

MCH Promoter Handbook

(Third Edition)



မိခင်ကလေးကျန်းမာရေး မြှင့်တင်သူများ လက်စွဲစာအုပ်

(တတိယအကြိမ် ထုတ်ဝေခြင်း)



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Preface

Health technologies to prevent and treat diseases that result in maternal deaths were developed in Myanmar. However, there is a need to make these technologies accessible to pregnant mothers in need of these services. Continuous accessibility of these health care services is essential to ensure safe motherhood during pregnancy, at child-birth and during the post-natal period.

Reproductive Health policy in Myanmar has prioritized women's health promotion services with a special objective of achieving safe motherhood. Only if the mother is healthy will the children survive and the health of the whole family will improve. In order to promote the health of mothers and children, a system of "MCH Promoters" based on a similar program in Japan will be developed and implemented.

With the support of Japan International Cooperation Agency (JICA), the Department of Health and Japanese INGO (JOICFP) are jointly implementing a "Healthy Mother Project" in the model townships of Kyaukme and Naungcho in Northern Shan State under the "Community-Oriented Reproductive Health Project."

This Project will provide training to volunteer MCH Promoters. Bridging between the Health Services and the community will constitute the main component of this initiative. The duties of the MCH Promoters will be to enable access to systematic antenatal care, delivery and post-natal care, and to record the development of every newborn.

This book is developed as a manual for MCH Promoters. This can also be used by basic health workers in training of MCH Promoters. In the development of this manual, reference was made to standard publications and documents by the Reproductive Health Programs of the Department of Health, Ministry of Health.

We would like to express our gratitude to JICA and JOICFP for their support and technical cooperation.

Director (Public Health)
Department of Health

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1. Introduction

The babies born in your community ~ are they growing healthy?
For the babies to enjoy good health, their mothers should be healthy as well.

How are the mothers in your community?

Now, you can start your activities as a MCH Promoter in order to improve the health status of pregnant women, under 5 children and their mothers in your own community.



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2. Objective of the MCH Promoter

To support pregnant women, under 5 children and their mothers in your township so that they can enjoy better health.



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3. Roles and Responsibilities of MCH Promoters

- 1) To be responsible for 30 households;
- 2) To identify pregnant women, under 5 children and their mothers through weekly home visits, make a list of them, and send it to MW;
- 3) To encourage pregnant women to receive ANC and PNC by MW or AMW;
- 4) To urge pregnant women to get their deliveries attended by MW or AMW in the absence of MW;
- 5) To convince pregnant women, under 5 children and their mothers to receive immunization;
- 6) To identify problems related to MCH through weekly home visits and refer those with problems to BHS;
- 7) To write and submit a monthly report to MW;
- 8) To inform village headman of a problem that requires community mobilization or an urgent action such as arrangement of transportation;
- 9) To encourage pregnant women to use the Home Based Maternal Record (HBMR) and Clean Delivery Kit (CDK) among the pregnant women.

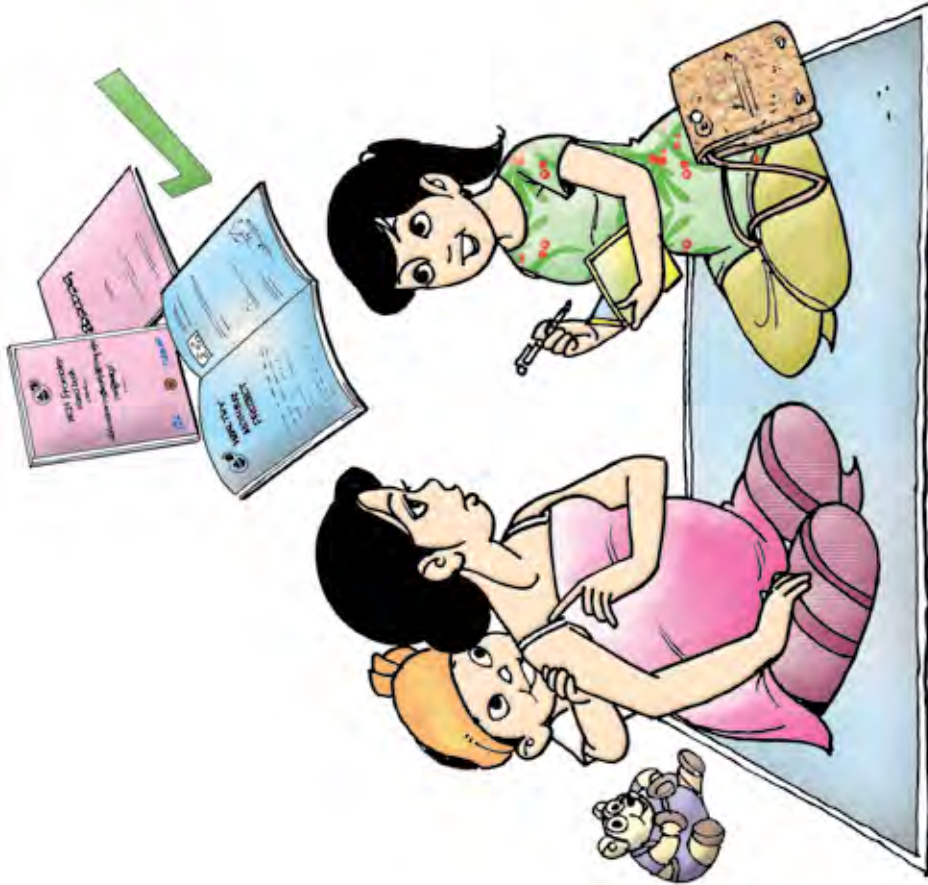
4. Activities of MCH Promoter

4-1. Do's (What to do)

- (1) MCH Promoters will perform maternal and child health activities within the responsible area by visiting every household at least once a week.



(2) MCH Promoters will identify and record pregnant women, under 5 children and their mothers.



(3) MCH Promoters will advise every pregnant woman to receive AN care, Delivery Care and PN Care, and other MCH information and services.



- (4) MCH Promoters will advise every pregnant woman to have the delivery services from skilled birth attendants (e.g: Midwives) and trained birth attendants (e.g: Auxiliary midwives) during antenatal, delivery, and post-natal by means of seeking health care from the Rural Health Center or Sub-Rural Health Centers.



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- (5) MCH Promoters will convince every pregnant woman and mothers with under 5 children to accept immunization.

