



AASHIRWAD CLINIC AND SONOGRAPHY CENTER

The Women's Healthcare

(Since 2013)

Founded & Led by Renowned Dr. Meenakshi Surve Pawar

Sr. Consultant Obstetrician & Gynecologist

Aashirwad Clinic and Sonography Center

Complete Women's Healthcare Under One Roof

Pregnancy ● Fertility ● Gynecology ● Sonography ● Preventive Care

"Compassion in Care. Excellence in Women's Health."

*Sham Heights Building, First Floor, Shop No. 103, Old Chinchwad Jakat Naka, Pimpri-
Chinchwad, Chinchwad, Chinchwadgaon, Pune – 411033*

www.aashirwadclinic.net



www.drmeenakshipawar.com

Welcome Message



A Personal Message from Dr. Meenakshi

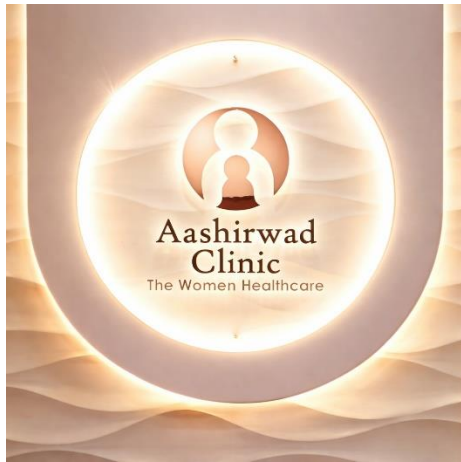
"Every woman deserves compassionate, respectful, and evidence-based healthcare. At Aashirwad Clinic, we combine medical excellence with personalized care to support women through every stage of life, from adolescence to motherhood and beyond."

— *Dr. Meenakshi Surve Pawar*

At Aashirwad Clinic, we understand that a woman's healthcare needs are unique, deeply personal, and constantly evolving. From the early transitions of adolescence through the transformative journey of motherhood, and into the empowering years of healthy menopause and aging, our commitment remains unwavering: to walk beside you as your trusted medical partner.

We invite you to experience healthcare where your voice is heard, your choices are respected, and your health is entrusted to expert hands.

About Aashirwad Clinic



Our Story

Aashirwad Clinic was founded with a singular vision: to create a specialized sanctuary where women receive comprehensive, empathetic, and advanced medical care. Recognizing the fragmented nature of traditional healthcare, we established a center where diagnostics, consultations, and therapies exist seamlessly under one roof. Today, we stand as a beacon of trust, healing, and excellence in our community.

Our Purpose

Our purpose goes beyond treating ailments; we exist to elevate the quality of life for women. We dedicate ourselves to advancing proactive healthcare, eliminating stigma around women's health issues, and providing an environment where medical science meets genuine human warmth.

We bridge the gap between institutional medical excellence and personalized, private care. When you step into Aashirwad Clinic, you are not just a patient file; you are an individual with unique physical, emotional, and health priorities.

The Patient-First Philosophy

Our clinical protocols and daily operations revolve around four fundamental pillars:

- **Women's Healthcare Specialists:** A dedicated team focused exclusively on the physiological and emotional intricacies of women's health.
- **Modern Infrastructure:** State-of-the-art diagnostic and consultation facilities designed for comfort, precision, and efficiency.
- **Ethical Medical Practice:** Uncompromising honesty, transparent communication, and evidence-based recommendations without exception.
- **Compassionate Approach:** Active listening, gentle examination techniques, and an empathetic environment that alleviates anxiety.

Our Core Focus

The prime focus of Aashirwad Clinic is Women's Healthcare and Wellness. We embark on the philosophy of a clinic that goes far beyond routine medical treatments to make an exceptional, lifelong difference in a woman's overall well-being. We recognize that healthcare requires a compassionate, patient-centered approach that honors privacy, personal dignity, and individual health needs.

Why Aashirwad Clinic?

- **Pimpri-Chinchwad's Trusted Expertise:** We are proud of our clinical results, patient trust, and reputation as one of the top consulting clinics for Obstetrics, Gynecology, and Sonography in PCMC.
- **Modern & Advanced Clinical Practices:** We integrate the latest evidence-based protocols and advanced ultrasound sonography

technology to ensure optimal diagnostic accuracy and treatment outcomes.

- **Holistic & Personalized Care Approach:** Along with excellent diagnostic and therapeutic facilities, we pay careful attention to detail, ensuring tailored, individualized care for every patient from adolescence through menopause and beyond.

Empowering Women to Lead Enhanced, Healthier Lives

Aashirwad Clinic and Sonography Center was established in 2013 by trusted, renowned, and distinguished Obstetrician and Gynecologist, Dr. Meenakshi Surve Pawar. What began with a vision to create a state-of-the-art healthcare facility dedicated exclusively to women's health has today grown into one of the most trusted and reputed consulting clinics in Pimpri-Chinchwad and Pune.



Aashirwad Clinic & SONOGRAPHY CENTER

The Women Healthcare

EMPOWERING WOMEN. ENRICHING LIVES.

World-Class Care for Every Woman, Every Stage.

Aashirwad Clinic and Sonography Center is redefining women's healthcare in **Pimpri Chinchwad** with international standards, advanced technology, and compassionate care.

Trusted by
Thousands
of Women
& Families



Dr. Meenakshi Surve Pawar

MS (OBGYN),
DNB (OBGYN),
FICS (UK), FICOG,
FIAGE, FMAS,
FPAI, DIH

Consultant
Obstetrician &
Gynecologist

COMPREHENSIVE CARE FOR EVERY STAGE OF LIFE

PREGNANCY CARE
Complete antenatal, delivery & postnatal care

GYNECOLOGICAL CARE
PCOS, fibroids, endometriosis, menstrual disorders & more

FERTILITY & REPRODUCTIVE HEALTH
Infertility evaluation, ovulation monitoring & personalized treatment

ADVANCED SONOGRAPHY & DIAGNOSTICS
2D/3D/4D scans, anomaly scans, Doppler studies & early pregnancy assessment

PREVENTIVE WOMEN'S HEALTH
Screenings, HPV counseling, menopause care & wellness programs

WE ARE HERE FOR YOU

Sham Heights Building, First Floor,
Shop No. 103, Old Chinchwad Jakat Naka,
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 PATIENT-CENTRIC APPROACH

 INTERNATIONAL STANDARDS

 ADVANCED TECHNOLOGY

 COMPASSIONATE CARE

Because Every Woman Deserves the Best.

