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Syllabus for Advanced Certificate Course in Garbh Sanskar"

Course of Study

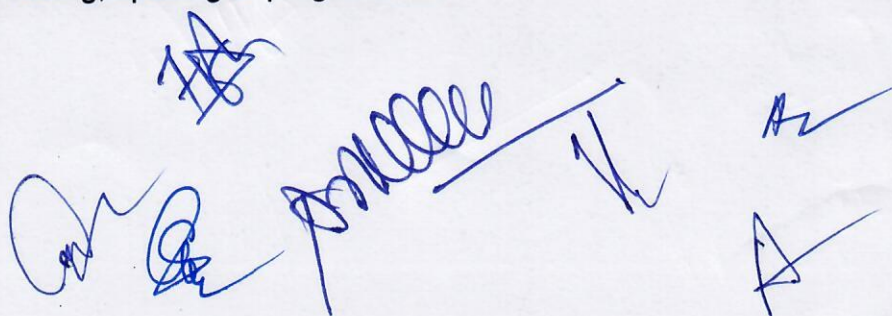
S. No.	Subjects	Subject code	Total Hours
1.	Medical Science	ACGS-101	20
2.	Science of Garbh Sanskar	ACGS-102	16
3.	Epigenetics & life style modifications	ACGS-103	16
4.	Yoga and Pranayam	ACGS-104	14
5.	Foetal Communication	ACGS-105	14
6.	Therapies in Garbh Sanskar	ACGS-106	16
Grand Total			96

Medical Science

Subject Code: ACGS-101

Min. Hrs.: 20

- Anatomy
- Physiology of
 - Menstrual Cycle
 - Fertilization
- Use of contraception after marriage for planned pregnancy.
- Nutritional Supplements prior to conception Eg. Folic acid.
- Preparation of Pregnancy
- Journey during pregnancy.
- Development of fetus in 1st, 2nd & 3rd trimester.
- Maternal changes during pregnancy.
- Symptoms of early pregnancy.
- Insight into complications during pregnancy, labour & post pregnancy.
- Labour 1st, 2nd, & 3rd stages.
- Placenta
- Investigations
- High Risk Pregnancies
- Importance of Daily foetal movement count.
- Myths
- Contraception after delivery
- Breast feeding, spacing of pregnancies.



Science of Garbh Sanskar

Subject Code : ACGS-102

Min. Hrs. : 16

Introductio:

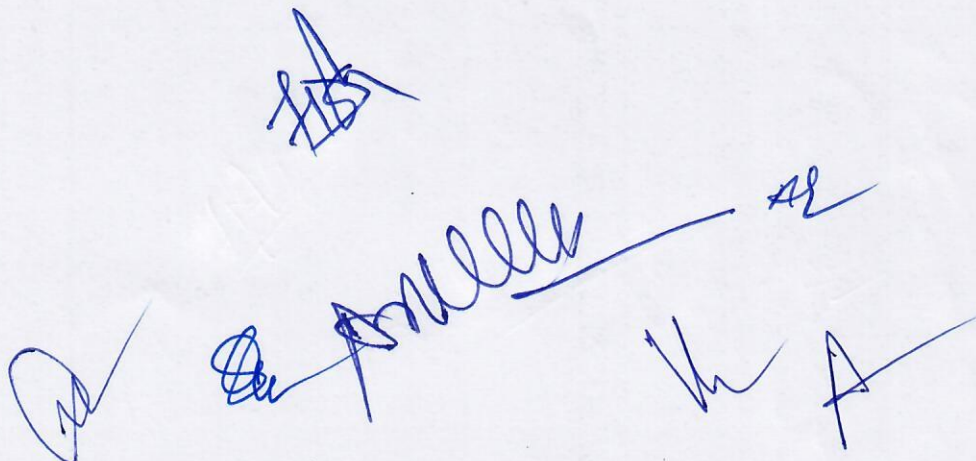
- All Sanskar (Sanskaron ki Parampara)
 - Definition
 - Science behind sanskar
 - Vaidic parampara of 16 Sanskars
 - Present Scenario
 - Sanskar and Epigenetics
 - Scientific explanation of Garbh Sanskar

Garbh Sanskar Ceremony

- The ceremony has five steps each with a message
- Inhalation of medicinal herbs.
- Worshipping the womb.
- Consolation & Reading about the life style modifications expected from the mother to be an auto suggestive mechanism
- Special oblations
- Charu Grahan

Yogyopathy with Garbhpusthi havan samagri for high risk cases

- Advanced science of Yagya and its use in treating diseases.
- Special medicinal herbs are used in havan samagri the fumes of which when
- inhaled by the patient results in treatment of various ailments – It is a research based science known as Yagyopathy.

The block contains several handwritten signatures and initials in blue ink. At the top center, there is a signature that appears to be 'HIS'. Below it, there is a long, flowing signature that spans across the middle of the page. To the left of this signature is a circular mark. To the right is a small 'H' and another signature. At the bottom right, there is a large 'A' and another signature.