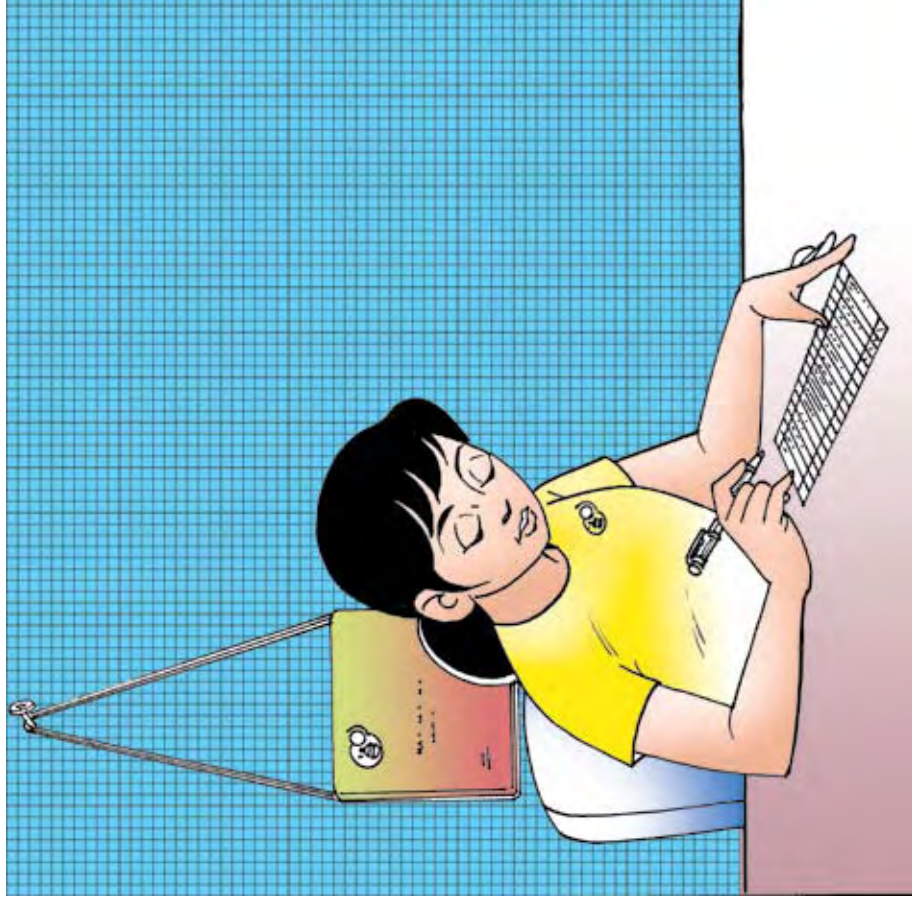


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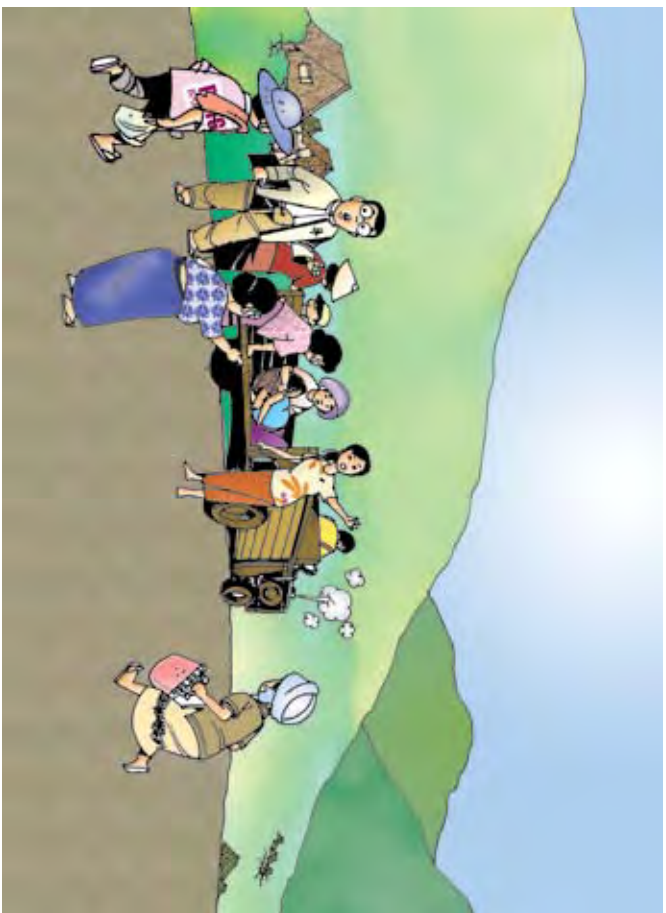
(6) MCH Promoters will identify problems related to MCH through weekly home visits and refer those with problems to BHS.



(7) MCH Promoters will keep records of home visits and their activities and report monthly to the BHS responsible for their wards/villages.



- (8) MCH Promoters will inform village headman of a problem that requires community mobilization or an urgent action such as arrangement of transportation (Please refer to page 34 for 5-3 “Coordination for Referral”)



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- (9) MCH Promoters will promote the use of Home Based Maternal Record (HBMR) and Clean Delivery Kit (CDK) among the pregnant women.



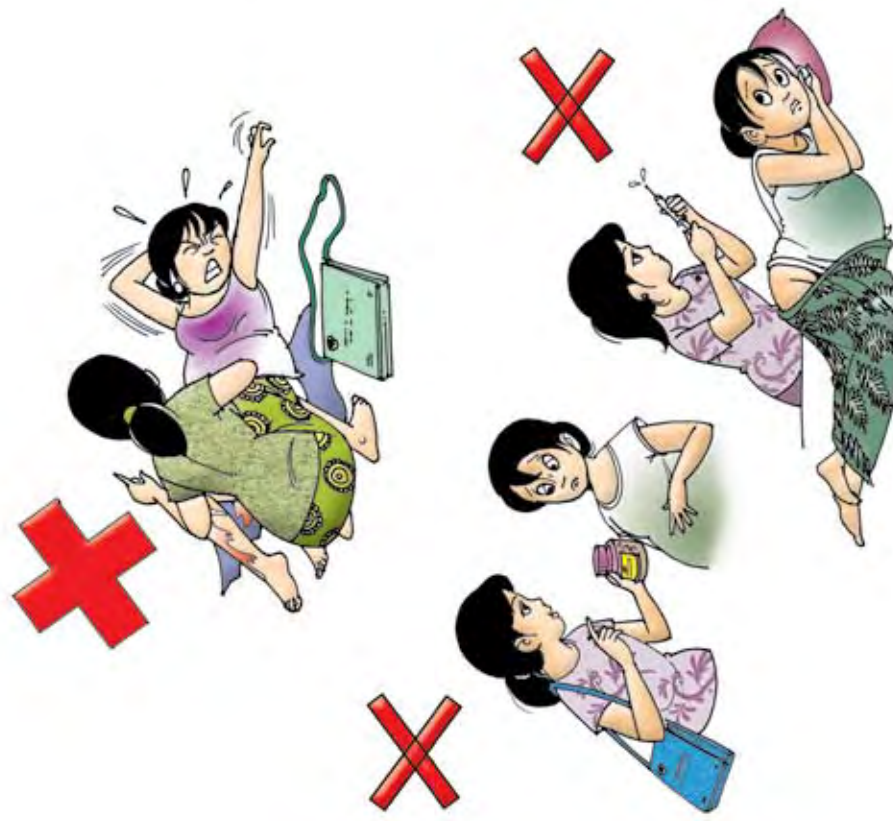
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(10) MCH Promoters should be good listeners of the pregnant women and mothers.



4-2. Don't (What need to consider)

(1) MCH Promoters should not do any medical interventions.



(2) MCH Promoters should not tell others about private information of pregnant women, under 5 children and their mothers obtained through their work.



(3) MCH Promoters need to be careful about their attitudes and way of speaking so that to make pregnant women, mothers with under 5 children feel comfortable.



(4) MCH Promoters should not take part in any political activities.

5. Basic Useful Information

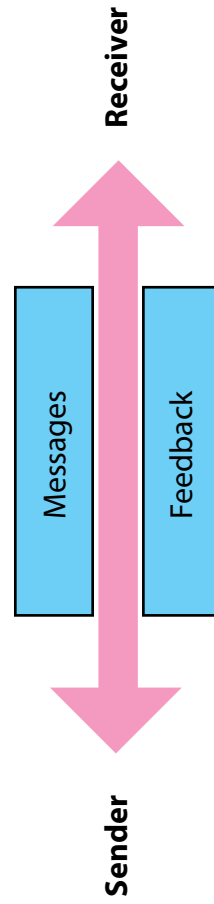
5-1. Communication

What is communication?

Communication is a reciprocal interaction, conveying messages to other people and receiving messages from them.

Communication is important for MCH Promoters in their work to build a good and trust relationship with pregnant women, under 5 children and their mothers, their family and community.

If MCH Promoters have good communications with the people they are serving, MCH Promoters will understand the health conditions of pregnant women, under 5 children and their mothers well so that they will be able to get necessary treatment before getting serious.



Tips for good communication

Good communications for MCH Promoters are

1. Greetings.
2. Be a good listener.
3. Talk with easy and polite words.
4. Have appropriate body language (behaviors).
5. Try to meet with the women again.





Example of good communication conversation

MCH Promoter : Mingala-baa. How are you today?

Pregnant woman : I am fine.

MCH Promoter : I am happy to know that. By the way, did you go to the Midwife for the second AN care?

Pregnant woman : No. Because I feel shy to go.