Our Vision, Mission and Core Values



Vision

To become one of India's most trusted centers for women's healthcare by delivering world-class, ethical, compassionate, and evidence-based medical services that set a benchmark in clinical excellence.

Mission

- **Provide Comprehensive Healthcare:** Deliver complete wellness, medical, and surgical solutions across every phase of a woman's life.
- **Promote Preventive Medicine:** Prioritize early detection and routine screening to safeguard long-term health and well-being.
- **Support Healthy Pregnancies:** Ensure safe, memorable, and holistic prenatal and postnatal journeys for mothers and infants.

- **Empower Women Through Education:** Equip patients with the accurate knowledge required to make informed healthcare decisions.
- **Adopt Latest Medical Technology:** Continuously integrate cutting-edge diagnostics, sonography, and minimally invasive treatments.

Core Values

 **Compassion:** We treat every patient with empathy, warmth, and genuine human kindness.

 **Excellence:** We uphold the highest standards of medical practice, continuous learning, and clinical protocols.

 **Integrity:** We practice transparent, honest, and ethical medicine, keeping patient well-being above all else.

 **Respect:** We honor patient autonomy, bodily integrity, and individual cultural values.

 **Innovation:** We leverage advanced medical technologies to ensure accurate diagnoses and effective treatments.

 **Patient Safety:** We maintain rigorous clinical hygiene and uncompromising safety standards in every procedure.

Meet Dr. Meenakshi Surve Pawar



Dr. Meenakshi Surve Pawar is a highly esteemed and renowned Obstetrician, Gynecologist, and Sonologist with a distinguished career dedicated to advancing women's healthcare. Known for her clinical acumen and reassuring chairside manner, she has guided thousands of women through high-risk pregnancies, complex gynecological conditions, and fertility journeys.

Qualifications & Fellowships

- MS (Obstetrics & Gynecology) - Advanced specialization in obstetrics and gynecology medicine.
- MBBS – Comprehensive foundational medical training with honors.
- DNB (Obstetrics & Gynecology) – Advanced specialization in maternal and gynecological medicine.
- Fellowship in Advanced Gynecological Endoscopy & Minimal Access Surgery
- Certified Fellowship in Clinical Ultrasonography & Fetal Medicine

Clinical Expertise

- High-Risk Pregnancy Management & Painless Labor Support
- Advanced Pelvic & Obstetric Sonography
- Infertility Evaluation & Preconception Counseling
- Minimally Invasive Gynecological Management (PCOS, Fibroids, Endometriosis)
- Adolescent Gynecological Care & Menopause Management
- Academic Activities & Professional Memberships
- Active Member, Federation of Obstetric and Gynaecological Societies of India (FOGSI)
- Member, Indian Medical Association (IMA)
- Member, Indian Society for Assisted Reproduction (ISAR)
- Regular Faculty and Keynote Speaker at regional and national OB-GYN conferences.
- Dedicated contributor to clinical research and Continuing Medical Education (CME) programs.

Awards & Recognitions

- Excellence in Maternal Healthcare Award for outstanding clinical outcomes in high-risk obstetrics.
- Community Healthcare Leadership Recognition for extensive public education on women's health.

Medical Philosophy

"True medical excellence occurs when advanced clinical science is delivered with listening ears and an open heart. My goal is to ensure that every patient leaves my office feeling informed, reassured, and deeply cared for."

Clinical Leadership

Dr. Meenakshi Surve Pawar

Sr. Consultant Obstetrician & Gynecologist

Academic Degrees & Advanced Fellowships

- MS (OBGYN) – Master of Surgery in Obstetrics & Gynecology
- MBBS – Bachelor of Medicine and Bachelor of Surgery
- DNB (OBGYN) – Diplomate of National Board in Obstetrics & Gynecology
- FICS (UK) – Fellow of the International College of Surgeons (United Kingdom)
- FPAI – Fellow of the Pediatric and Adolescent Endocrinology / Association of India
- FIAGE – Fellow of the Indian Association of Gynaecological Endoscopists
- FICOG – Fellow of the Indian College of Obstetricians & Gynaecologists
- FMAS – Fellow in Minimal Access Surgery
- DIH – Diploma in Industrial Health

Clinical Dedication

With over a decade of dedicated clinical leadership since founding Aashirwad Clinic in 2013, Dr. Meenakshi Surve Pawar combines surgical precision with a warm, empathetic chairside manner. Her mission is to safeguard women's health across every biological milestone, providing high-risk pregnancy management, advanced gynecological endoscopy, precision sonography, and compassionate fertility guidance. Her unwavering dedication continues to drive the clinic's success as a benchmark for ethical, patient-first women's healthcare in Pune.

Advantage of Aashirwad Clinic

Experience the Aashirwad Difference

At Aashirwad Clinic, we have meticulously designed every aspect of our practice around your needs. Here is why patients trust us with their most valuable asset, their health:

 **Experienced Obstetrician & Gynecologist:** Direct access to Dr. Meenakshi Surve Pawar's extensive clinical expertise and proven judgment.

□ **Personalized Care:** No two women are alike. We tailor every diagnostic and treatment plan to your unique biological and lifestyle needs.

 **Ethical Practice:** We recommend only what is medically necessary, ensuring complete transparency in procedures and costs.

 **Evidence-Based Treatment:** Our clinical protocols are grounded in the latest global research and validated medical guidelines.

 **Modern Sonography:** In-house, high-definition ultrasound imaging for immediate, accurate diagnostic results without the need to travel elsewhere.

