



MAHARASHTRA EDUCATION SOCIETY'S

(Since 1960)

MES COLLEGE OF NURSING

Institute of Health Science, Ghanekhunt- Lote,

Tal- Khed, Dist- Ratnagiri, 415722

ADD ON COURSE

TOPIC:

ANTENATAL AND POSTNATAL EXERCISES

ACADEMIC YEAR: 2021-22

TOTAL HOURS: 16 HRS

**DATE: 21/07/2023, 22/07/2023 and
24/07/2023**

VENUE:

4th year B. B. Sc Nursing Classroom

ORGANIZED BY,

**Department of Obstetrics &
Gynecological Nursing,**

MES College of Nursing

Ghanekhunt – Lote, Tal- Khed, Dist- Ratnagiri-

INTRODUCTION OF THE COURSE:

Antenatal exercises are those exercises performed by women during pregnancy, which stimulate circulation and gives a feeling of well being to the clients. postnatal exercises are those that are performed after delivery and will help women to regain their former level of well being. The add on course “Antenatal and postnatal exercises” focuses on improving students knowledge and practice on this exercises and they can guide and teach the antenatal and postnatal mothers regarding selected exercises which will help them to get relief from the minor ailments experienced by mothers during antenatal and postnatal period and promote a normal vaginal delivery.

OBJECTIVES OF COURSE:

- To understand about Antenatal and Postnatal Exercises.
- To prepare client for Antenatal and Postnatal Exercises.
- Discuss regarding various techniques related Antenatal and Postnatal Exercises.
- To demonstrate skills in teaching clients to perform Antenatal and Postnatal Exercises.

SCHEDULE OF COURSE

TIME AND DATE	CONTENT	RESOURCE PERSON
21/07/2023 8.30 To 9.30 am	Inauguration /Pre test	Ms.Snehal Pachupate
9.30 to 10.30 am	Orientation of syllabus and Explain Importance of exercise	Ms.Divya KM
10.30 to 11.30 am	Explain Introduction and objectives of Antenatal and Postnatal Exercises	Ms.Divya KM
11.30 to 12.30 pm	Explain Meaning of Antenatal and Postnatal Exercises.	Ms.Asiya Bamane
12.30 to 1pm	LUNCH BREAK	
1 to 2 pm	Explain importance of Antenatal Exercises	Ms.Snehal pachupate
2 to 3 pm	Preparation of Antenatal Exercises	Ms.Snehal Pachupate
3 to 4 pm	Explain techniques of Antenatal Exercises	Ms.Asiya Bamane
22/07/2023 8.30 To 9.30 am	Demonstration of performing Antenatal Exercise	Ms.Snehal Pachupate

TIME AND DATE	CONTENT	RESOURCE PERSON
9.30 to 10.30 am	Demonstration of performing Antenatal Exercises	Ms.Asiya Bamane
10.30 to 11.30 am	Demonstration of performing Antenatal Exercises	Ms.Snehal Pachupate
11.30 to 12.30 pm	Re-demonstration of performing Antenatal Exercises	Ms.Archana Kamble
12.30 to 1pm	LUNCH BREAK	
1 to 2 pm	Explain Importance of postnatal exercises.	Ms.Bushra Karjekar
2 to 3 pm	Explain Preparation for postnatal exercises	Ms.Anjali Devlatkar
3 to 4 pm	Explain techniques of Postnatal exercises.	Ms.Bushra Karjekar
24/07/2023 8.30 to 9.30 am	Demonstration on performing various postnatal exercises	Ms.Asiya Bamane
9.30 to 10.30 am	Demonstration on performing various postnatal exercises	Ms.Archana Kamble
10.30 to 11.30 am	Re-Demonstration on performing various postnatal exercises	Ms.Anjali Devlatkar
11.30 to 12.30 pm	Post test/Feedback, Validatory	Ms.Snehal Pachupate