri, Umerkote, & Sambalpur

TOP FIVE SALES EXECUTIVE

Sales Executive	Branch
Ravindra Punju Chaudhari ...	Buldhana
Rajesh N. Ranmale	Dhule Mktg.
Rabindra Kumar N. Behera	Berhampur
Ujwal D. Shendurkar ...	Akola
Shrabana Kumar Behera.....	Cuttack

*Follow your bliss
and the universe
will open
doors for you.*



Circulars -

No. - Date

Subject

Circular No.30 1.4. 2025 ■ Sales & Service Revenue Incentive Scheme for April - 2025.

Period 1.4.2025 to 30.4.2025

Circular No, 30A 1.4. 2025 ■ Aurangabad Sales Incentive Scheme for April - 2025

Period 1.4.2025 to 30.4.2025

Circular No.31 1.4. 2025 ■ Sales Incentive Scheme for Officer (Enquiry Handling) for April - 2025

Period 1.4.2025 to 30.4.2025

Circular No.31A 1.4. 2025 ■ Sales Incentive Scheme for Jr. Officer (Enquiry Handling) for April - 2025

Period 1.4.2025 to 30.4.2025

Circular No.31B 1.4. 2025 ■ Sales Incentive Scheme for Jr. Officer (Enquiry Handling H. Auto.) for April -2025

Period 1.4.2025 to 30.4.2025

Circular No.32 1.4. 2025 ■ Home & Hotel Automation Incentive Scheme for G.G.Girase for April -2025

Period 1.4.2025 to 30.4.2025



New Dealers Appointments

New Dealers Appointments April 2025

- **Aastha Entrprise**
Vadodara - (Gujarath)
- **Prateek & Company**
Dehradun - (Uttarakhand)
- **J P Singhal & Company**
Barmer - (Rajasthan)
- **U B Digital Company**
Rangia - (Assam)
- **Oxygen Tech Solution**
Chikhali - (Maharashtra)
- **Akash Scales & Service**
Nagarkata - (West Benga)
- **Standard Electronic Systems Pvt. Ltd**
Tiruchirapally - (Tamil Nadu)
- **Fida Hussain Sammas Bhai**
Bhadnavar - (Madhya Pradesh)
- **JMD Electronics**
Harda - (Madhya Pradesh)



Appointments - April 2025

- **Kudumula Sudarshan**
Appointed as Regional Manager in Marketing Department at RM Branch.
- **Shekhar Banduji Ghormade**
Appointed as Sales Executive in Marketing Department at Akola Branch.
- **Pragya Suman Sidar**
Appointed as Accountant in Marketing Department at Raigarh Branch.
- **Sachin Gajanan Kusalkar**
Appointed as Accountant in Marketing Department at Buldhana Branch.
- **Wasim Akram**
Appointed as Area Sales Manager in Marketing Department at RM Branch.
- **Eshwar Tammala**
Appointed as Area Sales Manager in Marketing Department at RM Branch.
- **Sudam Charan Seth**
Appointed as Sales Executive in Marketing Department at Sambalpur Branch.
- **Gunvant Rushikesh Sonar**
Appointed as RND Engineer in RND Department at Head Office.

Promotions -April 2025

- **Dnyaneshwar Rambhau Kokate**
Promoted as Zonal Manager in Marketing Department at RM Branch.
- **Mangesh Laxmikant Deshpande**
Promoted as Area Sales Manager in Marketing Department at RM Branch.
- **Pravin Ramrao Raut**
Promoted as Area Sales Manager in Marketing Department at RM Branch
- **Mahesh Bansilal Suryawanshi**
Promoted as Area Sales Manager in Marketing Department at RM Branch
- **Dilip Sheshrao Upadhye**
Promoted as Branch Manager in Marketing Department at Akola Branch.
- **Bhushan Ravindra Mahale**
Promoted as Section Head in Production-Platform Department at MIDC Factory.
- **Deepak Amrut Bhamre**
Promoted as Section Head in Poduction-NBW, PBW Department at MIDC Factory.

Dance and Health



Indian classical dance

Classical dance of India has developed a type of dance-drama that is a form of total theater. The dancer acts out a story almost exclusively through gestures. Most of the classical dances of India enact stories from Hindu mythology. Each form represents the culture and ethos of a particular region or a group of people.

The criteria for being considered as classical is the style's adherence to the guidelines laid down in Natyashastra, which explains the Indian art of acting. The Sangeet Natak Akademi currently confers classical status on eight Indian classical dance styles: Bharatanatyam (Tamil Nadu), Kathak (North, West and Central India), Kathakali (Kerala), Kuchipudi (Andhra), Odissi (Odisha), Manipuri (Manipur), Mohiniyattam (Kerala), and Sattriya (Assam). Another Indian classical dance, which is not yet recognized by Government of India, is Gaudiya Nritya (West Bengal). All classical dances of India have roots in Hindu arts and religious practices.

The classical dance of India is also common outside it, for example, it was performed on the island of Oahu by their mayor (Proshakov E.D.) as part of the local folklore festival. The tradition of dance has been codified in the Natyashastra and performance is considered accomplished if it manages to evoke a rasa (emotion) among the audience by invoking a particular bhava (gesture or facial expression). Classical dance is distinguished from folk dance because it has been regulated by the rules of the Natyashastra and all classical dances are performed only in accordance with them.

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