

INDIAN ASSOCIATION OF PHYSIOTHERAPISTS

2014-2016

www.physiotherapyindia.org.in

Registered under: (i) Public Trust F 1335; (ii) Societies Act XXI of 1860 No.3376 of 1955-56



MUMBAI BRANCH

Secretariat: IGM Service Centre, 7 Jay Mahal, "A" Road, Churchgate, Mumbai-400 020.

<https://www.facebook.com/MBIAP>

Email: mbbiap@gmail.com

Date: 24/06/2016

EXECUTIVE – COMMITTEE:

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DR. VINCENT

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Co-Opt Members

DR. RUPAL UNDEVIA

mob. 9594285221

DR. AJEETA HASABNIS

mob. 9820674888

Advisor

DR. DEEPAK KACHALIA

mob. 098211 29424

Dear Members,

On behalf of the Executive Committee of MbiAP, we are happy to inform you that we have decided to conduct “**PRENATAL – POSTNATAL WORKSHOP for PHYSIOTHERAPISTS**” on 6th and 7th August 2016. The details of the workshop are given below:

PRENATAL – POSTNATAL WORKSHOP for PHYSIOTHERAPISTS

Course conductor: **Dr. Rupal Shah (Physiotherapist)**

Topics covered will be :

1. Understanding your body during different stages of pregnancy and foetal growth in the womb.
2. Yogasanas/Exercises starting from 2nd trimester.
3. Breathing techniques-Postural correction.
4. Safe pain relief measures and remedies for some common discomforts.
5. Do's and Don'ts in presence of Rectus Diastasis.
6. Diet tips.
7. Recognizing signs of Labour.
8. Lamaze breathing and different breathing techniques during the 3 stages of Labour.
9. Care after C-section.
10. Breast care & different breast feeding postures.
11. Care of New born baby.
12. Postnatal Care

Yours Sincerely,

**Shailesh Hathi,
Convenor, MbiAP**

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PRENATAL-POSTNATALWORKSHOP for PHYSIOTHERAPISTS

Registration form:

Name: _____

(Use Block letters)

Contact No: _____

IAP Membership No: _____

Email id: _____

Date : 6th – 7th August, 2016

Workshop fees : Rs. 4000/-

Mode of payment : Cash/ Cheque-drawn on MBIAP
(Write your full name & contact number behind cheque)

Last date of Registration: 25 July-2016

Course Coordinator : Dr. RUPAL SHAH – Physiotherapist

Contact : Dr. Rupal Shah: 95942 85221

Fees includes : Certificate, Handouts, Tea-snacks & Lunch

Venue : will be messaged to participants duly.

Dress code : loose comfortable and stretchable clothing.

Yours Sincerely,

Shailesh Hathi,
Convenor, MbiAP