

# NATIONAL COLLEGE OF AYURVEDA AND HOSPITAL

## DHANI GARAN ROAD BARWALA HISAR HARYANA



## PROSPECTUS

### Garbha Sanskar in Ayurveda



### CERTIFICATE COURSE IN GARBHA SANSKARA (Preconception and Antenatal Ayurvedic Practices) 2026

#### Department of Prasuti Tantra and Stree Roga

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

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## P R E F A C E

**Dr. Bhushan Chowgle Chairman, Syllabus Drafting Committee Department of Prasuti and Stree Roga, National College of Ayurveda and Hospital Barwala**

**The growing interest in holistic and ancient wellness approaches has brought Ayurvedic practices into focus, especially in the crucial phases of preconception and antenatal care. The Certificate Course in Garbha Sanskara—focusing on Preconception and Antenatal Ayurvedic Practices—has been designed to provide comprehensive knowledge and practical insights into nurturing life from its very inception.**

**This course aims to bridge the profound wisdom of Ayurveda with contemporary understanding of maternal and fetal health. It delves into the ancient Indian science of Garbha Sanskara, which emphasizes not only physical health but also the mental and spiritual well-being of both mother and child during the phases before and during pregnancy.**

**Learners will explore authentic Ayurvedic principles, dietary guidelines, lifestyle practices, and specialized therapies that support optimal reproductive health, fetal development, and positive pregnancy outcomes. This course is ideal for healthcare professionals, Ayurvedic practitioners, wellness educators, and anyone passionate about integrating time-tested Ayurvedic methods into modern maternity care.**

**By awakening awareness of these practices, the course aspires to empower individuals and practitioners to foster an environment of holistic nurturing, ensuring that the journey from conception to birth is aligned with balance, harmony, and vitality.**

**May this course serve as a meaningful step toward preserving and promoting the wisdom of Garbha Sanskara for healthier generations to come.**

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**CERTIFICATE COURSE IN GARBHA SANSKARA**  
**(Preconception and Antenatal Ayurvedic Practices)**

## Objectives-

1. To understand Ayurvedic concepts of Garbhotpatti, Garbha Vriddhi, and Garbha Paricharya.
2. To inculcate practical skills for Garbha Samskara procedures and counseling.
3. To correlate classical knowledge with modern reproductive science.
4. To develop ethical, holistic antenatal care practitioners.

- **Duration** -3 Months (12 Weeks)

- **Eligibility** - 10+2 (Science stream – Physics, Chemistry, Biology)  
B.A.M.S

Capacity - 30

## Course Curriculum

	<b>Title</b>	<b>Key Content</b>	<b>Hours</b>
1	Introduction to Garbha Sanskara	Philosophical foundation, importance, classical references	10
2	Pre-conceptional Care ( <i>Beeja Shuddhi &amp; Beeja Samskara</i> )	Ritu, Kshetra, Ambu, Beeja concepts; lifestyle & diet	10
3	Garbadhan Vidhi & Role of Dharma Achara	Pre-conception rituals, spiritual and psychological preparation	8

	Title	Key Content	Hours
4	Garbhini Paricharya (Antenatal Regimen)	Month-wise diet, yoga, medicines, and restrictions	20
5	Psychological & Behavioral Conditioning	Manasika Samskara, music therapy, meditation, counselling	8
6	Maternal–Fetal Communication & Modern Correlates	Fetal psychology, maternal well-being, epigenetics	8
7	Practical Sessions	Diet preparation, yoga demonstration, counseling simulation	16
8	Clinical Observation	Garbhini OPD posting, case discussion, record maintenance	12
9	Project / Field Work	Case report, community awareness program	6
10	Revision & Assessment	Theory + Viva + Practical evaluation	2 total hours -100

## Evaluation and Assessment

Continuous Assessment: 40% (Attendance, assignments, case study, presentation)

Final Assessment: 60% (Written + Viva + Practical)

Passing Criteria: Minimum 50% in both internal and final evaluation

## Fee Structure

Fee structure : candidates found eligible and selected for the course will be admitted only after payment of Course fee

For Indian candidates : total Fee 25000 INR

For International Candidates : total Fee 600 USD

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## APPLICATION FORM

### Certificate Course in Garbha Sanskaar

#### **A. PERSONAL INFORMATION-**

1. Name (CAPITAL letters):
2. Age -
3. Gender
4. Date of Birth
5. Father's/Husband's Name:
6. Address..... Pin code.....
7. Email-ID-
8. Registration No.
9. State Board of Registration:
10. Nationality-(Govt.ID)
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/ Ex. Serviceman
12. Mobile No:

#### **B. EDUCATIONAL QUALIFICATION:**

Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
10TH				
12TH				
UG				
PG				
Others				

#### **C. DETAILS OF EMPLOYER (IF WORKING):**

#### **Type of current employer**

#### **D. UPLOAD DOCUMENTS:**

Candidate image, Sign image, 10th marksheets, 12th marksheets, UG, Residence proof, Valid Govt ID ,Proof, Registration certificate, category certificate, NOC/Recommendation from current employer(if applicable)

Application Fee- 1000/-

Course Fee – 25000/-