



Review

Maa Moments: Antenatal holistic workshop

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Abstract

Background: Antenatal education is a cornerstone of comprehensive maternal care, yet routine antenatal visits often provide limited opportunities for detailed counselling across nutrition, physical activity, pain management, breastfeeding, and newborn care. Fragmented or inconsistent information may contribute to anxiety, misconceptions, and inadequate preparedness for childbirth and early parenting.

Objective: To describe the conception, design, and implementation of Maa moments, a multidisciplinary antenatal holistic workshop aimed at enhancing maternal knowledge, confidence, and engagement through structured and interactive education.

Methods: Maa moments is a hospital-based antenatal workshop initiated in March 2025 at Kauvery Hospital, Radial Road. A total of five sessions were conducted in the last 10 months, with each session attended by approximately 8–25 expectant parents. The workshop adopts a holistic and multidisciplinary approach, integrating inputs from obstetrics and gynaecology, neonatology, anaesthesiology, physiotherapy, nutrition, lactation services, and nursing. Key thematic areas include antenatal nutrition, pregnancy-safe physical activity, preparation for labour, labour analgesia options including epidural analgesia, breastfeeding support, and essential newborn care. Teaching methods include demonstrations, interactive discussions, and hands-on skill stations. A uniquely designed antenatal “dummy passbook” was introduced to promote participant involvement and reinforce learning.

Conclusion: The Maa Moments antenatal holistic workshop represents an integrated educational intervention that complements routine antenatal care. It aligns with global recommendations for positive pregnancy experiences and respectful maternity care.

Key words: Maa Moments; Maternal nutrition; Antenatal education

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1. Introduction

Pregnancy is a period of profound physiological, emotional, and psychosocial change. The World Health Organization (WHO) emphasizes that antenatal care should move beyond risk identification to promote a “positive pregnancy experience,” incorporating education and counselling [1,2]. However, time constraints during routine outpatient visits may limit comprehensive counselling related to nutrition, physical activity, labour analgesia, breastfeeding, and newborn care.

Structured antenatal education programs have been shown to improve maternal knowledge, reduce fear of childbirth, and enhance preparedness for parenthood [4,5]. Continuous support and informed birth preparation are associated with improved labour experiences and maternal satisfaction [13]. Multidisciplinary models that integrate obstetric, neonatal, and supportive care perspectives are increasingly recognized as essential to comprehensive maternity services [3,14].

The Maa moments antenatal holistic workshop was conceptualized to address these gaps by providing structured, team-based antenatal education within a tertiary care setting.

2. Design and implementation of the workshop

The Maa Moments antenatal workshop commenced in March 2025. To date, five sessions have been conducted, with each session attended by approximately 8–25 expectant parents.

3. Core Components

3.1. Bump & Bites – Antenatal Nutrition

Maternal nutrition plays a critical role in fetal growth and pregnancy outcomes [1,3]. This session addressed nutritional requirements across different stages of pregnancy, emphasizing balanced diets and key micronutrients such as iron, calcium, folic acid, and protein. Dietary strategies for managing anemia, gestational diabetes, nausea, and heartburn were discussed. Nutrition supporting lactation and common dietary myths were also addressed. [8,9].

3.2. Maa Moves – Antenatal Physiotherapy

ACOG and international guidelines recommend pregnancy-safe physical activity to improve maternal outcomes [6,7]. Led by physiotherapists, this session focused on posture correction, stretching, breathing techniques, and pregnancy-appropriate exercises. The aim was to reduce musculoskeletal discomfort, improve flexibility and stamina, and prepare the body for labour and postnatal recovery.

3.3. Little Life Bay – Neonatology

Early newborn care, thermal protection, vaccination awareness, and danger sign recognition are essential components of newborn survival strategies [3,14]. Neonatologists introduced parents to immediate postnatal events, including the newborn’s first cry, initial assessments, vaccinations, thermal care, safe sleep practices, early bonding, and recognition of neonatal danger signs, thereby reducing anxiety surrounding newborn care. [15].

