

DPU

Dr.D.Y.Patil Vidyapeeth, Pune
(Deemed to be University)

**Value Added Course in
Transcendental Meditation**



Course co-ordinator
Dept. of Swasthavritta
Pad.Dr.D.Y.Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018

Department of Swasthavritta & Yoga

Dr.D.Y.Patil College of Ayurved & Research Centre,

Pimpri, Pune -411018

DR. D. Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)

**Value Added Course in
Transcendental Meditation**

Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune; Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), India and Maharishi European Research University, Netherlands International Maharishi AyurVeda Foundation (IMAVF) in MOU- Collaboration start to explore a broad range of potential value added practical & educational Course In Transcendental Meditation for the mutual benefits of the students. The two participating institutions intend to collaboration aimed at meeting the demand for developing Creative Intelligence in Students and promoting Mental Health with positive emotions, so they can successfully manage in the new global health challenges.

The course structure will be as follows:

Course Name	Value Added Course in Transcendental Meditation
Course Code	
Duration	6 Days (15 Hours)
Intake Capacity	Maximum 30 seats per batch
Eligibility	Age above 18 years, First Year Students
Assessment	Pre test and Post Test
Department	Department of Swasthavritta and Yoga
Faculty From IMAVF	As per MOU with Maharishi European Research University, Netherlands. International Maharishi AyurVeda Foundation(IMAVF)

Examination: Post Test will be carried at Dr.D.Y.Patil Vidyapeeth, Pune after Completion Of Course.

Certificates will be issued by Dr. D. Y. Patil Vidyapeeth, Pune (DPU) after successfully completion of the course. As this is a value Added Yoga course for first Year Students, Theory and practical knowledge of TM will be useful for relaxation, Stress reduction and self Development, improving mental health.


Dept. of Swasthavritta
Pad. Dr. D. Y. Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018

FOR REGISTRETION & MORE DETAILS PLEASE CONTACT:-
Dr. Santosh Kamble (Course Coordinator) 7057202819/ 8010874446

VENUE

YOG-CENTRE, 3rd FLOOR, SWASTHAVRITTA & YOGA DEPARTMENT
Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune-411018

Salient Features:

Transcendental Meditation (TM) is a form of silent mantra meditation advocated by the Transcendental Meditation movement. Maharishi Mahesh Yogi created the technique in India in the mid-1950s. Advocates of TM claim that the technique promotes a state of relaxed awareness, stress relief, and access to higher states of consciousness, as well as physiological benefits such as reducing the risk of heart disease and high blood pressure.

Goal

To acquire theory & practical knowledge and Skills of Transcendental Meditation.

Learning Objectives

To enable a student to understand mechanics of TM techniques and Higher Stages of Human Development.

Learning Outcome

Student will be able to practice Transcendental Meditation.

Facilities in Department

1. Certified trainer/ faculty teachers from IMAVF
2. Well furnished, equipped and specious yoga meditation hall

Syllabus as detail Curriculum:-

Sr. No.	Topic	Details Syllabus(Theory & Practical)	No. Of Hours
1	Introduction of Transcendental Meditation	Introduction of Transcendental Meditation with introductory talk and Pre Test.	1 ½ hours
2		Introduction of Transcendental Meditation with Preparatory talk	1 ½ hours
3		Introduction of Transcendental Meditation with Personal Interview.	1 ½ hours
4	Transcendental Meditation	Practice of Transcendental Meditation with Personal Instructions.	08 hours
5		Practice of Transcendental Meditation with Personal Instructions and Correctness of Practice.	
6	Mechanics of Transcendental Meditation	Understanding the Mechanics of the TM Techniques	02 hours
7	Transcendental Meditation	Understanding the Higher Stages of Human Development and Post Test.	1 ½ hours


Dept. of Swasthavrutta
Pad. Dr. D. Y. Patil College of Ayurved &
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योगेन चित्तस्य पदेन वाचां
मलं शरीरस्य च वैद्यकेन ।
यो ऽपाकरोत् तं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतो ऽस्मि ॥



DPU

Dr. D. Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)

Dr. D. Y. Patil College of Ayurveda & Research Centre

Sant Tukaram Nagar, Pimpri, Pune - 411 018, Maharashtra, India.
Tel. No. : (020) 27122124, 27122125, 27122126, 27122127, 27122129
E-mail : info.ayurved@dypvp.edu.in • www.ayurved.dypvp.edu.in

Signature

Dept. of Swasthavruta
Pad. Dr. D. Y. Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018



Dr. D. Y. Patil College of Ayurved & Research Centre

Pimpri, Pune 411018

Dr. D. Y. Patil Vidyapeeth, Pune

(Deemed to be University)

