

PRESS RELEASE

For Immediate Publication



50 Expecting Mothers walk the ramp to celebrate the spirit of Motherhood this International Mother's Day at Fortis Noida

Celebrated TV & Film Actress Jayshree Arora graced the occasion with her presence

Noida, May 13th 2018: In a special initiative to celebrate the spirit of motherhood, Fortis Hospital Noida organized a ramp walk which witnessed participation from would be moms all across Delhi/NCR. The event featured more than 50 pregnant ladies who came together to cherish the most exciting part of a woman's life "Motherhood".

Mrs. Jayshree Arora, Renowned Film & TV actress was the chief guest for the occasion. Jayshree is a known Kathak and Manipuri dancer and known for her outstanding performance in Bollywood flicks Chak De India, Mujrim among others. She is currently associated with Hindi soaps such as Sapne Suhane Ladakpan Ke, Diya aur Baati Hum and Dev.

Other highlights of the event included interactive sessions with gynaecologist where dos and don'ts of pregnancy were discussed along with Yoga Sessions. Fortis Noida appreciated all the expecting mothers with tiaras, participation certificates and loads of gift hampers.

Dr. Monika Wadhawan, Senior Consultant Department of Obstetrics and Gynecology, Fortis Hospital, Noida said "The ramp walk was a great motivation for all the expecting ladies. It illustrated how pregnant women can carry themselves confidently. You can never understand what life is until it grows inside you."

Dr. Pinak Moudgil, Director, Fortis Hospital, Noida said, "Motherhood should be enjoyed at all the stages. Would be Mothers should take the maximum care of themselves as Healthy Children will help us build a healthy Nation."

According to American Pregnancy Association, during pregnancy the mother's body goes through many changes, which creates stress on the mother mentally and physically. The best way to maintain a healthy mind and body is prenatal yoga. Prenatal yoga focuses on poses for pregnant women, in order to increase strength and flexibility. It also helps pregnant women to develop proper breathing and relaxation techniques for easier and more comfortable labor.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 374 diagnostic centres.

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