



# International Institute for Students Excellence

**Course Title: The Art and Science of Garbh Sanskar: A Holistic Guide to Conscious Parenting**

**Course Duration: 8 Weeks (with 2 sessions per week)**



## **Session Breakdown:**

- **Week 1: Introduction to Garbh Sanskar**
  - **Session 1: What is Garbh Sanskar? The ancient wisdom and its modern relevance.**
  - **Session 2: The scientific basis of Garbh Sanskar. The impact of the mother's thoughts, emotions, and diet on the fetus.**
- **Week 2: Physical Well-being**
  - **Session 3: Nutrition for a healthy pregnancy.**
  - **Session 4: Prenatal yoga and physical exercises for a smooth delivery.**
- **Week 3: Mental and Emotional Well-being**
  - **Session 5: The power of positive thinking and affirmations.**
  - **Session 6: Stress management techniques and meditation for pregnant women.**



## International Institute for Students Excellence

- **Week 4: Spiritual and Intellectual Stimulus**
  - Session 7: The role of music, mantras, and chants.
  - Session 8: Reading and storytelling for fetal development.
- **Week 5: The Role of the Partner and Family**
  - Session 9: How fathers and family members can participate in Garbh Sanskar.
  - Session 10: Creating a positive and supportive home environment.
- **Week 6: Daily Practices and Rituals**
  - Session 11: Developing a daily Garbh Sanskar routine.
  - Session 12: Simple rituals and prayers.
- **Week 7: Preparing for Labor and Beyond**
  - Session 13: Mental preparation for childbirth.
  - Session 14: The first 40 days after delivery (Sutika Seva) and its importance.
- **Week 8: Course Review and Assessment**
  - Session 15: Q&A and doubt-clearing session.
  - Session 16: Final Test/Assessment.

### Syllabus & Session Materials:

- Detailed session notes (PDFs)
- Audio recordings of meditations and chants
- Video demonstrations of yoga poses
- Recommended reading list (books and articles)
- Weekly worksheets/journals for self-reflection

**Test/Assessment:** The final assessment could be a combination of a multiple-choice quiz and a short essay question asking participants to create their own personalised Garbh Sanskar plan.