



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, 14000-2015



YEAR - 2024

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,Ashta, dist. Sangli.

Duration of training: 3 Days

Frequency of Training: Twice in year

Syllabus of Training:

Day 1: Dr. Dilip Katare and Dr. Dipali Sawale.

- **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





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- **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





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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 part depression

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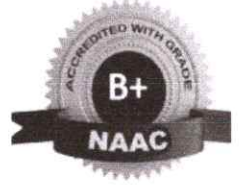


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Date – 07/02/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1.	Amruta Vilas Geraav	Intern	Amruta
2.	Harshada J. Shete	Intern	Harshada
3.	Satyam Ravindra Prasad Awasathi	Intern	Satyam
4.	Deshraj A Dabhade	Intern	Deshraj
5.	Simran Amin Patel	Intern	Simran
6.			

Conducted By: Dr. Dilip Dattare
Dr. Radha Phadnis

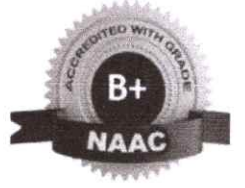
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Date – 20/03/2024

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Sr. No.	Name	PG/ Intern	Sign
1.	Nikita Dilip Jadhav	Intern	
2.	Swaphil Rajabhau Kharbad	Intern	
3.	Shruti Dattatray more	Intern	
4.	Pawan Pandurang Khatke.	Intern	
5.	Amol Shriram Junhe .	Intern	
6.			

Conducted By: Dr. Sayali Pashte
Dr. Dipali Sawale



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Date - 19/04/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

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Sr. No.	Name	PG/ Intern	Sign
1.	Rupam Daldat Kale	Intern	
2.	Meghana Kiran Shinde	Intern	
3.	Shrilekha Shrikant Pawar	Intern	
4.	Shamad Bharat Chavan	Intern	
5.	Crayatri Jayant Khadase	Intern	
6.	Ketaki Bappasaheb Maske	Intern	
7.	Pranav Pandurang Chorgele	Intern	

Conducted By: Dr. Ladha Phadnis
Dr. Sayali Pashte



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Date - 10/05/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

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Sr. No.	Name	PG/ Intern	Sign
1.	Meghena Kiran Shinde	Intern	
2.	Shrilekha Shrikant Pawar	Intern	
3.	Sharad Bharat Chavan	Intern	
4.	Bhanav Pandurang Chayale	Intern	
5.	Crayatri Jayant Khadase	Intern	
6.	Ketaki Bappasaheb Maske	Intern	

Conducted By: Dr. Khalache
Dr. Dipali Sawade

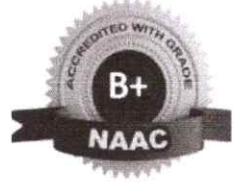
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Date – 19/06/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

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1	Sharayu Babasaheb Mali	Intern	
2	Manas Umeshkumar Otari	Intern	
3	Harshada Shantaram Patil	Intern	
4	Ankush Karilus Hivale	Intern	
5	Pranoti Shahaji Patil	Intern	
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Conducted By: Dr. Dipali Sarede
Dr. Sagali Pashte

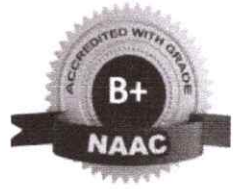


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Date - 09/07/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

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Sr. No.	Name	PG/ Intern	Sign
1	Sharayu Babasaheb Mali	Intern	
2	manasi Umeshchandra OTari	Intern	
3	Harshada Shantaram Patil	Intern	
4	Ankush Kailas Hiwale	Intern	
5	Pranoti Shahaji Patil	Intern	
6	manisha Datta Rathod	Intern	

Conducted By:

Dr. Dipali Sawale
Dr. Surabhi Jangate

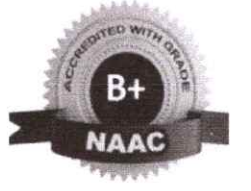
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Date - 22/08/2024

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

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Sr. No.	Name	PG/ Intern	Sign
1	Prajakta Soudagar Kedar	Intern	
2	Hajare Dhanashri Jayashing	Intern	
3	Yerawar Akshay Krishna	Intern	
4	Sabale Harshada Sukhdev	Intern	
5	Krishna Shivchand Sartale	Intern	
6	Bhosale Kaushalya Suryakant	Intern	

