

# momstory times

Official Newsletter of Sahyadri Hospitals Momstory | November 2025 Edition



## Childhood First

Honouring their wonder, protecting their world.

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# WHERE HEALTHY CHILDHOODS TAKE ROOT

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*Each child deserves a childhood filled with health, joy, and the freedom to explore the world with confidence. As we celebrate their energy and innocence, it is just as important to ensure that every child receives the care and support needed to grow into a strong, secure, and happy individual.*

At Sahyadri Hospitals Momstory, children's health has always been at the heart of our mission. We believe paediatric wellness goes far beyond treating illnesses. It begins with awareness, prevention, and empowering families with the right knowledge. From newborn care and growth monitoring to nutrition guidance, emotional wellness, and developmental support, our focus is on nurturing every dimension of a child's well-being.

Through our paediatric counselling sessions, school outreach programmes, and community awareness initiatives, Momstory works to ensure that parents, caregivers, and educators can recognise early signs of concern and seek timely support. Every early intervention, whether in nutrition, behaviour, or development, strengthens a child's long-term health.

At Momstory, our commitment remains unwavering. We support every child's health journey with compassion and clinical excellence. When we care for their minds, bodies, and emotions, we build stronger foundations for brighter, healthier futures.



**Dr. Mahima Bakshi**

Maternal Child Wellness  
Consultant and Brand Consultant,  
Sahyadri Hospitals Momstory

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# HOW FETAL MEDICINE IS IMPORTANT IN PREVENTING ABNORMALITIES IN CHILDREN

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Dr. Badrunisa Nasir Shaikh

Consultant Fetal Medicine Expert  
Radiology Department  
Momstory - Shivajinagar

Fetal medicine has emerged as one of the most transformative disciplines in modern healthcare, particularly in countries like India where the burden of congenital anomalies remains significant. As India continues to advance in maternal and child health, the integration of fetal medicine into routine antenatal care has become essential for reducing postnatal abnormalities and preventing syndromic conditions that otherwise lead to lifelong disability, emotional distress, and significant economic strain.

Congenital anomalies account for nearly 8-10% of neonatal deaths in India, making them one of the leading causes of infant mortality. Many of these conditions—such as neural tube defects, chromosomal abnormalities like Down's syndrome, congenital heart disease, and metabolic disorders—can be detected during pregnancy through advanced fetal imaging and prenatal diagnostic techniques. Early detection is the cornerstone of fetal medicine. Tools such as first-trimester combined screening, non-invasive prenatal testing (NIPT), detailed anomaly scans, fetal echocardiography, and targeted genetic tests have drastically improved the ability to identify abnormalities before birth.

Prevention is equally important. India has seen tangible success with measures such as preconceptional folic acid supplementation, which significantly reduces neural tube defects—a major

contributor to childhood disability. Fetal medicine specialists guide families on preventive strategies, maternal nutrition, and the management of high-risk pregnancies. Early intrauterine interventions, though currently limited to specialised urban centres, are expanding and hold promise for correcting anatomical abnormalities before birth, sometimes preventing severe morbidity.

