



A Dream... Of an Ideal Child

Every couple dreams of welcoming a healthy, bright, and virtuous child into their home—a child whose laughter makes the whole house echo with joy.



But, Is Today's Lifestyle an Obstacle?

Factors like stress, hectic routines, and pollution are impacting our physical and mental well-being every day.



Are Health Challenges Holding You Back?

Conditions like PCOS, thyroid issues, Low AMH, or other health problems can make the journey to conception more difficult.



What About the Turmoil of the Mind?

Repeated failures in conceiving, recurrent miscarriages, stress, and anxiety can be mentally exhausting. Research shows stress reduces fertility by 40%! A calm mind is the first rule of conception.



You Are Not Alone!!

Due to modern lifestyles, stress, and various health issues, the journey to motherhood has become a struggle for 6 out of 10 women today.



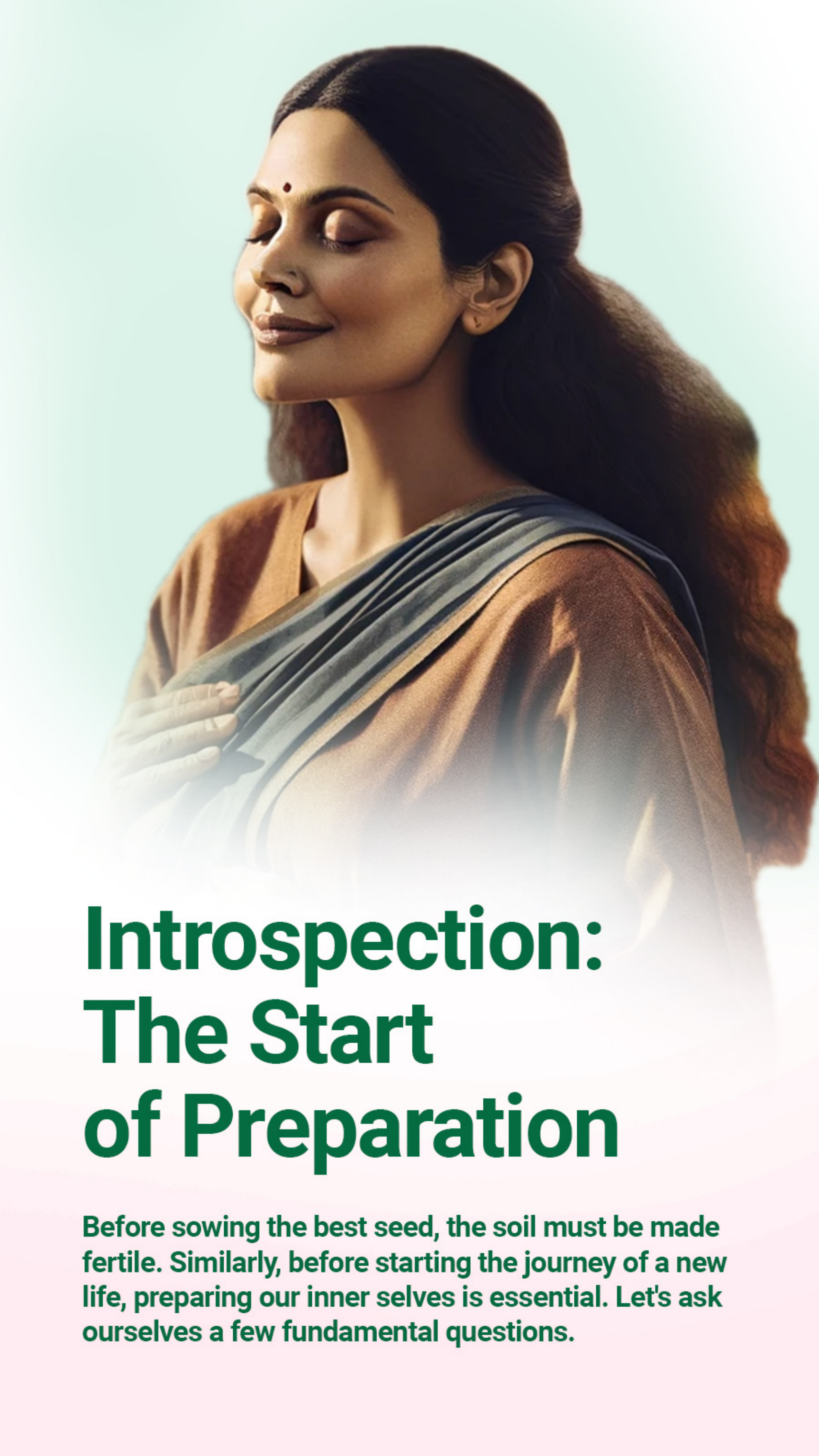
Whatever the Reason, the Goal is One...

