



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

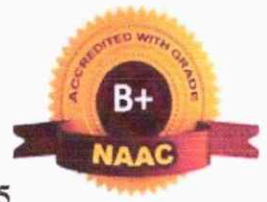
Frequency of Training: Twice in year

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



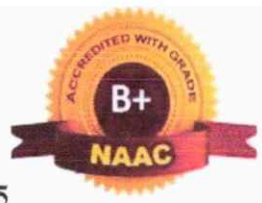


- **Importance and Application of Garbh Sanskar**
 1. Expert Guidance during pregnancy
 2. Helps in Mental and Behaviour Development of Child from conception
- **Ayurvedic Model of Garbh Sanskar Ayurveda:**
 1. a traditional medicine system from India
 2. Saatvikta and garbh sanskar
 3. Dosha during 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
 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
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
 2. Counseling for acceptance of the conception
- **Applications of Counseling and therapies**
 1. Counselling related to miscarriage
 2. Therapy for post past depression



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



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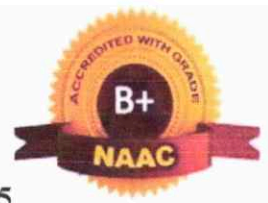
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A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com
NAAC Accrediated ISO Certified 9001-2015,14000-2015



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 Halke	PCR	
6.	Rupali Raut	PCR	

Conducted By:

- 1) Dr. Sayali Pashte
- 2) Dr. Radha Phadnis



HOD
408

Prasuti Tantra Dept
Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC



Sant Dnyaneshwar Shikshan Sanstha's
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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	
2	Ruchika . S. Khannade	Intern	
3	Sakshi . v. Wakade	Intern	
4	Aishwarya chikhalikar	Intern	
5	Chaitnyaprabha Lode	Intern	
6	Jaydish Ranjave	Intern	

Conducted By :

- 1] Dr. Sayantini Pashte
- 2] Dr. Nisha Panhatkar



HOD
YOD

Prasuti Tantra Dept
Hon. Shri. Annasaheb
Dange Ayurved Medical
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 Manjare	PG	Rutuja
2	Prajakta Machale	PG	MRS
3	Sharayu Raut	PG	Shrout
4	Rinkal Rajput	PG	RSP
5	Kanchan Rate	PG	Pete
6	Shreya Gulhane	PG	Gulhane

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



HOD
Sub

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Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC Ashta

Principal
PRINCIPAL

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



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Garbhsanskara Training

Prasutitantra & Striroga
Department.

Date: 13th December
2023

Venue, Rural Hopital ,
Ashta



“Attendees Of Lecture On Garbhini paricharya”

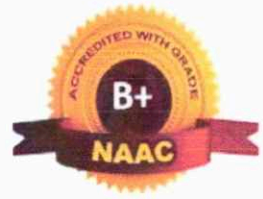
Date: 13th December
2023

Venue, Rural Hopital ,
Ashta





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**“ANC Patients and Staff
of Rural Hospital”**