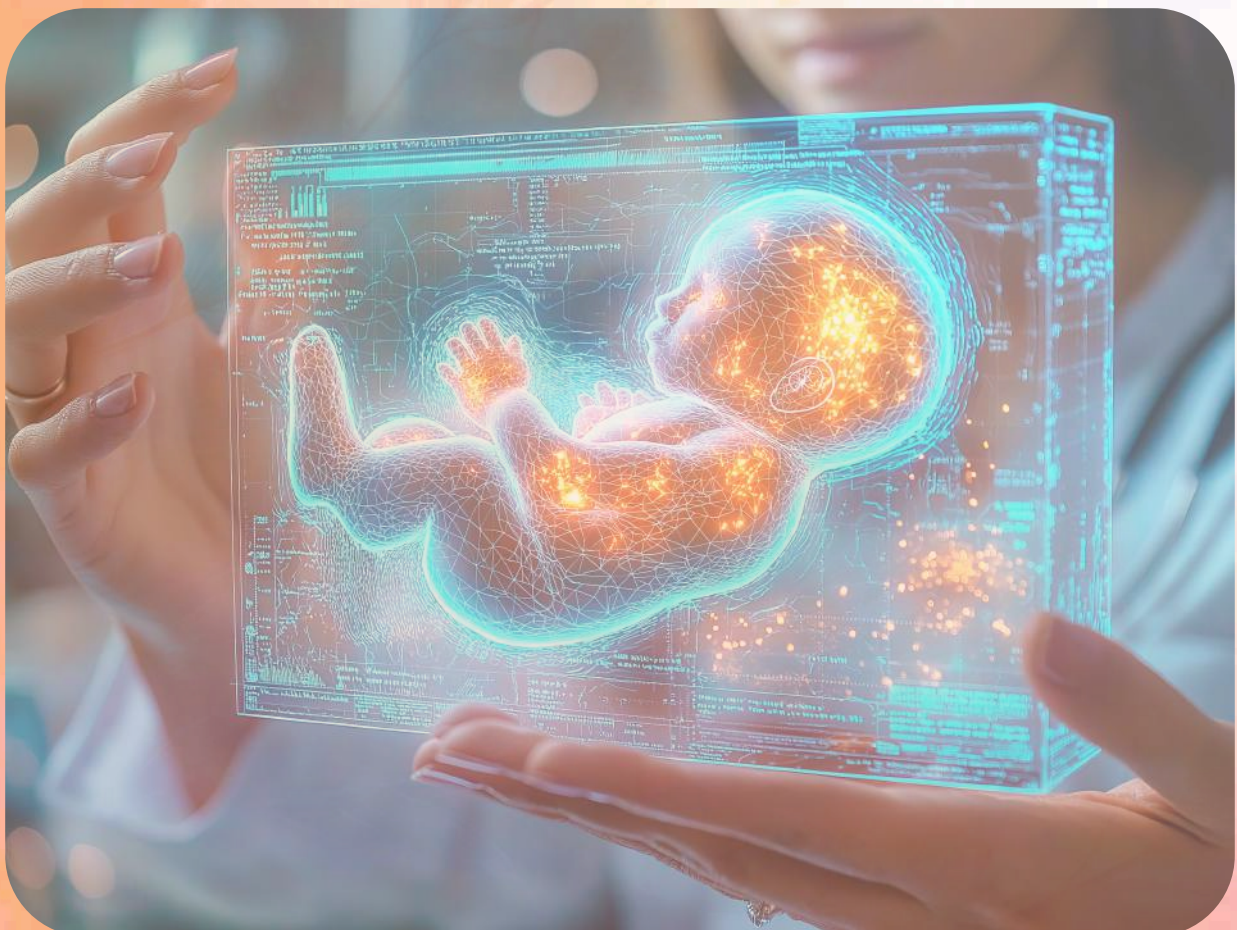
Crucially, fetal medicine plays a powerful role in identifying syndromic disorders. Conditions such as Down's syndrome, Edwards' syndrome, Patau's syndrome, and microdeletion syndromes can be diagnosed early, allowing parents to make informed reproductive choices. In a country where access to paediatric rehabilitation, lifelong supportive care, and specialised therapies is uneven and expensive, preventing or preparing for these conditions significantly reduces both emotional and financial burden on families.

From a public health standpoint, fetal medicine strengthens the healthcare continuum. It encourages timely antenatal visits, promotes awareness about genetic disorders, and integrates obstetrics, neonatology, genetics, and radiology into a unified network of care. This interdisciplinary approach ensures that high-risk pregnancies are monitored appropriately, deliveries are planned at tertiary centres when needed, and newborns with correctable anomalies receive early intervention.

