

# momstory times

Official Newsletter of Sahyadri Hospitals Momstory | August 2025 Edition

## Breastfeeding: Baby's first shield

Each feed protects, nourishes,  
and strengthens





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# EVERY DROP COUNTS

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*Breastfeeding is more than feeding.  
Every drop is a bond of love, protection,  
and lifelong wellness.*

At Momstory, we believe that breastfeeding is not just about nutrition; it is about nurturing an unbreakable bond while giving babies the most complete food designed for them. Breast milk strengthens a baby's immunity and protects in ways no substitute can. It also helps mothers by aiding faster recovery after childbirth, lowering certain health risks, and deepening the emotional connection with their child.

This August, as we celebrated World Breastfeeding Week, we were inspired by the strength and dedication of mothers who pledged to embrace this natural gift of life. Our celebrations included awareness posters and pledge boards, reminding us all of the lifelong benefits that breastfeeding brings. Sahyadri Hospitals Momstory's Human Milk Bank continues to help countless premature and

critically ill infants, reinforcing our mission to care for every baby, no matter how fragile.

At Sahyadri Hospitals Momstory, we remain committed to guiding, educating, and supporting mothers in every step of their journey, because every drop of care counts.



**Dr. Mahima Bakshi**

Maternal Child Wellness  
Consultant and Brand Consultant,  
Sahyadri Hospitals Momstory

## SUNDAY CLASS AT MOMSTORY

Sahyadri Hospitals Momstory, Hadapsar, Nagar Road, and Shivaji Nagar units, hosted insightful Sunday Classes highlighting the crucial role of breastfeeding in an infant's growth and immunity. Experts shared evidence-based guidance on the health benefits of breastfeeding for both mother and baby. The session also offered practical advice to mothers-to-be and new mums on building confidence in their breastfeeding journey, helping them understand its importance for long-term child development and maternal well-being.

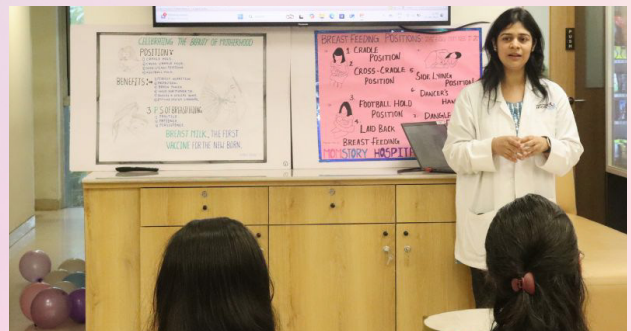
### HADAPSAR



### NAGAR ROAD



### SHIVAJI NAGAR





Extraordinary journeys,  
exclusive offers!

Benefits  
worth

**₹50,000/-\***  
**— FREE —**

on early bookings  
of delivery  
packages

**BOOK NOW**

Cake cutting | Baby photoshoot | Gift hamper  
Baby bag | Hand/foot print | Luxury car drop/car decoration  
'Welcome home' décor for your baby

Special baby cart discharge ceremony

**Hadapsar | Nagar Road | Shivajinagar**

**To know more, call 88888 22222 | [momstory.co.in](http://momstory.co.in)**



# BREASTFEEDING: RESPONSIBILITY OF A CAREGIVER AND THE RIGHT OF A NEWBORN

Dr. Pradeep Suryawanshi

Honorary Director - Pediatrics and Neonatology  
Momstory, Nagar Road

Breastfeeding is the natural way of providing young infants with the nutrients they need for healthy growth and development. Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by the WHO as the perfect food for the newborn. It should be initiated within the first hour after birth. Exclusive breastfeeding is recommended up to six months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.

Breast milk is the ideal nutrition for infants – a nearly perfect mixture of vitamins, protein, and fat in a digestible form that supports the overall growth of a newborn. It contains antibodies that help babies fight viruses and bacteria, and lowers the risk of allergies, infections, diarrhoea, and malnutrition. It is also linked to higher IQ scores in later childhood, supports appropriate weight gain, helps prevent SIDS (sudden infant death syndrome), and lowers the risk of diabetes and obesity.

The benefits for mothers are equally important: breastfeeding burns extra calories, helping with faster post-pregnancy weight loss; releases the hormone oxytocin, which helps the uterus return to its pre-pregnancy size; and lowers the risk of breast cancer, ovarian cancer, and osteoporosis. It also provides regular bonding time with the baby.



Some common challenges include sore, dry, or cracked nipples; worries about producing enough milk; pumping and storing milk; inverted nipples; breast engorgement; and infections. The answers to these challenges lie in learning the correct method of breastfeeding (known as latching) and ensuring adequate feeds. If in doubt, it is always best to consult a lactation consultant.

## Learn the ABC of breastfeeding:

- A – Awareness:** Recognise your baby's signs of hunger and breastfeed on demand.
- B – Be patient:** Do not rush. Babies usually take 10 – 20 minutes for each feed.
- C – Comfort:** Relax while breastfeeding, as your milk is more likely to let down and flow.





