

Effect of *Tapovan Garbhasamskar Program* in the context of Developmental Milestones at Neo Natal Stage

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ABSTRACT

Pre natal stage is very crucial for creation of strong foundation for Biological development. The present study has tried to find out in effect of Garbhasamkar on the development of child at neo natal stage, for the purpose the researcher has collected the data from the mothers who have participated and none participated in Garbhasamskar program run by the Children's University. The researcher has developed rating scale for the measurement of child development of children from birth to six months of age. The researcher found that development of children whose mothers were participated in Garbhasamskar program was significant higher than non participatory mother's children. Further socio economic status of family, education of parents and type of family has no significant difference in child development of children of participatory women.

Keywords: *Child development, Garbhasamskar*

INTRODUCTION

Human development begins with pre natal stage. It is very crucial period for the new emerging life. Physical, mental and spiritual well being of mother, tremendously effects on the development of fetus. It is very important for any nation taking care holistically of pregnant women. In every culture there are traditions and practices for such care. India

has very rich and ancient heritage related to every aspect of life. Indian ancient thinking about human existence is very different from other nations. In India life is continue from one birth to another. It is very abstract thought and it provides strong base for the prenatal care.

Significance of the Study

Children's University is concerned with holistic development of children from

womb to 18 years. The area of research covered a very wide spectrum. It includes formal and informal education. It covered prenatal education, pre-primary, primary, secondary and higher secondary education. The various projects related to parenting and extension services will be greatly supported by this type of researches. This is the primary study in the long journey of research. On the basis of this study major extensive research work may be planned in future. So the study is closely concerned with functions of Children's University.

The main objective of this study was to measure the developmental mile stones on the basis of responses collected from the mothers. The development during neo natal stage is strongly affected by the conditions of mother during pregnancy. This study has tried to measure the developmental mile stones of neo natal children whose mothers had participated in *Garbhasamskar* program during pregnancy. The result will be useful to establish connection between experiences provided to mother during pregnancy and development of child.

Theoretical Background

Concept of Tapovan Research Centre

I. It is a centre of researches in eugenics.

- II. Incredible centre for educating pregnant women; it has a beautiful garden and other facilities.
- III. A unique place for nurturing best progeny for transforming the society
- IV. A centre of development and implementation of profound and the best practices in *Garbh-sanskar* and *Garbh-vignan*
- V. A centre for the harmony of family and the expecting mothers A research-centre for studying the developmental progresses of a child in the womb and the expecting mother's physiological, psychological and affective development.

Activities of Tapovana Research Center

1. Pranayam/Yoga
2. Prayer
3. Meditation
4. Garbhsamvad
5. Art Skills/Paintings
6. Games-Intellectual
7. Music
8. Reading/Discussion
9. Showing Film/Video
10. Praktivihar
11. Sanskrit Reading

12. Personal Counseling
13. Group Counseling
14. Mathematical Physical Puzzles
15. Development of Elocution
16. Storytelling

Prenatal Care- Empirical Evidences:

Pregnancy is one of the best gifts of God, which is naturally given to womanhood. Pregnancy is very crucial period of women's life and it is full of physical, pathological and psychological changes. This is period of joy and bliss for women but sometimes woman faces stress, anxiety, fear. It is a complete pregnancy care guideline to get a marvelous healthy child. It is those 'nine months' crucial period when maximum efforts are to be taken for betterment of to be born existence. This psychological state of mind leads women towards poor mental and physical health. Though pregnancy is natural phenomenon and not disease but in modern era it is assumed that it is compulsory required some medical attention. The well-being of mother is directly effects to child in womb. Further the journey of child birth is actually starts from the decision of parents.

American Association for the Advancement of Science (AAAS)(2013)established that 'Babies Learn to Recognize Words in the Womb'. EinoPartanen (2017) has proved that the babies in the womb can hear the rhythm of speech, rhythm of music etc. The author says that "the fetus can learn much more detailed information than we previously thought and that the memory traces are detectable after birth". Eino Partanen also explains the science around what happens when the mother talks to her baby in her womb and explores the potential benefits of this early communication. His findings are available in the "Proceedings of the National Academy of Sciences".

Hopper (2016) has also proved that newborns recognize the theme song from their mother's favorite soap opera. Prof. Hopper's team has established the world's first research centre dedicated to the study of fetal behavior. He finds that, "Nothing much has been known about fetal behavior. The general view has been that new-borns are not able to do very much: they are born with reflexes but have no memory. We have been able to prove memory develops earlier."

