

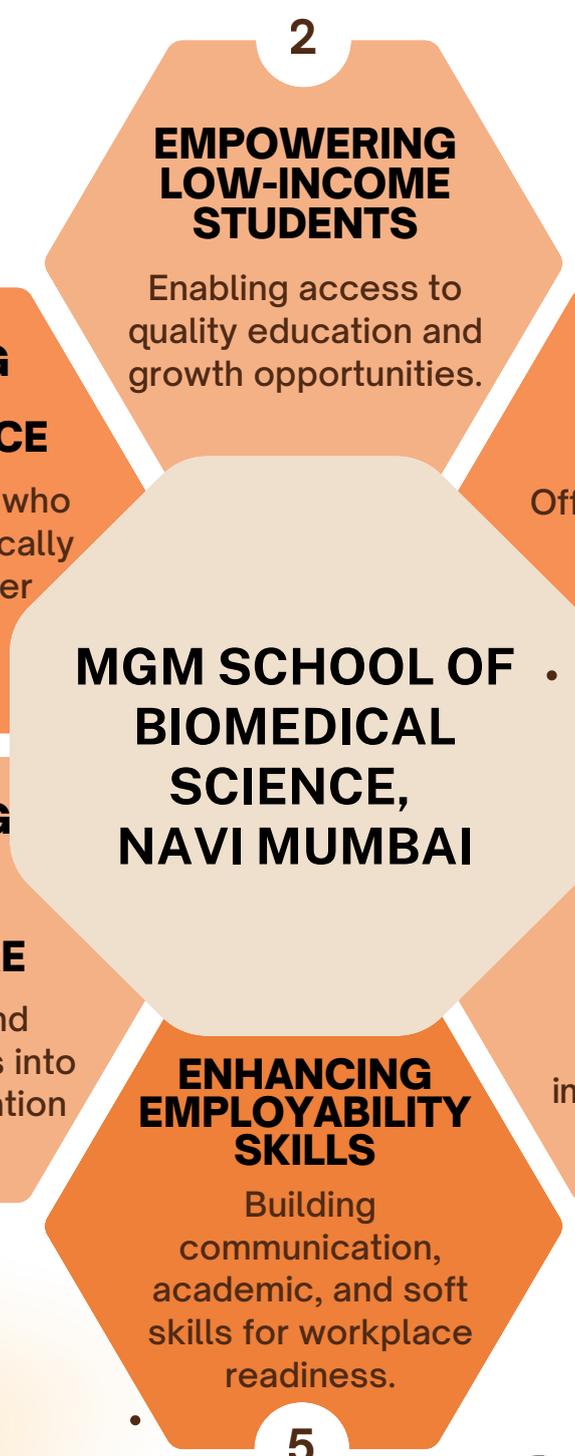




# **ACADEMIC JOURNEY OF MGMSBS, NAVI MUMBAI (2007-TILL DATE)**

***TRANSFORMATIVE GROWTH OF MGMSBS:  
ADVANCING EDUCATION, RESEARCH AND STUDENT SUCCESS***





2

**EMPOWERING  
LOW-INCOME  
STUDENTS**

Enabling access to quality education and growth opportunities.

**IMPROVING  
ACADEMIC  
PERFORMANCE**

Guiding students who struggle academically to achieve better success.

**PROVIDING  
FINANCIAL  
SUPPORT**

Offering freships and concessions to reduce financial barriers.

**MGM SCHOOL OF  
BIOMEDICAL  
SCIENCE,  
NAVI MUMBAI**

**MOBILIZING  
STUDENTS  
INTO  
HEALTHCARE**

Encouraging and enrolling students into healthcare education and careers.

**CREATING  
JOBS &  
SOCIO-  
ECONOMIC  
UPLIFTMENT**

Facilitating employment and improving students' economic and social status.

**ENHANCING  
EMPLOYABILITY  
SKILLS**

Building communication, academic, and soft skills for workplace readiness.



5

1

3

6

4



**MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed University u/s 3 of UGC Act, 1956)

**Grade 'A++' Accredited by NAAC**

MGM Educational Campus, Sector 1, Kamothe, Navi Mumbai-410209,  
India

*A Journey of Growth, Excellence, and Innovation in  
Biomedical Education*

The Journey of MGM School of Biomedical Sciences (MGMSBS), Navi Mumbai

The story of the MGM School of Biomedical Sciences (MGMSBS) is one of hope, hard work, and steady growth. The School began with very limited infrastructure, a handful of students (22-30) and a few dedicated faculty members who shared a common dream to provide quality education and meaningful opportunities to socially and economically challenged students.

In its early years, MGMSBS functioned as a small department under MGM Medical College & Hospital, Kamothe (till 2015–16), facing numerous challenges but always moving forward with determination and purpose. The focus during this formative phase was on building strong foundations in teaching, learning and research, while nurturing students into responsible and skilled health professionals.

Over time, the School grew in both strength and reputation. From its modest beginnings with 7 UG and 2 PG programs, MGMSBS evolved into a recognized constituent unit of MGM Institute of Health Sciences (MGMIHS) in 2017, approved by the Ministry of Human Resource Development (MHRD), Government of India. Today, the School proudly offers 8 UG, 16 PG and 12 Ph.D. Programs, reflecting its academic expansion and excellence.

At present, MGMSBS stands as a vibrant academic and research hub, attracting students from across the nation. Its alumni are making significant contributions as competent Allied Health Science professionals in hospitals, research institutions and universities across India and abroad.

From a humble beginning to becoming a centre of excellence, MGMSBS continues to uphold its mission of quality education, applied and integrative research and holistic development. The School remains deeply committed to contributing to the nation's vision of Good Health and Well-being (SDG 3) in alignment with NEP 2020.

***“Empowering lives through science and compassion.”***



# ACADEMIC PROGRESS THROUGH THE YEARS (2007-2025)

## 2025: CURRENT STATUS AND GROWTH

MGMSBS currently offers 08 Undergraduate (UG) and 16 Postgraduate (PG) programs  
08 Undergraduate (UG)=144 students  
16 Postgraduate (PG)=83 Students  
Ph.D. = 46 enrolled Student  
The focus remains on quality education, advanced research, and professional development

## WHERE WE ARE GOING

Evolving as a multidisciplinary hub fostering innovation, research, and global academic partnerships.

## 2022: ACADEMIC DIVERSIFICATION

MGMSBS expanded to  
08 Undergraduate (UG)=136 students  
11 Postgraduate (PG)=78 Students  
The school emphasized interdisciplinary learning and applied biomedical sciences  
Ph.D. = 4 Student

## 2017: INSTITUTIONAL RECOGNITION

MGMSBS Navi Mumbai became a Constituent Unit of MGMIHS by MHRD Gov of India.  
introduced to enhance academic flexibility by The Choice Based Credit System (CBCS) .  
07 Undergraduate (UG)=153 students  
08 Postgraduate (PG)=29 Student  
Ph.D. = 5 Student



## MGM SCHOOL OF BIOMEDICAL SCIENCE, NAVI MUMBAI

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MGM Educational Campus, Sector 1, Kamothe, Navi Mumbai-410209, Indi

## 2012: EXPANSION PHASE

07 Undergraduate (UG)=32 students  
02 Postgraduate (PG)=21 Students .  
indicating steady academic growth

## 2007: ACADEMIC BEGINNING

07 Undergraduate (UG)=05 students  
02 Postgraduate (PG)=18 Students .

## 2006: FOUNDATION YEAR

MGMSBS was established as a Department under MGM Medical College.  
This year laid the foundation for multidisciplinary learning in biomedical sciences.

## WHERE WE STARTED

Established to empower Socially, economically challenged students through education and research

# The Academic Trajectory: Year-wise Introduction of Courses

A timeline highlighting the introduction and advancement of our courses.





# MGM School of Biomedical Sciences, Navi Mumbai

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## 08 UNDERGRADUATE PROGRAMMES

BACHELOR'S DEGREE PROGRAMME	INTAKE CAPACITY
<b>Physician Assistant in Emergency &amp; Trauma Care</b>	<b>20</b>
<b>Optometry</b>	<b>20</b>
<b>Cardiac Care Technology</b>	<b>10</b>
<b>Perfusion Technology</b>	<b>05</b>
<b>Medical Laboratory Technology</b>	<b>30</b>
<b>Medical Dialysis Technology</b>	<b>20</b>
<b>Medical Radiology &amp; Imaging Technology</b>	<b>30</b>
<b>Operation Theatre &amp; Anesthesia Technology</b>	<b>20</b>

**Proposed:**

**B.Sc. Clinical Psychology, B.Sc. Neuroscience**



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## 16 POSTGRADUATE PROGRAMMES

PROGRAMME NAME	INTAKE CAPACITY
<b>M.Sc. Medical Biotechnology</b>	<b>20</b>
<b>M.Sc. Medical Genetics</b>	<b>10</b>
<b>M.Sc. Molecular Biology</b>	<b>10</b>
<b>M.Sc. Clinical Embryology</b>	<b>10</b>
<b>M.Sc. Clinical Nutrition</b>	<b>15</b>
<b>M.Sc. Medical Radiology &amp; Imaging Technology</b>	<b>05</b>
<b>M.Sc. Medical Dialysis Technology</b>	<b>04</b>
<b>M.Sc. Cardiac Care Technology</b>	<b>05</b>
<b>M.Sc. Operation Theater &amp; Anesthesia Technology</b>	<b>02</b>
<b>M.Sc. Emergency &amp; Trauma Care Technology</b>	<b>03</b>
<b>Masters in Hospital Administration</b>	<b>15</b>
<b>Master of Public Health</b>	<b>10</b>
<b>Master of Optometry</b>	<b>05</b>
<b>Master in Health Informatics</b>	<b>05</b>
<b>M.Sc. Medical Laboratory Technology</b>	<b>02</b>
<b>M.Sc. Medical Physics</b>	<b>10</b>



# MGM School of Biomedical Sciences, Navi Mumbai

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

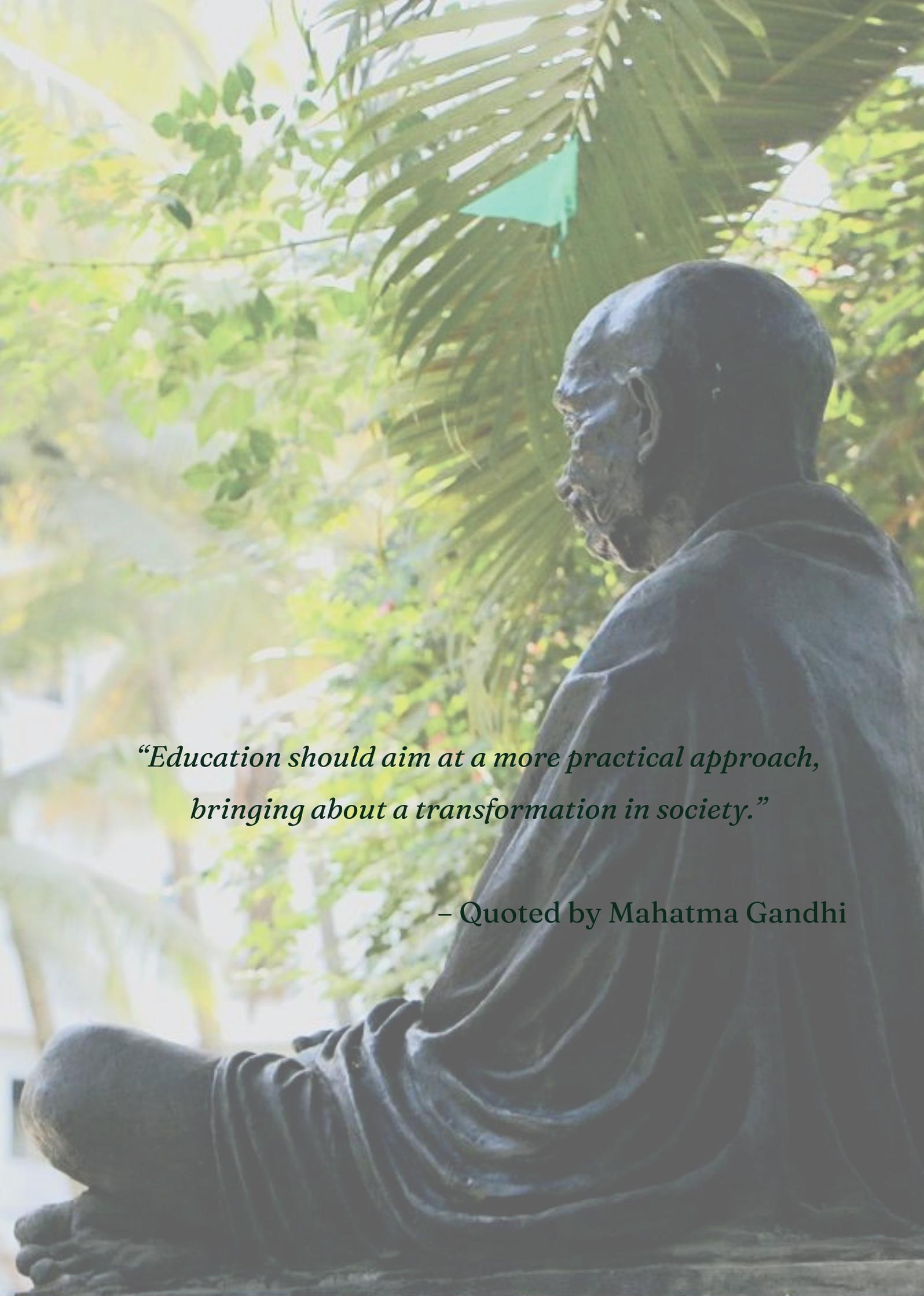
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## 12 Ph.D. Programme 2025-26

Subject of Ph.D.	Eligibility Qualification
<b>Medical Biotechnology</b>	MD in Microbiology, Pathology or Biochemistry/ M. Sc. in Biotechnology/ M. Sc. in Medical Biotechnology/Microbiology/Biochemistry or Molecular Biology/ M.Sc. Life Sciences
<b>Medical Genetics</b>	M.Sc. in Medical Genetics/ M.Sc. in Medical Biotechnology/ M.Sc. in Life Sciences
<b>Molecular Biology</b>	M.Sc. in Molecular Biology/ M.Sc. in Medical Biotechnology/M.Sc. in Microbiology/ M.Sc. in Life Sciences
<b>Health Profession Education</b>	PG degree holder in any Health Sciences programs.
<b>Hospital Administration</b>	Masters in Healthcare / MBA in any non-medical specialty with five years of experience working at managerial level in a Healthcare Industry / Any PG degree in Health Sciences.
<b>Optometry</b>	M.Sc. in Optometry
<b>Clinical Nutrition</b>	M. Sc. in Clinical Nutrition
<b>Clinical Embryology</b>	M.Sc. in Clinical Embryology
<b>Medical Radiology &amp; Imaging Technology</b>	MD/ MS/ Masters/ PG degree: Medical Imaging Technology or related discipline. A minimum percentage (typically 55% or above) or equivalent CGPA in the qualifying Masters degree.
<b>Operation Theatre &amp; Anesthesia Technology</b>	Masters/ PG degree: Operation Theatre & Anesthesia Technology or related discipline. A minimum percentage (typically 55% or above) or equivalent CGPA in the qualifying Masters degree.
<b>Cardiac Care Technology</b>	Masters/ PG degree: Cardiac Care Technology or related discipline. A minimum percentage (typically 55% or above) or equivalent CGPA in the qualifying Masters degree.
<b>Medical Dialysis Technology</b>	Masters/ PG degree: Medical Dialysis Technology or related discipline. A minimum percentage (typically 55% or above) or equivalent CGPA in the qualifying Masters degree.

