



Academic Brochure on Certificate Course In *Garbhasanskara* 2026



Department of Prasuti tantra and Striroga
NATIONAL INSTITUTE OF AYURVEDA

Deemed University (De Novo) (Ministry of AYUSH, Govt. of India)
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National Institute of Ayurveda

The National Institute of Ayurveda was established on 07-02-1976 by the Government of India as an apex Institute of Ayurveda in the country to develop high standard of teaching, training and research in all aspects of Ayurvedic System of Medicine with a scientific approach. The Institute is engaged in Teaching, Health care services and Research at Under-Graduate, Post-Graduate and Ph.D. level.

The Institute imparts UG, PG and Ph.D. Education and also Diploma Course in Ayurveda Nursing and Pharmacy and Certificate courses of different durations. The UG Course of Ayurvedacharya (BAMS) is of 5½ year duration divided into three professional courses of 1½ years each i.e. 4 ½ years of the main course and 1 year Internship. The PG Course of MD/MS(Ay.) is available in 14 Specialties, viz. Agadatantra, Dravyaguna, Kayachikitsa, Kaumarbhritya, MaulikaSiddhanta, Panchakarma, Prasutitantra & Striroga, Rogaand VikritiVigyan, Rasa Shastra, ShariraRachana, ShariraKriya, Shalyatantra, Shalakyatantra and Swasthavritta.

The Institute has a 280 Bedded NABH accredited Hospital providing OPD, IPD and Primary Emergency Care Unit services. Post Graduate Department of Prasutitantra and Striroga is having 48 bedded Inpatient ward, a well equipped labour room, a minor procedures room, Operation Theater and equipped with necessary infrastructure and instruments to provide various Sthanika Chikitsa (local therapies) for the management of various gynecological and obstetrical diseases. Large number of patients is getting benefited at OPD and IPD levels for a range of gynecological diseases. Department has High fidelity simulation lab to train students in various obstetric and gynaecological procedures like conducting vaginal delivery, management of obstetric emergencies, copper- T insertion. Department is providing full length Preconceptional, Antenatal, Intranatal and Post-natal care facilities. Shreyasi praja Unit - an exclusive Garbha sanskara and Garbhadana sanskara Unit where couples are counselled and educated regarding diet and lifestyle through *Nidana Parivarjana*, *Rajaswala Charya*, *Beeja shuddhi* and *Garbadahana vidhi* as part of pre- conceptional care. Expectant mothers are advised *Pathya*, *Yoga*, meditation, *Raga*, *Mantra therapy* and *garbha samvada* to improve maternal well-being and optimise fetal growth and development. Department has specialised OPD- Supraja Unit where many patients are getting benefitted from integrated infertility treatment and antenatal care .

Certificate course in *Garbhasanskara*

The Ayurveda has emphasized the importance of healthy progeny and maternal well-being since ancient times. *Garbhasanskara*, one of the unique concepts described in Ayurveda, encompasses a comprehensive approach to preconceptional and antenatal care through appropriate diet, lifestyle, behavior, spiritual practices and psychological support. These interventions aim to promote the physical, mental, emotional and spiritual well being of the mother while fostering healthy fetal growth and development.

In recent years, increasing attention has been directed towards holistic prenatal care. *Garbhasanskara* offers a structured approach that complements contemporary antenatal care by emphasizing maternal nutrition, stress management, yoga, meditation, mantra therapy and music therapy. Recognizing the growing demand for trained professionals in this field, the Department of Prasuti Tantra and Stri Roga is offering a 45-day Certificate Course in *Garbhasanskara*. The course is specially designed for Ayurvedic graduates, practitioners, Medical Officers, teachers, and researchers to develop theoretical knowledge and practical skills for implementing standardized *Garbhasanskara* practices in clinical and community settings.

Admission in *Garbhasanskara* Certificate Course:

Target Audience: Ayurveda graduates, practitioners, medical Officers, teachers and researchers

Eligibility for admission: Completion of BAMS from any recognized University.

Duration of course: 45 Days

Total Hours(Theory + Practical): 90+ 180 hours

Type of Course: 45 days Certificate course, It is a offline learning program with hands on training followed by periodical assessment.