 **Comfortable Clinic:** A serene, hygienic, and aesthetically pleasing environment that removes the stress and sterility typical of clinical settings.

 **Transparent Communication:** We explain diagnoses, lab results, and procedures in clear, understandable language, never medical jargon.

 **Patient Education:** We empower you with comprehensive guidance, reading materials, and counseling so you actively participate in your health journey.

 **Affordable Excellence:** Premium healthcare and state-of-the-art facilities made accessible through fair and structured pricing.

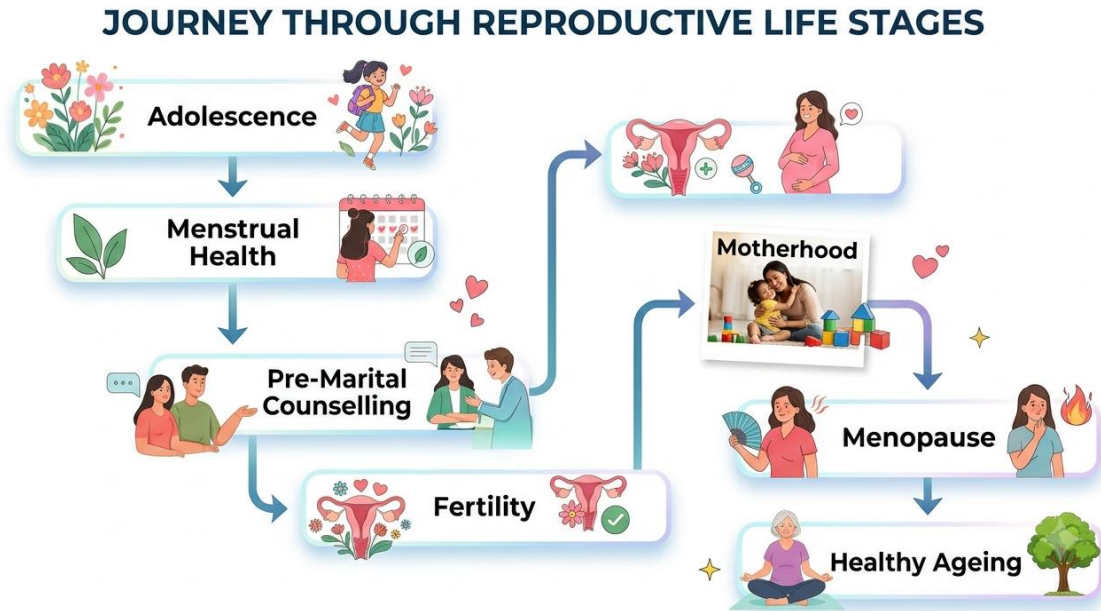


The prime focus of Aashirwad Clinic is a Complete Women Healthcare and Wellness. It is embarked on an idea of a clinic that goes beyond the routine treatments to make an exceptional difference in women's healthcare. We employ modern, latest, and advanced practices in obstetrics and gynecology to ensure a good woman's life. We are proud of our expertise, results, trust, and reputation as one of the best Obstetrics and Gynecology consulting clinics in Pimpri Chinchwad.

Complete Women's Healthcare

A Lifelong Continuum of Care

We are structured to support you through every biological milestone. Our comprehensive services evolve as your life and body change.



Women's healthcare is not limited to pregnancy alone. Every life stage from adolescence and menstrual health to fertility, pregnancy, menopause, and healthy ageing that requires specialized care, timely screening, and preventive interventions. Continuous medical guidance ensures early diagnosis, better health outcomes, and an improved quality of life at every stage of a woman's journey.

This lifecycle approach reflects the philosophy of "Complete Women's Healthcare Under One Roof," where comprehensive obstetric and gynecological care supports women through every phase of life.

Timeline of Women's Healthcare

Milestones Across Your Lifespan

Women's healthcare is a lifelong journey, not just care during pregnancy. Below is our guide to proactive health management at every age:

10–19 Years: Foundation & Education

- Focus: Puberty transitions, establishing positive health habits.
- Key Services: Menstrual education, managing early cycle irregularities, adolescent counseling, and HPV (Human Papillomavirus) vaccination for cervical cancer prevention.

20–29 Years: Wellness & Planning

- Focus: Reproductive health, preventive screening, and family planning.
- Key Services: Routine annual gynecological checkups, contraception counseling, Pap smears / cervical screening as appropriate, and preconception planning for couples looking to start a family.

30–39 Years: Maternal Health & Vigilance

- Focus: Proactive wellness, fertility support, and pregnancy care.
- Key Services: Fertility assessments and tracking (if needed), comprehensive prenatal and postpartum care, breast health awareness, and screening for metabolic conditions.

40–49 Years: Transition & Preventive Monitoring

- Focus: Navigating perimenopause and monitoring systemic health.
- Key Services: Managing menstrual transitions and hormone fluctuations, routine mammograms, cervical screening, and

comprehensive screening for diabetes, hypertension, and thyroid disorders.

🌱 50+ Years: Longevity & Vitality

- Focus: Post-menopausal wellness and proactive healthy aging.
- Key Services: Menopause symptom management, bone density monitoring for osteoporosis prevention, cardiovascular health tracking, and pelvic floor vitality.



We are committed to providing quality consulting and medical care to every woman. Along with the excellent diagnostics, treatment, and facilities, we have careful attention to detail and personalized care for every patient with a holistic care approach. We believe that our patients should experience the highest quality of treatment, guidance, personal care, compassion, privacy, and results.

Pregnancy Month-by-Month

Your Guided Journey to Motherhood

We provide structured, vigilant care throughout your nine months of pregnancy, ensuring both maternal comfort and optimal fetal development.

Month 1 (Weeks 1–4): Foundation

Pregnancy confirmation via clinical testing, initiation of folic acid supplementation, and essential lifestyle and dietary guidance.

Month 2 (Weeks 5–8): Viability

Early dating and viability ultrasound, initial comprehensive maternal blood and urine investigations, and managing early pregnancy symptoms (morning sickness, fatigue).

