



Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College & Post
Graduate Research Center, Ashta, Dist Sangli**

A/p: Ashta, Tal. : Walwa, Dist: Sangli – 416 301
Website: www.adamcashta.ac.in E-mail: ashta.adamc@gmail.com

ACADEMIC YEAR 2023-24

LTRG & STRG RESEARCH PROJECTS

Sr. No.	Project title	Name of students/Guide	Category
1	Advances In Biomedical Research With Electro Interstitial Scan System Through The Window of Ayurveda -An Exploratory Uncontrolled Clinical Study	1.Dr. Amit Sudhakar Pethkar 2.Dr.Anjali Nitin Upadhye 3. Neha Sudhir Tammile (UG)	IMR Project
2.	Wheat Free Diet: Your Path Towards Health and Wellness	1.Dipali Sanjay jadhav 2. Miss Pranjal Pawar (UG)	Long Term Reserach Grant Project
3	Descriptive study of Prevalence of “Karnabadhriya” with special reference to “Sensory Neural deafness” in the age group 18 to 66 in Ashta Region	1.Dr.Jayvant Kharat 2. Dr.Madhuri Tirmare	Long Term Reserach Grant Project
4.	Ayurvedic Swad Masala Sprinklar- A Heritage of India	1. Dr. Archana Wadkar 2.Prathmesh B. Kumbhar(UG)	Long Term Reserach Grant Project
5.	Descriptive study of the prevalence of Shushkashipak W.S.R “ computer vision syndrome” in the age group between 15 to 55 years	1.Dr.Pournima Fasale 2.Dr.Sagar Khumbhar	Long Term Reserach Grant Project
6.	Vocal Transformation In Sanskrit	1.Dr.Subhash Patki 2.Miss Shrushti Upadhyay (UG)	Long Term Reserach Grant Project
7.	Awareness and Development of Breast Size Measurement Model in Young Girls (Age 10-30) in Sangli City	1.Miss Jiya Choudhari 2.Dr.Anjali Upadhye	Short Term Research Grant Project
8.	Knowledge, attitude, Practice of validation of Consent Form	1. Shrinivas Navale 2. Shruti Waghmare	Short Term Research Grant Project





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**ACADEMIC YEAR 2023-24
PATENT PUBLICATIONS**

Sr. No.	IPR title	Name of Inventors	Category
1	Unique Herbal Cough Syrup Combination Composition	Dr.Tinkuganesh Khalache	Patent Publication
2.	AYURORA-PT GEL	Dr.Jayvant Khart	Patent Publication
3	Development of Culture as add on effect of Dhayti (Woodfordia fruticosa Kurz) in Jeevamrut	1.Dr. Amit Sudhakar Pethkar 2.Dr.Anjali Nitin Upadhye 3. Dr.Ajit Herwade 4.Dr.Ashwini Patil 5.Dr. Vijay Dange 6. Neha Sudhir Tammile (UG)	Patent Publication
4.	Natural Dhoop batti with Medicinal Properties from recycled Nirmalya and Ayurvedic ingredients for Disinfection	1.Shradha Shelke 2.Dr.Archana Wadkar 3.Dr.Sarfaraj Landge 4. Dr.Rupali Patil 5.Dr.Vedashri Kalawade 6.Dr.Krishna Sartale	Patent Publication
5	StatsAnjal Logo Registration	Dr.Anjali Nitin Upadhye	Trade Mark





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**ACADEMIC YEAR 2023-24
EXTRAMURAL RESEARCH GRANTS**

Sr. No.	Title of Project	Name of Inventors	Category
1	Development of Culture as add on effect of Dhayti (Woodfordia fruticosa Kurz) in Jeevamrut	1.Dr. Amit Sudhakar Pethkar 2.Dr.Anjali Nitin Upadhye 3. Dr.Ajit Herwade 4.Dr.Ashwini Patil 5.Dr.Vijay Dange 6. Neha Sudhir Tammile (UG)	SERB SURE (28 Lacs)
2.	Exploratory Study Of Superbrain Yoga – A Simple Exercise To Maximize Brain Power	Dr. Amit Sudhakar Pethkar 2.Dr.Anjali Nitin Upadhye	IKS SYSTEM (17 Lacs)
3	Advances In Biomedical Research With Electro Interstitial Scan System Through The Window of Ayurveda -An Exploratory Uncontrolled Clinical Study	1.Dr. Amit Sudhakar Pethkar 2.Dr.Anjali Nitin Upadhye 3. Neha Sudhir Tammile (UG)	IMR Project MUHS NASHIK (14 Lacs)



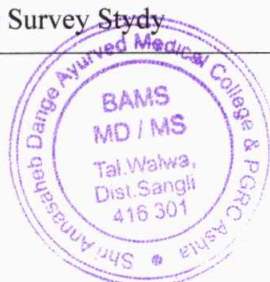


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**ACADEMIC YEAR 2021-22
LTRG & STRG Sanctioned Projects**

SR.NO.	NAME OF FACULTY	TITLE OF PROJECT	AGENCY
1	Dr.Tinku Ganesh Khalache	Randomised Control Trial of Panchakolasav in pureperal uterine in ovulation after ceasrean section	MUHS,Nashik
2	Dr.Jayavant Kharat	Open Randomized Clinical Trial of Antithyroid Regimen of Ayurveda on Thyroid Diseases	MUHS,Nashik
3	Miss Akshata Patil	Physico Chemical Analysis of Kajjali & Rasparpati	MUHS,Nashik
4	Miss Mayuri Nazirkar	A Critical Analytical Study of Polyherbal Antidiabetic Formulation - Pramehagha Choorna	MUHS,Nashik
5	Miss Shivani Shinde	To Establishment of Standards of Acrtit Nirgundi Tail	MUHS,Nashik
6	Miss Siddhi Jarande	Analyze Phytochemical Parameters And Antioxidant Activities of Mallikakand	MUHS,Nashik
7	Dr.Amit Pethkar, Dr.Ashwini Patil, Dr.Raj Ahamad Jamadar	An observational study of lung volume and lung capacity in different deha prakruti with special reference to spirometry	PAT Pharma,Goa
8	Dr.Subhash Patki Dr.Sarfraj Landge Dr.Shraddha Hankare	An obseravational study of anatomical change in janu sandhi vis-a-vis knee joint in traffic police	PAT Pharma,Goa
9	Dr.Tinku-Ganesh Khalache	Open randomized clinical control trial of raktapunarnava in the management of dysfunctional uterine bleeding	PAT Pharma,Goa
10	Dr.Anjali Nitin Upadhye	Adverse quotient in medical fraternity	PAT Pharma,Goa
11	Dr.Sujata Deepak Kate	A Comparative Study Of Abhyantarpan Of Triphala Ghrita With Triphala Churna And Yashtimadhu Churna With Tiphala Ghrita Tarpan And With Jivantyadi Ghrita Nasya In Timir W.S.R To Simple Myopia	PAT Pharma,Goa
12	Dr.Prerana Bandekar	“An Open Label Double Arm Randomised Study To Compare The Effect Of Karanjadi Ghrita And Karpoor Ghrita Application In The Management Of Dushtavrana.	PAT Pharma,Goa
13	Dr.Ashok Wali Dr.Sarika Kandharkar Dr.Amaruta Jagdale	Learning Of Medicinal Plants With Qr Codes – A Crossover Survey Study	PAT Pharma,Goa



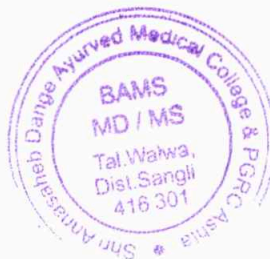


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ACADEMIC YEAR 2018-19
LTRG & STRG Sanctioned Projects

Sr.No.	Academic Category	Name	Titles
1	Assistant Professor	Dr.AnjaliUpadhye	A Double Blind Study of Tetra Packaging : A New Alternative Competitive Remedy of Storage For Ayurvedic Drugs
		Mr.AkshayChougule	
		Mr.SarfarajLandge	
2	Reader	Dr.ArchanaSuhawadkar	Randomised Clinical Single Armed Study of 'Lekhaniya Basti' in Sthaulya
	Assistant Professor	Dr.SupriyaYashwantBhosale	
3	PG Scholar	Dr. Sangwai Akash. Harshad Sanjay Patil	"Electric Current free , Combined, Cost effective [C ³] Panchkarma machine for Shirodhara and Parishek"
	Professor	Dr.Alkananda Kulkarni	
4	UG Student PG Scholar	SayaliBharati Dr.AnishAtpadkar	"Survey study about menstrual habits in practices among adolescent girls in rural area in sangli district"
	Assistant Professor	Dr.RadhaPhadnis	
5	PG Scholar	Dr. SagarEshwarPatil	"Efficacy of MalatyadiShirobhyanga In Darunaka In College-Going Students"
	Assistant Professor	Dr. Jayant Marpallikar	
6	Assistant Professor	Dr.RupaliRamadasPatil	"A Randomized control study of JatamanasiChurna&Shirodhara in the management of Pramehaw.s.r. stress induced Diabetes Mellitus Type II."
7	UG student	Miss RajshreePatil , Miss RutujaPatil	"Observational Study on effect of wheat restricted diet in obesity (sthauly)"
		Dr.AnjaliUpadhye	
8	UG student	Miss.ArundhatiLangade	"Exploratory study of Superbrain Yoga: A simple exercise to maximize brain power"
		Dr. UjwalaDabade	
		Miss ShilpaDudhani	



Ashekar
PRINCIPAL
Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli

THE INDIAN KNOWLEDGE SYSTEMS DIVISION OF MoE

भारतीयज्ञानसंवर्धनयोजना

IKS COMPETITIVE RESEARCH PROPOSAL PROGRAM

PROPOSAL COVER PAGE

Proposal Title :

EXPLORATORY STUDY OF IMPACT OF SPIRITUAL PRACTICES SUPERBRAIN YOGA- A SIMPLE EXERCISE TO IMPROVE MAXIMIZE BRAIN POWER & MENTAL HEALTH

Thematic Area CODE (Please see Annexure-1): 205

Lead Researcher (Principal Investigator):

Name: Dr.Amit Sudhakar Pethkar

Email address: principal@adamc.ac.in

Phone number: 98560963968

Academic rank: Professor & HOD

Appointment type:Permant & Regular

Physical work location: Hon.Shri.Annasaheb Dange Ayurved Medical College,Ashta ,Dist Sangli

Academic home department:Physiology (Kriya Sharir)

Co-PI(s) (if any):

- 1. Dr.Anjali Nitin Upadhye**
- 2. Mr.Akshay Kumar Chougule**

Cooperator(s)/Collaborator(s) (if any):

Project Budget Amount: Total Rs.. 1734000/-

I certify that I will lead the project and complete all the tasks outlined in the proposal. I certify that a complete project report will be submitted at the end of the project and the funding support from IKS Division of MoE will be acknowledged in any publication resulting from this work.

Principal Investigator

Date 31/07/20

*Principal Investigator Printed Name:***Dr.Amit Sudhakar Pethkar**



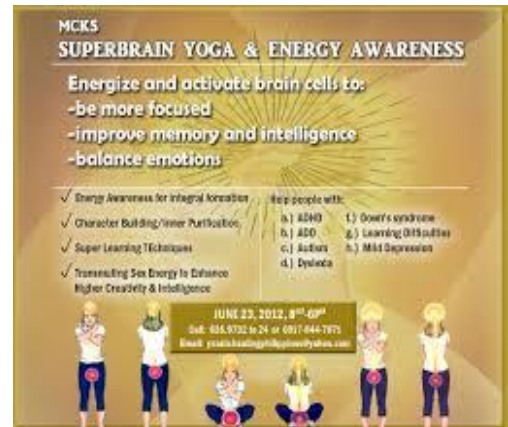
IKS SAMVARDHAN YOJANA PROPOSAL BODY

Overview of the project:

This is a Exploratory Study Of Impact Of Spiritual Practices Superbrain Yoga- A Simple Exercise To Improve Maximize Brain Power & Mental Health. As Master Choa Kok Sui says, the Body is a living battery that requires constant recharging. This is done through different means, especially through the transference of Life Energy. One of the simplified techniques is MCKS Superbrain Yoga which energizes and activates the Brain. Superbrain Yoga gradually awakens the latent powers within us while involving internal alchemy. This simple squat exercise offers benefits not just for young students, but also adults seeking brain wellness into their senior years and patients.

Due to higher use of social media like free internet ,facebook, what's up ,twitter ,instagram,etc. Students are always in a state of explorer & divergents state of mind. Many more challenges they are facing simultanously like family life ,social media ,school organizational culture & facing the stress always .When it need to focus ,they neither concentrate on academics nor their physical ,mental, social health , so this research leads to exercise of superbrain squat for their wellbeing & progress.

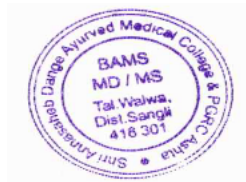
Based on the research of Dr. Joie P. Jones of the Dept. of Radiological Sciences at the University of California, the exercise works using the body's energy centres which absorb, digest, and distribute energy to different parts of the body. These primary energy centres are actually major acupunctue points. Acupressure energy points for the brain, eyes, forehead, mouth, ovaries, parotid, temples, and testes congregate around the area of the ear affected by pressure from the exercise. In addition, the finger pads used in the exercise stimulate neuropathways into the brain by activating acupunctue points on the earlobes. According to Dr. Jones, after doing the exercise, an EEG scan shows the right and left hemispheres of the brain have synchronized.



When done correctly, the Superbrain Yoga exercise helps the energy trapped in the lower energy centres move up through the physical body's other major centres. As the energy travels upwards, it passes through the practitioner's heart centre and fills it with feelings of calm and inner peace. When the energy moves up further into the throat and beyond, the practitioner's intelligence and creativity are improved. Superbrain Yoga not only energizes and activates the brain, but also assists in balancing the energies of the heart, throat, ajana, forehead and crown energy centers.

Is the superbrain yoga is effective in experiencing academic and behavioral problems in school going children?

Contribution to the IKS Mission: The exploratory study of Superbrain Yoga contributes to the Indian knowledge system mission in the following ways:



Validation of Traditional Practice: By scientifically validating the cognitive benefits of Superbrain Yoga, the study affirms its significance within the Indian knowledge system.

Integration of Traditional Wisdom and Modern Science: The study bridges traditional practices with modern neuroscience, promoting an interdisciplinary approach to knowledge. Preservation and Revival of

Traditional Practices: The study preserves and revives an ancient cognitive-enhancing practice, encouraging renewed interest in traditional knowledge.

Holistic Approach to Cognitive Health: Superbrain Yoga aligns with the Indian knowledge system's emphasis on a holistic approach to health and well-being.

Potential Educational Implications: If successful, Superbrain Yoga may be integrated into educational settings, nurturing cognitive development in the learning process.

Cultural Relevance: The study acknowledges the cultural relevance of traditional practices, supporting the preservation of cultural heritage.

Dissemination of Findings: Sharing results widely ensures accessibility of knowledge, aligning with the mission of democratizing information.

Cross-cultural Collaboration: Collaborating with Indian researchers fosters cross-cultural cooperation and global partnerships.

Inspiration for Future Studies: The study inspires further research on traditional practices, contributing to the appreciation of India's knowledge contributions.

In summary, the study of Superbrain Yoga reinforces the value of traditional knowledge, integrates it with modern science, and supports India's mission of preserving and promoting its cultural heritage and holistic approach to knowledge.

Justification:

The effect of Superbrain Yoga on people with severe ailments such as cancer, sexually transmitted diseases (STD's), severe heart conditions, is unknown. Any form of physical exercises should not be undertaken without first consulting a medical doctor. SuperBrain Yoga is a scientifically validated method that will help you energize your brain and enhance its sharpness and clarity. It's a simple technique which proposes to increase intellectual capacity and sharpen both memory and concentration.

This practice is based on the principles of subtle energy and ear acupuncture. Basically, SuperBrain Yoga allows energy from your lower chakras—or energy centers—to move up to the forehead and crown chakras. When this happens, this energy is transformed into subtle energy, which is utilized by the brain to enhance its proper functioning.

Objectives and timelines

The study will be conducted to evaluate the effects of the Superbrain Yoga on experiencing academic and behavioral problems.

1. To determine the improvement in academic performance.
2. To evaluate the psychological well-being of teacher and students
3. Conduct a literature review on existing research related to Superbrain Yoga.
4. Assess the cognitive performance of practitioners compared to a control group.
5. Examine changes in brain activity using neuroimaging techniques.
6. Explore the psychosocial benefits of Superbrain Yoga.
7. Investigate the impact of Superbrain Yoga on specific populations.
8. Identify potential safety concerns associated with the practice.



9. Assess the feasibility and practicality of integrating Superbrain Yoga in different settings.
10. Compare Superbrain Yoga with other cognitive training methods.
11. Provide evidence-based recommendations and future research directions.

Project Intellectual merit :

1. The intellectual merit of this project lies in its scientific approach to investigating Superbrain Yoga and its potential contributions to the field of cognitive science and brain health. Superbrain Yoga, a practice purported to enhance cognitive abilities, has gained popularity, but its underlying mechanisms and effectiveness require rigorous examination. This exploratory study aims to advance knowledge by conducting a comprehensive literature review, synthesizing existing research, and identifying gaps in understanding.
2. Moreover, the project seeks to explore the neurological basis of Superbrain Yoga by investigating how specific physical movements stimulate brain regions, neural pathways, and neurotransmitter activity to enhance cognitive function. By utilizing advanced neuroimaging techniques, such as fMRI or EEG, changes in brain activity and connectivity will be analyzed to gain insights into the practice's impact on the brain.
3. The study's empirical focus is another key aspect of its intellectual merit. By assessing cognitive performance through objective tests and comparing results with a control group, the project aims to provide robust evidence regarding the efficacy of Superbrain Yoga in improving cognitive abilities.
4. Additionally, the study will explore the effects of Superbrain Yoga on specific populations, such as children with learning disabilities or older adults experiencing cognitive decline, to understand potential applications for different age groups. Identifying any safety concerns associated with the practice will contribute to responsible recommendations for practitioners and educators.
5. Furthermore, a comparative analysis with other cognitive training methods will highlight Superbrain Yoga's unique contributions and benefits, thus advancing the understanding of its distinct impacts on cognitive function.
6. The study's practicality and feasibility assessment can guide the integration of Superbrain Yoga into various settings, potentially impacting educational institutions, workplaces, and healthcare programs.
7. Finally, by offering evidence-based insights and proposing future research directions, this study can inspire further scientific investigation in the field of cognitive enhancement practices, contributing significantly to the body of knowledge on brain health and cognitive abilities. Ultimately, the project's intellectual merit lies in its systematic and evidence-based approach to understanding the potential benefits and implications of Superbrain Yoga for brain health and cognition.

Project broader impacts :

The exploratory study of Superbrain Yoga can have broad impacts on society, the economy, and the environment, as outlined below:

Societal Impact:

1. Cognitive Health and Well-being: If the study provides evidence of Superbrain Yoga's effectiveness in enhancing cognitive abilities, it could lead to increased adoption of the practice among individuals seeking to improve their cognitive health and overall well-being.
2. Education and Learning: If the practice proves beneficial for children with learning disabilities, schools and educators may incorporate Superbrain Yoga into their curricula or interventions, potentially improving educational outcomes for these students.



3. **Aging Population:** If the study shows positive effects on older adults' cognitive abilities, Superbrain Yoga may become a viable cognitive intervention for addressing age-related cognitive decline, enhancing the quality of life for seniors.
4. **Public Health:** Better cognitive health can have positive ripple effects on public health, potentially reducing the prevalence and burden of cognitive-related disorders.

Economic Impact:

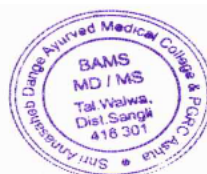
1. **Healthcare Savings:** Improved cognitive health may reduce the economic burden of cognitive disorders on healthcare systems by potentially decreasing the need for costly medical treatments and long-term care.
2. **Workforce Productivity:** If Superbrain Yoga positively affects cognitive performance, employers may encourage its practice in workplaces to boost employee productivity, creativity, and problem-solving abilities.
3. **Training and Education:** As the practice gains recognition, there may be economic opportunities in training instructors, developing educational programs, and creating resources related to Superbrain Yoga.

Environmental Impact:

1. **Reduced Healthcare Waste:** If Superbrain Yoga contributes to better cognitive health, it could potentially lead to reduced pharmaceutical consumption and medical waste related to cognitive-related medications and treatments.
2. **Environmental Awareness:** As the study brings attention to cognitive health and brain-enhancing practices, it may also foster increased awareness about the impact of environmental factors on brain health, encouraging sustainable lifestyle choices.
3. **Digital Alternatives:** The practice's potential to improve cognitive abilities might reduce the dependency on digital brain-training games or applications, potentially leading to decreased electronic waste and energy consumption.
4. **Overall,** the societal impact of this study could result in improved cognitive health and well-being for individuals of all ages, potentially enhancing educational outcomes, workforce productivity, and public health. Economically, the project's findings could lead to cost savings in healthcare and create new economic opportunities. On an environmental level, promoting sustainable cognitive enhancement practices might contribute to reduced healthcare waste and increased environmental consciousness. The study's potential for positive impacts on individuals, communities, and the environment showcases its significance for broader societal betterment.

Outputs and outcomes of the proposal :

Output	Outcome
1. Comprehensive Literature Review	Improved understanding of Superbrain Yoga's existing research and identified gaps in knowledge.
2. Neurological Insights	Discover the underlying mechanisms of Superbrain Yoga, providing valuable insights for future cognitive studies.
3. Cognitive Performance Data	Quantifiable data on participants' cognitive abilities, helping gauge the potential impact on academic performance.
4. Brain Activity Analysis	Uncover changes in brain activity and connectivity, understanding how Superbrain Yoga affects cognitive functions.