A successful and joyful pregnancy, and the birth of a child who is healthy, happy, and blessed with the best qualities.



Is There One Path That Works for All?

Is there a way that offers a couple complete physical, mental, and emotional preparation for a successful conception? The answer is, 'Yes'.



Introspection: The Start of Preparation

Before sowing the best seed, the soil must be made fertile. Similarly, before starting the journey of a new life, preparing our inner selves is essential. Let's ask ourselves a few fundamental questions.



First Question: Is Your Mind Ready?

Before thinking of conception, pause for a moment and ask yourself: Is my mind truly calm, stable, positive, stress-free, and joyful to welcome a new soul?



Second Question: Is Your Body Ready?

For a healthy baby, it's vital for the couple's bodies to be healthy. Especially if you or your partner have issues related to thyroid, PCOD, diabetes, irregular periods, or weight.



Third Question: In Which Direction Are Your Efforts?

Preparing the mind and body isn't just about thinking; it's about making the right efforts. What are you actively doing to enhance your natural chances of conception?



What Does Science Say? The Root of Today's Challenges

Modern research proves that stress, a chaotic lifestyle, and bad habits are the biggest obstacles to successful conception. These challenges are not just beliefs, but scientific truths.



The Answer Lies in Our Roots: Garbhadhan Sanskar

It's a matter of pride that the solution to problems science is identifying today was given thousands of years ago by our Rishis in 'Garbhadhan Sanskar'—the first of the 16 Sanskars.



The 3 Pillars of Preparation

Complete Garbhadhan Sanskar is based on three core principles: Aahar (Diet), Vihar (Lifestyle), and Vichar (Mindset).



Aahar Shuddhi: Food for Body & Mind

A sattvic, nutritious, and balanced diet is crucial for creating optimal 'seeds' (sperm and ova). As the saying goes, "You are what you eat."



Vihar Shuddhi: Yoga, Pranayama & Routine

Yoga and Pranayama reduce stress and balance hormones, which helps in boosting fertility naturally.



Vichar Shuddhi: Sowing Seeds of Positivity

Positive thoughts, meditation, self-dialogue (Atmasamvad), and chanting keep the mother's mind peaceful, which has a direct impact on conception.



