

My profile

Name- Tapasya Maitrey Kulkarni

DOB 14-01-1987

Currently living in Delhi.

1.Education- M. A in politics and International relations, University of Pune

2.Former work profile- class I officer in Union Territory Civil Services. (UPSC batch 2010)

3.Current occupation- Childbirth educator and natural childbirth consultant.

4.I work with families who are looking into natural living,natural and holistic ways of knowing their fertility, conscious conception, natural contraception and finally planned Unassisted birth or Freebirth in their home setting.

I have so far worked with 36 families, out of which 16 chose to have their babies at home and successfully had them at home.

I apprenticed with two Argentine home birth midwives and attended 8 home births with them in the year 2020.I have done my birthkeeper and doula certification at Holistically Empowered Rebel Birthkeeper Academy of Learning (HERBAL) ,USA and after that I enrolled in the two years Matrona Holistic Midwifery program.

I have done my apprenticeship with two independent licensed home birth midwives here in Argentina. The names of my preceptors are,

1. Ana Becu
2. Carolina Waldner

In the home births I attended with them I learnt the art of witnessing a birth without disturbing the mom. My preceptors taught me clinical skills like :

- 1.assisting the mom to keep her labor flowing with suggestions verbally,emotionally and with massages, touch,position changes etc.if she requests so.
2. Assessment of blood loss and identifying what's normal and what's not so normal in postpartum bleeding
3. Helping the mom with the birth of placenta if she seeks guidance.
- 4 Immediate postpartum care, care of perineum
- 5.Identifying degrees of tears and natural ways to heal them
- 6 Newborn exam and newborn well being assessment
- 7.Lactation counseling and breastfeeding support in 1 d, 4d, 1week , 2 w postpartum,
- 8.Continuity of care upto 45 days postpartum.

Alongside these clinical skills they also taught me ways of nurturing the mom, educating the family,supporting the dad equally and getting him involved in labor and birth, providing counseling on good nutrition counseling and use of herbs in homeopathy in supporting overall well being of the mom and the baby.

5. I am kind of a go to person for the family from their conception journey to breastfeeding/postpartum, providing consultation wherever they need a little help.

6. I work with the intention to spread awareness about natural birth, obstetric Violence, Unnecessary Cesarean sections and birthing rights of women.

7. I came to this field after an unassisted birth of my first twin at home and catching my second baby myself in the hospital. I faced a lot of obstetric violence in the birth of my placenta which compelled me towards Childbirth education and empowering women to own their births.

8. I am translating a book of an Argentinian male midwife from Spanish to English.

The name of the book is, ' Invisible women- birth and patriarchy'.

9. I document the traditional wisdom of traditional Indian midwives in whenever I get a chance to interview them and attend home births with them.

I am an unlicensed traditional birth attendant on purpose. I do not wish to get purely clinical training where birth is treated like a medical emergency. In my opinion the care provider's fear is the biggest risk in birth. My approach is more holistic and limited in scope only to low risk healthy pregnant women.

I have been practicing home birth Midwifery independently for last three years out of my five years in the field and I have attended 32 home births.