

GARBHSANSKAR AYURVEDA PROGRAM



RAISE YOUR CAREER WITH GLOBALLY ACCLAIMED INSTITUTE



Global Institute Of Health ScienceTM

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GARBHSANSKAR AYURVEDA

Global Institute of Health Science is a pioneer in health science education especially in distance & online education. Global Institute of Health Science is an ISO 21001:2018 Certified health science Institute & globally acclaimed, also certified with copyright approval from IPR Government of INDIA. GIHS have international certification from UASL UK for Quality Control Management System.

WHY CHOOSE US

- + BRINGING EXCELLENCE TO HEALTH PROFESSIONALS
- + 10+ YEARS OF EXPERIENCE WITH INTERNATIONAL EXPOSURE
- + INTERNATIONAL ACLAIMED WITH ISO & GOVT APPROVED
- + LIFETIME FREE PERSONALIZED TUTORING FOR SUCCESS

Garbh Sanskar: Giving birth should be your greatest achievement not your greatest fear.

Garbh Sanskar simply means educating baby inside womb. It is a complete guideline to get a divine child from ayurvedic point of view.

Garbh Sanskar and ayurveda is a process to achieve physical, mental, spiritual, emotional, social development & perfection for the mother & baby.

With this process a parents get healthy & expected child. Many parents found this interesting and felt quite satisfied too.

In Indian culture it is believed that education of real and traditional values and parenting starts right from the time the foetus is confirmed in the womb. This is why when anyone gets pregnant in home, the elder people advice to have positive thoughts and emotions to the pregnant woman.



Compare Plans	Advance	Pro	Professional
Pre-Birth Garbhsanskar			
What will you learn from this course?	✓	✓	✓
Introduction to Garbhsanskar	✓	✓	✓
Preparing for Pregnancy	✓	✓	✓
Pancha Mahaboot and human life	✓	✓	✓
Values lasting through multiple lifetimes	✓	✓	✓
Educating the fetus in the womb	✓	✓	✓
Conception in Garbhsanskar	✓	✓	✓
Femininity balance for conception	✓	✓	✓
Early days of pregnancy	✓	✓	✓
Don'ts during pregnancy	✓	✓	✓
Do's During Pregnancy	✓	✓	✓
Diet during pregnancy	✓	✓	✓
Fruits and vegetables during pregnancy	✓	✓	✓
What and when should an expectant mother eat?	✓	✓	✓
The daily meal plan	✓	✓	✓
Some essential activities for expectant mother	✓	✓	✓
Remedies for minor problems	✓	✓	✓
Nurturing the fetus	✓	✓	✓
Preventing the risk of miscarriage	✓	✓	✓
Atmosphere at home	✓	✓	✓
Healing music and meditation	✓	✓	✓
Music for Garbhsanskar	✓	✓	✓
Yoga During Pregnancy	✓	✓	✓
Walking During Pregnancy	✓	✓	✓
Sukhasana, padmasana, Vajrasana	✓	✓	✓
Deep Breathing	✓	✓	✓
Simple Exercise (Stretching)	✓	✓	✓
Culturing a fetus	✓	✓	✓
Communicating with the fetus	✓	✓	✓
Educating the baby in womb	✓	✓	✓
Baby's brain	✓	✓	✓
Increasing Baby's Intelligence	✓	✓	✓
Emotional thoughts influence unborn baby	✓	✓	✓
Baby's IQ	✓	✓	✓
Pre-Birth bonding	✓	✓	✓
Hot to nature unborn through communication?	✓	✓	✓
How to Talk to your unborn baby?	✓	✓	✓
How to De-Stress?	✓	✓	✓
Book Reading During Pregnancy	✓	✓	✓