Accredited (3rd cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade

Hospital Re-Accredited by NABH

Phone No. 020 67116420,21,22, Website: ayurved.dypvp.edu.in

E-mail – info.ayurved@dypvp.edu.in

Dr. P. D. Patil
Chancellor

Dr. Bhagyashree . P. Patil
Pro-Chancellor

Dr.(Mrs.)Smita Jadhav
Pro-Vice-Chancellor

Dr. G.H.Yeola
Principal

Ref. No : DYPCARC/.....²²²³/2023

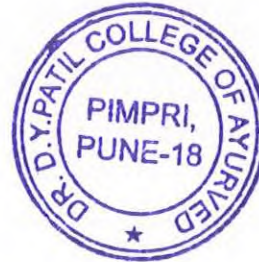
Date : 05/12/2023

Notice

All newly admitted First Year BAMS students (A.Y.2023-24 Batch) are hereby informed that, Dr. D. Y. Patil Vidyapeeth, Pune, (Deemed to be University), approved-Value added course in Transcendental Meditation will be conducted from 11/12/2023 to 14/12/2023 at Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune-18, at 4TH Floor Classroom.

This Course is totally free of cost to the students.

Students may contact: Dr. Santosh Kamble –mob.-7057202819, Course Coordinator for any further details. This Course is mandatory to all First Year Students. The detailed program schedule of the course is attached herewith.



Dr.G.H.Yeola
Principal

Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University)

**Program Schedule of Value added course in Transcendental Meditation
09 December 2023 to 14 December 2023**

Speaker:

1. Mr. Lothur Pirc (International Speaker)
Maharishi Ayurveda Foundation, Germany
2. Dr Girish Momaya (International Speaker), The Netherlands
3. Mr. Kamalakar Tehre (Certified Trainer), Pune.
4. Ajaya Shrivastava (Certified Trainer), New Delhi

Place: Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune-18, 4th Floor classroom

Date	Session	Time	Topics
09/12/2023 Saturday	Pre-Test	11 am to 11.30 am	Pre-Test
11/12/2023 Monday	Session 1 and 2	9.30 am to 11.30 am	Introductory lecture <u>90 minutes for each group</u>
11/12/2023 Monday	Step 3	<u>11.30 pm to 12.30 pm</u> <u>Lunch-12.30 pm to 1.30 pm</u>	<u>Grouping, Interview form fill up. Individual, personal interview 05 minutes each person .</u>
11/12/2023 Monday	Step 4	<u>1.30 pm onwards(04 batch)</u> <u>2 pm onwards</u>	<u>Personal instruction ,it should have more time because it may take a little bit longer</u>
12/12/2023 Tuesday	Step 5	2 pm to 4 pm (120 min)	Follow up <u>group meeting</u> and checking of the practice: signs of correct meditation.
13/12/2023 Wednesday	Step 6:	11 am to 1 pm (120 min)	Follow up <u>group meeting</u> and checking of the practice: the relation between consciousness and physiology, the mechanics of stress release
14/12/2023 Thursday	Step 7	11 am to 12.30 pm (90 min)	Follow up <u>group meeting</u> and checking of the practice: the goal of meditation, the development of higher state of consciousness
14/12/2023 Thursday	Post Test	12.30 pm to 1 pm	Post Test

Dr. Santosh Kamble

Course Coordinator



Dr. Gunvant Yeola

Principal

Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University)

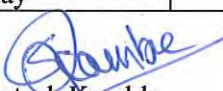
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11/12/2023 Monday	Step 4	<u>1.30 pm onwards (04 batch)</u> <u>2 pm onwards</u>	<u>Personal instruction 10 minutes each person but they should have more time because it may take a little bit longer</u>
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Dr Santosh Kamble

Course Coordinator




Dr. Gunvant Yeola

Principal

Dr.D.Y.Patil Vidyapeeth (Deemed to be University), Pune

Dr.D.Y.Patil College of Ayurved and Research Centre ,Pimpri Pune -18

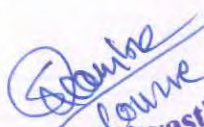
Value Added course in Transcendental Meditation (11/12/2023 to 14/12/2023)

