

Aaryajanani

Aaryajanani, the “noble mother”, a new project of Arsha Samskriti in association with the devotees of Ramakrishna Math, Hyderabad, aims to Create an Empowered Human Race.



The scriptures of a civilization are the recorded documents of that civilization’s glory and accomplishments. The exploits described therein were actual events that were handed down for posterity. Being the oldest civilization on the planet, India’s major epics are the records of our ancient culture. These scriptures contain specific references to how seriously the women of yore took their maternal responsibilities during pregnancy and after childbirth. Women were fully aware of the **environmental and cultural influences** on the foetuses and they harnessed that knowledge for the benefit of the children and the community. The western world had to wait until **the invention of the ultrasound** to realize this age-old phenomenon.

Let’s look at some examples from our scriptures of **noble women who shaped the future of their children**, and of these **children who, in turn, shaped the history of mankind**. These mothers and children are the perfect representatives of aryan tradition in its best sense—noble, lofty, distinguished—with no temporal or geographical connotations.

While in his mother’s womb, **Prahāda** was exposed to Narada’s devotional songs. The **environment in which the foetus grows itself exerts a tremendous impact on the child**, even without any special effort on the part of the mother to mould it.

Abhimanyu, the boy warrior and son of Arjuna and Subhadra (Krishna's sister), learned the art of penetrating the complex military formation known as the lotus array (padma vyūha) while in his mother's womb, due to Arjuna explaining it to his mother. Abhimanyu's story illustrates how **alert fetuses are, even when the mothers are asleep**, and how they will absorb any and all information they hear.

It is amazing how perceptive and receptive tiny fetuses are! Some other examples include **Parikshit**, the son of **Abhimanyu**, and the ancient **Sage Ashtāvakra**. **Fetuses can absorb any amount of information** while we think that they are sleeping blissfully in their mothers' wombs. They **bring all that information into the world with them** and use it to influence their societies.

Madālasā proved, beyond the shadow of a doubt, that **the mother can make or break the personality of the baby she is carrying**. We also note that young children up to the age of three are still highly impressionable. In other words, the mother can influence her child in the same way for a few years after its birth.

"It is the pre-natal influence that gives the impetus to the child for good or evil. Go to a hundred thousand colleges, read a million books, associate with all the learned men of the world- better off you are when born with the right stamp." -**Swami Vivekananda**

In today's world, everyone is facing a variety of problems. The level of stress that is experienced by all is higher than it has ever been. People are unable to cope with their problems and face the challenges of life. They are unable to lead upright, happy, and successful lives. The ability of people to face these challenges, withstand stress, and still lead ethical lives must develop even before they are born. Swami Vivekananda says, "Man is born God or born demon."

Life-changing practices must start with the beginning of life itself. So, it is the would-be mother who plays a major role in the development of the child. The mother can **mould her baby's thinking and future growth outside the womb** in any way she wants. She can make or break an entire life, depending on how she consciously discharges her responsibility to herself, her baby, and the world at large. The thoughts, feelings, sensations, and aspirations of the mother directly impact the formative personality of the baby. Therefore, the mother's mind should always entertain **only pure and lofty thoughts and ideals**, thus impacting the baby's physique, intellect, and psyche. The prenatal care that is exercised by the mother directly affects the kind of "smarts" developed in all areas of a baby's life including physique, intellect, logical thinking, competitive skills, and self-discovery.

The **emotional stability** of the mother is of supreme significance. The most harmful factor is stress, the effects of which show not only on the mother's own system but on the fetus's. Depression, experienced by the mother-to-be can impact not only herself but also the fetus. The development of the foetal brain is negatively influenced by higher levels of the stress hormone. Stress induces anxiety, which, in turn, affects the entire psychophysical complex of a human being. If the mother's psychophysical well-being is affected by adverse environmental, dietary, or familial factors during gestation, the fetus, which is highly vulnerable, suffers the consequences in a variety of ways that may haunt it for its entire life. To mitigate these negative effects, the **mother must listen to soothing music, live in a peaceful environment, do selfless activities, and always entertain positive thoughts. She should also pray, meditate, and practice mild yoga**. It helps the mother-to-be to read and to listen to inspiring stories. It is also important to have a healthy, nutritious diet on the advice of a doctor.

The goal of **Aaryajanani, the “noble mother”**, is the enhancement of the pregnancy experience at the maternal level; the inculcation of personal values and a spirit of service during the developmental stage of the baby. Swami Vivekananda has sown the seed; we have started the process of nurturing it. It all starts with the “Aaryajanani”, the noble mother, who, for nine long months shelters and sustains within herself a tiny human being capable of making a big difference to the family, the community, the society, the nation, and the world.

Every mother has the power to create an ideal child. Therefore, it is important that the mother has a peaceful environment around her. The healthy body and mind of the mother have a great positive impact on the child. A balanced diet and exercise routine gives strength to the body. **A healthy mind can be obtained by practicing meditation, prayer, good thinking, selfless work, and keeping good company.** Aaryajanani teaches mothers-to-be what to follow in order to create their perfect child.

Prenatal Vedic Chants, as the mother is calmed with the stress-relieving melodies that she hears during pregnancy, the benefits to the foetus in the womb, in terms of improved health and positive influence, continue even after birth. For this reason we produced a collection of **soothing Vedic chants** which make the baby so relaxed that the mother instinctively knows that she has a happy and healthy baby growing inside her. These chants enhance the baby’s memory, intelligence, lustre, and overall health. These selected chants were specially recorded in a studio by our volunteers, the Dayananda Sisters (Darshana and Sowmya), and are provided to the workshop participants.

Our Mission:

To improve the well-being of society as a whole, by focusing on the role of the mother during the baby’s prenatal development.

In order to achieve our goal of promoting a healthy prenatal lifestyle for the mothers-to-be, we organize workshops and camps. To attend these programs, **the mother-to-be, may be accompanied by her husband, mother or mother-in-law.**

From March to December, 2018 we have conducted **20 workshops** with **372 couples** participating. 10 couples have participated more than 4 times, 8 couples have participated 4 times, 17 couples have participated 3 times, and 50 couples have participated 2 times. Those who have attended 2 and 3 times are planning to attend a few more times. In general we encourage the participants to attend a minimum of 4 times. Our team has prepared 4 different types of unique and special sessions called: **Shreyas, Medhas, Tejas, and Yashas.**

Our team consists of:

Dr. Kasturi Sarvotham, senior Gynaecologist at Fernandez hospital and Vivekananda Health Centre, Ramakrishna Math, Hyderabad,

Dr. Anupama, Paediatrician at Vivekananda Health Centre, Ramakrishna Math, Hyderabad, and Project Director;

Smt. Kumuda, Aaryajanani Project Director and Trustee of Aarsha Samskriti, Hyderabad,

Sri Pulluri Srinivas, Managing Trustee, Aarsha Samskriti, Hyderabad, and a few other volunteers.

For more information visit the website: www.aaryajanani.org

Report by Pulluri Srinivas