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BIRTH

ETHICAL EVIDENCE-BASED
RECOMMENDATIONS

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Foreword

As the President of FOGSI, I believe that one of my foremost duties is to give back to society by strengthening the academic foundation of our fraternity. In today's rapidly evolving medical landscape, keeping ourselves continually updated is the cornerstone of responsible and compassionate clinical practice. Every effort we make toward refining knowledge ultimately translates into safer motherhood and healthier communities.

Birth lies at the heart of obstetrics. No matter how many new subspecialties emerge, how advanced fetal therapies become, or how sophisticated technology turns, the essence of our discipline remains anchored in understanding labor and guiding a woman safely through childbirth. Vaginal delivery, labour management, intrapartum decision-making, and respectful maternity care form the very backbone of obstetric practice. Revisiting and refining these fundamentals is vital—because birth is not only a physiological event, but a profound human experience. Ensuring that every woman in India receives evidence-based, dignified, and safe care during childbirth must remain our unwavering priority. By enhancing our mastery of the basics, we elevate the quality of care across all strata of healthcare systems.

This book presents ethical, evidence-based recommendations meticulously curated by a dedicated team of editors and authors who have invested months of rigorous work into shaping it. Their academic integrity, attention to detail, and commitment to clarity make this volume a valuable resource for every practicing obstetrician. I extend my heartfelt appreciation for their tireless effort and their passion for improving clinical standards.

May this book inspire thoughtful practice, reinforce confidence, and help us collectively to ensure that every birth in India is safer, gentler, and grounded in science.

Warm regards,



Dr Sunita Tandulwadkar

President, FOGSI 2025

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