

For Immediate Release



Bengaluru gets first birth centre integrating professional midwifery and evidence-based obstetrics

Bengaluru, June 23, 2022: Aastrika Midwifery Centre (AMC), Bengaluru's first birth centre integrating professional midwifery with comprehensive, evidence-based obstetric care, has been launched at Vasavi Hospital, South Bengaluru. Spread over 5100 sq ft, Aastrika Midwifery Centre also has India's first sensory birthing suites. These suites are equipped with specially designed water birth pools to support water birthing under the supervision of water birth certified practitioners.

Highlighting the importance of respectful birthing with informed consent as the right of every expectant mother, Aastrika Midwifery Centre's mother-centric midwifery model of care promotes normal physiologic pregnancy and labour, without unnecessary intervention.

Speaking about her tryst with birthing in India, Dr Janhavi Nilekani, PhD, Founder and Chairperson, Aastrika Midwifery Centre, said, *"Over-medicalisation of normal pregnancies has increased the rate of caesareans, episiotomies, and other medical and surgical interventions beyond recommended levels. At Aastrika Midwifery Centre, expectant mothers are involved in making such decisions, following discussions and consent. We aim to bring about a systemic change in the way private, urban maternity care is viewed and practiced."*

An interdisciplinary team consisting of obstetricians, midwives, paediatricians and nurses, in discussion with the expectant mother and her family, offers several care options. This includes the right to have a companion of choice throughout labour and birth, several pain relief options from water immersion to epidurals, and birthing in a position of choice, including water birthing.

AMC is also fully equipped for caesareans and other emergency care facilities including OTs, ICUs, NICUs, for appropriate medical and surgical interventions, through its partnership with Vasavi Hospital.

Speaking about the collaboration, Dr. S.V.S. Subramanya Gupta, President, Sree Vasavi Trust, said, "It is a very noble gesture by Aastrika Midwifery Centre, and we are excited about working with them as this allows us to deliver the immersive experience with a primary focus on normal birthing. This partnership will ensure that Indian midwives get an opportunity to enhance their skills through exposure to the international standards set at AMC."

Aastrika Midwifery Centre (AMC) is a private sector birth centre operated by AastarUrmika Health Care Private Limited, at Vasavi Hospital.

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