Attendance Sheet

Roll No	Name of Students	11-12-2023	12-12-2023	13-12-2023	14-12-2023
1	ADITI SHAM KULKARNI	<i>Kulkarni</i>		<i>Kulkarni</i>	<i>Kulkarni</i>
2	ANDANE SIDDHARTH RAJESH	<i>Andane</i>	<i>Andane</i>	<i>Andane</i>	<i>Andane</i>
3	AUM BORHADE	<i>Aum Borhade</i>	<i>Aum Borhade</i>	<i>Aum Borhade</i>	<i>Aum Borhade</i>
4	BAGADE JANHAVI VATAN	<i>Bagade</i>	<i>Bagade</i>	<i>Bagade</i>	<i>Bagade</i>
5	BALWADKAR SIDDHI DNYNESHWAR				
6	BHINGARE ABHILASHA LATENDRA				
7	BHOR RISHI SANTOSH	<i>Vishu</i>	<i>Vishu</i>	<i>Vishu</i>	<i>Vishu</i>
8	BIOS PRATIKSHA HARIBHAU	<i>Pratiksha</i>	<i>Pratiksha</i>	<i>Pratiksha</i>	<i>Pratiksha</i>
9	BHOSALE PRIYANKA DATTATRAYA	<i>Bhosale</i>	<i>Bhosale</i>	<i>Bhosale</i>	<i>Bhosale</i>
10	BODHALE VAISHNAVI RAVISHANKAR	<i>Vaishu</i>	<i>Vaishu</i>	<i>Vaishu</i>	<i>Vaishu</i>
11	CHALLIRWAR HARSH VIJAY				
12	CHAUDHARI SHRUSHTI PANKAJ	<i>Chaudhari</i>	<i>Chaudhari</i>	<i>Chaudhari</i>	<i>Chaudhari</i>
13	CHINTAKE ADITYA VILAS	<i>Chintake</i>	<i>Chintake</i>	<i>Chintake</i>	<i>Chintake</i>
14	DALAVE SUMIT NITIN	<i>Dalave</i>	<i>Dalave</i>	<i>Dalave</i>	<i>Dalave</i>
15	DANTE JAYESH PREMCHAND	<i>Dante</i>	<i>Dante</i>	<i>Dante</i>	<i>Dante</i>
16	DASARI BHAVYA SAI SUCHITHA	<i>Dasari</i>	<i>Dasari</i>	<i>Dasari</i>	<i>Dasari</i>
17	DHABALE YASH MAHESH	<i>Ymad</i>	<i>Ymad</i>	<i>Ymad</i>	<i>Ymad</i>

Dr. D. Y. Patil
Course Coordinator
Dept. of Swasthavyana
Pad. Dr. D. Y. Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018

Roll No	Name of Students	11-12-2023	12-12-2023	13-12-2023	14-12-2023
18	DIXIT AYUSH SHASHIKANT	Dixit	Dixit	Dixit	Dixit
19	DIYA SUVARNA	Diya	Diya	Diya	Diya
20	DRUSHTI MANOJKUMAR MALVIYA	Drushti	Drushti	Drushti	Drushti
21	FALTANKAR MANSI DAULAT	Mansi	Mansi	Mansi	Mansi
22	GAIKWAD RUTUJA SHIVANAND	Rutuja	Rutuja	Rutuja	Rutuja
23	GAIKWAD SAMIKSHA RAVIRAJ		Samiksha		
24	GARUD OMKAR ANIL	Omkar	Omkar	Omkar	Omkar
25	GHOGALE VED SUJIT	Ghogle	Ghogle	Ghogle	Ghogle
26	GUND SOHAM JANARDHAN	S.J. Gund	S.J. Gund	S.J. Gund	S.J. Gund
27	GUNJATE REVATI ARUN	Gunjate	Gunjate	Gunjate	Gunjate
28	GUPTA NEHA MANOJ	Gupta	Gupta	Gupta	Gupta
29	ISHANYA VIJAY HATANKAR	Ishanya	Ishanya	Ishanya	Ishanya
30	JADHAV ARCHITA YOGESH	Archita	Archita	Archita	Archita
31	JADHAV SIDDHI BAJARANG	Siddhi	S	Siddhi	
32	JAGDALE VEDANTI HEMANT	Vedanti	Vedanti	Vedanti	Vedanti
33	JANGAM APURVA NILKANTH	Apurva	Apurva	Apurva	Apurva
34	JANVI VILAS KALE	Kale		Kale	Kale
35	JOSHI TUSHAR DIVAKAR	Tushar	Tushar	Tushar	Tushar
36	KADAM JANHAVI RAHUL	Janhavi	Janhavi	Janhavi	Janhavi
37	KALYANKAR VAISHNAVI DEVANAND	Valya	Valya	Valya	Valya
38	KAMBLE JANHAVI ANIL	Janhavi			Janhavi
39	KANDLE AARTI AJIT				


 Course Coordinator
 Dept. of Swasthavyutha
 Pad. Dr. D. Y. Patil College of Ayurved &
 Research Centre, Pimpri, Pune-411 011