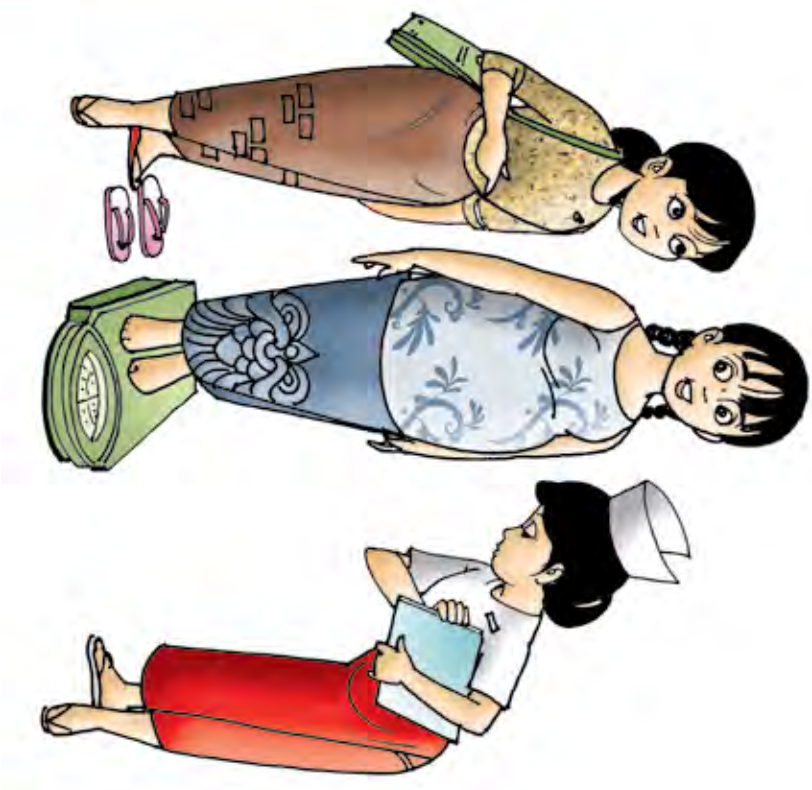
MCH Promoter : I see. I had the same feeling during my first pregnancy. But don't worry. It is going to be OK. AN care is more important to know the baby's condition. If you need my help I can go to the midwife with you.

Pregnant woman : I need you, but I hesitate to ask for help.

MCH Promoter : Do not hesitate. Let's go.

5-2. Maternal Health

(1) Ante Natal Care



In order to be a healthy mother and a healthy child, the mother should practice the following good habits for good health.

Important Tips

- A) Consult with the MW as soon as possible, if you missed your period and you suspect that you are pregnant.
- B) Take AN care regularly.
Take at least 4 times as predetermined AN care schedule.
First visit Within first 3 months (as early as possible)
Second visit Within 6 to 7 months gestation
Third visit 8 month gestation
Fourth visit 9 month gestation
- C) Take TT immunization in time and complete the course for 2 injections before confinement.
- D) Take Iron & Folate supplements procured by BHS regularly.
- E) You should not take any medicine which is not given by health institutions.
- F) Do not smoke. Avoid environment where cigarette smoke or other smokes exist because it is bad for pregnant women and the baby's health.
- G) Do not drink alcohol.
- H) Take daily moderate exercises. Try to rest at least 2 hours in the afternoon. Take a sound sleep at night. Reduce the house work, avoid doing hard work and lifting heavy things.
- I) Be careful about personal hygiene.
- J) Let pregnant woman, her family, relatives and the community leaders know about the danger signs and risk factors during pregnancy, delivery and after delivery so that they can arrange necessary procedures for emergency treatment and referral.



Danger signs during pregnancy

Alarming Signs for Immediate Referral

1. Bleeding per vagina.



3. Severe headache, blurred vision.



4. General weakness due to high fever.



2. Convulsion, unconsciousness.



5. Severe abdominal pain.



6. Fast breathing, difficulty in breathing.



Signs and Symptoms for Referral as Soon as Possible

1. Edema of face, hands and legs/reduction in urination.
2. Fever.
3. Abdominal pain.
4. Feeling unwell or discomfort.
5. No progress in labor after six hours of the ruptured membrane (water break).

(2) Delivery Care by Skilled Birth Attendants

In order to have a safe and clean delivery the following conditions will be necessary.

Important Tips

1. Use a Clean Delivery Kit (disposable) for each delivery.
2. Properly clean the delivery place and the items to be used in delivery.
3. Have delivery either by skilled birth attendants (SBAs) such as doctor, nurse, HA, LHV and/or MW.
4. If these BHS are not available or accessible, have delivery by AMW.
5. If possible, have delivery at hospital or health center.

Danger signs during delivery

Immediate Referral - Mother

1. No progress in labor after six hours of ruptured membrane (water break).
2. Continuous labor pain for more than 12 hours.
3. Massive bleeding at the onset of labor.
4. Excessive bleeding soon after delivery, soaking all the pads and clothes within 5 minutes.
5. No sign of placenta separation up till 1 hour after delivery of the baby.

(3) Post Natal Care

To help mothers during post natal period for preventing complications.

Alarming Signs for Immediate Referral - Mother

1. Massive bleeding.
2. Convulsions.
3. Fast breathing or difficulty in breathing.
4. General weakness/fatigue due to high fever.
5. Severe headache, blurred vision.

Immediate Referral - Baby

1. Too small (low birth weight).
2. Difficulty in breathing.
3. Convulsions.
4. Fever.
5. Cold and clammy.
6. Bleeding.
7. Unable to suck milk.



Signs and Symptoms for Referral as Early as Possible - Mother

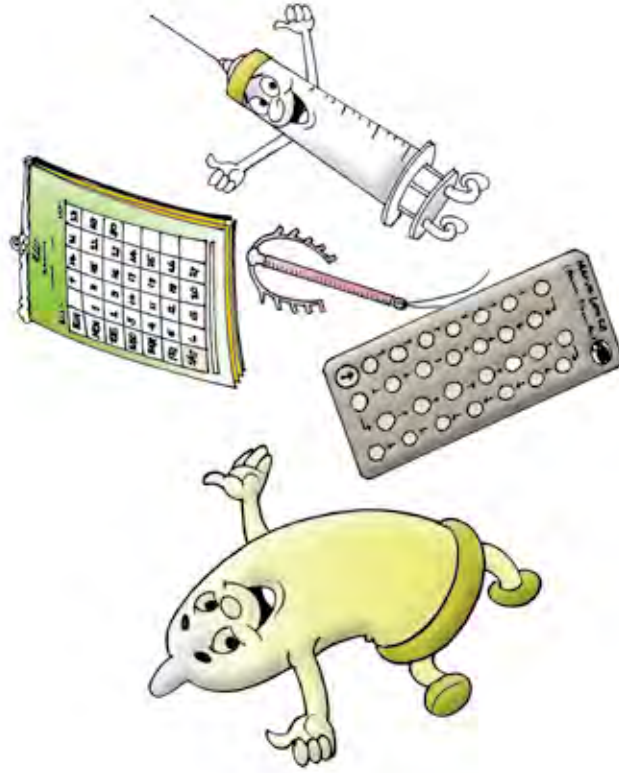
1. Inflammation of the breast, nipple, redness and severe pain when touched.
2. Difficulty in urination or dribbling of the urine.
3. Pain from the birth canal and infection.
4. Infection of vaginal tears.
5. Passing foul smelling discharge (lochia).

(4) Birth Spacing

Use proper birth spacing methods to avoid and prevent unwanted pregnancy and abortions.

Four (4) types of birth spacing methods are as follows:

1. Oral pills
2. Injections
3. IUCD
4. Condoms



(5) Newborn Care

Important Tips

- Teach the mother how to care for the baby.
- Encourage breastfeeding as early as possible to get colostrums, which is rich in antibodies to protect the newborn infant.
- Encourage breastfeeding whenever the baby is hungry and as many times as possible.
- Do not apply anything to the umbilical stump. If this is done, it can cause neonatal tetanus. Let the cord dry naturally.
- Check whether there is yellow coloration of the skin.
- Keep the newborn infant warm.



Danger signs for Newborn

Alarming Signs for Immediate Referral - Newborn Baby

1. Fast breathing, slow breathing, sound of something blocking in throat.
2. Excessive in-drawing of the chest.
3. Inflammation of the eye and pus discharge.
4. Yellow coloration of the skin; face on the first day, then palm and soles after 24 hours.
5. Bleeding from the cord stump.
6. Pus discharge from the cord or redness of the skin around the cord.

