

momstory times

Official Newsletter of Manipal Hospitals Momstory | July 2026 Edition

CELEBRATING THE QUIET STRENGTH AND RESILIENCE OF IVF PARTNERS

Honouring the unwavering
commitment and resilience
it takes to push through
uncertainty and build a family.



EDITOR MOMSTORY TIMES

“Where science meets hope, new beginnings become possible.”

IVF Day: Celebrating Hope, Science and the Journey to Parenthood

IVF Day is an opportunity to recognise the remarkable journey of couples who dream of becoming parents and the advances in medical science that are helping make those dreams possible. In Vitro Fertilisation (IVF) has transformed fertility care by offering hope to individuals and couples facing challenges in conceiving naturally.

IVF is a carefully planned process in which an egg and sperm are brought together in a laboratory to facilitate fertilisation. The resulting embryo is then transferred to the uterus, with the aim of achieving a healthy pregnancy. Over the years, advancements in reproductive medicine, embryology and fertility technology have significantly improved treatment options and outcomes.

However, the IVF journey is not only about medical procedures. It involves emotions, patience, uncertainty and immense courage. Every couple has a unique story, and compassionate counselling, personalised treatment and continuous support play an important role throughout the process.

IVF Day also reminds us of the importance of creating awareness around infertility and encouraging people to seek timely medical guidance

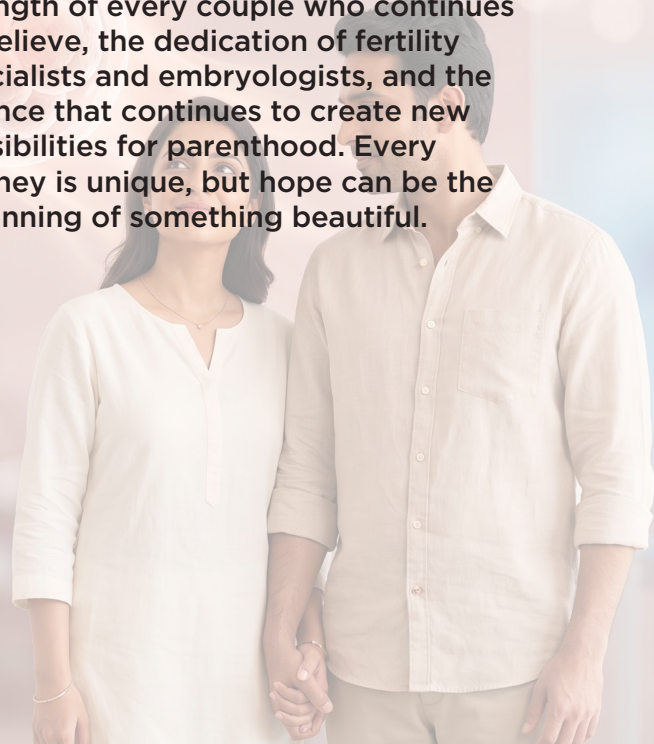


Dr. Mahima Bakshi

Chief Consultant
Manipal Hospitals Momstory

without hesitation or stigma. With the right information, expert care and emotional support, the journey towards parenthood can become more informed and hopeful.

On this IVF Day, we celebrate the strength of every couple who continues to believe, the dedication of fertility specialists and embryologists, and the science that continues to create new possibilities for parenthood. Every journey is unique, but hope can be the beginning of something beautiful.



FETAL GROWTH RESTRICTION DIAGNOSIS & MANAGEMENT

Dr Aboli Chandge

**Sr Consultant OBGY
Nagar Road**

Fetal Growth Restriction (FGR), also known as intrauterine growth restriction, is a condition in which a fetus fails to achieve its expected growth potential. It affects approximately 5-10% of pregnancies and is associated with increased risks of stillbirth, preterm birth, neonatal complications, and long-term health problems. Early recognition and appropriate management are essential to improve maternal and fetal outcomes.

Several maternal, fetal, and placental factors contribute to FGR. Maternal conditions such as hypertension, preeclampsia, diabetes, anemia, malnutrition, smoking, and substance abuse can impair fetal growth. Fetal causes include chromosomal abnormalities, congenital infections, and multiple pregnancies. Placental insufficiency remains the most common cause, reducing the supply of oxygen and nutrients to the developing fetus.

Diagnosis begins with regular antenatal assessment, including measurement of symphysis-fundal height. Ultrasound plays a pivotal role by estimating fetal weight, monitoring growth patterns, assessing amniotic fluid volume, and evaluating placental function. Doppler studies of the umbilical artery, middle cerebral artery, and ductus venosus help identify fetal compromise and guide the timing of delivery.

