



Choice Based Credit System (CBCS)

SYLLABUS

P.G. Diploma in Garbha Sanskar

(P.G. Diploma Programme)

Centre for Women's Studies

University of Lucknow

[70+30 Scheme]

With Effect from 2020-21

P. G. Diploma in Garbh Sanskar

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.

Teaching Learning Process:

Multiple pedagogic techniques are used in imparting the knowledge both within and outside the classrooms. Listed below are some such techniques:

- Lectures
- Tutorials
- Power-point presentations
- Project work
- Documentary Films on relevant topics
- Debates, Discussions, Quiz
- Talks /workshops
- Interaction with experts

- Outstation field trips... Surveys designs
- Internships

Assessment Methods:

Besides the formal system of University exams held at the end of each semesters well as mid-semester and class tests that are held regularly, the students are also assessed on the basis of the following:

- Written assignments
- Projects Reports
- Presentations
- Participation in class discussions
- Ability to think critically and creatively to solve the problems
- Application of classroom concepts during fieldwork
- Reflexive Thinking
- Engagement with peers
- Participation in extra and co-curricular activities
- Critical assessment of Articles /Books etc.

Abbreviations:

‘GS’ stands for Garbha Sanskar

‘C’ stands for Core Course

‘DSE’ stands for Discipline Elective Course

‘GE’ stands for Generic Elective Course

‘SEC’ stands for Skill Enhancement Course

‘MOOC’ stands for Massive Open Online Course

SCHEME OF INTERNAL EXAMINATION:

- **1 Internal Test-15**
- **1 Assignment/Presentation/Quiz/Project-10**
(As per the course teacher/coordinator/Head/Director)
- **Attendance-05**

Total - 100 Marks (Internal= 30 Marks and External=70 Marks)

PREPATORY NOTES

- This P.G. syllabus may be effective from the coming new academic session (2020-21)
- It will be of 42 (21 Credits in 1st& 21 in 2nd Semester) Credits comprising 13 courses (8 Core (Including 2 Practical/Field Work/Internship), 02 Discipline Specific Electives and 02 Value Added Course).
- Elective course (DSE & GE) 4 credits, and Value-Added Course comprising 1 credits.
- For one credit 15 lecture hours is to be given and each Core and Discipline Elective paper may be given five lectures in a week. Value added Courses gives 1 Lecture per week.
- The Core Courses include the existing compulsory papers that have to be modified to suit the contemporary demands of Garbh Sanskar Program
- For PG Diploma 1st Semester students 3 core papers (GS C01, GS C02, GS C03,) are given and **2 Discipline Elective Course** (GS DSE 01, GS DSE09) and 1 Value Added Course (VAC 01) is given.
- For P.G. Diploma. 2nd Semester students 3 core papers (GS C01, GS C02, GS C03,) are given and **1 Discipline Elective Course** (GS DSE 01) and 1 Value Added Course (VAC 01) is given.
- Two Compulsory project (GS CP01) for 1st Semester and (GS CP01) for 2nd Semester, P.G. Diploma. students comprise Practicum/Field Work/Internship and Viva-Voce.
- A student opting for Generic Elective outside the department shall have to take the permission of the HOD/Director/Coordinator before the commencement of the course. Students of other disciplines may also opt for our Generic Elective under the Choice Based Credit System.
- To qualify for the P G diploma in Garbh Sanskar, students are required to appear for a total of 42 credits, out of which 8 are compulsory core courses including a Practicum/Field Work/Internship of 1st semester (4 credits each core paper) and 2 Discipline Specific Elective (4 credits each), and 2 Value Added Course (1 credits)
- Question pattern and form of examination for both Internal Assessment and End-Term written Examination will be decided by the teacher(s) offering a course. The Practicum/Field Work/Internship viva voce will be conducted in presence of external examiners.
- MOOC (Online Course) can be opted by the students in any of the semesters and that credit will be added to the student's grade sheet or marks sheet after furnishing the details with proof forwarded through Head/ Director/Coordinator and Dean of Faculty of Arts.
- All other rules including grade points will be at par with the university rules/norms.

