

DR. MANJIRI AJAY DESHPANDE

Consultant - Lactation

Qualification

BAMS | IBCLC | CCCE | CLE | DFB | IAIM | Garbha Sanskar/Prenatal And Postnatal Yoga Instructor

Overview

Dr. Manjiri Deshpande is a highly experienced Lactation Consultant with over 15 years of expertise in maternal and child wellness. Currently practising at Manipal Hospitals, Gurgaon, she holds a BAMS degree and is internationally certified as an IBCLC, CCCE, CLE, DFB, IAIM, and Prenatal and Postnatal Yoga Instructor. Her special focus lies in lactation support and holistic birth preparation. Dr. Deshpande adopts a comprehensive and integrative approach to pregnancy and childbirth. As a certified Labour Doula and Gentle Birth Instructor, she guides women through the transformative stages of motherhood. She also specialises in Dance for Birthing, Infant Massage, Lamaze classes, Garbha Sanskar, Water Birthing, and VBAC preparation, empowering women with physical, emotional, and spiritual readiness. She is affiliated with esteemed global bodies such as the International Board of Lactation Consultant Examiners (IBLCE), International Lactation Consultant Association (ILCA), GOLD Lactation, CAPPA, Lamaze International, and Gentle Birthing. Dr. Deshpande is also a speaker at national and international platforms, having delivered insightful talks for CAPPA India and Lactation Network Pune on breastfeeding

challenges and neuroplasticity in maternal care. With her nurturing approach and commitment to evidence-based practices, Dr. Manjiri Deshpande continues to support countless women and families through every stage of childbirth and postnatal care at Manipal Hospitals, Gurgaon. Her work reflects a deep belief in respectful, natural, and empowering birthing experiences.

Fellowship & Membership

- International Board of Lactation Consultant Examiners – IBLCE
- International Lactation Consultant Association – ILCA
- Gold Lactation
- Dance for Birthing - DFB
- Gentle Birthing – GB
- Childbirth and Post-partum Professional Association - CAPPA
- Lamaze Internationals

Field of Expertise

- Lactation Consult & Birth Preparation
- Labour Doula
- Dance for Birthing
- Infant Massage Instructor
- Gentle Birth Instructor
- Lamaz Classes
- Garbha Sanskar Guidance

Languages Spoken

- English
- Hindi
- Marathi

Talks & Publications

- CAPPA INDIA – Maternal Brain & Neuroplasticity – 2025.
- Lactation Network Pune – Medical Interventions & Breastfeeding - 2025.
- CAPPA INDIA – Tongue Tie & Breast Feeding – 2024.