



ALL INDIA INSTITUTE OF AYURVEDA

(An Autonomous institute under the Ministry of AYUSH, Govt of India)

Gautampuri, Sarita Vihar, Mathura Road, New Delhi – 110076

Website: [All India Institute of Ayurveda, New Delhi \(aiia.gov.in\)](http://All India Institute of Ayurveda, New Delhi (aiia.gov.in))

Academic Brochure

2026-2027



GARBHINI MITRA COURSE

**Training Centre affiliated to
Healthcare Sector Skill Council (HSSC)**

&

Ayurveda Training Accreditation Board (ATAB)

Last date for receiving Applications

31st August 2026



All India Institute of Ayurveda (AIIA)

All India Institute of Ayurveda is an apex institute of Ayurveda. It aims at bringing synergy between traditional wisdom of Ayurveda along with modern tools and technology.

The institute offers post graduate and doctoral courses in various disciplines of Ayurveda. It focuses on fundamental research of Ayurveda, drug development, standardization, quality control and scientific validation of Ayurvedic medicine.

It is having a 200-bed hospital for facilitating patient care and clinical research. The institute also works as a nodal center for international collaborative research work.

GARBHINI MITRA COURSE

What is Garbhini Mitra?

The Garbhini Mitra Course is a specialized skill-based training program designed to develop trained prenatal, antenatal, and postnatal support assistants based on Ayurvedic principles of maternal and neonatal healthcare.



The course offers

The course provides theoretical knowledge and practical exposure regarding:

- Garbhini Paricharya (Antenatal Care)
- Sutika Paricharya (Postnatal Care)
- Garbhadhana Vidhi (Pre-conceptual Care)
- Neonatal Support
- Ayurvedic Diet and Lifestyle Counseling
- Yoga and Wellness Guidance during Pregnancy
- Emotional and Supportive Care during Labour

The course is aligned with Healthcare Sector Skill Council (HSSC) competency standards and emphasizes holistic maternal healthcare through Ayurveda.

COURSE OBJECTIVES

The Garbhini Mitra course aims to:

- Train skilled maternal healthcare assistants in Ayurvedic principles
- Promote safe motherhood and neonatal wellbeing
- Develop competency in antenatal and postnatal care support
- Create awareness regarding nutrition, lifestyle, and yoga during pregnancy
- Enhance community-based maternal healthcare support systems
- Promote institutional delivery and women-child health awareness
- Integrate Ayurvedic principles with preventive and promotive healthcare

CAREER OPPORTUNITIES

After successful completion of the course, candidates may work as:

- Garbhini Mitra Assistant
- Prenatal Care Assistant
- Antenatal Wellness Guide
- Postnatal Care Assistant
- Maternal Health Support Worker
- Ayurveda Wellness Assistant
- Community Maternal Health Worker
- Support staff in Ayurveda Hospitals & Wellness Centres
- Women and Child Healthcare Assistant

The increasing global demand for holistic maternal healthcare and wellness services offers excellent opportunities in hospitals, Ayush centers, maternity wellness clinics, NGOs, community health projects, and wellness institutions.

ADVANTAGES OF PURSUING THIS COURSE AT AIIA

- Training under experienced Ayurveda faculty and clinicians
- Exposure to clinical maternal healthcare practices
- Practical training in Ayurveda-based prenatal and postnatal care
- Learning environment with advanced infrastructure
- Opportunity to gain hands-on hospital exposure
- Certification from a premier national institute
- Skill-oriented and employment-focused curriculum
- Holistic integration of Ayurveda and maternal wellness

COURSE CURRICULUM HIGHLIGHTS

1. Introduction to Prasuti Tantra & Stree Roga

- Basic anatomy and physiology of female reproductive system
- Concepts of Tridosha and Panchamahabhuta
- Menstrual cycle, ovulation, fertilization, and pregnancy
- Garbhini Paricharya and Sutika Paricharya
- National programs related to women and child health

2. Pre-Conceptional Care (Garbhadhana Vidhi)

- Rajaswala Paricharya
- Healthy conception principles
- Ayurvedic purification procedures
- Dietetics during pre-conception phase
- Yoga, meditation, and lifestyle guidance
- Preparation of Ayurvedic formulations