Scottish Government, NHS's (Health Scotland) entire procedure of 'Hearing and listening in the womb' from 0 to 24 weeks and then till birth, with a practical research. It says between 0 and 16 weeks is an early stage the unborn baby is surrounded by sound, vibrations and motions which are 'felt' through the skin and skeletal systems.

Tyagi (2014) says that it is possible to give energy for the development of body, mind and soul of the child in the womb by listening to special kind of music.

Graven and Browne (2008) found that voices can be heard in the womb above the natural noises of the mother and other distorted noises from outside. Intonation patterns of pitch, stress and rhythm can be heard clearly as well as music. Further, Studies by DeCasper and Fifer and Kolata published by American Association for the Advancement of Science, found that unborn babies respond to the rhythm of being read to. The development of listening before birth is vital to the progression of listening and attention skills after birth. Thus, these findings draw parallels between science and stories i.e. proven facts from the

research world and Indian mythological stories of Abhimanyu, Prahlada etc.

TapovanGarbhasamskar :

'*Garbhasamskar*' is procedure related to child birth which began from the decision of parent to child birth. Garbh is sanskrit term which mean fetus in womb. Another word is '*Samskar*' which mean cultivation of mind. So '*Garbhasamskar*' refers develop the brain of the fetus. In the tradition of Indian ancient culture it is believed that education of human start from the conception. The period of pregnancy is very crucial period to educate the child.

Garbha means the internal part here the fetus which is growing in mother's womb. Jointly Garbha+Samskar mean reforming, polishing and ultimate, molding and cultivating the unborn. Garbhasamskar can be defined as developing a educated, civilized, cultured, pretty, purified, impressive, responsive but still physically, spiritually, psychologically, religiously steady people.

The Sanskrit term '*Garbha*' refer fetus in the womb and '*Samskar*' refer educating the mind. So '*Garbhasamskar*' basically refer develop the brain of the fetus. Traditionally ethnicity, it is assumed

that value-based parenting start when the child is conceived relatively after the child is born that is why elders in the family speak about the significance of positive thoughts and feeling during pregnancy.

ध्रुव चतुर्णां सान्निध्यातः स्यात् विधिपूर्वकम् ।
ऋतुक्षेत्रामम्बुबीजानां साम्राज्यातडडकुरो यथा ॥
सुश्रुत ३/३३

Rutu means fertile period, Kshetra means Uterus and reproductive organs, Ambu means nourishment, Beej means sperm and ovum.

Children's University is a specific university which is working for holistic child development from mother's womb to adolescence. This ambit of the university provides wide scope for prenatal care and education. The basis of the university is ancient Indian wisdom and thousands of years old traditions. The university has started its work in the area of prenatal stage since last almost decade. The university has developed its own 'Garbhasamskar' program based on Indian wisdom and modern science.

Garbhasamskar has developed more and accepted due to scientific fact that proves its significance and importance in the growth of a child. Research has confirmed that more than 60 percent of the

baby's brain growth occurs in the intrauterine stage. Further more studies have revealed that an unborn baby has the capability to pay attention and reply to outside stimulus. Doctors and experts accept as true that hormonal secretions generated can appreciably influence baby. While it may sound extraordinary and incredible bonding with baby does not have to stay until birth.

Various researches indicates that even in the womb the baby recognize, understand hears listens and feels, perceived his mothers loving attachment. Communicating with baby is an important part of 'Garbhasamskar'. Special techniques such as optimistic thinking, visualizing, music, relaxation, tender massage of the belly are used to create this communication and it is used to form baby.

The physical condition of the parents is directly accountable for the health of a child, not only the physical health, but also their emotional and spiritual, religious health affects the child in the womb. The surrounding environment, the food, the activities, in fact the whole thing the mother is exposed to during the pregnancy directly affects the

child. The resonance of the veena, flute sound and mantras gives health to the pregnant woman and the child within. It is achievable to give power for the growth of the body, mind and soul of the child in the womb by listening to particular music. At the very point of time when both decide to have baby in their lives the process of Garbhasamkar starts.

