Practicum Students Conduct Over 100 Wellness Consultations

Campus residents are now a bit healthier thanks to the health consultations offered by students in the undergraduate major in physiology and health.

As part of a new practicum course, the students have conducted over 100 consultations since last September. The students offer the consultations at the Integrative Wellness Center in the Women’s Peace Palace under the supervision of Jim Davis, DO, and Maharishi AyurVeda® physician (vaidya) Dinesh Gyawali.

The students have learned the art of the Maharishi Self-PulseSM program, in which the wellness consultant detects imbalances in the physiology and gets a sense for the person’s unique constitution by feeling his or her pulse.

CONTINUED ON PAGE 2

Peter Warburton To Offer Week 2 of “Total Knowledge”

Peter Warburton, PhD, will be returning to MUM in June to offer a continuation of his Total Knowledge course, which he presented for one-week last summer and was enjoyed by over 300 people.

This second week, which Dr. Warburton is offering for the first time at MUM, will further explore Maharishi’s exposition of the transcendental level of life. This new second week represents Maharishi’s final and complete exposition of Total Knowledge that he brought out in the last three months of his life.

Dr. Warburton will also repeat week 1 for those who have not yet taken it, and for those who wish to review it.

MUM students can sign up for this course by contacting the Registrar’s Office. Dr. Warburton will also be available during weeks 3 and 4 of block 6 for a more in-depth exploration of the topic.

The course will be held in Dalby Hall. Course dates are as follows: week 1: June 1–6 (repeat of last year’s course); week 2: June 8–13 (for graduates of week 1); weeks 3 and 4: (for graduates of weeks 1 & 2) June 15 – 27.

Current full-time MUM students can take this course for free. For others, the cost for the two-week course is $200, $158 for graduates of week 1, and $100 for MUM and School faculty and staff, and IA course grant recipients.

The cost for week 2 or week 1 only is $108, and $50 for faculty, staff, and IA. For all four weeks the cost is $400, and $200 for faculty, staff, and IA.

For more information and to register, see www.mum.edu/total-knowledge

Vaidya Dinesh Gyawali, a highly experienced practitioner of Maharishi AyurVeda from Nepal, takes the pulse of Krista Brisbane to detect imbalances in the physiology. Photo by Lisa Moseley
School Students Win Highest Awards at State Science Fair

Maharishi School senior Bimba Shrestha and his Fairfield High School partner Doga Ozesmi were the Grand Honorary Champions at the Science and Technology Fair of Iowa in Ames last month, and Maharishi School eighth-grader Pranav Chhalliyil won the 2015 Grand Champion award for the Junior Division.

Bimba and Doga also won first place in Computer Science, the Intel Excellence in Computer Science Award, and the Mu Alpha Theta Innovation Award. Plus, they qualified for an expenses-paid trip in May to the Intel International Science and Engineering Fair in Pittsburgh.

Joining them in Pittsburgh will be Pranav Chhalliyil, who also placed first in the Microbiology division for the 8th grade, as well as earning the overall Broadcom championship, and the special Discovery in Science Award.

Both Bimba and Pranav will be representing Iowa at the Intel International Science and Engineering Fair for the second consecutive year.

Bimba and Doga's project is titled “Tracking and Killing Insects Using Photonic Fences.” They designed and developed a photonic fence that locates and tracks insects. Bimba said that photonic fences have a wide array of uses. They can prevent disease-carrying insects from entering a building, can track and identify insects, and can help protect crops.

Using cameras, the system locates dark spots against a reflective background. If the spot matches certain criteria, like size, shape, and independence, it is identified as an insect. Once the insect is identified, a laser can be used to eradicate the pest.

Eighth grader Pranav Chhalliyil's award winning science project is titled “The Efficiency of Mouth Cleaning Methods on Oral Bacterial Count Analyzed Using Quantitative Polymerase Chain Reaction (qPCR) Method.”

He tested eight different oral cleaning methods and determined that two, “Toothpaste Brushing + Tongue Cleaning” and “Finger Rubbing + Water Swishing,” were found to be statistically significant as the best.

“Doga and Bimba winning the state science fair together as students from Fairfield High School and Maharishi School is a first, and something the whole community can be proud of,” said Richard Beall, Maharishi School director.
Faculty Member Is Candidate for Mars Mission

Computer science professor Najeeb Najeem is among the top 100 candidates who are being considered for the Mars One mission, which seeks to send participants on a one-way trip to Mars in 2025 to establish a permanent settlement.

Mr. Najeem's selection and his aspiration to go to Mars were featured on the front page of the Des Moines Register last month. The Mars One project, which selected the top 100 candidates from a pool of over 200,000 applications, will now select 10 for the mission.

Mr. Najeem received his M.S. in computer science from MUM and then taught on campus for several years. He is currently working on a PhD at the University of Nebraska while continuing to teach courses for MUM.

He was chosen based on a written application, a rigorous physical examination, and an interview with the Mars One medical director to determine his psychological health.

He said he considers Mars One an opportunity to help the future of humanity.

Weekend Workshop: Learn to Build with Whole Trees

A hands-on workshop that will teach participants to build with whole trees will be offered Saturday, May 2, 10:00 a.m. to Sunday, May 3, at 4:00 p.m. in the Sustainable Living Center.

The workshop will be led by Roald Gundersen, who the New York Times called “an architect who may revolutionize the building industry” and who is one of the nation’s leading experts on “whole tree” construction.

The workshop will include morning lectures by Mr. Gundersen followed by afternoon outdoor hands-on sessions. The lectures will be held in the Sustainable Living Center, which features a central atrium designed by Mr. Gundersen.