A dark-colored statue of Mahatma Gandhi is shown in profile, seated in a meditative posture. He is wearing a shawl and has a beard. The background is filled with vibrant green leaves and branches, creating a natural and serene setting. The lighting is soft, highlighting the texture of the statue and the foliage.

*“Education should aim at a more practical approach,  
bringing about a transformation in society.”*

**– Quoted by Mahatma Gandhi**

# Academic Achievements of MGMSBS

*The future depends on*

## Institutional Growth & Recognition

- Established in 2006 as a department under MGM Medical College; became an independent constituent unit of MGMIHS in 2017, recognized by MHRD, Government of India.
- Founded with a mission to Empower socially and economically challenged students through accessible, research-oriented education.
- Introduced the Choice-Based Credit System (CBCS) across all UG and PG programs in 2017 to enhance flexibility and learner autonomy.

## Academic Expansion

Category	2007	2025	Growth / Change
Undergraduate (UG) Programs	7 Programs	8 Programs	+1 Program
Postgraduate (PG) Programs	2 Programs	16 Programs	+14 Programs
Ph.D.	02 Programs Started in 2014	12 Programs	+10 Programs
UG Student Strength	05 Students	144 Students	+139 Students
PG Student Strength	18 Students	83 Students	+65 Students
Total Student Strength	23 Students	227 Students (Academic Year per Batch)	+204 Students
Ph.D Student Strength	25 Awarded	46 enrolled	71 Scholars
Academic Status	Department under MGM Medical College	Since 2017 Constituent Unit of MGMIHS (MHRD-recognized)	Institutional Upgradation
Curriculum Framework	Conventional (Yearly pattern)	CBCS aligned Semester a pattern with NCAHP, NEP 2020 & NcRF Guidelines	Academic Reform Implemented

## Unique New Programs Introduced:

- M.Sc. Medical Physics (2025) – Approved by AERB-BARC; among only three in Maharashtra and two in Mumbai (others at Homi Bhabha Centre for Atomic Research).
- M.Sc. Health Informatics (2024) – Among only two such programs in India, offered by MGMIHS and Manipal University, Mangalore.
- M.Sc. Emergency & Trauma Care and M.Sc. Operation Theatre & Anaesthesia Technology (2024).
- Proposed UG Programs (2025): B.Sc. Neuroscience and B.Sc. Psychology

# ***Navi Mumbai (2017–2025)***

## ***what we do in the present.***

### **Infrastructure & Research Ecosystem**

- Advanced laboratories established: Molecular Lab, Genetics Lab, Zebrafish Facility, Centre for genomic & Integrative Research, Hydroponics Lab.
- 10 Patents, 97 Copyrights, and extramural/CSR-funded research projects.
- Strong research culture promoted through hands-on workshops, national conferences, and collaborative MoUs.
- Faculty and student publications in reputed indexed journals.

### **Student Development & Inclusivity**

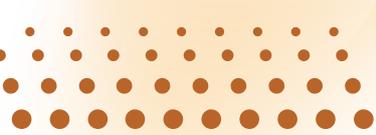
- Implementation of orientation, DIKSHARAMBH induction and mentorship programs for student transition and academic support.
- Peer Mentor–Mentee Wellness Initiative (2020) supporting emotional resilience and teamwork.
- Student achievements include placements in reputed institutions such as AIIMS, ACTREC, ICMR-NIRRH, Symbiosis, TERI and NIH-USA.
- Scholarships, awards, and participation in national/international conferences and CME events (e.g., SAIRADCON, AIMS, New Delhi, NIHMANS, NEPHCARE & Heartfulness Institute etc).

### **Community Outreach & Holistic Development**

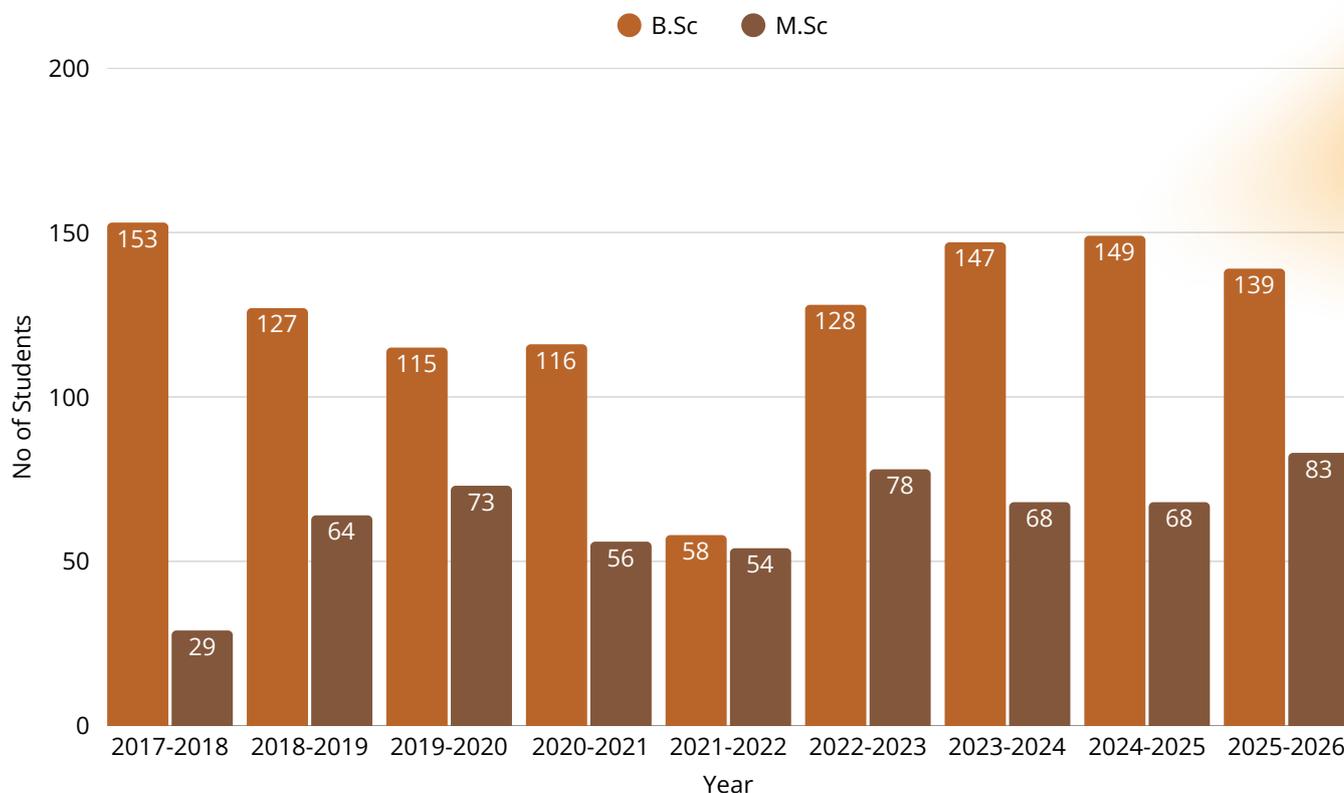
- Active NSS Unit organizing Swachh Bharat drives, Pulse Polio immunization, Unnat Bharat Survey, blood donation camp and Tobacco-Free Campus campaigns.
- Observance of World Health Day, International Yoga Day, International Women’s Day, and World Environment Day.
- AARAMBH – The Science and Wellness Club: Integrates wellness, heartfulness, and personal growth into academics.
- Led major outreach initiative Ekatma Abhiyan (2025) in collaboration with Heartfulness Institute and Ministry of Culture, Govt. reaching 1,032 villages, 675 schools, and PHCs, impacting 27,991 individuals.
- Promotes SDG-3 (Good Health & Well-being) and SDG-4 (Inclusive and Quality Education & Lifelong Learning)

### **Vision and Mission Alignment**

- Vision: To evolve as a Centre of Excellence in Allied Health and Biomedical Sciences with a strong research and teaching environment.
- Mission: To provide qualitative, inclusive education and generate knowledge through advanced research, contributing to healthcare innovation and community well-being.
- Lifelong Learning)



## Enrollment Trends at MGM School of Biomedical Sciences (2017–Present)



### Transforming Adversity into Academic Excellence

- Overcame challenges of limited infrastructure and modest student intake grades in the formative years.
- Supported socio-economically challenged learners through inclusive academic mentoring and value-based education.
- Ensured quality education and skill-based training despite constraints fostering competence, confidence and compassion.
- Students now placed in reputed hospitals, research institutes and industries across India and abroad.
- A true reflection of Excellence through Perseverance and Inclusive Growth,
- guided by Gandhian Philosophy and aligned with SDG 4 Quality Education & Lifelong Learning.



Teaching Faculty



Non Teaching Faculty



# **RESEARCH & DEVELOPMENT**

## **MGMSBS, NAVI MUMBAI**

**(2007-TILL DATE)**

***"FROM EMERGING RESEARCH TO ESTABLISHED EXCELLENCE"***





# **CRL** Central Research Laboratory

*From Molecules to Mankind: Translating Science into  
Sustainable Health*

**Central Research Laboratory,**  
Dept of Medical Biotechnology, MGM School  
of Biomedical Sciences, MGMIHS Ground  
Floor, MGM Medical College Building,  
Kamothe 410209, Navi Mumbai, Maharashtra

# MGM School of Biomedical Sciences

(2007–2025)



Publications

**173**

peer-reviewed papers



Patents &  
Copyrights

**10** patents  
granted

+ **97** copyrights



Research  
Grants &  
Funding

**₹ 4.49 Cr**

total extramural funding



Human  
Resource  
Development

**69**

Ph.D.  
scholars

**08**

research  
fellows



Research  
Infrastructure

- Central Research Laboratory (CRL)
- ZEBCOG Zebrafish Laboratory
- Centre for Genomics & Integrative Health



Collaborations  
& Outreach

**₹10.11 lakh**

generated  
through  
consultancy  
and training

# Research Achievements (2007–2025)

<b>Category</b>	<b>Achievements</b>
<b>Publications</b>	173 peer-reviewed papers in Scopus, Web of Science, and PubMed indexed journals
<b>Patents</b>	10 Granted (covering biosensors, nanotechnology, diagnostic devices, biochips)
<b>Copyrights</b>	97 Registered
<b>Books &amp; Book Chapters</b>	03 Books and 14 Book Chapters published with reputed publishers (Springer, Elsevier, etc.)
<b>Extramural Projects</b>	15 Projects (07 Ongoing, 08 Completed) – Total Funding ₹4.49 Crore
<b>Funding Agencies</b>	DST, DBT, ICMR, BRNS, DHR and Non-Government sources
<b>Ph.D. Scholars</b>	71 Total (25 Awarded, 46 Ongoing)
<b>Research Fellows</b>	08 (JRFs, SRFs, Project Assistants, Women Scientists)
<b>Consultancy/Training Revenue</b>	₹10,11,600/- consultancy through External Training programs

# Research Infrastructure

Department of Medical Biotechnology Central Research Laboratory (CRL) – Established 2010; upgraded 2023

## • ZEBCOG Zebrafish Laboratory – CCSEA-approved (2023)



- CCSEA approved lab
- Extramural Project: BRNS, DAE, Govt. of India – ₹22.5 Lakhs
- Training Program: DHR, MoHFW, Govt. of India (2023) – ₹29 Lakhs
- Publications: 12 (2016–present) in Scopus, PubMed, WoS
- Copyrights: 25 registered
- PhDs: 2 awarded, 2 ongoing; Dissertations: 47
- Webinars: 2 international on zebrafish research
- Value-Added Program: Zebrafish Husbandry Education Course
- MoUs: 3 signed

## • Centre for Genomics and Integrative Health (2023)



## • Clinical Nutrition Laboratory

Nutrition is paramount for health, it is one of the fields which is interrelated to every life sciences stream. A nutritionist can involve in lot many innovations and research work related to life science. It will be really helpful to strengthen the Clinical Nutrition department academically and for research purpose.

Apart from that MGMIHS has running post graduate program in Clinical Nutrition consisting of Clinical Nutrition Lab, which includes advance nutrition, food safety, medical nutrition therapy, applied Biochemistry and biostatistics. The students are getting exposure of extension activities, clinical exposure and research exposure. The additional trainings, workshops, field work and laboratory work would be helpful to empower the department and students.

### Clinical Nutrition Lab



**Clinical exposure:** The department is giving clinical exposure to the post graduate students throughout their degree program by providing them the clinical postings in the tertiary care hospitals running by the MGMIHS. The students are getting hands on training to counsel the patients and to conduct their exploratory and interventional studies. Institute is having nine hundred bedded hospital there the Dietetics department is working with the coordination from medical and paramedical staff. We have conducted several studies on type 2 diabetes, cardiovascular diseases, renal and kidney problems.

**Community outreach activities:** The faculties and students are getting lot many opportunities to work in the rural and tribal communities. They are involved in screening program of non- communicable diseases. The institute is providing the facilities to train the students to work in the community. The screening programs gives opportunities to conduct formative researches with the coordination of Central research laboratory and hospital central laboratory and further helpful to plan intervention studies for the betterment of patients.

