



Dear friend,

Transcendence !!

The phenomenon isn't as formidable as it sounds. It is indeed possible to regularly 'transcend' above the surface reality and reach our highest potential. In fact, that would count among the most rewarding of endeavours in human existence. The research study by Dr. Anil Maheshwari explains how one may reach that kind of self-actualized state.

Further, very few contemporary leaders have managed to positively fire up young minds as well as India's "Missile Man" and former President Dr. APJ Abdul Kalam has managed to do. How would a leadership analyst view his approach? The Video Case Study this month examines the man behind the persona.

On these notes of inspiration, we wish you a very Happy New Year ahead.

Warmly,

The Editorial Board

Video Case Study Dr. APJ Abdul Kalam



As a professional technocrat and speaker, Dr. Kalam has inspired legions of youth on how ambition, coupled with education can enable one to reach tremendous heights.

This short video analyses his personality and life's journey from a leadership perspective. [More.](#)

Research Study Personal Development through Transcendence

By Dr. Anil Maheshwari



Given the fast paced lives that we lead today, it is easy to get lost in the rut of mediocrity.

Transcendental meditation helps in releasing our deepest creative potential without disturbing our beliefs or lifestyle. [More.](#)



Call for Contributions

We are pleased to invite organisational leaders, managers, authors, researchers and practitioners 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 at sunil@samatvam.co.in

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