Roll No	Name of Students	11-12-2023	12-12-2023	13-12-2023	14-12-2023
40	KARAMCHANDANI VANSHIKA HERO				
41	KAZI ALIYA SADIK	<u>Aliya</u>	<u>Aliya</u>	<u>Aliya</u>	<u>Aliya</u>
42	KHADKE VEDIKA KAILAS	<u>Vedika</u>	<u>Vedika</u>	<u>Vedika</u>	<u>Vedika</u>
43	KHANAPURE SHARYU PRAVIN				
44	KINJAL JAISALMERIA	<u>Kinjal</u>		<u>Kinjal</u>	<u>Kinjal</u>
45	LAHOTI NANDINI OMPRAKASH				
46	MAHAMUNI VEERENDRA VIVEK				
47	MALI ABHISHEKH SAVTA	<u>Abhishek</u>	<u>Abhishek</u>	<u>Abhishek</u>	<u>Abhishek</u>
48	MANYA				
49	MASULKAR HRUTIK SHAHAJI	<u>Hrutik</u>	<u>Hrutik</u>	<u>Hrutik</u>	<u>Hrutik</u>
50	MAYUR PRITAM PAWAR	<u>Mayur</u>	<u>Mayur</u>	<u>Mayur</u>	<u>Mayur</u>
51	MODHAVE APEKSHA PRAVIN	<u>Apeksha</u>	<u>Apeksha</u>	<u>Apeksha</u>	<u>Apeksha</u>
52	MORE VEDANT BHIMRAO	<u>Vedant</u>	<u>Vedant</u>	<u>Vedant</u>	<u>Vedant</u>
53	MS.AKSHITA	<u>Akshita</u>	<u>Akshita</u>	<u>Akshita</u>	<u>Akshita</u>
54	NAVALDE SUPRIYA PRABHAKAR				
55	NIMBALKAR VAIBHAV BRAMHADEV	<u>Vaibhav</u>	<u>Vaibhav</u>	<u>Vaibhav</u>	<u>Vaibhav</u>
56	NIMJE PRANALI SUDAM	<u>Pranali</u>	<u>Pranali</u>	<u>Pranali</u>	<u>Pranali</u>
57	OUSMITA PAINE	<u>Ousmita</u>	<u>Ousmita</u>		
58	PANSARE AARYA CHANDAN	<u>Aarya</u>	<u>Aarya</u>	<u>Aarya</u>	<u>Aarya</u>
59	PATIL ANKITA SHIVAJI	<u>Ankita</u>	<u>Ankita</u>	<u>Ankita</u>	<u>Ankita</u>
60	PATIL NAMRATA SURESH	<u>Namrata</u>	<u>Namrata</u>	<u>Namrata</u>	<u>Namrata</u>
61	PATIL SANIKA SHARAD	<u>Sanika</u>	<u>Sanika</u>	<u>Sanika</u>	<u>Sanika</u>


 Course Coordinator
 Dept. of Swasthi
 Pad. Dr. D. Y. Patil College of Ayurved &
 Research Centre, Pimpri, Pune-411 018

Roll No	Name of Students	11-12-2023	12-12-2023	13-12-2023	14-12-2023
62	PATVI SRUSHTI NAGESH	<u>Patvi</u>	<u>Patvi</u>	<u>Patvi</u>	<u>Patvi</u>
63	PAWAR KARTIK VIJAY	<u>Pawar</u>	<u>Pawar</u>	<u>Pawar</u>	<u>Pawar</u>
64	PHADTARE PARTH SANDIP				<u>Phadtare</u>
65	POTALE SHIREYA LALIT	<u>Potale</u>	<u>Potale</u>	<u>Potale</u>	<u>Potale</u>
66	PRANJAL BHAGWAN BHANDE	<u>Pranjali</u>	<u>Pranjali</u>	<u>Pranjali</u>	<u>Pranjali</u>
67	PRANJALI JAGDISH MULEY				
68	RAJURKAR VINAY SUNIL	<u>Rajurkar</u>	<u>Rajurkar</u>	<u>Rajurkar</u>	<u>Rajurkar</u>
69	RATHOD PALAK SURESH	<u>Rathod</u>	<u>Rathod</u>	<u>Rathod</u>	<u>Rathod</u>
70	SANIA PARVEEN		<u>Sania</u>		
71	SATALKAR PARTH VIVEK	<u>Parth</u>	<u>Parth</u>	<u>Parth</u>	<u>Parth</u>
72	SATAV SAKSHI SOMNATH				
73	SAWANT MEHEK VASANT			<u>Mamant</u>	
74	SHABDITA JHA	<u>Shabdita</u>	<u>Shabdita</u>	<u>Shabdita</u>	<u>Shabdita</u>
75	SHAIKH JAHID JAKIR HUSSAIN	<u>Shah</u>	<u>Shah</u>	<u>Shah</u>	<u>Shah</u>
76	SHAIKH ZOHA AZHAR WAHAB	<u>Zohra</u>	<u>Zohra</u>	<u>Zohra</u>	<u>Zohra</u>
77	SHAILPIK NASKAR	<u>Shailpik Naskar</u>	<u>Shailpik Naskar</u>	<u>Shailpik Naskar</u>	<u>Shailpik Naskar</u>
78	SHARVARI SATISH JADHAV		<u>Sharvari</u>	<u>Sharvari</u>	
✓ 79	SHELKE SANIKA SATISH	<u>Sanika</u>	<u>Sanika</u>	<u>Sanika</u>	<u>Sanika</u>
80	SHETH PUJA RAKESH	<u>Sheth</u>	<u>Sheth</u>	<u>Sheth</u>	<u>Sheth</u>
81	SHEVKARI SANIKA GANESH	<u>Shenkari</u>	<u>Shenkari</u>	<u>Shenkari</u>	<u>Shenkari</u>
82	SHINDE DHANASHRI VIJAY	<u>Dhanashri</u>	<u>Dhanashri</u>	<u>Dhanashri</u>	<u>Dhanashri</u>
83	SHINDE VAIDEHI MANGESH	<u>Vaidehi</u>		<u>Vaidehi</u>	<u>Vaidehi</u>


