

**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAMA HIMALAYAN UNIVERSITY**

DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

CME “Pain Relief in labour”


Venue: PG Seminar Room, Obstetrics & Gynaecology

07.07.2025

The Department of Obstetrics & Gynaecology will be conducting an educational CME on “Pain Relief in labour” on 09th July, 2025. All residents & faculty of the department are invited in departmental seminar room. The programme schedule is as follows:-

11AM-11:10AM	Inauguration + Welcome address	
11:10AM- 11:30AM	Introduction :- Need for pain relief in labour “essential part of positive birth experience”	Dr. Ruchira Nautiyal
11:30AM-12:30PM	Non Pharmacological Methods	Dr. Purnima Upreti
12:30PM-1:30 PM	Role of birth companion and environment	Dr. Rashmi Rajput
1:30PM-2:30PM	Pharmacological Methods	Dr. Heena Khan
2:30 PM Onwards	Lunch	

Warm Regards,


Dr. Ruchira Nautiyal
Prof. & Head
Obst. & Gynae

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DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

Report of CME on 09th July, 2025 on topic Pain Relief in labour

The Department of Obstetrics & Gynaecology, Himalayan Institute of Medical Sciences, SRHU Dehradun organized a CME on 09th July, 2025 on topic **Pain Relief in labour**. The aim of the CME was to create awareness regarding “**role of pain relief in labour to enhance positive birth experience**”. We began the CME by welcome address. The introduction to topic was done by our esteemed Professor and Head of the department Prof. Dr. Ruchira Nautiyal..

The main emphasis of the CME was on use of pharmacological and non- pharmacological methods for pain relief which were discussed by Dr. Purnima Upreti and Dr. Heena Khan. Dr. Rashmi Rajput took a session on role of birth companion and environment modification for the same.

The CME was attended by all the faculty members, senior residents and junior resident of OBG department.


Dr. Ruchira Nautiyal
Prof. & Head
Obst. & Gynae

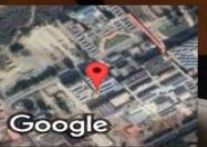
DEPARTMENT OF OBSTETRICS & GYNAECOLOGY
PG Teaching Attendance

Date: 9/7/25

Topic : Pain relief in labour			
Presenter: Dr Nancy			
Moderator: Professor Ruchira Nautiyal			
Faculty Name	Signature	Final Year PG Name	Signature
Dr. Ruchira Nautiyal		Dr. Anjali Benjwal	
Dr. Nidhi Chauhan		Dr. A Parv N Dogra	OT
Dr. Purnima Upreti		Dr. Anjali	
Dr. Vandana Rajput	OT	Dr. Arish Khan	OT
Dr. Rashmi Rajput		Dr. Snarvia Kambra	
Dr. Sonal Gupta	Resigned	Dr. Shabana	
Dr. Anchal Agarwal		Dr. Nauroz Neelofar	OT
Dr. Heena Khan		Dr. Aesha Goel	
Dr. Bhanupriya SB		Dr. Neha Pandey	DRD
Dr. Pragya Khugsal		Dr. Dimple	
Dr. Anjali Sonker		Dr. Nancy	
Dr. Purva (SR)		Dr. Shayamli Sood	
Dr. Tanya (SR)		Dr. Palak	
Dr. Mahrukh Zaidi (SR)	leave (a)	Dr. Jahanvi	
Dr. Shivani		Dr. Akanksha	OT
Dr. Pragya Pant		Dr. Ridhima	



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