

momstory times

Official Newsletter of Manipal Hospitals Momstory | May 2026 Edition

**TO THE WOMEN
WHO NURTURE,
INSPIRE, AND LOVE
UNCONDITIONALLY**



CELEBRATING MOTHERS: A TRIBUTE TO LOVE, STRENGTH & CARE

"A Mother's Love is the First Gift, the Strongest Bond, and the Greatest Inspiration."

Mother's Day is a special occasion to celebrate the love, strength, and dedication of mothers who play an invaluable role in shaping families and nurturing future generations. From the very beginning of a child's life, a mother provides care, comfort, guidance, and unwavering support.

A mother's role extends far beyond caring for a child. Through countless acts of kindness, encouragement, and sacrifice, she helps build confidence, values, and resilience in her family. Her influence continues to inspire and guide her children throughout their lives.

While mothers often prioritize the needs of their loved ones, it is equally important for them to focus on their own health and well-being. Regular health check-ups, balanced nutrition, adequate rest, and emotional wellness are essential for leading a healthy and fulfilling life.



Dr. Mahima Bakshi

Maternal Child Wellness Consultant
& Brand Consultant
Manipal Hospitals Momstory

This Mother's Day, let us express our heartfelt gratitude to all mothers and mother figures who enrich our lives with their compassion, strength, and care. Their love forms the foundation of healthy families and stronger communities.

Happy Mother's Day to every mother who makes the world brighter through her endless care and devotion.

HEADACHES IN CHILDREN: RED FLAGS NOT TO IGNORE

Dr. Prateek Kataria

Consultant - Pediatrics and Neonatology
Paediatric Department
Nagar Road

Childhood headaches are common and are often linked to lack of sleep, dehydration, stress, skipped meals, excessive screen time, or minor infections. While most headaches are harmless, certain warning signs may indicate serious underlying conditions that require immediate medical attention.

Headaches that wake a child from sleep, occur early in the morning, progressively worsen over time, or are associated with repeated vomiting should never be ignored. Parents must also watch for symptoms such as fever, neck stiffness, seizures, confusion, weakness, balance issues, vision changes, or unusual behavioral changes.

Headaches following a head injury, especially when accompanied by drowsiness or persistent vomiting, also require urgent evaluation. In younger children, irritability, excessive sleepiness, or refusal to participate in regular activities may act as important warning signs.

Although serious causes remain uncommon, early recognition and timely medical assessment are essential for proper diagnosis and treatment. Maintaining healthy lifestyle habits such as

adequate sleep, hydration, balanced nutrition, and limited screen time can help prevent many headaches in children.



RECURRENT MISCARRIAGE: CAUSES AND EVALUATION

Dr. Asmita Gholap

Consultant - Obstetrics and Gynecology
OBGY Department
Nagar Road

Recurrent miscarriage, also known as recurrent pregnancy loss, refers to the loss of two or more pregnancies before fetal viability and can be emotionally challenging for couples trying to conceive.

The condition may result from multiple underlying causes including genetic abnormalities, uterine structural issues, endocrine disorders such as thyroid dysfunction or diabetes, hormonal imbalance, PCOS, and immunological conditions like antiphospholipid antibody syndrome (APS). Lifestyle factors including smoking, obesity, alcohol consumption, and excessive caffeine intake may also contribute to pregnancy loss.

Evaluation begins with detailed medical and obstetric history followed by investigations such as thyroid function tests, blood glucose assessment, antiphospholipid antibody screening, parental karyotyping, and uterine imaging studies to identify structural abnormalities.

A systematic and evidence-based approach plays an important role in identifying treatable causes and improving the chances of a healthy future pregnancy. Emotional support and counselling also remain essential throughout the treatment journey.



MIRACLE MILESTONES

AGAINST ALL ODDS: 870-GRAM PRETERM BABY WINS BATTLE AFTER 65 DAYS IN NICU

Neonatology Department Nagar Road Unit

A baby girl born at just 27 weeks of gestation and weighing only 870 grams was admitted to the NICU in a critical condition requiring advanced neonatal intensive care and respiratory support.