The economic benefits of fetal medicine in India are substantial. The cost of prenatal screening and diagnostics is minuscule compared to the lifetime cost of caring for a child with a significant congenital or syndromic condition. For example, a single NIPT or a detailed anomaly scan costs a fraction of what families spend annually on surgeries, therapies, special schooling, and long-term medical care. At a macroeconomic level, reducing disability lowers dependency

ratios, increases workforce participation, and reduces pressure on social and public health systems. Preventing congenital anomalies aligns directly with India's goals of improving human capital and building a healthier, more productive population.

In summary, fetal medicine is vital for India's future—clinically, socially, and economically. It not only helps prevent postnatal abnormalities and syndromic disorders but also empowers families, strengthens healthcare infrastructure, and contributes meaningfully to the nation's economic efficiency and long-term well-being.



— PRESENTS —

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# WINTER RISE IN RESPIRATORY ILLNESSES AMONG CHILDREN IN PUNE

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As winter sets in, paediatric clinics and hospitals across Pune are witnessing a noticeable rise in respiratory infections among infants, toddlers, and school-aged children. The cold, dry air, combined with increased indoor crowding in homes, schools, and daycare centres, creates an ideal environment for viruses to spread rapidly. Doctors report that this trend, seen every year, is appearing earlier and affecting younger children more frequently.

## Dr. Sagar Lad

Sr. Consultant - Pediatrics and Neonatology  
Momstory - Nagar Road

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### Sharp Increase in Seasonal Respiratory Illnesses

Paediatricians are seeing a surge in cases of the common cold, viral fever, influenza (flu), RSV infections, bronchiolitis in infants, pneumonia, post-viral coughs, and flare-ups of asthma and allergic bronchitis. Infants under the age of two and children with asthma, allergic bronchitis, or low immunity are at higher risk of developing severe illness. Premature babies, babies with low birth weight, and those with congenital heart or lung diseases are particularly vulnerable to complications.

### Why Winter Triggers More Respiratory Infections

Several seasonal factors contribute to the spike in respiratory illnesses. Cold air dries the airway lining and weakens the body's natural defence system. Viruses such as influenza and RSV survive longer in low temperatures, increasing the chance of transmission. Children also spend more time indoors during winter, sharing closed spaces with limited ventilation, which increases the viral load in the air and allows infections to spread more easily.

### Recognising Symptoms Early

Parents should remain alert to early warning signs such as persistent fever, a runny or blocked nose, cough, noisy breathing, fast breathing, chest retractions, poor feeding in infants, irritability, or unusual sleepiness. Timely evaluation helps prevent complications such as pneumonia and breathing distress, especially in very young children.

### Preventive Measures Every Parent Should Follow

Good hand hygiene is one of the most effective ways to reduce viral transmission. Regular handwashing with soap or the use of sanitisers helps limit spread. Homes should be kept well ventilated to avoid indoor air stagnation. Parents are also advised to avoid taking children, especially infants, to crowded indoor areas such as shopping centres and indoor play zones. Antibiotics should be avoided unless prescribed by a doctor, as most winter infections are viral and do not respond to antibiotics.



### **Importance of Vaccination**

Paediatricians strongly emphasise timely vaccination during the winter season. The annual influenza vaccine helps reduce the severity and complications of flu. The newly introduced RSV monoclonal antibody for high-risk infants— especially premature or low birth weight babies—offers protection against hospitalisation due to RSV infection. Routine immunisations also play a crucial role in preventing pneumonia- causing bacterial infections.

### **Managing Asthma and Airway Diseases**

Children with asthma or known allergies may experience more frequent flare-ups in winter. Parents should continue prescribed inhalers and spacers, minimise exposure to smoke, incense, mosquito coils, and pollution, and consider using humidified air if dryness worsens symptoms.

