

Adhyatm Sadhna Kendra



The Divine Child Program

A Transformative Journey of Conscious Motherhood



**A Talented, Energetic,
Cultured and Courageous Child.**

www.askpreksha.com, Call: 9643300652

Vision

The womb is a temple and the child within is a blessed idol. If one is desirous of giving birth to a Blessed Child, then the entire undertaking must be fulfilled in the form of a solemn vow.

कोख एक मंदिर है और शिशु एक दिव्य प्रतिमा । यदि दिव्य संतान
प्राप्ति की अभिलाषा है
तो पूरे उपक्रम को एक अनुष्ठान मानकर साधना करनी होगी ।



The secret of having a blessed child lies in enhancement, conservation and transmission of energy.

Mission: The Divine Child

The Divine Child program is founded on the timeless principle that true prosperity lies in the balance of inner and outer richness — the harmonious blend of spiritual depth and material grace. Rooted in the ideal of complete abundance, or Shree Sampannam, this program envisions a child born not only with potential, but with purpose, peace, and power.

At the heart of the program are nine foundational virtues — qualities that define the divine child. These include:

Holistic prosperity (spiritual and material abundance),
Self-discipline,
Wisdom,
Patience,
Radiance (inner strength and presence),
Vitality (life energy),
Inner peace,
Joyfulness (a blissful state of being), and
Purity (of thought, heart, and intention).



These virtues form the inner wealth upon which a purposeful life is built. Each practice, reflection, and ritual within the program is designed to gently awaken these qualities, ensuring that the child enters the world attuned to balance, clarity, and compassion.

The Divine Child is more than a being — it is a presence. A soul welcomed with intention, nurtured with love, and shaped in silence.

This is our mission:
To prepare not only for birth, but for
brilliance.

Holistic Support and Therapeutic Services in the Divine Child Program

The Divine Child Program offers a comprehensive, nurturing environment for expectant mothers, focusing on both physical and emotional well-being throughout pregnancy. The program is designed to support mothers at every stage of their journey, providing a wide range of services to promote overall health, comfort, and emotional stability. Below are the key components of the program:

Yoga and Meditation

Yoga plays a central role in the Divine Child Program, with specially designed sessions for each trimester of pregnancy. Group yoga classes focus on strengthening, flexibility, and comfort for both mother and child, tailored to each stage of pregnancy. Private yoga sessions are also available for one-on-one guidance.



Preksha Meditation, a key component of the program, helps maintain emotional and mental balance. The meditation techniques, including Kayotsarga, Shwas Preksha, Chaitanya Kendra Preksha, Anupreksha, and Shareer Preksha, are tailored to relieve stress, promote relaxation, and improve mental clarity. These techniques enhance emotional stability and focus, ensuring that expectant mothers can stay calm and centered during this transformative period. Dedicated meditation spaces are provided at the Kendra, with online access available to participants.



Holistic Health Support

The program integrates Ayurvedic, Homeopathic, and Naturopathic approaches to support maternal health using natural remedies. These holistic practices help alleviate pregnancy-related discomforts, improve wellness, and address any health concerns through safe, non-invasive methods. The focus is on natural healing to support both mother and child throughout pregnancy.

Gynecological Support

Gynecological guidance is integral to the program, encouraging regular check-ups with healthcare professionals specializing in women's health. Expectant mothers receive advice on physical changes, prenatal care, and maintaining reproductive health throughout their pregnancy.



Flexibility and Access

One of the greatest strengths of the Divine Child Program is its flexibility. Mothers can join the program at any point—whether pre-pregnancy, during pregnancy, or postpartum. The program adapts to each participant's needs, offering personalized support at every stage of motherhood. Additionally, a wealth of online resources, including videos and educational materials on pregnancy, childbirth, and early child care, are regularly shared with participants.

Comprehensive Support from Pre-Pregnancy to Postpartum

The Divine Child Program spans the entire journey of motherhood—from pre-pregnancy to postpartum care. It provides continuous support through each phase, ensuring mothers receive the guidance they need. The program addresses physical health, mental well-being, and emotional stability, equipping mothers with tools to navigate this transformative experience.

By offering a holistic blend of yoga, meditation, satvik diet, psychological support, natural health practices, and mental exercises, the Divine Child Program creates a nurturing environment for expectant mothers, ensuring a peaceful, healthy, and supported pregnancy.

