

Health benefits of WALKING every day (Part II)

It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you.

(Continued from Last Issue...)

It tones your legs, bum – and tum

A good walk can help strengthen and shape your legs, giving great definition to calves, quads, hamstrings and lifting your glutes (buttock muscles) – especially if you add hills. But if you really pay attention to your posture as you walk, it can tone your abs and whittle your waist, too.

"Think about lengthening up through your spine to create space between your earlobes and shoulders. Relax your shoulders, pull in your tummy and pelvic floor and imagine you have a cup of water balanced on top of each hip bone that you don't want to spill. As you walk with this posture, your shoulders will naturally rotate and this works your oblique abdominal muscles – you'll be taking inches off your waist with every step."

Let's not forget your arms

"Your speed when walking comes from your arms," "Hold them at a comfortable level, bent at the elbow, and swing them backwards and forwards as you walk. Swing them faster and you'll automatically speed up. And all this movement tones your arms, shoulders and upper back."

It boosts your vitamin D levels

If you're walking outside in daylight, you'll be boosting your body's stores of vitamin D – a nutrient that's hard to get from food, but that we can synthesise from exposure to sunlight. Many people in the UK are deficient in vitamin D and it's a nutrient that plays a big role in everything from bone health to immunity. While sun safety is still important. Experts agree that exposing as much



Position your feet as shown in this picture while jogging.

skin as you can to the sun, little and often and without burning, will help you to produce sufficient vitamin D.

It gives you energy

It might seem like a paradox (and the last thing you might feel like) but a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to each and every cell in your body, helping you to feel more alert and alive. It wakes up stiff joints and eases muscle tension so you feel less sluggish. Always have a mid-afternoon energy slump at work? Head out for a walk at lunchtime instead of sitting in a café or at your desk and see what a difference it makes. Here are some other quick ways to boost your energy levels.



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Coins, Currency & Trading (Part 2)



From the desk of
CEO.....

Dear Friends,

There is so much of fun if you
move around **"The History Tree"**,
to know, study and enjoy the wisdom
of mankind, our forefathers.
Its a joyfull experience
to open this **"Treasure House"**
and spread out before you.

RJB
Rajesh Bhatwal

Quality Policy

We at Nitraj 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

RJB
Rajesh Bhatwal
CEO

PHOENIX

Date : 1 July 2015

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Gold Dinar of Samudragupta Era.

Coins, Currency & Trading - Part 2

You cannot eat money, wear it, but people need to feed, clothe and house themselves. People use money to pay for the things they want to buy. It's a means of exchange that works as long as the seller and buyer both agree on the value of the same on paper (note) or metal (coin).

Money works as a standard of value allowing one to see how much goods are worth. The origin of money being used came from ancient Messapotania (modern Iraq) some 4500 years ago. Payments were made with weighed amount of silver. Since then, Weighing quantity of metal was used as money.

The first coin was made in Lydia, Turkey 600 B.C., Showing king Alwetles of Lydia. Early coins were made of precious metal, an allay of Silver & Gold as a token to be used in trade transaction.

It was in Asia that coin age began. In the late 7th century B.C. the Lydian Kingdom in Western Turkey was the provider of the 1st coins. From this beginning coin age spread into Europe and North Africa and the Indian subcontinent. The Western tradition establish by the Lydians and developed by the Greeks, Phoenicians and

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Some of artistic coins showing wild life - Nature.

Courtesy - a Coin collector from Indore, M.P.

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Sale in September 2015

FIVE TOP BRANCHES

Dhule-Mktg.
Ambikapur
Balangir
Akola
Jeypore

TOP ZONAL MANAGER

Dillip Kumar Panigrahi
- Jeypore, Sambalpur & Balangir

TOP RM / AREA SALES MANAGER

Dileshwar Majhi (RM),
- Berhampur Branch

TOP FIVE SALES EXECUTIVE

Sales Executive	Branch
Ranmale Rajesh N.	Dhule-Mkt.
Chaudhari Ravindra P.	Buldhana
Sushanta Kanda	Balangir
Panchanan Behera	Sambalpur
Manoj Kumar Panigrahi	Berhampur

TOP FIVE SERVICE ENGINEERS

Ser. Engineers	Branch
Bhadage Jitendra M.	Dhule-Mkt
Koli Santosh Totaram	Jalgaon
Singh Santosh Rajendra	Bilaspur
Bhanu Pratap Choudhari	Raigarh



Circulars - Month of October 2015

No.	Date	Subject
Circular No.6	01/10/2015	Service Revenue Incentive Scheme for the Period 01/10/2015 To 31/10/2015.



Appointments

Head Office :

- **Mr. Shoeb Shah**
Joined as Junior Officer at Dealers Department

Dealers Network :

- **Mr. Kamlaesh Das**
Joined as ASM (Area Sales Manager) for Bangladesh
- **Mr. Nilesh Lad**
Joined as ASM (Area Sales Manager) Indore, M.P.
- **Mr. Jitendra Jadhav**
Joined as ASM/Area Sales Manager, Kolhapur, Maharashtra.