3. Antenatal Care (Garbhini Paricharya)

- Pregnancy care according to Ayurveda
- Antenatal diet and lifestyle modifications
- High-risk pregnancy awareness

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- Emotional support during pregnancy
 - Garbhini-specific Yoga practices
 - Breast care and vaccination awareness
 - Institutional delivery counseling

4. Postnatal Care (Sutika Paricharya)

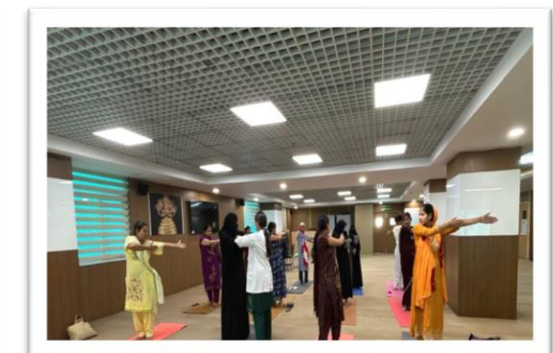
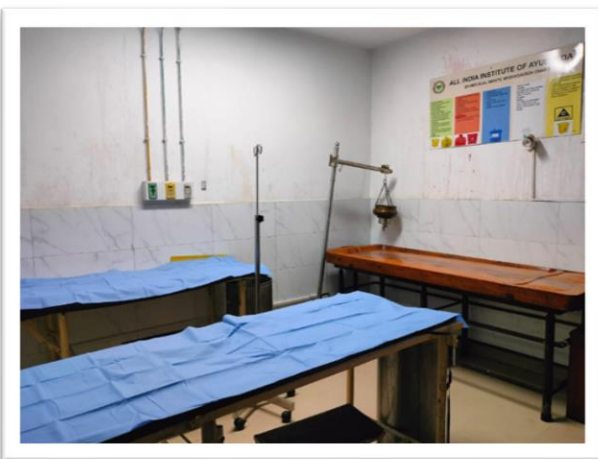
- Sutika care and neonatal support
- Breastfeeding counseling
- Newborn massage techniques
- Postnatal Abhyanga and Swedana
- Udara-patta bandhana
- Perineal exercises and Yoga
- Neonatal care and vaccination awareness

5. Workplace Safety & Infection Control

- Basic Life Support (BLS)
- Sanitization and infection control
- Biomedical waste management
- PPE protocols
- Workplace safety measures
- Emergency response systems

Advantages with AIIA

The candidate gets to learn from the most experienced and best faculty along with the most premier infrastructure in the country. Every candidate undergoing the course will be confident and trained a class apart from the rest. After due completion of the course the candidate will be awarded the certificate from AIIA, the premier institution of the country providing a higher reputation and acceptance at global platform.



Admission in Garbhini Mitra Course

Eligibility for Admission

- 10+2 Passed from any recognized Board by Government of India
- Candidates interested in maternal and women healthcare may apply

Age Limit-

- Minimum 18 Years

Health status

- The candidate must be physically fit along with good physical and mental endurance.

Duration

- 6 Months, (2 Hours per day)
- Batch Timing: 3:00 PM – 5:00 PM
- Days: Monday to Friday

Selection Procedure

Admission will be based on Merit, Interview / Entrance exam /First come first serve

Mode of Course

- Regular offline Course

Medium of Instruction

- Bilingual (English and Hindi)

Seats

- 20 Seats per Batch

Hostel Facility

- Not available

• **FEE STRUCTURE FOR THE COURSE**

Course fee – Indian Nationals (In Indian Rupees)	
Admission Fee	Rs5000.00
Tuition fee per month	Rs1000.00
Caution Deposit (Refundable after completion of the course)	Rs 5000.00
Examination fee as per HSSC norms	As per HSSC norms

- Total amount to be deposited at the time of admission- Rs 13,000/- (including tuition fee of First Quarter).
- ****Note - Assessment and Certification fee will be as per Healthcare Sector Skill Council (HSSC) norms at the completion of course fulfilling all the criteria's required for the same**
- Examination and Certification Fees: As per HSSC/NSDC guidelines

ATTENDANCE & EXAMINATION

- Minimum 90% attendance in theory and practical is mandatory
- Assessment will include:
 - Theory Examination
 - Practical Examination
 - Viva Voce
- Skill Assessment (Assessment and certification shall be conducted as per Healthcare Sector Skill Council (HSSC) norms.)

