

# Womens CENTER



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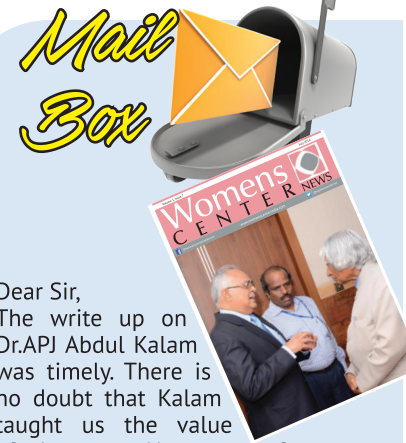
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What's Trending



Dear Sir,  
The write up on Dr.APJ Abdul Kalam was timely. There is no doubt that Kalam taught us the value of dreams. He came from a very humble background. This, however, did not prevent him from dreaming big. Through his life and his achievements, he has taught us a very valuable lesson: think big, no matter what your background is. I am also happy to note that Womens Center had dedicated itself to follow the principles which Kalam preached and stood for during his life time. I wish Womens Center team all the very best.

Sangeetha Nambeesan  
Puliakulam, Coimbatore

I am writing this to convey my heartfelt thanks to the team of doctors at your center. I had come to your hospital when I failed to conceive three years into my marital life though I was averse to the idea of seeking medical help initially. However, after I reached your hospital, I achieved successful pregnancy through an IVF procedure. Today, I'm the mother of a two-year-old girl child who is our joy and strength. Thanks to the expert medical treatment I received at your center. Today, whenever someone comes and tells me that motherhood is still a distant dream for her after having waited for a long period, I don't hesitate to share my experience with her and the pleasant and wonderful medical care received at your center and end up recommending your hospital for such want-to-be mothers. Once again, a big thanks to you for blessing us with a happy life.

Merin Mathew  
Ollur, Thrissur

(Do you like some of the articles appearing here? Or do you expect something more? We appreciate your views and love to hear from you. Mail your voice to [info@womenscenterinda.com](mailto:info@womenscenterinda.com))

From Editor's Desk



Dear Reader,  
We live in interesting times. The times are interesting, because, what was yesterday's taboo becomes today's norm! What brings about such changes? To a great extent it is the advancement in science and technology I must say.



Otherwise, how will you account for the recent discovery that cockroaches are a rich source of milk proteins? I can already see your face turning in disgust. I can also see that you are having an uneasy feeling inside the stomach. But wait a moment.

For, this is fact. Scientists have discovered that roach milk protein has thrice the calorific content of buffalo milk. Enthused by the discovery, they also confirm if you are looking for a complete food - calorifically high and time-released - then nothing can beat the roach milk protein crystals!

Look, how the perennial menace called cockroach from an unwelcome guest has suddenly emerged as the savior of the mankind? The discovery also perhaps explains how this species survived to date overcoming thousands of years of geological upheavals to reveal its virtues now!

You can read more about this in the inner pages. Some virtues are hidden and suddenly discovered like in the case of roaches. However, some virtues are forgotten only to be re-discovered later. Yoga which is in currency today is one for instance.

Inside the pages, you will find an article on pregnancy yoga. Pregnancy yoga, if practiced under the guidance of a well-trained teacher under a favourable environment can make pregnancy and childbirth a healthy joyous affair.

At Womens Center we have tied up with Isha Arogya to bring about Isha Thaimai - a pregnancy-related yoga package. The yoga sessions to be held at our Center in Coimbatore, I am sure, would be beneficial to hundreds of expecting mothers.

Further, I am also happy to note that the initiative we took in association with Mangayar Malar to promote women's health was a grand success as the sessions in six major cities in the country benefitted hundreds of participants.

In the days to come, you can expect more such initiatives from our side. For, we believe that as a society it is our duty to protect the health, physical and mental well-being of our women who toil day in and out for the betterment of her families.

