



REPORT ON PATHWAY TO PARENTHOOD AND PRECONCEPTION CARE

Introduction:

Parenthood is one of the most significant milestone in an individual's life, marking the beginning of a new phase filled with responsibilities, emotional growth and life long commitment. The pathway to parenthood begins long before-it involves thoughtful preparation, health awareness and informed decision making.

As a part of awareness section on pathway to parenthood and preconception care, The Department of Obstetrics and Gynecological Nursing of SGNC organised a series of impactful events such as a role play and health education on 25 September 2025 at the OBG OPD of SGMC.

Event highlights:

The program commenced with an introduction speech regarding the topic which was delivered by Ms Arathy AS, a third year BSc Nursing student. She gave an introduction briefing the topic and introducing the events to be carried out. Following the introduction speech, there started the roleplay. Mr Aswin U R explained the plot of the roleplay and introduced the characters involved in the role play. The characters included are a couple named Aneesh and Lekshmi who was acted by Mr Arjun G L and Ms Ancy T Panicker, a mother-in-law named Sheela acted by Ms Arathy Binu. They came to the hospital for consulting Dr Gowri who is a gynecologist acted by Ms Amrutha G who was assisted by a nurse acted by Ms Ardra Suresh. The plot of the role play is enlightening a couple who is anxious and tensed regarding their pregnancy whose first child had aborted due to congenital anomaly and lack of knowledge on preconception care. The mother-in-law has many misconceptions about pregnancy states and believes on myths. Then the doctor explained about their queries and recommended them to attend an awareness section.





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The awareness section also took into account about preconception care including the definition, goals, important aspects - medical consultation, weight control measures, nutritious food, early detection and intervention of diseases, vaccinations, mental health, ovulation cycle, dressing styles and dental hygiene, and the advantages of preconception counselling. The topics were taken by Ms Anha Fathima, Mr Anandhu S Nair, Mr Dasaradh Ajay, Ms Athulya Gopan, Ms Anju Sunilkumar, Ms Devika B, Ms Bismi, Ms Aveni Binu. The AV Aids were prepared by Ms Athulya Aji, Ms Arya Sunil and Ms Blessy Biju. The video of the entire sections were taken by Mr Amith Raj and Mr Athul A.



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Conclusion:

The events organised by the Department of obstetrics and gynecological Nursing at Sree Gokulam Medical College to enhance the knowledge on pathway to parenthood and preconception care drew the attention of the audience and helped them to clarify their concerns and doubts regarding the topic. The program was well received by the audience and they reviewed it in a positive way. The event successfully create a supportive environment and made the audience to think on the need for preconception care.

Reviews



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