Ancient References related to Garbhasamkar

1. In Ramayana too reference is found that before the birth of Lord Rama during 'putrakameshthiyagya' the Agni devata gave King Dashratha 'payas' which can be considered as a form of 'GarbhaSamskar' only.
2. In Mahabharat also there is a well known mythological story as to how Lord Krishna had taught Abhimanyu to enter in 'chakravyuha' when he was in his mother Subhadra's womb. This story too proves the fact that men during mythological period too believed the concept of Garbha Samskar.
3. Had Prahlad's mother not been an ardent devotee of Lord Vishnu, Prahlad would have turned out to be a demon like his family. Prahlad listened to his mother's devotional prayers while still in her womb, and turned out to be the greatest devotee of Lord Vishnu. Eventually, these events lead to the downfall of his father's evil demon empire.
4. Lord Hanuman's mother Anjana was an ardent devotee of Lord Shiva. When she was pregnant she ate a blessed dessert meant to produce divine children. Lord Hanuman was thus born with divine powers. He dedicated his life to fighting evil and was loyal to Ram and Sita.
5. Ashtavakra's mother Sujata wanted her son to be the most intelligent sage ever. So she would sit in on the classes taught by her father and husband while she was pregnant. In a class taught by her husband, the unborn baby spoke up and corrected his father sage Kahoda. Kahoda feeling insulted cursed his son to be born deformed. So Astavakra was born physically challenged. But as he had taken part in the classes of his learned father and grandfather while in the womb of his mother, he was a genius. The story goes on to say that because of his intelligence, he was able to fix his physical handicap.

Objectives of the Study:

1. To study the effect of *Tapovan Garbhasamskar* Program on overall development of child upto 6 months.
2. To study the effect of *Tapovan Garbhasamskar* Program on overall development of child upto 6 months in relation to level of education of parents.
3. To study the effect of *Tapovan Garbhasamskar* Program on overall development of child upto 6 months in relation to socio economic status of parents.
4. To study the effect of *Tapovan Garbhasamskar* Program on overall development of child upto 6 months in relation to type of family.

Variables:**Independent Variables:**

1. *Tapovan Garbhasamskar* Program developed and run by Children's University

Intervening Variables:

1. Socio Economic Status of family
high and low
2. Education of Parents
High : More than graduate
Low : Less than graduate
3. Type of family
Joint and Nuclear

Dependant Variables:

1. Child Development from birth to six months

Hypothesis:

1. There is no significant difference between mean scores of *Tapovan* children and Non *Tapovan* children on child development scale.
2. There is no significant difference between mean scores of *Tapovan* children on child development scale in relation to Socio Economic Status of family.
3. There is no significant difference between mean scores of *Tapovan* children on child development scale in relation to Education level of parent.
4. There is no significant difference between mean scores of *Tapovan* children on child development scale in relation to type of family.

Research method:

The researcher has adopted experimental design to find out the effectiveness of activities of *Tapovan* Reseach Centers of Gujarat State.

Experimental Design:

The present study was experimental research. For the purpose two group post test design was selected. Children's university has established centers across

the Gujarat state for pre natal care which is popularly known as *Tapovan Research Centers*. The women participated in the *Tapovan* center's activities are considered as experimental group whereas women who have not participated in *Tapovan* center's activities are considered as controlled group.

Population:

In present study 306 women who are residing in Gujarat and having children whose age is up to six months was considered as population of the study.

Sample:

In this study the researcher has randomly selected mothers having children with age below six months. For the purpose of the study the researcher has selected 153 women from the list of participants who were actively involved more than three months in activities of *Tapovan Research centers*. The researcher has collected data for controlled group as random sampling technique.

Table-1

Sample of the study

Experimental Group	Controlled Group	Total
153	153	306

Tool of Study:

To measure the effectiveness of the *Tapovan* program the researcher has developed three point rating scale. The researcher has developed this rating scale on the basis of developmental milestones of the child from birth to six months. This scale consists of 20 statements on which the respondents will gave their opinions. The tool has three points for response by mother on the basis of their observations of child. The respondents were instructed to select appropriate category for their child's behavior. The three points categorical shows the development of child. The researcher has quantified each response. The child has achieved or shows behavior at excellent level, moderate level and not satisfactory level then it is evaluated as 3,2 and 1point respectively.

Data Collection:

The researcher has collected data through *Tapovan* counselors working at these centers. Counselors have collected data from women who have participated and non-participated in *Tapovan* Research centers. The researcher has evaluated each sheet on the basis of evaluation pre-determined criteria. Finally the researcher has analyzed the data with the help of MS Excel and calculated t-score for the testing of hypothesis.

Data Analysis and Interpretation:

The data is analyzed to find out the level of significance between mean scores for various independent variables selected.

