



Ayushmaan Skill Development Academy (ASDA)

In association with

SNDT Women's University's

CHETNA

Conducting Course on

**Garbhasanskar
Antenatal Program
11 credit course**

Garbhasanskar & Supraja Nirmetee is a process which helps and guides a couple to get a healthy progeny. Couples with healthy body & mind elements can give birth to a healthy baby. It is well defined in ancient systems of Indian medicine, how a couple can get healthy baby, which is healthy by body and mind. **Beja sanskar** (process for couples before a lady becomes pregnant) and **Garbhasanskar** (Process after a lady gets pregnant) are the two processes which help couple to deliver a healthy baby. These practices are well practiced in the society by various doctors in their own way. It's a need of the society to standardize the process so that these processes are practiced in a uniform way. The main motive of this training program is to make aware and teach the standardized protocols for the process of **Garbhasanskar Antenatal Program**. This training program will help all the Practitioners to understand the standard process of **Supraja Nirmetee & Garbhasanskar** and implement it in their day to day practice.



Dr. Mrs. Nalini Patil
Director
SNTWU CHETNA



Dr. Mrunalini Joshi
Ayushmaan
Skill Development Academy



Dr. Yogesh Joshi
Ayushmaan
Skill Development Academy



Duration of Course – 10 Wks.

Schedule:

1. Theory sessions will be online live sessions through got meeting platform -
Timing 9 pm to 11 pm.
2. Practical sessions - Offline live sessions 7 Days-
Timing 9.30 am - 4.30 pm.

Certificate will be provided after successful submission of assignment in stipulated period of time.

Eligibility :

BAMS, BHMS, BNYS, Certified Yoga Teachers, PG Students & Interns of above fraternity, BPth, Registered Nurse, Registered Midwife, Clinical Nutritionist, Psychological Councillor, Child psychologist

Fees - Rs.27800/-

Note: If any sessions are missed due to internet connectivity at participants end, the recordings will be available only for one month for reference.

Unique Features of the Course :

- ↪ 7 days hands on Practical session .
- ↪ Practical demonstrations of session of Garbhasanskar. Practical demonstrations of session of Musical Therapy
- ↪ Practical demonstrations of sessions on Yogasana.
- ↪ Practical demonstrations of sessions on Meditation.
- ↪ Diet specifications.
- ↪ Lifestyle modifications.
- ↪ Role of Visualization and positive self-talk in pregnant women.
- ↪ Yoga during Birth process.
- ↪ Month wise development of an Ayurvedic aspect. Concept of good Sanskar.

What you will Get ?

- ✓ Notes.
- ✓ Yoga schedule in pregnancy.
- ✓ Yoga Schedule for Preconception couples.
- ✓ Beja Sanskar Schedule.
- ✓ Set of instruction for Garbhasanskar Session
- ✓ PRACTICLE GUIDENCE TO CONDUCT GARBHASANSKAR SESSIONS.
- ✓ Set of instruction for Avartandhyan.
- ✓ Set of instruction for Chakrashudhi Process.
- ✓ Music therapy Details.
- ✓ Diet Schedule.

Note :-

All the study material will be shared online on the mail of participants.

All students will have to complete their theory and practical sessions in one batch only.

To register call or whatssApp:
Dr Yogesh Joshi - 7620634297

How to apply :

■ Candidates are required to apply through a google form provided by the co-ordinators before the last date of enrolment. The Institute will not consider any other format or application Performa.

■ Duly filled application form along with the Proof of Payment of Fees (Screenshot / Scanned copy of the NEFT Receipt), scanned self- attested copies of all certificates, mark sheets, testimonials in support of age and educational qualifications in prescribed format by Govt. of India must be uploaded in the google form.

Invalid Applications : Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications-

- Applications received after the closing date.
- Applications not in prescribed format.
- Candidates not having the required qualifications.
- Applications without the prescribed Course Fee.
- Applications which are incomplete will be summarily rejected.

Admission Procedure : Selection of the candidates will be done as per First come first serve basis. The candidate has to deposit the Course fee along with fully filled application form. The application forms submitted with Course fee will be screened and the selected candidates will be intimated by phone /email to confirm his / her admission. If the course fee is not deposited with the application form, then the right to admission will be forfeited without any further notice. The Director, CHETNA & ASDA reserves all right to reject any application form without assigning any reasons.

- Fees once paid will not be refunded or will be refunded partly as per policies of CHETNA.

