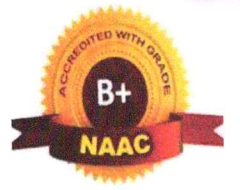




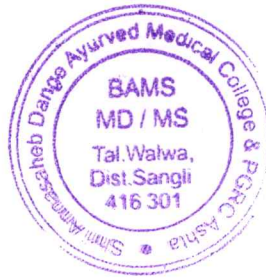
Sant Dnyaneshwar Shikshan Sanstha's  
Hon. Shri. Annasaheb Dange Ayurved Medical College,  
Post Graduate & Research Center,  
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301  
Website : [www.adamcashta.com](http://www.adamcashta.com) E-mail : [ashta.adamc@gmail.com](mailto:ashta.adamc@gmail.com)  
NAAC Accredited ISO Certified 9001-2015, 14000-2015



**3.1.3 (QnM) Number of research projects/clinical trials funded by government, industries and non-governmental agencies during the last five years**

**Academic Year 2022-23**

Sr. No.	Year	Name of the Principal Investigator	Title of the project	Name of the Funding agency	Department of Principal Investigator	Funds provided (INR in Lakhs)	Duration of the project
1	2022-23	Dr. Jayvant Kharat	Tolerability, treatment adherence and safety of Punaarnavadi mandura in the management of Iron Deficiency Anemia: An open label single arm clinical study	CCRAS, New Ddhi	Shalakyatantra	2,400,000	2 year
2	2022-23	Dr. Anjali Upadhye	Adversity Quotient (AQ) i.e.the Science of Human Resilience In Medical Fraternity - A Survey Study	Maharashtra University of Health science, Nashik	Research	81,000	1 year
3	2022-23	Dr. Sujata Kate	A Comparative Study of Triphala Ghrita Tarpan and Jivantyadi Ghrita Nasya along with Abhyantarpan of Triphala Ghrita with Triphalachurna and Yashtimadhu Churn in Pratham patalgatdoshhdristi Lokshan W.S.R. Siimpal Myopia.	Maharashtra University of Health science, Nashik	Shalakyatantra	96,900	1 year



**Minutes of the meeting held on 07.02.2023 at 2.30 pm with Identified Ayurveda institutions/Colleges and CCRAS nodal institutes to discuss initiation of clinical study focusing Iron Deficiency Anemia (IDA) under the ambit of SMART program**

1 message

CCRAS SMART IDA <ccras.smart.ida@gmail.com>

Fri, Feb 10, 2023 at 3:42 PM

To: acri.jaipur@gmail.com, piaresearch@paruluniversity.ac.in, vaishali.deshpande86209@paruluniversity.ac.in, divya.b@paruluniversity.ac.in, ashta.adamc@gmail.com, amitpethkar@adamc.ac.in, jayvantkharat55@gmail.com, paragdeshmukhe@adamc.ac.in, yamkodoli@gmail.com, drsachinkhot@gmail.com, provcmuhs123@gmail.com, drshwetachaudhari85@gmail.com

Cc: dg-ccras@nic.in, srikanthccras@gmail.com, bhogavalli49@gmail.com, drbabitayadav@gmail.com, drshruticcras@gmail.com, ayuneha312@gmail.com, anagharanade11@gmail.com, azeem2905@gmail.com, dr.amitrai1983@gmail.com, drsophia9754@gmail.com

Sir/Madam,

With reference to the meeting convened on 07.02.2023 in order to discuss the protocols under SMART program focusing Iron Deficiency Anemia (IDA), kindly find herewith attached Minutes of Meeting along with Terms of Reference (TOR) document and the Clinical trial Protocol- Punarnava Mandura- IDA for your information and necessary action.

The participating Ayurveda institutions/colleges must proceed with the formalities of IEC at their end and also submit the signed copy of the proposal to the nodal institute i.e RARI, Jaipur @ acri.jaipur@gmail.com after addressing the budgetary provisions suitably in reference to the change in HRA of manpower as per rule.

The nodal institute i.e. RARI, Jaipur is hereby requested to nominate a co-investigator to coordinate the SMART\_IDA\_Punarnava mandura program with the respective academic institutions.


The draft MoU will be shared shortly to the nodal institute.


An early action in this regard is solicited.


Regards,

CCRAS team (SMART program)

4 attachments

 Minutes of Meeting\_IDA meeting 07022023.pdf  
199K

 Terms of references\_SMART\_IDA.pdf  
179K

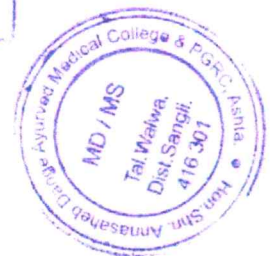
 SMART- IDA Proposal\_Punarnava mandura.pdf  
512K

 SMART- IDA Proposal\_Punarnava mandura.doc  
123K

To,  
Dr. Parag Deshmukhe  
Dr. Varsha Khot  
Dr. Jyoti Lokhande  
Dr. Jayvant Kharat

*Agencies*  
11/02/23

Sri. Anandabhai Ayurved Medical College, Ashta.
Date - 11/2/23
Inward No. - 25



## CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES

### **Minutes of the meeting held on 07.02.2023 at 2.30 pm with Identified Ayurveda institutions/Colleges and CCRAS nodal institutes to discuss initiation of clinical study focussing Iron Deficiency Anemia (IDA) under the ambit of SMART program**

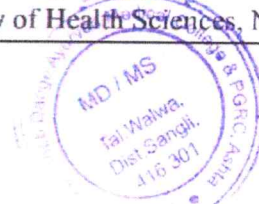
A VC meeting was convened on 07.02.2023 at 2.30 pm in the committee room of CCRAS under the chairmanship of Prof. Vd. Rabinarayan Acharya, Director General, CCRAS with the identified twelve Ayurveda institutions/colleges in order to discuss initiation of different clinical study focussing Iron Deficiency Anemia (IDA) under the ambit of SMART program. The list of members present in the meeting has been appended in Annexure 1.

