

Have you done enough for your pregnancy?



As a pregnant mother you must be experiencing a number of emotions. You must be feeling happy, prideful, contented, anxious, fearful about the well being of the baby and yourself. With these mixed emotions and concerns you might be missing the abundant opportunities

that pregnancy brings along.

Right from the moment of conception up to delivery, the bond the mother shares with her baby is unique. Research states that the mother's emotions influence the baby's personality in the womb. Therefore, it is important for the mother to

explore ways to manage her emotions and build her confidence. This will help in laying a strong foundation for the baby's emotional and intellectual growth.

On these lines, Ojas Foundation, a vedic research organisation, has designed an exclusive pregnancy pro-

gramme, 'Janani' with the philosophy of giving birth to the mother. Janani helps strengthen the mother and discover herself at physical, emotional, intellectual and spiritual levels. It guides the pregnant mother to impart early learning to the baby in her womb.

Through effective methods, Janani helps the pregnant mother to discover her innermost potential and approach motherhood with clarity.

In essence, Janani brings a two-fold opportunity by helping the mother and the baby to develop in the most inimitable way.

The holistic methods adopted by Ojas Foundation have been successfully helping people to overcome various psychosomatic disorders for more than a decade. The Foundation comes up with research compilations and programmes for healthy living the vedic way.

Call Ojas for a complimentary session at 2847 2655/ 2847 1841.

For details visit www.ojasfoundation.com.

— Talk Team