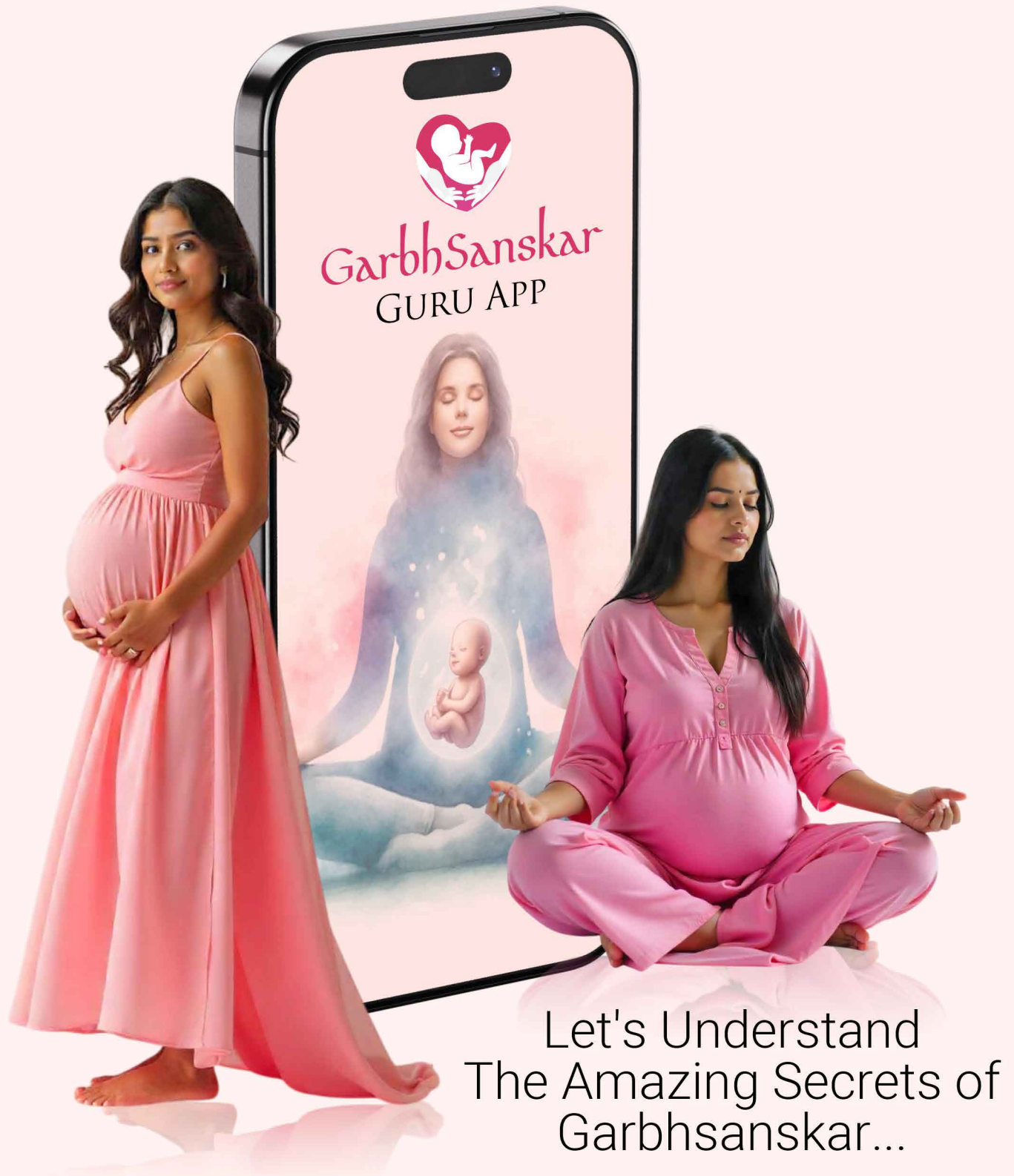


SEEDS CAN BE IMPROVED,
NOT THE TREE

Pregnancy Plan

(For Pregnant Couple)



Let's Understand
The Amazing Secrets of
Garbhsanskar...

(Complete details about the daily Garbhsanskar plan)

www.garbhsanskarguru.com

What is Garbhsanskar ?

Garbhsanskar refers to a positive, joyful, stress-free, and deeply nurturing lifestyle for an expecting mother - one that helps welcome a healthy, intelligent, virtuous, and radiant child into this world.

