

## About School of Tapovan

The Children are the creator of bright future. Physically healthy, radiant in mind and intellect, generous by heart and full of inner strength, such children will become the best citizens of the Nation and they will create the Great Nation of Twenty-First Century. For such holistic development of the children Hon'ble Prime Minister and the then Chief Minister of Gujarat Shri Narendra Modi has established Children's University which ensures to provide all needed help and care for the integral development of the Child and Tapovan is its first step towards this new endeavor which would provide Prenatal Care and Education. Because Child education must begin at prenatal stage and education must continue right through the whole life. Thus the expectant mothers have a very unique role to play in this progress of human evolution.

## The concept of 'Tapovan'

The concept of 'Tapovan', introduced by Children's University has been formulated taking into consideration the integral development of fetus by rekindling and strengthening the mother's aspiration to give birth to a soul who will be a fore-runner of a New humanity in an age when the people are under a strong influence to achieve materialistic fulfillment and spiritual fullness.

Tapovan has been conceptualized taking into consideration the modern life style of the people. Tapovans will provide an opportunity to pregnant woman to devote herself not only for her self-development, but also for the growth of the fetus taking places within her body because the woman's role is that of a mini creator. So, it is natural for her to feel happy as she is forming a baby within. Motherhood is the happiest moment for any woman. There are many aspects which influences the woman when she is pregnant.

## Features

The need of the hour is to create a health care system which offers an ideal milieu for physical, mental, emotional and spiritual well being of expectant mothers. Tapovan is a place where mothers to be will get the necessary and essential requirements for the integral development of a child.

Mother's inspirational thoughts and action make very impression on child's physical body, mind and nervous system. Innumerable instances are mentioned in our sacred books. Even, the modern medical science has proved that the fetus in the uterus absorbs the thoughts and knowledge acquired by the mother during pregnancy. Keeping this in mind every mother should try to keep herself relaxed and happy by having pleasant positive, noble thoughts and emotion. It has been also proved that the embryo reacts to mother's emotional behavior.

## About Four Dimensions:

The Main Motif of this department is the realization of Children's University's unique dream. This department has a purpose to call divine souls on this Earth. Its work is divided into four parts:

- (I) Education
- (ii) Training
- (iii) Research and
- (iv) Extension

## School of Tapovan Activity:

- **Tapovan Centre:**

In Gujarat there are 24 self operated Tapovan Centres and they are affiliated to Children's University and also the University has launched Online Tapovan Centre.

- **Twice a Week Activities:**

Ashtang Yoga and Pentagonal (Panchkoshatmak) Activities like Yogasana, Pranayama, Dharana (Concentration), Garbhadhyana, Shavasana, light exercises etc.

- **Activities to be done Once a Week:**

- 1) Lectures given by experts on different Subjects such as Doctor's Lectures: lectures of Allopathy, Ayurveda, Homeopathy, Naturopathy, Physiotherapy and Gynecology etc. once a week and their interaction and quiz with Pregnant Women.
- 2) Craft Activity
- 3) Study of Nursery Rhymes and other Religious Music
- 4) Telling Inspirational Stories / Showing Inspirational Films
- 5) Knowledge of Applied Science
- 6) Puzzles of Vedic Mathematics
- 7) True Knowledge of the Mother Tongue
- 8) Intellectual Games
- 9) To provide information on the Nutritious Diet required during Pregnancy and its benefits
- 10) Teaching to Prepare Fresh, Nutritious Snacks, Meals
- 11) To provide detailed Information on child rearing and discussion in context
- 12) To provide complete Information on Month Wise development of Baby in the Womb.

### Department of Prenatal care and Education

Department of Prenatal care and Education is flagship department of Children's University. This Department plays an important role for supporting health awareness while pregnancy. The Department introduced a course name, "P.G. Diploma in Prenatal Care and Education." This course promotes;

- To maintain healthy life style during pregnancy.
- Helping expectant mothers to manage stress.
- Providing knowledge about diet.

### About the Infant Counseling Center (Shishu Paramarshan Kendra)

The Tapovan Research Centers under Children's University provide a wide range of activities to mothers before and during pregnancy. Even after the birth of the baby, the parents as well as the family can take full care of the baby and remove the various confusions related to child rearing. The Shishu Counseling Center has been functioning since January 23, 2017. From birth to five years the child learns through observation, imitation and insight. The child makes a very detailed observation of the environment, behavior and behavior around him. Children speak and act as family members speak and act. The family itself becomes an ideal for every infant, especially the parents. The life of the parents, their feelings and their behavior should also be appropriate for the attainment of the best child. The more the mother is immersed in her child, and the more love and time she gives the more sensitive, intelligent and physically and mentally strong child will become.

## **Concept of Infant Counseling Center –**

- Center for infant physical, mental, animal, intellectual and spiritual development.
- Guidance and understanding of the rites of the infant up to the age of three.
- Proper parenting guidance.
- Healthy family environment as well as emotional guidance.
- Guidance Center and Source of Excellent Literature on Child Development.

