

**Departments of OBG Nursing, Yenepoya Nursing College**  
**Report on extension activity: Health awareness talk for ASHA workers**  
**Tips to ensure healthy pregnancy**

Department of OBG Nursing, Yenepoya Nursing College observed National safe motherhood day on 24<sup>th</sup> May 2022 by organizing an extension activity on " Tips to ensure healthy pregnancy – A health awareness talk for ASHA workers" at Amblamogaru PHC, Eliyar Padavu, Mangaluru. The inaugural started with prayer. Ms. Vinitha D'Souza Asst. Professor, Dept of OBG (N) welcomed the gathering. Mrs. Janet Miranda, Vice Principal, Yenepoya Nursing College addressed the gathering. The resource person Dr. Kavya S.R, Associate Professor, Dept of Prasuti tantra and streeroga (OBG), Yenepoya Ayurveda Medical College and Hospital, Mangaluru delivered a health awareness talk to the ASHA workers on "tips to ensure healthy pregnancy" followed by a brief interactive session. The resource person focused on prenatal visits, nutrition, exercise and the role of family in promoting healthy pregnancy. A total of 11 ASHA workers of Amblamogaru PHC benefitted from the program. As a token of gratitude Mrs. Janet Miranda, Vice Principal, offered a Certificate to the resource person. The program ended with certificate distribution to the ASHA workers and thanks giving by Ms. Amisha S Amin, Asst. Professor, Dept. of OBG (N). The program was compered by Ms. Vinitha DSouza, Asst Professor, Dept of OBG(N). Three faculty from Yenepoya Nursing College participated in the program. Feedback was collected. Beneficiaries appreciated the program. Programme ended with distribution of refreshments.



**Figure 1: Inaugural program with prayer**



**Figure 2: Interactive session**