

## Interfaith initiative “Why Health Awareness is Important for Pregnant Mothers”

As part of Interfaith Harmony Week, SUNFO Ambassador Ms. Pushpa Zoysa addressed a vital health awareness session on February 19th, 2025, at the Gampola Golden Pearl Reception Hall. The session, titled "Why Health Awareness is Important for Pregnant Mothers," aimed to educate and empower 500 pregnant mothers from diverse religious and cultural backgrounds. The event highlighted the importance of maternal health, emphasizing the need for proper healthcare before and during pregnancy to ensure the well-being of both mothers and their unborn children. By addressing critical health issues, the session promoted interfaith harmony through a shared commitment to the health and safety of women and future generations.

### **Key Highlights of the Session:**

#### ***Importance of Pre-Pregnancy and Prenatal Care:***

Ms. Pushpa Zoysa emphasized that women who receive recommended healthcare before and during pregnancy are more likely to have healthier pregnancies and deliver healthy babies. She stressed the need for regular check-ups, proper nutrition, and early detection of potential health risks.

#### ***Avoiding Harmful Substances:***

The session highlighted the dangers of harmful substances such as tobacco, nicotine, alcohol, and drugs during pregnancy. Participants were educated on how these substances can lead to birth defects, developmental disabilities, and other complications.

#### ***Safe Use of Prescription Medications:***

Ms. Zoysa addressed the importance of consulting healthcare providers before taking any prescription medications during pregnancy.

She explained that certain medications, even those considered safe under normal circumstances, can pose risks to the developing fetus.

#### ***Nutritional Guidance:***

The session provided practical advice on maintaining a balanced diet rich in essential nutrients like folic acid, iron, and calcium, which are crucial for the health of both the mother and the baby.

#### ***Mental and Emotional Well-being:***

The importance of mental and emotional health during pregnancy was also discussed. Participants were encouraged to seek support for stress, anxiety, and other emotional challenges, as these can impact both maternal and fetal health.

#### ***Interfaith Unity in Promoting Maternal Health:***

The event brought together pregnant mothers from various religious and cultural backgrounds, demonstrating that health and well-being are universal concerns that transcend differences. This shared focus on maternal health fostered a sense of unity and mutual support among participants.

***This initiative serves as a powerful reminder that interfaith harmony can be achieved through collective efforts to address universal challenges, such as ensuring the health and well-being of mothers and their children. Let us continue to work together, across all faiths and cultures, to create a healthier and more harmonious world for future generations.***