Month 3 (Weeks 9–13): First Trimester Screening

Nuchal Translucency (NT) scan, combined first-trimester Down syndrome screening (Dual Marker), and customized nutritional counseling.

Month 4 (Weeks 14–17): Second Trimester Transition

Routine antenatal evaluation, monitoring maternal weight gain and blood pressure, and preliminary fetal growth assessment.

Month 5 (Weeks 18–22): The Anomaly Scan

Comprehensive Level II structural anomaly scan to review fetal anatomy, along with educating the mother on tracking early fetal movements (quickening).

Month 6 (Weeks 23–27): Metabolic Screening

Critical screening for Gestational Diabetes Mellitus (GDM) using the oral glucose tolerance test, alongside routine blood pressure and anemia monitoring.

Month 7 (Weeks 28–31): Growth & Preparation

Third-trimester growth scan, prophylactic immunizations (such as Tdap), birth plan discussions, and monitoring fetal position.

Month 8 (Weeks 32–35): Readiness

Bi-weekly antenatal visits, preparation for labor and delivery, lactation and breastfeeding education, and assessing pelvic readiness.

Month 9 (Weeks 36–40+): The Final Countdown

Weekly assessments, monitoring for signs of labor (contractions, water breaking), fetal Doppler studies if indicated, and complete hospital delivery readiness.



Note: Antenatal visit schedules and diagnostic timelines may vary based on individual maternal health, fetal growth trends, and specific clinical requirements.

Pregnancy Care Excellence

Comprehensive Antenatal & Postnatal Services

Our maternal care model is built around safety, preparation, and holistic well-being. We ensure that no detail of your pregnancy is overlooked.

- 1. Routine Antenatal Care (ANC):** Regular, comprehensive clinical evaluations including vital sign tracking, fundal height measurement, fetal heart rate auscultation, and continuous maternal risk assessment.
- 2. Maternal Vaccination Protocol:** Timely administration of essential vaccines, including Tetanus, Diphtheria, and Pertussis (Tdap) and the seasonal Influenza vaccine, to protect both mother and newborn from severe infections.
- 3. Customized Nutrition Counseling:** Tailored dietary plans designed to meet the increasing caloric and micronutrient demands of pregnancy while managing weight gain and preventing deficiencies like iron-deficiency anemia.
- 4. High-Risk Pregnancy Monitoring:** Advanced surveillance protocols, specialized blood panels, and fetal Doppler imaging for mothers requiring extra vigilance due to underlying medical conditions or obstetric history.
- 5. Lifestyle & Ergonomic Counseling:** Professional guidance on safe prenatal exercise, posture correction, sleep hygiene, travel safety, and workplace modifications during pregnancy.
- 6. Collaborative Birth Planning:** Empowering parents by discussing birth preferences, pain relief options (including painless labor epidurals), labor companionship, and creating a clear, supportive hospital delivery plan.
- 7. Postnatal & Lactation Guidance:** Comprehensive fourth-trimester care focusing on cesarean or vaginal wound healing, postpartum mental health (preventing postpartum depression), newborn care basics, and professional breastfeeding support.

High-Risk Pregnancy

Specialized Care for Complex Pregnancies

A "high-risk" label can feel daunting, but with proactive management, advanced technology, and experienced clinical oversight, the vast majority of high-risk pregnancies result in healthy mothers and babies. Dr. Meenakshi Surve Pawar specializes in closely monitoring and managing complex obstetric conditions:

Conditions We Expertise in Managing:

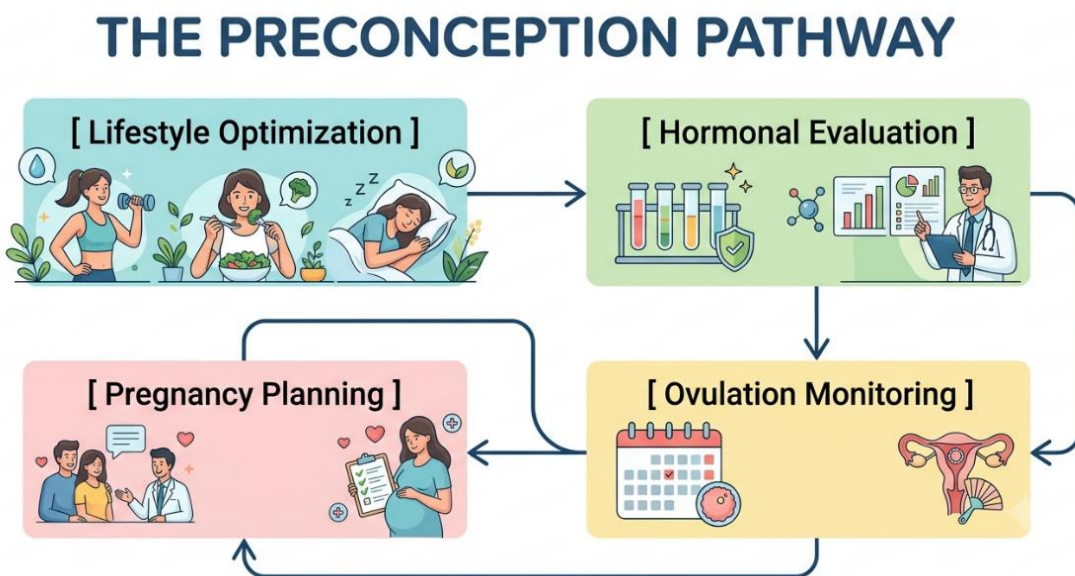
- **Gestational & Chronic Diabetes:** Precise blood sugar tracking, dietary management, and medical therapy to prevent fetal macrosomia and birth complications.
- **Pregnancy-Induced Hypertension & Preeclampsia:** Vigilant blood pressure monitoring, uterine artery Doppler studies, and medication management to safeguard maternal organs and fetal circulation.
- **Multiple Gestations (Twins/Triplets):** Specialized surveillance protocols for multiple pregnancies, tracking individual fetal growth, chorionicity, and preventing preterm labor.
- **Thyroid Disorders:** Proactive management of hypothyroidism or hyperthyroidism to ensure optimal fetal brain development and prevent miscarriage.
- **Placental Complications:** Expert sonographic diagnosis and clinical management of Low-Lying Placenta (Placenta Previa), Placenta Accreta spectrum, and Placental Abruption.
- **Recurrent Miscarriage & Pregnancy Loss:** Comprehensive diagnostic workups (chromosomal, thrombophilia, and anatomical evaluations) followed by supportive, evidence-based early pregnancy care.
- **Previous Cesarean Section (VBAC Evaluation):** Careful assessment of uterine scar integrity, counseling on Vaginal Birth After Cesarean (VBAC) feasibility, and safe operative planning.