At the outset, Prof. Vd. Rabinarayan Acharya, Director General, CCRAS welcomed and expressed gratitude to all the members from the identified Ayurveda institutions/Colleges for responding to EOI. Further, Dr. Narayanam Srikanth, Deputy Director General, CCRAS, briefed about the need and objectives of SMART program. Following this, a brief presentation was made from CCRAS side highlighting the Terms of References (ToRs) and the outline of Iron deficiency Anemia (IDA) protocol.

Following points have emerged out of the discussion:

1. It was informed to all that three fixed therapeutic interventions namely Dhatri lauha, Punarnava Mandura and Drakshavaleha would be tested at 12 Ayurveda institutions /colleges which would be coordinated by 03 CCRAS Institutes
2. The assignment of interventions and the co-ordinating institutes and academic sites will be as follows-

Therapeutic Intervention	CCRAS Nodal Institute	Identified Colleges
Dhatri lauha	CARI, Delhi	<ol style="list-style-type: none"><li>1. Ch. Brahm Prakash Ayurved Charak Sansthan, Government of NCT of Delhi, An Autonomous Institution, Khera Dabar, Najafgarh, New Delhi</li><li>2. MSM Institute of Ayurveda, BPS Mahila Vishwavidyalaya, Khanpur, Sonapat, Haryana</li><li>3. Rajiv Gandhi Govt P.G Ayurvedic College &amp; Hospital, Paprola, H.P</li><li>4. Shubdeep Ayurved Medical College &amp; Hospital (PG Institute), Indore, Madhya Pradesh</li></ol>
Punarnava Mandura	RARI, Jaipur	<ol style="list-style-type: none"><li>1. Parul Institute of Ayurved and Research, Vadodra</li><li>2. Sant Dnyaneshwar Shikshan Santha's hon. shri annasaheb dange Ayurved Medical college, post graduate and research centre, Maharashtra</li><li>3. Yashwant Ayurvedic College Kolhapur</li><li>4. Maharashtra University of Health Sciences, Nashik</li></ol>



<b>Drakshavale ha</b>	<b>RARI, Vijayawada</b>	<ol style="list-style-type: none"> <li>1. Shri B.M. Kankanawadi Ayurveda Mahavidyalaya, Belgavi</li> <li>2. Institute of Ayurveda and Integrative Medicine, (I-AIM) Healthcare Centre, Bengaluru</li> <li>3. Sri Sri college of Ayurvedic science and research, banglore</li> <li>4. Sri Dharmasthala Manjunatheshwara college of Ayurveda and Hospital, Hassan</li> </ol>
---------------------------	-----------------------------	--

3. All the twelve institutions/colleges have agreed in principle to the assigned Ayurveda interventions and TORs. •
4. The intervention period for the may be kept as three months in the clinical trial protocol. No follow up period shall be mentioned.
5. The Clinical trial protocol will be shared to the respective co-ordinating Institutes who will further communicate it to the assigned Colleges.
6. The formalities for MoU and CTRI registrations will be carried out by the CCRAS nodal institutes.
7. Draft of vetted MoU will be shared by CCRAS headquarters.
8. Drug procurement order will be placed by CCRAS headquarters
9. Case record Form (CRF) will be drafted by nodal institutes of CCRAS and will be submitted to Headquarters for approval.
10. The intervention period for the may be kept as three months. No follow up period shall be mentioned.
11. It was suggested by the committee that the Clinical proposals in the prescribed protocol format must be submitted latest within a week to CCRAS Headquarters.
12. IEC approval may be obtained by the participating institutions/colleges at the earliest.
13. No protocol deviation will be permitted without approval of DG CCRAS.

Meeting ended with thanks to Chair.



Members present from CCRAS headquarters:

1. Prof Vd. Rabinarayan Acharya, Director General, CCRAS, Ministry of Ayush, New Delhi
2. Dr. Narayanam Srikanth, Deputy Director General, CCRAS, Ministry of Ayush, New Delhi
3. Dr. Pratap Makhija, Assistant Director (Ayu), CCRAS, Ministry of Ayush, New Delhi
4. Dr. Rakesh Kumar Rana, Statistical officer, CCRAS, Ministry of Ayush, New Delhi
5. Dr. Babita Yadav, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
6. Dr. B.S. Sharma, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
7. Dr. Neha Dubey, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
8. Dr. Anagha Ranade, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
9. Dr Sophia Jameela, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
10. Dr. Pallavi Mundada, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
11. Dr. Ashwathy Kutty, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
12. Dr. Swati Sharma, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
13. Dr. Lalita Sharma, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
14. Dr. Amit Rai, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
15. Dr. Azeem Ahmed, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi
16. Dr. Bidhan Mahajon, Research Officer (Ayu), CCRAS, Ministry of Ayush, New Delhi

Members present from CCRAS nodal Institutes:

1. Dr. Seema Jain, Research Officer (Ayu), CARI, Punjabi Bagh, New Delhi.
2. Dr. C Muralikrishnan, Research Officer Incharge, RARI, Vijaywada.
3. Dr Midhuna Mohan K, Research officer (Ayu), RARI, Vijayawada.
4. Dr. Nishanth K, Research officer (Ayu), RARI, Vijayawada.
5. Dr. B.R Meena, Assistant director Incharge, RARI, Jaipur.

Members present from the Chaudhari Brahma Prakash Ayurved Charak Sansthan, New Delhi.

