



# Chennai Birth Network

*Presents*

## Celebration of Birth!

For the woman, the family and the society

“If we are to heal the planet, we must begin by healing birthing.”

- Agnes Sallet Von Tannenberg

*Sponsored by*



**ROTARY CLUB OF AARCH CITY-MADRAS**

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### *Venue:*

#### **Sivagami Petachi Auditorium**

179, Luz Church Road, Mylapore  
Chennai - 600004

<http://www.mctmschools.org/audi.htm>

**Saturday, 21<sup>st</sup> Nov, 2009**

Timings : 5.00 pm to 7.00 pm

Registration : [chennaibirth@gmail.com](mailto:chennaibirth@gmail.com)

Spot registration on availability basis

Entry Charges : Rs.200 per couple

Rs.150 per individual

## *Speakers at the program:*

### **Deepa Santhosh**

Childbirth Educator and Labor  
Support professional  
[www.preggyjoy.com](http://www.preggyjoy.com)

### Welcome Address

Introduction about Chennai Birth Network and Birth India

### **Dr. Mallika Samuel**

Senior Ob/GYN  
Apollo First Med Hospitals

About an informed pregnancy and prepared childbirth

Eminent Guest Speaker :

### **Penny Simkin**

A world renowned author, doula,  
childbirth educator and birth  
counselor  
[www.pennysimkin.com](http://www.pennysimkin.com)

Impact of childbirth on the woman as a person, a mother, a wife  
or partner, and a contributor to society.

How a woman gives birth and (even more importantly, how she  
is cared for at this vulnerable time in her life) has enormous  
lifelong impact on her and on others.

### **Dr. Uma Ram**

Senior Ob/GYN  
Seethapathy Hospital  
<http://seethapathyclinic.org/>

Benefits of labor support from the medical perspective

### **Divya Deswal**

Childbirth Educator, Birth  
Doula and Hypnobirthing  
practitioner  
[www.birthbonds.com](http://www.birthbonds.com)

Doula Support and a birthing couple  
BirthKeepers – A movie on labor support  
Introducing Water Birth to Chennai

### **Dr. Padmini Balagopal**

Diabetes Educator and  
Lactation Consultant IBCLC  
<http://www.iblce.org/bod.php>

Breastfeeding and its utmost importance for the new born  
Breastfeeding support in Chennai

### **Dr. Saranya**

Medical Director  
Jeevan Blood Bank  
<http://www.jeevan.org/stemcell/>

Public cord blood banking and the cause

Couples who have experienced childbirth classes and labor support for their personal birth stories

Q & A session from the audience for the experts on doubts and queries