

# GOING BACK TO NATURE

## A look at natural birth centres in India

Natural birth centres aim to reduce the trauma surrounding birth that affects both mother and child. They minimise medical interventions like C-sections, the panic and chaos of delivery rooms, encourage water baths that allow the baby to come into the world in an environment similar to the womb. Typically, birth centres also have a collaboration with a medical facility in the vicinity in case of emergencies that require medical intervention. Some popular centres across India are:

- \*Kochi Birth Village, which is founded and run by Priyanka Idicula.
- \*The Birthing Centre, Assagao, Goa that's run by German midwife Corrina.
- \*Daimaa's Natural Birth and Wellness Centre, Mumbai. Run by Veda and Pravin Simons.
- \*Higher end birth boutiques such as The Cradle, Gurgaon and Fortis' La Femme are equipped for a luxury experience.
- \*Hypnobirthing, which teaches self hypnosis techniques, is done by practitioners such as Shantibirth in Khar, Mumbai or Birthsense in New Delhi.

Prices typically range between ₹25,000 and ₹75,000.

For more information on natural births, check [birthindia.org](http://birthindia.org).

*\*Disclaimer: The choice between natural birth and medical intervention is best made on the advice of a qualified and engaged medical practitioner.*