What to read and what not to read?	✓	✓	✓
Should and shouldn't watch?			
Positive thinking during pregnancy	✓	✓	✓
Live a spiritual life during pregnancy	✓	✓	✓
How to grapple with emotions during pregnancy?	✓	✓	✓
Role of father	✓	✓	✓
Role of Surroundings during Pregnancy	✓	✓	✓
Preparing for childbirth	✓	✓	✓
Natural Childbirth	✓	✓	✓
Understanding medical interventions during childbirth	✓	✓	✓
Creating a birth plan	✓	✓	✓
Handling the fear of labor pain	✓	✓	✓
Post Partum Garbhsanskar			
What will you learn from this course?	✓	✓	✓
Introduction to Postpartum Care	✓	✓	✓
Immediate care of newborn	✓	✓	✓
First Breastfeeding	✓	✓	✓
Immediate care of mother	✓	✓	✓
Sutika Paricharya(Ayurvedic Practice)	✓	✓	✓
Physical changes during the postpartum period	✓	✓	✓
How to deal with changes during the postpartum period	✓	✓	✓
Ayurvedic remedies to cure physical changes	✓	✓	✓
Understanding emotional behavior during the postpartum period	✓	✓	✓
What are the symptoms of postpartum depression?	✓	✓	✓
Sleep Deprivation during postpartum	✓	✓	✓
Garbhsanskar treatment for postpartum depression	✓	✓	✓
The benefits of breastfeeding	✓	✓	✓
The Quality of breastfeeding	✓	✓	✓
Ensuring adequate production of breast milk	✓	✓	✓
Deterioration of breast milk	✓	✓	✓
The effect of doshas on breast milk	✓	✓	✓
Care for a healthy baby	✓	✓	✓
How to massage healthy baby	✓	✓	✓
Bathing baby	✓	✓	✓
Dhoop(Smoke Therapy)	✓	✓	✓
The Baby's Clothes	✓	✓	✓
Sleep	✓	✓	✓
Diet for the baby	✓	✓	✓
Ksheerap Guidelines	✓	✓	✓
Ksheerannad Guidelines	✓	✓	✓
Annad Guidelines	✓	✓	✓
Rasayan(Special Herb) for the baby & Ayurvedic tonics	✓	✓	✓
Child Development Milestones	✓	✓	✓

Baby's Teething	✓	✓	✓
Music and child	✓	✓	✓
Raising child	✓	✓	✓
Selection of baby's toys	✓	✓	✓
The benefits of outdoor playtime for children	✓	✓	✓
The importance of imaginative play for children	✓	✓	✓
Tips for encouraging physical activity in children	✓	✓	✓
Common diseases	✓	✓	✓
Baby's Weight	✓	✓	✓
Why do newborn babies smell so good?	✓	✓	✓
Understanding the needs of newborn	✓	✓	✓
Introducing art to your child	✓	✓	✓
Developing eating habits	✓	✓	✓
Skin-to-skin connection with baby	✓	✓	✓
How to enhance a baby's speaking skills?	✓	✓	✓
Suggestions for the book that are great for reading to a baby	✓	✓	✓
Building a stronger connection with your child through communication	✓	✓	✓
Talking to your child about difficult topics	✓	✓	✓
Modern Medical Science			
Basics of Anatomy, Physiology, Pathology & associate	✓	✓	
The Journey of Garbhsanskar begins here			
Pregnancy care, a healthy start for a healthy life	✓	✓	✓
Rasayan (Special Herb) for the baby	✓	✓	✓
Ayurvedic tonics	✓	✓	✓
Prenatal & Postnatal Yoga			
Prenatal yoga poses for every trimester	-	✓	✓
Benefits of yoga in pregnancy	-	✓	✓
Must follow in yoga during pregnancy	-	✓	✓
The Bottom Line	-	✓	✓
Garbhpanishad			
Detailed Videos on Garbhpanishad	-	-	✓
16 Samskara			
Detailed Videos of 16 samskara	-	-	✓
Journey of Vitalized Garbhsanskar			
Detailed Explanation of Vitalized Garbhsanskar	-	-	✓
Practical approach to garbhsanskar			
Detailed Explanation of Practical Approach Garbhsanskar	-	-	✓
Concepts of Ayurveda & Panchakarma Therapy	-	-	✓

ADMISSION PROCEDURE

- Enrollment online: www.gihsonline.com / Apply Online
- Online Access for Study Content within 48 Hours of enrollment
- Shipping of books with Latest updates with every enrollment (optional)
- Will Assign Personalized Professional Expert for Lifetime with no COST
- Online exam and Project submission
- Will award and ship two international certificates

FEES DETAILS (All modes of payment available)

- **Professional** (Post Graduate Diploma Program (One Year) – 36999/- INR & Fees for International Candidates – 750 \$ USD)
- **PRO** (Certification Program (6 Months) – 32999/- INR & Fees for International Candidates – 650 \$ USD)
- **Advance** (Certification Program (3 Months) – 30999/- INR & Fees for International Candidates – 550 \$ USD)

STUDY METHODOLOGY

- Freelance method of study
- Read the books
- Make notes of your queries
- Need to mail or contact to our expert
- Experts will resolve... via mail or via call or Can arrange Session based on your queries
- Experts will support for lifetime to raise your knowledge & Expertise
- Our content is totally based on live cases and Industries best practices

MODE OF EXAMS

- Login Details for online examinations after completion of the duration.
- 7 days to appear in online exams.
- Examination pattern would be Multiple Choice question MCQ
- PowerPoint project of minimum 30 pages of your own selected topic
- Successful Candidates would award with two certifications (DEGREE & TRANSCRIPTIONAL Degree)

PLACEMENT SUPPORT

Will Share your profile globally for career growth. With the support of GIHS programs more than 2000 professionals are working in healthcare industry and having strong student & professional base in India, UK, USA, Canada, UAE, Russia, Australia and more.