The Role of the Father: A Conscious Partnership

A Unique Fusion of Science, Spirituality, and Traditional Wisdom

The journey of welcoming a child is a sacred partnership, where both parents contribute to the emotional, psychological, and spiritual foundation of new life. The Divine Child program recognizes and honors the vital role of the father in shaping an environment of harmony, presence, and purpose.

Fathers are encouraged to actively participate in all aspects of the program, not only as supporters but as co-creators of consciousness. Their presence deepens the emotional bond within the family and contributes directly to the development of the child's inner world.

By engaging in the program alongside their partners, fathers will:

- Participate in guided meditative and mindfulness sessions, cultivating calm, focus, and emotional resilience
- Join yoga and breathwork practices designed to support physical and energetic balance for both parents
- Receive nutrition and lifestyle guidance that supports a sattvic (pure and nurturing) home environment
- Attend specialized consultations that explore the psychological and developmental impact of conscious fatherhood
- Experience holistic therapies and reflective practices that strengthen connection, intention, and shared purpose

Scientific research and timeless wisdom agree: when both parents align in thought, emotion, and intention, the unborn child receives the highest form of nourishment — one that transcends the physical and resonates deeply with the soul.

A profound and lasting outcome of the father's active involvement is the deep, lifelong bond established with the child — a connection that begins in the womb and continues to shape the child's emotional landscape well into the future. Equally important, the shared practices foster mutual respect and emotional alignment significantly lowering the risk of future discord — a challenge increasingly seen in modern relationships.

Through active involvement, fathers help cultivate the nine core virtues upon which the Divine Child philosophy is built — ensuring that their child enters the world supported by unity, integrity, and elevated consciousness.

This is not only preparation for birth.
It is preparation for a higher way of becoming.



A Holistic Approach to Every Stage of Motherhood

Pre-Pregnancy | During Pregnancy | Post-Pregnancy

The **Divine Child Program** offers an integrated, multi-phase approach that supports women through the full spectrum of motherhood—from conception preparation to pregnancy and into the postnatal period.

- **Pre-pregnancy**, the program enhances physical readiness, emotional resilience, and mental clarity, preparing the mind and body for conception.
- **During pregnancy**, it helps expecting mothers cultivate inner calm, reduce anxiety, build a deep emotional bond with their unborn child, and prepare for a fearless, natural delivery.
- **Post-pregnancy**, it aids in physical recovery, emotional balance, and reconnecting with the self, promoting long-term well-being for both mother and child.

Each session is carefully designed and conducted **3 times per week**, blending yoga, guided meditation, therapeutic practices, and emotional counseling, diet counselling, naturopathy, ayurveda and gynaecology consultations and a lot more. The result is not merely a healthier pregnancy—it is a **more aware, peaceful, and joyful experience of motherhood.**



The Core Strength of the Program

A Unique Fusion of Science, Spirituality, and Traditional Wisdom

What makes the Divine Child Program truly exceptional is its foundation in **Preksha Meditation** and the timeless values of **Jain philosophy**, combined with the expertise of a highly qualified, multidisciplinary team. From **gynecologists and Ayurveda experts to yoga therapists, naturopaths, and meditation guides**, the program is led by professionals who offer deep, compassionate, and personalized care.

Unlike conventional prenatal programs, Divine Child is rooted in the belief that **consciousness can be nurtured even in the womb**, and that a mother's inner environment—her emotions, thoughts, and spiritual awareness—directly shapes the unborn child's development. This is a program not only for physical health but for cultivating **inner strength, mindful parenting, and value-driven living.**

Building a Higher Happiness Quotient

Reducing Stress, Enhancing Joy, Elevating Energy

One of the most profound outcomes of the Divine Child Program is its ability to significantly **raise the happiness quotient** of mothers. Through the consistent practice of breathing techniques, mindfulness, and thought purification exercises, mothers experience a tangible reduction in stress, anxiety, and mental fatigue.

The sessions foster emotional stability, self-confidence, and lightness of being, allowing mothers to feel more centered and fulfilled. This joy, in turn, is passed on to the child in the womb—helping nurture a **happier, more peaceful, and emotionally secure life within**. The atmosphere created through these sessions is one of warmth, support, and inner celebration, where happiness is not taught—it is cultivated.