 Course Coordinator
 Dept. of Swasthavrutta
 Pad. Dr. D. Y. Patil College of Ayurved &
 Research Centre, Pimpri, Pune-411 004

Roll No	Name of Students	11-12-2023	12-12-2023	13-12-2023	14-12-2023
84	SHIRAL SHARVARI SHRIKANT	<i>Shiral</i>	<i>Shiral</i>	<i>Shiral</i>	<i>Shiral</i>
85	SHRANJAY SHARMA	<i>Shranjay</i>	<i>Shranjay</i>	<i>Shranjay</i>	<i>Shranjay</i>
86	SHREYA SINGH	<i>Shreyas</i>	<i>Shreyas</i>	<i>Shreyas</i>	<i>Shreyas</i>
✓ 87	SHWETA JADHAV	<i>Shweta</i>	<i>Shweta</i>	<i>Shweta</i>	<i>Shweta</i>
✓ 88	SURVE YASHRAJ KESHAV	<i>Yashraj</i>	<i>Yashraj</i>	<i>Yashraj</i>	<i>Yashraj</i>
✓ 89	SWARA MANOJ KADAM	<i>Swarak</i>	<i>Swarak</i>	<i>Swarak</i>	<i>Swarak</i>
90	TANDEL PURVA ROSHAN	<i>Petandel</i>	<i>Petandel</i>	<i>Petandel</i>	<i>Petandel</i>
91	THAKUR DISHA RAJESH	<i>Thakur</i>	<i>Thakur</i>	<i>Thakur</i>	<i>Thakur</i>
92	TINGARE SIDDHEE ANNASO	<i>Thingare</i>	<i>Thingare</i>	<i>Thingare</i>	<i>Thingare</i>
93	UJJAWAL KUMAR SINGH				
94	UPLENCHWAR TANVI AKASH	<i>Uplenchwar</i>	<i>Uplenchwar</i>	<i>Uplenchwar</i>	<i>Uplenchwar</i>
95	VALEKAR NIKITA PANJABRAO				
96	VAZE VEDIKA ANIL	<i>Vaze</i>	<i>Vaze</i>	<i>Vaze</i>	<i>Vaze</i>
97	VIDUSHI VIJAY	<i>Vidushi</i>	<i>Vidushi</i>	<i>Vidushi</i>	<i>Vidushi</i>
98	WALIKAR MAHEK RAMZAN	<i>Mahek</i>	<i>Mahek</i>	<i>Mahek</i>	<i>Mahek</i>
99	YASHIKA DHIMAN	<i>Yashika</i>	<i>Yashika</i>	<i>Yashika</i>	<i>Yashika</i>
✓ 100	YEMLE PIYUSH KAILASH	<i>Yemle</i>	<i>Yemle</i>	<i>Yemle</i>	<i>Yemle</i>

D Kamble
Dr. Santosh D Kamble

Course Co-ordinator

Dept. of Swasthavrutta
Pad. Dr. D. Y. Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018



G.H. Yeola
Dr. G.H. Yeola

Principal

PRINCIPAL

Dr. D. Y. PATIL COLLEGE OF
AYURVED & RESEARCH CENTRE,
Pimpri, Pune-411 018.

