

Greens Mother & Child Care course - 2 weeks

First week

Day	10 am to 12 am	2 pm to 4 pm
1	Theory: Introduction to Ayurveda & Alternative Medicine. Introduction to kaumara bhritya, Garbhopaghatakar bhavas	Theory: Garbhasambhava Samagri-Shodhana karma before pregnancy, Garbh Vyapad
2	Anatomy & physical & mental changes before & after delivery (Modern) Practical: Head massage	Theory: Masanumasik Garbha vridhi Practical: Face massage
3	Theory: Hygiene in Mother & Baby, stretch marks & management Practical: Face massage	Stress management during pregnancy through yogic practices (1 hr) Practical: Head massage (1 hr)
4	Theory: Special diet in pregnancy & baby nutrition	Preparation of Ghrita (Pharmacy practical) Preparation of Bala Kashaya
5	Varicosity & piles in pregnancy management Practical : Shoulder Massage	Practical : Varicose Massage & Sitz bath management
6	Practical: Whole body prenatal massage	Practical: Whole body prenatal massage
7	Day Off	

Second week

Day	10 am to 12 am	2 pm to 4 pm
8	Practical: Whole Body Post Natal Massage	Practical: Baby massage
9	Theory & Practical: Preparation of Massage oil & Bath powder	Theory & Practical: Preparation of Hair oil & Thali combinations
10	Theory & Practical: Herbal Bath & Shatavari Ksheerapaka Preparation	Practical: Mother & Baby Massage
11	Theory & Practical: Yoga in pregnancy & after birth	Theory: Psychological Setbacks of Mother, Rasayana & Rejuvenative foods
12	Special diet after birth, cookery practicals	Special diet after birth, cookery practicals
13	Practical: Yoga & Meditation	Review & Exam
14	Day Off	