


momstory times

Official Newsletter of Sahyadri Hospitals Momstory | January 2026 Edition



We stand by you
through every
unexpected moment

FROM HER WELLBEING TO THEIR TOMORROW



A new year brings with it an opportunity to reflect on what truly sustains families and communities—the health and wellbeing of women and children.

Dr. Mahima Bakshi

Maternal Child Wellness
Consultant and Brand Consultant,
Sahyadri Hospitals Momstory

At Momstory, we believe that caring for a woman at every stage of her life is one of the most powerful ways to shape a healthier future for the next generation.

Women's health extends far beyond pregnancy and childbirth. It includes emotional wellbeing, balanced nutrition, preventive screenings, and the confidence to make informed decisions through adolescence, motherhood, and beyond. When a woman feels supported and understood, she is better equipped to nurture not only herself, but also those who depend on her.

Equally important is the health of every child. From newborn care and timely vaccinations to developmental guidance and preventive check-ups, early and consistent care lays the foundation for lifelong wellbeing.

At Momstory, our approach is holistic and compassionate—integrating clinical expertise with education and community awareness. We strive to create a space where women feel heard and families feel empowered with the right knowledge at the right time.

Because when we care for her through every phase, we protect and strengthen the future she is building.

WHEN “SEIZURES” SIGNAL A SILENT HEART RISK: DOCTORS SAVE CHILD WITH TIMELY DIAGNOSIS

Dr. Sagar Lad

Sr. Consultant - Pediatrics and Neonatology
Momstory - Nagar Road

What initially appeared to be epileptic seizures in a 9-year-old child were ultimately found to be caused by a potentially life-threatening heart rhythm disorder—highlighting the importance of looking beyond the brain when children present with sudden collapse or convulsive episodes.

The child was rushed to hospital after suddenly losing consciousness while playing, followed by brief jerking movements of the limbs. Such symptoms are commonly associated with epilepsy, and in many cases, treatment begins without further investigation. However, the medical team caring for this child decided to broaden their evaluation and assess the heart as well, a step that proved lifesaving.

An electrocardiogram (ECG) revealed Long QT Syndrome (LQTS), a genetic condition in which the heart’s electrical system takes longer than normal to recharge between beats. This delay can trigger dangerous arrhythmias mainly ventricular fibrillation, leading to fainting spells, seizures, or sudden cardiac arrest—particularly during exercise, stress, or excitement. In children, LQTS often goes unrecognized because its symptoms closely resemble neurological seizures.

To better understand the cause, the team performed advanced genetic testing, which identified a rare mutation in the *FBXO28* gene. This gene has traditionally been associated with neurological and developmental disorders, but had not previously been linked to heart rhythm abnormalities. The finding suggests a possible new genetic association with cardiac electrical instability and highlights the expanding role of genomics in diagnosing complex conditions.

Once diagnosed, the child was immediately started on heart-protective medication to stabilize the rhythm and reduce the risk of sudden cardiac events. The child’s condition improved rapidly and is now stable under close cardiology follow-up. Importantly, screening of family members revealed similar ECG abnormalities in close relatives, allowing doctors to initiate preventive care before symptoms developed, potentially averting future medical emergencies.

Dr. Sagar Lad involved in the case emphasised that this outcome underscores the need for cardiac evaluation in any child presenting with unexplained fainting or seizure-like activity.

“Not all convulsions originate in the brain,” said Dr. Lad. “Any child with sudden collapse, unexplained syncope, or seizure-like episodes should undergo an ECG. It is a simple, quick test that can mean the difference between life and death.”

Long QT Syndrome affects approximately 1 in 2,000 people worldwide, yet many remain undiagnosed until a serious event occurs. Early detection allows for effective management through medications, lifestyle adjustments, and in some cases, implantable devices that prevent fatal arrhythmias.

This case serves as a powerful reminder for parents, teachers, and healthcare providers to recognize warning signs such as fainting during

exertion, emotional stress, or sudden startling noises—especially when accompanied by convulsions. Timely cardiac evaluation can transform a potentially fatal event into a survivable one.