Global Institute Of Health Science

Certificate

This is to certify that
DR VINANTI DEEPAK RANE
completed the one year programme of
Post Graduate Diploma in
Garbhasanskar Ayurveda & Management
offered by
Global Institute of Health Science.
during August 2020 to July 2021
Upon successful completion of the programme
POST GRADUATE DIPLOMA
IN
GARBHASANSKAR AYURVEDA & MANAGEMENT
is awarded to him/her this day the 12th August 2021.



MHRD (Higher Education)
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Global Institute Of Health Science

POST GRADUATE DIPLOMA
IN
GARBHASANSKAR AYURVEDA & Management
(August 2020 to July 2021)

DR VINANTI DEEPAK RANE
GRADE SHEET & TRANSCRIPT

Introduction, Principles & History of ayurveda | Branches of ayurveda
Anatomy & Physiology of Female & Male | Garbhasanskar | Preparing for Pregnancy
Values lasting through multiple lifetimes | For healthy reproductive cells
Culturing the seed | Creating the atmosphere | body's reproductive infrastructure
Feminine balance | Difficulties during conception | Early days of Pregnancy
Care of the Pregnant woman | Diet during pregnancy
What & When should an expectant mother eat? | Some essential activities
Remedies | Nurturing the Foetus | Growth of the foetus and its nourishment
Foetal defects | Yoga During pregnancy | Preparation prior to delivery
Delivery | Care of the woman after delivery | Care of the SUTIKA
Diet After delivery | Ideal Practices for the new mother
Baby care | Care of the new born | Breast Feeding | For a healthy baby
Diet for the baby | Rasayan for the baby | Child development Miles stones
Raising a Child | Common childhood diseases | remature birth and child care
PRACTICAL APPROACH & RESEARCH WORK to Enhance skill to Garbhsanskar

Examination: 45/50

Project Work: 35/50

Total: 80/100

GRADE: A+



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12/08/2021

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GIHS ADVANTAGE

GIHS provides best courses helps to get the start up in the healthcare field. These courses are ad-hoc to professional career and provides the additional benefit to be the part of an organization.

OTHER PROGRAMS

Health Management Programs

• Health Informatics	• Hospital Administration
• Pharma Management	• Hospital Planning & Management
• Healthcare Management	• Nursing Management
• Public Health Administration	• Health Insurance
• Blood Banking Management	• Medico-Legal Systems
• Medical Laboratory Technology	• Medical Radiology Technology
• Quality management for Hospital and healthcare organizations	
• Disaster management for hospitals and healthcare organizations	
• Hospital Infection Control & Patient Safety	

Clinical Research Programs

• Clinical Research & Quality Assurance GCP Audits / Inspections	• Pharmacovigilance & Medical/Scientific Writings
• Clinical Research & Pharmacovigilance	• Clinical Data Management & SAS
• Regulatory affairs IPR & Patent	• Clinical Trials Management

Allied Medical Programs

• Mother & Child Health	• Mental Health & Addictions
• Nutrition & Dietetics	• Medical Transcription
• Pregnancy Education	• Gynaecology & Obstetrics
• Electroencephalogram (EEG)	• Nuclear Medicine Technology
• Anaesthesia Management	• First AID (CPR/Emergency Care)

Environment Health & Safety Programs

• Industrial Health & Hygiene	• Environment Health Safety & RM
• Occupational Health & Safety	• Industrial Safety
• Food Safety & Quality Management	• Oil & Gas Safety Engineering
• Process Safety & Engineering	• Fire & Industrial Safety MGT

Ayurveda & Homeopathic Programs

• Panchkarma: Ayurveda	• Garbhsanskar: Ayurveda
• Naturopathy & Yoga	• Siddha: Medicine
• Ksharsutra: Ayurveda	• Classical Homeopathy
• Materia Medica: Homeopathy	• Repertory: Homeopathy

<https://www.youtube.com/@globalinstituteofhealthscience/videos>