

AIIA Launches “GARBHINI MITRA” Course to Strengthen Ayurveda-Based Maternal Wellness Support

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The All India Institute of Ayurveda (AIIA), New Delhi, an autonomous premier institution under the Ministry of Ayush, has introduced the Garbhini Mitra Course for the 2026–2027 academic session. The initiative is a structured healthcare skill-development programme aimed at creating trained personnel to provide appropriate health education, lifestyle guidance, and community-level support to women during pregnancy and the postnatal period.

The course is rooted in the traditional Ayurvedic concepts of Garbhini Paricharya (antenatal care), Sutika Paricharya (postnatal care), and Garbhadhana Vidhi (pre-conceptional care). Designed as a six-month offline training programme running from Monday to Friday between 3:00 PM and 5:00 PM, it equips participants with practical skills in trimester-specific dietetics, lifestyle modifications, pregnancy-safe yoga, emotional support during labour, newborn massage, and basic life support protocols. The curriculum also emphasizes infection control, sanitization, biomedical waste management, and workplace safety.

Offered at the AIIA campus in Sarita Vihar, New Delhi, the course admits 20 students per batch. Candidates who have passed the Senior Secondary (10+2) examination from any recognized board in India and are at least 18 years of age are eligible to apply. Candidates currently awaiting their 12th-grade results may also submit provisional applications.

After completing the course, candidates can pursue roles as Garbhini Mitra Assistants, Prenatal/Postnatal Care Assistants, Antenatal Wellness Guides and Maternal Health Support Workers, with opportunities in Ayush centres, maternity clinics, NGOs, community health projects and wellness institutions.

The Garbhini Mitra initiative complements, rather than replaces, clinical antenatal care. Routine check-ups, diagnostic tests, and monitoring of blood pressure and haemoglobin remain essential. Trained Garbhini Mitras support pregnant women by identifying warning signs and facilitating timely referral to qualified doctors and healthcare facilities.

The last date for submitting applications is August 31, 2026. Refer to the brochure for more details: Academic Brochure- Garbhini Mitra.

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