

**Himalayan College of Nursing
Swami Rama Himalayan University
Jollygrant, Dehradun**

Report of Seminar

The seminar on “**Various Childbirth Practices**” was conducted on 27th April 2026 in Classroom No. 4. The objective of the programme was to enhance awareness and understanding among students and faculty regarding different approaches to childbirth and their significance in promoting safe and positive maternal outcomes. The session was attended by students and faculty members, whose active participation contributed to a meaningful learning experience.

The programme began with an introduction to the concept of childbirth practices, highlighting the diversity in approaches followed across different healthcare settings and cultural contexts. The speaker emphasized the importance of respecting maternal preferences while ensuring safety and evidence-based care during labour and delivery.

Various childbirth practices were discussed in detail, including natural childbirth, assisted delivery, and medically managed childbirth. The session also covered practices such as Lamaze techniques, water birth, use of birthing positions, and the role of pain management methods, both pharmacological and non-pharmacological. The importance of antenatal preparation, continuous monitoring, and skilled birth attendance was highlighted as key factors in ensuring positive outcomes.

Examples from clinical practice were shared to illustrate how appropriate selection of childbirth practices can reduce complications, improve maternal satisfaction, and promote early recovery. The importance of maintaining hygiene, infection control, and adherence to standard protocols was also discussed.

The seminar concluded with an interactive session where participants raised queries and shared their perspectives on different childbirth practices. Overall, the programme was informative and insightful, enhancing the knowledge and clinical understanding of participants regarding safe and effective childbirth practices.



Pic.1 PG student is presenting seminar



Pic.2 Beneficiaries are attending the topic

Activity Coordinator