Selection Procedure: On first come first serve basis of the eligible candidates.

Medium of Instruction: English and Hindi

Number of Seats: 30 participants per batch

Timing: Class timing during working hours

Practical: Supraja unit (OPD no.8) and Shreyasi Praja unit : 9:00AM to 2:00 PM

Theory: 2:00 PM to 4:00 PM (In department Seminar Hall)

Course designed by: This Course has been designed by the faculty of Department of Prasuti Tantra Evam Stri Roga of NIA DU.

Aim

To enrich participants with comprehensive knowledge and practical skills in *Garbha Samskara*, enabling them to provide preconceptional (*Beeja Samskara*) and antenatal care(*Garbha Samskara*) based on Ayurveda principles for promoting maternal well-being and healthy fetal development.

Objectives

1. To impart fundamental knowledge of Garbhasanskara and its classical and scientific foundations.
2. To provide comprehensive knowledge of Ayurvedic preconceptional care comprising *Nidana Parivarjana*, *Rajaswala Charya*, *Bija Shuddhi* and *Garbhadhana*.
3. To enrich participants with knowledge of Ayurvedic antenatal care comprising *Masanumasika Garbhini Paricharya*, *Ahara* and *Vihara*.
4. To provide hands on training in *Garbhasanskara* practices such as *mantra therapy*, *yoga*, meditation, music therapy and *Garbha samvada*.
5. To enable participants to integrate *Garbha Samskara* into clinical practice, community outreach and maternal healthcare services.

Learning Outcomes

At the end of the program, the learner should have acquired the following knowledge and skills:

- Explain the concept and classical principles of *Garbhasanskara*.
- Demonstrate an understanding of *Garbhadhana*, *Beeja samskara*, *Masanumasika Garbhini Paricharya* in relation to maternal and fetal health.
- Develop competency in conducting *Garbhasanskara* sessions incorporating *mantra therapy*, *yoga*, meditation, music therapy and relaxation techniques.

- Provide evidence-informed dietary, lifestyle, and behavioral guidance to expectant couples based on Ayurveda principles.
- Integrate *Garbhasanskara* practices with routine antenatal care while maintaining ethical standards and patient safety.
- Document and evaluate *Garbhasanskara* interventions using standardized protocols and maintain appropriate clinical records.
- Develop the confidence to implement *Garbhasanskara* programs in hospitals, Ayurvedic clinics, wellness centers, academic institutions, and community health settings.

COURSE CURRICULUM

WEEKLY MODULE FOR PRACTICAL CLASSES

Total Practical Hours: 180 Hours

S. No.	Practical Topic	Hours
WEEK I		
1.	Orientation to Supraja Unit, Shreyasi Praja Unit, OPD workflow and Garbhasanskara clinical setup	4 hrs
2.	Demonstration of Garbhasanskara case sheet, consent form, counselling record and follow-up format	4 hrs
3.	History taking of preconceptional couple and assessment of Ahara, Vihara, Nidana and Satva	4 hrs
4.	Practical demonstration of Rajaswala Charya and Ritukala counselling	4 hrs
5.	Beeja Samskara counselling for female partner: diet, lifestyle and psychological preparation	4 hrs
6.	Beeja Samskara counselling for male partner and couple-based care plan preparation	4 hrs
WEEK II		
7.	Garbhadhana Vidhi counselling and preparation of preconceptional care protocol	4 hrs

