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Revered Acharya Balkrishna ji

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**Registration Fee Details**
500/- INR for UG/PG student  
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**Call For Paper/ Poster Presentation**
Duration 4+1 min
Submit Abstracts To coepah@patanjali.res.in

**For Enquiry**
Dr. Manisha Kumari  
8683913194

Dr. Ashish Bharti Goswami  
(oral/poster presentations) 9997164244

**How to Reach?**
(Scan)
Venue: Auditorium, University of Patanjali

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**One Day National Workshop on Garbhasanskar**
“Santatisrijanam”
**09**May, 2024  
9 AM to 6 PM

**University of Patanjali**
Patanjali Yogpeeth, Maharishi Dayanand Gram, Haridwar-249405, Uttarakhand (India)  
Tel: 01334-24008,  
Mobile No.: +91-8275999999, +91-9756111197

**Organized by**
Patanjali Ayurved College & Hospital, Patanjali Research Foundation, University of Patanjali  
Haridwar, Uttarakhand  
coepah@patanjali.res.in  
www.patanjali.res.in
About the Workshop

"संस्कारोहिन्यान्तरधानम्"

We invite you to participate in the one day workshop on Garbhasanskar “SANTATISRIJANAM”. Garbha in Sanskrit means “baby in the womb”, Sanskar stands for the rituals and processes. Garbhasanskar include processes for moulding the mind of an fetus in order to achieve good mental, physical and spiritual health. The knowledge of Garbhasanskar dates back to the ancient scriptures like Mahabharata & Ramayana and in Ayurveda. This is evident from mythological stories of Abhimanyu and Pralhad, on how Garbhasanskar had a positive effect on the fetus. Santatisrijanam workshop offers holistic prenatal care, combining yoga, meditation, and Ayurveda for physical and mental wellness. It covers nutrition, stress reduction, and bonding techniques to support both the mother and baby's development. Additionally, it integrates cultural practices, music therapy and childbirth education for a comprehensive approach to nurturing the well-being of expectant parents and their child.

About Patanjali Research Foundation

Patanjali Research Foundation (PRF) is committed to creating a better society and country, with Nationalism, Ayurveda and Yoga as its main pillars. PRF is ready to assist individuals by bringing nature's blessings into their life, raising the world's pride and glory, PRF is ready to write a new success story for the world with its unwavering commitment, scientific framework, effective strategy and realism. PRF's mission is to establish the Great Vedic knowledge of Ayurveda of our ancient Indian saints and sages globally. The scientists at PRF have scientifically validated a vast number of formulations.

About University of Patanjali

The University of Patanjali (UoP) is a premier university of higher education in the country that was founded by Act No. 4/2006 of the Uttarakhand State Legislature, published in the State Gazette on 05.04.2006 to play the lead role in bringing new and superior dimensions to the philosophy and practice of Yoga, Ayurveda and Indian culture within the country and across the globe. The University is blooming under the blessings and guidance of revered Yog Rishi Swami Ramdev Ji and Ayurveda Shiromani Acharya Balkrishna Ji who have given the revolutionary call of ‘Back to Nature’. UoP is making steady progress towards achieving its goals of the preparation of global citizens by bringing together the Vedic knowledge and the modern sciences, who would be equipped with diverse skills, in tune with international standards and inspired by sattvic (righteous & ethical) karma (conduct & practices) and spiritual intuition.

Message from Chief Patrons

Esteemed delegates, it is with great delight that we extend our warm and sincere invitation to the upcoming workshop. In the realm of Ayurveda, Garbha Sanskar unfolds as a majestic tapestry, weaving together the intricate threads of ancient wisdom to nurture the divine journey of motherhood. It unveils a holistic vista where the essence of prenatal care transcends mere physicality, embracing the soulful harmony between mother and child. Through bespoke dietary regimens, herbal elixirs, celestial therapies, Yoga & Pranayama and mantra Chikitsa, it orchestrates a symphony of nourishment, enriching both body and spirit of mother. Emboldened by spiritual rites and mindful practices, it crafts an ethereal sanctuary where the unborn basks in the sanctity of serenity, poised for a radiant emergence into the world. In the present scenario, Garbha Sanskar offers a holistic approach to prenatal care, promoting physical and emotional well-being for both the mother and the baby amidst the stresses of modern life.

Resource Persons

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<td>Dr. Anjali Verma</td>
<td>Role of Panchakarma in Beejanskar &amp; Garbhasanskar</td>
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<td>Dr. Shweta Gupta</td>
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