1. Dr. Subhash Sahu, Associate Prof. Dept. Of Dravyaguna.
2. .

Members present from MSM Institute of Ayurveda, Sonapat.

1. Dr Gatikrushna Panda, Associate Professor, Dept. of Prasuti Tantra And Stree Roga
2. Dr. Deepmala U. Yadav, Assistant professor, Dept. of Kaumarbhritya.

Members present from Rajiv Gandhi Post Graduate Ayurvedic College and Hospital, Paprola, Himachal Pradesh.



1. Dr Vijay Chaudhary, Professor & Principal Cum Dean
2. Dr. Manik Soni, Lecturer, Dept. of Kayachikitsa.

Members present from Shubhdeep Ayurved Medical College and Hospital, Indore.

1. Dr. Jayshankar Mund, Principal, HOD, Dept. of Samhita siddhant.
2. Dr. Ratnaprava Misra, Professor, Dept. of Kayachikitsa

Members present from Parul Institute of Ayurved & Research, Vadodara

1. Dr. B.G. Kulkarni, Principal & Medical Superintendent
2. Dr. Vaishali Deshpande, Prof. & HOD Kayachikitsa

Members present from Annasaheb Dange Ayurved Medical College, Sangli, Maharashtra.

1. Dr. Amit Pethkar, Principal and Professor, Dept. of Sharir kriya.
2. Dr. Jayvant Kharat, Reader, Dept. Of Shalaky Tantra

Members present from Yashwant Ayurved Medical College, Kolhapur, Maharashtra.

1. Dr. Sachin Khot, Reader, Sharir Rachana

Members present from Maharashtra university of Health Sciences, Nashik, Maharashtra.

1. Dr. Milind Nikumbh, Pro-Vice-Chancellor, Maharashtra University of Health Sciences, Nashik, Maharashtra.
2. Dr. Shweta Chaudhary, Asst. Professor and I/C Dept. of AYUSH, MUHS at Maharashtra University of Health Sciences, Nashik, Maharashtra.

Members present from Shri BMK, Ayurveda Mahavidyalaya, Belgavi, Karnataka.

1. Dr. Suhas Shetty, Principal

Members present from Institute of Ayurveda and Integrative Medicine (i-AIM), Bengaluru.

1. Dr. Unnikrishnan Payyappallimana, Professor and Head of the Department at University of Transdisciplinary Health Sciences and Technology, Bengaluru.
2. Dr. Prakash B N, Associate Professor, University of Transdisciplinary Health Sciences and Technology, Bengaluru.

Members present from Sri Sri College of Ayurvedic Sciences, Bengaluru.

1. Dr. Sowmyashree U.P. Associate Professor, Dept. of Kayachikitsa
2. Dr Ashwathy Kavirajan, Assistant Professor, Dept. of Kayachikitsa

Members present from SDM College Hassan,

1. Dr. Prasanna Rao, Principal



Confidential document  
Not for circulation

COLLABORATIVE CLINICAL RESEARCH PROPOSAL

**Clinical Study on tolerability, treatment adherence  
and safety of *Punarnava Mandura* in the  
management of Iron Deficiency Anemia: An open  
label single arm study**



**Protocol Developed by**

**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**

**Ministry of Ayush, Government of India**

**61-65, Institutional Area, Opposite "D" Block,  
Janakpuri, New Delhi – 110058**



**Tentative Budget at each study centre (sample size – 120 participants)**

Details	1 <sup>st</sup> Year	2 <sup>nd</sup> Year	Total	Justification
Salary (SRF – Rs 35,000/- + HRA*)	5,33,400	5,33,400	10,66,800	SRF will help the investigators in screening, assessment, data entry and maintenance of accounts & records
Trial drugs for 120 participants**	47,200	---	47,200	For procurement of trial interventions including certificate of Analysis (CoA) and transportation charges.
Laboratory investigations	5,12,760	5,12,760	10,25,520	Outsourcing of laboratory investigations to NABL accredited lab
Incidental support to trial participants	42,000	42,000	84,000	Compensation towards inconvenience and travelling expenditure @ Rs. 100/- per visit for
TA/ conveyance for the investigators	25,000	25,000	50,000	Expenditure towards travel, honoraria etc. incurred on/by the trial related personnel
Contingency/ Miscellaneous expenses	1,00,000	1,00,000	2,00,000	Stationary items, printing of CRF, publication of clinical study report etc. and to meet the unforeseen expenditures.
<b>Total</b>	<b>12,60,360/-</b>	<b>12,13,160/-</b>	<b>24,73,520/-</b>	
<b>Overhead charges @5%</b>	<b>1,23,676/-</b>			
<b>Grand Total</b>	<b>25,97,196/-</b>			
<b>Total Budget for 04 study sites</b>			<b>1,03,88,784/-</b>	

\* HRA will be as per the applicable rates for the concerned city/area. The budget has to be revised accordingly.

\*\* The budget for trial interventions is tentative. It has to be revisited by the coordinating CCRAS institute.





**Tentative Budget for CCRAS Coordinating institute**

Details	1 <sup>st</sup> Year	2 <sup>nd</sup> Year	Total	Justification
Salary (SRF – Rs 35,000/- + HRA)	5,33,400	5,33,400	10,66,800	SRF will help in daily monitoring and maintenance of records
Insurance for trial participants	5,00,000	---	5,00,000	To protect participants from unanticipated risks
Training to research staff and periodic monitoring	3,00,000	3,00,000	6,00,000	Expenditure towards training to research staff and periodic monitoring
Contingency/ Miscellaneous expenses	1,00,000	1,00,000	2,00,000	To meet the unforeseen expenditures
<b>Grand Total</b>	<b>14,33,400</b>	<b>9,33,400</b>	<b>23,66,800/-</b>	

\* HRA will be as per the applicable rates for the concerned city. The budget has to be revised accordingly.

