MUM Now Offering MBA in Ethiopia

Last month MUM began offering an MBA to students in Addis Ababa, Ethiopia, in partnership with the American College of Technology, a new college that was launched there a year ago by MUM PhD grad Asmamaw Mengistie.

The first course, strategic human resource management, is being taught by MUM Professor Tom Palladino. These 23 new MUM students are totally engaged and eager to learn, Professor Palladino said.

The MBA is being offered in a “blended” learning environment, with some instruction being face to face and some being offered online, said Professor Dennis Heaton, dean of MUM’s College of Business Administration.

The American College of Technology is accredited by Ethiopia to offer Ethiopian degrees. In addition, MUM has been approved by Ethiopia's Higher Education Relevance and Quality Agency to offer the MBA degree in Ethiopia in partnership with American College of Technology.

A concern of African countries has been a “brain drain,” in which students leave their country to study and then don’t return.

“Dr. Mengistie’s initiative to take his education and experience from the U.S. back to Ethiopia is a ‘brain-gain’ for his country,” Dr. Heaton said.

MUM is already delivering a distance-education BA in business to 200 students in South Africa. And in Shanghai, China, MUM is teaching a blended learning MBA degree to 26 students and a blended learning PhD program to 12 students.

New Study Shows Major Benefit for Cardiovascular Patients

A new study has found that patients with coronary heart disease greatly benefited from the practice of the Transcendental Meditation® technique, which increased blood flow to the heart as much as 20% compared to a control group.

The study was funded by the National Institutes of Health and conducted at Columbia University Medical Center.

“This was the first study to show that the cardiovascular benefits of lifestyle modification such as structured exercise and dietary counselling may be enhanced by adding Transcendental Meditation in patients with heart disease,” said MUM Professor Robert Schneider, MD, a senior author of the study. “It also found that the Transcendental Meditation technique alone was able to reverse the effects of coronary heart disease.”

The researchers were also the first to use positron emission tomography to measure the effect of these lifestyle modalities on cardiac function.

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Students in the Southeast Asia Heritage Club and the Vedic Studies Club organized a Diwali celebration last month that included traditional dance and music.

Photo by Shivali Jain
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The study was published in the *Journal of Nuclear Cardiology*.

The research involved 56 patients who had cardiovascular disease, such as a recent heart attack, coronary artery bypass, or angina.

The researchers randomly divided the subjects into four groups: cardiac rehabilitation, Transcendental Meditation, Transcendental Meditation plus cardiac rehabilitation, or usual care.

The results showed that of the 37 patients who completed posttesting, myocardial blood flow increased by 20.7% in the group that did both Transcendental Meditation and cardiac rehabilitation. Blood flow in the group that practiced Transcendental Meditation alone increased 14%. Cardiac rehabilitation by itself showed an improvement of 5.8%. And patients who received the usual treatment actually showed a decrease in blood flow of -10.3%.

"Although this is a pilot study, it clearly suggests that managing one’s mind-body connection with Transcendental Meditation can improve the function of the heart in cardiovascular patients," said Dr. Schneider, dean of MUM’s College of Integrative Medicine.

He said that psychosocial and environmental stress is known to be a risk factor for coronary heart disease but that stress reduction therapies aren’t usually included in cardiac rehabilitation.

"More research needs to be done, but this study and previous research strongly suggest that medical professionals should be introducing this simple yet effective mind-body intervention into their heart health treatment and prevention programs," Dr. Schneider said. Earlier studies have shown that the Transcendental Meditation technique reduces risk factors for cardiovascular disease, such as high blood pressure, atherosclerosis, and insulin resistance. A 2012 study found a 48% reduction in heart attack, stroke, and death.

The study was codirected by Sabahat Bokhari, Columbia University Medical Center. MUM coauthors were John Salerno, Maxwell Rainforth, Carolyn Gaylord-King, and Sanford Nidich.

**FROM THE FOUNDER**

"Really good behavior will be possible only when the minds of both parties are broadened, when they are able to see the whole situation, understand each other more thoroughly in their true perspective, and succeed in locating the needs of the other and formulating their behavior on the basis of attempting to fulfill those needs. This naturally necessitates expanded consciousness and right sense of judgment and all the qualities that only a strong and clear mind possesses."

— Maharishi Mahesh Yogi, *Science of Being*

**MUM Math Professor Proves Wholeness is “Indestructible”**

A new article, “Indestructibility of Wholeness,” by Professor Paul Corazza will soon appear in the mathematics journal *Fundamenta Mathematicae*.

