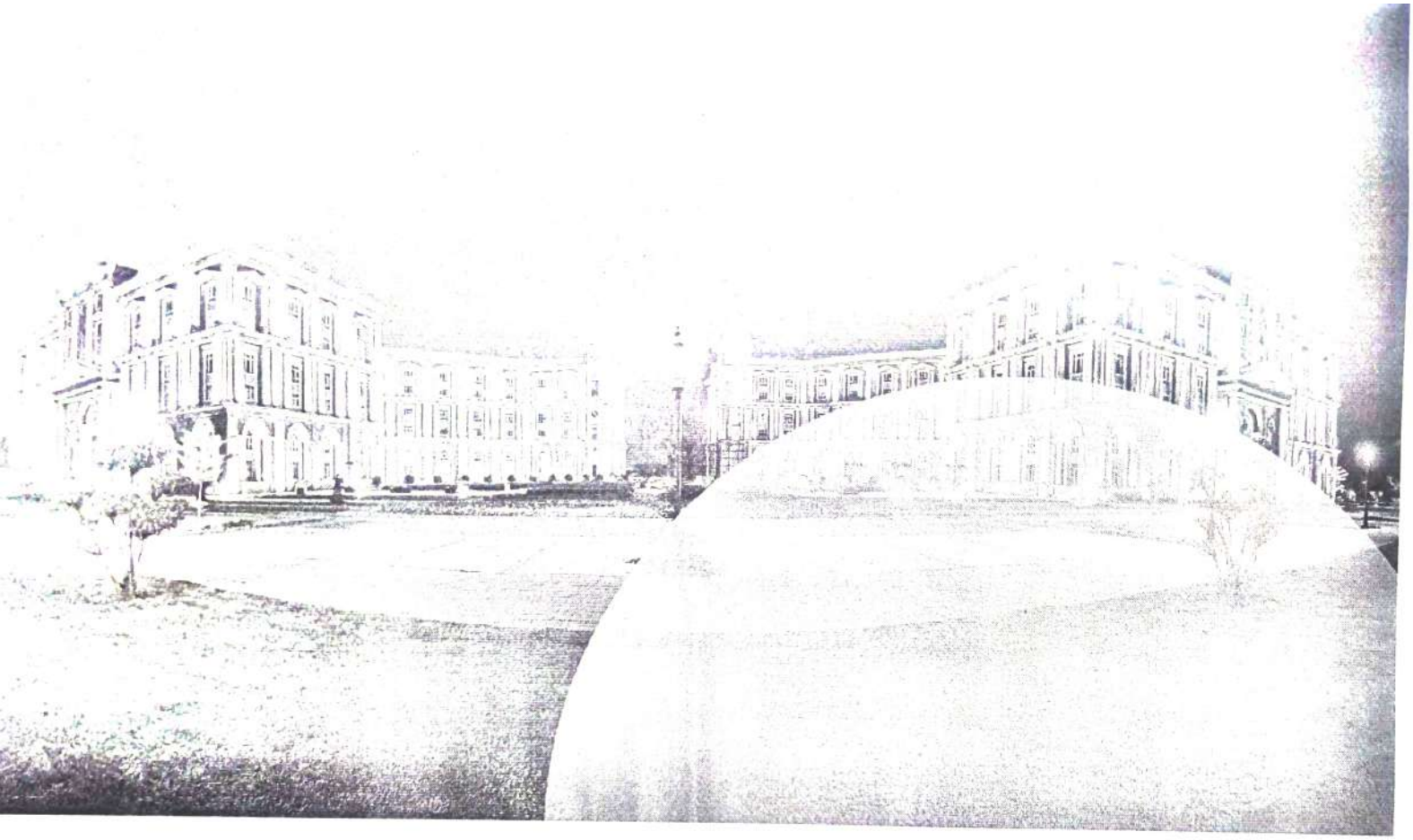


Awareness Programme on Antenatal & Postnatal Physiotherapy and Breastfeeding Education

SCHOOL OF HEALTH SCIENCES

Dr Feba Roy, Dr Jagrruthi N.S

24-08-2026



DAYANANDA SAGAR
UNIVERSITY

A+ GRADE NAAC

INDEX

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Details of the Guests
5. Brief Description of the event
6. Photographs
7. Brochure or creative of the event
8. Schedule of the Event
9. Attendance of the Event
10. Feedback of the Event