# Research Profile of the Laboratory

The MGMSBS aspires to provide quality of Education & Research with aim to disseminate knowledge and human health practices to alleviate human suffering. The MGMSBS fostering the emerging research in fields including allied sciences, the humanities, and health care that is relevant to today's society. The institution is dedicated to providing the necessary infrastructure, training, and support for fostering high-quality research while upholding the highest ethical standards. The SBS has well qualified research oriented young faculty and research scholar. MGM SBS has Scopus, Web of science and PubMed indexed publications in peer reviewed national and international journals. The MGMSBS is committed for applied and translation research, IPR and product development from the R&D supports. SBS Individual faculty members are also supported by extra mural research grants from the National funding agencies such as Department of Science & Technology (DST), Department of Biotechnology (DBT), Indian Council of Medical Research (ICMR), Board of Research in Nuclear Sciences (BRNS) etc. MGM Institute of Health Sciences has a robust research ecosystem which offers research facilities spanning across research facilities to applied research facilities in various non- communicable and communicable diseases and health promotion. The SBS fostering the research and providing the excellent training with the provided infrastructure and support of MSMIHS. The MGMIHS has

## **MGM Central Research Laboratory: A Hub for Translational and Molecular Research Department of Medical Biotechnology**

The Central Research Laboratory established by MGM School of Biomedical Sciences offers exclusive facilities to undertake genetic, molecular and biotechnological applied research in sync with the thrust areas of research of the Institute. The laboratory is well- equipped with high-through put technique of PCR as well as technology for ELSIA, DNA/RNA extraction, electrophoresis (vertical/horizontal), microbiological assays NAAT, DNA hybridization assays, EVOS FL Auto microscope, immunological assays and Culture and Drug Susceptibility studies, and Zebra fishy cultivation (as animal model). These facilities have resulted in development of rational drug discovery, discovery of novel predictive biomarkers of diseases, affordable and rapid diagnostic kit for detection of TB and Malaria, Prediction of disease and prophylactic disease management and decoding infectious diseases at host genome level. These facilities will enable strengthening of development of robust algorithms for early identification of diseases and offering novel solutions for management.

## Research Scope of the Laboratory

The MGM School of Biomedical Sciences(MGMSBS) is dedicated to advancing education and research in emerging areas of human health and disease. The laboratory is equipped with facilities to support cutting-edge investigations and is steadily expanding its R&D infrastructure to promote interdisciplinary, translational, and impactful research.

## Broad Objectives

- 1.Strengthen Education and Research Capacity:** To promote quality education, research excellence and innovation by nurturing skilled human resources and fostering interdisciplinary collaboration among students, faculty, clinicians and scientists.
- 2.Advance Translational and Biomedical Research:** To develop and apply molecular diagnostics, zebrafish and animal models and cell/tissue culture systems for translational research addressing infectious, metabolic, neurological, cardiovascular, psychiatric and lifestyle-related disorders.
- 3.Integrate Holistic Health with Biomedical Science:** To establish evidence-based research in stress biology, metabolism, yoga and Heartfulness meditation by scientifically evaluating their physiological, molecular and psychosocial impacts on health and well-being.
- 4.Promote Outreach, Policy Engagement, and Sustainable Impact:** To translate research outcomes into community outreach, capacity-building programs and policy-relevant evidence aligned with national health priorities, NEP 2020, and UN Sustainable Development Goals (SDG-3).

## Division-Wise Research Focus

### Molecular Biology and Infectious Disease Division

- Development of molecular biology–based assays for rapid diagnosis of infectious diseases. Training modules for medical professionals, allied health staff, paramedics, and life science students in molecular diagnostics.

### Zebrafish and Animal Modeling Division

- Creation of zebrafish disease models for preclinical research on the safety, efficacy, and toxicity of novel pharmaceuticals and conventional therapies. Development of animal model systems
- and advancement of animal cell and tissue culture facilities for translational research and training. Training modules for medical professionals, allied health staff and life science students
- in Zebrafish husbandry.

## **Cross-Cutting Initiatives: Centre for Genomics and Integrative Health**

### **A. Establishment of a Stress Biology and Metabolic Research Unit / Promotion of Holistic Health through Yoga & Heartfulness Meditation**

The Stress Biology and Metabolic Research Unit will serve as a dedicated centre for studying the molecular and biochemical mechanisms underlying holistic health interventions, particularly Yoga and Heartfulness Meditation. The Unit will integrate advanced biochemical assays with psychosocial assessments to scientifically validate the impact of these practices on human health, stress regulation and overall well-being.

It will systematically evaluate the physiological, metabolic and molecular responses to yoga and meditation practices, establishing a link between psychological well-being and biological resilience.

**Research Model:** The Unit will promote interdisciplinary and translational research based on established 12-week randomized controlled trial frameworks ( $n \approx 60\text{--}100$ , age group 18–24 years). These models will be extended to diverse populations and longer follow-ups to assess the sustained benefits of yoga and meditation practices.

**Applied Outcomes:** The Unit will bridge research and real-world application by generating evidence-based models for preventive and promotive health, supporting community outreach, academic training and policy development in stress biology and holistic wellness.

This initiative aligns with the **CRL's vision to foster evidence-based holistic health, combining traditional Indian wellness practices with modern molecular biology** to create measurable, reproducible and sustainable health outcomes for individuals and communities.

### **B. Comprehensive Training in Statistical Tools and Data Analysis; Facilitation of Student and Faculty Exchanges**

This initiative focuses on strengthening research capacity and analytical proficiency across the institute. Regular workshops and hands-on sessions will be organized on biostatistics, research methodology and data interpretation, enabling faculty and students to independently analyse and publish high-quality data.

Training programs will cover experimental design, sample size calculation, data visualization, and use of advanced statistical software. Faculty and student exchange programs with national and international research institutions will enhance knowledge sharing, collaborative learning, and exposure to best global research practices.

These activities will ensure that all researchers within CRL are equipped to conduct rigorous, reproducible and statistically sound research, fostering excellence in publication and innovation.

### **C. Organization of Outreach Activities, Workshops, Symposia, and Conferences**

Regular organization of outreach programs, symposia, and scientific conferences will strengthen the CRL's role as a hub of knowledge exchange and community engagement.

The outreach programs will aim to translate research findings into community awareness, particularly focusing on holistic health, stress management and lifestyle wellness through yoga and meditation.

National and international conferences will provide a platform for scientists, clinicians, and policy-makers to share best practices, research outcomes, and innovations in biomedical sciences.

These engagements will also help build collaborations, enhance visibility of the CRL, and promote evidence-based wellness education at both institutional and community levels.

### **D. Integration and Sustainability through Collaborative Research and Policy Engagement**

CRL will focus on developing long-term, interdisciplinary research collaborations with academic, clinical, and industrial partners. Emphasis will be placed on generating policy-relevant evidence that supports national health missions, NEP 2020 and UN Sustainable Development Goals (SDG 3: Good Health and Well-being).

By integrating holistic health research with biomedical innovation, CRL will contribute to the development of institutional frameworks and national strategies promoting integrative health, mental well-being, and sustainable community development.

This cross-cutting approach ensures that all initiatives from fundamental research to community outreach — remain aligned with national priorities and global health standards.

### **Clinical Nutrition Division**

- Development of a Comprehensive Nutrition Intervention to Prevent Hidden Hunger among Adolescent Girls.
- Hands-on Training Programme on Nutritional Therapy for Chronic Kidney Disease Patients.
- Association of Mid-Day Meal Consumption with Nutritional Status among Beneficiaries.
- Development and evaluation of functional food products with medicinal properties (in vitro and in vivo).

### **Biochemistry Division**

- A Prospective Case-Control Study on the Role of Senescence and Neurodegenerative Biomarkers in Major Depressive Disorder (MDD): Exploring Links to Dementia.
- Development of biomarker-based approaches for early detection, prognosis, and therapeutic monitoring in neurological and psychiatric conditions.

# Achievement of Department of Medical Biotechnology at (CRL)



## INTERDISCIPLINARY RESEARCH APPROACH

The Central Research Laboratory (CRL) at MGM School of Biomedical Sciences, Navi Mumbai, is a premier hub for interdisciplinary research aimed at advancing human health and disease understanding. Its research portfolio spans infectious diseases, molecular diagnostics, toxicology, zebrafish behavioral studies, nanotechnology, bioinformatics, clinical nutrition, and mental health, complemented by programs in community outreach, yoga, and meditation for physical and mental wellbeing.

The CRL houses state-of-the-art infrastructure across its Centers of Excellence, including the ZEBCOG Zebrafish Laboratory, the Centre for Genomics and Integrative Health, and the Clinical Nutrition Laboratory. These facilities enable students and researchers to develop essential skills, undertake innovative projects, conduct intervention studies, and engage in impactful community outreach. Laboratory equipment includes Real-Time PCR systems, NAAT platforms, DNA hybridization assays, EVOS FL Auto microscopes, automated recirculating zebrafish housing systems, zebrafish behavior monitoring by Viewpoint, Carl Zeiss stereomicroscopes, advanced immunological assay setups, and culture and drug susceptibility facilities. The zebrafish facility, approved in 2023 by the Committee for the Control and Supervision of Experiments on Animals (CCSEA), Government of India, ensures refined and ethical animal modeling.

Flagship programs highlight the laboratory's translational focus. In biochemistry, the CRL conducts a prospective case-control study on senescence and neurodegenerative biomarkers in major depressive disorder, exploring mechanistic links to dementia. The clinical nutrition division implements comprehensive interventions to prevent hidden hunger in adolescent girls, provides nutritional therapy training for chronic kidney disease patients, and evaluates mid-day meal programs

for schoolchildren. The zebrafish facility supports preclinical testing of pharmaceuticals, nutraceuticals, and traditional therapies. The molecular laboratory has processed thousands of samples to date and filed multiple patents for low-cost biomedical devices for rapid infectious disease testing.

Beyond research, the CRL conducts extensive hands-on training and internship programs for students from other institutes, providing practical experience in molecular biology, zebrafish research, clinical nutrition, and translational methodologies. By integrating molecular, clinical, and computational approaches with advanced infrastructure, the CRL functions as a dynamic platform for education, innovation, and translational research, bridging fundamental science with clinical and community applications.



Appreciation received by the HOD-Dr. Mansee Thakur and Dr Yogesh Patil for their guidance in setting up the RTPCR laboratory at the Distric Hospital Alibaug, Raigad during the COVID pandemic.

# Glimpses of some of the Value added (Inhouse students) Training / Internship Programs (External students) in Zebrafish and Molecular biology



# Project Title: Molecular Diagnostics of Infectious Diseases – Let’s Analyse the Nucleic Acids of Pathogens

Funding Agency: Department of Health Research (DHR), Government of India

Principal Investigator: **Dr. Mansee Thakur and Dr Yogesh Patil**

Department: Medical Biotechnology (SBS)

Project ID - 2022-1046

Year of Sanction: 2023

Duration: 5 years

Funds Sanctioned: ₹42,43,950/-



# Project Title: Hands-on Training Programme on Zebrafish in Biomedical Research and Drug Development

Funding Agency: Department of Health Research (DHR), Government of India

Principal Investigator: **Dr. Himanshu Gupta**

Department: Medical Biotechnology (SBS)

Project ID - 2022-1051

Year of Sanction: 2023

Duration: 5 Years

Funds Sanctioned: ₹28,12,500/-



Zebrafish Husbandry Education & Applications in Biomedical Research, DHR Funded Program at: MCMHS, July 2025



Some glimpsis of the DHR sponsored training conducted in Jan 2025 at the ZebCoG lab, Dept of Medical Biotechnology, MGMSBS, Navi Mumbai



Navi Mumbai, Maharashtra, India  
2483+vrh, Mgm Campus, Kamothe, P  
Mumbai, Maharashtra 410206, India  
Lat 19.017427° Long 73.104733°  
02/01/25 02:06 PM GMT +05:30

**Zebrafish Husbandry Education & Applications in Biomedical Research**  
Hands-On Training Workshop

Conducted By: ZebCoG-Zebrafish Laboratory, Department of Medical Biotechnology, MCMHS School of Biomedical Sciences, MCMHS, Kamothe, Navi Mumbai.

Sponsored By: Department of Health Research, Government of India; Ministry of Health & Family Welfare, Maharashtra.

15<sup>th</sup> June to 14<sup>th</sup> July 2025  
15 days online lectures & 15 days of site hands-on

Batch size - 20

Join this intensive, free-of-cost one month workshop (blended mode) offering comprehensive hands-on training in zebrafish husbandry and essential techniques for biomedical research. Participants will be **shortlisted** based on a brief write-up explaining their interest in the workshop & how it aligns with their academic or research goals.

It is open to UG/PG faculty, research scholars, and basic science or medical students, preferably those without prior zebrafish experience or facility access.

Please note: No TA/DA or accommodation will be provided. Participation is subject to selection committee approval.

APPLY NOW

LAST DATE TO APPLY  
31ST MAY 2025

Register here: 70297739 (WhatsApp) | 8200382662@gmail.com | Institute: MCMHS



Navi Mumbai, Maharashtra, India  
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Mumbai, Maharashtra 410206, India  
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01/07/2025 11:56 AM GMT +05:30



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Lat 19.017427° Long 73.104733°  
01/07/2025 11:56 AM GMT +05:30



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Mumbai, Maharashtra 410206, India  
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01/07/2025 11:56 AM GMT +05:30



# Project Title: Hands-on Training Programme on Nutritional Therapy for Chronic Kidney Disease Patients

Funding Agency: Department of Clinical Nutrition (DHR), Government of India

Principal Investigator: **Dr. Priyanka Pareek**

Co-Principal Investigators: Dr. Aditya Nayak & Dr. Amol Madave

Department: Clinical Nutrition, MGM School of Biomedical Sciences, Kamothe

Project ID – 2024-1102

Year of Sanction: 2024

Duration: 5 Years

Funds Sanctioned: ₹28,50,000



"Hands-on Training Programme  
On  
Nutritional Therapy for Chronic Kidney Disease Patients"

Conducted By  
Department of Clinical Nutrition, MGM School of Biomedical Sciences, MGMIHS,  
Kamothe, Navi Mumbai

Sponsored By  
Department Of Health Research (DHR)  
Ministry Of Health & Family Welfare, Government Of India  
1st to 30th August 2025  
(15days Online mode and 15days in-person Mode)

**Health Research Scheme of DHR**  
The Health Research Scheme by the Department of Health Research (DHR) is a pioneering initiative aimed at strengthening health research capacity and addressing critical health issues in India. This scheme provides funding opportunities and resources for research across public health, biomedical science, and health policy.

**About MGM School of Biomedical Sciences**  
MGM School of Biomedical Sciences is a constituent unit of MGMIHS, provides comprehensive training of therapeutic nutrition to apply the nutritional therapy for the betterment of different communicable and non-communicable diseases through the clinical exposure in 1000 bedded Tertiary care hospital.

**About the Course**  
The aim is to train healthcare professionals in nutritional therapy for chronic kidney disease patients to create a skilled task force to address different chronic kidney diseases. This initiative provides hands-on expertise in nutritional status assessment, nutritional counselling and follow up.

**Who Can Apply**

- Graduates from Nutrition/Clinical Nutrition/Dietetics/Food Science and Nutrition/Home Science with Nutrition/MBBE students/ Medical Post Graduate students/Graduate or Postgraduate from Medical Dialysis Technology/ Graduate or Postgraduate from Nursing/Dietician /Faculty.
- Candidates in service should forward their application through proper channel with "No Objection Certificate" from the Head of the institute.