3.4. Maa Nourish & Nurture – Lactation and Nursing Support

Exclusive breastfeeding confers significant health benefits [\[8,9\]](#). Lactation consultants and nursing staff provided education on exclusive breastfeeding, correct latching and positioning, breast care, expressing and storing breast milk, and managing common breastfeeding challenges. Skill stations enhanced hands-on learning and participant confidence.

3.5. From Bump to Boom – Obstetrics and Gynaecology

Obstetricians discussed routine antenatal surveillance, fetal development milestones, warning signs, birth planning, modes of delivery, emotional well-being, and partner involvement in childbirth [\[1,2\]](#).

3.6. Maa Serenity – Anaesthesiology

This session focused on labour analgesia and pain management options, including epidural analgesia and spinal anaesthesia. Safety concerns and common myths surrounding painless labour were addressed to support informed decision-making. Evidence-based discussions addressed myths and safety concerns while emphasizing individualized care and informed consent [\[11,12\]](#).

4. Distinguishing features, challenges, and future prospects

A defining strength of the Maa moments workshop is its multidisciplinary integration, ensuring comprehensive and consistent message across pregnancy, childbirth, and newborn care. The holistic framework addresses medical, physical, emotional, and educational needs within a single structured platform. The introduction of a custom-designed antenatal dummy passbook promoted active participation and continuity of engagement.

Challenges included participant recruitment, scheduling coordination across specialties, resource allocation, and long-term sustainability. Future plans include strengthening outreach strategies and incorporating structured outcome assessments such as pre- and post-workshop knowledge evaluations, maternal confidence measures, breastfeeding initiation rates, and satisfaction metrics to support program scalability and continuous improvement.

5. Conclusion

The Maa moments Antenatal Holistic Workshop represents a structured, multidisciplinary educational intervention aligned with WHO recommendations for positive pregnancy experiences. By integrating obstetric, neonatal, lactation, physiotherapy, and anaesthesia perspectives, the program enhances maternal preparedness, informed decision-making, and confidence in childbirth and newborn care. Holistic antenatal education models such as this have the potential to strengthen patient-centered maternity services and improve perinatal experiences.

6. Feedback from Antenatal mothers on experience measures

Total number of sessions conducted:5

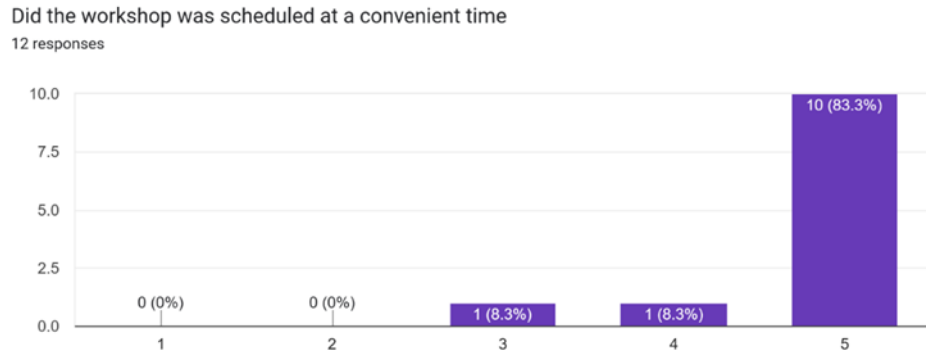
Total number of antenatal mothers attended 72

Total number of feedback received:12

Tool used: Self-structured patient experience measures on Maa moments

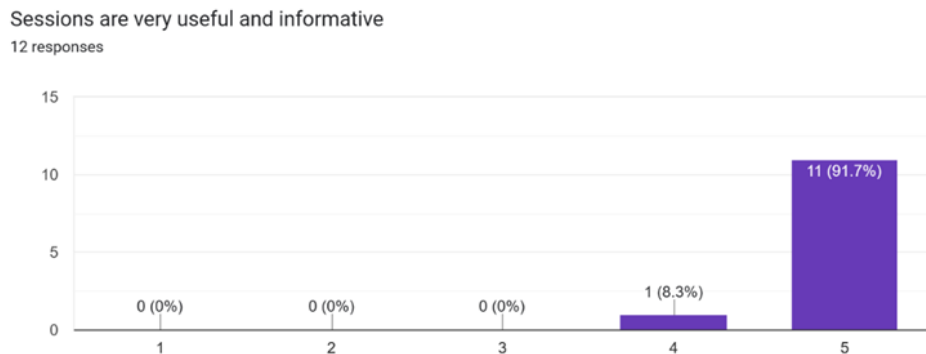
7.1. Interpretation of Quantitative Findings

