

03.15-04.00 pm	<b>Session 5</b>	<b>Facilitating Normal birth</b>
	Resource Person	<b>Ms. Sarah Coxon</b> Director, Midwifery Initiatives. Aastrika Foundation <b>Ms. Christina</b> Midwifery educator, Aastrika Foundation
	Learning Objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>recognize the labour events</li> </ul>
04.00-05.00 pm	<b>Skill Station-3</b>	<b>Assist in normal vaginal birth</b>
<b>Day-2</b>		
<b>Time</b>	<b>Session Details</b>	
09.30-10.00 am	<b>Session 6</b>	<b>Immediate care of new-born</b>
	Resource Person	<b>Mrs.Devikala Venkat</b> Assistant Lecturer, Department of OBG Nursing Ramaiah Institute of Nursing Education and Research
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>perform immediate care of new-born</li> </ul>
10.00-10.30 am	<b>Skill Station-4</b>	<b>Immediate care of new born</b>
10.30-11.00 am	<b>Tea</b>	
11.00-11.30 am	<b>Session 7</b>	<b>Immediate postpartum care</b>
	Resource Person	<b>Mrs.Nagalakshmi K</b> Lecturer, Department of OBG Nursing Ramaiah Institute of Nursing Education and Research
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>demonstrate immediate postnatal assessment</li> <li>perform postpartum care</li> </ul>
11:30-12.30 pm	<b>Skill Station-5</b>	<b>Immediate Postpartum Care</b> <ul style="list-style-type: none"> <li>Examination of placenta</li> <li>Episiotomy &amp; suturing</li> </ul>
12:30-01.00 pm	<b>Lunch</b>	
01.00-01.30 pm	<b>Skill Station-6</b>	<b>Postnatal Assessment</b>
01.30-02.15 pm	<b>Skill Station-7</b>	<b>Breastfeeding technique</b>
		<b>Mrs.Usha Bai</b> Lactation Nurse, Ramaiah Medical College Hospital
02.15-02.45 pm	<b>Session 8</b>	<b>Parent/Family education</b>
	Resource Person	<b>Mrs.Juliet Vino J</b> Assistant Lecturer, Ramaiah Institute of Nursing Education and Research
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>educate the family/women about postnatal and newborn care</li> </ul>
02.45-03.00 pm	<b>Tea</b>	
03.00-03.30 pm	<b>Valedictory session</b>	

#### Feed back :

I had a fantastic workshop experience, with a seamless blend of theory and hands-on practice that took us smoothly from basic to advanced skills.

Fouziya A, Staff Nurse, Baptist Hospital



**RAMAIAH**  
Institute of Nursing  
Education & Research

A constituent college  
of Ramaiah University  
of Applied Sciences



## FIFTH WORKSHOP ON ESSENTIAL MIDWIFERY PROCEDURES – SKILL ENHANCEMENT

**On 19<sup>th</sup> & 20<sup>th</sup> May 2025**

**Venue:**  
**Auditorium (3<sup>rd</sup> floor)**  
**Ramaiah Institute of Nursing Education and  
Research**  
**New BEL Road, Bangalore-560054**

### For Registration:

Registration QR Code



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Mrs. Susha Mary Roy &  
Mrs.Nagalakshmi.K  
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## Fifth Workshop on Essential midwifery procedures- Skill Enhancement

Delivering quality healthcare in a timely manner is one of the main goals of the National Health Mission (NHM). The quality of care is highly dependent upon the skill of health workers; nurses play a critical role in caring for women in perinatal period. Competence of nurses has direct effects on the safety and health of women, and lack of it can result in medical mistakes. Hence, it is of paramount importance to augment the knowledge and skills of the nursing students and nurses to deliver quality maternal and new-born health services.

This workshop intends to provide opportunities for reorientation and reinforcement of knowledge and skills in Essential midwifery procedures based on the recent obstetrical care guidelines of Government of India, thereby contributing to the delivery of high-quality healthcare services, improvement in maternal and neonatal outcomes and promotion of safe motherhood practices.

