

Fortis Mamma Mia organises Yoga session for Women

- *Benefits of yoga on general wellbeing of women explained*

Mohali, June 21, 2017: On the eve of International Day of Yoga, **Fortis Mamma Mia, Mohali** organized a workshop “Yoga for Women” to celebrate the spirit of holistic health. The session was led by **Dr. Rabia (PT)** as more than 60 women from three cities participated enthusiastically to do yoga here today. The hour long yoga session started with breathing exercises followed by the simple ‘asanas’ and finally concluded by the ‘yog-nidra’ session. The session was well received and request for such more sessions also solicited.

Yoga, as defined in Ministry of AYUSH, is a spiritual science for the integrated and holistic development of our physical, mental and moral spiritual aspects of being. The philosophy of Yoga is practical and applicable in our day to day living¹. The art of practicing yoga helps in controlling an individual's mind, body and soul. It helps manage stress and anxiety, improving respiration, energy and vitality.

According to **Dr. Rabia**, *“Regular yoga practices ensure a balanced mind, body and soul coordination. Yoga teaches the special breathing techniques, Pranayama, which enhances physical and emotional health of women by managing the stress levels, improving their ability to deal with mood swings, increasing the sense of well-being and self-awareness.”*

Speaking about the benefits of yoga for women, Dr Rabia further elaborated, *“Yoga is beneficial for women of all age groups. Along with the appropriate medical management, yoga works wonders for PCOS, menstrual pain, infertility, hypertension and other ailments. With the fast changing lifestyle modifications and increased pressure at work places, yoga is an easy and much needed fitness alternative. Yoga is also known to have numerous benefits for the expecting and new mothers.”*

Fortis Mamma Mia is one-stop comprehensive destination for the expecting and the new mothers. To help the expecting mothers, Fortis Mamma Mia has scheduled special Yoga Session on 23rd and 24th June 2017. The session will emphasis on the advantage of working out with partner. Before the session ended, she discussed an easy- to- follow regime with the participants and gave them some special tips that would help them stay in shape.

Mrs. Purna Singh, a participant and expecting mother who participated at the workshop, said, *“The yoga session at Mamma Mia was a refreshing and cherishing experience. I am sure these yoga sessions are proving a boon to my baby and will help me recovering from post-delivery challenges.”*

About Fortis Hospital Mohali

Press Release

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Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.

About Fortis Healthcare Limited

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