

The Power of **VALUES**

Despite
both Kaikesi
& Kaushalya
being
queens,

Their
children
turned
out vastly
different.



If someone asks, “Which qualities would you like your child to have—like Rama or Ravan?”

Note that both were powerful and intelligent, yet the real difference lay in their Sanskars (values and upbringing).

Should We **BLAME DESTINY?**

Why are there so few extraordinary personalities like Sita, Gargi, Savitri, Lakshmibai, Jijamata, Chhatrapati Shivaji, Maharana Pratap, Abhimanyu, Prahlad, and Swami Vivekananda?



The main reason is a lack of awareness about Garbhsanskar.

BLAMING FATE OR THE ARCHITECT?

**When a house
isn't built properly,
we don't blame the bricks
or cement - we question the
architect's skill.**



**Similarly, if a child doesn't
turn out as expected,
can we really blame fate?**

**A child's qualities—whether
ordinary or extraordinary—depend
greatly on how diligently
Garbhsanskar was followed.**

An Incomplete Story or a Revolution?

99% of pregnant mothers focus only on diet, medicine, rest, and online tips, believing they have done their best.

1% truly understand and practice Garbhsanskar, ushering in a new era.

All creatures give birth so what unique advantage do we have as humans?

A child's destiny is not set in the lines of their palms but in the resolutions and efforts of the parents.



What Garbhsanskar Is NOT

- Not based on magic, mantras, or purely religious rituals
- Not a specific course of medication
- Not a technique to choose a boy or girl
- Not limited to watching videos, reading books, or joining a class
- Not just about yoga and diet



What GARBHSANSKAR IS

Garbhsanskar is a lifestyle for those who are pregnant or planning pregnancy—one that is positive, joyful, stress-free, and value-driven.

Of the sixteen major Sanskars, the three performed before birth—Garbhadhana, Punsavana, and Seemantonayana—together are called Garbhsanskar.



Ancient Tradition or Scientific Truth?

Vedic Perspective

Texts like the Rigveda, Yajurveda, Atharvaveda, Sushruta Samhita, Charaka Samhita, and Garbha Upanishad contain invaluable guidance on Garbhsanskar. They describe fetal development month by month, recommend dos and don'ts, and outline how to shape a child's desired qualities—knowledge compiled thousands of years ago by ancient sages.