### Objectives:

At the end of this workshop the participants will be able to

- understand Birth Preparedness and Complication Readiness (BPCR)
- perform antenatal assessment
- helping women in birthing: Pain management and promotion of comfort in labour
- perform intranatal assessment: Partograph and per vaginal examination
- assist in normal birth
- perform immediate care of new-born
- perform examination of placenta
- perform episiotomy suturing
- provide immediate postpartum care
- assist the mother to initiate breastfeeding
- provide effective parent / family education

### Methodology:

This workshop offers an unique opportunity for the participants to learn theory and practical aspects of Essential midwifery procedures from the industry experts who are working towards encouraging normal births and respectful maternity care. The participants will get hands-on training in Essential midwifery procedures at skill stations.

### Target group:

Nurses currently working in maternity units/ hospitals, Under Graduate/ Post Graduate Nursing students and Nursing faculty teaching Obstetrical and Gynecological nursing.

### Total number of participants:

Maximum of 30 (Thirty)  
First cum first serve basis

**Dates** : 19<sup>th</sup> & 20<sup>th</sup> May 2025 @ 9.00 am to 5.00 pm.

**Registration Fee** :Rs.750/- per person (includes workshop material, lunch and refreshment).

### Mode of Payment:

By cash / online / DD in favour of M.S.Ramaiah Institute of Nursing Education and Research, Payable at Bangalore.

Account Name : MSRUAS RINER COLLECTION A/C

Bank : Axis Bank Ltd.

Branch : Rajajinagar, Bangalore

A/c No : 922010043537806

IFSC Code : UTIB0000559

Day-1		
Time	Session Details	
9.30-10.00 am	Registration	
10.00-10.30 am	<b>Session 1</b>	<b>Birth preparedness and complication readiness</b>
	Resource Person	<b>Mrs.Sangeetha.X.</b> Associate Professor, HOD, Dept. of OBG Nursing Ramaiah Institute of Nursing Education and Research
	Learning Objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>• understand the concept of Birth preparedness and complication readiness</li> <li>• prepare the woman for birth and complication readiness</li> </ul>
10.30-11.00 am	<b>Session 2</b>	<b>Antenatal assessment</b>
	Resource Person	<b>Mrs.Susha Mary Roy</b> Asst. Professor, Dept. of OBG Nursing Ramaiah Institute of Nursing Education and Research
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>• demonstrate the steps of Antenatal assessment</li> </ul>
11.00-11.30 am	Tea & Inauguration	
11.30-12.00 pm	<b>Skill Station-1</b>	<b>Antenatal assessment</b> <ul style="list-style-type: none"> <li>• Abdominal palpation</li> </ul>
12.00-12.30 pm	<b>Session 3</b>	<b>Supporting women in birthing: Pain Management and promotion of comfort in labour</b>
	Resource Person	<b>Ms.Eathel Zechariah and Ms.Jayanthi Yesuraj</b> Midwifery educators Aastrika Foundation
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>• understand the pharmacological and non-pharmacological method of pain management during labour</li> </ul>
12.30-01.15 pm	<b>Session 4</b>	<b>Intranatal Assessment</b>
	Resource Person	<b>Mrs.Sangeetha.X.</b> Associate Professor, HOD, Dept. of OBG Nursing Ramaiah Institute of Nursing Education and Research
	Learning objectives	At the end of this session, the participants will be able to <ul style="list-style-type: none"> <li>• monitor progress of labour by plotting partograph</li> <li>• interpret cardiotocography report</li> <li>• perform per-vaginal examination</li> </ul>
01.15-02.00 pm	Lunch	
02.00-03.00 pm	<b>Skill Station-2</b>	<b>Intranatal Assessment</b> <ul style="list-style-type: none"> <li>• Per vaginal examination</li> <li>• Cardiotocography</li> <li>• Interpretation of partograph</li> </ul>
03.00-03.15 pm	<b>Tea</b>	