

Garbha Sanskar – FAQ & Reflection Worksheet

This worksheet is designed to help expecting parents understand the basics of Garbha Sanskar and apply them in daily life. Use the reflection space under each question to write your own thoughts, plans, or adaptations for your pregnancy journey.

1. What is Garbha Sanskar?

Ancient Indian pregnancy wisdom that nurtures a baby's mind, body, and soul in the womb through rituals, diet, and positive emotions.

Reflection / Notes:

2. How does it help emotional development in the womb?

Sacred sounds, stories, and calm emotions create positive vibrations that shape the baby's brain and emotional health before birth.

Reflection / Notes:

3. What are simple conscious pregnancy techniques?

Daily gratitude, chanting mantras, eating sattvic food, walking on natural soil, and reading divine stories.

Reflection / Notes:

4. Can busy mothers practice Garbha Sanskar?

Yes — even 5–10 minutes of mindful rituals daily can create a spiritually nourishing womb environment.

Reflection / Notes:

5. Can fathers be involved?

Absolutely — fathers can chant, talk to the baby, cook with love, and keep a peaceful home.

Reflection / Notes: