

**My Experience at the National Seminar on Prenatal Education:
Ancient Indian Perspectives**

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The words “Ancient Indian Perspectives” in the title were enough for me to register for the seminar. Further, what caught my attention was the concept of “conscious conception” mentioned as an important aspect of Prenatal Education. The whole idea of overcoming evolutionary crisis through upliftment of consciousness was something I was curious to explore.

The intent of this seminar was well in place and the presentations aptly brought out the details about the various rituals and practices involved during the prenatal care and the reason behind them. This helped the audience get a holistic picture. Presenters from academia were more focused on the Ayurvedic perspective of prenatal education and the ideas and methods mentioned in the ancient literature which could be adopted in present times. A strong theoretical background was established through these presentations and it gave me a lot of reference material to explore later in detail.

Personally, I was gravitated towards the presentations made by practitioners who apply this ancient wisdom in their daily practice. Specifically, Dr Tushar and Dr Kalyani were among the few that I

could relate to and their citing of case histories and real-life examples helped me connect, and also see the direct application of the knowledge in the present-day scenario.

The session by Dr Ram Manohar on the Ayurvedic perspective through the lens of spirituality was something which will stay with me for a long time. Another highlight for me were the panel discussions. The first one on apiritual insights on love and human relationships brought out a lot of relevant points of discussion and as a person sitting in the audience, I could sense the authenticity and sincerity of the speakers and their sharing reflected their experience. It told me that they are not just talking but are practitioners of their own teaching. Another panel discussion was on how to make this knowledge relevant to youth, which again brought out some relevant points to ponder upon. Here I felt that the students in the audience could have been encouraged more to participate as they were enjoying more as a passive audience rather than being active participants.

My takeaway message from this enriching experience of two days is that “spirituality is a way of life.” All the things are written in our scriptures long ago, the need of the hour is to make a bridge between the past knowledge and its present-day relevance and application which can happen through conscious living. Seminars such as this one are wonderful initiatives in this direction where such accomplished people come under one roof and share their collective wisdom. My heartfelt gratitude to all the organisers and all the best for all the future endeavours.