

10. Centre of Extension

The Centre of Extension is established by the CU Act, 2009, Section 6(4)(iii). The real education of a child starts from the mother's womb. Couples who wish to have children should plan before conception. According to Indian scriptures, one can get a bright child by following balanced Ahar, Vihar and Sadachar. The Center of Extension provides essential services of education and guidance based on Indian scriptures and contemporary research. Childcare-education guidance services to expectant mothers, families and teachers for the holistic development of the child, learning materials and guidance are provided through television, ICT and social media to the families, teachers and institutions regarding all aspects of child development from pre-birth to eighteen years.

The Center of Extension is also working to provide services for the excellence of early childhood education institutions. The centre provides guidance and educates every individual and organization including the government and private sector regarding childcare.

A. Department of Tapovan

The Department of Tapovan undertakes Garbhadhan Samskara and Garbha Sankar to produce the best, the most unique, and divine progeny. Indian sages have relied on Garbha-Vigyan and Garbha-Samskar to produce greater children for millennia. Focusing on the Motto - "Every Child Matters" and the concept of Pavhkoshiya Vikas, the Department of Tapovan offers a wide range of services, such as Garbha Samskarin both virtual and brick-and-mortar classrooms, as well as seminars, workshops, and awareness programs. This department fosters the health and happiness of unborn children and aspiring mothers.

Simantonayan samskar - 4

On December 1, 2023, the 4th Simantonayan Sanskar program was organized by Children's Research University under Tapovan, Center of Extension. The program was started with the lighting of the lamp by the Honorable Vice-Chancellor Dr. Harshadbhai Patel, Gijubhai Badheka Chair Professor Dr. T. S. Joshi, and Director of the Center Dr. Rupamban Upadhyay. A total of 13 couples benefited from this Simantonayan Sanskar Yagya ceremony. The main objective of this program is to ensure that the child who is going to be born with Simanto-nunyan sanskars through Vedic rituals and to make the future mother and father happy. Outlining the program, Rajshriben Patel, as conductor, started the program with a Tapovan song on the permission of the Hon'ble Vice Chancellor. Family members of the couple and their children, as well as university staff, were present to make the program a success. Increasing the expression of this program, NIEPA Chancellor Shashikala Vanzari and Educationist Mahendrabhai Chotlia both dignitaries, gave their valuable time to enlighten the program. Professor Shashikala Vanzariji presented certificates and silver coins to the expectant parents as blessings and encouragement. Along with this, to increase the health of the mothers, the dry fruits gift hamper was given by the honorable V.C. Dr. Harshad Patel sir. He blessed all 13 couples who arrived and thanked the guests.

The whole program lasted from 3 to 5 pm for a total of 2 hours. At the end of the program, breakfast was organized for all the beneficiaries and their family members. In this program, all the employees of the Center of Extension performed their assigned duties, a list of which is attached to this report. With the cooperation of all the employees of the university, the entire program was concluded in a skillful manner, and the atmosphere of the entire university was lit up by this cultural event.

Workshop on Prenatal Education: “A Journey towards Holistic Child Development”