CERTIFICATION

On successful completion of the course and assessment, candidates will receive certification

affiliated with:

- Healthcare Sector Skill Council (HSSC)
 - National Skill Development Corporation (NSDC)
 - Ayurveda Training Accreditation Board (ATAB)
- GENERAL INFORMATION
AND CONDITIONS

GENERAL INFORMATION AND CONDITIONS

Applicants are advised to read all instructions carefully before sending their applications.

1. All applicants must fulfill the essential requirements of the course and other conditions stipulated in the advertisement as on the last date of receipt of the applications (31st August 2026). They are advised to satisfy themselves before applying that they possess essential criteria laid down. Candidates waiting for their +12 result may also apply, provisionally. Such candidates must pass qualifying examination on or before the date of counselling.
2. If any document/Certificate furnished in a language other than Hindi or English, a transcript in Hindi/English of the same duly attested by a Gazetted Officer or Notary is to be submitted.
3. The date for determining the age and qualification will be the closing date prescribed for receipt of application.
4. Reservation status will be applicable as per central government norms.
5. Institute reserves the right to make any amendment, cancellation and changes in this advertisement in whole or as per part without assigning any reason thereof.
6. Any corrigendum/order regarding this advertisement will be issued on the website only. Candidates are advised to remain in touch with the website for this purpose. No separate corrigendum etc. will be published in Newspaper.
7. Applicants will be fully responsible for the accuracy of the information they furnish. Any information furnished by the candidate if found wrong at any stage will result in his/her disqualification and/or dismissed from the service at any stage and No correspondence will be entertained at all.
8. The entrance exam/ interview/call letter, if shortlisted shall be sent by speed/registered post and e-mail. However, the Institute shall not be responsible for any postal delay or lapse, whatsoever.
9. No Correspondence or personal inquiries shall be entertained.
10. Candidate would have 15 days' time for withdrawal of candidature after admission, after this period candidate would have to pay full 6 months fee if withdraw from the course before completion.
11. If a student does not complete the course and leave at his/her own wish due to any reasons whatsoever, in that case the caution money of Rs.5000/- stands forfeited and student cannot claim the caution money.

12. In case of any dispute on this issue, the jurisdiction will be in Delhi.

13. Canvassing in any form will be treated as a disqualification. The decision of the Director, All India Institute of Ayurveda (AIIA) will be final in this regard.

14. The 90% attendance both in theory and practical is essential to allow the student for the examination, the students are allowed to avail a maximum 6 leaves during the course period of six months.

15. On completion of the full program of the training, the trainee's theoretical and clinical competence in Garbhini Mitra course will be independently evaluated through written and practical examination and will be conducted by Healthcare Sector Skill Council (HSSC) through National Skill Development Corporation (NSDC).

16. On successful completion of both Theory and Practical examination, trainee will be awarded a Garbhini Mitra Certificate by Healthcare Sector Skill Council (HSSC) through National Skill Development Corporation (NSDC).

Reservation:

1. Reservation of SC/ST/OBC (below creamy layer), will be as per rule and exiting policies of Central Government.

2. Applications not supported by the appropriate certificate for the reservation category claimed, will be treated as General/Unreserved. In case Institute observe any false or discrepancy in their certificate, their candidature will be rejected summarily No correspondence will be entertained at all.

3. SC/ST/OBC candidates are required to produce original certificate in the prescribed copy of format signed by the specified authority, at the time of counselling. It is mandatory.

Application Fee (by Bank Demand Draft (DD) only):

All interested applicant has to attach a Demand Draft for an amount of Rs.350/ (General & OBC), Rs.150 (SC & ST Candidates)- along with application form.

Applications not supported by the appropriate copy of claimed certificate for the reservation category (under Application Fee relaxation) shall be considered, as General/unreserved and fee amount will be paid accordingly.

Application fee: Bank Demand Draft (DD) in favor of
“Director, All India Institute of Ayurveda” payable at New Delhi.

On backside of DD, candidate must mention- Candidate name, category and course applied for.

Application Fee once paid will not be refunded under any circumstances.

