

Motherhood Hospital launches online LAMAZE

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It is information-based classes for childbirth preparation and breastfeeding



In order to help pregnant women to fight anxiety, stress during COVID-19, Motherhood hospital has launched virtual LAMAZE (information-based classes for childbirth preparation and breastfeeding) and prenatal yoga classes for their regular as well as new patients.

Dr. Shilpi Srivastava, Consultant, Physiotherapist & Lactation expert, Motherhood Hospital Noida is guiding the hour-long session. She has personally monitored the ultrasound reports and doctor's consent of each patient before letting them be a part of the virtual class. She is teaching basic yoga asanas like pranayam (breathing exercise), bridging pose, clam pose, cat and cow pose and child pose which are highly beneficial during pregnancy. Patients with high-risk pregnancies are not allowed to join the virtual sessions.

Dr Shilpi Srivastava said, "Regular exercise is one of the cornerstones of a healthy body and mind. If you are in the habit of exercising daily, but find yourself unable to do so because of mobility restrictions, then yoga is the perfect solution. That's why we have come up with this yoga session for pregnant women, who have been advised to stay indoors. Yoga not only offers great flexibility when it comes to indoor exercise options, but also helps to keep the stress and anxiety away. The best line of defense is to stick to a healthy lifestyle. It also boosts your immune system functions a lot better."

"We (doctors) all are available round the clock on call for our patients, especially those who are in a nuclear family setup or are single mothers. We have also been providing consultation to new mothers whenever they are feeling low or isolated. We talk to them till the time their anxiety doesn't go away. That's how we are supporting each and every patient of ours. Sometimes, we also ask them to practice breathing session for 10 minutes while we are on call with them," added Dr Shilpi.

It's also giving the opportunity to interact online with doctors online and fellow participants.