

REPORT ON CONTINUING PROFESSIONAL DEVELOPMENT (CPD) PROGRAMME

Theme: “ Birth Preparedness and Maternal Care”

Organized by: Symbiosis College of Nursing & Symbiosis University Hospital & Research,
Symbiosis International (Deemed University) Centre

Date: 20/2/2026

Venue: Moringa Auditorium, SUHRC



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Note: CPD on Birth Preparedness

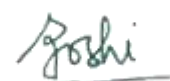
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Symbiosis College of Nursing(SCON)
Symbiosis International(Deemed University)Campus
Hill Base, Lavale, Pune - 412 115

**PROGRAM SCHEDULE OF CONTINUING PROFESSIONAL DEVELOPMENT (CPD)
PROGRAMME**

| Time | Duration | Topic | Speaker | Designation |
|------------------|-----------------|----------------------------------------------------|------------------------|---------------------------|
| 8:30 – 9:00 AM | 30 min | Registration | – | – |
| 9:00 – 9:30 AM | 30 min | Introduction to Birth Preparedness | Dr. S. G. Joshi | Director, SCON |
| 9:30 – 10:15 AM | 45 min | Components of Birth Preparedness | Dr. Seeta Devi | Professor, SCON |
| 10:15 – 11:00 AM | 45 min | Identifying Danger Signs During Pregnancy & Labour | Dr. Shital Pimpalekar | Associate Professor, SCON |
| 11:00 – 11:30 AM | 30 min | Inaugural Function & Tea | – | – |
| 11:30 – 12:15 PM | 45 min | Emergency Obstetric Care | Dr. Supriya Pottal Ray | Assistant Professor, SCON |
| 12.15 -01.00 PM | 45 min | Postpartum Care & Family Planning | Ms. Payal Bhagat | Tutor, SCON |
| 01.00 -01.45 PM | 45 min | Maternal Mental Health | Dr. Sheela Upendra | Deputy Director, SCON |
| 01.45 – 2.30 PM | 45 min | Skilled Birth Attendants | Ms. Joyce Mathivanan | Tutor, SCON |



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Introduction

Continuing Professional Development (CPD) is a cornerstone for advancing professional knowledge, clinical competence, and patient care excellence in healthcare. Recognizing this, the Symbiosis College of Nursing (SCON), in collaboration with Symbiosis University Hospital & Research Centre (SUHRC), organized a CPD Programme focusing on *Birth Preparedness and Maternal Care*.

The programme aimed to provide healthcare professionals and nursing students with evidence-based knowledge, clinical skills, and holistic strategies to ensure safe motherhood, maternal mental health, and optimal neonatal outcomes. It also fostered professional growth through structured academic discourse and practical demonstrations.

The CPD Programme received participation from nursing faculty, students, and healthcare professionals, emphasizing shared commitment to lifelong learning and professional accountability.

Objectives of the Programme

1. To update participants on latest guidelines and practices in maternal and neonatal care.
2. To sensitize healthcare providers to the importance of birth preparedness and early risk identification.
3. To enhance knowledge and practical skills in postpartum care and family planning.
4. To provide strategies for holistic maternal care, integrating physical, emotional, and social well-being.
5. To strengthen professional development and ethical nursing practices through interactive discussions and case-based learning.

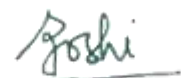
Dignitaries and Key Speakers

The CPD Programme was graced by distinguished dignitaries and experienced educators:

Chief Guests & Observers:

- Dr. Sharada Chavan, Principal, Deccan Education Society's Smt. Subhadra K. Jindal College of Nursing, Pune – Maharashtra Nursing Council Observer.
- Dr. Rajiv Yeravdekar, Provost, Faculty of Medical & Health Sciences, Symbiosis International (Deemed University).

Organizing Leadership and Speakers:



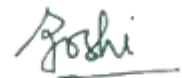
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- Dr. S. G. Joshi, Director, Symbiosis College of Nursing, Pune – Delivered Introduction to Birth Preparedness.
- Dr. Seeta Devi, Professor, SCON – Components of Birth Preparedness.
- Dr. Shital Pimpalekar, Associate Professor, SCON – Identifying Danger Signs During Pregnancy & Labour.
- Dr. Sheela Upendra, Deputy Director, SCON – Maternal Mental Health.
- Dr. Supriya Pottal Ray, Assistant Professor, Bharati Vidyapeeth College of Nursing – Emergency Obstetric Care.
- Ms. Payal Bhagat, Tutor, SCON – Postpartum Care & Family Planning.
- Ms. Joyce Mathivanan, Tutor, SCON – Skilled Birth Attendants.

