

Children's University

Every Child Matters

Established by the Government of Gujarat

(establishment: 31st July, 2009)



A Report of Tapovan Research Centre

Translated by

Dr. Dharmanshu Vishnuprasad Vaidya

**(from the year 2010 to
2018)**

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Chapter-1

Concept of Tapovan

Chapter: 1

Concept of Tapovan

1. Introduction:

On 9th June 2008, a workshop was organised in Gandhinagar that included India's foremost enlightened minds. In that by sowing a seed of thought about Children's University, the then Chief Minister and present Prime Minister Shri Narendra Modi said:

“A child should be brought up with such warmth and care which helps him to develop physically, mentally, intellectually, emotionally and spiritually, and gets proper opportunity for self-realization.”

1.1 The Idea of Children's University:

According to the solidifier of Children's University Prof. Kiritbhai Joshi, “Education is the lifelong process. Child's true education starts from the mother's womb. For our bright India and for bright universe, if we need our children to have divine consciousness, then it is necessary for the child in the womb to get instilled with values from one's mother itself.”

1.2 Importance of 'Tapovan Research Centre':

This is a specialised training programme for pregnant ladies that are based on Ancient Indian knowledge system.

It is the national requirement that a child born in every family should become a great person, and a civilised and patriotic citizen. The greatness of the nation lies on an excellent citizen, and the basis of superior human creation of this citizen develops in the mother's womb. Thus, for the creation of such great people, pregnant ladies should be given proper training. Through bright children, bright India can be developed only when mothers are properly educated.

Taking this huge intention of human development in mind, Children's University started six Tapovan Centres on 2-10-2010 on an experimental basis.

In the foetus, physical growth and mental development runs simultaneously. It is considered necessary for every pregnant lady to gain the knowledge of Ayurveda for physical development, and knowledge of Yoga-Scripture for mental development of the foetus. It becomes useful for every pregnant lady to know about one's ongoing internal process at their own

level. Thus, during these nine months child's mental development should also continue to occur along with physical development; and for this, pregnant mothers should be provided with proper training. For healthy, beautiful and bright child, pregnant mothers should not only focus on diet but, should also take care of one's thoughts, behaviour, feelings, emotions, sensations, reading and spiritual inclination. For that, 'Tapovan Centre', that can be considered as the best training centre for child development holds much importance in present times. And by building such more and more training centres, India's bright future will be created.

According to Prof. Kiritbhai Joshi "We have become aware about the health of pregnant ladies but, for such pregnant ladies and their foetus, the process of education for their holistic development holds a great importance. And this 'Tapovan' section of Children's University will become the root for the creation of country's bright future."

Child remains inside mother's womb for 280 days. This time period becomes the foundation period for the child's entire life. Mother's thoughts, feelings, prayers, conducts, directly affect the child in her womb. For this, establishing standard knowledge, and to mold sacraments given by great sages into modern treatise to establish a system of authentic fetal education, University established 'Tapovan Research Centre' for it.

2. What does Tapovan Mean?

On listening the word 'Tapovan', we tend to imagine a place without human interference, filled with huge trees and greenery, having the echo of sweet chirping of birds, and Vedmantras, filled with the aroma of flowers and pooja (Homa Havana), and a divinely inspired place.

2.1 Concept of Tapovan Research Centre:

Today's children are the craftsmen of tomorrow's bright future. Children who are healthy, mindful and intelligent, filled with pure heart and self-power, only can become best citizens and can create great nation. For children's such holistic- physical, mental, pranic, emotional and spiritual development, the then Chief Minister established Children's University. Here every holistic aspect of the child has been covered from being in his mother's womb, till 18 years of age.

- Research Centre of *GarbhSanskar*
- Centre with trees and greenery to train pregnant ladies

- Centre for developing the feeling of family harmony by staying in contact with the pregnant mother and her family members
- Centre for doing research on the physical, mental, intellectual, emotional, and spiritual development of the foetus and the mother.

2.2 Work Area:

- The working area of Tapovan Research Centre includes the unborn child (foetus), pregnant ladies, families, doctors, nurses, Asha worker ladies, teachers etc...
- The research work includes different matters related to pregnant ladies, foetus as well as an infant child.
- Discussions should be made for conducting seminars for all those who are somewhere or the other linked with the pregnant lady or the foetus such as, gynaecologist, paediatrician, Ayurveda Expert, Homeopathic doctor, nurses, midwife etc...

2.3 Facilities of Tapovan Research Centre

Since ancient times, saints in India have been using the concept of *Garbh-Vigyan* and *Garbh-Samskar* for acquiring the best progeny. The true education of the child starts from his mother's womb and continues throughout his life. Physical, mental, pranik and intellectual, emotional and spiritual development of pregnant mother affect the child. It is very important in this era to conduct research and gain authentic knowledge to spread awareness in the society.

‘Acquiring best progeny is in real the spiritual practise to become best parents. If parents will be best, only then they will be able to guide their child towards excellence. And if parents will be ordinary, then they will make their child ordinary.’

Children's University has been established to cover all the aspects of physical, mental, intellectual, emotional and spiritual development of a child from the journey being in his mother's womb till 18 years of age. The working area of this University covers the period of the child starting from his mother's womb till his puberty. In that sense ‘Tapovan Research Centre’ of Children's University works for the development of an unborn child.

2.3.1 Criteria for starting ‘Tapovan Research Centre’

- The trust or the organisation that wishes to start ‘Tapovan Research Centre’ must be functioning for at least 5 years.
- The building of the trust/organisation must be registered at the name of the trust/organisation itself.
- There should be a garden at the atrium.
- Should be situated at the centre of the city.
- Should be financially sound.

2.3.2 Who can start Tapovan Research Centre?

- Higher Secondary Girls School and Women’s College
- Women Organisation
- Shraddha Kendro
- Service Oriented Trusts
- Voluntary Organisation

2.3.3 Expected Facilities from trust/organisation of Tapovan Research Centre

- Allocation of at least 2 rooms from the building of the trust
- Facility of electricity-water
- Proper sitting arrangement for pregnant ladies
- Cupboard – table (1) - chair (4)
- Computer – L.C.D - T.V. - D.V.D. Player
- Motivational books for reading
- Musical instrument – tambourine, castanet, tabor
- Utensils for cooking

2.3.4 Facilities provided by Children’s University to ‘Tapovan Research Centre’

- Lady counsellor
- Regular training of lady counsellor
- Technical guidance
- Literature about Tapovan
- Research process

3. Activities done at ‘Tapovan Research Centre’

‘Tapovan’ is the research centre that works for the betterment of infant children. For the birth of fully grown child, activities are conducted for nine months with classical and psychological methods. For child’s complete

development knowledge is provided to the child by the mother. In addition to this, mother's thoughts, her feelings, behaviour and actions affect the child in her womb. In 'Tapovan Research Centre', pregnant ladies are made to do activities that help in the holistic development of the child. Through these activities, happiness, brightness, and creativity develop in pregnant ladies.

3.1 Schedule

Every pregnant lady that joins Tapovan Centre is made to do activities for 3 hours daily by counsellors. And following is the schedule of it:

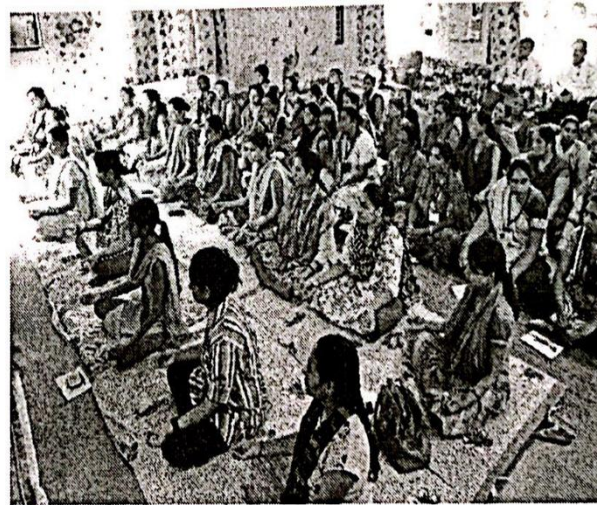
Order	Activities	Time
1.	Prayer • Interfaith Prayer • Prayer of Goddess Saraswati • Prayer of Mother Earth • Brahmanaad (Omkar 3 times) • ॐ AsatoMaa	10 minutes
2.	Relaxation (Subtle exercise)	10 minutes
3.	Aasanas (According to trimesters)	20 minutes
4.	Pranayama • Brahmari • Anulom-Vilom • Dirghshwasana • Omkar	15 minutes
5.	Meditation • Lamp meditation • Chants Meditation • Concentration on breathing • Omkar meditation	10 minutes
6.	Shantipath (Mantra for peace) - ॐ Purnamadah Purnamidam	02 minutes
7.	Fetal talk	20 minutes
8.	Song of Tapovan	03 minutes
9.	Singing	20 minutes
10.	Creative activities	25 minutes
11.	Story/motivational incident/life character/ reading-discussion	15 minutes
12.	Counselling- Personal/Group	10 minutes
13.	Relaxation (by giving musical command)	10 minutes
	In-between break	10 minutes
	Total time	03 hours

3.1.1 Understanding of different activities being conducted at Tapovan Centre:

Prayer:

To have a child with Godly qualities, if parents perform prayers daily, if they perform *Garbhadhaan-Samskar* at auspicious time period with pure thoughts and feelings, then they can have a child with all the qualities and virtues that they desire. Pregnant mother should invoke *Pancha Mahabhoota*¹ - space, air, fire, water, and earth, and pray for the child's holistic development.

Relaxation (Subtle Exercise)



God gave the invaluable blessing of motherhood to mother. For the meditation of this divine part of God, pregnant ladies should pray to their *Ishta Dev*². Should concentrate on their breathing by performing Omkar for 3 times. Should feel that every breath is activating one's lungs, and is providing vitality to the child sleeping in mother's womb. By performing constant meditation, the child starts adapting all the values that his mother imagines of.

¹ Pancha Mahabhoota is a group of five elements that makes a human body. These elements are earth, water, air, fire, and space.

² Ishta Dev is considered to be the favourite God of an individual. This can be the God whom the entire family worships and follows with great devotion.

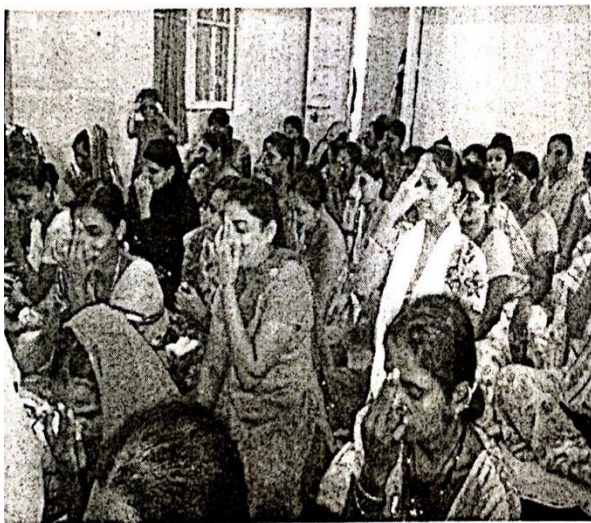
Asana:

Through asanas, soul becomes strong, mind becomes cheerful, pure, and becomes powerful. The time period of *Garbh Avastha*, passes fairly with ease and joy. And with this, natural delivery occurs and the child becomes healthy.

Pregnant ladies should do regular exercise according to the trimester. For example – mill churning pose, butterfly pose, boat pose etc... can be performed along with other exercises as guided by the physiotherapist. By doing this, muscles become strong, and a woman feels energetic.



Pranayama:



By doing pranayama during pregnancy, concentration improves. Anger, tension, and sleeplessness decrease, and joy, happiness, and bravery get increased. Positivity increases by giving mental peace and vitality.

Meditation:

By doing mediation during pregnancy, actions of body, mind, and soul acquire peace. One gets opportunity to know oneself, and to talk with oneself. Body and mind become lighter. One experiences unity in oneself by acquiring pure flow of energy, happiness, and freshness



Shanti Path:

In *Upanishads*³, *Shanti Path*⁴ holds an exclusive place. It has a unique importance. Every *Upanishad* starts and ends with *Shanti Path*. *Shanti Path* is performed to believe and remember that one's original form is perfect.



Garbha-Samvad:



Garbha-Samvad helps in the holistic development of the child where mind to mind conversation takes place between the unborn child and his mother. But more than that, it helps the child to develop a strong relation with the outer world through the medium of his mother. For such conversation with the unborn child, mother should sit at a comfortable

and peaceful place by emptying her mind full of thoughts, and conversation should take place by taking complete care of the child. Mother should close her eyes, put her hand on her stomach and should feel that 'the child is feeling the

³ Upanishads are series of sacred Hindu scriptures written in Sanskrit.

⁴ Shanti Path is a mantra chanted to gain peace and prosperity.

touch of her hand and is happy.’ With the daily process of *Garbha-Samvad*, the child experiences happiness, safety, and warmth.

Tapovan Song:

Tapovan Song means a prayer for acquiring best offspring. Pregnant ladies should include the Tapovan song in her daily routing. With this song a pregnant lady prays for such excellent child that can enlighten the entire world by his impression.



Music:



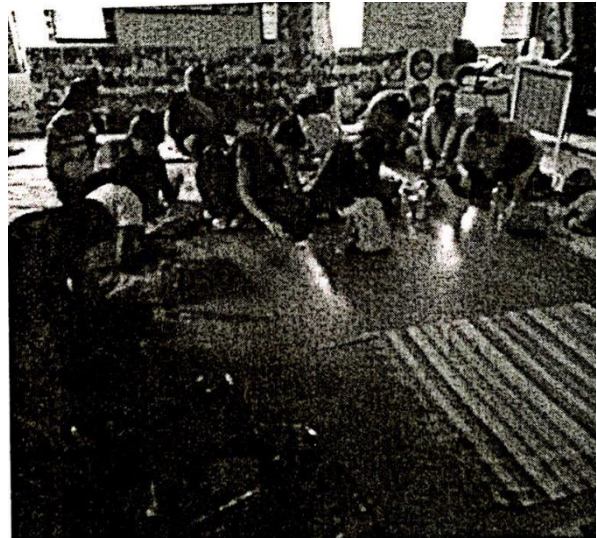
One should listen to light and calm Indian classical music during pregnancy that gives peace to one’s mind. Hymns, *Sugam Sangeet*⁵, instrumental music, devotional songs, vocal music etc... should be listened. One should recite *Suryastotra*⁶, listen to *raga* based songs, and listen to lessons of *Ramayana*. Pregnant ladies should not listen to western and noisy songs that give negative vibrations to the child.

⁵ Sugam Sangeet is the form of classical vocal music incorporating more of words along with different rhythms and styles.

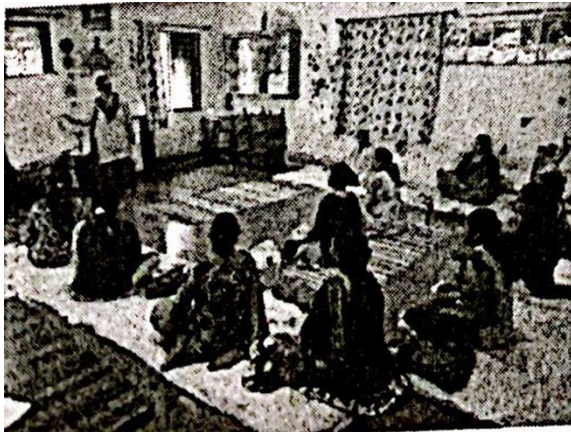
⁶ Suryastotra is a hymn recited in the honour of God Sun for blessing one with new beginning, brightness, and prosperity.

Maths:

Intellectual development in child takes place during the sixth month of Pregnancy. For that pregnant ladies should solve mathematical puzzles, zigzag puzzles, sudoku, and should perform some scientific activities. Child's complete intellectual development takes place by solving numerological puzzles, activities related to the properties of numbers, puzzles based on figures, word puzzles, geometry and algebra-based puzzles, activities that link mathematics and language etc...



Language Purification:



From the third month of pregnancy, child's senses start to develop. Through mother, the child listens to everything. And the language associated with that listening gets inscribed in the child's mind. For the excellent development of child's language, pregnant mothers should listen to and recite *shlokas*, *mantras*, stories, morning prayers, hymns etc... that instil knowledge about *swars* and language purification in the child.

Recitation of Sanskrit *shlokas*-psalms:



During pregnancy, pregnant ladies should recite *Sanskrit Shlokas*, *Suktagaan*⁷, *mantras*, *Gayatri Mantra* etc... Sanskrit pronunciation makes the child's pronunciation clear and pure. While reciting such *mantras*, one's mind becomes pure and peaceful. Morale of mother and child becomes strong.

Creative Activities:



Pregnant ladies should do activities related to art and craft during pregnancy. For examples, embroidery work, making best out of waste, paperwork, clay work etc... By doing such activities, mother develops stability in her with proper amalgamation of eyes and hands and feels joyful. Even the unborn child gains proper values about senses.

Drawing:

During pregnancy mothers should flourish their creative skills. Should draw natural scenes, arrange geometric figures, different designs, longitudinal art, dot painting, and object drawing, imaginary drawing of a child should be made. Drawing develops the imaginative power of mothers. Child also gets instilled with aesthetic values.



⁷ It is a hymn sung in the praise of an intended deity.

Games (Physical and Intellectual):



According to scientists, 89% of child's mental development takes place during pregnancy. So, if mother performs intellectual activities during pregnancy, then child's intelligence develops. Different activities develop concentration, memory, logical power, assumption power, imagination, and awareness.

Diet:

Pregnant ladies should take normal meal like *chapatti* (can also take *rotlo*, *bhakhari*), *daal*, rice, *sabji*, and salad. Should consume seasonal fruits and vegetables. Drink 1 glass of cow milk twice or thrice a day, eat dry fruits, green gram water, *halwa* etc... Drink 1-2 glasses of cow milk twice or thrice a day, eat dry fruits, green gram water, *halwa* etc... digestive food should be consumed.

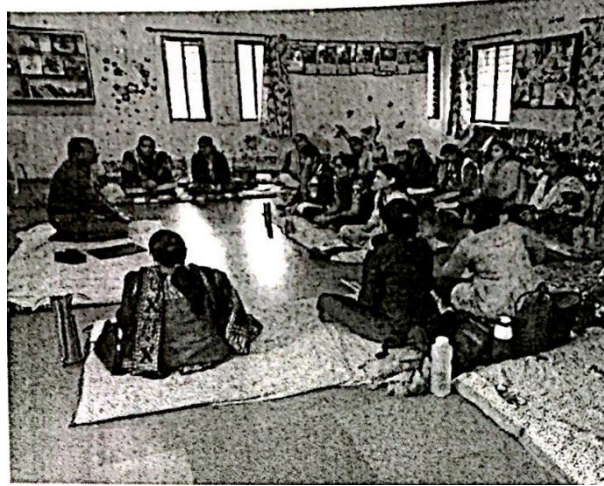


Pregnant ladies should not consume pulses other than green gram. Should not eat aerated food like potato, brinjal, cucumber, guar etc... Never consume food like *papad*, pickles, *pavbhaji*, junk food, fast food, etc... Oily, sour, spicy food items should be avoided.

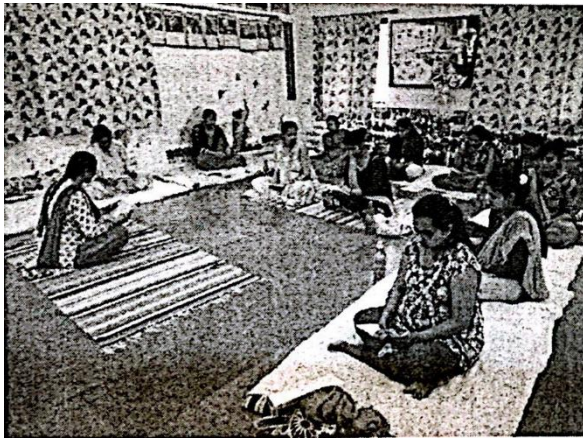
Story:

The best medium of expression and experience of senses is a story. Senses get develop through stories. It is necessary that the child's sensations should start getting developed from the mother's womb itself. For that it is necessary that mother's sensations should get developed. If the mother acquires the habit of understanding and handling the character's emotions like happiness, sorrow, wonder, joy etc... then she will able to understand the emotions of others around her.

And in this way, one can reach out to the entire world and nation.



Reading:



During pregnancy, ladies should read different varieties of literature. Like poems or stories describing nature, *Santan Gopal Stotra*, *Krishna Bal Leela*, *Sarva Dharma Prarthana*, stories about childhood and the entire life of different incarnations, stories of martyrs, biography of great scientists and mathematician, motivational stories, spiritual reading etc... and these things affect the child positively. This

leads him in the balanced emotional development of a child.

Counselling:

During pregnancy, physical, mental, and emotional changes are faced by ladies. For such situation ladies can take the guidance from elders. For pregnant ladies to get comprehensive guidance so that she can become tension free and can take proper care of her child, guidance provided by experienced, educated, loving, and compassionate coordinator can provide proper guidance that can reduce the tension of pregnant ladies and also helps in the holistic development of the child.



Relaxation:

Listening music and doing relaxation during pregnancy affects one's nervous system, instincts, and different parts of the body. It helps in increasing concentration and provides peace to the body. Good music helps in the physical, mental, social, and intellectual development. And this increases the chance of natural delivery.



3.2 Different other activities being conducted at Tapovan Research Centre

Special activities

Order	Activities
1.	Expert guidance: Every pregnant lady at Tapovan Centre is made to do different varieties of activities by trained women coordinators at the center. Other than this proper knowledge is provided to pregnant ladies by Ayurvedic doctors, gynaecologist, nutritionist, social worker, officers of ICDS etc... who are invited at regular intervals as experts to guide mothers and benefit them by their knowledge and experience.

2.	Celebration of festivals and special days: Lady counsellor at Tapovan Research Centre gives necessary information regarding the upcoming festival and celebrates every festival. Pregnant ladies are made to listen stories based on the festival, asked to make charts and posters based on the festival, singing songs, kite flying, flag hoisting, activities based on language and mathematics, and making best out of waste.
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Yearly Activities

Order	Activities
1.	Greeting Congregation Meeting: Lady counsellor at Tapovan Research Centre contacts people from different fields. Explains them about different activities and knows about how they can be helpful in such activities. With this they are made the member of the Greetings Congregation Meeting. Such meetings are organized twice every year, and the members are made aware about different activities of the center, and if required they are asked for their contribution. Any pregnant lady of the society can avail the benefit of activities being conducted at ‘Tapovan Research Center’ and can acquire positive results.
2.	Family convention: ‘Family convention’ is organized once in a year. This deals with the topics related to the activities concerned with the holistic development of the child, role of parents in raising their child – sacred atmosphere of the house, and toys for children till 3 years of age etc... are discussed for children of those ladies who have given birth to their child by availing the benefits of ‘Tapovan Research Centre’, and those who didn’t get opportunity to avail these benefits but has a child below 3 years of age.

3.3 Solution of different myths related to pregnancy

- **The baby gets stuck by consuming banana and milk**

Many pregnant ladies believe that the child gets stuck by consuming milk, banana, and curd which creates problem while delivery. And this belief is completely false. No food can directly enter the womb. After entering the stomach, the food goes into the digestive system where blood is formed out of it which at the end reaches the child. The digestive system and mother’s womb are located at different places. Food can never directly enter the mother’s womb. So, without fear pregnant ladies can consume milk, banana, curd, buttermilk etc... with which child can get every type of nutrients.

- **The child suffers from *ratva* (mild rash illness caused by parvovirus B19), if the mother eats brinjal and jaggery during pregnancy.**

This myth is completely false. Brinjal and jaggery increase haemoglobin in one's body. Whatever food we consume, enters the stomach through the food pipe. In the stomach, food gets properly churned and becomes liquid like. Then it goes into the small intestine for digestion. The digested food then mixes with the blood. The blood circulates in the entire body and provides energy and nutrients to the body. And blood provides nutrients to the womb through the umbilical cord. In this way the food consumed by the mother reaches the child through the umbilical cord.

- **There is no need of medicines during pregnancy if mother takes healthy and pure food.**

One should always consume healthy, pure and nutritious food. But some pregnant ladies don't take food enriched with haemoglobin, vitamins, and minerals. For the healthy physical development of a child, extra vitamins, minerals, and haemoglobin are necessary apart from food according to the situation of pregnant ladies. And for that whatever medicine doctor suggests, should be taken by the pregnant lady.

- **During pregnancy ladies suffer from swelling by eating sour food.**

Consumption of sour food is not the reason behind swelling. For swelling, reasons such as lack of blood, high blood pressure, kidney problem etc... are responsible. One should consult a doctor if swelling occurs due to any other problem apart from these.

- **During pregnancy one should not cross a river.**

This is a wrong belief. During pregnancy ladies should take extra care of themselves. Sand at river bank tends to be slippery which can make a lady to fall. And this holds badly for the unborn child and his mother. She should take care of herself in terms of safety.

- **One should not consume sugarcane during pregnancy.**

Sugarcane contains ample amount of sugar, sucrose, and glucose that reduces morning sickness. And because of this one should consume sugarcane in the early months of pregnancy. While chewing sugarcane the enzyme named Ptyalin is secreted in much amount. And when body needs that enzyme for digestion, it lacks. So, pregnant ladies should take care of this thing.

- **Taking medicine given by some physician, one can have a baby boy.**

By believing in superstition, many pregnant ladies hate girls and consume any medicine given by a doctor to give birth to a boy. This mindset is totally false because a child's sex already gets decided from the starting. A woman's body has X chromosome, while man's body has X, Y chromosomes. The Y chromosome in man is responsible for deciding the sex of the child. So, ladies should understand about how male and female sex is determined with the help of charts and videos. And should also gain scientific understanding regarding the sex of the child and should keep themselves away from such cheaters.

- **A lady with a greater number of sisters gives birth to many girls.**

This is also a false belief. Sometimes boy don't marry a girl who has a greater number of sisters, though being perfect in every way. Because they believe that if a girl's family has more daughters, then she will also give birth to more daughters. And this belief is wrong. Whether she will give birth to a boy or a girl, totally depends upon the man's sperm. Because a lady has same chromosomes. The reason behind the birth of a baby boy or girl depends upon the chromosome of a man. So, a belief that a lady with a greater number of sisters gives birth to many girls is false.

- **The pain of labor is unbearable.**

Large numbers of pregnant ladies have this belief that the pain of labour is unbearable. But this belief is also false. Delivery is a natural process. In this way, the birth of a child takes place in a natural way. The pain of labour is always in limits of one's capacity, and sometimes it's trivial. But the thought of pain gives more pain than reality. If the pain of labour is unbearable, a lady would never become ready to give birth to another child. In today's time because of the facility of pre-delivery treatment, proper exercises, doctor's check-up, understanding about delivery and modern facilities, the process of delivery has become easy and natural.

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Chapter-2

Development of Tapovan Research Centre

Chapter: 2

Development of Tapovan Research Centre

1. Introduction:

Since the days of antiquity, sages and seers used to follow the method of *GarbhVigyan* and *GarbhSamskar*. Child's true education starts from the womb itself and continues throughout the life. The effect of mother's physical, mental, emotional, and spiritual development affects the child. For this, it is necessary in today's time to acquire authentic knowledge and spread it in the society.

The work area of Children's University is concerned with the child from being in mother's womb till the child reaches his puberty. In that case, 'Tapovan Research Centre' of Children's University works for the development of the unborn child.

2. Starting of 'Tapovan Research Centre'

'Tapovan Research Centre' got started on 2nd October 2010, at Tribhuvandas Foundation Anand, by the hand of the then C.E.O. of Balgokulam, and Higher Education Commissioner, Dr. Jayanti Ravi. And the chief guest of that opening ceremony was the D.D.O. of Anand district, Shri Avantika Singh.

On that day six Tapovan centres – Five in Anand and one in Gandhinagar were opened. They are as follows:

Order	Name of Tapovan centre	Date and year of opening
1.	Primary Health Centre, Rupal, Taluka - Gandhinagar	2 – 10 – 2010
2.	Primary Health Centre, Daol, Taluka – Borsad	2 – 10 – 2010
3.	Community Health Centre, Sarsa, Taluka – Anand	2 – 10 – 2010
4.	Primary Health Centre, Thamna, Taluka – Umreth	2 – 10 – 2010
5.	Tribhuvandas Foundation, Anand, Anand city	2 – 10 – 2010
6.	Tribhuvandas Foundation, Tarapur, Taluka Tarapur	2 – 10 – 2010

Pregnant ladies visit these centres on daily basis. By performing activities such as prayer, meditation, pranayama- yoga, *GarbhaSamvad*, creative

activities, mathematical puzzles, and ladies experience many benefits, and receive mental peace. Children took birth with proper health and when counsellors did field work by visiting different houses, positive effect of this centre was seen in the society. As a result, expansion of Tapovan centres took place with a motive that with such centres, more and more pregnant ladies will avail its benefits. Various education organisations, service-oriented trusts, private organisations, etc... sent a request to Children's University for opening 'Tapovan Research Centre' to help pregnant ladies. And taking those requests into consideration, the team of Children's University verified the place according to the guidelines made by Children's University, and approved the application. In this way various trusts and organisations started Tapovan Research Centre leading to its expansion. Number of Tapovan Research Centre is mentioned as followed according to the year. Till March 2018, total 22 Tapovan Centres are working.

Order	Name of Tapovan Centres	Date and year of opening
7.	Dahod Bhagini Samaj, Dahod	19 – 1 – 2013
8.	Bhavnagar Mahila Mandal, Bhavnagar	16 – 2 – 2013
9.	D-36, ESIS, Maninagar, Ahmedabad	21 – 7 – 2013
10.	Tapovan Rath, Gandhinagar	3 – 3 – 2014
11.	Children's University, Gandhinagar	31 – 3 – 2014
12.	Late Shri RatilalVaghasiya Trust, Dhoraji	13 – 8 - 2013
13.	Shri Tapi Brahmacharya Ashram Sabha Trust, Surat	27 – 8 – 2014
14.	Sakhyam Charitable Trust, Upleta	08 – 09 – 2014
15.	Gujarat Ayurved University, Jamnagar	09 – 09 – 2014
16.	Sanskardeep Trust, Ankleshwar	18 – 12 – 2014
17.	Vidhyamandir Trust, Palanpur	23 – 12 – 2014
18.	Jeevanyog Trust, Visnagar	30 – 12 – 2014
19.	Uttar Gujarat Nadoda Rajput Samaj Seva Trust, Patan	4 – 4 – 2015
20.	Shri Bhagini Seva Samaj, Kapadvanj	15 – 3 – 2016
21.	Shri Mahakali Trust, Arnej	25 – 3 – 2016
22.	Sadvichar Parivar, Ahmedabad	29 – 3 – 2016

2.1 Starting of Sub-Centres:

In Gujarat there are 22 working 'Tapovan Research Centres'. Pregnant women from surrounding areas visit these centres, and avail the benefit of different activities arranged for them for 3 hours.

After the completion of one year, a centre opens 2 sub-centres within 10-20 km around it, so that, pregnant ladies who find difficulty to reach the centre, can visit sub-centres to avail the facilities. Lady Counsellor visits sub-centres once a week. Counsellor does the field work and gathers pregnant ladies at a predecided place, and makes them to do activities like yoga, pranayama, prayers, *GarbhaSamvad* etc...

The list of sub-centres of main centres is as follows:

Order	Name of main centres	Name of sub-centres
1.	Rupal	Kolavda, Randheja
2.	Davol	Kavitha, Dabhasi
3.	Sarsa	Indiranagar, Gabapura
4.	Thamna	Parvata, Dhora
5.	T.F. Anand	Mahivas – Vidhyanagar, Mangalpura
6.	T.F. Tarapur	Valmikivas, Khodiyarnagar
7.	Dahod	Ravdiyavad
8.	Bhavnagar	Devrajnagar, Anandnagar
9.	Dhoraji	Ganeshpura, Rampara
10.	Surat	Adajan, Varacha
11.	Upleta	Khakhijaliya, Kolki
12.	Jamnagar	KamdarVimayojna Hospital / ShaktipithGayatriMandir
13.	Ankleshwar	Bhadkodra
14.	Palanpur	Mahila Mandal Balmandir / Forest Colony
15.	Visnagar	Kadadarwaja / Kasa
16.	Kapadvanj	Punadra / Nava Muvada
17.	Arnej	Madhav Complex, Kodinar
18.	SadvicharParivar, Ahmedabad	Aadarsh Ahmedabad
19.	Patan	AmbajiMandir

2.2 Information of Trust / Organisation:

Order	Name of the trust /	Name of a	Year of
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	organisation	responsible person	registration
1.	Primary Health Centre, Rupal	Dr. Jayedbhai Medical officer	7 – 7 – 2002
2.	Primary Health Centre, Daol	Dr. Mukeshbhai Bhrahambhatt Medical officer	20 – 11 - 68
3.	Community Health Centre, Sarsa	Dr. Vincet Christian Superintendent	1989
4.	Primary Health Centre, Thamna	Dr. Shrutiben Vaghela Medical officer	Allopathic Dispensary – 1955 PHC-2015
5.	Tribhuvandas Foundation, Anand	Dr. Nikhilbhai Kharod C.E.O. T.F.	1980
6.	Tribhuvandas Foundation, Tarapur	Dr. Nikhilbhai Kharod C.E.O. T.F.	1980
7.	Dahod Bhagini Samaj, Dahod	Hemaben Sheth Kalpanaben Sheth (President)	26 – 01 - 1956
8.	Bhavnagar Mahila Mandal, Bhavnagar	Nilambariben Vora President	23 – 7 – 65
9.	D-36, ESIS Maninagar, Ahmedabad	Dr. Meghaben Shah	1967
10.	TapovanRath, Gandhinagar	Shri Registrar, Children's University	July – 2009
11.	Children's University, Gandhinagar	Shri Registrar, Children's University	July – 2009
12.	Late Shri Ratilal Vaghasiya Trust, Dhoraji	Shri Ranchodbhai Vaghasiya a Minister	18 – 3 – 82
13.	Shri Tapi Brahmacharya Ashram Sabha Trust, Surat	Dr. C.N. Vaghani Acharya Shri O. H. Nazar Ayurved College	1953
14.	Sakhyam Charitable Trust, Upleta	Gopalbhai Bharad President	1998
15.	Gujarat Ayurved College, Jamnagar	Dr. Hetalben Bariya Asst. Professor Dr. Nehaben Pandya Assoc. Professor	1965
16.	Sanskardeep Trust,	Sudhaben Vadgama	1991

	Ankleshwar	Gitaben Shri Vatsan	
17.	Vidhyamandir Trust, Palanpur	Atiyabanu Saiyad Incharge Principal Kanubhai Prajapati Asst. Director All Centres	1948
18.	Jeevanyog Trust, Visnagar	Jigyaben Dave Advisor/Organiser Tapovan Research Centre	1992
19.	Uttar Gujarat Nadoda Rajput SamajSeva Trust, Patan	AjmalbhaiVadher President	1996
20.	Shri Bhagini Seva Samaj, Kapadvanj	Nilaben Pandya President	1957
21.	Shri Mahakali Trust, Arnej	Devisingh Jadav Managing Trustee	2000 Dt. 9 – 8 – 2000
22.	Sadvichar Parivar, Ahmedabad	Dr. Aashaben Gandhi	1965

2.3 Responsibilities of lady counsellors:

The major work of counsellor is to consult a pregnant lady. With this they have to do other administrative work. Their list of work is as follows:

(1) Administrative work:

1. To submit the decided monthly progress (MIS- Monthly Information System) of pregnant ladies to Children's University.
2. According to the guidelines of Children's University, counsellor will have to fill up the card of prenatal and post natal information, and to send the information of pregnant ladies and expected mothers to Children's University.
3. Will have to document each and every activity being conducted at 'Tapovan Research Centre', and send it to Children's University.
4. To organise programmes such as 'Family convention', 'Convention of Expected Couples' at local level for pregnant ladies, and to ask for its permission from Children's University.
5. To stay in constant touch with the lady workers of 'courtyard shelter' working under ICDS, supervisor, CDPO, programme officer, health

officer etc... and then to keep them updated with all the activities of Tapovan Research Centre.

(2) Consultation:

Counsellor will have to do an important work of consulting pregnant ladies, which is as follows:

1. To contact all the pregnant ladies of the village and at government health centres, to provide them information regarding Tapovan Research Centre, and convince them to join the centre.
2. To explain them about the effect of mother's diet on the physical and holistic development of the child, and to explain the responsibility of the mother during this pregnancy.
3. Should explain about what to eat at every stage during pregnancy for nine months. If the mother experiences any physical weakness, or suffers from any illness, then counsellor should guide them to consult a doctor.
4. Mother's contemplation also affects the child to a great extent. It is essential for mothers to read great biographies, religious scriptures etc... For this pregnant lady should be motivated to read more books. Should also work hard to get large number of books for reading from donors.
5. To make pregnant ladies understand that apart from mother's thoughts, her anger, feeling of hatred also affects the child. And to inform them regarding the kind of behaviour they should adopt.
6. Pregnant ladies should be provided with guidance regarding how music affects the child in the womb, and the development of child's brain after listening to different *ragas* based on months. If possible, arrangement should be made for listening different *ragas*. Should also make arrangements for ladies to sing hymns, songs, *sugamsangeet*, etc. collectively.
7. Should arrange for service-oriented ladies who can read for those pregnant ladies who cannot read, should try to take help of retired teachers who can voluntarily help in this work, and should ask one of the pregnant ladies to read so that others can also listen. Other arrangement should be made where pregnant ladies will get to listen to moral and inspirational stories.
8. For the development of art and skills in the unborn child, counsellor should make pregnant ladies to do creative activities such as drawing, embroidery, home decorating, craft, making toys etc... which help in the proper development of child's impulses and feelings.

9. During the development of child's brain, whatever the mother sees and thinks, affects the child greatly. For this counsellor should make arrangement for the screening of the video about the nine months of child's journey in the mother's womb.
10. Mother's prayers and feelings dominantly affect the unborn child. So, mothers should pray with peaceful mind. Should try to develop a conversation with the part of God growing inside her. For this lady counsellor will take pregnant ladies in a prayer hall and will give them guidance, make them sing prayers, best hymns, and make them listen to songs. She will teach them the importance of meditation and will make them do so.
11. For natural delivery and proper physical health, light exercise (trimester wise exercise) and yogasanas are important for pregnant ladies. For this counsellor should arrange for physiotherapist and yoga expert.
12. Counsellor will arrange a lecture of expert doctors, paediatrician, nutritionist, Ayurvedic expert etc... through which pregnant ladies will get proper knowledge about different things.
13. Counsellors will have to visit the houses of pregnant ladies and expecting mothers. Should have a conversation with their families and should give proper guidance regarding the importance of healthy and joyful family atmosphere. She will try to bring solution regarding any problem being faced by pregnant ladies and expecting mothers, their stress, or any family problem.
14. For the participation of the society with Tapovan Research Centre, a congregation should be made of well-wishers, and meetings should be conducted twice a year by getting their collaborations.
15. Lady counsellors will have to do field work for 2-2.5 hours daily, so that maximum number of pregnant ladies can avail the benefits of activities been provided by Tapovan Research Centre.
16. Counsellors will have to work according to the daily and weekly timetable given by Children's University.
17. Will have to open 2 different sub-centres within the area of 10-15 kms from the main centre. (to find a place with the help of local residents.)
18. Should get written feedbacks about the experiences of pregnant ladies visiting Tapovan Research Centre on daily basis.
19. Lady counsellors should organise awareness programmes at Tapovan Research Centre to give information regarding mixing done in food products, eradication of superstitions, harmfulness of diapers, information of kangaroo method, cleanliness programmes etc...

20. Counsellor will have to celebrate 5th date of every month as ‘Vishishth Divas’ (Special Day).
21. Should also celebrate ‘Vishishth-Saptah’ (Special Week) that comes in a year.
22. To make one’s work more effective, lady counsellor will have to keep herself updated with important literatures.

2.4 Information of Counsellors

Order	Name of the lady counsellor	Place
1.	Nayi Chandrikaben H.	Rupal
2.	GosaiVarshaben S.	Davol
3.	Trivedi Chaitaliben N.	Sarsa
4.	Joshi Dhairaviben M.	Thamna
5.	Patel Nileshaben J.	Anand T.F.
6.	Parekh Sangitaben S.	Tarapur
7.	Rana Pujaben A.	Dahod
8.	Parmar Ektaben J.	Bhavnagar
9.	Ladani Alpaben P.	Dhoraji
10.	Solanki Vimlaben D.	Gandhinagar
11.	Savaliya Kailashben V.	Surat
12.	Mandaliya Neetaben J.	Upleta
13.	Vadgama Bhartiben R.	Jamnagar
14.	Vadgama Bhavikaben R.	Ankleshwar
15.	Rajgor Jigyashaben P.	Palanpur
16.	Patel Neelaben P.	Visnagar
17.	Patel Sangitaben N.	Patan
18.	Pandya Vaishaliben P.	Kapadvanj
19.	Chudasama Kailashben M.	Arnej
20.	Rakholiya Asmitaben K.	SadvicharParivaar, Ahmedabad
21.	Panchal Sangitaben R.	TapovanRath, Gandhinagar
22.	Damor Manuben S.	TapovanRath, Gandhinagar

2.5 Registration of pregnant ladies according to centres

Order	Name of the centre	Place	No. Of Centres	No. of sub-centres	Total
1.	Primary Health Centre	Rupal	2295	0524	2819
2.	Primary Health Centre	Davol	2251	0473	2724
3.	Collective Health Centre	Sarsa	4362	0409	4771
4.	Primary Health Centre	Thamna	0968	0142	1110
5.	Tribhuvandas Foundation	Anand	6199	0171	6370
6.	Tribhuvandas Foundation	Tarapur	3499	0102	3601
7.	Dahod Bhagini Samaj	Dahod	0479	0057	0536
8.	Bhavnagar Mahila Mandal	Bhavnagar	0444	0130	0574
9.	Lansali Trust	Sami	2382	0000	2382
10.	Santram Mandir	Nadiyad	0453	0000	0453
11.	M.B. Patel Public Hospital	Isanpur Mota	1206	0000	1206
12.	D-36, ESIS, Maninagar	Ahmedabad	0298	0284	0582
13.	Late RatilalVaghasiya Trust	Dhoraji	0312	0177	0489
14.	Children's University, Gandhinagar	Gandhinagar	0388	0000	0388
15.	TapovanVistaran Seva, Gandhinagar	(Tapovan Rath)	0000	1420	1420
16.	Shri Tapi Brahmacharya Ashram Sabha Trust	Surat	0170	0051	0221
17.	Sakhyam Charitable Trust	Upleta	0117	0130	0247
18.	Gujarat Ayurved University	Jamnagar	0230	0014	0244
19.	Shri M.D. Mehta Education Trust	Dhrod	0130	0021	0151
20.	Sanskardeep Trust	Ankleshwar	0293	0000	0293
21.	Vidhyamandir Trust	Palanpur	0110	0041	0151
22.	Jivanyog Trust	Visnagar	0333	0072	0405

23.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	0110	0000	0110
24.	Shri Bhagini Seva Samaj	Kapadvanj	0066	0000	0066
25.	Shri Mahakali Trust	Arnej	0121	0001	0122
26.	SadvicharParivar	Ahmedabad	0084	0003	0087
		Total Amount	27300	4222	31522

2.6 Information of pregnant ladies being registered at Tapovan Research Centre

(From June – 2010 to May – 2011)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strength at main centres
1.	Primary Health Centre	Rupal	(2 – 10 – 10)	264
2.	Primary Health Centre	Davol	(2 – 10 – 10)	271
3.	Community Health Centre	Sarsa	(2 – 10 – 10)	253
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	136
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	714
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	366
		Total Strength		2004

(From June – 2011 to May – 2012)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strength at main centres
1.	Primary Health Centre	Rupal	(2 – 10 – 10)	0680
2.	Primary Health Centre	Davol	(2 – 10 – 10)	0560

3.	Community Health Centre	Sarsa	(2 – 10 – 10)	0516
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	0065
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	1442
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	0888
Total Strength				4151

(From June – 2012 to May – 2013)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strength at main centres
1.	Primary Health Centre	Rupal	(2 – 10 – 10)	0667
2.	Primary Health Centre	Davol	(2 – 10 – 10)	0603
3.	Community Health Centre	Sarsa	(2 – 10 – 10)	1269
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	0137
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	2097
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	1366
7.	Dahod Bhagini Samaj	Dahod	(19 – 1 – 13)	0143
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16 – 2 – 13)	0191
9.	Bhansali Trust \$	Sami	(17 – 1 – 13)	2374
Total Strength				8847

\$ Centre has been closed from Dt. 31/12/2013.