Preksha Meditation: The Spiritual Heart of the Program

Preksha Meditation & Anupreksha – Awakening the Inner Connection

Preksha Meditation, The powerful and ancient practice rooted in the Jain tradition, teaches mothers to become aware of their breath, body, thoughts, and subtle sensations—fostering a state of calm observation and deep presence. The program also incorporates **Anupreksha** (contemplative reflection), helping mothers realign with their higher self and the life growing within them.

Through these practices, participants experience a **sacred bond with their unborn child**, feeling subtle communications such as movements, responses to thoughts, and emotional resonance. Meditation serves not only as a stress-relief tool but as a spiritual gateway to a more profound motherhood—where pregnancy becomes a meditative, transformative, and deeply fulfilling journey.

In Essence

The Divine Child Program is not just about childbirth—it is about **conscious creation**. It prepares the body, enriches the mind, and elevates the soul. For aspiring and expecting mothers seeking more than medical care—for those seeking meaning, mindfulness, and a spiritually connected experience of motherhood—**this is not just a program. It is a path.**



Flexibility, Comfort & Personalisation

Program Structure

At Adhyatm Sadhna Kendra, we understand that every pregnancy is unique—with individual rhythms, needs, and transitions. The Divine Child programme is designed to offer the highest level of flexibility and personal comfort, ensuring that each participant feels supported, seen, and nurtured throughout their journey.

We offer:

- **Choice of Morning or Evening Batches**

All sessions are conducted three times a week, with participants free to choose morning or evening timings based on their personal convenience.

- **Join at Any Stage**

Whether you are in the preconception phase, actively pregnant, or in the postnatal recovery stage, you can begin the programme at any point. Each trimester or module is self-contained and tailored to meet your needs at that specific stage.

- **Online & Residential Options**

The programme is fully accessible online, allowing you to participate from the comfort of your home.

However, for those seeking a deeper immersive experience, Adhyatm Sadhna Kendra also offers a comprehensive residential programme. Participants staying on-site will benefit from a peaceful spiritual atmosphere, dedicated care, and a supportive community.

- **Optional One-on-One Private Sessions**

For those desiring a more personalised approach, private sessions can be arranged to focus on individual goals, conditions, or preferences.

- **Customised Modules for Every Stage**

Specially curated content is available for:

- o **Preconception:** Preparing the body and mind for conscious conception

- o **Pregnancy:** Supporting each trimester with targeted Yoga and meditation practices

- o **Postnatal:** Facilitating recovery, emotional well-being, and the transition into motherhood

- **Expert Support for Individual Health Needs**

Our instructors offer careful guidance and modifications for participants with specific health conditions, ensuring a safe and enriching experience for all.



Divine Child Program – Participant Testimonials

Founded and Directed by Shri KC Jain

Apeksha Jain

"A window into a deeper connection with my child"

Participating in the Divine Child Program was a deeply moving experience. During one of the Anupreksha sessions, I felt a state of complete mental stillness and effortless meditation. I could literally sense the energy flowing through my body and mind, and incredibly, I felt it extending to my baby in the womb.

I was amazed by how relaxed and grounded I felt after each session. I would also like to appreciate the dedication of the team—despite personal commitments, the sessions were never missed. Their sincerity and warmth are truly inspiring.

Neelu


"Shortly after my marriage, I conceived. However, the initial phase of pregnancy was emotionally challenging. I often experienced heightened sensitivity and frequent disagreements at home, which began to affect my overall well-being.

After enrolling in the Divine Child program, I adopted a daily practice of meditation along with other guided lifestyle changes. Gradually, I noticed a profound shift in my emotional state — I became more centered, calm, and emotionally balanced. This change naturally brought more harmony into my personal life.

Knowing my experience, Jain sir encouraged me to find out in my office if my colleagues noticed any change. To my pleasant surprise, colleagues commented that I became more composed, cooperative, and positive. They remarked that my temperament had softened significantly and that I seemed more grounded and emotionally at ease.

This transformation not only improved my relationships but also created a nurturing and stable environment during pregnancy — ultimately leading to a safe and peaceful delivery. I attribute this shift entirely to the Divine Child program and the deep inner balance it helped me cultivate."





Priyanka Sancheti

"A magical conversation with my baby"

It's hard to put into words the beautiful experience I had during this program. As the meditation progressed, I felt as though I was traveling within—touching each part of my body with awareness. The relaxation was so deep, I felt lighter, both physically and mentally.

One of the most touching moments was when I mentally reached out to my baby, and the baby responded with a soft kick—it truly felt like a magical two-way communication.

