Ayurveda Conference Coming April 28–30

An international conference on Ayurveda and Psychology will be offered April 28–30, featuring both MUM experts and a wide range of practitioners and book authors.

MUM President John Hagelin will open the conference speaking about Ayurvedic medicine as cutting-edge “unified field-based medicine.” Plenary speakers will include Robert Schneider, Vasant Lad, and Keith Wallace.

Other MUM-affiliated speakers will be Nancy Lonsdorf, Andrew Stenberg, Sonja Gobec, Sankari Wegman, Manohar Palakurthi, and Dinesh Gyawali.

Topics from outside presenters will include food and mood, yoga nidra and the psychology of sleep, the journey from Tamas to Sattva, and the Ayurvedic approach to autism spectrum disorder.

For more detail on the conference and to register, see tinyurl.com/h9lkpyq.

Travel to India in January and February

Students and community members are invited to join one of two courses in India in January and February of 2018.

A two-week trip to the Brahmosthan of India will run from January 8–22. A six-credit study-abroad course will run from January 15–February 21.

The latter course will travel to 20 cities, from the southern tip of India where Maharishi first began teaching to Rishikesh in the foothills of the Himalayas.

For more information, email ewolfe@mum.edu.

School Student Wins Top Award at State Science Fair

For the third year in a row, Pranav Chhalliyil, a sophomore at Maharishi School, has earned a top award at the Iowa State Science and Technology Fair.

As an 8th grader, he was named Grand Champion in the junior division, and last year as a 9th grader, he was Grand Champion in the senior division.

This year the Iowa Biotechnology Association named Pranav the winner of the 2017 Iowa BioGENEius Challenge. Five projects were chosen from the fair to compete at the BioGENEius Challenge in San Diego in June, with Pranav’s project being rated the best of the five.

He was also awarded as the Honorary Mention Grand Champion.

CONTINUED ON PAGE 2
The BioGENEius Challenge recognizes outstanding research and innovation in the biotechnology field. Pranav's top finish qualified him for an all-expenses paid trip to San Diego, where he will compete against 17 other top BioGENEius students from U.S., Canada, and Germany in the International BioGENEius Challenge.

The event affords the opportunity to network with 2,500 CEOs and 16,000 attendees from 76 countries, as well as over 1,800 exhibiting companies.

Other awards Pranav received include an IowaBio SSTFI college scholarship and an expenses-paid trip to the Intel International Science and Engineering Fair in Los Angeles in May.

This will be Pranav's fourth paid trip to the Intel fair, the world's largest international pre-college science competition that involves 1,800 high school students from more than 75 countries who present their independent research and compete for $4 million in prizes.

Pranav's oral hygiene research found that the simple Ayurvedic method of rubbing the teeth and gums with a finger and swishing water after every meal, drink, or snacks is a practical way to prevent formation of the dental biofilm that later matures as plaque and causes inflammation and disease.

He used next-generation DNA sequencing technology to see the entire oral microbiome in saliva, plaque, and tongue scrapes of 75 subjects. His study also found that brushing with nano charcoal is effective for dental hygiene because the nano pores absorb many molecules that are needed to form biofilm. He found that commercial toothpaste is less effective in this regard and that his nano charcoal toothpaste doesn't cause the same sort of dental abrasion as some hard toothbrushes and toothpastes on the market.

Pranav is grateful to his teachers and Maharishi School personnel, including Richard Beall, Natasha Jones, Barbara Hays, and Laurie Baumann; to his parents; to Genetic-ID; and to his research subjects in Porayar, India.

**FROM THE FOUNDER**

“T o improve the world, improve the nation; to improve the nation, improve the community; to improve the community, improve the individual. As the individual perfects himself, the family tends toward perfection; from the family the effects is felt in the community; from the community in the nation and in the world.”

— Maharishi Mahesh Yogi, *Science of Being*

**Follow-Up Study Finds Reduced Murder Rates in Large U.S. Cities**

The fourth in a series of studies on the coherence-creating effect of the Invincible America Assembly on campus was published last month, reporting a significant reduction in murder rates in U.S. urban areas during the period 2007–2010.