8.	Practical training in Nidana Parivarjana for preconceptional and antenatal cases	4 hrs
9.	Preparation of diet chart for Ritumati woman and preconceptional female partner	4 hrs
10.	Preparation of diet chart for male partner and previous high-risk pregnancy couple	4 hrs
11.	Case-based learning on infertility, previous abortion and high-risk preconceptional counselling	4 hrs
12.	Group activity: preparation of complete Beeja Samskara care plan	4 hrs
WEEK III		
13.	Demonstration of yoga practices suitable for preconceptional couple	4 hrs
14.	Demonstration of safe yogasana for first trimester pregnancy	4 hrs
15.	Demonstration of safe yogasana for second and third trimester pregnancy	4 hrs
16.	Practical training of Pranayama, Dhyana and relaxation techniques during pregnancy	4 hrs
17.	Yoga and meditation modification in high-risk pregnancy with contraindications	4 hrs
18.	Group practice and practical assessment of yoga, pranayama and meditation session planning	4 hrs
WEEK IV		
19.	Practical demonstration of Mantra recitation during Ritukala and couple counselling	4 hrs
20.	Mantra therapy session planning for pregnant woman	4 hrs
21.	Demonstration of music therapy and selection of suitable Raga/music during pregnancy	4 hrs
22.	Practical performance of music therapy session and documentation of maternal response	4 hrs
23.	Garbha Samvada demonstration and positive communication training for mother and family	4 hrs
24.	Case-based learning on psychological counselling, stress management and emotional support	4 hrs

WEEK V		
25.	Garbhini Paricharya practical: Samanya Garbhini Paricharya counselling	4 hrs
26.	Masanumasika Garbhini Paricharya chart preparation and counselling	4 hrs
27.	Trimester-wise pregnancy diet planning: first, second and third trimester	4 hrs
28.	ANC practical: BP, weight, oedema, Hb report, urine report and basic investigation interpretation	4 hrs
29.	USG report reading, ANC card assessment and follow-up advice	4 hrs
30.	Counselling for common pregnancy complaints and pregnancy anaemia	4 hrs
WEEK VI		
31.	High-risk pregnancy counselling: PIH, GDM, anaemia and previous pregnancy loss	4 hrs
32.	Practical identification of antenatal danger signs and preparation of referral note	4 hrs
33.	Prasavapurva Paricharya: preparation for labour and birth preparedness counselling	4 hrs
34.	Demonstration of labour monitoring and Partograph orientation	4 hrs
35.	Referral conditions in antenatal, intrapartum and postpartum period	4 hrs
36.	Case documentation and case-based discussion on high-risk pregnancy	4 hrs
WEEK VII		
37.	Sutika Paricharya counselling: diet, lifestyle, rest, hygiene and mental health	4 hrs
38.	Demonstration of postnatal yoga, pranayama and relaxation practices	4 hrs
39.	Breast-feeding counselling: Stanapana Vidhi, positioning, attachment and common problems	4 hrs
40.	Bala Sanskara practical: Jatakarma, Navajata Shishu Paricharya and baby care counselling	4 hrs
41.	Vaccination, Swarna Prashana, neonatal jaundice awareness and growth milestone counselling	4 hrs
42.	Case-based learning on Sutika care, newborn care and mother–baby follow-up plan	4 hrs

43.	Hands-on integrated Garbhasanskara counselling session by participant under supervision	4 hrs
44.	Orientation to Basic Life support, Hospital infection control policy Case presentations by Participants	4 hrs
45.	Final practical assessment, post-test, feedback	4 hrs
	Total Practical Hours	180 hrs

MODULE FOR THEORY CLASSES

S. No.	Name of the topic	Total Duration	Duration
I	Bijasanskara	2 hours	
	Introduction to Bijasanskara		1 hour
	Components of Bijasanskara		1 hour
II	Yoga in Bijasanskara	5 hours	
	Introduction to Yoga & meditation in Bijasanskara		1 hour
	Role of Yoga, Pranayama and Dhyana in Bijasanskara		1 hour
	Yogasana for pre-conceptual couple		1 hour
	Pranayama and Dhyana pre-conception in high risk pregnancy		1 hour
	Yogasana for couple with previous high-risk pregnancies		1 hour
III.	Pre-conceptual Ayurvedic – Psychiatric Counselling for couples	2 hour	
	Pre-conceptual Ayurvedic Counselling for couples		1 hour
	Pre-conceptual Psychiatric counselling for couples		1 hour
IV.	Mantra chikitsa and Yajna for Bijasanskara	5 hours	
	Mantra recitation during Ritu kala		1 hour
	Mantra during Rituvyateeta kala		1 hour
	Mantra for male partner		1 hour
	Putrakameshti Yagna Vidhi		1 hour
	Controlling of Atmaja Bhava		1 hour
V.	Music Therapy in Garbhasanskara	3 hours	
	Introduction to music therapy effect on preparation for conception		1 hour
	Music therapy for Better progeny		1 hour
	Music therapy for previous high-risk pregnancy couple		1 hour
VI.	Diet during pre-conception	4 hours	
	Diet for Ritumati women		1 hour
	Diet for male partner during pre-conception		1 hour
	Diet for previous high risk pregnancy		1 hour
	Diet in Rajaswala		1 hour