P G Dipoma In Garbh Sanskar

Centre for Women's Studies

University of Lucknow

CREDIT DISTRIBUTIONS

CORE COURSES (COMPULSORY)	24/ 24
DISCIPLINE SPECIFIC COURSES (DSE) (ELECTIVE)	8 / 8
VALUE ADDED COURSE (VAC) / SKILL ENHANCEMENT COURSE (SEC) /MOOC	02 / 02
PROJECT/DISSERTATION/FIELD WORK/INTERNSHIP	08 / 08
TOTAL CREDITS	42/ 42

Semester I: Total Credits= 21
(CORE 16) + (DSE 04) + (VAC 01)

Semester II: Total Credits= 21
(CORE 16) + (DSE 04) + (VAC 01)

P G Dipoma In Garbh Sanskar

1ST SEMESTER

Sl. No.	Subject Code	Title of the Course	Core/Elective	Credit
1	GS C01	Introduction to Garbh Sanskar	Core Course	4
2	GS C02	Theoretical Approaches of Garbh Sanskar	Core Course	4
3	GS C03	Human Development	Core Course	4
4	GS DSE01	Nutrition: Mother and Childcare	Discipline Elective	4
6	GS CP 01	Practicum/Field Work/Internship-I	Compulsory Course	4
7	WS VAC 01	Neurological Development in Garbh	Value Added Course Elective	1

Total Credits for First Semester is 25 Credits and Minimum Requirement is 20 Credits

Introduction to Garbh Sanskar (GS C01)

Course Objective

This course is of preliminary level to understand the Principles of the discipline and will help the students in understanding the basics of the discipline.

Course Outcome:

To define the knowledge of fundamentals of Garbh Sanskar. And to identify the different aspects of Garbh Sanskar.

Unit 1: Concept of Garbh Sanskar

- Introduction to Garbha Sanskar
- Physical, mental and Spiritual
- Sanskaras in Indian Culture

Unit 2: Indigenous Approach to Garbh Sanskar

- *Sanskaro Hi Gunaantaradhanam*
- *Rituals and Science*

Unit 3: Stages of Garbh

- fetal development during the three trimesters of gestation

Unit 4: Biology and Garbh Sanskar

- Describe labor and delivery
- Compare the efficacy and duration of various types of contraception
- infertility and the therapeutic options available

Unit 5: Importance and Application of Garbh Sanskar

- Expert Guidance during pregnancy
- Helps in Mental and Behaviour Development of Child from conception

References

- Tambe, B. S. (2014). Ayurvedic Garbha Sanskar: The Art and Science of Pregnancy
- Tambe, B. S. (2007). Ayurvediya Garbh Sanskar - Ayurvedic way to wellness during Pregnancy and Child Care.
- Kumar, R. and Kumar M. (2009). Pregnancy and Antenatal Care: Healthy Mother and Healthy Child.

Theoretical Approaches of Garbh Sanskar (GS C02)

Course Objective

This course is to understand the theories and approaches of Garbh Sanskar and will help the students in understanding the different philosophies of Garbh Sanskar.

Course Outcome:

To define the theories and philosophies related to Garbh Sanskar

Unit 1: Indian mythological Approach to Garbh Sanskar

- Ved
- Upnishad, Bhagwad Geeta
- Importance of Hawan and other ritual in Garbh sankar

Unit2: Garbh Sanskar: Buddhism

- Gabh Mangal Sanskar
- Sheel yachna
- kathayein

Unit 3: Holistic perspective on Pregnancy

- A holistic pregnancy and childbirth
- Believe in nature along with technology
- use of integrative therapies

Unit 4: Ayurvedic Model of Garbh Sanskar

- Ayurveda: a traditional medicine system from India
- Saatvikta and garbh sanskar
- Dosha during garbh

Unit 5: Contemporary Approaches to Garbh Sanskar

- Modern pregnancy
- fertility and modern pregnancy

Human Development (GS C03)

Course Objective:

This paper covers the pre and post-natal developmental stages. The objective of the course is to appraise the students with the developmental stages from conception to post-natal development. To help them develop awareness of important aspects of development during the most critical period of life.

Course Outcome:

Describe the developmental stages from conception to post-natal .
Recognize the various issues faced and adjustments required at different developmental stages.
Develop an awareness regarding the stages the development and review the various theoretical paradigms associated with the same

Unit 1: Nature and Scope of Development, Nature vs. Nurture

- Concept of Development
- Nature and Scope of Development

Unit 2: Prenatal Development and Post Natal Development

- Pre-birth Development
- Birth and Newborn

Unit 3: Infancy to Early Childhood Development

- Infancy
- Early Infancy
- Achievement of forest two year

Unit 4: Child- Caretaker Attachment

- Individuation
- Self and Other

Unit 5: Early Experience and Later life

- Fixation
- Scripts

References:

- Cole, Cole & Lightfoot, Development of Children, 5th ed.