(From June – 2013 to May – 2014)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strengt h at main centres	Strengt h at sub-centres	Total
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1.	Primary Health Centre	Rupal	(2 – 10 – 10)	0279	0047	0326
2.	Primary Health Centre	Davol	(2 – 10 – 10)	0376	0089	0465
3.	Community Health Centre	Sarsa	(2 – 10 – 10)	1441	0130	1571
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	0199	0020	0219
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	1206	0021	1227
6.	Tribuvandas Foundation	Tarapur	(2 – 10 – 10)	0498	0019	0517
7.	Dahod Bhagini Samaj	Dahod	(19 – 1 – 13)	0212	*	0212
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16 – 2 – 13)	0112	0038	0150
9.	SantramMandir	Nadiyad	(7 – 6 – 13)	0199	**	0199
10.	M.B. Patel Public Hospital \$	Isanpur Mota	(21 – 6 – 13)	1206	**	1206
11.	D-36, ESIS, Maninagar	Ahmedabad	(21 – 7 – 13)	0103	0010	0113
12.	Late Shri Ratilal Vaghasiya Trust	Dhoraji	(13 – 8 – 13)	0078	0009	0087
13.	Children's University, Gandhinagar	Gandhinagar	(31 – 3 – 14)	0014	**	0014
14.	TapovanVistran Seva, Gandhinagar	(Tapovara Rath)	(1 – 4 – 14)	0137	**	0137
Total Strength				6060	383	6443

\$ Centre has been closed from Dt. 31/12/2013

*** Sub-centre has not yet started**

**** There is no sub-centre**

(From June – 2014 to May – 2015)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strength at main centres	Strengt h at sub-centres	Total
1.	Primary Health Centre	Rupal	(2 – 10 – 10)	0195	306	501
2.	Primary Health Centre	Davol	(2 – 10 – 10)	0216	244	460
3.	Community Health Centre	Sarsa	(2 – 10 – 10)	0752	178	930
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	0138	078	216
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	0586	071	657
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	0295	025	320
7.	Dahod Bhagini Samaj	Dahod	(19 – 1 – 13)	0091	042	133
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16 – 2 – 13)	0055	062	117
9.	Santram Mandir	Nadiyad	(7 – 6 – 13)	0102	**	102
10.	D-36, ESIS, Maninagar	Ahmedabad	(21 – 7 – 13)	0107	191	298
11.	Late Shri Ratilal Vaghasiya trust	Dhoraji	(13 – 8 – 13)	0085	125	210
12.	Children's University, Gandhinagar	Gandhinagar	(31 – 3 – 14)	0127	**	127
13.	Tapovan Vistran Seva,	(Tapovan Rath)	(1 – 4 – 14)	0597	**	597

	Gandhinagar					
14.	Shri Tapi Brahmachar yashram Sabha trust	Surat	(27 – 8 – 14)	0044	*	044
15.	Sakhyam Charitable Trust	Upleta	(8 – 9 – 14)	0039	*	039
16.	Gujarat Ayurved University	Jamnagar	(9 – 9 – 14)	0099	*	099
17.	Shri M.D. Mehta Education Trust	Dhrod	(9 – 9 – 14)	0070	004	074
18.	Sanskardeep Trust	Anklesh war	(18 -12 -14)	0080	*	080
19.	Vidhyamandi r Trust	Palanpur	(23 -12 -14)	0027	*	027
20.	Jeevanyog Trust	Visnagar	(30 -12 -14)	0086	*	086
21.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	(4 – 4 – 15)	0008	008	008
	Total Strength			3799	1334	5125

* **Sub-centre has not yet started**

** **There is no sub-centre**

(From June – 2015 to May – 2016)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strengt h at main centres	Strengt h at sub- centres	Total
1.	Primary Health Centre	Rupal	(2 – 10 – 10)	119	91	210
2.	Primary Health	Davol	(2 – 10 – 10)	159	94	253

	Centre					
3.	Community Health Centre	Sarsa	(2 – 10 – 10)	073	61	134
4.	Primary Health Centre	Thamna	(2 – 10 – 10)	229	44	273
5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	118	50	168
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	054	43	097
7.	Dahod Bhagini Samajx	Dahod	(19 – 1 – 13)	033	15	048
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16 – 2 – 13)	051	17	068
9.	Santram Mandir	Nadiyad	(7 – 6 – 13)	152	**	152
10.	D-36, ESIS, Maninagar	Ahmedabad	(21 – 7 – 13)	075	50	125
11.	Late Shri RatilalVaghasiya Trust	Dhoraji	(13 – 8 – 13)	069	24	093
12.	Children's University, Gandhinagar	Gandhinagar	(31 – 3 – 14)	159	**	159
13.	TapovanVistran Seva, Gandhinagar	(Tapovan Rath)	(1 – 4 – 14)	436	**	436
14.	Shri Tapi Bhrahmacharyashram Sabha Trust	Surat	(27 – 8 – 14)	074	16	090
15.	Sakhyam Charitable Trust	Upleta	(8 – 9 – 14)	028	84	112
16.	Gujarat Ayurved University	Jamnagar	(9 – 9 – 14)	075	*	075
17.	Shri M.D. Mehta	Dhrod	(9 – 9 – 14)	060	17	077

	Education Trust					
18.	Sanskardeep Trust	Ankleshwar	(18-12-14)	109	*	109
19.	Vidhyamandir Trust	Palanpur	(23-12-14)	050	15	065
20.	Jeevanyoga Trust	Visnagar	(30-12-14)	174	23	197
21.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	(4-4-15)	056	*	056
22.	Shri Bhagini Seva Samaj	Kapadvanj	(15-3-16)	020	*	020
23.	Shri Mahakali Trust	Arenej	(25-3-16)	042	*	042
24.	Sadvichar Parivaar	Ahmedabad	(29-3-16)	028	*	028
Total Strength				2443	644	3087

* **Sub-centre has not yet started**

** **There is no sub-centre**

× **On stay since 1-3-2016**

(From June – 2016 to May – 2017)

Order	Name of Tapovan Research Centre	Place	Opening date of the centre	Strengt h at main centres	Strengt h at sub-centres	Total
1.	Primary Health Centre	Rupal	(2-10-10)	091	80	171
2.	Primary Health Centre	Davol	(2-10-10)	066	46	112
3.	Community Health Centre	Sarsa	(2-10-10)	058	40	098
4.	Primary Health Centre	Thamna	(2-10-10)	064	#	064

5.	Tribhuvandas Foundation	Anand	(2 – 10 – 10)	036	29	065
6.	Tribhuvandas Foundation	Tarapur	(2 – 10 – 10)	032	15	047
7.	Dahod Bhagini Samaj	Dahod	(19 – 1 – 13)	-000	00	000
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16 – 2 – 13)	035	13	048
12.	D-36, ESIS, Maninagar	Ahmedabad	(21 – 7 – 13)	013	33	046
13.	Late Shri Ratilal Vaghasiya Trust	Dhoraji	(13 – 8 – 13)	080	19	099
14.	Children's University, Gandhinagar	Gandhinagar	(31 – 3 – 14)	088	**	088
15.	Tapovan Vistran Seva, Gandhinagar	(Tapovan Rath)	(1 – 4 – 14)	250	**	250
16.	Shri Tapi Bhramacharya-shram Sabha Trust	Surat	(27 – 8 – 14)	052	35	087
17.	Sakhyam Charitable Trust	Upleta	(8 – 9 – 14)	050	46	096
18.	Gujarat Ayurved University	Jamnagar	(9 – 9 – 14)	056	14	070
19.	Shri M.D. Mehta Education Trust	Dhrod	(9 – 9 – 14)	-000	00	000
20.	Sanskardeep Trust	Ankleshwar	(18 – 12 – 14)	104	*	104
21.	Vidhyamandir Trust	Palanpur	(23 – 12 – 14)	033	26	059
22.	Jeevanyoga Trust	Visnagar	(30 – 12 – 14)	073	49	122
23.	North Gujarat	Patan	(4 – 4 – 15)	046	*	046

	Nadoda Rajput Samaj Seva Trust					
24.	Shri Bhagini Seva Samaj	Kapadvanj	(15 – 3 – 16)	046	04	050
25.	Shri Mahakali Trust	Arnej	(25 – 3 – 16)	079	01	080
26	Sadvichar Parivaar	Ahmedabad	(29 – 3 – 16)	056	04	060
Total Strength				1408	454	1862

Sub-centre is closed

Centre has been closed

* Sub-centre has not yet started

** There is no sub-centre

× Both centre and sub-centre are on stay since 1 – 3 – 2016

2.7 Information regarding Childbirth

(From June – 2010 to May – 2011)

No.	Name of the centre	Place	Date of opening	No normal	Cesarean	Miscarriage	Total Deliveries	Bo y	Gir l	Total Child ren
1	Primary Health Centre	Rupal	(2-10-10)	174	46	0	220	117	103	220
2	Primary Health Centre	Davol	(2-10-10) *							
3	Community Health Centre	Sarsa	(2-10-10) *							
4	Primary Health Centre	Thamna	(2-10-10)	014	00	0	014	006	008	014
5	Tribhuvandas Foundation	Anand	(2-10-10) *							
6	Tribhuvandas	Tarap	(2-10-10)							

.	as Foundation	ur	*							
Total Strength				188	46	0	234	123	111	234

* No information available regarding childbirth

(From June –2011 to May –2012)

Order	Name of the Centre	Place	Date of opening	Normal	Cesarean	Miscarriage	Total Deliveries	Boy	Girl	Total Children
1.	Primary Health Centre	Rupal	(2-10-10)	452	131	0	583	315	268	583
2.	Primary Health Centre	Davol	(2-10-10) *							
3.	Community Health Centre	Sarsa	(2-10-10) *							
4.	Primary Health Centre	Thamna	(2-10-10)	028	009	0	037	012	025	037
5.	Tribhuvandas Foundation	Anand	(2-10-10) *							
6.	Tribhuvandas Foundation	Tarapur	(2-10-10) *							
Total Strength				480	140	0	620	327	293	620

* No information available regarding childbirth

(From June –2012 to May –2013)

Order	Name of the Centre	Place	Date of opening	Normal	Cesarean	Miscarriage	Total Deliveries	Boy	Girl	Total Children
1.	Primary Health Centre	Rupal	(2-10-10)	152	57	1	209	105	104	209
2.	Primary Health Centre	Davol	(2-10-10)*							
3.	Community Health Centre	Sarsa	(2-10-10)*							
4.	Primary Health Centre	Thamna	(2-10-10)	65	26	0	91	51	40	91
5.	Tribhuvandas Foundation	Anand	(2-10-10)	8	0	3	8	4	4	8
6.	Tribhuvandas Foundation	Tarapur	(2-10-10)*							
7.	Dahod Bhagini Samaj	Dahod	(19-1-13)*							
8.	Bhavagar Mahila Mandal	Bhavagar	(16-2-13)*							
9.	Bhansali Trust \$	Sami	(17-1-13)*							
Total Strength				225	83	4	308	160	148	308

* No information available regarding childbirth

(From June –2013 to May –2014)

Ord	Name	Plac	Date of	Nor	Ce	Mis	Tota	Boy	Gir	Tota
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er	of the Centre	e	opening	mal	sar ean	carr iage	l Deli veri es		l	l Chil dren
1.	Primary Health Centre	Rupa l	(2-10-10)	327	111	1	438	254	184	438
2.	Primary Health Centre	Dav ol	(2-10-10)	227	036	-	263	-	-	0
3.	Communi Health Centre	Sars a	(2-10-10)	263	063	2	326	200	126	326
4.	Primary Health Centre	Tha mna	(2-10-10)	061	009	3	70	029	041	070
5.	Tribhuv andas Foundat ion	Ana nd	(2-10-10)	0c 86	034	1	120	057	063	120
6.	Tribhuv andas Foundat ion	Tara pur	(2-10-10)	042	004	1	046	-	-	046
7.	Dahod Bhagini Samaj	Dah od	(19-1-13)	097	014	0	111	071	040	111
8.	Bhavna gar Mahila Mandal	Bhav naga r	(16-2-13)	074	025	1	099	075	024	099
9.	Santram Mandir	Nadi yad	(7-6-13) *							
10.	M.B. Patel Public Hospital \$	Isan pur Mota	(21-6-13) *							
11.	D-36, ESIS, Manina	Ahm edab ad	(21-7-13) *							

	gar									
12.	Late Shri Ratilal Vaghasiya Trust	Dhoraji	(13-8-13)	029	008	0	037	019	018	037
13.	Children's University Gandhinagar	Gandhinagar	(31-3-14)*							
14.	Tapovan Vistaran Seva, Gandhinagar	(Tapovan Rath)	(1-4-14)*							
	Total Strength			1206	304	9	1510	705	496	1247

* No information available regarding childbirth

(From June –2014 to May –2015)

Order	Name of the Centre	Place	Date of opening	Normal	Cesarean	Miscarriage	Total Deliveries
1.	Primary Health Centre	Rupal	(2-10-10)	204	64	00	268
2.	Primary Health Centre	Davol	(2-10-10)	206	43	08	249
3.	Community Health Centre	Sarsa	(2-10-10)	167	50	02	217
4.	Primary Health Centre	Thamna	(2-10-10)	075	12	24	087
5.	Tribhuvandas Foundation	Anand	(2-10-10)	109	39	03	148
6.	Tribhuvandas Foundation	Tarapur	(2-10-10)	022	04	00	026
7.	Dahod Bhagini Samaj	Dahod	(19-1-13)	057	19	00	079

8.	Bhavnagar Mahila Mandal	Bhavnagar	(16-2-13)	049	11	01	060
9.	Santram Mandir	Nadiyad	(7-6-13)				
10.	D-36, ESIS, Maninagar	Ahmedabad	(21-7-13)	024	09	01	033
11.	Late Shri Ratilal Vaghasiya Trust	Dhoraji	(13-8-13)	032	25	04	057
12.	Children's University, Gandhinagar	Gandhinagar	(31-3-14)	055	34	01	089
13.	Tapovan Vistaran Seva, Gandhinagar	(TapovanRath)	(1-4-14)	130	28	00	158
14.	Shri Tapi Brahmacharyashram Sabha trust	Surat	(27-8-14)	020	06	02	026
15.	Sakhyam Charitable Trust	Upleta	(8-9-14)	003	01	00	004
16.	Gujarat Ayurved University	Jamnagar	(9-9-14)	029	14	01	043
17.	Shri M.D. Mehta Education Trust	Dhrod	(9-9-14)	026	20	00	046
18.	Sanskardeep Trust	Ankleshwar	(18-12-14) *				
19.	Vidhyamandir Trust	Palanpur	(23-12-14) *				
20.	Jivanyoga Trust	Visnagar	(30-12-14)	005	03	00	008
21.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	(4-4-15) *				
	Total Strength			1213	382	47	1595

* No information available regarding childbirth.

(From June –2015 to May –2016)

Order	Name of the Centre	Place	Date of opening	Normal	Cesar	Miscarri	Total Deliv	Boy	Girl	Total Child
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					ean	age	eries			ren
1.	Primary Health Centre	Rupal	(2-10-10)	120	54	00	174	87	87	174
2.	Primary Health Centre	Davol	(2-10-10)	211	47	27	258	136	106	242
3.	Community Health Centre	Sarsa	(2-10-10)	042	22	03	064	27	37	64
4.	Primary Health Centre	Thamna	(2-10-10)	056	17	00	073	33	40	73
5.	Tribhuvandas Foundation	Anand	(2-10-10)	047	20	01	067	43	24	67
6.	Tribhuvandas Foundation	Tarapur	(2-10-10)	050	11	05	061	38	22	60
7.	Dahod Bhagini Samaj ×	Dahod	(19-1-13)	030	12	00	042	20	22	42
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16-2-13)	025	07	01	032	14	18	32
9.	Santram Mandir	Nadiyad	(7-6-13) *							
10.	D-36, ESIS, Maninagar	Ahmedabad	(21-7-13)	020	37	00	057	26	31	57
11.	Late Shri Ratilal Vaghasiya Trust	Dharoji	(13-8-13)	040	26	02	066	46	20	66
12.	Children's University, Gandhinagar	Gandhinagar	(31-3-14)	079	61	01	140	66	74	140
13.	TapovanVistram Seva, Gandhinagar	(TapovanRath)	(1-4-14)	122	32	02	154	59	63	122
14.	Shri Tapi Brahmacharya shram Sabha Trust	Surat	(27-8-14)	021	09	04	030	06	24	30
15.	Sakhyam Charitable Trust	Upleta	(8-9-14)	009	19	00	028	16	12	28
16.	Gujarat Ayurved University	Jamnagar	(9-9-14)	032	33	02	065	32	33	65
17.	Shri M.D.	Dhro	(9-9-14)	061	13	01	074	22	21	43

	Mehta Education Trust	d								
18.	Sanskardeep Trust	Ankleshwar	(18-12-14)	016	28	00	044	19	25	44
19.	Vidhyamandir Trust	Palanpur	(23-12-14)	017	15	02	032	17	15	32
20.	Jeevanyoga Trust	Visnagar	(30-12-14)	023	25	01	048	25	23	48
21.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	(4-4-15)	032	13	01	045	24	21	45
22.	Shri Bhagini Seva Samaj	Kapadvanj	(15-3-16)							
23.	Shri Mahakali Trust	Arnej	(25-3-16)	005	02	01	005	04	03	07
24.	Sadvichar Parivaar	Ahmedabad	(29-3-16)	003	01	00	004	01	03	04
	Total Strength			1061	504	54	1565	761	724	1485

* No information available regarding childbirth

(From June –2016 to May –2017)

Order	Name of the Centre	Place	Date of opening	Normal	Cesarean	Miscarriage	Total Deliveries	Boy	Girl	Total children
1.	Primary Health Centre	Rupal	(2-10-10)	66	54	5	120	69	51	120
2.	Primary Health Centre	Davol	(2-10-10)	116	21	23	137	75	62	137
3.	Community Health Centre	Sarsa	(2-10-10)	32	14	2	46	19	27	46
4.	Primary Health Centre	Thamna	(2-10-10)	50	14	0	64	36	28	64
5.	Tribhuvandas Foundation	Anand	(2-10-10)	27	18	0	45	24	21	45
6.	Tribhuvandas Foundation	Tarapur	(2-10-10)	38	12	1	50	29	21	50

7.	Dahod Bhagini Samaj	Dahod	(19-1-13)	22	15	0	37	17	20	37
8.	Bhavnagar Mahila Mandal	Bhavnagar	(16-2-13)	16	2	2	18	8	10	18
9.	Santram Mandir	Nadiyad	(7-6-13) *							
10.	D-36, ESIS, Maninagar	Ahmedabad	(21-7-13)	8	6	0	14	7	7	14
11.	Late Shri Ratilal Vaghasiya Trust	Dholarji	(13-8-13)	41	33	3	74	37	37	74
12.	Children's University, Gandhinagar	Gandhinagar	(31-3-14)	69	55	1	124	62	62	124
13.	TapovanVistran Seva, Gandhinagar	(Tapovan Rath)	(1-4-14)	123	34	4	157	81	76	157
14.	Shri Tapi Brahmacharyas hram Sabha Trust	Surat	(27-8-14)	14	11	4	25	10	15	25
15.	Sakhyam Charitable Trust	Upleta	(8-9-14)	29	14	0	43	21	22	43
16.	Gujarat Ayurveda University	Jamnagar	(9-9-14)	40	18	1	58	27	31	58
17.	Shri M.D. Mehta Education Trust ##	Dhrod	(9-9-14) *							
18.	Sanskardeep Trust	Ankleshwar	(18-12-14)	24	24	0	48	26	22	48
19.	Vidhyamandir Trust	Planpur	(23-12-14)	17	11	1	28	18	10	28
20.	Jeevanyoga Trust	Visnagar	(30-12-14)	26	34	3	60	32	28	60
21.	North Gujarat Nadoda Rajput Samaj Seva Trust	Patan	(4-4-15)	28	21	0	49	27	22	49

22.	Shri Bhagini Seva Samaj	Kapad vanj	(15-3-16)	11	23	2	34	22	12	34
23.	Shri Mahakali Trust	Arnej	(25-3-16)	35	10	3	45	20	25	45
24.	Sadvichar Parivar	Ahme dabad	(29-3-16)	43	13	0	56	25	31	56
Total Strength				875	457	54	1332	692	640	1332

*	No information available regarding childbirth
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2.8 MoUs of Children's University with other Organisations

1. Gujarat Ayurveda University, Jamnagar (Dt. 23 -01 -2013)
2. Atal Bihari Vajpayee Hindi Vishwavidhyalaya, Bhopal (Dt. 18 -9 -2014)
3. Vipasyana Research Centre, Rajkot (2017)

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Chapter-3

**Workshop/
Convention/
Programmes being
conducted at
Tapovan Research
Centre**

Chapter: 3

Workshop/ Convention/ Programmes being conducted at Tapovan Research Centre

1. Introduction:

Pregnant ladies are taught about different things by trained counsellors at 'Tapovan Research Centre' and are made to do various activities like prayer, meditation, pranayama-yoga, *Garbhasambvad* etc... In addition to that, various experts are called to share their experience and knowledge, and to make pregnant ladies avail the benefit of it. Different days are celebrated by the centre, and couples and families are invited in the convention to spread awareness about such topics in the society.

2. Training for Lady Counsellors:

Training for lady counsellors is necessary so that they can do their work properly and can give proper guidance to pregnant ladies regarding the holistic development of a child. Children's University conducts training programmes once in 3 to 4 months – in all 3 to 4 times a year, each lasting for 3 days. Following is the training method arranged for counsellors:

- For the counsellors of newly opened Tapovan centres, 'Induction Training' programme of 3 days is organised.
- Training is provided regarding the way of coordinating with gynecologist, Aayush doctor, nurse etc... regarding the physical situation of the pregnant lady and various other related topics.
- Training is provided regarding how to talk with pregnant ladies, how to solve their problems, how to help pregnant ladies to come out of mental stress, yogasana, pranayama, meditation, how to tell stories, how to sing nursery rhymes and lullabies, how to make pregnant ladies sing prayer, hymns, tunes, make them draw, making best out of waste, how to make toys, etc... creative activities are taught.
- Special Training is given regarding how to teach pregnant ladies to make pregnant ladies to talk with their child.
- Training is provided regarding how to be in touch with the family of pregnant mother, how to talk with them, how to get indulgence of community leaders, village *sarpanch*, *talati*, ministers, *acharya*, teachers etc...
- How can parents help in the holistic development of the child who has been born under the surveillance of Tapovan centre, and how do parents play a role in the development of a child without availing the benefit of

Tapovan Centre? Training is given regarding how to sit and play with a child, and how to arrange a programme of family gathering. And the person should be able to give guidance to the whole family.

From Dt. 2 –10 –2010 lady counsellors are provided training by Children’s University at ‘Tapovan Research Centre’ running for pregnant ladies at different places, so that counsellors can work effectively and can provide guidance to the pregnant ladies.

Till now lady counsellors are provided training on following subjects.

Concept of Tapovan	Motive/Necessity of training	Evolution of <i>Garbh</i>
Mental health measurement of pregnant ladies – Instructions	Story-telling and songs	Role and responsibilities of counsellor
Process of consultation	Effect of prayers and emotions of pregnant ladies on the unborn child	Process of <i>Garbhadhan</i> and <i>Samskar</i> of the unborn child
Necessity of Physiotherapy during pregnancy	Education to the unborn child by his mother	Genetics
What to do and what not to do during pregnancy?	Process of counselling	Best out of waste
Natural testing on the basis on Ayurvedic method	<i>Solah Sanskar</i>	Activities done to get bright and excellent child
Understanding of counselling and research	Importance of yoga, and pranayama	<i>Tapovan Vistran Seva</i> and Tapovan research process
Questions-Doubts Guidance-Instructions of lady counsellors	Understanding of diary and introspection	Administrative guidance
Guidance to increase Tapovan centres and to increase number of pregnant ladies	Ethical education to increase qualitative development	Creative activities

Mathematical problems and its solutions	Prior preparation for the incarnation of divine souls	Monthly guidance for the holistic development of the unborn child on the basis of Ayurveda – and Questions
Guidance for successful counselling	Understanding of research process	Effect of music –and relaxation through music
Crafting sensations through story telling	<i>Garbhadhyaan</i> and <i>Garbhasamvad</i>	Solutions to the family and emotional problems faced by pregnant ladies
Orientation towards research	Effect of singing Sanskrit shlokas	Art of drawing and imagination
Physical and intellectual games	Understanding of forms	Diet according to nature
Importance of prayer and meditation during pregnancy	Meditation with relaxation	Pedagogical thoughts
Reading during pregnancy	Monthly pregnancy discussions	Communication skills and public relations
Ayurvedic home remedies during pregnancy	Sanskrit shlokas and conversation	Nutritious diet during pregnancy
Pranayama, meditation and yoga	Providing values to the unborn child along with the process of crafting	Training of computer
Code of health	Development of creativity	Emotional development of the unborn child through drawing
Scientific approach to pregnancy	Development of interest in reading	Role of music on the internal development of the unborn child
<i>Garbhasamskar</i> – a spiritual science	Ways of child development –games and toys	Motherhood – fatherhood –a spiritual responsibility
Process of self-assessment	Activities related to communication skills	Actions for developing senses
<i>Vistarana Seva</i>	Child's linguistic development	Self-realisation OBCD
Awareness towards diet	Role of motherhood in the development character	Group discussions for innovative activities

<i>Vedic</i> maths	Activities that help in value establishment	The science of colours
Origin of Indian festivals	Readiness measurement	Child care (from birth till 1 year)
Education for moral development	Natural and safe home remedies	Sharing of research conclusions
Demonstration of Tapovan activities	Effect of <i>mantra</i> meditation	Care of an infant
Guided medication	State of mind, hormones, reproductive system	Effect of audio-visual methods on pregnancy
Lifestyle of pregnant lady and nutritious diet		

To provide proper training to the lady counsellors, Assistant professors of research, education, training and extension department, along with Honorable Vice-Chancellor, Director General, Advisors etc.. of Children's University gave useful guidance. In addition, experts of different fields like gynaecologist, paediatrician, Ayurveda expert, physiotherapist, yoga expert, other staff members of the University and various other experts contributed in providing their knowledge.

Order	Date	Place	Strength	Day
1.	30-9-2010	Anand	12	1
2.	27-12-2010 to 29-12-2010	Anand	24	3
3.	26-4-13 to 28-4-13	Anand	26	3
4.	29-7-13 to 31-7-13	Anand	28	3
5.	18-1-14	Gandhinagar	10	1
6.	20-3-14 to 21-3-14	Gandhinagar	12	2
7.	2-7-14 to 3-7-14	Gandhinagar	18	2
8.	10-10-14 to 11-10-14	Gandhinagar	20	2
9.	20-12-14 to 22-12-14	Gandhinagar	19	3
10.	2-5-15 to 4-5-15	Gandhinagar	22	3
11.	17-5-15	Gandhinagar	18	1
12.	25-9-15 to 27-9-15	Gandhinagar	20	3
13.	27-4-16 to 29-4-16	Gandhinagar	22	3
14.	15-12-16 to 17-12-16	Gandhinagar	19	3
15.	7-9-17 to 9-9-17	Gandhinagar	22	3

3. A List of Programs related to Couple counselling and Family Counselling Aka Dampati Sammelan and Parivar Sammelan

July-2013 to September-2013

No.	Name of the Centre	Date	Subject	Name of the Expert	Number
1	Bhavanagar	2/07/13 (DS)	1. Home: A Divine Place 2. An Incarnation of Divine Child	Shree Harshad Shah	250
2	Tarapur	7/08/13 (DS)	1. A Development of Foetus 2. Garbhadhyan	A Representative from Manshakti Foundation	400
3	Dahod	17/08/13 (DS)	1. Home: A Divine Place 2. An Incarnation of Divine Child	Shree Harshad Shah Pujya Jyotibahen Thanaki	200
4	Sami	13/09/13 (DS)	1. Home: A Divine Place 2. An Incarnation of Divine Child	Shree Harshad Shah Pujya Jyotibahen Thanaki	

June 2014-May 2015

No.	Name of the Centre	Date	Subject	Name of the Expert	Number
1	Tribhuvanadas Foundation	20/06/14 (DS)	1. Home: A Divine Place 2. An Incarnation of Divine Child	Shree Harshad Shah Pujya Jyotibahen Thanaki	150
2	Dhoraji	25/06/14 (DS)	1. A Development of Foetus 2. Garbhadhyan	Shree Harshad Shah Pujya Jyotibahen Thanaki	300
3	Ahmedabad	20/07/14	1. Home: A	Shree Harshad	150

		(DS)	Divine Place 2. An Incarnation of Divine Child	Shah Puja Jyotibahen Thanaki	
4	Gandhinagar	14/03/15 (DS)	1. A Planning for the Best Progeny with the help of Ayurved 2. An Incarnation of Divine Child	Shree Divyanshubhai Dave Puja Jyotibahen Thanaki	150
5	Dhoraji	07/02/15 (PS)	A Role of Parents in the Upbringing of a Child	Shree Divyanshubhai Dave	200

June 2015 - May 2016

No.	Name of the Centre	Date	Subject	Name of the Expert	Number
1	Ahemdabad D-36, Maninagar	26/07/2015 (PS)	1. Toys for Children as per the Concept of Tapovan 2 Successful Parenting 3 A Role of Parents in the Upbringing a Child from birth to one year	Shree Divyanshubhai Dave Pujya Jyotibahen Thanaki	250
2	Bhavanagar	24/08/2015 (PS)	1. Toys for Children as per the Concept of Tapovan 2 A Creation of Holy Environment in Home 3 A Role of Parents in the Upbringing of a Child from birth to one year	Shree Divyanshubhai Dave Pujya Jyotibahen Thanaki	250

June 2016 - May 2017

No.	Name of the Centre	Date	Subject	Name of the Expert	Number
1	Gandhinagar	17/07/2016 (PS)	1. A Concept of Children's University and Tapovan Centre 2. Toys of children	Shree Divyanshubhai Dave Tarpanabahen Vyas Hiralbahen	200

			between birth to 3 years of age 3. A Role of Parents in the Upbringing a Child from birth to 3 year	Pandya Toralbahen Panchal	
2	Dahod	28/09/2016 (PS)	1. A Concept of Tapovan and A role of Environment in the Creation of the best Progeny 3 A Role of Parents in the Upbringing a Child from birth to 3 year	Shree Divyanshubhai Dave Tarpanabahen Vyas	100
3	Thamana	2/10/2016 (PS)	1. Toys of Children from birth to 3 years of age 2. A Concept of Tapovan and Holy Atmosphere in Family 3. A Role of Parents in the Creation of best Progeny	Shree Divyanshubhai Dave Dr. Rupambahen Upadhyay Hiralbahen Pandya	150
4	Palanpur	28/12/2016 (PS)	1. A Concept of Children's University and Tapovan Centre 2. Excercises to be done jointly by the parents and a child	Shree Divyanshubhai Dave Dr. Rupambahen Upadhyay Tarpanabahen Vyas	150
5	Sarasa	13/02/17 (PS)	1. A Concept of Children's	Tarpanabahen Vyas	325

			<p>University and Tapovan Centre</p> <p>2. Physical Problems arising during pregnancy and their solutions</p> <p>3. Family Activities for the holistic development of a child</p> <p>3. A Role of Parents in the Upbringing a Child from birth to 3 year</p> <p>4. Garbhasamskar: Importance of Suvarnaprashan</p> <p>5. A Practical Exhibition of Activities</p>	<p>Dr. Vincent Sir</p> <p>Dr. Rupam Upadhyay</p> <p>Dr. Krishna Patel</p> <p>Shree Divyanshubhai Dave</p> <p>Tarpanabahen Vyas & Dr. Rupam Upadhyay</p>	
6	Rupal	20/03/17 (PS)	<p>1. A Concept Tapovan Centre and a Creation of Holy Atmosphere in the Family</p> <p>2. Family Activities for the holistic development of a child</p> <p>3. Measures of care to be taken during the time of Pregnancy</p> <p>4. Presidential</p>	<p>Tarpanabahen Vyas</p> <p>Dr. Rupam Upadhyay</p> <p>Dr. Haresh Trivedi</p> <p>Prof.(Dr.)</p>	200

			Address	K.S.Likhia	
7	Daol	1/04/17 (PS)	1. Information regarding the child-related diseases 2. Introduction to Children's University 3. Family Activities for the holistic development of a child 4. A Role of Parents in the Upbringing a Child from birth to 3 year	Dr. Hardi Desai & Tarpanabehen Vyas Dr. Rupam Upadhyay Shree Divyanshubhai Dave	188
8	T.F. Anand	24/04/2020 (PS)	1. Food and Nutrition related to child from birth to 3 years of age 2. A Concept of Children's University and Tapovan Centre 3. Family Activities for the holistic development of a child	Kamalamani Rao Tarpanabehen Vyas Hiralbaben Pandya	203
9	Bhavanagar	2/05/17 (PS)	1. A Concept of Children's University and Tapovan Centre 2. Family Activities for the holistic development of a child	Tarpanabehen Vyas Hiralbaben Pandya	100

			3. Speech by Guest of Honour	Hon. MP Bharatibahen Shiyal	
			4. A Role of Parents in the Upbringing a Child	Shree Divyanshubhai Dave	
10	Surat	9/06/17 (PS)	1. A Concept of Children's University and Tapovan Centre 2. Family Activities for the holistic development of a child 3. Speech by Guest of Honour 4. A Role of Parents in the Upbringing a Child	Tarpanabahen Vyas Divyabahen Raval Shri Himmatbhai Topiwala Shree Divyanshubhai Dave	250

4. A Seminar organized by Tapovan Research Centre

Date: 07/12/16 to 08/12/16

A Bright Child: A Bright Nation

A two-day national seminar was organized collaboratively by Children's University and Atalbihari Vajapayi Hindi Vishvavidyalay at Bhopal from 7/12/16 to 8/12/16. The theme of the seminar was "A Bright Child: A Bright Nation".

In the inaugural session on the day one, Mrs. Archana Chitanish, a State-level Minister of Women and Child Development Department, Madhyapradesh,

remained present as the guest of honour. In her speech, she made a very appealing request to the state government along with the Centre regarding the promotion of Indian concept of “Garbhasamskar”. After that Dr. Rekha Roy, who was the coordinator of this seminar informed the audience with the chief purpose lying behind the planning of the seminar. She further added that it’s required to spread the concept of “Garbhasamskar” to every individual living in the society. In the presidential address, Mohanlal Chhipa, the Vice-Chancellor of Atalbihari Vajapayi Hindi Vishvavidhyalay, opined that the brainstorming in the two-day national seminar will open up new direction for the subject of Garbhasamskar.

On the first day, Dr. Priyabhav Chittavar, Dr. Aaradhana Garg and Mr. Gajanan Kelakar from Manshakti foundation expressed their thoughts on “the Science of Best Progeny”. In the following session, a well-known gynaecologist of Indor, Dr. Anand Dhingara, presented his views on the significance of the solar energy and its positive impact on the pregnant mothers. Dr. Satyakant Trivedi laid emphasis on the importance of bringing awareness regarding the core subject in the society. Sri Giteshbhai Kulkarni- the trustee of Manshakti foundation from Lonawala, presented his views on the impact of Garbhsamvad, Garbhsangit, mantra, prayer etc. on the foetus. Dr. Rupambahen Upadhyay, an assistant professor from Children’s University, discussed on the topic of preparation of the couple at the level of five sheaths before planning for a child. She, further, added that to be parents is a great responsibility.

On the eve of the first day, there was an organization of a musical concert under the title ‘Sangit Sandhya’. This program was illuminated with wonderful performances presented by Harishbhai Varma, an assistant professor of music working in the host university. Harishbhai along with his team made spellbound effect on the audience with their matchless performances. A song under the title ‘Garbh Tapovan’ was also presented in the same concert.

On 08/12/2016 Dr. Basanti Guru presented her views in a very lucid manner on materials related to the simple ways of conceiving. A famous astrologer Mr. Rajesh Acharya explained the importance of astrology in the treatment of giving different samskars. After that, Dr. Manju Sharma from Barkatulla University explained the significance of yoga in the developmental process of foetus. Following that Dr. Rameshvar Sharma presented his views who hailed from Zunzunwala University situated in Rajasthan. He threw light on literature related to the tradition of bright children in different Indian textual discourse of antiquity. Dr. Amita Singh- an expert of the science related to food and nutrition

gave information pertaining to foods and nutrition in relation to different trimester cycle.

In the third session of the same day, Dr. Ankita Bohare gave a bird-view of Indian Eugenics. Dr. Maya Dube- a scholar of linguistics explained the importance of parents in Garbhasamskar and presented an example of Abhimanyu from ancient Indian culture. Mrs. Tapan Tomar- a social worker discussed regarding a preparation to be done by the couple before planning for a child. She further added that couples should become more aware of their duties rather than their rights. The key-note address of this session was of Dr. Manjusha Goyal who's a gynaecologist by profession. She displayed a journey of unborn child thru the medium of video presentation. After her, Dr. Suryanarayan Gautam from Rajasthan presented the importance of Garbhsamskar in his unique style.

In the closing session, a state-level minister Mr. Vishvas Sarangaji, Vice-Chancellor of the host University Mr. Mohanlal Chhipa, the coordinator of the seminar Dr. Rekha Roy, assistant professor of Children's University Dr. Rupambahen Upadhyay and state-level coordinator Mrs. Tarpana Vyas remained present. In his speech, Mr. Vishvas Sarang praised the power of womenfolk and added that the society, family, mother-daughter all should come together to make the nation stronger. He also expressed his hope to achieve the dream of "A Bright Child: A Bright Nation" together. Total 78 faculties and students participated in the seminar.

5. A List of Experts who visited Tapovan Research Centre

Tapovan Research Centre (Rupal)

Year: June-2014 to May-2015

No.	Date	Name of the Expert	Subject
1	04/08/14	Dr. Rakeshbhai Patel (gynaecologist)	Care to be taken by a pregnant mother- medical check-up
2	07/08/14	Dr. Viral Luhar (gynaecologist)	Things to be taken into consideration during pregnancy.
3	02/12/14	Sri Alakabahen Patel (Supervisor, ICDS)	Major points to be taken into account by the pregnant mothers
4	2/01/15	Dr. Dharmeshbhai Patel (Naturopath)	Care to be followed during the period of pregnancy
5	5/02/15	Sri Kokilabahen Shah	Information regarding

		(Anganwadi worker)	nutritious food items
6	3/04/15	Sri Arunabahen Upadhyay (Anganwadi worker)	Information regarding vaccination

Tapovan Research Centre (Rupal)

Year: June-2015 to May-2016

No.	Date	Name of the Expert	Subject
1	14/09/15	Sri Gitabahen Patel (C.D.P.O)	Nutritious items for pregnant mothers
2	02/10/15	Sri Chhayabahen Thakor (Supervisor)	A discussion on life- incidents of Gandhiji
3	15/12/15	Sri Padmabahen (F.H.W.)	Information related to Malnutrition and importance of supplementary food
4	22/01/16	Dr. Manishabahen Patel (Medical Officer)	“Save the girl child”- a talk

Tapovan Research Centre (Rupal)

Year: June-2016 to May-2017

No.	Date	Name of the Expert	Subject
1	8/09/16	Priyankabahen Parikh (Ayush madam)	Importance of Nutritious foods and demonstration
2	3/10/16	Dr. Jaldharabahen (Gynecologist)	Care to be taken during pregnancy
3	7/12/16	Sri Ghanshyambhai Patel	Care of a child
4	5/5/17	Sri Maulikbhai, Anilbhai	Vipashyana Dhyan

Tapovan Research Centre (Daol)

Year: June-2014 to May- 2015

No.	Date	Name of the Expert	Subject
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1	22/09/14	Sonal Patel (Supervisor ICDS)	Care of health related to mother and child
2	13/10/14	Shantabehen Patel (President of Mahila Mandal)	Devotional songs
3	1/12/14	Sri Sarojbaben Patel (President, Sat Keval Mandal)	Satsang along with Prayer & devotional songs
4	2/2/15	Dr.Mukeshbhai Brahmhatt (medical officer)	Care to be taken during pregnancy
5	2/03/15	Shankara Ayi Hospital Camp	Routine eye checkup of pregnant mothers
6	6/04/15	Akshara Paramar (yoga trainer)	Importance of Yoga and Pranayam
7	25/05/15	Vanitababen Patel (Gayatri Mandir)	Garbhsamskar Yagna

Tapovan Research Centre (Daol)

Year: June-2015 to May- 2016

No.	Date	Name of the Expert	Subject
1	21/6/15	Sri Punitabehen Parmar (yoga teacher)	Importance of Yoga, Celebration of Yoga Day
2	10/8/15	Sri Dineshbhai Parmar (yoga teacher)	Importance of Yoga and Pranayam
3	3/9/15	Sri Vanitababen Patel (a representative of Gayatri temple trust)	Garbh-samskar Yagn
4	14/12/15	Sri Sonalbaben Patel (Supervisor, ICDS)	<i>Anganwadi</i> - Information regarding different projects of ICDS
5	4/1/16	Sri Sagarikababen (medical officer)	Care to be taken by pregnant and feeding mothers and importance of suvarnprashan
6	9/3/16	Sri Ramilababen Patel (President, Bhajan Mandal)	Recitation of Shivmahimna Srotra and devotional songs
7	4/4/16	Sri Govindbhai Parmar (Sanitary Inspector)	Improtance of nutritious food

8	9/5/16	Sri Dhruvishabhen Patel (Staff nurse)	Waste to best- with practical demonstration
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Tapovan Research Centre (Daol)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	21/6/16	Sri Kokilabahen Parmar (Supervisor, Kavitha)	Importance of Yoga and Pranayam
2	11/7/16	Sri Hardikbhai Bhatt (Staff nurse)	Importance of Chandipath
3	8/8/16	Dr. Amibahen Patel (Ayush doctor)	Importance of Breastfeeding
4	6/9/16	Sri Shilabahen Varma (C.D.P.O) Sri Kokilabahen Parmar (Supervisor)	Demonstration of nutritious food items as a celebration of Nutritious week
5	25/11/16	Dr. Hardibahen Gosai (Ayush doctor)	Care to be taken during pregnancy
6	5/12/16	Sri Lilabahen Patel (Health visitor)	Information regarding AIDS
7	21/2/17	Sri Harindrabhai Bhatt (Language teacher)	Importance of Mother tongue
8	8/3/17	Sri Belabahen Parekh (supervisor, ICDS)	Celebration of Women's Day and its Importance
9	27/4/17	Sri Kshamabahen and team (Vipashyana team)	Vipashyana Meditation
10	25/5/17	Sri Vanitabahen Patel (Representative of Gayatri temple)	Garbhsanskar yagn

Tapovan Research Centre (Sarasa)

Year: June-2014 to May-2015

No	Date	Name of the Expert	Subject
1	10/06/14	Sri Varshbahen Shah (Trustee, Sai Jalaram Temple)	Lord Krishna's childhood pranks
2	10/7/14	Sri Shakuntalabahen Praffulbhai (Swaminarayan Bhajan Mandal)	Lord Swaminaraya's Sabha and Information related to his biographical events
3	5/8/14	Sri Kalpanabahen and team of Radhakrishna Bhajan Mandal	A birth-story of Lord Krishna
4	5/9/14	Sri Nirubahen Chauhan (Principal) Sri Kajalbahen Hingu (teacher)	Action song Virtues of a teacher
5	9/10/14 13/10/14	Sri Payalbahen Gosai (Teacher) Sri Bhavanabahen Patel (teacher)	Lamp painting and information of Diwali celebration Satkeval devotional songs and recitation of Shloka
6	11/11/14	Sri Bhargavbhai Mehta (a brahmin priest)	A story of Lord Satyanarayan
7	4/12/14	Sri Hemabahen Patel (Teacher)	Devotional songs and Krishnadhun
8	8/1/15	Sri Kalpanabahen, Ramilabahen (member, Gayatri Bhajan Mandal)	Importance of the verse of mother Gayatri and devotional songs
9	12/1/15	Sri Tarulattabahen Thakor (Principal)	Equality of Male and Female child
10	5/2/15	Sri Nirubahen and Sri Varshabahen (trustee- Sai Jalaram Temple)	Devotional Songs and Saichalisa
11	5/3/15	Sri Bhargavbhai Mehta (a Brahmin priest)	A story of Lord Satyanarayan
12	19/3/15	Sri Bhargavbhai Mehta (a Brahmin priest)	A recitation of Lord Vishnu's hundred verses
13	7/5/15	Sri Varshabahen Shah	Devotional songs

		(trustee- Sai Jalaram temple)	
14	25/5/15	Sri Nazaninbahen Vora (clinical instructor)	The deficiency of blood and anemia during pregnancy and diet related care

Tapovan Research Centre (Sarasa)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	18/06/15	Sri Anandibahen Mahida (Trustee, Gayatri Bhajan Mandal)	A Story of a pious month of Purashottam
2	13/07/15	Sri Kailasbahen Chunara (Singer)	A devotional song of Krishna's childhood pranks
3	20/07/15	Dr. Vincent Christian (Superintendent, CHC)	An importance of nutritious food items during pregnancy
4	6/8/15	Sri Bhargavbhai Mehta (A Brahmin priest)	A story of Lord Satyanarayan and group meditation
5	3/9/15	Sri Balubahen Parmar (Asha worker)	A Story of Janmashtami
6	27/10/15	Sri Kalpanabahen Parmar (member- Gayatri Bhajan mandal)	A hymn of mother goddess and a story of Navaratri
7	7/11/15	(member- Radhakrishna Bhajan mandal)	A Lesson for self-learning
8	5/12/15	Sri Gitabahen Patel (member- Satkeval Bhajan mandal)	A story of Kevalbavani and Lord Satkeval
9	2/1/16	Sri Kalpanabahen Parmar (member- Gayatri Bhajan Mandal)	Svadyay Path and recitation of verse
10	6/2/16	Sri Varshabahen Shah (trustee- Sai Jalaram Temple)	Devotional song of Jalarambapa and his hagiography
11	15/3/16	Sri Kajalbahen Hingu (teacher, art & craft)	Demonstration of the best from waste
12	16/4/16	Sri Bhargavbhai Mehta (a	Lesson of Ramcharit

		Brahmin priest)	Manas and Ramraksha Stotra
13	28/5/16	Sri Nirubahen Chauhan (principal)	A storytelling and action song

Tapovan Research Centre (Sarasa)

Year: June-2016 to May- 2017

No	Date	Name of the Expert	Subject
1	10/06/16	Sri Nazanin Vora and students of Changa Institute (Clinical Instructor)	Ladies who become mothers at early stage of life Female infanticide and expectation of a male-child Half knowledge related to health Awareness related to the activities of Tapovan Centre
2	10/07/16	Sri Varshabahen Shah (trustee- Sai Jalaram Temple)	An Importance of Dattbavani and Gurupurnima and its celebration
3	04/08/16	Sri Damayantibahen (Anganwadi worker)	An Importance of breastfeeding
4	23/08/16	Sri Bhargavbhai Mehta & Sri Pravinbhai Trivedi (a Brahmin priest)	Shivapuja, Kamalpujan and Importance of anointment
5	06/09/16	Sri Reenabahen Patel (nutrition assistant)	Celebration of nutritious week
6	04/10/16	Dr. Aditibahen Shah (physiotherapist)	Importance of Yoga and Pranayam
7	07/11/16	Sri Nirubahen Chauhan (principal)	Celebration of Jalaram Jayanti and devotional songs
8	01/12/16	Dr. Aditibahen Shah (physiotherapist)	Importance of Yoga and Pranayam
9	13/02/17	Dr. Vincent Christian (Superintendent, CHC)	Physical problems happened during pregnancy and their cure
10	21/02/17	Dr. Krishnabahen Patel (Ayurvedik doctor)	Suvarnprashan and Garbh-samskar
11	23/02/17	Sri Nirubahen Chauhan (principal)	A celebration of mother tongue day

12	16/03/17	Sri Maheshbhai Sharma (member, Gayatri temple)	Punsavan Sanskar and Gayatri Yagna
13	11/04/17	Sri Kshamabahen and team (vipashyana teacher)	Vipashanna Meditation
14	25/05/17	Sri Nazaninbahen Vora (clinical instructor)	Importance of iron-rich food during pregnancy

Tapovan Research Centre (Thamana)

Year: June-2014 to May-2015

No	Date	Name of the Expert	Subject
1	04/06/14	Sri Urmilabahen (F.H.W.)	Care to be taken during the period of pregnancy
2	18/07/14	Sri Darshanabahen Vyas (Supervisor, ICDS)	The Incarnation of the best progeny
3	19/09/14	Dr. Juliya sir (B.H.O) Dr. Rana sir (M.O)	Kangaroo method and information related to care of new-born child
4	30/09/14	Sri Ektabahen Patel (teacher)	Importance of Gurupurnima
5	15/02/15	Dr. Shrutibahen Vaghela (M.O.)	Importance of Women's Day
6	07/04/15	Sri Divyanshubhai Dave Sri Jyotibahen Thanaki Sri Tarpanabahen Vyas	Impact of Food, thought and jaunt