We are also humbled by the huge response we received for the write up we carried on Dr.APJ Abdul Kalam in the last issue. The response only confirms the popularity that Kalam enjoys and the eternal love and affection people still hold for him.

Yours,

*Dr. K.S. Govindarajan*  
Dr.K.S.Govindarajan  
Editor-in-Chief



# Pregnancy YOGA

## Womens Center Shows The Way

Yoga is an ancient form of exercise which contributes to the holistic living of individuals. It has a spiritual approach to relaxing both the mind and body. Yoga can be extremely useful for expecting mothers.

If performed under a well-trained guru, expecting mothers can successfully surmount mood swings, fatigue, sickness, painful leg cramps and breathing problems. Yoga can not only bring great mental and physical relief to pregnant women but if practiced under proper care, it can also ensure smooth delivery.

It was in the recent past former Miss Universe and Bollywood actress Lara Dutta became the mother of a baby girl launched her pre-natal yoga DVD "Heal with Lara" under pre-natal yoga expert Tonia Clarke.

The initiative taken by the Bollywood Celebrity only points to the significance of pregnancy yoga, which is now developing as an important fitness trend among the would-be mothers.

The aim of pregnancy yoga, according to experts, is to help the mother bring the unborn into the world with minimum hassle, free of any health complications. The positions and exercises across the three trimesters of pregnancy may differ.

However, the most important thing to be remembered is that pregnancy yoga should be done under expert supervision and in a favourable environment which includes considering one's health history.

Those who are desirous of doing pregnancy yoga should not rush into the same without prior medical consent especially because the first three months of pregnancy are a crucial period.

Having said that the benefits of pregnancy yoga cannot be wished away and hence Womens Center has tied up with Isha Arogya to introduce

expecting mothers to Isha thaimai which is a holistic programme for pregnant women.

The programme is specially designed by Sadhguru for expecting mothers and it provides them with awareness and knowledge about her unborn child thereby creating a happy and healthy pregnancy, childbirth and parenthood.

In this programme, audio-visual presentations, group activities, lectures and demonstrations are used to explain in simple terms the various stages of pregnancy, delivery, neo-





natal care, the importance of breast feeding and childcare.

Powerful meditation techniques, pranayam and yogasanas are also taught by experienced and trained Isha Yoga teachers. The programmes makes the would be mother aware of the importance and responsibility of bearing the child.

These in turn allow the expecting mothers to cultivate a healthy body and mind besides deepening the bond with the child. Indian culture has an elaborate system to take care of the pregnant women.

**Isha Thaimai in association with Womens Center is eager to pass on the benefits of pregnancy yoga. For, it believes that pleasant pregnancy is of paramount importance for the expecting mothers and also for the next generation.**



## Special Features

Audio-visual sessions that explain about: menstrual cycles, fertilization, delivery, neonatal care, breast-feeding, child care, child-growth and development.

Group discussions and interactions to learn about common issues faced by pregnant women, and to bring understanding and strength in facing the difficulties.

Simple yet powerful yogic practices, meditations and pranayams for a stress-free, healthy pregnancy.

Demonstrations that show the benefits of nutritious food.

Group games to relax, experience a sense of togetherness and break personal limitations.

Creative activities to bring forth one's innate joy in creating something beautiful and sharing it with others. This experience helps to connect with the act of creation silently happening within the mother's womb.

An opportunity to experience the bond between mother and child.

### Sharings:

This program has helped me overcome fear. The asanas and kriyas helped me tremendously. Games and crafts helped me smooth out the pregnancy aches and made me more creative and confident.

– Gayathri, Chennai

Attending this Thaimai program has been an eye opener for me. I came to understand and appreciate the science behind the formation of this tender life within me, through lucid talks and vivid presentations.

– Poornima, Chennai

There were issues which I could not discuss with my own mother, but this program provided me with a platform to clarify all my doubts and apprehensions regarding pregnancy and delivery.

