



Dear friend,

Welcome back to a celebration of the best that the world has to offer !

In the present issue of SATTVA, we continue with our theme of organizational turnarounds. The Case Study features Mr. Rajiv Chopra's experience in energizing the Chinese arm of Bayer Consumer Care Group. He lucidly describes the clinical steps that he took (as an expatriate) in order to put the company back on the growth track.

The Research Study this month is a little off the beaten track. Ms. Aarti Maheshwari's scholarly perspective on *Asana* and *Pranayama* - the practice of yogic postures and regulation of breath - has a very deep relevance to our physical and mental health - especially in the current times.

Hope you enjoy reading these, and find them useful too. Your feedback is most welcome, and in fact keenly awaited, at sattva@samatvam.co.in.

Warm Regards,

The Editorial Board

Case Study

Business Turnaround at Bayer China

By Mr. Rajiv Chopra



"A new leadership team was built. The most challenging task here in the early months, was to build communication and trust within the team."

The author elaborately and clinically describes the specific steps he initiated to turn around the company in China, considering the local factors.

[More.](#)

Research Study

Asana and Pranayama

By Ms. Aarti Maheshwari



'There are two aspects to health. In its negative aspect, health signifies the elimination of disease. In its positive aspect, health signifies vitality.'

Even in as mundane an activity like breathing, the author suggests many ways and means to make it resonate on the body for a wholesome experience.

[More.](#)

Call for Contributions



Effective July 2013, SATTVA has metamorphosed into a monthly, practitioner-oriented journal that promotes a scholarly as well as practical understanding of the phenomena of Excellence, Synergy and Transformation in organizations.

Accordingly, we are pleased to invite organisational leaders, managers, authors, researchers and practitioners of all hues and kinds to submit high quality research and case study contributions in both the print as well as the audio-visual media for publication in the forthcoming issues of SATTVA.

These may kindly be directed to Dr. Sunil Maheshwari - the journals Editor at sunil@samatvam.co.in

Thank you !



Let your like-minded friends know about Samatvam Academy. [Click here](#) to include your friends on the Sattva mailing list.

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