**Registration Details**

- Please submit the application using the registration link: <https://forms.gle/To8FAlrw5HoHrb96>
- Last Date of application is 20th July 2025.
- Selected Candidates will receive an email.
- No Fees will be charged from the participants.
- Travel, Food and Accommodation will have to be arranged by the candidates.
- Please Contact [departmentofclinicalnutrition@gmail.com](mailto:departmentofclinicalnutrition@gmail.com) for any queries.



Name of the Project, Clinical Trial, Endowment,	Name of the Principal Investigator & CO-PI	Name of the Funding agency	Type	Year of Award	Fund (INR in Lakhs)	Duration of Project
<b>ONGOING EXTRAMURAL FUNDED PROJECTS</b>						
Development of comprehensive nutrition intervention to prevent hidden hunger among adolescent girls	PI Dr Priyanka Pareek Dept of Clinical Nutrition , MGM SBS Kamothe	ICMR	Govt	2022	3,448,200	2 years
Molecular Diagnostics of Infectious Diseases - Let's analyse the Nucleic acids of Pathogens	PI Dr Mansee Thakur Dept of Medical Biotechnology (SBS)	Department of Health Research (DHR)	Govt	2023	4,243,950	5 years
Hands-on Training Programme on Zebrafish in Biomedical Research and Drug Development	Dr Himanshu Gupta Dept of Medical Biotechnology (SBS)	Department of Health Research (DHR)	Govt	2023	2,812,500	5 years
Hands-on Training Programme on Nutritional Therapy for Chronic Kidney Disease Patients	PI Dr. Priyanka Pareek Co PI- Dr.Aditya Nayak & Dr.Amol Madave	Department of Clinical Nutrition (DHR)	Govt	2024	2,850,000	3 years
Association of Mid-Day Meal Consumption with Nutritional Status among Mid-Day Meal Beneficiaries.	PI Ms. Rashmi Kulkarni Co PI Dr. Priyanka Pareek (Scientific Mentor)	Department of Science Technology-Wise Division	Govt	2025	1,780,000	2 years
A Prospective Case-Control Study on the Role of Senescence and Neurodegenerative Biomarkers in Major Depressive Disorder: Exploring Links to Dementia	Dr Neelam Yeram Dept of Biochemistry, MGMSBS Kamothe	Government of India Ministry of Health and Family Welfare (Dept of Health Research)	Govt	2025	4,658,450	3 years
Hands-On Training in Applied Medical Physics for Cancer Care: Emphasis on Radiation Therapy and Diagnostic Imaging	Mrs. Shubhangi Ankeet Tirpude	Department of Health Research (DHR), Government of India	Govt	2025	4,772,360	3 years
Role of Consolidative RADIotherapy in bulky and /or extra nodal DLBCL (CORAD-DLBCL) with complete metabolic response (CMR) after R-CHOP regimen: A Randomized Controlled Trial	Dr Partha Protim Hazarika	TMC-Tata trust Cancer Research Grant	Govt	2025	8,623,000	5 years
<b>Total funding</b>					<b>29,740,260</b>	

Name of the Project, Clinical Trial, Endowment,	Name of the Principal Investigator	Name of the Funding agency	Type (Government/Non-Government)	Year of Award	Funds provided (INR in Lakhs)
<b>COMPLETED EXTRAMURAL FUNDED PROJECTS</b>					
Analysis of ECG parameters & report generation on	Co PI G D Jindal Dept of Medical Biotechnology (SBS)	BRNS	Government	8/1/2018	2402800
Genetic and Phenotypic analysis of fucosyltransferase-2 (FUT-2) in Mumbai	Ms Kshitija Rane-Yadav MGMIHS OMICS Research Center / Medical Genetics	DST, India	Government	12/9/2016	2200000
Confirmation of Nano-Particle Hypothesis with Respect to Homeopathic	PI: Dr. Mansee Takur Dept of Medical Biotechnology (SBS)	BRNS, Department of Atomic Energy, Govt. of India	Government	23-04-2014	2255100
Non - Invasive monitoring of hemoglobin and blood sugar	Dr G D Jindal Biomedical Engineering / Biotechnology	BRNS	Government	17-12-2014	2344100
Development of Prototype Micro PCR for Identification of MDR MTB	PI: Dr. Mansee Takur Co PI: Dr. DS Joshi Dept of Medical Biotechnology	BRNS, Department of Atomic Energy, Govt. of India	Government	18-08-2014	2498900
Development of micro biosensor for rapid diagnosis of tuberculosis	PI: Dr D S Joshi, Co PI: Mansee Thakur Dept of Medical Biotechnology	BRNS, Department of Atomic Energy, Govt. of India	Government	25/07/2012 - to 2014	2382750
Development of photonic crystal waveguide (PCW) based multiplexers for optical Networks	Dr. Raman P.Yadav (Co-Principal Investigator) Omics (SBS)	BRNS, Department of Atomic Energy, Govt. of India	Government	2012- till date	2411500
Impact of Micronutrient fortified Rice with Vitamin C rich food on iron status of anemic school age children (6-12 years)	Dr Priyanka Pareek Dept of Clinical Nutrition , MGM SBS Kamothe	DBT	Government	2022	2,850,000
<b>Total funding</b>					<b>16495150</b>

## PATENTS Granted

- Patent No: 557542 Application no: 1949/MUM/2015.Dr Raman Yadav MGM Institute of Health Sciences (MGMIHS). Bioreactor for very fast generation of multifunctional fluorescent nanoparticles: 2025 Aug 06.
- Patent No: 557542 Application no: 1949/MUM/2015.Dr Raman Yadav MGM Institute of Health Sciences (MGMIHS). Composition comprising Cinnamomum wightii Meisn with pancreatic lipase inhibitory activity: 2025 Jan 01.
- Patent No: 479977 Application no: 201721023794.Suri V K, Thakur Mansee, Khedkar Sanotsh, Singh Indra Vijay, Rao MuralidharaNakka, Patil Yogesh, Kadam Sudhirchandra, Gupta Himanshu, Shriram Prajyot P, Dogga Bharadwaj S, Chhabra S Harpreet, Chavan Prashant R, (MGM CET, MGMIHS). A Biological Safety Cabinet and A Kit Thereof: 2023 Dec 11.
- Patent No: 470302 (Application no: 201721023124 A.) V.K.Suri, Mansee Thakur, Santosh Narayan Khedkar, Indra Vijay Singh , Nakka Muralidhara Rao, Yogesh Patil, Sudhirchandra Kadam (MGMIHS, MGM CET). Sensor Based Inflatable Device: 2023 Nov 20.
- Patent No: 434082 (Application no: 2685/MUM/2015).Yadav, Raman Prasad, Kadam, Sudhirchandra Nanasaheb, Bhagit, Amita Anant, Mhatre, Sveeta Vishnu. Biogenic method for generation of monodisperse and fluorescent cerium oxide nanoparticles with enhanced antioxidant activity: 2023 June 08.
- Patent No: 415484 (Application no: 3620/MUM/2015) Thakur Mansee, Joshi DS, Suri VK Pai Girish ,Srinkhala ,Shivam, Bhand Sunil, Pal Souvik. Joint Patent with Department of Atomic Energy, MGM Institute of Health Sciences and Birla Institute of Technology and Science, Pilani. Micro-trench based biochip device for screening of infectious diseases using metal nano particles / nano coating: 2022 Dec 26.
- Patent no: 98915 (Design no: 318667-001). Dept of Medical Biotechnology, MGM School of Biomedical Sciences MGMIHS Kamothe and SVERI Pandharpur. Design patents for Custom-built Electrophoresis system. 2021 June 16.
- Patent No: 325554 (Application no: 201721040727A.) Yadav, Raman Prasad, Kadam, Sudhirchandra Nanasaheb, Kadam, Nitin Nanasaheb, Bhagit, Amita Anant. Quantum dot powered IP-10 antibody based kit for latent TB and TB antigen: 2019 Nov 22.

## Applied

- Application no: WO/2019/097536 (International Patent). Yadav, Raman Prasad, Kadam, Sudhirchandra Nanasaheb, Kadam, Nitin Nanasaheb, Bhagit, Amita Anant. Quantum dot powered IP-10 antibody based kit for latent TB and TB antigen: 2019 May 23.
- Application no: 1948/MUM/2015A .Yadav, Raman Prasad, Kadam, Sudhirchandra Nanasaheb, Bhagit, Amita Anant , Mhatre, Sveeta Vishnu. Method for the Synthesis of Bifunctional Cerium Oxide Nanoparticle with Enhanced Antioxidant and Carbonic Anhydrase Inhibitory Activity: 2015 May 06.
- Application no: 1949/MUM/2015 A. Yadav, Raman Prasad, Kadam, Sudhirchandra nanasaheb, Bhagit, Amita Anant, Mhatre, Sveeta Vishnu. Preparation comprising a pancreatic lipase inhibitory fraction an anti-obesity principle obtained from dietary spice Mesuaferrea: 2015 May 06.
- Application no: 3616/MUM/2015 A. Yadav, Raman Prasad, Kadam, Sudhirchandra Nanasaheb, Bhagit, Amita Anant ,Mhatre, Sveeta Vishnu. Biogenic method for generation of multiple nanoparticles (Zn, Fe, Mg,Ca,Ce,Si,Ag): 2015 Sep 10.

### **BOOK (Total No 03)**

- Dr Mansee Thakur, Dr Vinay Kumar, Shiram V, Paul A. Antimicrobial Resistance. 2021 (ISBN 978-981-16-3120-7). Publisher Springer Singapore.
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- Dr GD Jindal, Jyothi Warriar, Sushma Bhat, Nishant Patil. Biosignals: Acquisition & Processing.2015.

### **CHAPTER (Total No 16)**

- Philips ST, Thakur M, Dere S, Ghildiyal R .Improving Mental Health and Well Being through Medication . Indian Knowledge System : Vikshit Bharat 2047. (ISBN : 978-81-980964-4-9)
- Ather S, Patil Y, Gupta H, Thakur M, Integrating Ayurvedic Medicine in Modern Cognitive Health an Approach For bridging Ancitnt Wisdom And Contemporary Science. Indian Knowledge System : Vikshit Bharat 2047. (ISBN : 978-81-980964-4-9)
- Singh M, Ather S, Gupta H, Thakur KS, Thakur M. Evaluation of Phytochemical, Antioxidant of *Fumaria parviflora* (Lam.) Methanolic Extract of Whole Plant by HPTLC Analysis. In Techno-Societal 2022, proceeding of 4th International Conference on Advanced Technologies for Societal Applications Volume- 2. Dec 9 (pp. 503-511). Cham: Springer International Publishing.2023
- Thakur M, Poojary S, Thakur KS, Kumar V. Antimicrobial Potentials of Zinc and Iron Oxide Nanoparticles. In Nano-Strategies for Addressing Antimicrobial Resistance 2022 (pp. 353-368). Springer, Cham.
- Gupta H, Kadam N, Patil S, Thakur M. Homeopathy as a Nanomedicine: A Scientific Approach. In Engineered Nanomaterials for Innovative Therapies and Biomedicine 2022 (pp. 405-424). Springer, Cham.
- Niharika Swain, Rashmi Hosalkar, Mansee Thakur, Antony Herold Prabhu. Hallmarks of Cancer: Its Concept and Critique. *Microbes and Oral Squamous Cell Carcinoma*. 2022. 55-68.
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- Navalsing PY, Kumar SV, Vinod SA, Harapriya K, Kapil TM. Development of Low Cost PCR Product Detection System for Screening and Diagnosis of Infectious Diseases. In Techno-Societal 2020 2021 (pp. 923-933). Springer, Cham.
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- Kulkarni S, Abraham PS, Mohanty N, Kadam NN, Thakur M. Sustainable raft based hydroponic system for growing spinach and coriander. In Techno-Societal 2016, International Conference on Advanced Technologies for Societal Applications 2016 Dec 20 (pp. 117-125). Springer, Cham.
- Kar H, Pachpute S, Patil P, Patil Y, Urhekar AD. Role of Gene Xpert in Early Diagnosis and Treatment of Tuberculosis. In Techno-Societal 2016, International Conference on Advanced Technologies for Societal Applications 2016 Dec 20 (pp. 623-627). Springer, Cham.

## Publication (Total No 173)

Please visit the below website for year wise publication data : <https://mgmsbsnm.edu.in/publications.html>

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## Number of JRFs, SRFs and other research fellows enrolled at MGMSBS

JRFs & SRFs						
Sr.No.	Name of Research Fellow	Year of enrolment	Type of fellowship	Granting agency	Qualifying exam if any (Net,GATE,Et c)	Duration of fellowship
1	Himanshu Gupta	2014	JRFs	BRNS	Nil	2 yrs
2	Yogesh Patil	2014	JRFs	BRNS	Nil	2 yrs
3	Ms. Kshitija Rane-Yadav	2016	Women Scientist	DST, India	Nil	3 yrs
4	Ms. Kulkarni Rashmi	2023	Field Assistant	DBT	Nil	2 yrs
5	Mrs. Sargar Shital	2023	JRF	DBT	Nil	2 yrs
6	Ms. Chetana C	2023	Project Assistant	ICMR	Nil	2 yrs
7	Mrs. Aparna Thorat	2023	SRF	ICMR	Nil	2 yrs
8	Kirar Amita Ashok Seema	2023	Project Assistant	DHR	Nil	5 yrs

## Ph.D.'s

Sr No	Name of Research fellow	Year of Enrolment	Name of Programme	Granting agency	Qualifying exam if any (Net,GATE,Etc)	Completed /Ongoing
1	Rohini Khanapurkar	2009	Ph.D. In Medical Biotechnology	MGMIHS	MGM CET	Completed
2	Vasuda Satakar	2011	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
3	Nilesh Paul	2011	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
4	Allen Victor Bharati Rodrigues	2011	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
5	Sweta Mahtre	2011	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
6	Navami Saroj Dayal	2012	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
7	Girish Kishor Pai	2012	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
8	Paresh Bhanji Bhanushali	2012	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
9	Amruta Ashok Sonawane	2012	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
10	Shoaib Haider	2012	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
11	Amita Bhagit	2013	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
12	Himanshu Gupta	2014	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
13	Mansi Sitaram Sawant	2014	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
14	Smital Sameer Kulkarni	2014	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
15	Chandana Charudatta Kulkarni	2016	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
16	Priyanka Rathod	2016	Phd In Medical Biotechnology	MGMIHS	NET	Completed