1. Introduction of the Event

The Awareness Programme on Antenatal & Postnatal Physiotherapy and Breastfeeding Education was conducted to educate expectant and new mothers about the importance of physiotherapy during pregnancy and after childbirth. The programme focused on promoting safe exercises, proper posture, prevention and management of common pregnancy-related musculoskeletal discomforts, postpartum recovery, pelvic floor health, and the role of physiotherapy in restoring functional well-being. Breastfeeding education was also provided, highlighting appropriate breastfeeding practices, positioning, attachment, and the benefits of breastfeeding for both mother and baby. The programme aimed to empower women with practical knowledge to support a healthy pregnancy, smoother postpartum recovery, and improved maternal and infant well-being.

2. Objective of the Event

- To create awareness among antenatal and postnatal women about the role and benefits of physiotherapy during pregnancy and after childbirth.
- To educate mothers on safe exercises, posture, pelvic floor care, and strategies to prevent or manage common pregnancy- and postpartum-related musculoskeletal problems.
- To promote awareness of breastfeeding practices, including proper positioning, attachment, and the benefits of breastfeeding for both mother and baby.

3. Beneficiaries of the Event

1. Pregnant women
2. Postpartum mothers
3. Women of reproductive age from the local community
4. ASHA workers of neighbouring villages

