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500/-INR for UG/PG student
1000/- INR for Faculty member

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How to Reach?
(Scan)



University of Patanjali

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One Day National Workshop on Garbhasanskar “Santatisrijanam”

09th May, 2024

9 AM to 6 PM



Venue: Auditorium, University of Patanjali

Organized by

Patanjali Ayurved College & Hospital,
Patanjali Research Foundation,
University of Patanjali
Haridwar, Uttarakhand
Coepah@patanjali.res.in
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About the Workshop

“संस्कारोहिगुणान्तरधानम्”

We invite you to participate in the one day workshop on **Garbhasanskar “SANTATISRIJANAM”**. Garbha in Sanskrit means “baby in the womb”, Sanskar stands for the rituals and processes. Garbhasanskar include processes for moulding the mind of an fetus in order to achieve good mental, physical and spiritual health. The knowledge of Garbhasanskar dates back to the ancient scriptures like Mahabharata & Ramayana and in Ayurveda. This is evident from mythological stories of Abhimanyu and Pralhad, on how Garbhasanskar had a positive effect on the fetus. Santatisrijanam workshop offers holistic prenatal care, combining yoga, meditation, and Ayurveda for physical and mental wellness. It covers nutrition, stress reduction, and bonding techniques to support both the mother and baby's development. Additionally, it integrates cultural practices, music therapy and childbirth education for a comprehensive approach to nurturing the well-being of expectant parents and their child.

About Patanjali Ayurved Hospital

Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan stands as a beacon of Healthcare Excellence, deeply rooted in the rich traditions of Ayurveda. Embracing a holistic approach to well-being, this esteemed institution seamlessly integrates ancient healing wisdom with contemporary medical practices. It's diverse array of therapeutic and wellness services underscores a dedication to nurturing health and harmony. Through the timeless principles of Ayurveda, Patanjali Ayurveda College & Hospital endeavours to elevate the quality of life for all who seek its care.

About Patanjali Research Foundation

Patanjali Research Foundation (PRF) is committed to creating a better society and country, with Nationalism, Ayurveda and Yoga as its main pillars. PRF is ready to assist individuals by bringing nature's blessings into their life, raising the world's pride and glory, PRF is ready to write a new success story for the world with its unwavering commitment, scientific framework, effective strategy and realism. PRF's mission is to establish the Great Vedic knowledge of Ayurveda of our ancient Indian saints and sages globally. The scientists at PRF have scientifically validated a vast number of formulations.

About University of Patanjali

The University of Patanjali (UoP) is a premier university of higher education in the country that was founded by Act No. 4/2006 of the Uttarakhand State Legislature, published in the State Gazette on 05.04.2006 to play the lead role in bringing new and superior dimensions to the philosophy and practice of Yoga, Ayurveda and Indian culture within the country and across the globe. The University is blooming under the blessings and guidance of revered Yog Rishi Swami Ramdev Ji and Ayurveda Shiromani Acharya Balkrishna Ji who have given the revolutionary call of 'Back to Nature'. UoP is making steady progress towards achieving its goals of the preparation of global citizens by bringing together the Vedic knowledge and the modern sciences, who would be equipped with diverse skills, in tune with international standards and inspired by sattvic (righteous & ethical) karma (conduct & practices) and spiritual intuition.

Message from Chief Patrons

Esteemed delegates, it is with great delight that we extend our warm and sincere invitation to the upcoming workshop. In the realm of Ayurveda, Garbha Sanskar unfolds as a majestic tapestry, weaving together the intricate threads of ancient wisdom to nurture the divine journey of motherhood. It unveils a holistic vista where the essence of prenatal care transcends mere physicality, embracing the soulful harmony between mother and child. Through bespoke dietary regimens, herbal elixirs, celestial therapies, Yoga & Pranayama and mantra Chikitsa, it orchestrates a symphony of nourishment, enriching both body and spirit of mother. Emboldened by spiritual rites and mindful practices, it crafts an ethereal sanctuary where the unborn basks in the sanctity of serenity, poised for a radiant emergence into the world. In the present scenario, Garbha Sanskar offers a holistic approach to prenatal care, promoting physical and emotional well-being for both the mother and the baby amidst the stresses of modern life.

Chief Guest

Prof. Arun Kumar Tripathi

Vice-Chancellor, Uttarakhand Ayurved University, Dehradun

Guest of Honor

Prof. Dr. Kalpana Sharma,

Retd. HOD Dept. of Prasuti Tantra & Striroga Rishikul Ayurveda College, Haridwar

Resource Persons

Name	Topic
Dr. Monika Chauhan Associate Professor, Hod Dept. of Prasuti Tantra & Striroga Patanjali Ayurveda College.	Introduction To Beejsanskar & Garbhasanskar
Dr. Anjali Verma Assistant Professor, Dept. of Prasuti Tantra & Striroga Rishikul Ayurveda College	Role of Panchakarma In Beejsanskar & Garbhasanskar
Dr. Shweta Gupta Associate Professor Dept. of Prasuti Tantra & Striroga Dims, Dehradun	Ahara Evam Aushadha In Garbhavastha
Dr. Riya Chaudhary Assistant Professor Dept. of Prasuti Tantra & Striroga National College of Ayurveda & Hospital, Hisar	Masanumasik Garbhini Paricharya
Dr. Ishita Swami Assistant Professor, Department of Kaumarabritya National Ayurvedic College & Hospital, Haryana	Importance of Breastmilk & Breastfeeding
Dr. Aarti Pal Assistant Professor (yoga Science), University of Patanjali.	Yoga In Pre-conceptional Care & Pregnancy