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Ayush Ministry strengthens Ayurveda-based maternal health and wellness support

24 August 2026 | News

A structured healthcare skill development programme that aims to prepare trained personnel



New Delhi-based All India Institute of Ayurveda (AIIA), an autonomous premier institute under the Ministry of Ayush, has launched the 'Garbhini Mitra' course for the academic session 2026-2027.

The initiative is a structured healthcare skill development programme that aims to prepare trained personnel to provide appropriate health education, lifestyle guidance and support at the community level to women during pregnancy and postpartum period.

The course is based on the traditional concepts of Ayurveda Garbhini Paricharaya (Prenatal Care), Sutika Paricharya (Postnatal Care) and Garbhadhana Vidhi (Pre-Conception Care).

The six-month duration offline training programme will be conducted from Monday to Friday from 3:00 pm to 5:00 pm. The participants will be given hands-on training on dietary knowledge, lifestyle changes, safe yoga during pregnancy, emotional support during delivery, newborn massage and basic life-support protocols for different stages of pregnancy. The course also lays special emphasis on infection control, sanitation and sanitisation, biomedical waste management and workplace safety.

The course will be conducted at AIIA campus, Sarita Vihar, New Delhi. Each batch will have 20 students. Candidates who have passed the Senior Secondary (10+2) examination from any recognized board of India and are at least 18 years of age are eligible to apply. Candidates who are currently awaiting their 12th class results can also submit the provisional application.

After completing the course, candidates can work as Pregnant Mitra Assistant, Prenatal/Postnatal Care Assistant, Prenatal Health & Welfare Guide and Maternal Health Support Worker. Opportunities are available for them in AYUSH centres, maternity clinics, NGOs, community health projects and health and wellness institutions.