

HONOURING THE QUIET RESILIENCE OF BREASTFEEDING MOTHERS

Recognising the profound and unwavering commitment
required to nurture new beginnings.



“Breastfeeding Week: Nourishing Every Beginning.”

Breastfeeding is the most natural and meaningful ways a mother can nurture her child. World Breastfeeding Week, observed every year from 1-7 August, is an opportunity to raise awareness about the importance of breastfeeding and the support mothers need during this special journey.

Breast milk provides essential nutrients, antibodies, and hydration that support a baby's growth and development. It also offers protection against several common infections and helps build a strong foundation for the baby's health. For mothers, breastfeeding can support recovery after childbirth and strengthen the emotional bond between mother and baby.

While breastfeeding is natural, it doesn't always come naturally to every mother. Challenges such as difficulty with latching, discomfort, concerns about milk supply, or simply adjusting to a new routine can make the early days overwhelming. This is why the right guidance and support from lactation consultants, healthcare professionals, family members, and partners can make a meaningful difference.

Breastfeeding is not just a mother's responsibility. It's a shared journey that deserves understanding, encouragement, and support. Creating a comfortable and supportive environment allows mothers to



Dr. Mahima Bakshi

Chief Consultant
Manipal Hospitals Momstory

feel confident and make informed choices for themselves and their babies.

This Breastfeeding Week, let us celebrate every mother, appreciate her journey, and work together to create a supportive environment where every mother feels empowered to give her baby the best possible start in life.

MILLERS ROAD (BENGALURU) LAUNCH: A NEW CHAPTER



A new chapter in maternity, neonatal and paediatric care begins at Manipal Hospitals, Millers Road.

Today, we proudly unveiled Momstory, an exclusive care experience thoughtfully created around one of life's most beautiful journeys of BECOMING A MOTHER.

From the first heartbeat to those precious first moments with your baby, Momstory brings together dedicated Maternity, Obstetrics, Paediatrics and Neonatal Care, supported by a team committed to caring for both mother and child at every step.

Event attended by Kartik Sir & Dr. Bhavana Ma'am

OUR CHIEF GUESTS

DR. VIDYA DESAI

Senior Consultant - Obstetrics and Gynaecology



Because every mother deserves more than medical care. She deserves to feel heard, supported, reassured and cared for. And every baby deserves the very best beginning.

THE RIGHT AGE FOR PREGNANCY: WHAT TO EXPECT IN YOUR 20S, 30S & 40S

Dr. Geeth Monnappa

Lead Consultant - Obstetrics & Gynaecology
MILLERS ROAD (Bengaluru)

Pregnancy is a deeply personal journey, and there is no single “perfect” age to become a parent. While age can influence fertility and pregnancy risks, overall health, lifestyle, reproductive history and pre-existing medical conditions also matter. Understanding what to expect in your 20s, 30s or 40s can help you make informed decisions and prepare for a healthy pregnancy.

Pregnancy in Your 20s: Fertility at Its Peak

For many women, fertility is higher in the 20s, with a lower likelihood of certain age-related pregnancy complications. However, younger age does not guarantee a complication-free pregnancy.

What you can generally expect

- Higher fertility and generally favourable chances of natural conception
- Lower risk of miscarriage and chromosomal abnormalities than in later reproductive years
- Most healthy women can expect to recover well from pregnancy and childbirth

What to focus on

Establish healthy habits by maintaining a healthy weight, eating a balanced diet, staying physically active, avoiding smoking and alcohol, and taking recommended prenatal supplements such as folic acid. Emotional readiness, personal circumstances and overall health are equally important when planning a family.

Pregnancy in Your 30s: Planning with Confidence

Many women start or expand their families in their 30s, and many have healthy pregnancies and babies. However, fertility gradually declines, particularly after the mid-30s, and some pregnancy-related risks become more relevant.

What you can generally expect

- Gradual decline in fertility, particularly after the mid-30s

- It may take longer to conceive than in the 20s
- Increasing risk of miscarriage and chromosomal abnormalities
- Certain complications, including gestational diabetes and high blood pressure, may become more common

What to focus on

Consider a preconception consultation to review your medical history, medications, vaccinations and lifestyle, and discuss appropriate investigations and supplements. If you have difficulty conceiving, speak to a fertility specialist sooner rather than later, particularly as fertility declines with age.

Pregnancy in Your 40s: Preparation Matters

Pregnancy in your 40s is increasingly common, and many women have healthy pregnancies. However, conception may be more challenging and closer monitoring may be needed as some risks increase with maternal age.

What you can generally expect

- Considerably lower natural fertility than in the 20s and early 30s
- It may take longer to conceive
- Higher risk of miscarriage and chromosomal conditions
- Increased likelihood of gestational diabetes, high blood pressure and other pregnancy complications
- Additional screening or closer monitoring may be recommended

What to focus on

A preconception consultation is particularly valuable. Your doctor can assess your health and discuss fertility, pregnancy risks, screening options and appropriate care. The key is to plan proactively and seek medical guidance early rather than be discouraged by age.

