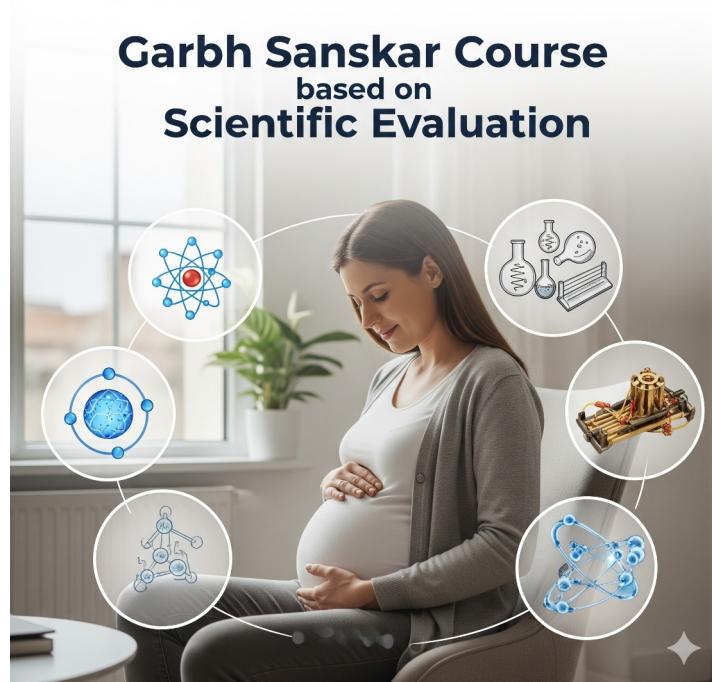




# International Institute for Students Excellence

**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.



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- 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.