Following up on a 2016 study that found a 21.2% reduction in the national homicide rate during the period 2007–2010, this new study focused on 206 large U.S. urban areas and found an even greater decrease of 28.4% in the murder rate. In both studies, the reductions during the period 2007–2010 were in comparison to the baseline period 2002–2006.

Published in the *Journal of Health and Environmental Research*, the study hypothesized that a sufficiently large group practicing the Transcendental Meditation® technique and its advanced program, the TM-Sidhi® program would lead to reduced societal stress, as reflected in reduced rates of murder and violence.

During 2007–2010, the size of the group on campus and in Maharishi Vedic City was above or near 1,725 participants, the size predicted to have a positive influence on the U.S. quality of life. This predicted threshold represents the square root of 1% of the U.S. population at that time.

Authors Ken Cavanaugh and Michael Dillbeck said the study's findings are especially noteworthy because these 206 large urban areas pose a difficult challenge to any initiative to help reduce urban rates of murder and violence.

These cities experience higher poverty rates, lower educational levels, higher unemployment, greater social instability, and other predictors of higher rates of violent crime than the rest of the US.

A PDF of the study can be viewed online at tinyurl.com/hnoog6t.

A total of 18 peer-reviewed articles have now been published validating the prediction by Maharishi that a group of this size would lead to reduced societal stress, as reflected in reduced crime, violence, accidents, illness, and increased positive trends in society.

A list of the published studies can be viewed at tinyurl.com/mexqyzx.

**Power of the Upanishads**

Explore the depths of the Upanishads in a special community-wide presentation on Sunday, April 23, at 7:45 pm in Dalby Hall. Featuring Michael Sternfeld, Tom Egenes, and Linda Egenes.

**The Review**

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Nine MBA Students Win Scholarships

Nine MBA accounting students have been named as recipients of the Certified Management Accountant (CMA) Scholarship Award sponsored by the Institute of Management Accountants.

Nominated by the accounting faculty, the nine students are Govinda Karki, Ikesh Pandey, Rithy Um, John Ortaliza, Magha Son Njukwe, Elias Mengistu, Joel Peniel, Ethiopia Mengistu, and Ankhbayar Sukhmaa.

The scholarship provides the following benefits during the three-year period for passing both parts of the exam: (a) membership in IMA, (b) online study materials from Wiley CMA Review Course, and (c) no-cost registration for the first attempt on both parts of the CMA exam.

Many MBA graduates of MUM have passed the CMA exam and have earned this professional certification for corporate and non-profit accountants that is recognized internationally.

Drake U Students Visit Sustainable Living Class

Last month an environmental science class on sustainability and resilience came from Drake University in Des Moines to spend the day with MUM’s global sustainability undergraduate class, eager to find out how MUM managed to build the Sustainable Living Center.

The 15 MUM students gave a comprehensive tour of the Sustainable Living Center to the 15 Drake students, who were impressed and excited, said Professor John Collins.

There was a long discussion as to how MUM had managed to create such an amazing building.

“They were wondering how to get their own university to build something similar,” Professor Collins said. “Although they have a much larger and better-funded university, they have made no progress so far on raising a really green building.”

Drake’s Professor David Couard-Hauri and Professor Collins led an afternoon of group and whole-class discussions on global sustainability issues.

“It was great to meet another group of people passionate about the health of the planet,” said student Cris Evergreen.

New Memoir Published by Rhoda Orme-Johnson

Rhoda Orme-Johnson, a founding faculty member of Maharishi International University, has recently published a memoir that includes many stories about working closely with Maharishi.

Titled Inside Maharishi’s Ashram: A Personal Story, the book begins with her skeptical entry into the world of meditation in El Paso, Texas, and details her growing appreciation for the Transcendental Meditation technique, ultimately becoming a Transcendental Meditation teacher in Fiuggi Fonte, Italy.

She narrates stories of her four years in France and Switzerland at Maharishi’s headquarters in the 1970s, and her trips in later years to South Africa, Armenia, and India to help with Transcendental Meditation-related projects.