HDPOS :

- **Mr. Vishal Kamble**
Joined as Sales Executive at Aurangabad



Dealer Desk

New Dealers Appointments :

- **Sri Vasavi Shopping Centre (ccm)** - Mancherial (Telangana)
- **Sripada Agencies (ccm)** - Suryapet (Telangana)
- **Unitech Enterprises (ccm)** - Belgaum (Karnataka)
- **Sanjeeb Kumar Rout (ccm)** - Puri (Odisha)
- **Vasavi Scales** - Bangalore (Karnataka)
- **Karuram Gobardhan Ram & Sons** - Rairangpur (Odisha)
- **Sidharth Titan Enterprises (ccm)** - Hajipur (Bihar)
- **Sha Ganeshmal Babulal Jain (ccm)** - Secunderbad (Telangana)
- **S B Electronics (ccm)** - Satara (M.S.)
- **Santulan Sales and Service (ccm)** - Betul (M.P.)
- **Vikash Enterprises** - Bmetara (C.G.)
- **Shivtara Plastic And Hardware** - Ramanujganj (C.G.)
- **Trisha Sales** - Silliguri (West Bengal)

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Focus of the Month - October 2015



We have designed Batch Memory sticker for NBW machine. So now we can provide NBW machines with Batch Memory function.

This feature is available in all capacities and accuracies for NBW.

We can provide this model in Red and Green Display as per requirement.



R & D Update

1) PPS model operating modified: We have provided an additional feature in PPS model. When the machine is to be for Person weighing, weight will get locked when stable weight is sensed.

Another feature is provided, where we can use the machine as normal weighing machine. Weight display will change as and when weight on the platter changes.

ISO 9001:2008 Audit conducted at Parwanoo Factory and Head Office from 28th September to 2nd October.



Ganesh Festival - Cultural Programme



Ganesh Festival-2015 Head Office



Head Office Ganapati Utsav



Ganesh Visarjan



Parwanoo Ganesh Festival



Parwanoo Ganapati Celebrations

[5]

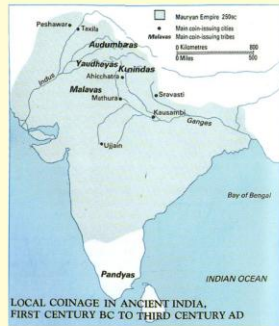
Coins, Currency & Trading

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Romans remain strong in Western Asia until adopted by the Arabs for the Islamic coinage at the end of 7th century A.D. In the South and Central Asia the western idea was shaped into a new Indian tradition which, after absorbing many Islamic features, flourished until the opening years of the present century. Further a separate invention of coinage took place in Northern China during 6th century B.C. Coin age of South East Asia represents a mingling of the three Asiatic tradition of Islam, India and China.

India has an independent coinage tradition which adopted many features from European and Islamic tradition, but always maintained separated identity. The coinage of many East Asian countries was influenced by Indian tradition, particularly its closest neighbours like Pakistan, Nepal, Bhutan, Tibet, Sri Lanka, Maldives, Mauritius.

The precise date of use of coin in India is not known, but archaeological evidence suggest that coins made and used in northern India by the mid 4th century B.C.



LOCAL COINAGE IN ANCIENT INDIA, FIRST CENTURY BC TO THIRD CENTURY AD

The oldest one were dish-shaped, punch-made, found near Varanasi of Uttarpradesh province.



What does Barter mean ?

Barter system refers to the system of exchange, where goods and services are exchanged directly for other goods and services., dates back to as old as 6000 B.C. believed to have been first found and implemented in the Mesopotamia civilization.

Do you Know ?



Salt was an undispensable commodity highly priced for its use in preserving meat and therefore very desirable in Barter (Exchange) system. *Even labour charges - wages, were paid in form of salt. Thus the word Salary came in use. (Origin Latin)*

The Mouryan Empire

The use of coins spread quickly in Northern India. By the end of 4th century B.C., more centres of coins issue had come into being from Punjab & Bombay and the west of Bengal and Orissa.

The identity of the authorities who issued the early punch-marked coins is not known, but there is evidence that by about 300 B.C. some of the coins in used were being issued by the Mauryan Empire, who had gradually assumed control over northern & central India during the late 4th century B.C. overthrowing the local kings and tribal leaders.

The stamped design were all symbolic representing for example Animals, Plants and there purpose can no longer we understood.

Mauryan coins also found in Pakistan, Afganistan & Bangladesh which were all part of Mauryan Empire.



Coins of Tipu sultan, ruler of Mysore, minted at Patan

Princely Coinage

Many Indian princes retained the privilege of striking their own coins until 1947, varying in content and denomination according to the ruler's whim. They range from crude, non figural pieces to sophisticated coins on Western lines, often produced in London on Birmingham, such as this 1941 silver nazarana rupee of Faridkot, with the bust of Harindar Singh on the obverse and the state arms on the reverse.