**Tentative total study Budget**

S. No.		Amount (in Rs)
1.	Total Budget for 04 study sites	1,03,88,784/-
2.	Budget for CCRAS Coordinating institute	23,66,800/-
<b>Grand Total</b>		<b>1,27,55,584/-</b>



Print Back

Account Statement for the period 17/05/2023 to 17/05/2023

<b>Account Number</b>	00000031450621208	<b>Description</b>	CA-GEN-PUB OTH-NONRURAL- INR
<b>Name</b>	HON SHRI ANNASAHEB DANGE AYURVED MEDICAL COLLEGE ASHTA AT POST ASHTA, DIST. SANGLI	<b>Currency</b>	INR
<b>Corporate Address</b>	ASHTA, MAHARASHTRA - 416301	<b>Branch</b>	ASHTA (11134)
<b>Rate of Interest (% p.a.)</b>	0.0%	<b>IFS Code</b>	SBIN0011134
<b>Book Balance</b>	7,68,621.75	<b>Available Balance</b>	7,68,621.75
<b>Hold Value</b>	0.00	<b>Uncleared Amount</b>	0.00
<b>Balance as on</b>	46,85,616.75		

Date (Value Date)	Narration	Ref / Cheque No.	Branch Code	Debit	Credit	Balance
17-May-23 (17-May-2023)	CHQ TRANSFER RTGS UTR NO: SBINR52023051749754852 623205 SHRI ANNASAHEB DANGE AYURVED MEDICA	623205 SHRI ANNSAHEB DANGE AYURVED MEDICA	11134	46,00,000.00		85,616.75
17-May-23 (17-May-2023)	BY TRANSFER NEFT*RBIS0PFMS01*RB11382363185034*M.S. Regional Ay	4697191044306 FROM	4430		11,84,760.00	12,70,376.75

Print Back



*Principal*  
26/5/23  
**PRINCIPAL**

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



# महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरीरोड, म्हसरुळ, नाशिक- ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel: (0253) 2539288/6659288/303 Student Helpline: 0253-2539111/6659111/100

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. राजेंद्र शिवाजी बंगाळ

एम.बी.बी.एस.एम.डी. (न्यायवैद्यकशास्त्र), डी.एन.बी., एल.एल.बी.

कुलसचिव

**Dr. Rajendra Shivaji Bangal**

M.B.B.S, M.D. (Forensic Medicine), D.N.B, L.L.B.

**Registrar**

MUHS/URD/2३७/2023

Date: 28/06/2023

To,  
The Dean/ Principal,  
Hon. Shri. Annasaheb Dange Ayurved  
Medical College, Post Graduate &  
Research Centre,  
A/p. Ashta, Tal. Walwa,  
Dist. Sangali - 416 301.

Sub: Approval of Research Grant (LTRG) for the academic year 2022-23.

Ref: 1) Application of Dr. Anjali Upadhye, dt. 12/11/2022 for LTRG

2) Application of Dr. Sujata Deepak Kate, dt. 12/11/2022 for LTRG

Dear Sir/Madam,

With reference to above cited subject and reference, this is to inform you that the proposal for Research Grant scheme for the academic year 2022-23 has been sanctioned by the University as mentioned below:

Sr. No.	Name of the Researcher	Title of the Research Project	Type of Grant	Grant Amount Sanctioned
1	Dr. Anjali Upadhye	Adversity Quotient (AQ) i.e. the Science of Human Resilience In Medical Fraternity – A Survey Study	LTRG	Rs. 81,000/- (Rs. eighty one thousand only)
2	Dr. Sujata Deepak Kate	A Comparative Study of Triphala Ghrita Tarpan and Jivantyadi Ghrita Nasya along with Abhyantarpan of Triphala Ghrita with Triphalachurna and YashtimachuChurna in Pratham Patalgatdoshdristi Lokshan W.S.R. Siimpal Myopia.	LTRG	Rs. 96,900/- (Rs. ninety six thousand nine hundred only)

You may initiate your research work and send the project completion report within stipulated time as mentioned in your proposal. You are expected to present your interim/final research observations in the MUHS State Level Research Conference and submit the research article for publication in MUHS Health Science Review Journal. The responsibilities of the researcher and your

institute, kindly refer the University Research Department Notification no. 44/2019 (Amended 2022) (Rules and Regulations Regarding Research Grant for Students, Teachers and Employees of the Maharashtra University of Health Sciences)

Herewith, you are informed that the University has approved 50% of amount of research grant and it will be released to the bank account of your institute, whereas remaining amount will be released after acceptance of the Final Project Report of completed research, and its approval by the University Scrutiny Committee.

Kindly submit the acceptance letter in prescribed format. This is for your information and necessary action.

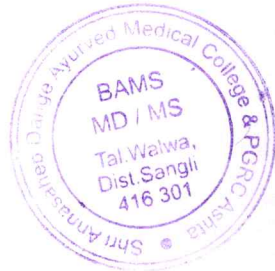
  
Registrar

Copy for necessary action:

1. Dr. Anjali Upadhye (Annasaheb Dange Ayur., Sangali)
2. Dr. Sujata Deepak Kate (Annasaheb Dange Ayur., Sangali)

Copy for information:

1. Hon. Vice Chancellor, MUHS, Nashik
2. Hon. Registrar, MUHS, Nashik
3. Hon. Finance and Accounts Officer



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



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरीरोड, म्हसळ, नाशिक- ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel:(0253) 2539288/6659288/303 Student Helpline:0253-2539111/6659111/100

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. राजेंद्र शिवाजी बंगाळ

एम.बी.बी.एस.एम.डी.(न्यायवैद्यकशास्त्र),डी.एन.बी, एल.एल.बी.

