



Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**
A/p :Ashta, Tal. : Walwa, Dist :Sangli – 416 301
Website : www.adamc.ac.in E-mail : ashta.adamc@gmail.com
NAAC Accredited ISO Certified 9001-2015, 14001-2015



CRITERIA 8 – Part B : Ayurveda	
8.1.13.	
Describe the activities undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbhasanskara etc.)	
8.1.13.d. Training Content of Prasuti and Streeroga.pdf	
Sr. No.	Particulars
1	Training Record of Prasuti and Streeroga.pdf in Year 2022-23
2	Training Record of Prasuti and Streeroga.pdf in Year 2021-22
3	Training Record of Prasuti and Streeroga.pdf in Year 2020-21
4	Training Record of Prasuti and Streeroga.pdf in Year 2019-20
5	Training Record of Prasuti and Streeroga.pdf in Year 2018-19



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PRINCIPAL
Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



YEAR - 2023

Training and Skill development program of Garbhasanskara.

Objectives and Importance

Garbh sanskar simply means educating your baby inside your womb. It is a complete guideline to get a divine child from ayurvedic point of view. Garbh sanskar is a process to achieve physical, mental, spiritual, emotional, social development & perfection for the mother & baby, with this process a parents get healthy & expected child. Objectives are to prepare students with update knowledge and skill in the field of ayurveda. It will develop skills in brief regarding all the procedure in Garbh sanskar. The advantages of garbh sanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promote physical wellbeing of the mother.

Program Learning Outcomes:

This will help students to give proper guidance regarding the physical, mental, emotional and spiritual care of the mother and the child in her womb. It will really give a gentle approach towards pregnancy with the traditional and natural Ayurveda guidelines and their applications with the modern science.

Venue: Hon.shri.Annasaheb Dange Ayurved medical college and Dhanwantari hospital,Astha, dist. Sangli.

Duration of training: 3 Days

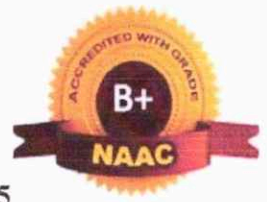
Frequency of Training: Twice in year

Syllabus of Training:

Day 1: Dr. Dilip Katare and Dr. Nisha Panhalkar.

- **Concept of Garbh Sanskar :** 1. Introduction to Garbha Sanskar
2. Physical, mental and Spiritual
3. Sanskaras in Indian Culture
- **Stages of Garbh :** 1. fetal development during the three trimesters of gestation
- **Biology and Garbh Sanskar:** 1. Describe labor and delivery
2. Compare the efficacy and duration of various types of contraception
3. infertility and the therapeutic options available



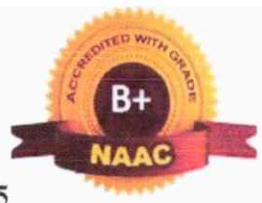


- **Importance and Application of Garbh Sanskar**
 1. Expert Guidance during pregnancy
 2. Helps in Mental and Behaviour Development of Child from conception
- **Ayurvedic Model of Garbh Sanskar Ayurveda:**
 1. a traditional medicine system from India
 2. Saatvikta and garbh sanskar
 3. Dosha during garbh

Day 2: Dr. Tinku-Ganesh Khalache and Dr. Sayali Pashte,

- **Contemporary Approaches to Garbh Sanskar**
 1. Modern pregnancy
 2. fertility and modern pregnancy
- **Ideal Lifestyle during pregnancy**
 1. Adarsh Dincharya- Jagran, Aatmbodh, Tatvabodh
 2. Prayer, Ushapan
 3. Philosophy and Importance of Upasana (Mediation)
 4. Benefit of Contributing society, selfless service
- **Diet During Pregnancy :**
 1. Balance Diet
 2. Month wise Dietary regimen,
 3. Recommended Dietary Allowance for Mother and Children
 4. Dietics and mode of life contra-indicated for pregnant women
 5. Effect of Contra-indicted diet and lifestyle
- **Safe Motherhood:**
 1. Yoga and Meditation in pregnancy
 2. Prenatal Precautions
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- **Care of the women after delivery and Care of the newborn:**
 1. Care of the SUTIKA, Diet After delivery





2. Ideal Practices for the new mother
3. Premature birth and childcare
4. Baby Massage, Breast feeding
5. Neonatology, Lehan & Vaccination

Day 3: Dr.Radha Phadnis and Dr. Pravinkumar Thombare.

