

GARABHA SANSKAR ANTENATAL SERVICES PVT. LTD.

INTRODUCING

SRUJANANKUR



About
**Garbhasanskar Antenatal
Services Pvt. Ltd.**

Srujanankur offers unique Antenatal services based on Yoga and Ayurveda. **Srujanankur's** primary offering '**Garbhasanskar**' is a copyrighted program, which employs a unique technique of conveying the good qualities and good values of life to the baby during pregnancy.

The technique is based on 'Yoga-Pranayam-Dharan-Dhyan' (Meditation) **Srujanankur's** Antenatal services cater to all three aspect of woman pregnancy: Pre-pregnancy, During pregnancy & Post pregnancy.

'**Srujanankur**' strives to be a place to make an expecting mother healthy by body and by mind. **Srujanankur** is a perfect place to rejuvenate for any expecting or pregnant women.

Srujanankur services are offered by experience and qualified personnel's who have gained wide knowledge and experience over the years.

Services We offer :-

- **Garbhasanskar For pregnant women.**
- **Beej Sanskar For Expecting Couples.**
- **Practical Training of Doctors, Health Professionals on Garbhasanskar & Beja Sanskar through workshops and (Have trained 480+ Doctors) Post Graduate training Program.**

Contact Details :-

- **Contact Person :-** Dr.Yogesh Joshi
- **Address :-** C/o Ayushmaan Ayurved, 210, 2nd floor, Rose Icon commercial Building, Kunal Icon Road, Pimplesaudagar, Pune 411027
- **Website :-** www.srujanankur.com
- **Email :-** garbhasanskarantenatalservices@gmail.com
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- **Franchises :-** 02071171865/9890723238



Garbhasanskar & Beej sanskar
02071171865 / 9890723238

Beej Sanskar (4-5 month program)

To prepare a couple mentally & physically fit for a healthy progeny.
Includes Physical fitness & fitness of Mind

➤ Physical fitness:-

- ⊙ Detoxification of body.
- ⊙ Balancing The Body Elements.
- ⊙ Strengthening The Body Elements.

➤ Benefits –

- I. To increase intestinal absorption.
- II. To enhance the digestive system.
- III. To develop body elements (Dhatu) of the body in appropriate manner.
- IV. To develop the strength (Bala) to the Body Elements.
- V. To develop Shukra Dhatu (Balavan) of good strength.

➤ Processes :-

- Required Panchakarma for Detoxification
- Diet
- Lifestyle modifications
- Rasayan
- Vajikara

Fitness of Mind :-

- Mind Detoxification
- Mind Strengthening
- ⊙ Processes-
- Meditative process
- Avartan Dhyana
- Chakra shuddhi
- Stress relieving activities
- Important factors from Astanga Yoga are Yama
- Achar Rasayan



Need of Beejsanskar

- Nuclear Families.
- Late Marriage.
- Planning.
- PCOD and other problems.
- Increased stress level.
- Unorganized lifestyle.
- Low immunity in couples.
- Lack of Celibacy.
- Lack of proper & timely exercise.

Who can do it?

- Those who are planning for a baby.
- Those who are taking treatment for Infertility, IUI, IVF.
- Duration of Beejsanskar- 4-5months

Srujanankur

Garbha Sanskar (9 month program)

Unique technique of Garbhasanskar.

- Regular Guided Meditative sessions of 60 to 75 minutes.
- A unique live music Therapy session based on Indian Classical music which includes Active & Passive participation.
- Yoga for Pregnant women.
- Special care of Diet.
- Special guidance for developing Immunity of baby.
- Group interactive sessions to develop a positive thought process & Good Values.
- Special technique of positive self talk.
- Special technique for Visualization.
- Special technique for Womb Talking.
- Special technique for transmission of valuable thoughts to baby's mind.
- Special technique to develop a communication between baby's & MOTHERS MIND.
- Special efforts for development of desired qualities in the baby.
- Medicine Free Programme.
- Personal Care with Affection.

Garbhasanskar Process at SRUJANANKUR :-

Process is Based on following techniques

- Breathing Exercises
- Pranayam
- Chanting & feeling of Omkar
- Chanting & feeling of Gaytri Mantra
- Nadasandhan
- Dharana
- Dhyana
- Visualization of baby
- Positive Self Talk
- Experiencing the feeling of baby's mind.
- Recalling the sweet memories & feel the happiness
- Positive Resonance through different Rags
- Percolating Positive Sound Waves

Learning of 60 good qualities

