



NATIONAL INSTITUTE OF AYURVEDA

An Autonomous Institute under
The Ministry of AYUSH, Govt. of India
Jorawar Singh Gate, Amer Road, Jaipur – 302002

Department of Swasthavritta and Yoga
&
Department of Prasutitantra and Streeroga



In association with

Garbhasanskar Antenatal Services Pvt. Ltd., Pune

Conducting

Post Graduate Training Program in Garbhasanskar Antenatal Program- e-COURSE

ONLINE TRAINING –

Batch II - 17th June – 1st July 2020

Batch III - 15th July – 30th July 2020

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.

Prof. Sanjeev Sharma
Director, NIA, Jaipur

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

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

Dr. Yogesh Joshi
SRUJANANKUR, Pune

Duration of training program – 15 days

Schedule :

1. Theory sessions will be online live sessions through gotomeeting platform – Timing 9 pm to 11 pm.
2. Practical sessions – online live sessions through gotomeeting platform – Timing 6.30 am -9.30 am.

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 Get?

- Notes.
- Yoga schedule in pregnancy.
- Yoga Schedule for Preconception couples.
- Beja Sanskar Schedule.
- Set of instruction for Garbhasanskar Session
- PRACTICE GUIDANCE 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 :

1. Dr Yogesh Joshi – 9890723238

2. Dr. Kashinath Samagandi (NIA, JAIPUR) :- 7877444353

Eligibility:

BAMS, BHMS, BNYS, Certified Yoga Teachers,
PG Students, Interns of above fraternity.

Fees- Regular Fees – Rs.12500/-

Reduced Fees for 3 months during Covid Lockdown (Till July 2020) – Rs 9000/-

Rs.1500 concession for registered member of "**Alumini 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 self-attested copies of all required certificates, Aadhar Card & Photo 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 '**Yoga-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 2400+ pregnant ladies through Garbhasanskar.

Schedule & Curriculum

	Daily 9 pm to 11 pm		Timing 6.30 am to 9.30 am
Wednesday	Training Of online sessions	1	
Thursday	Garbhasanskar & Beja Sanskar	2	
Friday	Yoga in Garbhasanskar	3	
Saturday	Role of Panchakarma In Preconceptional stage(Beeja Shudhi)	4	
Sunday	Diet For Beja Suddhi (Preconception) for couples	5	Yoga in Pregnancy Part 1
Monday	Rajaswala charya	6	Yoga in Pregnancy Part 2
Tuesday	Garbha nirmana, Garbha vriddhikara bhava	7	Yoga in Pregnancy Part 3
Wednesday	Garbhini chrya & mausanumasik chikitsa Part 1	8	Yoga in Pre Pregnancy Part 1
Thursday	Garbhini chrya & mausanumasik chikitsa Part 2	9	Yoga in Pre Pregnancy Part 2
Friday	Prasava parichary & Sukha Prasav	10	Yoga in Pre Pregnancy Part 3
Saturday	Sutika paricharya	11	Practice by participants
sunday	Breastfeeding	12	Practice by participants
Monday	Music Therapy in Garbhasanskar	13	Practice by participants
Tuesday	Psychological Counseling	14	
Wednesday	Life style Modifications for Beeja suddhi for couples	15	