Tapovan Research Centre (Thamana)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	02/10/15	Sri Sarojbahen (member, well-wishers group)	Concept of Tapovan-Explanation
2	28/05/16	Dr. Janakibahen Soni (Physiotherapist)	Benefits of doing light exercises during

			pregnancy
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Tapovan Research Centre (Thamana)

Year: June-2016 to May- 2017

No	Date	Name of the Expert	Subject
1	15/06/16	Sri Saralabahen (Member, Well-wishers group)	Care of mental health during pregnancy
2	29/09/16	Dr. Swatibahen Mevada (R.B.S.K.)	Importance of cleanliness
3	20/03/17	Dr. Antimbahen Shah (expert on ayurveda)	Importance of Suvarnprashan
4	18/05/17	Sri Kshamabahen (expert on vippashyana)	Vipashyana meditation

Tapovan Research Centre (Anand)

Year: June-2014 to May-2015

No	Date	Name of the Expert	Subject
1	10/11/14	Gayatri Parivar and Jankalyan Trust	Punsavan Sanskar
2	05/12/14	Dr. Priyankabahen Mahida (physiotherapist)	Importance of Physiotherapy during pregnancy
3	07/04/15	Gayatri Parivar and Jankalyan Trust	Punsavan Sanskar
4	08/05/15	Gayatri Parivar and Jankalyan Trust	Punsavan Sanskar

Tapovan Research Centre (Anand)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	04/06/15	Sri Sunitababen (Anganwadi worker)	Importance of Nutritious food and demonstration
2	06/07/15	Swaminarayan Bhajan Mandal	Bhajan, <i>satasang</i> and <i>aarati</i>
3	07/08/15	Dr. Monalibahen Shah (BAMS)	Care to be taken during pregnancy – from Ayurvedic point of view
4	04/09/15	Sri Archanababen Parmar (teacher)	A role of teacher
5	10/10/15	Dr. Priyankababen Mahida (physiotherapist)	Importance of physiotherapy
6	02/12/15	Gayatri Parivar and Jankalyan trust	Punsavan sanskar
7	03/02/16	Gayatri Parivar and Jankalyan trust	Punsavan sanskar
8	11/04/16	Dr. Riddhibahen Patel (physiotherapist)	Importance of physiotherapy
9	14/05/16	Dr. Nikhilbhai Kharod (pediatrician)	Mental health during pregnancy

Tapovan Research Centre (Anand)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	18/07/16	Sri Vishnubhai Valand (program coordinator)	Importance of Gurupurnima
2	06/08/16	Dr. L.M.Chauhan (gynecologist)	Importance of Breastfeeding
3	07/09/16	Sri Aditibahen Pandit (Counselor-child line)	Importance of nutritious food during pregnancy
4	09/11/16	Gayatri Parivar and Jankalyan Trust	Punsavan sanskar

5	08/12/16	Sri Delvinabahen (F.H.W)	Ways of family planning and nutritious food during pregnancy
6	16/02/17	Dr. Riddhibahen Patel (physiotherapist)	Importance of physiotherapy
7	21/02/17	Sri Binabahen Patel (teacher)	Importance of Mother tongue day
8	11/03/17	Sri Vishnubhai Valand (program coordinator)	Importance of <i>Holi</i>
9	28/04/17	Shrimati Kshamabahen	Meditation and eating habits
10	03/05/17	Dr. Riddhibahen Patel (physiotherapist)	Importance of physiotherapy

Tapovan Research Centre (Tarapur)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	03/09/15	Dr. Shukla sir (M.O.T.F)	Health education
2	19/10/15	Sri Makawana sir (teacher)	Importance of Education
3	19/10/15	Sri Parulbahen Goswami	Importance of Navaratri
4	03/11/15	Sri Falgunibahen Thakar (teacher)	Decoration of plate for <i>Aarati</i>
5	10/12/15	Sri Renukabahen Panchal (T.F. staff)	A story inspired by Tapovan
6	28/01/16	Sri Sanjaybhai Parekh (lab technician)	Requirement of different tests during the period of pregnancy
7	16/04/16	Sri Ashabahen Purohit (Anganwadi worker)	Celebration of Ramnavami
8	24/05/16	Sri Mayuribahen Thakar Teacher- Math	Mathematical puzzles

Tapovan Research Centre (Tarapur)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	19/07/16	Sri Shitalbahen Pandya (teacher)	Importance of Gurupurnima Celebration
2	04/08/16	Sri Basdevibahen Rathod (Anganwadi worker)	Celebration of Breast feeding week and its importance
3	06/09/16	Sri Komalbahen Desai Nutrition assistant, CHC	Importance of Nutrition week and its celebration
4	15/11/16	Dr. Truptibahen Bhatt(member-Gayatri Parivar)	Gayatri yagna Punsavan Sanskar
5	05//12/16	Sri Harshadbhai Bhatt (member-Gayatri family)	Gayatri yagna Punsavan Sanskar
6	11/01/17	Sri Kokilabahen Sharma (chief- Swaminarayan Mahila Mandal)	Life of Pramukh Swamiji and tune
7	21/02/17	Sri Truptibahen Patel (teacher)	Importance of mother tongue Celebration of Mother tongue day
8	06/04/17	Sri Bhavanabahen Chaudhari (Member- Svadhyay parivar)	Craft work
9	01/05/17	Sri Truptibahen Patel (teacher)	Celebration of State- establishment day
10	20/05/17	Sri Kshamabahen	Vipashyana Meditation

Tapovan Research Centre (Dahod)

Year: June-2014 to May-2015

No	Date	Name of the Expert	Subject
1	13/08/14	Sri Anjalibahen Parikh	Importance of Yoga and Meditation
2	24/09/14	Mrs. Sangitabahen Kothari	Importance of Teacher's Day and its celebration
3	16/10/14	Mrs. Arushibahen Lunavat	Art and decoration
4	03/11/14	Mrs. Rajeshvaribahen Shukla	A daughter- a sea of love Importance of daughter in life

5	30/12/14	Mrs. Zenababehen Ratalamavala	Dietary Instructions: before and after pregnancy
6	29/01/15	Dr. Aaratibahen Bariya (physiotherapist)	Exercise: before and after pregnancy
7	20/02/15	Mrs. Amruta Bangad	Art and craft
8	24/03/15	Mrs. Dakshabahen Patel	Importance of music during pregnancy
9	28/04/15	Dr. Aratibahen Bariya	Prevention of physical problems of women

Tapovan Research Centre (Dahod)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	22/06/15	Mrs. Anjalibahen Parikh	Celebration of Yoga Day and Importance of Yoga
2	31/07/15	-	Poets' meet
3	21/08/15	Mrs. Zankhanabehen (C.D.P.O) And Hansabahen (Asst. C.D.P.O)	Information related to Tapovan Centre
4	17/10/15	Mrs. Premilabahen Shah	Care of sick person
5	05/01/16	Mrs. Arushi Lunawat	Art and Craft

Tapovan Research Centre (Bhavanagar)

Year: June-2014 to May 2015

No	Date	Name of the Expert	Subject
1	20/06/14	Sri Paramar sir (ITI instructor)	Jam, Sauce, Syrup
2	03/06/14	Dr. Kirtibahen Bhatt (MBBS, Doctor)	Medical checkup
3	04/07/14	Sri Bhavanabehen Jajal (yoga teacher)	Acupressure and Yoga
4	05/09/14	Bhavanagar Mahila Mandal Committee	Importance of Vegetables and salad decoration
5	27/09/14	Students of N.S.Gandhi College	<i>Garaba</i>

6	21/11/14	Sri Pritibahen Nakum Sri Gopibahen Joshi	Curing of superstition
7	05/12/14	Dr. Pooja Shah (<i>panchkarm</i> specialist)	Importance of <i>panchkarm</i>

Tapovan Research Centre (Bhavanagar)

Year: June-2015 to May-2016

No	Date	Name of the Expert	Subject
1	21/06/15	Dr. Kirtibahen Bhatt (doctor) Dr. Anand Goghawala (pediatrician)	Care to be taken during the period of pregnancy Care of newborn child
2	14/07/15	Sri Gopibahen and Pritibahen Nakum	Awareness related to impurity in food grains
3	4/08/15	Sri Krupabahen Mehta, principal, ICDS training centre	A right method of breastfeeding

Tapovan Research Centre (Bhavanagar)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	23/06/16	Sri Sulabhabahen and Sri Nishabahen (advocates)	Free legal help to women
2	21/06/16	Sri Umabahen Trivedi (yoga teacher)	Celebration of Yoga day
3	06/08/16	Sri Ramilabahen Parmar (nutrition expert)	Method and Importance of breastfeeding, Importance of drumsticks
4	1/12/16	Dr. Kuhadiya sir (MBBS)	An Importance of World AIDS Day
5	8/03/17	Sri Smitabahen	Care to be taken during pregnancy

Tapovan Research Centre (Dhoraji)

Year: June-2014 to May-2015

No	Date	Name of the Expert	Subject
1	14/07/14	Sri Amishbhai Hirpara (President of Taluka Union) Sri Sharadabahen Desai (C.D.P.O)	Importance of Gurupurnima Dietary Instructions for pregnant mothers
2	16/09/14	Sri Gayatribahen Bhatt (Principal, P.T.C. College) Sri Muktabahen Vaghasiya (trustee)	Yagna samskar Family atmosphere
3	08/10/14	Sri Jayana Mehta Sri Manisha Baghiya (trainees of M.ed)	Celebration of Navaratri
4	1/12/14	Sri Narottambhai (Councilor, HIV) Sri Vivyabahen (lab technician)	Explanation regarding AIDS Information related to HIV test
5	1/1/15	Sri Dharmishthabahen Khichadiya (member, Svadhyaya activities)	Importance of Bhagavad Gita and its recitation
6	3/2/15	Sri Gayatribahen Bhatt (principal, PTC college)	Yagna Samskar
7	11/3/15	Sri Mirabahen Koyani (advocate)	Laws of women safety & protection
8	7/4/15	Sri Indubahen Thummar (teacher, art of living)	Meditation, positivity and reading
9	12/5/15 13/5/15	Sri Kavtabahen Vaishnav (Expert-art and craft)	Demo of items made from m- seal and painting

Tapovan Research Centre (Dhoraji)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
1	2/06/15	Dr. Swatibahen Sojitra (physiotherapist)	Importance of Exercise during pregnancy and practical
2	21/06/15	Sri Ranchhodbhai Vaghasiya (Minister, trust) Sri Gayatribahen Bhatt (worker, swadhyay activities)	Yoga in Indian Tradition Yoga- <i>Pranayam</i> (practical)
3	08/7/15	Sri Gitabahen, Sri Sangitabahen	Children's songs and children's stories
4	10/8/15	Dr. Rajani sir (pediatrician) Dr. Kalpeshbhai Bhalodiya (gynecologist)	Child-related diseases and their treatment Problems during pregnancy and their solution
5	11/9/15	Sri Gayatribahen Bhatt (principal, PTC college)	Yagn Sanskar
6	21/10/15	Sisters of Gopi Satasang mandal	Ancient <i>garaba</i> singing
7	03/12/15	Sri Rasilabahen and Sri Jaysribahen (Swadhyaya activities)	Importance of <i>Gita</i> and its recitation
8	12/01/15	Sri Gayatribahen Bhatt (principal, PTC college)	Yagn sanskar
9	12/02/16	Sri Gayatribahen Bhatt and Sri Anjubahen (member-Swadhyaya family)	Importance of Vasant Panchami
10	31/03/16	Sri Gayatribahen Bhatt (worker- Swadhyaya family)	Punsavan Sanskar
11	21/05/16	Sri Sharadabahen Desai Sri S.P.Jainasar (Deputy Secretary, Mahila Ayog, Gujarat State)	Prevention of malnutrition Legal provision for the protection of women

Tapovan Research Centre (Dhoraji)

Year: June 2016 to May 2017

No	Date	Name of the Expert	Subject
1	21/06/16	Sri Gayatribahen Bhatt (worker, Swadhyaya family) Sri B.V.Bakutrasaheb (Mamalatdar)	Yoga-Pranayam Importance of Yoga Day
2	17/07/16	Sri Gayatribahen Bhatt (Worker, Swadhyaya family) Dr. Bhalodiya sir (gynecologist)	Garbhsamskar in ancient India Importance of Garbhsanskar
3	06/08/16	Sri Remikabhen Vaghasiya (Staff nurse, government hospital)	Breast feeding and kangaroo mother care
4	13/08/16	Sri Gayatribahen Bhatt (worker, Swadhyaya family)	Yagn samskar
5	09/09/16	Sri Sharadabhen Desai (C.D.P.O.) Sri Radhabhen Viramgama Lecturer, Nursing college	Nutritional values of premix and main nutritional elements Nurturing of pregnant and breastfeeding mothers along with a new-born child
6	07/10/16	Sri Gayatribahen Bhatt (worker, Swadhyaya family)	Spiritual importance of Navaratri
7	28/11/16	Sri Anjubahen Vaghasiya Sri Gayatribahen Bhatt	Poetry recitation Sanskrit, action song
8	23/12/16	Sri Muktabahen Vaghasiya	Family atmosphere
9	21/02/17	Sri Anjubahen Vaghasiya	Importance of language
10	09/03/17	Sri Gitabhen and Sri Sangitabhen	Children's songs, children's story
11	13/04/17	Sri Hiteshbhai Parekh (staff brother)	Vaccination
12	15/04/17	Sri Nimubahen Vaghasiya (expert)	Pearl work
13	26/04/17	Dr. Kishor Lakhani	Vipashyana Meditation

		(gynecologist) Dr. Alpa Lakhani (gynecologist)	
14	04/05/17	Sri Gayatribahen Bhatt (worker, Swadhyaya family)	Yagna Sanskar

Tapovan Research Centre (Gandhinagar)

Year: June 2014 to May 2015

No	Date	Name of the Expert	Subject
1	22/6/14	Dr. Hemabahen (ayurvedik doctor) Dr. Barot sir (medical officer)	Importance of breastfeeding and projects of the government
2	09/07/14	Sri Jatinbhai Soni Vice Chancellor- Sports University	Importance of exercise Benefits gained thru Tapovan
3	10/7/14	Dr. M.J.Meghani	Health and food based on spiritual science
4	16/7/14	Dr. Minubhai Purabiya (ayurvedik)	Understanding related to ayurvedik therapy
5	16/7/14	Vaidya Rajeshbhai Kotecha (Vice Chancellor, Gujarat Ayurvedik University, Jamanagar)	Scientific approach during the period of pregnancy and findings
6	17/7/14	Sri Dharmeshbhai Arya (President, Vicharsreni)	Importance of reciting Sanskrit verse and <i>yagna</i> during the period of pregnancy
7	18/7/14	Sri Saumil Munshi (musician)	Demo of action song
8	23/8/14	Dr. Vyoma Kothari (physiotherapist)	Demo of Pranayam and other exercises
9	3/9/14	Vaidya Dharmendrabhai (ayurvedik doctor)	Guidance related to care during pregnancy from ayurvedik point of view

10	22/9/14	Sri Pritibahen Zhaveri (President, NGO, Mumbai)	Care to be taken during the period of pregnancy
11	23/2/15	Naturopathy Team	Importance of good habits in life
12	25/2/15	Vaidya Dharmendrabhai (ayurvedik doctor)	Care during pregnancy
13	21/5/15	Dr. C.K.Tanna (doctor)	An understanding related to sociability

Tapovan Research Centre (Gandhinagar)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
1	4/07/15	Dr. Vyoma Kothari (physiotherapist)	Explanation related to care to be taken by mother and a child
2	1/8/15	Dr. Vyoma Kothari (physiotherapist)	Trimester wise exercise (practical)
3	3/12/15	Dr. C.K.Tanna (doctor)	Understanding related to stress management
4	13/1/16	Dr. Ashabahen Lekinwala (ayurvedik doctor)	Importance of Yoga and exercise during pregnancy
5	31/3/16	Dr. Ashabahen Lekinwala (ayurvedik doctor)	Dietary instruction during the period of pregnancy Exercise for normal delivery
6	4/4/16	Dr. Nidhi Lekinwala (physiotherapist)	Trimester wise exercise

Tapovan Research Centre (Gandhinagar)

Year: June 2016 to May 2017

No	Date	Name of the Expert	Subject
1	12/07/16	Dr. Dharabahen Jadav (ayurvedik doctor)	Care to be taken during pregnancy
2	26/07/16	Dr. Mamatabahen Dattani (District Officer for malaria prohibition)	Understanding related to malaria and precautions
3	04/08/16	Dr. Nileshbhai Thakar (assistant professor GMERS)	Advantages of breastfeeding A proper method of breastfeeding
4	30/08/16	Dr. C.K.Tanna (doctor)	Understanding of a journey called life
5	01/09/16	Dr. Ashabahen Leginwala (ayurvedik doctor)	Clippings related to a process of conceiving a child
6	01/09/16	Sri C.F.Gohil (designated officer)	Awareness related to food
7	03/09/16	Sri Madhubahen Dave (an officer of professional guidance)	Creating the idol of Lord Ganesh from eco-friendly sand
8	07/09/16	Sri Ilabahen Rana (deputy director, ICDS)	Importance of breastfeeding and significance of vaccination
9	14/09/16	Sri Utkarshbhai (innovative catalyst)	Information related to life of Shivaji thru CD
10	05/12/16	Vaidya Dharamednrabhai (ayurvedik doctor)	Care during pregnancy and of new born child
11	15/02/17	Vaidya Sangitabhen Joshi (ayurvedik doctor)	Care of new born child and rudimentary home based remedy
12	17/03/17	Sri Utkarshbhai (innovative catalyst)	Demonstration of clippings regarding the influence of Jijabai over her son Shivaji

Tapovan Research Centre (Surat)

Year: June-2014 to May 2015

No	Date	Name of the Expert	Subject
1	3/11/14	Dr. Bharatibahen Desai (M.D. Ayurveda)	Routine of pregnant mother
2	11/12/14	Sri Sureshbhai Soni (yoga teacher)	Importance of yoga and its practical demonstration
3	19/1/15	Dr. Madhavibahen (M.D. Ayurveda)	Impact of food, prayer and meditation on a child
4	4/2/15	Sri Shilpabahen Usadad (Coordinator-Club)	Importance of creative work during pregnancy
5	20/3/15	Dr. Pannabahen Sojitra (M.D. Ayurveda)	Importance of food from Ayurvedik point of view
6	17/4/15	Dr. Manojbhai (M.D. Panchkarm)	A recitation of <i>Vishnusahastrapatha</i>
7	5/5/15	Sri Damayantibahen Patel (President, Mahila Mandal)	Importance of Good talk during pregnancy

Tapovan Research Centre (Surat)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
1	05/06/15	Dr. Dharmeshbhai and Team (physiotherapist)	Importance of exercises
2	21/06/15	Sri Kushbhai (yoga teacher)	Importance of Yoga and Pranayam in Indian Tradition
3	10/7/15	Dr. Pannabahen Sojitra	Writing of Gayatri Mantra
4	13/8/15	Sri Damayantibahen Limbani	Importance of <i>Satsang</i>
5	07/9/15	Dr. Amisha Patel	Importance of Garbhsanskar
6	9/10/15	Sri Jyotibahen (member, Gayatri family)	Importance of Sixteen samskars
7	07/11/15	Sri Payalbahen	Importance of ancient <i>garaba</i>
8	05/12/15	Dr. Yogeshbhai	Importance of Punsavan

		(M.D. Ayurveda)	samskar
9	08/01/16	Sri Jayasribahen (teacher)	
10	09/02/16	Dr. Bharatibahen Desai (M.D. Ayurveda)	Importance of massage of new born child
11	11/03/16	Dr. Vijaybhai Sangani (D.H.M.S)	Importance of Suvarnprashan
12	08/04/16	Sri Ushabahen Trivedi	Importance of books
13	07/05/16	Sri Bharatbhai (music teacher)	Importance of music

Tapovan Research Centre (Surat)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	10/06/16	Sri Nayanabahen Desai (trustee, Gayatri temple)	<i>Gayatri Yagna</i>
2	08/07/16	Sri Pravina Devrani (president, Mahila Mandal)	Importance of <i>Ashadhi bij</i>
3	10/08/16	Dr. Pannabahen Sojitra	Homemade rudimentary remedy
4	08/9/16	Sri Pujabahen (psychologist)	Childcare
5	12/10/16	Sri Kavtabahen (supervisor)	Understanding related to child upbringing
6	14/11/16	Sri Shilpabahen Usadad (club manager)	Lamasha work
7	09/12/16	Sri Nayanbhai Vyas (worker, Swadhyaya family)	Recitation of Sanskrit verse
8	30/1/17	Sri Kirtibhai Patel (worker, Swadhyaya family)	Campaign to promote Indigenous items
9	17/2/17	Dr. Dharmeshbhai (physiotherapist)	Regarding physiotherapy
10	24/3/17	Sri Bharatbhai (music teacher)	Music programs

Tapovan Research Centre (Upaleta)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
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1	23/06/15	Sri Gopalbhai Bharad (trustee)	A natural site-seeing as part of celebration of Environment Day
2	05/08/15	Sri Kailashbahen Upadyaya (Head, Dept. of Hindi, Women's College)	Command over language
3	17/09/15	Sri Mahendrabhai Shah (representative, Jain society)	Information related to Jain religion
4	04/11/15	Sri Mausamibahen Chauhan	Creation of Rangoli
5	12/01/16	Sri Bhanubahen Chandravadiya (president, Ramkrishna Ashram)	Life-story of Swami Vivekanand
6	08/03/16	Sri Prashastibahen Parikh (IAS officer)	Women empowerment
7	31/03/16	Sri Suyash Thakur (international trainer)	Emotional freedom technique

Tapovan Research Centre (Upaleta)

Year: June 2016 to May 2017

No	Date	Name of the Expert	Subject
1	7/8/16	Sri Gayatribahen Bhatt (professor, B.ed)	Punsavan Sanskar
2	8/8/16	Dr. Ranjitabahen Vaghamashi (ayurvedik doctor)	Importance of Breastfeeding
3	23/10/16	Sri Gayatribahen Bhatt (professor, B.ed)	Garbhsanskar Yagna, Punsavan Sanskar
4	10/11/16	Sri Rajanibahen Chhag (primary teacher)	Importance of grammar in language
5	15/11/16	Sri Rajanibahen Chhag (primary teacher)	Vaidik mathematics, fast calculation
6	17/11/16	Sri Rajanibahen Chhag (primary teacher)	Scientific experiments
7	05/12/16	Sri Priyanka Mandaliya	Glass painting
8	12/12/16	Sri Gopalbhai Bharad (trustee)	Natural site-seeing
9	21/02/16	Sri Girishbhai Rajyaguru	Importance of Mother tongue

		(secondary teacher)	
10	01/05/17	Sri Girishbhai Rajyaguru (secondary teacher)	A glorious story of Gujarat

Tapovan Research Centre (Jamanagar)

Year: June-2014 to May 2015

No	Date	Name of the Expert	Subject
1	22/09/14	Dr. Shilpabahen Donga (gynecologist)	Guidance during pregnancy
2	12/12/14	Sri Harshadbhai Shah Sri Tarpanabahen Vyas (Children's University)	Concept of "Tapovan"
3	16/1/15	Sri Pritibahen (Gayatri family)	Importance of Punsavana Sanskar
4	6/2/15	Dr. Shilpabahen Donga (gynecologist)	Trimester-wise dietary instructions
5	2/3/15	Members of Gayatri family	Yagn Sanskar
6	10/4/15	Sri Dharit Joshi	Guidance related to Yoga and Pranayam
7	29/5/15	Dr. Neha Pandya (gynecologist)	Routine checkup and dietary instructions

Tapovan Research Centre (Jamanagar)

Year: June-2015 to May 2016

No	Date	Name of the Expert	Subject
1	20/6/15	Dr. Poonam Babariya (physiotherapist)	Yoga and pregnancy
2	21/6/15	Dr. Poonam Babariya (physiotherapist)	Yoga for pregnant mothers Celebration of yoga day
3	4/7/15	Dr. Hetal Bariya (gynecologist) Dr. Yogesh Manani	Medical checkup
4	17/7/15	Dr. Hetal Bariya (gynecologist)	Yagn sanskar Punsavan Sanskar
5	5/8/15	Dr. Neha Pandya Dr. Hetal Bariya Dr. Yogesh Manani	Introduction to different herbal medicines
6	8/8/15	Sri Purvibahen Parikh (expert)	Medical checkup

7	22/09/15	Dr. Neha Pandya Dr. Hetal Bariya	Guidance related to colors and painting
8	26/9/15	Sri Rajesh Kotecha (Vice-Chancellor) Dr. Neha, Dr. Hetal and members of Gayatri family	Medical checkup
9	7/10/15	Dr. Suhas Chaudhari (pediatrician)	Care to be taken during pregnancy from Ayurvedik point of view Yagn sanskar
10	27/11/15	Dr. Neha Pandya Dr. Hetal Bariya	Care of new-born baby
11	07/12/15	Members of Gayatri family	Health checkup and dietary instruction
12	21/12/15	Dr. Neha Pandya Dr. Hetal Bariya	Garbhsanskar sanskar Punsavan Sanskar
13	23/12/15	Jayeshbhai Trivedi (Vidyabharati) Kachcha	Guidance related to nutritious foods Demo of different food items
14	28/1/16	Kaushik Nariya	Music and relaxation Guidance related to Yoga and Pranayam
15	5/2/16	Prof. Varshabhen Chhichhiya (Professor, Mahila College)	Guidance related to stem cells
16	16/2/16	Members of Gayatri Family	Dietary guidance
17	20/2/16	Bhagyasri Chauhan (expert)	Garbhsanskar samskar Punsavan Samskar
18	5/4/16	Bhagyasri Chauhan (expert)	Guidance related to methods of massage to new born child
19	13/5/16	Jayeshbhai Trivedi (Vidyabharati) Kachcha	Music and relaxation Guidance related to Yoga and Pranayam
20	15/5/16	Dr. Hiteshbhai Jani (Panchkarm Dept.) Dr. Karishma Naravani (gynecologist)	Dietary guidance

Tapovan Research Centre (Jamanagar)

Year: June-2016 to May 2017

No	Date	Name of the Expert	Subject
1	21/6/16	Dr. Hiteshbhai Jani (Panchkarm Dept.) Dr. Karishma Naravani (gynecologist)	Guidance related to Yoga and Pranayam and diet
2	26/7/16	Indubahen Modha (expert)	Guidance related to Vipashyana meditation
3	30/8/16	Dr. Riddhi Patel (pediatrician)	Guidance related to breastfeeding
4	6/9/16	Dr. Neha Pandya (gynecologist)	Dietary instructions
5	9/9/16	Dr. Hetal bariya (gynecologist) Dr. Neha Pandya (gynecologist)	Celebration of Establishment Day of Tapovan Research Centre
6	5/10/16	Sri Minabahen Mawani (cooking expert)	Demo of nutritious food items
7	30/11/16	Dr. Hetal bariya (gynecologist)	Care to be taken after child- birth
8	14/2/17	By the mother-in-law and father-in-law	A Day of worshipping parents Importance of parents in life
9	7/4/17	Dr. Shilpa Donga (gynecologist)	Dietary Instruction and reading
10	27/4/17	Indubahen Modha Rameshbhai Dave (vipashyana expert)	Vipashyana meditation
11	30/5/17	Members of Gayatri family	Yagn samskar, Garbhsanskar

Tapovan Research Centre (Ankleshvar)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
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1	8/6/15	Dr. Gayatribahen Desai (gynecologist)	Problems related to pregnancy and their solutions
2	31/6/15	Sri Divyanshu Dave (D.G., Children's University)	A role of parents in the development of a child
3	18/7/15	Savitri Sundaram (member-group of well-wishers)	A discussion on the essay titled as "My Father"
4	24/7/15	Member of Lion's Club	Information related to <i>Arati</i> decoration and different Incarnation of Lord Vishnu
5	18/8/15	Dr. Tammana (gynecologist)	How to embolden oneself while delivery?
6	31/8/15	Sri Sharmilabahen Bambhaniya (member, Janani Chintan Sabha)	Empowerment of women
7	19/9/15	Sri Mata (playing vina)	Different ragas on four stringed instrument aka veena
8	6/10/15	Sri Sudhabahen Vadagam (principal, Sanskardip Vidyalay)	Reading on personal thoughts of Gandhiji
9	10/10/15	Sri Bipinbhai Kiri (Reki master)	Information on Reki
10	11/10/15	Sri Jayasri Amipara	Information on stem cells
11	11/10/15	Sri Manasi Jain (yogacharya)	Understanding on meditation and seven chakras
12	17/10/15	Sri Indirabahen (Gayatri family)	Importance of pranayam
13	21/10/15	Artists of Madhubani art	Importance of drawing during pregnancy
14	04/12/15	Dr. Jyotibahen Bilavanakar	Postnatal care of mother and child
15	3/2/16	Sri Kokilabahen Pandya (member, well-wishers group)	Importance of story in the life of a child
16	22/2/16	Dr. Asmitabahen Shah (homeopath)	Importance of homeopathic medicines during the period of pregnancy
17	14/3/16	Sri Shobhabahen Dorik	Importance of meditation

			and different activities
18	1/4/16	Sri Amita Parekh (expert on reki, vastu and science of aura)	Impact of positive aura on the atmosphere
19	8/4/16	Sri Dushyant Modi (yoga teacher)	Types of Yoga and its importance
20	14/4/16	Sri Sudhabahen Vadagam (Principal, Sanskardip Vidyalaya)	Dr. Babasaheb Ambedkar and Indian constitution
21	20/4/16	Sri Vasumati Shah (member, Jain society)	Important incidents from the life of Lord Mahavir
22	7/5/16	Dr. Hiralbahen (gynecologist)	Information related to balanced diet and normal checkup

Tapovan Research Centre (Ankleshvar)

Year: June: 2016 to May-2017

No	Date	Name of the Expert	Subject
1	24/6/16	Sri Priti Navaikar (physiotherapist)	Useful exercise for normal delivery
2	13/7/16	Dr. Hina Patel (gynecologist)	Discussion on different tests required to do during pregnancy
3	11/7/16	Sri Chaulabahen Shah Sri Harshbhai Shah (member, well-wishers group)	Importance of spiritual science during pregnancy
4	14/7/16	Dr. Mayankbhai Patel (ayurvedik doctor)	Antenatal care
5	29/7/16	Dr. Kesha Shah (dentist)	Care of teeth during pregnancy
6	3/8/16	Dr. Girish Purohit (pediatrician)	Importance of breastfeeding
7	8/9/16	Dr. Vaishalibahen (homeopath)	Importance of balanced diet
8	15/11/16	Sri Pragnabahen Raval (member, Gayatri family)	Interesting reading about Grihasthashram
9	29/11/16	Sri Bhumibahen Dave (gynecologist)	Problems related to pregnancy and their solutions

10	8/12/16	Dr. Urvashibahen (dentist)	Care during the process of teething from birth to one year old children
11	8/3/17	Sri Chaulabahen Shah Sri Hareshbhai Shah	Power point presentation based on Sri Aravind and Mataji
12	17/3/17	Dr. Kirtibhai (gynecologist)	Care to be taken during pregnancy
13	24/3/17	Sri Kundanbhai (naturopath)	Importance of naturopathy in our life
14	24/4/17	Sri Gitabahen Patel (library teacher)	Importance of books
15	19/4/17	Gurupurnimabahen (Vipashyana teacher)	Vipashyana meditation
16	26/5/17	Sri Ilabahen Pujara (member, Well-wishers group)	Importance of mother in life
17	29/5/17	Sri Anjubahen (vaidik mathematics- teacher)	Importance of Vaidik mathematics during pregnancy

Tapovan Research Centre (Palanpur)

Year: June: 2014to May 2015

No	Date	Name of the Expert	Subject
1	21/06/15	Shraddha Padhiyar (Yoga teacher)	Importance of Yoga with practical demonstration

Tapovan Research Centre (Palanpur)

Year: June-2015 to May 2016

No	Date	Name of the Expert	Subject
1	11/7/15	Sri Bharatbhai Vaidya (Professor- College)	Importance of thoughts, behavior
2	5/8/15	Jayasribahen Patel (Gayatri family)	Importance of Punsavan Sanskar Gayatri yagn
3	23/9/15	Dr. Varunbhai Shah (gynecologist)	Importance of breastfeeding

4	7/11/15	Parasbahen Lohani (Teacher, hobby centre)	Demonstration of <i>rangoli</i>
5	24/2/15	Dr. Mukeshbhai Trivedi (A.D.H.O)	Importance of Cleanliness
6	28/1/16	Sri Gitabahen Dabhi (Teacher)	Demonstration of salad
7	5/2/16	Sri Minalbahen Mehta (Music teacher)	Action song-demonstration
8	16/2/16	Sri Pinakin Vyas (Retired teacher)	Duha, meter and ancient garaba
9	23/3/16	Sri Ramilabahen Joshi (Nurse)	Awareness regarding vaccination
10	29/3/16	Sri Rameshbhai Pandya (Social worker)	Awakening of organs thru Yoga
11	19/4/16	Parasbahen Lohani (Teacher, hobby centre)	Glass painting
12	17/5/16	Sri Minalbahen Mehta (music teacher)	Action songs, lullabies

Tapovan Research Centre (Palanpur)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	6/6/16 7/6/16	Sri Parasbahen Lohani (hobby teacher)	Thread work
2	15/7/16	Sri Bharatbhai Vaidya Professor-psychology	Visualization of a child in womb
3	20/8/16	Sri Nirenbhai Purohit (Yoga teacher)	Primary care
4	7/9/16 8/9/16	Sri Nusaratabanu Bihari (Nutrition teacher)	Demo of nutritious food items
5	6/10/16	Dr. Mehatabahen Suthar (gynecologist)	Joy of nine-months journey
6	4/11/16	Sri Parasbahen Lohani (hobby teacher)	Making photo frame
7	15/12/16	Sri Purnimabahen Mehta (member, Inner-wheel club, expert-consumer security)	Information related to consumer security
8	12/2/17	Sri Parasbahen Lohani (hobby teacher)	Making soft toys
9	22/3/17	Sri Rakeshbhai Joshi (Yoga teacher)	Importance of toys

10	29/4/17	Sri Jitubhai Thakkar (Vipashyana)	Vipashyana meditation
11	6/5/17	Sri Rajeshbhai Shah (member- art of living)	Meditation-wheeling session

Tapovan Research Centre (Visanagar)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
1	19/6/15	Sri Zaranabahen (music teacher)	Action song-children's song
2	22/6/15	Dr. Khannabahen (naturopathy)	Yoga for pregnant women Importance of exercise and its benefits
3	4/7/15	Sri Sushilabahen (member, Gayatri mandal)	Prayer and group recitation of divine verses
4	23/9/15	Dr. Jayeshbhai Shukla (ayurvedik doctor)	Guidance to pregnant women related for safe and normal delivery
5	29/10/15	Sri Manibahen Patel (Gayatri temple)	Importance of lamp meditation
6	6/11/15	Sri Zankhanabahen Prajapati (expert)	Decoration of lamp
7	12/12/15	Dr. Chiragbhai Vyas (ayurvedik doctor)	Benefits of ayurvedik care during pregnancy
8	25/2/16	Sri Keshubhai Patel (Yoga guru)	Information about yoga during pregnancy
9	23/3/16	Dr. Jayeshbhai Shukla (ayurvedik doctor)	Importance of garbhsanskar
10	20/4/16	Sri Ramanbhai (trustee, Jyoti hospital)	Drawing work

Tapovan Research Centre (Visanagar)

Year: June-2016 to May- 2017

No	Date	Name of the Expert	Subject
1	10/6/16	Dr. Chirag Vyas (ayurvedik doctor)	Benefits from herbal therapy during pregnancy

2	20/7/16	Sri Manibahen Patel (Gayatri temple)	Importance of Lamp meditation
3	30/9/16	Sri Maheshbhai Pindhariya (biology-teacher)	Diet during pregnancy
4	19/10/16	Dr. Chirag Vyas (ayurvedik doctor)	Diet during pregnancy
5	29/11/16	Dr. Khannabahen (naturopath)	Benefits of Yoga and pranayam- practical demonstration
6	7/12/16	Dr. Mirabahen (gynecologist)	Development of child during pregnancy
7	25/1/17	Sri Ramilabahen Parmar (teacher)	Children's songs
8	22/2/17	Dr. Chirag Vyas	Importance of suvarnprashan
9	8/3/17	Dr. Hetalbahen (ayurvedik doctor)	Importance of sixteen virtues
10	2/5/17	Sri Upendrabhai (expert-Vipashyana)	Vipashyana meditation
11	17/5/17	Sri Maheshbhai Pindhariya (biology-teacher)	Care of children

Tapovan Research Centre (Patan)

Year: June 2015 to May 2016

No	Date	Name of the Expert	Subject
1	2/7/15	Sri Hemabahen Majamudar (member, district women empowerment centre)	Information regarding different services related to primary health centre
2	2/7/15	Sri Hasumati Patel (assistant manager, Bhagini society)	Spreading awareness to stop female infanticide
3	14/7/15	Sri Ushabahen Buch (taluka legal service authority)	Legal camp
4	26/2/16	Sri Balavantbhai Chaudhari (C.R.C.C.O.)	Information related to rights of women
5	26/2/16	Sri Babubhai Desai (social worker, Patan)	Information regarding Indian culture

Tapovan Research Centre (Patan)

Year: June: 2016 to May-2017

No	Date	Name of the Expert	Subject
1	28/7/16	Dr. Mohanbhai Patel (gynecologist)	Care of pregnant mother
2	13/11/16	Sri K.J.Patel (deputy DDO, Patan)	Women empowerment
3	27/1/17	Sri Mukeshbhai Patel (Manager, Gayatri temple)	Discussion on nutritious foods
4	1/2/17	Sri Hansabahen Gandhi (retired teacher)	Worship of Goddess Saraswati and importance of the festival 'Vasantpanchami'
5	8/3/17	Dr. Mohanbhai Patel (gynecologist)	Care to be taken during the period of pregnancy
6	1/4/17	Sri Shankarbhai Patel (trustee, Gayatri temple)	Importance of family in our culture
7	17/4/17	Dr. Ankitabahen Daraji (ayurvedik doctor)	Mantra therapy, sun therapy and information regarding different video clips during pregnancy
8	2/5/17	Sri Jitubhai Thakkar (Yoga expert)	Vipashyana meditation

Tapovan Research Centre (Kapadavanj)

Year: June: 2016 to May 2017

No	Date	Name of the Expert	Subject
1	27/6/16	Sri Pannabahen Parikh Sri Anjanabahen Rajgor	Action song-children's song
2	23/7/16	Sri Kamalashankar Pandya (storyteller)	Story of Lord Satyanarayan
3	30/8/16	Sri Pratikshabahen, Simabahen, Rajashribahen (poets)	Poetry recitation
4	7/9/16	Dr. Nitabahen Shah (Nutritional expert)	Importance of nutritious food for pregnant mothers

5	15/10/16	Pannabahen (clerk-hospital) Ashvinabahen, Meghabahen, Bhavanabahen (ashaworkers)	Health related guidance
6	14/11/16	Bhavanabahen and Ranjanabahen (T.T.N.C.)	Thread work
7	29/12/16	Sri Monabahen Panchal (counselor, Divya Jyoti Foundation)	Guidance related to laws pertaining to protection of women
8	7/1/17	Sri Vinasbhai Jayasval Sri Anjanabahen Jaysval (member, Nagarpalika)	Guidance related to different government's welfare schemes for women
9	8/2/17	Sri Kavita bahen, Shankubahen, Shitalbahen, Ramilabahen, Nikitabahen (teachers)	Crochet work
10	8/3/17	Sri Dholisaheb (magistrate) Sri Rasilabahen (lawyer)	Guidance related to laws pertaining to protection of women
11	12/3/17	Sri Sejalbahen Brahmhatt (president, Nagarseva Sadan)	Celebration of World Women's Day
12	31/5/17	Sri Bimalbhai Shah (former MLA)	Guidance related to different government's welfare schemes for women

Tapovan Research Centre (Arnej)

Year: June: 2015 to May: 2016

No	Date	Name of the Expert	Subject
1	2/4/16	Srimati Daxabahen Zaveri	Garbhasanskar Yagn
2	5/4/16	Srimati Harshabahen	Devotional songs of Shivaratri
3	26/5/16	Sri Pankajbhai Jadav	Singing lullabies

Tapovan Research Centre (Arnej)

Year: June: 2016 to May-2017

No	Date	Name of the Expert	Subject
1	9/6/16	Sri Danasingbhai	Garbhsanskar Yagn
2	23/6/16	Sri Amubhai Sri Devsinhbhai (music teacher)	Importance of Music during pregnancy
3	9/7/16	Sri Anupamabahen Jadav (teacher)	Story writing
4	6/8/16	Dr. Sonal Parmar (doctor)	Importance of breastfeeding
5	10/10/16	Rambhai Vaghela (drawing teacher)	Drawing, painting
6	12/11/16	Sri Ramsinhbhai Acharya	Needs of Tapovan
7	21/12/16	Sri Maheshbhai Chudasama (professor)	Mathematical puzzles
8	20/1/17	Sri Minabahen Unadkat	Garbhsanskar Yagn
9	21/2/17	Sri Aranyabhai Gadhavi	Importance of mother tongue
10	6/3/17	Sri Ashabahen Damaniya (science teacher)	Use of herbal medicines
11	4/4/17	Sri Kanchanbahen (asha worker)	Action song
12	23/4/17	Sri Nehabahen Bhatt (writer)	Importance of books in life
13	1/5/17	Sri Daxabahen Zhaveri	Garbhsanskar and punsavan sanskar

Tapovan Research Centre (Sadvichar Parivar, Ahmedabad)

Year: June-2016 to May-2017

No	Date	Name of the Expert	Subject
1	3/6/16	Dr. Damayantibahen Thakkar (ayurvedik doctor)	Care to be taken during pregnancy
2	21/6/16	Sri Minabahen Vyas (assistant coordinator, Women empowerment)	Importance of yoga
3	6/9/16	Dr. Damayantibahen Thakkar (ayurvedik doctor)	Importance of breastfeeding Guidance related to nutritious diet
4	30/10/16	Sri Kokilabahen Shah (social	Poetry recitation

		worker)	
5	9/2/17	Dr. Ashabahen Gandhi (gynecologist)	Guidance related to care of new born child
6	21/2/17	Sri Kokilabahen Shah (social worker)	Importance of mother tongue
7	8/3/17	Dr. Mrudulabahen Thakkar (gynecologist)	Women empowerment
8	30/3/17	Sri Jashubahen Bhagat (teacher)	Craft work
9	24/4/17	Dr. Ashabahen Gandhi (gynecologist)	Importance of books in our life
10	4/5/17	Sri Jayasribahen Tori (Vipashyana)	Vipashyana meditation
11	8/5/17	Dr. Ashabahen Gandhi (gynecologist)	Guidance related thalassemia

Tapovan Research Centre (Dabhoda)

No	Date	Name of the Expert	Subject
1	4/7/14	Dr. Harishbhai Trivedi (T.H.O)	Care to be taken by pregnant mothers, importance of food
2	11/7/14	Talati, Dabhoda	Instruction to come regularly to the Centre
3	14/11/14	Nursing students from Civil Hospital	Importance of Iron/ calcium for pregnant mothers
4	18/12/15	Sri Kamalamani Rao (associate professor and registrar (I/c), Children's University	A development of the foetus during nine months and guidance related to food items that provide iron and protein
5	25/11/16		Story of Lord Satyanarayan
6	23/12/16	Officers from Lion's club	Impact of Garbhsanskar on the development of a child

Tapovan Research Centre (Borij)

No	Date	Name of the Expert	Subject
1	15/5/14	I.C.D.S. supervisor	Importance of Care Day and its understanding
2	11/6/15	Dr. Ashokbhai Prajapati (Assistant Professor, Centre of Research, Children's University)	Discussion related to mental health of pregnant mothers
3	10/9/15	Nurse-urban health centre	Blood test and H.B. test of pregnant mothers

Tapovan Research Centre (Pethapur)

No	Date	Name of the Expert	Subject
1	31/3/16	Dr. Shailesh R. Patel (gynecologist)	Health checkup of pregnant sisters
2	7/1/16	Supervisor and coordinator ICDS	Importance of Tapovan centre: a Care Day
3	15/9/16	Sri Kalpanabahen Barot (supervisor, ICDS)	Discussion on a Care Day

Tapovan Research Centre (Unava)

No	Date	Name of the Expert	Subject
1	May, 2016	Dr. Latabahen Solanki (ayush doctor)	Information on 'Kangaroo care'
2	June, 2016	Dr. Latabahen Solanki (ayush doctor)	<i>A prakriti</i> of pregnant mothers- <i>Vat, Pitt, Kaph</i>

Tapovan Research Centre (Sughad)

No	Date	Name of the Expert	Subject
1	23/11/2015	Asha worker	Importance of Tapovan activities for pregnant mothers
2	11/7/2016	Dr. Rakesh Patel (gynecologist)	Health checkup of pregnant mothers

Tapovan Research Centre (Palaj)

No	Date	Name of the Expert	Subject
1	22/4/14	Dr. Parulbahen Gohil (medical officer)	Explanation regarding vaccination
2	15/9/15	C.D.P.O, Gandhinagar	Guidance related to different items made of pre-mix food
3	27/10/15	-	-
4	29/12/15	Sri Kamalamanibahen Rao (associate professor and registrar (I/c), Children's University)	Guidance related to nutritious foods

6. Celebration of different days in Tapovan Research Centre

No	Name	No	Name
1	World Yoga Day	21	26 th January
2	International Women Day	22	Jalaram Jayanti
3	Teacher's Day	23	Uttarayan (Kite festival)
4	World Mother Tongue Day	24	Rakshabandhan
5	Celebration of Holi	25	Death Anniversary of Mahatma Gandhi
6	Celebration of Diwali	26	Guru Purnima
7	Book Day	27	Celebration of Shivaratri
8	Celebration of Children's Day	28	Hanuman Jayanti
9	Celebration of Ramnavami	29	Vasantpanchami
10	Celebration of Navaratri	30	Akhatrij
11	World Environment Day	31	Ganeshchaturthi
12	World Mother's Day	32	Janamashtami
13	Foundation Day of Gujarat	33	Care Day
14	World Health Day	34	Ramnavami
15	World Hindi Day	35	Mahavir Jayanti
16	World Women's Day	36	Good Friday
17	Celebration of Dhuleti	37	Ambedkar Jayanti
18	Gudi Padavo	38	Parashuram Jayanti
19	Birth Anniversary of Mahatma Gandhi	39	Pateti
20	15 th August	40	Ashadhi Bij
21		41	Ramajan Id

6.1 Celebration of 'Distinct Week' in Tapovan Research Centre

No	Name
1	Fifteen Days of Women Empowerment
2	World Malaria Week
3	World Breastfeeding Week
4	Week for Cleanliness Campaign

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Chapter-4

Effectiveness of Tapovan Research Centre – Numerical Data Analysis

Chapter: 4

Effectiveness of Tapovan Research Centre – Numerical Data Analysis

The main aim behind the establishment of Tapovan Research Centre was to acquire best progeny. To achieve this aim, Tapovan Research Centre has always been working effectively. Children's University tries to know whether this aim of Tapovan Research Centre has been fulfilled or not. And for this, scientific approach has been made to know the effectiveness of all the practices done by Tapovan Research Centre.