Pre-existing Medical Conditions

If you have a pre-existing medical condition, a preconception consultation is especially important.

Your healthcare team can review your condition and medications, assess pregnancy-related risks and develop a monitoring plan.

These may include

- **Diabetes:** Can increase risks for mother and baby, particularly when blood glucose is poorly controlled. Glucose monitoring, nutrition guidance, medication management and fetal monitoring may be needed.
- **Thyroid disorders:** Both underactive and overactive thyroid conditions can affect pregnancy if not well controlled. Testing and medication adjustment can help maintain healthy thyroid levels.
- **High blood pressure:** Can increase the risk of worsening hypertension, pre-eclampsia and placental problems. Closer blood-pressure monitoring and medication review may be required.
- **Other chronic conditions:** Heart disease, kidney disease, asthma, autoimmune conditions and other long-term health problems may also affect pregnancy and require individualised planning and specialist care.

So, What Is the “Right” Age for Pregnancy?

There is no universal answer. Biologically, fertility is generally highest in the 20s and gradually declines with age. However, the decision to have a child involves much more than biology. Your health, fertility, emotional readiness, lifestyle, family circumstances and personal goals all matter.

The most important step is to understand your individual situation rather than compare your journey with someone else's.

Planning Pregnancy? Start Before You Conceive

Whatever your age, a preconception consultation can help you prepare.

Discuss

- Medical and family history
- Current medications and health conditions
- Vaccinations
- Nutrition and lifestyle
- Folic acid supplementation
- Fertility concerns
- Appropriate screening and investigations

One Message to Take Away

There may not be a perfect age for pregnancy, but there is a right time to start planning. Whether you are in your 20s, 30s or 40s, understanding your fertility and health early can help you make informed choices and take the right steps towards a healthy pregnancy.

Always talk to your doctor before planning a pregnancy and create a plan that is right for you.



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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VITAMIN D DEFICIENCY IN PREGNANCY: WHY IT MATTERS TO THE MOTHER AND HER BABY

Dr. Shashikala Ksheerasagar

Senior Consultant - Gynaecologist and
Obstetrician, Infertility Specialist
MILLERS ROAD (Bengaluru)

Pregnancy significantly changes a woman's nutritional needs. While iron, folic acid, calcium and protein receive plenty of attention, **vitamin D is equally important** for calcium absorption, bone health, muscle function and normal immune function.

Vitamin D deficiency is common during pregnancy. Risk factors include limited sunlight exposure, insufficient dietary intake, darker skin pigmentation, obesity and certain medical conditions. Identifying and managing low vitamin D levels may therefore be an important part of antenatal care.

What Is Vitamin D and Why Is It Important?

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium and maintain healthy bones and teeth. During pregnancy, it supports the mother's bone health and the development of the baby's bones and teeth. It also supports normal muscle and immune function. The developing baby depends on the mother for essential nutrients.

What Happens When Vitamin D Levels Are Low?

Vitamin D deficiency may have no obvious symptoms. Some women may experience tiredness, muscle weakness or aches, which can also be common in pregnancy.

Low vitamin D levels have been linked to some adverse maternal and pregnancy outcomes, but evidence varies and an association does not necessarily mean that deficiency directly causes these complications. **Symptoms alone cannot confirm deficiency.** A healthcare professional can advise whether testing or supplementation is appropriate.

Who Is More at Risk?

The risk may be higher in women who:

- Have limited sunlight exposure
- Have darker skin
- Follow a diet low in vitamin D
- Have obesity
- Have conditions affecting nutrient absorption
- Have certain liver or kidney disorders
- Take medicines that affect vitamin D metabolism
- Have previously been diagnosed with vitamin D deficiency

How Can Vitamin D Levels Be Supported?

1. Safe sun exposure

The body produces vitamin D when skin is exposed to sunlight. Production depends on skin type, location, season, time of day, clothing and sunscreen use. Sun exposure should therefore be reasonable and not prolonged or unprotected.

2. Eat vitamin D-rich foods

Sources may include fortified milk and other fortified foods, egg yolks and oily fish such as salmon and sardines. A balanced pregnancy diet should also provide other essential nutrients.

3. Take supplements only as advised

Prenatal supplements may contain vitamin D, while some women may require additional supplementation depending on their individual needs. More is not necessarily better, as high doses can be toxic. Your obstetrician may recommend supplementation based on your diet, risk factors and blood work, if indicated.

4. Does every pregnant woman need testing?

Routine vitamin D testing is **not recommended for all pregnant women**. Testing may be considered when there are risk factors for deficiency or other clinical reasons. Speak to your obstetrician about appropriate supplementation and avoid self-medicating with high doses.