On the date of 29th January 2024, Monday a Doctor workshop was organized by the Department of Tapovan, Centre of Extension, Children’s Research University at IITE Auditorium. For this program total 18 numbers of participants from diverse backgrounds i.e, Ayurveda, Physiotherapist, Dentist, Gynecologist, and Homeopathy were present. Dr. Rupam B. Upadhyaya introduced the role of Tapovan at the beginning of the workshop. Apart from this, a summary of the research findings regarding Tapovan Garbha Sanskar was informed to all. To share about the latest concept and to gain some information 3 experts were invited. Among them our first expert was Shri. Divyanshu Dave, former V.C of Children’s University delivered a lecture on Prenatal Education: Ancient and Modern Perspective. In his lecture he shared some unbelievable experience and effect of Garbhsamskar on the mother and child lifespan. He gave detailed knowledge about different types of Samskar which require during lifespan such as, Annprashan, Vivah, Garbhadha, Garbhsamskar and so forth. He also highlight about innovative research scope area such as effective process of samskar, varying birthing process and their effect on child and mother health etc. He also suggested a quality book for 7 intelligence skill associated with womb and that name is “Windows to the Wombs”. Overall, he shared his best knowledge and that can help to the all participants as well as university researchers to do research on untouched areas in various samskars. For the program second expert was Dr. Karishmaben Narvani, she is renowned person in Ayurveda and deliver her lecture on “Research in Garbhsamskar”. Presently she is working as a Director of Garbhpnishad Foundation Jamnagar, where all various stream like Gynaec, Radiologist, Ayurvedic are working together and especially focusing on research on garbhsamskar. She shared different research effect and their results on mother and infant mind during the pregnancy period. Her research and result proved that music, book reading, and thinking process of mother all have strong effect on growing infant. She also told about Garbhadhan samskar where a fertile egg covert in the zygoat and the infant journey will start successfully. In conclusion her entire research shows that our ancient culture and traditions having strong ability and that can be served as a best practice in this modern era. Dr. Darshanbhai Bhimani was our third expert and he is famous Gynaecologist in Gandhinagar who prefer normal delivery of patients. Being a Gynaecologist and dealing with modern practices but still he is adapting concepts of Garbhsamskar and their effect on pregnant lady. In his conversation he put a very depth conceptual on adolescent stage and his advice to start sharing knowledge from this crucial age to avoid major problems. He guides us about requirements of diet, and life cycle and advice about stress-relieving activities for a healthy pregnancy.

In his talk, he expressed experience about children's Tapovan beneficiaries and specially encourages them for the confidence and positive mind. Dr. T.S. Joshi Sir Additional Director General was talked about promotional activities for tapovan on Social media and with the kind permission of Dr. T. S. Joshi sir stage was open for all participants. At last, the healthy discussion was carried out between expert and participants regarding mother and child balance schedule, government policies for pregnant woman and how can we reach to the societies for betterment of nation for the HOLISTIC CHILD DEVELOPMENT.

Simantonayana Samskar - 5

A Simantonayana Sanskar Vidhi was organized by Department of Tapovan , Center of Extension on Tuesday, April 23, 2024 at Children's Research University. A total of 20 couples participated in this Sanskar Vidhi . The program started auspiciously with Deep pragatya and Tapovan song. Then Jaydevbhai performed Havan with Vedic rituals. Through which positive energy was spread in the campus of the university. In this program, the assistant director of the university, Dr. T. S. Joshi, blessed the pregnant women to complete their pregnancy journey without any problems and achieve positive results. The honorable vice-chancellor of the university, Dr. Sanjay Gupta, wished the women to have a bright child and a bright future.

The couple was given a certificate for participating in the ceremony. At the end of the yajna vidhi, Aarti was performed. The coordinator of the entire program was Dr. Rupambahen Upadhyay, Director of the Center, Dr. Dishabhen Nayak, Dr. Vrundanbhai Jayswal and counselor Rajshribehan Patel.



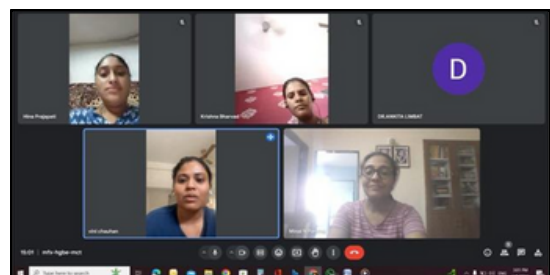
MOU



On 30th January 2024 Memorandum of Understanding (MoU) establishes a partnership between Children's Research University and Medicinicare Redefining Pregnancy Centre to advance scientific research in pregnancy and Garbhsanskar.

Gabhsamsakar Classes for rural pregnant women

Children's Research University organizes online Garbhsanskar sessions for pregnant women in rural areas, supported by Gandhinagar District Panchayat. These sessions include prayers, Tapovan songs, yoga, pranayama, counselling sessions, and art and craft activities. Expert facilitators conduct these sessions to enhance the holistic well-being of the participants during pregnancy.



