

# momstory times

Official Newsletter of Manipalhospitals Momstory | March 2026 Edition

**In her arms,  
the world feels safe**



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# LOVE THAT BEGINS WITHIN

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When women prioritize their health, they empower not just themselves, but generations to come.

Women's health is the foundation of a healthy society, yet it often remains overlooked. From adolescence to motherhood and beyond, women experience unique physical and emotional changes that require timely care and awareness. Conditions such as anemia, PCOS, and breast health concerns are increasingly common, largely due to lifestyle changes, stress, and lack of regular check-ups.

Preventive healthcare plays a crucial role. Regular screenings, balanced nutrition, physical activity, and mental well-being should be prioritized. Unfortunately, many women tend to delay seeking medical advice due to family responsibilities or social stigma. This delay can lead to complications that could have been avoided with early intervention.

Equally important is creating an environment where women feel comfortable discussing their health openly. Education and awareness campaigns can empower women to take charge of their well-being and make informed decisions.



## Dr. Mahima Bakshi

Momstory Times Editor  
Maternal Child Wellness  
Consultant and Brand Consultant,  
Manipalhospitals Momstory

Investing in women's health is not just about individual wellness—it strengthens families and communities. A healthier woman leads to a healthier generation. It is time we shift the focus from reactive treatment to proactive care and ensure that every woman has access to the support and healthcare she deserves.

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# A HIDDEN POISON BEHIND HEALING: 9-YEAR-OLD RECOVERS FROM RARE MERCURY-INDUCED BRAIN SYNDROME

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## Dr. Sagar Lad

Sr. Pediatric Intensivist  
Momstory - Nagar road

## Dr. Prateek Kataria

Consultant - Pediatrics and Neonatology  
Momstory - Nagar road

In a striking and rare pediatric case, a 9-year-old girl presenting with seizures and severe, difficult-to-control hypertension was found to have Posterior Reversible Encephalopathy Syndrome (PRES)—but the underlying cause was something no one initially suspected.

Despite standard treatment, her blood pressure remained persistently elevated, raising concerns and prompting a deeper clinical evaluation. The breakthrough came not from advanced imaging or labs—but from history-taking !

The child had been consuming herbal therapy for facial lesion and was continuing the same beyond any medical advice for longer duration, a detail that shifted the entire diagnostic pathway.

Subsequent testing revealed significantly elevated mercury levels, with high urinary excretion—confirming mercury toxicity, a rare but serious condition known to cause neurological symptoms, tremors, and refractory hypertension through autonomic dysfunction.

Recognizing the cause in time proved lifesaving. The child was started on chelation therapy. What followed was a remarkable turnaround—her seizures came under control, blood pressure normalized, tremors and joint symptoms resolved, and she made a complete neurological recovery.

By discharge, she was back to her baseline—healthy, stable, and symptom-free.

This case highlights a critical and often overlooked clinical reality: not all treatments are harmless, and not all causes are obvious. While herbal therapies are widely trusted, some may contain toxic heavy metals like mercury, and using them beyond medical advice, posing significant health risks—especially in children.

Every medicine is not always safe.

Always consult and inform your doctor about any medication your child is taking—because what seems harmless can sometimes be life-threatening, said the treating doctor!





## 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>



## FEMINA WOMEN'S ACHIEVER AWARDS 2026

Momstory proudly partnered as the Association Partner for the prestigious Femina Achievers Maharashtra 2026, a distinguished platform celebrating excellence and inspiring leadership across diverse fields. Held on 30th March 2026, the event was graced by renowned Bollywood actress Taapsee Pannu, adding glamour and prominence to an evening dedicated to remarkable achievements.

Marking a moment of immense pride, Mr. Saghir Siddique, Regional Director of Sahyadri Hospitals (Momstory, a network hospital of Manipal Hospitals), was felicitated with the Excellence in Leadership Award 2026, recognizing his visionary leadership and significant contributions to healthcare.

Further strengthening Momstory's presence at the event, Dr. Mahima Bakshi was also honoured for Excellence, acknowledging her dedication and impactful work in the field.

This association reflects Momstory's continued commitment to celebrating excellence, empowering leaders, and strengthening its presence on prominent platforms that recognize meaningful contributions to society.



## SUNDAY CLASS - NAGAR ROAD

Momstory's Sunday Class at Nagar Road was successfully conducted and received an enthusiastic response from expecting parents. The session offered practical guidance, expert insights, and essential tips to support a healthy and confident pregnancy journey.



## MILESTONE ACHIEVED AT SHIVAJI NAGAR

Celebrating a proud milestone at Momstory, Shivaji Nagar!

With 106 successful surgeries and 52 IVF cycles, we continue our commitment to delivering expert care and bringing more smiles to families.

Every number reflects trust, dedication, and countless journeys toward parenthood. Here's to many more milestones ahead!



## CELEBRATING HOLI AT HADAPSAR UNIT

A day filled with happiness, bonding, and positivity, bringing our team closer and spreading smiles all around in a clinical setting.

## WOMEN'S DAY CELEBRATION - ALL UNITS

Momstory celebrated Women's Day across all three units - Hadapsar Annexe, Nagar Road, and Shivajinagar - with great enthusiasm and participation. The celebration was dedicated to honoring the strength, resilience, and journey of every woman, especially expecting and new mothers.

The event also featured a special Patient Engagement Activity, designed to create an interactive and meaningful experience for attendees. Through engaging sessions, fun activities, and informative interactions, participants felt more involved and connected.