Even on days when I was unwell, like the time I had a persistent headache, attending the Divine Child meditation lifted my spirits and relieved the pain. I'm immensely grateful for this life-changing experience.

Shweta

"Floating in peace and light"

Each session of the Divine Child Program has been deeply rejuvenating. During the final phase of one meditation, I experienced a lightness—almost as if I was floating. My body felt weightless, my mind peaceful, and my spirit recharged.

I was so drawn to the Anupreksha audio that I requested a copy—it's soothing and motivating, and I believe it will help me build a regular meditation habit. Thank you to the entire team for these deeply enriching sessions.

Darshna

"Stillness and self-discovery in Shavasana"


I've always looked forward to the Shavasana sessions—it's the only time I truly understand my body and allow myself to completely relax. These sessions provide a space for reflection, awareness, and healing. I cherish every moment spent in this peaceful journey.

Lipi

"A nurturing space that felt like home"

Thank you so much for this wonderful journey. I'm deeply grateful to Shri KC Jain for his constant guidance, support, and wisdom. Every session felt like a warm embrace, and I always felt at ease, surrounded by such caring souls.

I will forever carry the memories of this program—it was more than a class, it was an emotional and spiritual journey.



Divine child -1

It has been almost 2 months to my pregnancy. My father have discussed it with K.C. Jain sir and he sent me a brochure of Divine Child program and its practice. I went through the brochure but I could not practice it.

Then later on call I told him that I practice meditation regularly and I do not have any health problem. So K.C. Jain sir said that this is even better, now you will be able to practice it easily. From here your journey will become very easy, because most of the mothers have to practice it for their various health problems, only then their journey begins.

He inspired me to do this practice and asked me to join the session at 9:00 pm today. So I told him that I will probably not be able to practice it before the session.

But I don't know what inner inspiration arose that I started this experiment after dinner. This was an experiment of about 24 minutes and I could not come out of this experiment for 35 minutes. Even after 35 minutes I came out only because my husband came.

If I say in just one line, after the experiment I was getting goosebumps. Such a deep experience, so joyful, so thrilling, how can I leave this experiment now.

Divine child -2

I came to know about the divine child program in the sixth month of my pregnancy. K.C. Jain Sir tried to inspire me but due to personal reasons I was not able to start the program. Then finally I started it around 20 or 21 April.

As soon as the experiment started, miracles started happening. On the third or fourth day itself, I started to communicate with my baby. Although K.C. Jain Sir had told me that I would start communicating with my baby, but I did not believe him because till now I had not experienced anything like this during the entire pregnancy period.

But now I am seeing it with my own eyes, as well as feeling it, that the difference that has come in my nature, my happiness, my faith, I cannot express it in words.

During my pregnancy, I had never paid any special attention or thought about myself and the baby being born in my womb. But during this experiment, I experienced a different kind of motherhood after which I feel that my child will not only be healthy but will also be very energetic, intelligent and have a loving nature. This has given a new boost to my self-confidence and at the same time I believe that my child will be like this only.

Divine child- 3

She (identity withheld) showed keenness but couldn't work on my Divine Child programme which quite surprised me. In fact, she later confided, doctors were not sure of the health of her child and she was passing through hell. Thank God, doctors gave thumbs up and she felt extremely relieved.

When she started working on Divine Child, she was, kind of, taken aback because she noticed that instead of being quiet and calm, the Divine Child within was becoming extra volatile, rather kicking, and continued to be so, for 45 to 50 minutes, after every session. She was wondering, if she was on the right track.

I, having known her traumatic state before, had to tell her that the meditation was primarily to quieten her own mind and to be in a state of connecting with the baby at sub-conscious level. This only could transmit her own affirmations and visualisations to the Divine Child. So expecting the child to be quiet, akin to meditation, was neither intended nor expected.

I told her that she must understand the trauma of the child couldn't have been different than hers. And now, when she was fully at ease and was profoundly reassuring to the child with her affirmations, the Child too was responding with exhilaration and hence the volatility.

The message is loud and clear. If the child is thrilled, keep it up. That's exactly what

Divine child- 4

I was in the fifth month of my pregnancy when I came to know about K.C. Jain's Divine Child Program. He gave me a telephonic counseling and sent me an audio of the experiment to be done during pregnancy.