## **Infant Counseling Center (Shishu Paramarshan Kendra): -**

- The Center for Physical, Mental, Vital (Pranik), Intellectual and Spiritual Development of the Infant.
- Guidance and understanding of the rites of the infant up to the age of three.
- Proper Parenting Guidance.
- Healthy Family Environment as well as Emotional Guidance.
- Guidance Center and Source of Excellent Literature on Child Development.

## **Need of Infant Counseling Center (Shishu Paramarshan Kendra):**

- To Provide Guidance to Mothers of Infants from Birth to Three Years.
- To Provide Guidance regarding the needs of the Child according to the stage of Child Development.
- To Guide Parents as well as Family Members to build a healthy, happy and Peaceful family.
- To Provide Special Guidance to Midwives in Rural Areas.
- To conduct Research on Various aspects of Child Development and Guide the Parents according to its Findings.
- To guide the parents on the basis of doing Research on Various problems of the Child.
- To guide the parents as well as the Family Members on the basis of the findings by Conducting Research on the problems of the expectant mothers.
- To provide Guidance to the family based on the Research and its findings on the interrelationships between the dimensions of family life, Child rearing and infant development.

## **Activity of Infant Counseling Center (Shishu Paramarshan Kendra):**

Prayer, Music, Verse, Yoga Practice/ Posture/ Breath Control and other activities related to the Child's Holistic Development. All the Activity According to the Child's Developmental Sequence.

## **About Course under School of Tapovan**

### **P.G. Diploma Prenatal Care and Education (Regular)**

This programme is for one year. Any graduate candidate can apply for this course. The main feature of this programme is to provide more knowledge regarding practical aspects. This programme is beneficial for those people who are associated with Medical care, a counselor of Anganvadi and a counselor of Tapovan Center and Counselor of Garbhshanskar. This Programme covers Fetal Science, Body Science, Food and Nutrition, Training and Management.

In the year 2020-2021, there are enrolment of 12 students in this Post Graduation Diploma course of Prenatal Care and Education (Regular).

## List of Tapovan Kendra

File No	RegNum	Organization	District	Address
1	REG-CU-TRC-2020-52FIE	Laxman Gyanpith, Sanskardham	AHMEDABAD	SANSKARDHAM CAMPUS, NR. MANIPUR VILLAGE , BOPAL GHUMA SANAND ROAD , AHMEDABAD -382115
2	REG-CU-TRC-2020-0FFA	SHREE SHAKTI SEVA KENDRA, Ambaji	BANASKATHA	SHREE SHAKTI SEVA KENDRA NR. GANESH GAU SEVA ASHRAM, DANTA, AMBAJI RAOD AMBAJI385110
3	REG-CU-TRC-2020-68ECA	Dahod Bhagini Samaj, Dahod	DAHOD	Opp Nehru Baug Station Road Dahod 389151 Gujarat
4	REG-CU-TRC-2020-32IJH	V. S. Public School, Junagadh	JUNAGADH	AASHRAY PARK, NR: AASHRAY RESIDENCY, 60 FT D.P. ROAD, KESHOD DIST: JUNAGADH, GUJARAT 362220
5	REG-CU-TRC-2020-79DFC	BHAVNABEN CHIKHALIA FOUNDATION, Junagadh	JUNAGADH	BHAVNABEN CHIKHALIA FOUNDATION, C/O TRIMURTI HOSPITALS, NEHRU PARK SOCIETY, BEHIND S.T. BUS STATION, JUNAGADH-362001
6	REG-CU-TRC-2020-17JFC	Chanakya Academy, Bhuj	KUTCH	Opp.K.S.K.V.Kutch University,Bhuj-Mundra Road.
7	REG-CU-TRC-2020-70ABC	SHRI NAVJIVAN VIKLANG SEVA SHRAY,Bhachau	KUTCH	National Highway 8, Near Police station, Bhachau
8	REG-CU-TRC-2020-74ADD	SHRI YUGACHARYA PRANAVANANDJI KELAVANI TRUST (Navyug Shishu Niketan) Visnagar	MAHESANA	A-G , HIGHWAY KAMANA CHAR RASTA VISNAGAR
9	REG-CU-TRC-2020-58EFJ	SARDAR PATEL TRUST, Vadnagar	MAHESANA	C/o: Sardar Patel B.Ed College, Arjun Bari, Vadnagar Dist Mehsana 384355
10	REG-CU-TRC-2020-68ACJ	Shree Vidhyapremvardhan Education Trust, Morbi	MORBI	Aryavart Educational Academy, At. - Laxminagar, 8-A National Highway, Opp. Laxminagar Village, Nr. Navyug Tiles, Morbi-2. Pin - 363642.
11	REG-CU-TRC-2020-9HAE	DHANANJAY EDUCATION TRUST, HALVAD	MORBI	Sara Road Halvad Ta-Halvad Dist-Morbi
12	REG-CU-TRC-2020-5AGA	Shri Brahma Samaj Seva Trust, Patan	PATAN	F -12 Rajendra Estate, Opp. Gayatri Temple, Sate High Way, Mahesana-384002 Ph.02762-233778
13	REG-CU-TRC-2020-59BBF	ओल इन्डिया युमन्स कोन्फरन्स, राजकोट	RAJKOT	C.U.Shah Working Women's Hostel, Opp. Jam Tower, Near Taluka Panchayat, Rajkot-360001
14	REG-CU-TRC-2020-71FED	श्री विकास ट्रस्ट, राजकोट	RAJKOT	'Nivruti Nivas', 7/1, Jagnath Plot, Rajkot
15	REG-CU-TRC-2020-77AEE	Family and child welfare committee, idar	SABARKANTHA	At&Po-Idar, Nayaknagar gandhivadi, Dist-Sabarkantha
16	REG-CU-TRC-2020-14GIH	ORGANISATION FOR HUMAN WELFARE, HIMMATNAGAR	SABARKANTHA	54 RAJMANDIR SOCIETY SAHKARI JIN ROAD HIMMATNAGAR SABARKANTHA