• **Yoga in Pregnancy:**

1. Aasans in Pregnancy
2. Low Weight Exercises in Pregnancy

• **Pranayam:**

1. Pranayam Importance of Pranayam during pregnancy
2. Pranayam techniques Effects of pranayama during pregnancy

• **Mindfulness:**

1. Auto suggestion
2. Insightfulness

• **Music Therapy:**

1. Veena Music
2. Effect of music on Garbh

• **Positive Thinking and Meditation:**

1. Prayer
2. Channel the creativity
3. Meditation during pregnancy

• **Life Management**

1. Family Management
2. Pre Planning

• **Acceptance of the pregnancy**

1. Counselling for Family planning
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• **Applications of Counseling and therapies**

1. Counselling related to miscarriage
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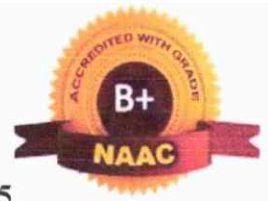
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Date - 02/08/2022

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1.	Dhanashree Ade	PCR	
2.	Rutija more	PCR	
3.	Priyanka Dinde	PCR	
4.	Simran Shaikh	PCR	
5.	Sneha Halkar	PCR	
6.	Rupali Raut	PCR	

Conducted By:

- Dr. Sayali Pashte
- Dr. Radha Phadnis



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Phone : 02342-241103/241108, Fax - 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

Date - 15/03/2022.

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1	Poonita . P. Admane	Intern	[Signature]
2	Ruchika . S. Khannade	Intern	[Signature]
3	Sakshi . v. Wakkade	Intern	[Signature]
4	Aishwarya chikhalikar	Intern	[Signature]
5	Chaitnyaprabha Lode	Intern	[Signature]
6	Jyadish Ranjave	Intern	[Signature]

Conducted By :

- 1) Dr. Sayurij Pashte
- 2) Dr. Nisha Pantbarkar



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College & PGRC, Ashta



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Date - 20/04/2023

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on ^{Uttarbasti} Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Rutuja Marjane	PG	<i>Rutuja</i>
2	Prajakta Machale	PG	<i>MRS</i>
3	Shravya Raut	PG	<i>Shravya</i>
4	Rinkal Rajput	PG	<i>RSP</i>
5	Kanchan Rate	PG	<i>Rate</i>
6	Shreya Gulhane	PG	<i>Gulhane</i>

Conducted By:
1) Dr. Dilip Kulkarni
2) Dr. Sayali Pathe



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Training & Skill Dev. Centre
Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC, Ashta

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Shri Annasaheb Dange Ayurved Medical
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YEAR - 2021

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Date - 22/08/2021

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1	Dr. shubham mali	PCE	<i>[Signature]</i>
2	Dr. Payal madhwanji	PCE	<i>[Signature]</i>
3	Dr. Nisha Pawashe	PCE	<i>[Signature]</i>
4	Dr. Rutuja Chopane	PCE	<i>[Signature]</i>
5	Dr. Sandhyarani Alate	PCE	<i>[Signature]</i>
6	Dr. Pallavi Hivale	PCE	<i>[Signature]</i>

Conducted By:
1) Dr. Sachin Patil
2) Dr. Sayali Pashte



[Signature]
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Dept. of Prasuti Tantra & Striroga
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Date - 18/09/2021

DEPT. OF PRASUTI TANTRA EVUM STRIROGA
Training & Skill Development Programme on Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Dr. Shubham Mali	PG - 1 st Year	<i>[Signature]</i>
2	Dr. Payal Adhawani	PG - 1 st Year	<i>[Signature]</i>
3	Dr. Nisha Pawashe	PG - 1 st Year	<i>[Signature]</i>
4	Dr. Rutuja Chopane	PG - 1 st Year	<i>[Signature]</i>
5	Dr. Sandhyarani Akate	PG - 1 st Year	<i>[Signature]</i>
6	Dr. Pallavi Hiwale	PG - 1 st Year	<i>[Signature]</i>

Conducted By :

- 1) Dr. Dilip Kaiture
2) Dr. Sayali Pawashe



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Date - 10/03/2022

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Training & Skill Development Programme on Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Pranika P Admane	Intern	
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3	Sakshi V. Wakade	Intern	
4	Aishwarya Chikhalikar	Intern	
5	Chaitnyaprabha Lode	Intern	
6	Jagdish Ranjave	Intern	