HOW TO APPLY

Candidates are required to apply in the prescribed format downloaded from website or neatly typed on A4 size paper on one side as per the format available on the website

<https://aiia.gov.in> as per the prescribed Performa of Applications form. Institute will not consider any another format or application Performa.

Application completed in all respect enclosing self-attested copies of all certificates, mark sheets, testimonials in support of age, educational qualifications, caste/community in prescribed format by Govt. of India, the supporting documents

along with application should be sent in an envelope superscripted “APPLICATION FOR GARBHINI MITRA COURSE 2026-27” by registered/Speed-Post on or before the last date (31.08.2026), to:

**The Director,
All India Institute of Ayurveda (AIIA) Gautampuri, Sarita Vihar, Mathura road, New Delhi-110076**

Candidate must sign in the application form.

Invalid Applications:

Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date
- Applications not in prescribed format
- Candidates not having the required qualifications
- Applications without latest photo not being pasted in the provided space
- Applications without declaration
- Application without signature
- Applications without supporting documents
- Applications, which are incomplete/illegible in any manner
- Applications without the prescribed Application Fee (as applicable)
- Application on another format not prescribed by AIIA

Last Date of receiving application:

The last date for receiving completed Application – **31st August 2026.**

In case the last date and receipt of application is declared holiday the date of receipt of the application will be considered as next working day.



सुप्रजाननं स्वास्थ्यस्य मूलम्।



ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(An autonomous Organization Under the Ministry Of AYUSH, Govt of India)

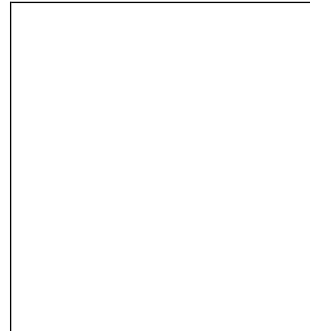
Gautampuri, Sarita Vihar, Mathura Road, New Delhi – 110076

APPLICATION FORM (For Garbhini Mitra Course)

Name of the course: _____

Advertisement No: _____

Category applied for: _____



(Affix one self-attested recent passport size

Photograph & an extra along with application)

Details of fee paid Amount(Rs.): _____ Bank DD No. _____ Dated: _____

1. Name in full : _____
(CAPITAL letters)

2. Father's /Husband's Name: _____

3. Address: (CAPITAL letters)

(i) Present address (for correspondence, with phone/mobile No. &E-mail)-

Email Id: _____ **Mobile No:** _____

(ii) Permanent home address- _____

4. Date of birth: dd ____mm____yyyy_____(in words) _____

Age (as on closing date of application according to Matriculation Certificate) _____

5. Nationality (Enclose Gov I.D) : _____ **6. Sex: Male** ☐ **Female** ☐

6.(a) Mother Tongue : _____

(b) Other language(s) which the applicant can speak read and write fluently: _____

7. Whether belongs to SC/ST/OBC/PWD _____
(in support, please enclose a certificate from authorized Issuing Officer)

8. Examinations passed (Please enclose attested copy of each certificate & mark-sheet):

Examination passed	Name of the Board/ University	Percentage of Marks	Distinction/Rank, if any
10 th /Secondary/Any equivalent(name)			
12 th /Sr.Secondary/Any equivalent (name)			

9. Additional information, if any which you would like to mention in support of your suitability for selection:

—
(Enclose separate sheet, if the space is insufficient in any column)

10. DECLARATION

I affirm that information given in this application is true and correct. I also fully understand that if at any stage it is discovered that any attempt has been made by me to willfully conceal or misrepresent the facts, my candidature may be summarily rejected or terminated.

Place: _____

Signature of the candidate

Date:- _____

(Name in CAPITAL letters)

Annexure

Check-list

1. Bank Demand Draft (Application Fee) ☐
2. All details from column 1 -10 duly filled clearly ☐
3. Point number 4 – attached proof of date of birth ☐
4. Point number 5 – attached government I.D ☐
5. Point number 7 – attached required document ☐
6. Point number 8 – attached attested marks list and certificate ☐
7. Point number 9 – attached required document, if any ☐
8. Two Recent passport size photograph (same as on application) ☐
9. Copy of conduct certificate from the last attended institution ☐