

Himalayan College of Nursing
Swami Rama Himalayan University

Guest Lecture

Topic: **Perinatal Psychological Interventions: Enhancing
Maternal Well-being**



Guest Speaker
Ms. Ravinder Kaur

Associate Professor,
Department of Obstetrics and
Gynecology Nursing,
Adesh College of Nursing, Ambala, Haryana

Date: April 16, 2026

Time: 3:30 PM Onwards

Venue: MLT-1

Organized by Obstetrics & Gynecology Nursing Department,
Himalayan College of Nursing, SRHU

Himalayan College of Nursing
Swamai Rama Himalayan University
Swami Ram Nagar, Dehradun. Uttarakhand
Report of Guest Lecture

Name of the Activity : Guest lecture on Perinatal Psychological Interventions:
Enhancing Maternal Wellbeing

Date : 16-4-2026

Facilitator : Ms. Ravinder Kaur

Time : 3: 30 pm

Venue : MLT -1 SRHU

No. of Participants: 141

The session began at 3: 30 pm with a brief introduction and a cordial welcome of Guest speaker, Ms. Ravinder Kaur by the head of the department of Obstetrics and Gynaecological Nursing, Ms. Upma George, along with nursing faculties.

The Guest lecture was delivered by Ms. Ravinder Kaur Associate professor -department of Obstetrics and Gynaecological Nursing Adesh College of Nursing, Ambala, Haryana. She presented informative lecture on the topic: Perinatal Psychological Interventions: Enhancing Maternal Wellbeing.

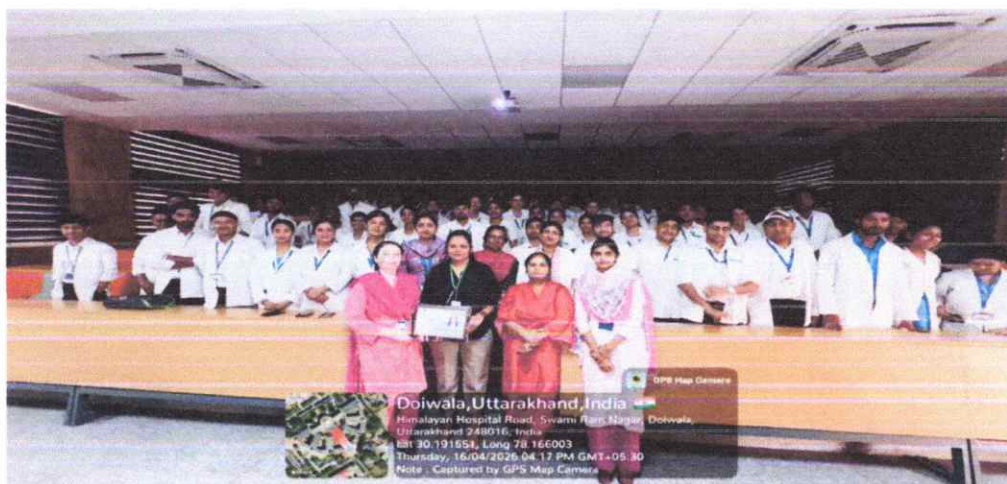
The session focused on delivering psychological Therapy in the perinatal period among pregnant women. Toco phobia & she also explained Emotional Regulatory strategies. Session encouraged critical thinking among students and motivate them to apply these Psychological Interventions in clinical settings, community, families to improve maternal wellbeing. one way to help parents to use acronym SIMPLE to identify people who in their life could support them in different ways like -social, media, motivation, practical, learning, emotional.

The speaker highlighted on tool that can support us to keep baby in mind, how to actively hold the perinatal frame of mind at every point of the therapy journey like as: Tool CRIES for assessment. Learned how therapies can provide support to parents & prevent psychological impact on mother, for healthy development of baby and maternal wellbeing.

Overall, the guest lecture provided valuable learning experience that encouraged future nursing profession to recognize common mental health presentations seen in perinatal period, and application of different interventional therapies for maternal wellbeing. The Session concluded with interactive Q&A, where students actively engaged with speaker, seeking clarity and sharing their perspectives,



Pic 1: Guest lecture to beneficiaries by Ms. Ravinder Kaur



Pic 2: Group photo of Beneficiaries and organizers

Sale

Activity Coordinator

Prakash
30/4/2026

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