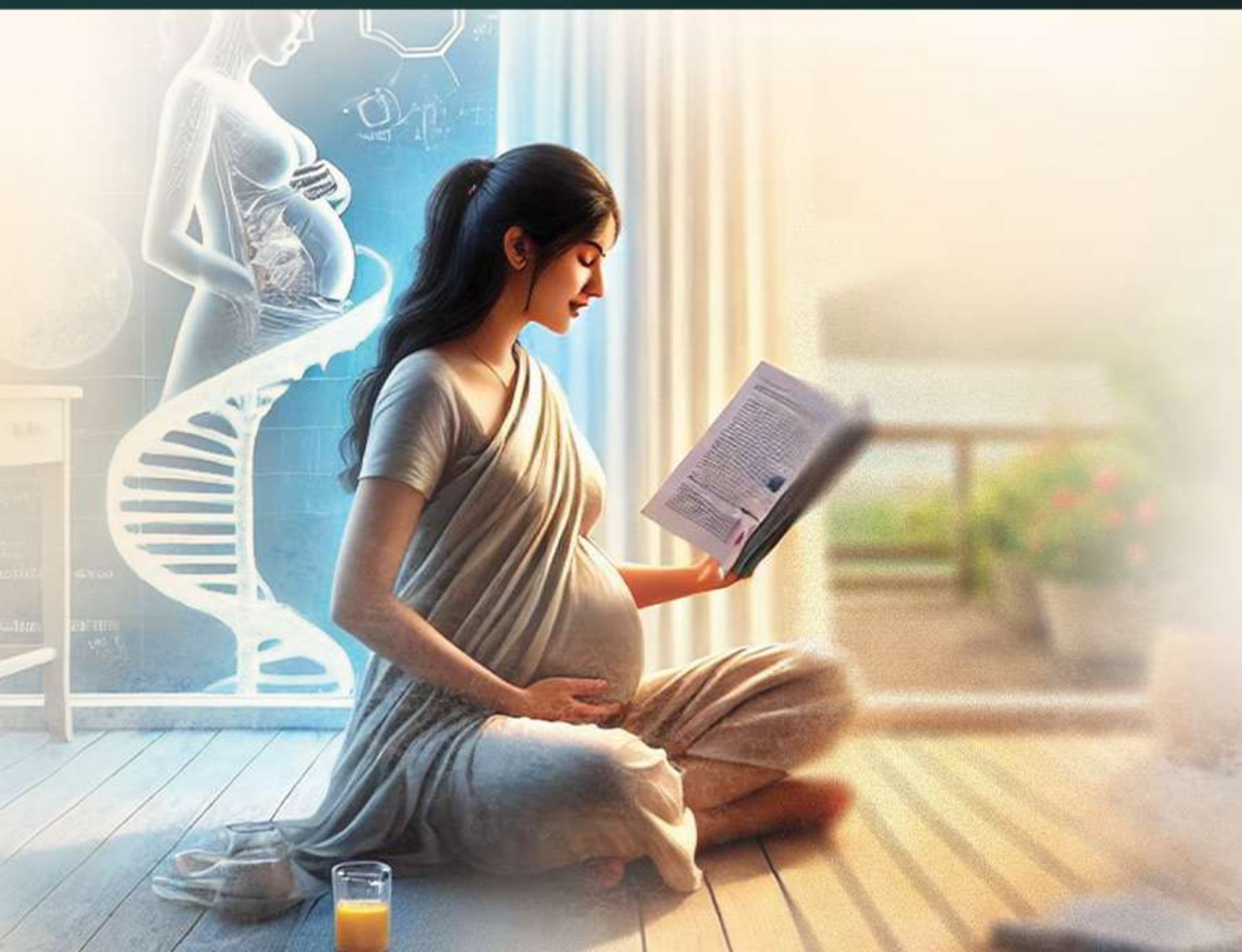
ANCIENT KNOWLEDGE, Modern Proof

The very wisdom passed down by sages
thousands of years ago is now being
validated by modern science—especially
over the last fifty years.



Scientific Perspective

- 80% of a child's brain development happens in the womb.
- By birth, a baby's brain already has 100 billion neurons, forming at a rate of $\sim 250,000$ neurons per minute.
- An unborn baby can hear, understand, and experience stimuli, sometimes recalling them after birth.





EARLY LANGUAGE LEARNING

**Research shows babies begin
learning language in the womb.**

**If they can grasp complex
language, why not imbibe
positive values as well?**



MOTHER'S THOUGHTS, Baby's Growth

- Anger, stress, and negative thinking can harm the baby's mental and physical development.
- Positivity, happiness, and a healthy lifestyle have a beneficial influence on the child.

When to Practice GARBHSANSKAR?

- A baby develops every day in the womb.
- For best results, practice Garbhsanskar from conception planning through delivery.
- It's never too late—start whenever you can.



Benefits of GARBHSANSKAR

- Fosters children with excellent qualities
- Aids physical (PQ), intellectual (IQ), spiritual (SQ), and emotional (EQ) growth
- Improves lifestyle for both parents
- Reduces stress, anxiety, and negativity in pregnant mothers



ACTIVITIES TO Practice Garbhsanskar

• PQ Activities •



YOGA & PRANAYAMA

To keep body and mind healthy



NUTRITION

Follow a Sattvic diet



PREGNANCY TIPS

Healthy tips for the baby

• EQ Activities •



GARBHASAMVAD

Baby bonding activity/guided meditation



STORIES

To teach moral values



BIOGRAPHIES

To learn how to deal with challenges

• IQ Activities •



PUZZLES

For Left Brain Development



CREATIVE ACTIVITY

Art, crafts, Decoration, Origami, Painting, drawing for right brain development



VIDEO / MUSIC

Classical raga, knowledge - based videos, etc.