5. Psychosocial Impact Findings	Identify benefits like stress reduction and enhanced well-being, which can positively influence academic performance.
6. Population-specific Results	Tailored interventions for special populations may lead to improved academic outcomes for these students.
7. Evidence-based Recommendations	Evidence to support integrating Superbrain Yoga in educational settings to enhance cognitive abilities and academic performance.
8. Educational Interventions	Potential integration of Superbrain Yoga in curricula or as a supplementary intervention, benefiting students' cognitive skills.
9. Policy Implications	Guide policymakers in promoting evidence-based practices for cognitive enhancement in education.
10. Economic Impacts	Potential cost savings in healthcare and improved workforce productivity due to enhanced cognitive abilities.
11. Environmental Consciousness	Possible reduced reliance on digital brain-training games, leading to environmental benefits.
12. Inspiration for Further Research	Encourage more in-depth studies in the field of cognitive enhancement practices, potentially leading to better academic strategies.

Ultimately, the project's findings can inspire further research in cognitive enhancement practices, paving the way for innovative strategies to improve academic performance and cognitive well-being among students.

Procedures :

Study Design:

The **study Design will be experimental study design** in which data will be collected before and after training. Pre-test & post-test study design will be selected .

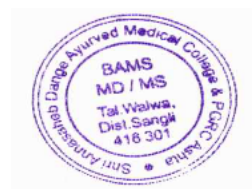
In **study area** Shri Annasaheb Dange Shaikshanic Sankul ,Ashta approximately **10,000 people** and students are working in which researcher selected the **sample size of 634 people**. Sampling method is random selection method.

Study Area:

This study will be conducted in Shri Annasaheb Dange Shaikshanic Sankul ,Ashta, Sangli where in the place researcher will get students and teachers of Engineering college, Medical college, Marathi School, Sainik School, Ashram shala, students from education college . From each sector 370 (out of population size 10000) students, 234 teachers (out of population 600 teachers)will be selected for training and administration.(ref:As per sample size calculation table:www.research-advisors .com)

Inclusive Criteria :Students of agegroup between 13 to 18

Standardized Test:The **Gates MacGinitie Standardized Test** will be used to evaluate the effectiveness of this study. The interval between the Gates Tests was eight months. The Gates Mac Ginitie Reading



Inventory was used to regulate the effectiveness of the program. It is administered each September and May to monitor:

- Grade level progress
- Ascertain which students are reading on grade level
- Identify students for individual diagnosis in reading and vocabulary
- Organize students into instructional groups.

Assessment criteria:

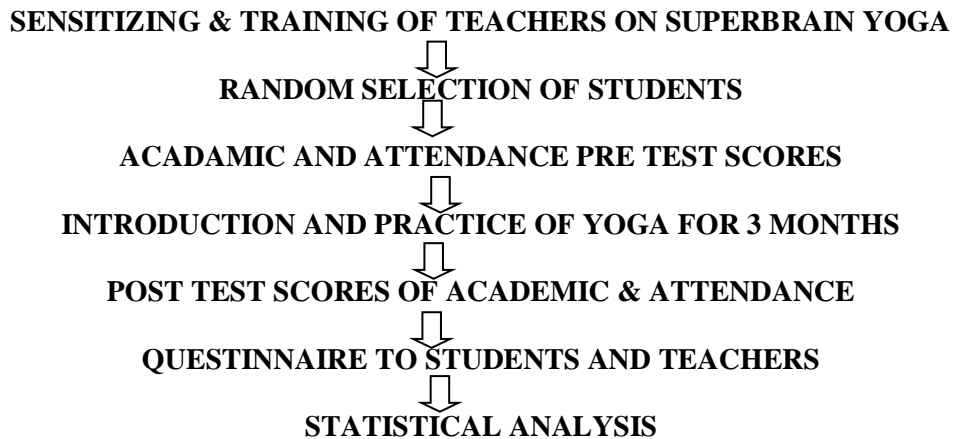
1. Academic Performance
2. Students attendance Performance
3. Accessment of questionnaire from the students
4. Accessment of questionnaire from the teachers

Statistical Analysis:

The data will be analysed with repeted measure ANOVA, Chi Square Test, Contingency coefficient analysis, paired t test.

After the training and practice Immediate Memory test, Concentration test will be conducted.

Flow Chart of the study:



How to Practice Super Brain Yoga: Step-by-Step Instructions:

Ideally, this exercise should be done in the morning. Face the sunrise. This form of yoga should be done in the morning, so that your concentration and stress relief will apply throughout the whole day. Follow these seven steps:

1. Remove all jewelry and stand up straight. Place your tongue on the roof of your mouth right behind your teeth (as if you were about to say “La”). Leave it there throughout the exercise.
2. Take your left hand and cross your upper body to hold of your right earlobe with thumb and forefinger. Make sure that the thumb is in front.
3. Now take your right hand across your upper body to hold of your left earlobe. Again, make sure that the thumb is in front. At this point you’re pressing both earlobes simultaneously. Make sure your left arm is close to your chest and inside your right arm.
4. Inhale through your nose and slowly squat down to the ground.
5. Hold your breath and do not exhale until you start making your way back up to a standing position.
6. Repeat this squatting action between 15 and 21 times. Remember to keep holding your earlobes and to keep your tongue touching the roof of your mouth throughout the entire exercise. You may not notice a change immediately, but after a few weeks an improvement in concentration should become apparent.



Project team expertise :Previously pilot study was taken for this study and results are as follows,

Pilot Study : With the pilot study of 30 students we got the results as follows,

Testing of Hypothesis :

Hypothesis 1 :

H₀: There will not be significant improvement in performance after superbrain yoga in student's attendance

H₁: There will be significant improvement in performance after superbrain yoga in student's attendance

Here researcher used paired 't' Test for Attendance:

Table 9 :paired 't' test

Null Hypothesis	t-value	Degree of freedom	L.O.S.	p-value	Decision
There will not be significant improvement in performance after superbrain yoga in student's attendance	4.10565	80	0.05	1.990064	Reject the hypothesis

(Source: SPSS 17,2009 version,Primary Data)

From above ,researcher reject the hypothesis and we conclude that There was a significant improvement in performance after superbrain yoga in student's attendance at 5 percent level of significance.

Hypothesis 2 :

H₀: There will not be significant improvement in performance after superbrain yoga in acadamic performance.

H₁: There will be significant improvement in performance after superbrain yoga in acadamic performance.

Here researcher used paired 't' Test for Attendance:

Table 10 :paired 't' test

Null Hypothesis	t-value	Degree of freedom	Level Significance	p-value	Decision
There will not be significant improvement in performance after superbrain yoga in acadamic performance	2.9221	80	0.05	1.990064	Reject the Hypothesis

(Source: SPSS 17,2009 version,Primary Data)

From above ,researcher reject the hypothesis and we conclude that There was a significant improvement in performance after superbrain yoga in student's academic performance at 5 percent level of significance.

Hypothesis 3 :

H₀: Superbrain yoga has not any differential effect on both male & female students.

H₁: Superbrain yoga has differential effect on both male & female students.

Table 10 :paired 't' test

Null Hypothesis	t-value	Degree of freedom	Level Significance	p-value	Decision
Superbrain yoga has not any differential effect on both male & female students	1.15133	80	0.05	1.990064	Accept the Hypothesis



(Source: SPSS 17,2009 version,Primary Data)

From above ,researcher reject the hypothesis and we conclude that Superbrain yoga has not any differential effect on both male & female students performance at 5 percent level of significance.

Academic Changes of Pilot study

- Test scores improved.
- Students moved from anxiety to tests, to exhibiting confidence.
- Students verbally noted the difference in test scores and the struggle in performing the tests when they did not do the physical exercises in the other classes.
- The students continue to meet with academic success, which is moving teachers to continuously restructure their academic groups

Behavioral Changes in pilot study

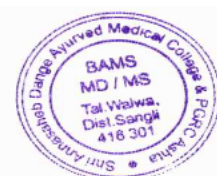
- A number of students refused to participate; but the majority were highly enthusiastic, and requested exercises when they noted changes in the environment.
- Students were noticeably uncomfortable during the hip rolls.
- A small number of students laughed; this tempered involvement according to the level of performance from their peers.
- A number of students accepted the program in their minds, but found it difficult at times to complete exercises in the classroom with full focus.
- Due to a rotating schedule the exercises were not performed at the same time each day.
- Exercises were combined with the intent of activating the energy within the body and with the energizing and activation of the brain.
- Majority of students participating credited the exercises to their improved states of learning.
- Students continuously commented on the positive sensation they experienced when energizing and activating the brain.
- Students who fully participated enjoyed the program and credited it for their improved test scores.
- Students who were not in the class wanted to participate in the program.

Results:

The results of this study will be included an increase in the performance scores on the standardized test, improved shifts in the academic sections, and an increase in student participation in and out of the classroom. A higher level of engagement in higher order thinking skills and positive observational differences was noted in the emotional responses of the students.

Specific roles of Co-PI(s) and Cooperator(s):

Team Member	Roles and Contributions
Principal Investigator (PI)	Project oversight and management
	Design and planning of the study
	Conducts literature review
	Leads neurological investigations
	Data analysis and interpretation
	Prepares scientific reports
First Co-Principal Investigator (CoPI)	Designs tailored interventions
	Collaborates with educational institutions
	Oversees cognitive performance tests
Second Co-Principal Investigator (CoPI)	Conducts data analysis for targeted populations
	Analyzes psychosocial impact
	Investigates safety concerns
	Assesses integration and feasibility
	Explores environmental implications



Together, these team members play distinct and complementary roles, contributing their expertise to fulfill the objectives of the exploratory study of Superbrain Yoga. The collaboration among the PI and CoPIs ensures a comprehensive investigation, encompassing various aspects of cognitive health and its potential impact on academic performance.

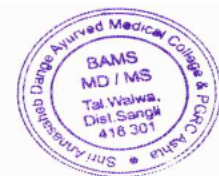
Timelines : Timeline for the 2-Year Exploratory Study of Superbrain Yoga

Year	Month	Activities
1	Month 1-2	Conduct comprehensive literature review
	Month 3-4	Design research methodology and data collection instruments
	Month 5-6	Recruit participants and obtain necessary approvals
	Month 7-9	Administer cognitive performance tests and collect data
	Month 10-12	Conduct neuroimaging studies and analyze brain activity data
2	Month 1-3	Analyze cognitive performance data and conduct psychosocial analysis
	Month 4-6	Investigate the effects on specific populations and tailored interventions
	Month 7-9	Address safety concerns and assess integration feasibility
	Month 10-12	Analyze and interpret all data, prepare scientific reports

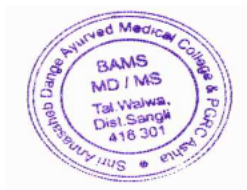
Please note that this is a simplified representation of the project timeline. The actual timeline may vary depending on various factors, such as participant recruitment, data collection, and unforeseen challenges. It's essential to regularly review and adjust the timeline as the project progresses to ensure smooth execution and timely completion of the study.

References:

1. Watson in 1978, observed increase in Alpha waves had a longterm improvement of memory functioning, speed of information, processing, perceptiveness and decision-making ability. Conceptmaking or problemsolving. Aust Fam Physician. 1978 Oct;7(10):suppl 2-3.
2. 1993: Hardt and Gale found out that an increase in the percentage of Alpha waves causes a significant increase of flexibility in creating ideas and images, which constitute the basis of problem solving. Assessment of frontal lobe functioning in schizophrenia and unipolar major depression Psychopathology. 1993;26(2):76-84.
3. 1994: Crawford et al. ascertained that in persons characterized by better durable attention, fewer errors and more efficient decision making, greater than standard increase in high frequency Alpha waves in the left brain hemisphere occurs during
4. concentration. The oculomotor neural integrator uses a behaviorrelated coordinate system. J Neurosci. 1994 Nov;14(11 Pt2):6911-23.
5. Klimesch W.: Good performance is related to increase in alpha power. EEG alpha
6. and theta oscillations reflect cognitive and memory performance: a review and analysis. Department of Physiological Psychology, Institute of Psychology, University of Salzburg, Hellbrunnerstr. 34, A-5020, Salzburg, Austria.



7. M. Doppelmayr, , W. Klimesch,et.al.; Alpha power is selectively related to intelligence. Alpha wave power is related to the ability to process semantic information. EEG alpha power and intelligence Department of Physiological Psychology, Institute of Psychology,University of Salzburg,Hellbrunnerstr. 34, A-5020 Salzburg,Austria
8. Eugenia Chan: The use of complementary and alternative medicine (CAM) in pediatrics has become widespread. Parents of young children with developmental
9. and behavioral problems such as attention deficit hyperactivity disorder (ADHD)
10. are particularly drawn to CAM interventions to avoid or decrease use of psychotropic medications. The role of complementary and alternative medicine in attention deficit
11. hyperactivity disorder. Journal of Developmental & Behavioral Pediatrics, Feb, 2002
12. 1958: Garrouste and Aird found that in 75% of the symmetrical EEG locations for both brain hemispheres, Alpha waves were characterized by high levels of synchronization. Studies on the cortical pacemaker: synchrony and asynchrony of bilaterally recorded alpha and beta activity. Electroencephalogr Clin Neurophysiol Suppl. 1958 May;10(2):25g-68.
13. 1973: Banquest (later Levine et al. too) uncovered significantly higher synchronization of Alpha waves in both hemispheres of people immersed deeply in
14. meditation. A study of retention of knowledge of neurosciences information. J Med Educ. 1973 Sep;48(9):867-9.
15. 1974: Fehmi determined that increasing the synchronicity of Alpha waves between many points of the cortex was effective for significant improvement in many psychological functions: concentration, perceptiveness, self-awareness, intuition, calm and overall life satisfaction. The effects of electrode placement upon EEG biofeedback training: the monopolar-bipolar controversy. J Psychosom. 1989;36(1-4):23-33.



BUDGET PAGE:

Budget Requirements :

Sr.No.	Details	Amount in Rs.	Justification
1	Course of Pranic healing Training of Superbrain yoga (course fees per 4000)	936000	To understand scientific method of superbrain yoga need to complete the Course of Pranic healing for Training of Superbrain yoga
2	Travel Expenses	140000	Visit to different schools in nearby ashta (Selected 10 schools)
3	Audio-Video visuals	300000	Audio-Video visual preparation of awareness of yoga and training
4	Stationry	50000	Record keeping
5	Computer & Printer ,scanner	200000	Record keeping
6	Printing & project writing	3000	Preparing reports etc
7	Zerox contingencies etc.	10000	Questionnaire ,google forms preparation etc
8	Project Preparation	50000	Project Preparation
9	Statistical Analysis	45000	Data should be analyzed properly
	Grand Total	17,34000	



Ashta
PRINCIPAL
Shri. Annasaheb Dange Ayurved Medical
College Ashta, Tal. Walwa, Dist. Sangli

Resume :Principal Investigator

Name :Dr. Amit Sudhaskar Pethkar

Email: avanipethkar@gmail.com

Phone: 9860973968



Career Objective

I wish to develop the each and every student admitting the institute to be a great, well developed personalities along with doctor degree and thus enhance the overall growth of the community.

Personal Information

- **Institution :Hon.Shri.Annasaheb Dange Ayurved Medical College ,A/p Ashta ,Dist:Sangli**
 - **Name: Dr. Amit Sudhakar Pethkar**
 - **Designation: Principal (Professor & HOD Kriya Sharir)**
 - **Date of Birth: 24/08/1982**
 - **Date of Joining: 03/08/2009**
 - **Type of Appointment: Regular**
 - **University Approval No.: Lecturer – permanent**
- 1) MUHS/E-3/U.G/TA/3213/1353 dated 12/04/2010
 - 2) MUHS/E-3/U.G/3213/515 dated 23/02/2011
- Reader – Regular**
- 1) MUHS/E-3/U.G/3213/644 dated 11/02/2016
 - 2) MUHS/PG/E-3/31/01/2418/2015 dated 05/06/2015
 - 3) MUHS/PG/E-3/31/03/1035 dated 23/04/2016
 - 4) MUHS/E-3/UG/3213/2779/2017 dated 20/07/2017
 - 5) MUHS/E-3/UG/5653/2019 dated 23/12/2019
 - 6) MUHS /E-3/PG/3123/426/2020 dated 14/02/2020
- Professor – Regular**
- 1) MUHS /E-3/UG/122112/1202/20201dated 21/05/2021
 - 2) MUHS /E-3/PG/3213/31/02/1475/2021 dated 23/06/2021



Ph.D- Permanent

1) MUHS/UDC(Ph.d)/Guide/53/2020 dated 06/03/2020

- **MCIM Registration Number: I-51778 A1**
- **NCISM Teacher Code: AYKS00083**
- **Marital Status: Married**
- **Address For Contact: laxmi nivas,pethkar colony, mahadevnagar,islampur tal-walwa dist-sangli**
- **Academic Qualification: MD (Kriya Sharira)**
- **Total Experience in Month : 155 months**

Educational Background (Highest to Lowest)

Sr. No.	Degree	University	Year	Grade
1	MD (Kriya Sharira)	BVU, Pune	2009	Pass
2	Diploma in Yoga and Ayurved	TMV, Pune	2007	First class
3	B.A.M.S.	RGUHS, Bangalore	2004	First class
4	H.S.C.	Maharashtra State Board of Secondary and Higher Secondary Examinations	1999	53%
5	S.S.C.	Maharashtra State Board of Secondary and Higher Secondary Examinations	1997	54.26%



Work Experience (Current to Previous)

Sr. No	Name of Institute	Name of University	Number of Year	From the Date	Till the Date	Approval Letter Number
1	Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta	MUHS, Nashik	13years	03/08/2009	Till date	As mentioned above

Faculty Development Programmes Attended (CME/FDP/MDP/ROTP/QIP/MET)

Sr.	Name of Programme	Conducted by	Duration (From and To the Date)
1	Basic workshop in health sciences education technology	Institute of medical education technology and teacher's training, Pune	6 /07/2021 to 08/07/2021
2	Advance course in research methodology	Institute of medical education technology and teacher's training, Pune	22/07 /2021 to 28/07/2021
3	CME	Shri. BMK Ayurved Mahavidyalaya, Belgavi	25/10/2021 to 27/10/2021
4	EPI Info FDP	ADAMC, Ashta	09/12/2021



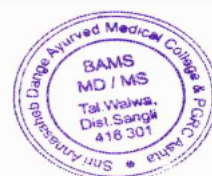
Events Attended/Conducted by faculty (Webinar/Seminar/Workshop/Visit tour/Quiz/Competitions etc.):

Name of the event	Date	Organized by	Duration	Research Paper Title (if presented)	If paper presented (ISBN no)	Attendance Certificate to dept.
National Webinar On Kriya Sharir	5/11/2021	ADAMC, Ashta	1 Day	-	-	Yes
Spirometry camp	5/02/2022	Dhanantary Hospital Ashta	1 day	-	-	Yes

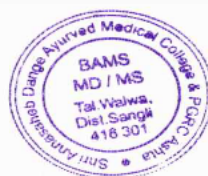
Webinars Attended: 4

Research Papers/Articles

Sr. No.	Title of the paper	Name of the author/authors	Department of the teacher	Name of the journal	Month & Year of publication	ISSN number/Impact factor etc indexing information	Name of the indexing database	WebLink of the recognition in UGC enlistment of the Journal
1	Observational Study of Respiratory Rate in different Dehaprakruti W.S.R. to Shwasgati	Vd. Amit S. Pethkar	KriyaSharir	World Journal of pharmaceutical research	Nov.2021	ISSN:- 2277-7105 Impact Factor- 8.08	Scope Database	www.wjpr.com
2	Conceptual Review of Detaprakruti with respect to ArtavaPravrutti	Vd. Amit S. Pethkar	KriyaSharir	World Journal of pharmaceutical research	Nov.2021	ISSN:- 2277-7105 Impact Factor- 8.08	Scope Database	www.wjpr.com



3	Observational Study of lung Volume and lung capacity in different dehaPrakruti	Vd. Amit S. Pethkar	KriyaSharir	World Journal of pharmaceutical research	Nov.2021	ISSN:- 2277-7105 Impact Factor- 8.08	Scope Database	www.wjpr.com
4	Efficacy of kharjuradileha in kasa with special relation to upper respiratory tract infection in children	Vd. Amit S. Pethkar	KriyaSharir	World Journal of pharmaceutical research	Feb. 2022	ISSN:- 2277-7105 Impact Factor- 8.08		www.wjpr.com
5	Efficacy of Anutaila Nasya in Manyastambha: A case study	Vd. Amit S. Pethkar	KriyaSharir	International journal of Creative research thoughts	March 2022	ISSN:- 2320-2882 Impact Factor- 7.97		www.ijert.com
6	Conceptual study of Asthi Dhatu poshankala with special reference to bone healing process	Vd. Amit S. Pethkar	KriyaSharir	Journal of Emerging Technologies & Innovative Research	July 2022	ISSN- 2349-5162 Impact Factor- 7.95		www.jetir.com
7	A Brief Review of The Efficacy of Ayurvedic Therapeutics In Treating Anxiety Disorders	Vd. Amit S. Pethkar	KriyaSharir	International Ayurvedic Medical journal	April 2022	ISSN:- 2320-5091 Impact Factor- 6.719		www.iamj.com



University Work Experience

1. Worked as External Examiner in MUHS practical exam
2. Worked as convenor in MUHS practical Exam
3. Worked as Junior Supervisor in MUHS theory Exam

Co-Curricular and Extra Curricular Activities

1. Worked as chairperson for Stage committee
2. Worked as chairperson for Food committee
3. Worked as judge for sports events

Competency to undertake the project:

These competencies are essential in ensuring the success and quality of the study, as well as contributing to the advancement of scientific knowledge in cognitive science and brain health.

