

# SCHOOL OF CHILD, YOUTH AND FAMILY DEVELOPMENT

## About School

The Children are the creator of bright future. Physically healthy radiant in mind and intellect by heart and full of inner strength us 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 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 Kendra is its first step towards this new endeavor which would provide Prenatal Care and Education. Because 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. Tapovan 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 Garbhshankar. 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).