

momstory times

Official Newsletter of Sahyadri Hospitals Momstory | February 2026 Edition

GIVE YOURSELF LOVE
With mindful care



LOVE THAT BEGINS WITHIN

There is a quiet kind of love that women carry within them—the kind that gives endlessly, nurtures selflessly, and holds families together through life's many seasons. It shows up in the smallest gestures, in the longest days, and in the strength to keep going, even when no one is watching.

And yet, in this constant giving, women often forget to turn that same love inward.

At Momstory, we believe that self-love is not indulgence—it is essential. Caring for your health, listening to your body, pausing when you need rest, and seeking help when something feels off are all acts of deep courage and self-respect. Because when you take care of yourself, you are not choosing yourself over your loved ones—you are choosing to be there for them, stronger and healthier.

The love you give your family is powerful. It shapes your child's world, it comforts, it heals. But it deserves to come from a place where you, too, feel cared for and whole.



Dr. Mahima Bakshi

Maternal Child Wellness
Consultant and Brand Consultant,
Sahyadri Hospitals Momstory

This month, let love be gentle. Let it include you. Because you deserve the same care, the same attention, and the same compassion that you so freely give to everyone around you.

At Momstory, we are here to remind you of that—always.

WAISTLINE WISDOM

Dt. Arti Bhalerao

Chief Dietician and Clinical Nutritionist
Momstory - Shivajinagar

WHAT YOUR BELLY FAT SAYS ABOUT YOUR HEALTH

Belly fat is not just a cosmetic concern—it is a reflection of a woman's internal health.

From hormones to metabolism, your nutrient intake and physical activity impact fat storage in the body, especially around the waist.

An essential clinical marker of women's metabolic, hormonal, and reproductive health is abdominal adiposity. The distribution of fat is significantly affected by dietary patterns and levels of physical activity. Excess fat accumulation around the belly is linked to hormonal imbalances, metabolic complications, and unfavourable gynaecological consequences.

Managing lifestyle is the key to controlling belly fat and improving overall health.

WHAT DRIVES BELLY FAT?

The main cause of belly fat is a persistent imbalance between calories burned and calories consumed, which leads to excess energy being stored as fat, especially in the abdominal area.

Age-related muscle loss decreases metabolic rate, making the body less efficient at burning calories and more prone to storing fat.

Hormonal changes in women, particularly a decline in oestrogen, shift fat distribution, favouring storage in the abdomen without noticeable weight gain.

Additionally, genetic factors influence the body's fat deposition patterns and susceptibility to weight gain.

THE FAT SPECTRUM: WHAT LIES BENEATH YOUR SKIN

People generally believe that “bad” fat around the waist is subcutaneous fat, which collects just under the skin and can be pinched. However, health issues are not only linked to this fat.

Visceral fat is a hidden type of fat that is more harmful. It covers vital organs like the pancreas, liver, and intestines and resides in the abdominal cavity. Visceral fat produces more proteins called cytokines, which can cause mild inflammation.

It also creates a precursor to the protein angiotensin, which constricts blood vessels and raises blood pressure.

Although visceral fat may account for only 10% of a person's total body fat, studies have shown that it can increase the risk of fatty liver disease and various heart disease risk factors, including blood pressure, blood sugar, and total cholesterol.



THE INCH THAT MATTERS:

Measure your waist to determine whether belly fat is an issue:

- While standing, position a tape measure slightly above your hipbone around your tummy.
- Pull the tape measure until it fits tightly without pressing against the skin. Verify that the tape measure is level throughout.
- Breathe out, relax, and measure.

A woman's waist measurement of more than 35 inches (89 cm) indicates an unhealthy level of belly fat and an increased health risk.

LOSE THE BULGE, KEEP THE BALANCE

Exercise and food are key components of belly fat management for women.

Here are a few practical tips for losing abdominal fat:

Build muscles: Frequent exercise, focusing on resistance training, can help reduce abdominal fat and increase muscle mass. Engage in at least 150 minutes of moderate aerobic activity per week, such as brisk walking.

Limit calorie intake: Monitor your portion sizes. Even healthy food can contribute to calorie intake.

Include soluble fibre: Consume a lot of soluble fibre, which promotes satiety, reduces excess calorie intake, and slows down the digestive process, thereby aiding in losing abdominal fat.

Avoid trans fats: Consumption of trans fats is associated with increased adiposity, heart disease, and inflammation.

Avoid processed foods: Limit processed foods and sugars as they are low in nutrients and can cause sharp increases in insulin and blood sugar.

Remember that managing belly fat involves lifestyle factors, including stress, sleep, and alcohol use, in addition to nutrition and exercise.