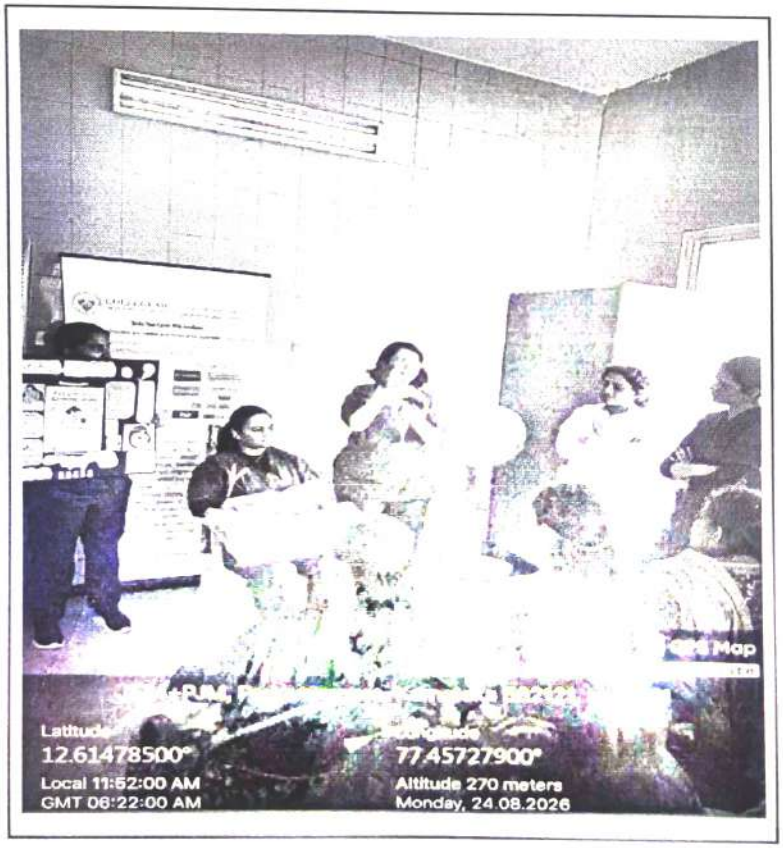
4. Details of the Guests

The awareness programme had no guets

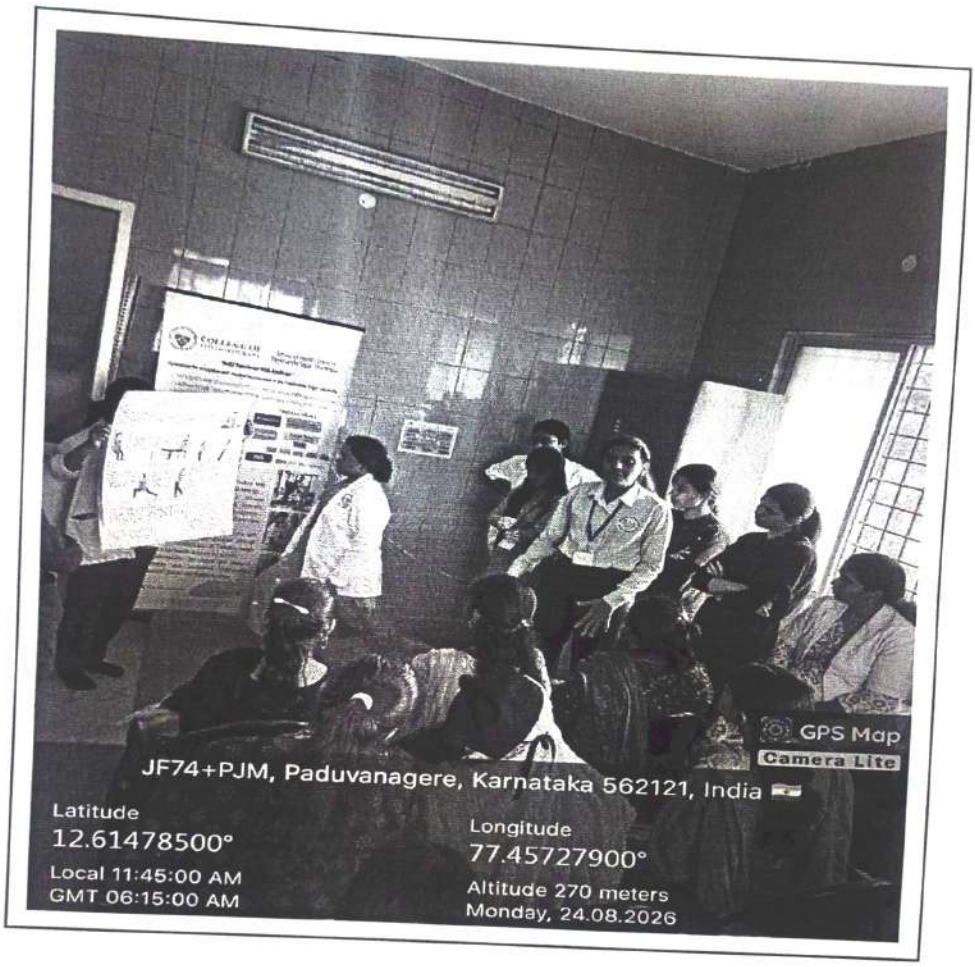
5. Brief Description of the event

The College of Physiotherapy, School of Health Sciences, Dayananda Sagar University, conducted a community awareness programme on Antenatal & Postnatal Physiotherapy and Breastfeeding Education on 24 August 2026 at Paduvanagere Village PHC, Kanakapura. The programme focused on educating mothers about the benefits and techniques of breastfeeding, antenatal and postnatal physiotherapy, and strategies for promoting maternal and infant health. The session included health education, demonstrations, interactive discussions, and an informative skit presented by 4th BPT and PG OBG Physiotherapy students, providing them with valuable community-based learning experience.