During her prolonged NICU stay, the infant battled severe respiratory distress syndrome, recurrent apnea episodes, urinary tract infection, acute kidney injury, feed intolerance, anemia of prematurity, and multiple complications associated with extreme prematurity.

Through continuous neonatal care, timely interventions, and multidisciplinary support, the baby gradually recovered and was discharged clinically stable, breathing independently, tolerating full feeds, and weighing 1.8 kilograms.



SUCCESSFUL MANAGEMENT OF PRETERM BABY WITH RESPIRATORY DISTRESS & PNEUMOTHORAX

Neonatology Department Shivaji Nagar Unit

A preterm baby born at 35 weeks and 5 days with a birth weight of 1830 grams was delivered through emergency LSCS due to fetal distress.

Soon after birth, the baby developed respiratory distress requiring CPAP support, ventilator management, and Intercostal Drain (ICD) insertion following right-sided pneumothorax.

With continuous neonatal monitoring, timely intervention, and specialised care, the baby gradually recovered, established oral feeds successfully, and was discharged clinically stable on day 14 with a weight of 2050 grams.



Book your child's Immunisation Package today.

Normal

6 Weeks - 6 Months:

Package Cost - ~~₹ 21,419/-~~

Offer Price **₹19,200/-**

Painless

6 Weeks - 6 Months:

Package Cost - ~~₹ 31,064/-~~

Offer Price **₹27,900/-**

Normal

6 Weeks - 1 Year:

Package Cost - ~~₹ 26,548/-~~

Offer Price **₹23,800/-**

Painless

6 Weeks - 1 Year:

Package Cost - ~~₹ 36,193/-~~

Offer Price **₹32,500/-**



MILESTONE ACHIEVED - SHIVAJI NAGAR

Celebrating a milestone achieved at Momstory, Shivaji Nagar

With the successful completion of 126 Surgeries and 77 IVF Cycles, reflecting the unit's continued commitment towards advanced fertility care, specialised women's healthcare, and positive patient outcomes.

This achievement highlights the dedication of our medical experts and healthcare teams in delivering compassionate, personalised, and comprehensive care to every patient throughout their treatment journey.



MOTHER'S DAY & BABY SHOWER CELEBRATION

A special Mother's Day and Baby Shower celebration was organised across Momstory units to honour and celebrate expecting mothers.

The event brought together families, healthcare experts, and Premoms for a memorable experience filled with joy, engagement activities, wellness awareness, and heartfelt moments.

Designed to make every mother feel valued and celebrated, the event featured interactive games, fun-filled activities, expert guidance sessions, and opportunities for families to connect and create lasting memories together.

The celebration highlighted the importance of maternal well-being, emotional support, and community bonding during pregnancy. Expecting mothers were encouraged to embrace this beautiful phase of life with confidence, positivity, and the assurance of expert care.

Through such initiatives, Momstory continues to strengthen its commitment to supporting mothers at every stage of their pregnancy journey while fostering meaningful experiences that families will cherish for years to come.

The celebration was successfully conducted across all three units — Shivaji Nagar, Nagar Road, and Hadapsar.





SUNDAY CLASS - HADAPSAR

Momstory's Sunday Class at Hadapsar, was successfully conducted for the expecting mothers, focusing on pregnancy care, childbirth preparation, and newborn wellness.

The interactive session encouraged learning, discussion, and confidence-building among participants.

DOCTORS' BIRTHDAY CELEBRATION - SHIVAJI NAGAR

Dr. Rote

OBGYN & IVF
Consultant

The special occasion was celebrated with warmth and togetherness, creating joyful moments with the team.



Dr. Harshala Munde

OBGYN Consultant

The celebration reflected appreciation, positivity, and the strong bond shared across the Momstory family.