17	Kshitija Rane-Yadav	2016	Phd In Medical Genetics	MGMIHS	MGM CET	Completed
18	Panikar Surya Anand Sheela	2017	Phd In Medical Genetics	MGMIHS	MGM CET	Completed
19	Yogesh Patil	2018	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
20	Niharika Swain	2018	Phd In Medical Genetics	MGMIHS	MGM CET	Completed
21	Kamlesh Dekate	2018	Phd In Medical Genetics	MGMIHS	MGM CET	Completed
22	Harshita Mohanty	2019	Phd In Molecular Biology	MGMIHS	MGM CET	Completed
23	Sanjana Philip	2019	Phd In Medical Biotechnology	MGMIHS	MGM CET	Completed
24	Shetty Mamta Sitaram	2021	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing
25	Madhubala M Nair	2021	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
26	Siddharth Mishra	2021	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing
27	Ather Shamshad Aaliya	2022	Phd In Medical Biotechnology	MGMIHS	GET	Ongoing
28	Singh Pooja Shyamshankar Pushpa	2022	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
29	Sanskruti Sanjivan Thakur	2022	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
30	Kulkarni Rashmi Kiran Shital	2022	Phd In Clinical Nutrition	MGMIHS	MGM CET	Ongoing
31	Chethana C	2022	Phd In Clinical Nutrition	MGMIHS	MGM CET	Ongoing
32	Shete Raturaj Suhas	2022	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing
33	Murkudkar Payal Mahesh	2022	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing

34	Hiloni Rakesh Badani	2022	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
35	Deepshikha Raut	2022	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
36	Choudhary Sangeeta Lalaram	2022	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
37	Rohit Indrakumar Gupta	2022	Phd In Optometry	MGMIHS	MGM CET	Ongoing
38	Kirar Amita Ashok Seema	2023	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
39	Shinde Jitendra Raghunath	2023	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
40	Suparna Deepak	2023	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
41	Karkera Shravya Umesh Sulatha	2023	Phd In Clinical Nutrition	MGMIHS	MGM CET	Ongoing
42	Deshmukh Uttara Upendra	2023	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
43	Choudhari Ujwala Ramrao	2023	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
44	Khan Misba Arshad	2023	Phd In Optometry	MGMIHS	MGM CET	Ongoing
45	Salve Soniya Pitambar Laxmi	2023	Phd In Optometry	MGMIHS	MGM CET	Ongoing
46	Shelar Suraj Dhondiba Asha	2023	Phd In Optometry	MGMIHS	MGM CET	Ongoing
47	Gautami Dhanvijay	2024	Phd In Medical Biotechnology	MGMIHS	MGM CET	Ongoing
48	Razia Mohammed Hussain Patel	2024	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
49	Pallavi	2024	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
50	Chandrabhaga Mane	2024	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing

51	Sangeeta	2024	Phd Health Profession Education	MGMIHS	MGM CET	Ongoing
52	Supriya Santosh Dukhande	2024	Phd In Molecular Biology	MGMIHS	MGM CET	Ongoing
53	Mistry Aparna Atmaram	2024	Phd In Molecular Biology	MGMIHS	MGM CET	Ongoing
54	Rajeshree Shivaji Bhoite	2024	Phd In Clinical Embryology	MGMIHS	MGM CET	Ongoing
55	Afroza	2024	Phd In Clinical Nutrition	MGMIHS	MGM CET	Ongoing
56	Mohinidevi	2024	Phd In Hospital Administration	MGMIHS	MGM CET	Ongoing
57	Archana Kadam	2024	Phd In Clinical Embryology	MGMIHS	MGM CET	Ongoing

## **Collaborations and Linkages**

1. Heartfulness Education Trust
2. Bai Jerbai Wadia Hospital for children Parel
3. SRL Diagnostics Goregaon
4. Logical Life Sciences Pvt Ltd Pune
5. MGM New Bombay Hospital, Vashi NM
6. Lilac Insights Pvt. Ltd. Mahape Navi Mumbai
7. Institute for future education entrepreneurship and leadership(iFeel), Lonavala
8. UDC Satellite Laboratory Pvt Ltd
9. MIMER Medical College and Dr BSTR Hospital Talegaon Maval Pune
10. Himedia, Vadhni Industrial estate Ghatkopar
11. Pillai College of Arts, Commerce & science, Panvel
12. Nirmala Niketan college of Home Sciences, New Marine Lines Mumbai
13. ChromoXpert, Mumbai
14. Apollo fertility Centre, Navi Mumbai
15. Samruddhi TBI Foundation Sangli
16. Jugaadfunda Innovations LLP Pune
17. SVERI college of Engineering Pandharpur
18. Shree Dhootapapeshwar Ltd, Veer Savarkar Chowk, Panvel, Navi Mumbai,
19. Sinergy Nanosystem, Mumbai
20. Allied Scientific Products, Mumbai
21. Chennai Interventional Pulmonology and Critical Care Associates Pvt Ltd
22. Pavan Green Technologies Ltd, Mumbai
23. Raja Ramanna Centre For advanced, Technology (RRCAT) Indore
24. IIT Mumbai
25. Birla Institute of Technology and Science (BITS), Goa, BARC
26. National Institute for Research in Reproductive Health (NIRRH), Mumbai
27. KM Kundnani College of Pharmacy
28. Bharti Vidapeeth college ofPharmacy



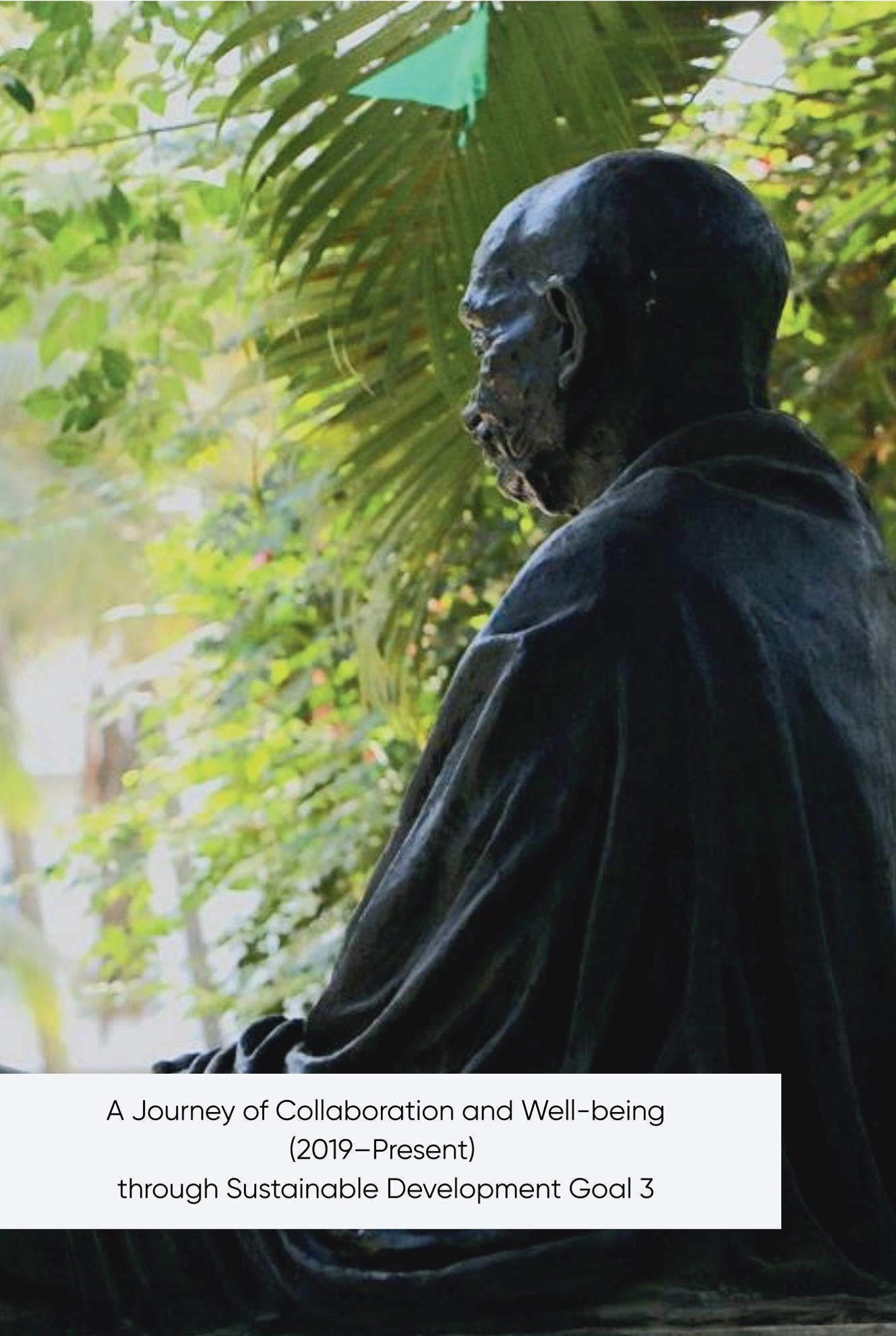
The Research Team



heartfulness  
advancing in love



heartfulness  
आराधने  
MGMIHS  
Science & Wellness Club



# Heartfulness at MGMIHS

A Journey of Collaboration and Well-being  
(2019–Present)  
through Sustainable Development Goal 3

A close-up photograph of a white lotus flower in full bloom, with a vibrant yellow center. The flower is positioned in the lower half of the frame. Above it, several large, green lily pads are visible, some showing signs of being eaten. The background is a dark, calm body of water, reflecting the light. The overall scene is peaceful and natural.

“The best way to find yourself is to lose yourself in the service of others.”

– Mahatma Gandhi



# MGM INSTITUTE OF HEALTH SCIENCES NAVI MUMBAI



SHAPING PROFESSIONALS, SERVING HUMANITY

## **MGM Institute of Health Sciences (MGMIHS) : A Legacy of Excellence**

The Mahatma Gandhi Mission (MGM) Trust, established in 1982 under the visionary leadership of Hon. Shri. Kamalkishor N. Kadam, has been dedicated to providing quality education through innovative methodologies with a futuristic outlook. With its mission to promote health, prevent and cure diseases, and advance biomedical research, the Trust has nurtured generations of physicians, scientists, and professionals. Over the last 40 years, it has established a strong presence across diverse fields including 05 Medical college, Nursing, Management, Allied Health Sciences, Engineering, Architecture, Agriculture Law, IT, Fine Arts, and Journalism, earning recognition for excellence in each. The Trust manages two universities—MGM Institute of Health Sciences (a Deemed-to-be University at Navi Mumbai) is India's only Deemed University With 05 Constituent Medical College under its umbrella and MGM University, a State Private University at Chhatrapati Sambhaji Nagar.

MGMIHS, the flagship institution, is accredited by NAAC with an 'A++' grade (CGPA 3.55) and holds "Category I" and "12B" status from UGC. Ranked in the NIRF band of 151–200 (2023), it operates NABH-accredited hospitals, NABL-certified labs, and MGM New Bombay Hospital, Vashi—one of only 33 JCI-accredited centers in India. With 14 dedicated constituent units in health sciences, QS-I-Gauge Diamond Rating, and SIRO recognition, MGMIHS exemplifies excellence in education, research, and healthcare.

# Academic Initiatives at MGMIHS Navi Mumbai



## BRIGHTER MIND SESSION

Conducted every year, the Brighter Minds session engages students in activities that enhance focus, memory, creativity, and intuitive thinking. By stimulating both hemispheres of the brain, it nurtures confidence and holistic growth.

## Heartfulness CME in collaboration with MGM Medical College and Annenberg Centre For Health.

The Heartfulness Institute, in collaboration with the Annenberg Center for Health Sciences (USA), conducted a 4-day CME/CE program titled "Tuning into the Heart." Accredited for 15 AMA Category 1 credits, it offered physicians, nurses, and psychologists training in values-based self-development and Heartfulness Meditation.



## Masterclasses : Three Introductory Session (Approx. 3350 students Benifited)

Newly enrolled student begins with three Introductory Heartfulness Masterclasses, fostering focus, resilience, and inner balance. These sessions nurture mindfulness and compassion qualities essential for future healthcare professionals.



## The Fundamental Startup and Leadership Program (Approx. 3350 students Benifited)

Since 2017, the Fundamental Startup and Leadership Program has been a key part of the MGMSBS induction under UGC's "DEEKSHARAMBH." The program nurtures leadership, innovation, and teamwork, preparing students to face professional challenges with confidence and creativity.



Heartfulness Education Trust along with Heartful Campus  
Presents

### Start 'U'P

A fundamental leadership program  
for youth by the Heartfulness Institution

for the students of MGM School of Biomedical Sciences, Navi Mumbai.  
From 24th January to 11th February, 2022. Every Monday and Friday.  
09:00 am to 10:00 am.



**Priyanka Sethi**  
MBA in Business Administration  
MBA in HR Management  
MBA in Marketing and  
Information Technology  
Entrepreneur and Innovator



**Rakhee Anand**  
MBA in Business Administration  
MBA in HR Management  
MBA in Marketing and  
Information Technology  
Entrepreneur and Innovator



**Namrata Walekar**  
MBA in Business Administration  
MBA in HR Management  
MBA in Marketing and  
Information Technology  
Entrepreneur and Innovator

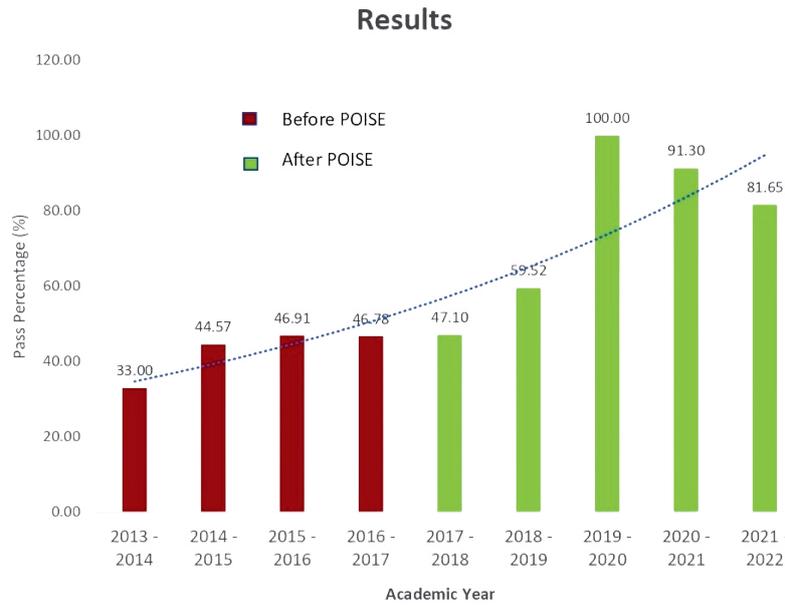


**Sriatha Beahadi**  
MBA in Business Administration  
MBA in HR Management  
MBA in Marketing and  
Information Technology  
Entrepreneur and Innovator