• SQ Activities •



SPIRITUAL ACTIVITIES

Prayer & Sanskrit Verses



PRAYERS

For faith and confidence



SANSKRIT VERSES

To develop language learning skills

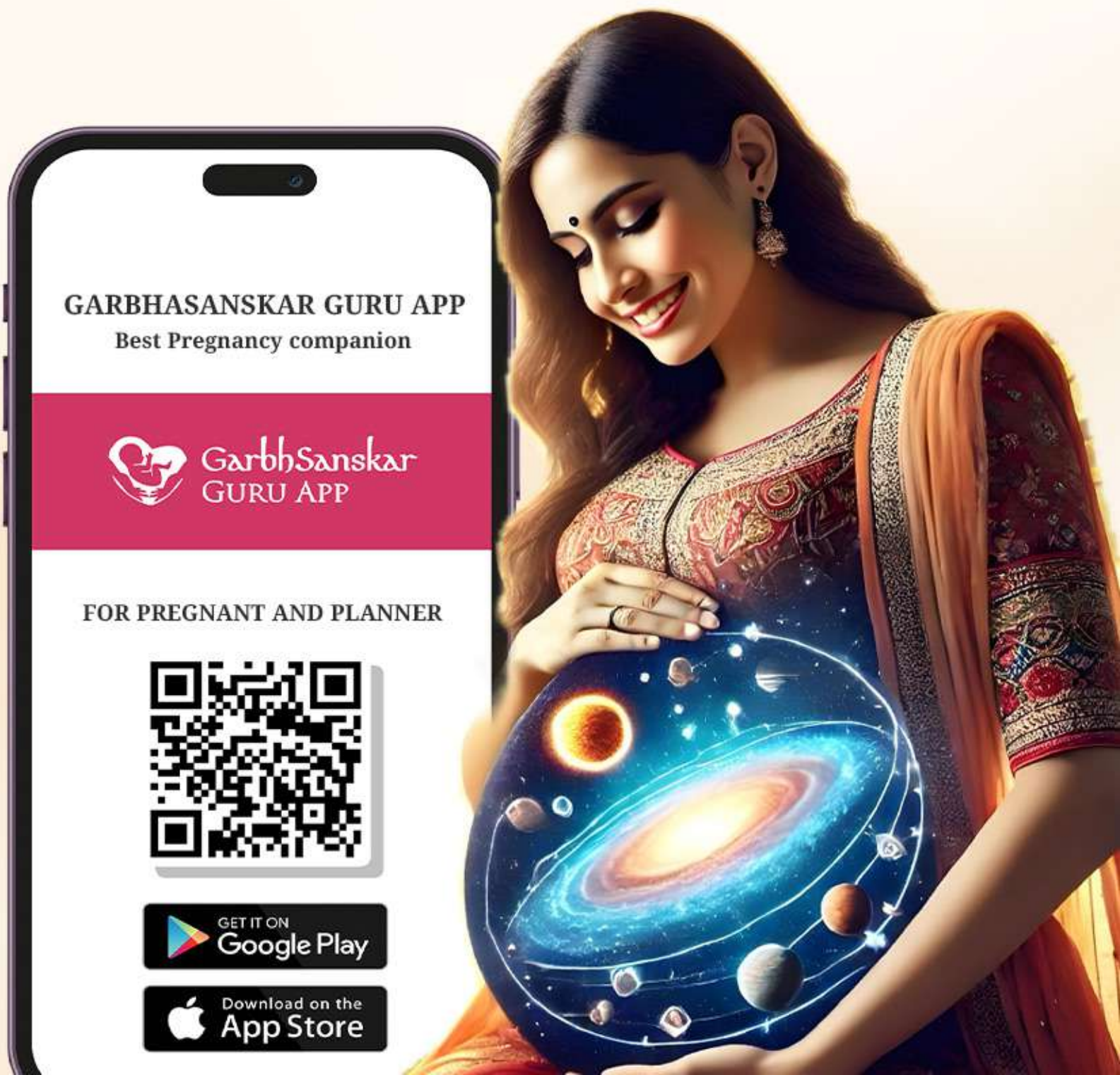
How the GARBHSANSKAR GURU APP HELPS

- Daily activities tailored to your stage of pregnancy and the qualities you desire for your child
- A systematic course with 12 daily tasks for pregnant mothers and 7 daily tasks for planning couples



ADDITIONAL FEATURES

- Live yoga-pranayama classes
- Weekly expert sessions covering pregnancy planning, prenatal care, and postpartum topics
- Access to eBooks, recordings, tips, and other valuable tools within the app



A Powerful Thought

**“The mother’s
womb is the unborn
child’s university.”**



“Seeds can be improved,
not at the tree.”

— Pramukh Swami Maharaj



YOUR CHILD'S True Inheritance

**Will you leave your child only money,
property, or land, or will you also
give them values?**

**Without values, both wealth and
family harmony can be lost. The
choice is yours.**



Questions?

If you have any doubts or need further information, please contact us.

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