Happy eating!!!

HEALTHY LIFESTYLE	UNHEALTHY LIFESTYLE
 MORE FRUITS	 SMOKING
 ENOUGH SLEEP	 SWEETS
 ENOUGH WATER	 ALCOHOL
 WEIGHT CONTROL	 DRUGS
 MORE VEGETABLES	 JUNK FOOD
 REDUCE STRESS	 TOO MUCH COFFEE

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Normal	Painless
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Package Cost - ₹ 26,548/-	Package Cost - ₹ 36,193/-
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COMMUNITY PROGRAMMES AND TRAINING

5th February 2026

ROUND TABLE MEET WITH WANOWRIE DOCTORS

A Round Table Meet was conducted with doctors practicing in Wanowrie, that focused on meaningful interactions and professional networking. The session provided an opportunity to introduce and promote Dr. Madhu she is Director in OBGYN & IVF consultant within the medical community.



CELEBRATIONS WITH OUR CONSULTANT COMMUNITY

Momstory celebrated special occasions with our esteemed consultants, including Dr. Alka Ranade's birthday and Senior Obstetrician and Gynaecologist Dr. Meeta Nakhre's birthday, along with Dr. Urvi Kothari's wedding anniversary. These moments reflected warmth, appreciation, and strong professional relationships.



28th February 2026

VC CLINIC CLASS AT DR. PALLAVI DESHPANDE'S CLINIC

A VC Clinic Class was conducted at Dr. Pallavi Deshpande's clinic, offering valuable guidance and engagement for patients in a clinical setting.



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This offer is applicable for Shivajinagar.

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**Glowing &
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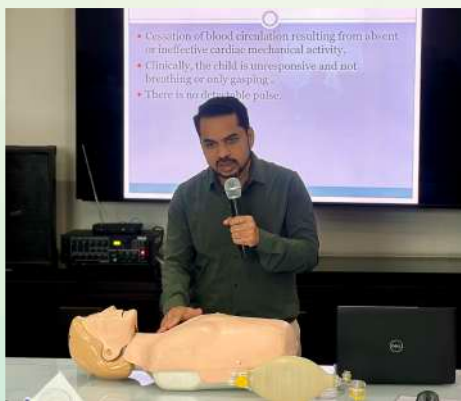
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CORPORATE ACTIVITIES

19th February 2026

CPR TRAINING AT EXELA TECHNOLOGIES, PUNE MOMSTORY HADAPSAR ACTIVITY

A CPR Training and Awareness session was conducted by Dr. Ganesh Badge for employees at Exela Technologies. The session was dynamic and informative, equipping participants with essential life-saving knowledge.



24th February 2026

CPR TRAINING AT XBP GLOBAL, SB ROAD, PUNE MOMSTORY SHIVAJINAGAR ACTIVITY

A CPR Training and Awareness session was conducted by Dr. Ganesh Badge for employees at XBP Global. The session saw enthusiastic participation and provided practical, life-saving knowledge.

26th February 2026

HEALTH TALK ON 'EATING RIGHT FOR EVERYDAY ENERGY' MOMSTORY HADAPSAR ACTIVITY

A Health Talk webinar was conducted by Dietician Arti Bhalerao for Suzlon corporate women employees. The session focused on nutrition for sustained energy and overall wellbeing.



27th February 2026

WOMEN'S HEALTH TALK ON HORMONAL IMBALANCE MOMSTORY HADAPSAR ACTIVITY

Dr. Madhu Juneja conducted a Health Talk on hormonal imbalance, mental health, and awareness for women employees at Suzlon, as part of Women's Day celebrations. The session encouraged awareness and proactive health management.

28th February 2026

HEALTH CAMP AT WIPRO TECHNOLOGIES, HINJEWADI MOMSTORY SHIVAJINAGAR ACTIVITY

A comprehensive Health Camp was conducted for employees at Wipro Technologies, including basic health check-ups and consultations with a dietician and gynaecologist. The initiative saw active participation from the medical team.



COMMUNITY OUTREACH

22nd February 2026

HEALTH CAMP AT GANGA ARCADIA, NAGAR ROAD MOMSTORY NAGAR ROAD ACTIVITY

Momstory conducted a Health Camp at Ganga Arcadia, engaging mothers and children through a drawing competition alongside basic health check-ups, including height, weight, BP, BMI, and diet consultations. Dietician Swapna actively participated in the initiative.