- **Advanced Maternal Age (35+ Years):** Tailored genetic counseling, specialized non-invasive prenatal testing (NIPT), and enhanced maternal cardiovascular screening.

Fertility & Preconception

Healthy Pregnancy Starts Before Pregnancy

Whether you are just beginning to think about starting a family or have been facing challenges conceiving, our fertility and preconception services provide clarity, compassion, and scientific solutions.



Our Comprehensive Fertility Services:

- **Preconception Health Assessment:** A thorough evaluation of both partners' medical history, genetic screening, and physical readiness before conception occurs.
- **Fertility Assessment:** Systematic investigation into potential causes of delayed conception, including ovarian reserve testing (AMH), tubal patency evaluation, and semen analysis coordination.

- **Ovulation Monitoring:** Precision serial follicular ultrasonography to track egg development, identify the exact fertility window, and time intercourse or intrauterine insemination (IUI).
- **Hormonal Evaluation:** Detailed diagnostic profiling of thyroid function, prolactin levels, ovarian hormones, and adrenal markers that influence reproductive success.
- **PCOS Fertility Management:** Targeted therapies, including lifestyle adjustment, ovulation induction medications, and metabolic regulation, to help women with Polycystic Ovary Syndrome achieve natural conception.
- **Lifestyle Optimization:** Personalized strategies to improve egg and sperm quality through weight management, stress reduction, sleep correction, and environmental toxin avoidance.
- **Nutrition Advice:** Scientifically formulated fertility diets rich in antioxidants, essential fatty acids, and reproductive vitamins to optimize the uterine environment.
- **Pregnancy Planning:** Strategic roadmaps for couples, especially those with pre-existing medical conditions, ensuring medications are pregnancy-safe prior to conception.

Comprehensive Gynecology

Advanced Medical & Surgical Gynecological Care

From routine screenings to the management of complex reproductive tract disorders, Aashirwad Clinic offers complete gynecological care. We prioritize medical management and minimally invasive options whenever possible.

Condition Symptoms Managed with Treatment Approach

Women's Health Condition	Common Symptoms	Advanced Treatment & Management at Aashirwad Clinic
PCOS / PCOD	Irregular periods, acne, weight gain, excessive facial hair, fertility issues	Hormonal rebalancing, metabolic therapy, lifestyle modification, nutritional guidance, and ultrasound monitoring
Uterine Fibroids	Pelvic pressure, heavy menstrual bleeding, prolonged periods, frequent urination	Medical management, minimally invasive laparoscopic or hysteroscopic surgery, myomectomy, and regular imaging follow-up
Endometriosis	Severe menstrual cramps, chronic pelvic pain, painful intercourse, infertility	Advanced hormonal therapy, pain management, fertility preservation strategies, and laparoscopic excision surgery
Ovarian Cysts	Sharp or dull pelvic pain, abdominal bloating, menstrual irregularities	Sonographic monitoring, medical treatment when appropriate, and laparoscopic cystectomy for persistent or complex cysts
Heavy Menstrual Bleeding (Menorrhagia)	Excessive bleeding, blood clots, fatigue, anemia, prolonged periods	Endometrial evaluation, hormonal medications, levonorgestrel IUD insertion, iron therapy, and endometrial ablation where indicated
Irregular Periods	Missed periods, unpredictable cycles, frequent or delayed menstruation	Comprehensive hormonal evaluation, endocrine investigations, nutritional and lifestyle counseling, and menstrual cycle regulation
Vaginal Infections	Itching, abnormal discharge, unpleasant odor, irritation, discomfort	Microscopic examination, culture-based diagnosis, targeted antibiotic or antifungal therapy, and preventive counseling
Chronic Pelvic Pain	Persistent lower abdominal pain, lower back pain, painful menstruation, discomfort during intercourse	Comprehensive clinical evaluation, advanced sonography, infection screening, pain mapping, and individualized multidisciplinary treatment
Urinary Tract Infections (UTI)	Burning urination, urinary urgency, frequent urination, lower abdominal pain	Rapid urine analysis, urine culture, evidence-based antibiotic therapy, hydration guidance, and recurrent UTI prevention strategies
Menopause & Perimenopause	Hot flashes, night sweats, mood changes, sleep disturbances, vaginal dryness	Lifestyle management, non-hormonal therapies, Bio-identical Hormone Replacement Therapy (HRT) where appropriate, bone health assessment, and long-term wellness care

Advanced Sonography

Precision Imaging for Confident Diagnoses

Aashirwad Clinic is equipped with modern, high-resolution ultrasound technology. Having sonography in-house allows Dr. Meenakshi Surve Pawar to correlate clinical findings immediately with visual imaging, leading to faster diagnoses and immediate peace of mind for our patients.