Conducted By :

1] Dr. Sayali Phaske

2] Dr. Nisha Panhalakar



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Prasuti Tantra Dept
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YEAR - 2020

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 3. Recommended Dietary Allowance for Mother and Children

- **Care of the women after delivery and Care of the newborn:**
 1. Care of the SUTIKA, Diet After delivery
 2. Ideal Practices for the new mother





3. Premature birth and childcare
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Day 3: Dr.Radha Phadnis and Dr. Pravinkumar Thombare.

- **Yoga in Pregnancy:**
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 1. Pranayam Importance of Pranayam during pregnancy
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 1. Counselling related to miscarriage
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Shri Annasaheb Dange Ayurved Medical
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Date - 01/07/2019

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1)	Munja Rangire	PH I	
2)	Pravin Thombate	PH I	
3)	Charuta Piprewar	PH I	
4)	Rohini More	PH II	
5)	Pagal Oswal	PH II	
6)	Rachna Thonekar	PH II	

Conducted By :

- 1) Dr. Pradnya Tale
- 2) Dr. Milind Hirane

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Strige & Prasuti Tantra Dept
Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGFC, Ashta





Date - 05/09/2019

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1	Dr. Niranjana Alekar	PG-I	(N)
2	Dr. Vasudha Khotalake	PG-I	Khotalake
3	Dr. Snehal Senaswane	PG-I	S
4	Dr. Shubhangi Darandale	PG-I	Shubhangi
5	Dr. Anuja Chhotalake	PG-I	(A)
6	Dr. Saurabh Jagtap	PG-I	Surabh

Conducted By:

Dr. Sachin Patil
Dr. Ankur-Ganesh Khatolake



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Hon. Shri. Annasaheb
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College, P. G. R. C., Ashta



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Date - 12/01/2020


DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1.	DE. Niranjan Alekar	Pb-I	(R)
2.	DE. vasudha khatke	Pb-I	vkhakke
3.	DE. Snehal Sonawane	Pb-I	S
4.	DE. Subhangi Dorundale	Pb-I	S Dorundale
5.	DE. Anuja Ghodake	Pb-I	Anuja
6.	DE. Saurabhi Jagtap	Pb-I	S
7.	DE. Pravin Thombase	Pb II	P
8.	DE. Munja Rangire	Pb II	(M)

Conducted By : 1) Dr. Dilip Kabare
2) Dr. Pradnya Tare.




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Date - 22/03/2020

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No	Name	PG / Intern	Sign
1.	Dr. Niranjana Alekar	Ph-I	(N)
2.	Dr. Vasudha Khatke	Ph-I	v.Khatke.
3.	Dr. Snehal Sonawale	Ph-I	⚡
4.	Dr. Subhangi Darundale	Ph-I	S. Darundale
5.	Dr. Anuja Ghodake	Ph-I	Anuja
6.	Dr. Saurabhi Jagtap	Ph-I	⚡
7.	Dr. Anish Atpadkar	Ph-III	Anish
8.	Dr. Pooja Oswal	Ph-III	(P) Oswal
9.	Pooja Jedge	Intern	⚡
10.	Numrata Pawar	Intern	(N) Pawar
11.	Dhvani Gupta	Intern	(D) Gupta

Conducted By :

- 1.) Dr. Pradnya Tare
- 2.) Dr. Dilip Kale.



(Signature)

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(Signature)

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Shri Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli.



YEAR - 2018

Training and Skill development program of Garbhasanskara.

Objectives and Importance

Garbh sanskar simply means educating your baby inside your womb. It is a complete guideline to get a divine child from ayurvedic point of view. Garbh sanskar is a process to achieve physical, mental, spiritual, emotional, social development & perfection for the mother & baby, with this process a parents get healthy & expected child. Objectives are to prepare students with update knowledge and skill in the field of ayurveda. It will develop skills in brief regarding all the procedure in Garbh sanskar. The advantages of garbh sanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promote physical wellbeing of the mother.

Program Learning Outcomes:

This will help students to give proper guidance regarding the physical, mental, emotional and spiritual care of the mother and the child in her womb. It will really give a gentle approach towards pregnancy with the traditional and natural Ayurveda guidelines and their applications with the modern science.

