



Health is Wealth

NITIRAJ ENGINEERS LTD.

News Letter

VOL-24 ISSUE-6 September 2024

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

Dear Friends,

*Sale is not just
selling your product,
but about building trust
and educating your customer
about your product.*

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

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Rajesh Bhatwal
CEO

What is good health?

Health is the condition of your physical, emotional, mental and social well-being. Good health starts with making good choice. And good choice lead to good **Health habits**.

Health is Wealth

Salvi P. K.

The Greatest Wealth is the Health.

Health is our most valuable asset which no one can steel from us. To enjoy the glow of good health, you must exercise regularly.

Life is about striking a balance between certain fundamental parts of life. Health is one of these aspects. We value health in the same way that we value time once we have lost it. We cannot rewind time, but the good news is that we can regain health with some effort. A person in good physical and mental health may appreciate the world to the fullest and meet life's problems with ease and comfort. Health is riches implies that health is a priceless asset rather than money or ownership of material possessions. There is no point in having money if you don't have good health.

Key Elements of Healthy Lifestyle

If you wish to acquire a healthy lifestyle, you will certainly have to make some changes in your life. Maintaining a healthy lifestyle demands consistent habits and disciplined life. There are various good habits that you can adopt like exercising regularly which will maintain your physical fitness. It also affects your mental health as when your appearance enhances, your confidence will automatically get boosted

To live a healthy life, one must make some lifestyle modifications. These modifications can include changes to your food habits, sleeping routines, and lifestyle. You should eat a well-balanced, nutrient-dense diet for your physical wellness.

exercise NOT ONLY
CHANGES YOUR BODY.
IT CHANGES YOUR MIND,
YOUR ATTITUDE AND
YOUR MOOD.



Health is Wealth

Regular exercise will prevent obesity and help you burn out extra fat from your body. A balanced diet is of great importance. When you intake appropriate amounts of nutrition, vitamins, proteins, calories and more, your immune system will strengthen and help you fight diseases powerfully resulting in a healthy life.

Above all, cleanliness plays a significant role in maintaining a healthy lifestyle. Your balanced diet and regular exercise will be completely useless if you live in an unhealthy environment. One must always maintain cleanliness in their surroundings so as to avoid the risk of catching communicable disease

Benefits Of A Healthy Lifestyle

As it is clear by now, good health is a luxury which everyone wants but some of them cannot afford. This point itself states the importance of a healthy lifestyle. When a person leads a healthy lifestyle, he/she will be free from the tension of seeking medical attention every now and then.



On the contrary, if you have poor health, you will usually spend your time in a hospital and the bills will take away your mental peace. Therefore, a healthy lifestyle means you will be able to enjoy your life freely. Similarly, when you have a relaxed mind at all times, you will be able to keep your loved ones happy. A healthy individual is more likely to fulfil all of his goals because he can easily focus on them and has the energy to complete them. This is why the proverb “Health is Wealth” carries so much weight.

A socially healthy individual is one who is able to interact effectively and readily connect with others. Without his ego, he can easily blend with the person in front of him, exuding a nice feeling and energy.

Every human being should participate in sports and activities to get away from the monotony of daily life. It is because sports and games assist in instilling a sense of oneness in people, build leadership skills, and make a person absolutely disciplined.

Moreover, a healthy lifestyle will push you to do better in life and motivate you to achieve higher targets. It usually happens that people who are extremely wealthy in terms of money often lack good health.

Working out might feel like a burden at first. But if you stay Consistent, exercising will become a part of you and will feel like Therapy.

Health is Wealth

In short, healthy life is the highest blessing that must not be taken for granted. It is truly the source of all happiness. Money may buy you all the luxuries in the world but it cannot buy you good health. You are solely responsible for that, so for your well-being and happiness, it is better to switch to a healthy lifestyle.

Good Health for Children

Childhood is an ideal period to inculcate healthy behaviours in children. Children's health is determined by a variety of factors, including diet, hydration, sleep schedule, hygiene, family time, doctor visits, and physical exercise. Following are a few key points and health tips that parents should remember for their children

Never allow your children to get by without nutritious food. Fruits and vegetables are essential.

Breakfast is the most important meal of the day, therefore teach them to frequently wash their hands and feet.

Sleep is essential for your child.

Make it a habit for them to drink plenty of water.

Encourage physical activity and sports.

Allow them enough time to sleep.

It is critical to visit the doctor on a regular basis for checks. Parents frequently focus solely on their children's physical requirements. They dress up their children's wounds and injuries and provide them with good food. However, they frequently fail to detect their child's deteriorating mental health. This is because they do not believe that mental health is important.

A state of physical, mental, emotional, and social well-being is referred to as health. And all of this is linked to one another. Stress, worry, and tension are the leading causes of illness and disease in today's world. When these three factors are present for an extended period of time, they can result in a variety of mental difficulties, which can lead to physical and emotional illnesses. As a result, taking care of your own health is critical.

Unhealthy food or contaminated water, packed and processed food and beverages, unsanitary living conditions, not getting enough sleep, and a lack of physical activity are some of the other primary causes of health deterioration.

A well-balanced diet combined with adequate exercise and hygienic habits, as well as a clean environment, can enhance immunity and equip a person to fight most diseases.

A healthy body and mind are capable of achieving things that a sick body and mind are incapable of achieving, including happiness.