SPECIAL BIRTHDAY CELEBRATION - NAGAR ROAD

19th May 2026

A special birthday celebration was organised for a young paediatric patient, bringing smiles and happiness to the child and family.

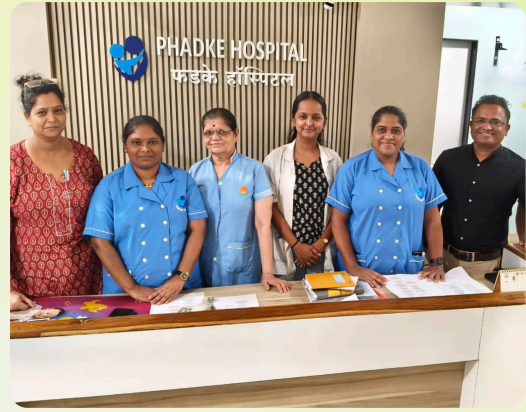
The thoughtful gesture reflected care, positivity, and the effort to create memorable moments beyond clinical care.



NURSING TRAINING SESSION

27th May 2026

A Nursing Training Session was conducted at Phadke Hospital, Shivaji Nagar, focusing on knowledge sharing, clinical learning, and strengthening nursing care practices.



NURSING TRAINING SESSION

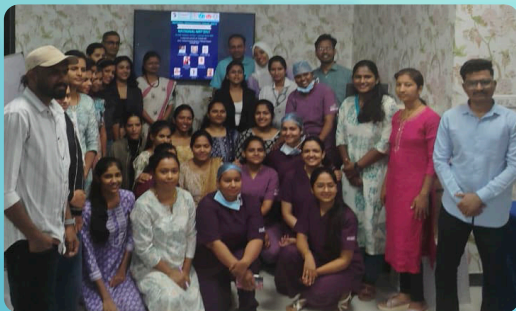
22nd May 2026

A Nursing Training Session was successfully conducted at Shree Kalyani Hospital, Dhanori, encouraging skill enhancement and continuous professional learning among nursing staff.

VC CLINIC CLASS - KHARADI

A VC Clinic Class was successfully conducted at Dr. Pooja Kolhe's Galaxy Women Care, Kharadi.

The session focused on "Diet & Baby Care" and guided expecting mothers on pregnancy nutrition, newborn care, and maternal wellness practices.



NRP DAY 2026 INITIATIVE

The Nagar Road Paediatric Department proudly participated in the nationwide NRP Day 2026 initiative conducted across India.

The initiative focused on strengthening newborn resuscitation training and promoting advanced neonatal care practices.

CORPORATE ACTIVITIES

15th May 2026

ASHA WORKER AWARENESS & ENGAGEMENT SESSION

An Asha Worker Awareness & Engagement Session was successfully conducted to strengthen community healthcare outreach and maternal health awareness.

The session focused on knowledge sharing, healthcare guidance, and collaborative discussions aimed at enhancing support for mothers and families within the community.



19th May 2026

HEALTH CAMP & CONSULTATION DRIVE - KSB, PIMPRI CHINCHWAD

Dt. Arti Bhalerao
Dt. Swapna Moolya
Dr. Rajdeep Ghuge

A Health Camp & Consultation Drive was successfully conducted at KSB, Pimpri Chinchwad for corporate employees.

The activity focused on diet consultation, general health consultation, and ECG screening to promote preventive healthcare awareness. More than 50 consultations were successfully conducted.



20th May 2026

NUTRITION WELLNESS SESSION - EATON

Dt. Arti Bhalerao
Chief Dietician and Clinical Nutritionist - Dietetics

An onsite Nutrition Wellness Session was conducted for employees at Eaton.

The session on "Beat the Heat - Stay Safe & Healthy in Summer" focused on hydration, balanced nutrition, and summer wellness awareness. The session witnessed participation from more than 300 employees.