Tapovan Research Centre conducts many different activities for the formation of the best progeny. These activities are selected on scientific basis. Under this work, ancient Indian scriptures and prevailing western knowledge are greatly followed, and also much importance is given to prevailing inventions. Every activity is decided taking these aspects into consideration. This chapter attempts to describe these activities in detail and along with it, a survey has also been conducted that makes it possible to reach maximum number of ladies in Gujarat state by providing a new direction to it. Work has been done methodically to know the effectiveness of Tapovan Research Centre. This work has been explained step by step in this chapter as follows:

Aim:

To make the desired research possible in desired direction, there are many purposes which are taken into consideration:

1. To learn about the physical health of pregnant ladies who come to avail the benefits at Tapovan Research Centre.
2. To acquire information about the category, area, age, education, social and economic condition, type of family and about the business of all the pregnant ladies.
3. To know about the effect of activities organised by Tapovan Research Centre on the nature and type of delivery.
4. To know about the effect of activities organised by Tapovan Research Centre on the weight of the child.
5. To know about the effect of activities organised by Tapovan Research Centre on the physical health of the child aging 0-3 months.
6. To know about the effect of activities organised by Tapovan Research Centre on the *Pranik* condition (such as crying at the time of birth).

- Alertness towards noise and food, expressing desires, staying healthy etc...) of the child aging 0-3 months.
7. To know about the effect of activities organised by Tapovan Research Centre on the mental condition (such as concentration on a particular thing) of the child aging 0-3 months.
 8. To know about the effect of activities organised by Tapovan Research Centre on the physical condition (such as weight and sitting with support) of the child aging from 4-6 months.
 9. To know about the effect of activities organised by Tapovan Research Centre on the *Pranik* condition (such as fickleness, being active, holding things properly, crying while feeling hungry and while soaking bed, fear of unusual noises, response to a touch) of the child aging from 4-6 months.
 10. To know about the effect of activities organised by Tapovan Research Centre on the mental development (such as living in harmony with other person, concentration) of the child aging from 4-6 months.
 11. To know about the effect of activities organised by Tapovan Research Centre on the intellectual development (such as curiosity) of the child aging from 4-6 months.
 12. To know about the effect of activities organised by Tapovan Research Centre on the physical development (such as falling on knees, sitting without support, standing without support) of the child aging from 7-9 months.
 13. To know about the effect of activities organised by Tapovan Research Centre on the *Pranik* condition (such as crying alone, pronouncing monosyllabic words) of the child aging from 7-9 months.
 14. To know about the effect of activities organised by Tapovan Research Centre on the mental condition (such as effect of lullaby, stubbornness) of the child aging from 7-9 months.
 15. To know about the effect of activities organised by Tapovan Research Centre on the intellectual condition (such as understanding instructions, reacting when someone calls out the name, choosing toys, imitating one) of the child aging from 7-9 months.
 16. To know about the effect of activities organised by Tapovan Research Centre on the physical development (such as to walk without any support) of the child aging from 10-12 months.
 17. To know about the effect of activities organised by Tapovan Research Centre on the *Pranik* condition (such as expressing one's desires, pronouncing intermittent words, consciousness towards natural activities) of the child aging from 10-12 months.
 18. To know about the effect of activities organised by Tapovan Research Centre on the mental development (such as playing with other child, sharing toys with other children) of the child aging from 10-12 months.

Devices:

A questionnaire has been created to know the effectiveness of Tapovan Research Centre. Every lady who avails the benefits provided by Tapovan Research Centre, fills the questionnaire. This includes all information about the pregnant lady, and also about the period before and after the birth of the child. Every section of this questionnaire is created in such a way that helps in accurate measurement of the child's development of *Panchkosha*. To measure this development several criteria are formulated. These criteria are divided mainly into *Pranik*, physical, mental and intellectual conditions. And to know these conditions several sub-criteria are formulated. At every age of the child, these criteria of measuring child's development changes and for this, different criteria are formulated taking every age into consideration. And with these different sections are created. Analysis of pregnant ladies has been done on the basis of the information available through forms.

Samples included in the research

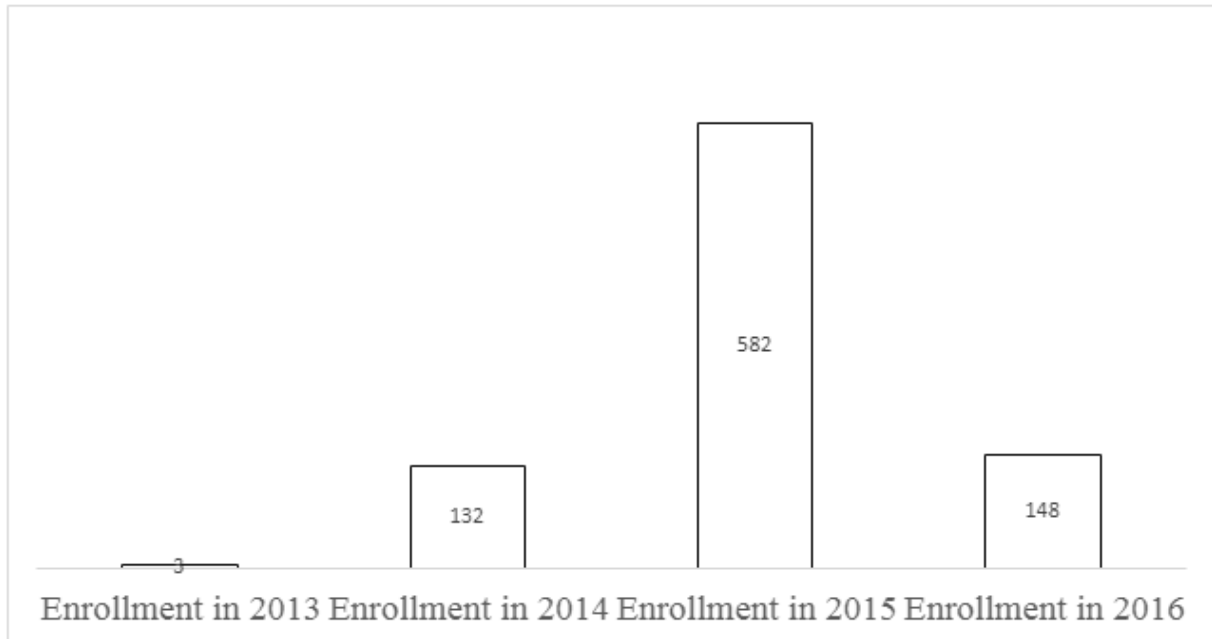
Yearly classification of samples included in the sample

For this research, Children's University selects pregnant ladies availing the facilities of Tapovan Research Centre from various centres in Gujarat. Pregnant ladies visiting Tapovan Research Centre being run by Children's University are made to provide different kind of information on the questionnaire. Information is gathered from these questionnaires which can be useful for such research. For the selection of sample questionnaire, few questionnaires are selected from every Tapovan Research Centre so that a sample can be chosen what would represent the entire state. Incomplete questionnaires filled by pregnant ladies get rejected. In the following table information of ladies filling the questionnaires during different years is given.

Year	Strength of samples
2013	3
2014	132
2015	582
2016	148
Total	865

Reading the above table, one gets to know that under this research there were only 3 ladies who were included as samples in the year 2013, 132 ladies took the advantage of Tapovan Research Centre who were selected as samples in

2014. In 2015, 582 ladies were included as samples who took the advantage of Tapovan Research Centre, and in 2016 there were 148 ladies who were included. Step by step the strength of pregnant ladies at Tapovan Research Centre started increasing. This can be seen in the samples selected for research. The sample selected every year gets included in the research. Graphical representation of the samples selected for the research work at Tapovan Research Centre is as follows.



Classification of samples according to different centres in Gujarat

In this research, pregnant ladies availing the benefits of Tapovan Research Centre at different Tapovan Centres in Gujarat, are selected for research by Children’s University. These ladies were selected in such a way that samples from various Tapovan research centres can be chosen which can represent the whole state. Questionnaires of those pregnant ladies were rejected which were not completely filled. At the end 865 ladies were selected from different centres of Gujarat. Information about centres and samples chosen is given below.

Centre Code	Number of samples selected
Centre No 1	031
Centre No 2	169
Centre No 3	074
Centre No 4	021
Centre No 5	037
Centre No 6	060
Centre No 8	029

Centre No 11	067
Centre No 12	013
Centre No 13	135
Centre No 15	021
Centre No 16	008
Centre No 18	010
Centre No 19	025
Centre No 20	071
Centre No 21	039
Centre No 22	009
Centre No 23	009
Centre No 24	037
Total	865

Age of the ladies selected as samples

Efforts have been made to know the age of the ladies selected as samples in the given research. Average age of these pregnant ladies was 25.19. Sample included women with minimum of 19 years of age and maximum of 46. Thus, experiences of women belonging to different ages during pregnancy could be recorded.

Average Age of Participant	25.14
Minimum	19
Maximum	46

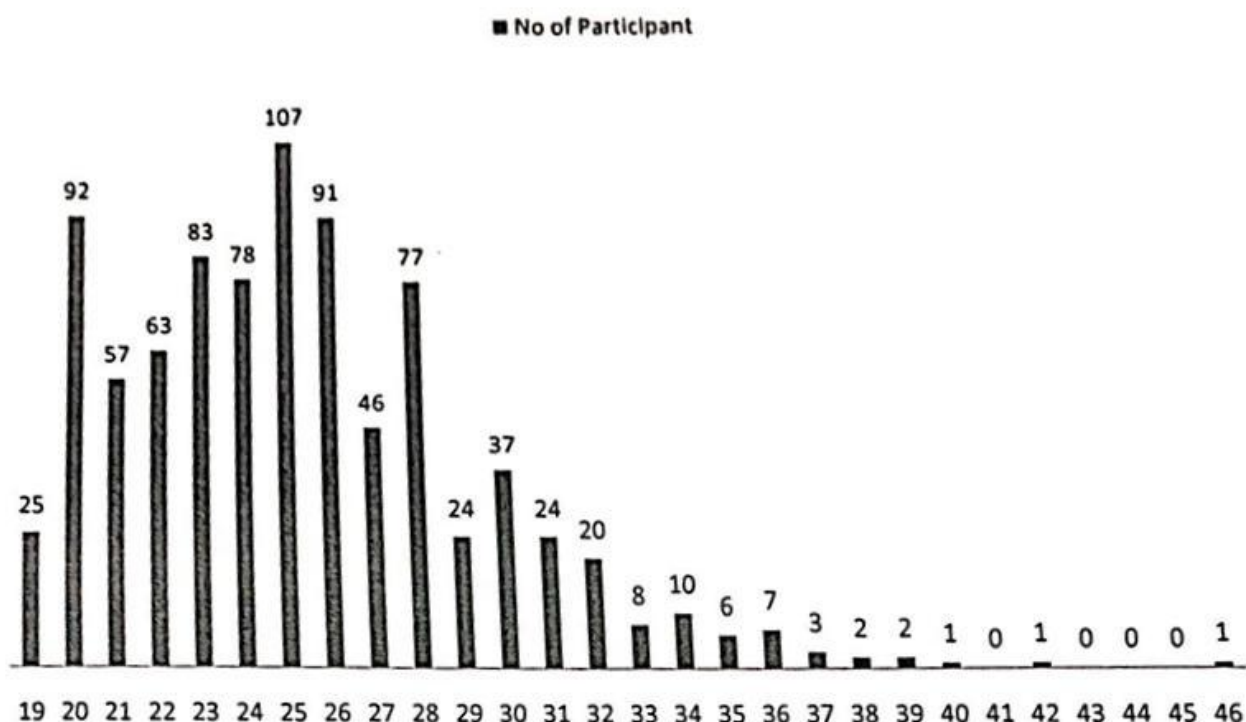
Classification of samples according to their age is as follows:

Age	No. of Participant
19	25
20	92
21	57
22	63
23	83
24	78
25	107
26	91

27	46
28	77
29	24
30	37
31	24
32	20
33	8
34	10
35	6
36	7
37	3
38	2
39	2
40	1
41	0
42	1
43	0
44	0
45	0
46	1
Total	865

From the above table one gets to know that 865 ladies were included in the research as samples under the age group of 19 to 46. There was maximum number of ladies with age 25 and minimum with age 46. The above-mentioned details can be distributed in this way.

Age wise No of Participant

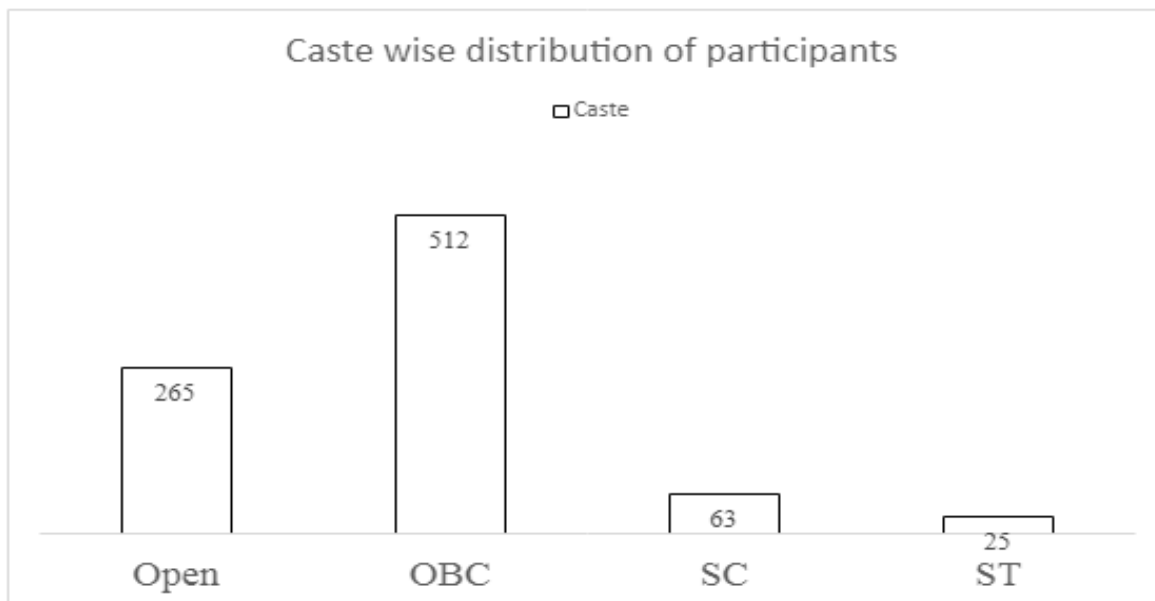


Distribution of samples according to their social class

It was made possible to know about the social class of the selected samples in this research. The distribution of samples according to their social class is as under:

Caste	No. Of Participants	%
Open	265	30.64
OBC	512	59.19
SC	63	7.28
ST	25	2.89
Total	865	

From the above distribution it can be known that 265 i.e., 30.64% of the total samples belong to open category. Maximum number of pregnant ladies, 512 i.e., 59.19% were from OBC category. Total 63 means 7.28% were from SC and 25 means 2.89% were from ST category. In this way, it can be seen that samples from every social class were selected. The above-mentioned details can be distributed in this way-

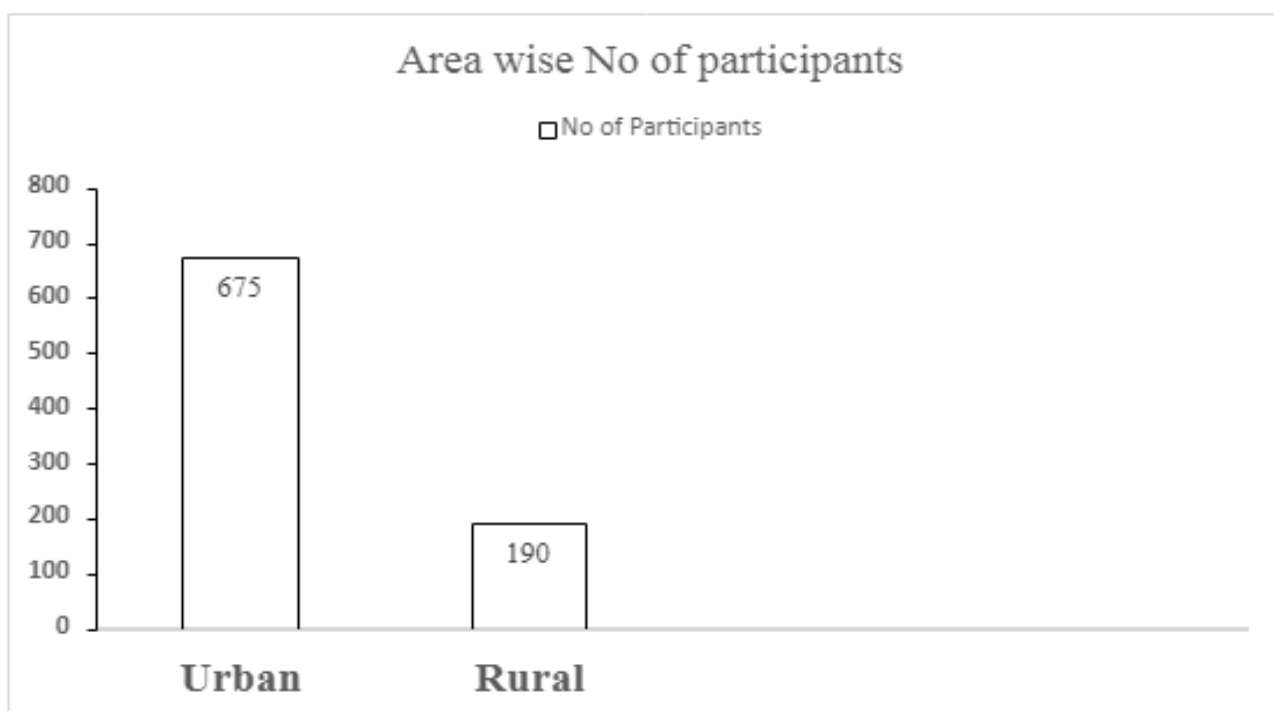


Distribution of samples according to area

Efforts have been made to know the area of samples in this research paper. And for that, distribution of the samples has been made according to their area:

Area	No of Participant	%
Urban	675	78.03
Rural	190	21.97

From the above distribution it can be observed that total 675 i.e., 78.03% of pregnant ladies were from urban area, whereas 190 i.e., 21.07% were from rural area. Thus, the strength of women belonging to rural area was less compared to the urban. Proper distribution of the above information is as follows.

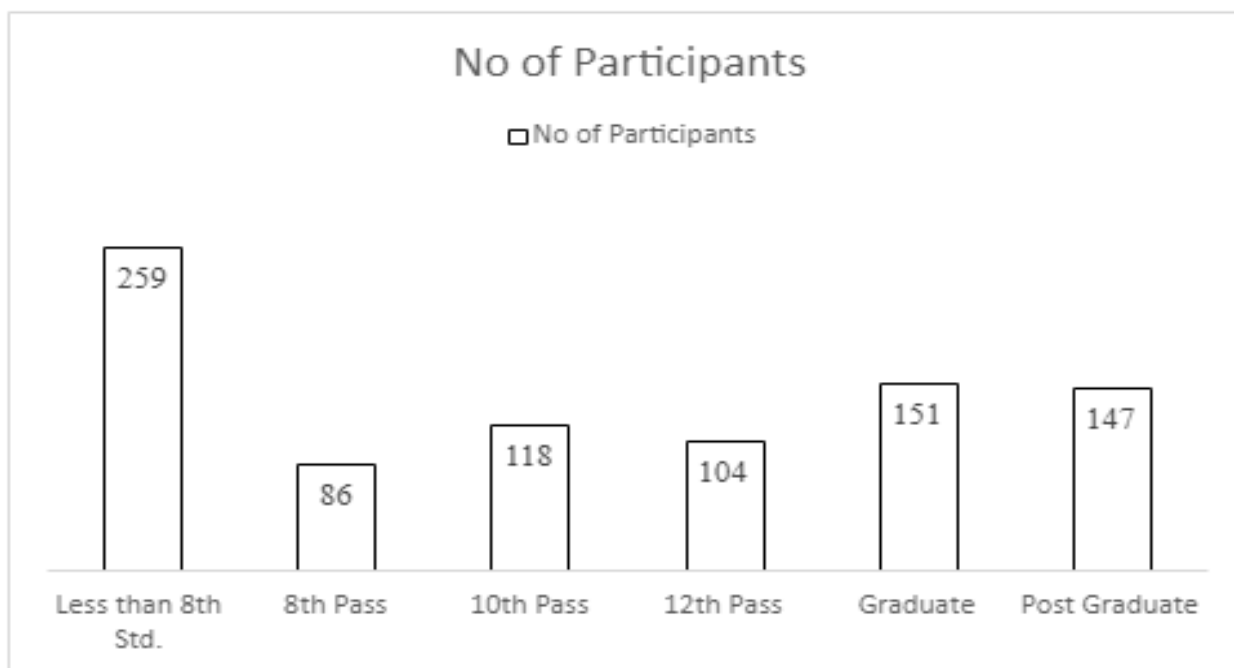


Educational level of the selected samples

Information about the education level of the samples is as under.

	Education	No of Participant	%
1	Less than 8 th Std.	259	29.94
2	8 th Pass	86	9.94
3	10 th Pass	118	13.64
4	12 th Pass	104	12.02
5	Graduate	151	17.46
6	Post Graduate	147	16.99
	Total	865	

From the above table it can be known that 259 out of total pregnant ladies, means 29.94%, studied less than 8th standard. 86 ladies, means 9.94% were 8th pass, 118 i.e., 13.64% were 10th pass, 104 i.e., 12.02% were 12th pass, 151 i.e., 17.46% completed their graduation, whereas 147 i.e., 16.99% were post graduate. Thus, number of ladies studying less than 8th standard is maximum. This information is presented graphically as follows:

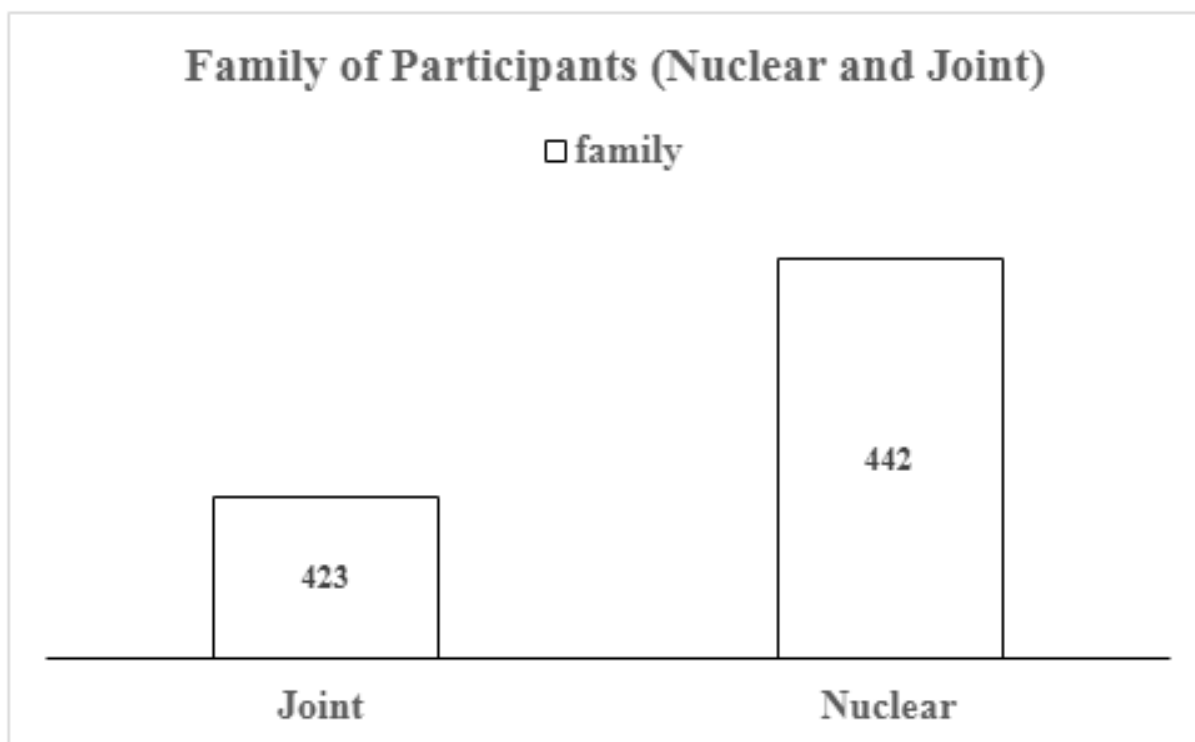


Family of selected samples

A survey has been made to know whether ladies selected as samples come from joint or nuclear family. And the results are as follows:

Family	No of Participant	%
Joint	423	48.90
Nuclear	442	51.10

From the above information it can be observed that 423 i.e., 48.90% pregnant ladies come from joint family, whereas 442 means 51.10% come from nuclear family. This shows that ladies belonging to nuclear family were more than those coming from joint family. The above information has been presented graphically as follows:



Weight of pregnant ladies (in kilograms)

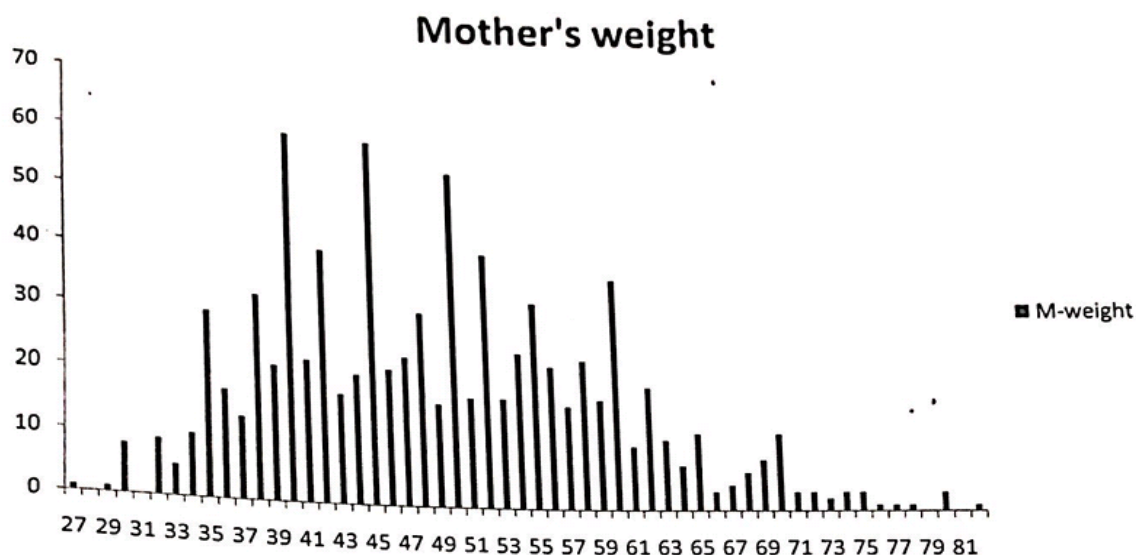
Information about the weight of pregnant ladies, average weight including maximum and minimum is provided in the following table.

Weight of mother (in kg)	No of Participant	%
Less than 40kg	149	17.23
More than 40kg	716	82.77
Total	865	

Average Weight	49.19
Minimum weight	30
Maximum weight	82

From the above table it can be observed that the average weight of pregnant ladies was 49.19kgs. Lady with minimum weight was of 30kgs which can be said to be really low, and with maximum was of 82 kgs. Ladies with weight less than 40kgs were less. 40kgs cannot be considered as a proper in terms of being

healthy. Guidance regarding diet of these ladies was provided by the Children's University. All these have been mentioned as under.



Level of haemoglobin in pregnant ladies

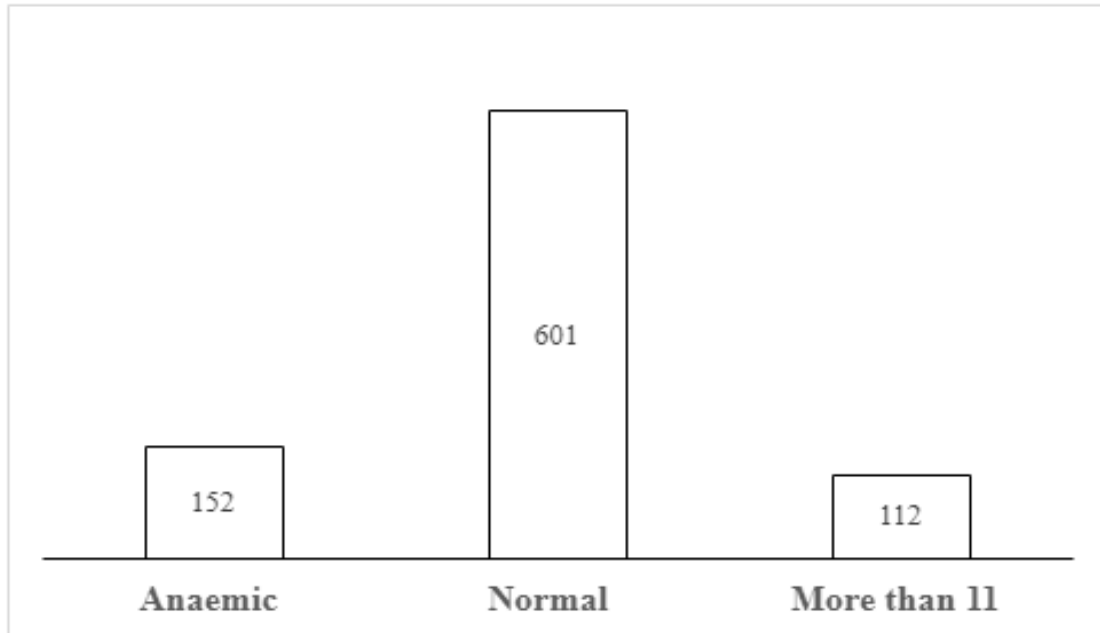
Level of haemoglobin of the samples selected is as follows.

Hb Level	Total strength	%
Anaemic	152	17.57
Normal	601	69.48
More than 11	112	12.95

Average	9.43
Maximum	14.8
Minimum	4

From the above table it can be known that 152 means 17.57% samples were anaemic, 601 i.e., 69.48% were normal, and 112 means 12.95% ladies had haemoglobin more than 11. From the women belonging to Tapovan, average haemoglobin of those women was 9.43. This can be considered as a normal

report. This information was presented graphically as follows. In order to provide guidance to anaemic ladies, Children’s University conducted sessions which would help them in giving birth to normal and healthy child.



Occupation of pregnant mothers

The following table provides information regarding the occupation of pregnant ladies.

Mother’s Occupation	Strength	%
Housewife	775	89.59
Self-business	18	2.08
Job	58	6.70
Farming	5	0.58
Labour work	8	0.92
Others	1	0.12
Total	865	

From the above information, one gets to know that out of the total pregnant ladies availing the benefits at Tapovan Research Centre, 774 means 89.59% were housewives, 18 means 2.08% had their own business, 58 means 6.70% were doing job, 5 means 0.58% did farming, 8 means 0.92% were engaged in

doing labour work, and 1 i.e., 0.12% did something else. This shows that maximum pregnant ladies were housewives. Following is the graphical representation of this information.



Husband's Occupation

The following table provides the information regarding the occupation of husbands of the pregnant ladies at Tapovan Research Centre.

Father's Occupation	No	%
Unemployed	3	0.35
Self-business	222	25.66
Job	388	44.86
Farming	114	13.18
Labour work	129	14.91
Others	9	1.04
Total	865	

From the above table one gets to know that 3 i.e., 0.35% of the total men were unemployed, 222 means 25.66% had their own business, 388 means 44.86% were doing job, 114 means 13.18% did farming, 129 i.e., 14.91% were engaged in labour work, whereas 9 means 1.04% did something else. Thus, the strength of men doing their own business was more, but maximum number of men were doing job whereas only 3 men were unemployed. Number of men engaged in labour work and doing something else was also less. The above information is graphically represented as follows.

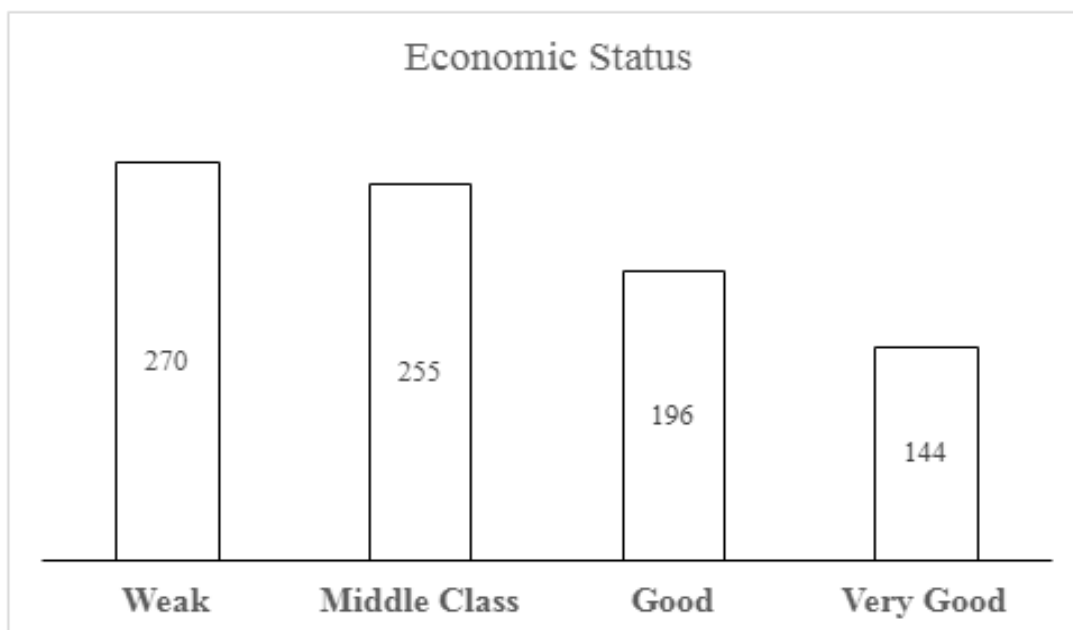


Economic Status

Information regarding the economic status of women coming at Tapovan Research Centre is given in the following table.

Economic Status	No	%
Weak	270	31.21
Middle class	255	29.48
Good	196	22.66
Very good	144	16.65
Total	865	

From the above table one gets to know that 270 means 31.21% ladies were economically weak. 29.48% ladies were middle class. Ladies belonging to good economic status were 196 i.e., 22.66% and the economic status of 144 means 16.65% ladies was very good. Thus, there were more ladies belonging to weak and middle class who took the advantage of Tapovan Research Centre. It means that families with low economic status, took the benefits of this centre. This information is graphically presented as under.

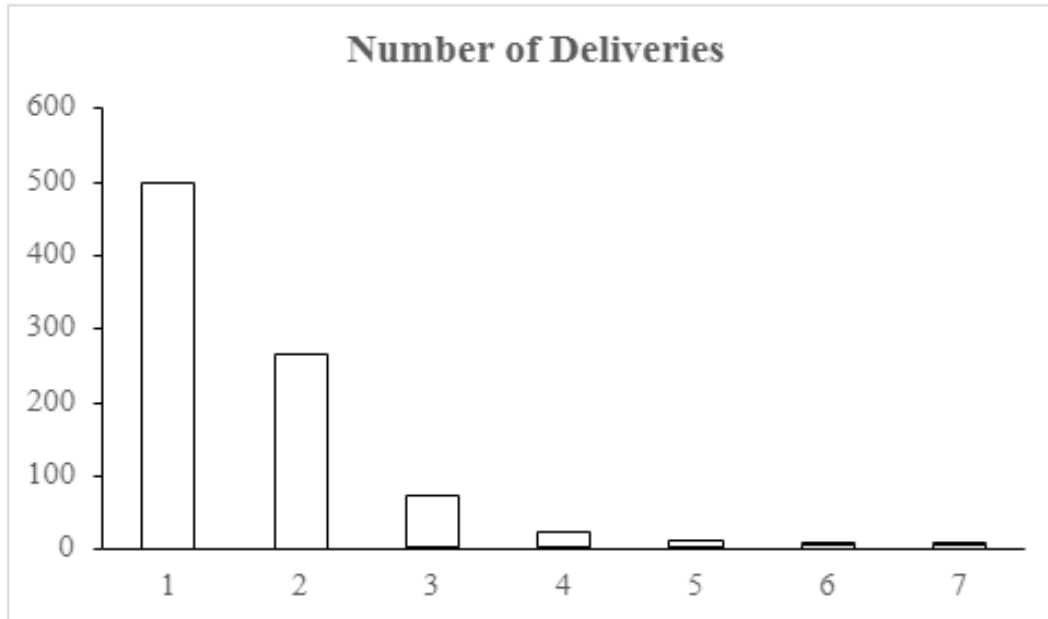


Number of Deliveries

Information is provided in the table as in during the birth of which child did the mother took benefits of Tapovan Research Centre.

No. of deliveries	Number	%
1	498	57.57
2	263	30.40
3	72	8.32
4	19	2.20
5	8	0.92
6	4	0.46
7	1	0.12
Total	865	

From the above table one gets to know that out of 865 pregnant ladies, 498 means 57.57% ladies took the benefits of Tapovan Research Centre at the time of their first pregnancy. 263 means 30.40% took benefits at the time of their second pregnancy, 72 i.e., 8.32% took benefits at third pregnancy, 19 i.e., 2.20% took benefits at fourth pregnancy, 8 means 0.92% of the ladies took benefits at fifth pregnancy, only 4 means 0.46% of the ladies took benefits at sixth pregnancy, and only 1 lady i.e., 0.12% took benefits at seventh pregnancy. Thus, in this way most of the ladies availed the benefits of Tapovan Research Centre at the time of their first and second deliveries. This information is presented graphically as follows:



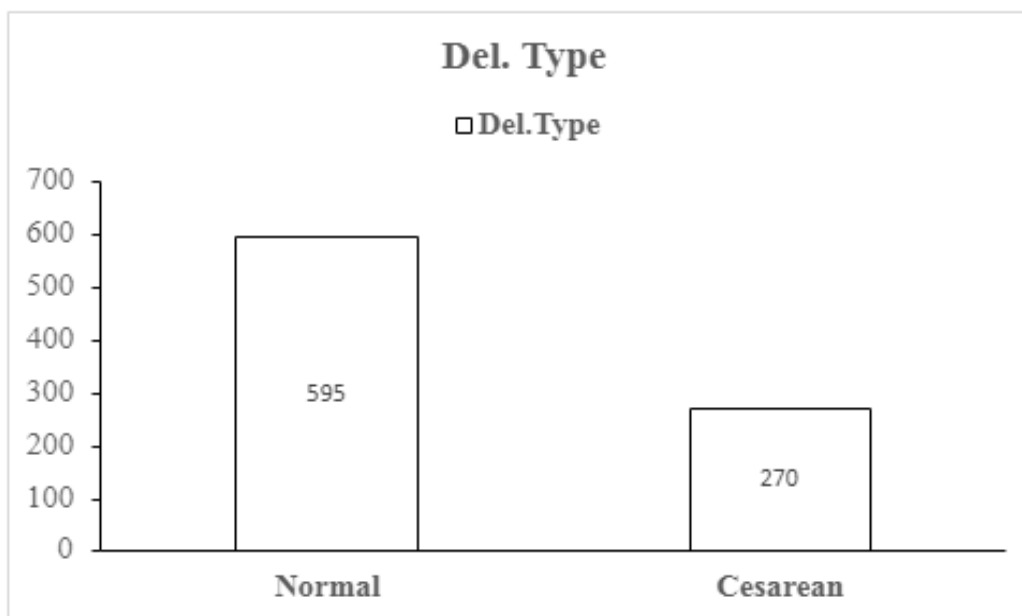
Tapovan Research Centre was established by Children's University for the birth of healthy child. As mentioned in previous chapters, various activities are organised at Tapovan Research Centre starting from the mother's pregnancy, for the healthy development of the child. For the development of child's Panchakosha at the Tapovan centre, different types of activities were organised. These activities were decided in order to develop each and every kosha. These activities were regularly undertaken at every Tapovan centre. Information was collected by systematic observation about how such activities affected the child. The main aim behind the observation was to see whether Panchakoshas are developing or not. Many different criteria were decided in order to measure the development of every kosha. These criteria were classified on the basis of child's *pranik*, physical, mental and intellectual conditions. And to measure these criteria, many different sub-criteria were decided. At every age child's criteria of measuring development gets changed. And for that different criteria were decided for different ages. Further, interpretations were made on the basis of the collected information. All this information is described in detail.

Type of Delivery

Information regarding whether the child was born through normal delivery or caesarean, is given in the following table.

Delivery type	No	%
Normal	595	68.79
Cesarean	270	31.21

From the above table one gets to know that 595 ladies, means 68.79% had a normal delivery, whereas 270 i.e., 31.21% gave birth through caesarean. As compared to the increase in caesarean delivery in recent time, this result is far better. Thus, it can be said that Tapovan Research Centre became more effective for normal deliveries.



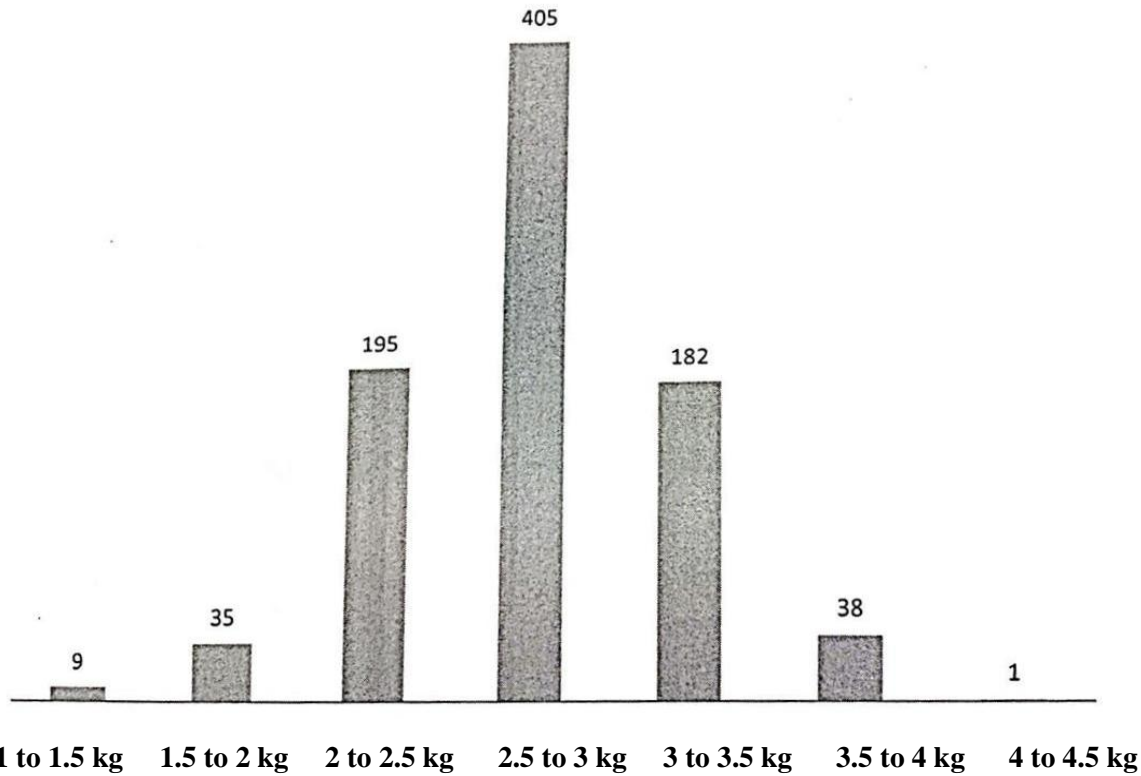
Weight of child during birth

A survey was made in order to know the weight of children at the time of birth, of those ladies who availed the benefits of Tapovan Research Centre.

Weight	No.	%
1 to 1.5 kg	9	1.04
1.5 to 2 kg	35	4.05
2 to 2.5 kg	195	22.54
2.5 to 3 kg	405	46.82
3 to 3.5 kg	182	21.04
3.5 to 4 kg	38	4.39
4 to 4.5 kg	1	0.12
Average weight	2.86	
Minimum	1.2	
Maximum	4.5	

From the above table one gets to know that a child taking birth with minimum weight was of 1.2kg and the child taking birth with maximum weight was of 4.5kg. There were fewer children with weight between 1 to 1.5. There were only 9 children with weight between 1 to 1.5 i.e., 1.04% and children with weight 1.5 to 2kg were 35 i.e., 4.05%. Children with less weight were less. Number of children with weight from 2 to 2.5kg were 195 means 22.54%,

children with weight from 2.5 to 3 were 405 i.e., 46.82%, children with weight from 3 to 3.5kg were 182 i.e., 21.04%, and children with weight 3.5 to 4kg were 38 i.e., 4.39. Only one child was of weight from 4 to 4.5kg which is 0.12%. Thus, in this way children with proper and normal weight were more. From this information one can conclude that children of ladies visiting Tapovan Research Centre had normal weight.



Development of a child from 0 to 3 months

How does the child develops at Tapovan Research Centre from 0 to 3 months is given below. Survey was made regarding the physical, pranik, and mental development of the child. Information regarding this is provided as under.