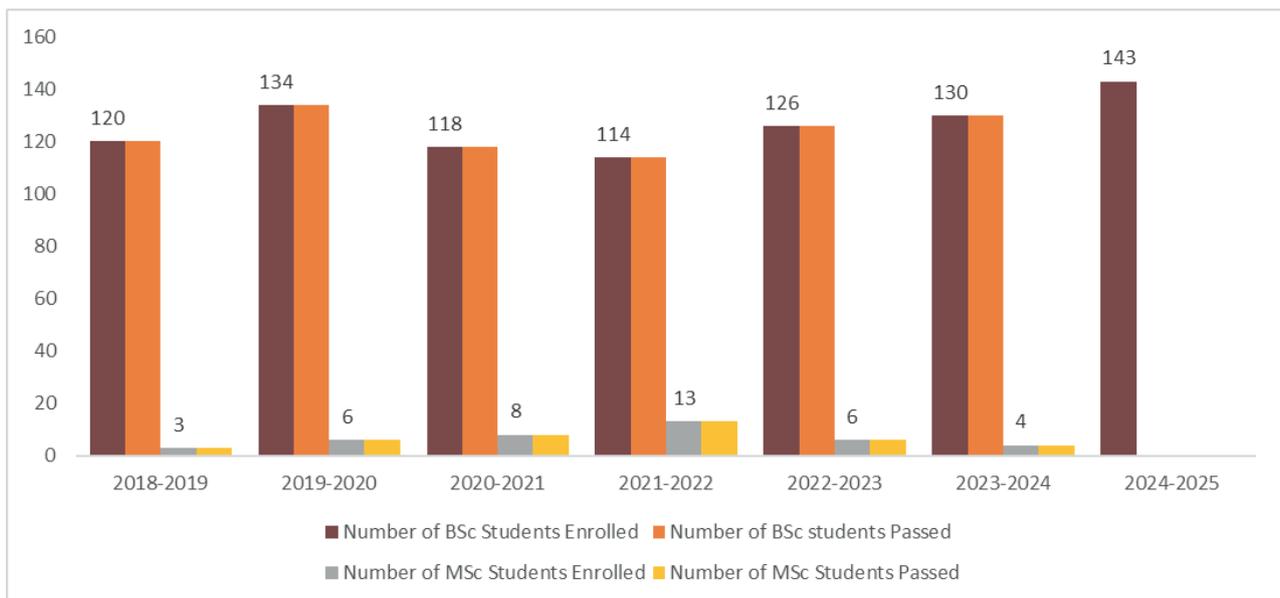
# Integration of NEP 2020 and IKS Initiatives Through Introduction of 4 Credit Course Across 24 UG and PG Programs at MGMSBS MGMIHS

## Pursuit of Inner Self Excellence (POISE)

### *Nurturing Skills Beyond Academics*



Since 2019, we have proudly integrated the Pursuit of Inner Self Excellence (POISE) as a subject in both Undergraduate and Postgraduate programs. Over the years, this initiative has proven to be a transformative journey for our students, shaping not only their academic growth but also their personal and professional development. POISE has been instrumental in cultivating qualities that extend far beyond textbooks: patience, effective communication, keen observation, and sound decision-making. These skills are invaluable in the field of allied healthcare, where compassion, clarity, and confidence are as important as technical knowledge.



The impact of POISE is reflected not just in the experiences shared by students but also in measurable outcomes. The accompanying graphs highlight the number of students who have successfully completed the program year after year, underscoring its consistency and relevance in shaping healthcare professionals of tomorrow.

Launch of AARAMBH: Science and Wellness Club (2023)- A  
student and Faculty Led Initiative At MGMIHSt

*“Together everyone achieves more.”*





heartfulness  
आवालोके  
MGMIHS  
Science & Wellness Club

heartfulness  
advancing in love



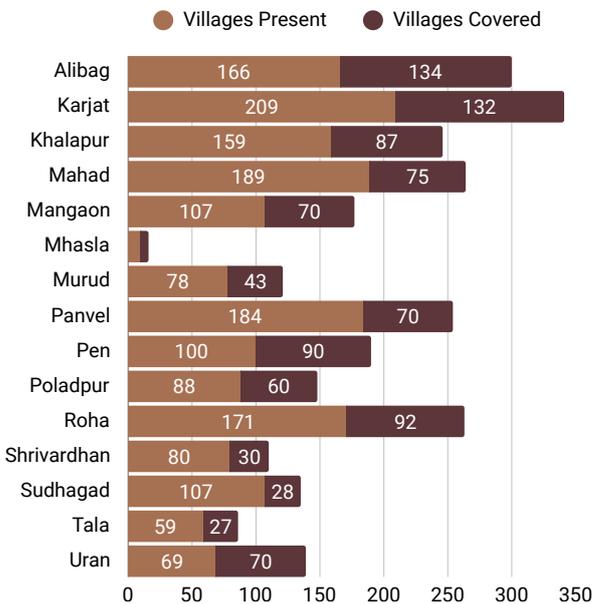
# राकाला अभियान

# EKATMA ABHIYAN: A WAVE OF INNER TRANSFORMATION IN RAIGAD

*Stillness, Service, and Scientific Spirit Converge in Rural Maharashtra*



## Impact of Ekatma Abhiyan in Raigad



**Total Villages Covered** **Total Hearts Touched**

**1,032**

**27,991**

**Schools & PHC Visited**

**675**

What truly distinguished the Raigad chapter of Ekatma Abhiyan was the powerful convergence of science and spirituality. In a first of its-kind collaboration, the MGM School of Biomedical Sciences, and MGM Medical College Nerul, MGMIHS Navi Mumbai joined hands with the Heartfulness Institute, contributing wholeheartedly through its vibrant wellness initiative 'Aarambh' The Science & Wellness Club.

As part of this transformative outreach, students and volunteers from MGM underwent dedicated training to learn and facilitate Heartfulness-based relaxation, yoga, and cognitive wellness practices. Notably, these students worked hand-in-hand with experienced Heartfulness trainers, combining youthful energy with the wisdom of seasoned facilitators to deliver impactful wellness sessions across schools, gram panchayats, and community spaces.

Their joint efforts brought a unique blend of scientific understanding and meditative discipline to underserved rural regions. Together, they worked closely with schoolchildren, engaged meaningfully with elders, and introduced practices like guided relaxation, rejuvenation breathing, and brain exercises fostering emotional balance, mental clarity, and a growing culture of inner stillness.

***"This initiative helped us serve and learn at the same time," shared a student volunteer. "We didn't just teach wellness — we experienced transformation too."***

# EKATMA ABHIYAN: PLANTING SEEDS OF INNER PEACE IN RATNAGIRI



VOLUNTEERS DIDN'T JUST SPREAD AWARENESS THEY SPARKED A MOVEMENT OF MEANING, VILLAGE BY VILLAGE, SOUL BY SOUL

The spirit of Ekatma Abhiyan is rooted in oneness not just within, but among individuals, teams, and regions. Embodying this spirit, the Raigad team, having created a remarkable wave of inner transformation in their own district, extended their support to the neighboring coastal belt of Ratnagiri.

With experience, energy, and empathy as their tools, the Raigad volunteers journeyed through the scenic talukas of Ratnagiri from Mandangad and Dapoli to Khed and Chiplun. Their mission was not just to conduct sessions, but to stand shoulder to shoulder with the local Ratnagiri team, offering facilitation, guidance, and inspiration.

The warmth, enthusiasm, and willingness to engage in deeper conversations about life, purpose, and inner peace truly highlighted the spiritual hunger that exists within communities.

Workshops, school sessions, and community gatherings unfolded with renewed strength. The blend of Raigad's structured execution and Ratnagiri's local connect created a ripple of genuine transformation. Taluka after taluka witnessed an outpouring of participation teachers, students, villagers, and officials alike embracing the message of inner harmony and collective consciousness.

This inter-district collaboration was more than logistical support it was an expression of the very essence of the Ekatma Abhiyan.

## Impact of Ekatma Abhiyan in Raigad

✓ VILLAGES REACHED

1,148

♥ HEARTS TOUCHED

6,820







heartfulness  
**आराम्भ**  
MGMIHS  
Science & Wellness Club

Inspired by this mission, the MGM School of Biomedical Sciences started a special club called AARAMBH : Science and Wellness Initiative by students in 2023, provided crucial support to the Abhiyan. Working in conjunction with the Heartfulness Centre in BMA Panvel, AARAMBH facilitated the integration of scientific methodologies with spiritual practices. Through events such as the Green Kanha Run, Heartfulness Sports Premier League, and Youth Festival, students were encouraged to engage in self-exploration, fostering personal development and community engagement. This comprehensive approach was designed to enhance individual wellness and collective societal well-being.



Over the years, AARAMBH has undertaken a variety of initiatives spanning social, physical, mental, and environmental well-being. From cleanliness drives, health camps, and community volunteering to breathing exercises, chair yoga, and mindfulness sessions, the club has promoted holistic health. Environmental awareness activities like tree plantation drives and best-out-of-waste model making have further strengthened its commitment to sustainability. More than 5000 Beneficiaries have been Positively Impacted Through Heartfulness Meditation Initiatives. Each initiative reflects the vision of empowering students to grow as responsible, compassionate, and well-rounded individuals.

# PHYSICAL WELLBEING *Initiatives*

The **30 Aarambh Volunteer** Have been trained as a basic yoga protocol Instructors. They actively Conduct Relaxation, Brighter Mind Exercise's and Engaged in Promoting and Creating Awareness Through School, College and Community outreach. The Club also actively promotes physical well-being through a variety of initiatives, including Breathing Exercise sessions, Chair Yoga, International Yoga Day celebrations, Heartfulness Masterclasses, and Brighter Minds programs. These activities empower students to balance academic life with holistic health, nurturing both body and mind.

## Green Kanha Run



Since 2023, the Green Kanha Run has been organized at BMA Heartfulness Center, Panvel, welcoming participants of all age groups. The event promotes fitness, community spirit, and environmental awareness through an inspiring run for a healthier tomorrow.

## Heartfulness Sports Premier League



Launched in 2024 at SRCM Heartfulness Institute, Panvel, the league united students from diverse institutions through monthly tournaments, celebrating teamwork, discipline, and true sportsmanship.

## International Yoga Day



Since 2018, International Yoga Day has been celebrated every year, promoting wellness, balance, and harmony through yoga practices. It serves as a platform to inspire students and faculty to embrace yoga as a way of life.

## Breathing Exercise and Chair Yoga



The Breathing Exercise and Chair Yoga session helps students relax, sharpen focus, and enhance overall well-being. Through simple yet effective techniques, they learn to manage stress and cultivate mindfulness. Guided chair yoga practices make wellness practical and accessible, even amidst busy academic schedules.

# MENTAL WELLBEING *Initiatives*

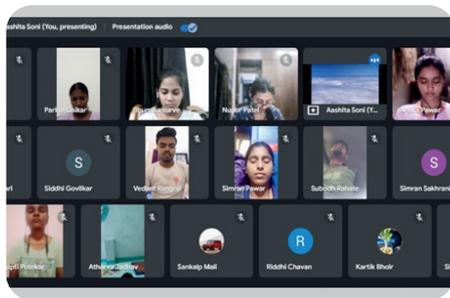
The Aarambh Science and Wellness Club is equally committed to nurturing mental well-being through thoughtfully designed initiatives. Programs such as online cleaning sessions, weekly meditation practices, and Exploring the Inner Self talks provide students with tools for stress management and inner balance. In addition, student-led sessions conducted at various institutes, in collaboration with Heartfulness trainers, encourage peer learning and leadership while spreading awareness about mindfulness. Together, these initiatives foster clarity, resilience, and emotional strength, supporting students in their journey toward holistic wellness.

## Weekly Meditation For students and Staff



Since 2023, weekly meditation sessions have been organised for students and staff to encourage calmness and focus. These sessions provide a peaceful space to relax, reflect, and enhance overall well-being.

## Online Cleaning Session



From November 2023, daily online cleaning sessions have been conducted to promote mental clarity. They helped manage stress, improve emotional health, and refresh the mind with cleaning impressions throughout the day.

## Exploring the Inner Self



Heartfulness Trainers conduct engaging sessions that guide students on a journey of self-exploration. These sessions focus on stress management, emotional balance, and help students cultivate inner clarity and resilience while navigating academic and personal challenges.

## Student-Led Sessions



Students, along with Heartfulness Trainers, have conducted sessions at various institutes, sharing practices of relaxation, meditation, and mindfulness. These collaborative efforts not only spread awareness about mental well-being but also build leadership, confidence, and a spirit of service among students.

# Environmental Initiatives

Together For a Sustainable Tomorrow

## Tree Plantation Drive

Over the past three years, several tree plantation drives have been organized at locations including Adai Hills, Pavnal, Yog Vatika at MGM IHS, and the BMA Pavnal. These initiatives reflect our commitment to sustainability and creating a greener future.



## Cleanliness Drive

Over the past three years, Aarambh MGMIHS has organized cleanliness drives at various locations, including Heartfulness center Pavnal, Yog Vatika MGMIHS, Varsoli Beach, and These initiatives promote environmental responsibility and community well-being among students



## Environmental Awareness

We celebrate World Environment Day by encouraging creativity and awareness through activities such as making eco-friendly Best out of Waste models and hosting debates on environmental issues. These initiatives inspire students to think sustainably and act responsibly towards the planet.



# Social Wellbeing Initiatives

Strengthening Society, One Heart at a Time

## Community Engagement

Students at MGMSBS have wholeheartedly embraced heartfulness, developing a deep sense of belonging and inner peace. They now volunteer selflessly, reflecting the values of heartfulness practices through their actions and services at places like BMA Panvel, Kanha Shanti Vanam, Pune Retreat and Sathkol.



## Cultural Programs

Through cultural fests and community celebrations such as Bhandara, students have showcased their talents by performing devotional songs and classical dances. These events encourage inclusivity, unity, and appreciation of diverse traditions while fostering a sense of belonging.



## Health Checkup Camps

The students of AARAMBH and MGMIHS regularly organize health check-up camps at BMA Panvel for heartfulness abhyasis. With compassion and dedication, they extend healthcare services, embodying the spirit of seva and holistic well-being. This initiative beautifully unites medical service with meditation, nurturing both community health and harmony.



# KANHHA

Every year, the faculty and students of MGMSBS visit Kanha Shanti Vanam to participate in significant events such as the Bhandara, Dheemahi Conference, and Y20 Summit. During their visits, they also explore key areas including the Hydroponic Lab, Heartyculture, Yatra Garden, Main Kitchen, Dog Shelter, and Gaushala. The serene beauty of the campus offers them cherished experiences, where they capture not only memories but also meaningful moments of learning and togetherness.