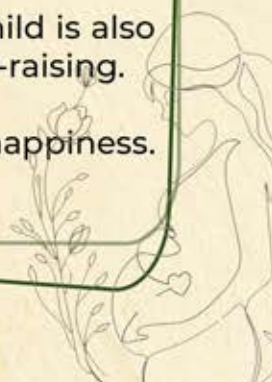
I must have done about three sessions when I felt as if I had established a direct communication with my baby.

Before this experiment I used to feel the baby's movements, but it cannot be said that I was having a direct communication.

But now i felt as if the baby was in front of me and I was have a direct communication with him/her.

Now whenever I do this experiment, i can clearly experience that my child is also doing the experiment with me. This experiment is very thrilling and hair-raising.

When I do this experiment, I go deep into it and I feel a different kind of happiness.



Pooja and Jay

"As a couple, we joined the Divine Child program with the shared intention of consciously nurturing our baby's emotional and mental well-being from the very beginning of pregnancy. We actively engaged in the guided meditations, daily mindfulness practices, and communication techniques designed to build a deeper connection with our unborn child.

Over time, this connection became remarkably strong and natural. We both felt an intuitive bond growing each day — so much so that we were quietly certain of the baby's gender well before birth. It wasn't a matter of prediction; it felt like something we simply knew from within.

When our baby was finally born, the moment felt incredibly familiar — not like we were meeting someone new, but like we were gently welcoming someone who had always been with us. There was no emotional distance, no adjustment needed — only a seamless transition from inner connection to physical presence.

That depth of emotional continuity brought a sense of calm and clarity throughout the pregnancy and delivery. The Divine Child program gave us not just tools, but a shared experience of conscious parenting that we will carry forward as a foundation for our family."

Mamta Gupta

"I was going through my third round of IVF after two unsuccessful attempts. The emotional weight of this journey was overwhelming. I had become extremely anxious and withdrawn — to the point that I would avoid stepping out of my room, let alone the house. The atmosphere at home grew tense, and the stress began affecting not just me, but my entire family.

During the first trimester, I experienced severe anxiety and sleep disturbances. For nearly three months, I barely slept, and my physical and emotional well-being continued to deteriorate. It was during this time that I was introduced to the Divine Child program.

After just the first session, something shifted. That very night, I experienced my first restful sleep in months. It felt like a turning point. As I continued with the daily meditation practices, guided sessions, and holistic support, my anxiety began to ease, and I slowly regained a sense of calm and stability.

The change was not just internal — it reflected in my family environment, my mindset, and ultimately, in the health of my pregnancy. I went on to have a safe and smooth delivery.

The transformation I experienced was the result of a consistent and deeply supportive process — not only through meditation, but through a structured approach that included yoga, emotional guidance, and daily practices tailored for this stage of life. The Divine Child program truly helped me reclaim my strength — mentally, emotionally, and physically."

Payal**"From fear to fearlessness, through love and support"**

My heartfelt thanks to Shri KC Jain and the entire Divine Child team for making my pregnancy journey so empowering. The sessions were filled with love, encouragement, and a deep sense of peace.

During one particular session, I felt an energetic connection with my baby and could sense different organs developing. I felt strong, happy, and fearless. The guidance and inspiration I received have helped me remain positive and trust this beautiful journey. I feel incredibly supported and truly blessed to be part of this program.

Sapna Jain**"Calm, clarity, and conscious awareness"**

Every aspect of the meditation was explained with such care and clarity—from start to finish. I was able to remain focused, ignore negativity around me, and truly connect with the present moment. This led to better sleep and relief from regular headaches.

I thank Shri KC Jain for this beautiful experience, and I look forward to attending more sessions. I also humbly request a session focused on stress management, which I believe would benefit many of us.

Harshika**"Bonding beyond the physical realm"**

The most beautiful gift this program gave me was the bond I developed with my baby. The connection created through meditation made me feel that my baby was safe, happy, and emotionally close to me—even before birth. That feeling alone is more than enough reason to be part of the Divine Child Program.

In Conclusion

The Divine Child Program is not just a meditation course—it is a sacred journey into motherhood. It empowers expecting mothers to nurture themselves and their babies with love, presence, and mindfulness. Under the wise direction of Shri KC Jain, the program continues to transform lives.

If you are an expecting mother seeking peace of mind, emotional strength, and a deeper bond with your unborn child—this program is a divine opportunity to experience motherhood with grace and consciousness.