Research Expertise: The PI should have a strong background in cognitive science, neuroscience, or a related field. They must be experienced in designing and conducting empirical research studies, employing appropriate methodologies, and analyzing data effectively. This expertise is crucial in formulating research questions, selecting appropriate measures, and interpreting the results accurately.

Knowledge of Superbrain Yoga: Familiarity with the principles and practices of Superbrain Yoga is essential for the PI. They need to understand the existing research on the topic and be aware of its potential cognitive benefits. A comprehensive knowledge of Superbrain Yoga ensures the study is grounded in relevant literature and addresses pertinent research gaps.

Project Management Skills: The PI must be a competent project manager, capable of overseeing all aspects of the study. This includes setting realistic timelines, allocating resources effectively, and ensuring the project stays on track. Effective project management ensures the research progresses smoothly and is completed within the designated timeframe.



Team Leadership: As the leader of the research team, the PI must possess strong leadership skills. They should be able to motivate and guide team members, fostering a collaborative and supportive environment. Effective leadership ensures the team works cohesively towards achieving the study's objectives.

Ethical Considerations: Ethical conduct is paramount in research involving human participants. The PI must be well-versed in ethical guidelines and regulations, ensuring that participants' rights and safety are protected throughout the study. Proper informed consent and ethical practices uphold the credibility and integrity of the research.

Analytical and Critical Thinking: Strong analytical and critical thinking skills are essential for the PI to analyze complex data, interpret results, and draw meaningful conclusions. These skills aid in understanding the significance of findings and identifying potential implications for cognitive science and brain health.

Communication and Collaboration: Effective communication is vital for the PI to present research findings, engage with stakeholders, and collaborate with team members and experts in the field. Clear and concise communication enhances the dissemination of research outcomes and facilitates collaboration for future studies.

Grant Writing and Funding Management: The PI may need to secure funding for the project through grant applications. Competence in grant writing and effective funding management ensures that the project is adequately funded and can be executed as planned.

Problem-Solving Abilities: Research projects may encounter challenges and obstacles that require quick and effective problem-solving. The PI's ability to identify and address issues promptly is instrumental in maintaining the study's progress and success.

Publication Track Record: A strong publication track record in reputable scientific journals demonstrates the PI's expertise and contributions to the field. A well-established track record enhances the credibility of the study and its potential impact on cognitive science and brain health.



In conclusion, the competencies of the Principal Investigator play a pivotal role in driving the success of an exploratory study of Superbrain Yoga. From research expertise and knowledge of the subject to effective project management and leadership, these competencies ensure a rigorous and well-executed study, contributing valuable insights to cognitive science and the potential benefits of Superbrain Yoga for cognitive enhancement.

Declaration

I do hereby declare that all the statements made in this CV are true, complete and correct to the best of my knowledge and belief. I understand and agree that in the event of any information being found false or incorrect / incomplete or ineligibility being detected at any time before or after selection.


Signature



CURRICULUM VITAE

Dr.Anjali Upadhye

Email: anjali_upadhye@rediffmail.com

Phone: +91-9922494537/ 9284933236

Website: www.dranjaliupadhye.com

Consultancy: StatsAnjal Statistical Services, Sangli



CAREER OBJECTIVE:

With over twenty one years of teaching experience as a Senior Lecturer, and a versatile experience as a Teacher, Consultant, Trainer, Coordinator, Editor, Pranik Healer & awarded as “**Best Teacher**”. I serve to make this world as better place and good of all.

Currently working as **Senior Approved teacher in Research Methodology and Biostatistics** in Maharashtra University of Health Science, Nashik. Working as **IQAC Coordinator** in our institute as a pillar of quality improvement of organization, **Chief Editor** of Quarterly peer reviewed online journal “Indian Journal of odyssey of Ayurveda” with ISSN 2456-432X with SRIJ impact Factor 5.986, **Associate Editor** of “Subhadra International Journal of Aurveda” with ISSN No 2395-6798. Being selected as “**Faculty for Advance Research Methodology Training Workshop (IMETTT)** from Maharashtra University of Health Sciences, Nashik” ,Selected as “**Faculty for Health Education Training Programmes (HSET)** ” from Maharashtra University of Health Sciences, Nashik” .

As a research contribution, I published seven books on ‘Quantitative techniques of Management’, ‘Statistical Glossography of Women entrepreneurs In Western Maharashtra’, ‘Constructivism of Medical Statistics’, ‘Medical Statistics’, ‘Statistical Inference volume I,II,III’ with ISSN numbers detailed below and **approved as Text Books in MUHS, Nashik** . Published 33 indexed international and national research articles and papers and offering statistical consultancy for educational Projects, conducted 32 research methodology workshops, worked as Key Resource Person in different institutes all over Maharashtra. I am serving as a Ph.D. center Coordinator for my Institute and working on two research grant funded projects.

I always look for a challenging opportunity to hone my Teaching & Managerial skills and also apply my statistical knowledge. I wish to enable collective excellence and technical growth,



personal fulfillment with welcome attitude for new ideas and concepts to enhance the overall growth of the organization.

AREAS OF INTEREST & STUDENT PROJECT MENTOR

- **Statistics and Biostatistics, Business Statistics, Quantitative Techniques**
- **Research Methods & Methodology, Statistical tools and techniques of research**
- **Operations Research, Statistical Inference**
- **General Management, Ethics**
- **Finance, Probability Methods**

EDUCATIONAL BACKGROUND

Sr. No	Degree	University	Year	Grade	Relevant Coursework:
1	Lead Auditor	IRACA, Mumbai	2018	A	ISO 9001-2015
2	Advanced Certificate Course in Health Education Training	Maharashtra University Health Sciences, Nashik	June 2017	A	-
3	Doctor of Philosophy (Ph.D.)	Tilak Maharashtra Vidyapeeth, Pune	December 2015	Thesis title: A study on Women Entrepreneurship Challenges and Prospects with special reference to Sangli District.	
4	Post graduate Diploma in Total quality Management (PGDTQM)	Sikkim Manipal University, Manipal	June 2011 - August 2012	First Class with Distinction	Management
5	Advanced Diploma in Computer System Software (ADCCAA)	Bombay Technical Board, Bombay	June 1992- May 1993	First Class with Distinction	Computer Languages
6	Master's in Business Administration (M.B.A.), Finance	Yashwantrao Chavan Open University, Nashik.	August 2007 - May 2010	First class	Finance
7	Master of Science (M.Sc.), Statistics	Shivaji University, Kolhapur.	July 1989- April 1991	First Class	Statistics
8	Bachelor of Science (B.Sc.), Statistics	Shivaji University, Kolhapur.	August 1986- April 1989	First Class with Distinction	Statistics



WORK EXPERIENCE

- Working as Senior Approved Lecturer & Head of Department of Research in “Hon.Shri. Annasaheb Dange Ayurvedic Medical College and research Center, Ashta, Dist Sangli since 2013 till the date. (as per ref. MUHS/PG/E-3/31/07/1790 & Enrolled as biostatistician in NCIM, New Delhi)
- Working as Statistical Consultant (www.dranjaliupadhye.com)
- Working as Consultant & Mentor for NAAC Accreditation.
- Worked as Assistant Professor in Sinhgad Institute of Business Management. A/p Kamalapur, Dist Sangola from June 2010 to April 2013.
- Worked as Honorary lecturer in Vasantodada Patil Dental college, Kavalapur, Dist. Sangli.
- Worked as Lecturer at Dattajirao Kadam Textile & Engineering College, Ichalkaranji , Dist. Kolhapur from Dec. 2009 –June 2010.
- Senior Lecturer at VPIMSR College of SIBER Kolhapur from Oct 2006 –Dec 2009.
- Dhanjayrao Gadgil College of Commerce, Satara (Rayat Shikshan Sanstha) from June 2003- May 2005.
- Savitribai Phule Mahila Mahavidhalaya, Satara (Rayat Shikshan Sanstha) from1996-2003.
- Arts & Commerce College, Satara. (Maratha Prasarak Mandal, Satara) from 1996-1998.
- Conducting Private coaching classes (CBSC, SSC and ICC) from 1996 -2006.
- Worked as a Statistical Tutor for ICA, CS, and ICWA courses.

TECHNICAL SKILLS

- Expertise in statistical analysis and mathematical research:
 - Generalized Linear Models (Regression Analysis, Analysis of Variance & Covariance, Mixed Models);
 - Logistic Regression Analysis, Survival Analysis; Time series.
- Experimental Designs (Randomized Block Design, Nested Design, Repeated Measures Design, Split-Plot Design):
 - Theory of Probability, Error theory & data processing;



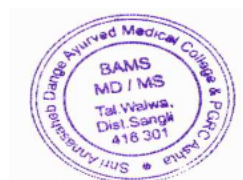
- Advanced Mathematics, Linear Algebra, Complex Functions, Computational Method.
- Research Methodology Working with SPSS
- Medical Statistics
- Data analysis of Projects related to Ph.D., M.Phil., M.D./M.S., M.B.A. etc.

COMPUTER SKILLS

Well acquainted with packages like **Microsoft Office Suite**, Minitab, **SPSS**, **R software**, **EPI INFO** etc.

AWARDS & ACHIEVEMENT WORK

- Awarded with “**Sanjivani**” **Women Entrepreneurship Award 2023**” By Maharashtra Mahila Udyojak Samiti, Maharashtra on 18th March 2023
- Research Innovation presented in “**AVISHAKAR** University level Research Competition” and Awarded as “**Third Prize**”
- Selected as National Member of “**Indian Society of Medical Statistics**” New Delhi
- Selected as “**Expert as a Psychologist**” for the center of MUHS, Nashik
- Selected as a **Nodal Officer** for Vidhayanjali Higher Education Programme on 21/04/2022
- Awarded as National “**Research Excellence Award**” by RSS Associations, New Delhi
- Selected as “**Member of MTC Global**” MTC Global :A Global think tank in Higher Education Dec 2021 by MTCG/2021/M/L/1232
- Selected as “**Member of Board of studies**” in DKTE, Ichalkarnji in Jan 2021 To Jan 2022
- Awarded as “**Best Author**” by Sant. Dnyaneshwar Shikshan Sanstha on 19 Jan.2021
- Awarded as “**Book Publisher**”, “**Research Grant Project Coordinator**” by Sant. Dyneshwar Shikshan Sanstha on 19 Jan.2020
- Awarded as “**Member Editor In SIBM, Newyork**” on 19 Jan.2019
- Awarded as “**Best Teacher**” in Sant. Dyneshwar Shikshan Sanstha on 19 Jan.2018
- Nodal Officer For “**NIRF**” National Institute of Ranking Framework.
- Selected as “**Faculty for Research Methodology Advance Training Workshop (IMETTT)**” as well as “**Faculty for Health Education Training Programme**” from



Maharashtra University of Health Sciences, Nashik”

- **Chief Editor** of Quarterly peer reviewed online journal “Indian Journal of odyssey of Ayurveda” with ISSN 2456-432X with impact Factor 4.139,JIF :0.91
- Worked as **Associate Editor** of “Subhadra International Journal of Aurveda” with ISSN No 2395-6798

CONSULTANCY WORK

- **Founder & Director of Registered Company “StatsAnjal Statistical Consultancy Services” in Sangli since 2017**
- Consultancy work has been doing since 2009, in data analysis work of M.Phil and Ph.D. projects in Shivaji University , Kolhapur. Till 26 Ph.D. projects are completed with the help of MSEXEL and SPSS statistical Software. All projects like Projects on Ph.D. and M.Phil., M.B.A., M.D. are done in SPSS software. Till now around 75 projects has been done.
- Workshops has been conducted on “Mind Power”, “Healing techniques”, in different schools and colleges.
- Consultancy For NAAC Accreditation is started since June 2020, Currently Work is in process for two colleges.
- Consultancy work as ISO Lead Auditor 9001-2015.

WORKING AS A EDITOR AND IN EDITORIAL TEAM

- Working as **Chief Editor** of International Journal :**IJOAR - Indian Journal of Odyssey of Ayurvedic Research**
<http://www.ijooar.com>
ISSN No. :- 2456-432X, Scientific Journal Impact Factor : 5.986, Journal Impact Factor :1.9127, Google Scholar Indexed, ISRA Indexed SCOPE Indexed .
- Working as a **Chief Editor** of International Homeopathy Journal “SKN NiMBUS” (<http://www.sknNimbus.com>)
- Working as **Associate Editor of International Journal: Subhadra** - International Journal of Ayurved Research, ISSN:**2395- 6798 (Print Version)**
- **Editorial Member** of “Science Journal Of Business Management” -SJBM (<http://www.sjbizmgmt.org>)
- **Editorial Member** of “Journal Of Business Management”– IJRDO



<http://ijrdo.org/index.php/bm/about/editorialTeam>)

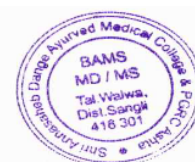
- Reviewer of “International Journal of Research and Analytical forum”
(www.ijrar.org) code no 114063
- Reviewer of “International Journal of Research and Analytical forum”
(www.ijcrt.com) Your Member ID is: 117853

UNIVERSITY WORK EXPERIENCE

1. Working As QAC (Quality Assurance Council) Member of MUHS ,Nashik
2. Working as “Student Counselor” for Psychiatry Dept of MUHS from 30.07.2022
3. Working as “Member of “Board of Studies” in Dattajirao Kadam Textile and Engineering Management College, Ichalkaranji, Kolhapur
4. Working as Ph.D. Center coordinator in ADAMC, Ashta
5. Selected as “Faculty for Advanced Research Methodology Training Workshop (IMETTT)” For Ph.D. Students from Maharashtra University of Health Sciences, Nashik”
6. Selected as “Faculty for Medical Health Education Training Workshops (HSET)” from Maharashtra University of Health Sciences, Nashik”
7. Worked as a team manager of Solapur University Youth Festival team for academic year 2011-12.
8. Worked as Theory and Practical examiner for B.Sc., MBA courses at Shivaji, Solapur University and MUHS, Nashik
9. Worked as a “Paper setter” for subject Research Methodology in Fashion Designing in Sandeep University, Nashik in year 2019-2020

RESEARCH PROJECTS

- 1) Research Project Sanctioned for Rs.9,08,990, By Maharashtra University Of Health Sciences, Nashik on the Research Title “A Double Blind Study of Tetra Packaging: A New Alternative Competitive Remedy of Storage For Ayurvedic Drugs”
- 2) Research Project Sanctioned For Rs.18000 By Maharashtra University Of Health Sciences, Nashik on the research Title “Survey study about menstrual habits in practices among adolescent girls in rural area in Sangli district”
- 3) Research Project on “Adversity Quotient In A Medical Fraternity Selected LTRG project and it is process by Maharashtra University Of Health Sciences, Nashik

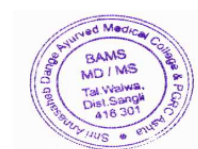


BOOK PUBLICATIONS

1. Book Published on “**Medical Statistics**” (**Text Book of MUHS, Nashik**) with **ISBN NO:978-81-946454-8-1** in 18 Feb.2021 with Joshi Publication House, Pune
2. Book Published on “**Constructivism of Medical Statistics**” (**Reference Book of MUHS, Nashik**) with **ISBN NO:978-81-946454-8-2** in Feb.2020 with Joshi Publication House, Pune
3. Book Published on “**Statistical Inference-Volume I**” with **ISBN no :979-85-625304-5-5 on 18 Nov.2020** with Joshi Publication House, Pune
4. Book Published on “**Statistical Glassography on Women Entrepreneurship**” with Notion Press, Chennai with **ISBN -10: 1684664527, ISBN -13: 978 - 1684664528** in May 2019
5. Book Published on ‘Quantitative techniques in management’ as a co-author.
ISBN No.9380725477
6. Worked as a chief coordinator in Publishing Conference Proceeding NATCON BLAZE 2011, ISBN No. 978-81-921232-01.
7. Worked as a Track coordinator in Publishing Conference Proceeding NATCON BLAZE 2012, ISBN No. 978-81-921232-02.

GRADUATE PROJECTS

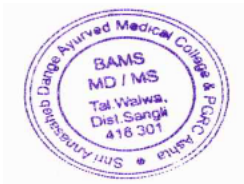
- **Masters’ Thesis: “Analysis of Trends and Patterns in Metal Evolution”**
 - Studied and analyzed the activity movements of five metals throughout their life cycle.
 - Developed a general equation to model the activity life cycle that can be applied to all metals.
- **Simulation Modeling: “Simulation of Computer Labs for Housing & Food Services”**
 - Simulated the working of 4 computer labs maintained by Housing and Food Services.
 - Improved the efficiency by 25% and reduced cost of operation by 10%.
- **Optimization Modeling: “Batch Size Optimization for Shipments to USA”**
 - Optimized the batch sizes for shipments from India to USA.
 - Evaluated the results and designed a shipment schedule.
- **Data Analysis: “Statistical Analysis of New Property Taxation Methodology”**



- Designed a new methodology for taxation of residential properties.
- Tested its effectiveness and ease-of-use.

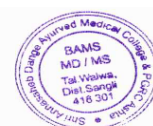
PARTICIPATION IN RESEARCH COMPETITION

- Presented a Project in AVISHAKAR University level Research Competition and Awarded as “Third Prize” on Tetrapackaging: Innovative Storage for Ayurvedic Drugs
- Presented Project on “ Pranic Psychotherapy Healing for Mental Health in workforce in Maharashtra” to Inter University Research Competition Avishkar 2014” conducted by MUHS, Nashik.
- Presented Project on “Effectiveness of Superbrain Yoga on Academics and Psychological well being –A simple exercise to maximize brain power” to Inter University Research Competition Avishkar 2015 & Avishkar 2018” conducted by MUHS, Nashik.
- Presented Project on “Menstrual Hygiene :Perceptions & Practices Among Adolescent Girls in Rural Area of Sangli District” to Inter University Research Competition Avishkar 2019” conducted by MUHS, Nashik.

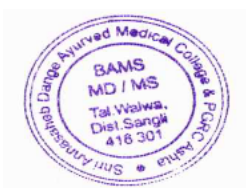


**FACULTY DEVELOPMENT PROGRAMME & NATIONAL SEMINARS
ATTENDED & ORGANIZED**

Sr.No.	Faculty Development Programme	Conducted by
1	Effective Science Communication	IRSHA Bharati Vidhyapeeth University & Rashtriya Ayurved Vyaspeeth Pune on 7 & 8 Oct.2022
2	Short Term Course in Scale Development & Measurement	LOVELY Professional University ,New Delhi on 18 July to 23 July 2022
3	Short Term Course in Scale Development & Measurement	LOVELY Professional University ,New Delhi on 4 April to 19 April 2022
4	Training on “IPR AGENT Training Programme”	LOVELY Professional University ,New Delhi on 14 th March to 24 th March 2022
5	FDP of “Statistical Tools & Research Methodology”	St.Francis Institute of Management & Research ,Borivali East & CSIR held on 31 st Jan to 5 th Feb.2022
6	FDP On “Writing a Research Proposal Including Development of consent Forms & Ethical Considerations in Research Involving Human Participants”	Symbiosis College of Nursing & Institutional Ethics Committee, Lavale ,Mulashi,Pune dated 29 Jan 2022
7	Coordinated and conducted FDP on “IPR & Patents ”	Department of Research,ADAMC ,Ashta on 15 th Jan 2022
8	Coordinated and conducted FDP on “Systematic Review & Meta analysis” and Coordinatorship	Department of Research,ADAMC ,Ashta on 7 th Jan 2022
9	Coordinated and conducted “Certificate Course in Training of EPI INFO”	Department of Research, ADAMC ,Ashta on 6 th Dec to 11 th Dec.2021
10	FDP ON “Strategies tools and techniques for online teaching and learning Evaluation”	St.Francis Institute of Management & Research ,Borivali East held on 9 th August to 14 th August 2021
11	FDP on “ R tools in Statistical Computing”	Department of Statistics, Sommaiya Vidhyavihar College of Science,Mumbai on 18 th May to 28 th May 2020.
13	National Level FDP on “Data Analysis & Statistical Analysis”	Department of Statistics,Dr.Bhimrao Ambedkar University ,Agra held on 27 May 2020
14	Faculty Development Programme on “Outcome based Education & NBA Accrediation”	Sinhgad Institute , Narhe, Pune held on 15 th April 2020
15	State Level Research Competition, in collaboration MUHS, Nashik	ADAMC, ASHTA held on 29 Feb.2020

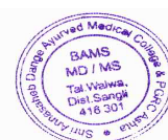


16	National Seminar on “Autoimmune Disorder”	ADAMC, ASHTA held on 29 Feb.2019
17	Faculty Development Programme	ADAMC.ASHTA Held on 24 th and 25 th April 2019
18	Maharashtra Health University of Education Research conference, Nashik	MUHS ,Nashik held on 22 Jan 2018
19	National Seminar on Cancer	ADAMC,ASHTA held on 17 May 2017
20	FDP on “Management of IPR & Patents”	ADCET,ASHTA held on August 2015
21	FDP on “Management of Intellectual Property Rights (IPR) through patents, trademark, copy writes & Industrial designs”	SKNCOE, VADGAON(BK), PUNE, held on 26 Sept 2013
22	FDP on Quality, Reliability and optimization	Padmabhushan Vasantdada Patil Mahavidhyalaya, KavatheManankal, Sangli ((14-15 Feb 2013)
23	Faculty Development Program on “Revised syllabus of M.B.A. pattern”	SKNSBS, Solapur
24	Faculty Development Program on "Statistical Recent Trends"	Vivekananda College, Kolhapur
25	Faculty Development Program on "Ethical Hacking"	SIBER, Kolhapur
26	Faculty Development Program on "Research Methodology"	Shivaji University, Kolhapur
27	Faculty Development Program on "SPSS Training Module"	Physical education Department, university of Pune.
28	Faculty Development Program by Dale Carnegie Training, (ISO 9001 Certification)	SKN Sinhgad Business School, Korti, Pandharpur from Dec. 26 to Jan 07, 2011.



