

momstory times

Official Newsletter of Momstory by Sahyadri Hospitals | June 2023 Edition

Presenting Our



Hospital

Sahyadri Super Speciality Hospital, Hadapsar Annexe

Specially for



A Centre of Excellence in Woman & Child Health!

From the Editor's Desk



Dr. Mahima Bakshi

Maternal Child Wellness Consultant and Brand Consultant, Momstory by Sahyadri Hospitals

June was one of the most exciting months for us as we added a new building to our family, our 9th hospital dedicated to Momstory. We are now looking forward to taking the experience to another level for pregnant moms by making their birthing even more memorable with us. We conducted several exciting events for the launch. We are grateful to Shibani Kashyap who added a musical touch to our celebrations at this spectacular launch event.

Wellness  Wisdom

Tips to Take Care of a Newborn Baby

By Dr. Pradeep Suryawanshi

Director - Neonatology & Paediatrics, Sahyadri Hospitals

The weight of a normal baby is generally between 2.6 to 3.2 kg. There are two important things that a newborn baby needs.

Mother's Milk - This helps the baby to fight against infection, pneumonia, and diarrhea, therefore, breastfeeding is really important. When babies are born, it's important that they are breastfed within 30 minutes of birth. Always breastfeed a newborn baby every three hours. For the initial 6 months, it's essential that the baby is only feeding on the mother's milk. Mothers should not be following any traditional practices such as feeding the baby water, honey, or gripe water.

Washing Hands - While you are holding your baby, it's mandatory that you wash your hands. Every time you are holding your baby, there is a high risk of infection, as babies have really low immunity.

Other important things to take care of the newborns:

1. Do not bathe your baby initially for 5-6 days. Just wipe the baby rather than bathe. Wait for the umbilical cord to detach and later you can bathe your baby. This is because bathing a newborn baby puts them at high risk of infections.
2. Do not use soap, lotions, and oil on the baby for the initial days. After a month or so, you can slowly use them on the baby.
3. Initially baby's weight is 5-7% less. For example, if the baby's weight at the time he/she is born is around 3 kg then in 5-6 days,



it may fall down to 2.8 or 2.9kg. Parents don't need to worry as doctors call it 'physiological weight loss'. But it's important that after 7 days, the baby's weight should be the same as the birth weight. If the baby does not have the same weight by day 10, then it's necessary that the parents consult the doctor.

4. As the baby drinks milk every three hours, it should urinate 6-10 times a day, which indicates that the baby is having enough milk.
5. There's no need to panic over things like the bowel movement of the baby, if the baby cries, or if the baby has gas.

You should only consult a doctor when:

1. Baby's body temperature is higher than normal.
2. If baby has difficulty in breathing.
3. Colour of baby's skin is turned blue or white.
4. Baby is showing the symptoms of jaundice (skin colour turned yellow).
5. Baby's bowel movement shows some blood or if the baby is vomiting blood.
6. Baby has a bloated stomach or is getting fits.
7. Baby is losing weight.

If you can see above symptoms in your baby then consult a paediatrician or new-born specialist.

Glimpses of Momstory Hadapsar Launch

Sahyadri Hospitals launches its 9th Hospital - Sahyadri Super Speciality Hospital, Hadapsar Annexe - dedicated to Momstory. This remarkable milestone marks another step forward in our mission to provide exceptional healthcare services. Sahyadri Hospitals expands its network and continues delivering top-notch care with its newest addition that will focus on Obstetrics, Gynaecology & Paediatrics, along with providing exceptional care for mothers and children.

With this new facility, having 5 floors dedicated to Momstory, the hospital aims at becoming a centre of excellence in Mother & Child Care. Besides Mother & Child care, the 100-bed hospital will also cater to Dialysis, General Medicine, Nephrology, Orthopaedic and other specialities. Momstory offers multiple services like Preventive Health Check, Wellness Clinic for Women, Pre-conception Counselling, Minimally Invasive Gynaecology Surgery, High Risk Pregnancies, Antenatal Programs, Foetal Medicine, Fertility Services (IVF/ IUI/ ICSI), NICU, PICU, Paediatric Care, and Online Wellness Programs all under one roof.

For the launch of this hospital, a special tour of the hospital was organised for various community groups of the city. Doctors, senior officials from corporates around Hadapsar & members from several

local community groups had a sneak preview of our Hospital. The panel of experts @ Momstory Hadapsar comprise of Dr. Mini Salunkhe - Director & Head of the Dept, Obstetrics, Sahyadri Super Speciality Hospital, Hadapsar; Dr. Pradeep Suryawanshi - Director, Neonatology & Paediatrics, Sahyadri Hospitals; Team of Obstetrics & Gynaecologists - Dr. Archana Belvi, Dr.Gauri Jagdale, Dr. Sushma Surve, Dr. Manisha Kulkarni, Dr. Neelkanth Belvi and Team of Paediatricians & Neonatologists - Dr. Ravi Desai and Dr. Sagar Lad.

With state-of-the-art facilities and a dedicated team of experts, the hospital aims at offering advanced healthcare services to the Hadapsar community.



Show Round for Doctors: 200+ doctors visited & appreciated our new Momstory Hadapsar unit



Show Round for Community Groups: Many local community representatives paid a visit to our new facility



Celebrity Singer Shibani Kashyap @ Momstory: Popular singer Shibani Kashyap visited Momstory Hadapsar Unit and interacted with our medical team.



