



GARBH

SANSKAR



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Ayushakti[®]
since 1987

WELCOME



Welcome to our Ayurvedic Garbh Sanskar course! Dive into ancient Vedic wisdom to nurture both mother and child. Learn principles and guidelines for a healthy, vibrant start to life. Join us on this transformative journey of pregnancy and childbirth.

LEARNING OBJECTIVE

NAVIGATING PREGNANCY IN TODAY'S WORLD



In today's fast-paced world, pregnancy often brings along stress and uncertainties. However, amidst the hustle and bustle, every parent holds onto the hope for a smooth journey towards welcoming a healthy, vibrant child into the world.

EMBRACING MOTHERHOOD'S BLESSINGS



Motherhood is a profound blessing, encompassing a journey of love and nurturing amidst challenges that test one's resilience. Ayurveda, drawing from ancient wisdom, serves as a guiding light through this transformative experience, offering insights and support to expectant mothers.

GARBH SANSKAR: NURTURING HOLISTIC WELL-BEING



At its core, Ayurveda's Garbh Sanskar is a holistic approach to pregnancy. It transcends mere rituals, focusing on nurturing the fetus with positivity and well-being on physical, emotional, and spiritual levels. With its ancient principles and guidelines, Garbh Sanskar aims to equip parents with the tools to foster the healthy development of their child even before birth.

COURSE CURRICULUM

EXPLORE THE COMPREHENSIVE CURRICULUM DESIGNED TO EMPOWER EXPECTANT PARENTS WITH ANCIENT WISDOM AND MODERN TECHNIQUES.

- Understanding Garbh Sanskar
- Assessing Health Status
- Monthly Fetal Development
- Ayurvedic Nutrition Plan
- Pregnancy Do's and Don'ts
- Yoga, Pranayama, and Meditation
- Enhancing Positivity in Couples
- Stimulating Right Brain Activities
- Bonding through Garbhasanvad
- Therapeutic Music and Mantras
- Lifestyle Adjustments
- Ayurvedic Supplements Guidance
- Preparation for Childbirth
- Stress Management
- Postpartum Support and Breastfeeding
- Childcare Assistance



GENERAL INFORMATION



BENEFICIAL FOR WHOM?

- Anyone who wants to become pregnant or wants to help others to have a healthy child.
- Family members, spouse, and friends who wish to provide support to a pregnant woman.
- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative practitioners
- Any medical students

ABOUT AYUSHAKTI



Founded in 1987



Over a million people served globally



Helped individuals from 108 countries



Specialized in treating chronic health challenges

Vision: Creating a world of health, happiness & bliss

CLASS INFORMATION



Language: English



15 sessions of 1 hour + question-and-answer session



Online recorded video – self paced



Following each session, possibility to attempt online MCQ to check your understanding of subject.



For any query or required assistance contact: education@ayushakti.com



Upon completion of all sessions, you will be able to download your certificate.



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