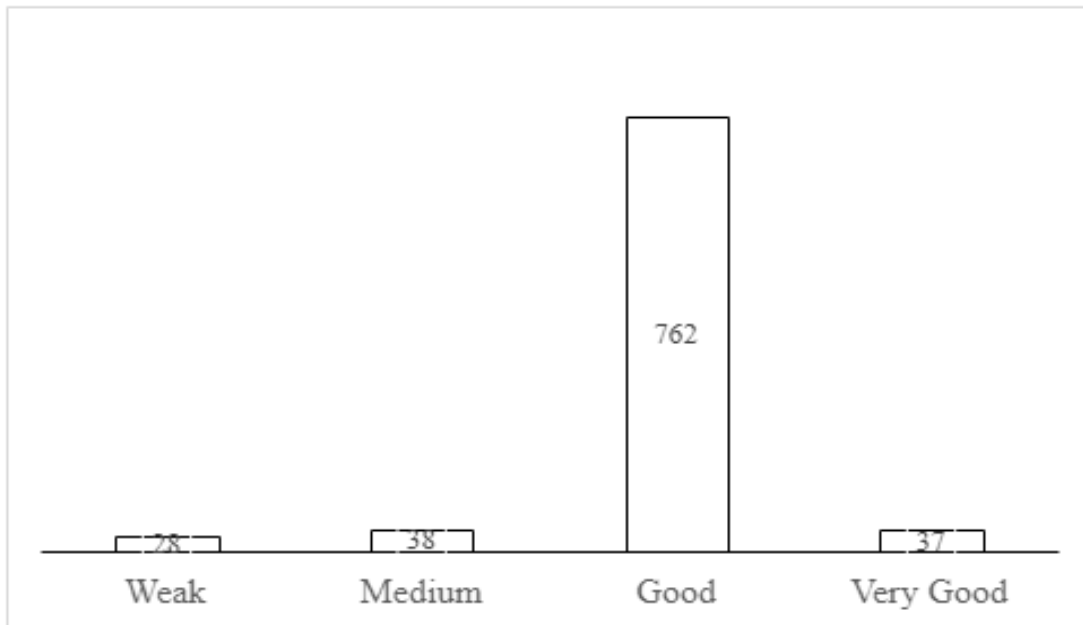
Physical health

Information regarding the health of the children of ladies visiting Tapovan Research Centre is as under.

Physical Situation	Total Strength	%
Weak	28	3.24
Medium	38	4.39
Good	762	88.09
Very good	37	4.28

From the above table one gets to know that the health of only 28 children aging 0 to 3 months was weak, i.e., only 3.24% children out of the total were weak. Health of 38 children i.e., 4.39% children had medium health, whereas 762 children i.e., 88.09% had good health. On the other hand, 37 children i.e.,

4.28% had very good health. From this one can conclude that there was more number of children with good health. It can be said that by joining Tapovan Research Centre, child takes birth with good health.



Pranik Condition (0 to 3 months)

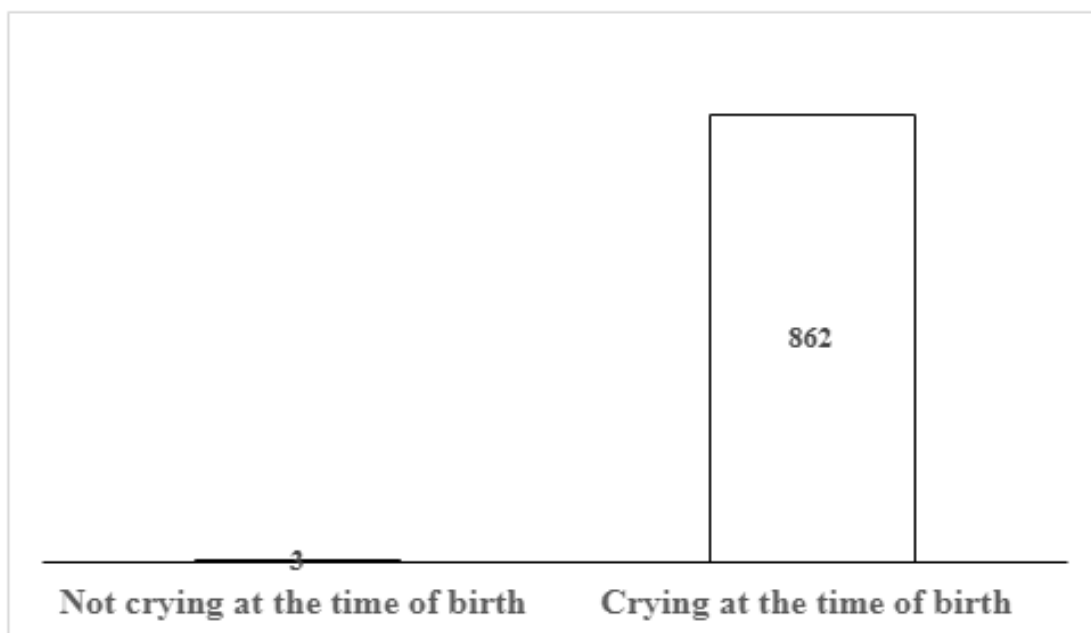
To know the pranik condition of the child, four aspects in total were taken into consideration. These included crying at the time of birth, awareness towards noise, awareness towards diet, expression of desires and falling ill. Information of all these aspects is given below.

1. Crying at the time of birth

Information regarding the pranik condition of crying at the time of birth is given in the following table:

Pranik Condition	Number	%
Not crying at the time of birth	3	0.35
Crying at the time of birth	862	99.65

Number of children crying at the time of birth were 862 i.e., 99.65%, and 3 children didn't cry i.e., 0.35%. Thus, children of ladies visiting Tapovan Research Centre were healthy. The above information is presented graphically as under.

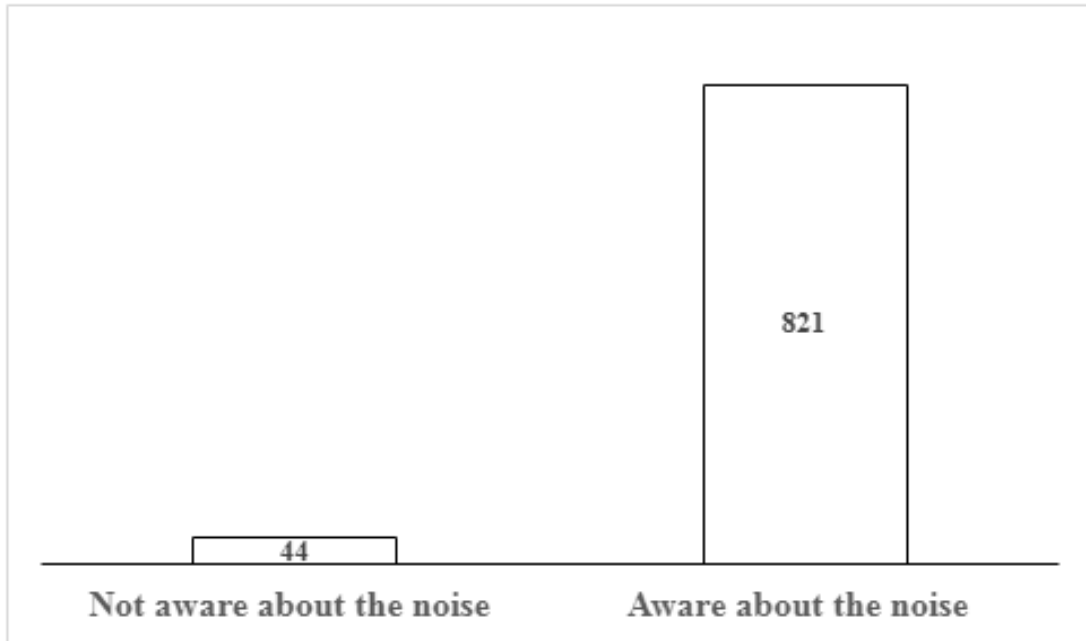


2. Awareness towards noise

A survey was made regarding whether the child of 0-3 months is aware about the noise or not. And the information regarding this is given in the following table.

Pranik Condition	Number	%
Not aware about the noise	44	5.09
Aware about the noise	821	94.91
Total	865	

From the above table one gets to know that 821 i.e., 94.91% children had awareness towards noise, and only 44 i.e., 5.09% children had no awareness towards noise. This shows that child of Tapovan showed proper pranik development. The above information is graphically shown as under.

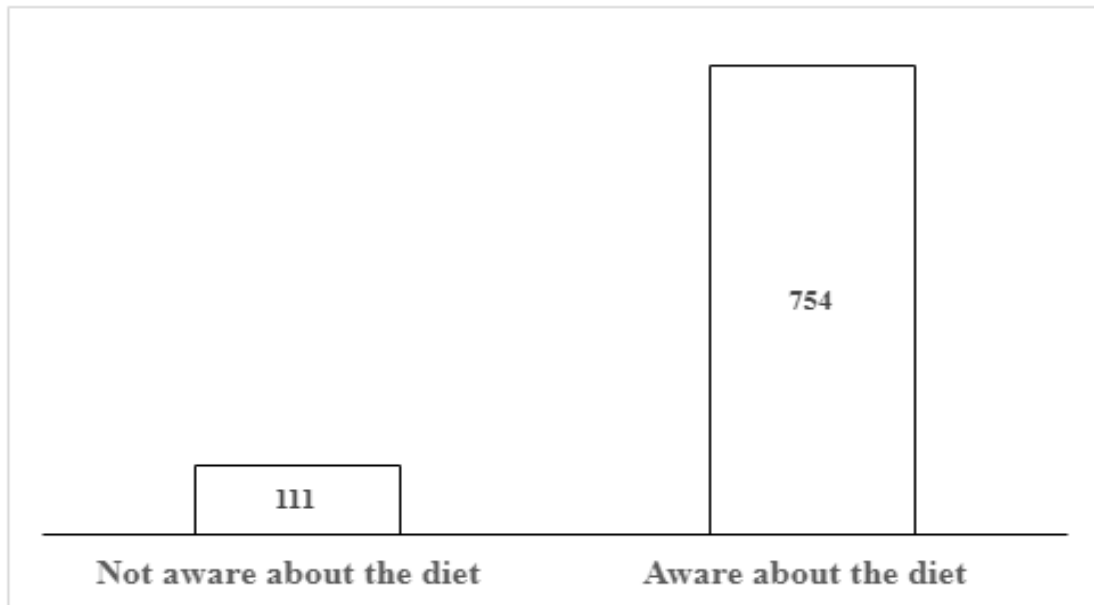


3. Awareness towards diet

A survey was made regarding whether the child of 0-3 months is aware about the diet or not. Following is the result of the survey.

Pranik condition	Number	%
Not aware about the diet	111	12.83
Aware about the diet	754	87.17
Total	865	

From the above table one gets to know that out of 865 children, 111 children i.e., 12.83%, were not aware about the diet. Rest 754 children, i.e., 87.17% of the total had awareness towards the diet. Thus, most of the children at Tapovan Research Centre were aware about their diet. Above information can be graphically represented as under.

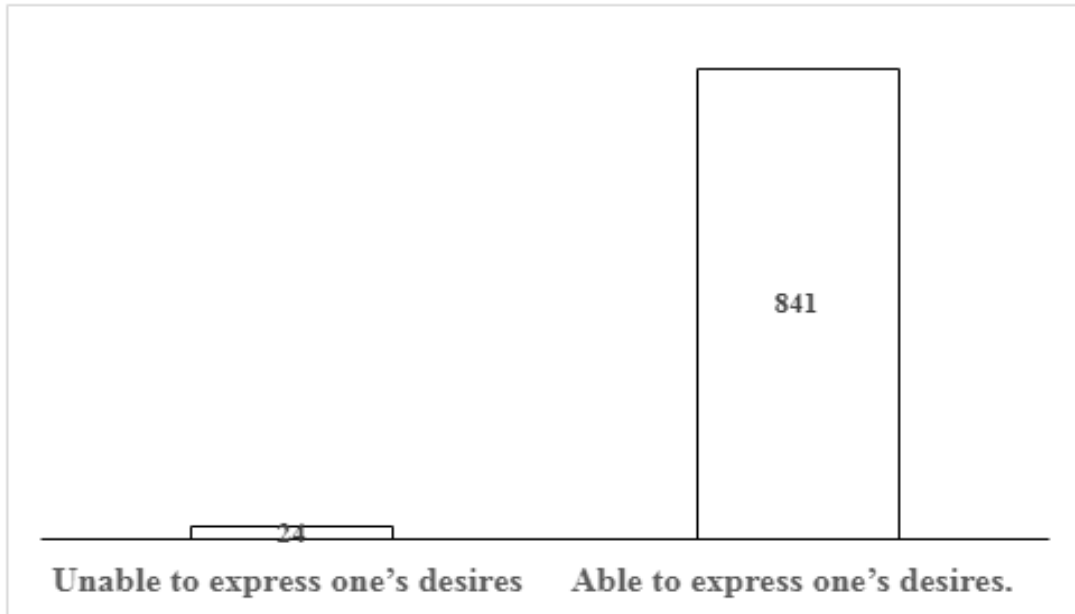


4. Expression of desires.

In the following table, information is given regarding the child's pranik condition of expressing one's desires.

Pranik condition	Number	%
Unable to express one's desires	24	2.77
Able to express one's desires.	841	97.23
Total	865	

From the above table one gets to know that only 24 children, i.e., 2.77% were not able to express their desires. Rest 841 children, i.e., 97.23% were able to express their desires. Thus, one can observe that the pranik condition of children at Tapovan Research Centre was very good. This can be represented graphically as under:

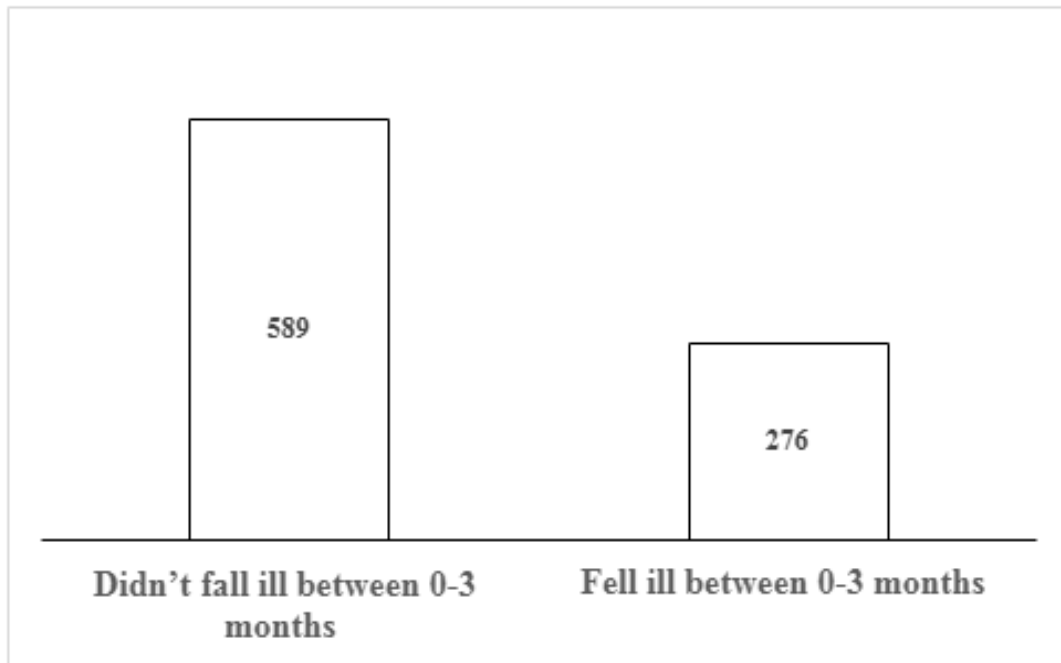


5. To fall ill between 0-3 months

The following table shows whether children at Tapovan Research Centre fell ill between 0-3 months or not.

Pranik Condition	Number	%
Didn't fall ill between 0-3 months	589	68.09
Fell ill between 0-3 months	276	31.91
Total	865	

From the above table one gets to learn that 589 i.e., 68.09% children didn't fall ill whereas, 276 children i.e., 31.91% fell ill. Thus, the percentage of children not falling ill was more. This information can be represented as under.

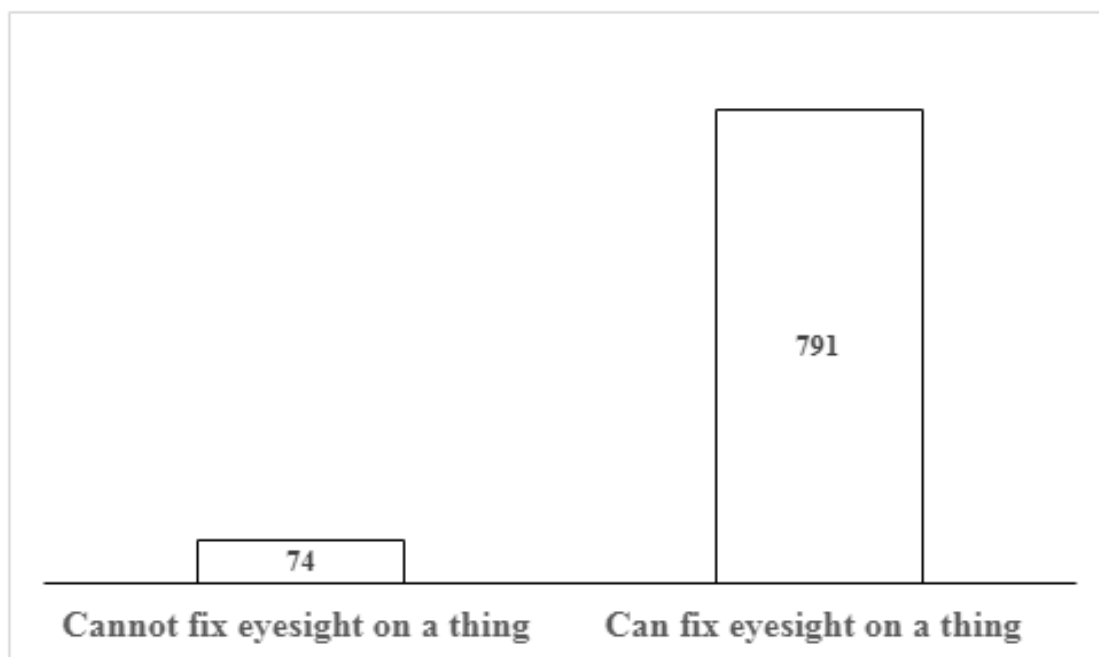


Mental development

To know the mental development of the child, it becomes necessary to know whether the child is able to fix his eyesight on a particular thing or not. And such information is mentioned in the following table.

Pranik Condition	Number	%
Cannot fix eyesight on a thing	74	8.55
Can fix eyesight on a thing	791	91.46
Total	865	

From the above table one gets to know that only 74 children i.e., 8.55% were not able to fix eyesight on a particular thing, whereas rest 791 children i.e., 91.46% were able to fix their eyesight. Thus, it can be said that the mental development of children at Tapovan Research Centre was very good.



Child's development between 4-6 months:

Development of child at Tapovan Research Centre from 4-6 months is given as under. Information was collected to know about the physical, pranik, and mental development of the child. All these topics are dealt with as under.

Physical Development

In order to know the physical condition of the child, 2 things were taken into consideration which includes information whether the child is able to sit with proper weight and support. Information collected regarding this is given below.

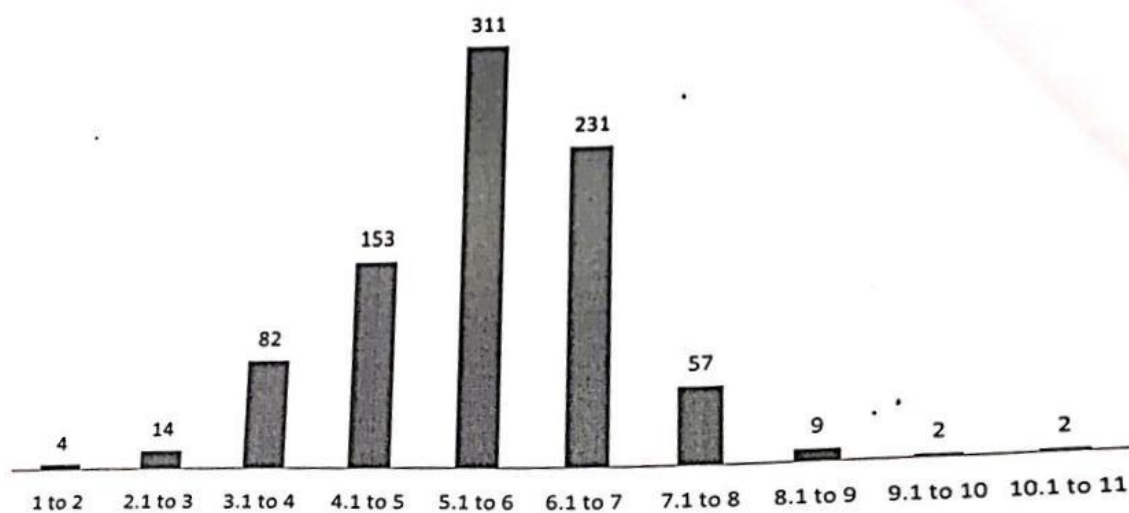
Weight

The following table gives information regarding the weight of children from 4 to 6 months.

Weight	Number	%
1 to 2	4	0.462428
2.1 to 3	14	1.618497
3.1 to 4	82	9.479769
4.1 to 5	153	17.68786
5.1 to 6	311	35.95376
6.1 to 7	231	26.7052
7.1 to 8	57	6.589595
8.1 to 9	9	1.040462

9.1 to 10	2	0.231214
10.1 to 11	2	0.231214
Total	865	

From the above table one gets to know that between 4 to 6 months, the weight of children was between 1 to 11kg. Percentage of children with weight between 1 to 2 kg was 0.46%, that with weight between 2.1 to 3 kg was 1.61% and children with weight between 3.1 to 4 was 9.47%. Percentage of children with weight between 4.1 to 5 was 17.68%. The above results show the weight of children from lower to medium level. From this information one can say that the strength of children with weight from lower to medium level was less. Percentage of children with weight from 5.1 to 6 kg was 35.95%, those with weight from 6.1 to 7 kg was 26.70%, from 7.1 to 8 kg it was 6.58%, from 8.1 to 9 kg it was 1.4%, from 9.1 to 10 kg it was 0.23%, and the percentage of children with weight from 10.1 to 11 kg 0.23%. Thus, the above results show that there were more children with more weight as compared to medium.



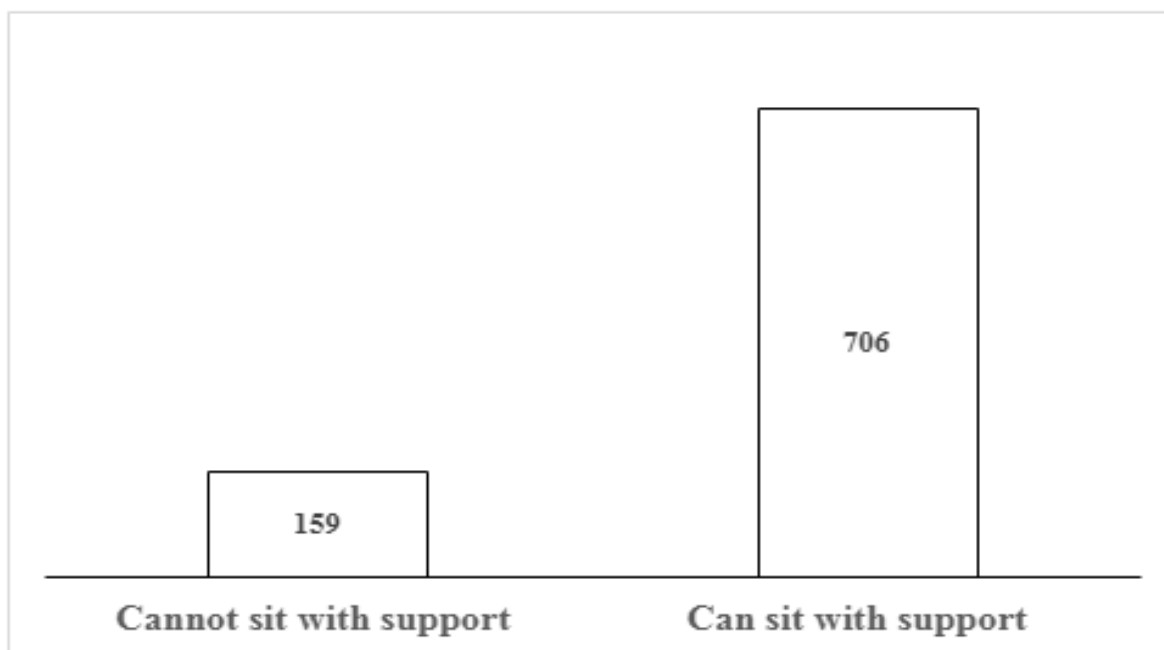
To sit with support

In order to check the physical development of a child, a criterion was decided to know whether the child can sit with support or not. Information received on the basis of these criteria is as under.

Criteria for physical development	Number	%
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Cannot sit with support	159	18.38
Can sit with support	706	81.62
Total	865	

From the above table one gets to know that only 159 children were not able to sit with support, i.e., 18.38%. Rest 706 children i.e., 81.62% were able to sit with support. From the above criteria one gets to know children of Tapovan were healthier than others.



Pranik Development

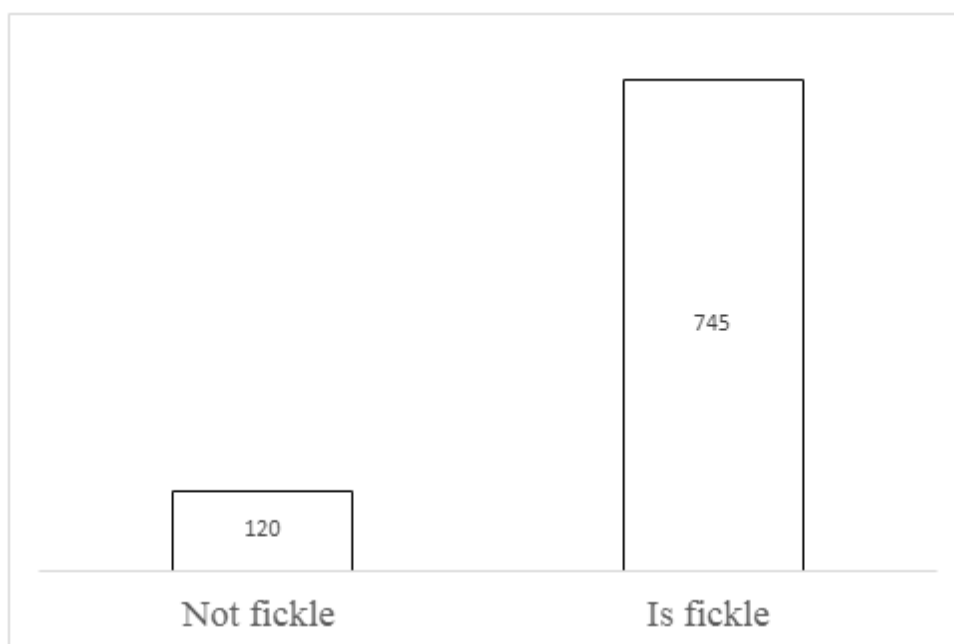
In order to know the pranik development of children at Tapovan, six different aspects were taken into consideration. These were fickleness, whether the child is active or not, can the child hold things properly or not, whether the child cries in case of hunger or bed wetting, gets scared on hearing unusual voices or not, reaction towards a touch, can live freely with others or not, whether the child is curious or not, such things were examined.

Fickleness

In order to know about the fickleness of Tapovan children, following information was the outcome.

Pranik Condition	Number	%
Not fickle	120	13.87
Is fickle	745	86.13
Total	865	

As mentioned in the above table, 120 children out of the total were not fickle, i.e., 13.87% whereas 745 children i.e., 86.13%, were fickle. Thus, the pranik development of children at Tapovan was good.

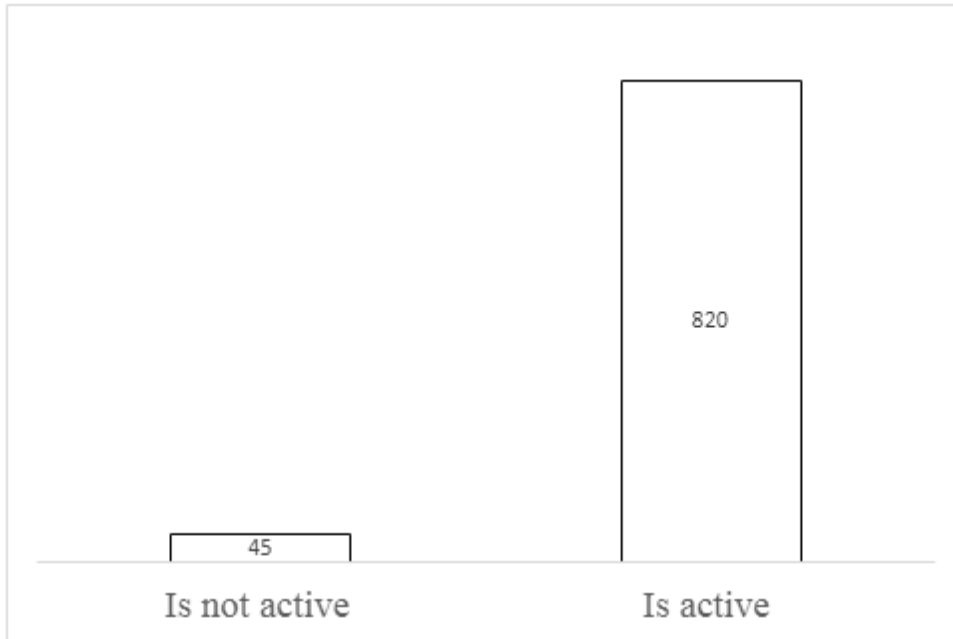


Activeness of the child

Information was collected about whether the child at Tapovan is active or not. And this information is as under.

Pranik Condition	Number	%
Is not active	45	5.20
Is active	820	94.8
Total	865	

From the above table one gets to know that only 45 children i.e., 5.20% were not active, and rest 820 children i.e., 94.8% were active. This shows that the pranik development of children at Tapovan was very good.

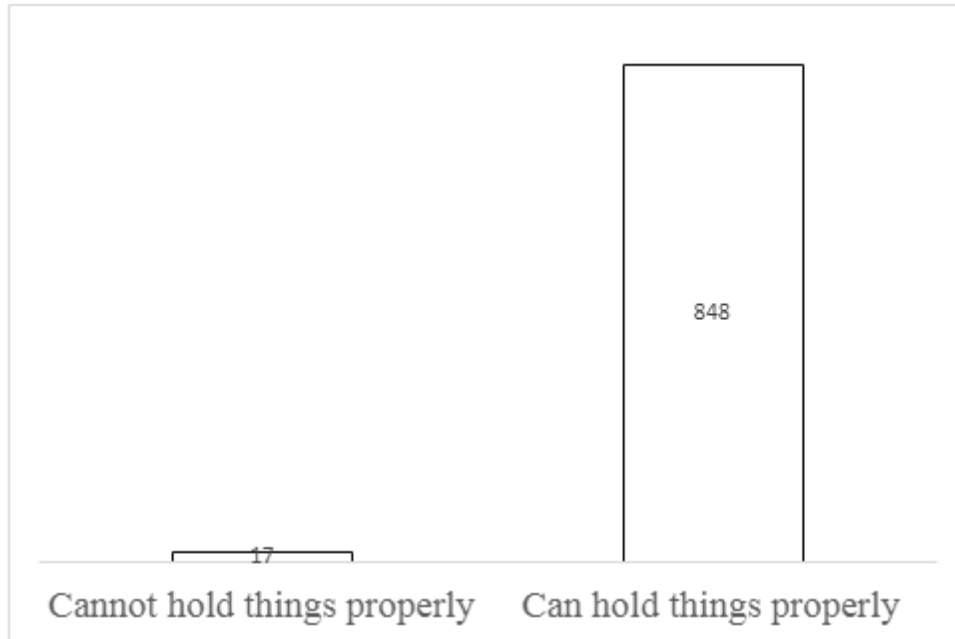


To hold things properly

To hold things properly is also one of the criteria to measure pranik condition of a child. Following information is collected on the basis of these criteria

Pranik Condition	Number	%
Cannot hold things properly	17	1.97
Can hold things properly	848	98.03
Total	865	

From the above table one gets to know that only 17 children i.e., 1.97% were not able to hold thing properly whereas, 848 children i.e., 98.03% were able to hold things properly. Thus, it shows that Tapovan child was also appropriate in this criterion as well.

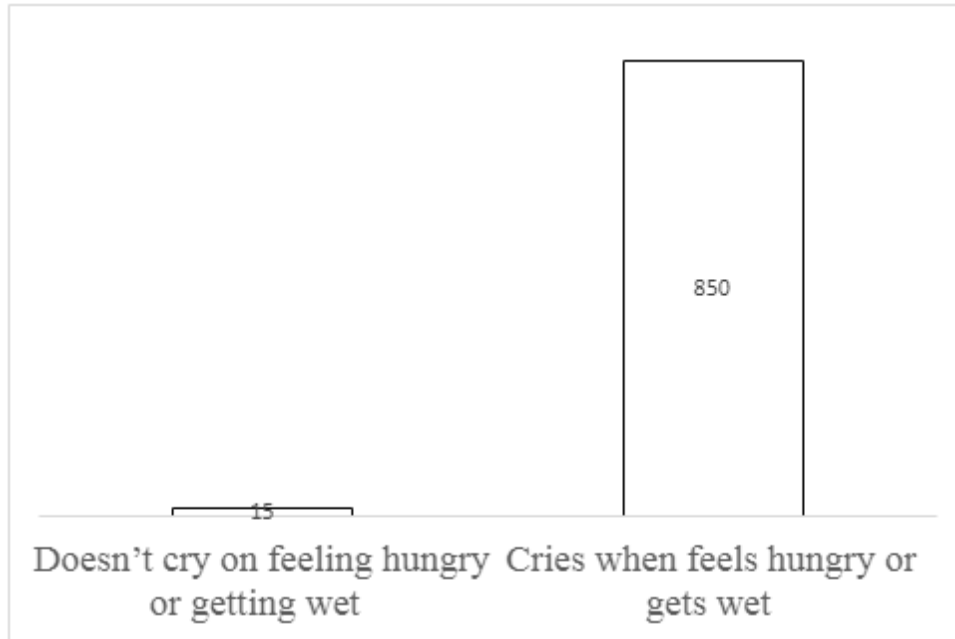


Cries when feels hungry and when gets wet

To know whether the child is strong in terms of pranik condition or not, a criterion was made in order to know if the child cries when feels hungry or gets wet.

Pranik condition	Number	%
Doesn't cry on feeling hungry or while getting wet	15	1.73
Cries when feels hungry or while gets wet	850	98.27
Total	865	

From the above table one gets to know that only 15 children i.e., 1.73% didn't cry on feeling hungry or getting wet which means they were not conscious and couldn't communicate properly to such pranik conditions. Rest 850 children i.e., 98.27% used to cry on feeling hungry or getting wet and could communicate properly. Thus, Tapovan children were able to communicate properly to their pranik conditions and were aware about it.

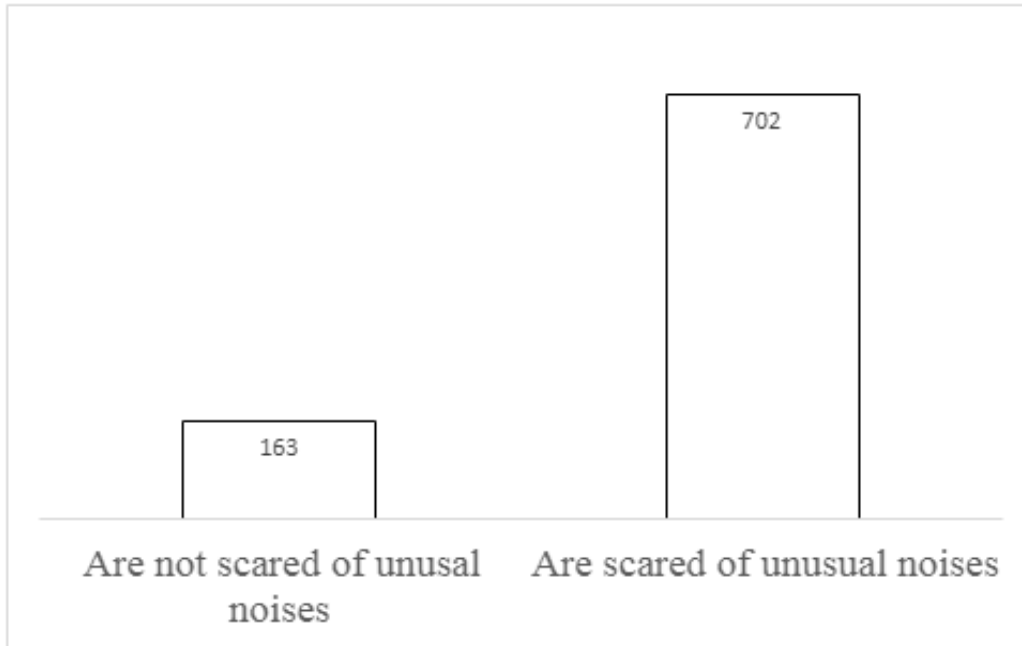


Fear about unusual noises

A survey was made whether Tapovan children get scared of unusual noises or not. Available information is as under.

Pranik Condition	Number	%
Are not scared of unusual noises	163	18.84
Are scared of unusual noises	702	81.16
Total	865	

From the above table one gets to know that total 163 children i.e., 18.84% were not scared of unusual noises whereas, 702 children i.e., 81.16% were scared of unusual noises. This shows that the Tapovan child shows better development.

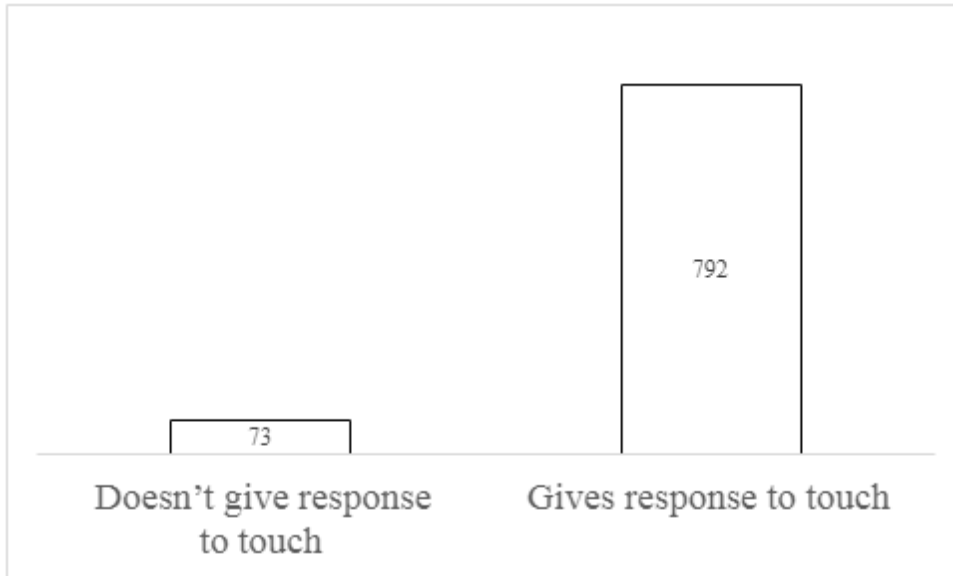


Response towards touch

Information regarding the response of Tapovan child towards a touch is as under:

Pranik Condition	Number	%
Doesn't give response to touch	73	8.43
Gives response to touch	792	91.56
Total	865	

From the above table one gets to know that 73 children i.e., only 8.43% were not able to give response to a touch whereas, 792 children i.e., 91.56% gave response to touch. This shows that Tapovan children had better pranik development.

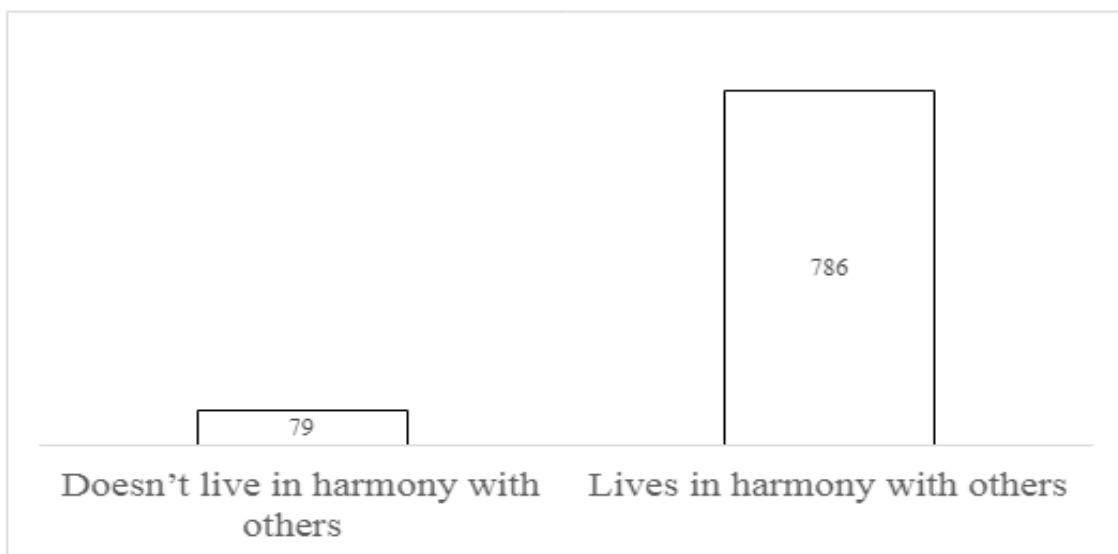


Lives in harmony with other people

A survey was made to know whether Tapovan child lives in harmony with other people or not. Following is the information available from this survey.

Pranik condition	Number	%
Doesn't live in harmony with others	79	9.13
Lives in harmony with others	786	90.87
Total	865	

The table shows that 79 children out of the total i.e., 9.13% didn't live in harmony with others whereas 786 children i.e., 90.87% were able to live in harmony with others. Thus, Tapovan child had more social maturity.

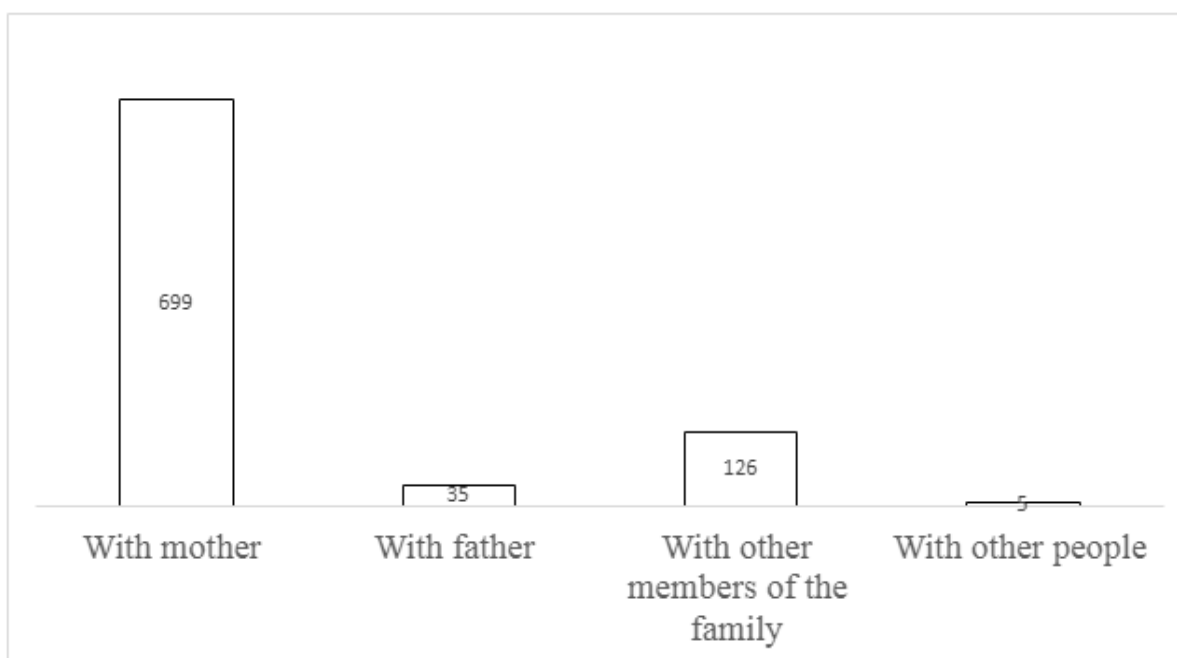


Lives in harmony with whom?

A survey was made regarding with whom children of Tapovan lived in harmony. And this information is given in the following table.

Pranik condition	Number	%
With mother	699	80.81
With father	35	4.05
With other members of the family	126	14.57
With other people	5	0.58
Total	865	

From the above table one gets to know that 699 children i.e., 80.81% children were comfortable with their mothers whereas, only 34 children i.e., 4.05% were comfortable with their fathers. 126 i.e., 14.57% lived in harmony with other members of the family whereas only 5 children i.e., 0.58% were comfortable with other people. Thus, number of children living in harmony with their mothers is more.

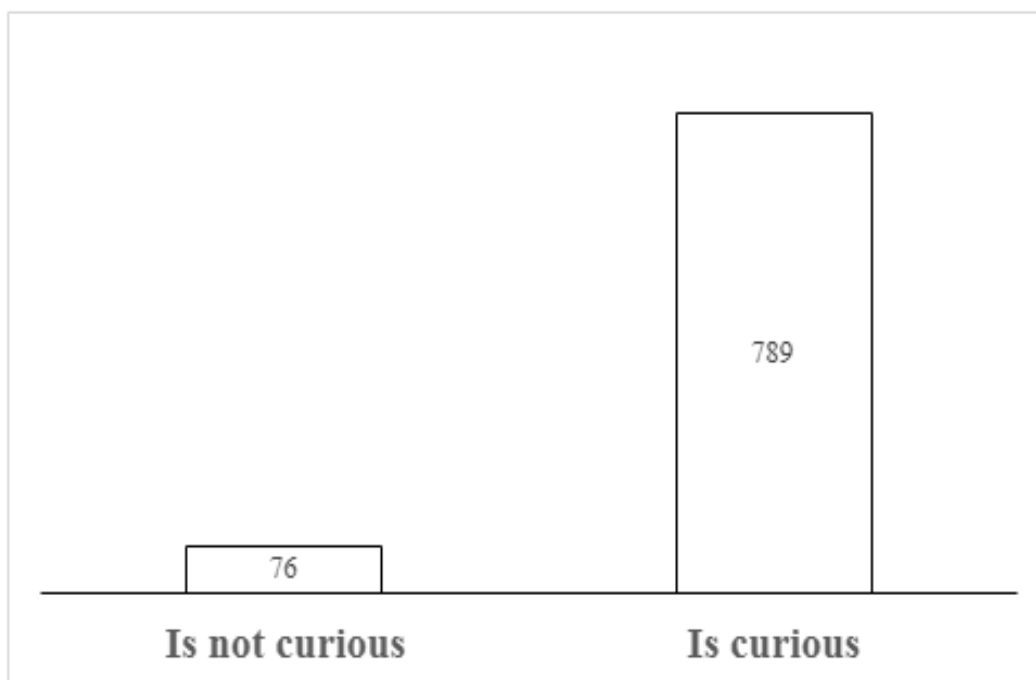


Intellectual Development

Along with checking the physical and pranik development of the child, intellectual development is also checked. This information is mentioned in the following table.