Convenience of Workshop Timing



The majority of respondents (83.3%) strongly agreed that the workshop was scheduled at a convenient time, while 8.3% agreed and 8.3% remained neutral. No negative responses were reported. This indicates that the timing of the workshops was highly acceptable and did not act as a barrier to participation.

7.2. Usefulness and In-formativeness of Sessions

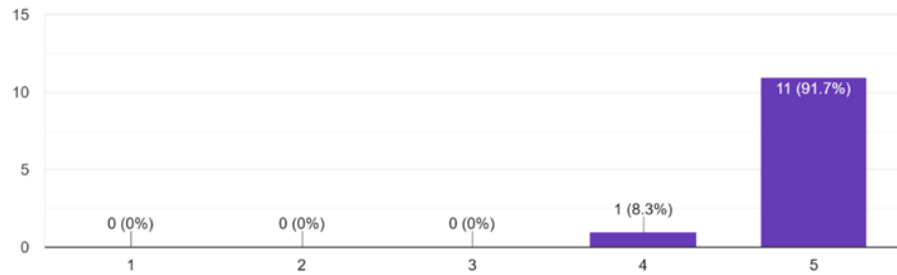


An overwhelming 91.7% of participants strongly agreed that the sessions were useful and informative, with the remaining 8.3% agreeing. No neutral or negative responses were recorded.

7.3. Learning Outcomes and Practical Applicability

I learned things that are useful during and after pregnancy

12 responses

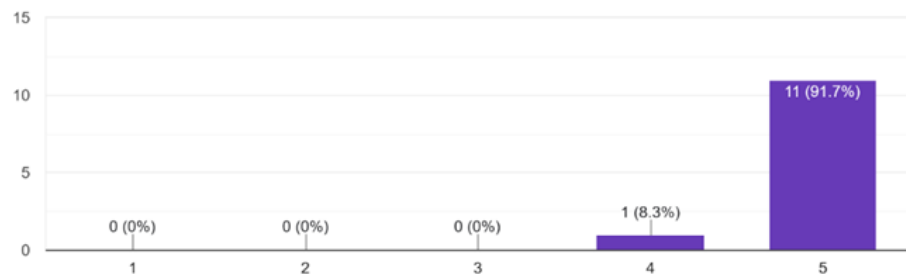


Similarly, 91.7% of respondents strongly agreed that they learned information useful during and after pregnancy, while 8.3% agreed. No disagreement or neutrality was observed.

7.4. Recommendation for further sessions

I would recommend this session for further conservatives

12 responses



Similarly, 11(91.7%) strongly agreed and 1(8.3%) agreed. This indicates positive perception of the session.

7.5. Suggestion/areas of improvement

In what ways could this workshop have been improved

6 responses

- Create awareness among general public
- The session was only about the normal delivery... C section process was not explained
- It's very useful to us
- Good one thanks for this
- Cesarean process information wasn't told....whether stitches or laser process
- may be even more advertisements and information about the session that its going to happen can be informed . so that many can plan accordingly

7.6. Participants reported

- Increased awareness among the general public
- Clear explanation of concepts
- Sessions being useful and informative
- Areas for Improvement Participants suggested:
- Extending session duration to allow deeper explanation of certain topics
- Inclusion of detailed labor and delivery process during caesarean session

8. Overall Conclusion about Maa moments

The findings demonstrate that the workshop was well-planned, relevant, and impactful. High satisfaction scores, combined with constructive feedback, suggest that the program effectively addressed participant's needs while also offering clear directions for enhancement

The educational workshop was highly effective in terms of timing, content quality, and learning outcomes, leading to strong participant satisfaction and meaningful knowledge acquisition. Minor gaps identified – related to session duration, topic depth, and outreach – provide valuable opportunities for quality improvement in future programs.

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