

**Health camp Title:** Yoga for Pregnant Ladies.

**Beneficiaries:** Pregnant women.

**Location:** UPHC Maternity hospital, Jungpura, New Delhi.

**Date:** 18 June 2019.

**Outcome:** 58 Expected Ladies with babies Benefitted.

**Brief Detail:** Yog is beneficial for all, especially for Natural childbirth and lesser pain during delivery of a child with a healthy baby. Prenatal yoga can be a great way to prepare for childbirth. Prenatal yoga can improve sleep, reduce stress and anxiety, increase strength and endurance and decrease lower back pain and post-depression.

The most common issue in these ladies we found that that they were Anemic, for that we provided them the best solution of GUD (jaggery) and Chana (Grams) as the best tonic.

Jaggary is the richest source of Iron and a good source of Carbs also. Gram is a very nice source of calcium and Protein. These Two are very important for Pregnant Ladies and for a healthy Baby.

We also taught breathing techniques, gentle stretching and some postures to manage stress and anxiety, flexibility, strength and balance during pregnancy. This brief Knowledge was transformed through this workshop.

**Special Glimpse:** All the Expected mothers said the same line that this was their 1st experience, yog session in this Maternity center for the first time. Free Jaggery and grams were distributed among them to Introduce them to the best remedy in this Period.

