

HOLISTIC HEALTH Series

Samatvam Academy wishes you a great year ahead.

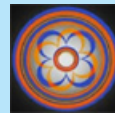
Good health is a prerequisite for individual as well as organizational success. Yet, this "commodity" is in tremendously short supply these days.

Accordingly, the theme for SATTVA this year shall be Holistic Health. Each edition in this series shall showcase the strategies and actions that a person must put in place in order to enjoy optimum health, immunity and vitality.

The research note and video in the present issue serve as an introduction to the subject.

Warmly,

[The Editorial Team](#)



[Video Case Study](#) Holistic Approach to Health



Healthy mind in a healthy body. Cliched it may sound; but its value or intent hasn't diluted since ages.

This mesmerising video takes you deep through the elements of nature, introspection and yoga that need to come together to lead a healthy life. [More.](#)



Holistic Health Series [The Basic Contours of Health](#)

Good health is everyone's legitimate aspiration. It definitely is not the mere absence of disease. The desire for good health starts from within and demands sustained attention.

The following note shows how one can integrate the functioning of the personality at all its levels - physical, emotional, mental, moral and spiritual. And an inspiring window into living and feeling good. [More](#)

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