Venue: Hon.shri.Annasaheb Dange Ayurved medical college and Dhanwantari hospital,Astha, dist. Sangli.

Duration of training: 3 Days

Frequency of Training: Twice in year

Syllabus of Training:

Day 1: Dr. Dilip Katare and Dr. Nisha Panhalkar.

- **Concept of Garbh Sanskar :** 1. Introduction to Garbha Sanskar
2. Physical, mental and Spiritual
3. Sanskaras in Indian Culture
- **Stages of Garbh :** 1. fetal development during the three trimesters of gestation
- **Biology and Garbh Sanskar:** 1. Describe labor and delivery
2. Compare the efficacy and duration of various types of contraception
3.infertility and the therapeutic options available





- **Importance and Application of Garbh Sanskar**
 1. Expert Guidance during pregnancy
 2. Helps in Mental and Behaviour Development of Child from conception
- **Ayurvedic Model of Garbh Sanskar Ayurveda:**
 1. a traditional medicine system from India
 2. Saatvikta and garbh sanskar
 3. Dosha during garbh

Day 2: Dr. Tinku-Ganesh Khalache and Dr. Sayali Pashte,

- **Contemporary Approaches to Garbh Sanskar**
 1. Modern pregnancy
 2. fertility and modern pregnancy
- **Ideal Lifestyle during pregnancy**
 1. Adarsh Dincharya- Jagran, Aatmbodh, Tatvabodh
 2. Prayer, Ushapan
 3. Philosophy and Importance of Upasana (Mediation)
 4. Benefit of Contributing society, selfless service
- **Diet During Pregnancy :**
 1. Balance Diet
 2. Month wise Dietary regimen,
 3. Recommended Dietary Allowance for Mother and Children
 4. Dietics and mode of life contra-indicated for pregnant women
 5. Effect of Contra-indicted diet and lifestyle
- **Safe Motherhood:**
 1. Yoga and Meditation in pregnancy
 2. Prenatal Precautions
 3. Recommended Dietary Allowance for Mother and Children
- **Care of the women after delivery and Care of the newborn:**
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Date - 10/07/2013

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No	Name	PG / Intern	Sign
1)	Prachi Sutar	PG I	Prachi
2)	Anish Atpadkar	PG I	Anish
3)	Shruti Dandale	PG I	Shruti
4)	Bhushan Bawali	PG III	Bhushan
5)	Dhananjay Patil	PG III	Dhananjay

Conducted By :

1) Dr. Milind Hirave

2) Dr. Dilip Katore


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Dr. Milind Hirave
Dr. Dilip Katore
Dr. Anand Patil
Dr. Anand Patil



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Date - 01/09/2019

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1.)	munja Rangire	PG I	(M)
2.)	Pravin Thombaze	PG I	P
3.)	Charuta Piprewar	PG I	C Piprewar
4.)	Rohini more	PG II	R More
5.)	Payal Oswal	PG II	P Oswal
6.)	Srleha Kale	PG III	S Kale

Conducted By :

- 1) Dr. Sachin Pahl
2) Dr. Dilip Katarde

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Date - 12/09/2013

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Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1)	Prachin Sukale	PAI	P. Sukale
2)	Anish Atpadkar	PAI	Anish
3)	Smruti Daradale	PAI	S. Daradale
4)	Rhushan Kawali	PAIII	R. Kawali
5)	Dhananjay Pathare	PAIII	D. Pathare

Conducted By :

- 1.) Dr. Supriya Mahiwel
- 2.) Dr. Dilip Kabore


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Date - 25/01/2019

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1)	Pravin Thombase	Ph I	
2)	Priyanka Lokhande	Ph I	
3)	Ashlesha Gaikwade	Ph I	
4)	Anish Atpadkar	Ph II	
5)	Prachi Sukate	Ph II	
6)	Shital Waghmare	Ph III	

Conducted By : 1) Dr. Supriya Mahind
2) Dr. Sachin Patil



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Date - 20/03/2019

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1.)	Pravin Thombase	PG I	Pravin
2.)	Priyanka Lokhande	PG I	Priyanka
3.)	Ashlesha Gaikwad	PG I	Ashlesha
4.)	Anish Atpadekar	PG II	Anish
5.)	Prachi sukate	PG II	Prachi
6.)	Poonam Dhawale	PG III	Poonam

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