RESEARCH PAPERS/ARTICLES PUBLICATIONS

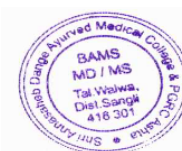
Sr. No.	Title of the paper	Level of Seminar/ Journal	ISSN/ISBN No.	Name of the Institute/Journal	Period
1	Monograph Of Superbrain Yoga on Academics And Psychological Well Being	International Journal of Creative Research Thoughts	ISSN :2320-2882 SIJF Impact Factor 7.97 UGC approved Journal	www.ijert.org	Volume 10, Issue 7 , 22 July 2022
2	Digital Printing Quality Output Vis A Vis its Competence	International Journal of Multidisciplinary Research	ISSN: 2277-7881 JISRAF Impact Factor: 7.816 Index Copernicus Value: 5.16 International Scientific Indexing Value: 2.286 UGC approved Journal Serial No: 41602(2017)	International Journal of Multidisciplinary Research www.ijmar.com	Volume 10, Issue 6(7), June 2021
3	Post-COVID Mucormycosis: A Parallel Pandemic	International Journal of Creative Research Thoughts	ISSN :2320-2882 SIJF Impact Factor 7.97 UGC approved Journal	www.ijert.org	Volume 9, Issue 5 ,5 May 2021
4	Impact of Jain Caste ,Class And Religion On Their Occupation & Business Ethics In Indian Society	Multidisciplinary International Peer reviewed Indexed Research Journal	ISSN:2278-9308 SIJF Impact Factor 7.675 UGC approved Journal	www.ijrar.com	Volume 2 ,23 September 2021
5	Pandemic covid-19: economic encounters & e solutions in indian scenario	International Journal of Odyssey of Ayurveda	ISSN:2456-432X JIF -0.91 SIJF-4.71	www.ijooar.com	Volume 4 ,Issue 1 January 2020
6	Brand Awareness And Audit In Ashirvad Pipes Pvt. Ltd.	International Journal of Research and Analytical Reviews (IJRAR)	UGC Approved , E ISSN 2348-1269 P ISSN -2348-5138 IMPACT FACTOR 5.75 Cosmos Impact factor 4.75	International Journal of Research and Analytical Reviews (IJRAR)	Volume 6, Issue 1, January 2019
7	Challenges Faced By Women Entrepreneurs In Western Maharashtra: A Case Study Method	International Online Indexed Journal.Pazzoait Journals	Impact Factor - 2016: 7.487 ISSN: 2279-0918 (Print) Issn: 2279-0926 (Online);	International Journal Of Entrepreneurship & Business Environment Perspectives	April-May 2017
8	Review Nature of Commerce education and a practical approach to commerce education with	A Multidisciplinary International	Impact Factor :2.148 ONLINE-ISSN : 2394-8550	Educreator Research Journal (ERJ)	May-June 2016



	special to Shivaji university in Maharashtra	Quarterly online reviewed journal		May-June 2016	
9	A study on existing structure of commerce education with reference to universities in Maharashtra	International online Indexed journal	ISSN 2321-9242 Index 2.46 ISI 1.059 GIF 0.326 Volume 3 ,issue 3 Page no 201-225	Asian Research Journal of Business Management	April 2016
10	Women Entrepreneur's opinion about women's potential ability & expectations in Sangli	International online Indexed journal	ISSN 2321-9242 Index 2.46 ISI 1.059 GIF 0.326 Volume 3 ,issue 3 Page no 130-145	Asian Research Journal of Business Management	March 2016
11	Challenges of Women Entrepreneurship with special reference to Sangli District	International Journal	ISSN-2349-8722, Issue 2 April – Sept 2015, Page 58 to 66	IBMR Wakad's Journal of Management Research, Pune	April – Sept 2015
12	Review Article: Basic Aspects of Sample size determination using formulae in Health Science	International Journal	ISSN-2395-6798, ,Volume 1, Issue 1 July 2015, Page 25 to 31	Subhadra – International Journal of Ayurveda	July 2015
13	A study of "Conflict Management Style" with special reference to Kulkarni Power Tools, Ltd, Shirol	International Journal	ISSN-2319-6998. Vol 1 No 1 March 2013, Page 52 to 56	SKN Sinhgad Business School(MBA), Korti, Pandharpur	12 th March 2013
14	Systematic investment plans in mutual fund-with special reference to Joindre Services, Bharshi.	International Journal	ISSN-2249-7463. Vol II, Issue 7 (III), March 2013, Page 1 to 7	Choice Institute of Management studies & Research, Pune	19 th March 2013
15	The study of Pomegranate Cultivation market in Sangola Taluka.	International journal Vol 2, issue 3	ISSN:2249-7463, vol. II, issue 3(1), November 2012, Page no. 58-64	Choice college of Management, Pune	10 th Nov. 2012
16	Vegetable Marketing in Sangli District	National Conference	-	AIMS Management Institute, Baramati	15 th Nov 2012
17	Subconscious mind Exercise and techniques	National	ISBN:978-93-81583-23-4 Page no: 21 -27	SKN Sinhgad Business School [MBA] Korti, Pandharpur, ICON2012	2 nd & 3 rd March 2012
18	Innovative approaches to Management education in India	National	ISSN:2230-8717, vol I, Issue 3, feb 2012,	Matrix Business School, Ambegaon, Pune	17 th to 19 th Feb, 2012



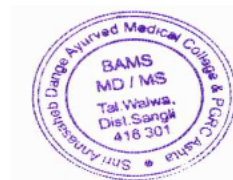
19	A study on Neuro-linguistic programming(NLP) for Goal setting	National	ISBN:978-93-5051-684-3 Page no:249-259	Sinhgad Management School, Kondhapuri ,Pune	16 th to 18 th Feb 2012
20	Indian FMCG sector Growing Trend and Booming Opportunity	National	ISBN:978-93-5024-906-2 Page no 70-77	Sinhgad Institute of Business Management, Kamalapur	18 th &19 th March 2012
21	Innovative approaches to Management education in India	National	ISSN:2230-8717,vol I,Issue 3,feb2012,	Matrix Business School, Ambegaon,Pune	17 th to 19 th Feb,2012
22	A study on Neuro-linguistic programming(NLP) for Goal setting	National	ISBN:978-93-5051-684-3 Page no:249-259	Sinhgad Management School, Kondhapuri ,Pune	16 th to 18 th feb 2012
23	Indian FMCG sector Growing Trend and Booming Opportunity	National	ISBN:978-93-5024-906-2 Page no 70-77	Sinhgad Institute of Business Management, Kamalapur	18 th &19 th March 2012
24	Changing Motivational Factors	National	ISBN:978-81-920972-7-5 Page no:49-57	Dr.BabasahebA mbedkarMarath wada University, Osmanabad	18 th Feb 2012
25	Be Ecstatic with your mind power techniques	National	ISBN:978-81-921232-02 Page no 109-119	Sinhgad Institute of Business Management, Kamalapur	16 th &17 th March 2012
26	Innovative HR practices in IT sector, An Indian Perceptive	National	ISBN:978-93-5051-694-2 Page no:119-125	Sinhgad School of Business Studies,Narhe, Pune 41	3 rd to 5 th Feb 2012
27	Digital Market – Managerial Excellence in Corporate world.	National	-	Dr. Moonje Institute of Management and Computer Studies, Nashik.	15 th Jan 2011
28	A emerging market tool “PASW 18”	National	-	Dattajirao Kadam Textile and Engineering College,Dept of Management,Ich alkaranji	7 th Feb 2011
29	Employee Engagement With Case study of SamrudhiIndutries, Sangli	National	-	Dattajirao Kadam Textile and Engineering College, Dept of Management, Ichalkaranji	7 th Feb 2011
30	IT Practices in Human Resources	National	-	Dattajirao Kadam Textile and Engineering	7 th Feb 2011



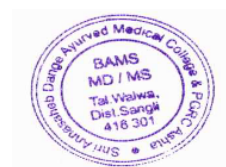
				College, Ichalkaranji	
31	Applications of operations Research in Management	National	ISBN:978-93-5024- 792-1 Page no:221-229	SIBACA, Lonawala, Bombay	27 th Feb 2011
32	IQ-EQ-SQ-for Business leadership	National	ISBN:978-93-5024- 945-1, Page no:94-100	SKNSSBS, Vadgaon, Pune, Confluence 2012	29 th Feb 2011
33	Use of statistical techniques in Agriculture.	State	Page no :49-59	Walchand College of Arts and Science, Solapur.	26 th Nov 2010
34	“A Case Study On Green Marketing.”	State	-	J.D.C. Batco Institute of Management Studies and Research, Nashik.	29 th Oct.2010

WORKSHOPS CONDUCTED FOR PG STUDENTS, PH.D. SCHOLARS & FACULTIES

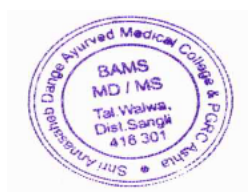
1. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 10 to 12 August 2022 with MUHS, Nashik as a coordinator & Key Speaker.
2. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 24 to 26 August 2022 with MUHS, Nashik as a coordinator & Key Speaker.
3. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 2 to 4 August 2021 with MUHS, Nashik as a coordinator & Key Speaker.
4. Conducted a HSET (Health Science Education Technology) workshop On 6th to 8th September 2021 with MUHS, Nashik as a coordinator & Key Speaker.
5. Conducted a HSET (Health Science Education Technology) workshop On 7th to 9th September 2021 with MUHS, Nashik as a coordinator & Key Speaker.
6. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 15th to 17th July 2021 with MUHS, Nashik as a coordinator & Key Speaker.



7. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 5th to 7th June 2020 with MUHS, Nashik with reference to MUHS/IMETTT/413/2020 and worked as also “KEY SPEAKER” in this workshop
8. Conducted Symposium on IPR & Patents in 20 March 2019
9. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 3rd to 5th March 2017 with MUHS, Nashik with reference to MUHS/IMETTT/1604/2017 and worked as also “KEY SPEAKER” in this workshop.
10. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 10th to 13th March 2017 with MUHS, Nashik with reference to MUHS/IMETTT/1804/2017 and worked as also “KEY SPEAKER” in this workshop.
11. Conducted MET programme (Maharashtra Health Education Teachers training programme) on 13th to 15th August 2016 with reference to MUHS/IMETTT/1824/2016 and also worked as “KEY SPEAKER” in this workshop.
12. Conducted MET programme (Maharashtra Health Education Teachers training programme) on 4th to 6th August 2016 with reference to MUHS/IMETTT/1324/2016 and also worked as “KEY SPEAKER” in this workshop.
13. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 2nd to 4th March 2015 (Batch A) with MUHS, Nashik with reference to MUHS/IMETTT/1597/2015 and worked as also “KEY SPEAKER” in this workshop.
14. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 2nd to 4th Sep.2015 (Batch B) with MUHS, Nashik with reference to MUHS/IMETTT/1626/2015 and worked as also “KEY SPEAKER” in this workshop.
15. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 5th to 7th March 2015 (Batch A) with MUHS, Nashik with reference to MUHS/IMETTT/191/2015 and worked as also “KEY SPEAKER” in this workshop.
16. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 5th to 7th March 2015 (Batch B) with MUHS, Nashik with reference to MUHS/IMETTT/190/2015 and worked as also “KEY SPEAKER” in this workshop.

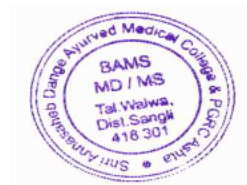


17. Conducted a IMETTT programme (Basic workshop on Research Methodology) On 24th to 26th Feb.2014 with MUHS, Nashik and worked as also “KEY SPEAKER” in this workshop.
18. Attended the workshop on “SPSS 21” in DKTE, Ichalkarnji on 21th Feb,2014.
19. Conducted a MET programme (Basic workshop on Research Methodology) On 12th to 14th July 2013 (Batch A). with MUHS, Nashik and worked as also “KEY SPEAKER” in this workshop
20. Conducted a MET programme (Basic workshop on Research Methodology) On 12th to 14th March 2013 with MUHS, Nashik and worked as also “KEY SPEAKER” in this workshop.
21. Worked as Coordinator in ‘Workshop on SPSS Software and Data Analysis’ at SIBM, Kamalapur, Dist: Solapur in Apr.2012.
22. Worked as a Chairperson in ‘Workshop on Revised Syllabus of MBA Solapur University, Solapur in July 2012.
23. Conducted a three days workshop on “research methodology” at VasantdadaPatil Dental College, Kavalapur, Sangli. on 13th to 15th September 2012
24. Conducted “Zeal 2012 , Annual case study Competition” on 17th September 2012 in SIBM, Kamalapur, dist: Solapur.
25. Conducted a Workshop on ‘Research Methodology’ at VasantdadaPatil Dental College, Kavalapur, Sangli. on July 2011
26. Actively Participated in ‘Workshop on Research Methodology and Quantitative Techniques’ organized by Dept. of Commerce, Shivaji University, Kolhapur in Dec.2010.



WORKED AS RESOURCE PERSON FOR ADV.RM, RM, PH.D. SCHOLARS, FACULTIES

1. Key Resource person at “Research Methodology Workshop” at 14 Feb .2023 held by DYPU, Kolhapur
2. Key Resource person at “Basic Research Methodology Workshop” at 6th Oct.2022 held by MUHS, NASHIK at MES Nursing College ,Chiplun Lote
3. Key member person at “Institutional Ethical Committee” at 24th Sep 2022 held by Ekanath Ayurved Medical College of Pravara Institute ,Shevgaon, Ahmadnagar
4. Key Resource person at “Institutional Ethical Committee” at 20th Sep 2022 held by Sonajirao Kshirsagar Homoeopathic Medical College, BEED
5. Key Resource person at “Basic Research Methodology Workshop” at 13 to 15 July 2022 (batch A, B) held by MUHS, NASHIK at Late Kedari Redekar Aurved College, Gadlinglaj
6. Resource Person for Health Science Education Technology Programme of MUHS University held at MES college of Nursing A/P Lote Ratnagiri on 12 & 13 April 2022
7. Key Note Speaker At National Conference of All India Association of Homeopathy, Aurangabad on 23 & 24 March 2022
8. Key Resource person at “Advance Research Methodology Workshop” at 14 to 21 Feb. 2022 (batch A, B, C) held by MUHS, NASHIK
9. Chair Person & Judge at Research article Competition at National Seminar on “Supraja – 2022” at 29th Jan 2022 held by Dept. of Strirog Prasuti Tantra ,ADAMC Ashta
10. Chair Person at National Seminar on “Organ Donation at 1st Jan 2022 held by Dept. of Rachanasharir, ADAMC Ashta
11. Key Resource person at “Health Science Education Technology Workshop” at 6 to 8 Dec.2021 held by RC, Kolhapur ,MUHS, NASHIK



12. Key Resource person at “Basic Research Methodology Workshop” at 15 to 17 Dec.2021 (batch A, B, C) 2021 held by MUHS, NASHIK
13. Key Resource person at “Basic Research Methodology Workshop” at 22 to 29 Nov.2021 (batch A, B, C) 2021 held by MUHS, NASHIK
14. Key Resource person at “Basic Research Methodology Workshop” at 26 to 28 October 2021 (batch A, B, C) 2021 held by MUHS, NASHIK
15. Key Resource person at “Advance Research Methodology Workshop” at 21 to 27 Sep. 2021 (batch A, B, C) 2021 held by MUHS, NASHIK
16. Key Resource person at “Advance Research Methodology Workshop” at 17 to 23 August 2021 (batch A,B,C) 2021 held by MUHS, NASHIK
17. Key Resource person at “Advance Research Methodology Workshop” at 22 -28 July 2021 (batch A,B,C) 2021 held by MUHS, NASHIK
18. Key Resource person at “Advance Research Methodology Workshop” at 14 to 19 June 2021 (batch A,B,C) 2021 held by MUHS, NASHIK
19. Key Resource person at “Basic Research Methodology Workshop” at 6-8 June (batch A,B,C) 2021 held by MUHS, NASHIK
20. Key Resource person at “Basic Research Methodology Workshop” at 9-11 Jan (Batch B) 2021 held by MUHS, NASHIK
21. Key Resource person at “Basic Research Methodology Workshop” at 10 Jan 2021 (Batch C) held by MUHS, NASHIK
22. Key Resource person at “Basic Research Methodology Workshop” at 5-7 Nov 2020 held by MUHS, NASHIK
23. Key Resource person at “Basic Research Methodology Workshop” at 15-18 Oct 2020 held by MUHS, NASHIK
24. Key Person at “Scientific Session on Biostatistics & Homoeopathy at Sonajirao Kshirsagar Homoeopathic Medical College, BEED on 3rd Jan 2020



25. Key Person at “YMT Ayurvedic Medical College, Navi Mumbai. Kharghar “For NAAC Assessment And Guidance” on 1st Feb. 2020
26. Key Person at “Advance Workshop of Research Methodology, Nashik” on 3rd to 8th Feb. 2020.
27. Key Person at “Loknete Rajarambapu Patil Ayurvedic Medical College, Islampur on 15 Feb. 2020 On Inferential Statistics & Review of Literature
28. Key Person at “Late Kedari Redeker Ayurved College, Gadlingaj” on 22 Jan 2020
On Inferential Statistics & Review of Literature
29. Key Person at “Late Kedari Redekar Ayurved College, Gadlingaj” on 30 Jan 2019
On Inferential Statistics
30. Key Speaker at Maharashtra health University of Nashik at course of Advanced Research Methodology Workshop in 13 Nov.2018
31. Key Speaker at YMT College, Kharghar, Mumbai at course of Advanced Research Methodology Workshop in 18 March.2018
32. Key speaker at “Ayurved College , Bedakihal , Nipani for Biostatistics on 20 Jan 2018
33. Key speaker at “Pravara Ayurved Medical College, Pravaranagar, Shevgaon” speech on IPR & Patents as well as “Introduction to Research and Medical Statistics” on 23 Dec 2017
34. Conducted research Methodology workshop in Dynadeep College, Morbavale, Chiplun
35. Key speaker at “Late Kedari Redekar College, Gadlingaj” speech on Medical statistics
36. Key speaker at “Loknete Rajarambapu College, Islampur” speech on IPR & Patents as Well as “Types of Data and Analysis”
37. Key speaker at “Kodoli Ayurved College, Kodoli, Kolhapur” speech on Qualitative Research Methods



38. Key speaker at “Loknete Rajarambapu College, Islampur” speech on IPR & Patents as Well as “Types of Data and Analysis” and “Inferential statistics “on 21st sep 2016
39. Key speaker at “Pravara Ayurved Medical College, Pravaranagar, Shevgaon” speech on IPR & Patents as well as “Introduction to Research and Medical Statistics” on 19 Sep.2016.
40. Key speaker at “Yashwant Ayurved College, Kodoli, Kolhapur” speech on Qualitative Research Methods and Diagnostic Tests on 3 Dec.2016

COMPETENCIES

- Leadership
- Team Management
- Multitask Management
- Resistance to stress
- Excellent Communication skills
- Adequate Computer skills
- Creative and critical thinking skills
- Initiative for Quality Development work
- Persistency to complete the task & Result Oriented
- Consistent Follow ups & Social strong Built ups

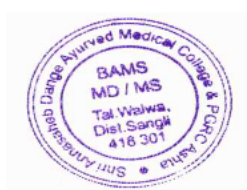
PRESENT STATUS

Working as Head of Department of Research And Medical Statistics & IQAC Coordinator, Research Coordinator in “Hon. Shri Annasaheb Dange Ayurvedic Medical College and Research Center” in Ashta, Dist:Sangli.

DECLARATION

I do hereby declare that all the statements made in this CV are true, complete and correct to the best of my knowledge and belief. I understand and agree that in the event of any information being found false or incorrect / incomplete or ineligibility being detected at any time before or after selection / interview.

Dr. Anjali Upadhye



RESUME : CO-PRINCIPAL INVESTIGATOR

Name :MR.AKSHAY KUMAR CHOUGULE

Email: akshaykchougule@gmail.com

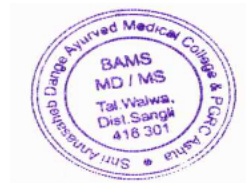
Phone: 9766747597

Career Objective

With the desire of academic development and self-growth, I dream of institutional development with glorious future in regard to research department. With this prime objective I aspire to be a research scholar, lecturer with practical approach to developing ug and pg students.