**February 2019**



**March 2022**



**August 2022**



**December 2022**



# SHANTI VANAM

July 2023



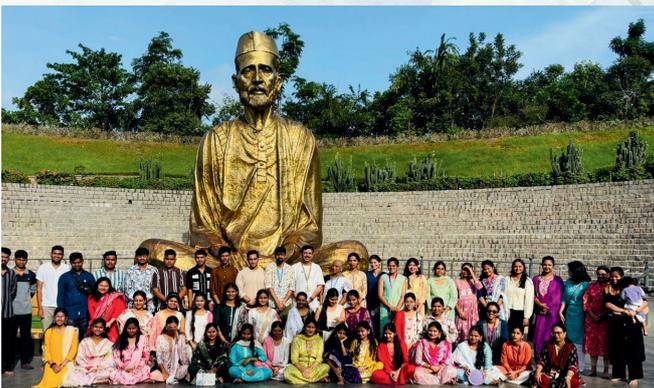
February 2024



September 2024



June 2025



*"Through meditation we move from complexity of mind to the simplicity of heart."*

~ Daaji

“To keep the body in good health is a duty... otherwise we shall not be able to keep the mind strong and clear.”

– Buddha





## Satkhol Aashram

30th June-9th July 2024

Team Aarambh embarked on a rejuvenating spiritual retreat to Satkhol. The program included daily meditation sessions, wholesome meals, reflective discussions, nature walks, and community activities. The serene Himalayan setting offered participants an opportunity to deepen their inner journey, strengthen bonds, and return with renewed energy and clarity of purpose."

## Goa Aashram

29th July 2024

MGMSBS faculty and students participated in the Youth Meet at Goa, where they interacted with Shri Kamlesh D. Patel (Daaji), Global Guide of Heartfulness. They presented their research findings, received his valuable guidance, and offered the inaugural issue of their Heartfulness magazine. The meet became a memorable blend of spiritual inspiration and research growth



## Pune Retreat

17th Jan 2025

Students from Aarambh and MGMSBS, accompanied by faculty, visited the Heartfulness Retreat Centre in Pune. Surrounded by scenic beauty, they participated in a guided meditation session and experienced moments of silence for self-reflection. The serene environment, complemented by wholesome meals, a tea break with sunset views, and heartfelt conversations, made the day a memorable blend of learning, bonding, and inner peace."





# INTEGRATIVE RESEARCH & PUBLICATION



# Heartfulness meditation alters neuroendocrine profiles: A randomized controlled trial on hormones of stress and well-being



Clinical Trial/Experimental Study

Medicine

OPEN

## Heartfulness meditation alters neuroendocrine profiles A randomized controlled trial on hormones of stress and well-being

Sanjana T. Philip, PhD<sup>a</sup>, Jayaram Thimmapuram, MD<sup>b</sup>, Kapil Thakur, PhD<sup>c</sup>, Navami Dayal, PhD<sup>d</sup>, Yogesh Patil, PhD<sup>a</sup>, Kishore Sabbu, MD<sup>e</sup>, Samruddhi Surve, MSc<sup>a</sup>, Poonam Patil, MSc<sup>a</sup>, Mansee Thakur, PhD<sup>a,\*</sup> 

### Abstract

**Background:** Chronic stress disrupts the neuroendocrine system, leading to imbalances in neurotransmitters and stress hormones such as oxytocin,  $\beta$  endorphins and cortisol, contributing to mood disorders and poor emotional regulation. Complementary and alternative practices like meditation have shown promising results in stress regulation and mood elevation. Heartfulness (HFN) meditation, rooted in yogic traditions and incorporating yogic transmission, is an emerging technique to improve emotional resilience and hormonal homeostasis. Therefore, this study aimed to evaluate the effects of HFN meditation on oxytocin,  $\beta$ -endorphins, and cortisol. It also evaluated the changes in meditation depth using validated psychometric tools.

**Methods:** A randomized controlled trial was conducted. Participants were divided into experimental and control groups. The experimental group practiced guided HFN meditation for 30 days. Following this, a crossover design was implemented in which, the control group participants were now given the intervention of HFN meditation. Biochemical markers (serum oxytocin,  $\beta$ -endorphins, cortisol) were measured at day 30, and day 60. Psychometric assessments included the Meditation Depth

Authors: Sanjana T. Philip, Jayaram Thimmapuram, Kapil Thakur, Navami Dayal, Yogesh Patil, Kishore Sabbu, Samruddhi Surve, Poonam Patil, Mansee Thakur,

**Journal: CUREUS | Medicine | Impact Factor: 1.8**

Indexing: PubMed | Scopus

### Research Summary:

This study demonstrates that regular practice of Heartfulness meditation significantly increases happiness-associated neurohormones—oxytocin and endorphins—while effectively reducing the stress hormone cortisol. The findings provide strong scientific evidence for Heartfulness meditation as a simple, safe, and non-pharmacological intervention to enhance emotional well-being and stress regulation. The publication further strengthens MGM Institute of Health Sciences' contribution to evidence-based integrative and mind-body health research.

# Title: Effects of Heartfulness Meditation on Oxidative Stress and Mindfulness in Healthy Participants



**Cureus**  
Part of SPRINGER NATURE

Open Access Original  
Article

DOI: 10.7759/cureus.62943

## Effect of Heartfulness Meditation on Oxidative Stress and Mindfulness in Healthy Participants

Review began 06/04/2024  
Review ended 06/17/2024  
Published 06/23/2024

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Yogesh Patil<sup>1</sup>, Kishore Sabbu<sup>2</sup>, Ranjani B. Iyer<sup>3</sup>, Sanjana T. Philip<sup>1</sup>, Alphonso Armila Nadhar<sup>1</sup>, Kapil S. Thakur<sup>4</sup>, Poonam Kadu<sup>1</sup>, Mansee Thakur<sup>1</sup>

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Corresponding author: Mansee Thakur, mansibiotech79@gmail.com

### Abstract

Background: Mental health issues are a major cause of poor life outcomes. Heartfulness (HFN) meditation is recommended for stress management and daily awareness. Although studies have shown that HFN can improve burnout and well-being, the biological mechanism underlying oxidative stress markers in a healthy

Authors: Yogesh Patil, Kishor Sabbu, Rajani B. Iyer, Sanjana T. Philips, Alphonso Armila, Nadhar, Kapil Thakur, Poonam Kadu, and Mansee Thakur

Journal: CUREUS | Impact Factor: 1.5

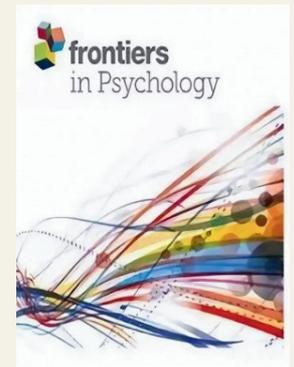
Indexing: PubMed | Web of Science

### Research Summary:

This study explores the beneficial effects of Heartfulness meditation on oxidative stress markers and mindfulness levels among healthy participants. The findings highlight a significant improvement in mental clarity and reduction in oxidative stress, suggesting meditation's role in enhancing overall physiological balance.

The publication in CUREUS reflects MGM Institute of Health Sciences' ongoing commitment to integrating contemplative practices with scientific research for promoting holistic health and well-being.

# Title: Impact of Heartfulness Meditation Practice on Anxiety, Perceived Stress, Well-being, and Telomere Length



Check for updates

## OPEN ACCESS

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RECEIVED 04 February 2023  
ACCEPTED 08 May 2023  
PUBLISHED 05 June 2023

CITATION  
Thakur M, Patil Y, Philip ST, Hamdule T,  
Thimmapuram J, Vyas N and Thakur K (2023)  
Impact of Heartfulness meditation practice on  
anxiety, perceived stress, well-being, and  
telomere length.  
*Front. Psychol.* 14:1158760.  
doi: 10.3389/fpsyg.2023.1158760

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## Impact of Heartfulness meditation practice on anxiety, perceived stress, well-being, and telomere length

Mansee Thakur<sup>1\*</sup>, Yogesh Patil<sup>1</sup>, Sanjana T. Philip<sup>1</sup>,  
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**Objective:** Exhaustion, stress, and burnout have all been found to be reduced using techniques like yoga and meditation. This study was carried out to check the effectiveness of Heartfulness practice (a form of meditation) on certain psychological and genetic variables.

**Methods:** A total of 100 healthy individuals (aged 18–24) were recruited and randomized into two groups-Heartfulness intervention and control group. The intervention was carried out for 03months. Participants from both groups were analysed for their cortisol levels and telomere length before and after the intervention. Psychometric measures of anxiety, perceived stress, well-being and mindfulness were carried out using Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), WHO-Well-being Index (WHO-WBI) and Five Facet Mindfulness Questionnaire (FFMQ).

Authors: Mansee Thakur, Yogesh Patil, Sanjana Philip, Tahreem Hamdule, Jayram Thimmapuram, Nishant Vyas, and Kapil Thakur

**Journal: Frontiers in Psychology | Impact Factor: 4.2**

Indexing: Scopus | PubMed | Web of Science

### Research Summary:

This pioneering study examines the effects of Heartfulness meditation on psychological parameters and cellular aging markers. The findings demonstrate significant improvements in well-being and reductions in stress and anxiety, along with enhanced telomere length—suggesting a link between meditation and biological resilience.

The publication marks an important step forward in integrating evidence-based mind-body practices into modern healthcare research at MGM Institute of Health Sciences.

# Title: Exploring Perceived Stress Among Clinical and Non-Clinical Students in Mumbai: A Cross-Sectional Study from India



## African Journal of Biological Sciences



### Exploring Perceived Stress Among Clinical & Non-clinical Students in Mumbai: A Cross-Sectional Study from India

Sanjana T. Philip, Ph.D. Scholar<sup>a</sup>, Rahul Bawankule, Ph.D.<sup>b</sup>, Veronique Nicolai, M.D.<sup>c</sup>,  
Mansee Thakur, Ph.D.<sup>a\*</sup>

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Authors: Sanjana T. Philips, Rahul Bawankule, Veronique Nicolai, and Mansee Thakur

Journal: African Journal of Biological Sciences (AJBS) | ISSN: 2663-2187

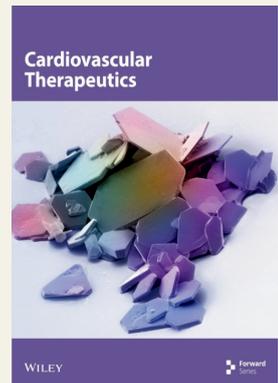
Indexing: Scopus

#### Research Summary:

This cross-sectional study investigates the levels of perceived stress among clinical and non-clinical students in Mumbai, highlighting key factors influencing mental health in academic environments. The findings emphasize the importance of stress management and mental well-being initiatives within healthcare education.

Published in the African Journal of Biological Sciences (AJBS), this research reflects MGM Institute of Health Sciences' dedication to fostering student wellness and promoting evidence-based insights in health sciences education.

# Title: Designing, Validation, and Feasibility of Integrated Approach of Heartfulness Meditation and Yoga Protocol (IAHFNM & YP) for Hypertensive Participants



Cardiovascular Therapeutics

Forward Series

Research Article | Open Access |

## Designing, Validation, and Feasibility of Integrated Approach of Heartfulness Meditation and Yoga Protocol (IAHFNM & YP) for Hypertensive Participants

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Pooja S. Singh, Veronique Nicolai, Yogesh Patil, Neelam Yeram, Bhusan Bhukte, Kapil Thakur, Mitesh Thakker, Haresh Mehta, Mansee K. Thakur

First published: 04 July 2024 | <https://doi.org/10.1155/2024/9289232>

Authors: Mansee Thakur, Yogesh Patil, Kapil Thakur, Pooja Singh, Veronique Nicolai, Neelam Yeram, Bhusan Bhutke, Mithesh Thakkar, and Haresh Mehta

**Journal: Cardiovascular Therapeutics | Impact Factor: 3.4**

Indexing: PubMed | Web of Science | Scopus | UGC CARE | DOAJ

### Research Summary:

This study presents the design, validation, and feasibility testing of an innovative Integrated Approach combining Heartfulness Meditation and Yoga for managing hypertension. The protocol aims to holistically address physiological, psychological, and lifestyle factors contributing to elevated blood pressure.

Published in Cardiovascular Therapeutics, this work underscores MGM Institute of Health Sciences' leadership in advancing integrative, evidence-based interventions for cardiovascular wellness.

# Title: Phytochemical Analysis of *Tinospora cordifolia* (Wild) Stem Grown in Kanha Shanti Vanam Heartfulness Center, Hyderabad, and Its Antioxidant Properties



## RESEARCH ARTICLE

### **Phytochemical Analysis of *Tinospora cordifolia* (Wild) stem grown in Kanha Shanti Vanam Heartfulness Centre, Hyderabad and its Antioxidant properties**

**Amita Kirar<sup>1</sup>, Shamshad Ather<sup>1</sup>, Himanshu Gupta<sup>1</sup>, Kapil Thakur<sup>2</sup>, Saurabh P. Chhatre<sup>3</sup>, Mansee Thakur<sup>1\*</sup>**

<sup>1</sup>Department of Medical Biotechnology, CRL, MGMSBS, MGMIHS, Navi Mumbai, India.

<sup>2</sup>SRM Heartfulness Meditation Centre, New Panvel, India.

<sup>3</sup>Nuvox Healthcare Pvt, Ltd, Navi Mumbai, India.

\*Corresponding Author E-mail: [mansibiotech79@gmail.com](mailto:mansibiotech79@gmail.com)

#### **ABSTRACT:**

There is a need for scientific validation of the claim that wild species of medicinal plants are more potent than cultivated plants. *Tinospora cordifolia* is a prominent medicinal plant used for diverse pharmacological activities. Current study evaluates Pharmacognostical and phytochemical analysis, total flavonoids, as well as the antioxidant activity of *T. cordifolia*'s stem extract collected from Kanha Shanti Vanam, Hyderabad. The stem powder was extracted by a method involving the usage of 96% of ethanol and evaporated by a rotary evaporator to obtain the extract. Physicochemical, microscopic, phytochemical analysis and fingerprinting were done by employing a CAMAG HPTLC. The spectroscopic approach was also used to estimate the flavonoid concentration in relation to quercetin. 2, 2-diphenyl-1-picrylhydrazyl (DPPH) assay has been used to assess the antioxidant potential of the plant. The findings confirm that methanolic extracts of *T. cordifolia* stem powder from the region showed higher secondary metabolites, and it also indicates that the methanolic extracts of the stem are a potential source of antioxidants which may be due to the presence of flavonoids in the extracts. The study also reveals the potency of standardised extracts of *T. cordifolia* growing at Kanha Shanti Vanam can be

Authors: Amita Kirar, Shamshad Ather, Himanshu Gupta, Kapil Thakur, Saurabh P. Chatre, and Mansee Thakur

**Journal: Research Journal of Pharmacy and Technology (RJPT)**

Indexing: Scopus

#### **Research Summary:**

This study focuses on the phytochemical composition and antioxidant potential of *Tinospora cordifolia* (wild) stems cultivated at the Kanha Shanti Vanam Heartfulness Center, Hyderabad. The results reveal a rich presence of bioactive compounds with strong antioxidant properties, supporting its traditional use in health promotion and disease prevention.