As genetic medicine advances, cases like this also demonstrate how unexpected discoveries can reshape medical understanding, linking genes once thought to affect only the brain with critical cardiac function. Ultimately, the child’s recovery stands as a testament to clinical vigilance, interdisciplinary care, and the lifesaving value of asking the right questions at the right time.



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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/-



CONNECTING AT BNI CONFLUENCE 2026

Momstory participated as the Medical Partner at BNI Confluence 2026, held on 21st-22nd January 2026 at Mayfield Estate, Kharadi, Pune. The team set up an informative stall, engaging with visitors and sharing insights about the services and specialised care offered by Momstory. The event provided a valuable platform to connect, collaborate, and strengthen community outreach.



CELEBRATING OUR ASSOCIATE DOCTORS

Momstory celebrated the birthdays of our valued associate consultants by sending cakes to their clinics across Pune. Dr. Manali Ketkar (Shivajinagar), Dr. Shubhangi Mangidkar (Kharadi), Dr. Pallavi Deshpande (Kharadi), and Dr. Vandana Kataria (Yerawada) were warmly wished, marking the occasion with appreciation and gratitude for their continued collaboration and care.



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This offer is applicable for Shivajinagar.

TRIME
STER
01

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Beginnings**

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STER
02

**Glowing &
Growing**

Original Price
~~₹28,939~~

Offer Price
₹18,499

TRIME
STER
03

**Countdown
To Cuddles**

Original Price
~~₹21,950~~

Offer Price
₹14,399

For appointments, call 88888 22222
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NURSING TRAINING PROGRAMME AT PHADKE HOSPITAL

A nursing training programme was conducted at Phadke Hospital in Shivajinagar to further strengthen clinical competencies and best practices in patient care. The session focused on enhancing practical skills and reinforcing high standards of nursing support, ensuring improved outcomes and quality care.



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CORPORATE OUTREACH HEALTH TALK WEBINAR AT SUZLON

On 22nd January 2026, Momstory successfully conducted a Health Talk webinar for Suzlon Corporate employees in Hadapsar, as part of the Hadapsar unit's activities. Led by our Chief Dietician, Dr. Arti Bhalerao, the session on "Eating Right for Everyday Energy" was dynamic and informative, equipping participants with practical nutritional insights to support sustained energy and overall wellbeing.



CORPORATE HEALTH CAMP AT TATA COMMUNICATIONS

On 22nd January 2026, the Nagar Road unit successfully conducted a Health Camp for employees at Tata Communications. The initiative focused on promoting preventive healthcare and wellness at the workplace, engaging employees through health check-ups and consultations, and reinforcing Momstory's commitment to corporate health outreach.



TINY GRADUATE, BIG MILESTONE

Momstory celebrated a heartfelt NICU Graduation Ceremony, marking a joyful milestone as a little warrior was discharged home. Dr. Supriya Puranik, along with the medical team, joined the proud parents in celebrating this emotional moment of strength, survival, and new beginnings.



— PRESENTS —

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PREMOMS CLINIC CLASS DR. POOJA KOLHE'S CLINIC, KHARADI

Momstory's Premoms Clinic hosted an antenatal session at Dr. Pooja Kolhe's clinic (Kharadi), guiding expectant mothers on pregnancy care, childbirth, and early parenting in a familiar setting. The initiative makes antenatal education accessible and personalised, building confidence through every stage of pregnancy.



STAR OF THE MONTH RECOGNITION

Momstory proudly honoured Ravi Dhureraaj from the Billing Team at Shivajinagar and Dharmendra Parmar from the Sales and Marketing Corporate Team with the Star of the Month award. Their dedication, professionalism, and consistent efforts continue to strengthen our commitment to excellence.

SUNDAY CLASS AT SHIVAJINAGAR

Momstory's Sunday Class at Shivajinagar was conducted successfully and received an enthusiastic response from expecting parents. The session provided practical guidance, expert insights, and essential tips for a healthy pregnancy journey. Parents shared positive feedback, saying the class helped them feel more confident and better prepared for the months ahead.





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Monday to Saturday