Personal Information

- **Name:Mr.Akshay Kumar Chougule**
- **Designation: Assistant Professor**
- **Date of Birth: 04/05/1984**
- **Date of Joining: 10/02/2014**
- **Type of Appointment: Temporary**
- **University Approval No.:**
 - 1) MUHS/PG/E-3/31/03/1035 dated 25/04/2016
 - 2) MUHS/PG/E-3/31/01/271 dated 31/01/2017
- **MCIM Registration Number: NA**
- **NCISM Teacher Code: NA**
- **Marital Status: Married**
- **Address For Contact:**540/B, Ramnagar,Galli No.3,Kolhapur Road,Sangli.. Taluka-Miraj, dist- sangli.416416.
- **Academic Qualification: M.Sc. (Biotechnology)**
- **Total Experience in Month : 08 years 05 Months**

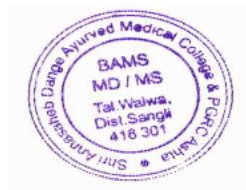


Educational Background (Highest to Lowest)

Sr. No.	Degree	University	Year	Grade
1	M.Sc. (Biotechnology)	SRTMU, Nanded	2009	Pass
2	B.Sc.(Botany)	Shivaji university, Kolhapur	2006	Pass
4	H.S.C.	Maharashtra State Board of Secondary and Higher Secondary Examinations	2001	Pass
5	S.S.C.	Maharashtra State Board of Secondary and Higher Secondary Examinations	1999	Pass

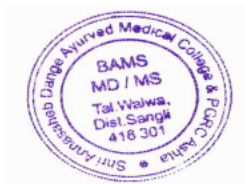
Work Experience (Current to Previous)

Sr. No.	Name of Institute	Name of University	Number of Year	From the Date	Till the Date	Approval Letter Number
1	Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta	MUHS, Nashik	08 years 05 months	10/02/2014	Till date	MUHS/PG/E-3/31/01/271 dated 31/01/2017

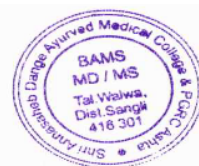
Faculty Development Programmes Attended (CME/FDP/MDP/ROTP/QIP/MET)

Sr. No	Name of Programme	Conducted by	Duration
1	EPI INFO Demonstration & Application Programme	Research Dept.ADAMCAshta.	06/12/2021 to 11/12/2021
2	“Systematic Review & Meta Analysis ” Lecture, Demonstration	Research Dept.ADAMCAshta.	07/01/2022
3	Symposium OnIntellectual Property Rights (IPR) & Patents	Research Dept.ADAMCAshta.	15/01/2022

Events Attended/Conducted by faculty (Webinar/Seminar/Workshop/Visit tour/Quiz/Competitions etc.):



Name of the event	Date	Organized by	Duration	Research Paper Title (if presented)	If paper presented (ISBN no)	Attendance Certificate to dept.
Bheshajamrutam2021:NationalWebinaronAyurvedicpharmacutics	31-08-2021	DeptofRasashastraandBhaishajyakalpana,ADAMC,Ashta	01 day	-	-	Yes
NationalWebinaronMedicalEthicsforAyurvedadoctors	28-04-2021	Dept ofAgadtantra,ADAMC,Ashta	01 day	-	-	Yes
NationalWebinaronSamhitaAvalokan	23-04-2021	DeptofSamhitaSiddhant,ADAMC,ashta	01 day	-	-	Yes
InternationalWebinaronMedicationSafety:Pharmacyperspective	25-09-2021	AnnasahebDangeCollegeofPharmacy,Ashta	01 day	-	-	Yes
Kaumarbhrityam2022	18-02-2022	DeptofKaumarbharityatantra,ADAMC,Ashta	01 day	-	-	Yes
Astropath2022	15-02-2022	DeptofRognidan,ADAMC,Ashta	01 day	-	-	Yes
Swasthyajagam2022	29-01-2022	ADAMC,Ashta	01 day	-	-	Yes
PanchakarmaTatvabodh	22-01-2022	ADAMC,Ashta	01 day	-	-	Yes
NationalWebinaronOrganDonationandBodyDonation:ABoontotheHumanity	01-01-2022	Dept ofRachanaSharira,ADAMC,Ashta	01 day	-	-	Yes



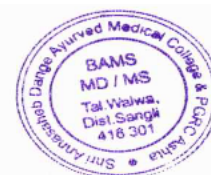
BheshajaSuraksha2022	10-02-2022	ADAMC,Ashta	01 day	-	-	Yes
Dravyadnyanam2022	03-01-2022	DeptofDravyagunavidnyan,ADAMC,Ashta	01 day	-	-	Yes
Supraja2022	21-01-2022	DeptofStreerogaandPrasutitantra,ADAMC,Ashta	01 day	-	-	Yes
Hridayarnav2022:NationalWebinaronHridrogChikitsa	12-02-2022	DeptofKayaChikitsa,ADAMC,Ashta	01 day	-	-	Yes
Shalakyasymposium	02-01-2022	DeptofShalakyatantra,ADAMC,Ashta	01 day	-	-	Yes
Basic Research Methodology Workshop (MET)	15 - 17 July 2021	ADAMC, Ashta and IMETTT,MUHS, Nashik.	03 day	-	-	Yes
Basic Research Methodology Workshop (MET)	02 - 04 August 2021	ADAMC, Ashta and IMETTT,MUHS, Nashik.	03 day	-	-	Yes
Health Education Teacher's training (TTT)	06-08 July 2021	ADAMC, Ashta and IMETTT,MUHS, Nashik.	03 day	-	-	Yes
Health Education Teacher's training (TTT)	08-10 July 2021	ADAMC, Ashta and IMETTT,MUHS, Nashik.	03 day	-	-	Yes

University Work Experience

1. Worked as a Center Observer for Theory Examinations Summer 2021
2. Worked as a Center Observer for Theory Examinations Winter 2021
3. IVS in MUHS Exams from summer 2022.

Co-Curricular and Extra Curricular Activities

1. GMC Research Head, ADAMC, Ashta in 2020-21



2. GMC Research Head, ADAMC, Ashta in 2021-22
3. SmartSchool MIS Co-ordinator at ADAMC, Ashta

Other Information :No Any

Research Projects

Funded Research Project :

Title : Tetra Packaging : A New Alternative Competitive Remedy of Storage for Ayurvedic Drugs.

Reference : MUHS/URD/779/2018 dated 19/12/2018

Fund : Rs. 5,00,000

Principal Investigator :Dr Anjali Upadhye

Members : 1. Dr. Mahesh Inamdar 2. DrSarfrajLandge 3. Mr. AkshayChougule

Present status

Working as n Assistant Professor in Research Methodology & Medical Statistics Department of ADAMC, Ashta.





संत ज्ञानेश्वर शिक्षण संस्थेचे,
मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४११०८, २४११०३
(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)



Sant Dnyaneshwar Shikshan Sanstha's

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.

District. Sangli, Maharashtra, India 416 301 Ph. 02342-241108, 241103 Fax-02342-241110

Approved by N.C.I.S.M, New Delhi ● Affiliated to Maharashtra University of Health Sciences, Nashik

ADAMC

An ISO 9001-2015
An ISO 14001-2015

Ref.No.ADAMC/ 1279/2023

Date : 31/07/2023

Certificate from the Investigator

Project Title:

EXPLORATORY STUDY OF IMPACT OF SPIRITUAL PRACTICES SUPERBRAIN YOGA- A SIMPLE EXERCISE TO IMPROVE MAXIMIZE BRAIN POWER & MENTAL HEALTH

It is certified that

3. The same project proposal has not been submitted elsewhere for financial support.
4. I undertake that spare time on equipment procured in the project will be made available to other users.
- 3 I agree to submit ethical clearance certificate from the concerned ethical committee if the project involves field trails/experiments/exchange of specimens, human & animal materials etc.
6. The research work proposed in the scheme/project does not in any way duplicate the work already done or being carried out elsewhere on the subject.
7. I agree to abide by the terms and conditions of IKS Division of MoE grant.

Signature of the PI

Amit Sudhakar Pethkar
31/07/2023

Name of the PI :Dr.Amit Sudhakar Pethkar

Affiliation of the PI :Professor & HOD

Date:31/07/2023

Place:Ashta,Tal Walwa/Dist :Sangli



● Web Site :- WWW.adamc.ac.in

● Email :- ashta.adamc@gmail.com



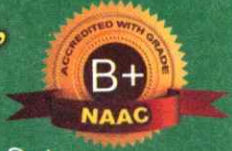
ADAMC

An ISO 9001: 2015

संत ज्ञानेश्वर शिक्षण संस्थेचे,

**मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.**

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४९९०८, २४९९०३
(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)



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Approved by C.C.I.M, New Delhi

● Affiliated to Maharashtra University of Health Sciences, Nashik

Ref.No.ADAMC/1279/2023

Date : 31/07/2023

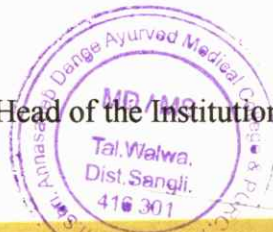
Endorsement from the Head of the Institution

This is to certify that:

1. Certified that the Institute welcomes participation of Dr.Amit Sudhkar Pethkar as the Principal Investigator and as the Co-Investigator Dr.Anjali Upadhye & Mr.Akshay Chougule for the project titled "Exploratory Study Of Impact Of Spiritual Practices Superbrain Yoga- A Simple Exercise To Improve Maximize Brain Power & Mental Health" , and that in the unforeseen event of discontinuance by the Principal Investigator, the Principal Co-Investigator will assume the responsibility of the fruitful completion of the project with due information to IKS Division of MoE.
- 2.The date of project starts from the date on which the Institute receives the grant from Indian Knowledge Systems Division of MoE, New Delhi.
3. The investigator will be governed by the rules and regulations of the Institute and will be under administrative control of the Institute for the duration of the project.
- 4.The grant-in-aid by the IKS Division of MoE, New Delhi will be used to meet the expenditure on the project and for the period for which the project has been sanctioned as mentioned in the sanction order.
- 5.No administrative or other liability will be attached to the IKS Division of MoE, New Delhi at the end of the project.
- 6.The Institute will provide basic infrastructure and other required facilities to the investigator for undertaking the research project.
- 7.The Institute will take into its books all assets created in the above project and its disposal would be at the discretion of the IKS Division of MoE, New Delhi.
- 8.The Institute assumes to undertake the financial and other management responsibilities of the project.



Signature of the Head of the Institution with seal



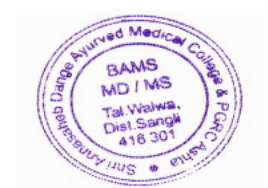
Ashta
31/07/23
PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



DEVELOPMENT & COMPARATIVE ANALYTICAL STUDY OF JEEVAMRUT CULTURE AS ADD ON EFFECT OF DHAYTI (WOODFORDIA FRUTICOSA KURZ) IN JEEVAMRUT

Reference No. : 132023007153



Saved By : Dr. Amit Sudhakar Pethkar

[SERB Qualified Unique Identification Document: SQUID-1982-AP-7925]

Saved Date : 14-Dec-2023

PROPOSAL DETAILS

Dr. Amit Sudhakar Pethkar

avanipethkar@gmail.com

Principal, Proffesor (Kriyasharir)

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta Walwa, Sangli, Maharashtra-416301

[College (Private)]

Technical Details :

Scheme : State University Research Excellence (SERB SURE)
Research Area : Biomedical and Health Sciences (BHS) (Life Sciences)
Duration : 36 Months **Contact No :** +919860963968
Date of Birth : 24-Aug-1982
Nationality : INDIAN **Total Cost (INR) :** 28,42,000

Project Summary :

Jeevamrut is the traditional Indian bio pesticide and organic manure that is prepared by the unique technique of fermentation of the combined mixture of cow dung, cow urine, jaggery, pulses flour, soil and water. Not only it is cost effective but it is beneficial for both plants and soil. Farmers who spends lots of money on organic and inorganic fertilizers and pesticides can save money by using this amazing traditional formulation for plants and soil. Jeevamrut is 100% organic and have no harmful effects on soil and plant health. It is made up of two words "Jeevan" and "Amrit." The first word Jeevan means "Life" and the second word Amrit means "Medicinal potion." To initiate or potentiate the fermentation process numbers of components are required which serve as natural carries of the fermenting organism. Sandhana Kalpana is a distinctive dosage variety in which acidic and alcoholic fermented preparations are formulated in ayurvedic pharmaceuticals. Under fermentation preparations liquid media like decoction, expressed juices etc., sweetening agents, additives, fermentation initiators like flowers of Woodfordia fruticosa Kurz.Culture will be prepared. As per reference from Yogaratnakar by adding flowers of Dhayati a medicinal plant i.e. Woodfordia fruticosa flowers in jeevamrut as fermentation initiator. As the Ayurvedic system of medicines became prosper because it had its concomitant material medica which had been developed to progressive level. Jeevamrut an organic culture which is prepared by fermentation process by using organic materials only. Which gives result of microbe formation which are beneficial for soil and plants. So to enhance the microbial count to get more benefit and also to avoid the basic problems of traditional Jeevamrut this study has taken as project. Proposed study needs to develop and compare the Jeevamrut cultures with diffrenent combination as add on effect of dhayti (woodfordia fruticosa kurz) in jeevamrut in basen floor and as add on effect of dhayti (woodfordia fruticosa kurz) in jeevamrut in jawar floor. It helps to maintain the pH of the soil, improves aeration, increase beneficial bacteria, applicable to all plants and much more. The raw materials used to make this life giving medical potion is generally available in rural areas and farms. Many farmers have already started using this organic traditional manure and have earned a huge profit. Hypothesis of the study: Hypothesis 1 : H0: Culture of Jeevamrut with Dayti and Traditional Jeevamrut ,both are equally effective . H1: Culture of jeevamrut with Dayti is significantly more effective than Traditional Jeevamrut . Hypothesis 2 : H0: Culture of Jeevamrut with Dayti plus Besan floor and Jeevamrut with Dayti plus jawar floor ,both are equally effective . H1: Culture of jeevamrut with Dayti is significantly more effective than Jeevamrut with Dayti plus jawar floor

Objectives :

- To prepare and assess chemical & microbial analysis of traditional Jeevamrut culture.
- To prepare and analysis of Jeevamrut culture with addition of Dhayti (Woodfordia fruticosa Kurz) flowers with besan flour & with Jawar flour.
- To determine the Microbial , physicochemical, biochemical study of collected all samples, season wise to verify quality of jeevamrut as per million microbes .
- To compare the traditional Jeevamrut with Jeevamrut culture with addition of Dhayti (Woodfordia fruticosa Kurz) flowers with besan flour & Jeevamrut culture with addition of Dhayti (Woodfordia fruticosa Kurz) flowers with Jawar flour.
- To increase the rate of fermentation, quality of jeevamrut with per million microbes.
- To review the literature about the study

Keywords :

Jeevamrut, fermentation, microbes, biofertilizer

Expected Output and Outcome of the proposal :

- Formation of Jeevamrut comparatively with traditional besan flour and Jawar flour will also give us result of growth in microbes per million.
- Jeevamrut culture gives better health to soil and plants with microbes prepared as per traditional way but the Jeevamrut prepared by using dhayati flower which increases the number of microbes as compared to the traditional process.
- The increased microbes and concentration of material gives better result in maintaining the health of plants and soil.
- Farmers will get the advanced culture to develop their farm soil as well as crops also.
- The use of flowers can enhance the quality of culture like smell etc which initiates the farmers to extend its use.
- The Jeevamrut formulation process is of 8 to 10 days and the addition of flowers of dhyati may reduce this time and researcher is going to assess its rate of fermentation so it may be a challenge for this study.

Any other relevant information:

PI & COPI are working on research grant project of "Adversity Quotient in medical fraternity " of sanctioned amount Rs.100000 approved by Maharashtra University of Health Sciences,Nashik . We achieved the second prize for this concept at state level research competition "AVISHKAR 2023" and this project is selected to present at National level research competition. 1.We filed the patent application no.:IN 202321085625 on date December 15 2023 with title" Development of culture as an add on effect of Dhyati (Woodfordia Fruticosa Kurz) in Jeevamurt" and in process of publication of PI & COPI . 2.We filed the patent with number Patent ID No. 9724747 with Trade mark with COPI .

Suitability of the proposed work in major national initiatives of the Government:

Make in India, Swachh Bharat, Smart Village

Theme of Proposed Work:

Health, Environment

Collaboration Details for last 5 Years :

Planned Collaboration for the proposed work with any foreign scientist/ institution ?

No

SNNo.	CO-PI Details
1	 <p>Ajitkumar Herwade ajitherwade33@gmail.com Professor(Dravyaguna)</p> <p>Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta Walwa, MAHARASHTRA, SANGLI <i>College (Private)</i> D.O.B : 27 Jul, 1981</p>
2	 <p>Anjali Upadhye anjali_upadhye@rediffmail.com HOD & PROFESSOR(RESEARCH)</p> <p>Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta Walwa, MAHARASHTRA, SANGLI <i>College (Private)</i> D.O.B : 15 Nov, 1968</p>
3	 <p>Ashwini Patil patilashwini244@gmail.com Associate Proffesor(Kriyasharir)</p> <p>Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta Walwa, MAHARASHTRA, SANGLI <i>College (Private)</i> D.O.B : 15 Jul, 1986</p>

Project Title:

DEVELOPMENT & COMPARATIVE ANALYTICAL STUDY OF JEEVAMRUT CULTURE AS ADD ON EFFECT OF DHAYTI (WOODFORDIA FRUTICOSA KURZ) IN JEEVAMRUT

Introduction:

Jeevamrut is the traditional Indian **bio pesticide** and **organic manure** that is prepared by the unique technique of fermentation of the combined mixture of cow dung, cow urine, jaggery, pulses flour, soil and water.

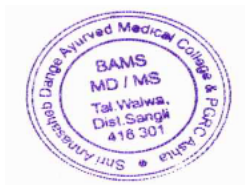
Jeevamrut an organic culture which is prepared by fermentation process by using organic materials only. Which gives result of microbe formation which are beneficial for soil and plants. So to enhance the microbial count to get more benefit and also to avoid the basic problems of traditional Jeevamrut this study has taken as project.

Proposed study needs to develop and compare the Jeevamrut cultures with different combination as add on effect of dhayti (woodfordia fruticosa kurz) in jeevamrut in basen floor and as add on effect of dhayti (woodfordia fruticosa kurz) in jeevamrut in jawar floor.

1.State of the Art:

Definition of the problem:

Culture of Jeevamrut is prepared by traditional way by using common enhancer which gives number of microbial counts in soil as a biofertilizer but the another traditional fermentation initiator Dhayati which can give increase in number of microbial counts and contents like Nitrogen, Potassium and Phosphorus etc. It also contains all other micronutrients responsible for plant growth and development. Jeevamrut is completely organic manure provides all the nutrients required for plant growth and it also prevents plants from pest and diseases. Unlike other organic manure that takes months to be prepared where as Jeevamrut works within few weeks. It helps to maintain the pH of the soil, improves aeration, increase beneficial bacteria, applicable to all plants and much more. The raw materials used to make this life giving medical

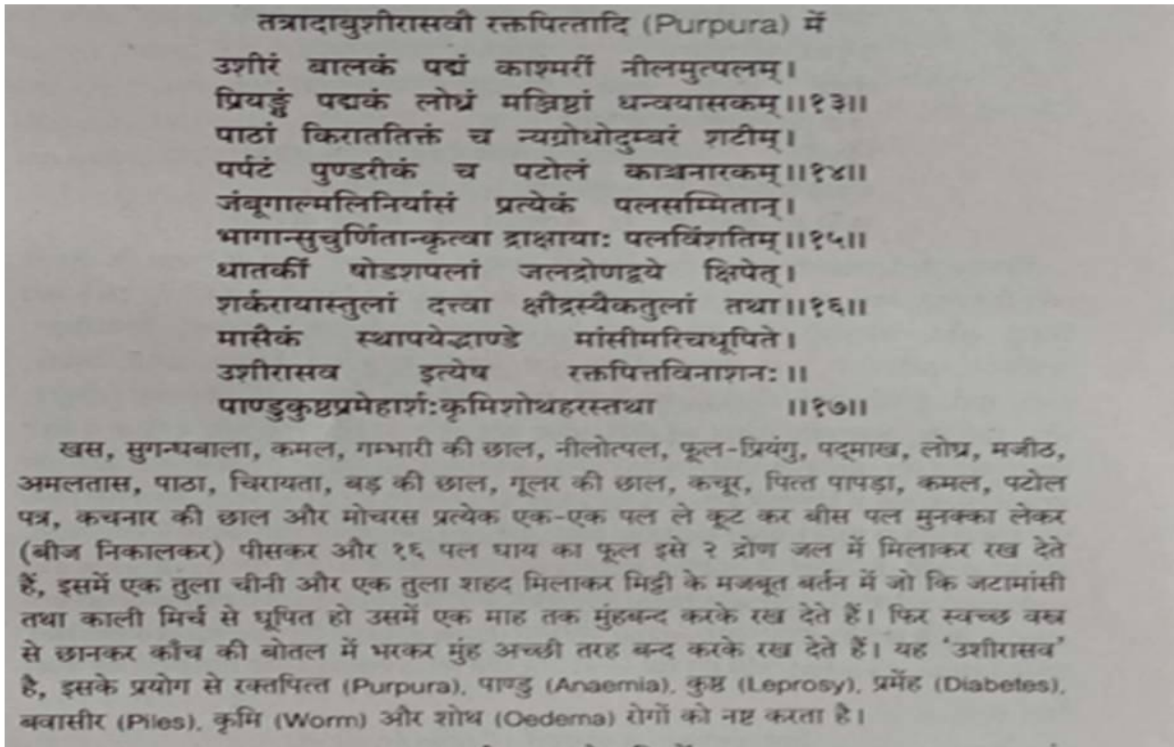


potion (nutrition) is generally available in rural areas and farms. Many farmers have already started using this organic traditional manure and have earned a huge profit.

2.Origin of the proposal

Culture with Jeevamrut and Dhayti will be a rich source of Nitrogen, Potassium and Phosphorus. It also contains all other micronutrients responsible for plant growth and development. Jeevamrut is the traditional Indian bio pesticide and organic manure. It also prevents plants from pest and diseases.

As per reference in Ayurveda of Yogaratnakar by adding *W. fruticosa* flowers in jeevamrut as fermentation initiator. As the Ayurvedic system of medicines became prosper because it had its concomitant materia medica which had been developed to progressive level.



(Source: Yogratnakar Samhita)

Adding to this ,As per reference of review of literature, Number of colonies (NOC) CFU/g in culture will be increased upto 1. KAD-I (20×10^8) and 2. KAD-II (4×10^8) (as per Microbiological study of total yeast count of- KAD-I,KAD-II samples) Total aerobic yeast colonies count of



culture samples was carried out by plate count method and this procedure was done with serial dilution method. On 5th day, incubated plates of *W. fruticosa* flowers have shown more amounts of colonies of microbial growth (20×10^8). Microbiological study has shown that culture prepared with *W. fruticosa* flowers and their Sediment has more number of colonies of microbial growth [2]. Different microbial populations present in Jeevamruth Organisms Colony count (cfu/ml) Bacteria 20.4×10^5 , Fungi 13.8×10^3 , Actinomycetes 3.6×10^3 , Phosphate solubilizing organisms 4.5×10^2 , Free living n₂-fixers 5.0×10^2 .