कुलसचिव

Dr.Rajendra Shivaji Bangal

M.B.B.S, M.D.( Forensic Medicine), D.N.B, L.L.B.

Registrar

MUHS/URD/2७७/2023

Date:28/06/2023

To,  
The Dean/ Principal,  
Hon. Shri. Annasaheb Dange Ayurved  
Medical College, Post Graduate &  
Research Centre,  
A/p. Ashta, Tal. Walwa,  
Dist. Sangali - 416 301.

Sub: Approval of Research Grant (LTRG) for the academic year 2022-23.

Ref: 1) Application of Dr. Anjali Upadhye, dt.12/11/2022 for LTRG

2) Application of Dr. Sujata Deepak Kate, dt. 12/11/2022 for LTRG

Dear Sir/Madam,

With reference to above cited subject and reference, this is to inform you that the proposal for Research Grant scheme for the academic year 2022-23 has been sanctioned by the University as mentioned below:

Sr. No.	Name of the Researcher	Title of the Research Project	Type of Grant	Grant Amount Sanctioned
1	Dr. Anjali Upadhye	Adversity Quotient (AQ) i.e. the Science of Human Resilience In Medical Fraternity – A Survey Study	LTRG	Rs. 81,000/- (Rs. eighty one thousand only)
2	Dr. Sujata Deepak Kate	A Comparative Study of Triphala Ghrita Tarpan and Jivantyadi Ghrita Nasya along with Abhyantarpan of Triphala Ghrita with Triphalachurna and YashtimachuChurna in Pratham Patalgatdoshdristi Lokshan W.S.R. Siimpal Myopia.	LTRG	Rs. 96,900/- (Rs. ninety six thousand nine hundred only)

You may initiate your research work and send the project completion report within stipulated time as mentioned in your proposal. You are expected to present your interim/final research observations in the MUHS State Level Research Conference and submit the research article for publication in MUHS Health Science Review Journal. The responsibilities of the researcher and your

institute, kindly refer the University Research Department Notification no. 44/2019 (Amended 2022) (Rules and Regulations Regarding Research Grant for Students, Teachers and Employees of the Maharashtra University of Health Sciences)

Herewith, you are informed that the University has approved 50% of amount of research grant and it will be released to the bank account of your institute, whereas remaining amount will be released after acceptance of the Final Project Report of completed research, and its approval by the University Scrutiny Committee.

Kindly submit the acceptance letter in prescribed format. This is for your information and necessary action.

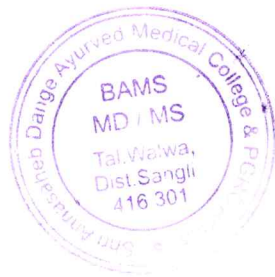
  
Registrar

Copy for necessary action:

1. Dr. Anjali Upadhye (Annasaheb Dange Ayur., Sangali)
2. Dr. Sujata Deepak Kate (Annasaheb Dange Ayur., Sangali)

Copy for information:

1. Hon. Vice Chancellor, MUHS, Nashik
2. Hon. Registrar, MUHS, Nashik
3. Hon. Finance and Accounts Officer



  
PRINCIPAL

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

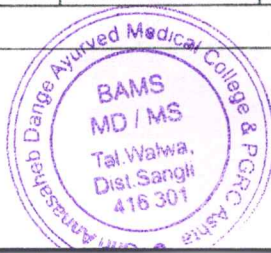


बैंक ऑफ महाराष्ट्र  
Bank of Maharashtra

एक परिवार एक बैंक

प्रधान कार्यालय : 'लोकमंगल', 1501, शिवाजीनगर, पुणे - 411005.  
H. O. 'Lokmangal', 1501, Shivajinagar, Pune - 411005