Dr.D.Y.Patil Vidyapeeth (Deemed to be University), Pune

Dr.D.Y.Patil College of Ayurved and Research Centre ,Pimpri Pune -18

Value Added course in Transcendental Meditation (11/12/2023 to 14/12/2023)

Pre-Post test Marks-Sheet

Roll No	Name of Students	Pre-Test 09-12-2023	Post-test14-12-2023	Improvement in score	Result
1	ADITI SHAM KULKARNI	9	14	5	PASS
2	ANDANE SIDDHARTH RAJESH	8	13	5	PASS
3	AUM BORHADE	9	16	7	PASS
4	BAGADE JANHAVI VATAN	7	15	8	PASS
7	BHOR RISHI SANTOSH	6	14	8	PASS
8	BHOS PRATIKSHA HARIBHAU	7	14	7	PASS
9	BHOSALE PRIYANKA DATTATRAYA	8	16	8	PASS
10	BODHALE VAISHNAVI RAVISHANKAR	10	13	3	PASS
12	CHAUDHARI SHRUSHTI PANKAJ	7	14	7	PASS
13	CHINTAKE ADITYA VILAS	6	12	6	PASS
14	DALAVE SUMIT NITIN	9	15	9	PASS
15	DANTE JAYESH PREMCHAND	10	17	7	PASS

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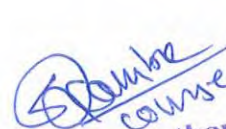
16	DASARI BHAVYA SAI SUCHITHA	10	16	6	PASS
17	DHABALE YASH MAHESH	8	12	4	PASS
18	DIXIT AYUSH SHASHIKANT	5	11	6	PASS
19	DIYA SUVARNA	6	14	8	PASS
20	DRUSHTI MANOJKUMAR MALVIYA	8	16	8	PASS
21	FALTANKAR MANSI DAULAT	7	16	9	PASS
22	GAIKWAD RUTUJA SHIVANAND	7	14	7	PASS
24	GARUD OMKAR ANIL	8	14	6	PASS
25	GHOCALE VED SUJIT	8	16	8	PASS
26	GUND SOHAM JANARDHAN	9	15	6	PASS
27	GUNJATE REVATI ARUN	8	12	4	PASS
28	GUPTA NEHA MANOJ	8	13	5	PASS
29	ISHANYA VIJAY HATANKAR	9	17	8	PASS
30	JADHAV ARCHITA YOGESH	5	10	5	PASS
31	JADHAV SIDDHI BAJARANG	6	12	6	PASS
32	JAGDALE VEDANTI HEMANT	10	16	6	PASS
33	JANGAM APURVA NILKANTH	11	17	6	PASS
34	JANVI VILAS KALE	12	19	7	PASS
35	JOSHI TUSHAR DIVAKAR	12	16	4	PASS


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36	KADAM JANHAVI RAHUL	9	15	6	PASS
37	KALYANKAR VAISHNAVI DEVANAND	9	14	5	PASS
38	KAMBLE JANHAVI ANIL	9	16	7	PASS
41	KAZI ALIYA SADIK	7	17	10	PASS
42	KHADKE VEDIKA KAILAS	8	17	9	PASS
44	KINJAL JAISALMERIA	8	13	5	PASS
47	MALI ABHISHEKH SAVTA	7	14	7	PASS
49	MASULKAR HRUTIK SHAHAJI	8	10	2	PASS
50	MAYUR PRITAM PAWAR	7	14	7	PASS
51	MODHAVE APEKSHA PRAVIN	9	13	4	PASS
52	MORE VEDANT BHIMRAO	9	18	9	PASS
53	MS.AKSHITA	8	12	4	PASS
55	NIMBALKAR VAIBHAV BRAMHADEV	8	16	8	PASS
56	NIMJE PRANALI SUDAM	7	14	7	PASS
57	OUSMITA PAINE	6	10	4	PASS
58	PANSARE AARYA CHANDAN	6	16	10	PASS
59	PATIL ANKITA SHIVAJI	9	13	4	PASS
60	PATIL NAMRATA SURESH	9	12	3	PASS
61	PATIL SANIKA SHARAD	7	17	10	PASS

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62	PATVI SRUSHTI NAGESH	10	14	4	PASS
63	PAWAR KARTIK VIJAY	8	14	6	PASS
65	POTALE SHREYA LALIT	8	15	7	PASS
66	PRANJAL BHAGWAN BHANDE	9	18	9	PASS
68	RAJURKAR VINAY SUNIL	9	15	6	PASS
69	RATHOD PALAK SURESH	9	15	6	PASS
70	SANIA PARVEEN	9	14	5	PASS
71	SATALKAR PARTH VIVEK	10	15	5	PASS
74	SHABDITA JHA	9	19	10	PASS
75	SHAIKH JAHID JAKIR HUSSAIN	12	17	5	PASS
76	SHAIKH ZOHA AZHAR WAHAB	10	18	8	PASS
77	SHAILPIK NASKAR	12	16	4	PASS
79	SHELKE SANIKA SATISH	10	15	5	PASS
80	SHETH PUJA RAKESH	8	15	7	PASS
81	SHEVKARI SANIKA GANESH	8	17	7	PASS
82	SHINDE DHANASHRI VIJAY	5	12	7	PASS
83	SHINDE VAIDEHI MANGESH	6	18	12	PASS
84	SHIRAL SHARVARI SHRIKANT	7	15	8	PASS
85	SHRANJAY SHARMA	7	17	10	PASS