Other dignitaries present included:

- Dr. V. K. Sashindran, Dean, Symbiosis Medical College for Women
- Dr. Bhanap Prasad, Medical Superintendent, SUHRC
- Mrs. Jessy Bhide, Nursing Superintendent, SUHRC



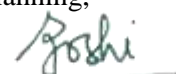
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PROGRAMME PROCEEDINGS - SCIENTIFIC SESSIONS

| Time | Session | Speaker | Summary & Key Learning Points |
|---------------|----------------------------------------------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09.00 – 09.30 | Introduction to Birth Preparedness | Dr. S. G. Joshi | Introduced the concept of birth preparedness, emphasizing the role of planning, antenatal care, maternal nutrition, risk assessment, and early intervention to prevent complications. |
| 09.30 – 10.15 | Components of Birth Preparedness | Dr. Seeta Devi | Detailed discussion on antenatal care checklist, birth plan development, maternal nutrition, risk assessment, and counseling for families. Practical strategies for improving maternal and neonatal outcomes were shared. |
| 10.15 – 10.50 | Identifying Danger Signs During Pregnancy & Labour | Dr. Shital Pimpalekar | Focused on early recognition of danger signs like bleeding, hypertension, labor complications, and fetal distress. Emphasized timely referral and emergency preparedness protocols. |
| 10.50 – 10:55 | Inaugural ceremony | | |
| 11.30 – 12.15 | Maternal Mental Health | Dr. Sheela Upendra | Highlighted the psychological well-being of pregnant and postpartum mothers, counseling, stress management, and integration of mental health services into routine maternal care. |
| 12.15 – 13.00 | Emergency Obstetric Care | Dr. Supriya Pottal Ray | Covered obstetric emergencies, maternal resuscitation, evidence-based management protocols, and role of skilled healthcare providers in critical care situations. |
| 13.00 – 13.45 | Postpartum Care & Family Planning | Ms. Payal Bhagat | Discussed postpartum maternal care, lactation support, contraceptive counseling, and strategies for enhancing maternal well-being. Practical insights into holistic care were provided. |
| 13.45 – 14.30 | Skilled Birth Attendants | Ms. Joyce Mathivanan | Explained the roles and responsibilities of skilled birth attendants, including neonatal resuscitation, monitoring, and safe delivery practices. Shared experiences from national and international training programs. |

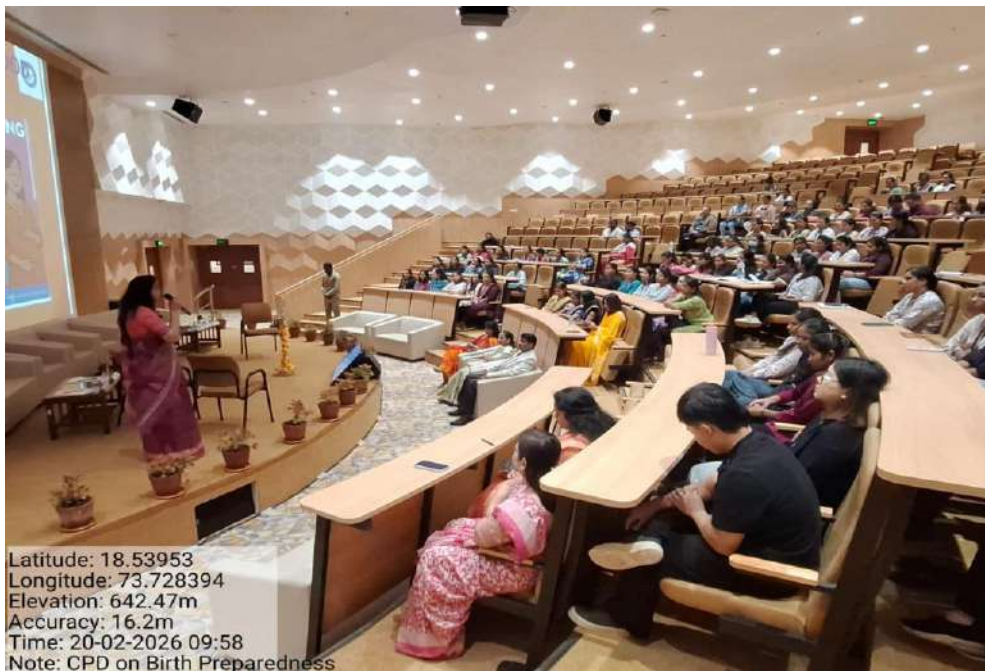
The scientific sessions of the CPD Programme were highly informative, interactive, and structured to provide both theoretical knowledge and practical insights into maternal and neonatal care. The programme commenced with Dr. S. G. Joshi, Director of Symbiosis College of Nursing, who delivered the session on *Introduction to Birth Preparedness*. He emphasized the importance of antenatal planning,



