

Contents

EDITORIAL

HAPPINESS AT THE WORKPLACE

- 8 In Pursuit Of Happiness!
by: Murali Sundaram
- 14 Building A Happier Workplace-The Role Of A Leader
by: Ajoy Chawla
- 18 The Happiness Mantra-It's All About People,
Relationships And Profits
by: Shalabh Agrawal
- 22 Are You Ready To Counter Your "Weekday Blues"?
by: Neelam Dhaka
- 26 Satisfaction Should Be The Cornerstone Of The Office,
Happiness The Aspiration
by: Sudheer Nair
- 30 Matching Personality With Profession
by: Jasmine Parekh
- 34 Happiness A Journey, Not The Destination
by: Team TVRLS

BOOK REVIEW

- 13 Happier
by: Neha Agaskar & Mrityunjay Rohit
- 29 Happiness Advantage
by: Sanya Kharbanda and Shalika Gupta.



FACE TO FACE

- 39 Happiness At The Workplace- Small Steps
Towards Big Accomplishments
(Interview with Binu Rajendran)
- 44 It's Not Just About Seeking Happiness,
It's All About Spreading Happiness
(Interview with Nithya Shanti)

WELL BEING

- 49 The High Life Of Happiness, Ours By Choice!
by: Mala Sridhar
- 52 Harmony And Well Being
At The Workplace-The Feng Shui Way!!
by: Rathi Prabhu

PEOPLE PRACTICES & TALENT MANAGEMENT

- 57 The S-P-O-R-T-S Coaching Model
by: Dr. Vishwanand Pattar