- **P** Erikson, E. *Childhood and Society*, (1963) Ch. 7, Eight ages of man, pp. 247-274
- **P** Akbar, N. *Our Destiny*, from McAdoo, H. & McAdoo, J.L. (eds.) *Black Children*, (1985), pp. 17-31
- E Rogoff, B. & Morelli, G. Perspectives on children's development from cultural psychology, *American Psychologist*, 1989, 44, 343-348
- E Morelli, G.A. et al. Cultural variation in infants' sleeping arrangements
Developmental Psychology, 1992, 28, 604-613
- Cole, Cole & Lightfoot, *Development of Children*, 5th ed. p. 141
- **P** Thomas, A. & Chess, S. Temperament and parent-child interaction, from A. Thomas & S. Chess, *Temperament & Development*, 1977, pp. 66-81
- **P** Mahler, M. Thoughts about development and individuation, *Psychoanalytic Study of the Child*, 1963, 18, 307-324
- **P** Mahler, M. Rapprochement subphase of the separation-individuation process, *Psychoanalytic Quarterly*, 1972, 41, 487-506
- **P** Chodorow, N. *The Reproduction of Mothering*, (1978) Ch. 6, Gender Differences in the preoedipal period, pp. 92-110

Nutrition: Mother and Childcare (GS DSE01)

Course Objective:

This paper covers the methods and strategies for the healthy lifestyle of mother and child. The objective of the course is to appraise the students with the health lifestyle during pregnancy and after child birth.

Course Outcome

Appreciate the importance of healthy lifestyle and well being

Apply the concepts of health and nutrition in disease prevention and health promotion in mother and newborn.

Unit 1: Ideal Lifestyle during pregnancy

- Adarsh Dincharya- Jagran, Aatmbodh, Tatvabodh
- Prayer, Ushapan
- Philosophy and Importance of Upasana (Mediation)
- Benefit of Contributing society, selfless service

Unit2: Diet During Pregnancy

- Balance Diet
- Month wise Dietary regimen, Recommended Dietary Allowance for Mother and Children
- Dietics and mode of life contra-indicated for pregnant women
- Effect of Contra-indicted diet and lifestyle

Unit3: Safe Motherhood

- Yoga and Meditation in pregnancy
- Prenatal Precautions
- Recommended Dietary Allowance for Mother and Children

Unit4: Nurturing of Foetus

- Growth of Foetus and its Nourishment,
- Preparation prior to delivery
- Some possible foetal defects
- Preparation Prior to delivery

Unit5: Care of the women after delivery and Care of the newborn

- Care of the SUTIKA, Diet After delivery
- Ideal Practices for the new mother
- Premature birth and childcare

- Baby Massage, Breast feeding
- Neonatology, Lehan & Vaccination

Reference

Stephenson T, Symonds; Maternal nutrition as a determinant of birth weight. Arch. Dis. Child. Fetal. Neonatal Ed. (2002) 86; 4-6

Kramer MS ; Effects of energy and protein intakes on pregnancy outcome: an overview of the research evidenced from a controlled clinical trial. Am. J. Clin. Nutr. (1993), 58: 627-635

Practicum/Field Work/Internship-I (GS CP01)

Internship of four weeks will be done after semester I examination and before starting semester II, comprehensive viva on internship report will be part of semester of 04 credits.

Neurological Development in Garbh (GS VAC01)

Course Objective:

This paper covers the pre- natal and post-natal neurological developmental stages. The objective of the course is to appraise the students with the pre-natal and post-natal neurological developmental stages. To help them develop awareness of important aspects of development during the most critical period of life. Knowledge about Different developmental disorders.

Course Outcome:

Describe the neurological developmental stages from\ pre-natal to post-natal.
Recognize the various issues faced at different developmental stages.
Develop an awareness regarding the stages the development and review the various theoretical aspects.

Unit 1: Introduction to Neurological Development

- Concept of neurological development
- Evolution of the Human Nervous System Function,

Unit 2: Neurological Developmental Milestone of Garbh

- First Trimester: Development of Neural tube
- Second Trimester: Development of Neural tissues
- Third Trimester: Cerebral cortex.

Unit 3: Various issues during Neurological Developments

- Exposure to teratogens and
- Overall health of Mother
- Psychosocial and environmental Issues during Neurological Development.

Unit 4: Neurological Development Disorder

- Autism Spectrum Disorder
- Attention Deficit Hyperactive Disorder
- Specific Learning Disorder

Unit 5: Healthy Neurological Development During Garbh

- Nutrition
- Yoga
- Music

- Genetic Counselling

References:

Hurlock, E. (1967) Developmental Psychology.