VII.	Garbhanirmana & Garbhavriddhikarabhava	5 hours	
	Garbhadhana vidhi - Garbha Nirmana		1 hour
	Garbhakara bhava		1 hour
	Garbhavriddhikara bhava.		1 hour
	Embryological and fetal development		1 hour
	Factors influencing growth and development of embryo and fetus		1 hour
VIII.	Life-style	4 hours	
	Life-style during Rajasrava kala		1 hour
	Life-style during Ritukala – Garbhadhana kala		1 hour
	Life-style during Rituvyateetakala		1 hour
	Life-style for Male partner		1 hour

S. No.	Name of the topic		Duration
I	Garbhasanskara	2 hours	
	Introduction to Garbhasanskara		1 hour
	Components of Garbhasanskara		1 hour
II	Yoga in Garbhasanskara	4 hours	
	Introduction to Yoga & meditation in Garbhasanskara		1 hour
	Role of Yoga, Pranayama and Dhyana in Antenatal care		1 hour
	Yogasana for three trimesters and high-risk pregnancies		1 hour
	Pranayama and Dhyana in three trimesters and high-risk pregnancy		1 hour
III	Music Therapy in Garbhasanskara	3 hours	
	Different Ragas and their effect on mother and fetus during pregnancy and labour		1 hour
	Performance of music therapy during pregnancy		1 hour
	Music therapy in high-risk pregnancy		1 hour
IV.	Diet in Pregnancy	5 hours	
	Diet in first trimester		1 hour
	Diet in second trimester		1 hour
	Diet in third trimester		1 hour
	Diet during labour		1 hour
	Diet during high risk pregnancy		1 hour
V.	Importance of investigations in ANC	3 hours	
	Investigation for All three trimesters of pregnancy		1 hour
	Investigation in high-risk-pregnancy		1 hour
	Ultrasonography during pregnancy		1 hour
VI.	Garbhinicharya & Mausanasika chikitsa	3 hour	
	Samanya Garbhinicharya		1 hour
	Mausanasika Garbhini paricharya and Chikitsa		1 hour
	Pregnancy Anemia		1 hour
VII.	High risk pregnancy	5 hours	
	Pregnancy induced hypertension - Ayurvedic management		1 hour

	Garbha kshaya – Ayurvedic management		1 hour
	Garbhodaka kshaya – Ayurvedic management		1 hour
	Garbha srava-pata - Ayurvedic management		1 hour
	Gestational Diabetes - Ayurvedic management		1 hour
VIII	Prasava Paricharya	5 hours	
	Prasavapurva paricharya – Preparations of pre-labour		1 hour
	Monitoring of labour & Partogram		1 hour
	Prasava paricharya – Ayurvedic management		1 hour
	3 stages of labour and its management – Modern management		1 hour
	Referral conditions of antenatal, Intrapartum and Postpartum		1 hour

S. No.	Name of the topic	Total Duration	Duration
I	Sutika Sanskara	2 hours	
	Introduction to Sutika Paricharya		1 hour
	Components of Sutika Paricharya		1 hour
II	Yoga in Sutika kala	4 hours	
	Introduction to Yoga & meditation in Sutika kala		1 hour
	Role of Yoga in restoring normalcy of reproductive tract		1 hour
	Yogasana for Sutika women		1 hour
	Pranayama and Dhyana for Sutika		1 hour
III.	Psychological Counselling For couples during Sutika kala	1 hour	
IV.	Panchakarma and Sthanika chikitsa during Sutika kala	3 hours	
	Abhyanga & Sveda		1 hour
	Yonidhupana		1 hour
	Vranadhupana & lepana		1 hour
V.	Diet & Lifestyle in Sutika kala	5 hours	
	Diet for Sutika Stri		1 hours
	Lifestyle for Sutika Stri		1 hours
	Sutika Jwara		1 hour
	Minor ailment of Sutika		1 hour
	Contraception & Birth spacing		1 hour
VI.	Bala Sanskara	15 hours	
	Jatakarma Paricharya & Navajata shishu paricharya		1 hour
	First golden minute of resuscitation		1 hour
	Stanyasampat		1 hour
	Factors affecting breast feeding		1 hour
	Stanapana vidhi – breast feeding techniques		1 hours
	Top feeding & alternatives		1 hour
	Vaccination		1 hour
	Swarna prashana		1 hour
	Neonatal jaundice		1 hour
	Different Sanskara of child		1 hour
	Growth mile stones		1 hour