Sr No	Date	Particulars	Cheque/Reference No	Debit	Credit	Balance	Channel
40	18/08/2023	GST		0.90	-	16,31,964.87	Branch/System
41	18/08/2023	NEFT N230232601419457 REGISTRAR M MAHB232304340648	N230232601419457	-	88,950.00	17,20,914.87	Branch/System
42	19/08/2023	OVAR DAYANAND DATTATRAY	123845	11,950.00	-	17,08,964.87	Branch/System
43	19/08/2023	MRS SHINDE SANGITA	123876	3,250.00	-	17,05,714.87	Branch/System
44	19/08/2023	TO Mr. VIPUL TANAJI GURAV Mr. VIPUL TANAJI GURAV	123813	3,000.00	-	17,02,714.87	Branch/System
45	19/08/2023	INTER BRANCH TR		3.00	-	17,02,711.87	Branch/System
46	19/08/2023	GST		0.54	-	17,02,711.33	Branch/System
47	19/08/2023	NEFT MAHBH23231627445 DR PRANAM KHARCHE	123827	11,800.00	-	16,90,911.33	Branch/System
48	19/08/2023	NA		5.00	-	16,90,906.33	Branch/System
49	19/08/2023	GST		0.90	-	16,90,905.43	Branch/System
50	21/08/2023	Miss KIRAN DIPAK WAGH	123811	2,000.00	-	16,88,905.43	Branch/System
51	21/08/2023	AKBAR RAMJANKHAN WALAND	123810	2,800.00	-	16,86,105.43	Branch/System
52	21/08/2023	BHAVANA SUMIT DANDE	123807	9,550.00	-	16,76,555.43	Branch/System
53	22/08/2023	ANUJA ABHAYKUMAR KULKAR	123801	8,500.00	-	16,68,055.43	Branch/System
54	22/08/2023	ASHARANI AMITKUMAR KORE	123825	3,175.00	-	16,64,880.43	Branch/System
55	22/08/2023	BHARAT BANSI KADLASKAR	123819	10,675.00	-	16,54,205.43	Branch/System
56	23/08/2023	POURNIMA VILAS FASALE	123816	3,000.00	-	16,51,205.43	Branch/System
57	23/08/2023	SHITAL SHARAD LAD	123826	3,000.00	-	16,48,205.43	Branch/System
58	23/08/2023	SARIKA DINESH KELGAONKA	123828	3,000.00	-	16,45,205.43	Branch/System
59	25/08/2023	YOGESH DNYANDEO NARKHED	123817	7,225.00	-	16,37,980.43	Branch/System
60	25/08/2023	CHQ RET CHARGES		150.00	-	16,37,830.43	Branch/System
61	25/08/2023	GST		27.00	-	16,37,803.43	Branch/System
62	29/08/2023	YES KOLHAPUR	123808	3,000.00	-	16,34,803.43	Branch/System
63	30/08/2023	SUJATA DEEPAK KATE	115199	3,800.00	-	16,31,003.43	Branch/System
64	30/08/2023	AMITHANMANTSHINGARE	123629	11,170.00	-	16,19,833.43	Branch/System
65	30/08/2023	MONTHLY SMS CHA		10.00	-	16,19,823.43	Branch/System
66	30/08/2023	GST		1.80	-	16,19,821.63	Branch/System
67	31/08/2023	JET CLEARING UPCONTRY I	123831	9,600.00	-	16,10,221.63	Branch/System
68	31/08/2023	SHITAL SHARAD LAD	123837	8,250.00	-	16,01,971.63	Branch/System
69	31/08/2023	SANJAY SHIVAJI JADHAV	123830	3,000.00	-	15,98,971.63	Branch/System
70	01/09/2023	KIRAN SHARAD KOLI	123832	8,000.00	-	15,90,971.63	Branch/System
71	01/09/2023	PRASHANT ANNASO KHADE	123835	5,250.00	-	15,85,721.63	Branch/System
72	01/09/2023	VARSHA SADASHIV KHOT	123820	3,000.00	-	15,82,721.63	Branch/System
73	02/09/2023	ASHARANI AMITKUMAR KORE	123838	3,750.00	-	15,78,971.63	Branch/System
74	02/09/2023	YOGESH BAJRANG MOHITE	123838	10,500.00	-	15,68,471.63	Branch/System
75	06/09/2023	HARIPRASAD DATTATRAY KU	123834	3,975.00	-	15,64,496.63	Branch/System
76	07/09/2023	AMRUTRAJ ASHOK PATIL	123839	15,375.00	-	15,49,121.63	Branch/System
77	07/09/2023	Mr KRUSHNA SHIVCHAND SA	123782	2,000.00	-	15,47,121.63	Branch/System
78	07/09/2023	ANKUSH KAILAS HIWALE	123781	2,000.00	-	15,45,121.63	Branch/System
79	11/09/2023	SUBHAS G PATKI	123840	8,250.00	-	15,36,871.63	Branch/System
80	12/09/2023	SAMEER NARAYAN GORE	115118	15,150.00	-	15,21,721.63	Branch/System
81	13/09/2023	SOUGANDH ANANDRAO THORA	123787	8,250.00	-	15,13,471.63	Branch/System
82	14/09/2023	KIRAN DIPAK WAGH	123785	2,000.00	-	15,11,471.63	Branch/System
83	14/09/2023	AMIT SUDHAKAR PETHKAR	115119	8,000.00	-	15,03,471.63	Branch/System
84	14/09/2023	SWARUPPURUSHOTTAMKULKA	123783	9,525.00	-	14,93,946.63	Branch/System
85	15/09/2023	TO Mr. ANIL SAHEBRAO CHAVHAN TO ANIL SAHEBRAO CHAVHAN	123797	2,000.00	-	14,91,946.63	Branch/System
86	18/09/2023	SURAJ SHARAD KUNDLE	123790	1,400.00	-	14,90,546.63	Branch/System
87	18/09/2023	SHRADDHA SANDIP SHELKE	123789	2,800.00	-	14,87,746.63	Branch/System
88	18/09/2023	MUSHRAF RASHID SAYYAD	123795	11,150.00	-	14,76,596.63	Branch/System
89	18/09/2023	DEVENDRA BABURAO BARSIN	123850	33,075.00	-	14,43,521.63	Branch/System
90	19/09/2023	AMIT SUDHAKAR PETHKAR	123854	11,200.00	-	14,32,321.63	Branch/System
91	19/09/2023	RAJDATTA VIJAY DESAI	123857	2,800.00	-	14,29,521.63	Branch/System
92	21/09/2023	SUBHASH GAJANAN PATKI	123859	1,400.00	-	14,28,121.63	Branch/System
93	21/09/2023	RUPALI RAMADAS PATIL	123858	2,800.00	-	14,25,321.63	Branch/System
94	21/09/2023	SUJATA DEEPAK KATE	123793	4,200.00	-	14,21,121.63	Branch/System
95	21/09/2023	SARFARAJ KHUDABUDDI LAN	123855	19,600.00	-	14,01,521.63	Branch/System
96	21/09/2023	SHITAL SHARAD LAD	123852	14,000.00	-	13,87,521.63	Branch/System
* 97	21/09/2023	TO Mrs. JANHAVI PRADIP DEORE TRANSFER	123791	2,000.00	-	13,85,521.63	Branch/System
98	21/09/2023	INTER BRANCH TR		3.00	-	13,85,518.63	Branch/System
99	21/09/2023	GST		0.54	-	13,85,518.09	Branch/System
100	22/09/2023	SHITAL SHANKAR MANE	123858	2,800.00	-	13,82,718.09	Branch/System
101	25/09/2023	ASHWINI RAHUL PATIL	123796	21,000.00	-	13,61,718.09	Branch/System
102	25/09/2023	AJIT VIJAYKUMAR PATIL	123851	19,500.00	-	13,42,218.09	Branch/System
103	26/09/2023	ASHWIN SHRIPATI GURAV	123794	2,800.00	-	13,39,418.09	Branch/System
104	26/09/2023	VIJAY SARJERAO DANGE	123853	2,800.00	-	13,36,618.09	Branch/System