Pranik condition	Number	%
Is not curious	76	8.79
Is curious	789	91.21
Total	865	

According to the information mentioned in the above table, 76 i.e., 8.79% children were not curious. Whereas rest 789 i.e., 91.21% children were curious. Thus, this shows that Tapovan child was curious.



Seven to nine months

An attempt was made to know the physical, pranik, mental and intellectual development of children between seven to nine months. Following are the analysis and interpretations made to know about every development.

Physical Development

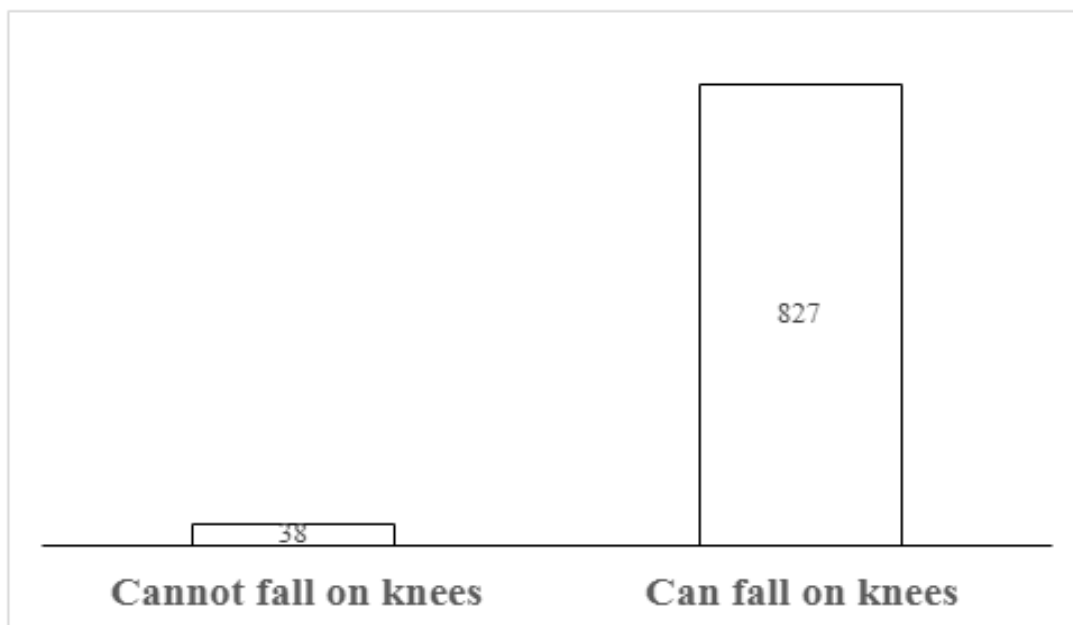
Different criteria were decided in order to know about the physical development of children between seven to nine months. These criteria include aspects like whether the child can fall on knees, can sit and stand without support or not. Information regarding every aspect is as follows.

Falling on knees

The aspect of whether the child can fall on his knees or not, was considered to be a criterion related to physical development. Information about this criterion is as under:

Physical Condition	Number	%
Cannot fall on knees	38	4.39
Can fall on knees	827	95.61
Total	865	

From the above table one gets to know that 38, i.e., 4.39% of children were not able to fall on knees whereas rest 827 children i.e., 95.61% could fall on their knees. This shows that Tapovan child was physically stronger than others. He could crawl with the help of knees.

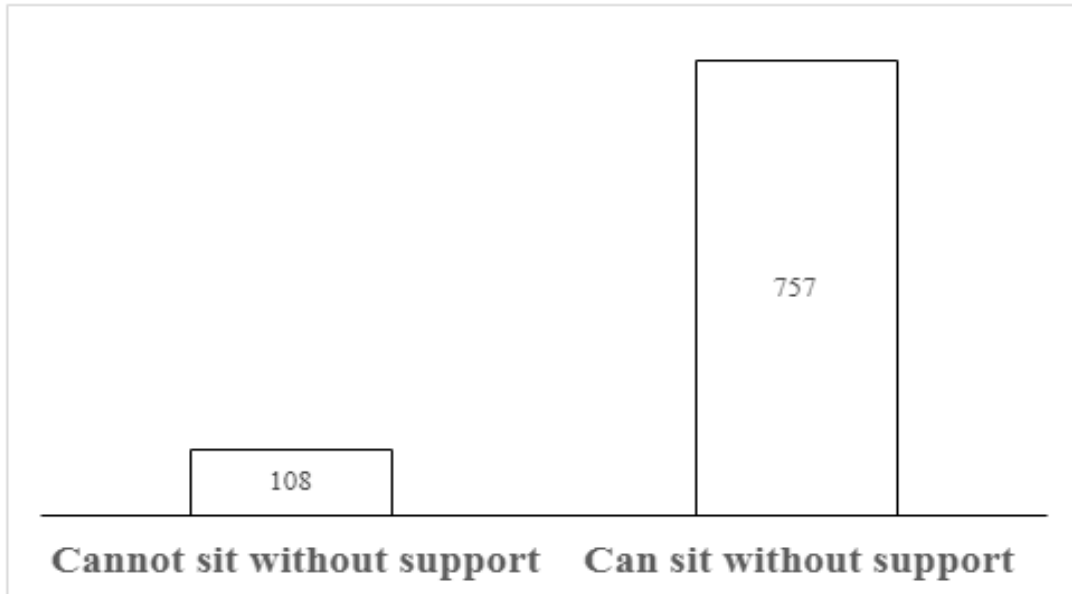


To sit without support

Whether the child can sit without support or not is also considered as one of the criteria of physical development. Information regarding the survey made on this is as follows:

Physical Condition	Number	%
Cannot sit without support	108	12.49
Can sit without support	757	87.51
Total	865	

From the above table one gets to know that 108 i.e., 12.49% children were not able to sit without support. Whereas 757 i.e., 87.51% children could sit without support. Thus, strength of children who could sit without support was more. Physical development of children was comparatively good. This information can be presented graphically as under:

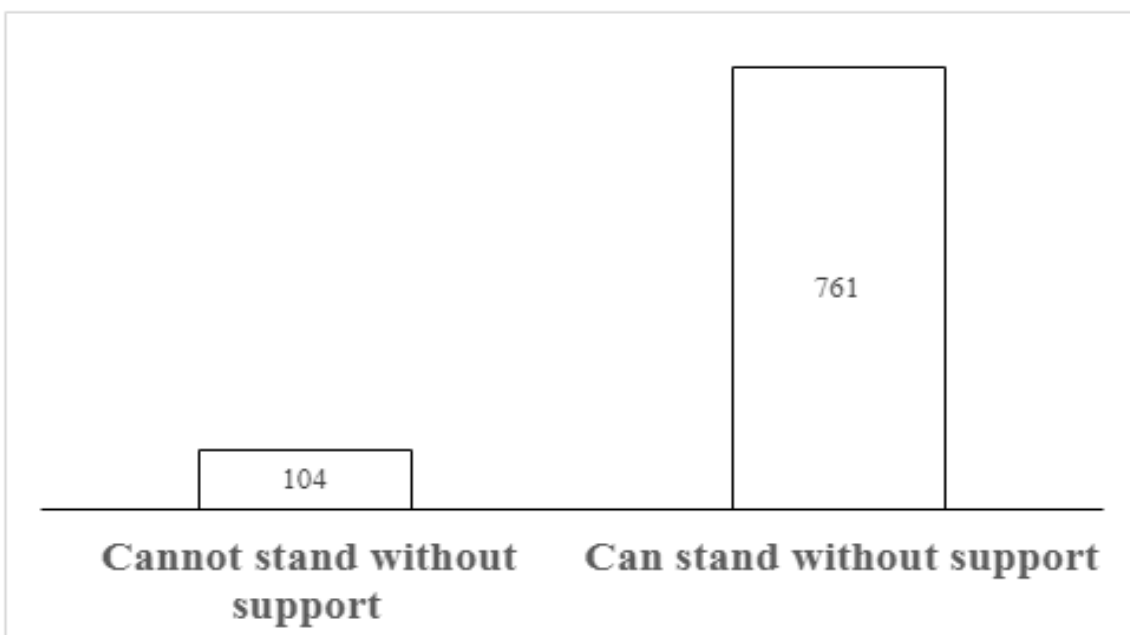


To stand without support

Information regarding the survey made whether the child can stand without support or not is as under:

Physical condition	Number	%
Cannot stand without support	104	12.02
Can stand without support	761	87.98
Total	865	

From the above table one gets to know that 104 i.e., 12.02% children were not able to stand without support. Whereas 761 i.e., 87.98% children could stand without support. Thus, the strength of children who could stand without support was more. This shows that Tapovan child was physically strong.



Pranik Condition

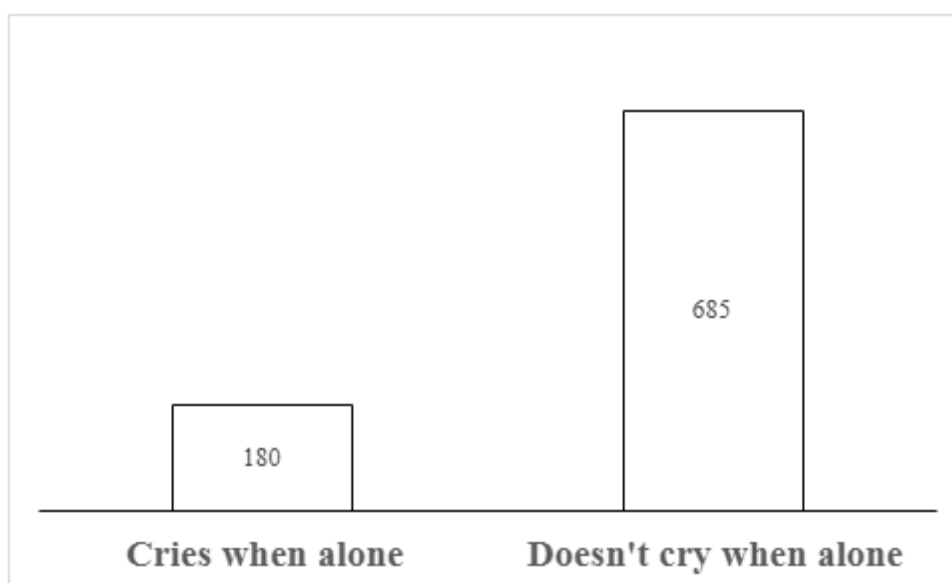
A survey was made to know about the pranik development of a Tapovan child. Several criteria were decided for this. Criteria included crying when alone, and pronouncing one letter words. These criteria are explained in detail as under.

Crying when alone

Whether the child cries when kept alone or not, was taken as a criterion in order to know about the pranik development of a child. Information regarding this is as under.

Pranik Condition	Number	%
Cries when alone	180	20.81
Doesn't cry when alone	685	79.19
Total	865	

From the above table one gets to know that 180 i.e., 20.81% children cry when they are alone. Whereas 685 i.e., 79.19% children don't cry when they are alone. Thus, Tapovan child shows more development in terms of pranik condition. The above information is presented graphically as under.

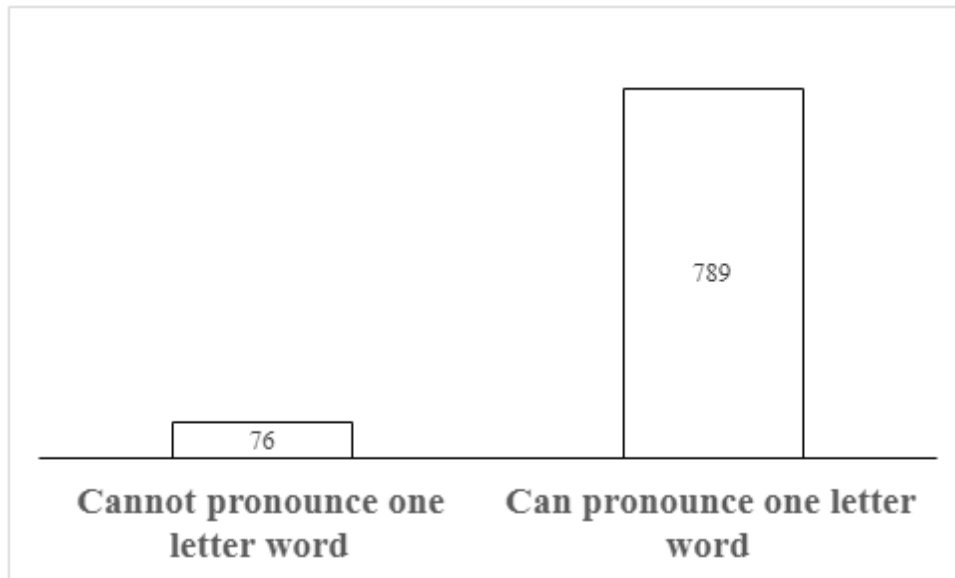


Pronouncing one letter word

To know about the pranik condition of a child, the way of pronouncing one letter word is also taken as a criterion. Information regarding this is as under.

Pranik condition	Number	%
Cannot pronounce one letter word	76	8.79
Can pronounce one letter word	789	91.21
Total	865	

From the above table one gets to know that 76 i.e., 8.79% children were not able to pronounce one letter word. Whereas 789 i.e., 91.21% children were able to pronounce one letter word. Thus, this shows that the pranik condition of maximum number of children was very good. The above information is presented graphically as under.



Mental Condition

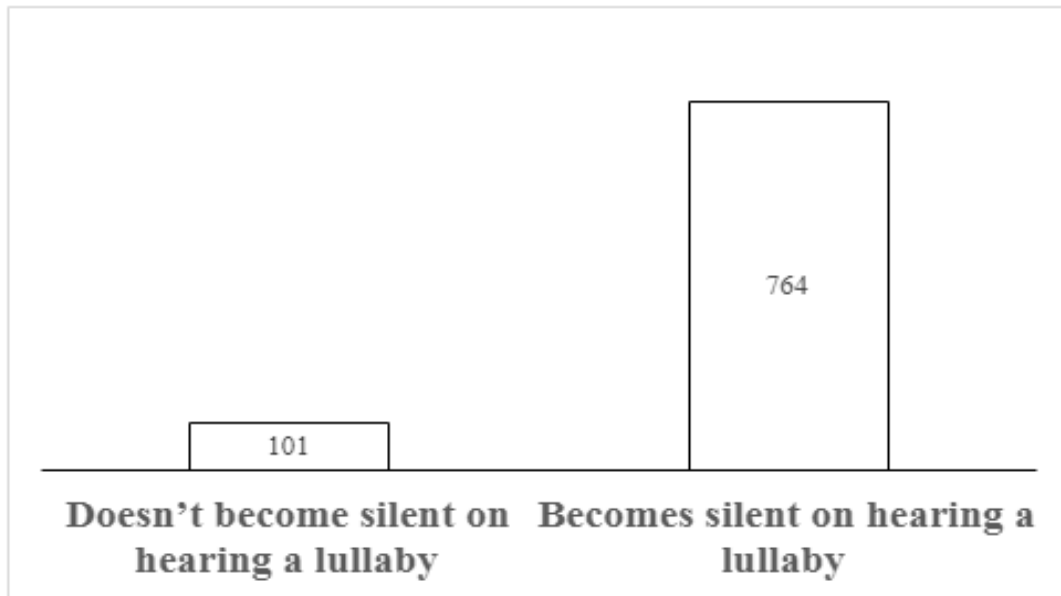
Several criteria were decided in order to measure the mental condition of Tapovan children such as, becoming silent on hearing a lullaby, and child's stubbornness. Information collected on the basis of these criteria is as follows.

Effect of lullaby

Information regarding the effect of lullaby on a child is as under.

Mental Condition	Number	%
Doesn't become silent on hearing a lullaby	101	11.69
Becomes silent on hearing a lullaby	764	88.32
Total	865	

From the above table one gets to know that 101 i.e., 11.69% children never became silent on hearing a lullaby. Whereas 764 i.e., 88.32% children used to get silent on hearing a lullaby. This shows that Tapovan child was mentally stable. The above information is presented graphically as under.

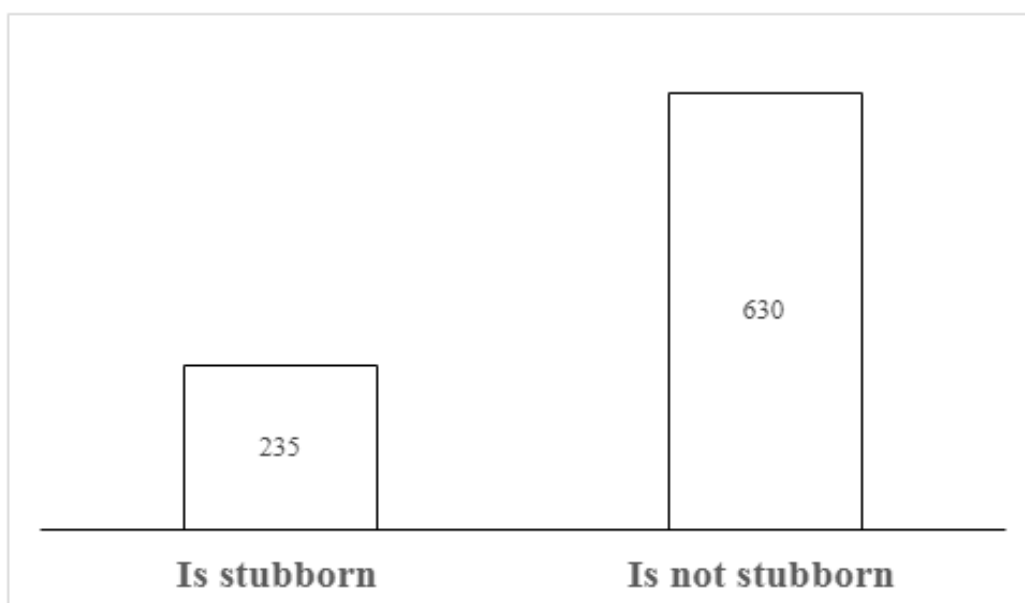


Child's Stubbornness

A criterion related to child's stubbornness was decided in order to know the mental condition of Tapovan child. Following is the information received through a survey.

Mental Condition	Number	%
Is stubborn	235	27.16
Is not stubborn	630	72.83
Total	865	

From the above information one gets to know that 235 i.e., 27.16% children were stubborn. Whereas 630 i.e., 72.83 children were not stubborn. Thus, maximum number of Tapovan children was not stubborn. This shows that the mental condition of Tapovan child is very good.



Intellectual Development

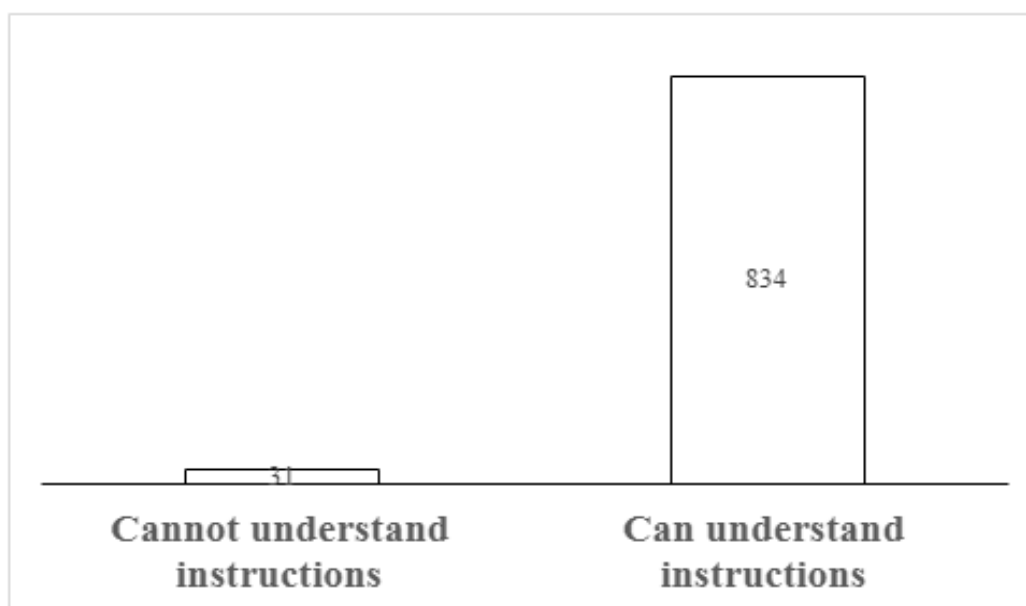
An attempt was made in order to know about the intellectual development of Tapovan children. Several criteria were decided in order to know about this development such as understanding instructions, giving reactions when called by name, choosing toys and imitating others etc... were included. Analysis made on every criterion is as under:

Understanding Instructions

A criterion of knowing whether the child can understand instructions or not was decided in order to know the intellectual development. Following is the information received through this criterion.

Intellectual Condition	Number	%
Cannot understand instructions	31	3.58
Can understand instructions	834	96.42
Total	865	

From the above information one gets to know that 31 i.e., 3.58% children were not able to understand instructions. Whereas 834 i.e., 96.42% were able to understand instructions properly. From the information it can be said that intellectual development of Tapovan children was good. This information can be graphically presented as follows.



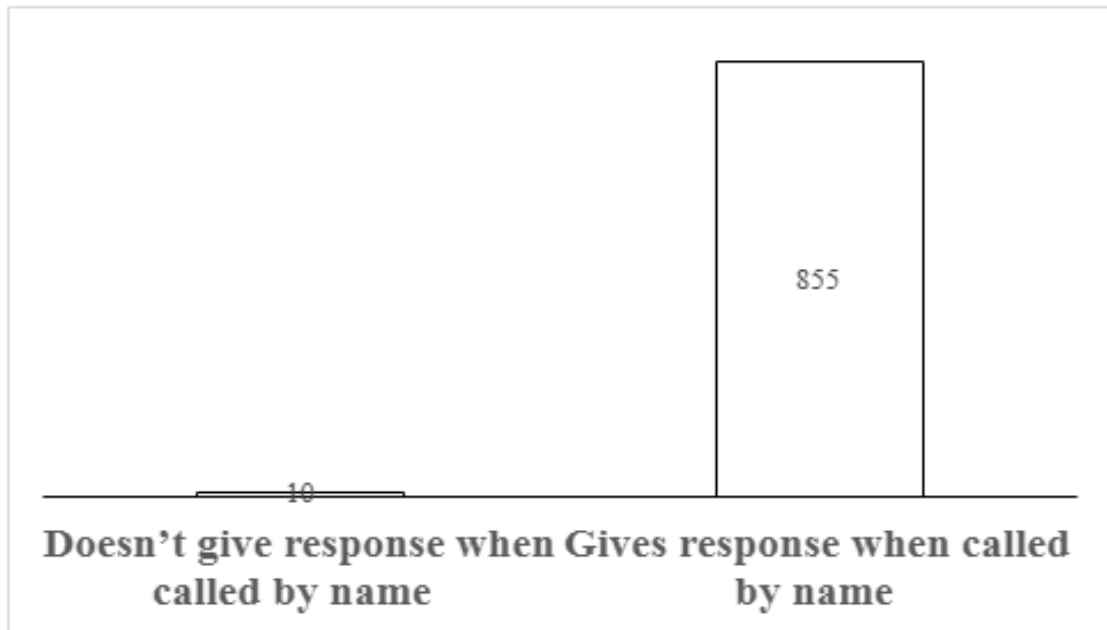
Giving response when called by name

A survey was made regarding whether the Tapovan child gives response when called by name. Results available from this survey are as follows.

Intellectual Condition	Number	%
Doesn't give response when called by name	10	1.16
Gives response when called by name	855	98.84

Total	865	
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From the above information regarding whether the child gives response when called by name or not, one gets to know that 10 i.e., 1.16% children were not able to give response when called by name. Whereas 855 i.e., 98.84% children used to give response when called by name. Thus, it can be said that children were intellectually developed. The above information can be graphically represented as follows.

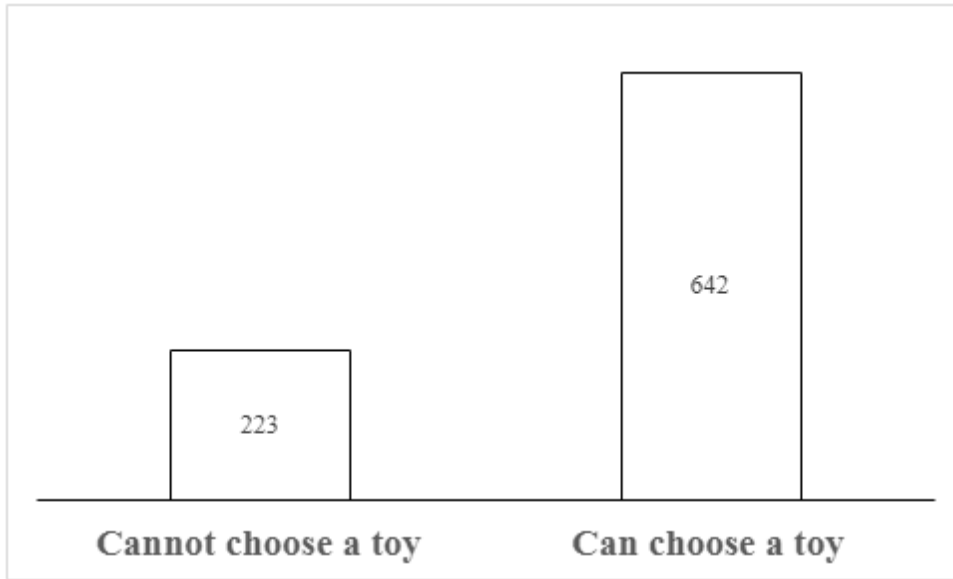


Choice of toys

In order to know about the intellectual development of the child, a survey was made whether the child can make choice of toys or not. Information about this survey is as under:

Intellectual Situation	Number	%
Cannot choose a toy	223	25.78
Can choose a toy	642	74.03
Total	865	

From the above information one gets to know that 223 i.e., 25.78% children were not able to choose a toy. Whereas 642 i.e., 74.03% were able to choose a toy. Thus, shows that the intellectual development of children is good. This information can be graphically presented as under.

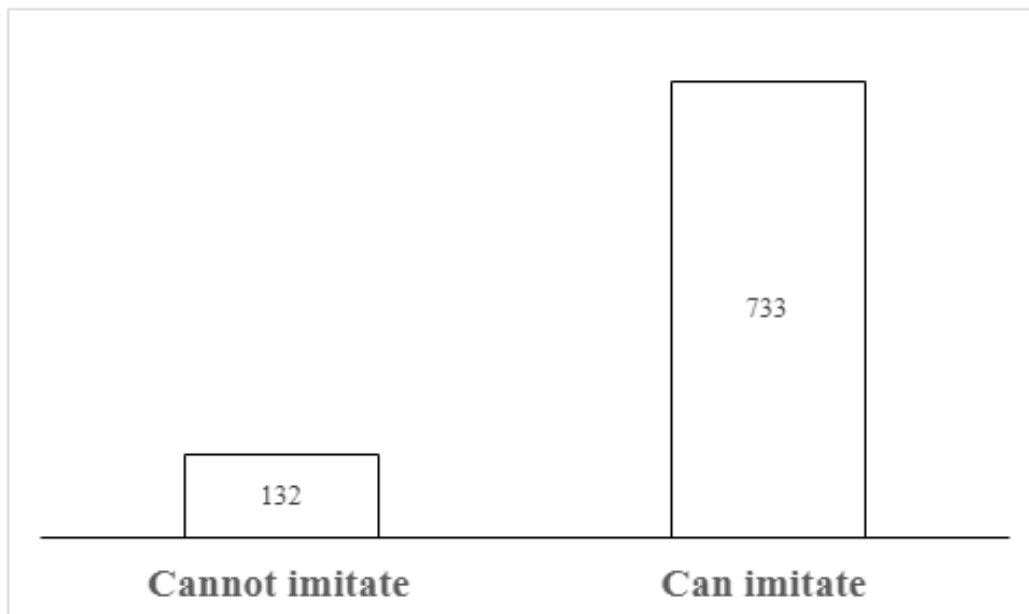


Doing imitation

A survey was made in order to know whether a Tapovan child can imitate or not. Information received from this survey is as under:

Intellectual Condition	Number	%
Cannot imitate	132	15.26
Can imitate	733	84.74
Total	865	

From the above information one gets to know that 132 i.e., 15.26% children were not able to imitate. Whereas 733 i.e., 84.74% children were able to imitate. Thus, the intellectual development of children was very good. This information can be graphically represented as under.



Ten to Twelve months

Physical Development

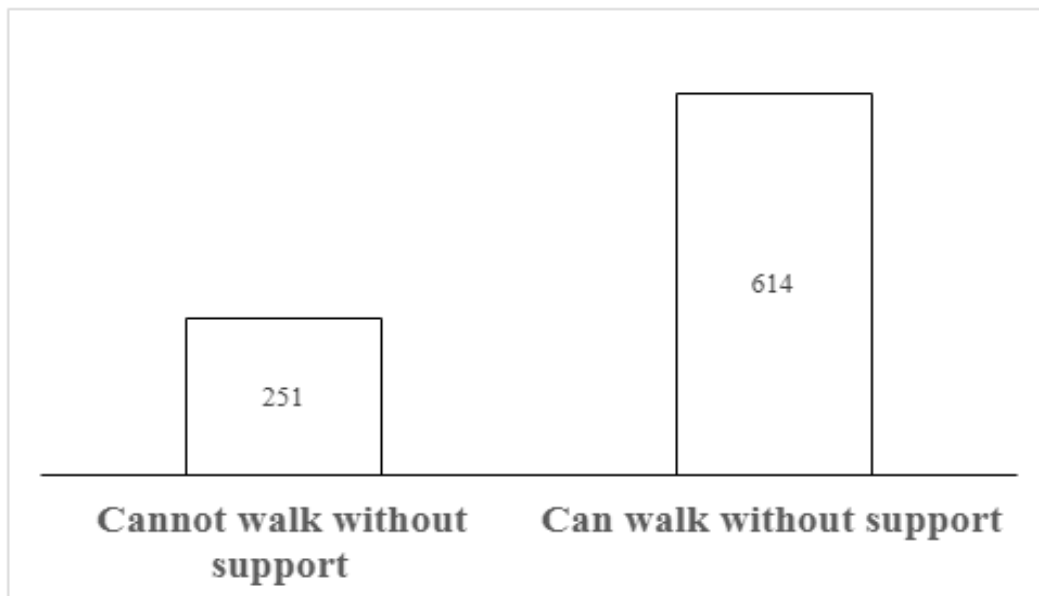
In order to know about the physical development of children between ten to twelve months, criteria were decided such as, whether the child can walk without support or not. Information regarding this is as under:

Can walk without support

Information regarding the survey made to know whether the child can walk without the support or not is as under:

Physical Condition	Number	%
Cannot walk without support	251	29.02
Can walk without support	614	70.98
Total	865	

From the above information one gets to know that 251 i.e., 29.02% children were not able to walk without support. Whereas 614 i.e., 70.98% children were able to walk without support. This proves that Tapovan children were physically capable. The above information can be graphically presented as under:



Pranik Condition

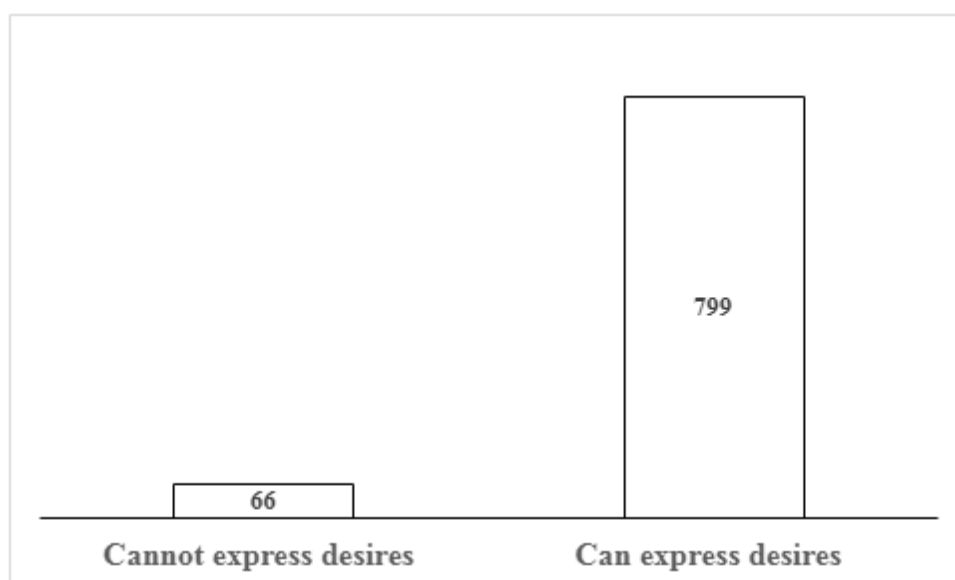
A survey was made to know about the pranik condition of a Tapovan child. Several criteria were decided for this survey such as, awareness about natural activities, able to pronounce intermittent words, to express one's desires etc... Analysis about this survey is as under:

To express desires

Whether the child can express his desires or not was taken as a criterion. Information regarding this is as under:

Pranik condition	Number	%
Cannot express desires	66	7.63
Can express desires	799	92.37
Total	865	

From the above table one gets to know that only 66 i.e., 7.63% children were not able to express their desires. Whereas 799 i.e., 92.37% children could express their desires. This shows that maximum number of Tapovan children was developed in pranik condition.

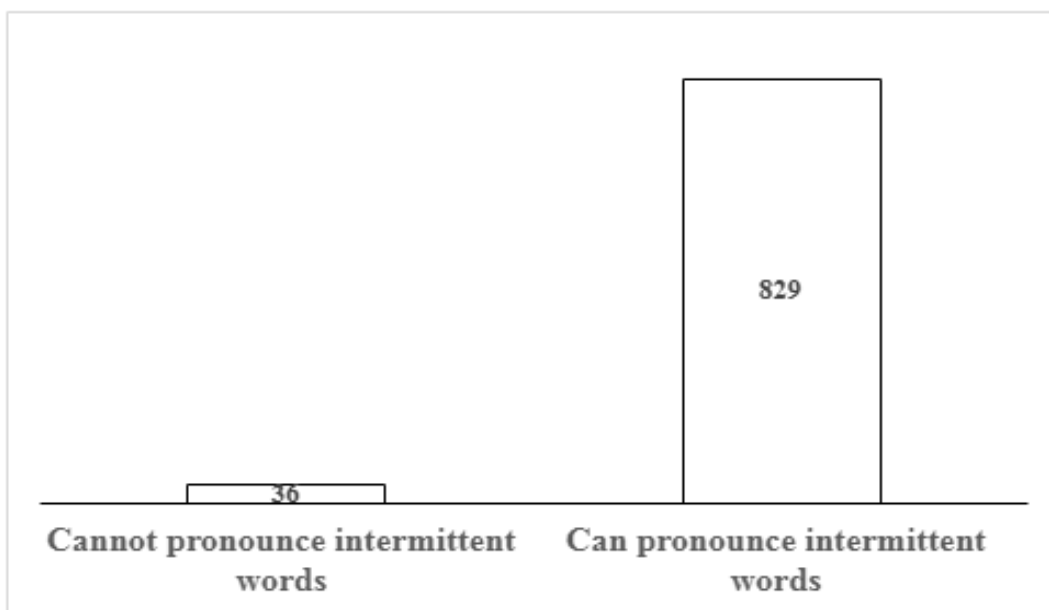


Pronouncing intermittent words

A survey was made in order to know whether Tapovan children can pronounce intermittent words or not. Information regarding this is as follows:

Pranik Condition	Number	%
Cannot pronounce intermittent words	36	4.16
Can pronounce intermittent words	829	95.84
Total	865	

From the above table one gets to know that 36 i.e., 4.16% students were not able to pronounce intermittent words. Whereas 829 i.e., 95.84% students were able to pronounce intermittent words. This shows that children showed good pranik development. The above information can be graphically presented as under.

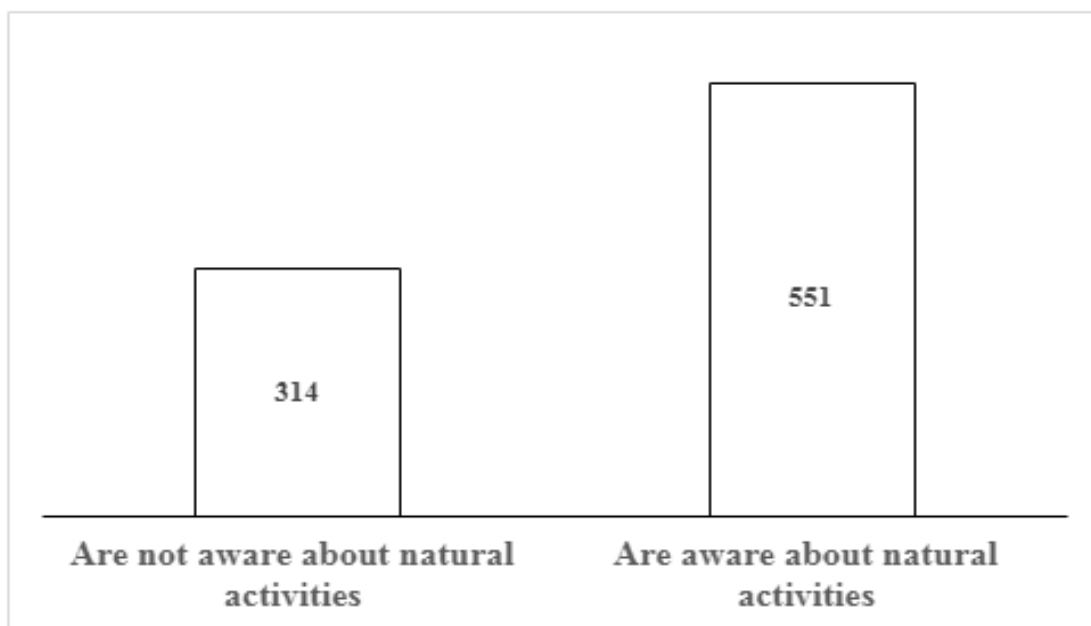


Awareness about natural activities

In order to know about the pranik condition of Tapovan children, a criterion was decided that is know whether they are aware about natural activities or not. Information regarding the survey is as under:

Pranik condition	Number	%
Are not aware about natural activities	314	36.30
Are aware about natural activities	551	63.07
Total	865	

From the total number of children at Tapovan, 314 i.e., 36.30% children were not aware about natural activities. Whereas 551 i.e., 63.07% were about natural activities. Thus, maximum number of Tapovan children was aware about natural activities.



Mental condition

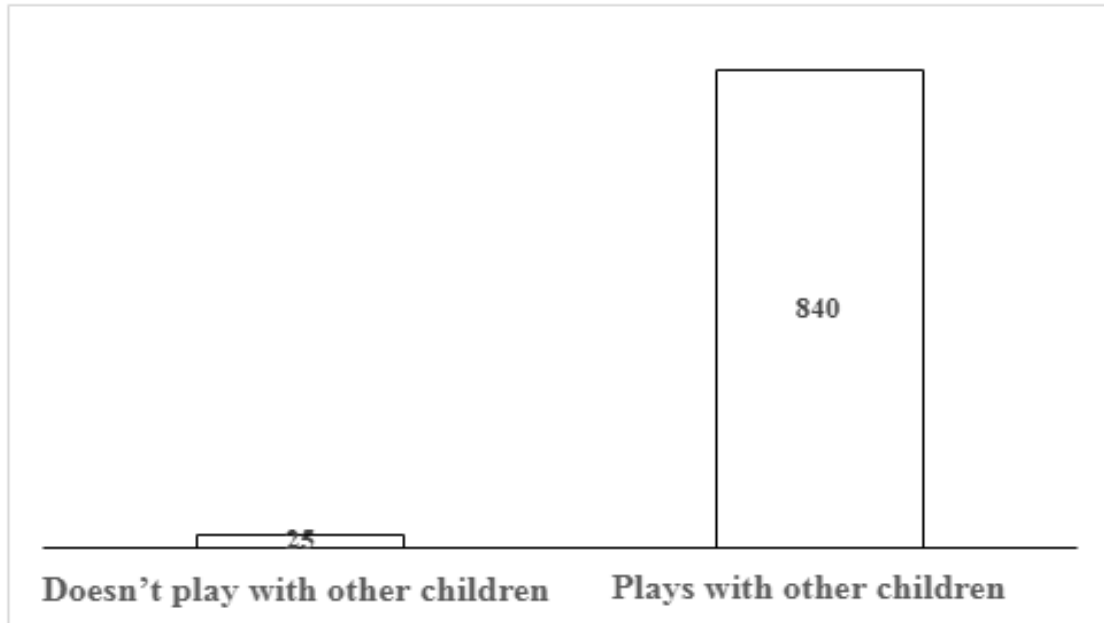
Along with physical and pranik condition, mental condition of Tapovan children was also measured. Playing with other children and giving toys to others was taken as a part of criterion to measure mental condition. Information about this survey is as under:

Playing with other children

Information regarding, whether, the child plays with other children or not is as under:

Mental Condition	Number	%
Doesn't play with other children	25	2.89
Plays with other children	840	97.11
Total	865	

According to the information regarding whether the child plays with other children or not, only 25 i.e., 2.89% children didn't play with others. Whereas 840 i.e., 97.11% children used to play with others. This shows that the mental condition of Tapovan children was good.

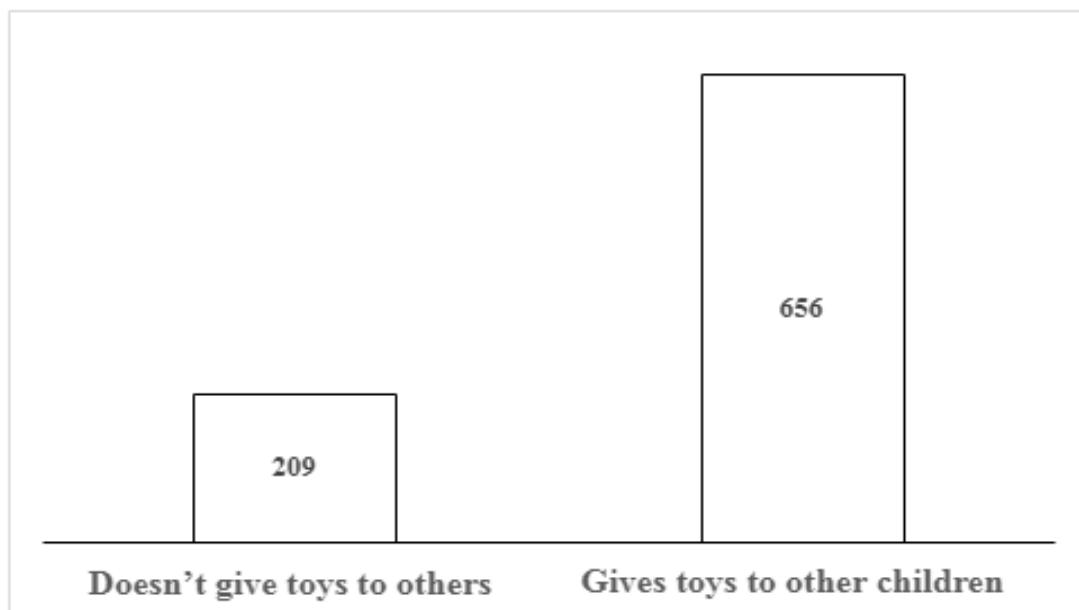


Gives toys to other children

Whether the child gives toys to other children or not was also taken as a criterion in order to measure mental condition of Tapovan children. Information regarding this is as under:

Mental condition	Number	%
Doesn't give toys to others	209	24.16
Gives toys to other children	656	75.84
Total	865	

From the above information one gets to learn that 209 i.e., 24.16% children didn't give toys to other children. Whereas 656 i.e., 75.84% children used to behave properly in this situation. They lived in harmony with other children. The above information can be graphically presented as under:



Observations

Observations drawn from a survey made to know the *Panchakoshatmak* development for children of ladies availing the benefits of Tapovan Research Centre are as follows:

1. Delivery of 68.78% children at Tapovan was normal whereas 31.21% was done through caesarean section. As compared to the present increasing caesarean section deliveries, this percentage is very less. This shows that activities conducted by Tapovan centre have become fruitful for normal deliveries.
2. The average weight of Tapovan children at birth was 2.86kg. Whereas the percentage of children with weight more than 2.5kg was 72.36%. Thus, there were a greater number of children with normal weight.
3. Percentage of children with physical health ranging from good to very good was 92.37%. Thus, physical health of Tapovan children was good.
4. 99.65% Children of ladies at Tapovan cried at the time of birth. This itself shows proper health.
5. Total 94.91% children were aware about voices. This shows that Tapovan children were developed in pranik condition.
6. On making survey on other pranik conditions it was known that, 87.17% of Tapovan children were aware about their food. 97.23% children were able to express their desires. And 68.09% children never fell ill during 0 to 3 months. Thus, they were developed under Pranik condition.
7. Measuring the mental condition of children between 0 to 3 months, it was known that 91.46% children were able to fix their eyesight on a particular thing. This shows that their mental condition was proper.
8. 70.75% of children between 4 to 6 months were of more than 5kg. Thus, they were physically strong.
9. 81.62% children could sit with support which shows their proper physical development.
10. On knowing about the pranik development of Tapovan children it was known that 86.135 children were fickle in nature and 94.08% children were active. 98.03% children were able to hold things properly. Thus, in every way the pranik condition of Tapovan children was proper.
11. 98.27% children used to cry when hungry and when gets wet. Thus, children were able to communicate their conditions and were aware about different situations.
12. 81.16% children used to get scared of unusual noises.
13. 91.56% children used to react to a touch. This shows that Tapovan children were better at one more criterion of pranik development.
14. Tapovan child were socially mature. 90.87% children used to live in harmony with others.

