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ORAL PRESENTATION

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**Need for counselling and support to women during pregnancy****Santosh Kumar Mishra**

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Findings of many research studies indicate that many women, from across the regions of the globe, are unable to discuss their fears and doubts regarding pregnancy due to various reasons. They, often, feel uncomfortable expressing their concerns. Women (before, during, and after pregnancy), therefore, need information on several aspects related to fertility and child birth. They need relevant information on (1) nutrition and health; (2) management of mental health challenges, like anxiety, and depression, and (3) making informed decisions about family planning. The prime objective of this paper is to present research-based & scientific discussion on need for counselling and support to women during pregnancy. Secondary data been used in this work. Data used in this research are largely "qualitative" in nature; they were collected from secondary sources. Method of data analysis is "descriptive". Analysis of data in this work indicate that counselling for women during pregnancy should provide information on pregnancy, childbirth, and post-natal care. Also, they (women) should be reached out with information strategies for addressing emotional concerns like: (a) anxiety, and (b) stress. Dissemination of this type of information enables them make informed decisions about their health, lifestyle, and childbirth. In terms of program modality, counselling can be delivered through individual sessions, support groups, and community level programs. It is pertinent to note that counselling can help pregnant

women find a solution that suits them individually. Key areas that require special attention are: (1) prenatal care, (2) mental health, (3) nutrition, (4) birth planning, and (5) high-risk pregnancies. This work briefly concludes that counselling and support are two crucial aspects of fertility management, Counselling, accompanied by relevant aspects of reproductive health information, should be provided to women during pregnancy. This will enable women to address both the physical and emotional aspects, thereby (a) helping reduce anxiety, (b) manage stress, and (c) ensure healthier pregnancy outcomes.

**Biography**

Dr. Santosh Kumar Mishra is a Researcher (Scholar) and retired professional from the Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, India. Trained in demography under a Government of India Fellowship (1986-1987), he earned his Ph.D. from the University of Patna in 1999. He also holds a Post-Master's Diploma in Adult & Continuing Education, a Certificate course in Hospital and Health Care Management, and a Diploma in Human Resource Development. His research interests span demography, sustainable development, health, and related fields. Dr. Mishra has an impressive academic record, having authored or co-authored 6 booklets, 4 books, 32 book chapters, 111 journal articles, 2 monographs, 7 research studies, and 126 conference papers (some with bursary support). He has received multiple recognitions, including the Certificate of Excellence in Reviewing (2017, 2018, 2021, 2022) and the Excellence of Research Award in 2021 for outstanding contribution to agriculture.