



SREE GOKULAM NURSING COLLEGE
Venjaramoodu, PO, Trivandrum – 695607

**REPORT ON WORKSHOP ON “SAFE MOTHERHOOD AND
SAFE CHILD: NAVJEEV 2026” ORGANIZED BY DEPARTMENT
OF CHILD HEALTH NURSING AND OBSTETRICS &
GYNAECOLOGY NURSING**



INTRODUCTION:

Obstetrical and Paediatric emergency management plays a vital role in ensuring the safety and well-being of mothers and children. Nurses working in the Labour Room (LR), NICU, and Paediatric units must be competent in identifying and managing emergencies promptly and effectively to reduce maternal and neonatal morbidity and mortality.

The Department of Obstetrics and Gynecological Nursing and Child Health Nursing at Sree Gokulam Nursing College organized a workshop titled “SAFE MOTHERHOOD AND SAFE CHILD: NAVJEEV 2026.” The programme aimed to enhance the knowledge, clinical skills, and emergency management competencies of nurses and students in obstetrical and paediatric care.

A total of 46 delegates, including faculty members and staff nurses from various institutions, along with 73 students, benefited from the workshop. The sessions focused on strengthening evidence-based practices, improving rapid response skills, and promoting coordinated team management in maternal and child health emergencies.

EVENT HIGHLIGHTS:

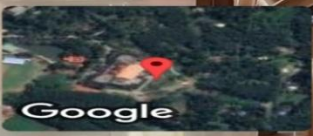
The program commenced at 8:00 am with a pre-test to assess the baseline knowledge of the participants.

The first scientific session on “Management of Shoulder Dystocia” was led by Dr. Bhavani Nair L, Associate Professor, Department of OBG, Sree Gokulam Medical College & Research Foundation. The session focused on the identification of risk factors, early recognition, stepwise management including McRoberts maneuver, suprapubic pressure, internal rotational maneuvers, and the importance of timely intervention to prevent maternal and neonatal complications.



Inaugural Session

The inaugural ceremony followed the first session. The program began with a warm welcome address by Ms. Siya S S, I MSc Nursing student. The event was officially inaugurated by Lt. Col. Prof. Meera K. Pillai, Principal of Sree Gokulam Nursing College. In her presidential address, she emphasized the importance of improving maternal and newborn healthcare outcomes and fostering collaborative, evidence-based care among healthcare providers. Felicitations were offered by Dr. Bhavani Nair L, who congratulated the organizers for conducting a timely and skill-oriented workshop. The inaugural session concluded with a vote of thanks delivered by Ms. Nancy T. Varughese.

