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Special issue on 'Healthy Living'

Welcome back to a celebration of what's right with the world!

Health is Wealth. Hackneyed as it may sound, this phrase succinctly conveys the critical importance of good health.

In the previous issues of *Sattva*, we've covered several aspects of organization development. In this one, we dig deep into its most crucial foundation - healthy and balanced human beings.

What makes up a 'healthy' personality in the true sense? Read on.

We would be delighted, dear reader, if these simple and practical thoughts manage to help bring greater health and wholeness into your life.

Warmly,

The Editorial Board

Healthy Living: Conceptual Study



Good health is a holistic state of mind. It is physical, emotional, mental, moral and spiritual, and equips an individual person to express the full range of his/her capabilities.

At the same time, this mandates the mitigation and elimination of intra-personal multiplicity, division and conflict. [More.](#)

Healthy Living: Decoding the four elements



Fine health is achieved through a process that involves the adoption of certain values, attitudes and lifestyle practices that are conducive to optimal human functioning.

The four pillars of a healthy life are *Ahaar*, *Vihaar*, *Achaar* and *Vichaar*, as below.



Healthy Living Decoding the four elements

Ahaar (Diet)



The value of food and diet as medicine in the treatment of diseases is fully known since ages. Both the quality and the quantity of food play an important part in the well being of a person, as also one's attitude towards the subject of food. [More.](#)

Vihaar (Recreation and Relaxation)



Vihaara relates to one's engagement in activities that lead to relaxation, revitalization and recreation of the body and the mind. The goal is to facilitate the attainment of a general state of equilibrium. [More.](#)

Achaar (Routines and Discipline)



Regular daily habits bring about a positive enhancement in one's body, mind and consciousness. A natural and balanced lifestyle brings freedom from disease, and promotes uninterrupted health and happiness. [More.](#)

Vichaar (Values and Attitudes)



Vichaar refers to positive and elevating thought patterns that invigorate and inspire people. They provide an added dimension to existence, and provide a constructive goal to one's life. [More.](#)

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