







The mother of the experimental group was following Indian spiritual practices and the mother of the control group was more leaned towards a modern-stressed lifestyle with non or minimal spiritual practices, which might also contribute to the difference in the children.

It is not easy to notice children's signs of problems in today's busy lifestyle which then reflect in adulthood. The first step to take care of a child's problem starts right from the mother's womb. The Garbhotsav Sanskar is the first of the 16 Sanskaras that Indian Scriptures mentions. These rituals with profound philosophy and adaptation of its messages in lifestyle have a strong impact in life and have been performed at different stages in human life. The present study showed that the sanskaras are not only to purify and upgrade human life spiritually but it has psychological and physical impact visible in our life. Pt. Shriram Sharma Acharya has said in today's society we need great people with superhuman capabilities and they can be created from great mothers.

Mothers don't just give birth to babies with flesh and blood but also nurture them with their love and emotions. 9 months of pregnancy is the most crucial time for a baby's development. Modern studies have shown that the stress of the mother and stressful environment can damage the brain of the fetus (1-3). Hence, it is also expected that providing a peaceful, positive and emotionally mature environment would also contribute to the positive creation of a baby which would help it to become a better human being. The mother may not have control over all the external factors but staying strong, being hopeful, and meditating can help to feel less stressed and make the baby feel better. The present study supported this hypothesis and indicated the utility of ancient practices. The present study also indicated that these sanskaras are not mere religious practices but it has impact

psychological-spiritual impact on a child's development and can't tide with one group rather should be implied to all; because they are powerful spiritual practices helpful to all. AWGP has been actively making available these practices in their true form free of cost to mass for years under movement - Transformation of the Era.

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