

March 11, 2025

Press Release

**JMI's CPRS hosts insightful webinar on "Maintaining Fitness in Pregnancy" to celebrate International Women's Day**

To mark International Women's Day, the Centre for Physiotherapy and Rehabilitation Sciences (CPRS) at Jamia Millia Islamia successfully conducted an enlightening webinar titled "Maintaining Fitness in Pregnancy" on March 10, 2025. The event aimed to heighten awareness about the critical role of physical fitness during pregnancy.

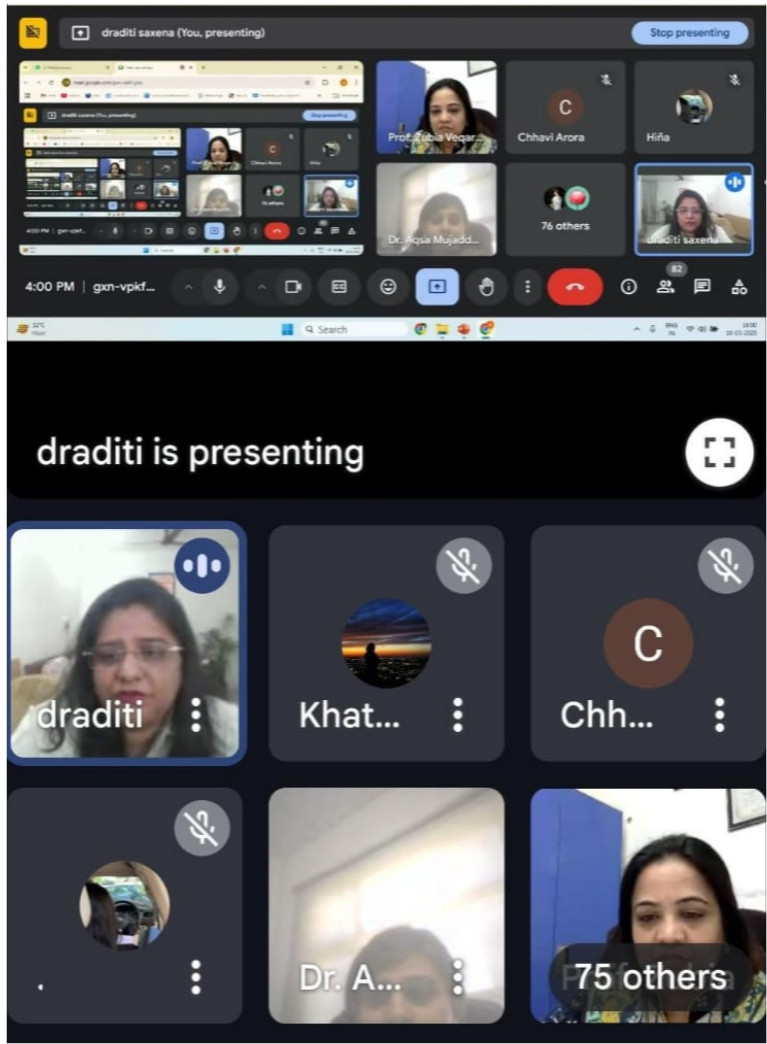
The session was led by Dr. Aditi Srivastava (PT), an accomplished MPT and an expert in obstetric physiotherapy with over 20 years of experience. Dr. Srivastava, a certified Childbirth Educator, Lactation Counsellor, Doula, Pregnancy Nutrition Counsellor, and Yoga & Garbhanskar Trainer, offered profound insights into prenatal fitness, stress management during pregnancy, and the significance of physiotherapy in ensuring maternal health.

Attendees engaged in dynamic discussions on safe prenatal exercise routines, the benefits of physiotherapy during pregnancy, and evidence-based approaches to maternal care. The session covered essential topics such as trimester-specific exercise modifications, the latest research on prenatal fitness, and physiotherapy's role in enhancing maternal well-being.

An interactive Q&A session concluded the webinar, where participants sought expert advice on managing pregnancy-related discomforts, including back pain, postural issues, and gestational diabetes and weight gain. Dr. Srivastava offered tailored exercise recommendations for different trimesters and emphasized the importance of personalized care. The session underscored the pivotal role of physiotherapists in empowering expectant mothers to maintain an active and healthy pregnancy.

This impactful initiative reinforced CPRS's commitment to advancing women's health and promoting informed maternity care. The centre remains dedicated to organizing similar educational events to foster healthcare awareness and empower women with the knowledge to maintain physical well-being during pregnancy.




Organized under the supervision of Prof. Zubia Veqar (Honorary Director) and Dr. Aqsa Mujaddadi (Assistant Professor), the webinar saw active participation from physiotherapy students and faculty members. Dr. Shabnam and Dr. Chhavi Arora ensure smooth execution of the program.





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