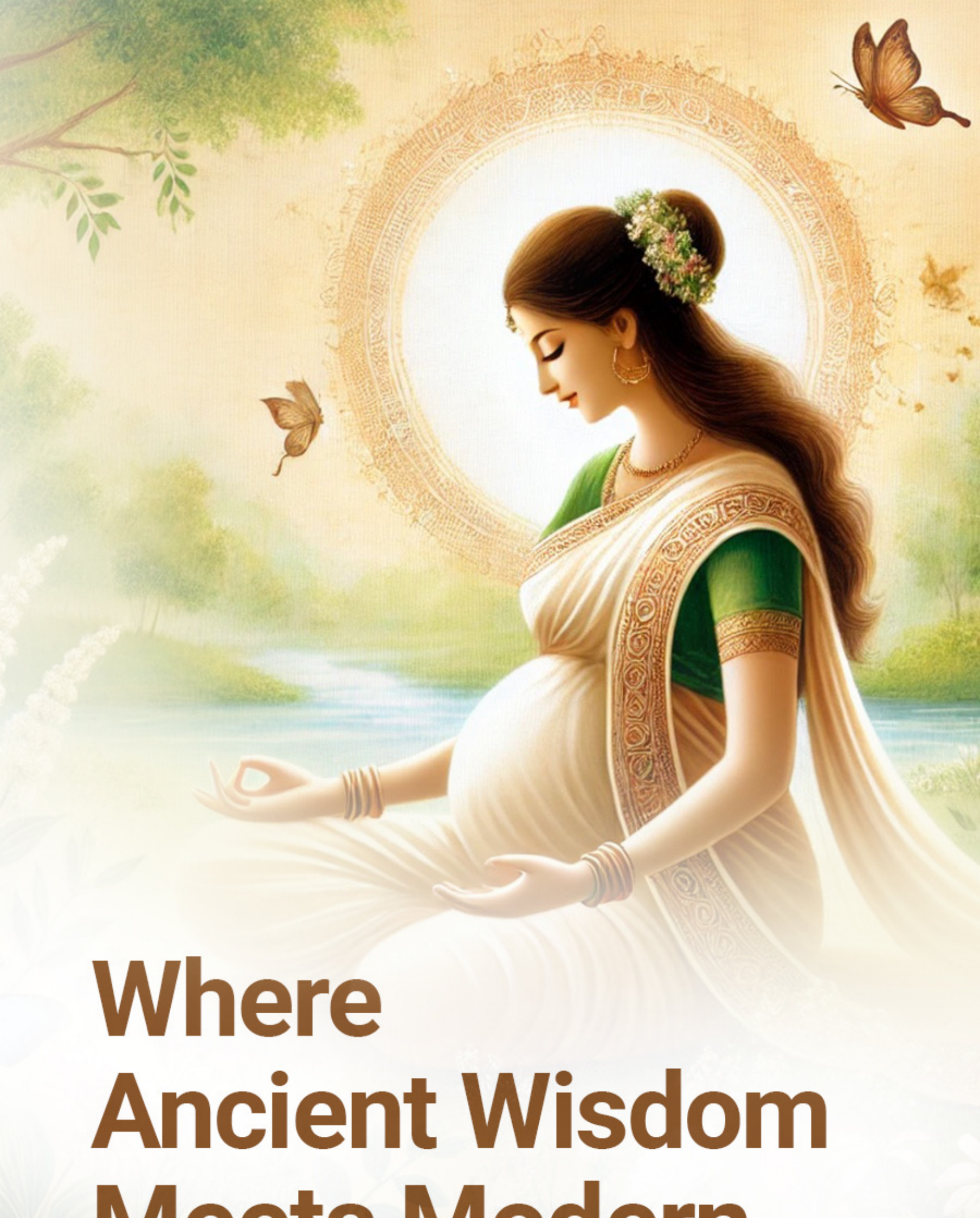
Digital Detox: A Shield from Negativity

Avoiding negative content from TV, social media, or OTT platforms is also a crucial part of purifying your thoughts.