Date: 13th December
2023

Venue, **Rural Hopital ,
Ashta**

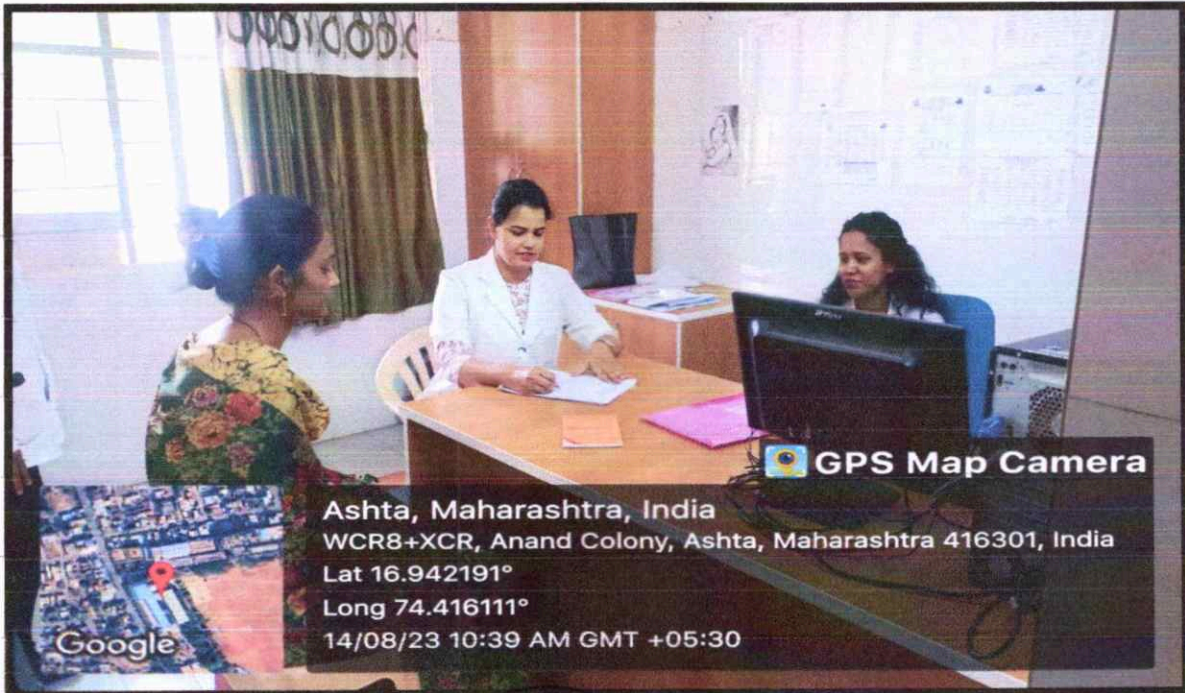




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**Free ANC checkup and counseling
 Garbhasanskar camp -14/08/2023**





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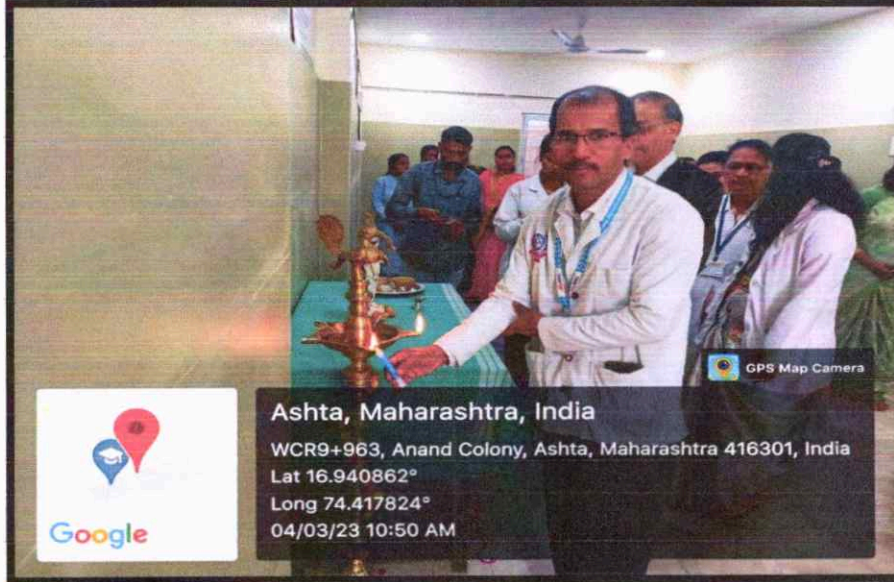


