

Aadee Highlights Garbh Sanskar's Activities for Pregnant Women in 2nd Trimester

Ahmedabad, Gujarat Dec 10, 2023 ([IssueWire.com](https://www.issuewire.com)) - Aadee - the best Garbh Sanskar app is a perfect companion for all the mothers-to-be throughout their journey. The application provides several programs and features that ease the long nine-month pregnancy journey to keep the mother and the baby healthy. The app also provides services for post-pregnancy care.

For the unborn baby to grow and develop appropriately inside the mother's womb, the environment around her, along with her physical and emotional well-being, plays an important role. Garbh Sanskar is a practice of keeping the fetus and the mother healthy.

Pregnant women are recommended to practice Garbh Sanskar activities either with the help of [Garbh Sanskar classes online](#) or application in every trimester; however, this time, Aadee highlights it specifically for the second trimester.

The second trimester generally begins from the 13th week and lasts till the 27th week. In the 16th week, the baby starts lifting the head and moving the eyes. In the 18th week, their ears become capable of hearing sounds, and in the 24th week, the hearing develops even further. Finally, in the 25th week, they start responding to the sounds.

When talking about this, a team member of Aadee says, "Considering that the baby is growing and developing constantly, it is important for pregnant women to engage in Garbh Sanskar activities. It helps in developing the baby's immune system, brain, confidence, and self-esteem. Moreover, it significantly decreases the risk of a baby suffering from depression in the later part of their life."

There are many Garbh Sanskar activities that pregnant women can practice throughout their trimesters. However, for the 2nd trimester, activities like listening to good and calming music and engaging in yoga are extremely beneficial. They can have a schedule of prayers and create a playlist full of calming ragas like raag Bhairav and Yaman or any raag that calms them. Additionally, they can also listen to soothing rhythms or music and mantras that keep the environment and the mind positive.

Mothers, as per their health condition and flexibility, can choose yoga poses. Generally, the upward hand pose (urdhva hastasana) and mountain pose (tadasana) are recommended and beneficial for back and spine health. Bridge rolls (setu bandhasana) for pelvic well-being and standing asanas, tree (vrksasana), low lunge (anjaneyasana), eagle (garudasana), triangle (utthita trikonasana), and more for the lower body health and hip strength. There are many more asanas, like butterfly asana, that can be of extreme help.

The mothers-to-be can easily access all the recommendations and guidance concerning activities on the Aadee app - the [best Garbh Sanskar app](#) available. They also offer a lot more services to help pregnant women, and if you wish to explore those, visit their website.

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