ABOUT SNDTWU - CHETNA

Centre for Holistic Education, Training and Novel Advancements (CHETNA)

The Centre for Holistic Education, Training and Novel Advancements (SNDTWU-CHETNA) is a center established by SNDTWU to develop and create a pool of need-based, Value-based, skill-based capacity-building add-on courses in collaboration with local, national, and international institutions. It will provide courses and programs to build character through human and constitutional values also, develop life skills, employability skills, and 21st-century skills that are required for betterment of the society, environment and the whole ecosystem. The center aims to act as a bridge between our past; the culture and the technological and social advancements in the future by introducing programs based on our culture and heritage for a sustainable future. The center aims to provide an environment to enhance the creativity of students by providing novel and unusual programs. The name '**SNDTWU-CHETNA**' means '**Consciousness**' which is the very essence of life.

ABOUT Ayushmaan Skill Development Academy (ASDA)

Ayushmaan Skill Development Academy (ASDA) is a company working for women's health before pregnancy, during pregnancy and after pregnancy established on 2011. Ayushmaan Skill Development Academy (ASDA) works through its Module - "**SRUJANANKUR**". Srujanankur offers unique Antenatal services based on Yoga and Ayurveda. Srujanankur primary offering '**Garbhasanskar**' is a copyrighted program, which employs a unique technique of conveying the good qualities and good values of life to the baby during pregnancy. The technique is based on 'Yoga-Pranayam-Dharan-Dhyan' {Meditation}, Lifestyle modification, Diet consultation, Music therapy, Art & Craft, Acting etc. Srujanankur's Antenatal services cater to all three aspect of woman pregnancy: Pre-pregnancy, during pregnancy & Post pregnancy. 'Srujanankur' strives to be a place to make an expecting mother healthy by body and by mind.. Srujanankur is a perfect place to rejuvenate for any expecting or pregnant women. Srujanankur services are offered by experience and qualified personnel's who have gained wide knowledge and experience over the years. All the treatments are given within peaceful and rejuvenating atmosphere. SRUJANANKUR has treated 8400+ pregnant ladies through Garbhasanskar & have trained 7500+ trainers through various training programs & Workshops from India and out of India.

Schedule certificate Course In Garbhasanskar Antenatal Program

Day Subject

- 1 Inaguration
- 2 Garbhasanskar
- 3 Beeja Sanskar
- 4 Diet During Pregnancy
- 5 Diet During Pregnancy
- 6 Sutika paricharya (Care of pregnant women immediate after delivery)
- 7 Introduction of 3 stages of labour to pregnant women
- 8 Music Therapy in Garbhasanskar
- 9 Lifestyle modifications in couples as a part of beejasanskar
- 10 Music therapy in high-risk pregnancy
- 11 Roll of Yoga in Child birh
- 12 Lactation
- 13 Role of Yoga, Pranayama and Dhyana in Bijasanskara
- 14 Psychological Counselling For couples in Beeja sanskar
- 15 Preparation of Pre labour
- 16 Importance of investigations in ANC
- 17 Diet For baby 6th - 15 months
- 18 Diet For baby 16th - 36th months
- 19 Different Sanskara of child
- 20 Paranting Tehiniques part 1
- 21 Paranting Tehiniques part 2
- 22 Baby Care from 2nd month to 12 months after delivery
- 23 Lifestyle of sutika
- 24 Diet For Beja Suddhi (Preconception) for couples
- 25 Roll of Mantras in preconception & during Garbhasanskar
- 26 Role of Yoga, Pranayama and Dhyana in Beejasanskara
- 27 Role of Abhyvyati & Acting in Garbhasanskar
- 28 Role of Fine arts and its components in Garbhasanskar
- 29 Role of Bhagwatgeeta in Devevelopment of Atmaj Bhav
- 30 Role Of Social Media Marketing in Promotion Of Garbhasanskar
- 31 Mother Todler Program
- 32 Mother Todler Program
- 33 Group Discussion Activities
- 34 Group Discussion Activities

- DAY 1 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- Day 2 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- DAY 3 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- DAY 4 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- DAY 5 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- DAY 6 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.
- DAY 7 | Yoga in prepregnancy, Music Therapy, Yoga During Pregnancy, Yoga During Post regnancy, Post pregnancy Healing Music, Group discussion Regarding Good values. Ahivyakti (Expression Through Acting), Art and Craft.