



About Ojas

Ojas Foundation is a Global Vedic Health Movement founded by Shri Tatwamasi Dixit with the goal of promoting the Vedic path to healthy living. The foundation believes in applying the solutions extracted from the Vedas and other ancient scriptures for day-to-day life to enhance the physical, mental and spiritual wellbeing. Based on detailed research, Ojas has released Vedic chant CDs for specific health topics. Its first CD 'Ojas for the Expectant Mother' showed a remarkable response. This invoked further interest in Shri Dixit to add more value to the society by designing JANANI - an educational program exclusive for expectant mothers.

About the Founder

Shri Tatwamasi Dixit was introduced to the power and breadth of Vedas at an early age of three by his father Srinivasa Dixitar, and under his adept guidance he completed the Vedic studies. He was awarded the title 'Veda Pandit' at the age of 17 by the Uttar Pradesh government. He was the youngest scholar to be conferred the prestigious title 'Maharishi Badrayan Vyas Samman' at an age of 32 by the President of India for his work towards interdisciplinary studies on ancient wisdom to the process of synergy between modernity and tradition for the year 2006-07. He is an avid researcher in the field of Vedas and modern science, specialising in the areas of Vedic psychology and management for the past 20 years.

How JANANI benefits you and your baby

- Nurtures your Physical and Emotional Health
- Identifies and Develops your Potential
- Accelerates Womb Learning
- Initiates Early Bonding and Early Parenting
- Facilitates Transition
- Aids in Designing Motherhood



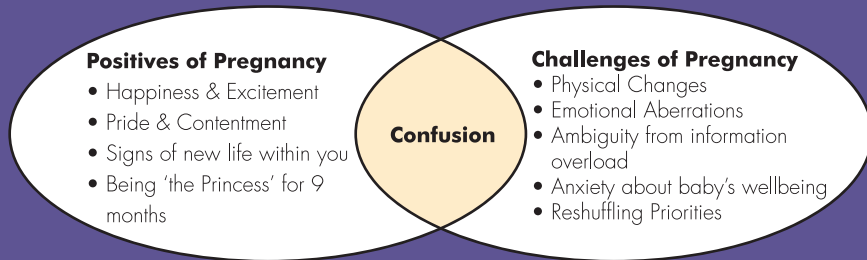
22/2, Judge Jambulingam Street, Off Dr. Radhakrishnan Salai, Mylapore,
Chennai - 600 004. Tel: 91-44-2847 2655, 2847 1841
email: jananisupport@ojasgroup.in, www.ojasfoundation.com

*The content in this brochure is not exhaustive and is subject to change.

HAVE YOU DONE ENOUGH
TO ENSURE THE WELLBEING
OF YOUR PREGNANCY?



Giving birth to the mother



At **Ojas**, we understand your mindset well. We recognise that pregnancy is both the most challenging and promising stage in a woman's life; for not only you are giving birth to your child, but also to yourself as a Mother. Two new lives are born. Both of you require care, nourishment and support to reach full potential.

Engineering Emotionally Intelligent Progeny

- JANANI is born from a single belief that every new mother has within her the potential to nurture her child to greatness and to nurture herself; for not only is a baby born, but a mother is also born along. This core idea comes from time tested Vedic texts, tempered with and complimented by the best of modern science.
- JANANI is an experiential and educative program, where we will guide and facilitate you to tap into your inner potential, so that you can enjoy a safe, fulfilling and healthy pregnancy. The objective of the programme is to empower the baby in the womb, so that the baby is well equipped when it arrives, to face all the challenges and explore the potential in this world.
- JANANI program focuses on building the emotional intelligence of the baby and creating a platform for the baby to bond with parents. It lays the foundation of early learning for the baby within the womb at different levels. Thus, the program ultimately helps in 'Engineering Emotionally Intelligent Progeny'.

JANANI builds and strengthens the mother and baby connectivity at physical, emotional, intellectual and spiritual level. From understanding your body's constitution (the Prakriti) to prescribing Yogasanas for greater strength and clarity of mind, every aspect of JANANI is built on centuries of knowledge and learning.

Packages*

Package	No. of sessions	Optimal time to join	No. of sessions with spouse	Cost
Janani 1	6 sessions	13th – 24th Week	3	Rs. 7,500
Janani 2	9 sessions	13th – 22nd Week	4	Rs. 10,000
Janani 3	12 sessions	13th – 20th Week	5	Rs. 12,000

All sessions will be delivered by a team of women experts

The programme is structured into 3 components to tap the potential of you and your baby

- Creating awareness – Opportunities in pregnancy
- Designing – Personalised program to suit the participant's needs
- Implementation - Through experiential learning

Salient features

- Early bonding and early learning
- Designing motherhood
- Pregnancy life coaching
- Pregnancy stress reduction
- Pregnancy yoga
- Pregnancy pranayama
- Pregnancy meditation

