Volunteers Invited to Help Plant 100 Trees

Thanks to a $10,000 grant from Alliant Energy, MUM will be planting about 100 trees on campus this month, with volunteers invited to help with the planting on Saturday and Sunday, April 23 and 24.

The trees to be planted include 6 American linden, 8 bald cypress, 8 Kentucky coffeetree, 7 London planetree, 25 swamp white oak, 3 Ohio buckeye, 4 eastern redbud, 4 river birch, 4 shagbark hickory, 4 thornless honey locust, 7 tulip tree, and 15 white pine.

The trees will be planted near the Domes, Crow Creek bridge, and the Dreier Building, as well as on old campus and along Highway 1.

Volunteers are invited to meet at the north parking lot of the Women’s Dome at 10:30 a.m. on Saturday, April 23, for a tree-planting demonstration by Trees forever, an Iowa organization that will be assisting with the planting.

Tree holes will be predrilled by machine, but volunteers are invited to bring shovels and gloves for the process of putting the trees in the ground.

Planting will be 10:30 a.m.–12:30 p.m. and 1:30–4:00 pm, April 23 and 24. The rain date will be Saturday, April 29.

“We’ve lost many trees on campus in recent years due to drought and disease,” said Tom Brooks, MUM vice president of expansion and sustainability. “This is a significant step in the replanting of campus, and we hope to be able to continue planting each spring and fall with the assistance of the community. We are grateful to Alliant Energy and Trees forever for this significant grant support.”

CONTINUED ON PAGE 2

New Book by Norman Rosenthal Discusses Higher Consciousness

Super Mind, a new book by psychiatrist Norman Rosenthal that will go on sale May 17 and is currently available for preorder, describes the Transcendental Meditation® technique as a path to higher states of consciousness and how this development of the mind helps people be happier and more effective, creative, intuitive, and successful.

Dr. Rosenthal will be on campus in late May to talk about his book. Appearing with him will be renowned physicist Dr. John Hagelin. Watch for further details.

In Super Mind, Dr. Rosenthal describes the stages of the growth of consciousness and the down-to-earth benefits or “gifts” one experiences as one continues the practice of Transcendental Meditation.

“Just as money invested grows exponentially thanks to compound interest, so the super mind grows over time, yielding its gifts incrementally with continued Transcendental Meditation practice,” he says.

CONTINUED ON PAGE 2
Dr. Rosenthal tells many anecdotes, including about his patients, who have rea-
ized more of their potential through the Transcendental Meditation technique.

He also interviews high performers such as actress Cameron Diaz, hedge fund founder Ray Dalio, actor Hugh Jackman, comedian Jerry Seinfeld, base-
ball pitcher Barry Zito, actress Lena Dunham, and Megan Fairchild, principal
dancer for the New York City ballet.

Subtitled How to Boost Performance and Live a Richer, Happier Life Through
Transcendental Meditation, the book dis-
cusses what consciousness is and how it
has been defined by various cultures and
by science.

It also presents the scientific evidence for the existence of higher states of con-
sciousness and discusses the differences
between the Transcendental Meditation
technique and mindfulness.

Dr. Rosenthal is a clinical professor of psychiatry at Georgetown Medical
School. He conducted research at the National Institute of Mental Health as a
research fellow, researcher, and senior re-
searcher for more than 20 years and was
the first psychiatrist to describe and diag-
nose Seasonal Affective Disorder (SAD).

Super Mind includes the results of a
survey of over 600 people practicing the
Transcendental Meditation technique.

The responses clustered around three
areas of benefits: 1) internal growth —
improved well-being, greater resilience,
more engagement, more contentment
with one’s life; 2) being in the zone —
going more with the flow, finding it easier
to get things done, greater productivity
and creativity; and 3) support of nature —
feelings of being luckier and things
going more your way, improved relation-
ships and finances.

Super Mind is available for preorder on
Amazon. It’s also available via www.normanrosenthal.com/supermind-bonuses.
Anyone who purchases a book on thatsite during the preorder period (through
May 17) will receive five free gifts, includ-
ing conversations between Dr. Rosenthal
and actor Hugh Jackman, Tony Award-
winner Katie Finneran, dancer Meghan
Fairchild, classical guitarist Sharon Isbin,
and pitcher Barry Zito.

FROM THE FOUNDER

“Vedic architecture means architecture that takes into
account the total field of knowledge, and the total
field of knowledge is that which connects the individual life
with cosmic life. So Vedic architecture is helpful for the indi-
vidual consciousness to be in tune with cosmic consciousness.”

— Maharishi Mahesh Yogi, Nov. 6, 2002 press confer

Accounting Students Continue to Excel Nationally

Students in the Accounting Profession-
als MBA continue to distinguish them-
selves, including excelling in a national
competition and earning professional
certification.

A team of students recently finished
in the 94th percentile in a tournament
in integrated decision-making, compet-
iting against 1,066 master’s-level teams
worldwide. The team consisted of Goldy
Huang from the U.S. and Ashta Gau-
tam and Ganga Karki of Nepal.

As part of Andrew Bargerstock’s cap-
stone accounting course, the students par-
cipated in Capsim Capstone, an online,
interactive simulation in which students
get the experience of running a business
and apply what they have learned in their
MBA classes. They also have the oppor-
tunity to practice the financial, intellec-
tual, and human skills required for suc-
cessful business management.

“What we learned about doing busi-
ness is that you need to think long term,”
Ms. Huang said. “Immediate capital gain
may be appealing and easy to achieve.
However, if a business wants to have a
sustainable competitive advantage, the
vision must be forward looking.”

Other universities in the 90th percen-
tile and above included Brigham Young
University, Indiana University. Ohio
University, Northern Illinois University,
Royal Melbourne Institute of Technol-
yogy in Australia, and Indian Institute of
Technology Madras.

In addition, seven Accounting Pro-
fessionals students recently passed the
XBRL certification exam.

XBRL is a markup language, some-
what resembling a computer language,
that’s used to ensure that data is reported
in a systematic manner to the U.S. Secu-
rity and Exchange Commission. XBRL
is now required in many jobs that involve
reporting accounting data to the govern-
ment, but since it’s a relatively recent
requirement, not many accountants are
certified in this area.

“XBRL continues to be recognized
worldwide as the emerging universal
technical standard for financial report-
 ning,” Dr. Bargerstock said.

It is also the required standard of the
International Accounting Standards
Board and the U.S. Federal Deposit In-
surance Corporation. In the near future,
it is expected that the Internal Revenue
Service will require it for corporate tax
returns.

The Review

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Alumni Receive Cambodia’s Highest Civilian Honor

PhD graduates Lee Fergusson and Anna Bonshek were recently awarded Cambodia’s highest civilian honor by royal decree of the King of Cambodia in the King’s 2016 honors list, based on the recommendation of the president of the National Assembly of Cambodia.

Called the “Royal Order of Sahame tri,” the honor recognizes their distinguished services to the King and people of Cambodia in establishing Maharishi Vedic University in the 1990s with the Ministry of Education, Youth, and Sport of the Royal Government of Cambodia.

The government will be sending a delegate to present the award and medal during the first Regional Conference on Maharishi Vedic ScienceSM to be held in Australia at the end of this month.

MVU’s 4,000 graduates now occupy senior roles in government, education, military, customs, and business, Dr. Fergusson said. “For example, one is an advisor to Samdech Heng Samrin, president of the National Assembly, and another established and is chairman of a network of four universities called the University of Management and Economics, with 15,000 students.”

In 1992 and 1993, Drs. Bonshek and Fergusson were founding co-rectors of Maharishi Vedic University (Sakal Vi cheal Vedic Maharishi in Khmer) under Maharishi’s guidance and have been affiliated with MVU since then.

They also wrote a book, published in 2013, titled Maharishi Vedic University in Cambodia: Education Reconstruction and Social Renewal. And they’ve published studies on the outcomes, with the latest paper on economic and social well-being in Cambodia to be published in the Journal of Indian Education later this year.