*Assures*  
**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 acupuncture 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 acupuncture 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:**

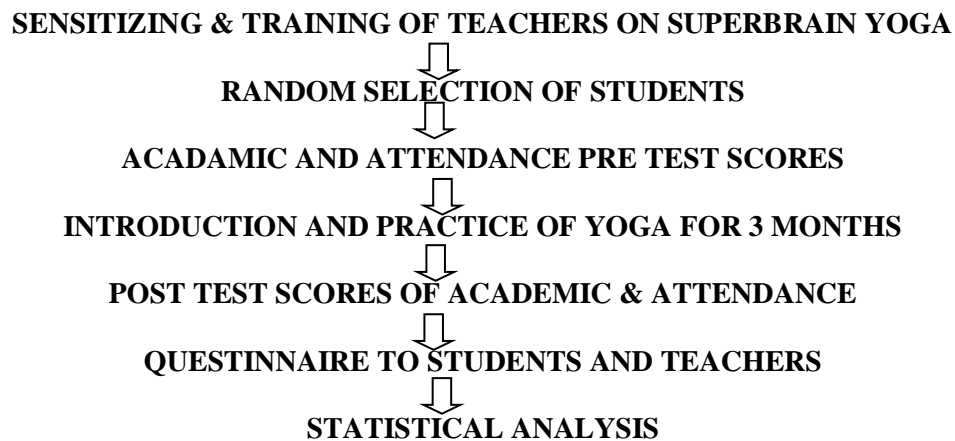
1. Academic Performance
2. Students attendance Performance
3. Accessment of questionnaire from the students
4. Accessment of questionnaire from the teachers

**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** :

H<sub>0</sub>: There will not be significant improvement in performance after superbrain yoga in student's attendance

H<sub>1</sub>: 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** :

H<sub>0</sub>: There will not be significant improvement in performance after superbrain yoga in acadamic performance.

H<sub>1</sub>: 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 of	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** :

H<sub>0</sub>: Superbrain yoga has not any differential effect on both male & female students.

H<sub>1</sub>: Superbrain yoga has differential effect on both male & female students.

**Table 10 :paired 't' test**

Null Hypothesis	t-value	Degree of freedom	Level Significance of	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: Banquet (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
	<b>Grand Total</b>	<b>17,34000</b>	



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



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](http://WWW.adamc.ac.in)

● Email :- [ashta.adamc@gmail.com](mailto:ashta.adamc@gmail.com)



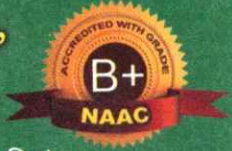
**ADAMC**

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 - 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 C.C.I.M, New Delhi

● Affiliated to Maharashtra University of Health Sciences, Nashik

Ref.No.ADAMC/1279/2023

Date : 31/07/2023

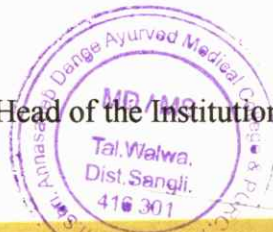
### Endorsement from the Head of the Institution