Signs and Symptoms for Referral as Early as Possible - Baby

1. Fever.
2. Cold and clammy even though attempts are made to keep the baby warm.
3. More than 10 skin pustules present, or big pustules, induration or inflammation of the skin present.
4. Pale and white.



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5-3. Coordination for Referral

If a pregnant woman or a baby with the mother needs to be referred to the hospital, MCH Promoters should take active part in the team for referral.

1. Contact the nearest BHS in the responsible community and assist them.
2. Ask the community authority and community people for help.
3. Encourage the patient and her family.
4. Help pack all the necessary things the person may need (Home-Based Maternal Record, medical record, clothes, etc).



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5-4. Immunization

Explain to mothers:

- To prevent you from a life threatening disease after giving birth, you should take vaccination (injection) at least 2 times during pregnancy.
- Please ask your midwife for more information, and she will give you the vaccination free of charge.
- To prevent your baby from 7 kinds of diseases, you should take your baby for vaccination 5 times.
- Some are taken by mouth; some are taken by injection.
- The course of vaccination starts at one and half months old, and ends by 18 months (1 year & 6 month) old.
- Please ask your midwife or MCHP when and where to take your baby for the immunization.
- Your midwife will give these vaccinations free of charge.
- Fever after immunization is not harmful.

Immunization Schedule

Time/Age	Immunization	Diseases Prevented
1 st time (1.5 months - one and a half months)	BCG DPT 1 OPV 1 HepB1	Childhood tuberculosis Diphtheria, Pertussis, Tetanus Poliomyelitis Hepatitis B
2 nd time (2.5 months - two and a half months)	DPT 2 OPV 2 HepB2	Diphtheria, Pertussis, Tetanus Poliomyelitis Hepatitis B
3 rd time (3.5 months - three and a half months)	DPT 3 OPV 3 HepB3	Diphtheria, Pertussis, Tetanus Poliomyelitis Hepatitis B
9 Months	Measles-1	Measles
1.5 years (one and a half years)	Measles-2	Measles

5-5. Nutrition

If a mother is eating well enough to be healthy, the fetus or breast-fed baby will also be healthy.

Important Tips

1. Eat variety of food during and after the pregnancy. Eat more vegetables, fish and meat, peas and beans, and milk.
 - Eating only specific kinds of food may cause serious health problems such as anemia or beriberi, these can be fatal if not treated in time.
 - Beriberi is a disease in which the body does not have enough vitamin B1. If you feel weakness in muscle function, increased heart beat, or shortness of breath with activity, and you rarely eat beans or meat, you might have a beriberi. Soy beans, ground nuts, sunflower seeds, chicken liver, eels, carp meat, durian may relief those symptoms.
2. Breast milk is the best nutrition for newborn infants and babies.
3. After feeding milk, let air out of the baby.
4. Exclusively breastfeed up to 6 months. After 6 months, provide supplement food. You can continue breastfeeding your baby until he/she grows to 2 years of age.

5-6. Infectious Diseases

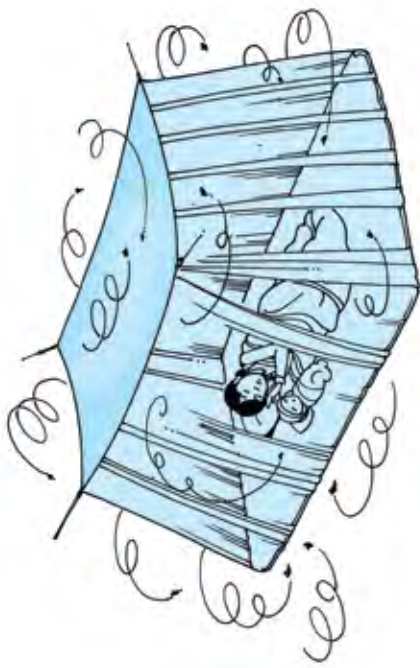
(1) Malaria

Malaria is a disease caused by mosquito bite.

Use mosquito net for both mother and baby.

If possible, use a medicated mosquito net.

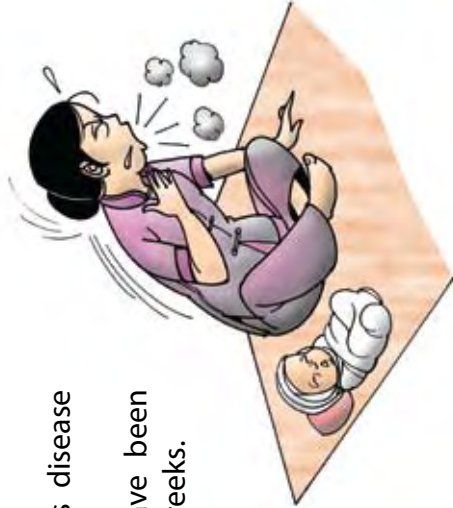
If there is a high fever, chills and rigor, severe headache and diarrhea, advise them to consult with BHS.



(2) Tuberculosis

Tuberculosis is a contagious disease caused by bacteria.

Go and see BHS if you have been coughing for 3 consecutive weeks.



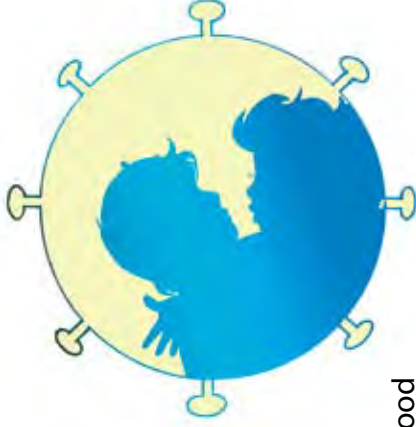
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(3) HIV/AIDS

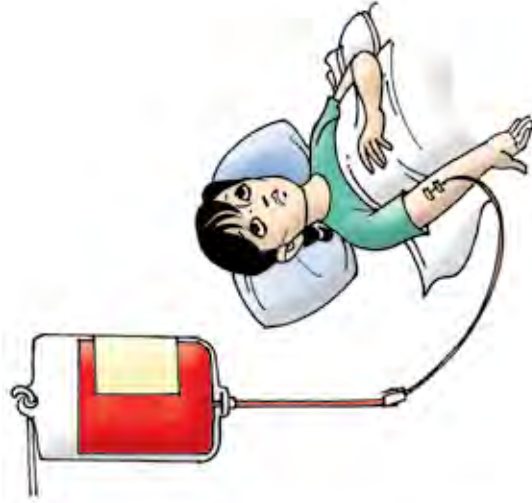
HIV is the virus that can cause AIDS.

Mode of Transmission

- Having unprotected sex with infected person



- Transfusion of infected blood and its components.



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- Using HIV-contaminated needles and syringes.



- Transmission from infected mother to child.



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AIDS is the syndrome that is caused by the infection of HIV virus. To prevent from HIV/AIDS: -

- Use a condom properly for every time you have sexual intercourse.
- All pregnant women should be tested for HIV.
- If a pregnant woman is found to be HIV positive, in order to reduce the possibility of transmission to the newborn baby, she can take anti-retroviral treatment. For this medication, she needs to consult with BHS.



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Monthly Reporting Format of MCH Promoter (Sample)

Name of Village: _____

Name of MCHP: _____

Date (D/M/Y)	Name of Pregnant Woman/Mot her with child under 5	Age of Pregnant Woman/ Mother with child under 5	Subject you have referred to MW (✓)									
			ANC (1.2.3.4)	TT (1.2)	Delivery	Emerge ncy Referral	PNC	NBC	Immun ization under 5	Other subjects, specify		
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(Sample)			√ (4)	√ (2)								Nutrition

Received by: _____

Date: _____

*** This format has been used as a tool for monitoring MCH Promoters activities in the Project. You can modify this format according to your needs in your area.**

Exercises for Pregnant Women

Purpose: To prevent malfunction of body during pregnancy.
To make delivery smooth.