Our Sonography Services:

- **Pregnancy Confirmation & Dating Scans:** Performed in early pregnancy (6–8 weeks) to confirm intrauterine pregnancy, verify fetal heartbeat, and accurately calculate the expected due date.
- **First Trimester Screening (NT Scans):** Precise measurement of the fluid at the back of the fetus's neck between weeks 11 and 13 to assess chromosomal risk.
- **Fetal Growth Scans:** Detailed third-trimester evaluations assessing fetal biometry (head, abdomen, femur measurements), amniotic fluid volume (AFI), and placental maturity.
- **Follicular Monitoring:** High-resolution transvaginal scans that track the maturation of ovarian follicles and uterine lining thickness, essential for guided fertility treatments.
- **Pelvic & Gynecological Ultrasound:** Comprehensive assessment of the uterus, ovaries, fallopian tubes, and pelvic floor to diagnose fibroids, polyps, cysts, and structural abnormalities.
- **Doppler Blood Flow Studies:** Specialized vascular imaging to evaluate blood resistance and circulation in the umbilical cord, middle cerebral artery, and uterine arteries during high-risk pregnancies.

Technology & Infrastructure

Designed for Comfort, Clinical Precision & Safety

We believe that the healthcare environment plays a vital role in healing and patient comfort. Aashirwad Clinic combines medical rigor with an inviting, modern aesthetic.

Comfortable Reception & Waiting Area

A calming, air-conditioned reception space designed to reduce clinical anxiety, featuring comfortable seating, soothing ambiance, and educational reading materials.

Private Consultation Rooms

Spacious, soundproofed consultation suites that ensure complete acoustic and visual privacy for confidential medical discussions and physical examinations.

Advanced Sonography Equipment

Integration of cutting-edge color Doppler and high-definition ultrasound systems providing exceptional image clarity for fetal medicine and gynecology.

Digital Record Management

Secure, encrypted electronic medical records (EMR) system that maintains your complete medical history, lab results, and imaging scans for seamless longitudinal care and easy retrieval.

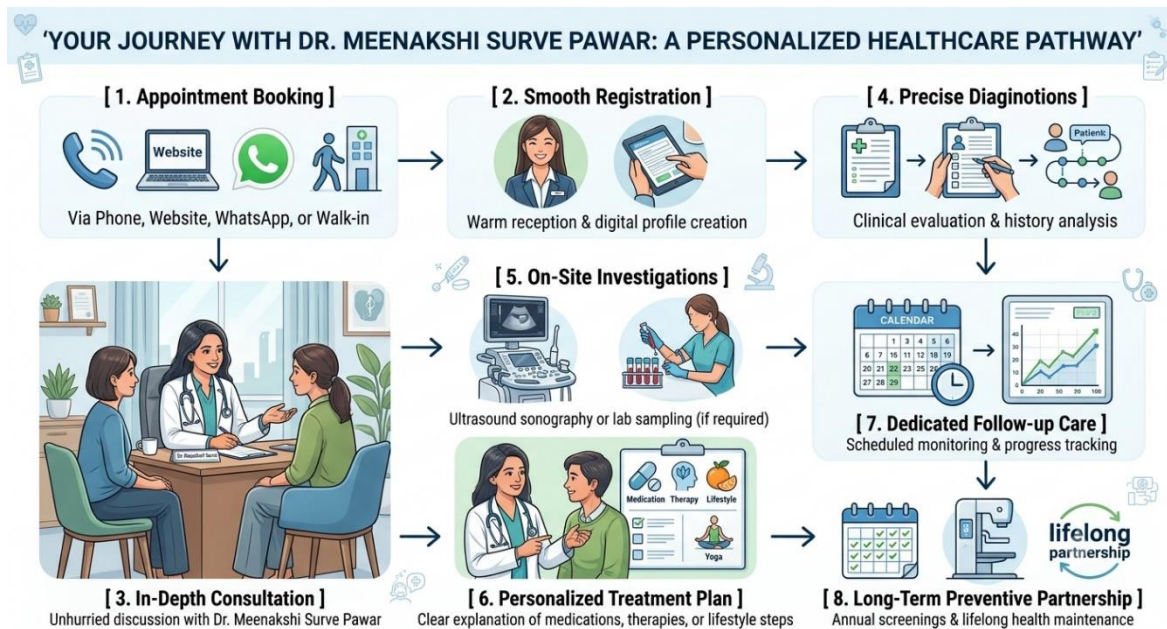
Clean, Hygienic & Patient-Friendly Environment

Rigorous hospital-grade sterilization protocols, disposable examination materials, and continuous sanitation cycles that meet the highest international infection control standards.

Patient Journey

Your Care Experience at Aashirwad Clinic

We have streamlined our clinical workflow to ensure that your visit is smooth, coordinated, and completely centered around your well-being.



Seamless Communication & Continuity of Care: From your very first consultation to long-term wellness monitoring, you are cared for by the same dedicated clinical team. We ensure that your questions are answered promptly and that you feel supported at every step of your medical journey.

Preventive Women's Healthcare

Proactive Screening and Protecting Your Future

Preventive healthcare is the cornerstone of longevity and vitality. Many gynecological conditions, including cervical cancer, breast anomalies, and bone density loss, develop silently without early symptoms. Routine screening saves lives.

Our Preventive Screening Services:

- **Annual Well-Woman Checkups:** A comprehensive yearly physical, pelvic examination, and health review to catch minor abnormalities before they escalate into major medical issues.
- **Pap Smear & Cervical Cancer Awareness:** Quick, painless cytology screening to detect precancerous changes in the cervix, combined with co-testing for high-risk HPV strains.
- **Breast Health & Clinical Examinations:** Thorough manual breast examinations, instruction on correct self-examination techniques, and coordinated referrals for digital mammography or breast ultrasound.
- **Lifestyle Disease Screening:** Proactive testing for metabolic syndrome, lipid profiles, blood sugar spikes, and thyroid dysfunctions that disproportionately affect women as they age.
- **HPV Education & Vaccination:** Counseling on the Human Papillomavirus, transmission prevention, and administering the HPV vaccine to adolescents and adult women.
- **Menopause & Bone Health Counseling:** Early screening for osteopenia and osteoporosis, cardiovascular risk assessment, and holistic symptom management during hormonal transitions.

