Good nutrition, healthy lifestyle and psychosocial support play a critical role in maintaining well-being and immunity of pregnant women. A weak immune system may increase risk of infections, including respiratory infections such as COVID-19.

**THIS WEBINAR WILL DISCUSS:**
- Are pregnant women at a higher risk for COVID-19?
- How can pregnant women maintain a healthy diet and lifestyle?
- Dealing with stress/anxiety: signs & how can families support pregnant women?
- Antenatal care & Obstetric emergency in quarantine period: danger signs & where to seek support?

**PRESENTATION BY EXPERTS, FOLLOWED BY Q&A:**
- Dr. Shahid Jameel, Virologist, New Delhi
- Dr. Ajay Khera, Commissioner (MCH), Ministry of Health and Family Welfare, GoI
- Dr. Renu Patel, Gynaecologist, Jag Pravesh Chandra Hospital, New Delhi
- Dr. Prabha Chandra, Psychiatrist, NIMHANS, Bangalore
- Dr. Neena Bhatia, Nutritionist, Lady Irwin College, New Delhi

**APPEAL by FOGSI Treasurer: Dr. Suvarna Khadilkar**

**ORGANIZED BY ↓ FOR**
- National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College
- UNICEF India
- WeCAN, IPE Global