Benefits of Exercise for the Pregnant Women

1. Control weight.
2. Reduce back pain.
3. Reduce loose abdominal after delivery.
4. Make blood circulation well.
5. Prevent constipation.
6. Develop physical strength.
7. Have a sound sleep.
8. Relieve tension of the body in daily life.
9. Have good posture.
10. Get rid of stress.

Notice

1. If the pregnant woman feels abdominal pain or uterus contraction, stop doing the exercise.
2. It is not necessary to do all the exercise, take some of them as she likes.
3. If the pregnant woman is interested in the exercises, MCH Promoter can show how to do it. However, do not push her to do it.

ကိုယ်ဝန်ဆောင်မိခင်များ ပြုလုပ်ရန် လေ့ကျင့်ခန်းများ

ရည်ရွယ်ချက် : ကိုယ်ဝန်ဆောင်ခြင်းကြောင့်ကိုယ်ခန္ဓာပြောင်းလဲသွားခြင်းအားကာကွယ်ရန်၊
နို့၊

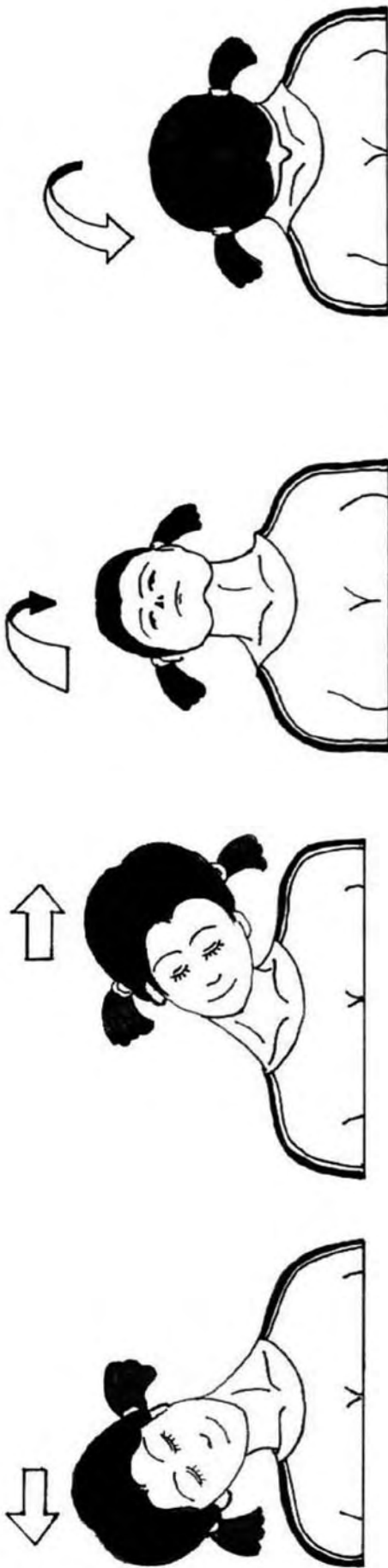
လွယ်ကူစွာမွေးဖွားနိုင်စေရန်။

ကိုယ်ဝန်ဆောင်မိခင်များအတွက်လေ့ကျင့်ခန်းလုပ်ဆောင်ခြင်း၏အကျိုးကျေးဇူးများ-

- (၁) ကိုယ်အလေးချိန်ကို ထိန်းသိမ်းနိုင်ခြင်း၊
- (၂) ခါးနာခြင်းကို လျော့နည်းစေခြင်း၊
- (၃) မွေးဖွားပြီးနောက် ဗိုက်ပျခြင်းကို လျော့နည်းစေခြင်း၊
- (၄) သွေးလည်ပတ်မှု အားကောင်းစေခြင်း၊
- (၅) ဝမ်းချုပ်ခြင်းကို ကာကွယ်ပေးခြင်း၊
- (၆) ကိုယ်ခံအားကို တိုးတက်စေခြင်း၊
- (၇) ကောင်းမွန်စွာ အိပ်ပျော်စေခြင်း၊
- (၈) တစ်နေ့တာ၏ စိတ်တင်းကျပ်မှု ကိုလျော့နည်းစေခြင်း၊
- (၉) ကောင်းမွန်သော ကိုယ်နေဟန်ထားရရှိစေခြင်း၊
- (၁၀) စိတ်မိစိမ်းမှုမှ လွတ်မြောက်စေခြင်း၊

မှတ်ချက်

- (၁) ဗိုက်နာခြင်း၊ သားအိမ်ကျခြင်းစသည့်ဝင်္ဂီကိုခံစားမိလျှင်လေ့ကျင့်ခန်း ပြုလုပ်ခြင်းကိုရပ်ပါ။
- (၂) လေ့ကျင့်ခန်းအားလုံးကိုပြုလုပ်ရန်မလိုပါ။ ကြိုက်နှစ်သက်ရာအချို့ကိုရွေးပြီး ပြုလုပ်နိုင်သည်။
- (၃) ကိုယ်ဝန်ဆောင်မိခင်မှ လေ့ကျင့်ခန်းများကို စိတ်ဝင်စားမှုရှိပါက မိခင်ကလေးကျန်းမာရေး မြှင့်တင်သူက မည်သို့ပြုလုပ်ရမည်ကို ပြသပေးနိုင်သည်။ သို့သော် ပြုလုပ်ရန် အတင်းမတိုက်တတ်စေပါနှင့်။



Exercise 1

- Sit down with the back straight,
1. Tilt the head to the left; breathe in at the same time.
 2. Breathe out while moving the head back to normal position.
 3. Tilt the head to the right while breathing in.
 4. Back to normal position while breathing out.

လေ့ကျင့်ခန်း (၁) ကိုယ်ကိုမတ်မတ်ထားပြီးထိုင်ပါ။

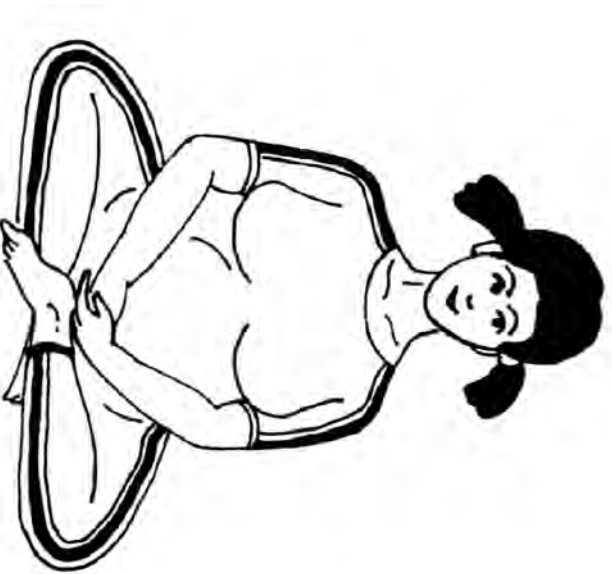
၁. ခေါင်းကိုဘယ်ဘက်သို့ဖြည်းညှင်းစွာ စောင်းပါ။တချိန်တည်းတွင် အသက်ရှူသွင်းပါ။
- ၂။ ခေါင်းကိုတည့်မတ်စွာပြန်ထားစဉ်အသက်ရှူထုတ်ပါ။
- ၃။ ခေါင်းကိုညာဘက်သို့ဖြည်းညှင်းစွာစောင်းပါ။ တချိန်တည်းတွင်အသက်ရှူသွင်းပါ။
- ၄။ ခေါင်းကို တည့်မတ်စွာပြန်ထားစဉ်အသက်ရှူထုတ်ပါ။

Exercise 2

- Sit down with the back straight.
1. Tilt the head down and breathe in at the same time.
 2. Breathe out while moving the head back to the normal position.
 3. Tilt the head back, breathe in at the same time.
 4. Breathe out while moving the head to normal position.