### NAGAR ROAD



### HADAPSAR ANNEXE



### SHIVAJINAGAR





# Complete antenatal care, now more affordable

Get special pricing on our premium  
ANC Packages, designed to support you  
through every trimester.

This offer is applicable for Hadapsar and Nagar Road.

TRIMESTER  
**01**

**Blossoming  
Beginnings**

Original Price  
~~₹25,780~~

Offer Price  
**₹18,999**

TRIMESTER  
**02**

**Glowing &  
Growing**

Original Price  
~~₹26,544~~

Offer Price  
**₹18,499**

TRIMESTER  
**03**

**Countdown  
To Cuddles**

Original Price  
~~₹20,565~~

Offer Price  
**₹14,399**

This offer is applicable for Shivajinagar.

TRIME  
STER  
**01**

**Blossoming  
Beginnings**

Original Price  
~~₹27,400~~

Offer Price  
**₹18,999**

TRIME  
STER  
**02**

**Glowing &  
Growing**

Original Price  
~~₹28,939~~

Offer Price  
**₹18,499**

TRIME  
STER  
**03**

**Countdown  
To Cuddles**

Original Price  
~~₹21,950~~

Offer Price  
**₹14,399**

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Special baby cart discharge ceremony

**Hadapsar | Nagar Road | Shivajinagar**

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

## CORPORATE ACTIVITIES

05<sup>th</sup> March 2026

### WOMEN'S WELLNESS SESSION AT HYATT

A Health Talk session on Diet & Women's Wellness was conducted by Dietician Arti Bhalerao for employees at Hyatt, Pune as part of Women's Day celebration activities. The session was dynamic and informative, creating awareness about women's health and wellness.



05<sup>th</sup> March 2026

### WOMEN'S WELLNESS SESSION AT BRICKFOLIO

A Health Talk on Women's Wellness was conducted by Dr. Asmita Gholap for employees at Brickfolio, Pune as part of Women's Day celebration. The session was dynamic and informative, spreading awareness on women's health and wellness.

06<sup>th</sup> March 2026

### WOMEN'S WELLNESS SESSION AT SPCL

A Health Talk on Women's Wellness - From Menarche to Menopause was conducted by Dr. Mini Salunkhe for employees at SPCL, Pune as part of Women's Day celebration. The session was dynamic and informative, spreading awareness on women's health across different life stages.



06<sup>th</sup> March 2026

### WOMEN'S WELLNESS SESSION AT C B SOFTWARE

A Health Talk on Women's Wellness was conducted by Dr. Vaishali Chaudhary for employees at C B Software, Pune as part of Women's Day celebration. The session was dynamic and informative, creating awareness about women's health and wellness.

## CORPORATE ACTIVITIES

07<sup>th</sup> March 2026

### WOMEN'S WELLNESS SESSION AT DB COMPANY

A Health Talk on Women's Wellness was conducted by Dr. Aboli Chandge for employees at DB Company, Pune as part of Women's Day celebration. The session was dynamic and informative, spreading awareness on women's health and wellness.



12<sup>th</sup> March 2026

### WOMEN'S WELLNESS WEBINAR FOR EATON CORPORATE

A Health Talk Webinar on Women's Wellness was conducted by Dr. Mini Salunkhe for women employees of Eaton Corporate at Magarpatta, Hadapsar, Pune. The session was dynamic and informative, focusing on awareness of women's health and wellness.

12<sup>th</sup> March 2026

### HEALTH CAMP & CONSULTATION AT EATON

A Health Camp and Consultation session was conducted for employees at Eaton, Hadapsar, covering Diet, Psychology, and Gynaecology. The session was led by a team of healthcare professionals, providing valuable guidance and personalized consultations to employees.



13<sup>th</sup> March 2026

### HORMONAL IMBALANCE & MENTAL HEALTH WEBINAR FOR LTM CORPORATE

A Health Talk Webinar on Hormonal Imbalance & Mental Health was conducted by Dr. Madhu Juneja for women employees of LTM Corporate across Hinjewadi, Shivaji Nagar, Magarpatta, and Hadapsar, Pune. The session was dynamic and informative, focusing on awareness of hormonal health and mental well-being.

## CORPORATE ACTIVITIES

16<sup>th</sup> March 2026

### PCOS/PCOD & HORMONAL IMBALANCE WEBINAR FOR CYBAGE

A Health Talk Webinar on PCOS/PCOD & Hormonal Imbalance was conducted by Dr. Vaishali Chaudhary for women employees of Cybage Corporate at Kalyani Nagar, Pune. The session was dynamic and informative, focusing on awareness of hormonal health and related concerns.



20<sup>th</sup> March 2026

### HEALTHY DIET & NUTRITION SESSION AT BHARAT ELECTRONICS

A Health Talk on Healthy Diet & Nutrition by Dietician Arti Bhalerao was conducted for employees at Bharat Electronics, Pune, focusing on balanced diet and healthy lifestyle.

28<sup>th</sup> March 2026

### HEALTHY DIET SESSION FOR CHILDREN & PARENTS AT VIBGYOR SCHOOL

A Health Talk on Healthy Diet & Nutrition by Dietician Arti Bhalerao was conducted for parents and children at Vibgyor School, Pune, focusing on kids' and infant nutrition.





Sahyadri Hospitals  
**momSTORY**<sup>®</sup>

A Network Hospital of **manipalhospitals**

— PRESENTS —

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- Mental well-being •Babycare •And much more

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**Monday to Saturday**