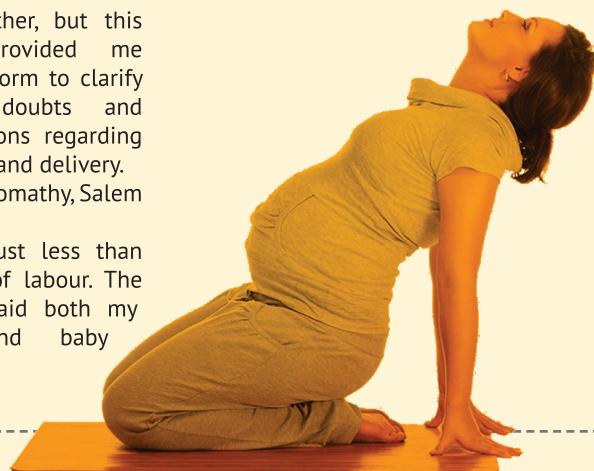
– Gomathy, Salem

I had just less than an hour of labour. The doctors said both my body and baby

progressed through it very well. I was conscious throughout and accepted the fact that the pain is inevitable. With the help of Isha Thaimai I experienced the beauty of natural birth. It was very effortless and quick.

– Divya, Chennai

**Pregnancy Yoga sessions would be held at Womens Center, Coimbatore starting August 3, 2016. It would be held once a week on all Wednesdays with two-hour duration starting from morning 10.30. If you are interested, you may contact us at: 8220829722 or 9894124126 for further details**







# Womens Center-Mangayar Malar Initiative A Massive Hit

Most women today are educated. Many of them are also well-placed professionally. They enjoy economic independence compared to their counterparts in the olden days. This economic independence has also empowered them with the power to take own decisions concerning

their lives. But, does it mean that they take care of their physical and psychological well-being? It is actually a million-dollar question. For, when it comes to health, women still have miles to go. Buckled down by professional stress and domestic issues, women mostly neglect their health as they keep away from nutritious food and daily physical exercise. If you ask them the reason for such neglect, most of them come up with the lame excuse – no time!

It is under these circumstances,

Womens Center associated with Mangayar Malar to promote women's health by organising a series of awareness camps which dealt with issues of women's health – ranging from puberty to pregnancy. The awareness camps were conducted in Coimbatore, Salem, Tiruchirappalli, Bengluru, Madurai and Chennai for a period of three months which concluded in June.

The camps were thronged by hundreds of women from different walks of life and a team of medical experts on women's health headed by Womens Center Clinical Director Dr.Mirudhubashini Govindarajan addressed the issues raised by them explaining why healthy women are the pre-requisite for a healthy

society. Dr.Mirudhubashini explained different health-related issues arising from puberty,menstrual cycle, pregnancy, prenatal and neonatal care and menopause among others. The committed physician in Mirudhubashini also found time to have one-on-one meeting with those participants who wanted to clear their doubts in privacy.

"We had a three-hour session at each camp. A lot of women participated and raised a number of queries and many of them were interesting and informative. We did our best to clear their doubts. The kind response we received shows that there is room for more such awareness camps. If everything goes well we will continue to hold more such sessions", said



## Excerpts from Dr.Mirudhubashini's Q&A Sessions

**How important is women's health? How a woman should take care of her health?**

As far as our country is concerned, the truth is that we are yet to extend expert medical expertise to our women. We attach a lot of importance to general illnesses but not diseases which are specific to women. No one really cares about the health of women who toil day in and out to take care of the entire family. It is the responsibility of the family members to take a woman to hospital if she suffers from any health-related problem. This way, we can save the lives of many women.

**What is the ideal age for a woman to get pregnant?**

Thirty years is the ideal age for a woman to get pregnant. If a woman achieves pregnancy before she attains this age she can expect to give birth to a healthy baby.

**How long the couple should wait for achieving pregnancy before consulting a gynaecologist?**

If the couple fails to achieve pregnancy even after a year into marital life, then, they should consult a gynaecologist, undergo the required examinations, so that the problem could be diagnosed and fixed.