P G Dipoma In Garbh Sanskar

2nd SEMESTER

Sl. No.	Subject Code	Title of the Course	Core/Elective	Credit
1	GS C04	Vedic and Religious Context	Core Course	4
2	GS C05	Physical and Psychosocial Issues related to Garbh	Core Course	4
3	GS C06	Precaution and Strategies in Garbh Sanskar	Core Course	4
5	GS CP02	Practicum/Field Work/Internship-II	Discipline Elective	4
5	GS DSE09	Life Management and Reproductive System	Discipline Elective	4
6	GS VAC02	Counselling: Application and Practice in Garbh Sanskar	Compulsory Course	1

Total Credits for First Semester is 21 Credits and Minimum Requirement is 20 Credits

Vedic and Religious Context (GS C04)

Course Objective:

This paper covers the different Garbh Sanskar rituals.

The objective of the course is to appraise the students with the Vedic rituals, yoga and other allied approaches related to garbh samskara..

Course Outcome:

Awareness towards different rituals related to garbh sanskar.

Students will learn the importance of different practices like yoga, music, other allied therapies (aroma therapy) related to garbh sanskar.

Unit 1: Garbh Sanskar: Pre-Birth Rituals and Post Birth Rituals

- Garbhadhan (Rutushanti)
- Anavalobhan sanskar
- Simantonnayan

Unit 2: Different prenatal Practice: Yoga, Pranayam/exercise, and Meditation

- Yoga, Pranayam
- Colour therapy, Aromatherapy
- Meditation

Unit 3: Garbh Sanskar across various Indian Scriptures

- Garbh Sanskar in Ved, Upanishad
- Garbh Sanskar in Mythologies, Bhagwad Gita
- Garbh sanskar and ayurveda

Unit 4: Music and Spirituality: Importance and Application

- Garbh Sanskar, Music and Child: Importance and Application
- Spirituality: Importance and Application in Garbh Sanskar

Unit 5: Positive Thinking, Mindfulness and Auto suggestion (Hypnosis)

- Manshakti (Positive thinking) and Meditation
- Mind Training
- Auto Suggestion
- Prayer

Physical and Psychosocial Issues related to Garbh (GS C05)

Course Objective:

This course will impart knowledge on physical and psychological issues related to Garbh. Students will expand knowledge about biological, environmental, and psychological issues and their management related to garbh.

Course Outcome

Develop insight and analyze the different issues related to garbh.

Ability to manage the issues related to garbh.

Unit 1: Biological Issues

- Menstrual Disorder
- Infertility causes and Management

Unit 2: Psychosocial Issues related to Garbh

- Malnutrition
- Emotional Trauma

Unit 3: Environmental Issues

- Exposure to substances during pregnancy (Mercury, Lead, Asbestos, organic solvent etc.)
- Drug Alcohol and tobacco use
- Strategy to reduce exposure to substance

Unit 4: Psychological Issues

- Bipolar Disorder
- Postpartum Depression

Unit 5: Adverse impact of harmful use of Substance

- Pre-term Labour
- Low IQ of Child
- Underdeveloped fetus etc.
- Fetal Alcohol Syndrome

Resources:

Best Start- Your Health Before Pregnancy Environment: The World Around You and Your Baby
www.healthbeforepregnancy.ca/environment.htm Eco Perth.To download a Non-Toxic Cleaning
Kit visit www.ecoperth.on.ca/Projects/Downloads/clean_flyer.pdf Health Canada, Nutrition for a
Healthy Pregnancy - Prenatal Nutrition Guidelines for Health Professionals - Fish and Omega 3
Fatty Acids www.hc-sc.gc.ca/fn-an/pubs/nutrition/omega3-eng.php

Precaution and Strategies in Garbh Sanskar (GS C06)

Course Objective:

This course will impart importance of different therapies and strategies to prevent issues related to garb. Students will expand knowledge about yoga in pregnancy, Use of mindfulness and positive thinking during pregnancy.

Course Outcome

Develop insight about importance of yoga and pranayama during pregnancy.
Learn Mindfulness, use of positive thinking.