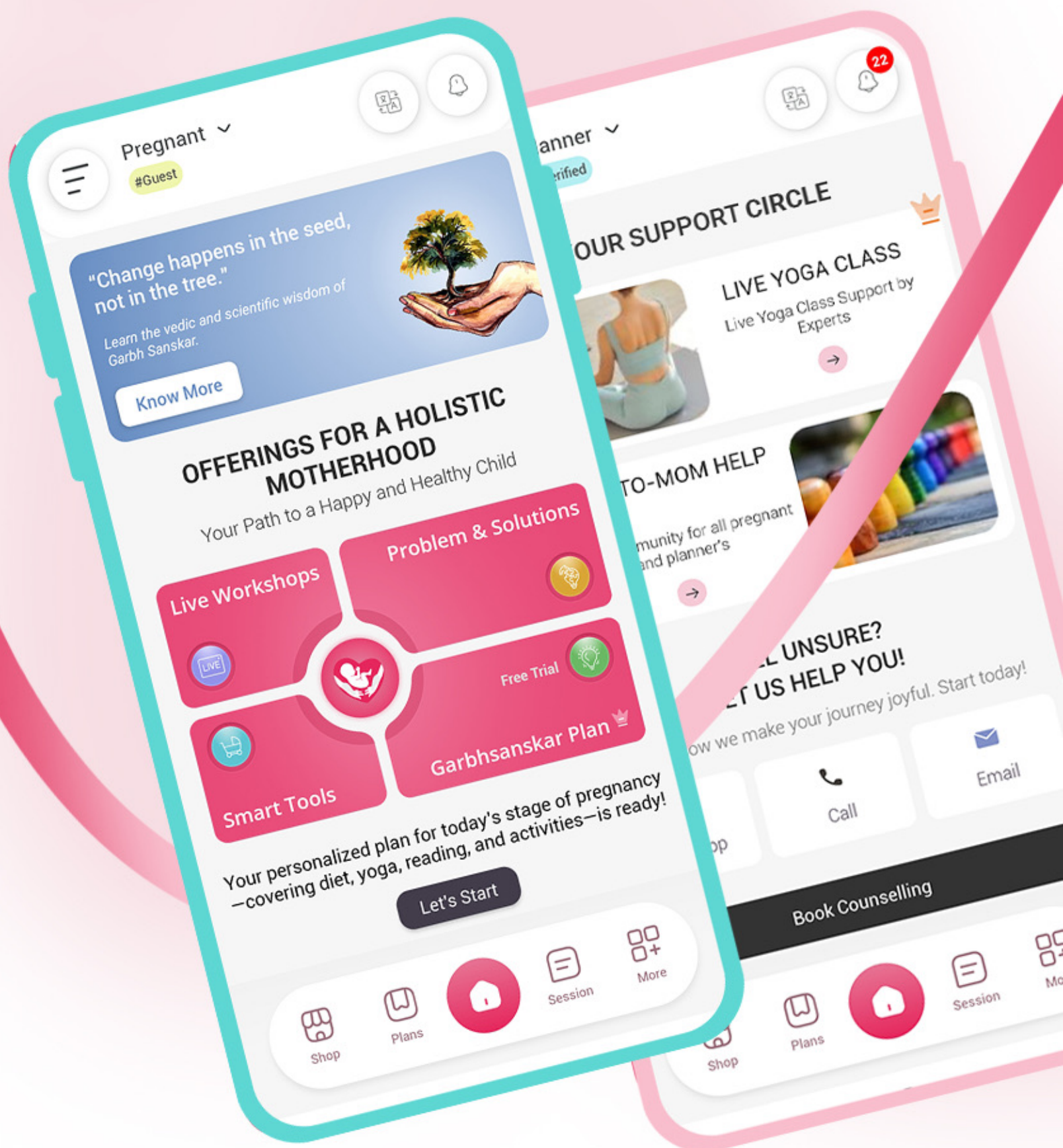
But How to Do All This Daily?

In today's busy lifestyle, remembering and following all these things every day can seem difficult, right?