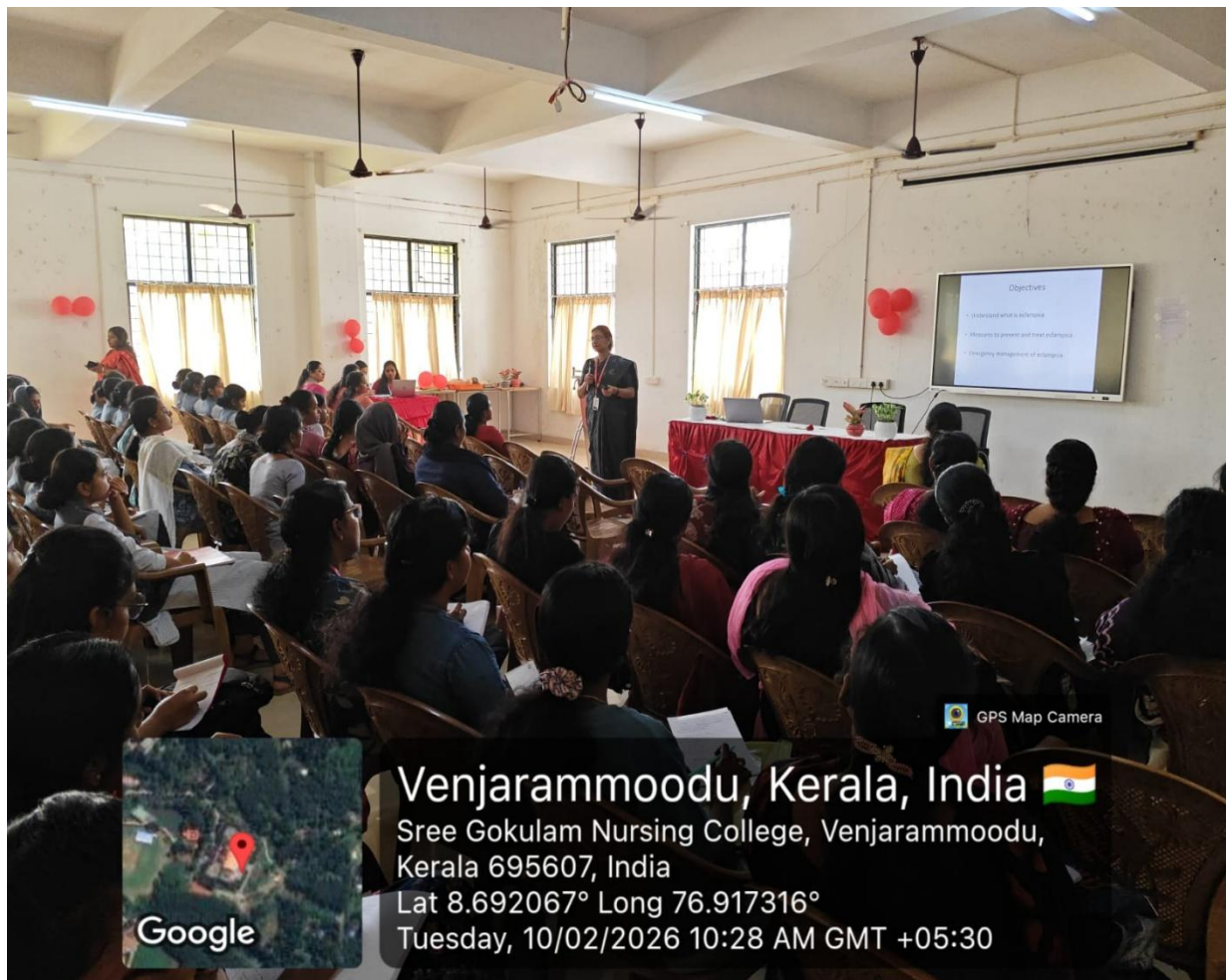


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Sree Gokulam Nursing College, Venjarammoodu,
Kerala 695607, India
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Sree Gokulam Nursing College, Venjarammoodu,
Kerala 695607, India
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The second session on “Management of Eclampsia” was handled by Dr. Nimmy P., Professor & Unit Chief, Department of OBG, Sree Gokulam Medical College & Research Foundation. Her insightful presentation highlighted early detection of preeclampsia, emergency management of seizures, Magnesium sulfate therapy, blood pressure control, stabilization, and multidisciplinary management to reduce maternal morbidity and mortality.



Dr. Rajesh R. N., Assistant Professor, Department of Pediatrics (Neonatology), Sree Gokulam Medical College & Research Foundation, conducted a session on “Neonatal Advanced Life Support (NALS)”. The session enabled healthcare providers to strengthen their knowledge and practical skills in neonatal resuscitation, airway management, effective ventilation, chest compressions, and immediate post-resuscitation care. Updates on current Neonatal Resuscitation Protocol (NRP) guidelines were also discussed.



Dr. Akhila Naz, Assistant Professor, Department of Pediatrics, Sree Gokulam

Medical College & Research Foundation, delivered an informative session on “Pediatric Advanced Life Support (PALS)”. The session emphasized systematic assessment, high-quality CPR, emergency cardiovascular care, drug administration, and team dynamics in pediatric emergencies. The morning scientific sessions concluded at noon, leaving participants enriched with updated knowledge and practical insights.



HANDS-ON TRAINING SESSION (2:00 PM – 4:00 PM)

The afternoon session comprised hands-on training, where participants were divided into small groups and rotated through four skill stations:

STATION 1 & 2 VENUE: PEDIATRIC LAB

Hands-on training sessions were conducted by Dr. Archana K. Raj, HOD, Child Health Nursing, along with her team. Dr. Akhila Naz was also present during the PALS training session. Realistic clinical scenarios were given and demonstrated, allowing participants to actively perform emergency management procedures. The delegates had the opportunity to participate in hands-on training sessions on PALS (Paediatric Advanced Life Support) and NALS (Neonatal Advanced Life Support). The sessions were highly interactive, and all doubts were clarified through discussion and practical demonstration, enhancing the confidence and competence of the participants in managing Pediatric and neonatal emergencies.