### **Nutrition and Hydration: Supporting Immunity**

A nutritious diet helps strengthen a child’s immune system. Warm fluids, soups, citrus fruits, seasonal vegetables, and adequate water intake are recommended. Excessive junk food, sugary snacks, and colas should be avoided as they weaken immunity.

### **When to Seek Urgent Medical Care**

Parents should seek medical attention immediately if their child shows rapid or difficult breathing, chest indrawing, bluish lips or nails, dehydration, poor feeding, or unusual sleepiness.

### **A Paediatrician’s Message**

Respiratory infections are common in winter, but with preventive care, timely vaccination, and early assessment, severe complications can be avoided. Winter should remain a season of warmth and celebration—not hospital visits.



Visit **Momstory** to experience  
the joy of parenthood

Consult our team of IVF experts

**Monday to Saturday**

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# RAISING HEALTHY EATERS: CLINICALLY GUIDED NUTRITION TIPS FOR CHILDREN

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Kids need different nutrients depending on their age. To support a child's growth and development, it's important to consider their age, how active they are, and other key factors when planning their meals. By prioritising foods that are rich in nutrients, children can get what they need while keeping their calorie intake in check. Nutrient-dense foods are those that pack a lot of vitamins and minerals but have little to no added sugars, saturated fats, or salt.

## Dr. Arti Bhalerao

Chief Dietician  
Sahyadri Hospitals Momstory

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### HERE ARE A FEW NUTRITION TIPS TO ENSURE THE CHILD GETS OPTIMAL NUTRITION:

#### 1. Prioritise Balanced Macronutrient Distribution

Ensuring adequate carbohydrates, proteins, and healthy fats supports optimal growth and metabolism.

Total calories in a healthy meal should be divided as 15–30% from fats, 10–15% from proteins, and 55–75% from carbohydrates. Free sugars should be <5%, and there should not be any trans fat.

#### 2. Incorporate High-Biological-Value Proteins Daily

Eggs, dairy, lean meats, pulses, and soy improve muscle development and immune function.

#### 3. Encourage Age-Appropriate Portion Sizes

Helps prevent both undernutrition and excessive weight gain in growing children.

#### 4. Emphasise Whole Grains and Millets Over Refined Foods

Supports sustained energy levels, improved fibre intake, and growth.

#### 5. Ensure Adequate Micronutrient Intake Through Variety

Colourful fruits and vegetables supply iron, calcium, zinc, folate, and vitamins A, C, and D.

#### 6. Promote Healthy Dairy Consumption for Bone Health

Milk, curd, and other calcium-rich foods are essential for skeletal growth.

#### 7. Limit Free Sugars to Reduce Metabolic Risk

Restrict sweets, sugary beverages, confectionery, and packaged breakfast foods.

#### 8. Reduce Saturated and Trans Fat Intake

Encourage oils rich in MUFA/PUFA while limiting deep-fried and processed foods. Saturated fat should constitute <10% of total energy intake.

### 9. Monitor Sodium Intake to Prevent Early Hypertension

Minimise packaged snacks, processed meats, instant noodles, pickles, and papads.

Recommended salt intake: up to 12 months <1 g, 1-3 years <2 g, 4-6 years <3 g, 7-10 years <5 g, and ≥11 years 6 g per day.

### 10. Reinforce Hydration With Water as the Primary Beverage

Avoid sugar-sweetened drinks, energy drinks, and flavoured milk with added sugars.

For children 2-5 years, up to 125 mL of only fresh homemade fruit juice with no added sugars can be given per day.

In children older than 5 years, the amount can be increased to 250 mL per day, but it should be fresh, homemade, and without added sugars.

### 11. Restrict Caffeine Intake

No caffeinated or carbonated drink should be consumed by children <5 years old.

In school-going children and adolescents, tea/coffee intake should be limited to a maximum of half a cup/day (100 mL), and in 10-18 years one cup/day (200 mL), provided no other caffeinated products (cola and chocolates) are being consumed.

Caffeinated energy drinks should be avoided for all children and adolescents.