**Some women complain of swelling of breasts before menstruation and also pain? Why is it so?**

Premenstrual breast swelling and tenderness are common symptoms of premenstrual syndrome or PMS. Women with this condition often notice large, benign lumps in their breasts prior to their monthly periods. Symptoms tend to appear a week before the period and disappear almost immediately when menstrual bleeding begins. Fluctuating hormone levels account for most episodes of premenstrual breast swelling and tenderness. Production of the hormone – progesterone – causes the milk glands to swell. Breast swelling happens because progesterone levels rise during the week before menstruation.

Dr.Mirudhubashini.

Participants in the programme found the sessions interesting and educative and what is more they were happy that they could clear all their doubts without any inhibitions at one sitting. "Generally, you have to fix a prior appointment with your gynaecologist. Even then, you may not be able to clear all your doubts. But, this programme did not have any such hassles", said Radha, a resident of Salem.

Vanaja who hails from Coimbatore admitted that she was afraid to see a gynaecologist though she was facing a number of health-related issues. "But, I walked into this session and found myself talking to Dr.Mirudhubashini. After meeting her, I understood that my health issues could be corrected. The meeting made me very confident", said Vanaja.

One of the sessions had also a surprise visitor for Mirudhubashini who was no one other than

Zareena Kant. "Some 30 years back, Dr.Mirudhubashini had attended to my delivery. She had to do the delivery in a candle light because the power went off due to heavy rains. In appreciation of what the doctor did, I named by daughter too Mirudhubashini. I never thought that I would be able to meet the doctor again after so many years", said Zareena Kant, a Chennai resident.

During the interactive sessions, Mirudhubashini explained that the society cannot make any progress if its women remained unhealthy. She also, however, pointed out that women's health is yet to top the agenda. "We give lots of importance to general health issues. But, when it comes to women's health, we're still backward. Many women suffer from a number of complications in silent agony. If only the men show a little more compassion and take them to medical experts, they will lead a better and healthier life", Mirudhubashini said during a session.





**Clinical Director**  
Dr. Mirudhubashini Govindarajan,  
FRCS - Canada



**Q** I got married around a year back and now I am on my family way. My problem is that I am very lean. Will this affect the health of my baby? How can I put on weight? What should I eat? Is there any food I should stay from? I would be grateful if you could advise me appropriately.

*Mrs.RT, Chennai*

**Answer** You should get your Doctor to calculate your BMI (a calculation based on your weight / height ratio). If your BMI is too low, you should actively try to increase your calorie and protein intake, consult a Dietician, review your current intake and find out ways of optimizing intake. Generally protein rich foods such as milk and milk products, nuts, lentils, eggs and any non-vegetarian food can be beneficial. Avoid excessive sugars such as biscuits, bakery items, Indian sweets, soft drinks and even excessive fruit juices.



**Q** I am a 36-year-old married man. I got married some four years back. I waited for three years and still my wife failed to conceive. This forced us to approach a fertility clinic where I was told that my body does not produce any semen at all. The doctors also told me that the only my wife would have to depend on donor sperm if she wants to get pregnant. This revelation has come as a shock to me as I am not comfortable with the donor sperm idea. Is there any other way to correct my deficiency? Kindly advise me.

*RLN, Tiruchirappalli*

**Answer** Many men who have no sperm in their semen may still be producing them. There may be adequate sperm production, but due to obstruction or other problems, it may not be coming out. In such cases, we can retrieve the sperm from inside and successfully produce a pregnancy with their own sperm. You should have a thorough examination by a team of Andrology and Fertility specialists to find out the reason for your problem and the further course of treatment possible as many such problems do have specific remedies.



**Q** I'm a 26-year-old spinster who works for a BPO firm based in Bangalore. These days, I read a lot about pollution, job-related stress and such other things which can have an adverse impact on successful pregnancy. I planned to get married only after four years and by that time I don't know whether my body would be able to produce healthy eggs. Somewhere I read that I could freeze my eggs when I am healthy. Is it okay to do that? If so, what is the procedure? Do you offer such a facility? Please give me a reply as I am really worried.

