

**GARBHSANSKAR AND SOCIAL MEDIA****Bhosale Umesh Sudamrao<sup>1</sup> & Munde Sonali Vamanrao<sup>2</sup>***<sup>1</sup>Swami Ramanand Teerth Marathwada University Nanded.**Corresponding Author: Bhosale Umesh Sudamrao***DOI - 10.5281/zenodo.14642477****ABSTRACT:**

*Garbha Sanskar is one of the many Sanskars mentioned in Indian culture. A growing baby in the womb is connected to the mother, that is, everything from the mother's diet to the mother's thoughts affects the fetus. Is the mother getting new knowledge in a new way than the traditional method related to the rites related to mother to child due to the increasing use of social media and its influence in the present time? And is it being used to perform rituals on the fetus? How much does a mother use social media for this? What does it do? This is important to know. Because the baby hears everything in the mother's womb, the mother's habits, desires and feelings are all received by the baby in the form of sanskar. In this, sattvic food, positive thoughts, soothing music, exercise, yoga practice are all related to the sanskar and it is necessary to see the effect and impact of social media on this.*

**Keywords: Culture, Fertility, Social Media, Positive Thinking.**

**INTRODUCTION:**

Since ancient times, various kinds of rituals have been performed on human beings. Due to these rituals, the attitude of various qualities in a person is developed. Sanskars are performed in various ways to increase the good aspects of a person and remove the bad aspects. From conception to death, many rituals are performed on a human being, which is influenced by various factors such as socio-religious, economic, etc. What is the significance of these rituals? How to do this ritual? Various books are available which give information about this. Among the rites performed in different forms and in

different stages, the most important rite is garbha rite.

Garbhsanskar is a practice passed down from the ancestors. Every parent believes that their child should be highly intelligent and they are looking for what they can do for it. Garbhsanskar is the answer. In order to create a wise person, proper and high samskaras must be imparted on him from the womb itself.

**Ceremonies:**

- \* A fetus is a baby
- \* Sanskar means good things positive thoughts and moral values

The role of the mother is important in this as everything reaches the fetus through her and through her

the necessary nutrients can be imparted as well as knowledge. Intellectual, physical, emotional and practical development of the baby takes place in the womb, at the same time the ability to increase in various senses increases due to external influences. AIIMS Dr. According to Rama Jaya Sundar, we can understand the importance of Garbha Sankara from the fact that DNA can also be changed if Garbha Sankara is done properly.

It is clear from the stories of Abhimanyu, Mahavir, Vivekananda that the baby in the womb really listens and learns and we can easily understand from the examples of Subhadra, Kaushalya, Trishala, Rani Madalsa, Mother Mary, Ma Jijau, Bhuneshwari Devi. Rashtrasevika Samiti organized a workshop at Jawaharlal Nehru University in the capital Delhi to make the society aware of its importance. Also benefiting from this pair of religious texts is a new tool that is being used by every pregnant mother everywhere. It is seen that women working in various fields do not get enough time to read religious texts while using Facebook, Instagram, YouTube, WhatsApp and other social media. At that time, social media plays an important role, from waking up in the morning to going to bed at night, various events, discoveries, news affect the human being as it affects the baby in the womb, the reels cause a smile on the face of the mother or the worry felt due to serious events or new

discoveries, its scientists other information about their life as well as the fetus. What to eat, what to exercise, how to do during period, all the matters are available through social media, due to the confidence created in her due to these matters, the effect on the uterus and the change in the culture on the uterus can definitely be beneficial, we say simply. Today's kids are very smart, four steps ahead of us, so why? So is it because of the influence of social media from the womb? We will take this information in this research paper.

#### **REVIEW OF LITERATURE:**

In the present research the researcher examines the research literature on Garbha Sanskar and social media, how literature is available from ancient to modern times and how it is literature Women's Diseases and Yoga, Sri Desraj, Indian Yoga Institute, April 2012, Charak Samhita, Vaidya Harichandra Singh Kushwaha, Chaukhambha Orientalia, Varanasi, 2003, Anatomy (Part I), Pvt. Poonchand Jain, and Dr. Pramod Malviya, Choukhambha Presidium, Delhi 2008, Shodash Sanskar Vivechan, Pt. Sriram Sharma Acharya, Akhand Jyoti Sansthan, Mathura, 1995, Gynaecology, Obstetrics and Paediatrics, Brahmavarchas, Shrivadamata Gayatri Trust, Shantikanj, Haridwar (Uttarakhand), 2011, Let's Ek Sanskarti Generation-2, Brahmavarchas. Yug Nirman Yojana Extension Trust Getithu.,

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**OBJECTIVES:**

1. Getting information about pregnancy.
2. To get information about the use of social media during pregnancy.
3. To obtain information on the impact of social media on abortion.

**NEED AND IMPORTANCE OF RESEARCH:**

The present research is necessary to get information about the various rites that take place from the stage of pregnancy to the birth of babies and also how the pregnant woman and social media affect the life of the mother or how they affect the fetus and how the solution to the rites of the fetus is effective becomes important.

**RESEARCH HYPOTHESIS:**

1. Pregnant women use social media.
2. Social media helps with pregnancy during pregnancy.

**SCOPE AND LIMITATION OF THE RESEARCH:**

1. The presented research is limited to women from Nanded and Latur city to all Garbha Sanskar centers.
2. The present study is limited to ten women each who were admitted to Garbhsanskar centers in Nanded and Latur cities.
3. Social media use during pregnancy is limited to this factor.
4. The present study is limited to women who are admitted to the Garbha Sankar Center and registered in the previous year.

**RESEARCH METHODS:**

In the present research, the researcher has used the survey method which is the most effective method among the various research methods in the research paper and also selected a total of twenty pregnant women, ten each from the Antenatal Centers in Nanded and Latur cities using non-probability sampling method for sample selection. The questionnaire was filled using the questionnaire instrument. And to analyze the obtained information, the

conclusions have been presented using a statistical parameter.

**RESEARCH CONCLUSIONS:**

1. There are various rites of Garbhsanskara.
2. Through social media we get information about the use during pregnancy.
3. Information on the impact of social media on abortion.
4. Positive thinking during pregnancy is emphasized by social media.
5. Social media helps keep moms awake.
6. Information about how social media influences pregnancy.
7. Social media provides information that helps build a child's personality.
8. Social environment, mother's thoughts towards the child, information about the nutrition of the fetus

1. Sanskar books were obtained from this.
9. There are many differences of opinion about the impact of social media on pregnancy.
10. GarbhaSanskar is considered good and best for children growing in the womb.

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