



“True maternity begins with the conscious creation of a being, with the willed shaping of a soul coming to develop and utilise a new body.” (The Mother, Sri Aurobindo Ashram)

## JOINT ORGANISERS

SRI AUROBINDO FOUNDATION FOR INDIAN CULTURE (SAFIC),  
A UNIT OF SRI AUROBINDO SOCIETY (SAS), PONDICHERRY  
AND  
DEPARTMENT OF SANSKRIT AND INDIAN CULTURE,  
SRI CHANDRASHEKHARENDRASARASWATHI VISWA MAHAVIDYALAYA (SCSVMV),  
KANCHIPURAM, TAMIL NADU

Dates: April 11-12, 2019

Venue:

Sri Chandrashekharendra Saraswathi  
Viswa Mahavidyalaya, Kanchipuram

## National Seminar on Prenatal Education: Ancient Indian Perspectives

### THEME OF THE SEMINAR

The National Seminar on Prenatal Education: Ancient Indian Perspectives aspires to bring together on one forum a rich diversity of insights, perspectives and approaches from Indian wisdom and medical traditions that highlight a deeper and spiritual understanding of the major aspects of human birthing (reproduction), starting from conception and development of a child, role of maternity and parenting.

### Prenatal Education and Indian Tradition

**The ancient Indian seers and thinkers gave much importance to prenatal education.** As per the Vedic tradition a child has to be the result of prayers and aspirations and not the product of mere entertainment and conjugal enjoyment. We find a lot of materials in the Vedic tradition which deal with the prenatal samskaras or purificatory disciplines that helped and will certainly help in educating a child from the moment of its conception in the mother's womb.

Indian tradition has always maintained that pregnancy should be by choice, and not by chance. Ancient Indian tradition has recognized the need for the mental, spiritual and physical preparation of the mother-to-be for the momentous event of childbirth.

In several Indian texts on Ayurveda we find elaborate discussion on '*supraja-jananam*' (giving birth to a baby with healthy body, mind and soul) which involves the preparation of the couple planning pregnancy prior to conception. This significant idea of pre-conception preparation to facilitate a willed or conscious conception is a starting point in our journey to deepen and enrich our understanding of pregnancy, prenatal education, childbirth, postnatal education and maternity in general.

Many of our modern spiritual masters have also spoken of the deep significance of conscious creating of a being through willed conception, conscious pregnancy, right prenatal education, conscious childbirth and parenting.

Our aim is to highlight many of these and several other related insights and perspectives through this seminar.

### CONCEPT NOTE

As humanity struggles with an evolutionary crisis and continuously strives to discover or re-discover variety of approaches, practices and methods to bring about an upliftment of consciousness in the human individual and collective, it is important to remember that a conscious change in the human birthing can be an important and undeniable way to enable the creation of a conscious humanity.

Conscious conception and conscious pregnancy have the potential to transform the essence of the human population in a matter of few generations. For this to happen, we need to have a deeper understanding of the entire process of conscious creation of a being – from pre-conception to pregnancy, from prenatal education to childbirth, and from postnatal care to conscious parenting. These topics have been dealt with in great detail in Indian tradition; several of our ancient texts and scriptures have deep insights which must be given a wider recognition and dissemination for the purposes of educating the larger community.

## CALL FOR PAPERS

In addition to some special lectures and panel discussions, the seminar will also have several paper sessions for which we are inviting papers from interested speakers. Listed below are several themes under which the paper presentations will be categorised.

### Themes for Papers

1. Indian Wisdom Traditions on Prenatal Education, Pregnancy and Parenting: Significance for Today
2. Insights on Supraja-jananam from Ayurveda and Jyotish
3. Insights on Garbhadhana Samskara from Various Indian Texts
4. Insights on Embryo Development from Garbha Upanishad and Other Indian Texts
5. Insights from Stories found in Puranas and Itihasa-s related to Conscious Conception, Prenatal Education and Parenting
6. Physical and Emotional Care of the Mother-to-be: Lessons and Insights from Ayurveda
7. Psycho-spiritual Care of the Mother-to-be: Lessons and Insights from Ayurveda
8. Role of Prayer, Meditation and Other Spiritual Practices during Pregnancy: Insights from Indian Tradition
9. Significance of Mother-Child Bonding: Insights from Indian Tradition
10. Customs and Practices to Celebrate the Motherhood: Regional Variations across India
11. The Spiritual Dimension of Pregnancy and Childbirth: Lessons from Indian Tradition
12. Postnatal Care of the Mother and Child: Insights from Indian Scriptures
13. Conscious Parenting: Insights from Indian Tradition and their Significance for Today
14. Insights from Indian Tradition on Dealing with Physical and Psychological Challenges: Miscarriage, Infertility, Adoption
15. Insights from Indian Tradition on Moral, Ethical and Dharmic Concerns: Sex-education, Abortion, Choosing a Childless Marriage and other related topics

- Last date for abstract submission: February 28, 2019

- Last date for Paper submission ( 6-8 single spaced paper), March 15, 2019

- Paper may be submitted in Sanskrit, Hindi or English

- Please send your abstract and papers to [beloome@gmail.com](mailto:beloome@gmail.com) with a copy to [seminarkanchi@gmail.com](mailto:seminarkanchi@gmail.com)

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