The workshop will also feature a trip to a local home built with whole trees and a Saturday night social event held at the Sustainable Living outdoor wood-fired pizza oven. The $100 registration also includes lunch at the MUM all-organic cafeteria.

Those unable to attend can download digital video of the lectures, or buy a hand-printed t-shirt to show their support. Proceeds go to the Sustainable Living Department’s student project fund.

Register or make a pledge online at the Indigogo website at igg.me/at/wholertrees/sx.

For more information, email Rich Dana at rdana@mum.edu or Gerrie Stood at gstood@mum.edu. Or phone (641) 472-1164. For information on whole tree architecture, see wholertrees.com.

Professor Daley to Help Select Iowa’s Healthiest School

Professor Ken Daley has been invited to be on a committee that selects an Iowa school for the 2015 Health Iowa Award.

Mr. Daley was recommended by Dennis Haney of the Iowa Department of Public Health and will be part of a small group that will identify potential candidates, evaluate nominations, and select a winner at the school level.

The Healthiest State Initiative and the Iowa Department of Public Health are seeking to showcase Iowa schools that have made outstanding achievements in wellness programming, policy, and engagement.

“The State of Iowa is pushing forward to being a national leader in wellness, and it is a joy to play a part,” Mr. Daley said.

School Teacher Receives Art Award

Maharishi School art teacher Greg Thatcher recently won the Medallion Art Award at Galex ’49, a national juried exhibition in Galesburg, Illinois, hosted by the Galesburg Civic Art Center.

Over 90 artists from across the U.S. submitted 317 art works for consideration by judge Preston Jackson, a professor of sculpture at the School of the Art Institute in Chicago. He picked 48 artists and a total of 58 art works for the Galex ’49 exhibition.

Mr. Thatcher won a $300 cash award for his drawing of a yew tree and was also approached by the head of the exhibition committee at the Galesburg Civic Art Center who offered Mr. Thatcher a one-man exhibition in 2017.

“It was exciting to win a cash award, but to be offered a one-man exhibition was fantastic and a real honor,” Mr. Thatcher said.

Environmental Law Class To Be Taught By Leading Experts

“Making Peace with the Earth,” a course on global environmental law and food policy being offered in block 5 (May), will feature top experts, including Ved Nanda, JD, the director of International Legal Studies at the University of Denver and a leading international law scholar and global activist.

The course will identify key global environmental and food challenges facing the planet, and the international treaties that are currently in place to address them.

It will also examine the new paradigms, policies, and laws that need to be created in this century to make lasting peace with the planet.

Also teaching the course will be Bill Goldstein, dean of global development and MUM general counsel, who will identify the issues, A. Thimmaiah, expert on global food challenges, John Fagan, widely known for his expertise on genetically modified food and organic certification, Vandana Shiva, an Indian environmental activist and anti-globalization author, John Ikerd, an expert in agricultural economics, and Clovis Kabaseke, a professor at Mountains of the Moon University in Uganda.

For information, contact Professor Goldstein at bgoldstein@mum.edu.
Students Recycle Abandoned Bikes

Over 50 abandoned bikes were recently gathered up by students, with plans to fix them and make them available to students for a very low cost.

Any bike that had two flat tires and a completely rusted chain was loaded onto a truck and taken to the Sustainable Living Department’s bike shop. Leading the repair initiative is work/study student Flo Bannout.

“Flo was looking for a ‘hands-on’ work/study job, and this seemed ideal,” said Rich Dana, sustainable living projects coordinator.

The bikes that were collected were held for 10 days, and if no one reported a missing bike, then Ms. Bannout began fixing it for eventual redistribution to students who need bikes.

Mr. Dana said that the shop already has a variety of spare bike parts available for the purpose, and that any parts that need to be purchased will be paid for by the small amount taken in when the bikes are sold to students.

Staff Publish Article on Forthcoming Career Clinic

MUM staff members Brad Daniels and Steve Langerud have recently published an article about MUM’s goal to develop global competence and professional skills via an “integrated institutional career and life-planning curriculum for undergraduate students, families, faculty, staff, and alumni.”

They describe how every facet of the curriculum contributes to developing these skills, including co-curricular activities, experiential and service learning, and all other components of the undergraduate experience in which students typically participate.

In addition, the article discusses all those actively involved in this integrated approach, including peer advisers, the directors of career education and field experiences, visiting specialists, and the dean of career and life planning.

Mr. Daniels is international collaborations manager at MUM, and Mr. Langerud is the deputy director of global development.

The article was titled “Embedding Professional Readiness Curriculum and Global Competence within the Undergraduate Experience: Opportunities for Integration” and was published in Career Integration: Reviewing the Impact of Experience Abroad on Employment. This journal is a joint project of the Learning Abroad Center at the University of Minnesota and CAPA International Education.

Two MBA Teams Finish in Top 15% in Simulation

Both MBA teams from MUM who participated recently in an online business decision-making simulation finished in the top 15% of 68 graduate-level teams, with one team finishing in the 95th percentile and the other in the 88th.

The CAPSIM Foundation Simulation is a continuous event available online where participant teams earn points for optimizing a set of both short-term and long-term performance metrics. A team’s final score is the basis for comparison to other teams.

Students gain the opportunity to practice integrated decision-making in a manufacturing sector across a wide range of management functions, such as product design, sales forecasting, inventory management, operations management, human resources, finance, and quality management, said Andrew Bargerstock, PhD, director of the MBA programs.

“The simulation provides an opportunity for students to practice teamwork behaviors such as collaboration, negotiation, and consensus-building,” said Dr. Bargerstock, who taught the simulation in his course in March. “In addition, the groups think and act both strategically and tactically in a dynamically changing competitive environment. We feel it is critical for MBAs who possess keen technical skills, to also practice higher-level executive behaviors.”