

For expectant mothers

LAUNCH *Of Janani, a programme to prepare women for motherhood*

Ojas Foundation, a Vedic research organisation, has launched Janani, a programme for expectant mothers. Based on research into Vedic doctrines, the foundation has combined the essence of Vedic and modern science for the benefit of society. The highlights of the programme are early bonding, designing motherhood, early parenting, strengthening the mother's physical and emotional health, tapping the inner potential of the mother through yoga, pranayama and meditation designed specially for the pregnancy period. The programme emphasises the participation of the father too in strengthening the bond between the couple and the baby.

Motherhood being a new experience, lack of clarity about the new role imposes stress on mothers-to-be. To address this need, Janani helps them on their journey from woman to mother, making the transition smooth. The programme has three packages depending on the need of the participants. Sessions are conducted by a team of professionals from multi-disciplinary fields.

Ojas is a global Vedic health movement founded by Tatwamasi Dixit with the aim of promoting the Vedic path to healthy living. It is located at 22/2, Judge Jambulingam Street, off Radhakrishnan Salai, Mylapore. For details, call 28472655 or 28471841 or email jananisupport@ojasgroup.in or visit www.ojasfoundation.com