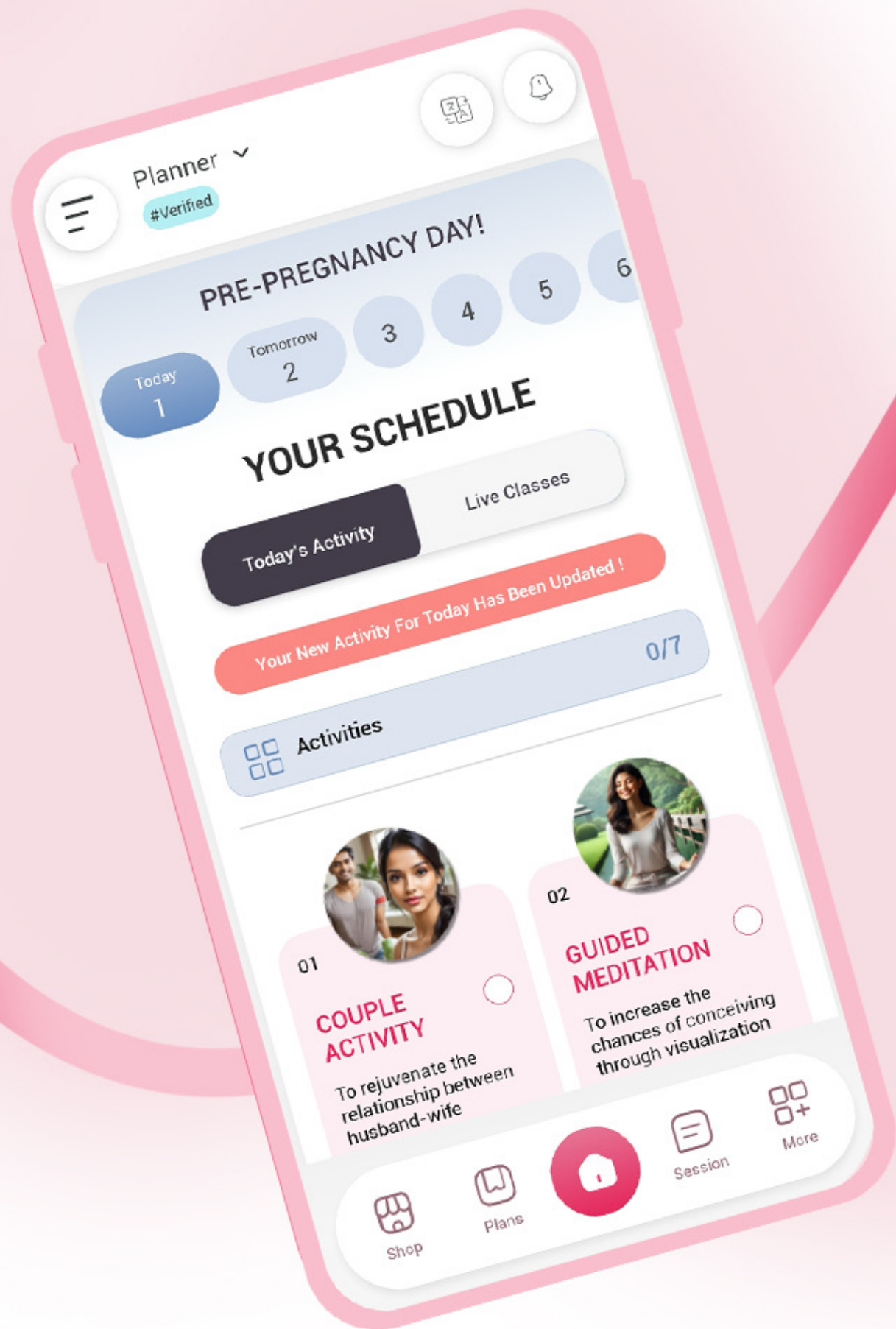
Where Ancient Wisdom Meets Modern Technology

What if you had a companion who reminded you daily and provided the right guidance? What if everything you needed to do was available daily, right from your home?