Dr. Orme-Johnson includes her first-hand account of apartheid, the devastating consequences of the earthquake in Armenia in 1990, and her trips to India to study Maharishi Vedic ScienceSM.

“I’m really enjoying her book,” said Professor Steve Nolle. “Her stories are wonderful. It’s a problem because I should be doing other things, but I just can’t put her book down. I tell myself, ‘Just one more story.’ It’s full of wisdom and humor, it’s honest and true, and it’s a good lesson on how to live your life.”

MBA student Latha Lakshmanan recently presented a paper at the 2017 MBAA International conference in Chicago on her experience applying techniques of business process improvement to the work-study program in the MUM financial aid office.

She and classmate Eric Salisbury applied principles of lean management to create greater efficiency. This entailed a multi-step approach of observation, mapping process flow, identifying waste, determining ways to measure the efficiency of the process, and creating a new map of the process that focuses on the value to the customers—which in this case are the students receiving financial aid.

The team then did a test run of the new process before presenting a final implementation plan.

“They did a fabulous job,” said Professor Sabita Sawhney, who taught the course on business process improvement. “Carol Passos, from the human resources office, said that she never imagined that there could be such an improvement.”

Dr. Sawhney said that Ms. Lakshmanan’s presentation in Chicago went well and that those attending gave her very good feedback.

Another group of three students did a similar project for MUM international admissions. They, too, had a paper accepted for the MBAA International conference but were unable to attend.

“Students are much more engaged in a course on business process improvement when they’re working on real projects,” Dr. Sawhney said. “It gives them a sense of purpose and greater confidence. Plus it’s valuable experience that they can put on their resumes.”
Film Students Post Behind-the-Scenes Videos from New TV Series

A preview of the forthcoming TV/Web series produced by students in the David Lynch Graduate School of Cinematic Arts is now available at dlmfaseries.com.

As of early April four behind-the-scenes videos, each around five minutes long, document the experiences of the students filming their series last fall, including showing actual clips from the series. More videos are being added.

The students talk about the challenges they faced, how they successfully dealt with them, and how pleased they are with the way the series is shaping up.

They are currently hard at work doing the final editing, and in June will be traveling to Los Angeles to pitch their series.

Each of the seven students was responsible for producing at least one episode. The episodes will most likely be in the range of 10–12 minutes.

“The students took on the challenge of collaborating every step of the way on this project, and now have a show on their hands in which all of their creative voices are heard,” said associate program director Eden West.

The series is set in a small town in Iowa, and begins with the town being “thrown into confusion and grief when the beloved woodshop teacher, Edward Price, is killed in an isolated car accident,” according to the website.

On the day of the funeral, storms and tornado warnings force the residents to take shelter, with the various episodes revolving around the interactions of those sheltering in locations such as the local church, a bar, and the high school.

According to the synopsis, “The intensity outside increases along with the events inside, and secrets once thought safely veiled in history begin to unravel in light of Edward’s mysterious death.”

The website includes photos, bios of the students, and a blog.

Volunteers Invited to Help Plant Trees

You are invited to help plant 80 trees on campus on Saturday, April 22, and Sunday, April 23. There will be a morning and an afternoon planting session both days (10:30 a.m.–12:30 p.m. & 1:30–3:30 p.m.).

Please e-mail Tom Brooks to sign up at tbrooks@mum.edu. Meet near the outdoor tennis courts on the east side of campus at 10:30 a.m. and 1:30 p.m.

MUM Online

Register Now!

Bhagavad-Gita – II (Chapters 4-6) Starts April 24

The Bhagavad-Gita contains the essence of the detailed knowledge of consciousness contained in the Vedic Literature.

Course topics include:

• The scope, structure, and dynamics of human behavior
• Higher states of consciousness
• Collective consciousness
• The solution to the fundamental dilemma at the basis of human suffering

This course studies Maharishi’s commentary on the Bhagavad-Gita, which provides a systematic exposition of the development of human consciousness, its relationship to knowledge, and its application to improve the quality of individual and collective life.

For information or to register, go to www.mum.edu/mum-online/noncredit-courses. Or email de@mum.edu.