### 12. Support Gut Health with Fibre and Probiotics

Include whole fruits, vegetables, whole grains, and fermented foods like curd and buttermilk.

### 13. Maintain Regular Meal Patterns and Healthy Snacking

Structured eating supports metabolism, appetite regulation, and school performance.

### 14. Encourage Mindful Eating and Reduced Screen-Time During Meals

Improves satiety cues and reduces the risk of overeating or poor food choices.

### 15. Address Nutritional Deficiencies Proactively

Screen for anaemia, vitamin D deficiency, and poor weight gain with early diet interventions.

Good nutrition is the cornerstone of child health - prioritising it ensures better immunity, sharper cognition, and steady growth.

Meet our expert team at Momstory to personalise nutrition for your child or to address specific concerns about your child's diet.

**HAPPY EATING!!!!**



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worth

₹50,000/-\*

— FREE —

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of delivery  
packages

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Baby bag | Hand/foot print | Luxury car drop/car decoration  
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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

**Health Camp  
At Roche, Baner  
Momstory Shivaji Nagar Activity**  
10<sup>th</sup> November 2025

A comprehensive Health Camp was organised for employees, focusing on preventive care and early screening. The initiative offered on-site assessments and personalised guidance, saw active participation, and reinforced the importance of regular health check-ups in workplace wellbeing.



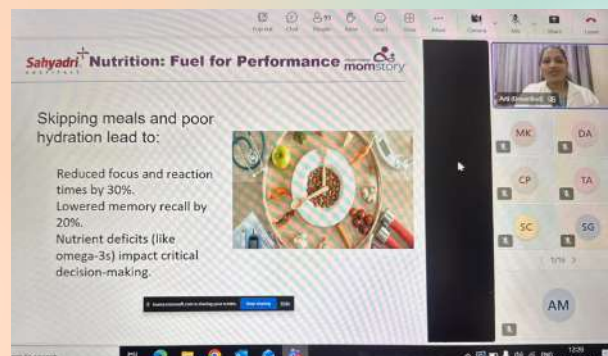
**Health Talk on Building a Creative and Curious Mindset  
At Suzlon Corporate, Pune  
Momstory Hadapsar Activity**  
15<sup>th</sup> November 2025

An inspiring Health Talk was specially organised for families with young children. Delivered by Dr. Vaishnavi, the session titled “The Curiosity Compass: Building the Creative and Curiosity Mindset” encouraged both parents and children to explore new ways of thinking and embrace curiosity in everyday life. The event was warmly received and offered engaging insights to nurture creativity at home.



**Online Health Talk on Micronutrients  
At Cumulus Corporate, Baner  
Momstory Shivaji Nagar Activity**  
19<sup>th</sup> November 2025

An online Health Talk was conducted on the occasion of International Men’s Day, focusing on the role of micronutrients in combating work-life fatigue. Led by Dr. Arti Bhalerao, Chief Dietitian and Clinical Nutritionist at Momstory, the session was informative and engaging, with participants gaining practical guidance to support everyday wellbeing.





**Talk by Dr. Mahima Bakshi  
Maternal and Child Wellness Consultant,  
Sahyadri Hospitals Momstory at  
Femina Circle Event**

Dr. Mahima Bakshi, Maternal and Child Wellness Consultant and Brand Consultant for Sahyadri Hospitals Momstory, led an insightful women's health session at the Femina Circle Event. The conversation encouraged open dialogue on key health concerns, self-care, and preventive wellbeing. Participants engaged wholeheartedly, making it a meaningful platform for awareness and empowerment.

**Shivaji Nagar Unit's First Anniversary  
Celebration**

Momstory joyfully celebrated the first anniversary of its Shivaji Nagar unit with the little ones born with us over the past year. Dr Supriya Puranik, Director-OBGY and IVF, marked the occasion with a ceremonial cake-cutting, making it a warm and memorable milestone for all.