Unit 1: Yoga/Exercise

Unit 1: Yoga in Pregnancy

- Aasans in Pregnancy
- Low Weight Exercises in Pregnancy

Unit 2: Pranayam

- Importance of Pranayam during pregnancy
- Pranayam techniques
- Effects of pranayama during pregnancy

Unit 3: Mindfulness

- Auto suggestion
- Insightfulness

Unit 4: Music Therapy

- Veena Music,
Effect of music on Garbh

Unit 5: Positive Thinking and Meditation

- Prayer
- Channel the creativity
- Meditation during pregnancy

Life Management and Reproductive System (GS DSE09)

Course Objective:

This course will impart knowledge of reproductive system anatomy. Students will expand knowledge about fetal development along with Ayurvedic Concept of Fetal Development and life management skills.

Course Outcome

Develop insight about anatomy of reproductive system
Learn Life management skills like family management.

Unit 1: Life Management

- Family Management
- Pre Planning

Unit 2: Reproductive System Anatomy

- Anatomy of male reproductive System
- Anatomy of Female reproductive System

Unit 3: Reproductive System Physiology

- Endocrine System
- Menstrual Cycle
- Fertilization

Unit 4: Fetal Development

- Fetal Development in 1st Trimester, 2nd Trimester, 3rd trimester and changes in pregnancy
- Placenta

Unit 4: stages of Labour and other concepts

- 1st, 2nd and 3rd Stage
- Breast Feeding
- Spacing

Unit 5: Ayurvedic Concept of Fetal Development

Definition of Garbh (Embryo)

Six major components of Fetus

Month wise development of fetus

Pumsawan Karma

Counselling: Application and Practice in Garbh Sanskar (GS VAC02)

Course Objective:

This course will impart knowledge and application of counselling and therapies.

Course Outcome

- Apply the psychological knowledge for mother
- Identify, manage and train mother and family for newborn.
- Develop counselling plan.

Unit 1: Acceptance of the pregnancy

- Counselling for Family planning
- Counseling for acceptance of the conception

Unit 3: Marital and Parental Counseling

- Marital counselling
- Family counseling
- Counselling related to acceptance of child

Unit 4: Gender Counseling

- Counseling related to sex and gender for the child
- Acceptance of Sex and gender

Unit 5: Applications of Counseling and therapies

- Counselling related to miscarriage
- Therapy for post part depression

Unit 5: Various Therapeutic approaches and counselling technique

- Counselling as a therapy
- Listening, Empathy and compassion
- Family therapy
- Marital Therapy
- Counseling related to IVF, surrogacy, miscarriage etc.

References

- Stephenson T, Symonds; Maternal nutrition as a determinant of birth weight. Arch. Dis. Child. Fetal. Neonatal Ed. (2002) 86; 4-6

- Kramer MS ; Effects of energy and protein intakes on pregnancy outcome: an overview of the research evidenced from a controlled clinical trial. Am. J. Clin. Nutr. (1993), 58: 627-635
- Mr. Sajeev Kumar Bansal, Dr. Deepak Jaiswal, The era of strange
- learning strategies –garbhasanskar, EIIRJ, 2012, Vol 1(4), 107 (www.aarhat.com)
- 4. Christine Moon, Hugo Lagercrantz, Patricia K Kuhl, Language experienced in utero affects vowel perception after birth: a two country study, Acta paediatrica, 2013, 102(2); 156-160
- Eino Partanen, Teijakujala, Mari Tevrvaniemi, Minna Huotilainen, Parental Music exposure induces long term neural effects : 2013; PLoS ONE, DOI:10.1371/Journal.pone.0078946]
- <http://www.getfitforbirth.com/thoughts-and-feelings-affect-your-unborn-baby/>
- 7. Dr. PC Shastri, Dr. G Prasad Rao, Child mental health movement in India IJPP vol 4(2)Sept 2010 Editorial P5
- <http://www.garbhsanskarhome.com/articles.html> 1
- Shaping of The Seed: The Ancient Wisdom of Garbh Sanskaar Kindle Edition
- by [Bhawana Somaaya](#) (Author)
- Singh, H. Association of women's health, Obstetrics and neonatal nurses. Health education in South East Asia. 55(7): 341-42
- Tagi, P. (2014), the science behind garbhsanskar. Discover india Sanskrit our culture our way of life. URL: http://www.sanskritimagazine.com/vedic_science/thescience-behind-garbh-sanskar/
- Beddoe, A. Paul, Y. et al (2009), The effects of mindfulness-based yoga during pregnancy on maternal psychological and physical distress, Pub med.
- Kelkar G. S. the emotional world of the fetus: 2nd edition lonavala: manashanti new way ashram:2011

•

Practicum/Field Work/Internship-I (GS CP02)

Internship of four weeks will be done after semester I examination and before starting semester II, comprehensive viva on internship report will be part of semester of 04 credits.