17	REG-CU-TRC-2020-2AGA	EKTA TRUST, Khedbrahma	SABARKANTHA	On Ahmedbad-Ambaji State Highway No. 9, At & Po. Navi Metral, Tal. Khedbrahma, Dist. Sabarkantha, Guajrat.
18	REG-CU-TRC-2020-44JCJ	Omkar Education & Welfare, Surat (Janni Garbhsanskar Kendra)	SURAT	BRILLIANT VIDHYALAY BHOOMIPUJA SOCIETY, NR. GOVINDJI HALL, DABHOLI ROAD, SURAT
19	REG-CU-TRC-2020-15DIB	સંસ્કારતીર્થ જ્ઞાનપીઠ, મોટા વરાછા, સુરત	SURAT	ABRAMA ROAD,MOTAVARACHHA ,SURAT
20	REG-CU-TRC-2020-56FGA	SHRI SWAMINARAYAN SHIKSHAN SEVA SAMITI, Surat	SURAT	Near Nayandeep Society, New Rander Road, Adajan, Surat
21	REG-CU-TRC-2020-54JIF	IDEAL IMAGE TRUST, Surat	SURAT	81 HARIOM BUNGLOWS SURAT DUMAS ROAD RUNDH SURAT 395007
22	REG-CU-TRC-2020-61AAF	Yuva Mitra Rotary Surat Riverside (Jivanbharti Mandal), Surat	SURAT	Param Children Hospital , 305-306 Seven Square Doctor House, Near Asutosh Hospital, Sagrapura
23	REG-CU-TRC-2020-42FHC	સારથી મેડિકલ એન્ડ એજ્યુકેશન ચેરીટેબલ ટ્રસ્ટ, સુરત	SURAT	9 anupam arcade anupam homoeopathic clinic brts canal road opp amaazia water park surat
24	REG-CU-TRC-2020-13EEJ	SHAKTIKRUPA CHARITABLE TRUST, Sinor	VADODARA	NEAR BUS STAND, AT. PO. MOTA FOFALIA TA. SINOR DISTRICT VADODARA PIN 391115 GUJARAT
25	REG-CU-TRC-2020-56BFE	EKLAVYA PUBLIC SCHOOL, Junagadh	JUNAGADH	PHOOLVATIKA, ZANZARDA ROAD, JUNAGADH.
26	REG-CU-TRC-2020-0HDH	THE VERAVAL EDUCATION SOCIETY, Veraval	GIR SOMNATH	Rajendra Bhuvan Road, Opp. Civil Hospital, Veraval
27	REG-CU-TRC-2020-80JDB	Shree Kalakendra Art Accaddemy	VADODARA	C-19, Nand Society, Near AIMS Oxygen Co., Old Padra Road, Vadodara - 390 020
28	REG-CU-TRC-2020-74CFF	vinay mandir primary school mandavad	JUNAGADH	SHAIXANIK SANKUL - MANDAVAD JUNAGADH ROAD, POST BOX NO.15, TA- VISAVADAR DIS- JUNAGAHD AT. MANDAVAD-362130
29	REG-CU-TRC-2020-81CDB	ANOOPAM MISSION	ANAND	ANOOPAM MISSION, BRAHMAJYOTI, YOGIJI MARG MOGRI-388345
30	REG-CU-TRC-2020-0DAA	Shree Sardar Patel Foundation - Junagadh	JUNAGADH	Shree Sardar Patel institute,Dr.Haribhai Godhani Campus,Joshipura-Junagadh
31	REG-CU-TRC-2020-18HCD	Shree Leuva Patel Education and charitable Trust-Junagadh	Junagadh	c/o Girnar Public School, "Pushpkunj", opp. Hajiyani baug, College Road, Near Motibaug, Junagadh
32	REG-CU-TRC-2020-32FAI	Vapi Public School	Valsad	INTERNATIONAL CAMPUS, VATAR MAIN ROAD, VATAR, VAPI, GUJARAT
33	REG-CU-TRC-2020-41DII	SHREE SAI EDUCATION CHARITABLE TRUST	Kheda	NEAR SBI PANCHAYAT BRANCH, B/H RAILWAY STATION, NADIAD.
34	REG-CU-TRC-2020-39DDA	Shree Bhardwaj Muni Ashram Trust, Porbandar	Porbandar	Chhaya Main Road, Opp. Chhaya Nagarpalika