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risk assessment, maternal nutrition, and early intervention to ensure safe motherhood and improved neonatal outcomes.

Following this, Following the inaugural session, **Dr. Seeta Devi, Professor at SCON**, elaborated on the **Components of Birth Preparedness**, highlighting the essential elements of a comprehensive birth plan. She emphasized the importance of **antenatal care schedules, family involvement, preparation for emergency situations, and strategies to enhance maternal health**. The session provided participants with practical insights on planning for safe deliveries, risk anticipation, and timely intervention. To enhance understanding and engagement, **students presented a skit** illustrating real-life scenarios of birth preparedness, demonstrating effective communication, emergency readiness, and collaborative decision-making between healthcare providers and families. This interactive activity helped the participants visualize the components of birth preparedness in a practical, memorable, and relatable manner, reinforcing the key messages of the session.



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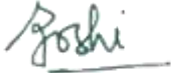
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The next session, led by Dr. Shital Pimpalekar, focused on *Identifying Danger Signs During Pregnancy and Labour*. She provided a comprehensive overview of warning signs such as antepartum bleeding, hypertensive disorders, obstructed labor, and fetal distress, emphasizing early recognition and timely referral to prevent maternal and neonatal complications.

CPD Inaugural Program Schedule

| Time | Program / Activity | Dignitaries / Speakers |
|------------------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:50 – 10:55 AM | Lamp Lighting Ceremony | Dr. Rajiv Yeravdekar (Provost, SIU), Dr. Sharada Chavan (MNC Observer), Dr. V. K. Sashindran (Dean, Symbiosis Medical College for Women), Dr. Bhanap Prasad (Medical Superintendent, SUHRC), Dr. S. G. Joshi (Director, SCON), Dr. Sheela Upendra (Deputy Director, SCON), Dr. Shital Pimpalekar (Associate Professor, SCON), Mrs. Jessy Bhide (Nursing Superintendent, SUHRC) |
| 10:55 - 11:00 AM | Welcome Address | Dr. S. G. Joshi (Director, SCON) |
| 11:00– 11:05 AM | Felicitation of MNC Observer | Dr. Rajiv Yeravdekar (Provost, SIU) |
| 11:05– 11:15 AM | Keynote Address | Dr. Rajiv Yeravdekar (Provost, SIU) |


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| | | |
|------------------|-------------------------|----------------------------------------------------------------------------------------------------|
| 11:15 – 11:20 AM | Address by MNC Observer | Dr. Sharada Chavan (Professor-cum-Principal, DES Smt. Subhadra K. Jindal College of Nursing, Pune) |
| 11:20 – 11:25 AM | Vote of Thanks | Mrs. Jessy Bhide (Nursing Superintendent, SUHRC) |

Inaugural Ceremony

The inaugural session commenced with the lamp lighting ceremony, symbolizing enlightenment, knowledge, and commitment to lifelong learning. This was followed by:

- Welcome Address – Dr. S. G. Joshi emphasized the importance of birth preparedness and the need for skilled and competent healthcare providers.
- Felicitation of MNC Observer – Dr. Rajiv Yeravdekar formally felicitated Dr. Sharada Chavan, recognizing her contributions to nursing education and professional regulation.
- Keynote Address – Dr. Rajiv Yeravdekar delivered an inspiring keynote on global health perspectives, professional accountability, and integrating evidence-based strategies into maternal healthcare practice.
- Address by MNC Observer – Dr. Sharada Chavan shared her observations on professional standards, ethical practices, and encouraged active participation in CPD programs.