It is also vital to seek medical and professional assistance when necessary because health is our most valuable asset. Activities such as playing an instrument, playing games, or reading provide the brain with the required exercise it requires to improve health.

Maintaining healthy behaviours improves one's outlook on life and contributes to longevity as well as success



Sale in August 2024

FIVE TOP BRANCHES

Berhampur
Dhule-Mktg.
Buldhana
Cuttack
Jeypore

TOP ZONAL MANAGER

Dilip Kumar Panigrahi
Balangir, Jeypore, Bhwanipatna, Malkangiri,
Umerkote, Sambalpur & Padampur

TOP RM/AREA SALES MANAGER

Dileshwar Majhi (RM)
Berhampur, Bhubaneshwar & Cuttack

TOP FIVE SALES EXECUTIVE

Sales Executive	Branch
Rajesh N. Ranmale	Dhule Mktg.
Ravindra P. Chaudhari	Buldhana
Subrat Sadhan Bala	Umerkote
Dharmraj B. Mishra	Jeypore
Rabindra Kumar N. Behera	Berhampur



Circulars -

No. - Date	Subject
Circular No. 10 1.8.2024	■ Diwali Bumper Scheme for 2024. Period 1.8.2024 to 15.11.2024
Circular No 10A 1.8.2024	■ Ser. Revenue Incentive Scheme for August-2024. Period 1.8.2024 to 15.11.2024.
Circular No. 11 1.8.2024	■ Diwali Bumper Scheme-2024 for Jr. Officer (Enquiry Handling CCM) for the Period 1.8.2024 to 31.12.2024
Circular No12 1.8.2024	■ Diwali Bumper Scheme-2024 for Rakesh Joshi (Enquiry Handling CCM) for the Period 1.8.2024 to 31.12.2024
Circular No.13 1.8.2024	■ Diwali Bumper Scheme-2024 for Jr. Officer (Enquiry Handling Weighing Scale) for the Period 1.8.2024 to 31.12.2024.
Circular No14 1.8.2024	■ Diwali Bumper Scheme-2024 for Prashant Ghongde, Officer (Enquiry Handling Weighing Scale) for the Period 1.8.2024 to 31.12.2024.
Circular No.15 1.8.2024	■ Diwali Bumper Scheme-2024 for Jr. Officer (Enquiry Handling Home & Hotel Automation) for the Period 1.8.2024 to 31.12.,2024.
Circular No.16 1.8.2024	■ Diwali Bumper Scheme-2024 (Home & Hotel Automation for Shri. Gangaji Girase) for the Period 1.8.2024 to 31.12.2024

B) Discount/Incentive Scheme:

Diwali-2024 Discount scheme to Dealers and
Incentive scheme to all Regional /Area Managers
given for the period 1.8.2024 to 31.12.2024.



New Dealers Appointments

New Dealers Appointments August 2024

- Shree Ganpati Enterprises- Rawatsar (Rajasthan)
- M/s S S Scale- Shriganganagar(Rajasthan)
- Laxmi Hardware Store-Chandabali (Odisha)
- Vinayak Global Technology - Maheshtala (West Bengal)
- Swayam Self Service - Hoshangabad - Narmadapuram (Madhya Pradesh)
- Shri Kanhoba & Company - Manchar (Maharashtra)
- Shanker Wire Products Industries -Deoghar Urban (Jharkhand)
- Veer Udhayog - Sangaria(Rajasthan)
- Deep Electrical & Electronics(CCM)-Patna (Bihar)
- M/s. Sahu Hardware Store - Datiya (Madhya Pradesh)
- Smak Trading & Co. - Sonapur (Odisha)



Appointments & Promotions

Appointments - August 2024

- **Adil Alli**
Appointed as Sales Executive in Marketing Department at Cuttack Branch.
- **Kiran Bhagawan Shelake**
Appointed as Logistic Executive in BSR Department at MIDC Factory.
- **Falguni Pravinkumar Sonar**
Appointed as Junior Officer in Dealer Support (WS) Department in Head Office.
- **Dnyaneshwari Suresh Gosavi**
Appointed as Junior Officer in Sales Department in Head Office.
- **Mahesh Kumar Nishad**
Appointed as Sales Executive in Marketing Department at Raigarh Branch.
- **Ramesh Haribhau Shelake**
Appointed as Junior Officer in BSR Department at MIDC Factory.



Appointments & Promotions

Promotions - August 2024

- **Gajanan Ramdas Chimankar**
Promoted as Officer in Dealer Support (WS) Department in Head Office.

Health is Wealth



Even if you don't have time
for a big workout,
stretching in the
morning and night will
really changes your body.

Health is Wealth

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.



Frequently Asked Questions

Question 1: What are the basic essentials of a healthy life?

Answer: A healthy life requires regular exercise, a balanced diet, a clean environment, and good habits.

Question 2: How can a healthy life be beneficial?

Answer: A healthy lifestyle can benefit you in various ways. You will lead a happier life free from any type of disease. Moreover, it will also enhance your state of mind.

Since 1950, World Health Day has been observed on the 7th of April by the World Health Organization (WHO), after a decision made at the first Health Assembly in 1948. It is observed to raise awareness about people's overall health and well-being around the world.

NITIRAJ ENGINEERS LTD.

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