Published in the Research Journal of Pharmacy and Technology (RJPT), this work reflects MGM Institute of Health Sciences' ongoing contribution to evidence-based herbal and integrative medicine research.

# Title: Exploring the Neuropharmacological Properties of Scopoletin-Rich *Evolvulus alsinoides* Extract Using In-Silico and In-Vitro Methods



Am J Transl Res 2024;16(5):2103-2121  
[www.ajtr.org](http://www.ajtr.org) /ISSN:1943-8141/AJTR0155277

## Original Article

### Exploring the neuropharmacological properties of scopoletin-rich *Evolvulus alsinoides* extract using *in-silico* and *in-vitro* methods

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Received January 4, 2024; Accepted May 6, 2024; Epub May 15, 2024; Published May 30, 2024

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**Journal: American Journal of Translational Research | Open Access**

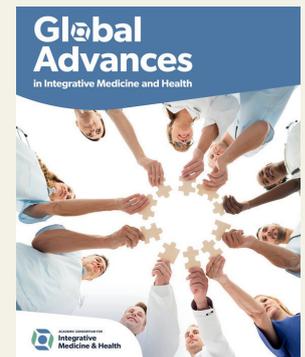
Indexing: PubMed | Web of Science

#### Research Summary:

The study investigates the neuropharmacological potential of *Evolvulus alsinoides*, a medicinal herb rich in scopoletin, through a combination of in-silico and in-vitro approaches. Findings suggest that the extract exhibits promising neuroprotective and therapeutic properties, paving the way for its potential application in the management of neurological disorders.

This publication reinforces MGM Institute of Health Sciences' commitment to advancing integrative and translational research in neuroscience and pharmacology.

# Title: Integrated Heartfulness Meditation and Yoga Protocol for Hypertensive Patients



Original Article

## Efficacy of an Integrated Heartfulness Meditation and Yoga Protocol in Hypertensive Patients: A Randomized Controlled Study

Global Advances in Integrative Medicine and Health

Volume 14: 1-14

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DOI: 10.1177/27536130251388378

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Mansee K. Thakur, PhD<sup>1,\*</sup> , Pooja S. Singh, PhD<sup>1,\*</sup> , Veronique Nicolai, MD<sup>2</sup>,  
Mitesh Thakker, MD<sup>3</sup>, Mangesh Pandey, PhD<sup>4</sup> , and Vidhya S. Vijayan, MSc<sup>2</sup> 

### Abstract

**Introduction:** Hypertension is increasingly recognized as a biopsychosocial condition influenced by psychological distress and systemic inflammation. The potential of integrative mind-body approaches such as Heartfulness meditation and yoga to offer non-pharmacological benefits through neuroendocrine and immunomodulatory pathways is a source of hope and optimism in the field.

**Objective:** To evaluate the effects of a 12-week Integrated Approach of Heartfulness-based Yogic Practices and Meditation (IAHFNM & YP) on psychological distress, inflammatory cytokines and stress biomarkers in individuals with prehypertension or Stage 1 hypertension.

**Methods:** In this randomized controlled trial participants were allocated to either the intervention group (IAHFNM and YP) or the standard care group. Psychological distress was assessed using the Brief Symptom Inventory-18 (BSI-18). Blood samples

Authors: Pooja Singh, Mansee Thakur, Yogesh Patil, Kapil Thakur, Veronique Nicolai, Haresh Mehta, and Collaborating Team

**Journal: Global Advances in Integrative Medicine and Health | Impact Factor: 1.8**

Indexing: PubMed | Scopus

### Research Summary:

This study presents an integrated therapeutic protocol combining Heartfulness meditation and yoga for the management of hypertension. The intervention demonstrates significant promise in reducing blood pressure and improving overall well-being through mind-body regulation.

The publication marks an important milestone in advancing integrative health research at MGM Institute of Health Sciences, bridging traditional wisdom with modern clinical science.

# Doctoral Research on Heartfulness Interventions: MGMIHS at the Forefront of Molecular and Genomic Evidence Generation

Name of the PhD Student	Title of the Project	Guide	Co-Guide	CTRI No.	Status
Sanjana T. Philip	Study of T Cell Immunomodulation and Stress Biomarkers in Subjects Enrolled for Heartfulness Meditation	Dr. Mansee Thakur	Dr. Nishant Vyas	CTRI/2023/10/058423	PhD Awarded
Pooja Singh	Molecular and Cellular Assessment Using Heartfulness Meditation & Yoga as a Preventive Intervention in	Dr. Mansee Thakur	Dr. Mitesh Thakkar, Dr. Veronique e Nicolai	CTRI/2024/01/061035	Ongoing
Amita Kirar	Effect of Heartfulness Meditation on Mitochondrial Function: A Biochemical and Genomic	Dr. Mansee Thakur	Dr. Yogesh Patil	CTRI/2025/07/091935	Ongoing
Suparna Deepak	Exploring the Influence of Heartfulness Meditation on Regulation of Gene Expression linked to Anxiety and the Biological Clock	Dr. Chandramani Pathak	Dr. Mansee Thakur	CTRI/2025/05/087930	Ongoing

\* Two more PhDs in Heartfulness Meditation and Health are currently in progress.

## Bridging the Heart and Science : Clinical and Molecular Insights into Heartfulness Meditation (First PhD Awarded )



We are proud to announce that Ms. Sanjana T. Philip has been awarded a PhD for her pioneering research on "T Cell Immunomodulation and Stress Biomarkers in Subjects Enrolled for the Heartfulness Meditation Program." Her work was guided by Dr. Mansee Thakur marking a significant contribution to the growing body of scientific evidence on meditation and health.

Successfully completed on 14th January 2024, this milestone not only celebrates academic excellence but also reflects the potential of integrative approaches in modern healthcare. The research opens new pathways for understanding the physiological and psychological benefits of meditation, inspiring future scholars in the field.

# AWARDS & ACCOLADES



Heartful Campus Award At National Education conclave 2021



Award of Excellence for Presentation at Integrative Health and Wellbeing Conference 2022



Award for oral presentation in the International conference on Revitalising and Rejuvenating Bhartiya Knowledge System for making Bharat Vishwaguru by 2047



Awarded bronze medal for Heartfulness Essay Competition 2019



21 Day's Meditation Challenge Organized by Pillai College



Best Paper award At WELLCON 2023 ITM Kharghar



Heartful Institution Award By- Heartfulness International Institute Received On 8th February 2020

third prize for poster presentation on topic Exploring the Role of Yogic Transmission in Enhancing Meditation, Inner Peace, and Hormonal Balance: A Randomized Control Trial"



Best paper Presentation award at an international conference, Innovations in Science and Technology: A Perspective of Viksit Bharat 2047,



Best poster & Oral Presentation Award in Two Days International Conference on "Connecting Innovations in Biotechnology for Human Welfare"



Won 2nd Prize in Poster Presentation organized by AIIMS, New Delhi



Best Research Paper - Oral Presentation award at Indian Association of Biomedical Scientists (IABMS) West Zone Chapter Conference - 2025



Best Research Poster Presentation award at Indian Association of Biomedical Scientists (IABMS) West Zone Chapter Conference - 2025



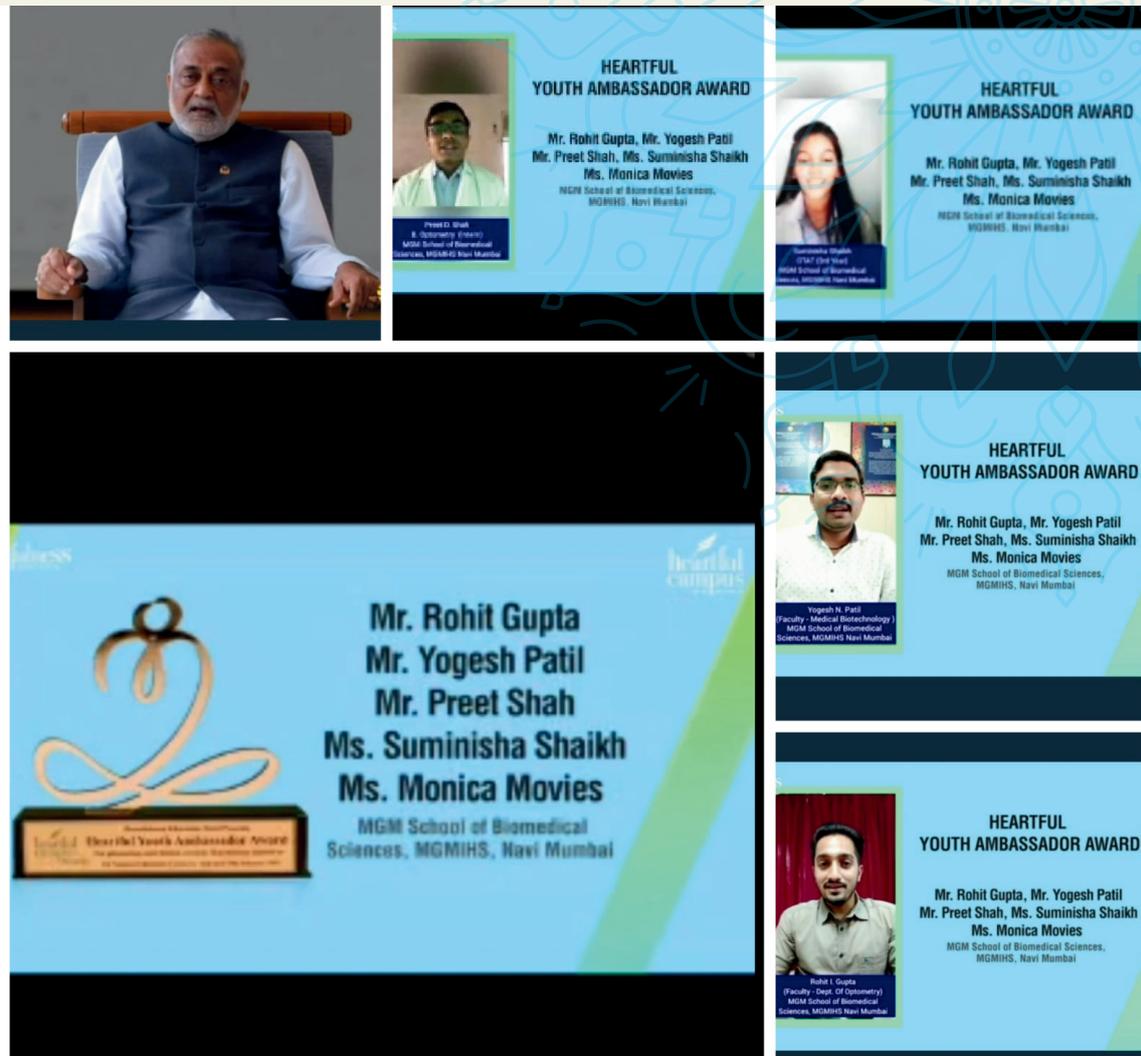
Oral Presentation in Two Days International Conference on "Connecting Innovations in Biotechnology for Human Welfare" organized by Changu Kana Thakur College, Parvel, India.



Heartfulness Essay Competition 2024 winner



# Youth Campus Ambassador Award



MGM School of Biomedical Sciences, Navi Mumbai (MGMIHS) is proud to be among the five institutions in India honored with the prestigious Youth Campus Ambassador Award by the Global Heartfulness Meditation Center.

The award was virtually presented during the National Education Conclave 2021, recognizing our institution's contribution to nurturing mindful, value-based learning. This recognition reflects our commitment to building a culture of well-being, leadership, and heartfelt living among students.

# Heartfulness Essay Competition

MGM School of Biomedical Sciences received the Silver Category Certificate in the Global Heartfulness Essay Event 2024 with 200 essays submitted and students securing the 5<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> global ranks. Earlier in 2019 the college earned the Bronze Category with 70% participation reflecting our commitment to values, creativity, and mindful expression.



Mindful Words,  
Endless Impact.



# MGMIHS Shines at the 3rd International Conference on Integrative Health and Wellness (IHW 2025)

Venue: Kanha Shanti Vanam, Hyderabad | Dates: 18–20 December 2025



*MGM Institute of Health Sciences, Navi Mumbai, proudly participated in IHW2025, with a dynamic team of 40 students, Ph.D. scholars, and faculty members.*

Dr. Mansee Thakur, Director, MGMSBS, delivered a distinguished talk on “Stress and Well-being among Students”, emphasizing Heartfulness, emotional resilience, and holistic education—reflecting MGMIHS’s vision of nurturing intellect with inner balance



**Out of 110 abstracts, eight from MGMIHS were selected for presentations, and our students won top honors! 🏆**

Award Winners are as Follows:

- Shamshad Ather, Ph.D. – 1st Prize (Best Poster)
- Suparna Deepak – 2nd Prize (Best Poster)
- Dr. Yogesh Patil – Special Recognition (Best Paper)
- Dr. Sanjana T. Philip – Runner-up (Best Paper)

A proud moment for MGMIHS, advancing integrative health through research, collaboration, and compassion. 🌟



# The National Education Conclave 2025

Venue: Kanha Shanti Vanam, Hyderabad | Dates: 19<sup>th</sup>– 20<sup>th</sup> December 2025

*A Proud and Gratitude-Filled Moment for MGMIHS, Kamothe, Navi Mumbai*



*At the National Education Conclave 2025 held at Heartfulness Institute Kanha Shanti Vanam, MGM Institute of Health Sciences was honored with the Rank of Heartful Campus (National Level) for the second consecutive year.*

This recognition reflects MGMIHS's sustained commitment to holistic education, wellbeing, socially relevant research, and large-scale community outreach through Ekatma Abhiyan, impacting over 28,000 beneficiaries across 1,145 villages

The conclave also offered a deeply meaningful moment as the MGMIHS team had the privilege of meeting **Shri Kamlesh Patel (Daaji)**. His compassionate presence and guidance were profoundly inspiring, reaffirming the higher purpose of education as a path of service, inner balance, and collective growth, and leaving the team enriched with renewed clarity, peace, and gratitude

This achievement was made possible through the unwavering support of the **MGMIHS management, Hon'ble Vice-Chancellor, Trustees, Heads of Institutions and the dedicated efforts of faculty, students and staff strengthening** the institution's vision of value-based education and wellbeing-driven academic excellence.



With Us through social media platforms



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