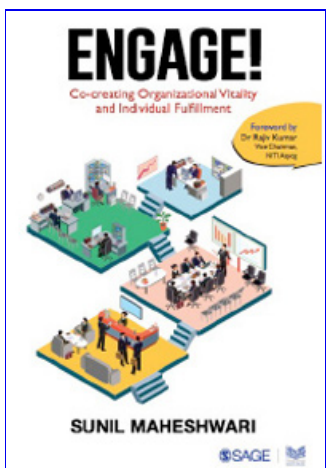


PEOPLE ENGAGEMENT SERIES



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Dear friend,

The primary goal of life is to reach a state of mind that facilitates the realisation of latent individual potential. A *"realised"* individual is an asset to the society - as a student, professional and citizen.

Human being is a multi dimensional entity. In this issue, we focus on the multiple levels of *being* and *knowing* of a Human Being. And how an ideal physical and mental equilibrium leads to an individual's harmonious assimilation within an organization and the society.

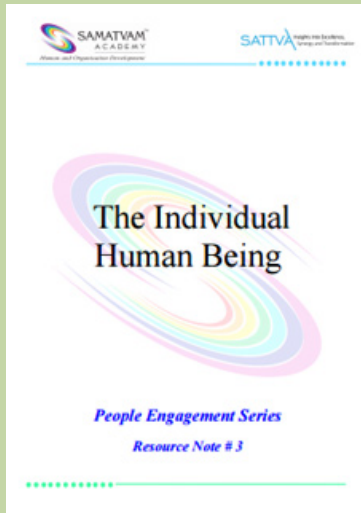
Warmly,
[The Editorial Team](#)



Video: The Individual Human Being

Dr. Sunil Maheshwari, Dean of Samatvam Academy explains how an individual achieves a resolved state of being when the five individual existential dimensions - Body, Energy, Mind, Intellect and Intuition are integrated into a seamless whole.

In the context of modern day management, this state of Wholeness leads to people engagement resulting in higher level of productivity and commitment. [More](#)



The Individual Human Being

So, what exactly is an individual human being? Why is it necessary to grasp our existence as multi-dimensional beings with a rich and extensive inner life? How can one be fully engaged in whatever we set out to do?

It is very important that we know ourselves - physically and mentally - in order to be truly engaged in our pursuits. A mounting body of research evidence indicates that engaged employees remain in better health as compared to their disengaged counterparts. Balanced health comes from consumption of right food and conscious absorption of positive signals. This note covers:

- * Dimensions of individual human personality (*Kaya, Prana, Manas, Buddhi, and Chetana*)
- * Engagement, Health, and Individual Well-being
- * Health as a state of Balance
- * The Four Pillars of Health (*Ahaar, Vihaar, Achaar, and Vichaar*)

[Read the full note.](#)

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M-1/31, DLF City Phase - II, Gurugram - 122 002, India
Tel: 91 - (124) - 4301728, 91 - 9899777100, 9350663112, 9873903113
sattva@samatvam.co.in | www.samatvam.co.in