လေ့ကျင့်ခန်း (၂) ကိုယ်ကိုမတ်မတ်ထားပြီးထိုင်ပါ။

၁. ခေါင်းကိုအောက်သို့ငုံ့ပါ။တချိန်တည်းတွင်အသက်ရှူသွင်းပါ။
- ၂။ ခေါင်းကိုတည့်မတ်စွာပြန်ထားစဉ်အသက်ရှူထုတ်ပါ။
- ၃။ ခေါင်းကိုနောက်သို့လှန်ပါ။တချိန်တည်းတွင်အသက်ရှူသွင်းပါ။
- ၄။ ခေါင်းကိုတည့်မတ်စွာပြန်ထားစဉ်အသက်ရှူထုတ်ပါ။



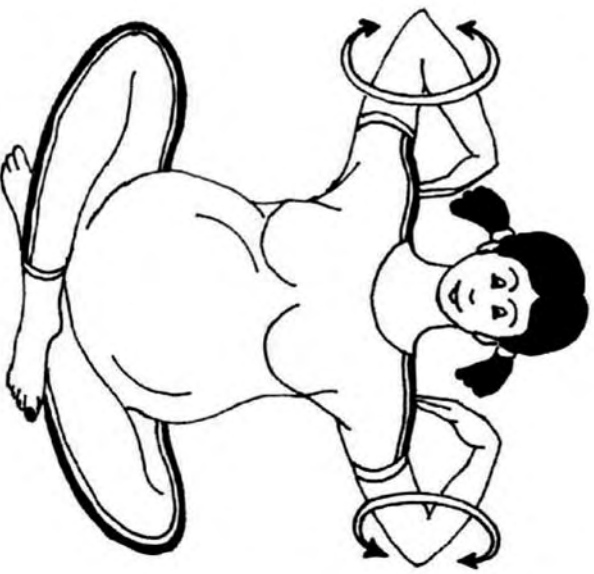
Exercise 3

Sit cross-legged with the back straight.

1. With the hands interlacing each other, put them under the abdomen.
2. Breathe in through the nose, then breathe out from the mouth slowly.

လေ့ကျင့်ခန်း (၃) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။

၁. လက်နှစ်ဘက်ကိုယှက်ပြီးမိတ်အောက်မှာထားပါ။
၂. ထိုးနောက်အသက်ရှူသွင်းခြင်း / အသက်ရှူထုတ်ခြင်းကိုဖြည်းညှင်းစွာလုပ်ပါ။



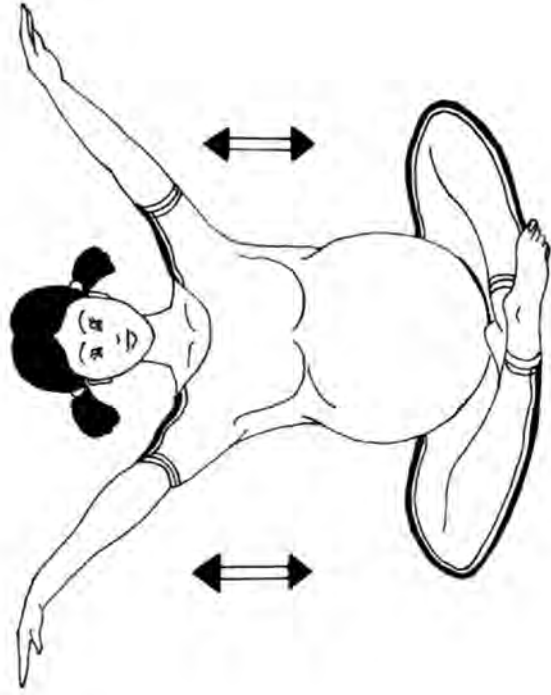
Exercise 4

Sit cross-legged with the back straight.

1. Put the hands on the shoulders as shown in the illustration.
2. Move the elbows in circular movement back and forth.

လေ့ကျင့်ခန်း (၄) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။

၁. လက်ကိုပုံတွင်ပြသည့်အတိုင်း ပခုံးပေါ်တင်ပါ။
၂. တဘောင်ဆစ်ကိုစက်ဝိုင်းပုံစံ/နောက်လှည့်ပါ။



Exercise 5

- Sit cross-legged with the back straight;
1. Keep the hands straight and raise them sideways to a position higher than the head, while breathing in.
 2. Breathe out while lowering the hands down to normal position.

လေ့ကျင့်ခန်း (၅) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။

၁. လက်ကိုမြှောင်တန်းစွာထားပြီးအထက်သို့ဖြူးညှင်းစွာမြှောက်ပါ။အသက်ရှူသွင်းပါ။
၂. လက်ကိုပြန်ချစဉ် အသက်ရှူထုတ်ပါ။

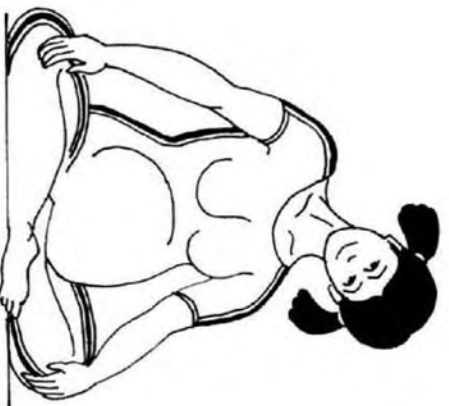
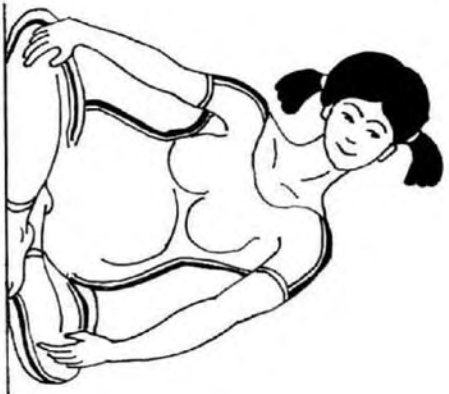


Exercise 6

- Sit cross-legged with the hands on the knees.
1. Tilt your body forwards from the waist down as if to look at the abdomen while breathing out. Support your upper body with your hands on the knees.
 2. Then tilt the body backwards while breathing in and then move to normal position and breathe out.

လေ့ကျင့်ခန်း (၆) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။
လက်ကိုနှူးပေါ်တင်ထားပါ။

၁. ခါးကိုအောက်သို့ကိုင်းပါ။မျက်လုံးကဝမ်းစိုက်ကိုကြည့်ပါ။အသက်ရှူထုတ်ပါ။လက်ကိုနှူးပေါ်တင်ထားခြင်းဖြင့်ကိုယ်ခန္ဓာကိုထိန်းထားပါ။
၂. ခါးကိုနောက်သို့တဖြည်းဖြည်းလှန်ပါ။အသက်ကိုဖြည်းညှင်းစွာရှူသွင်းပါ။
ခါးကိုပြန်မတ်စဉ် အသက်ရှူထုတ်ပါ။



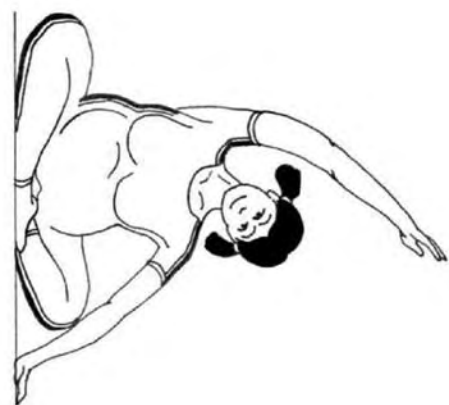
Exercise 7

Sit cross-legged with the back straight and the hands on the knees (normal position).

1. Tilt the body to the left slowly while breathing in.
2. Return to normal position while breathing out.
3. Tilt the body to the right slowly while breathing in.
4. Return to normal position while breathing out.

လေ့ကျင့်ခန်း (၇) ခါးကိုတည့်မတ်စွာထား၍ တင်ပျဉ်ခွေထိုင်ပါ။
လက်ကိုနှုဒူးပေါ်တင်ထားပါ။

၁. ကိုယ်ကိုဘယ်ဘက်သို့စောင်းရင်း အသက်ရှူသွင်းပါ။
၂. ခါးကိုတည့်မတ်စွာပြန်ထားရင်း အသက်ရှူထုတ်ပါ။
၃. ကိုယ်ကိုညာဘက်သို့စောင်းရင်း အသက်ရှူသွင်းပါ။
၄. ခါးကိုတည့်မတ်စွာပြန်ထားရင်း အသက်ရှူထုတ်ပါ။



Exercise 8

Sit cross-legged with the back straight. The hands placed beside the body (starting position).

