

Webinar on “Garbh Sanskar: Celebrating Life”

Dr. Archana Shukla, Coordinator Institute of Women's Studies organized a webinar today 2nd may 2020 at 10:30 am. Topic of webinar was Garbh Sanskar: Celebrating Life.

Garbh Sanskara is new course introduced by the Institute of Women's Studies. The sole aim of this course is to sensitize not only female but students in general to the issues related to an important phase of human life that is pregnancy course highlights diet yoga, human psychology issues related to couples family etc.

The webinar was inaugurated with keywords of Prof. Alok Kumar Rai, Vice Chancellor, University of Lucknow, Lucknow.

Chief Guest for the webinar was Dr. Neelam Ohri, Gynecologist and Infertility Consultant, Medical Director New Life Hospital & Advance Fertility Center, Gynae Endoscopy and Embryology Training Center, Varanasi.

Webinar was attended by 100 participants from across India they were basically students, professionals and faculties. The sole aim of this webinar was to sensitize not only female but students in general to the issues related to an important phase of human life that is pregnancy the highlights was on diet, yoga, human psychology which were taken up by six eminent international and national speakers.

- **Dr. Amita Pandey**, Professor MBBS MD, KGMU, Lucknow. Specialization infertility, high risk pregnancy, proactive in Medical and Clinical centers.
Title: Role of diet, exercise and sleep during pregnancy.
- **Dr. Mukul Bhalla**, Dean of General Education, Professor of Psychology, American Intercontinental University (Phoenix, Arizona, U.S.A.)
Title: Garbh Sanskar :A Transnational Psychological Perspective
- **Dr Madhurima Pradhan**, Professor, HOD, Department of Psychology, University of Lucknow. Specialization: Positive Psychology, Counseling, Spirituality & Mindfulness
Title: Mindful Mothering: Role of Spirituality and positive thinking
- **Dr Durgesh Upadhyay**, Faculty Department of Psychology, Kashi Vidyapeeth, Varanasi. Certified Music Therapist and Vocalist. Specialization: Therapeutic implication of Music during Pregnancy.
Title: Therapeutic implications of Music during pregnancy
- **Dr Shweta Srivastava**, Faculty AIBAS Amity University Lucknow. Certified Clinical Hypnotherapist and Yoga Practitioner (Art of Living since 2005) Specialization: Clinical, Indigenous and Neuropsychology.
Title: Garbhadhan Sanskar: A Spiritual, Psychological, Scientific and therapeutic intervention.
- **Dr Amarjeet** from Yoga Departmental University of Lucknow
Title: Importance of Yoga in pregnancy

Highlights of the webinar were the benefits of Garbh Sanskar: It is up to the mother to shape up the first impressions of the baby. Positive thinking and a positive attitude can go a long way in ensuring the mental and physical well- being of the mother, which is linked to well-



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being of the baby inside her womb as well. Garbh Sanskar helps develop that eternal bond between the mother and her unborn child.

Communication with the baby is 'garbh sanwaad' that contributes to the mental growth of the baby and helps to build a strong bond with the mother. As per garbh sanskar, the mother should not indulge in activities or practices which stress her out. Garbh sanskar recommends reading spiritual books, which brings about a feeling of contentment and satisfaction. In fact, garbh sanskar also stresses on the fact that reading educational books shapes the personality of the child in the womb. Soft and spiritual songs or mantras and shlokas are said to be beneficial for both the mother and the child. Garbh sanskar recommends that pregnant women take up some light form of exercise or yoga for the physical well-being of both the mother and the child. Pranayama breathing exercises help to calm and relax the body while preparing you for breath-control during child birth.

Light exercise increase flexibility, improves blood circulation and reduces backaches during pregnancy. Specific garbh sanskar yoga asanas boost the mother's chances of having a full term normal delivery with minimal labour pain.