Conducted By: Dr. Dipali Sawale

Dr. Radha Phadnis

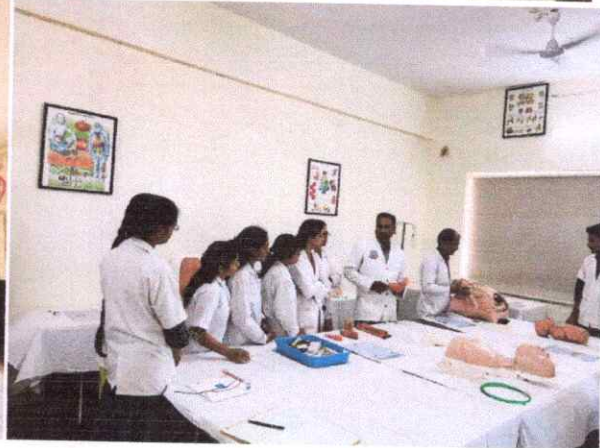
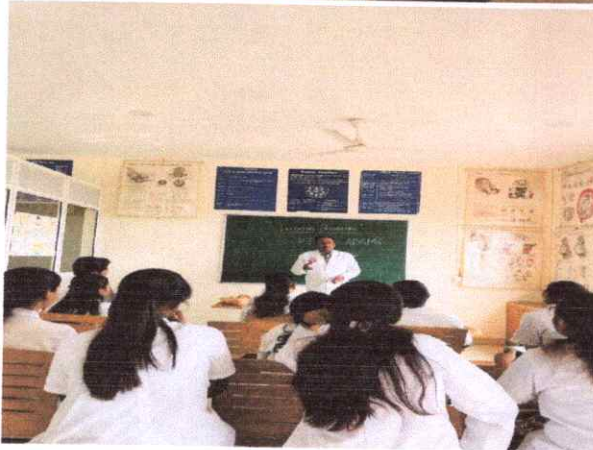
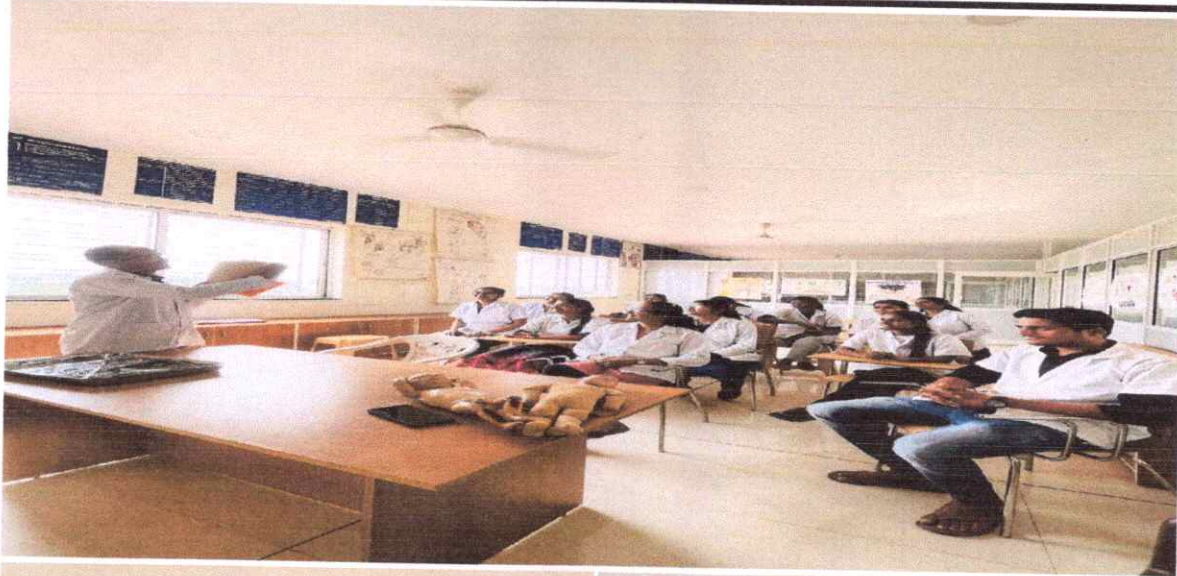
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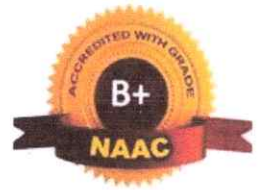