15. In another survey to know with whom the Tapovan child does mixes up well, one gets to know that 80.81% children were more comfortable with their mothers as compared to fathers. In order to make equal contributions for both mother and father, Children's University used to give guidance in *Shishu Paramarshan Kendra*.
16. In order to know about the intellectual development of Tapovan children, one gets to know that 91.21% children were curious. This shows that Tapovan children were intellectually developed.
17. In order to know about the physical development of seven to nine months Tapovan children one gets to know that 95.61% children were able to crawl on knees. 81.51% children were able to sit without support, 87.98% children were able to stand without support. Thus, the physical strength of maximum number of children was proper. It can be said that Tapovan child was physically stronger.
18. On surveying it was known that 79.19% children between seven to nine months used to cry when left alone. This means they were able to communicate. Whereas 91.21% children were able to pronounce one letter words. Thus, this shows that Tapovan children had more development in pranik conditions.
19. On measuring the mental condition of Tapovan children, it was known that 88.32% children used to stop crying on hearing a lullaby and 82.83% children were not stubborn. This shows that maximum number of Tapovan children were mentally stable.
20. A survey was also made to know the intellectual development of children. 96.42% children were able to understand instructions. Whereas 98.84% children used to give reactions when called by name. 74.03% children were able to choose toys and 84.74% children were able to imitate other members of their family. Thus, Tapovan children showed good intellectual development.
21. It was decided to make a survey about the physical development of children between ten to twelve months. 70.98% children were able to walk without support. This shows that Tapovan children showed good physical development.
22. A survey was made to know about the pranik condition of Tapovan children. 92.37% children were able to express their desires. 95.84% children were able to pronounce intermittent words. 63.7% children were able to pronounce natural activities. Thus, at every criterion, children showed complete development.
23. On making a survey of mental development of children between ten to twelve months it was known that, 91.11% children used to play with other children and 75.83% children used to give toys to other children while playing. This shows that they were mentally stable.

Conclusions

The main aim of Tapovan Research Centre established by Children's University has always been about the healthy development of a child. In order to fulfil this motive, different activities are organised by Tapovan Research Centre which can be undertaken at the time of delivery to know about the *Panchakosha* development of a child. Effect of these activities on the child between 0-12 months is measured, and this chapter gives all the information regarding this survey. Different criteria were decided in order to know about the child's development. Levels such as 0-3, 4-6, 6-9, and 10-12 were made and accordingly different criteria were decided to measure the physical, pranik, mental and intellectual development of a child to get proper information. Analysis and interpretations and observations were made. The growth of Tapovan child has been ranged from good to very good at every level. In every different field 80 to 98% of the children have been found completely developed and stable.



Chapter-5

Analysis and Interpretation Qualitative Information

Chapter: 5

Analysis and Interpretation Qualitative Information

5.0 Introduction

Children's University encompasses a wide spectrum from prenatal stage to complete teenage. Adding to that, all the stakeholders associated with the development of a child are of greater importance for the University. The first among these stakeholders are newly married pairs and couples planning for their first child. The second group includes a pregnant mother, her husband and her entire family. The main concern here is to make the whole journey of nine months as fruitful as possible. Apart from this, all other stakeholders such as parents, grand-parents, neighbors, teacher, principal and other policy makers who are concerned with different developmental phases of a child beginning from the early age till the eighteenth year. Simultaneously, the study of factors associated with the growth and development of a child are also very crucial to the work of University. These factors include atmosphere of the family, emotional make-up of the school, social perspective etc. Thus, the persistent work of Children's University is multi-dimensional, multi-disciplinary and it looks at the development of a child from all perspectives. Hence, this unique work includes different parties to its fold in order to achieve the core goals.

The unique work initiated by the University is going to bring far reaching consequences. The first step put forward by the University in the direction of its attainment is of *Garbhsanskar*. Besides, there is a strong need to rework and refashion the knowledge of ancient *Garbhasanskar* so that it can be catered to the modern and contemporary society. In order to achieve this objective, the University has initiated different centers of *Garbhsanskar* from the year- 2010. It is named as 'Tapovan Research Centre'. Three things are embedded within the frame of this name:

1. Tapovan: The word is suggestive of long and persistent *tapa* and *sadhana* in order to achieve higher level of goal. Besides, calm, separate and spiritually rich place means Tapovan.
2. Research: The word "research" placed in the middle of the name is indicative of scientific and systematic study. It also suggests that all the activities which are going to be organized by the centre will be well defined and well planned. Moreover, the impact of each activity on the period of pregnancy and pregnant mother along with the child in her womb will also be assessed with a proper and

systematic manner. The scientific method and latest instruments related to research in this area will also be deployed.

3. Centre: A centre is a place to undertake any activity and thereby a spot to spread the fruit and findings. Thus, it is a place that will gear up the research based activity along with spreading the benefits of research findings to the maximum level of people.

The definition mentioned above clarifies the core work of the centre i.e. research. The pregnant mothers who get the benefits of this centre are the sample of research for this centre. By deploying different instruments and methods, the centre receives information which is in two forms:

1. Numerical

2. Qualitative

The study of impact exerted by the Garbhasanskar on pregnant mother and the foetus is a very complex and long-lasting process. In this process, physiology, psychology, spiritual science, medical science, sociology, anthropology etc. are connected. In chapter 4, the graph of development and growth of Tapovan Research Centre is given. The chapter also consists of different numerical information collected from different such centers. However, the experiences, responses, emotional and spiritual realization of pregnant mothers are also equally important. On the foundation of ancient science of *garbhsanskar*, the University has endeavored to achieve the primary level of frame based on empirical study combined with the said ancient knowledge. The responses received from pregnant mothers can be of greater significance in terms of strengthening this primary frame. In order to achieve this purpose, the descriptive information received from pregnant mothers is under the analysis in the following part of this chapter and they are hereunder.

5.1 Objectives

1. To learn all the experiences of pregnant mothers who participated in the Tapovan Research Centre.

2. To undertake analysis and interpretation of received responses of pregnant mothers with the help of subcomponents of responses

3. To assess different programs of Tapovan Research Centre based on the received responses of pregnant mothers

4. To put forward corrective recommendations based on the analysis and interpretation of the said responses.

5.2 Research Questions:

1. What will be the nature of responses of participated pregnant mothers at Tapovan Research Centre?
2. Which facets will be included in the responses of participated pregnant mothers at Tapovan Research Centre?
3. What will the responses of participated pregnant mothers be suggestive of programs held at Tapovan Research Centre?
4. How will the responses of participated pregnant mothers be useful in making programs and activities of Tapovan Research Centre more effective?

5.3 Methodology

5.3.1 Population

The present study includes all the pregnant mothers who have got the benefits of Tapovan Research Centre.

5.3.2 Sample:

The chief aim of the present study was to learn the responses of pregnant mothers who got advantages of Tapovan Research Centre. Therefore, different pregnant mothers were selected from different Tapovan Research Centre. The total number of sample was 1000 pregnant mothers from different Tapovan Research Centre. The selection of sample was carried out in such a manner that the representations of all Tapovan Research Centers remained justly available. The sample also remained diversified and the differences to be visible are as under:

No.	Special features of the sample	Level	Total number
1	Academic level of pregnant mothers	Illiterate	155
		Till std 10	330
		Till graduation	390
		More than graduation	125
2	Socio-economic condition	Higher	284
		Middle	445
		Lower	271
3	Area	Rural	436
		Urban	318
		Megacity	246
4	Order of pregnancy	First pregnancy	389
		More than one	611

		pregnancy	
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5.3.3 Variable:

Independent Variable:

- (1) Education of pregnant mothers: illiterate, std. 10, till graduation, more than graduation
- (2) Socio-economic condition: Higher, middle, lower
- (3) Area: rural, urban, megacity
- (4) Order of pregnancy: First pregnancy, more than one pregnancy

Dependent variable:

Experiences of pregnant mothers related to Tapovan Research Centre

5.3.4 Research Tool:

In the present study the experiences of pregnant mothers were under the inquiry. The qualitative information pertaining to their experiences, responses and observations during their pregnancy were collected. In order to achieve this purpose, two types of tool were used.

1. Open Openaire:

In order to collect the information from pregnant mothers they were told to write freely regarding their experiences, observations and important remembrance. They were told to jot down their experiences in the open Openaire titled as “My Journey with Tapovan”. (Appendix)

5.4 Collection of data:

Descriptive information was to be collected from the pregnant mothers participated in Tapovan Research Centre. The responses of illiterate pregnant mothers were collected by their fellow literate pregnant mothers. On the other hand, literate pregnant mothers were given individual writing task. In order to collect the information from all Tapovan Research Centers, a separate program was organized on a particular day. Under this program, only those pregnant mothers who had been regularly visiting the center for at least four months were included. They were told to jot down their felt experiences during their training of Tapovan Research Center. Moreover, they were also given guidance

regarding the method of providing the responses. In this guidance, the following points were added.

1. Good-bad experiences you had felt in Tapovan Research Centre.
2. Their experiences related to family and social matters during their period of participation.
3. Responses in terms of the process of Garbhsanskar
4. Their observations and responses of the child who was born after their training in Tapovan Research Centre.

Apart from said points, they were told to reflect their other experiences as well.

Thus, in each centre, the information was collected with gradual interval of time. The background was also taken into consideration while collecting the information. The data were collected considering education, socio-economic condition, level of participation, area, number of children etc. as mentioned in the sample. Total 1000 women gave their support in the process of data collection. Out of these women, 800 were in their first pregnancy.

5.5 Analysis and Interpretation of the Data

In this part of the study, the analysis and interpretation of only qualitative information is presented. The descriptive information received from pregnant mothers get analyzed and interpreted here. The following method is used for the analysis and interpretation of the data:

1. Complete reading of notes of experiences
2. Recognition of different components presented in the notes
3. Creations of symbols for components
4. Re-reading and encoding
5. Classification and interpretation of components based on symbols

The process mentioned above was carried out in a very flexible manner. The important matters mentioned in the writing were jotted down along with its reading. The primary list of symbols was prepared based on notes of different components. While doing re-reading, new symbols were supposed to be added wherever necessary. Thus, the following subdivisions and symbols were come up.

Main code	Section	Subsection	Code
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A	Experiences during pregnancy	Likes/dislikes towards activities of Tapovan Research Centre/choice related experiences/responses	A1
		Experiences related to mental condition during pregnancy	A2
		Experiences/ responses related to physical wellness	A3
		Family-related/ social effect/impact related responses/experiences	A4
		Tapovan Research Centre/Centre coordinator/ Experiences related to human bonding with beneficiary groups/ responses	A5
		Responses related to usefulness of Tapovan Research Centre	A6
B	Experiences after the pregnancy (child related)	Individual development happened with the help of experiences of Tapovan Research Centre/ Experiences related to changes/ responses	B1
		A physical development of a child/agility/ observation of parents pertaining to the activeness/ experiences/ responses	B2
		Behavioral uniqueness of the child	B3
		Linguistic development of a child/ observation related to social behavior/ experiences	B4
C	Pre-pregnancy/ pregnancy/ notable experiences in relation to child (feeding mother)	Comparison with the former experiences of pregnancy/ The comparison of Tapovan child with the child born earlier	C1
D	A notable incident/event happened during the experiences of Tapovan Research Centre	Any special event/incident/ unique matter which may not happen in normal circumstances but can be traced down as an impact of Tapovan Research Centre	D1

All experiences were classified as per the symbols/codes mentioned in the above table. After that, the classified information was studied meticulously. After understanding crux and form of each component mentioned in the information, a proper approach and method was used for analysis. The following activity of qualitative analysis was taken into account in order to make the information interpretable.

1. Analysis of word and phrase
2. Contextualization & interpretation of utterances and sentences
3. Classification and interpretation of incidents and events
4. To determine the number of words and sentences based on their repetitions
5. Words deployed to describe events, contextual interpretation of sentences.

Thus, the interpretable information prepared based on reading of the information, encoding and classification is presented section-wise hereunder.

5.5.1. Experiences during pregnancy

5.5.1.1 Likes, dislikes, choice-based experiences and responses pertaining to the activities of Tapovan Research Centre

In this section, those experiences and responses of pregnant mothers were included which reflected the like/dislike towards anyone or more than one activity to be carried out in Tapovan Research Centre. The list of responses based on the encoding of similar experiences was prepared the frequency was obtained as per the activity. The distribution of frequency was obtained thus.

Table Number:

Frequency distribution related to like/dislike in the context of activity

Order of activity	Name of the activity	Frequency
1	Prayer	383
2	Meticulous exercise	476
3	Asana (different yogic postures)	861
4	Pranayam	872
5	Meditation	764

6	Shantipath	380
7	Garbhdhyan and Garbhsamvad	991
8	Tapovan song	629
9	Music	602
10	Weekly activities	
	Mathematics	569
	Language purification	541
	Sanskrit	505
11	Creative activities	436
12	Weekly activities	
13	Games (intellectual/physical)	404
14	Demonstration of Audio-video	369
15	Scientific approach	421
16	Understanding of nutritious food	413
17	Story/inspiring incident/biography/reading/discussion	517
18	Counseling individual/group	639
19	Relaxation	719

In the above mentioned table the frequency distribution of different activities to be carried out in Tapovan Research Centre is presented. Based on this frequency the activities are categorized and the following order could be attained out of that.

Table Number

Order of activities based on frequency

No	Name of the activity	Frequency
1	<i>Garbhdhyan and Garbhsamvad</i>	991
2	<i>Pranayam</i>	872
3	<i>Yogasan</i>	861
4	Meditation	764
5	Relaxation	719
6	Counseling	639
7	Tapovan song	629
8	Music	602
9	Mathematics	569
10	Language improvement	541
11	Story	517
12	Sanskrit	505
13	Relaxation exercises	476

14	Creative activities	436
15	Scientific approach	421
16	Understanding regarding nutritious food	413
17	Game	404
18	Demonstration of audio-visual	396
19	Prayer	383
20	<i>Shantipath</i>	380

It is visibly clear in the above mentioned table that the activities on the priority list of pregnant mothers are *Garbhdhyan*, *Garbhsamvad*, *Pranayam* and *yogasan*. By sorting important elements deducted from the responses, very important information has come up. The analysis as per the activity is presented here. In the following order, meditation, relaxation and counseling secured the place respectively. On the other hand, activities such as audio-video demonstration, prayer and *shantipath* received comparatively cold response and lesser frequency. On the basis of this, it can be said that certain activities appeared more often compared to others in the responses of pregnant mothers. After getting the crux out of the table of frequency, it is imperative to understand the positive and negative responses. Moreover, whatever is said in the form of responses need to be interpreted in its verbal and emotional context. This is done in the following phase to learn more about Tapovan activities.

1. *Garbhdhyan* and *Garbhsamvad*:

These two activities are the core of the process of *Garbhsanskar* carried out by Tapovan Research Centre. These two activities have received maximum frequency which is evident of their significance. After meticulously analyzing responses and opinions of pregnant mothers, it is possible to shade better light on this set of activities.

It is observed that the *Garbhdhyan* is very useful to propel the development during the period of pregnancy. *Garbhsamvad* is the next level that comes after *Garbhdhyan* wherein after establishing a rapport with the child by meditating on his image, an internal dialogue is initiated with the foetus. With the help of dialogue, an attempt is made to establish a bond with the child. In this process, the pregnant mothers indulge into the process of dialogue and provide the assertive suggestions to the foetus. During the *Garbhsamvad*, it is very useful for the development of a child to send positive messages through internal dialogue. In the activities carried out by Tapovan Research Centre, the majority of positive responses are received by *Garbhdhyan* and *Garbhsamvad*. Based on these responses, it becomes clear that *Garbhdhyan* and *Garbhsamvad*

are very influential activities for pregnant mothers. If a proper analysis of responses received from pregnant mothers can be done, it will shade light on many important aspects.

The most important point is that no pregnant mothers have given any negative responses for any activities. All the responses that have been received, point out very positive matters. This is very notable thing. It also suggests that these two activities are unique and different activities of the centre. Pregnant mothers regarded the activities of *Garbhdhyan* and *Garbhsamvad* as the most blissful. The pregnant mothers express their joy in the following statements:

“During *Garbhdhyan*, I felt like being into a happy journey leaving all my worries behind.” One more pregnant mother expresses her experiences in such words: “During *Garbhdhyan* I was feeling a very different level of thrill and joy and wanted at times to remain in this process for long.” Based on these experiences it can be said that, the pregnant mothers feel great amount of joy, thrill and happiness by doing *Garbhdhyan* and *Garbhsamvad*. A feeling of happiness is very helpful during the period of pregnancy. Adding to that, the feeling of anxiety and stress creates hormonal imbalance in pregnant mothers and it can adversely affect the growth of a child in womb. *Garbhdhyan* and *Garbhsamvad* is very important and useful tool to protect the child from these side effects.

Garbhdhyan and *Garbhsamvad* are activities to be carried out at different level. In the first *Garbhdhyan* the pregnant mothers concentrate on her child in womb in which a pregnant mother diverts her all energy on the foetus. Because of this a child in womb experiences a higher level of energy and care. A bridge takes place between mother and child. A research based approach was developed to understand the level of success pertaining to different activities based on this inner bridge of affection. The interpretation has been carried out of the responses centering this research based approach. It has been learnt that it could be achieved with the help of this bridge. Thus, it becomes clear from the responses collected from pregnant mothers that it is possible to form a bridge between a mother and a child before the birth. One pregnant mother says in her experiences, “By doing *Garbhdhyan* it becomes possible to go closer to the child and it constantly feels that the child is closer to me.” Another pregnant mother informs, “While doing *Garbhdhyan*, the child becomes very calm and it feels that she is also doing meditation along with me.” Based on these responses, it can be said that the connection between the mother and the child becomes very strong before the birth.

Let us study some notable experiences related to *Garbhsamvad*. One pregnant narrates her experience in this manner, “During *Garbhsamvad*, it feels as if the child in my womb is trying to respond to my talk by doing movement within.” Another pregnant mother informs, “I feel that a child is listening to my talk calmly within my womb and I am fondling her.” In another such experience of pregnant mother, “I feel as if I am touching and fondling her” are very important words.

It is proved with the set of these experiences that *Garbhsamvad* becomes a medium that makes it possible for would-be parents to feel the maiden touch of their child. Such emotions and feelings form a psychological consciousness for the child and an emotional realization towards the existence of one’s child takes place due to it. With such dialogues a positive emotions erupt in the mind of parents which exert good impact on their health. This thing becomes visible in the said experiences of pregnant mothers.

One pregnant mother puts her experience in the following manner, “After doing *Garbhsamvad*, I feel as if I were in the journey with my child by forgetting my all worries and stress.” Another pregnant mother says, “I feel that my stress related to my family and pregnancy has reduced quite a lot after I have initiated *Garbhsamvad*.” This matter clarifies many points here. *Garbhdhyan* and *Garbhsamvad* not only leave its positive impact on the child in womb but also affect mother’s health in a very positive manner. This can be categorized as extra benefit. Some pregnant mothers have connected the process of *Garbhsamvad* with the inculcation of virtuous qualities.

Another pregnant mother shares her experiences, “I feel as if the development of best virtuous qualities has started in my child right from the womb.” It can be surmised on this that parents begin to feel that their thoughts of desired child get fulfilled with this process. They feel positive feeling of motherhood and fatherhood mentally and emotionally. At the psychological level, this gives them a feeling of satisfaction. The positive impact of this process can be felt even after the birth of a child. It can be probable that the child may perceive the instructions and talk s/he has heard during the time of pregnancy. Therefore, parents will have a positive attitude towards the behavior of a child right from the beginning. It will also influence positively the upbringing of a child. It is good to look at this part in the experiential world of feeding mothers. Mothers who are into their post-first pregnancy also visit Tapovan Research Centre. Their experiences are presented in comparison with their former experiences. One such mother informs, “In my previous pregnancy I had no information

pertaining to *Garbhsamvad* or *Garbhdhyan*. I feel regret that I could not give this benefit to my first child.”

From this response, it becomes clear that pregnant mothers feel this process very useful and important. Their trust and confidence in this process get revealed in their words. In this context, the experience of two different children wherein one is born before and the other is born after passing through the process of Tapovan Research Centre is very useful to comprehend the significance of the activities carried out at the Centre. One such couple reflects the experiences in the following manner, “The child behaves according to the instructions and talk which we had had during *Garbhsamvad*. It could not become possible in the first child as s/he was not given any such training. Both differ tremendously when it comes to agreement on any point with us. The child we have after the training in Tapovan listens to us carefully and perceives things easily.” This shows a type of comparison between the two children. It becomes clear based on such experiences of parents that the degree of obedience differs in two children. An emotional bridge between parents and a child which takes place as a result of *Garbhdhyan* and *Garbhsamvad* can be felt by the parents even after the birth of a child. In the context of this activity a very distinct response was received from some pregnant mothers. Such experiences are narrated in their words in the following manner:

“During the first pregnancy my husband did not pay enough attention towards my care however, while doing *Garbhdhyan* and *Garbhsamvad*, the attachment of my husband with the child got increased and it also strengthened the bond between us.”

“My husband generally feels little interest in such activities but he felt good after doing *Garbhdhyan* and he becomes more serious for our child.”

“I, on and oft, have quarrels with my husband over small or big issues but, from the day we began *Garbhsamvad* with our child, I witnessed a sea-change in his personality.”

The experiences narrated above are of different kind. It is believed that the activities to be carried out at Tapovan Research Centre are very helpful for the growth and development of a child. However, such experiences throw light on different aspect of these activities. These experiences revealed that the set of activities also leave a positive effect on the parents. They helped strengthen the emotional bond between mother and father. Thus, it can be said that *Garbhdhyan* and *Garbhsamvad* play a very definitive role in the growth of a child. It also strengthens the bonding between parents and a child in womb.

On the basis of interpretation of the said experiences/ responses, it can be said that Garbhsamvad and Garbhdhyan are some of the most effective activities to be carried out at Tapovan Research Centre. With the help of Garbhdhyan and Garbhsamvad, mother and father both experience a closer affinity with the child. Apart from that they also feel a sense of inner peace. They also feel divine joy and their bonding with the child gets stronger. Its impact can be seen after the birth of a child. During the time of pregnancy, a child remains connected with the mother at physical and psychological level but with the help of Garbhdhyan and Garbhsamvad, a child gets some room to establish some contact with the father. A child feels greater affinity in comparison to one's siblings. The most important point which stands out in the experiences of pregnant mothers is their revelation that Garbhsamvad and Garbhdhyan also strengthen their bonding with each other.

2. Activities related to Sanskrit language:

Sanskrit is India's ancient language. According to modern linguists Sanskrit has a very advanced structure in comparison to other languages. Apart from that Sanskrit language consists of Indian tradition and our ancient knowledge. With a noble cause of transmitting this knowledge to the upcoming generations, this language is taught to pregnant mothers in the Centre. It could become very interesting to learn about the experiences of pregnant mothers related to their learning this language. In Tapovan Research Centre, this language is used in many ways, for example conversation in Sanskrit, Sanskrit song and recitation of various verses, storytelling in divine language etc. Out of these activities, there are some which the pregnant mothers felt more inclined to. The singing and recitation of Sanskrit *shloka* is the most cherished activity and this can be learned from their experiences. They expressed their joyful experience regarding this in following manner, "while singing the shloka, I used to get merged with the singing." Another such mother said, "I could understand the significance of pronunciation in Sanskrit verse and as a result of that I could speak Gujarati very well." Out of these experiences it becomes clear that the syllabic and rhythmic uniformity integral to this language helps person become concentrated and clam. Moreover, the sense of pronunciation also gets shaped with the learning of Sanskrit language. In future, the pregnant mothers could use this learning experience in the language development of their child. This becomes true in the sense of ideas.

One such response pertaining to Sanskrit verse and laudatory is notably important, "The important message said in Sanskrit verse and *Subhashit* inspires the process of value-formation and touches the heart." In another response, one

pregnant mother informs, “The devotion gets revealed so explicitly in the Sanskrit verse and laudatory to the Divine that fills my heart with the intense feelings of devotion and surrender.”

The said experiences reveal the potential of Sanskrit as a language that inspires character-building. The recitation of verse, laudatory, *subhashit* etc. available in Sanskrit language exerts very emotional effects on the heart and mind of its practitioner. Besides, this practice also helps build a very virtuous character as well. The indelible imprint of good values which get inculcated in mothers will naturally benefit her child. Based on, it can be said that the work of values-based education could be achieved nicely with the help of activities of Sanskrit language.

3. Activities related to Music:

Music is an inseparable element interwoven with the life. Music influences the living world in many ways. It teaches energy, inspiration and emotion to every individual. If it is used in a unique way during the time of pregnancy, it can bring very good fruits. With this noble it is objective it is given place in the process of garbhsanskar carried out in Tapovan Research Centre. The points said in Indian Darshanic traditions related to music are kept in mind while its deployment during the period of pregnancy wherein the experiment is carried out by connecting different ragas with five cosmic elements. In Indian classical music, there is a guideline pertaining to note, word, rhythm and *raag*. On such theoretical ground, music activities are carried out in Tapovan Research Centre. There are ample positive probabilities in the area of research wherein the divine and long lasting impact of music can be studied. However, here, the interpretation of pregnant mothers’ responses related to music activities is presented. There are many forms of musical compositions which are included in such activities. They include singing of song, lullabies, devotional songs, folk songs, lyrics, festival songs, *dhun*, etc. They also include music for relational, patriotic songs, children’s songs, action songs etc.

Let us have a closer look at the experiences that pregnant mothers had while taking participation in different music activities. One such sister shares her experience in her words in following manner, “After getting involved into Tapovan Research Centre, I got to learn about the basics of Indian classical ragas.” Another pregnant mother says, “Which raga is suitable for which time and meticulous sense to understand which element is dominant in that song got to learn in it.” Another pregnant mother shares her experience in following

manner, “I learned it for the first time the role of music in the development of five cosmic elements of the womb.” These experiences reveal the positive side of music activities. With these activities it became possible to inform pregnant mothers with the glorious heritage of Indian classical music. The pregnant mothers feel that the proper raga with its interconnection with its related cosmic element is important and helpful in the development of a child in womb.

Another pregnant mother informs regarding her experiences related to these activities, “While getting actively involved into the music activities, I felt great amount of peace and happiness within.” One more pregnant mother adds, “The impact exerted by the wording and notation of music and song increases internal joy and reduces the level of stress.” There are many assertive experiences received related to music and relaxation. One pregnant mother says, “I really like the activity to relax the mind and body with the help of music. All my false worries and negativity wane away after doing it.” Another pregnant mother says, “During music and relaxation I feel a totally different kind of experiences. My heart does not wish to come out of that situation and after doing that activity I feel as if I was reborn.” These experiences point towards the therapeutic effect of music other than its entertainment. With the help of these activities the stress level can be reduced and a proper environment is provided for the development of child in womb. The pregnancy matters a lot for many people and it plays a very significant role in many contexts.

Based on the said experiences it can be said that music comes out as an important activity that the pregnant mothers enjoyed during the period of pregnancy. It is proved on these experiences that they feel the information related to music, its scientific dimensions and information related to music and its impact on the child in womb useful. Besides, they like different psychological moods produced by the music and they get greatly influenced by the assertive impact of music. Thus, the overall responses of pregnant mothers related to activities of music are very positive and heartening.

4. Activities related to mathematical process:

Logical thinking is a very important dimension of human development. The activities done by pregnant mother during the period of pregnancy affect, either positively or negatively, to the child in her womb. In this context, her thinking pattern can also affect the foetus. With an intention to develop intellectual faculty of a child in the womb, precision etc Tapovan centre carries out a set of mathematical activities which includes puzzle solving. In this context, some assertive responses of pregnant mothers were received. It is better to analyze them now. One pregnant mother who couldn't get much formal education says,

“I couldn’t study more but I enjoyed solving mathematical puzzles and I learned also.” One other pregnant mother says, “I used to forget everything while getting absorbed into solving mathematical puzzles.” One more pregnant mother informs, “We used to learn these activities while our schooling. However, I felt as if I am teaching these activities to my child while doing them.”

From these responses, it becomes clear that pregnant mothers really enjoyed doing mathematical activities and they derived immense pleasure while doing them. One feeding mother who was a beneficiary of Tapovan Research Centre informs, “In comparison to my first child, the child I had after getting trained in Tapovan Research Centre can argue well. I believe that this is the result of activities I have done in Tapovan Research Centre.”

From the said experiences, it becomes evident that the positive results of activities of logic help one understand its significance. It should be noted here that no response revealing any negative side of these activities have been received.

5. Story and Language related Activities:

The emotional dimension of every individual is very important. During the time of pregnancy the emotional balance has to be maintained and its development needs to be given proper attention. Such activities should be carried out that help achieve this development. Centering this objective in mind, certain activities are carried out in Tapovan Research Centre. In this section of activities, language comprehension, poetry recitation, importance of mother tongue, storytelling and other creative activities fall. Out of many activities in this section, the major positive responses are given to language, creativity and storytelling. Many important dimensions surge while doing analysis of these responses. Let us have a closer look at some of the important dimensions in these activities. One pregnant mother informs, “The storytelling was often done in the centre and sometimes the story touches the heart in a way that makes us cry as well.” Another pregnant mother says, “We enjoy doing language exercises. Adding to that, an exercise which includes a story formation out of words and sentences brings immense pleasure.”

These experiences make it clear that pregnant mothers are fond of storytelling and language activities. These activities bring great amount of joy in pregnant mothers.

The analysis of activities is presented here wherein the level of frequency is very high. These experiences reveal the likes and dislikes towards a particular

activity and it becomes possible to learn the reasons behind these. Apart from the above mentioned activities, the pregnant mothers also give their responses to other activities.

6. *Yogasan and Pranayam*

Doing *pranayam* during pregnancy increases the level of concentration of the mind. It removes anger, anxiety and insomnia. It increases happiness, enthusiasm and fearlessness. It also augments positive thinking and brings mental peace. The vital force also gets strengthened by its regular practice. A yogic practice brings lots of benefits for pregnant mother and her foetus during the period of pregnancy. It can be learned from the experiences of pregnant mothers that any activity which is carried out centering this practice brings positive result. One pregnant mother shares her experiences in following words, “I feel that my body gets enough oxygen due to regular practice of *pranayam*.” It can be said based on this statement that the practice of *pranayam* during pregnancy recharges the level of bodily energy. It also makes body active. Another pregnant mother says, “The body remains relaxed due to yoga and *pranayam*. The mind also remains happy as a result of its effect.” It can be said based on this experience that the period of pregnancy passes very nicely because the mind remains happy. Another pregnant mother tells her experience in the following manner, “My anger has got reduced in comparison to the past due to the positive effect of yoga and *pranayam*.” It can be said based on this that yoga and *pranayam* exerts very positive impact on the child in the womb. One more mother informs about her experience, “By doing yoga and *pranayam* on regular basis, all my negative thoughts have vanished and my thinking becomes very positive.” Based on these experiences it can be said that yoga and *pranayam* actually reduces the negative impulses of pregnant mothers. The psychological health remains good during pregnancy if *pranayam* is done on regular basis. Moreover it also exerts positive impact on the development of foetus.

In support of this matter, it is good to take into consideration the experiences of feeding mothers. One such mother informs, “During my first pregnancy I had no information regarding yoga and *pranayam* and as a result of that, I became often angry on my first daughter. However, I did yoga and *pranayam* on regular basis during my second pregnancy as I got to learn about it in Tapovan Research Centre and now I do not become angry on my second child. I nurture him with great care and affection.” It can be said from these experiences that

yoga and *pranayam* keeps the mind calm and composed. Thoughts become steady and this helps in controlling the impulses of the body.

Based on the responses/experiences mentioned above, it can be said that by doing yoga and *pranayam* it is possible to make a healthy life. Doing yoga and *pranayam* during pregnancy keeps mother and her child in womb healthy and happy. Mind becomes calm. Thoughts become steady. It helps bridle the impulses. Another pregnant mother informs in her experiences, “The body remains energetic by doing *yoga-pranayam*. This helps me work in home and office rapidly.” These experiences reveal that mind and body feel great amount of energy and enthusiasm and everyday activities can be done with ease. It is essential to do light exercise during the period of pregnancy because it keeps the pregnant mother healthy and the delivery can be done with less trouble. One mother informs about her experiences in the following manner, “I got great relief in my backache after doing exercise as told by the physiotherapist who guided about it in Tapovan Research Centre. Due to backache, I used to feel great pain but the exercise I learnt in Tapovan centre helped me a lot and my other body-ache also went away.”

Based on this, it can be said that the muscles get toned with regular exercises. The body feels great amount of enthusiasm and all bodily problems go away. Another sister shares her experiences, “My delivery could be done easily due to the exercises I used to do during pregnancy.” It can be said based on this experiences that regular exercises during pregnancy help prepared the body for normal delivery.

Another mother informs, “During my first delivery, I did not do any exercises. As a result of that I used to feel great amount of fatigue and laziness as well. I got my first child after caesarian. However, I could get the benefits of Tapovan Centre during my second pregnancy. As a result of that, I could do all regular exercises carried out in the centre and felt great zeal and enthusiasm. I have had normal delivery after my second pregnancy due to doing instructed exercises on regular basis.”

Based on these experiences, it can be said that, it is possible to have had normal delivery if a set of prescribed exercises can be done under the guidance of an expert during the period of pregnancy. Thakar K. (2010) Impact of Yoga on the Educational, Mental and Physical Health of Students of Secondary School- A Study (Pancholi J.H.) Babasaheb Ambedkar Open University, Ahmadabad (education) The training on yoga affects the academic achievements of students positively. In other words, it increases the level of achievements of students. There is significant amount of increase in mental level. Moreover, positive

impact has been observed in different components of physical health such as heart beat, body weight, high and low blood pressure. Based on this, it can be said that during the period of pregnancy, the mental condition gets improved with the help of yoga and *pranayam*. Moreover, it also leaves positive effect on physical health.

7. Meditation:

Contemplation means to remain absorbed in one thought, idol or flame and to remain in such condition for a longer period of time is meditation. When a mind is centered inside the body or outside the body on some subject, it is called meditation. In meditation, the mind is centered on one particular object. If one performs meditation during the period of pregnancy, the activities of mind and intellect get calm down. It provides opportunity to meet and spend time with oneself. It lightens the body and mind. The flow of energy gets circulated. The feeling of oneness gets experienced with freshness and lightness. One pregnant mother shares her experiences, “meditation keeps the body agile and active.” It can be said based on this experience that meditation may accelerate the speed of work.

Another pregnant mother informs, “Due to meditation, my anger gets reduced and mind becomes clam and happy.” It can be said based on this experiences that meditation makes mind calm and increases the quality of concentration. Another pregnant mother informs, “During my pregnancy I used to get lots of thoughts during my leisure time. Even while sleeping I used to get a flood of thoughts which caused disturbances in my sleep. However, after I begin to do meditation, all my bad thoughts, and false imaginations, imaginary mental stress vanished away and I could enjoy proper sleep.” Based on this it can be said that if meditation is performed during the period of pregnancy, the mind becomes calm and it intensifies the concentration. It also improves the quality of sleep. One can avoid negative thoughts with its help and as a result of that it leaves positive impact on body and mind.

Based on the above mentioned responses/experiences it can be said that doing meditation is an activity that increases enthusiasm and zeal. It keeps mind healthy and reduces the level of stress. The benefits of meditation include development of mental condition of the foetus, nutrition of its mind etc. With the help of meditation the child perceives the peace and joy of mother’s *chitt*. He also becomes calm, healthy and happy. Besides, the mind of pregnant mother becomes strong and hence she does not feel any stress of pregnancy and post natal anxiety.

8. Relaxation:

During pregnancy doing relaxation through the medium of music leaves positive impact on nervous system, emotions and physical parts of body. One pregnant mother shares her experiences in following manner, “my mental stress goes away with the help of relaxation and body and mind feels lighter.” Based on this it can be said that during the period of pregnancy the mental stress of pregnant mothers get reduced with relaxation done with the music. She feels relaxed. Apart from that this relaxation also helps in physical and mental development of mother and her child in womb. A period of pregnancy happily gets over with this technique. Thus, relaxation during the period of pregnancy becomes very beneficial.

9. Counseling (Guidance):

Pregnancy is very sensitive and delicate period of life. A pregnant mother often faces many types of confusions. Sometimes she is confined to stress, worries, anxiety related to imaginary fear of future or even family issues. During such time if she receives proper guidance in that case the mental and physical health of her and her child in womb gets maintained. One pregnant mother informs about her experience, “Sometimes, if I did not like anything or feels perplexity, at times I used to receive fine doze of counseling from the Tapovan counselor and I used to get relaxed.” Based on this it can be said that during pregnancy if some pregnant mother used to face physical, mental or family problems , the counseling done by Tapovan counselor used to help her and her child in womb to maintain mental and physical health.

In the interpretation of said responses it can be said that if a pregnant mother receives guidance of all levels from Tapovan counselor, she becomes free of all worries and thereby it helps her give complete attention on her conceived child.

10. Tapovan Song:

Tapovan song means a prayer for the best child. A pregnant mother prays the God to bless her with a child who can blazon the world with one’s virtuous action.

One pregnant mother shares her experience in following words, “Whenever I sing Tapovan song, I feel as if my child is in my lap. It can be said based on this response that this song strengthens the bond between pregnant mother and her child in womb. She can visualize her child as well. With Tapovan song, she prays to God to inculcate virtuous qualities in her conceived child.

5.5.1.2 Experiences related to Mental Condition during the Period of Pregnancy:

A mental condition of an individual also affects her physical health. This matter concerns more when it comes to the period of pregnancy. A psychological health of pregnant mother directly influences her foetus. The mental stress, depression, anxiety etc. not only affects the health of pregnant mother but it also abates the development of her child in womb and it has been proved in many researches. The paradigm of *Garbhsanskar* implemented by Tapovan Research Centre also keeps this matter into account. In this context, the activities to preserve and improve mental health are included in Tapovan Research Centers. These activities include prayer, meditation, yogic activities, music, occasional stories, biographical narratives, inspiring stories and counseling techniques. The likes and dislikes related to these activities have been mentioned in previous topic. The interpretation and analysis of experiences as expressed by pregnant mothers is mentioned here wherein a mental condition is referred to. In most of the experiences such words are used which reveal the positive impact on mental condition. They include 'peace', 'joy', 'like it', 'lightness', 'happiness', 'relax', 'joyous', 'concentrate' etc. While referring to these words, it can be clearly observed that the inclination of responses received from pregnant mothers was very positive.

While analyzing utterances presented in the responses of pregnant mothers many dimensions related to mental conditions surge up. Few of them are given here: 'My nature gets better.' 'My thoughts have become positive.' 'My mental strength has got increased.' 'I can speak open heartedly.' 'My will-power becomes stronger.' 'My latent potentiality has come out.' 'My level of confidence is increased.' 'My mental stress has gone down.' 'My enthusiasm increases.' 'I got a new insight in life.'

The utterances and statements presented here reflect the felt experiences of pregnant mothers in terms of their involvement with the activities. These utterances shade the light on the fact that different Tapovan activities, the emotional atmosphere of the centre and counseling and guidance provided by Tapovan counselor helped reduce stress, depression and negative mental emotions. They became fraught with zeal, vital force and self-confidence. They got inspired as well. A better mental condition during the time of pregnancy is the primary condition for the fetal development. It can be said that Tapovan Research Centre could contribute in this direction.

5.5.1.3 Physical Condition during the Period of Pregnancy and Health related Experiences

It is possible to develop healthy mind in a healthy body. During the time of pregnancy a healthy body is a primary condition. Generally, during the period of pregnancy the better precautions are required from the part of family to maintain the physical health of pregnant mothers. In this regard, special attempts are being made in Tapovan Research Centre to provide important information, consciousness and activities in order to better the physical health. In order to achieve this purpose, different activities are done in Tapovan Research Centre. They include dietary instruction, dietary consciousness, diet as per the bodily temperament, information related to basic herbal medicines, light exercises, month-wise *yogasan*, physiotherapy etc. The pregnant mothers have responded to each of these activities. No negative response was received for any of these activities. The following table represents the frequency-wise categorization of each activity.

Table
Order of Physical Health related Responses

No.	Name of the Activity	Frequency
1	Yogasan and Pranayam	572
2	Month-wise exercise	488
3	Physiotherapy	439
4	Physical games	421
5	Dietary instruction	389
6	Observation of nature	377
7	Dietary understanding	215

The above mentioned table reveals that the maximum frequency is received by yogasan. It is followed by pranayam, month-wise exercises, physiotherapy, physical games, dietary instruction, observation of nature and dietary understanding. In order to learn main points related to responses to different activities and related frequency, the analysis and interpretation of each activity is presented hereunder.

1. Interpretation and Analysis of Responses related to Yogasan and Pranayam:

According to the table, the maximum responses are received by yogasan and pranayam. Pregnant mothers reveal their experiences related to this activity in following manner. “I felt so good after doing yoga in the centre that I would continue to do it even after delivery.” One more pregnant mother informs, “My body and mind used to get very relaxed after doing yogasan in the centre. I also got confidence that I would have a normal delivery.” Another pregnant mother

informs, “My body becomes flexible due to yogasan and pranayam. My weariness and fatigue vanished due to the proper breathing technique.”

In another experience the significance of pranayam reveals which is as follows, “Due to pranayama I not only got benefits during my pregnancy but, along with that, my other physical problems also got reduced.” In the said experiences, one can see the benefits experienced by yoga and pranayam. Based on these experiences it can be said that the trimester-wise health remains good and physical and mental health work in proper condition. Due to pranayam the mental and physical health remains good during the period of pregnancy. The confidence for normal pregnancy builds up properly. Mind and body feels peace and lightness. Moreover, pregnancy related issues get resolved and overall health also becomes good.

2. Interpretation and Analysis of Experiences related to Trimester-wise Exercises:

It is good to analyze the responses of pregnant mothers related to exercises related to trimester-wise exercises and physiotherapy. The responses of pregnant mothers related to trimester-wise exercises are as follows, “My period of pregnancy went nicely due to the month-wise exercises as instructed by the Centre according to the changes occurring in the body.” Another pregnant mother informs, “I was informed by the doctor that my normal delivery was not possible. However, after joining the Centre, I learned that some light exercises would prepare my body for normal delivery and I started doing accordingly and I have had normal delivery. I express my gratitude towards Tapovan Research Centre.” Another pregnant mother informs, “My first delivery was caesarian. Hence I had a hunch that my second delivery would be the same. However, due to the exercises I did during the last trimester of my pregnancy, I have had normal delivery. I am really happy about this.”

3. Interpretation and Analysis of Activities related to Physiotherapy:

In this part the activity the analysis and interpretation is given of the physiotherapy related activities which fall at number three in the table. One pregnant mother shares her experiences related to these activities in following manner, “During pregnancy I used to have backache and foot-ache, but after resorting to physiotherapy, I could feel great relief.”

Having observed the experiences mentioned above, it could be proved that the month-wise exercises and proper physiotherapy carried out by Tapovan Research Centre help in facilitation of simple, happy and stress-free delivery. Apart from that it can be said that with the medium of Tapovan Research

Centre, the program which is given in order to provide a holistic care to pregnant mother and her child in womb could nicely incorporate an important aspect such as physical health.

4. Interpretation and Analysis of Activities Pertaining to Diet and Nutrition:

The diet and nutrition is a very important dimension of all the activities related to physical health. What should be the dietary instruction during and after pregnancy? How much should one eat? When should one eat? In which form one should eat? What should one avoid? Which item is good for health? All these matters fall under these activities. The dietary instruction is given based on the demonstration. Apart from that the pregnant mothers are also given dietary guidance as per their *prakriti* according to ayurveda. As a result of that a blending of ayurvedik knowledge and science of food and nutrition can be followed in proper manner. In terms of this aspect of Tapovan, many pregnant mothers have given their responses. While looking at these responses it I observed that they were mostly positive in nature. It is important to do their closer analysis.

While looking into diet-nutrition related activities the nature and types of them become clear. Apart from that, to what extent pregnant mothers like these activities that also become clear. One pregnant mother shares her experiences in following manner, “After my *prakriti* analysis, I have got to learn what should I eat and what not. As a result of that my body will remain healthy.” Another pregnant mother informs, “During my period of pregnancy I avoided taking food that is not suitable for my body and as a result of that many of my health related problems which I faced during my first pregnancy, have got reduced.” One more pregnant mother says, “The understanding regarding dietary instruction according to month-wise requirement of the body during the pregnancy was very helpful and timely.” These experiences reveal the significance of diet and nutrition related activities of Tapovan. Adding to that, the dietary information as per the *prakriti* of the person (including *vaat*, *pitt* and *kaph*) appears to be very useful. Moreover, month-wise dietary guidance provides them a consciousness related to food and nutrition. One more pregnant mother informs, “After visiting Tapovan Research Centre, I got a true understanding of fetal development and nutritional values. Before this delivery I had no such idea. Compared to my first child, the health of my second child is quite impressive.” Based on this experience it can be said that in the process of fetal development the role of dietary guidance provided by Tapovan Research Centre plays a very pivotal role. There are other responses as well that support this observation. One pregnant mother informs, “I have two children and I used

to visit Tapovan Centre on regular basis during my second pregnancy. My second child does not become sick easily as compared to my first child.” This experience also proves the contribution of this activity. Some pregnant mothers gave different types of responses. They are as follows, “After attending sessions in Tapovan Research Centre, I got to learn the impact of diet on body and mind. Due to this novel understanding I become conscious towards my method of cooking and my emotions while preparing any dish.” Another pregnant mother informs, “After learning a difference between good diet and opposite diet, the whole set of dietary habits has got changed in my family.” One more pregnant mother informs, “I had few doubts over what should be ate and what should be avoided during the period of pregnancy. However, I received a proper guidance in Tapovan Research Centre.” After analyzing these experiences it becomes clear that the information shared in Tapovan Research Centre proves very helpful. While analyzing this usefulness, many dimensions get uncovered which include experiences related to health of pregnant mothers and its importance pertaining to the fetal development. Moreover, it can be said that pregnant mothers feel improvement in physical health due to diet-nutrition related activities. They also felt that the given information is very useful. They could understand that the mental health is also attached with the dietary pattern. The sense related to diet has got developed. The superstition related to dietary instruction during pregnancy went away. Adding to that it gets established out of the responses of pregnant mothers that the health of children who were born after this training found to be better comparatively.

5.5.1.4 Interpretation and Analysis of Experiences pertaining to Influence of Tapovan Research Centre over Family and Society:

During the period of pregnancy a type of emotional bridge gets formed between pregnant mothers and the Centre. The centre not only exerts efforts for fetal development during the period of pregnancy but it also attempts simultaneously for the development of egalitarian values among families and society as a whole. Keeping into account the pregnancy, a dialogic bridge takes place between family and the Centre. During the gestation cycle, it is important to get proper contribution of each member of the family in order to achieve desired result. In this context, Tapovan Research Centre also becomes an integral part of family. An attempt has been made not only to achieve a dream of getting a healthy, but, along with that, the Centre also tries to inculcate a healthy environment in the family. The role of Tapovan Research Centre as an inspirational force for family and society can be observed by looking at the responses of pregnant mothers related to this point. Let us look at some responses pertaining to this component.

