

ADVANCE COURSE ON GARBHA-SANSKAR SCHEDULE

Day 1 : Friday, 11th July 2025

| Time | Program | Speaker |
|-----------------|--|-------------------------------------|
| 8.00 - 10.00 am | Registration & Welcome Tea | |
| 10.00 - 10.30 | Deep-Prajwalan (दीप-प्रज्वलन) & Inauguration | |
| 10.30 - 10.45 | Introductory Speech | Gajanan Kelkar (Course Convenor) |
| 10.45 - 11.45 | Keynote Speech | Dr. Arun Kumar Singh |
| 11.45 -12.15pm | Tea break | |
| 12.15 -12.45 | 65 years of Manashakti's "Project Prenatal" | Dr. Aruna Narvekar |
| 12.45 - 1.15 | The Incredible Journey of our Birth | Short Film |
| 1.15 - 2.30 | Lunch | |
| 2.30 - 3.30 | The Science of Sanskar | Gajanan Kelkar |
| 3.30 - 4.15 | Techniques of GarbhaSanskar - 1 <ul style="list-style-type: none">• Psycho-Feedback Therapy• "Breathe Well": Scientific Pranayam (with demo) | Geetesh Kulkarni |
| 4.15 - 4.45 | High Tea | |
| 4.45 - 5.30 | Holistic Diet & Nutrition | Dr. Aruna Narvekar |
| 5.30 - 6.55 | Visit to Book Store & Free time | |
| 6.55 | Prayer for World Peace | |
| 7.00 - 7.45 | Techniques of GarbhaSanskar - 2 <ul style="list-style-type: none">• The Science of <i>Jyoti-Dhyan</i> (with meditation) | Suhas Gudhate |
| 7.45 - 9.00 | Dinner | |

Management reserves the right for any changes regarding the entire program.

Day 2 : Saturday, 12th July 2025

| Time | Program | Speaker |
|------------------|---|----------------------------|
| 6.00 – 7.00 am | Tea | |
| 6.45 – 7.45 | Techniques of GarbhaSanskar - 3 • Yoga in 1 st & 2 nd trimester of pregnancy (with demo) | Dr. Sharadchandra Bhalekar |
| 8.00 – 9.00 | Breakfast | |
| 9.00 – 10.00 | Can you improve upon your inherited genes through Epigenetics? Relevance of GarbhaSanskar in modern era | Dr. Prakash Gambhir |
| 10.00 - 10.30 | Manashakti - A 'New Way' to Contentment | Short Film |
| 10.30 - 11.30 | Universally accepted Principles of Prenatal Psychology | Gajanan Kelkar |
| 11.30 – 12.00 pm | Tea break | |
| 12.00 - 12.45 | Techniques of GarbhaSanskar - 4 • Prenatal Record-Book • Welcome Prayer • Faith-Courage Symbols (with demo) | Geetesh Kulkarni |
| 12.45 – 1.30 | Techniques of GarbhaSanskar - 5 • Mind Tendency Graphs (with demo) • Psycho-Graph • Self-reflection Prayer | Suhas Gudhate |
| 1.30 – 2.30 | Lunch & Visit to Book Store | |
| 2.30 – 3.30 | Techniques of GarbhaSanskar - 6 • AUM Concentration (with demo) • Flashing Pyramid (with demo) | Gajanan Kelkar |
| 3.30 – 4.15 | Techniques of GarbhaSanskar - 7 • GarbhaSangeet: A divine Music for Unborn | Geetesh Kulkarni |
| 4.15 – 4.45 | High Tea | |
| 4.45 – 5.30 | How to prepare for Natural Delivery ? | Dr. Aruna Narvekar |
| 5.30 – 7.45 | Visit to Mind Gym | Sukrut Hukkerikar |
| 8.00 – 9.00 | Dinner | |

Day 3 : Sunday, 13th July 2025

| Time | Program | Speaker |
|-------------------------|---|---|
| 6.00 – 7.00 am | Tea | |
| 6.45 – 7.45 | Techniques of GarbhaSanskar - 8 <ul style="list-style-type: none"> • Yoga in 3rd trimester & before delivery (with demo) | Dr. Sharadchandra Bhalekar |
| 8.00 – 9.00 | Breakfast | |
| 9.00 – 9.30 | Techniques of GarbhaSanskar - 9 <ul style="list-style-type: none"> • The Science of Mantra (with special reference to Gayatri Mantra) | Geetesh Kulkarni |
| 9.30 – 10.15 | Equation of Happiness - Theory | Shekhar Muzumdar |
| 10.15 - 11.00 | Equation of Happiness - Application | Audio discourse of Swami Vijnananand |
| 11.00 - 11.30 | Tea break | |
| 11.30 – 1.00 pm | How to get associated with Manashakti? Manashakti Faculty will interact with the audience. <ul style="list-style-type: none"> • Study literature • Research projects • Awareness lectures • Workshops at your location • Visiting Faculty in Medical Colleges • Residential Study Courses at Lonavla • Manashakti GarbhaSanskar Information Centre at your location etc. | Gajanan Kelkar, Pradnya Kelkar, Geetesh Kulkarni Suhas Gudhate, Dr. Abhijit Redij |
| 1.00 – 2.30 | Lunch & Visit to Book Store | |
| 2.30 – 3.30 | Question-Answers Session | Gajanan Kelkar, Dr. Gambhir, Dr. Narvekar, Geetesh Kulkarni |
| 3.30 – 4.00 | Valedictory | Dr. Prakash Gambhir |
| 4.00 | High Tea | |
| Course concludes | | |