**ANC checkup during
Garbhasanskar camp -14/08/2023**



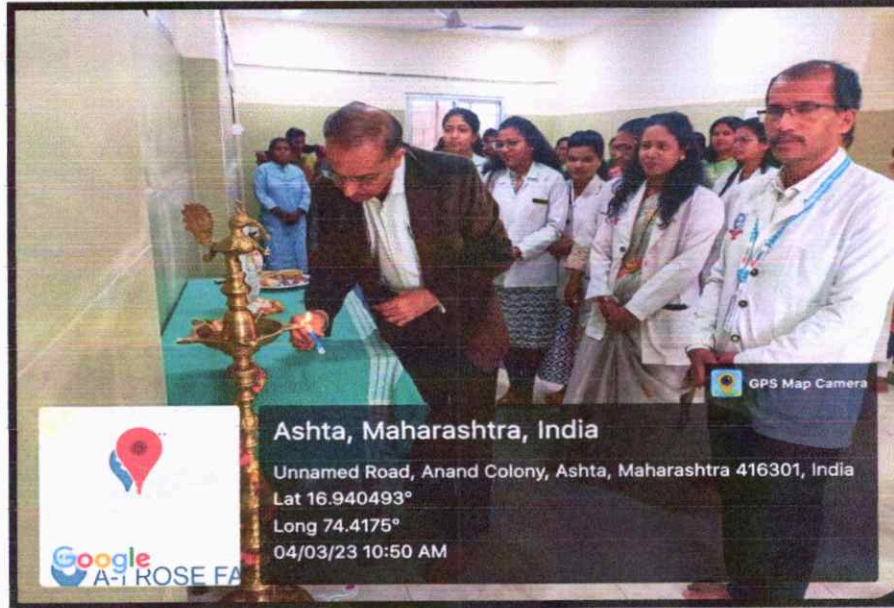


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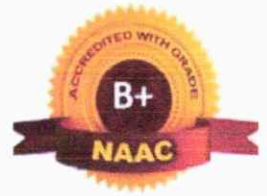
Garbhasanskar ANC Camp

Date- 04/03/2023





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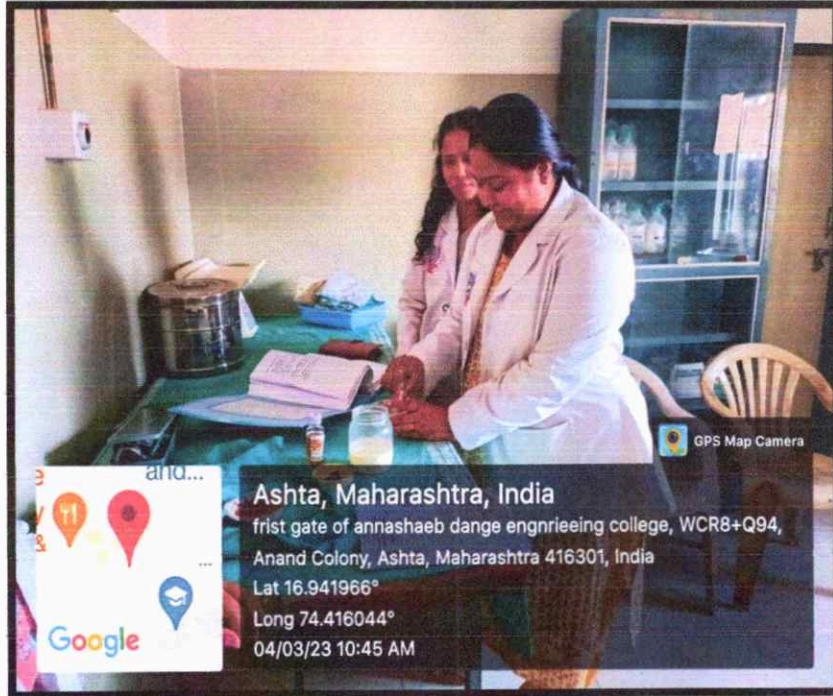
**Garbhasanskar
Guidance to ANC
patients.**