Divine Child Program – Core Team Profiles



Shri K.C. Jain

Founder & Director – Divine Child Program
Honorary Director, Adhyatm Sadhna Kendra
| Former Principal Chief Commissioner of
Income Tax (IRS)

Shri K.C. Jain is the visionary founder and director of the Divine Child Program, a pioneering initiative that brings together meditation, emotional awareness, and spiritual well-being to support expectant mothers. With a distinguished 37-year career in the Indian Revenue Service (IRS), Shri Jain retired as the Principal Chief Commissioner of Income Tax (North-West Region) and now devotes his time fully to spiritual and social service.

As Honorary Director of Adhyatm Sadhna Kendra, he has led thousands of individuals in the practice of Preksha Meditation and Jeevan Vigyan for over three decades. The Divine Child Program reflects his deep commitment to conscious motherhood, where pregnancy is seen as a sacred opportunity to nurture inner peace, strength, and virtuous consciousness in the unborn child. His leadership bridges science, spirituality, and practical wellness into a unified prenatal experience.



Dr. Kajal Bhatt

BNYS | Naturopathy & Yoga Expert | Nutritionist
Consultant – Divine Child Program

Dr. Kajal Bhatt is a qualified BNYS doctor with over 6 years of clinical experience in naturopathy, therapeutic yoga, and nutritional counseling. She is a valued member of the Divine Child Program, where she provides personalized naturopathic guidance to expectant mothers, focusing on nutrition, emotional balance, and holistic well-being.

Her contributions are grounded in her extensive clinical experience and her active role in the research team at Adhyatm Sadhna Kendra. She offers practical strategies to support healthy pregnancies through natural therapies and lifestyle interventions, harmonizing beautifully with the spiritual goals of the program.





Ms. Garima Pathak

Postgraduate in Yoga Sciences | Diploma in Naturopathy and Yogic Sciences | QCI Certified Yoga and Naturopathy Expert
Yoga Consultant – Divine Child Program

Garima Pathak is a highly experienced yoga expert and therapist with a postgraduate degree in Yoga Sciences and over 7 years of professional experience in the field. She also holds a diploma in Naturopathy and Yogic Sciences, which enhances her ability to integrate holistic approaches to wellness. Additionally, Garima is a certified professional under QCI, a certification that ensures she meets national standards for yoga and naturopathy practice.

In the Divine Child Program, Garima leads prenatal yoga and meditation sessions, specially designed to enhance emotional resilience, physical comfort, and maternal bonding with the unborn child. Her therapeutic approach combines yoga, naturopathy, and mindfulness techniques to support expectant mothers in maintaining both their physical and emotional health during pregnancy. With her expertise in naturopathy, Garima offers guidance on natural remedies, dietary advice, and lifestyle adjustments that contribute to a healthier pregnancy. She also serves as a core yoga trainer at Adhyatm Sadhna Kendra, where she facilitates wellness programs rooted in spiritual, meditative, and natural healing practices.



Ms. Lily Chetia

Postgraduate in Yoga Sciences | Program Coordinator & Yoga Trainer | Certified Prenatal yoga teacher
Yoga Expert – Divine Child Program

Lilly Chetiya is a postgraduate in Yoga Sciences and serves as both a Yoga Trainer and Coordinator in the Divine Child Program. With professional training and hands-on experience in therapeutic yoga, she plays a key role in designing and facilitating prenatal yoga sessions that support mental clarity, physical well-being, and spiritual connection during pregnancy.

Her coordination ensures smooth execution of the program's modules, while her teaching offers pregnant women a supportive and enriching environment to explore conscious motherhood. Lilly is also an active yoga faculty member at Adhyatm Sadhna Kendra, contributing to the center's broader mission of spreading yogic wisdom and wellness.





Dr. N.D. Sharma
BAMS | Senior Ayurveda Consultant
Ayurvedic Advisor – Divine Child Program

With an exceptional 45 years of experience in Ayurveda, Dr. N.D. Sharma serves as the Ayurvedic advisor to the Divine Child Program. A highly respected clinician, he offers Ayurvedic guidance tailored to pregnancy, emphasizing diet, herbs, and daily routines in alignment with each mother's constitution.

His consultations promote a balanced and sattvic lifestyle during pregnancy, supporting the health of both mother and child. His integration of Ayurvedic wisdom within the program adds a valuable layer of traditional knowledge to its holistic prenatal care model.