B. Department of Shishuparamarshan

The function of Shishu Paramarshan extends from the birth of the child till the child is admitted to receive formal education in school. In the Indian view, the process of Toddler education should be informal. According to Indian psychology, the child's development and Education from birth to the age of 6 years is based on samskar Prakriya and Chitta. In this state, the child's learning process is informal, joyful, experiential, and sensory-centered. The process of child development and Education is holistic, in which child counseling is only an important part, Apart from that, considering all aspects like Toddler's diet, Vihar, clothing, learning, Developmental activities, habits, age-appropriate toys, etc. is the purview of this department.

Janmashtami celebration

Janmashtami was celebrated on 06/09/2023 by the Shishu Paramarshan Department of Children's Research University. The children of Shishu Paramarshan joined the class and dressed as Krishna and Radha. The presence of Dr. Rupam Upadhyaya, the Director of the Center of Extension, made the program cherished and joyful for all the children and their mothers. Children dance with excitement and happiness. Mothers and kids also participated in the university's Matkiphod program.



Celebration the month of Shravan



Shravan month was celebrated in the Shishu Paramarshan Department run by Children's Research University on 04/09/2023 on the Monday of Holy Shravan month. Mothers along with children made shivlings with the help of clay. After making the Shivlinga, the children offered flowers to the Shivlinga which they had made by themselves. Compassion, spirituality and creativity, a wonderful combination of these three was seen on that day in Children.

"Meri Mitti Mera Desh"

"Mari Mati, Maro Desh" Campaign was celebrated on 11/08/2024 by the Shishu Paramarshan Department run by Children's Research University. In this campaign, the Director of the Center of Extension, Dr. Rupam Upadhyay and the HOD of the Department of Shishu Paramarshan, Shri Divya Rawal join the program along with the children, and their parents. Along with the children, mothers and guardians took the pledge of Panch Prana with clay in their hands. A golden opportunity was enjoyed to transmit the spirit of patriotism and respect for the motherland from one generation to another.



Workshop on 'Parivaar ni Pathshala'

On Saturday 20/01/2024, a family school workshop/Parivaar Ni Paathshala was organized by the Department of Shishu Paramarshan under the Extension Center of Children's Research University. More than 100 beneficiaries including parents of Shishu Paramarshan participated in this workshop. This program was organized under the leadership of Hon. Chancellor Dr. Harshad Patel. Ashish Srivastava (Dean, Department of Educational Studies, Mahatma Gandhi Kendriya Vishwavidyalaya) and Dr. Jatin Joshi (Retired Professor of Psychology, Dabhoi Arts College) joined the program as special guests. The program began with the lighting of the lamp by writing 'Ram' with a Diya/lights. Dr. Ashish Srivastav in his inaugural address said that Children's Research University is the only specialized university in India whose effort is to lead children from information to knowledge and from knowledge to wisdom. Talking about childcare,



Dr. Srivastav said that parents should not bring up children according to their own convenience. Every child has infinite potential. Parents should try to develop infinite potential in the child. Giving the example of sage Parashar, Dr. Srivastava said that as a parent we should think about how the Pancha kosha develops in our child. In addition, he said that parents may be an obstacle for a child or a helping friend. Parents decide whether they want to be a barrier for the child or a helping friend. He said that your child is an original. Don't think that my child has to be a copy of someone else. Hon. Vice-Chancellor Sir said that children learn from home. The child learns from you. He observes how you treat the child. Also, for the successful management of the program, the Hon. Vice Chancellor congratulated the team of the Extension Centre. During the program, the mothers who availed the baby counselling along with their children performed the dance of Ram Aenge song and engrossed everyone in the name of Ram. Dr. Jatin Joshi psychologically guided the parents regarding children's development and its problems. Along with this, they also guided the parents about the confusing questions like, my child is stubborn, busy with mobile etc. They also said that parenting is a process. A child is not a subhuman. As the child grows up, an independent personality develops in him. Director of Centre of Extension, Dr. Rupam Upadhyay guided the beneficiaries on the 'Role of Family'. The entire program was successfully managed by the Department of Child Counselling.