Station 1: Neonatal Advanced Life Support (NALS)



Station 2: Pediatric Advanced Life Support (PALS)

STATION 3 & 4 VENUE: OBG LAB

Hands-on training was conducted at the OBG Lab by Prof. Smitha J. S., HOD, OBG Nursing, along with her team. Realistic clinical scenarios were provided

and demonstrated, enabling participants to actively perform and practice emergency procedures.

The delegates were given the opportunity to gain practical experience in the Management of Shoulder Dystocia and Management of Eclampsia. The session focused on systematic assessment, timely interventions, team coordination, and adherence to standard protocols to ensure maternal and foetal safety.

The interactive nature of the training enhanced the participants' clinical competence, critical thinking, and confidence in managing obstetrical emergencies effectively.



Station 3: Management of Eclampsia

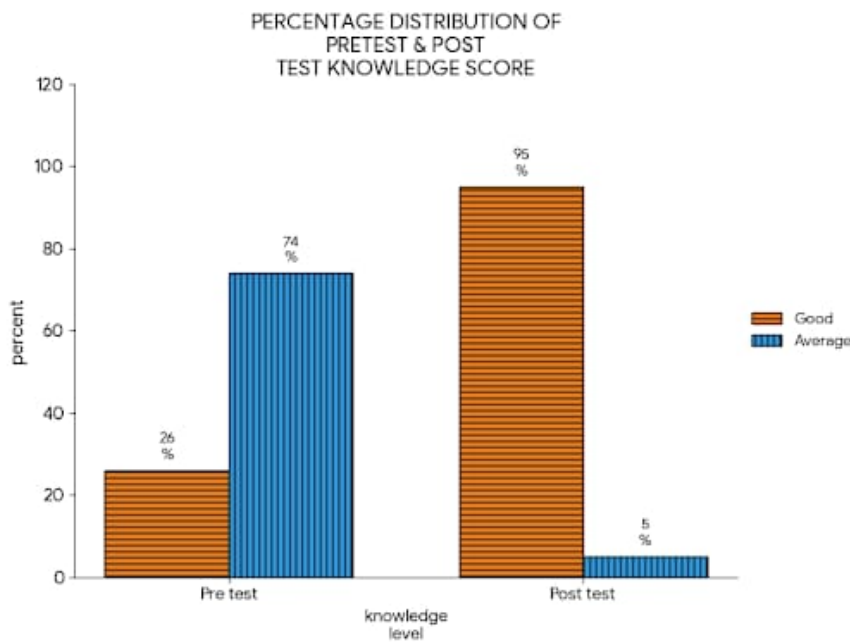


Station 4: Management of Shoulder Dystocia

Participants were given the opportunity to practice procedures in a simulated

environment, which significantly enhanced their clinical skills, confidence, decision-making ability, and teamwork. Following the hands-on training sessions, participants were instructed to complete the post-test to evaluate the knowledge gained and the overall effectiveness of the programme. The hands-on sessions received excellent feedback from the participants, who appreciated the practical exposure and interactive learning experience. The programme concluded successfully at 4:00 pm, marking the end of a highly informative and skill-oriented workshop.

Pre test- Post test Report



The bar graph depicts Percentage distribution of delegates based on the knowledge level

Pretest done at beginning of the session, the result shows that majority (74%) of delegates have good knowledge and 26% of delegates have average knowledge. At the end of session post test was conducted, the result found that majority (95%) of delegates have good knowledge regarding various aspects of obstetrical and pediatric emergencies

Conclusion:

The workshop titled “SAFE MOTHERHOOD AND SAFE CHILD: NAVJEEV 2026” was a resounding success, providing a comprehensive platform for healthcare professionals to enhance their knowledge and clinical competencies.

The pre-test and post-test results revealed a significant improvement in participants' knowledge regarding obstetrical and paediatric emergencies, reflecting the effectiveness of the programme. Through informative discussions, hands-on training sessions, and meaningful professional interactions, participants were empowered with updated knowledge, practical skills, and greater confidence in managing obstetrical and paediatric emergencies.

The workshop successfully strengthened evidence-based practice and reinforced the importance of timely, coordinated interventions in ensuring maternal and neonatal safety.

Signature of HOD - Child Health Nursing

OBG Nursing

Signature of Principal