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Dr. Sheela Upendra then addressed **Maternal Mental Health**, focusing on the **psychological well-being of pregnant and postpartum women**. She discussed the impact of stress, anxiety, and emotional challenges on maternal and neonatal outcomes, and highlighted the importance of **counseling, emotional support, and integrating mental health services into routine maternal care**. To reinforce learning, **group activities were conducted**, where participants engaged in exercises based on different domains such as **psychological, emotional, social, and family support**. Each group presented case scenarios and proposed interventions, allowing participants to apply theoretical knowledge to practical situations. This interactive approach helped enhance understanding of the multifaceted aspects of maternal mental health and the importance of holistic support in improving maternal and neonatal outcomes.





Dr. Supriya Pottal Ray conducted an engaging session on *Emergency Obstetric Care*, covering management of obstetric emergencies, maternal resuscitation protocols, and the critical role of skilled healthcare providers in reducing maternal and neonatal morbidity and mortality.



Ms. Payal Bhagat presented on *Postpartum Care and Family Planning*, detailing postpartum maternal monitoring, lactation support, contraception counseling, and holistic strategies to enhance maternal health.

The final session by Ms. Joyce Mathivanan focused on *Skilled Birth Attendants*, elaborating on the responsibilities of trained personnel in safe deliveries, neonatal resuscitation, and effective monitoring during childbirth.

Each session incorporated interactive discussions, case studies, and practical demonstrations, enabling participants to translate theoretical knowledge into clinical practice. Collectively, the scientific sessions strengthened participants' understanding of maternal and neonatal care, emphasizing evidence-based practice, risk management, and holistic support, thereby enhancing their professional competence and clinical decision-making skills.

Key Observations from Sessions:

- All sessions incorporated interactive discussions, case studies, and practical demonstrations.
- Emphasis on evidence-based practice in maternal and neonatal care.
- Sessions highlighted risk assessment, early identification of complications, and preventive care.
- Participants gained insights into mental health, emergency care, and family planning in postpartum care.

Feedback & Vote of Thanks

- Feedback was collected from participants, reflecting high satisfaction regarding the relevance, content clarity, and practical applicability of sessions.
- Dr. Sharada Chavan, MNC Observer, appreciated the programme's organization, the quality of presentations, and encouraged similar CPD initiatives to strengthen professional development in nursing.
- Vote of Thanks was proposed by Ms. Joyce Mathivanan, Nursing Tutor, SCON, acknowledging all speakers, dignitaries, and participants.

Highlights and Achievements

1. Professional Engagement: The programme successfully engaged nursing students, faculty, and healthcare professionals in professional development.
2. Evidence-Based Learning: All sessions were grounded in current research and guidelines.
3. Holistic Maternal Care: Emphasis on physical, psychological, and social aspects of maternal and neonatal health.

4. Skill Enhancement: Practical strategies were shared to enhance clinical decision-making and safe practice.
5. Institutional Excellence: The event highlighted SCON & SUHRC's commitment to professional excellence and academic leadership in maternal healthcare.

Conclusion

The CPD Programme on *Birth Preparedness and Maternal Care* was highly successful in achieving its objectives:

- Increased awareness on birth preparedness and maternal safety.
- Provided practical knowledge on danger signs, emergency obstetric care, and postpartum management.
- Enhanced understanding of mental health, family planning, and holistic care.
- Reinforced professional development, ethical practice, and accountability among participants.

The programme demonstrated the importance of continuous professional learning in improving maternal and neonatal outcomes, fostering collaborative practice, and strengthening professional nursing competencies.