One pregnant mother who participated in Tapovan Research Centre informs, “I got to learn about the role of the family after receiving the guidance on different subjects related to family presented in the centre.” Another pregnant mother says, “After marriage, I often used to have small quarrels with my mother-in-law over petty issues. I discussed about it with my Tapovan counselor and I received some suggestions from her. I changed my behavior as per her instructions and I could feel the change in the behavior of my mother-in-law. Our relationship could become better due to her timely guidance. Another pregnant mother says, “I often used to have ruckus with my husband. I got a proper advice from the counselor of Tapovan Research Centre. I could understand the mutual role of husband and wife in the upbringing of a child. I realized the triviality of our tussles. As a result of that I could witness a sea-change in my life.” Another pregnant mother shares her experiences in following manner, “I had a problem with my parents for a long period of time. I took an initiative to change the status quo after learning the importance of family and values in Tapovan Research Centre. I could get my lost relations back and it happened due to the centre.” From the above mentioned experiences, the novel facet of Tapovan Research Centre pertaining to its impact on family life stems out in front of us. In Tapovan Research Centre, the discussion is carried time to time on topics such as family, cooperation, support etc. Apart from that pregnant mothers often discuss their family related problems with the counselor of the centre and they receive proper guidance from them. The positive impact of this can be seen in the above mentioned experiences. Hence, it can be said that the foundation work of strengthening family can be done with Tapovan Research Centre.

In the experiences of some pregnant mothers it becomes visible that the social consciousness and patriotic zeal could get ignited during their training in the Centre. One pregnant mother shares her experiences, “In Tapovan Research Centre, we learned the importance of song, music, history. Apart from this, the significance of indigenous culture and tradition gets visible so nicely that these emotions became empowered in my heart.” Another pregnant mother informs, “I got the understanding of contribution every individual could give in the building of great nation. Therefore I take care of this novel understanding in every small activity.” It can be said based on these experiences that through Tapovan Research Centre, it is possible to teach the lesson of patriotism to the pregnant mothers which will be inherited by the generations to come. One pregnant mother shares her experience in detail. This incident is related to social values hence narrated as it is hereunder:

“I had two daughters. I started visiting Tapovan Research Centre after I got conceived third time. In my family everyone save my husband was expecting a male child as they were greatly disappointed in the previous deliveries. In such circumstances, I was worried and concerned about the gender of the child. I talked to the counselor in the Centre and she started visiting my home frequently. On her every visit she used to explain my family regarding the significance of both genders. This had left a good effect on the family members and when I had delivered a girl child third times, everyone rejoiced the occasion. Nobody said anything to me. I had tears of joy in my eyes. This could become possible due to Tapovan Research Centre.”

In this context, the social role of Tapovan Research Centre gets defined. The active role of Centre in abolishing superstitions and orthodox beliefs could be observed in this experience. It can be said based on this observation that Tapovan Research Centre contributes to bring positive changes in the society.

5.5.1.5 Tapovan Research Centre, Responses and Experiences of Participant Mothers pertaining to human bond with the Counselor of the Centre:

In Tapovan Research Centre, pregnant mothers meet and take part in different activities. As a result of that, a natural bond takes place between the counselor and pregnant mother. Apart from that, a bridge of dialogue also takes place among participating pregnant mothers. In the responses expressed by pregnant mothers important dimensions of human bonding get appeared. After deciphering their responses it becomes clear that pregnant mothers feel emotional bonding among one another by sharing the same space. One pregnant mother reveals her experience in the following manner, “There were certain things that I could not share with my family members, but I could share them easily with the Tapovan counselor. Therefore I used to get a feeling of visiting my parental home while my visit to Tapovan Research Centre.” Another pregnant mother says, “After having frequent conversation with other participants in the centre, I realized that my problems were very common and I used to feel relaxed.” Another pregnant mother informs, “During pregnancy I often got confused regarding dos and don’ts. However, my every doubt and query used to get resolved after visiting the centre.” All these experiences point towards the fact that the informal conversation that takes place in the centre plays a very important role and works as an informal agent of imparting knowledge. In this conversation, the heart gets unburdened of unnecessary pain and all the confusion get clarified immediately. Moreover, after learning the problems of other, one becomes realistic in terms of one’s own problems. In some other experiences, pregnant mothers express their joy of getting new

relations due to visiting the Centre. Another pregnant mother informs, “I have been living for long in this society. But I did not know anyone from the society. However, after visiting the centre I got many friends. I have faith that even in future, our friendship would continue. Another pregnant says, “At the end of nine months when I realized that I would no more be eligible to visit the centre, I was very disturbed at times.”

One pregnant mother expresses her emotional bond with the Tapovan counselor in the following manner, “I do not have words to express the care that I received from Tapovan counselor during my training. She played the role of our elderly friend and guide. She has become the member of my family.”

One pregnant mother informs, “Tapovan counselor always responded to our queries and confusion. Without looking at clock, she listened to our problems.” After looking at these responses, it can be said that pregnant mothers feel a unique bond with not only the counselor but also with other participating pregnant mothers. Due to such emotional bonding, the effectiveness of activities carried out in the Tapovan Research Centre gets intensified. Moreover, the Centre would create its distinct identity in future due to such responses of pregnant mothers. Going one step further, it can be said that Tapovan counselor, apart from giving *Garbhsamskar*, also provides guidance on different subjects such as family and society.

5.5.1.6 Emotional Responses pertaining to the Usefulness of Tapovan Research Centre

The pregnant mothers visit Tapovan Research Centre during their period of pregnancy. In certain circumstances, couples also visit the Centre in order to get guidance on family planning. Pregnant mothers stay connected with Tapovan Research Centre for shorter or longer period of time during their pregnancy. In Tapovan Research Centre they get training and guidance without any fees. This phase of women’s life calls for the special care as it is fraught with emotional ups and downs. During such critical phase, an emotional bond takes place with the Centre due to constant guidance and training they receive here. The pregnant mothers gave multiple responses pertaining to not only their emotional bond with the Centre but also its usefulness in the society. The analysis and interpretation of these responses provide lots of information pertaining to the usefulness of the Centre. Let us see the interpretation and analysis of these experiences.

Most of the responses given by the pregnant mothers reveal their sense of gratitude. They express in utterances such as **I got really nice opportunity. I**

feel really good, I express my gratitude, and I get very nice benefits. I get an opportunity to learn many new things, I express heartfelt thanks, It has proved very helpful, it's proved as helping friend, very huge contribution, I get very useful information, I will always remember it etc. All these words reveal the usefulness and gratitude towards Tapovan Research Centre and its counselor. Out of these experiences none of them reveal the uselessness of the Centre.

After looking at all the responses of pregnant mothers, certain facets stand out denoting the usefulness of the Centre. One pregnant mother says, "Me and my parents look at the work of Tapovan as divine work. We have witnessed happy days due to this Centre." Another pregnant mother says, "My child gets direct benefits of the Centre and I can also see positive development of myself as a result of the training I received in the centre." These experiences look at the work of the Centre as divine work. Along with that, it becomes clear that a work of individual development is also happening by the Centre. One pregnant says, "I received a child that I aimed at and this could become possible due to Tapovan Centre. Therefore I express my sincere gratitude towards Children's University." Another pregnant mother says, "The memory of training I received in Tapovan Research Centre will always remain as reminiscence of a rare opportunity." Another pregnant mother says, "After beginning to visit Tapovan Research Centre, I begin to spend special time for my child in the womb. Today I could see the glimpses of each activity in her that I carried out there." Another pregnant mother says, "Tapovan Centre means a school for a child in womb. In order to fill this world with beautiful souls and to make this world more livable, it is imperative to have such centers." Another mother shares her experiences in following manner, "Earlier I had this feeling that there is a constant deterioration taking place in the society. But, once this Centre reaches to each village, the world will get filled with love and happiness. I look at the Centre as a temple of divinity." The said experiences reveal certain points. For instance, with the help of Tapovan Research Centre, it becomes possible to do an enormous task of reformation of an individual and society. A venerable image for the Centre can be cultivated in the eyes of all mothers who took training in the Centre. One more important matter gets revealed in these experiences. It is regarding an understanding to spend proper amount of time for one's child. They think that they have received a desired child and they give the credit to Tapovan Research Centre.

Thus, based on these experiences, it can be said that visiting Tapovan Research Centre during the period of pregnancy was a very useful program. The beneficiary mothers could feel natural connect with the Centre. They express

their gratitude to receive a healthy child and training that they got at the Centre. Besides, they also believed that their personality got developed due to the Centre.

They feel greatly optimistic towards the work and result of Tapovan Research Centre. The interpretation and analysis is presented hereunder pertaining to the experiences of pregnant mothers related to pregnancy. These experiences are categorized in six sub-divisions.

5.5.2 Analysis and Interpretation of Post-natal components of Experiences:

From now onwards, the analysis and interpretation of components related to post natal phase has been given. These experiences are categorized in four subdivisions. After reading the experiences they are placed in proper stage. The following sections are received after the groupings of the experiences.

1. Experiences related to individual development due to Tapovan Research Centre
2. Experiences related to physical development of a child.
3. Experiences related to unique behavioral peculiarities
4. Experiences related to linguistic development and social behavior of a child.

5.5.2.1 Experiences related to individual development due to Tapovan Research Centre`

During the pregnancy the mental, physical and emotional conditions of pregnant mothers exert influence on the fetal development. Moreover, different activities are carried out by the pregnant mothers in the Centre for the improvement of the mind. The indirect effect of these activities takes place on the foetus and direct effect take place on the personality of the mother. The experiences received from pregnant mothers support this claim. Generally pregnant mothers do no activity other than following dietary precautions and medicinal course. However, pregnant mothers who take part in the activities of Tapovan Research Centre get experiences of multiple creative works. Due to this exposure, their knowledge, understanding, skills and attitude get enriched. It is expected as well. But how and what types of changes occurred and what pregnant mothers think about these activities that is also important. In order to know it, the interpretation and analysis of experiences is given hereunder.

The facets of personality revealed in the experiences include following matters. They include introduction to language, scientific approach, skill of creative activities, meditation, and introduction to yoga, reading habit, dietary

precautions, proper routine set-up, and the seasonal regimen of good health, positive thinking, and concept of social and family related responsibility, self-knowledge, and understanding pertaining to life. Let us observe the experiences of pregnant mothers in this context. One mother informs, “We were told to read good books in Tapovan Centre. Now I like to read books. I will also form a habit of reading good books in my children.” Another pregnant mother says, “We used to get a scientific solution of every problem in the Centre. Apart from that we have also learned to go deeper into every matter rather than simply accepting anything. This will help a lot in my life.” In these experiences, it becomes clear that pregnant mothers could cultivate a habit of logical reasoning and reading. Good reading and thinking is a trait of good personality. Therefore, it can be said that the experiences of pregnant mothers influenced their personality. At many points in the experiences of pregnant mothers, there is a reference to positive thinking, emotions and balance of impulses.

Some experiences of this nature are also given in section (A). Let us look at some other experiences. “Earlier I used to become angry very often and after that I used to feel remorseful. After joining Tapovan Research Centre, I learned that anger causes great harm to body and mind. Hence, I started doing meditation and *pranayam*. Now I feel very relaxed.” Another pregnant mother reveals her experience in following manner. “My spiritual understanding has gone up due to conversation, activities and books of Tapovan Research Centre. I could understand the real meaning of the verse ‘Vasudhaiva Kutumbakam’.”

After looking at these experiences it can be said that due to the exposure of Tapovan Research Centre, the emotional balance gets developed among pregnant mothers. Apart from that the development of spiritual understanding has also got increased in them. Some striking experiences are as follows:

- “Due to meditation and yoga I begin to feel a totally different kind of peace. The yoga has become integral part of my life.”
- “The activities carried out in the Centre will certainly help me decorate my home but the amount of joy that I received while doing them is a life-long reminiscence.”
- “I could develop a novel understanding of life due to meditation, relaxation, spiritual discussion etc. I feel that there has to be some purpose of life. Now, I won’t simply do anything for myself but also for family, society and the nation.”

The experiences of pregnant mothers mentioned above reveal the impact on personality. Looking at them in totality, it can be said that the experiences

that the pregnant mothers have had with Tapovan Research Centre could bring positive changes in their lives. Thus, the possibility gets formed wherein, along with *Garbhsanskar*, the work of personality development can also be done through Tapovan Research Centre.

5.5.2.2 Experiences, Observations and Responses of Parents related to physical development, agility and activeness of a child:

Tapovan Research Centre is one type of school of a child in womb. The main objective of Tapovan Research Centre is to achieve the best fetal development. Till this point, we have looked at the interpretation and analysis of responses of pregnant mothers related to likes and dislikes, emotional and mental health, socio-family related problems, human relations and their emotional bonding with the Centre. Now, let us look at the analysis of the responses related to the development of a child in relation to mothers' participation in Tapovan Research Centre. In this section, interpretation and analysis of experiences related to fetal development are presented. The experiences related to child development are included here and they consist of physical, mental, linguistic, social and behavioral aspects of development.

In Tapovan Research Centre, certain activities are carried out and guidance is given to pregnant mothers related to physical health. The pregnant mothers indulge into various activities for the holistic development of their fetuses. Due to these activities the responses of parents regarding the child development are analyzed here.

In the responses of some pregnant mothers the health related matter of a child has got revealed. One pregnant mother informs, "Now my daughter is almost 1.75 years old and I never have to take to the hospital till the date." In another experience one pregnant mother says, "Even at the age of 2.75 years, my son hasn't experienced any sickness." Another pregnant mother narrates her experience in the following manner, "The immunity power of my daughter is indeed very good. At the seasonal change, everyone in the family gets affected by cold and fever but she remains healthy and fit." These are the responses on the physical health of children. In these experiences, the child seldom gets sick and if she gets sick in that case, she gets back to health rapidly. This is what gets revealed in them.

In another set of experiences, the responses are collected on the activeness in child, agility and zeal. It is perceived based on the experiences that the visibility of the energy and zeal in children has direct connection with pregnant mothers' participation in Tapovan activities. Therefore, it can be

said that according to pregnant mothers, children become teemed with energy due to their participation in Tapovan Research Centre. While doing classification of these experiences, some responses are received which unravel the dimension of physical development.

One pregnant mother says, “The weight and height of my son increases in proportion and his bodily physique is also very proper.” Another pregnant mother says, “The physical development of my daughter is very good. She is very sturdy. She seldom gets affected by minor injuries.” In these responses, majority of experiences reveal the positive aspects of physical development. It can be said based on this that the children of participated mothers achieve different phases of physical development in better manner.

After looking at the quantity of above mentioned experiences pertaining to physical development it can be said that physical health of children is comparatively better whose mothers used to participate in Tapovan Research Centre.

5.5.2.3 Experiences related to Behavioral Peculiarities of Children

In this section, the analysis and interpretation of responses is given which are on the experiences related to child’s behavioral peculiarities. Such experiences are as follows:

- My child is clam by nature and never become stubborn for anything.
- My child never creates commotion. He is very calm by nature and always has smiling face.
- My daughter is having very pleasant nature.
- My boy appears to be more understanding than other children of his age.
- My daughter is very sensitive. She always tries to help others.

In the said experiences the specialties of a child’s nature get revealed. It also becomes visible in these experiences that mothers could see qualities such as peace, sympathy, generosity, understanding and playfulness in their children. Mothers informed that these qualities become visible in them due to their participation in Tapovan activities.

In the responses of pregnant mothers, certain matters were also included. These types of experiences are as follows:

- The memory of my child is very good. I used to take greater amount of interest in the activities of mathematical puzzles during my training in

Tapovan Research Centre. Therefore, I believe, the memory power is very good in my child.

- My child learns to speak a bit early than other children and he speaks with clear pronunciation. It could become possible due to Tapovan Centre.
- I learned lots of lullabies in Tapovan Centre. I used to sing a lullaby daily during my pregnancy. At present when I lull my child to sleep he sleeps immediately.
- My daughter enjoys reading.
- My child touches the feet of every member of the family after getting up early in the morning and he appears very happy. He has received such virtuous qualities due to Tapovan Research Centre apart from our family environment.
- Our child is now four years old. When I instruct him and his friends of same age to sit and pray, other children could not follow my instruction but my child can sit calmly with closed eyes.
- My child is four years old, but he has memorized many of the verses and can sing them in proper rhythm.

From the above mentioned experiences it becomes clear that the unique behavior that children exhibit is mentioned in the responses. Moreover, pregnant mothers believe that this uniqueness can be achieved with their participation in Tapovan Research Centre. This unique behavioral pattern includes peace, concentration, verse recitation, clear pronunciation, reading habit and modest behavior. In the experiences of pregnant mothers their participation in Tapovan Research Centre plays major role in the unique shaping of their children.

5.5.2.4 Experiences related to Linguistic Development and Social Behavior of Child:

In the previous point, we have seen experiences related to child development on physical capacity and unique behavioral pattern. Now, in this section certain experiences of mothers related to language development and social development are presented. At the outset, let us see experiences related to language development.

- My child can speak and converse better in comparison to other children living in our neighborhood.

- When my daughter was very young, she used to try to match her score with my song.
- My daughter loves Sanskrit verses and she also tries to sing them.

The experiences mentioned above touch some of the dimensions of language. It becomes visible after looking the experiences of the mothers that their children are progressing rapidly in learning language. Therefore, it can be said that a mother feels great amount of satisfaction in terms her child's language development. Experiences are also received in terms of social dimension of a child. They are as follows:

- My daughter can mingle with nine people easily. My first child becomes shy when some guests visit my home. But, when my daughter was in my womb, I used to visit the centre meeting everyone. Perhaps, this is its result.
- My son plays very calmly with other children and he also shares his toys with others.

These experiences reveal the social skill of children. It can be said based on these experiences that a child born after mother's training in Tapovan Research Centre exhibits social traits in good proportion.

As far as classification of experiences is concerned, the first part is about the interpretation and analysis of experiences of pregnant mothers during the period of pregnancy. In this category, their likes and dislikes pertaining to the activities carried out in Tapovan Research Centre, their mental condition, physical health, family and social effects and their relationships with other human beings are included. After that, postnatal development of a child pertaining to physical, behavioral, linguistic and social aspects is interpreted and analyzed. Along with that the experiences of pregnant mothers related to changes in their personality are also analyzed here.

5.5.3 Early Phase of Pregnancy, Delivery and Notable Experiences of a Child Development in Comparison to Former Child (Feeding Mothers)

In this part the analysis and interpretation of experiences related to two categories are presented here. In both these sections, the experiences related to pregnancy and postnatal experiences of mother and child are presented. Under both these sections, experiences of feeding mothers are also included, so that sub-section of different sections could be better torched light upon. Now, in the third section, the special attention is given to the experiences of feeding mothers and analysis and interpretation related to them is presented here. Moreover,

those mothers are included in this part that have one or more child and are not in their first pregnancy but second or third pregnancy. There are responses collected from these mothers which are based on the comparison of their first child with the Tapovan child. In such experiences, a mother provided responses on the changes to be observed on their Tapovan child in comparison to their other child. The interpretation and analysis of such experiences is presented hereunder.

Interpretation and Analysis of Early Phase of Pregnancy, Delivery and Comparative Study of a Tapovan Child with Early Child.

In this section, the classification of experiences is one based on two dimensions related to child-birth.

1. Pregnancy (nine months) and Process of Delivery

2. Traits of a Child

5.5.3.1 Pregnancy (nine months) and Process of Delivery

Let us see the analysis and interpretation of the experiences of pregnant mothers of their nine months.

The sentences are presented here of physical, mental, emotional and spiritual conditions of nine months. While taking closer look at the experiences of pregnant mothers, some important aspects stand out. These include diet, daily routine, physical health, mental condition and thinking process. Let us look at each of them in detail.

One pregnant mother says, “During my first pregnancy, I used to follow regular routine as was the part of my home. After visiting Tapovan, I got to learn many important things such as dietary instruction pertaining to hygienic and non hygienic food. This helped me a lot.”

Another pregnant mother says, “I reside in village. During my first pregnancy I used to do what people living in our surrounding said. However, many of my doubts have got clarified by Tapovan counselor. Hence, I could follow proper dietary instruction. As a result of that, the weight of my child was better and even I have never felt weakness.” Another pregnant mother says, “After my first child, I put on lots of weight. I used to feel fatigue and irksomeness. However, I feel much better this time due to timely advice and guidance of Tapovan counselor.”

From the said experiences, it becomes clear that pregnant mothers get benefits of dietary instructions imparted in Tapovan Research Centre. It can also be said

that program pertaining to giving knowledge of proper diet during different phases of the pregnancy is proving very effective for the pregnant mothers.

Some other experiences related to pregnancy are mentioned hereafter. One pregnant mother says, “During my first delivery, I had problem of physical weakness. A caesarian was done and a result of that I had constant backache. I used to worry about my next pregnancy. However, due to my nine months training in Tapovan Research Centre which included light exercises, physiotherapy etc., I had normal delivery. Moreover, I could get rid of my backache.”

Another pregnant mother says, “I had my first delivery before four years. After four years, my weight has gone up. I used to worry about my second delivery after a gap of four years. After getting training in Tapovan Research Centre, I could regain my confidence and I could be able to deliver a healthy child at the end of training of three months in Tapovan Research Centre.”

In the said experiences the usefulness of exercises, yoga and physiotherapy is indicated.

Few other experiences are as under. One pregnant mother says, “During my first pregnancy I did not take any care. But I could understand the importance of this period entering into Tapovan Research Centre. Due to Garbhsamvad and Garbhdhyan, I had a very unique experience. I often think it would have been greatly helpful, had I have the excess to Tapovan during my first pregnancy.” Another pregnant mother says, “This time, my pregnancy turned out to be a spiritual experience. I did not realize how my nine months went away. I could see the difference between my earlier pregnancy and recent pregnancy.”

In said experiences, the period of pregnancy appears to be blissful, happy and unique experience. Generally, the period of pregnancy often proves for the pregnant mothers as worrisome, confused and painful experience. However, it can be said that due to Tapovan Research Centre, this concept gets transformed.

From the aforementioned experiences, the following points become clear.

- By imparting dietary instructions among pregnant mothers, it is possible to bring change in their overall health.
- Due to the guidance of Tapovan Research Centre, it is possible to get pregnant mothers free from superstitious belief related to dietary pattern.
- Due to month-wise *yogasan*, light exercise and physiotherapy, the physical sturdiness of pregnant mothers get increased. It provides the stamina to endure the pain of childbirth. Due to the spiritual activities

carried out in Tapovan Research Centre, the experience of pregnancy remains happy, peaceful and stress-free in comparison to previous experience of pregnancy.

5.5.3.2 Traits of a Child

In this section, a comparative analysis is made of children who are born after the training received from Tapovan Research Centre with those who are born before when pregnant mothers did not receive such training. The comparison is made of traits and behavior. The interpretation is carried based on the responses collected from mothers who participated in Tapovan Research Centre.

One mother shares her experiences in following words, “In comparison to my earlier child, the one I gave birth after getting trained in Tapovan appears to be happy, active and healthy.” Another pregnant mother says, “After visiting Tapovan on regular basis I gave birth a son who is calm and composed compared to his older brother and he shares his thing easily with others.”

Another pregnant mother says, “In comparison to my first child, my second child seldom gets sick and when he falls sick, he gets well rapidly. Moreover, he is physical sturdy in comparison to my first child. It is the fruits of my six months training in Tapovan.”

In these experiences, the physical and behavioral traits of children get visible. Mothers informed in their responses that their Tapovan children are calmer, active, and healthy and they feel that they are as desired by their mothers.

One mother in her experiences informs about the innate qualities of her child. She says, “My first child is very different from my second child. My second child is very articulate. He understands everything rapidly and accepts easily. When he was in my womb, I did many activities in Tapovan Research Centre. I strongly believe that this is the result of those activities.” There are also other experiences revealing similar response. It can be said based on these experiences that every child is physically, mentally and emotionally very distinct. It is natural as well. A comparison between two different kids is also not required. However, it is required to measure the result of activities carried out in Tapovan Research Centre. There are certain special traits which get visible in Tapovan child. They include language power, receptivity, concentration etc. If each of them can be touched light with a proper measurement device, it can bring real picture. Thus, it can be said that the responses and observations of pregnant mothers provide a base for future study.

5.6 Findings

Certain important aspects pertaining to different programs governed by Tapovan Research Centre, surge up while doing qualitative analysis of responses and experiences collected from participated pregnant mothers. From the interpretation and analysis of experiences the following points can be curled out.

1. Findings taking into account likes, dislikes, choices of activities carried out by Tapovan Research Centre:

Pregnant mothers like almost all the activities carried out in Tapovan Research Centre. Besides, they also responded to usefulness and effect of each activity. Accordingly, following findings can be curled out.

1.1 *Garbhsamvad* and *Garbhdhyan* are regarded as the most cherished and unique activities of Tapovan Research Centre. With the help of these activities, the level of stress and worry can be reduced. Its positive effect can be observed on the fetal development. Moreover, through these activities, the bonding between mother and child may get stronger even before child's birth. It can also leave good impact on emotional health of the mother. It can also leave good impact on child-rearing. An emotional bridge takes place with a child. It is also visible in these experiences that and *Garbhsamvad* can be unique agents to bring the couple closer to each other.

1.2 The rhythm and metrical uniformity lying in Sanskrit language helps person to increase concentration and calmness. A constant usage of this language makes an individual conscious towards the precision of pronunciation. It also generates a very emotional effect on the mind. The values embedded in this language naturally get absorbed in its user. Pregnant mothers believe that this learning experience will prove of great help as they can teach the same to their children in future.

1.3 It appears that pregnant mothers perceive information related to musicology, its scientific aspects and its impact on child in womb as very useful. Besides, they like different emotional moods expressed by the medium of songs and its positive impact exerts influence on their mind.

1.4 Pregnant mothers feel tremendously for the activities related to story and language. They feel great joy while doing these activities and feel emotional vibration.

1.5 A regular singing and recitation of verses, hymns, epigrams composed in Sanskrit language leave a very emotional effect on the mind and heart of the individual. Along with that the values and virtuous qualities become part of its practitioner without any conscious effort. This impact of values on pregnant

mothers will naturally get reflected in their children. Thus, it can be said that the work related to language and values-based education could be done well through activities of this divine language.

2. Findings related to Mental Condition during Pregnancy:

2.1 The negative impulses get reduced due to different activities carried out in Tapovan Research Centre. The psychological health of mother remains good and it leaves very positive impact on fetal development. The level of stress gets reduced. It can inspire blissful mood within. Due to these elements, it can be said that the period during pregnancy passes well.

2.2 *Garbhdhyan* and *Garbhsamvad* can make pregnant mothers feel happy and joyful. A state of happiness is very fruitful during pregnancy. Due to stress and anxiety, the hormonal imbalance takes place in pregnant mothers which may leave negative impact on the fetal development. With the help of *Garbhdhyan* and *Garbhsamvad*, it is possible to avoid such negative impact.

2.3 Due to *Garbhsamvad*, parents feel a type of virtual bond with their child before its birth. They can feel an intense affinity with their child. From psychological point of view, this kind of thoughts and emotions create consciousness towards the child. Due to this kind of dialogue, a set of positive impulses emerge within the mind of parents. It leaves positive impact on their psychological health.

3. Findings related to Physical Condition and Health during Pregnancy:

3.1 The body of pregnant mothers remains active and energetic due to different activities carried out in the Centre. The bodily muscles also become strong. Normal bodily problems get resolved and their body gets prepared for the delivery. Moreover, a confidence for normal delivery also gets emerged.

3.2 A dietary instructions given based on *prakriti* (including *vaat*, *pitt* and *kaph*) of the person appears to be very useful. A consciousness related to month-wise requirement of nutrition can be cultivated by imparting knowledge of diet and hygiene. A sense related to health and hygiene gets cultivated among pregnant mothers. Wrong beliefs related to pregnancy and diet can be rooted out.

4. Findings related to Influence of Tapovan Research Centre on Family and Society:

4.1 The active role of the Centre in dispelling wrong beliefs and superstitions gets reflected in the experiences of pregnant mothers. Tapovan Research Centre gives a very positive contribution in bringing change in the society.

5. Findings related to Tapovan Research Centre and the Human Relationship of its Counselor with Beneficiary Group:

5.1 The activities carried out in Tapovan Research Centre, its emotional atmosphere and the behavior of its Counselor leave positive impact on the stress level, anxiety and negative emotions of pregnant mothers.

5.2 Due to Tapovan Research Centre, it becomes possible to do a mammoth task of reforming individual and society. A very ideal image of Tapovan Research Centre can be visible in the responses of pregnant mothers.

6. Findings related to Usefulness of Tapovan Research Centre:

6.1 Through the medium of Tapovan Research Centre, the work of strengthening the foundation of families can be achieved. With the help of the Centre, it is possible to teach the lesson of patriotism to pregnant mothers in the hope that its reflection will get visible in the generation to come.

6.2 Different skills and values such as scientific approach, creative activities, meditation, yoga, habit of reading, consciousness to physical exercise, dietary consciousness, understanding of proper routine, positive thinking, responsibility towards family and society, self-actualization, understanding regarding life could be achieved and cultivated.

6.3 In terms of pregnancy, the training received in Tapovan Research Centre appears to be very unique concept. Beneficiary mothers could attach well with this Centre. They have expressed their feeling of gratitude for stress-free pregnancy and healthy child. Moreover, they also believe that their personality has bloomed due to the Centre.

7. Findings related to Changes in Personality due to Tapovan Research Centre:

Due to Tapovan Research Centre, the pregnant mothers feel that they have attained emotional balance and their spiritual understanding has also gone up.

7.1 The exchange of information and thoughts took place at the Centre works as an informal education. They also feel a freedom of expression in this regard. Moreover, their confusion and problems have got resolved by sharing with counselor. Moreover, they stop giving significance to their problems after listening to others.

7.2 At many places, things related to positive thoughts and emotions, balance of impulses etc. get expressed. Thus, the activities carried out in Tapovan Research Centre influence the personality of pregnant mothers.

8. Findings related to Physical Development of a Child, Agility and Activeness:

8.1 The pregnant mothers believe that the level of energy and zeal visible in children prove to be the result of Tapovan Research Centre. The children of mothers who took part in Tapovan activities, their children could achieve the milestone of physical development easily.

9. Findings related to Behavioral Uniqueness of Children:

9.1 Mothers could specially see peace, concentration, *shloka* recitation, clear pronunciation, reading habit and modesty, sincerity, sympathy, generosity, blissfulness, understanding and inclination towards games.

9.2 The children of mothers who participated in Tapovan could achieve the milestones of physical development in better manner.

10. Findings related to Linguistic development and Social Behavior of a Child:

10.1 Mothers feel great amount of satisfaction for the language development of their children. Moreover, social traits in children exhibit in good number.

11. Early Pregnancy, Early Delivery and Development of a Child in relation to the Former Child:

11.1 Based on spiritual activities of Tapovan Research Centre, the latter pregnancy appeared to be joyful, peaceful and stress-free.

11.2 A child who has born after mother's participation in Tapovan Research Centre, are comparatively calmer, active and healthy. Mothers also informed that they have been blessed with their desired child.

Chapter-6

The Results of Other

Researches on

Tapovan Research

Centre

Appendix 1

A Research Summary related to Tapovan

Research Centre

1. Effect of Pregnant Women's Involvement in Tapovan Research Centre Activity and Education on Her Mental Health

Researcher: Dr. A.N. Prajapati (2015)

In Tapovan Research Centre, certain activities are carried out. The present research was undertaken to study the impact of these activities on the psychological health of pregnant mothers. Total 120 pregnant mothers were selected as the sample of this study wherein half of them took participation in the activities of Tapovan Research Centre whereas the remaining half never did so. In the realm of mental health, a well-known psychologist Marie Jahoda gives six important elements which include positive attitudes toward the self, self-actualization, integration, autonomy, a true perception of reality, environmental mastery. For the measurement of mental health of pregnant mothers mental health inventory developed by B.J. Bhatt and G.R. Geeda was used. For the statistical analysis t-test was used. In the result of present study, the effect of pregnant mothers' education was not significant. Moreover, the mental health of pregnant mothers who took participation in the activities of Tapovan Research Centre was higher than the other group under the study. Thus, it can be said that the activities carried out by Tapovan Research Centre influences the mental health of pregnant mothers.

2. Psychological Wellbeing of Pregnant Women in Relation to Type of Family and Involvement in Tapovan Research Centre of Children's University.

Researcher: Dr. A.N. Prajapati (2018)

In present study, the research has been done on the impact of activities carried in Tapovan Research Centre along with the type of family and its relation to psychological well-being of pregnant mothers. Total 120 pregnant mothers were selected as sample for this study wherein half of the mothers were participants of Tapovan Research Centre and the remaining half were not

participants of the Centre. In order to measure the psychological well-being of pregnant mothers, psychological well-being tests developed by D.S. Sisodiya and Pooja Chaudhary was used. For the statistical analysis, F-test was used. In this research, it was found out that the psychological well-being of pregnant mothers who participated in the activities of Tapovan Research Centre was higher than those who did not participate in them. It suggests that the activities carried out in Tapovan Research Centre leave positive impact on the psychological well-being of pregnant mothers.

3. Anxiety of Pregnant Women in Relation to Type of Family and Tapovan Research Centers of Children's University

Researcher: Pushpa V. Raval (2017)

Guide: Dr. A. N. Prajapati

In the study carried out by Raval, P. (2017), total 120 pregnant women were included. This study was based on type of family and their participation in Tapovan Research Centre. In this study, 60 pregnant mothers were participants of Tapovan Research Centre and other 60 were non-participants of Tapovan Research Centre. In order to measure the amount of anxiety in the pregnant mothers, 'Sinha's Anxiety Test' was used. For the statistical analysis, F-test was used. In the present study the impact of family type was not significant on the anxiety level of pregnant mothers. On the other hand, the anxiety level was lesser in the former group of mothers in comparison to the latter.

4. A Comparative Study of mental Health of Pregnant Women involved and not involved in Tapovan Research Centre of Children's University

Researcher: Varsha P. Purohit (2017)

Guide: Dr. A. N. Prajapati

The present study was carried out with the aim of carrying out a comparative research of psychological health of pregnant mothers who participated and not participated in Tapovan Research Centre. Total 120 pregnant mothers were selected as a sample. Out of them, 60 pregnant mothers were participants of Tapovan Research Centre and other 60 were non-participants of Tapovan Research Centre. In order to measure the psychological health of pregnant mothers, 'mental health test' developed by B. J. Bhatt and G.R. Geeda was used. For the statistical analysis, F-test was used. In the present study, it was observed that the impact of accommodation on pregnant mothers was not significant. Moreover, the level of psychological health of the former group was higher in comparison to the latter group of pregnant mothers. Hence,

it can be said that the impact of activities carried out in Tapovan Research Centre leave impact on the psychological health of pregnant mothers.

5. A Study of Impact of Prayer and Garbhadhyan on the Anxiety Level of Pregnant Mothers.

Researcher: Vrunda Thakar (2017)

Guide: Dr. A. N. Prajapati

In the present study, an impact of prayer and *Garbhadhyan* on the Anxiety level of Pregnant Mothers was measured. Total 37 pregnant mothers were selected as a sample. For the collection of data, 'Sinha's Anxiety Test' was used. For the statistical analysis, t-text was used. In the findings of this research, the difference between the levels of anxiety was observed among the pregnant mothers who were used to do prayer from those who were not used to do prayer. The level of anxiety was lesser in those pregnant mothers who were used to pray in comparison to those who did not indulge into prayer. Hence, it can be said that regular prayer proved to be an effective agent to reduce the level of anxiety. Besides, there was no difference found between pregnant mothers who were used to do *Garbhdhyan* and those who did not do so.

6. A Study of Death Anxiety among Pregnant Mothers in Relation to Area and Education:

Researcher: Bhavika R. Raval (2017)

Guide: Dr. A. N. Prajapati

In the present study, the research of death anxiety among pregnant mothers in relation to their area and education was carried out. Total 26 pregnant mothers were selected as a sample. For the data collection, death Anxiety test developed by J.P. Thakur was used. For the statistical analysis, t-text was used. In this study, it was observed that there is no difference in the level of death anxiety between pregnant mothers from urban areas and pregnant mothers from rural area. On the other hand, there was a significant difference in the death anxiety level of graduate and post graduate pregnant mothers. It suggests that education has its effect on the level of death anxiety. The death anxiety level was low among the post graduate pregnant mothers in compared to graduate pregnant mothers.

7. Parenthood as a Divine Responsibility

Researcher: Dr. Rupam Upadhyaya

The foundation of Indian Darshanic tradition lies in spirituality. In Indian system of life, there are four main defining agencies aka- *Dharm* (duty and

righteousness), *Artha* (monetary gains), *Kaam* (desire) and *Moksha* (liberation). The ultimate goal of life is to achieve liberation by achieving wealth and other materialistic things with the help of *Dharm*. Different phases are introduced in our scriptural traditions in order to achieve real goal of life which are known as *ashram* tradition. There are four such traditions aka *brahmacharyashram*, *grihasthashram*, *vaanaprasthashram* and *sanyasthashram*. During these phases, man and woman needs to fulfill the social and family related responsibilities. During the second phase, it is the responsibility of man and woman to be the means via which a divine soul takes birth on this world. In our scriptures three debts are mentioned namely divine debt, sage-debt and parental debt. The best way to get rid of parents' debt is to enter into the *Grihasthashram* and carry forward the culture and values of forefathers into next generations. The main aim of this article is to undertake inquiry into the modes of progeny generation of animals and human beings and to check whether there is any difference between the two.

Appendix-2

Experiences of Pregnant Mothers

Name of Mother: Purvibahen Amitbhai Peesavadiya

Name of Father: Amitbhai Peesavadiya

Name of a Child: Riddhi

Age of a Child: 1.75 years

Mobile No. 9714497297

My name is Purvibahen Amitbhai Peesavadiya. I am basically graduate woman. My first child studies in Killol School of Upaleta. I got information regarding Tapovan Research Centre from one of my friends while I went to drop my child in school. My first delivery was basically caesarian. Moreover, I was informed by my doctor that the second delivery would also be carried out in the same method of operation.

Ours is basically a joint family. It is a family of three brothers. We are the youngest ones. The economic condition of our family is quite sound.

During my second pregnancy I got to learn about Tapovan Research Centre and I began to visit it on regular basis. I got an opportunity of doing various activities in the Centre such as Yoga, Pranayam, dietary instructions,

music, *Garbhsamvad*, and many other creative activities. I took part in each and every activity wholeheartedly. I used to do each activity with utter faith. I felt mental peace at times. Sometimes, when I felt uneasiness and my heart became restless, our counselor in Tapovan Centre used to guide me in a very candid manner and I used to get relaxed after her counseling.

When Nitabahen went to Children's University, Gandhinagar, at times, a scholar of Ayurveda Dr. Dharabahen Jadav took our session in place of her. In her session she informed us that it is good to keep root of chafe tree during the time of labor pain as it helps in normal delivery. I kept a piece of its root in my hair in place of hairpin. Though my doctor told me that there was a little chance of normal delivery, to my astonishment, I had had normal delivery following my second pregnancy.

My second daughter is very calm, healthy and agile. I could see the impact of different activities that did in Tapovan Research Centre on my second child. The growth of my daughter is tremendous. She learns very quickly and she could cover developmental milestones of her age rapidly. Till her birth, I had continued the process of dialogue with her. The whole experience was very amazing. She takes all the diet of her age in proper manner.

Currently my daughter is almost two year old. Till now, we don't have to take her to the doctor. I am thankful to Children's University and Tapovan Research Centre. Based on this experience, I recommend other pregnant women to visit Tapovan Research Centre.

Name of Mother: Pratikshabahen Vaghela

Name of Father: Rajeshkumar Vaghela

Name of a Child: Anujsinh

Age of a Child: 6 months

Mobile No. 8128989551

My name is Pratikshabahen Vaghela and I did E.C. diploma after passing 12th. Our family is a joint family. My mother-in-law passed away but my father-in-law lives with us. We stay in sector-20. We have seen the board of Tapovan Research Centre often while passing through the University. However, I did not visit the centre. A field worker of Tapovan Centre visited my house when she was on her visit. My first child could not cry soon after my first delivery and after that her heart ceased working. I was very upset at times.

But I came out from that grief. I thought God might have some other plan for me. After that I had started reading a book on Indian Eugenics. With the help of my husband I could again muster courage and planned for our second child. I read somewhere that the best souls always remain in search of a competent

couple via whom they could take birth on Earth. I thought that since I had got a second chance, this time we would pray for the best progeny. After preparing properly, we began our planning for a child.

Soon after getting conceived, I started visiting Tapovan Research Centre on regular basis. I could get benefit of good environment in Tapovan. We used to do meditation, *pranayam*, yoga, exercise etc on regular basis. Besides, we used to get the benefit of creative activities as well. We also got benefits of knowledge of scholars who used to come from outside. We used to get the knowledge specific to every trimester. In music class, we could learn different patriotic songs, lullabies, devotional songs, prayers which left very good impact on my child in womb. I used to get maximum interest in *Garbhsamvad*, mathematics and music. I did not know how to draw a painting but I learned it along with others. I heard different short stories as well that I would share with my child. Due to regular exercises in the Centre, my body remained agile and energetic. I used to have no physical problems during pregnancy hence I could have a very smooth delivery.

My son is now six months old. We could feel along with our relatives and neighbors that our child is different from others. My child is healthy. He used to observe everything. He remains calm and seldom cries and keeps smiling. I am really thankful to Children's University for running such an important centre for pregnant mothers. I keep sharing the information of this centre among my fraternity.

Name of Mother: Nafisabahen

Name of Father: Shahidkhan Baloch

Name of a Child: Sohilkhan

Age of a Child: 2.6 years

My name is Nafisa. I am 7th passed and I stay at the slum area of sector-24 situated in Gandhinagar. While doing field work, the workers of Tapovan Research Centre came to my home to inquire about a pregnant lady. During this visit my sister-in-law informed them about my pregnancy. After getting this information, the field workers came inside and sat with us to explain different activities being carried out in Tapovan Research Centre. They took me with them and my training in Tapovan Centre got initiated. Somehow, they sensed my problems. However, I forgot everything while attending different sessions of varied activities in the Centre. At the end of the day, I sat with Tapovan counselor and tears rose into my eyes.

I began to tell my story to her. I am staying at my parental home now. I have two children wherein my son is 2.5 years old and my daughter is 5 years old.

My husband came into contact with some other woman and he threw me out of our home. He also took away my son. I often miss my son. While telling this story, my blood pressure went down and I began to faint but counselor gave me a glass of syrup at times.

After my husband and his other woman threw me out from our home, I called my father and he came to take me with him. Since then, I have been staying at my parental home. The economic condition of my parents is very weak. Moreover, the number of members were more in the home hence we often suffered malnutrition. I told everything to counselor sister. She listened to all my problems and gave me moral support. I felt great relief with this doze of hope. I felt I got someone of my own. The counselor sister took phone number of my husband and rang to him. She tried to explain him my situation and also about my child in womb. She told him to take care of me. She also told him to take my news on and oft. I could talk with my son on phone at times. I was very happy because I could talk with my son after six months. I felt really good. My heart was very overjoyed. She also tried to persuade him to send my son with me.

My father was very angry at my husband. I would not send my daughter back and would take the custody of her son after giving him divorce from my daughter. However, counselor sister explained my father that it would be unwise to take divorce in the case of daughter and we should better go for reconciliation because parents cannot live with daughter throughout her life. My father accepted her advice.

My husband came with my son. I was overjoyed. My mental condition improved. We took meal together. After that they often took my news on phone. He also used to send things for children. Thus, my pregnancy happily passed and I delivered a baby boy. Due to Tapovan Research Centre, I could pass through difficult phase of my life. Divyanshubhai Dave, Madhubahen Dave and Tarpanabahen Vyas took visit of my home.

At the end of 40 days, my husband came and took me with him. We began to live together in our new home. Thus, due to the guidance of counselor sisters, my conjugal life was saved and happiness returned to our humble abode.

My parents are very much thankful to counselor sisters of Tapovan Centre. Due to them my life is back on track. If they were not there, I would have taken divorce by following advice of other people.

May God bless Children's University and Tapovan Research Centre...our heartfelt blessings.

Name of Mother: Hetalabahen

Name of Father: Jagadishbhai Rathod

Name of a Child: Dhruvi

Age of a Child: 3 months

Mobile no.: 9879043012

My name is Hetalbahen Jagadishbhai Rathod. I am 12th passed. My husband is graduate. He is doing job in a private company. Ours is middle class joint family. A counselor of Tapovan Research Centre, Tarapur came to my home while she was on field visit. She explained the basic things about Tapovan Research Centre. Since I was in my second month of pregnancy I naturally felt inclined to her talk. I took benefit of this centre right from the second month till the ninth month.

I have one daughter. The doctor informed me after ultra-sonography that the development of the foetus in my womb was not up to the mark during the second month of my pregnancy. She told me that I should do something for that as the growth of the foetus was not properly going on. I knew the reasons behind this but I could not share it with anyone. However, I shared everything to the counselor of Tapovan Centre as I had very good bonding with her. She guided me to do *Garbhdhyan*, *Garbhsamvad* and *Omkar*. In this manner, I tried to calm my mind. My nature was very angry at times and its negative impact got visible on my first daughter. But this time, I learned the way to control my anger in Tapovan Research Centre so that my child would not be the same as my first daughter. I cherished the moments I used to spend in Tapovan Research Centre. I used to enjoy learning new things, doing different activities and reading different articles in the centre. I used to bring books at my home from the centre so that I could read them in my free time. With the passage of time, my mind began to remain calm and cool. The nine months of my pregnancy passed without any trouble and after that I bore a girl child. We named her as Dhruvi. At the time of her birth, her weight was 3.5 kg. She was quite healthy at the time of her birth.

I could see the impact of different activities on my second daughter that I did in Tapovan Research centre. She is very different from my first daughter. She is three months old now. She is very calm and wise. Though at the initial level of my pregnancy her development was not good, at the time of her birth, her weight was quite well. I used to get different advices in the centre including advices on healthy diet, certain dos and don'ts that I need to look after during

the time of pregnancy and so on. I could see the result of that in my second daughter. Her physical and mental development is excellent.

When my daughter was one month and seven days old, we used to play with her by making different noises from mouth and she used to imitate those noises. At times I learned that she has a very good grasping power. She learns things quickly by observing.

I will remain greatly indebted to Tapovan Research Centre forever.