Healthcare Programs

Tailored Wellness Programs for Every Stage

To make comprehensive healthcare structured and accessible, we have curated bundled health packages designed around specific life stages and clinical needs. Treatment components are flexible and will be personalized by Dr. Meenakshi Surve Pawar based on your individual medical history, family risk factors, and specific clinical requirements.

Treatment Name	Who It Is For	Key Inclusions
Women's Wellness Checkup	Women of all ages seeking an annual preventive health assessment.	Gynecologist Consultation, Complete Hemogram (CBC), Thyroid Profile (TSH), Random Blood Sugar, Urine Routine Examination, Pelvic Ultrasound, Pap Smear (where indicated), Breast Health Assessment, Blood Pressure & BMI Evaluation, Lifestyle & Preventive Health Counseling.
Preconception Health Assessment	Women and couples planning pregnancy in the coming months.	Preconception Consultation, Rubella IgG, Blood Group & Rh Typing, Complete Blood Count, Thyroid Profile, Prolactin, Thalassemia Screening, Vitamin D & Vitamin B12 (optional), Pelvic Ultrasound, Nutrition & Lifestyle Counseling, Folic Acid Initiation, Pregnancy Planning Guidance.
Comprehensive Pregnancy Care Program	Pregnant women seeking complete antenatal care from conception to delivery.	Scheduled Antenatal Consultations, Dating Scan, NT Scan, Anomaly Scan, Growth & Doppler Scans (as indicated), Routine Pregnancy Investigations, Blood Pressure & Weight Monitoring, Gestational Diabetes Screening, Dietary & Lifestyle Counseling, High-Risk Pregnancy Monitoring (if required), Birth Planning & Delivery Counseling, Postnatal Guidance.
PCOS Evaluation & Management Package	Women with irregular periods, acne, weight gain, excessive hair growth, or fertility concerns.	Specialist Consultation, Hormonal Profile (LH, FSH, Testosterone, Prolactin, AMH if indicated), Thyroid Profile, Fasting Blood Sugar & Insulin, Lipid Profile, Pelvic Sonography, BMI Assessment, Dietitian Consultation, Lifestyle Modification Plan, Personalized Treatment Strategy, Follow-up Review.
Menopause Wellness Package	Women aged 45 years and above experiencing menopausal symptoms.	Menopause Consultation, Bone Health Assessment & BMD Counseling, Lipid Profile, HbA1c, Thyroid Profile, Complete Blood Count, Pelvic Ultrasound, Breast Health Assessment, Osteoporosis Risk Evaluation, Hormonal/Non-Hormonal Treatment Planning, Nutrition & Lifestyle Counseling.
Adolescent Girls Health Package	Girls aged 10–19 years requiring preventive gynecological care and puberty guidance.	Adolescent Gynecology Consultation, Puberty & Menstrual Health Counseling, Nutritional Assessment, BMI Evaluation, Hemoglobin Screening, Thyroid Assessment (if indicated), Non-invasive Abdominal Ultrasound (when clinically required), PCOS Risk Assessment, HPV Vaccination Counseling & Scheduling, Hygiene & Lifestyle Education.

Community Initiatives

Our Commitment Beyond the Clinic Walls

At Aashirwad Clinic, we believe that healthcare leadership carries a responsibility to uplift the wider community. Dr. Meenakshi Surve Pawar and our team actively engage in public health education and outreach programs to break social taboos and empower women with life-saving knowledge.

Our Ongoing Community Programs:

- **Women's Health Awareness Talks:** Interactive seminars hosted at local corporate offices, community centers, and housing societies discussing preventive health, stress management, and cancer screening.
- **School & College Education Programs:** Age-appropriate workshops for young girls focusing on puberty, body positivity, nutritional needs, and debunking common menstrual myths.
- **Pregnancy & Childbirth Education Sessions:** Free prenatal workshops for expectant couples, covering labor preparation, breastfeeding techniques, and newborn care basics.
- **PCOS Awareness Campaigns:** Public health drives aimed at early identification of Polycystic Ovary Syndrome through lifestyle education and diagnostic screening camps.
- **Menstrual Hygiene Initiatives:** Distributing sanitary products and educational materials to underprivileged communities while campaigning against menstrual stigma.
- **Free & Subsidized Health Camps:** Organizing periodic diagnostic checkup camps providing blood sugar screening, blood pressure monitoring, and basic gynecological evaluations for disadvantaged women.

- Digital Community Outreach: Leveraging digital platforms and social media to disseminate medically accurate, accessible healthcare advice to thousands of women online.

Research & Academic Activities

Advancing Medicine Through Continuous Learning

To provide our patients with the best care possible, we remain at the forefront of evolving medical science. Dr. Meenakshi Surve Pawar is deeply committed to academic excellence and evidence-based practice.

- Continuing Medical Education (CMEs): Regular participation and organizational involvement in accredited CME programs to stay updated on emerging medical therapies and surgical techniques.
- Conference Participation: Active delegate and faculty presenter at major state, national, and international conferences in Obstetrics, Gynecology, and Fetal Ultrasonography.
- Clinical Updates & Protocol Translation: Rigorous integration of the latest international guidelines (such as WHO, ACOG, and FOGSI) into Aashirwad Clinic's daily diagnostic and treatment protocols.
- Academic Lectures & Mentorship: Delivering specialized clinical lectures to junior doctors, medical trainees, and nursing staff to elevate regional standards of gynecological care.
- Professional Society Memberships: Active peer collaboration within leading medical bodies, fostering knowledge exchange and ethical clinical leadership.
- Commitment to Evidence-Based Practice: Every procedure, prescription, and screening recommendation at Aashirwad Clinic is supported by peer-reviewed scientific literature and validated clinical outcomes.

Awards & Recognition

Honoring a Legacy of Excellence and Trust

The dedication of Dr. Meenakshi Surve Pawar and the staff at Aashirwad Clinic has been consistently recognized by professional medical bodies, healthcare organizations, and the community we serve.

Professional Recognitions & Excellence Awards

Excellence in Obstetric & Gynecological Care

Recognized for upholding outstanding clinical safety standards and exceptional maternal-infant health outcomes.

