

REGION : NAGPUR 1A

CLUB NAME : ROTARACT CLUB OF VSPM PHYSIO

PROJECT NAME : ASHA KA DOR

START DATE: 29/04/2024

END DATE: 29/04/2024

VENUE : LATA MANGESHKAR HOSPITAL, NAGPUR

Description of report in brief by Rtr. Dipali Kalambe (Club Secretary)

CLUB REPORT : 2024 REPORTING

DATE : 09/06/24

Description

Rotaract Club of VSPM Physio in collaboration with Rotaract club of Nagpur West , participated in a district "Aasha Ki Door," an event focused on empowering pregnant women with essential knowledge and support. The doctors offered insights into safe exercises and emphasized the importance of maintaining physical fitness during pregnancy.

Attendees received personalized dietary advice, addressing common concerns and highlighting the significance of a balanced diet.

Participants learned about relaxation techniques, stress management, and the importance of rest and hydration.

Q&A sessions allowed attendees to seek clarifications and personalized advice from the medical experts.

"Aasha Ki Door" provided invaluable support to expectant mothers, equipping them with knowledge and confidence for a healthy pregnancy journey.