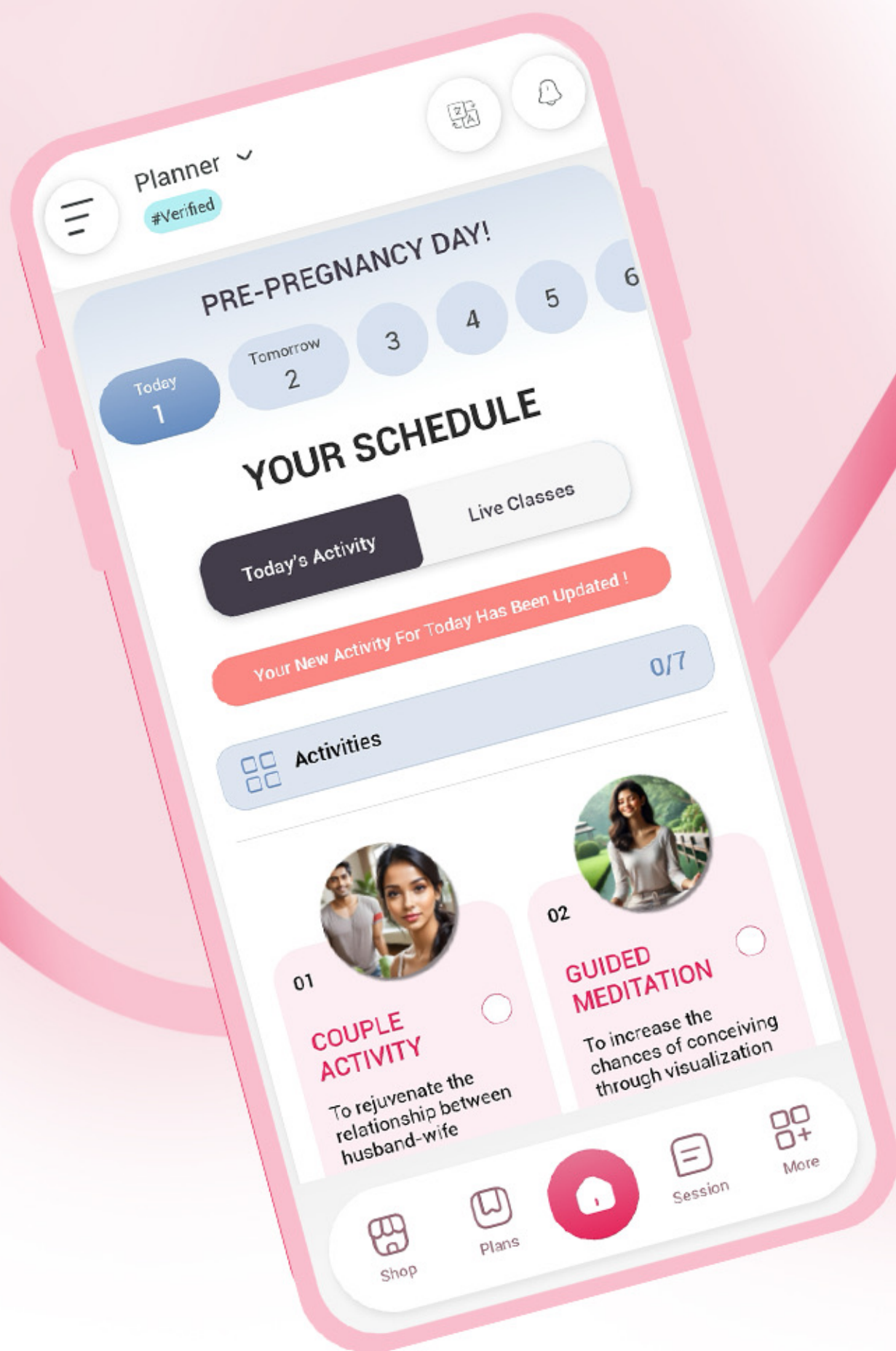
Presenting the Garbhsanskar Guru App

The only app that brings the thousands-of-years-old science of Garbhsanskar to your fingertips.



