

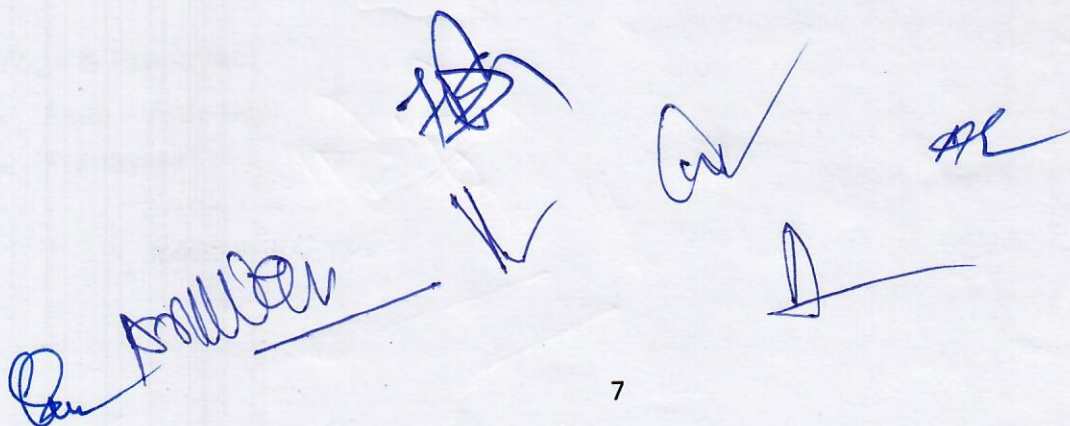
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Syllabus for Certificate Course in Garbh Sanskar"
Course of Study

S. No.	Subjects	Subject code	Total Hours
1.	Medical Science	CGS-101	12
2.	Lifestyle Modifications, Yoga & Pranayam	CGS-102	18
3.	Garbh Sanskar & it's Science	CGS-103	18
		Grand Total	48

Medical Science
Subject Code : CGS-101
Min. Hrs. : 12

- Anatomy
- Physiology of
 - Menstrual Cycle
 - Fertilization
- Development of fetus in 1st, 2nd & 3rd trimester & changes in Pregnancy.
- Labour-1st, 2nd, & 3rd stages.
- Placenta
- Contraception after delivery
- Breast feeding, spacing of pregnancies.



Garbh Sanskar & its Science
Subject Code : CGS-103
Min. Hrs. : 18

Introduction –

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

Different therapies in Garbh Sanskar

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.

Garbh Sanskar Ceremony