Table: 1
Comparison in relation to participation and Non-participation in Tapovan center’s Activities

Participation	N	m	SD	SE	t Score
Tapovan	153	50.22	7.33	1.25	4.89
Non Tapovan	153	44.10	10.09		

Table No: 1 shows the data of experimental group and controlled group i.e. group who has participated and non-participated in Tapovan activities. The total respondents for both groups were 153. The mean score and SD for Tapovan group is 50.22 and 7.33 respectively whereas mean score and SD of non-Tapovan is 44.10 and 10.09 respectively on child development scale. The t-score is 4.89 which is higher than table value at 0.01 level. (df=304) This shows significance difference between two mean score. The null hypothesis ‘There will be no significant difference between mean scores of Tapovan children and Non Tapovan children on child development scale.’ is rejected.

This reveals positive effects of Tapovan center’s activities on child development up to six months.

Table: 2
Effectiveness on CD in Relation to Socio-Economic Status of Parents

Level of SES	N	m	SD	SE	t Score
Upper SES	93	50.10	7.70	2.19	0.24
Lower SES	61	49.57	9.32		

Table No: 2 shows the data for upper level and lower level of socio-economic status for experimental group. The number for both groups was 93 and 61 respectively. The mean score and SD for upper level SES is 50.10 and 7.70 respectively whereas mean score and SD of lower level of SES is 49.57 and 9.32 respectively on child development scale. The t-score is 0.24 which is less than table value at 0.01level. (df=152) This shows difference between two mean score is not significant. The null hypothesis ‘There will be no significant difference between mean scores of Tapovan children on child

development scale in relation to SES of

This reveals that level of socio-economic status of parents does not effects the child development up to six months. It can be also said that the effectiveness of *Tapovan* center's activities are equal for upper and lower level group in term of socio-economic status.

Table: 3
Effectiveness on CD in Relation to Level of Education of Parents

Level of Education	N	m	SD	SE	t Score
High education	98	50.24	7.98	1.44	0.06
Low education	56	50.16	6.02		

Table No: 3 shows the data for upper high and low level of education for experimental group. The number for both groups was 98 and 56 respectively. The mean score and SD for parents having high level of education is 50.24 and 7.98 respectively whereas mean score and SD of parents having lower level of education is 50.16 and 6.02 respectively on child development scale. The t-score is 0.06 which is less than table value at 0.01 level. (df=152) This shows difference between two mean score is not significant. The null

family.' is not rejected.

hypothesis 'There will be no significant difference between mean scores of *Tapovan* children on child development scale in relation to Education level of parent.' is not rejected.

This reveals that level of education of parents does not effects the child development up to six months. It can be also said that the effectiveness of *Tapovan* center's activities are equal for higher and lower level group in term of education.

Table: 4
Effectiveness on CD in Relation to type of Family

Type of Family	N	m	SD	SE	t Score
Nuclear Family	117	50.36	6.23	3.36	0.18
Joint Family	36	49.75	10.16		

Table No: 3 shows the data for nuclear and joint family for experimental group. The number for both groups was 117 and 36 respectively. The mean score and SD for nuclear family is 50.36 and 6.23 respectively whereas mean score and SD of joint family is 49.75 and 10.16 respectively on child development scale.

The t-score is 0.18 which is less than table value at 0.01 level. (df=152) This shows difference between two mean score is not significant. The null hypothesis 'There will be no significant difference between mean scores of *Tapovan* children on child development scale in relation to type of family.' is not rejected.

This reveals that type of family does not effects the child development up to six months. It can be also said that the effectiveness of *Tapovan* center's activities are equal for joint and nuclear family participants.

Major Findings:

1. Activities conducted by various *Tapovan* centers are found effective in terms of child's developmental milestones up to six months.
2. Socio-economic status, level of education and type of family are not found effective factors in relation to effectiveness on child development among the participants who have actively participated in *Tapovan* activities. This reveals that these activities are equally effective and useful for all classes in term of socio-economic status, level of education and types of family.

Discussion on Findings:

The study is carried out to measure the generalized effect of *Tapovan* research

center activities on child development. The study shows very optimistic results for *Tapovan* centers activities designed and carried out by Children's university. This primary and piloting study will encourage future in depth studies in terms its effectiveness. The study shows encouraging evidence for *Tapovan* centers and its activities. Though this is very small scale study, it is necessary to conduct scientific, controlled and in depth studies for this emerging area of multidisciplinary research.

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