1. Stretch the right arm sideways and place on the floor so that the weight of the body lies on that hand.
2. Raise the left hand and tilt the body slowly to the right while breathing in.
3. Return to the starting position while breathing out.
4. Repeat by reversing the direction.

လေ့ကျင့်ခန်း (၈) ခါးကိုတည့်မတ်စွာထား၍ တင်ပျဉ်ခွေထိုင်ပါ။ လက်ကို
မိမိဘေးတွင်ထားပါ။

၁. ညာလက်ကိုဘေးတွင်ထောက်ပါ။
၂. ဘယ်လက်ကိုဖြန့်ညှင်းစွာမြှောက်ပြီး ကိုယ်ကိုညာဘက်သို့စောင်းပါ။ အသက်ရှူသွင်းပါ။
၃. လက်ကိုပြန်ချချိန် အသက်ရှူထုတ်ပါ။
၄. ဘယ်ညာပြောင်း၍လုပ်ပါ။



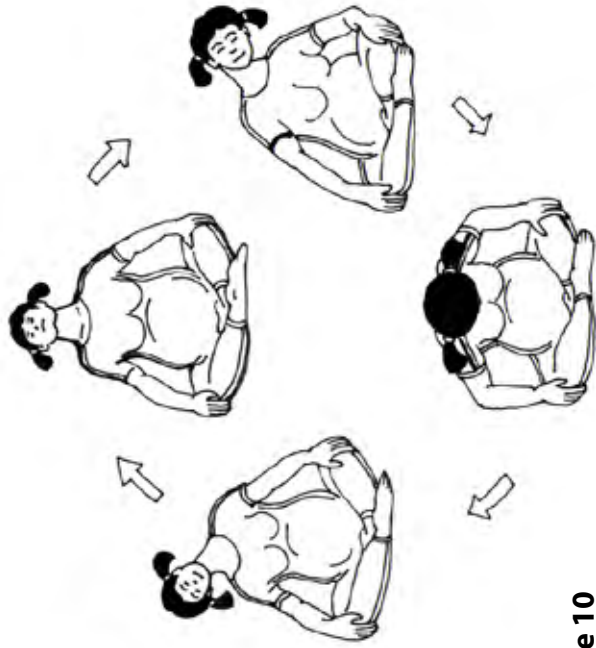
Exercise 9

Sit cross-legged with the back straight.

1. With the hands raised above the head straight, move the body in the clock-wise circular movement slowly while breathing in.
2. Return to normal position while breathing out.
3. Repeat by reversing the direction.

လေ့ကျင့်ခန်း (၉) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။

၁. လက်နှစ်ဘက်ကိုအပေါ်သို့မြှောက်၍ခါးအထက်ပိုင်းမှစ၍စက်ပိုင်းပုံဖြောင့်ညှင်းစွာလှည့်စဉ် အသက်ရှူသွင်းပါ။
၂. ခါးကိုတည့်မတ်စွာပြန်ထားစဉ် အသက်ရှူထုတ်ပါ။
၃. ဘယ်ညာပြောင်း၍လှည့်ပါ။



Exercise 10

Sit cross-legged with the back straight and place the hands on the knees.

1. Breathe in slowly in this position.
2. Tilt the head to the left while breathing out.
3. Tilt the head down.
4. Roll the head to the right and breathe in.
5. Tilt the head backwards and then back to the original position while breathing out.

လေ့ကျင့်ခန်း (၁၀) ခါးကိုတည့်မတ်စွာထား၍တင်ပျဉ်ခွေထိုင်ပါ။လက်ကိုအပေါ်တင်ထားပါ။

၁. အသက်ရှူသွင်းပါ။
၂. ခေါင်းကိုဘယ်ဘက်သို့ဖြည်းညှင်းစွာစောင်းပါ။တချိန်တည်းတွင်အသက်ရှူထုတ်ပါ။
၃. ခေါင်းကို အောက်သို့နဲ့ပါ။
၄. ခေါင်းကိုညာဘက်သို့ဖြည်းညှင်းစွာစောင်းပါ။တချိန်တည်းတွင် အသက်ရှူသွင်းပါ။
၅. ခေါင်းကို နောက်သို့လှည့်ရင်း မူလပုံစံရောက်အောင်လှုပ်စဉ် အသက်ရှူထုတ်ပါ။



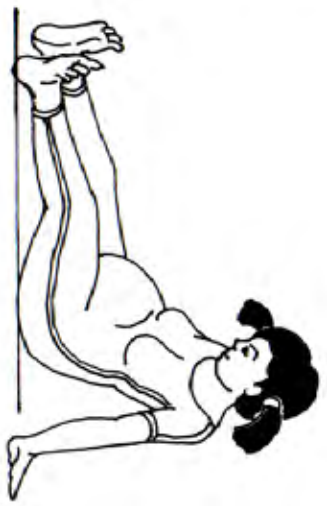
Exercise 11

With the legs stretched out, sit in the position as shown in the illustration. Place the hands beside the body on the floor.

1. Lift the left hip up from the floor and count 5, then return to normal position.
2. Repeat by reversing the direction.

လေ့ကျင့်ခန်း (၁၁) မြေကိုဆင်း၍ထိုင်ပါ။ လက်ကိုဘေးတွင်ထောက်ထားပါ။

၁. ဘယ်ဘက်တင်မီးကိုကြမ်းခြင်းမူကြွပါ။ ၁ မှ ၅ အထိရေတွက်၍တင်မီးကိုပြန်ရပါ။
၂. ဘယ်ညာပြောင်း၍လုပ်ပါ။



Exercise 12

Sit with legs stretch out, the hands at the back of the body bearing the weight.

Find the position easy for your abdomen. Slowly stretch the foot from the ankle down with the tip of the toes pointing down, then return to normal position.

လေ့ကျင့်ခန်း (၁၂)

မြေကိုဆင်း၍ထိုင်ပါ။ လက်ကိုနောက်တွင်ထောက်ထားပါ။ ကိုယ်ခန္ဓာသက်သာသည့်အနေအထားတွင်ရှိပါစေ။ မြေများကိုအောက်သို့စိုက်ပါပြန်တည်ပါ။



Exercise 13

Lie down on the floor with the knees bend.

1. Raise the waist up slightly from the floor and breathe in while doing so
2. Put the waist down to the floor and breathe out.

လေ့ကျင့်ခန်း (၁၃) ကြမ်းပြင်ပေါ်တွင် ခုနစ်ချောင်းထောင်လျက်အိပ်ပါ။

၁. ခါးကိုအထက်သို့ အနည်းငယ် မတင်ပါ။ အသက်ရှူသွင်းပါ။
၂. ခါးကိုအောက်သို့ပြန်ချပါ။ အသက်ရှူထုတ်ပါ။



Straight Position

Stand with the head looking straight ahead.
Legs should be apart according to the body structure.

မတ်တပ်ရပ် အနေအထား
ရှေ့ကိုတည့်တည့်ကြည့်ပြီး ကိုယ်ကိုမတ်မတ်ရပ်ပါ။
ခြေနှစ်ချောင်းကိုခန္ဓာကိုယ်နှင့်လိုက်လျောညီထွေစွာထားပါ။

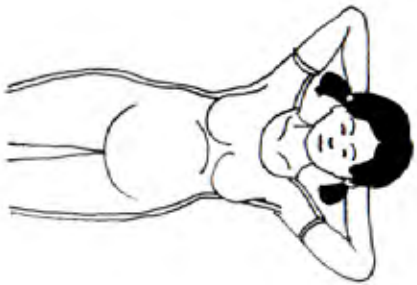


Exercise 14

1. Stand with the body in straight position.
2. One step forward with the right foot.
3. Slowly push the upper body forward by bending the right knee while keeping the left leg straight and fixed to the original position.
4. Count 1 to 10.
5. Return the right foot to normal position.
6. Repeat by alternating the leg.