Date- 04/03/2023



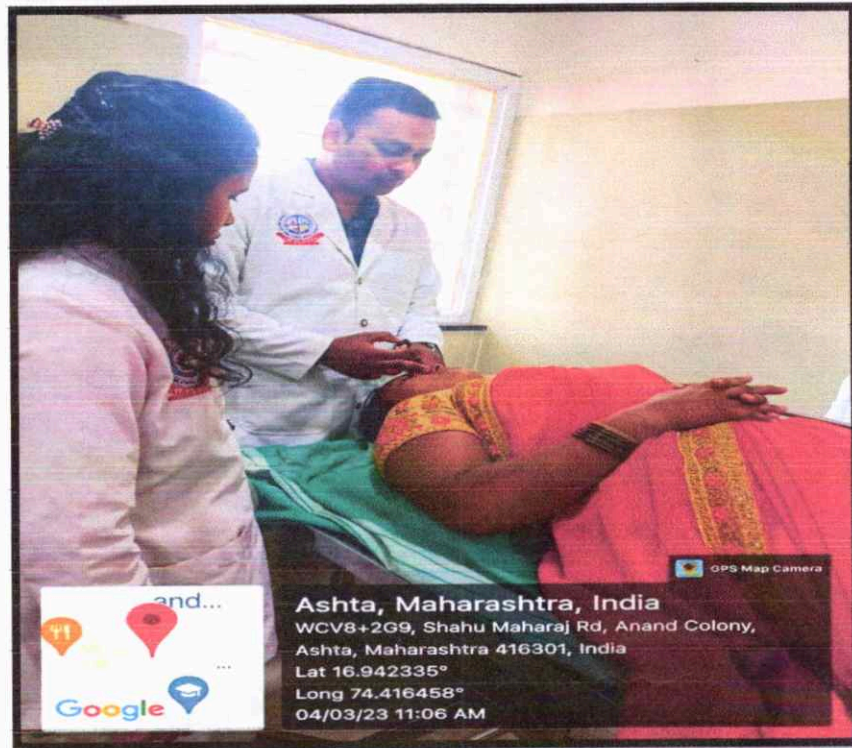


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**Preconceptional Care
in Ayurveda
:Garbhasanskar Nasya
Preparation**

Date- 04/03/2023



**Preconceptional Care
in Ayurveda
:Garbhasanskar Nasya
vidhi for better
progeny**

Date- 04/03/2023

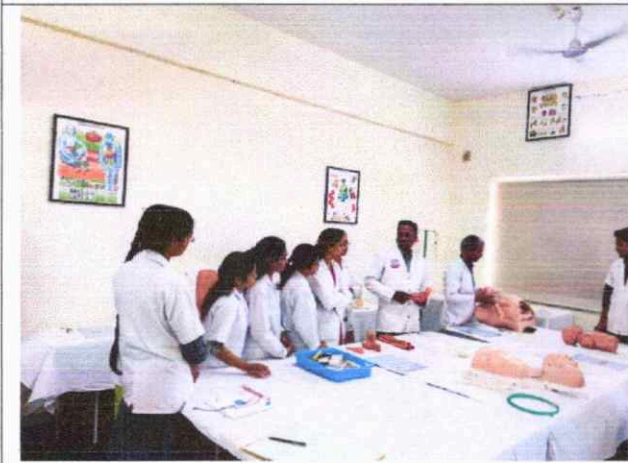




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Department of Prasuti Tantra Evum Striroga

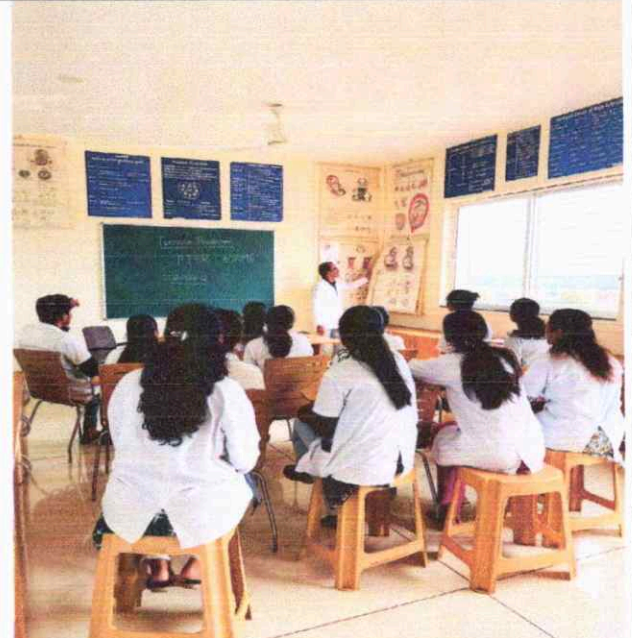
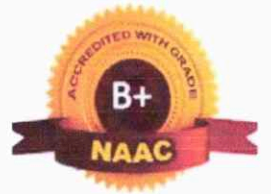


