



## Navajeevanam 2021-Program Details

### 1) Name of the program:

'Navajeevanam' (Nurturing a new life)- Monthly Pregnancy care

### 2) The program deals with

1. Consultation
2. Awareness classes
3. Awareness videos

In detail:

- Consultation in every two weeks Personalized guidance and care by your Vaidya throughout pregnancy
- Online consultation or Direct consultation monthly twice for half an hour each
- Awareness about Ayurveda pregnancy care through power point presentation for 1 hour in each trimester by your Vaidya – group session
- 11 video lessons to enlighten you about Ayurveda concepts of pregnancy care – Videos about 6 food recipes, 1 Milk kashayam, 3 Yoga, 1 Mantra.
- Satsang with Vaidya through Zoom for 45 minutes monthly twice – group sharing will also be encouraged in these satsangs
- Email or WhatsApp chat with your Vaidya if needed.
- Prescription along with do's and don'ts after each consultation
- Motherly care and support throughout pregnancy
- Daily observation chart

### 3) Target group

Pregnant woman- 1<sup>st</sup> or 2<sup>nd</sup> trimester, Preferably

### 4) Outcomes of the program

- Healthy generation ahead

*vaidyagrāma – Ayurveda Healing Village*  
*unit of - Punarnava Ayurveda Limited*

[healing@punarnava.org](mailto:healing@punarnava.org)

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- Enhance family bonding.
- Healthy motherhood
- Nurture a healthy & happy child
- Balanced body and mind with Ayurveda care
- Reduced chance of complications during pregnancy and delivery
- Ayurveda awareness to daily healthy living

## 5) Suggested fee

Complete pregnancy period care (from conception till delivery) - \$2500

2<sup>nd</sup> & 3<sup>rd</sup> trimester care - \$1800

3<sup>rd</sup> trimester care - \$ 1000

For Indians,

Complete pregnancy period care (from conception till delivery) – Rs.25000

2<sup>nd</sup> & 3<sup>rd</sup> trimester care – Rs.18000

3<sup>rd</sup> trimester care - Rs.10000

## 6) Course material

- PowerPoint presentation of each trimester with zoom recording
- Satsang recordings
- Awareness videos
- Case record with prescription and dos and don'ts
- Daily observation chart

## 7) Resource persons

1. Dr Ramadas A.R
2. Dr Harikumar K
3. Dr Ramanandan E.K
4. Dr Harikrishnan K.K
5. Dr Aruna M
6. Dr Mini Sivaprakash
7. Dr Anupama K

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8. Dr Sreeji Sanjeev
9. Dr Prameela Krishnan
10. Dr Sajna C
11. Dr Renjisha N.P
12. Dr Aruna P V
13. Dr Vasudevan M U
14. Dr Vinod M Govind
15. Dr Ardent Winston
16. Dr Arun Krishnan B

### 8) Type of consultation/teaching

1. Online – Zoom App
2. Practical session by Video

### 9) Promotional material

1. Flyer
2. Mailer

### 10) Type of promotion

1. Social media
2. E- mail
3. Website

### 11) Suggested timing

Consultation: Convenient time of Vaidya and Health seeker  
Group sessions: 7am to 8am IST or 10.30 am to 11.30am  
Parallel time 8pm to 9pm if needed.

### 12) Continuous care

- Already we have In-house Post-delivery care program.
- Online care program will be available in post-delivery also.

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### 13) Registration Process

- Registration form
- Consent Form

### Other Services with extra cost

- We can send prescribed Medicines to your postal address
- We can offer all Medical & Psychological Counseling to the expecting family!

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