The article continues Dr. Corazza’s 30-year project to fine-tune the foundation of mathematics in a way that gives a proper account of the mathematical infinite, drawing on principles of Maharishi Vedic Science℠.

In this new article, Dr. Corazza proves that once the fundamental axioms of mathematics are enriched in a way that makes them “aware of their own wholeness,” the usual manipulations that mathematicians do to transform the mathematical universe in sometimes dramatic ways is incapable of undermining the wholeness known in the original universe.

Regarding the so-called “enrichment” of the fundamental axioms, Dr. Corazza says, “As they are understood today, the foundational axioms are not strong enough to account for the presence of certain kinds of exotic infinities in the mathematical universe – infinities that play a crucial role in many areas of mathematical research.”

Because of this limitation, in 1990 Dr. Corazza formulated the Wholeness Axiom, which he said “asserts in a mathematical way that the universe arises from transformational dynamics of wholeness that preserve the essential nature of wholeness. Adding the Wholeness Axiom to the list of standard axioms provides the account of mathematical infinities – even the exotic ones – that has been missing for so long.”

Dr. Corazza’s new article addresses a challenge that any new mathematical foundation must face: Does the new foundation survive after modern techniques are applied to create new universes?

An old question, solved by such techniques, was to determine the exact infinite size of the real number line. Stanford professor Paul Cohen showed in the 1960s that for almost any imaginable infinite size, there is a universe in which the real number line has that exact size.

So what happens to the Wholeness Axiom in those new universes? “If this new axiom is as good as expected, the Wholeness Axiom will hold true in all such universes,” Dr. Corazza said. “And this is what I was able to prove in my paper. The Wholeness Axiom survives all such transformations of the universe.”

The paper is available for free via the online research network Research Gate at bit.ly/333JfJu.
Students Launch Projects for More Sustainable Campus

The student Sustainable Living Committee recently launched plans to make the campus more sustainable, including improving recycling, instituting campuswide composting, growing Ayurveda herbs, and making available TerraCycle containers in order to recycle items that are not usually able to be recycled.

“We are working towards a higher sustainability rating from the Association for the Advancement of Sustainability in Higher Education,” said Carolyna Doucette, president of the Sustainable Living Committee, which is a part of Student Government. “We also want to avoid having the university pay fees due to improper recycling. Our goal is to eventually make the campus zero waste.”

As of late last month, 20 students were involved with the committee, with Ms. Doucette hoping to boost that to 50.

A major and immediate focus is to create a recycling video by the end of this month that explains what can and cannot be recycled. When recycling is done improperly, the material is taken to the landfill and MUM is charged a fee. Issues include putting recycled items in plastic bags and then putting the bags in the recycling dumpsters, as well as putting trash and food in the recycling dumpsters.

Composting is also a focus. Currently all of the food waste from Annapurna Dining Hall is composted, but the committee hopes to have composting campuswide so that those who do their own cooking will be able to deposit their food waste at various locations.

Again, the students intend to create a video that teaches how to compost and gives the locations.

Ms. Doucette said that MUM will also be joining the TerraCycle program, which allows the recycling of many items not ordinarily recycled, such as toothbrushes, empty toothpaste tubes, corks, plastic cups, beauty products and packaging, e-waste such as smartphones and tablets, plastic shopping bags, and even used chewing gum. TerraCycle partners with corporate donors or municipalities to turn the items into raw material to be used in new products.

Also planned is an Ayurveda garden for growing herbs that will be located in the greenhouse by the science wing of the library.

Those interested in participating in the activities of the Sustainable Living Committee may email Ms. Doucette at cdoucette@mum.edu.

Company of MBA Alum Featured by Amazon

BY LIVIA HORVATH

Amazon recently featured the online business founded by alumnus Andrew Voskov in a short promotional video about three Fairfield companies that are among the many based in Fairfield that are successfully selling products on Amazon’s website.

Mr. Voskov was selected because he has had a long history with Amazon, having joined in 2011 with the intention of selling a range of food products.

His first product was an ayurvedic coffee substitute, followed by herbal teas, spice mixes, and ghee. In addition to Amazon, his products are sold at everybody’s Whole Foods in Fairfield and on his website, Tasty Superfoods.

The video shows him preparing jars of ghee to be sold and interviews him regarding the benefits of selling on Amazon. It can be viewed at tastysuperfoods.com/amazon.

Mr. Voskov earned an MBA with an emphasis on entrepreneurship from MUM in 2004. He had earlier studied Maharishi AyurVedaSM and received a bachelor’s degree in Maharishi Vedic Science.