Show Round for Women's Groups & Social Media Influencers: Over 50 women social media influencers attended the sneak preview of the Momstory Hadapsar Facility.



MISS PUNE

Momstory:
Health Partner of
Miss Pune 2023

Celebrating Her Power. Celebrating Infinite Possibilities. Momstory by Sahyadri Hospitals was proud to be associated as the Healthcare Partner for the recently conducted Miss Pune 2023 Beauty Pageant. In this journey of celebrating Women's Intelligence, Beauty, Ambition, and Health, we contributed by conducting health awareness sessions for the contestants and by awarding a special title - Miss Holistic Health 2023! Congratulations to all winners.



Few days after the event, we were honoured to have the stunning Miss Pune 2023 winners grace Momstory by Sahyadri Hospitals! We were thrilled to celebrate their accomplishments and welcome them to our Sahyadri family. Together, let's embrace beauty, strength, and wellness.



premoms
masterclass
A step towards parenthood

Masterclass: Interactive Workshop for Expecting Couples

Masterclass - An interactive workshop for expecting couples & new parents was conducted at Momstory Hadapsar, wherein more than 50 couples attended the session on 'Preparing Yourself for Birthing & Child Care'. The session was conducted by Dr. Mini Salunkhe, Director - Obstetrics, Sahyadri Super Speciality Hospital, Hadapsar; Dr. Pradeep Suryawanshi, Director - Neonatology & Paediatrics, Sahyadri Hospitals & Dr. Mahima Bakshi - Mother & Child Wellness Consultant & Brand Consultant, Momstory by Sahyadri Hospitals.





Sahyadri Hospitals had the privilege of hosting esteemed corporate organisations at the launch of our newly launched Hadapsar Annexe hospital. Our valued partners from LIC India, Vascon, Bajaj, Jain Relief Foundation, DSM, SLB, and Tech Mahindra visited this special walkthrough event and explored the magnificent infrastructure that's built keeping in mind every minute detail. They absolutely loved and appreciated our concept of integrating a VR experience to make the walkthrough even more engaging.



Bajaj Auto



Jain Relief Foundation



Persistent System



Tech Mahindra



Vascon Engineers Ltd



ZS Associates



LIC



Company 3 Method Studios

EXERCISE IN PREGNANCY

Exercises for Trimester II



Sleeping position matters the most!

You must prefer sleeping on your left side from your second trimester. A pregnancy pillow can be of great help in positioning the body for your comfort. A wrong sleeping position can give you hip pain, pelvic pain, and backaches. So, if you cannot find comfort while you sleep, talk to your physiotherapist for suitable options as sleep and optimum rest are of utmost importance during pregnancy.

Weight training and back strengthening exercises

If you often experience numbness, tingling, or pain in your hands and fingers at night or first thing in the morning, this is due to extra fluid in the body, which increases pressure on the wrist. A physiotherapist may help you with exercises to reduce the symptoms.

Attend antenatal exercise classes

- 8000-10000 steps daily
- 10 times ankle circles, each way briskly

Calf stretches:

- Lean against the wall or sit with your legs out straight.
- Pull your toes up to stretch the calf.
- Hold for a few moments, then release.

Bridging:

- Lie on your back.
- Bend your knees. Keep your feet on the ground.
- Lift the back off the floor.

Wall push-ups:

- Face the wall.
- Keep some distance between your feet.
- Place your hands on the wall and slowly bend your elbows.

- Begin to lean your body toward the wall until your nose almost touches it.
- Slowly push back to the starting position.

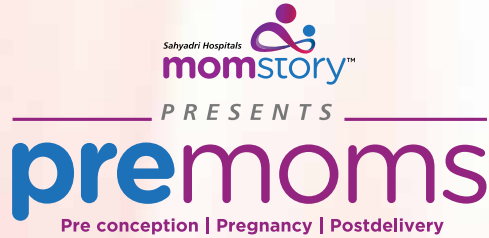
Butterfly exercise:

- Sit on the ground in an upright position.
- Bring the soles of your feet together, with the knees pointing outwards.
- Grasp your ankles (or feet) and draw your heels as close to your body as comfortable.

Kegels exercise:

- Make sure your bladder is empty, then sit or lie down.
- Tighten your pelvic floor muscles.
- Hold tight for 3 to 5 seconds.
- Relax the muscles and count 3 to 5 seconds.
- You should feel a squeeze and a lift inside the vagina.

Your partner for
happy parenthood is here!



WHAT DOES IT OFFER?

Comprehensive Program run by Team of Experts
Dietitian | Psychologist |
Physiotherapist | Lactation Expert

Special Sessions on

- Labour Delivery with Gynaecologist
- Baby Care with Pediatrician



premomsmasterclass
A step towards parenthood

Every parent aspires to be a super-parent, and 'Momstory Masterclass' helps you achieve that! 'Momstory Masterclass' is a comprehensive educational program that helps would-be parents stay physically, mentally, and emotionally healthy throughout their parenthood journey. Under this initiative, our panel of experts conducts several workshops, seminars, and forum discussions to help women & men take care of their well-being and experience the joy of parenthood in its truest sense.



For More Information & Appointment Call: 70300 49791

Email us: momstory@sahyadrihospitals.com

Sahyadri Hospitals

Sahyadri Hospitals : Maharashtra's Largest Chain of Hospitals

Pune - Deccan Gymkhana | Nagar Road | Kothrud | Bibwewadi | Hadapsar | Hadapsar Annexe | Kasba Peth | Nashik | Karad

