

SATTVA Insights into Excellence,  
Synergy and Transformation

celebrating  
**100<sup>TH</sup>**  
*Issue*

**NOVEMBER 2018**

**Celebrating 100 months of enlightening and original perspectives  
on  
*Organizational Renewal, Capacity Building, and Individual  
Wholeness.***



*Sattva* hits a century this month!

It is a feat that would not have been possible without the goodwill of the legion of our readers, clients and well wishers.



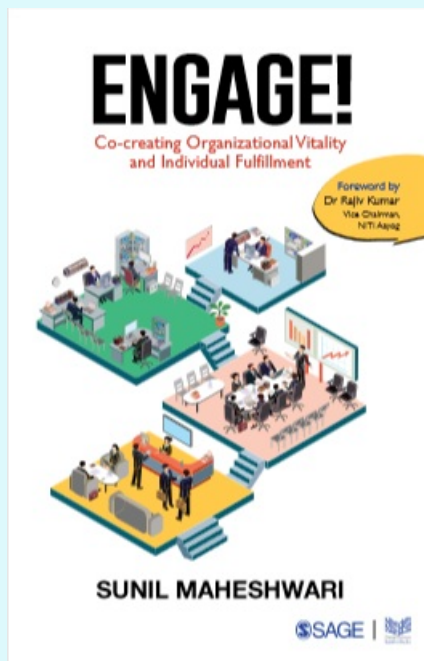
**CLASS TOPPERS!**



And above all, sincere thanks to all the personalities featured in various issues of *Sattva* for their intellectual generosity.

On the first morning of every month, *Sattva* lands unfailingly in your inbox. True to its name, *Sattva* attempts to convey the distilled essence of living mindfully in the modern age, with a uniquely Indian touch.

The fact that *Sattva's* consolidated contents are being published by **Sage Publications** in book form (cover below) points to its larger relevance to the industry and academia.



As appropriate to the occasion, we're carrying (in the section alongside) links to a few of *Sattva's* blockbuster issues in each year since inception.

Samatvam Academy shall look forward to more milestones with your support.

Warm regards,  
**Dr. Sunil Maheshwari**  
Dean - [Samatvam Academy](#)

***The evolution of Sattva; how the journal has steadily undergone a visual, tonal and content transformation with its integrity intact.***

### **JUNE 2018**

[Pranayama for Vital Health | Pranayama \(Vital Expansion\)](#)

### **May 2017**

[Goonj - A Voice, An Effort \(video\) | Exploring New Business Opportunities](#)

### **Jan 2016**

[Individual Excellence: Conceptual Study & decoding its nine elements](#)

### **Dec 2015**

[Healthy Living: A Conceptual Study & decoding its four elements](#)

### **FEB 2014**

[Interview with Dr. Ganesh Natarajan, CEO, Zensar | Employee Engagement](#)

### **SEPT 2013**

[Interview with Mr. Sunder Hemrajani | Assessing the Efficacy of Learning & Organization Development Interventions](#)

### **Sept 2012**

[The Samatvam Academy Newsletter Vol 3, Issue 09.](#)

### **Feb 2011**

[The Samatvam Academy Newsletter Vol 2, Issue 2](#)

[SATTVA ARCHIVES](#)



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