

## **Workshop on pregnancy management held**

**CHANDIGARH:** LifeCell International, India's first and largest stem cell bank conducted a workshop on pregnancy management with Dr Rashmi Bawa, an antenatal specialist today. This interactive and educative session gave insight into various topics related to pregnancy and tips on happy motherhood. The antenatal specialist highlighted the importance of breathing exercises and also demonstrated few of the exercises which would help the pregnant women during labour. The breathing exercises are designed in a manner that will help you feel comfortable and relax during the delivery of a child by creating a balance of oxygen and carbon dioxide within the body. Practicing breathing exercises will help you feel comfortable with the techniques when the time comes. Dr Bawa informed the participants that good nutrition during pregnancy, and enough of it, is very important for the baby to grow and develop. The specialist recommended pregnant women to eat a variety of foods to get all the nutrients required by the body.