

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

The seminar on **“Water Birth”** was conducted on 20th April 2026 in Classroom No. 4. The objective of the session was to create awareness among students and faculty about water birth as an alternative method of childbirth and to highlight its benefits, indications, and safety considerations. The programme was attended by students and faculty members, whose active participation made the session interactive and informative.

The seminar began with an introduction to the concept of water birth, explaining that it involves labouring and/or delivering in a specially designed tub filled with warm water. The speaker emphasized that water birth is considered a gentle and natural method of childbirth that promotes relaxation and comfort for the mother.

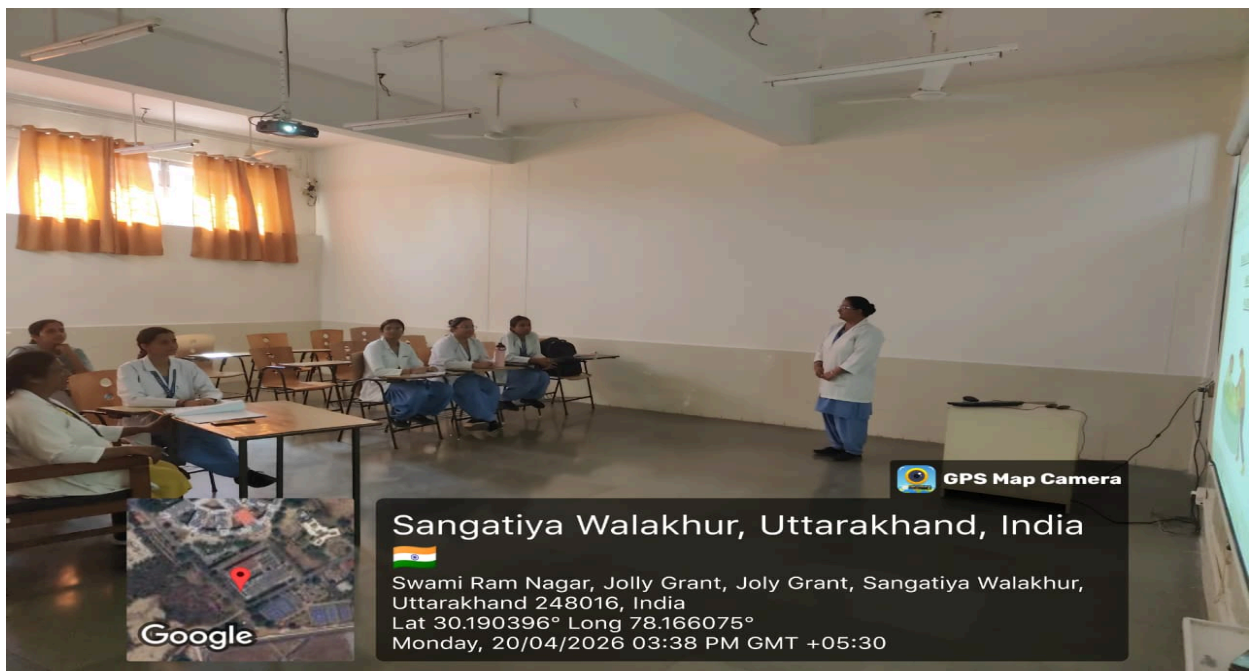
Various aspects of water birth were discussed in detail, including its physiological benefits such as pain relief, reduced stress and anxiety, improved blood circulation, and enhanced uterine contractions. The buoyancy provided by water allows greater freedom of movement, enabling the mother to adopt comfortable positions during labour. The speaker also highlighted that water birth may reduce the need for pharmacological pain relief and can contribute to a more positive birthing experience.

The session also covered eligibility criteria and contraindications for water birth, stressing that it is most suitable for low-risk pregnancies. Important safety measures, including maintaining water temperature, ensuring infection control, continuous monitoring of maternal and fetal well-being, and the presence of trained healthcare professionals, were emphasized.

The seminar concluded with an interactive discussion where participants shared their views and clarified doubts regarding the practice of water birth. Overall, the programme was informative and enriched the knowledge of participants regarding alternative birthing options, emphasizing safe and patient-centered maternity care.



Pic.1 PG student is presenting seminar



Pic.2 All beneficiaries are attending the seminar

Activity Coordinator