Source: (https://agritech.tnau.ac.in/org_farm/orgfarm_ofk_soil.html)

As per above study ,and reference of Ayurveda , researcher concentrates on increase of rate of fermentation and if as a considering the cost effectiveness ,if we take a jawar flour as a base instead of besan flour then is it give a positive results as a add on effect in Jeevamurt ? is the question of innovation.

Research Challenge

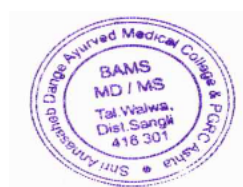
As traditional jeevamrut formulation process is of few days and the addition flowers of dhyati which takes few months for fermentation , is going to assess its effect within one week so it may be a challenge for this study. We can assess its effect on fermentation and the extraction of nutrients periodically. This can help us the consistent growth of microbes and percentage of other chemical materials.

As a research gap, researcher concentrates on increase of rate of fermentation and if as a considering the cost effectiveness ,if we take a jawar flour as a base instead of besan flour then is it give a positive results as a add on effect in Jeevamurt ? is the question of innovation.

Is there any significant increase in micronutrients is the challenge for the researcher.

Review of Literature:

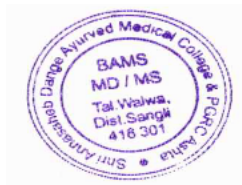
1. Karan bhadu rajasthan college of agriculture, udaipur, rajasthan, india has published an article –“a field experiment was conducted during rabi 2017-18 and 2018-19 at organic farming unit of instructional agronomy farm, rajasthan college of agriculture, udaipur, rajasthan to study the influence of different concentrations of jeevamrut and its time of application on growth, yield attributes and yield of wheat grown under organic farming.” <https://doi.org/10.56093/ijjas.v9i1i6.114301>



2. Nitin and dr. Hs purohit has done a pot culture experiment was conducted at organic farming unit, rajasthan college of agriculture, mpuat, udaipur, to study the effect of different jeevamrut based liquid organic formulations on biochemical properties of soil and on plant growth of blackgram during kharif 2019. The various types of liquid organic formulations were prepared from plant and animal origin wastes and are effective in the promotion of growth and fruiting in blackgram. Jeevamruth promotes immense biological activity in soil and enhance nutrient availability to crop. (doi: <https://doi.org/10.22271/chemi.2021.v9.i1af.11564>)
3. Nitin shivajirao ugale has submitted thesis –“effect of different organic inputs with jeevamrut on yield, quality and soil properties in soybean-wheat cropping sequence”
4. Bishal chakraborty* and indrajit sarkar has completed a study on quality analysis and characterization of panchagavya, jeevumrutha and sasyamrutha was carried out in the departments of soil science, plant pathology and biochemistry, ubkv, coochbehar-736165, west bengal during february, 2019.
5. Somdutt, karan bhadu, r.s. rathore, p.s. shekhawat has published a review article on jeevamrut and panchagavya’s consequences on growth, quality and productivity of organically grown crops.

Research Objectives:

- To prepare and chemical & microbial analysis of traditional Jeevamrut culture.
- To prepare and analysis of Jeevamrut culture with addition of Dhayti (*Woodfordia fruticosa* Kurz) flowers with besan flour & with Jawar flour.
- To determine the Microbial , physicochemical, biochemical study of collected all samples, season wise to verify quality of jeevamrut as per million microbes .
- To compare the traditional Jeevamrut with Jeevamrut culture with addition of Dhayti (*Woodfordia fruticosa* Kurz) flowers with besan flour & Jeevamrut culture with addition of Dhayti (*Woodfordia fruticosa* Kurz) flowers with Jawar flour.
- To increase the rate of fermentation, quality of jeevamrut with per million microbes.
- To review the literature about the study



3. Work plan:

3.1. Methodology:

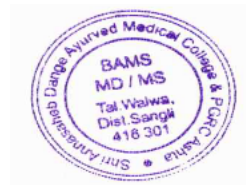
We are undergoing to compare the contents and culture of Jeevamrut preparation by using traditional contents and modified contents. This includes traditional preparation of Jeevamrut , then second process by using Dhayati flower as fermentation initiator with besan flour and same process with Jawar flour at the place of Besan flour. This study will give us idea about use of flours as per crops.

Preparation of traditional culture of Jeevamrut , then jeevamrut with dhayati flower with besan and jeevamrut with jawar with dhayati. Then collection of culture for tests of their organoleptic , physicochemical, Bio chemical and microbial study to assess the difference between microbial count as well as chemical concentration with their change in percentage.

Raw Material : To prepare this organic manure we need ingredients as follows,

Experiment Trail 1 :Comparison study of **Jeevamrut & Jeevamrut with dhayati flower**

Ingredients	Jeevamrut Quantity	Jeevamrut with dhayati flower
Water	200 Litres	200 Litres
Cow Dung	10 Kilograms	10 Kilograms
Cow Urine	10 Litres	10 Litres
Pulse(Besan) Flour	2 Kilograms	2 Kilograms
Jaggery	2 Kilograms	2 Kilograms
Soil	A handful	A handful
Additional		6 kg dhayati flower

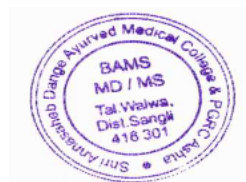


Experiment Trail 2 :Comparison of Jeevamrut with dhayati flower with Besan flour & Jeevamrut with dhayati flower with Jawar flour

Ingredients	Jeevamrut with dhayati flower with Besan flour	Jeevamrut with dhayati flower with Jawar flour
Water	200 Litres	200 Litres
Cow Dung	10 Kilograms	10 Kilograms
Cow Urine	10 Litres	10 Litres
Flour	2 Kilograms (Besan flour)	2 Kilograms (Jawar flour)
Jaggery	2 Kilograms	2 Kilograms
Soil	A handful	A handful
Dhayti flowers	6 kg dhayati flower	6 kg

Experiment Trial 3:Comparison of seasonal timeline

Time line of study	Jeevamrut Quantity	Jeevamrut with dhayati flower with Besan flour	Jeevamrut with dhayati flower with Jawar flour
YEAR 1			
Season 1 :Winter (as per start of project)	Test 1(10 plates with different dilute solutions)	Test 2 (10 plates with different dilute solutions)	Test 3 (10 plates with different dilute solutions)
Season 1 : Summer (as per start of project)	Test 4 (10 plates with different dilute solutions)	Test 5 (10 plates with different dilute solutions)	Test 6 (10 plates with different dilute solutions)

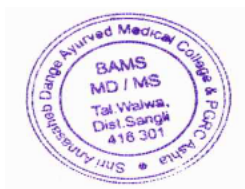


Season 1 :Rainy season (as per start of project)	Test 7 (10 plates with different dilute solutions)	Test 8 (10 plates with different dilute solutions)	Test 9 (10 plates with different dilute solutions)
YEAR 2			
Season 1 :Winter (as per start of project)	Test 10 (10 plates with different dilute solutions)	Test 11 (10 plates with different dilute solutions)	Test 12 (10 plates with different dilute solutions)
Season 1 : Summer (as per start of project)	Test 13 (10 plates with different dilute solutions)	Test 14 (10 plates with different dilute solutions)	Test 15 (10 plates with different dilute solutions)
Season 1 :Rainy season (as per start of project)	Test 16 (10 plates with different dilute solutions)	Test 17 (10 plates with different dilute solutions)	Test 18 (10 plates with different dilute solutions)

(As per sources each test cost is approximately Rs 8000,Quotation of Nikhil Labs,Sangli)

Preparation Method:

Mixing of **cow urine + cow dung + pulses(Besan) floor + jaggery** (dissolved in 10 litres water) + **A handful of soil** in a separate container and mix this mixture very well.In a **non metallic barrel of 200 litres capacity**, fill water and pour the prepared mixture of cow dung, cow urine, pulses floor, jaggery and soil in the barrel. With the help of **wooden stick** stir the mixture in the barrel clockwise and anticlockwise. Keep repeating this process two times in a day i.e. first stir in the morning and second in the evening for 7 days. Keeping this barrel in shadow area is necessary. After 7 days the beneficial organic manure will become ready to be used. You can apply this liquid manure in the form of spray or drip at the base of plant. *Dhayati pushpa* (*Woodfordia fruticosa* Kurz.) were collected from herbal medicinal garden of college.



Statistical Analysis of data :

Analytical Study will be carried out as per following criteria,

a. Organoleptic study:

All the cultures will be undergone for organoleptic study to assess their odour, touch , color etc. It will help farmers to choose the suitable culture.

b. Chemical Study:

All the cultures will be undergone with the tests like pH, EC, Organic carbon, Total N,P,K, and Nutritional values and total micro-nutrients etc.

c. Bio-chemical Study:

These tests are Ascorbic acid, Indole acetic acid, Gibberlic acid, cytokinin etc are to carried out under this Bio-chemical tests.

d. Microbial Study:

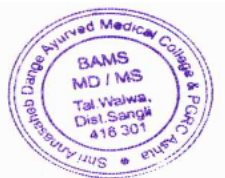
Microbial study will be conducted to evaluate the quantity of total number of e.coli, azospirillum, Azotobacter, Pseudomonas, Rhizobium, Bacterial count, Fungal count, Actinomycetes count etc.

e. Statistical Analysis will be done using appropriate methods of study

- Descriptive statistics
- Inferential Statistics
- Analysis of Variance etc.

Expected Outcome of the study:

1. Jeevamrut culture gives better health to soil and plants with microbes prepared as per traditional way but the Jeevamrut prepared by using dhayati flower which increases the number of microbes as compared to traditional process.
2. The increased microbes and concentration of material gives better result in maintaining the health of plants and soil.
3. Farmers will get the advanced culture to develop their farm soil as well as crops also.
4. The use of flowers can enhance the quality of culture like smell etc which initiates the farmers to extend its use.
5. Formation of Jeevamrut comparatively with traditional besan flour and Jawar flour will also give us result of growth in microbes.
6. Comparative study with different combinations will help to increase the yield of crops as per Ayurvedic Principles.

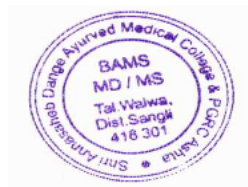


4. Organization of work elements

1. Literature review
2. Plan of study
3. Pre formulation studies
4. Collection of raw materials
5. Experimentation and trials
6. Evaluation studies
7. Organisation and compilation of data.

3.2 :Time schedule of activities as per mile stone (in month quarter)

S. No	Activity	0-3	4-6	7-9	10-12	13-15	16-18	19-21	22-24	25-27	28-30	31-33	33-36
1.	Literature survey, Systematic review												
2.	Collection of Raw material ,Purchase of equipment , Experimental set up												
3.	Preparation of culture Season wise												
4.	Pre & Post Laboratory Testing												
5.	Collection of data & Preparation of Master Data for different trials												
6.	Statistical Analysis of Data												
8.	Report & Presentation of Data												



4. Expertise:

4.1: Expertise available with the investigators in executing the project:

Principle Investigators and Co-PI are having expertise in the formulation, optimization and development of Ayurvedic formulations As they are working in ayurvedic institute as well as PI and CO-PI has very good experience to performing vivo and in vitro studies.

PI & COPI are working on research grant project of “Adversity Quotient in medical fraternity “sanctioned by Maharashtra University of Health Sciences,Nashik .

We achieved the **second prize** for this concept at state level research competition “**AVISHKAR 2023**” and this **project is selected to present at National level research competition.**

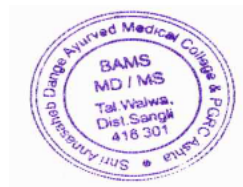
We filed the patent with number Patent ID No. 9724747

4.2: Summary of Roles & Responsibilities for all investigators:

S. No.	Name of the Investigators	Role	Responsibilities
1.	Dr.Amit Pethkar	PI	Design and Planning of work ,infrastructural help, evaluation and assessment of project etc.
2.	Dr.Ajit Herwade	Co-PI(1)	To perform the experimental trails and observations ,compilation of data, data collection
3	Dr.Anjali Upadhye	Co-PI(2)	Data Collection, Evaluation, assessment , compilation of data, data analysis, report writing
4	Dr.Ashwini Patil	Co-PI(3)	To perform the experimental trails and observations ,compilation of data, data collection

4.3: Bibilography:

1. Paranjpe P, Indian Medicinal Plants-Forgotten Healers,A Guide to Ayurvedic herbal medicine, ChaukhambhaSanskrit Pratishthan, Varanasi, 2005, p.23



2. Pargunde S, Thakkar J, Basaiye R. A review on Sandhana Kalpana, J Ayurpub. 2017; 2(2):414-420.
3. Shastri S, Yogaratnakar, Vidyotini Hindi Commentary, Chaukhambha Sanskrit Sansthan, Varanasi, reprinted., 2005, p.382.
4. Admani M, Kumar KS, Mallya SV. Pharmacognostic characterisation of flowers Woodfordia fruticosa Kurz. (Dhataki Pushpa) used as fermentation initiators. Journal of Ayurvedic and Herbal Medicine. 2015;1(1):09-12



Budget Details

Institution wise Budget Breakup :

Budget Head	Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta	Total
Research Personnel	19,68,000	19,68,000
Consumables	1,89,000	1,89,000
Travel	90,000	90,000
Equipment	3,05,000	3,05,000
Contingencies	1,60,000	1,60,000
Other cost	70,000	70,000
Overhead	60,000	60,000
Total	28,42,000	28,42,000

Institute Name : *Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta*

Year Wise Budget Summary (Amount in INR) :

Budget Head	Year-1	Year-2	Year-3	Total
Research Personnel	6,36,000	6,36,000	6,96,000	19,68,000
Consumables	94,500	94,500	0	1,89,000
Travel	30,000	30,000	30,000	90,000
Equipments	3,05,000	0	0	3,05,000
Contingencies	80,000	80,000	0	1,60,000
Other cost	20,000	20,000	30,000	70,000
Overhead	20,000	20,000	20,000	60,000
Grand Total	11,85,500	8,80,500	7,76,000	28,42,000

Research Personnel Budget Detail

 (Amount in INR) :

Designation	Year-1	Year-2	Year-3	Total
Field Worker <i>For working and helping purpose ,travelling,other help</i>	48,000	48,000	48,000	1,44,000
Junior Research Fellow <i>JRFs often work alongside senior researchers, contributing actively to ongoing research projects. Their contributions can range from data collection and analysis to experimentation and literature review, thereby advancing the progress of the research.</i>	4,44,000	4,44,000	5,04,000	13,92,000
Laboratory Assistant <i>For laboratory data collection purpose ,and other quality control equipments assessment</i>	1,44,000	1,44,000	1,44,000	4,32,000

Consumable Budget Detail

 (Amount in INR) :

Justification	Year-1	Year-2	Year-3	Total
<i>For procurement of raw materials- Water, Cow dung, Cow urine, Pulse flour, Jaggery mud, Dhayati flowers etc, as per seasonwise ,testwise will need to purchase every time as per test .</i>	94,500	94,500	0	1,89,000

Travel Budget Detail

 (Amount in INR) :

Justification (Inland Travel)	Year-1	Year-2	Year-3	Total
<i>For attending Conferences/workshops/ Seminars and travel related to research work.</i>	30,000	30,000	30,000	90,000

Equipment Budget Detail

 (Amount in INR) :

Generic Name ,Model No. , (Make)/ Justification	Quantity	Spare time	Estimated Cost
Jeevamrut Culture formation cum Filter Machine Along with construction of foundation for it and Gree (India) <i>Jeevamrut Culture formation cum Filter Machine is required . Along with construction of foundation for it and Green Shadenet House to store it as per season.</i>	1	25 %	3,05,000

Contingency Budget Detail

 (Amount in INR) :

Justification	Year-1	Year-2	Year-3	Total
<i>For evaluation of sample/ outsourcing the facilities to complete the research work.like laboratory testing during the project.</i>	80,000	80,000	0	1,60,000

Overhead Budget Detail

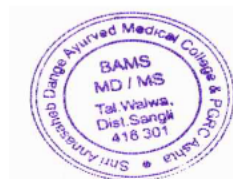
 (Amount in INR) :

Justification	Year-1	Year-2	Year-3	Total
<i>Institutional overhead, Sudden expenses Reports etc.</i>	20,000	20,000	20,000	60,000

Other Budget Detail

 (Amount in INR) :

Description/Justification	Year-1	Year-2	Year-3	Total
<i>Other expenses like statistical analysis, publication, software purchase, stationary expenses etc.</i>	20,000	20,000	30,000	70,000



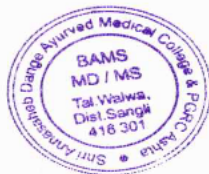
PROFORMA FOR BIO-DATA (to be uploaded)

1. Name and full correspondence address
Dr. Amit Sudhakar Pethkar
Principal, Professor & HOD of Kriyasharir
Hon. Annasaheb Dange Ayurved College, Ashta, Sangli, 416301
2. Email(s) and contact number(s) - avanipethkar@gmail.com, 9860963968
3. Institution- Hon. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center, Ashta, Dist :Sangli
4. Date of Birth – 24/08/1982
5. Gender (M/F/T)- Male
6. Category Gen/SC/ST/OBC- OBC
7. Whether differently abled (Yes/No)- No
8. Academic Qualification (Undergraduate Onwards)

Sr.No.	Degree	Year	Subject	University/Institution	% of marks
1.	BAMS	2004	Ayurved Graduate	Rajiv Gandhi Health University Of Health Sciences Bangalore	First Class
2.	MD Ayurved	2009	Kriya Shareer	Bharati Vidyapeeth University Pune	Pass
3.	Diploma inn Yoga and Ayurveda	2007	Yoga and Ayurved	Tilak Maharashtra University Pune	First Class

9. Ph.D thesis title, Guide's Name, Institute/Organization/University, Year of Award.
-Not Registered for PhD
10. Work experience (in chronological order).

Sr.No.	Positions held	Name of the Institute	From	To	Pay Scale
1.	Assistant Professor	Hon. A. D.A.M.C. Ashta	2009	2016	Basic Rs.8000
2.	Associate Professor	Hon. A. D.A.M.C. Ashta	2016	2021	Basic Rs.12000
3.	Professor	Hon. A. D.A.M.C. Ashta	2021	Till date	Basic Rs.12000



11. Professional Recognition/ Award/ Prize/ Certificate, Fellowship received by the applicant.

Sr.No	Name of Award	Awarding Agency	Year
1.	Best Teacher Award	SDSS Islampur Sangli	2015

12. Publications (List of papers published in SCI Journals, in year wise descending order).

Sr. No.	Author	Articles	Title of Journal	Volume and Issue	Page No	Year
1	Vd.Amit S Pethkar	Shwitra- a case study	Subhadra international journal of ayurveda	Volume1 issue no 1 - 2 july 2015	82-84	2015
2	Vd.Amit S Pethkar	A literally review on stress in different dehaprakruti	Subhadra international journal of ayurveda	Volume1 issue no 1 - 1 jan 2016	33	2016
3	Vd.Amit S Pethkar	Mode of action of virechan in psoriasis	Subhadra international journal of ayurveda	Volume1 issue no 4 - 4 oct 2016	45-46	2016
4	Vd.Amit S Pethkar	Understanding the advanced molecular genetics and its used in medical diagnosis and treatment	Subhadra international journal of ayurveda	Volume1 issue no 4 - 4 oct 2016	1-3	2016
5	Vd.Amit S Pethkar	A study of association between the lifestyle factors and agni in a normal person	Subhadra international journal of ayurveda	Volume1 issue no 02- 02april 2016	62-68	2016
6	Vd.Amit S Pethkar	Pranayama, yoga and ayurveda in day to day life	Subhadra international journal of ayurveda	Volume1 issue no 3- 03 july2016	9-17	2016
7	Vd.Amit S Pethkar	Study of relation between pitta pradhan prakruti, pulse rate and nadi gati in males acc.to ayurveda as well as modern science	IJOAR	Volume1 issue no 2 - 22 feb 2017	44-58	2017
8	Vd.Amit S Pethkar	Comparision of vata karya with modern physiological aspect	Subhadra international journal of ayurveda	Volume1 issue no 4- 04 oct 2017	35-39	2017



Sr. No.	Author	Articles	Title of Journal	Volume and Issue	Page No	Year
9	Vd.Amit S Pethkar	An Observational Study of Application Of OSPE Technique To Practical of Prakruti Parikshan Of Kriya Sharir	Subhadra international journal of ayurveda	Volume1 issue no 4-04 oct 2018	55-58	2018
10	Vd.Amit S Pethkar	Concept Of Prakruti- A Literary Review	Subhadra international journal of ayurveda	Volume1 issue no 4-04 jan 2019	25-26	2019
11	Vd.Amit S Pethkar	Observational study of respiratory rate in different Deha Prakriti.	World Journal of pharmaceutical research	Vol 10, issue 14 Nov.2021		Nov.2 021
12	Vd.Amit S Pethkar	A conceptual review of Deha Prakriti with respect to Aartav pravritti.	World Journal of pharmaceutical research	Vol 10, issue 14 Nov.2021		Nov.2 021
13	Vd.Amit S Pethkar	Observational study of lung volume and lung capacity in different Deha Prakriti.	World Journal of pharmaceutical research	Vol 10, issue 14 Nov.2021		Nov.2 021
14	Vd.Amit S Pethkar	Efficacy of kharjuradi leha in kasa with special relation to upper respiratory tract infection in children	World Journal of pharmaceutical research	Vol 11, issue 03 Nov.2022		Feb. 2022
15	Vd.Amit S Pethkar	Efficacy of Anutaila Nasya in	International journal of Creative research thoughts	Vol 10, issue 03 March 2022		Marc h 2022



		Manyastambha: A case study				
16	Vd.Amit S Pethkar	A Brief Review of The Efficacy of Ayurvedic Therapeutics In Treating Anxiety Disorders	International Ayurvedic Medical journal			April 2022
17	Vd.Amit S Pethkar	Conceptual study of Asthi Dhatu Poshan Kala with special reference to bone healing process	Journal of Emerging Technologies & Innovative Research	Vol 09, issue 07	171 - 175	Jully 2022
18	Vd.Amit S Pethkar	Garbha Sharir in Ayurveda	Journal of Pharmaceutical Negative Results	Vol.14, issue 3	761- 764	Jan.202 3

13. Detail of patents.

Sr.No	Patent Title	Name of Applicant(s)	Patent No.	Award Date	Agency/Country	Status
1	DEVELOPMENT OF AN ADD ON EFFECT OF DHAYTI (WOODFORDIA FRUTICOSA KURZ) IN JEEVAMRUT	1.Dr.Amit Pethkar 2.Dr.Anjali Upadhye 3.Dr.Ashwini Patil 4.Dr.Ajit Herwade 5.Dr.Vijay Dange	Ref: IN 202321085625	In Process	Chaitanya Research & Technanology A/p Vadgaon (JS),Taluka Khatav ,Dist:Satara	In process

14. Any other Information (maximum 500 words)

- ✚ Selected as Research Database faculty for research Methodology in Maharashtra Vidhyapeeth of Health Sciences, Nashik
- ✚ Completed the Advance Research Methodology Workshop at MUHS ,Nashik
- ✚ Completed the Capacity Building Programme at Executive level at NCISM,New Delhi
- ✚ Institute awarded as “Sarvotkrita Mahavidhyalaya” in the tenure of Principal Dr.Amit Pethkar and also which was first NAAC accredited institute in State Maharashtra



PROFORMA FOR BIO-DATA (to be uploaded)

1. Name and full correspondence address
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Hon. Annasaheb Dange Ayurved Mahavidyalaya,
Ashta, Sangli, 416301
2. Email(s) and contact number(s) - patilashwini244@gmail.com , 9518345499
3. Institution- Hon. Annasaheb Dange Ayurved Mahavidyalaya Ashta, Sangli
4. Date of Birth – 15/07/1986
5. Gender (M/F/T)- Female
6. Category Gen/SC/ST/OBC- General
7. Whether differently abled (Yes/No)- No
8. Academic Qualification (Undergraduate Onwards)

	Degree	Year	Subject	University/Institution	% of marks
1.	BAMS	2009	Ayurved Graduate	Rajiv Gandhi Health University Of Health Sciences Bangalore	First Class
2.	MD Ayurved	2015	Kriya Shareer	Maharashtra University of Health sciences Nashik	Pass

9. Ph.D thesis title, Guide's Name, Institute/Organization/University, Year of Award.
- PhD Scholar

Topic - An Observational study of lung functions of Non- smoking healthy females using different cooking fuels w.s.r. to their dosh prakriti

Guide – Dr. Anil Deshapande

Institute - Sumatibhai Shah Ayurved College, Hadapsar, Pune, Maharashtra

Work experience (in chronological order).

