

# CHILDBIRTH CLASSES IN

# हिन्दी

at Conference Hall, LJF Block  
**Fernandez Hospital, Bogulkunta**



## **CLASS II - Every Tuesday**

After 30 weeks gestation

CONTENT -

- Labour stages and Pain management
- Breathing awareness and Relaxation
- Comfort measures & Healthy birth practices

## **CLASS III - Every Saturday**

After 32 weeks gestation

CONTENT -

- Movements
- Exercises and positions in Labour
- Partner support
- Massage and Breastfeeding basics



*(NOTE - Class III to be attended only after attending Class II)*

**FH FERNANDEZ**  
HOSPITAL  
Health Care for Women & Newborn

**For more details and registration please contact**

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