Promoting a Healthy Pregnancy

Vitamin D is just one part of a healthy pregnancy. Regular antenatal check-ups, a well-rounded diet, suitable physical activity, prescribed supplements and timely screening all contribute to maternal and fetal wellbeing.

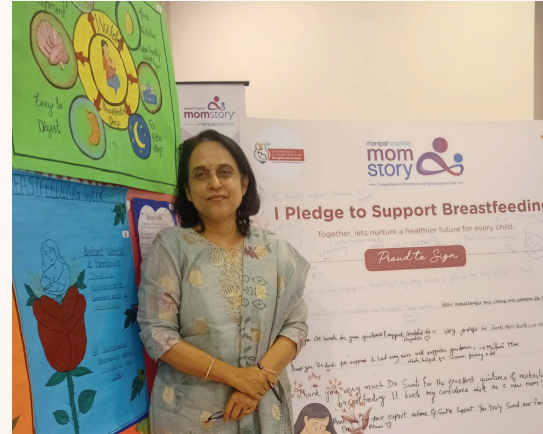
If you are pregnant or planning to become pregnant, speak to your healthcare provider about your individual nutritional needs. The right advice at the right time can help support the health of both you and your baby.



EVENTS & ACTIVITIES

HADAPSAR, PUNE

BREASTFEEDING WEEK CELEBRATION



Breastfeeding Week – Breastfeeding provides babies with essential nutrition, antibodies and protective factors that support healthy growth and development. It also strengthens the bond between mother and baby and gives newborns a strong start to life.

We celebrated Breastfeeding Week with engaging activities and gift distribution, creating an opportunity to spread awareness and encourage mothers and families to understand the importance of breastfeeding.

ONAM CELEBRATION



Onam – Onam is a festival that celebrates togetherness, prosperity and the spirit of community. It is a time to come together, share joy and create cherished memories with one another.

We celebrated Onam with festive activities, bringing our staff, patients and families together to embrace the warmth and joy of the festival and celebrate the spirit of togetherness.

EVENTS & ACTIVITIES

NAGAR ROAD

BREASTFEEDING WEEK CELEBRATION



Breastfeeding Week

1st August 2026 to 7th August 2026

Breastfeeding Week is one of the most important ways to provide a newborn with the best start in life. Breast milk contains the right balance of nutrients, antibodies and protective factors needed for a baby's growth and development. We have celebrated the breastfeeding week from 1st Aug to 7th Aug along with fun activities and gift distribution.

SUNDAY CLASS



Sunday class conducted on 23rd August 2026 Followed by informative sessions with Neonatologist, Dietitian and Physiotherapist.

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

VC CLINIC CLASS



VC Clinic Class conducted on 11th August 2026

Conducted ANC class at Gyn Dr. Pallavi Deshpande's Clinic at Kharadi

Pts were counselled by Dietician & Physiotherapist.

NICU CASE STUDY

SHIVAJI NAGAR, PUNE



Dr. Gouda Ankula

Senior Consultant and HOD

NICU-Pediatrics and Neonatology

Baby of P was delivered on 16th August 2026 at 30 weeks and 3 days of gestation, with a birth weight of 1,030 grams, due to deranged Doppler findings. Following birth, the baby was cared for with delivery-room CPAP, followed by ventilation support in the NICU for mild respiratory distress syndrome (RDS). There was no need for surfactant. The baby reached full feeds by day 9 of life and was weaned off oxygen support by day 4 of life. Milk fortification, Kangaroo Mother Care (KMC), involvement of the mother in the baby's care and strict aseptic practices helped the baby reach a weight of 1,670 grams by 40 days of life. Ophthalmological examination revealed an immature Zone 3 retina with no evidence of Retinopathy of Prematurity (ROP). Routine brain ultrasonography, metabolic bone disease screening and newborn screening were within normal limits.

premoms

PRE-CONCEPTION | PREGNANCY | POST DELIVERY

YOUR PARENTHOOD JOURNEY BEGINS HERE

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

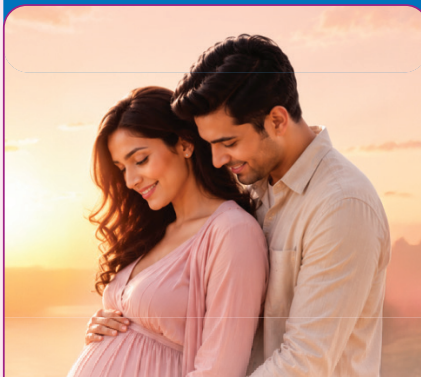
PRE-CONCEPTION



Planning to Conceive?

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PREGNANCY



Expecting a Baby?

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POST DELIVERY



Just Had a Baby?

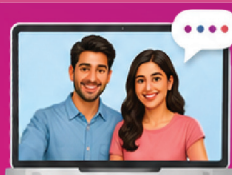
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- Mental Wellness • Babycare



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EVERY WEDNESDAY & SATURDAY

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