Mr. Ajay Sharma
Yoga Expert & Therapeutic Yoga Specialist
Yoga Expert & Therapeutic Yoga Specialist

Ajay Sharma is a seasoned yoga expert with over 28 years of experience in the practice and therapeutic application of yoga. Serving as the Head of the Yoga Department at Adhyatm Sadhna Kendra, Ajay has played a pivotal role in transforming the lives of individuals dealing with various physical and mental health challenges. His deep expertise in yoga for disease reversal and holistic well-being has benefitted countless people across diverse conditions, from stress management to chronic illnesses.

In the Divine Child Program, Ajay brings his wealth of knowledge to expectant mothers, guiding them through specialized yoga practices that promote both emotional and physical health during pregnancy. His approach is rooted in the principles of therapeutic yoga, ensuring that each mother's journey is empowered by balance, strength, and inner peace. Ajay's leadership at Adhyatm Sadhna Kendra and his proven track record make him an invaluable part of the Divine Child Program's holistic approach to prenatal care.



Mr. Vimal Gunecha
Preksha Meditation Expert | Meditation Specialist
Senior Consultant – Divine Child Program

Vimal Gunecha is a distinguished expert in Preksha Meditation with over 40 years of dedicated practice. He has been closely associated with Jain Vishva Bharati University and various organizations promoting Preksha Meditation. As the Head of the Meditation Department at Adhyatm Sadhna Kendra, Vimal has developed a deep understanding of the fine elements of Preksha Meditation, which encompasses mindfulness, emotional awareness, and spiritual alignment.

In the Divine Child Program, Vimal's expertise is instrumental in helping expectant mothers achieve mental clarity and emotional stability through guided meditation practices. His meditation techniques aim to foster a profound connection between the mother and child, preparing them both for a spiritually enriched and harmonious birth experience. His extensive background and specialized knowledge make him a key figure in promoting mental well-being as a foundational aspect of conscious motherhood.



Dr. B.K. Gupta, ND, MSc Yoga, PGDYN
Senior Naturopathic Consultant
Divine Child Program & Adhyatm Sadhna Kendra

With over 20 years of experience, Dr. Gupta combines naturopathy and yoga therapy to provide a holistic approach to maternal health. He supports expectant mothers in managing pregnancy-related challenges through tailored yogic postures, pranayama, herbal remedies, and nutrition guidance, focusing on both physical well-being and emotional balance.

Dr. Gupta's expertise extends to detoxification, immune support, and stress management, utilizing natural therapies to restore balance and promote long-term vitality. His compassionate and integrative approach has empowered many to achieve lasting wellness.



Dr. Lalita Sagal
B.H.M.S, PGDDPN | Homeopathic Consultant | Expert in Pediatric & Women's Health
Consultant – Divine Child Program

With 18 years of experience, Dr. Lalita Sagal is a dedicated homeopathic consultant specializing in pediatric and women's health. Holding a B.H.M.S and a PGDDPN, she combines her knowledge of homeopathy and nutrition to provide a comprehensive, holistic approach to health. Dr. Sagal tailors treatments to address not only the physical symptoms but also the emotional and psychological aspects of health, particularly for women and children dealing with chronic conditions.

In her role with the Divine Child Program, Dr. Sagal focuses on offering homeopathic support to expectant mothers, guiding them through various stages of pregnancy. Her expertise helps address common pregnancy-related issues such as fatigue, morning sickness, immune support, and emotional well-being. She provides personalized care that enhances maternal health and fosters the development of a healthy, balanced pregnancy. Dr. Sagal's compassionate approach ensures that each patient receives the attention and tailored treatment needed for a smooth and healthy journey to motherhood.



Dr. M. Pandey
B.H.M.S | Senior Homeopathic Consultant
Consultant – Divine Child Program

With 35 years of experience, including service with the Central Government Health Scheme, Dr. Pandey is an expert in respiratory, digestive, and neurological health. She provides holistic homeopathic care for expectant mothers, managing pregnancy symptoms and promoting both physical and emotional wellness through personalized, natural treatments.





Dr. Riti Agarwal
MBBS | Gynaecologist & Obstetrician
Gynecological Consultant – Divine Child Program

Dr. Riti Agarwal is a renowned gynecologist and obstetrician with years of experience in the field of women's health. A co-owner of Universal Hospital in Faridabad, Dr. Agarwal's approach to obstetrics focuses on comprehensive prenatal care, empowering women to embrace the full physical and emotional journey of pregnancy.

