

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

Report of Seminar

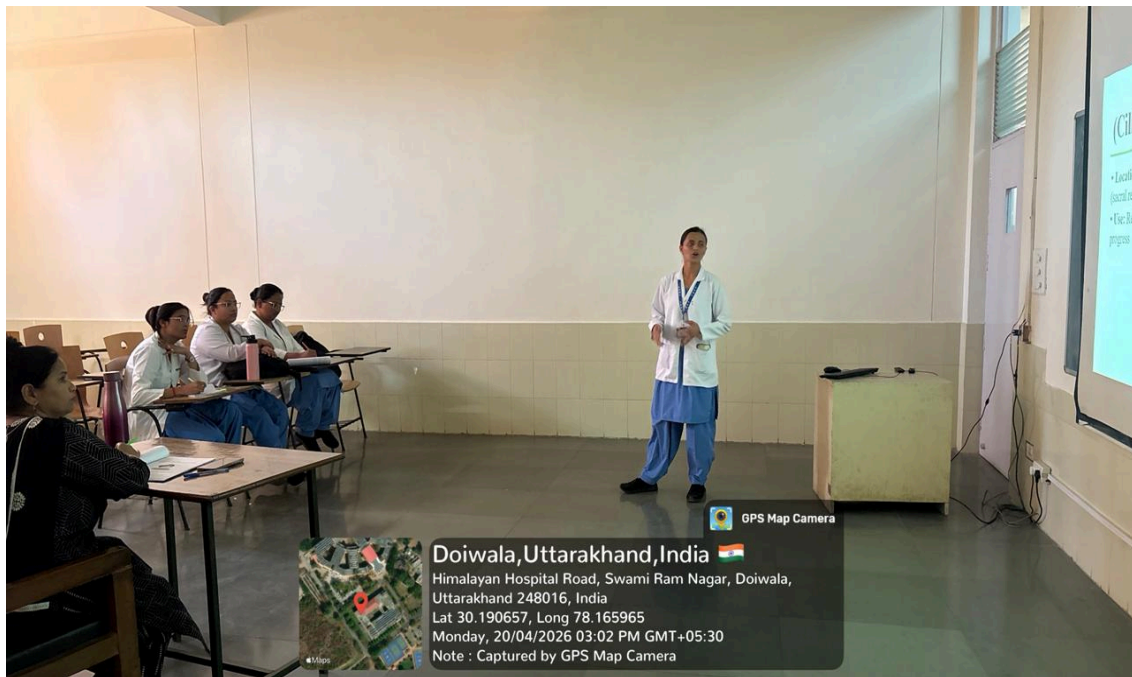
The seminar on **“Alternative and Complementary Therapies in Labour”** was conducted on 20 April, 2026 in classroom no.4. The objective of the programme was to create awareness among students and faculty regarding the role of non-pharmacological approaches in promoting comfort and enhancing the childbirth experience. The session witnessed active participation from students and faculty members, contributing to an engaging and informative learning environment.

The seminar commenced with an introduction to the concept of complementary therapies, emphasizing their significance in supporting natural labour processes and reducing dependence on medical interventions. The speaker highlighted that these therapies aim to provide holistic care by addressing the physical, emotional, and psychological needs of the mother during labour.

Various alternative and complementary methods were discussed in detail, including breathing techniques, relaxation exercises, massage therapy, hydrotherapy, aromatherapy, music therapy, and positioning techniques. The importance of continuous emotional support, such as the presence of a birth companion or doula, was also emphasized. The speaker explained how these approaches help in reducing pain perception, anxiety, and stress, thereby promoting a positive birthing experience.

Evidence-based insights were shared regarding the effectiveness of these therapies in improving labour outcomes, such as reducing the duration of labour, minimizing the need for analgesics, and enhancing maternal satisfaction. The importance of individualized care, proper assessment, and integration of these therapies with standard medical practices was also highlighted to ensure safety and effectiveness.

The seminar concluded with an interactive session where participants discussed challenges and shared ideas on integrating complementary therapies into clinical practice. Overall, the programme was highly informative and relevant, enhancing the knowledge and skills of participants in providing holistic, patient-centered care during labour.



Pic.1 PG student is presenting seminar



Pic.2 Beneficiaries are discussing about the topic

Activity Coordinator