**Garbhsanskara and Uttarbasti Training Program
2022-23**





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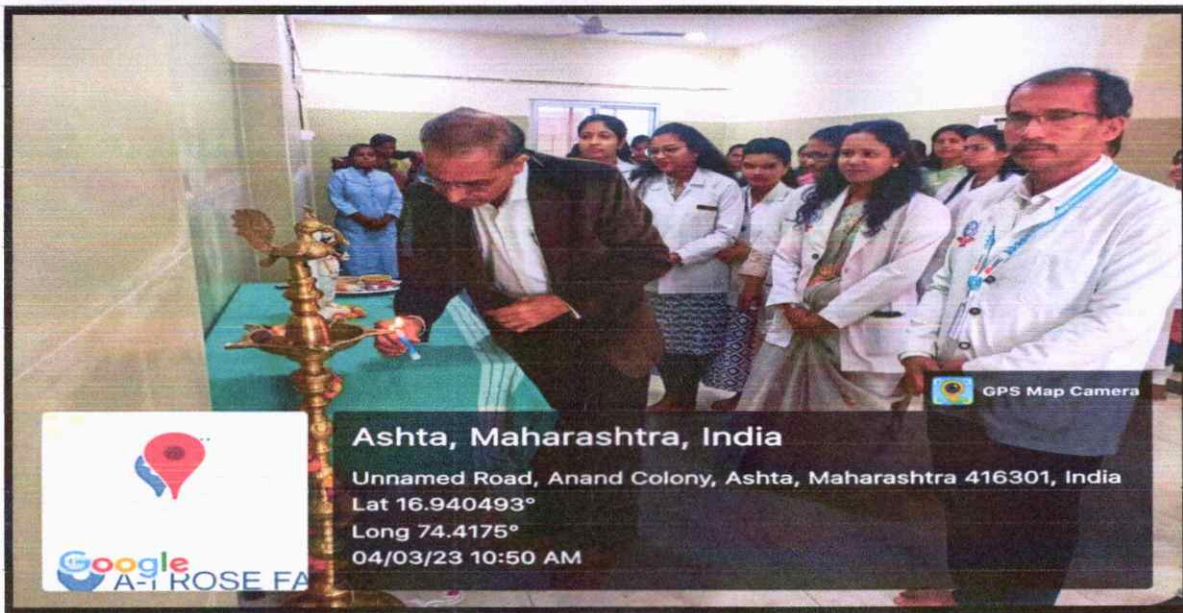


Garbhsanskara and Uttarbasti Training Program 2022-23





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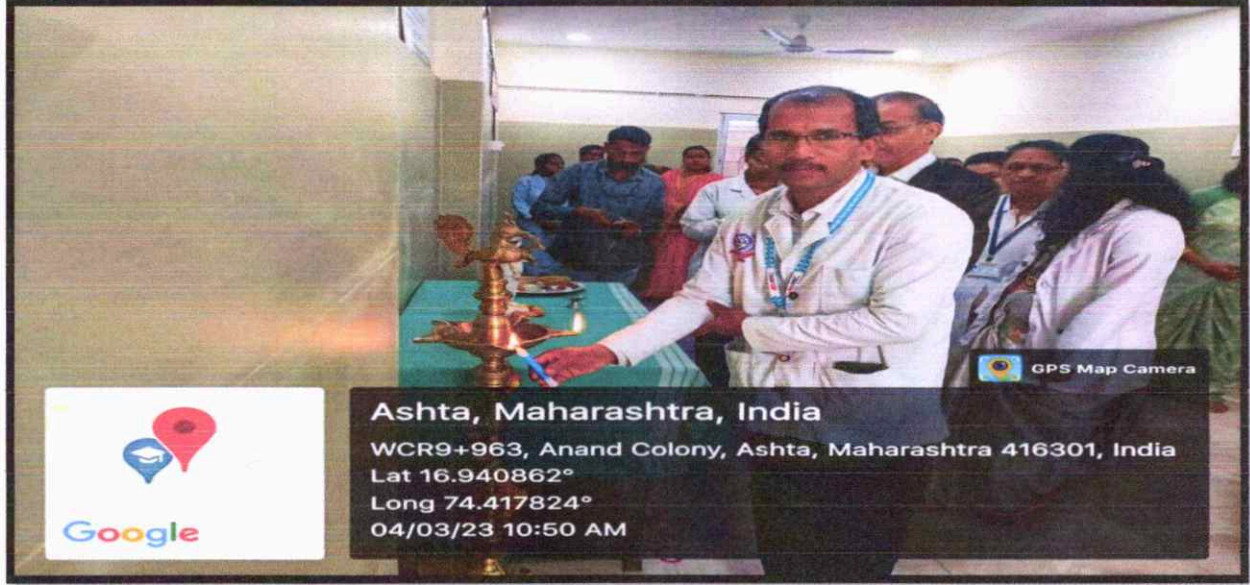


Garbhsanskara Camp -2022





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