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

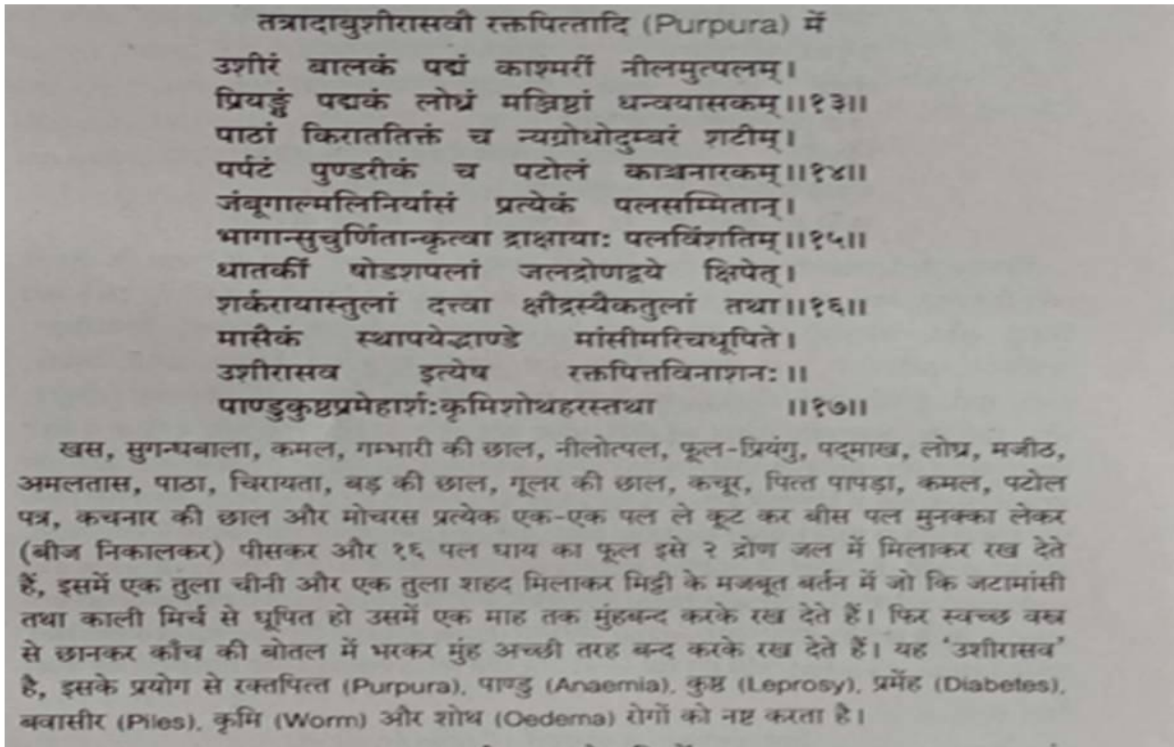


potion (nutrition) is generally available in rural areas and farms. Many farmers have already started using this organic traditional manure and have earned a huge profit.

## 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 ( $20 \times 10^8$ ) and 2. KAD-II ( $4 \times 10^8$ ) (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 ( $20 \times 10^8$ ). 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  $20.4 \times 10^5$ , Fungi  $13.8 \times 10^3$ , Actinomycetes  $3.6 \times 10^3$ , Phosphate solubilizing organisms  $4.5 \times 10^2$ , Free living n<sub>2</sub>-fixers  $5.0 \times 10^2$ .

Source: ( [https://agritech.tnau.ac.in/org\\_farm/orgfarm\\_ofk\\_soil.html](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 floor as a base instead of besan floor 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 floor as a base instead of besan floor 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/ijas.v9i6.114301>

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**

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

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

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

**Experiment Trial 3:Comparision of seasonal timeline**

<b>Time line of study</b>	<b>Jeevamrut Quantity</b>	<b>Jeevamrut with dhayati flower with Besan flour</b>	<b>Jeevamrut with dhayati flower with Jawar flour</b>
<b>YEAR 1</b>			
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, Gibberellic 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: Bibliography:

1. Paranjpe P, Indian Medicinal Plants-Forgotten Healers, A Guide to Ayurvedic herbal medicine, Chaukhambha Sanskrit 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	<b>19,68,000</b>
Consumables	1,89,000	<b>1,89,000</b>
Travel	90,000	<b>90,000</b>
Equipment	3,05,000	<b>3,05,000</b>
Contingencies	1,60,000	<b>1,60,000</b>
Other cost	70,000	<b>70,000</b>
Overhead	60,000	<b>60,000</b>
<b>Total</b>	<b>28,42,000</b>	<b>28,42,000</b>

**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	<b>19,68,000</b>
Consumables	94,500	94,500	0	<b>1,89,000</b>
Travel	30,000	30,000	30,000	<b>90,000</b>
Equipments	3,05,000	0	0	<b>3,05,000</b>
Contingencies	80,000	80,000	0	<b>1,60,000</b>
Other cost	20,000	20,000	30,000	<b>70,000</b>
Overhead	20,000	20,000	20,000	<b>60,000</b>
<b>Grand Total</b>	<b>11,85,500</b>	<b>8,80,500</b>	<b>7,76,000</b>	<b>28,42,000</b>

### Research Personnel Budget Detail

 (Amount in INR) :

Designation	Year-1	Year-2	Year-3	Total
<b>Field Worker</b> <i>For working and helping purpose ,travelling,other help</i>	48,000	48,000	48,000	<b>1,44,000</b>
<b>Junior Research Fellow</b> <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	<b>13,92,000</b>
<b>Laboratory Assistant</b> <i>For laboratory data collection purpose ,and other quality control equipments assessment</i>	1,44,000	1,44,000	1,44,000	<b>4,32,000</b>

### 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	<b>1,89,000</b>

### 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	<b>90,000</b>

### Equipment Budget Detail

 (Amount in INR) :

Generic Name ,Model No. , (Make)/ Justification	Quantity	Spare time	Estimated Cost
<b>Jeevamrut Culture formation cum Filter Machine Along with construction of foundation for it and Gree</b> (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 %	<b>3,05,000</b>

### 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	<b>1,60,000</b>

### 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	<b>60,000</b>

### 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	<b>70,000</b>

## 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.

  
Signature of PI with date

Name / designation

Dr. Amit Pethkar  
HOD & Prof Department of  
Kriyashashtra



**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

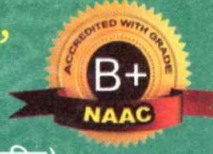
**Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.**

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 : 13/12/23

### 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](http://WWW.adamc.ac.in)

● Email :- [ashta.adamc@gmail.com](mailto: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



● Web Site :- [WWW.adamc.ac.in](http://WWW.adamc.ac.in)

● Email :- [ashta.adamc@gmail.com](mailto:ashta.adamc@gmail.com)



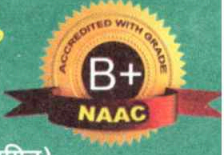
State University Research Excellence (SERB-SURE)

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)



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/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.





**ADAMC**

An ISO 9001-2015  
An ISO 14001-2015

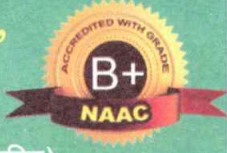
संत ज्ञानेश्वर शिक्षण संस्थेचे,

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)



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

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





### 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 

Date: 13/12/2023

Place: Ashta.

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

Dr. Ajitkumar S. Hemzode 

Date: 13/12/2023

Place: Ashta

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

Dr. Anjali Nitin Upadhye 

Date: 13/12/2023

Place: Ashta

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

Dr. Ashwini Rahul Patil 

Date: 13/12/2023

Place: Ashta