CORPORATE ACTIVITIES

20th May 2026

HEALTH CAMP & CONSULTATION DRIVE - KSB, CHINCHWAD

Dt. Arti Bhalerao, Dt. Swapna Moolya, Dr. Rajdeep Ghuge

A Health Camp & Consultation activity was conducted at KSB, Chinchwad for corporate employees.

The initiative included diet consultation, general health consultation, and ECG screening. More than 75 consultations were successfully conducted.



22nd May 2026

GYNAECOLOGY HEALTH TALK - SUZLON, MAGARPATTA

Dr. Madhu Juneja

Director - OBGYN and IVF

A Gynaecology Health Talk webinar was conducted for employees at Suzlon, Magarpatta.

The session focused on “Hormonal Imbalance and Mental Health” and highlighted the importance of women’s wellness awareness. The webinar witnessed participation from more than 100 attendees.



22nd May 2026

PSYCHOLOGY HEALTH TALK - LUPIN BIOTECH

Vaishnavi Mantrawadi

Clinical Psychologist

A wellness session was conducted for employees at Lupin Biotech, Pune.

The session on “Science of Staying Sharp” focused on mental wellness, stress management, and workplace productivity awareness. More than 60 attendees participated in the session.



25th May 2026

GYNAECOLOGY HEALTH TALK - NITOR INFOTECH

Dr. Hitendra Singh Patil

Consultant - OBGYN

A health awareness session was conducted for employees at Nitor Infotech, Pune.

The session focused on “Cervical Cancer & HPV Vaccine Awareness” and highlighted the importance of preventive screening and vaccination awareness. The session witnessed participation from more than 150 attendees.



CORPORATE ACTIVITIES

06th May 2026

HEALTH TALK WEBINAR - KIRLOSKAR, KOTHRUD

Dt. Arti Bhalerao
Chief Dietician and Clinical Nutritionist - Dietetics

A health talk webinar was conducted for employees at Kirloskar Company, Kothrud, Pune.

The session on “Beat the Heat: Staying Cool and Nourished this Summer” focused on hydration, nutrition, and summer wellness practices. More than 100 attendees participated in the webinar.



07th May 2026

HEALTH TALK WEBINAR - LTM, L&T

Dt. Arti Bhalerao
Chief Dietician and Clinical Nutritionist - Dietetics

A wellness session was conducted for employees at LTM, an L&T company in Pune.

The session focused on hydration, balanced nutrition, and preventive summer healthcare practices. The webinar witnessed participation from more than 250 attendees.



14th May 2026

HEALTH CAMP & CONSULTATION DRIVE - KSB, CHINCHWAD

Dt. Arti Bhalerao
Dt. Swapna Moolya

A Health Camp & Consultation activity was conducted at KSB, Chinchwad for corporate employees.

The initiative included diet consultation, general consultation, and ECG screening to promote preventive healthcare awareness among employees.



premoms™

PRE-CONCEPTION | PREGNANCY | POST DELIVERY

YOUR PARENTHOOD JOURNEY BEGINS HERE

From preconception to postnatal care, we are here
to handhold you.

PRE-CONCEPTION



Planning to Conceive?

JOIN **premoms**

PREGNANCY



Expecting a Baby?

JOIN **premoms**

POST DELIVERY



Just Had a Baby?

JOIN **premoms**

Wellness Program for Parents-to-be & Parents

- Nutrition • Exercise • Lamaze • Breastfeeding • Techniques
- Mental Wellness • Babycare



SCAN & REGISTER NOW



JOIN EXPERT DOCTOR-LED
ONLINE SESSIONS

EVERY WEDNESDAY & SATURDAY

BECAUSE EVERY PARENT DESERVES THE RIGHT SUPPORT SYSTEM



PARENTING GROUP

A warm and supportive community where parents connect, learn,
share experiences & grow together.



Expert
Parenting
Guidance



Emotional &
Community
Support



Practical
Parenting
Advice



Monthly Ask
Me Anything
Sessions

Real Conversations | Meaningful Support | Better Parenting

Scan the Qr Code to
Join the Community

