

NATIONAL INSTITUTE OF AYURVEDA

Deemed To Be University, Ministry of AYUSH, Govt. of India
Jorawar Singh Gate, Amer Road, Jaipur - 302002



**P.G.Department of Swasthavritta &
P.G.Department of Prasutitantra and Streeroga**

In association with

**Garbhasanskar
Antenatal Services Pvt. Ltd., Pune**

Conducting

Certificate Course in

Garbhasanskar Antenatal Program

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 practioners to understand the standard process of Supraja Nirmetee & Garbhasanskar and implement it in their day to day practice.

Prof. Sanjeev Sharma
HON.VICE CHANCELLOR,
NIA, Jaipur

Prof. Bharati Kumarmangalam
HOD, Dept. of Prasutitantra and
Streeroga, NIA, Jaipur

Prof. Kamlesh Kumar Sharma
EX.HOD Dept of
Swasthavritta, NIA, Jaipur

Dr.Yogesh Joshi
SRUJANANKUR, Pune

Duration of training program – 10 Weeks

Schedule

1. Theory sessions will be online live sessions through gotomeeting platform -
Timing 9 pm to 11 pm.

2. Practical sessions- Venue: 1) NIA Jaipur 2) AYUSHMAAN AYURVED HOSPITAL PUNE
(Practical's can be attended at any one venue which is suitable for the participants.
Timing 9.00 am -4.30 pm.

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

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 workshop

8 days 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
- ▶ Role of Visualization and positive self-talk in pregnant women
- ▶ Month wise development of baby- an Ayurvedic aspect.
Concept of good Sanskar

What you will learn?

- ▶ Yoga schedule in preconception, pregnancy & Post pregnancy
- ▶ Lifestyle modifications in preconception, pregnancy & Post pregnancy
- ▶ Beja Sanskar Schedule
- ▶ Set of instruction for Garbhasanskar Session, & Music Therapy
- ▶ PRACTICLE GUIDENCE TO CONDUCT GARBHASANSKAR SESSIONS, Yoga Sessions, Live music therapy sessions
- ▶ Set of instruction for Avartandhyan & Chakrashudhi Process
- ▶ Parenting Techniques, Mantras, Psychological counseling
- ▶ Management of complications during pregnancy, preparation of labour
- ▶ Diet in preconception, during pregnancy, after pregnancy
- ▶ Samskaras in baby, baby care, diet in baby etc

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.

Call or WhatsApp to know about the new batch & admission

1. Dr.Yogesh Joshi : 9890723238 | 2. Dr.Punit Chaturvedi (NIA, JAIPUR) : 9024458253

Eligibility

BAMS, BNYS, Students, Interns of above fraternity.

Regular Fees
₹ 33500/-

Rs.2500/- concession for registered members of
"Alumni welfare association of NIA"

How to apply

- ▶ Candidates are required to apply through a google form provided by the coordinators 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 selfattested 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, NIA reserves all right to reject any application form without assigning any reasons. If a candidate is not selected for the course due to any reason, then his/her Course fee in the form of NEFT/other digital payment options will be returned.

ABOUT NATIONAL INSTITUTE OF AYURVEDA

National Institute of Ayurveda was established on 07-02-1976 by the Government of India as an apex Institute of Ayurveda in the country to develop high standards of teaching, training, clinical services and research in all aspects of Ayurveda with a scientific approach. The Institute imparts UG, PG and Doctoral courses in all branches of Ayurveda along with short term courses on various important areas of Ayurveda to both Indian and Foreign nationals. NIA plays a very important role in formulating standards, guidelines and policy making of the AYUSH sector by its technical inputs.

Garbhasanskar Antenatal Services Pvt.Ltd.

Garbhasanskar Antenatal Services Pvt.Ltd is a company working for women's health before pregnancy, during pregnancy and after pregnancy established on 2011.

Garbhasanskar Antenatal Services Pvt.Ltd works through its Module -

"SRUJANANKUR" Srujanankur offers unique Antenatal services based on Yoga and Ayurveda. Srujanankur's 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 'Voga-Pranayam-Dharan-Dhyan' {Meditation} 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 place where authentic 'Ayurved' and 'panchakarma treatment is given. 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 6400+ pregnant ladies through Garbhasanskar.