Scientific Perspective

- About 80% of a baby's brain development happens inside the womb.
- Babies can hear and learn from within the womb and may even retain what they hear after birth.
- Language skills—something as complex as speech - start forming right there in the womb.

Because a baby grows every single day in utero, Garbhsanskar should ideally be practiced daily, from the time you begin planning your pregnancy until delivery (and you can start on any day of pregnancy - sooner is better!).

How to Practice

- Twelve Daily activities that foster Physical (PQ), Intellectual (IQ), Spiritual (SQ), and Emotional (EQ) development.
- Along with a balanced diet, engage in regular yoga. (Suitable for Pregnancy)
- Under an expert's guidance, follow the most supportive lifestyle and routines.

You can easily do these Garbhsanskar Daily Plan activities at home, as outlined in the next pages.

Index

What you get in the Plan	4
Activities for Intellectual Development (IQ)	5
Activities for Emotional Development (EQ)	6
Activities for Physical Development (PQ)	7
Activities for Spiritual Development (PQ)	8
100+ Hours of Exclusive Videos	9
1:1 Counselling Support	10
Add-On Features : Live Pregnancy Yoga Sessions	11
Add-On Features : Weekly Expert Live Class	12
Benefits <small>For The Pregnant Mother For The Unborn Child</small>	13
Plan Validity and Fees	14

What is Garbhsanskar ?

DAILY 12 ACTIVITIES

- Daily routine of 12 activities for the child's holistic development
- Customized and personalized according to the day of pregnancy and the desired qualities in the child.



FROM WHOM ?

Working Professional, On Bedrest, Stay-At-Home Mom, or even going through IUI/VF or other Medical Conditions



TIME REQUIRED
20 - 30 Minutes



WHEN CAN IT BE DONE ?
Anytime During the Day



MEDIUM
In-App*

*(Practical / Reading / Audio / Video)

What is Garbhsanskar ?

Activities for Intellectual Development (IQ)



Puzzle (Daily 1)_____

For logical thinking, problem-solving, and Intelligence Developed (IQ)



Activity (Daily 1)_____

Activity selected from over 16 creative art forms like drawing, origami, decoration, arts and crafts, best out of waste, music, etc.



Video - Music (Daily 1)_____

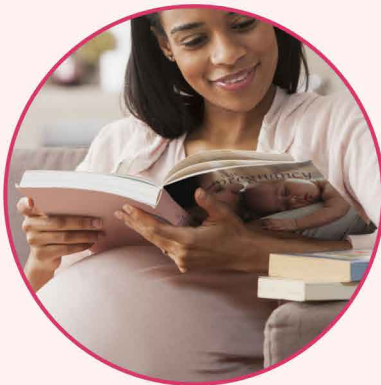
Audio library prepared with 100+ tracks of classical ragas, trance music, instrumentals, meditation, mantras, and lullabies.
Selected videos to be watched during pregnancy.

Activities for Emotional Development (EQ)



Garbhsamvad (3 to 4 Daily)

Positive affirmations and Garbhsamvad for baby bonding and nurturing a child with desired qualities.



Story (Daily 1)

Story selected from 5000+ stories according to the desired qualities in the child.



From Biography (Daily 1)

An inspiring incident selected from the biographies of over 200 great personalities, according to the desired qualities in the child.

Activities for Physical Development (PQ)



Yoga - Pranayam

Daily routine of meditation, yoga, and pranayama prepared by yoga gurus according to your pregnancy trimester (through video and text).



Diet

5 meal diet chart, 200+ recipes, diet chart according to pregnancy month, nutritional guidance.



Dear Mother (Daily 1)

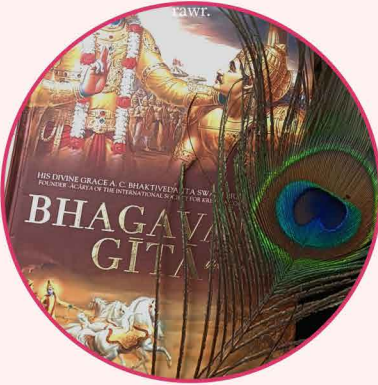
A message from the baby to the mother, inspiring her for a good lifestyle.

Activities for Spiritual Development (SQ)



Shlok-Subhasit (Daily 1 Verses - Proverb)

Sanskrit verses and proverbs selected from the Vedas and Scriptures, with their meanings and audio recordings, for language purification and development of life values.