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86	SHREYA SINGH	6	12	6	PASS
87	SHWETA JADHAV	8	12	4	PASS
88	SURVE YASHRAJ KESHAV	8	10	2	PASS
89	SWARA MANOJ KADAM	12	17	5	PASS
90	TANDEL PURVA ROSHAN	10	15	5	PASS
91	THAKUR DISHA RAJESH	13	18	5	PASS
92	TINGARE SIDDHEE ANNASO	9	17	8	PASS
94	UPLENCHWAR TANVI AKASH	10	16	6	PASS
96	VAZE VEDIKA ANIL	9	14	5	PASS
97	VIDUSHI VIJAY	10	19	9	PASS
98	WALIKAR MAHEK RAMZAN	7	17	10	PASS
99	YASHIKA DHIMAN	9	17	8	PASS
100	YEMLE PIYUSH KAILASH	8	14	6	PASS
101	Dr.Shweta Langhe	7	17	10	PASS
102	Dr.L.N.Choudhary	8	17	9	PASS

Dr. Santosh D Kamble

Course Co-ordinator

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Dr.G.H.Yeola

Principal

PRINCIPAL

Dr. D. Y. PATIL COLLEGE OF
AYURVED & RESEARCH CENTRE.
 Pimpri, Pune-411 018.

Report of Value added Course in Transcendental Meditation December 2023

Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune, the constituent unit of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), has conducted **Value added Course in Transcendental Meditation** for newly admitted First Year (A.Y. 2023-24) B.A.M.S. students from 09/12/2023 to 14/12/2023. Inauguration ceremony was done in the presence of Principal Dr. Gunvant Yeola and Director Research, Dr. Asmita Wele.

Mr. Lothar Pirc (International Speaker) from International Maharishi AyurVeda Foundation (IMAVF) Germany, **Dr. Girish Momaya**, Director International Maharishi AyurVeda Foundation (IMAVF), The Netherlands and **Mr. Kamalakar Teher** (Certified Teacher of TM) Pune, and **Dr. Ajaya Shrivastava** (Certified Teacher of TM), Delhi had conducted the course activity for 16 Hours (Theory and Practical).

All the participants attended the practice session of Transcendental Meditation and understood the signs of correct meditation and the relation between consciousness and physiology, and the mechanics of stress release.

Follow up and group meetings were conducted and checking of the practice for the goal of meditation and the development of higher state of consciousness. Recourse Persons conducted the Theory and Practical part as per the Program Schedule.

Total 82 Students benefited from these 05 days Value added Transcendental Meditation Course.

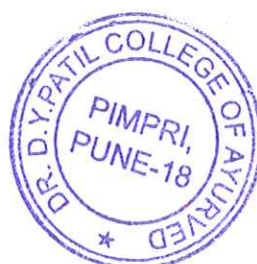
Pre and Post Test of 20 MCQs were conducted on first day and fourth day respectively. This test was important for completing the course and to assess the improvement and knowledge gained. Marked improvement was observed in students after assessment. Feedback was taken after the course.

This course is an initiative taken for the achievement of **Sustainable Development Goals (SDG-3) for good health and well-being**.

DPU started research project with this TM course in collaboration with Maharishi International University (MIU) on Emotional intelligence, stress levels, fatigue, and sleep quality among newly admitted Ayurveda Medical students.

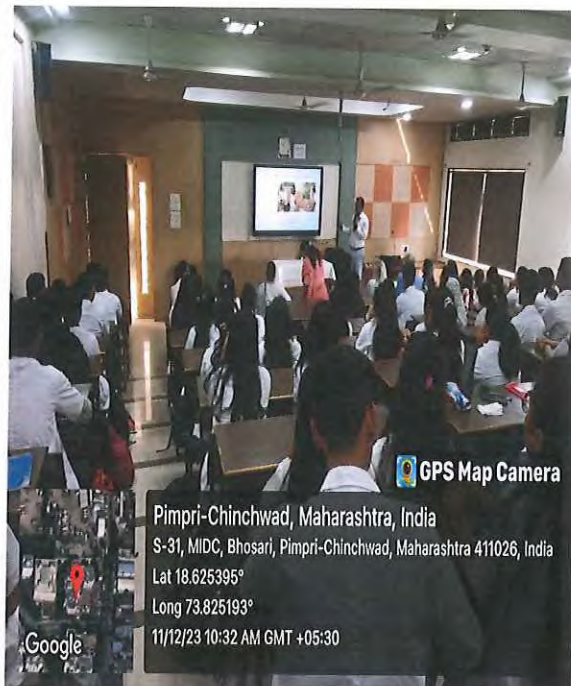
Dr. Santosh Kamble, Course Coordinator, Associate Professor, Swasthavritta and Yoga Department successfully conducted and coordinated the Value-Added Course.