S.No.	Positions held	Name of the Institute	From	To	Pay Scale
1.	Assistant Professor	Hon. A. D.A.M.C. Ashta	2015	2021	48,000/-
2.	Associate Professor	Hon. A. D.A.M.C. Ashta	2021	Till now	75, 000/-

10. Professional Recognition/ Award/ Prize/ Certificate, Fellowship received by the applicant.

S.No	Name of Award	Awarding Agency	Year
1.			



11. Publications (List of papers published in SCI Journals, in year wise descending order).

S.No.	Author(s)	Title	Name of Journal	Volume	Page	Year
1	Dr.Ashwini Rahul Patil	Rutu - Ahar Vichar (page-12-14)	Ayurveda Mahasammelan Patrika	Vol 1 I -2		Jan.2014
2	Dr.Ashwini Rahul Patil	Effect of rutu on agnibala &sharirbala w.s.r.to agnipariksha &physical fitness test (Page-37-48)	Subhadra international journal of Ayurveda	Vol-1 I-3		3/10/2015
3	Dr.Ashwini Rahul Patil	Women entrepreneur's opinion about women's potential ability & expectations in Sangli dist.	Asian research journal of business management	Vol - 3 I-3		2016
4	Dr.Ashwini Rahul Patil	Sharirik vyadhis (non communicable diseases) due to effect of stress a survey study.	Indian journal of odyssey of ayurvedic research	Vol -0 1 I -01		01/08/2016
5	Dr.Ashwini Rahul Patil	A literature review on Pramana pariksha with special referance to Anthropometry	Ayurved Darpan-A journal of Indian Medicine	Vol3,Issue3		09/2018
6	Dr.Ashwini Rahul Patil	Review of social aspect of nutrition	Subhadra international journal of Ayurveda	Vol-1 I-4		Oct.2019
7	Dr.Ashwini Rahul Patil	Review of nutritional problems in public health	Subhadra international journal of Ayurveda	Vol-1 I-4		Oct.2019
8	Dr.Ashwini Rahul Patil	Shiromarma and its relation in manas vyadhi	Subhadra international journal of Ayurveda	Vol-1 I-2		April 2021
9	Dr.Ashwini Rahul Patil	A Comprehensive Study on Rasa and Rakta Dhatu	Latest Trends in Multidisciplinary Research	Vol -1		19-6-2021
10	Dr.Ashwini Rahul Patil	A Review study on Mamsa and Meda Dhatu	Latest Trends in Multidisciplinary Research	Vol -1		19-6-2021
11	Dr.Ashwini Rahul Patil	A Comprehensive Study on Vata Dosha	Latest Trends in Multidisciplinary Research	Vol -1		19-6-2021
12	Dr.Ashwini Rahul Patil	An observational study of respiration rate in different deha prakruti	World Journal of pharmaceutical research	Vol 10, issue 14		15 Nov.2021



13		A conceptual review of Deha Prakriti with respect to Artav pravritti.	World Journal of pharmaceutical research	Vol 10, issue 14		16 Nov.2021
14	Dr.Ashwini Rahul Patil	Observational study of lung volume and lung capacity in different Deha Prakriti.	World Journal of pharmaceutical research	Vol 10, issue 14		16 Nov.2021
15	Dr.Ashwini Rahul Patil	Samanya Vishesha Siddhant And Panchamahabhuta Siddhant	Book - Applicability of Tantrayukti			Jan.2022
16	Dr.Ashwini Rahul Patil	Suvarnaprashana- An ancient approach for infant health and wellbeing	Vol 10, issue 9			Sept.2023

12. Detail of patents.

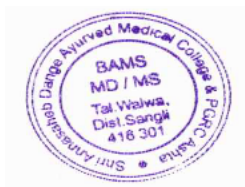
S.No	Patent Title	Name of Applicant(s)	Patent No.	Award Date	Agency/Country	Status

13. Books/Reports/Chapters/General articles etc.

S.No	Title	Author's Name	Publisher	Year of Publication
1	A stepwise approach on writing a research paper in Ayurveda	Dr.Ashwini Rahul Patil	Educreation publication (www.education.in)	Feb. 2019
2	A stepwise approach on writing a research paper in Ayurveda	Dr.Ashwini Rahul Patil	Educreation publication (www.education.in)	Oct.2020
3	Sankshipt Manovidnyan	Dr.Ashwini Rahul Patil	Bright sky publication	Jan. 2022

14. Any other Information (maximum 500 words)

I am working as associate professor in NAAC accredited medical college. I have published 16 articles and 3 books. We always immerse to conduct research activities. Also have many LTRG and STRG projects.

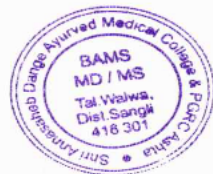


PROFORMA FOR BIO-DATA (to be uploaded)

1. Name and full correspondence address: Dr.Anjali Nitin Upadhye
“Trishala”, 21, Sanjog Colony, Opposite Dnyaneshwar Mandir , Ram Mandir,Sangli ,416416
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Email: anjali_upadhye@rediffmail.com , anjaliupadhye1511@gmail.com
Mobile : 9922494537, 9284933236, 9850823883
3. Institution: Hon.Shri.Annasaheb Dange Ayurved Medical College, Ashta, Dist:Sangli
4. Date of Birth: 15/11/1968
5. Gender (M/F/T): Female
6. Category Gen/SC/ST/OBC: Gen
7. Whether differently abled (Yes/No) :No
8. Academic Qualification (Undergraduate Onwards)

Sr. No.	Degree	Year	Subject	University/Institution	% of marks
1.	Doctor of Philosophy (Ph.D.)	December 2015	Management	Tilak Maharashtra Vidyapeeth, Pune	NA
2.	Lead Auditor	June 2018	Internal Audit	IRACA, Mumbai	Grade A
3.	Post graduate Diploma in Total quality Management (PGDTQM)	June 2011 - August 2012	Management	Sikkim Manipal University, Manipal	First Class with Distinction (78%)
4.	Advanced Diploma in Computer System Software (ADCCAA)	June 1992-May 1993	Computer Languages	Bombay Technical Board, Bombay	First Class with Distinction (88%)
5.	Master's in Business Administration (M.B.A.), Finance	August 2007 - May 2010	Finance	Yashwantrao Chavan Open University, Nashik.	First class (61%)
6.	Master of Science (M.Sc.), Statistics	July 1989-April 1991	Statistics	Shivaji University, Kolhapur.	Second Class (B+) (59%)
7.	Bachelor of Science (B.Sc.), Statistics	August 1986- April 1989	Statistics	Shivaji University, Kolhapur.	First Class with Distinction (77%)

9. **Ph.D thesis title, Guide's Name, Institute/Organization/University, Year of Award.**
Thesis title: A study on Women Entrepreneurship Challenges and Prospects with special reference to Sangli District.
Guide Name: Dr.V.S.Mangnale
University Name: Tilak Maharashtra Vidhyapeeth, Pune
Year of Award: December 2015



10. **Work experience (In chronological order).**

Sr. No.	Positions held	Name of the Institute	From	To	Pay Scale
1	HOD ,Research & IQAC Coordinator	Hon.Shri. Annasaheb Dange Ayurvedic Medical College and research Center, Ashta, Dist. Sangli	1 June 2013	Till the date	Rs.78800 Per Month
2	Professor of Practice	JSPM University, Wagholi, Pune	1 October 2023	Till the date	Rs. 40000 Per Month
3	Assistant Professor	Sinhgad Institute of Business Management. A/p Kamalapur, DistSangola	1 June 2010	31 April 2013	Rs.75000 per month
4	Assistant Professor	Dattajirao Kadam Textile & Engineering College, Ichalkaranji , Dist. Kolhapur	Dec. 2009	June 2010	Rs.40000 per month
5	Assistant Professor	VPIMSR College of SIBER Kolhapur	Oct 2006	Dec 2009	Rs.30000 per month
6	Assistant Professor	Dhanjayrao Gadgil College of Commerce, Satara (Rayat Shikshan Sanstha)	June 2003	May 2005.	Rs.30000 per month
7	Assistant Professor	Savitribai Phule Mahila Mahavidhalaya, Satara (Rayat Shikshan Sanstha)	June 1996	April 2003	Rs.20000 per month
8	Assistant Professor	Arts & Commerce College, Satara. (Maratha Prasarak Mandal, Satara)	June 1996	April 2003	Rs.20000 per month

11. **Professional Recognition/ Award/Prize/Certificate, Fellowship received by the applicant.**

Sr.No	Name of Award	Awarding Agency	Year
1	KrantiJyoti Mata Savitribai Phule National Excellence Award 2023	National Conference of Social Equality of India 2023	11 Oct. 2023
2	MTC Global Award of Excellence-2023	MTC Global & Global Entrepreneurs Grid, Bangalore	9th September 2023
3	“Sanjivani” Women Entrepreneurship Award 2023”	Maharashtra Mahila Udhyojak Samiti, Maharashtra	18 th March 2023
4	Research Innovation presented in “AVISHAKAR University level Research Competition” and awarded as “Third Prize	Maharashtra University of Health Sciences, Nashik	2 Feb.2022
5	Member of GEG” in Global Entrepreneurs Grid	MTC Global Knowledge Café, Bangalore	April 2023
6	National Member of “ Indian Society of Medical Statistics” New Delhi	Indian Society of Medical Statistics” New Delhi	September 2023
7	Expert as a Psychologist	Maharashtra University of Health Sciences, Nashik	October 2021
8	Research Excellence Award	RSS Associations, New Delhi	June 2021
9	Member of MTC Global	MTC Global Knowledge Café,Banglore	MTC Global :A Global think tank in Higher Education Dec 2021by MTCG/2021/M/L/1232
10	Member of Board of studies	DKTE, Ichalkarnji	Jan 2021To Jan 2022
11	Awarded as “Best Author”, Best Publisher, ”Best Teacher”	SDSS ,Islampur,Sangli	19 Jan.2015,2019,2021,2022
12	Member of Institutional Ethical Committee & Research Advisory Committee	Hon.Shri.Annasaheb Dange Ayurved Medical College ,Ashta ,Sangli & SonajiraoKashirsagar Homeopathic Medical College, District :Beed	Since 2015 onwards



12. Publications(*List of papers published in SCI Journals,in year wise descending order*).

Sr.No.	Author(s)	Title	Name of Journal	Volume	Page	Year
1	Dr.Anjali Upadhye	Monograph Of Superbrain Yoga on Academics And Psychological Well Being	International Journal of Creative Research Thoughts	Volume 10, Issue 7		22 July 2022
2	Dr.Anjali Upadhye	Digital Printing Quality Output Vis A Vis its Competence	International Journal of Multidisciplinary Research	Volume 10, Issue 6(7)		June 2021
3	Dr.Anjali Upadhye, Dr.Shrikant Joshi, Dr.Sarika Kandharkar	Post-COVID Mucormycosis: A Parallel Pandemic	International Journal of Creative Research Thoughts	Volume 9, Issue 5		5 May 2021
4	Dr.Anjali Upadhye, Dr.Sulkashna Chavan	Impact of Jain Caste ,Class And Religion On Their Occupation & Business Ethics In Indian Society	Multidisciplinay International Peer reviewed Indexed Research Journal	Volume 2		23 September 2021
5	Dr.Anjali Upadhye, Dr.Shrikant Joshi, Dr.Sarika Kandharkar	Pandemic covid-19: economic encounters & e solutions in indian scenario	International Journal of Odyssey of Ayurveda (IJOAR)	Volume 4 ,Issue 1		January 2020
6	Dr.Anjali Upadhye, Dr.Makarand Kulkarni	Brand Awareness And Audit In Ashirvad Pipes Pvt. Ltd.	International Journal of Research and Analytical Reviews (IJRAR)	Volume 6, Issue 1		January 2019
7	Dr.Anjali Upadhye	Challenges Faced By Women Entrepreneurs In Western Maharashtra: A Case Study Method	International Journal Of Entrepreneurship & Business Environment Perspectives	Volume 2		April-May 2017
8	Dr.Anjali Upadhye, Dr.Prashant Kulkarni	Review Nature of Commerce education and a practical approach to commerce education with special to Shivaji university in Maharashtra	Educreator Research Journal (ERJ) - A Multidisciplinary International Quarterly online reviewed journal			May-June 2016
9	Dr.Anjali Upadhye, Dr.Prashant Kulkarni	A study on existing structure of commerce education with reference to universities in Maharashtra	Asian Research Journal of Business Management			April 2016
10	Dr.Anjali Upadhye	Women Entrepreneur's opinion about women's potential ability & expectations in Sangli	Asian Research Journal of Business Management			March 2016

13. Detail of patents.

Sr. No	Patent Title	Name of Applicant(s)	Patent No.	Award Date	Agency / Country	Status



14. Books / Reports / Chapters / General articles etc.

Sr..No	Title	Author's Name	Publisher	Year of Publication
1	Medical Statistics	Dr.Anjali Upadhye	JPH Publications, Pune	18 Feb.2021
2	Constructivism of Medical Statistics	Dr.Anjali Upadhye	JPH Publications, Pune	18 Feb.2021
3	Statistical Glossography on Women Entrepreneurship	Dr.Anjali Upadhye	Notion Press Publications ,Chennai	May 2019
4	Quantitative techniques in management'	Dr.Anjali Upadhye	Nirali Publications, Pune	May 2012
5	Statistical Inference-Volume I	Dr.Anjali Upadhye Dr.Sujata Kulkarni	IPP Publications ,Bangalore	May 2022
6	Statistical Inference-Volume II	Dr.Anjali Upadhye Dr.Sujata Kulkarni	IPP Publications ,Bangalore	Dec.2022
7	Statistical Inference-Volume III	Dr.Anjali Upadhye Dr.Sujata Kulkarni	IPP Publications ,Bangalore	June 2023
8	Conference Proceeding NATCON BLAZE 2011, ISBN No. 978-81-921232-01.	Dr.Anjali Upadhye	Himalaya Publiations, Pune	June 2011
9	Conference Proceeding NATCON BLAZE 2012, ISBN No. 978-81-921232-01.	Dr.Anjali Upadhye	Himalaya Publiations, Pune	June 2012

15. Any other Information (maximum500 words)

With over twenty one years of teaching experience as a Senior Lecturer, and a versatile experience as a Teacher, Consultant, Trainer, Coordinator, Editor ,Pranic Healer & awarded as “Best Teacher”, Being selected as “Faculty for Advance Research Methodology Training Workshop (IMETTT) ,Selected as “Faculty for Health Education Training Programmes (HSET) ” from MUHS Nashik” . I conducted 31 research workshops,work as key resource person for 48 research workshops all over Maharashtra. I published seven books detailed below and approved as Text Books in MUHS, Nashik. Published 33 indexed international and national research articles and papers and offering statistical consultancy for educational Projects.I am serving as a Ph.D. center Coordinator for my Institute and working on two research grant funded projects.

WORKING AS A EDITOR AND IN EDITORIAL TEAM

- Working as **Chief Editor** of International Journal :IJOAR - Indian Journal of Odyssey of Ayurvedic Research,<http://www.ijooar.com>
 - ISSN No. :- 2456-432X, Scientific Journal Impact Factor : 5.986, Journal Impact Factor :1.9127, Google Scholar Indexed, ISRA Indexed SCOPE Indexed .
- Working as a **Chief Editor** of International Homeopathy Journal “SKN NiMBUS” (<http://www.skNimbus.com>)
- Working as Associate Editor of International Journal: Subhadra - International Journal of Ayurved Research, ISSN:2395- 6798 (Print Version)
- Editorial Member of “Science Journal Of Business Management” -SJBm (<http://www.sjbizmgmt.org>)
- Editorial Memberof “Journal Of Business Management”– IJRDO
 - (<http://ijrdo.org/index.php/bm/about/editorialTeam>)



6. Reviewer of “International Journal of Research and Analytical forum” (www.ijrar.org) code no 114063
7. Reviewer of “International Journal of Research and Analytical forum”
 - (www.ijert.com) Your Member ID is: 117853

RESEARCH PROJECTS

1. Research Project on “**Adversity Quotient In A Medical Fraternity**” Selected LTRG project for Rs 81000/- of Maharashtra University Of Health Sciences, Nashik
2. Research Project Sanctioned for Rs.5,00,000, By Maharashtra University Of Health Sciences, Nashik on the Research Title “A Double Blind Study of Tetra Packaging: A New Alternative Competitive Remedy of Storage For Ayurvedic Drugs”

PARTICIPATION IN RESEARCH COMPETITION

1. Presented a Project in AVISHAKAR University level Research Competition 2022 and Awarded as “**Third Prize**” on **Tetrapackeging: Innovative Storage for Ayurvedic Drugs**
2. Presented a Project in AVISHAKAR University level Research Competition 2023 and Awarded as “**Second Prize**” on Jeevamrut



PROFORMA FOR BIO-DATA (to be uploaded)

1. Name and full correspondence address
Dr.Ajitkumar Shantinath Herwade,
Professor and Head of Dept. of Dravyaguna,
Sant Dnyaneshwar Shikshan Sanstha's
Hon'ble Annasaheb Dange Ayurvedic Medical College, Ashta,
Tal: Walva, Dist: Sangli 416301, Maharashtra, India
2. Email(s) and contact number(s)
ajitherwade33@gmail.com 9890621326
3. Institution –
Sant Dnyaneshwar Shikshan Sanstha's
Hon'ble Annasaheb Dange Ayurvedic Medical College, Ashta
4. Date of Birth - 27/ 07/1981
5. Gender (M/F/T) - M
6. Category Gen/SC/ST/OBC - Open
7. Whether differently abled (Yes/No)- Yes
8. Academic Qualification (Undergraduate Onwards)

	Degree	Year	Subject	University/Institution	% of marks
1.	MD Ayurved	2008	Dravyaguna	Rajiv Gandhi University Of Health University	Pass
2.	BAMS	2003	Ayurved Graduate	Rajiv Gandhi University Of Health University	Pass

9. Ph.D thesis title, Guide's Name, Institute/Organization/University, Year of Award.

Not Registered to PhD course

10. Work experience (in chronological order).

S.No.	Positions held	Name of the Institute	From	To	Pay Scale
1.	Asst. Professor	ADAMC, Terdal Karnataka	Oct 2008	Nov 2009	16000
2.	Asst. Professor	Late Kedari Redekar Ayurved Mahavidyalaya, Gadhinglaj, Kolhapur	Nov 2009	March 2014	30000
3.	Associate Professor	Late Kedari Redekar Ayurved Mahavidyalaya, Gadhinglaj, Kolhapur	March 2014	Aug 2016	45000
4.	Asst. Professor	Seth Govindaji Raoji Ayurved Mahavidyalay, Solapur	Aug 2016	July 2023	111,000



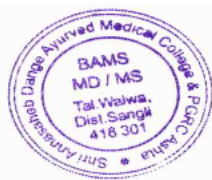
5.	Asst. Professor	Hon Annasaheb Dange Ayurved Medical college Ashta	Aug 2023	Till date	120,000
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11. Professional Recognition/ Award/Prize/Certificate, Fellowship received by the applicant.