Garbh Satsang (Fetal Spiritual Gathering) Daily 1

A spiritual activity to read, watch, or do from Shrimad Bhagwat Geeta, Ramayan, Vedas, Upanishads, Bhagwat Katha, etc.



Prayer (Daily 1)

Prayer prepared with pregnancy music for the protection of mother and baby.



100+

Hours of Exclusive Videos

Includes videos of Garbhsanskar, spiritual gurus,
yoga experts, problem-solution and doctors.



1:1

Counselling Support

Counselling on Whatsapp, by call if needed
(Non-Medical Counselling)

Add-On Features

(Optional-In Hindi)

Live Pregnancy Yoga Class

Live pregnancy yoga classes with India's best yoga gurus.
Yoga, pranayama, meditation, trataka, chakra &
mudra therapy, yoga nidra, and face yoga.



TIME

7:30 AM - 8:30 AM
6:30 AM - 7:00 AM



WHEN CAN IT BE DONE ?

6 Day a Week



MEDIUM

On Zoom
Through the App.

If you miss a live class or the timing isn't convenient, recordings of past master classes are available in the app, allowing you to practice at your convenience.

Add-On Features

(Optional-In Hindi)

Weekly Expert Live Class



Time

Every Saturday
4:00 PM - 5:00 PM



4 Classes

per month



Medium

On Zoom through
the application

Some Topics of the Weekly Class

Postpartum Care - Breastfeeding Technique | Baby Massage | Bathing and Clothing a Newborn
Postpartum Care of Mother | New Beginning after Childbirth

During Pregnancy - Sleeping Technique | Back Pain Management | Constipation, Thyroid, Diabetes Care
Positive Lifestyle | Brain Gym, Creative Mind, 5 Senses Development, Activity Class, Celebrating Festivals

Spiritual Session - Garbhsanskar Maha Yagya | Importance of Spirituality
Mantra and Shloka Therapy | Music Therapy

Delivery Preparation - Lamaze Technique | Easy Delivery Preparation | Hospital Bag Preparation
Fearless Birthing Mindset

If you miss a live class or the timing isn't suitable, video recordings of each class will be uploaded to the app within 2-3 days, so you can watch them at your convenience.

Benefits

For The Pregnant Mother

- Attain a happy, healthy, cultured, and intelligent child.
- Stress-free, joyful, positive, and value-based pregnancy.
- Mood swings and anxiety will be under control



For The Unborn Child

- Provides the best foundation for physical, mental, emotional and intellectual development.
- Strengthens the emotional bond between the child and parents.

Plan Validity and Fees

Features	30 Days (₹ 1000)	90 Days (₹ 2700)	Until Delivery* (₹ 3600)
Daily 12 Activities	✓	✓	✓
1:1 Support	✓	✓	✓
100+ Hours of Expert Lectures^	✓	✓	✓
Pregnancy Tools	✓	✓	✓

Add-On Features (Optional)

Features	30 Days	90 Days	Until Delivery*
Live Yoga Class	₹ 300	₹ 600	₹ 1000
Weekly Expert Class	₹ 300	₹ 600	₹ 1000

^Recordings

* The Validity is from today's date of your pregnancy until delivery

How to Subscribe ?

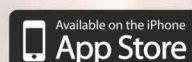
1 Download App 2 Select Validity 3 Pay the Fee to Start

Features

- Available in Hindi, English, Gujarati and Marathi
- Access on both partner's phones (Husband and Wife)
- Use anytime, anywhere, at your own convenience
- Unique follow-up and reminder system to keep you on track


Garbh Sanskar
GURU APP

DOWNLOAD THE APP TODAY!



Helpline:

97 2700 6001 | 95 1234 6001 | 95 1234 2016

Grabhsanskar Plan

Prepared by 100+ Experts

Nutritionist | Physiotherapist | Doctor
Child and Woman Psychologist | Spiritual Guru | Technical Expert
Garbhsanskar Guru (Prenatal Education Expert) | Yoga Guru



2M+ Download - 8M+ Reach - 10k+ Reviews - 100+ Countries

Featured in

The New York Times



Business Standard

Divya Bhaskar

गुजरात समाचार



संदेश



THE TIMES OF INDIA

hindustantimes



Mom,
you won't even do
this much for me ?

Contact Us:

97270 06001

www.garbhSanskarguru.com



GarbhSanskar
GURU APP

DOWNLOAD THE APP TODAY!