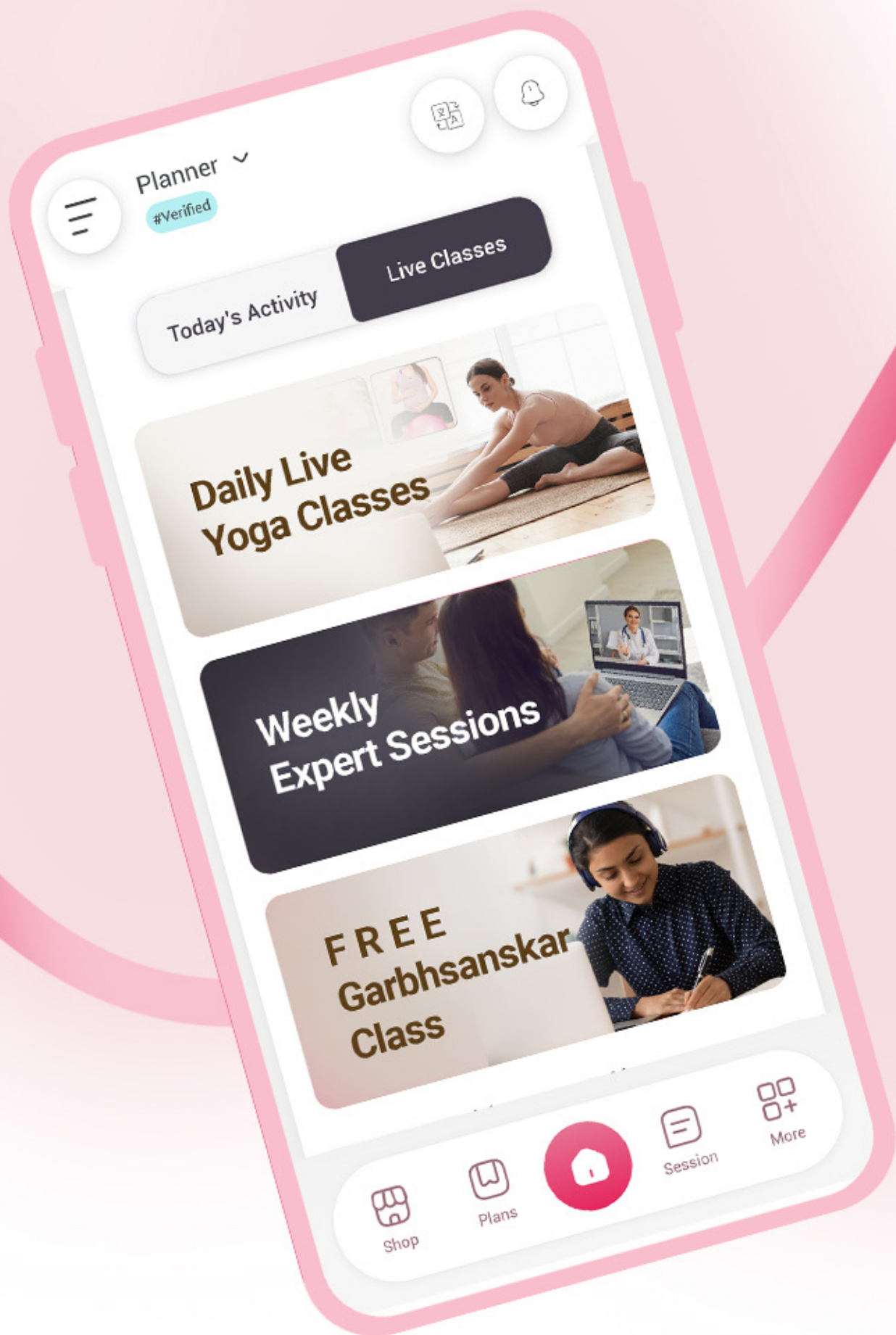
Your 90-Day Pre-Pregnancy Plan

The app creates a plan of 7 simple yet powerful daily activities that help increase your chances of conception.



What's in the 7 Daily Activities?

Couple Activities, Diet Plan, Fertility Yoga, Positive Reading, Affirmations, and Video-Music for relaxation.



Expert Guidance, Always With You

The app includes Fertility Booster Live Yoga Classes for planners, weekly expert lectures, daily tips, and smart tools. Every feature is designed to guide and motivate you, so you never feel alone.



A Decision for Generations to Come

Garbhsanskar isn't just about pregnancy planning or the next 9 months; it's the best investment for the bright future of your coming generation.



Start Your Journey Today

Join our Free Masterclass and get guidance on this Vedic and scientific lifestyle. The Pre-Pregnancy Plan in the app is a unique and superior solution for couples aiming for a successful conception.



If You Have Any Questions, Contact Us.

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