	Baby Care and management from 2nd month to 12 months after delivery.		1 hour
	Minor ailment in childhood		1 hour
	Bala panchakarma		1 hour
	Management of MR babies		1 hour

Assessment and Evaluation

- Pretest and Posttest will be conducted in the beginning and at the end of the course respectively.
- 3 assessments will be done after every two weeks.
- Theory and Practical Examinations will be conducted after completion of the course. Minimum Passing Marks in Theory as well in Practical will be 50%.
- Certificates will be awarded to the qualified students by the Institute.

The following tools would be used for final assessment:

1. **Practical Assessment:** This comprises of assessing candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. and is ascertained by observation in Shreyasi Praja and Supraja unit of the department.
2. **Viva/Structured Interview:** This tool is used to assess the conceptual understanding and the behavioural aspects with regard to the specific task at hand. It also includes questions on safety, quality, environment, and equipment, etc.
3. **Written Test:** Question paper consisting of 30 MCQs with questions from each element of course curriculum.

Policy for Faculty Engagement:

All the theory and practical classes will be taken by the regular faculty of NIA.

Roles and Responsibilities of faculty members:

- Facilitate theory and practical sessions as per the weekly curriculum.
- Conduct hands-on training in Shreyasi Praja unit with NABH safety protocols.
- Assist in designing and evaluating internal assessments, case presentations and practical exams.
- Guide participants through clinical exposure, research discussions, and patient interactions.
- Maintain records of attendance, evaluation and feedback.

Policy for Low Performing Attributes:

- Theory and Practical Examinations will be conducted after completion of the course.
- Minimum Passing Marks in Theory as well in Practical will be 50%.
- If the candidate leaves the course in the middle for unavoidable reasons, they will be permitted to rejoin the course within 2 years tenure to complete the course and after completion, the examination will be conducted.
- The unsuccessful candidates will be permitted again to join the next batch and will be trained again and permitted to take examination for 3 attempts.

Intervention plan: For Low performing participants faculty will provide structured constructive feedback on areas needing improvement.

Student Appeal Process

To ensure fairness and transparency in academic evaluations, the course offers a formal appeal process for participants who wish to contest decisions related to assessment, attendance, or certification eligibility.

Participants may submit an appeal based on:

- Discrepancy in marks or evaluation
- Misinterpretation of attendance or participation
- Perceived bias or unfair treatment during assessments
- Any other valid academic concern

Procedure of submission: Submit a written appeal addressed to the Course Coordinator within 7 working days of receiving the evaluation result. Include relevant supporting documents (e.g., assignment copies, attendance records). Clearly state the issue and the resolution being sought.

Review Mechanism: Appeals will be reviewed by the Grievance Addressal Committee of the institute and final decision will be made within 10 working days of submission. Participants will be notified in writing regarding the outcome of their appeal.

General Rules and Regulations: (As per the rules and regulations of NIA)

Hostel facility: No hostel facility shall be provided by NIA for the students enrolling for this certificate course.

Boarding and Lodging: Participants will arrange by their own.

Dress: White Apron is mandatory during practical classes.