Having excelled academically, Dr. Agarwal completed her MBBS from J.L.N Medical College, Ajmer, followed by her post-graduate specialization in Gynecology and Obstetrics. With numerous publications to her name, she is known for her meticulous and patient-centered care. Dr. Agarwal's involvement in the Divine Child Program ensures that expectant mothers receive expert gynecological guidance, allowing them to experience a healthy and smooth pregnancy journey.



Ms. Deshna Jain
Psychological Counsellor & Mental Health Expert
Counselor – Divine Child Program

Deshna Jain is a skilled psychological counselor with an academic background in clinical psychology from Swansea University in the UK. With a deep passion for supporting women during the transformative phase of pregnancy, Deshna's work has focused on addressing emotional changes and hormonal fluctuations that impact expectant mothers.

Having served as a Mental Health Service Coordinator and Guest Lecturer for Gender-Based Violence in Criminology, Deshna brings a unique combination of clinical expertise and compassionate support to the Divine Child Program. Her counseling sessions focus on helping mothers-to-be overcome anxiety and stress, empowering them to embrace the joys of pregnancy while preparing for the arrival of their child. Deshna's commitment to mental well-being ensures that each participant receives the psychological support needed for a balanced and fulfilling journey to motherhood.

And many more

The Divine Child Program is further supported by another highly dedicated and trained team of ASK, ready to step in as needed due to the program's growing popularity and participation. This expert team is committed to maintaining the program's quality and ensuring that each participant's experience is deeply nurturing and transformative.

Coordination Team:

Additionally, our independent coordination and communication team ensures that every aspect of the program runs smoothly, offering professional and seamless communication with participants. This team is dedicated to providing timely support and ensuring that no detail is missed, fostering a highly organized and responsive environment for all participants.

Our Projects and Research Focus

Adhyatm Sadhna Kendra extends its reach into several important health and wellness initiatives, including projects focused on Parkinson's Disease, Superbrain development, Alzheimer's, dementia, infertility, and Varshi Tap etc. We are proud to have a robust research department, led by a seasoned research head with vast experience in prestigious institutions such as DRDO. This research team continuously contributes to the program's evolving practices, ensuring that we offer the most current, effective, and scientifically-backed methods for holistic prenatal care.

Participant Support Team:

The divine child program is further enriched by a committed team of support professionals who assist in therapy, facilitation, and participant care. Their combined expertise ensures a safe, nurturing, and spiritually uplifting environment for all mothers participating in the program.

Together, under the guidance of Shri K.C. Jain, this multidisciplinary team integrates yoga, Ayurveda, naturopathy, psychological and gynaecological counselling, and meditation, offering a comprehensive and conscious approach to motherhood that nurtures both the physical and spiritual growth of mother and child.



Adhyatm Sadhna Kendra

Established in 1964, Adhyatm Sadhna Kendra (ASK) is a living tribute to the vision of Yuga-Pradhan Ganadhipati Shree Tulsi and was set up by Akhil Bharatiya Anuvrat Nyas to provide a serene space for spiritual aspirants to learn and practice Yoga, Meditation, various therapies and Naturopathy techniques.

Spread across a lush green land in a pollution-free space, adjacent to Chhattarpur Temple, ASK is open to both Indian and International seekers without any discrimination of caste, religion, colour or creed.

At Adhyatm Sadhna Kendra, we share the secret of living a holistic and stress free life. Based on Jain philosophy, the ancient Indian techniques developed by saints and spiritual masters are imparted by trained instructors with a view to empower the spiritual aspirants to attain self-realization alongwith body mind wellbeing.

Campus Facilities

- Yogashana Hall · Mantra Chanting Meditation hall · Vardhman Samavasaran (Convention Hall) · Bhikshu (Auditorium) · Naturopathy Centre · Mahashraman Bhawan with deluxe rooms and suites · Anekant Bhawan (ac and non-ac rooms)
- Acupressure track · Herbal Garden · Samposhan (Dining hall) · Personalised room treatment · Library (with more than 5000 books) · Parking Facilities
- Security with CCTV cameras



ADHYATM SADHNA KENDRA
(A unit of Akhil Bharatiya Anuvrat Nyas)



Adhyatm Sadhna Kendra, Mandir Road, Chhattarpur-110074



0964 330 0652



askdelhi201@mail.com



www.askpreksha.com