**Celebrating Our  
1<sup>st</sup> Year Milestone At  
Shivaji Nagar With  
One Year Old  
Tiny Tots Born With Us.**

# A JOYFUL CHILDREN'S DAY AT MOMSTORY

Momstory celebrated Children's Day with joyful gatherings at the Nagar Road and Hadapsar units, bringing together children, parents, doctors, and staff for a warm and memorable event. A fun cake-cutting ceremony, a cheerful visit from Mickey Mouse, and the distribution of colourful activity books added to the excitement. The day was filled with smiles, celebration, and heartfelt moments dedicated to our little ones.



# STAR OF THE MONTH AWARDS

Nagar Road, Shivaji Nagar, and Hadapsar Units

Momstory recognised outstanding performers across the Corporate Team, Hadapsar Unit, Nagar Road Unit, and Shivaji Nagar Unit with the Star of the Month awards. The celebrations highlighted individual dedication and a shared spirit of excellence.

## Nagar Road



## Shivaji Nagar



## Hadapsar



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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>



## COMMUNITY PROGRAMME AND TRAINING

### IVF OPD Camp at Lifeline Hospital

An IVF OPD Camp was conducted at Lifeline Hospital, Wagholi, with consultations led by Dr. Vidya Gutte under the guidance of consultant Dr. Vaishali Chaudhary. The initiative offered couples personalised support and clarity on fertility care options.



### Nurses' Training Programme at Phadke Nursing Home

A Nurses' Training Programme was held at Phadke Nursing Home, JM Road, in collaboration with our lactation nurse. Twelve nurses and staff members participated, gaining practical guidance to enhance maternal and newborn care.



### Momstory at Mahaneocon 2025

Momstory proudly participated in Mahaneocon 2025, showcasing our services and engaging with doctors, clinicians, and delegates at our booth. The team's presence strengthened connections and highlighted our commitment to advancing maternal and child healthcare.



## MOMSTORY SCHOOL OUTREACH



### Children's Day Health Talk At Billabong School, Hadapsar Momstory Hadapsar Activity

14<sup>th</sup> November 2025

Momstory organised a Children's Day Health Talk at Billabong School, Hadapsar, led by Dr Arti Bhalerao. The session focused on practical health guidance for students, encouraging healthy habits and wellbeing. The talk was well received, with enthusiastic participation from the school community.

### Children's Day Health Camp At Euro Kids, Fursungi Momstory Hadapsar Activity

15<sup>th</sup> November 2025

A Children's Day Health Camp was successfully conducted at EuroKids, Fursungi, for students and parents. The camp offered screening, guidance, and early wellness checks, creating an engaging environment for families to understand and support their children's health.



### Health Camp At CATS Preschool, Shivaji Nagar Momstory Shivaji Nagar Activity

20<sup>th</sup> November 2025

Momstory carried out a comprehensive Health Camp at CATS Preschool, Shivaji Nagar, for students and teachers. The initiative promoted preventive care and early identification of health concerns, contributing to a healthier school community.

### Online Health Talk on Screen-Time Awareness For Amanora School Momstory Hadapsar Activity

22<sup>nd</sup> November 2025

Momstory hosted an online Health Talk by Dr Ganesh Badge for Amanora School, focusing on screen-time awareness and effective management. The session highlighted practical strategies for healthier digital habits and saw excellent engagement from students and parents.



### Health Camp At EuroKids, Undri, Momstory Hadapsar Activity

28<sup>th</sup> November 2025

Momstory conducted a Health Camp at EuroKids, Undri, offering screenings and wellness checks for students and teachers. The event strengthened awareness around preventive health and ensured a supportive, child-friendly experience for the school community.