Management depends on the severity of growth restriction, gestational age, and fetal well-being. Close surveillance with serial ultrasounds, fetal movement monitoring, non-stress tests, and biophysical profile assessments is recommended. Maternal conditions should be optimized, and corticosteroids administered when preterm delivery is anticipated. The timing of delivery should balance the risks of prematurity against the risks of continued intrauterine compromise.

With timely diagnosis, vigilant monitoring, and multidisciplinary care, many pregnancies complicated by FGR can achieve favorable outcomes. Regular antenatal check-ups and awareness of risk factors remain the cornerstone of early detection and successful management, ensuring the best possible outcome for both mother and baby.



TWO TINY MIRACLES A 50-DAY JOURNEY FROM NICU TO HOPE

Dr Gouda Ankula Prasad

MD (PAED), DNB (Neonatology)

Senior Consultant and HOD Neonatology

Twins delivered at 28 weeks gestation with a weight of just 1000gms and 1090gms. Baby had severe breathing difficulty and x-ray suggestive of severe RDS. Babies were given 1 dose of Surfactant and continued on mechanical ventilation. As all organs are under developed like need of ventilation for lungs, baby has Hypotension requiring inotrope support.

By day 3 baby improved because of proper ventilation, antibiotic and treating PDA by doing bed side ECHO. Gradually feeds started and graded up to reach full feed. Though 2 episodes of late onset sepsis were there during the 50 days of NICU stay, requiring antibiotic, this tiny worriers fought well and reached a weight of 1480gms and 1800 gms respectively. Both babies accepted oral feeds well. Screening for ROP, USG brain were normal.



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/-



EVENTS & ACTIVITIES

CAMP YERAWADA CENTRAL JAIL

Conducted Health Check up camp on 1st July'26 at Yerawada Central Prison for their Female Staff, Female Officers & Children on the Occasion of Doctor's day.



IAP CONFERENCE

AHILYA NAGAR (SHIRDI)

MomStory participated in the IAP Conference at Ahilya Nagar (Shirdi), along with Dr. Sagar Lad, Senior Consultant Paediatrician.

The MomStory stall received an encouraging response, with 60+ paediatricians visiting during the conference.

The event provided a great opportunity to interact with leading paediatricians and showcase MomStory's services.



ACTIVITIES

IVF DAY CELEBRATION

Nagar Road Unit

25th July 2026

World IVF Day was celebrated with Dr. Vaishali Choudhary along with a happy IVF patient, marking a special occasion of hope, joy, and the journey towards parenthood.



IVF DAY CELEBRATION

Hadapsar Unit

25th July 2026

IVF Day was celebrated at Hadapsar unit with happy parents in the presence of **Dr. Madhu Juneja and Dr. Manisha Kulkarni**.

The celebration included fun activities and joyful moments, bringing families and the team together to celebrate the journey of parenthood.



SUNDAY CLASS

Nagar Road Unit

21st July 2026

A Sunday Class was conducted, followed by informative sessions with the Physiotherapist, Dietitian and Gynaecologist.

The session offered expecting mothers valuable guidance on pregnancy, nutrition, physical well-being, and preparing for labour.



premoms

PRE-CONCEPTION | PREGNANCY | POST DELIVERY

YOUR PARENTHOOD JOURNEY BEGINS HERE

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

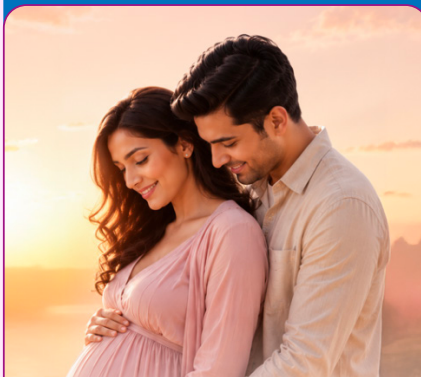
PRE-CONCEPTION



Planning to Conceive?

JOIN **premoms**

PREGNANCY



Expecting a Baby?

JOIN **premoms**

POST DELIVERY



Just Had a Baby?

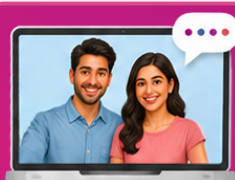
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Wellness Program for Parents-to-be & Parents

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



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JOIN EXPERT DOCTOR-LED
ONLINE SESSIONS

EVERY WEDNESDAY & SATURDAY

 Hadapsar | Nagar Road | Shivajinagar

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Your Parenthood Journey Starts Here

Parenting Group

A welcoming space for parents to learn from experts,
exchange experiences, and build meaningful connections.

Join Us Today!

Together, Let's Make Parenting Easier.

#MomStoryCommunity



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