

## 1. DEPARTMENT OF PRENATAL CARE

The Department of Prenatal Care 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 Panchkoshiya Vikas, the Department of Tapovan offers a wide range of services, such as Garbha Samskar in 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.

### Functions:

- Regular Garbhsamskar Classes for Pregnant Women (Online and Offline mode)
- Practical and direct teaching of prayer, song, music, yoga, art and craft, Vedic mathematics, dialogue with fetus (Garbh samvad), diet, and exercise are given in regular classes for pregnant women.
- Simantonanayan Samskaras are conducted regularly.
- Visiting various educational institutes to spread the Garbha Sanskar work
- Organisation of a national seminar and expert lectures on the subject of Embryology
- Publicity Spreading in various educational institutions as part of an extension activity
- Research and publication on various topics related to embryology by the faculty of the Children's Research University and other researchers.

### MAJOR ACTIVITIES

#### Fit India Week (Dec 2024)

Fit India Week was celebrated by the department of Prenatal Care from 23<sup>rd</sup> December to 28<sup>th</sup> December 2024. Fit India Week is a celebration of health, wellness, and the power of active living, initiated under the Fit India Movement by the Government of India and, UGC. This initiative emphasises the importance of physical fitness as the foundation of a healthy lifestyle, aiming to instil a culture of regular exercise and mindfulness among all age groups. This year's Fit India Week focuses on holistic fitness, blending traditional practices like yoga and meditation. Mrs. Sweta Malik and Dr. Chirag Solanki were the coordinators of this program.

**Day 1- 23/12/24:** During Fit India Week, about 20 staff members of CRU took part in the morning yoga session at 10:30 am. Following a yoga session given by Mrs. Sweta Malik, a pledge to become more active in the pursuit of fitness was taken.

**Day 2 - 24/12/24:** A yoga session was held at Vivekanand Sanskaar Tapovan at 10:15 a.m. by Mrs. Sweta Malik. A total of 63 students participated in this session, and at the end of the yoga session, they took a pledge to always be active and careful of their fitness.

**Day 3- 25/12/24:** The third day of Fit India Week was also celebrated at Vivekanand Sanskaar Tapovan with a poster-making session (fit India-themed drawing competition). Mrs. Sweta Malik led the session at 3:30 p.m. on 25th Dec 2024. 63 students participated in this session, and all of the students who participated in the competition got Sketch Colours as a gift from CRU. The awards from CRU were given to the top three illustrators.

**Day 4-26/12/24:** At Government School in Sector 20, the fourth day of Fit India Week was celebrated with a session of yoga and a poster-making competition with a Fit India theme. Mrs. Sweta Malik delivered the yoga session at 3:00 p.m. 68 students participated in this combined session, and all the students who attended the drawing competition got Sketch Colors as a present from CRU. The gifts from CRU were given to the top three illustrators in the drawing competition.

**Day 5- 27/12/24:** Tiny Tots of Vidyavatika celebrated this week's last day. A lively and playful yoga session was held for the Vidyavatika students by Mrs. Sweta Malik. Over 40 Vidyavatika students took part in this yoga session.



### Online Webinar on “Mental Health during Pregnancy”

An online webinar on the topic of 'Mental Health during Pregnancy' was organized by the Department of Prenatal Care on 30-12-2024. This program was organized to increase awareness about mental health during pregnancy through webinars and to provide guidance on the healthy mental development of the unborn baby. Pankaj S. Suvera, Professor of Psychology at Sardar Patel University, Vallabh Vidyanagar, as the subject expert for the webinar, provided the best guidance to pregnant women for maintaining mental health. A total of more than 65 pregnant women benefited from the webinar.

### Training program-1 for Asha worker of Sayala Taluka

On 27-12-2024, a training program on Garbh Sanskar was organized for ASHA workers of Sayla taluka by a joint initiative of Shri Rajsobhag Satsang Mandal Sayla, Ashirabh Vikalang Trust Sayla and Children's Research University. In which a total of more than 85 ASHA workers from Sayla taluka took advantage of this program at the Primary Health Center, Sayla. In this training, as subject experts Dr. Vrundan Jayswal, Dr. Sunilkumar Jadav and Dr. Jalpaben Patel provided interesting information on topics like Garbhvigyan, Garbhsamskara, Shreshth Matrutva and stress management.