S.No	Name of Award	Awarding Agency	Year
	No Award Received		

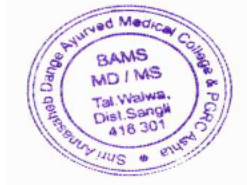
12. Publications(List of papers published in SCI Journals,in year wise descending order).

S.No.	Author(s)	Title	Name of Journal	Volume	Page	Year
1.	Dr. Ajitkumar Herwade Dr. Shingare Amit Hanmant	“Phytochemical screening of Market Samples Of Hingu.	IAMJ Journal, Benglore	Vol.3 issue 5,	1366-1374	May 2015
2.	Dr. Yuvaraj Sutar , Dr. Ajitkumar Herwade	“To study the efficacy of Rasanjankrit Lepa on Anjannamika w.s.r. to Hordeolum externum.”	IAMJ Journal, Benglore	Vol.3 issue 5,	2692-2697	May 2015
3.	Dr. Chavan Swapnil Arvind Dr. Ajitkumar Herwade	“Understanding of 7th month foetal development by Ultrasonographic method.”	IAMJ Journal, Benglore	Vol.3 issue 9,	2685-2691	Sep.2015
4.	Dr. Morbale Mangal Dr. Ajitkumar Herwade	Review article – “Concept of Shodhan.”	IAMJ Journal, Benglore	Vol.3 issue 9,	2725-2728	Sep.2015
5.	Dr. Ajitkumar Herwade Dr. Mandavkar Kalpana	A review on“ Hedichium spicatum – SHATI ”	IAMJ Journal, Benglore	Vol 3 issue 12	2532-2535	Dec 2015
6.	Dr. Ajitkumar Herwade Dr. Shingare Amit Hanmant	Review article on “Concept of Rasa(Taste) Order in usage as Medicine and food.”	IAMJ Journal, Benglore	Vol 3 issue 12	2528-2531	Dec 2015
7.	Dr. Ajitkumar Herwade Dr. Nilesh V Chougule	Concept of Time of Drug Administration in Ayurveda	IAMJ Journal, Benglore		172-176	Feb 2016



13. Detail of patents.

S.No	Patent Title	Name of Applicant(s)	Patent No.	Award Date	Agency / Country	Status

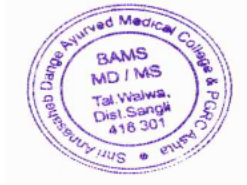


14. Books / Reports / Chapters / General articles etc.

S.No	Title	Author's Name	Publisher	Year of Publication
1.	Drugs Useful in Skin Diseases	Dr. Ajitkumar S Herwade	Wizcraft Publication	2015
2.	Drugs Useful in Piles	Dr. Ajitkumar S Herwade	Wizcraft Publication	2015
3.	Ayurvedic Tonic Drugs	Dr. Ajitkumar S Herwade	Wizcraft Publication	2015
4.	Ekal DRavya Chikitsa	Dr. Ajitkumar S Herwade	Wizcraft Publication	2015

15. Any other Information (maximum 500 words)

I indulges in various research activities of PG and UG students at college level as well as university level.



Undertaking by the Principal Investigator

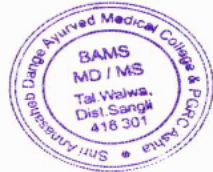
To

The Secretary
SERB, New Delhi

Sir

I Dr. Amit Sudhakar Pethkar

herby certify that the research proposal titled Development and Comparative Analytical study of Jeevamrut culture as add on effect of Dhayti (Woodfordia fruticosa kurz) in Jeevamrut submitted for possible funding by SERB, New Delhi is my original idea and has not been copied/taken verbatim from anyone or from any other sources. I further certify that this proposal has been checked for plagiarism through a plagiarism detection tool i.e. Turnitin software approved by the Institute and the contents are original and not copied/taken from any one or many other sources. I am aware of the UGCs Regulations on prevention of Plagiarism i.e. University Grant Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Educational Institutions) Regulation, 2018. I also declare that there are no plagiarism charges established or pending against me in the last five years. If the funding agency notices any plagiarism or any other discrepancies in the above proposal of mine, I would abide by whatsoever action taken against me by SERB, as deemed necessary.



Aspenray
Signature of PI with date

Name / designation

Dr. Amit Pethkar
HOD & Prof Department of
Kosiyashasa



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An ISO 14001-2015

संत ज्ञानेश्वर शिक्षण संस्थेचे,

**मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.**

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४११०८, २४११०३

(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)

Sant Dnyaneshwar Shikshan Sanstha's

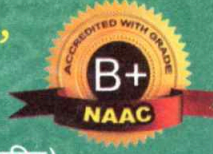
Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.

District. Sangli, Maharashtra, India 416 301 Ph. 02342-241108, 241103 Fax-02342-241110

Approved by N.C.I.S.M, New Delhi

● Affiliated to Maharashtra University of Health Sciences, Nashik

State University Research Excellence (SERB-SURE)



Ref.No.ADAMC/375/2023

Date : 13/12/23

Endorsement from the Head of the Institution of PI

This is to certify that:

1. Institute welcomes participation of Name: Dr.Amit Sudhakar Pethkar
Designation: Prof & HOD ,Department of Kriyasharir as the Principal Investigator and Dr. Ajit Shantinath Herwade, Dr.Ashwini Rahul Patil & Dr.Anjali Nitin Upadhye as the Co-Investigator/s for the project titled "**Development & Comparative Analytical study of Jeevamrut Culture as add on effect of Dhayti (*Woodfordia fruticosa* Kurz) in Jeevamrut**" and that in the unforeseen event of discontinuance by the Principal Investigator, the Co-Investigator will assume the responsibility of the fruitful completion of the project with the approval of SERB.
2. The PI, Dr.Amit Sudhakar Pethkar is a permanent or regular employee of this Institution.
3. The project starts from the date on which the Institution receives the grant from SCIENCE & ENGINEERING RESEARCH BOARD (SERB), New Delhi.
4. The investigator will be governed by the rules and regulations of the University/Institution/Organization/college and will be under administrative control of the University/Institution/Organization/college for the duration of the project.
5. The grant-in-aid by the SCIENCE & ENGINEERING RESEARCH BOARD (SERB), New Delhi will be used to meet the expenditure on the project and for the period for which the project has been sanctioned as mentioned in the sanction order.
6. No administrative or other liability will be attached to SCIENCE & ENGINEERING RESEARCH BOARD (SERB), New Delhi at the end of the project.



● Web Site :- WWW.adamc.ac.in

● Email :- ashta.adamc@gmail.com



ADAMC

An ISO 9001-2015
An ISO 14001-2015

संत ज्ञानेश्वर शिक्षण संस्थेचे,

मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४११०८, २४११०३

(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)

Sant Dnyaneshwar Shikshan Sanstha's

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.

District: Sangli, Maharashtra, India 416 301 Ph. 02342-241108, 241103 Fax-02342-241110

Approved by N.C.I.S.M, New Delhi ● Affiliated to Maharashtra University of Health Sciences, Nashik

State University Research Excellence (SERB-SURE)



Ref.No.ADAMC/375/2023

Date : 13/12/2023

7. The University/Institution/Organization/college will provide basic infrastructure and other required facilities to the investigator for undertaking the research project.
8. The University/Institution/Organization/college will take into its books all assets created in the above project and its disposal would be at the discretion of SCIENCE & ENGINEERING RESEARCH BOARD (SERB), New Delhi.
9. The University/Institution/Organization/college assumes to undertake the financial and other management responsibilities of the project.

Seal of



University/Institution/Organization/college

Date: 13/12/23

Aspenray
Signature

Aspenray
PRINCIPAL
Hon. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Waawa, Dist Sangli





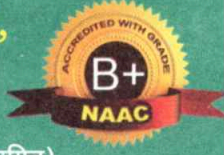
State University Research Excellence (SERB-SURE)

संत ज्ञानेश्वर शिक्षण संस्थेचे,

मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४११०८, २४११०३

(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)



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Ref.No.ADAMC/375/2023

Date : 13/12/23

Endorsement from the Head of the Institution of CO_PI

This is to certify that:

1. Institute welcomes participation of Name: Dr.Amit Sudhakar Pethkar
Designation: Prof & HOD ,Department of Kriyasharir as the Principal Investigator
and Dr. Ajit Shantinath Herwade, Dr.Ashwini Rahul Patil & Dr.Anjali Nitin
Upadhye as the Co-Investigator/s for the project titled "**Development &
Comparative Analytical study of Jeevamrut Culture as add on effect of
Dhayti (*Woodfordia fruticosa* Kurz) in Jeevamrut**" and that in the unforeseen
event of discontinuance by the Principal Investigator, the Co-Investigator will
assume the responsibility of the fruitful completion of the project with the
approval of SERB.
2. The Co-PI, Dr.Ajit Shantinath Herwade is a permanent or regular employee of
this Institution.
3. The Co-PI, Dr.Ashwini Rahul Patil is a permanent or regular employee of this
Institution.
4. The Co-PI, Dr.Anjali Nitin Upadhye is a permanent or regular employee of this
Institution.
5. The Co-PI will be governed by the rules and regulations of the
University/Institution/Organization/college and will be under administrative
control of the Institution for the duration of the project.
6. The grant-in-aid by the SCIENCE & ENGINEERING RESEARCH BOARD
(SERB), New Delhi will be used to meet the expenditure on the project and for
the period for which the project has been sanctioned as mentioned in the
sanction order.
7. No administrative or other liability will be attached to SCIENCE &
ENGINEERING RESEARCH BOARD (SERB), New Delhi at the end of the
project.





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An ISO 14001-2015

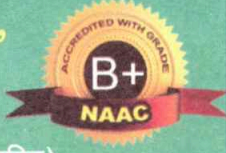
संत ज्ञानेश्वर शिक्षण संस्थेचे,

State University Research Excellence (SERB-SURE)

**मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.**

ता.वाळवा, जि.सांगली. पिन-४१६ ३०१. फोन: ०२३४२ - २४११०८, २४११०३

(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)



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Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.

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Approved by N.C.I.S.M, New Delhi ● Affiliated to Maharashtra University of Health Sciences, Nashik

Ref.No.ADAMC/375/2023

Date : 13/12/2023

8. The University/Institution/Organization/college will provide basic infrastructure and other required facilities to the investigator for undertaking the research project.
9. The University/Institution/Organization/college will take into its books all assets created in the above project and its disposal would be at the discretion of SCIENCE & ENGINEERING RESEARCH BOARD (SERB), New Delhi.
10. The University/Institution/Organization/college assumes to undertake the financial and other management responsibilities of the project.

Seal of



University/Institution/Organization/college

Ashta
Signature

Date: 13/12/23

Ashta
Hon. Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



महाराष्ट्र राज्य माध्यमिक व उच्च माध्यमिक शिक्षण मंडळ, पुणे.
Maharashtra State Board Of Secondary and Higher Secondary Education, Pune.



माध्यमिक शालान्त प्रमाणपत्र परीक्षा
SECONDARY SCHOOL CERTIFICATE EXAMINATION

असे प्रमाणित करण्यात येते की,
This is to certify that

PETHKAR AMIT SUDHAKAR

विभागीय मंडळ Divisional Board	आसन क्रमांक Seat No.	केंद्र क्रमांक Centre No.	शाळा क्रमांक School No.	प्रमाणपत्राचा अनुक्रमांक Sr. No. of Certificate
KOLHAPUR	F046532	1003	22.336	030487

माध्यमिक शालान्त प्रमाणपत्र परीक्षा
has passed the SECONDARY SCHOOL CERTIFICATE EXAMINATION MARCH-1997
श्रेणीमध्ये खाली दर्शविलेले विषय घेऊन उत्तीर्ण झाला/झाली आहे.
in Grade SECOND with subjects shown below

मुख्य विषय Main Subjects	कमाल गुण Max. Marks	प्राप्त गुण Marks Obtained	श्रेणीचे विषय Subjects of Grace	श्रेणी Grade
ENGLISH	100	40	[WORK EXPERIENCE/TECH]	
MARATHI	100	52	BAKERY BISCUITS CONF.	A
HINDI	100	43		
MATHEMATICS	150	93	[SCHOOL SUBJECTS]	
SCIENCE	150	100	PHYSICAL EDUCATION	A
SOCIAL SCIENCES	150	79	SOCIAL SERVICE	A
एकूण गुण Total Marks	750	407	PERCENTAGE ==>	54.26

एकूण प्राप्त गुण (अक्षरी) * FOUR HUNDRED AND SEVEN *
Total Marks Obtained (in Words)

जन्म दिनांक 24-08-1982 (TWENTY FOURTH AUGUST NINETEEN HUNDRED EIGHTY TWO)
Date of Birth

उन्नीसव्याने माझ्या समक्ष पुढील
चौकटीत स्वाक्षरी केली आहे.
The candidate has signed
before me in the adjoining frame

Amitkar

शाळाप्रमुखाची
स्वाक्षरी व गाळेचा शिक्का
Signature of the Head of
the School with School Stamp.

PRINCIPAL,

Vidyaniketan English Medium,
Rajaramnagar

"Attested"

KOLHAPUR
27th June 1997

Y 0049164

विभागीय सचिव
Divisional Secretary

Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC, Ashta

True Copy

Principal
Shri Annasaheb Dange Ayurved
Mahavidyalaya Ashta



महाराष्ट्र राज्य माध्यमिक व उच्च माध्यमिक शिक्षण मंडळ, पुणे.
Maharashtra State Board Of Secondary and Higher Secondary Education, Pune.



माध्यमिक शालान्त प्रमाणपत्र परीक्षा
SECONDARY SCHOOL CERTIFICATE EXAMINATION

असे प्रमाणित करण्यात येते की,
This is to certify that

HERWADE AJITKUMAR SHANTINATH

विभागीय मंडळ Divisional Board	आसन क्रमांक Seat No.	केंद्र क्रमांक Centre No.	शाळा क्रमांक School No.	प्रमाणपत्राचा अनुक्रमांक Sr. No. of Certificate
KOLHAPUR	F046754	1034	22.034	017038

माध्यमिक शालान्त प्रमाणपत्र परीक्षा
has passed the SECONDARY SCHOOL CERTIFICATE EXAMINATION MARCH-1996

श्रेणीमध्ये खाली दर्शविलेले विषय घेऊन उत्तीर्ण झाला/झाली आहे.
in Grade **DISTINCTION** with subjects shown below

मुख्य विषय Main Subjects	कमाल गुण Max. Marks	प्राप्त गुण Marks Obtained	श्रेणीचे विषय Subjects of Grade	श्रेणी Grade
MARATHI	100	62	[WORK EXPERIENCE/TECH]	
HINDI	100	80	DRAWING & PAINTING	A
ENGLISH	100	63		
MATHEMATICS	150	113	[SCHOOL SUBJECTS]	
SCIENCE	150	120	PHYSICAL EDUCATION	A
SOCIAL SCIENCES	150	127	SOCIAL SERVICE	A
एकूण गुण Total Marks	750	565	PERCENTAGE ==>	75.33

एकूण प्राप्त गुण (अक्षरी)
Total Marks Obtained (in Words) * FIVE HUNDRED AND SIXTYFIVE *

जन्म दिनांक
Date of Birth 27-07-1981 (TWENTY SEVENTH JULY NINETEEN HUNDRED EIGHTY ONE)

उमेदवाराने माझ्या समक्ष पुढील
चौकटीत स्वाक्षरी केली आहे.
The candidate has signed
before me in the adjoining frame

शाळाप्रमुखाची
स्वाक्षरी व शाळेचा शिक्का
Signature of the Head of
the School with School Stamp.

Head Master,
Bhauasheb Kudale Vidyalay
Dudhagaon Tal. Miraj, Dist. Sangli.

KOLHAPUR
31st May 1997

Z 0420297

विभागीय सचिव
Divisional Secretary

Maharashtra State Board of Secondary and Higher Secondary Education



This is to certify that the withinsigned

[Handwritten Signature]

MURUMKAR ANJALI VASANTRAO

DIVISIONAL BOARD	SEAT NO	CENTRE NO	SCHOOL NO	SR. NO. OF CERTIFICATE
PUNE	F34602	1018	22.134	075750

passed the SECONDARY SCHOOL CERTIFICATE EXAMINATION (10-Year Course) of MARCH-1984 in the Grade **DISTINCTION** with subjects shown below :

CORE SUBJECTS	MARKS OBTAINED / OUT OF	OTHER SUBJECTS	GRADES
MARATHI	71/100	[OPTIONAL SUBJECTS]	
HINDI-SANSKRIT	74/100	INT. TO WORLD OF WORK	A
ENGLISH	70/100		
MATHEMATICS	147/150	[SCHOOL SUBJECTS]	
SCIENCE	134/150	PHYSICAL EDUCATION	A
SOCIAL SCIENCES	76/100	SOCIAL SERVICE	A
GRAND TOTAL	572/700	%AGE ON GRAND TOTAL =>	.81.71

DATE OF BIRTH

15-11-1968 (FIFTEENTH NOVEMBER NINETEEN HUNDRED SIXTY EIGHT)

[Handwritten Signature]
मुख्याध्यापिका
 Signature of the Head of the School
 के. म. रा. शाळा, **सुभाषा प्रसाक**

18th JUNE 1984

PUNE - 411 010.

[Handwritten Signature]

Divisional Secretary

IMPORTANT - Change in this S. S. Certificate shall be made except by the authority issuing it. Any infringement of this requirement will result in the cancellation of the certificate in question and may also involve imposition of other appropriate penalty as may be decided by the Board.

NOTES:

(1) The date of birth shown in this Certificate is the same as that entered in the candidate's application for admission to the examination.

(2) The Secondary School Certificate is awarded to successful candidates in - **Grade Distinction** : 75% and above.

Grade First : 60% and above, & below 75%.

Grade Second : 45% and above, & below 60%. **Grade Pass** : To all other candidates including the exempted.

* Means Grade I given as per regulations.

(3) Grades shown in Optional and School Subjects are denoted as under :-

GRADE	A	B	C	E	H
MARKS OBTAINED	60% & above	45% to 59%	35% to 44%	EXEMPTED	CONCESSION FOR THE PHYSICALLY HANDICAPPED

0127768



महाराष्ट्र राज्य माध्यमिक व उच्च माध्यमिक शिक्षण मंडळ, पुणे
Maharashtra State Board Of
Secondary and Higher Secondary Education, Pune
माध्यमिक शालान्त प्रमाणपत्र
SECONDARY SCHOOL CERTIFICATE

असे प्रमाणित करण्यात येते की / This is to certify that

PATIL ASHWINI SUBHASH

विभागीय मंडळ Divisional Board	आसन क्रमांक Seat No.	केन्द्र क्रमांक Centre No.	शाळा क्रमांक School No.	प्रमाणपत्राचा अनुक्रमांक Sr. No. of Certificate
KOLHAPUR	F143123	1175	23.161	064708

माध्यमिक शालान्त प्रमाणपत्र परीक्षा

has passed the SECONDARY SCHOOL CERTIFICATE EXAMINATION MARCH-2001

श्रेणीमध्ये खाली दर्शविलेले विषय घेऊन उत्तीर्ण झाला/झाली आहे.
in Grade DISTINCTION with subjects shown below.

मुख्य विषय Main Subjects	कमाल गुण Max. Marks	प्राप्त गुण Marks Obtained	श्रेणीचे विषय Subjects of Grade	श्रेणी Grade
MARATHI	100	067	[WORK EXP./TECH.]	
HINDI	100	067	DRAWING & PAINTING	B
ENGLISH	100	075	[SCHOOL SUBJECTS]	
MATHEMATICS	150	127	HEALTH PHYSICAL ED SOCIAL SERVICE	A A
SCIENCE	150	134	VALUE EDUCATION GENERAL KNOWLEDGE	A A
SOCIAL SCIENCES	150	121		
एकूण गुण/ Total Marks	750	591	PERCENTAGE 78.80	
एकूण प्राप्त गुण (अक्षरी)/ Total Marks Obtained (In words)	FIVE HUNDRED AND NINETY ONE			
जन्म दिनांक / Date of Birth	15/07/1986 FIFTEENTH JULY NINETEEN EIGHTY SIX			

A1239842

KOLHAPUR
19TH JUNE, 2001



विभागीय सचिव / Divisional Secretary

Certificate from the Investigator

Project Title: **Development & Comparative Analytical study of Jeevamrut Culture as add on effect of Dhayti (*Woodfordia fruticosa* Kurz) in Jeevamrut**

It is certified that

1. The same project proposal has not been submitted elsewhere for financial support.
2. We undertake that spare time on equipment procured in the project will be made available to other users.
3. We agree to submit a certificate from Institutional Biosafety Committee, if the project involves the utilization of genetically engineered organisms. We also declare that while conducting experiments, the Biosafety Guidelines of Department of Biotechnology, Department of Health Research, GOI would be followed in toto.
4. We/I agree to submit ethical clearance certificate from the concerned ethical committee, if the project involves field trails / experiments / exchange of specimens, human & animal materials etc.
5. The research work proposed in the scheme/project does not in any way duplicate the work already done or being carried out elsewhere on the subject.
6. We agree to abide by the terms and conditions of SERB grant.

Name and Signature of Principal Investigator:

Dr. Amit. S. Petekar Aspenry

Date: 13/12/2023

Place: Ashta.

Name and Signature of Co-PI (s) (if any):

Dr. Ajitkumar S. Hemzode Amurk

Date: 13/12/2023

Place: Ashta

Name and Signature of Co-PI (s) (if any):

Dr. Anjali Nitin Upadhye Ashtu

Date: 13/12/2023

Place: Ashta

Name and Signature of Co-PI (s) (if any):

Dr. Ashwini Rahul Patil Patil

Date: 13/12/2023

Place: Ashta