*Mrs.RT, Chennai*

**Answer** First of all, please do not call yourself a Spinster at the age of 26. The ideal age for having a baby is now thought to be between 25 and 30. You still have time. I would not advise egg freezing procedures for you at this time. Even though we can offer such procedures in appropriate circumstances (for instance, women who have to undergo cancer treatment) – in your particular situation, a natural approach would be much more beneficial than what we call social egg freezing. Anyway for reassurance, you can consult a Fertility unit to assess your ovarian reserve or the existing fertility potential.



**Q** I am a 30-year-old married woman. I conceived my first baby some two years back. But, it ended in an abortion when I was two months into pregnancy after I slipped inside the bathroom. It was a very painful experience and I am yet to get over its shock. My husband assures me that it is safe for me to become pregnant again. But, I am not sure. Should I consult a doctor? Should I undergo any specific tests? I hope you will clarify my doubts.

*Mrs.FMA, Madurai*

**Answer** Since your adverse pregnancy outcome was two years ago and you are crossing 30 years, you should try for the next pregnancy without postponing it for too long a period. Beyond 30, in some women fertility problems can become more common. Waiting for too long is neither beneficial nor needed after an abortion. Some information about a miscarriage – it may not be related to your fall at all. The majority of miscarriages happen because the developing baby may not be chromosomally normal and nature usually terminates such pregnancies. Please do see your gynecologist and do the usual prenatal test such as a physical examination, Hb, blood sugars, thyroid function tests before you start trying. You should be on vitamin (folic acid) therapy also.

**(Do you have a medical problem? Do you need any advice? Then don't think. Shoot your questions right away to [info@womenscenterindia.com](mailto:info@womenscenterindia.com))**



# A soulful sojourn for womanhood



Maternity care and fertility treatments are fast growing fields of medical and health sector. With infertility becoming one of the most common concerns of the young generation, a new age in infertility treatments has evolved out with the help of technological advancements and high end research programmes. Benefitting from the modern research solutions, the Womens Center, a chain of hospitals located in Coimbatore, Chennai, Salem and Tiruchirappalli, is making a breakthrough in IVF treatments, maternity care and women's health care in South India.

Guided by Clinical Director Dr. Mirudhubashini Govindarajan FRCS(C) and Managing Director Dr. K. S. Govindarajan, the Center has completed 25 years of its services, making considerable contribution to the women's health care sector in India. Being the first centre in the country to obtain ISO



9001:2008 and ISAR Certification, the Center has made a long lasting impression upholding its obsession to quality care.

The Center has proven its excellence in the three areas including feto-maternal medicine including high-risk pregnancy care, reproductive medicine or infertility management through technologies like IVF (test tube babies), and clinical obstetrics and

gynecology. The Center is a holistic 100-bedded facility catering to all the needs of women's health in Coimbatore, Tamilnadu.

Maternity care and neonatal care are two growing sectors of the health care industry in India. The number of such institutions has made a jump in the recent times as well as IVF treatment hubs. Selecting the right treatment destination

from freshly sprouted up institutions has become quite an effort now a days. It is when the ensemble team of professionals at Womens Center matters. The combined work experience of the professional staff at the Center is well over a 100 years in the field of women's health.

Childbirth is one of the most divine things in the life of a human being. It is that special feeling one wants to savour at the most calm and soothing environment, not to mention the desired emotional backing. The Center has paid a lot of effort to make its campuses as much patient friendly as possible so that they would feel it like home. The ambience itself has a

therapeutic effect.

In all the departments at the facilities, focus has been given to build a patient-staff rapport which is encouraging, understanding and emotional support from the part of the staff. This has made the Center a favourite for the visitors, a home away from home.

