

A special pregnancy program for mother and baby

When a woman becomes pregnant, she experiences abundant joy and pride. At the same time she undergoes lots of fear and anxiety too. All these emotions continue till she delivers. The mother is usually concerned about the physical development of the baby, but it is important for the mother to be aware that she can contribute to not only the physical development but also emotional and intellectual developments of the baby.

Research states that the mother's emotional wellbeing plays a significant role in influencing the baby's personality in womb. Therefore, it is important for the mother to explore distinctive ways to nurture the baby while in womb. In order to achieve this, we, Ojas foundation, a Vedic research organization, has designed a unique program called "JANANI" – for pregnant mothers. Janani as a total program builds and strengthens the mother and baby connectivity at physical, emotional, intellectual and spiritual levels. It also helps the mother to celebrate the pregnancy.



Through effective methods Janani helps the pregnant mother to discover her inner most potential and experience her pregnancy with clarity and move on with confidence. Ojas foundation has been successfully helping people for more than a decade by its holistic methods for various psychosomatic disorders. To know more about the program and for a complimentary session call us at: 28472655 / 28471841 or visit www.ojasfoundation.com