## CORPORATE EVENTS

August 2025

August was an eventful month for Momstory, marked by impactful corporate wellness initiatives across multiple organisations. From a Nationwide webinar on PCOD & PCOS for IFFCO Tokio employees to on-ground health camps at Exela Technologies, Wipro, and Ennergia Skyi Songbirds, Momstory continued to strengthen its commitment to preventive healthcare and employee well-being. Each event reflected our focus on early detection, lifestyle guidance, and holistic health support, engaging employees and residents alike with expert consultations and personalised advice.

### 7<sup>th</sup> August, PAN India Webinar, IFFCO Tokio:

Dr. Supriya Puranik, a distinguished Gynecologist and Director of OBGY and IVF at Sahyadri Hospitals Momstory, delivered valuable insights on reproductive health, PCOS, and PCOD to over 1300 attendees.



### 13<sup>th</sup> August, Exela Technologies, Bibwewadi:

Dr. Bhagyashree and Dr. Trupti conducted health check-ups for employees in an engaging manner at their workplace set-up.





### 19<sup>th</sup> August, Wipro, Nagar Road:

Employees received consultations on general health and diet from our expert medical team comprising Dr. Sayli, Dr. Ashwini, and Dietician Swapna.



### 28<sup>th</sup> August, Exela Technologies, S.B. Road:

An on-site health camp was conducted by Dr. Koyal and Dr. Swapna, offering convenient preventive care to employees.



### 30<sup>th</sup> August, Ennergia Skyi Songbirds, Nagar Road:

Residents and employees benefitting from personalised health and nutrition guidance by Dr. Sayli and Dietician Swapna.





## Book your child's Immunisation Package today.

Normal	Painless
6 Weeks - 6 Months:	6 Weeks - 6 Months:
Package Cost - <del>₹ 21,419/-</del>	Package Cost - <del>₹ 31,064/-</del>
Offer Price <b>₹19,200/-</b>	Offer Price <b>₹27,900/-</b>

Normal	Painless
6 Weeks - 1 Year:	6 Weeks - 1 Year:
Package Cost - <del>₹ 26,548/-</del>	Package Cost - <del>₹ 36,193/-</del>
Offer Price <b>₹23,800/-</b>	Offer Price <b>₹32,500/-</b>





## ACADEMIC SESSION

Momstory Hadapsar and Shivajinagar units hosted academic sessions led by experts to share the latest developments in women's and children's healthcare. The session aimed at fostering continuous learning and keeping participants updated on emerging trends and best practices in healthcare.

### HADAPSAR



### SHIVAJI NAGAR





## BREASTFEEDING WEEK

Breastfeeding Week was joyfully celebrated across Momstory Hadapsar, Nagar Road, and Shivajinagar units. From creative staff poster competitions and insightful talks to a celebratory cake cutting and awareness on breastmilk donation, the events reinforced the value of breastfeeding and collective care for mothers and infants.

### HADAPSAR



### NAGAR ROAD



### SHIVAJI NAGAR





## GANPATI STHAPANA

Momstory units at Hadapsar, Nagar Road, and Shivajinagar celebrated the auspicious occasion of Ganpati Sthapana with devotion and joy. With prayers and offerings, the teams sought Lord Ganesha's blessings for wisdom, health, and prosperity. Everyone was dressed in beautiful traditional attire, adding to the festive spirit that brought all together in positivity and harmony.

### HADAPSAR



### NAGAR ROAD



### SHIVAJI NAGAR







## PLS —PERSONALISED LABOUR SUPPORT



Labour support by trained nurses

Personalised dedicated attention

1:1 support

Round-the-clock attendant in labour

Assisting in labour for natural birth



## WATER THERAPY

Making childbirth more effective and painless



Relaxation therapy in labour

Natural pain relief labour techniques

Spa treatment in labour under medical supervision

1-2 hours therapy as advised by doctors

Dedicated room

Water therapy pool



25<sup>TH</sup>, 28<sup>TH</sup>, & 29<sup>TH</sup> AUGUST 2025

## HEALTH TALKS AT VIBGYOR GROUP OF SCHOOLS MOMSTORY HADAPSAR, SCHOOL ACTIVITY

Momstory successfully organised a series of Health Talks at Vibgyor Group of Schools for students and teachers, as part of the Hadapsar unit activity. The sessions focused on basic hygiene, hormonal imbalance, and menstrual hygiene, aiming to raise awareness and encourage healthy practices among young learners.

Dr. Mini Salunkhe, Dr. Madhu Juneja, Dr. Manisha Kulkarni, and Dr. Ganesh led dynamic and informative sessions that were well-received by both students and staff. Their insights helped create an open dialogue around important aspects of adolescent and reproductive health.





## PREMOMS CLINIC CLASS

An engaging session by Dr. Pooja Kolhe, guiding expectant mothers on essential prenatal care and wellness.







Visit **Momstory** to experience  
the joy of parenthood

Consult our team of IVF experts

**Monday to Saturday**