He had always wanted to run his own business, and his interest in marketing and health led to the development of several health food products, which he began selling in 2006.

He credits MUM for helping him discover his career goals.

“MUM is really good at nurturing the entrepreneurial spirit,” he said. “Having the ability to connect with yourself through the Transcendental Meditation technique is really an entrepreneurial pursuit. Entrepreneurship is becoming self-sufficient. My education gave me the clarity to have a direction.”

In today’s competitive and rapidly changing markets, Mr. Voskov has learned the importance of innovation and new product development for continued growth and survival. He is currently building a new business with a line of health food products for the expanding ketogenic diet niche.

Creating businesses and inventing products are the things he enjoys most. His long-term goal is to keep developing new brands, make them successful, and then sell them to investors.

As a serial entrepreneur, he is constantly under pressure to monitor current trends, emerging marketplaces, and fluctuations of supply and demand.

“Transcendental Meditation is a powerful way of reducing the stress and worry of running a business and getting the mind to focus on what’s needed for the next level of success,” he said. “It’s an essential tool.”

Savannah Boothe Publishes Essay in Literary Magazine

Student Savannah Boothe recently published an essay in the online literary magazine Life in 10 Minutes/Project. Titled “The One That Got Away,” her touching essay tells about a minor misbehavior in a restaurant when she was 13 that ultimately reinforced her deeply loving relationship with her 10-year-old sister and her father – and gave her a new perspective that has stayed with her.

The magazine publishes “bite-sized stories” that are “brave and true.”

Ms. Boothe’s essay can be seen online at bit.ly/2N5x5YXS.
Pickleball Tourney, School Fundraiser Coming Nov. 24

The Fairfield Pickleball Club will be hosting a regional pickleball tournament on Sunday, November 24, at the MUM Recreation Center.

The event will also be a fundraiser for Maharishi School to support the students’ participation in the Destination Imagination Global Finals in Kansas City in the spring.

On hand will be a special guest of the tournament: Dave Weinbach, the first pickleball pro to play in Fairfield. He is a 10-time U.S. Champion, nine-time USAPA Nationals Champion, and winner of a remarkable 112 gold medals in official pickleball competition.

Mr. Weinbach will also offer a clinic the day before the tournament. Registration for the clinic is now closed.

Registration for the tournament itself continues to be open for all players who are rated 2.5 and above and are age 12 and above. The fee for the tournament is $30.

Register online for the tournament at pickleballtournaments.com. The tournament begins at 8:00 a.m. with check-in. Final registration is November 20.

Campus Makerspace Offers Facilities, Seeks Volunteers

The Fairfield Makerspace, located in the science wing of the MUM library, continues to offer facilities for woodworking, sewing, bicycle repair, and metalworking. Additional volunteers are invited to help supervise the activities.

The sewing area, Sew Awesome, is available Thursdays 4:00–8:00 p.m. and Saturdays 1:00–5:00 p.m.

The bike shop is now on winter hours: Saturdays 2:00–4:00 p.m. The Makerspace is currently looking for a bike person for the winter. Anyone interested may email fairfieldmakerspace@gmail.com.

The woodshop is open on a call-in basis. To use the shop, call 641-472-7000, ext. 2289 and the woodshop assistant will come in. The Makerspace is also looking for a another volunteer with basic woodworking skills for the woodshop. Email fairfieldmakerspace@gmail.com.

A metal shop is also available in the woodworking area.

Information about all the equipment available in the Makerspace is available at www.fairfieldmakerspace.com.

Dining Hall Nutrition Info Available Online

Nutrition information for all meals served in Annapurna Dining Hall is now available online at mum.edudine.com.

The information includes total fat, saturates, trans fat, cholesterol, sodium, carbohydrates, fiber, sugar, calcium, iron, potassium, and vitamin D.

Also available is the number of calories per serving, whether each dish is vegan or vegetarian, and whether it contains gluten, wheat, or dairy.

The website also offers an ingredient list for each dish.

The information is the same as that on the touchscreen display immediately outside the entrance to Annapurna.

The web page gives the hours of operation and outlines Annapurna policies, as well as explaining why the dining hall is organic and vegetarian and why the food is freshly prepared.

Notice: Don’t Put Recycling Materials in Plastic Bags

Recycling material goes in the dumpsters with yellow lids and trash in the dumpsters with black lids.

Many people are putting their recycling materials in plastic bags before depositing them in the yellow dumpsters. Our recycling company will not accept recycled items in plastic bags, and all such materials are sent to the landfill.