## The Center offers

- ▶▶ State of the art infertility treatment
- ▶▶ Well set up NICU
- ▶▶ Preventive care
- ▶▶ Adolescent care
- ▶▶ High Risk Pregnancy Care
- ▶▶ New born care and neonatology
- ▶▶ Maternal Care
- ▶▶ Gynecological Services
- ▶▶ MR Guided Focused Ultrasound





# Now, Gear Up For Some Cockroach Milk!



**A** cockroach may not be a welcome visitor at your home. However, going by what the scientists say, it appears you may no longer frown at the sight of this unwelcome guest! Yes, believe it or not, latest research has established that cockroaches are rich source of milk protein that has thrice the calorific content of buffalo milk!

The story does not end there. For, scientists are now mulling food supplements made by using synthesised protein crystals that will match all the properties of those generated by cockroaches. Latest reports confirm it took nearly ten years for a team of scientists from US, Canada, Japan, France and India including those from the Institute of Stem Cell Biology and Regenerative Medicine to arrive at these findings after the discovery of crystallised milk proteins in cockroaches.

It all started when Nathan Coussens, a researcher under Professor Ramaswamy S at the University of Iowa began to investigate when he saw shiny crystals spilling out of cockroach guts. His investigation on roach

species *Diploptera punctata* led to the discovery of protein crystals.

Ramaswamy who initially thought they were just uric acid crystals said Nathan was right to have been "so persistent." Scientists say milk protein crystals are like complete food since they have proteins, fats, sugars and all essential amino acids. Scientists now armed with gene sequence for milk proteins from cockroaches plan to use a yeast system to produce crystals en masse.

Ramaswamy says milk protein crystals can be fantastic protein supplement. He, however, adds that the crystals the scientists plan to create which can be used for food supplements are synthetic and not directly extracted from cockroaches. This is due to psychological reason because no one will eat anything made from cockroaches.

According to Ramaswamy milk protein crystal is a time-released food and they have three times the calorific content of buffalo milk. "If you need complete food that is calorifically high and time-released, this is it", he says.



## Laughter Therapy

Patient: What is the probability of success in undergoing a bypass surgery?

Doctor: 100%!!

Patient: But how can you be so sure of achieving 100% success?

Doctor: On the day of convocation, my professor told me that when you practice medicine chances of failure will be 99% and success 1%. I have already attended 99 patients and failed to cure them. You are the 100th!

The patient thought he was dead. His psychiatrist had him stand before a mirror and repeat many times: "Dead men don't bleed." Then he stuck a pin in the patient's finger and made it bleed a little.

"See now...?" the doctor said triumphantly.

"Yes, I see now", the patient replied "dead men do bleed."

A worried patient tells an ophthalmologist: Doctor, I am very scared about the outcome of the operation on my left eye. What are my chances?"

"Hey don't worry", the doctor grinned adding "You won't be able to see the difference!"

When a new dentist set up in a small town he quickly acquired a reputation of being the latest kind of "painless" dentist. But, a local lad quickly disputed this. "He is a fake!" he told his mates. "He is not painless at all. When he stuck his finger in my mouth I bit him so hard that he yelled like anyone else!"



# A BEAUTIFUL SMILE CAN TAKE YOU MILES

They say: you are not dressed for the day unless you wear a smile. Yes, a smile is the most essential apparel. But, there is a difference between a smile and a beautiful smile. A few subtle corrections can bring out the aura of your infectious smile. Trust us! It can take you miles ahead of your peers!



## Womens Center

146B, Mettupalayam Road  
Coimbatore

Preventive Dentistry | Cosmetic Dentistry | Scaling & Prophylaxis | Fillings | Braces | Root Canal | Crowns & Bridges | Implants | Dentures | Tooth Extraction | Gum Surgeries

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# *We Give Birth To Mothers, Not Just Children*

“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother never”, it is said. That is exactly what happens at Womens Center. For over three decades, it's successfully given birth to hundreds of healthy mothers and equally healthy children. It has the latest technology, expertise and experience. So, get real if you think motherhood is a distant dream. Berth with Womens Center and witness the birth of the mother in you. It can help find your bundle of joy!



## **Womens Center**

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Café Coffee Day