In 2008 MVU changed its name to Chea Sim University of Kamcheymear due to changes in government regulations related to foreign involvement in education.

“While the university has expanded, with the government since putting in $20 million, it is no longer able to offer Consciousness-Based education, but the Transcendental Meditation technique is still taught there, and its rector is an MVU graduate and Sidha,” Dr. Fergusson said.

Dr. Thimmaiah Offers Agriculture Workshop in Italy

Professor A. Thimmaiah presented a two-day workshop on Biodynamic Agriculture last month in Cissone, Italy, as well as speaking at a school and a university and networking with various individuals and organizations, including discussing internship opportunities for MUM students.

He was invited by AgriBio, an association of over 1,000 farmers who practice Biodynamic Agriculture in Italy, to speak about this approach to agriculture and his experiences in implementing organic agriculture in the country of Bhutan.

He also spoke about MUM and the Transcendental Meditation technique at this and the other venues.

“The members of AgriBio are very interested in learning the Transcendental Meditation technique, especially since Biodynamic Agriculture connects to the spiritual realm,” Dr. Thimmaiah said.

AgriBio is also interested in hosting MUM students for internships. This includes a 10-month certificate program in sustainable living that MUM is planning to offer beginning in January of 2017 that entails six months of fieldwork.

Dr. Thimmaiah also met with officials at the University of Gastronomic Sciences in Pollenzo, a university that has played a major role in founding the worldwide slow-food movement. Again, they’re keen to collaborate and connected Dr. Thimmaiah with the head of the slow-food movement in the U.S.

His trip also included talking to students at a high school in Asti, Italy — the first high school in Italy to introduce Biodynamic Agriculture and organic agriculture in the curriculum. And he spent two days at Cascina Degli Ulivi, a world-renowned winery that uses Biodynamic Agriculture. They, too, are interested in having students as interns.

PhD Student Receives $5,000 Research Grant

Dinesh Gyawali, a doctoral student in physiology, recently received a grant from the Cochrane Collaboration to help subsidize expenses associated with his project to systematically review research on the effect of Ayurvedic preparations on cardiovascular risk factors, specifically high cholesterol.

“It’s a good encouragement that this study was funded,” Mr. Gyawali said. “There has been very little systematic review of Ayurvedic research. This will be a stepping stone toward establishing Ayurveda as evidence-based medicine.”

Mr. Gyawali’s research will entail systematically identifying and gathering published randomized controlled trials, which are considered to be the most rigorous clinical research design.

He will then use specific criteria to assess the quality of each study. And then, if there are enough studies available, he will combine the data from multiple studies to determine whether a particular Ayurvedic preparation is effective.

This combining of data, or meta-analysis, is essential to establishing whether a medical treatment actually works. Meta-analyses published by the Cochrane Collaboration are highly regarded.

Mr. Gyawali said others were competing for this grant and he was pleased his study was selected. The grant is from the Cochrane group focused on complementary and alternative medicine, which is based at the University of Maryland.

He will also conduct a systematic review and meta-analysis of studies on Ayurvedic treatments of hypertension.

Mr. Gyawali is an Ayurvedic vaidya (doctor). He offers consultations at the clinic on campus as well as teaching courses on Maharishi AyurVedaSM.
Happy Nepali New Year & Happy Holi

Date: April 23rd
Place: Dalby Hall Argiro
Time: 8:00pm

Holi Celebration
Saturday, April 23

The community is invited to attend Happy Nepali New Year & Happy Holi on Saturday, April 23, at 8:00 p.m. in Dalby Hall in the Argiro Student Center. This free event, sponsored by the South Asian Heritage Club, will feature music, dancing, and singing.

Holi is a two-day spring festival in India and Nepal that is also known as the festival of colors.

Dining Hall Menu Online
Visit mum.edu/menu

Receive Campus Events via Email
Send an email to domenews@mum.edu to sign up to receive campus events and announcements via email.

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Cost: $2 each way within city limits.
Call: to schedule, 1-800-227-6390, 9:00 a.m.–6:00 p.m., Monday–Friday.

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