SPECIAL INITIATIVES

VALENTINE WEEK CELEBRATIONS ACROSS UNITS

Momstory celebrated Valentine's Week across Hadapsar, Nagar Road, and Shivajinagar units with thoughtful gestures for patients and families. Activities included roses for new mothers, special dinner arrangements for expecting parents, chocolates for all, and cake-cutting celebrations, creating a warm and memorable experience.



— PRESENTS —

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WHY PHYSIOTHERAPY IS ESSENTIAL FOR EVERY NEW MOTHER

Dr. Swathi Ganesh

(PT), Physiotherapist (Gynaecology & Women's Health)
Momstory - Shivajinagar

Motherhood is often described as one of the most beautiful phases of life—but behind the joy of welcoming a newborn, a woman's body undergoes profound physical and emotional changes. Pregnancy and childbirth place immense stress on muscles, joints, ligaments, and internal organs. While routine care focuses on the baby, the mother's recovery is often overlooked. This is where physiotherapy plays a critical role.

Understanding the Postnatal Body

During pregnancy, a woman's body adapts to support the growing baby. The abdominal muscles stretch, the pelvic floor weakens, posture changes, and hormonal shifts occur. The hormone relaxin increases, leading to joint laxity and loosening of ligaments. Whether it is a vaginal delivery or a caesarean section, both further impact these structures.

Common issues faced by new mothers include:

- Back and pelvic pain
- Urinary leakage (incontinence)
- Diastasis recti (abdominal muscle separation)
- Weak core strength
- Postural imbalance
- Fatigue and reduced endurance

These are often dismissed as "normal after childbirth," but ignoring them can lead to long-term complications.

What is Physiotherapy After Childbirth?

Physiotherapy is a specialised rehabilitation approach aimed at restoring a mother's strength, function, and overall well-being after delivery. It focuses on:

- Pelvic floor rehabilitation
- Core muscle recovery
- Postural correction
- Pain management
- Safe return to daily activities and exercise

Why It Is Essential

1. Restores pelvic floor strength The pelvic floor muscles support the bladder, uterus, and bowel. Childbirth can weaken these muscles, leading to incontinence or pelvic organ prolapse. Targeted physiotherapy exercises significantly improve muscle strength and control.

2. Healing of Diastasis Recti Abdominal muscle separation affects posture and core stability. Physiotherapy provides structured exercises to safely close the gap and restore strength—something general workouts often fail to address.

3. Reduces pain and improves mobility Back pain, neck stiffness, and pelvic discomfort are common due to poor posture, weak muscles, breastfeeding positions, and improper lifting techniques. Physiotherapy effectively addresses these through guided treatment.

4. Supports C-section recovery After a C-section, scar healing and mobility require special attention. Physiotherapy helps prevent adhesions and ensures safe recovery.

5. Improves mental well-being Regaining physical strength improves confidence, reduces stress, and supports emotional recovery during the postpartum phase.

Evidence & Success in Women's Health Physiotherapy

Scientific research strongly supports the role of physiotherapy in recovery after childbirth. Women who undergo guided physiotherapy experience:

- Significant reduction in urinary incontinence
- Faster recovery of abdominal strength
- Reduced chronic back pain
- Improved quality of life

Studies show that pelvic floor dysfunction affects approximately 20% to 67% of women after childbirth [1][2][3]. Despite this high prevalence, many women do not seek treatment. Early physiotherapy intervention can prevent long-term complications and improve overall recovery outcomes.

When Should You Start?

- Normal delivery: Gentle exercises within 1-2 weeks; core strengthening after 4-5 weeks
- C-section: Gentle exercises within 1-2 weeks; strengthening after medical clearance (6-8 weeks)

Note: Always consult a trained physiotherapist before starting any exercise programme.

Breaking the Myth "The body will heal on its own."

While natural healing occurs, it is often incomplete. Just like rehabilitation after an

injury, the postpartum body requires guided recovery to function optimally.

A Message to New Mothers

Taking care of yourself is not selfish—it is necessary. A strong and healthy mother is better equipped to care for her child and family. Physiotherapy is not a luxury; it is an essential part of recovery.

Conclusion

Physiotherapy bridges the gap between childbirth and complete recovery. It empowers women to regain control over their bodies, prevents long-term complications, and enhances overall well-being.

Every mother deserves not just to recover—but to thrive.

References

- [1] Rohilla M et al. Prevalence of pelvic floor dysfunction in postpartum women.
- [2] Deshmukh A et al. Systematic review on postpartum pelvic floor dysfunction.
- [3] Harshinee N et al. Cross-sectional study on pelvic floor dysfunction in postpartum women.

**"Because motherhood
should begin with strength,
not struggle."**





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

Consult our team of IVF experts

Monday to Saturday