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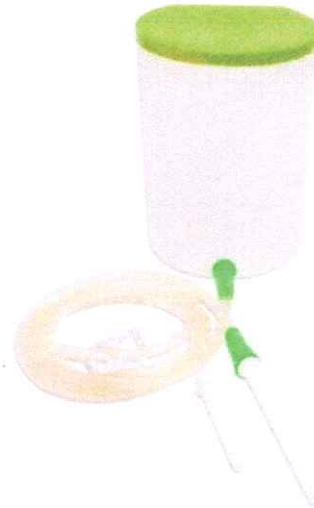
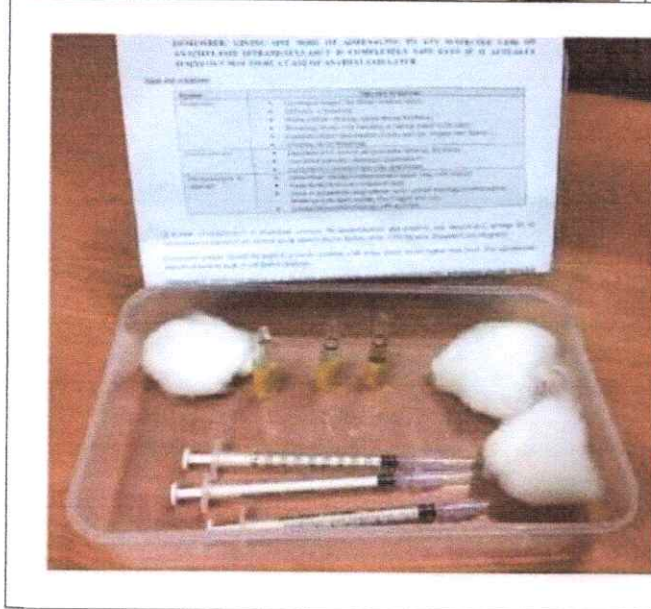
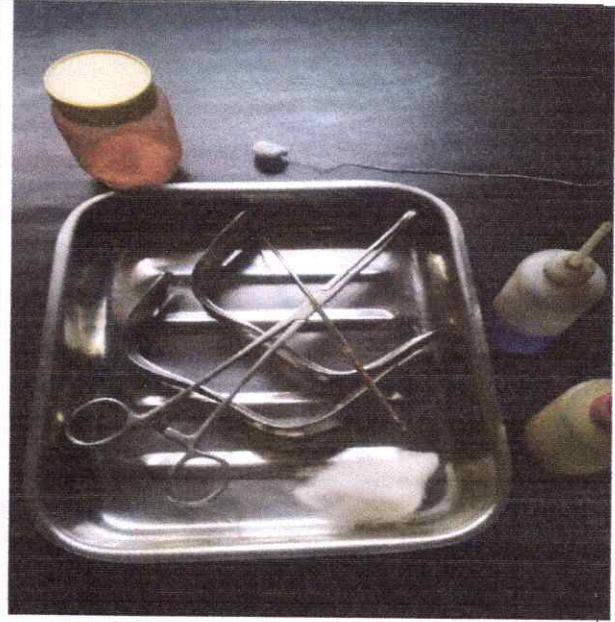
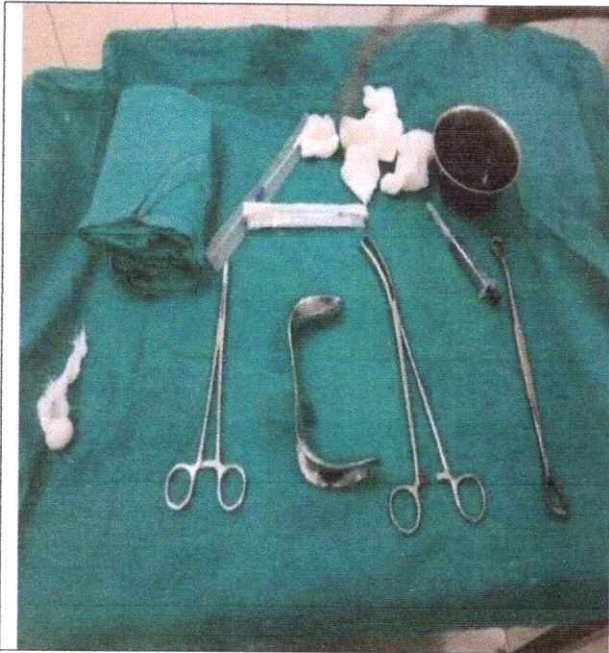
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