Code of conduct & discipline

All participants are expected to uphold the highest standards of professional behavior during the course. The following code of conduct shall be observed:

- Attend all sessions on time and in appropriate clinical attire.
- Maintain respectful communication with faculty, peers and patients.
- Use institute resources responsibly and ethically.
- Minimum 75% attendance is mandatory to receive the certificate.
- Active participation in both theoretical and practical sessions is expected.
- Patient details and clinical findings must be kept strictly confidential.
- Photography or videography during therapies without permission is prohibited.
- Follow NABH safety protocols and institutional SOPs in all clinical settings.
- Report any adverse events or complications promptly to the faculty.
- Harassment, discrimination, or misconduct in any form will not be tolerated.
- Any violation may lead to disciplinary action including removal from the course.

Infection Control Policy for Students

To ensure a safe, hygienic, and supportive learning environment, all participants are required to adhere to the following infection control measures:

- Maintain proper hand hygiene by washing hands or using alcohol-based hand sanitizer before and after every participant or patient interaction.

- Wear clean, modest professional attire or an apron during clinical postings, demonstrations, and practical sessions.
- Maintain cleanliness of classrooms, counseling areas, yoga halls, and clinical demonstration rooms as per institutional protocols.
- Clean and disinfect reusable teaching aids, yoga mats and other shared equipment after each session.
- Avoid attending practical sessions or patient interactions if suffering from fever, cough, sore throat, skin infections, or any communicable illness, and report the same to the faculty.
- Maintain appropriate physical distancing and infection prevention practices during group activities whenever required by institutional or public health guidelines.
- Handle educational materials and shared equipment responsibly to minimize the risk of cross-contamination.
- Dispose of general and biomedical waste, wherever applicable, in accordance with institutional waste management protocols.
- Follow all institutional infection prevention, safety, and cleanliness policies during clinical postings and community outreach activities.
- Non-compliance with infection control guidelines may result in restriction from clinical postings or disciplinary action.
- Any incident that may compromise the safety of patients, pregnant women, participants, or staff must be reported immediately to the Course Co-ordinator.

Post-Course Feedback Plan

To promote continuous improvement and maintain academic excellence, all participants are encouraged to share their experiences and suggestions after completing the course.

- The form includes evaluation of teaching quality, clinical exposure, infrastructure, course content and overall satisfaction.
- Both rating-based and open-ended responses will be collected for meaningful analysis.
- Constructive suggestions for enhancement will be welcomed and anonymized.
- Feedback will be compiled and reviewed by the course coordinator and insights from the feedback will guide curriculum upgrades, faculty training and logistical improvements.

Course Scope & Career relevance

This certificate course provides specialized training in *Garbha Samskara* and prepares participants to apply its principles in diverse healthcare and educational settings. Upon successful completion, participants will be able to:

1. Conduct *Garbhasanskara* programs in clinic, hospital and community settings.
2. Establish *Garbhasanskara* clinics or prenatal wellness services based on standardized Ayurvedic protocols.
3. Provide holistic prenatal guidance to expectant couples through Ayurvedic practices.
4. Expand professional opportunities in clinical practice, academia and integrative maternal healthcare.

Filling up of Application Form

- Application forms can be filled and submitted only online mode from our website <http://www.nia.nic.in/>
- Forms submitted in any other mode will not be considered and summarily rejected .
- Application Fee :Rs 1000/-
- Application Fee once paid will not be refunded under any circumstances.

How to apply

- Candidates are required to apply in online application portal available on our website <http://www.nia.nic.in/>
- Institute will not consider any another format or application performa. Application completed in all respects uploading self-attested copies of all certificates, marksheets, educational qualifications.

Invalid Applications: Candidates are advised to read all instructions carefully before applying for online portal otherwise their applications are likely to be rejected on any one of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Candidates not having the required qualification.
- Applications, which are incomplete/illegible in any manner.
- Applications without the prescribed Application Fee (as applicable).
- Applications send via any other mode other than online portal

Last Date of receiving application:

Closing date of receipt of application form – 5th August 2026

FEE STRUCTURE FOR THE COURSE

This course is self-funded course so eligible candidates selected for the certificate course will be admitted only after payment of course fee.

Course Fee

- **Indian Nationals- (In Indian Rupees)Total Fee:20,000.00**
- **SAARC AND BIMESTAC COUNTRIES:** Fee structures as Indian National Rupee total amount to be deposited at the time of admission.

Dr.Poonam Choudhary

Co-ordinator

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