स्वस्थ, निरोगी माता व सदृढ बालक घडविण्यासाठी निरंतर प्रशिक्षण/CPD कार्यशाळा संपन्न-नर्सिंग अधिका जेसी भिडे डॉ. राजीव येरावडेकर यांची मुख्य उपस्थिती



पुणे (प्रतिनिधी) स्वस्थ माता, सुरक्षित प्रसूती आणि सहज बालक हे राष्ट्रनिर्मितीचे भक्कम आधारस्तंभ आहेत, या उद्देशाने SYMBIOSIS COLLEGE OF NURSING (SCON) तर्फे "जन्म तयारी" या विषयावर सतत नर्सिंग व्यावसायिक विकास (CPD) कार्यक्रम यशस्वीरित्या आयोजित करण्यात आला. हा कार्यक्रम सिंबायोसिस आंतरराष्ट्रीय विद्यापीठ, लवळे, पुणे (DE-EMED UNIVERSITY) येथे संपन्न झाला. या उपक्रमाला महाराष्ट्र परिचर्या परिषद (MNC) कडून अधिकृत मान्यता दिली होती. सर्व सहभागी परिवारिकांना 10 क्रेडिट पॉइंट्स प्रदान करण्यात आले. त्यामुळे हा कार्यक्रम नर्सिंग क्षेत्रातील ऐतिहासिक व शैक्षणिक दृष्ट्या महत्त्वाचा ठरला. मान्यवरांच्या उपस्थितीत उद्घाटन कार्यक्रमाचे उद्घाटन डॉ. राजीव येरावडेकर, डॉ. शारदा चव्हाण एमएनसी ऑब्झर्व्हर यांच्या सन्माननीय उपस्थितीत झाले. मान्यवरांनी मातृत्व व नवजात शिशु आरोग्यसेवेतील नर्सिंग व्यावसायिकांची

भूमिका अत्यंत निर्णायक असल्याचे मार्गदर्शन केले. प्रतिपादन केले.

वैज्ञानिक सत्रांमध्ये मातृत्व काळजीचा सर्वसमावेशक आढावा घेताना या CPD कार्यक्रमात माता व नवजात शिशु काळजीच्या विविध पैलूवर सखोल मार्गदर्शन करण्यात आले. प्रमुख विषयांमध्ये — जन्म तयारीचे नियोजन गर्भधारणा व प्रसूतीदरम्यान घोक्याची लक्षणे ओळखणे आपत्कालीन प्रसूती काळजी माता मानसिक आरोग्य प्रसूतीनंतरची काळजी कुशल जन्म उपस्थितीचे महत्त्व या सर्व घटकांवर भर देत नर्सिंग व्यावसायिकांचे ज्ञान, कौशल्य आणि क्षमता वृद्धिंगत करण्यावर लक्ष केंद्रित करण्यात आले. जेणे करिता या कार्यक्रमात प्रबोधनपर व्याख्याने देणाऱ्या प्रमुख तज्ज्ञांमध्ये डॉ. एस. जी. जोशी, डॉ. शीला उपेंद्र, डॉ. सिता देवी, डॉ. शीतल पिंपळेकर, डॉ. सुप्रिया पोर्टल, जॉयस मधिवानन व पायल भगत यांचा समावेश होता. त्यांनी सर्वसमावेशक मातृत्व काळजी, आधुनिक पद्धती व व्यावहारिक दृष्टिकोन याविषयी मौल्यवान

मार्गदर्शन केले. गुणवत्तापूर्ण आरोग्यसेवेची वचनबद्धता हा कार्यक्रम डॉ. सोनेपंत जोशी डॉ. शीला उपेंद्र आणि जेसी भिडे, नर्सिंग अधिका यांच्या मार्गदर्शनाखाली यशस्वीरित्या पार पडला. रुग्णालय नर्सिंग अधिका जेसी भिडे मॅडम यांनी सांगितले की, हा निरंतर परिचर्या प्रशिक्षण/CPD कार्यक्रम रुग्णालयाच्या व्यावसायिक विकास आणि दर्जेदार मातृत्व आरोग्यसेवेप्रती असलेल्या सातत्यपूर्ण बांधिलकीचे द्योतक आहे.

कार्यक्रमाचे अंतिम ध्येय: परिवारिकांना रुग्णालयात स्वस्थ माता, सुरक्षित प्रसूती आणि निरोगी बालक घडविण्यासाठी ज्ञान, कौशल्य, तंत्रज्ञान, चपळता, चाणाक्ष निरीक्षण, सवेदनशीलता, ममत्व, आपुलकी यांचा संगन येणे अत्यावश्यक आहे. SCON चा हा ऐतिहासिक CPD उपक्रम मातृत्व आरोग्य क्षेत्रात नवे मानदंड प्रस्थापित करणारा ठरला आहे अशी माहिती नर्सिंग उपअधीक्षक जिजे वॉमस यांनी दिली.

Joshi

Director

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