

momstory times

Official Newsletter of Manipal Hospitals Momstory | June 2026 Edition

CELEBRATING THE STRENGTH BEHIND EVERY FAMILY

Honouring the unwavering love,
guidance, and support of fathers
who make every journey stronger.



"Embracing Wellness Through Yoga: A Healthy Journey for Mother and Baby"

International Yoga Day is a reminder that good health begins with balance. During pregnancy and beyond, yoga offers a gentle yet effective way to support both physical and emotional well-being.

Regular prenatal yoga can improve flexibility, posture, breathing, and circulation while helping to ease stress, anxiety, and common pregnancy discomforts such as back pain. It also prepares the body and mind for labour through mindful breathing, relaxation techniques, and improved body awareness.

The benefits extend beyond childbirth. Postnatal yoga helps new mothers gradually rebuild strength, improve posture, enhance flexibility, and restore a sense of calm while supporting overall recovery.



Dr. Mahima Bakshi

Maternal Child Wellness Consultant
& Brand Consultant
Manipal Hospitals Momstory

However, it is essential to practise yoga under the guidance of a qualified instructor and only after consulting your doctor to ensure it is appropriate for your stage of pregnancy or recovery.

This International Yoga Day, take a moment to breathe deeply, move mindfully, and nurture your well-being. Every mindful step you take today contributes to a healthier journey for both you and your baby.

RARE CHILDHOOD STROKE LINKED TO MYCOPLASMA PNEUMONIA SUCCESSFULLY TREATED

Dr. Sagar Lad

Sr. Consultant - Paediatrics
and Neonatology

Dr. Preeti Lad

Sr. Consultant - Paediatrics
and Neonatology

Dr. Prateek Kataria

Consultant - Paediatrics
and Neonatology

Stroke is commonly considered an adult condition, but in rare instances it can also affect children and requires immediate medical attention. Doctors at Sahyadri Manipal Hospital, Momstory Nagar Road, recently treated an exceptionally rare case of an acute ischemic stroke in an 11-year-old boy caused by *Mycoplasma pneumoniae* infection, resulting in a complete recovery without any neurological deficits.

The child was admitted with fever and cough and was diagnosed with pneumonia. On the second day of hospitalisation, he suddenly developed weakness on the left side of his body along with slurred speech. Recognising these as signs of a neurological emergency, the treating team immediately performed an MRI, which confirmed an acute right middle cerebral artery (MCA) ischemic stroke.

A multidisciplinary team comprising paediatric intensivists, paediatric neurologists, radiologists, rehabilitation experts, and nursing staff promptly initiated comprehensive treatment. The child received targeted antimicrobial therapy, antiplatelet medication, intensive supportive care, and early rehabilitation. Further investigations identified *Mycoplasma pneumoniae* as the underlying cause, while other causes of childhood stroke were ruled out through extensive evaluation.

Timely diagnosis, rapid intervention, and coordinated multidisciplinary care led to an excellent clinical outcome. Follow-up imaging confirmed complete resolution of the stroke, and the child was discharged in good health without any neurological deficits. This remarkable case highlights the importance of recognising stroke symptoms in children and demonstrates how early intervention can significantly improve recovery and long-term outcomes.



MIRACLE MILESTONES

A TINY FIGHTER'S REMARKABLE JOURNEY: 51 DAYS OF HOPE, HEALING & RESILIENCE

Dr. Nishant Agarwal

HOD, Neonatology Department

Born at just 29 weeks and 2 days of gestation and weighing only 1 kilogram, this tiny warrior began life facing several critical medical challenges. His NICU journey included respiratory distress syndrome requiring surfactant therapy and ventilatory support, neonatal sepsis with shock, Grade I intraventricular haemorrhage, feed intolerance, anaemia, osteopenia of prematurity, and neonatal jaundice.

Over the next 51 days, the dedicated NICU team provided round-the-clock evidence-based care, including advanced respiratory support, meticulous infection management, nutritional rehabilitation, neuroprotective care, and continuous clinical monitoring. Every

milestone was achieved through coordinated multidisciplinary efforts and unwavering commitment.

Gradually, the baby was weaned off ventilatory support, established full oral feeds, and showed steady weight gain from 1 kg to 1.74 kg. Following consistent clinical improvement, the baby was discharged home in stable condition, bringing immense joy to the family. This inspiring journey reflects the expertise, compassion, and teamwork of the entire neonatal care team, transforming one of the most fragile beginnings into a story of hope and healing.



Book your child's Immunisation Package today.

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

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



MIRACLE MILESTONES

ACHIEVEMENT CELEBRATION

DR. ARCHANA KANKAL DIRECTOR - OBSTETRICS & GYNAECOLOGY

A special celebration was organised to recognise Dr. Archana's remarkable achievement and contribution to patient care.

The occasion reflected appreciation, teamwork, and the shared commitment of the MomStory family towards delivering excellence in women's and child healthcare.



EVENTS & ACTIVITIES

FATHER'S DAY CELEBRATION

A special Father's Day celebration was organised across MomStory units to honour fathers and recognise their invaluable role in every family's journey.

The celebration brought together families, doctors, and healthcare teams in an atmosphere of gratitude and joy, creating memorable moments that celebrated fatherhood and togetherness.



INTERNATIONAL YOGA DAY

International Yoga Day was celebrated across MomStory units to promote physical fitness, mental well-being, and healthy living.

Participants enthusiastically joined guided yoga sessions, reinforcing the importance of incorporating simple wellness practices into everyday life.

ACTIVITIES

SUNDAY CLASS

Nagar Road Unit

A Sunday Class for expecting mothers was conducted with sessions on pregnancy care, childbirth preparation, breastfeeding, and newborn care.

The interactive programme encouraged open discussions, addressed common concerns, and helped parents prepare confidently for their parenting journey.



NURSING TRAINING SESSION

A Nursing Training Session was conducted at Shree Kalyani Hospital, Dhanori, focusing on strengthening clinical knowledge and enhancing nursing practices in maternal and neonatal care.

The programme encouraged knowledge sharing, practical learning, and continuous professional development among nursing staff.

VC CLINIC CLASS

A VC Clinic Class was successfully conducted at Dr. Aboli's Clinic, focusing on maternal wellness, pregnancy care, and newborn health.

The informative session guided expecting mothers on maintaining a healthy pregnancy while addressing common concerns related to childbirth and infant care.



COMMUNITY CONNECT

MEGA HEALTH CHECK-UP CAMP

RAGHAV COMMUNITY CENTRE, DIGHI

27th-28th June 2026

MomStory participated in the Mega Health Check-up Camp organised for residents of the Dighi area at Raghav Community Centre.

The initiative focused on promoting preventive healthcare through health awareness, consultations, and community engagement, encouraging residents to prioritise regular health check-ups and overall well-being.



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