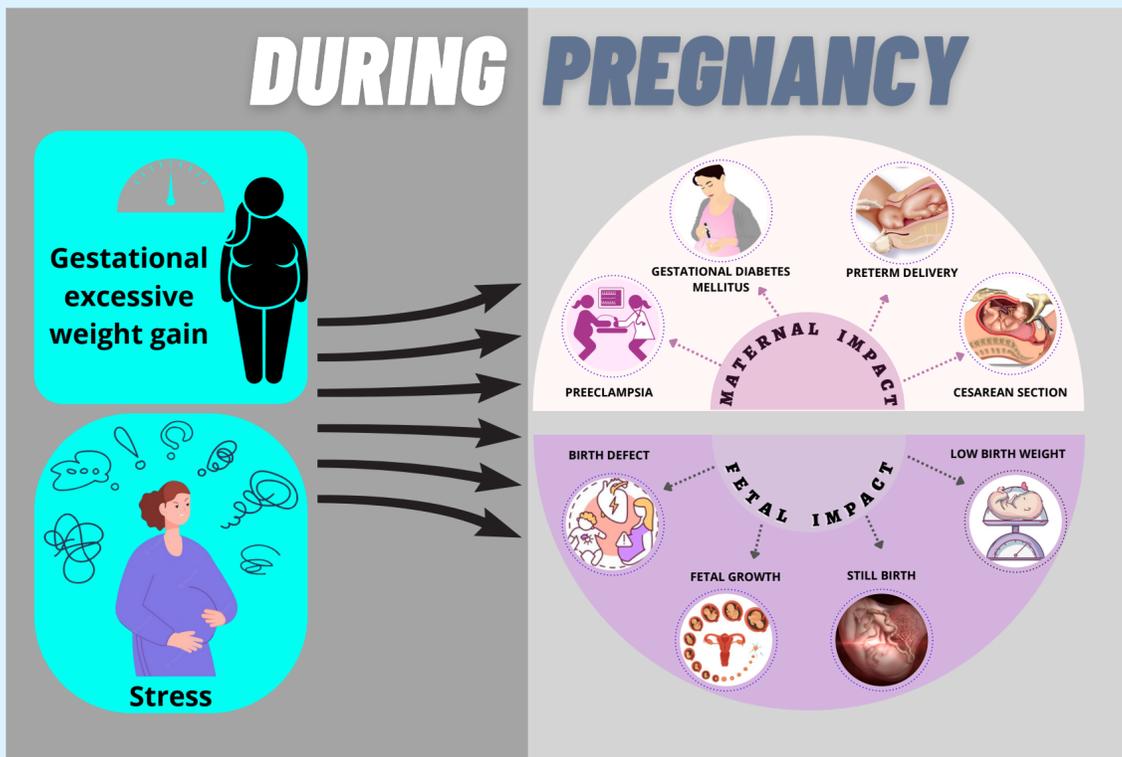


INTERNATIONAL DAY OF YOGA

21st June 2023

YOGA FOR PREGNANCY



CIMR in collaboration with Department of Obstetrics & Gynaecology conducted a study which demonstrated a clinically significant impact of yoga during second and third trimester of pregnancy on gestational weight gain and also on maternal psychological stress in pregnancy.