### Training program-2 for Anganwadi workers of Sayala Taluka

On 04-10-2024, a training program on Garbh Sanskar was organized for Anganwadi worker sisters of Sayla taluka by a joint initiative of Shri Rajsobhag Satsang Mandal Sayla, Aashirvaad Vikalang Trust Sayla and Children's Research University. In which a total of more than 65 Anganwadi workers from Sayla taluka took advantage of this program at the Jiv Vigyan kendra, Sayla. The program was also attended by Shri Vikrambhai Shah, President of the Ashirabh Vikalang Trust, Shri Bharatbhai Joshi, Deputy Director of Andhajan Mandal Ahmedabad, Shri Chandrakantbhai Vyas, Director of the Premni Parab Program, representatives of the Taluka Health Department, etc. As subject experts for the entire training, Dr. Vrundan Jayswal and Dr. Sunilkumar Jadav provided interesting information about 'Garbha Vigyan' and 'Garbha Sanskar'.

### Simantonnayan Sanskara

The sixth Seemantonnayan Sanskar program was organised for the pregnant women, beneficiaries of Tapovan Centre, on 04-03-2025 by 9:30 am at Children's Research University, Gandhinagar. On the occasion of this sacred and Vedic ritual, this auspicious ritual was completed through the chanting of mantras and special rituals for the health, happiness, and loving life of pregnant mothers and their unborn child. A total of 15 couples registered for this program, and 13 couples attended the program in person. To ensure the physical and mental health of pregnant women and their unborn child, a Brahmin performed the Simantonnayan Sanskar with Vedic chanting and rituals. According to Vedic traditions and Ayurveda, this ritual is considered very important for the unborn child. During this ritual, guidance was also given on the diet, meditation, and rituals required for the health of the mother and child during pregnancy and the balanced development of the child. More than 60 people were present on this occasion. At the end of the program, in the presence of a special guest, each pregnant woman was presented with a certificate from Children's Research University. The ceremony of Simantonnayan Sanskar was done by Shri Jayadev Dhandhiya.



### Visit of Children's Research University by VETRI (Vethathiri Educational, Training, Research Institute) Trust, Tirupur, Tamilnadu

VETRI Trust, Tirupur, Tamil Nadu, visited the university on 23<sup>rd</sup> September, 2024. It is an educational institution that provides guidance on how to navigate each stage of life and offers training methods for living successfully from the womb to the end of life. A total of 13 members came for this visit; among them, most of the people are businesspersons, doctors, trustees, teachers, and social workers. First, they all visited Shishu Vatika, and then Dr. Rakesh Patel (HOD, PNC) and Dr. Narendra Vasava briefed them about the university and various departments and activities. After lunch, they also visit the Tapovan Kendra, Shishu Paramarshan Kendra, and Toy Lab. At last, they met the vice chancellor and proposed the collaborative work.

### Inaugural of BISAG Telecast

The inaugural telecast organised by the Department of Prenatal Care and Toddler Education, on the theme "Prenatal Care and Toddler Education", was held on 31<sup>st</sup> March 2025 through the BISAG channel. This pioneering initiative was undertaken in collaboration with BISAG and Children's Research University to disseminate scientific, cultural, and value-based knowledge to expecting parents, educators, caregivers, and stakeholders in early childhood development. The main objective was to raise awareness about the significance of prenatal care in shaping the physical and psychological health of the unborn child, and Bharatiya traditional practices aligned with modern scientific approaches in child rearing.

The program was inaugurated by the Hon'ble Vice Chancellor, who emphasised the urgent need to strengthen the foundation of life through conscious prenatal practices and Toddler education. A panel of experts, including Aayurvedacharya Dr. Hetalbahen Patel, Shri Jyotibahen Thanki, Educationists, Dr Rakesh Patel, HoD, Prenatal Care, Dr. Rupam Upadhyaya, HoD Toddler Education and Aayurvedacharya Dr. Vrundan Jaiswal, delivered insightful sessions on: Maternal health during pregnancy, Emotional bonding and Garbh Samvad (communication with the unborn child), Age-appropriate activities for toddlers, Music, storytelling, and sensory play to stimulate development.