Dr. Santosh Kamble
Course Coordinator

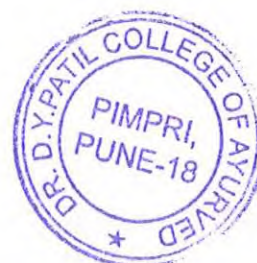



Principal
Dr. G. H. Yeola

Value added Course in Transcendental Meditation December 2023



Dr. D. Y. Patil
Course Coordinator
Dept. of Swasthavrutta
Pad. Dr. D. Y. Patil College of Ayurved &
Research Centre, Pimpri, Pune-411 018



Dr. G. H. Yeola
Dr. G. H. Yeola
PRINCIPAL
Dr. J. Y. Patil College of Ayurved &
Research Centre Pimpri, Pune-18



Dr. D.Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)

Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade

Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune
VALUE ADDED COURSE IN TRANSCENDENTAL MEDITATION

... **CERTIFICATE** ...

*This is to certify that Dr./Mr./Ms. **ANDANE SIDDHARTH RAJESH**.....has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
Yoga Department of Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.
in collaboration with Maharishi European Research University, Netherlands
from **11/12/2023**..... to **14/12/2023**.....*

Vd. S. D. Kamble
Yoga Coordinator

Dr. D. Y. Patil College of Ayurved

Dr. G. H. Yeola
Principal

Dr. D. Y. Patil College of Ayurved

Dr. Narendra M. Kadu
Registrar (Offg.)

Dr. D. Y. Patil Vidyapeeth, Pune

Place: Pimpri, Pune

Date:

DPU

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... CERTIFICATE ...

*This is to certify that Dr./Mr./Ms. **AUM BORHADE** has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
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in collaboration with Maharishi European Research University, Netherlands
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Vd. S. D. Kamble
Yoga Coordinator

Dr. D. Y. Patil College of Ayurved



Dr. G. H. Yeola
Principal

Dr. D. Y. Patil College of Ayurved



Dr. Narendra M. Kadu
Registrar (Offg.)

Dr. D. Y. Patil Vidyapeeth, Pune

Place: Pimpri, Pune

Date:



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*This is to certify that Dr./Mr./Ms. **BAGADE JANHAVI VATAN**.....has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
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Vd. S. D. Kamble

Yoga Coordinator

Dr. D. Y. Patil College of Ayurved

Dr. G. H. Yeola

Principal

Dr. D. Y. Patil College of Ayurved

Dr. Narendra M. Kadu

Registrar (Offg.)

Dr. D. Y. Patil Vidyapeeth, Pune

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*This is to certify that Dr./Mr./Ms. **BHOR RISHI SANTOSH**.....has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
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in collaboration with Maharishi European Research University, Netherlands
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Vd. S. D. Kamble

Yoga Coordinator

Dr. D. Y. Patil College of Ayurved

Dr. G. H. Yeola

Principal

Dr. D. Y. Patil College of Ayurved

Dr. Narendra M. Kadu

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*This is to certify that Dr./Mr./Ms. **BHOS PRATIKSHA HARIBHAU**.....has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
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Vd. S. D. Kamble

Yoga Coordinator

Dr. D. Y. Patil College of Ayurved

Dr. G. H. Yeola

Principal

Dr. D. Y. Patil College of Ayurved

Dr. Narendra M. Kadu

Registrar (Offg.)

Dr. D. Y. Patil Vidyapeeth, Pune

Place: Pimpri, Pune

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... CERTIFICATE ...

*This is to certify that Dr./Mr./Ms. **BHOSALE PRIYANKA DATTATRAYA**.....has successfully completed
"Value Added Course in Transcendental Meditation" conducted by Swasthavritta and
Yoga Department of Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.
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Vd. S. D. Kamble

Yoga Coordinator

Dr. D. Y. Patil College of Ayurved

Dr. G. H. Yeola

Principal

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Dr. Narendra M. Kadu

Registrar (Offg.)

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Place: Pimpri, Pune

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