Photographs



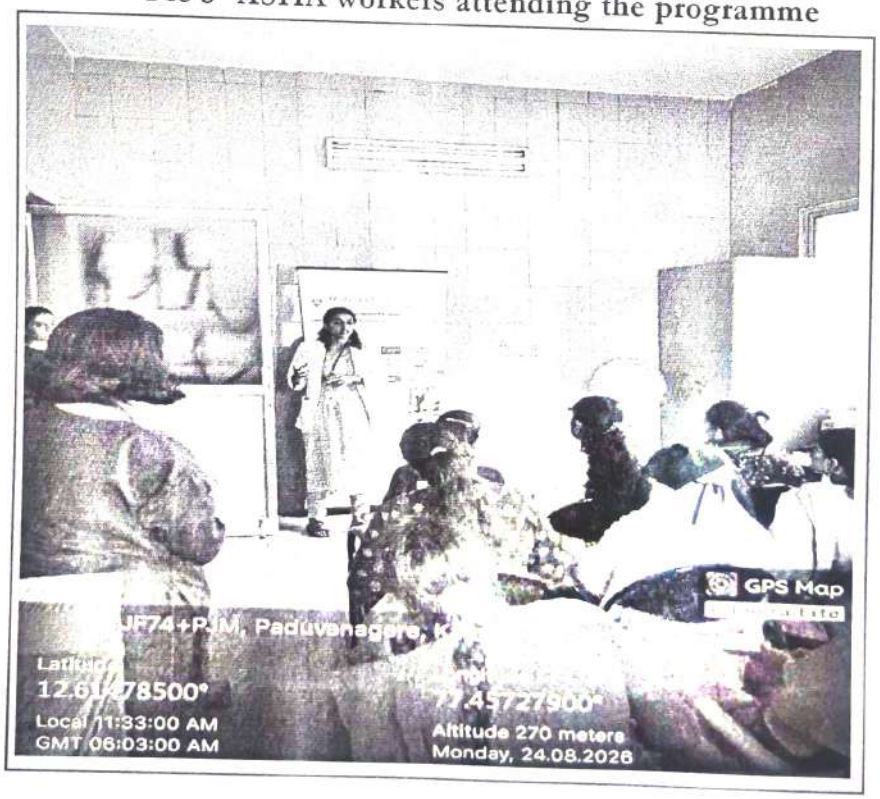
Pic 1 – Breastfeeding Education



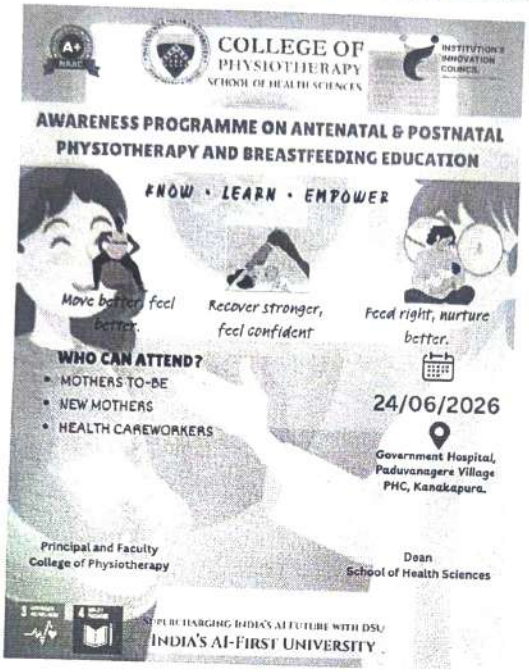
Pic 2 – Demonstration of Antenatal Exercises



Pic 3- ASHA workers attending the programme



7. Brochure or creative of the event



8. Schedule of the Event

24-08-2026 from 11 am to 12 pm

9. Attendance of the Event

Attendance of the event has been attached to the report

11. Feedback of the Event

There was no feedback for this event

12. Certificate of the Event

There was no certificate for this event

Signature of the Coordinator

Seal and Signature of the Head of Department with date

Awareness Programme on Antenatal & Postnatal Physiotherapy and Breastfeeding Education

Attendance Sheet

Date- 24-08-2026

Sr. No	USN	Student Name
1	HSC19PT0024	ILA M
2	HSC22PT0044	SANTHOSH S
3	HSC22PT0049	SOMU JASWANTH
4	HSC22PT0050	SRIDHAR N M
5	HSC23PT0001	AFSANA BANU M
6	HSC23PT0002	AISHWARYA
7	HSC23PT0004	AYSHA SIDDIKHA KHAN
8	HSC23PT0007	GOUTHAM KOLUR
9	HSC23PT0009	ISHA SHARMA
10	HSC23PT0011	KAVANA S
11	HSC23PT0014	POOJITHA N
12	HSC23PT0015	PREMANJALI J
13	HSC23PT0016	PRUTHVI R
14	HSC23PT0018	RAKSHITHA
15	HSC23PT0019	RAKSHITHA SOUMYA
16	HSC23PT0021	SHILPASHREE G
17	HSC23PT0022	SHREE RAKSHA A
18	HSC23PT0023	SNEHA PARASAPPA ASANGI
19	HSC23PT0024	SPOORTHI J
20	HSC23PT0026	SURAJ KAJAGAR
21	HSC23PT0027	USHA