

Bond with your tot in the womb with Vedic texts

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A SPECIALLY designed programme, *Janani*, to introduce early learning for the baby in the womb by coaching expectant and their spouses based on research on the Vedic doctrines was launched by Ojas Foundation, a Vedic research organisation.

"We can build a new society of emotionally intelligent human beings by introducing early learning in the womb," says Ojas Founder Tatwamasi Dixit.

Janani combines the essence of Vedic and modern sciences for the larger benefit of the society. The highlights of the programme are early bonding, designing motherhood, womb learning, early parenting, strengthening the mother's physical and

The training is aimed at strengthening the mother's physical and emotional health through yoga and meditation

emotional health, tapping the inner potential of the mother through life coaching, yoga, pranayama and meditation, which are uniquely crafted for the pregnancy period.

The programme has three exclusive packages depending on the need and aspiration of the participants. The sessions are personalised in nature and are designed keeping in view that every expectant mother is special and her needs are different.

Sessions are delivered by a team of professionals from multi-disciplinary fields.

For more information e-mail to janani-support@ojasgroup.in or check www.ojasfoundation.com; Tel 28472655/28471841.