လေ့ကျင့်ခန်း (၁၄)

၁. ကိုယ်တိုယ်မတ်ထားပြီး ရပ်ပါ။
၂. ညာဘက်ခြေကိုရှေ့ထုတ်လိုက်ပါ။
၃. ညာဘက်ခြေကိုကွေးရင်း ကိုယ်ကို ရှေ့သို့တွန်းပါ။ ဘယ်ခြေကို နေရာမှမရွေ့စေဘဲ ခြေကွင်းတန်းစွာ ထားပါ။
၄. ၁ မှ ၁၀ အထိ ရေတွက်ပါ။
၅. ပုံစံ(၁) အတိုင်း ပြန်နေပါ။
၆. ဘယ်ခြေဖြင့် ပြောင်းလုပ်ပါ။



Exercise 15

- Stand straight with hands interlacing, place them behind the head. Keep the legs apart.
1. Tilt the upper part of the body to the left, while breathing in.
 2. Return to normal position while breathing out.
 3. Repeat to the right side.

လေ့ကျင့်ခန်း (၁၅)

- ရှေ့ကိုတည့်တည့်ကြည့်ပြီး ကိုယ်ကို မတ်မတ်ရပ်ပါ။ လက်နှစ်ဘက်ကို ယှက်၍ ခေါင်းနောက် တွင် ကပ်ထားပါ။ ခြေထောက်နှစ်ဖက်ကို အနည်းငယ် ခြားပြီး ရပ်ပါ။
၁. ခါးကို ဘယ်ဘက်သို့ စောင်းပါ။ တပြိုင်နက် တည်းမှာ အသက်ရှူသွင်းပါ။
 ၂. ခါးကို ပြန်မတ်စဉ် အသက်ရှူထုတ်ပါ။
 ၃. ညာဘက်သို့ လုပ်ပါ။

Exercise 16

Stand in straight position with the hands stretch out. Grasp the hands together.

1. Touch the left shoulder blade with your right hand over your head. Then the left hand should hold the right elbow firmly over the head. Breathe in and count 5, breathe out, relax and return to the normal position.
2. Change sides and repeat.
3. Stretch out the right hand and keeping the hands straight, then move it close to your chest. The left hand should grasp the right elbow, breathe in and count 5, breathe out and change sides.
4. Place both hands at the back over the waistline. Grasp the right wrist with the left hand, count 5 and then change sides.

လေ့ကျင့်ခန်း (၁၆)

ကိုယ်ကိုမတ်မတ်ထားပြီး ရပ်ပါ။ လက်နှစ်ဘက်ကို ရှေ့သို့ဆန့်ပြီးဆုပ်ထားပါ။

၁. ညာလက်ကိုခေါင်းပေါ်မှကျော်ပြီးဘယ်ဘက်ကျောက်ထိပါ။ဘယ်လက်ဖြင့်ညာတဖ တောင်ဆစ်ကိုဆုပ်ထားပါ။ အသက်ရှူသွင်းပြီး ၁ မှ ၅ အထိရေတွက်ပါ။ အသက်ရှူထုတ်စဉ် မူလပုံစံသို့ ပြန်ပြောင်းပါ။
၂. ဘက်ပြောင်း၍လုပ်ပါ။
၃. ညာလက်ကိုရှေ့သို့ဆန့်တန်းပါ။ဘယ်ဘက်လက်ဖြင့်ညာတဖောင်ဆစ်ကိုကိုင်ပြီးညာ လက်ကို ရင်ဘတ်နားသို့ကပ်ယူပါ။ အသက်ရှူသွင်းပြီး ၁ မှ ၅ အထိရေတွက်ပါ။ အသက်ရှူထုတ်ပါ။ ဘက်ပြောင်းလုပ်ပါ။
၄. လက်ကိုခါးနောက်တွင်ကပ်ထားပါ။ဘယ်လက်ဖြင့်ညာလက်ကောက်ဝတ်ကိုကိုင်ပါ။ ၁ မှ ၅ အထိရေတွက်ပါ။ ဘက်ပြောင်းလုပ်ပါ။





Exercise 17

Stand straight:

1. Raise the left foot 10cm above the ground. Swing the right hand.
2. Putting the left foot down, raise the right foot up 10cm from the ground, swinging the left hand now.

လေ့ကျင့်ခန်း (၁၇)

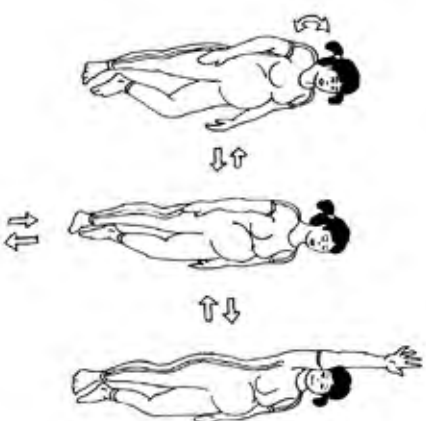
ကိုယ်ကိုမတ်မတ်ထားပြီး ရပ်ပါ။

၁. ကိုယ်ကိုမရွေးဘဲ ဘယ်ခြေဖမ်းကို ကြိမ်းမု (၁၀ စာ) အမြင့်အထိမပါ။ ညှာလက်ကိုလှည့်ပါ။
၂. ဘယ်ခြေကိုပြန်ချချိန်တွင်ညှာခြေကိုမပါဘယ်လက်ကိုလှည့်ပါ။

Exercise 18

Stand straight.

Start walking and while walking, shrug the shoulders and turn it back and forth sometimes. Raise one hand up and continue walking, and raise both hands up sometimes.

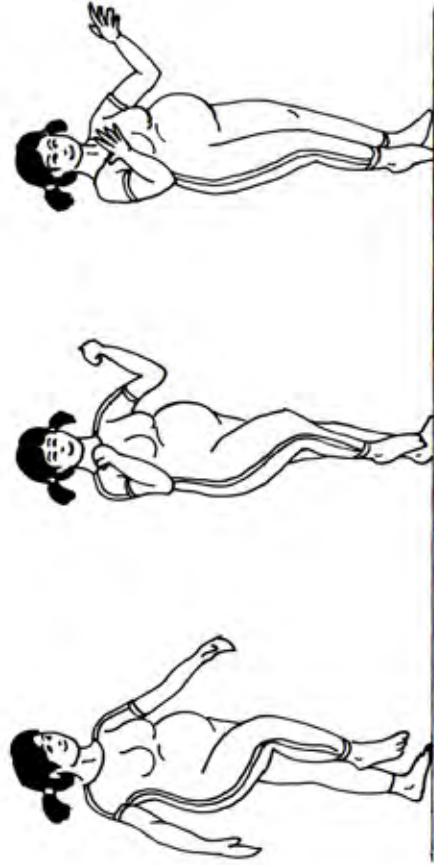


လေ့ကျင့်ခန်း (၁၈)

ကိုယ်ကိုမတ်မတ် ထားပြီး ရပ်ပါ။

လမ်းလျှောက်ပါ။ လမ်းလျှောက်သည့်အချိန်အတွင်း ဖခုံးကို ကြုံ၍ ရှေ့နောက်လှည့်ပါ။ တစ်ဘက်ရံလက်တစ်ဖက်ကို မြှောက်ပြီး လျှောက်ပါ။ တစ်ဘက်ရံလက်နှစ်ဖက်လုံးကို မြှောက်ပြီး လျှောက်ပါ။





Exercise 19

Stand straight.

Start walking, raising the foot 10 cm above the ground and swing both hands while doing so and continue walking.

While walking, bend the elbows and grip the fingers into fists.

Relax and spread the fingers out.

လေ့ကျင့်ခန်း (၁၉)

ကိုယ်ကိုမတ်မတ် ထားပြီး ရပ်ပါ။

လမ်းလျှောက်ပါ။ ခြေထောက်အမြင့်သည်မြေကြီးမှ (၁၀ cm) လက်လေးလုံးခန့် ရှိရမည်။

ရီရမည်။

လက်ကိုလွှဲပြီးလျှောက်ပါ။ လမ်းလျှောက်နေစဉ်လက်ကိုကွေးပြီးလက်ချောင်းများ ဆုပ်ပါ။

ဆုပ်ပါ။

တခါတရံလက်ချောင်းများဖြန့်ပါ။