Epigenetics & life style modifications

Subject Code : ACGS-103

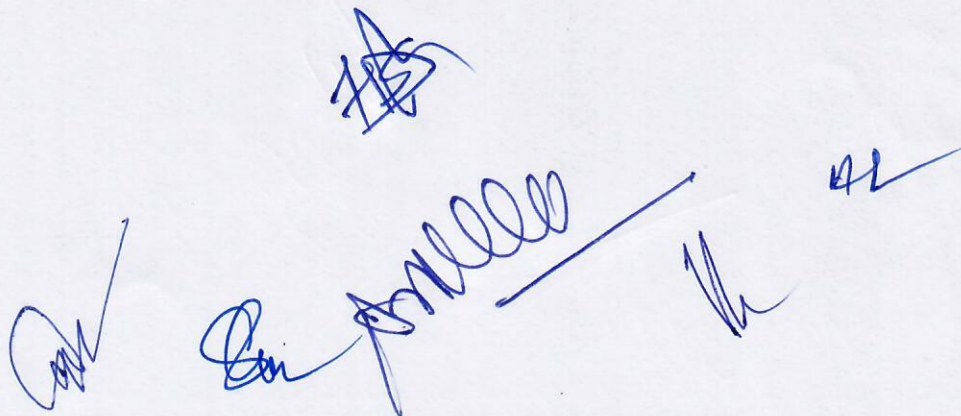
Min. Hrs. :16

Epigenetics

- Epigenetics
- Adulthood disease of foetal origin.



Life Style Modifications

- Stress Management
- Eelectro magnetic radiation from Laptop, Mobile & Wifi.
- Science behind thoughts and feelings – Quantum Theory
- Ideal life style modifications and environmental effect on foetus
- Diet
 - Importance of diet including nutraceuticals in diet.
 - Supplementing diet with folic acid, iron, calcium, iodine, DHA etc. prior to conception (at least 3 months before)
 - Ideal diet for healthy mind, body & soul
 - During pregnancy importance of Balanced diet.
 - Diet with growth, immune and brain nutrients and digestive elements for mother and foetus.
 - Specific requirements during the three trimesters.
 - Myths regarding diet during pregnancy.
 - Importance of adequate calories and healthy diet during Breast feeding

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Yoga and Pranayam
Subject Code : ACGS-104
Min. Hrs.: 14

- Asan – Sookshma Vyayam.
- Asan –
 - Pre conception
 - Antenatal
 - Postnatal
- Pranayam
 - Preconception
 - Nadi Shodhan
 - Anulom Vilom
 - Bhrahmari
 - Pranakarshak.
 - Om Chanting
 - Bhastrika
 - Kapal Bhati
 - Antenatal (All except Bhastrika and Kapal Bhati)
- Dhyan
 - Guided meditation
 - Surya Dhyan
 - Teen Shareeron Ka Dhyaan
 - Naad Yog
 - Any other important asan



Foetal Communication
Subject Code : ACGS-105
Min. Hrs.: 14

Foetal Communication

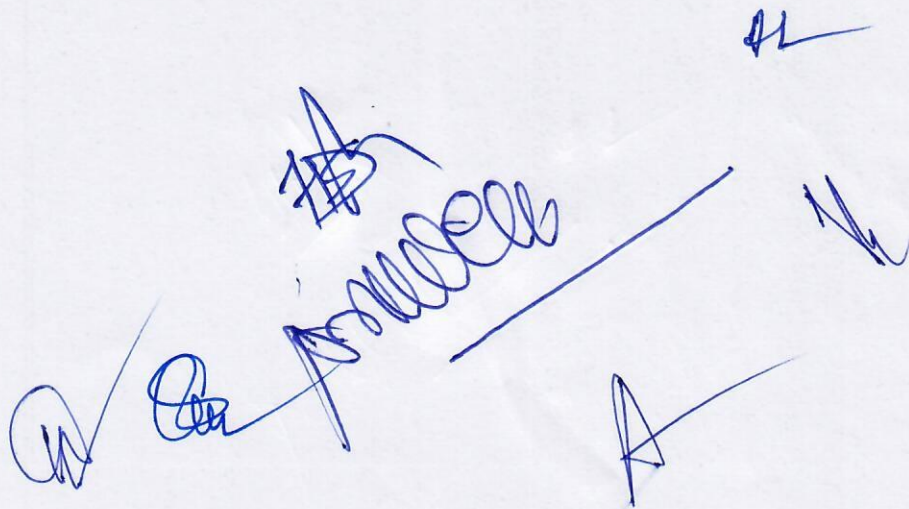
- To keep pace with rapidly growing foetal brain mother establishes conversation with child in uterus by various means –
 - Music
 - Story telling
 - Thought transfer
 - Sermons
 - In all her daily routines.

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Therapies in Garbh Sanskar
Subject Code : ACGS-106
Min. Hrs.: 16

Therapies.

- Music – Presently developing as a mode of therapy
- Helpful in distress situations
- Reduces B.P.
- Increases neuronogenesis & Synaptogenesis
- Improves bonding between mother & child.
- Sketching, Drawing, Painting, Clay moulding, colour therapy –practical classes.

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