

Fernandez Hospital Educational and Research Foundation
invites you to an immersive, HANDS-ON workshop on

Optimal Birthing Positions

Transform Birth Outcomes
through Movement
and Positioning

WHY THIS WORKSHOP MATTERS

Modern obstetric care is evolving and so should
the way we support women in labour.

This workshop is designed to help you bridge the
gap between evidence and practice, empowering
you to use movement and positioning to improve
labour outcomes.

Through a unique blend of clinical insight and
hands-on training, you will learn how to actively
support labour physiology, optimise fetal
positioning, and enhance maternal comfort.

WHAT YOU'LL GAIN

- A deeper understanding of the mechanics
of labour and fetal movement
- Practical skills in using upright positions
and movement effectively
- Hands-on training in pelvic biomechanics,
mobility, and positioning techniques
- Confidence in managing complex
scenarios like OP positions & asynclitism
- Evidence-based use of birthing
tools to support labour progression
- Real-world application through
interactive clinical scenarios

TEAM REGISTRATION REQUIRED

- 1 doctor + 1 nurse or midwife
from the same centre

CANCELLATION & REFUND POLICY

- No refunds or cancellations
will be accepted



WHO SHOULD ATTEND

Designed for doctors, nurses, and
midwives committed to improving
labour care and outcomes through
evidence-based, woman-centred
practices.



20 SEPTEMBER 2026



9.00 AM - 4.00 PM



Auditorium, 2nd Floor,
Fernandez School of Nursing,
Banjara Hills, Hyderabad



REGISTRATION FEES

Doctors

₹ 5,000

Nurses/Midwives

₹ 2,500

Limited to **FIRST 15** sets of
participants only

**HURRY, REGISTER NOW!
CLICK THE LINK.**

<https://bit.ly/FHERF-OBP-APR26>



Fernandez Hospital
Educational & Research
Foundation



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