## SUNDAY CLASS AT SHIVAJI NAGAR AND HADAPSAR

Giving birth is both a blessing and a challenge, and the right guidance can make the journey far more comfortable. Sahyadri Hospitals Momstory continues to host its enlightening Sunday Class sessions for expecting couples, with this month's editions held at Shivaji Nagar and Hadapsar. Led by experienced experts, the sessions offered practical insights, essential tips, and supportive advice to help parents-to-be prepare for a smooth and joyful pregnancy. It was also a meaningful space for expecting parents to connect and exchange experiences.

### Shivaji Nagar



### Hadapsar





## PLS — PERSONALISED LABOUR SUPPORT

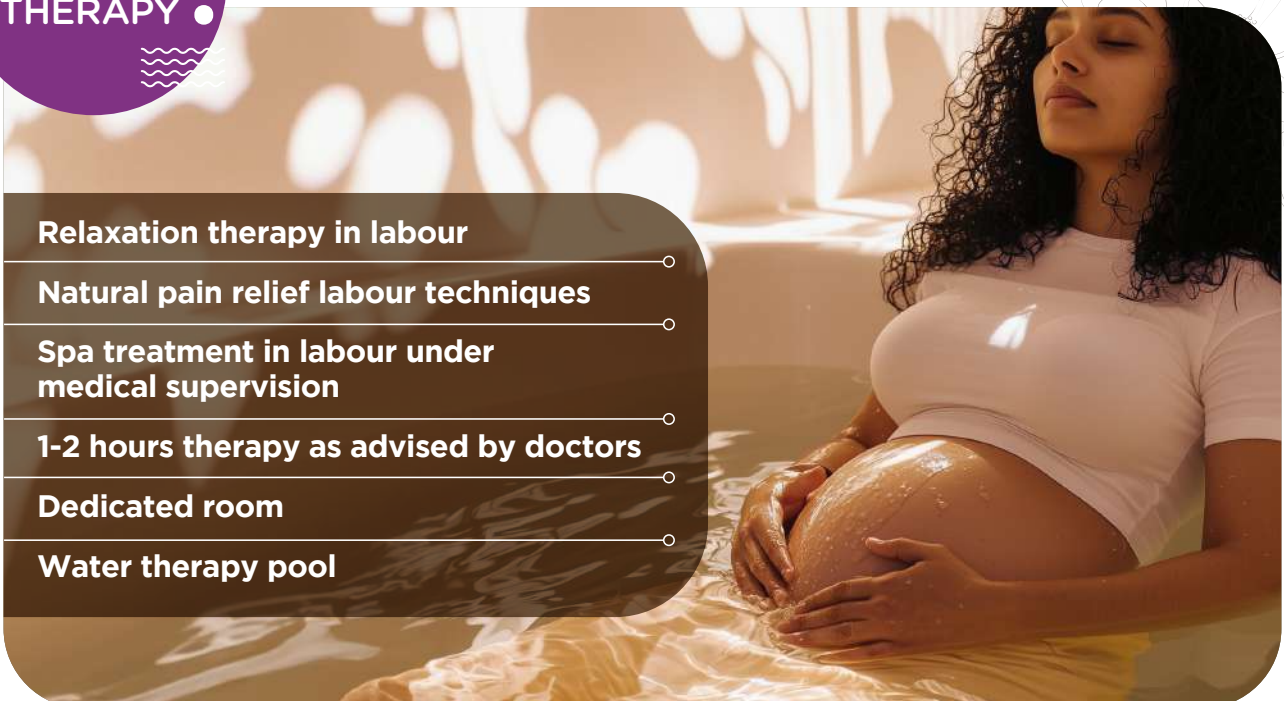


- Labour support by trained nurses
- Personalised dedicated attention
- 1:1 support
- Round-the-clock attendant in labour
- Assisting in labour for natural birth



## WATER THERAPY

Making childbirth more effective and painless



- Relaxation therapy in labour
- Natural pain relief labour techniques
- Spa treatment in labour under medical supervision
- 1-2 hours therapy as advised by doctors
- Dedicated room
- Water therapy pool