

**Syllabus**

**for**

**Online Short-Term Modular Course**

**on**

**Garbhotsav Sanskar**

**Duration – 14 Days**

## GARBHOTSAV SANSKAR

### Garbha Sanskar

Theme	Description
Science and significance of garbh sanskar	<ul style="list-style-type: none"><li>• Mass Awareness antenatal Health program (PPT &amp; additional points)</li></ul>
Introduction of Sanskars	<ul style="list-style-type: none"><li>• Introduction and Science of sanskars in ancient and modern scenario</li><li>• Garbh Sanskar Ritual and demonstration</li></ul>

### Yogabhyas during pregnancy

Yogabhyas during pregnancy	<ul style="list-style-type: none"><li>• Introduction of Yog and Yogasana And their Scientific aspects</li><li>• Sookshma Vyayama in pregnancy</li><li>• Yogasana in pregnancy and Demonstration</li><li>• Mudra and yog nidra</li><li>• Pranayama</li><li>• Dhyan</li></ul>
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### Garbha Samvad and Training

Garbha Samvad	<ul style="list-style-type: none"><li>• Introduction; few types of Samvad and demonstration</li><li>• Other Types of Samvad and Demonstration</li></ul>
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### Super food during pregnancy

Super food during pregnancy	<ul style="list-style-type: none"><li>• Diet according to Modern Science (Balance, Sanskarit, Satvik)</li><li>• Diet according to Ayurveda</li></ul>
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### Ideal Life Style during Pregnancy

Ideal life Style	<ul style="list-style-type: none"><li>• Introduction</li><li>• Morning Dincharya for pregnant women</li><li>• After noon Dincharya for pregnant women</li><li>• Evening Dincharya for pregnant women</li><li>• Night Dincharya for pregnant women</li></ul>
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### Multiple Intelligent

Multiple Intelligent	<ul style="list-style-type: none"><li>• Introduction &amp; Importance</li><li>• Types and methods to develop multiple intelligence of fetus</li></ul>
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### Methods of public contact and Mass Awareness

Methods of public contact and Mass Awareness	<ul style="list-style-type: none"><li>• Introduction and Types</li></ul>
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### Miscellaneous Queries and solution Exam

GARBHOTSAV SANSKAR

**Reference Books -**

S.N.	Title	Author
1	Shodash Sanskara	Pandit Shriram Sharma Acharya
2	Sanskaron ka punar jagran	Pandit Shriram Sharma Acharya
3	Suprajnan bhawi pidhi ka nav srijan	Pandit Shriram Sharma Acharya
4	Sanskar Vidhi	Swami Dyanand Saraswati
5	Garbhpnishad	
6	Kalyan sanskar ank	Gita Press, Gorakhpur
7	Ahar ewm poshan vigyan	Dr. Anita Singh
8	Swasthya ahar ewm poshan vigyan	Sri Manoj Vishnoi
9	Yog ewm ahar	Dr. Ganesh Shankar
10	Patanjali yog darshan	Pandit Shriram Sharma Acharya
11	Pragya yog abhiyan	Pandit Shriram Sharma Acharya
12	Hath yog pradipika	Swami Swatma Ram
13	Yog chikitsa sandarshika	Dr Kamakhya
14	Pranayam se adhi-wyadhi niwaran	Brahmvarchas
15	Yam Niyam	Pandit Shriram Sharma Acharya
16	Pranayam, bandh, mudra, panchkosh, dhyan	Brahmvarchas
17	Gherand sanhita	Maharishi Gherand
18	Gayatri Mahavigyan	Pandit Shriram Sharma Acharya
19	Bal nirman ki sachitra kahaniyan	Pandit Shriram Sharma Acharya
20	Mahapurushon ke awismarniye prasang	Pandit Shriram Sharma Acharya
21	Vishva ki mahan nariyan	Pandit Shriram Sharma Acharya
22	Hamari bhawi pidhi aur uska nav nirman	Pandit Shriram Sharma Acharya
23	Mai kya huin	Pandit Shriram Sharma Acharya
24	Nari jagruti abhiyan	Pandit Shriram Sharma Acharya
25	Nar ratnon ki khan susanskrit parivar	Pandit Shriram Sharma Acharya
26	Man ke hare har hai man ke jite jeet	Pandit Shriram Sharma Acharya
27	Shiksha hi nahi vidya bhi	Pandit Shriram Sharma Acharya
28	Adi shakti ki Samarth sadhna	Pandit Shriram Sharma Acharya
29	Hariye na himmat	Pandit Shriram Sharma Acharya
30	Antrik Ulas ka vikas	Pandit Shriram Sharma Acharya
31	Jivan sadhna ke swarnim sutra	Pandit Shriram Sharma Acharya
32	Mansik santulan	Pandit Shriram Sharma Acharya
33	Nirasha ko pas na fhatakne de	Pandit Shriram Sharma Acharya
34	Manah sthiti badle to paristhiti badle	Pandit Shriram Sharma Acharya
35	Ishwar kaun hai? Kahan hai? Kaisa hai?	Pandit Shriram Sharma Acharya
36	Atmiya ka madhurya aur saundarya	Pandit Shriram Sharma Acharya
37	Jivan lakshya aur uski prapti	Pandit Shriram Sharma Acharya
38	Pragya Puran - 1, 2, 3	Pandit Shriram Sharma Acharya
39	Manav jivan ki garima	Pandit Shriram Sharma Acharya
40	Parivar nirman	Pandit Shriram Sharma Acharya
41	Sharir kriya rachna vigyan	Dr.Anant Prakash Gupta
42	Ayurvediye prasuti tantra ewm stri rog I	Prof. Km. Premwati Tiwari