Community Healthcare Leadership Recognition

Awarded for relentless advocacy, public health education, and philanthropic outreach in women's preventive medicine.

Operational & Clinical Excellence Certification

Acknowledged for maintaining uncompromising clinic hygiene, advanced diagnostic infrastructure, and ethical patient management systems.

Distinguished Professional Society Accreditations

Honored by regional medical associations for continuous clinical learning, academic contributions, and exemplary peer leadership.

Patient Trust & Satisfaction Excellence

Consistently rated among the highest-performing women's healthcare facilities based on independent patient feedback and long-term continuity of care.

Our Promise

Our Unshakable Commitment to You

When you choose Aashirwad Clinic, we make an uncompromising pledge regarding the quality of care you will receive:

Respect

We promise to honor your body, your choices, your time, and your dignity in every interaction.

Compassion

We promise to listen with empathy, treat your concerns with genuine sensitivity, and provide comfort alongside medical therapy.

Transparency

We promise complete honesty regarding your diagnosis, the necessity of investigations, treatment alternatives, and financial costs.

Clinical Excellence

We promise to uphold the highest standards of evidence-based medical science, hygiene, and patient safety without shortcut or compromise.

Ethical Practice

We promise that your health and well-being will always remain our sole priority, practicing medicine with unwavering moral integrity.

Lifelong Partnership in Women's Health

We promise to stand by you as your dependable medical advocate through adolescence, motherhood, menopause, and healthy aging.

Our Reviews

What Our Patients Say

The true measure of our success is the comfort, healing, and happiness of our patients. Here are selected verified experiences from women and families who have trusted Aashirwad Clinic:

★ Compassionate Care

"From my very first visit, Dr. Meenakshi made me feel completely at ease. She listened patiently to all my concerns without rushing me. Her compassionate approach took away all my anxiety regarding my treatment. Truly the most empathetic gynecologist I have ever consulted." — *Priya M., Verified Patient*

★ Excellent Pregnancy Guidance

"We had a wonderful pregnancy journey with Dr. Meenakshi Surve Pawar at Aashirwad Clinic. She guided us step-by-step through every trimester, explained all our ultrasound reports clearly, and supported us through a safe, healthy delivery. We are forever grateful!" — *Sneha & Rahul K., Parents*

★ Friendly Environment

"The clinic is exceptionally clean, modern, and has a very calming atmosphere. The reception staff is polite, helpful, and appointments are managed very efficiently. It doesn't feel like a hospital; it feels like a safe, welcoming space." — *Ananya D., Verified Patient*

★ Professional Consultation

"Dr. Meenakshi diagnosed my PCOS issues immediately after months of misdiagnosis elsewhere. Her structured treatment plan, combining medication with lifestyle guidance, regulated my cycles within months. Ethical, transparent, and highly knowledgeable doctor." — *Sunita R., Verified Patient*

Patient Rights & Responsibilities

A Partnership Built on Mutual Respect

At Aashirwad Clinic, we believe that effective medical care depends on a transparent, collaborative relationship between the patient and the healthcare team.

Your Rights as a Patient

- **The Right to Respect & Dignity:** To receive compassionate, non-judgmental, and respectful care regardless of age, background, or medical condition.
- **The Right to Complete Confidentiality:** To have your personal identity, medical history, examination findings, and medical records kept strictly confidential under secure digital management.
- **The Right to Informed Consent:** To receive a clear, comprehensible explanation of any diagnosis, proposed medical treatment, surgical procedure, and associated risks or alternatives before agreeing to proceed.
- **The Right to Autonomy & Refusal:** To actively participate in your healthcare decisions and the right to refuse any recommended test, procedure, or treatment to the extent permitted by law.
- **The Right to Transparent Pricing:** To be informed of the costs of consultations, sonography, lab investigations, and healthcare packages prior to procedures.

Your Responsibilities as a Patient

- **Provide Accurate Information:** To share a complete and honest medical history, including past illnesses, surgeries, allergies, current medications, and genetic factors.

- **Follow Agreed Treatment Plans:** To adhere to the prescribed medications, dietary guidance, and follow-up schedules agreed upon with Dr. Meenakshi Surve Pawar, or to inform the clinic if you are unable to do so.
- **Respect Clinic Guidelines:** To respect the scheduled consultation timings, maintain the acoustic and hygienic decorum of the clinic, and show courtesy to clinic staff and fellow patients.
- **Communicate Changes:** To promptly report any unexpected changes in your symptoms, adverse drug reactions, or pregnancy emergencies to the clinical team.

Frequently Asked Questions

Q1: When should I schedule my first pregnancy visit?

A: We recommend scheduling your first consultation as soon as you get a positive home pregnancy test or miss your period (around 5 to 7 weeks from your last menstrual period). This allows us to perform an early dating scan, confirm intrauterine pregnancy, initiate folic acid, and provide essential early pregnancy guidance.

Q2: How often should I have a routine gynecological checkup?

A: All adult women should have a routine gynecological checkup once a year. Annual visits allow for timely pelvic evaluations, breast examinations, Pap smear screenings, and discussions regarding contraception, menstrual irregularities, or preventive wellness.

Q3: What symptoms require urgent medical attention?

A: Seek immediate medical care if you experience: severe or sharp abdominal/pelvic pain, heavy vaginal bleeding (soaking a pad an hour), bleeding during pregnancy, severe dizziness or fainting, sudden severe

swelling of the face/hands, a noticeable decrease in fetal movement, or a high fever accompanied by pelvic discomfort.

Q4: Is sonography available directly at the clinic?

A: Yes! Aashirwad Clinic is equipped with an advanced, in-house high-resolution ultrasound system. Dr. Meenakshi Surve Pawar performs pregnancy scans, follicular monitoring, and pelvic sonography directly during your consultation, saving you time and ensuring immediate diagnosis.

Q5: Do you manage high-risk pregnancies?

A: Yes. Dr. Meenakshi Surve Pawar has extensive clinical experience managing high-risk pregnancies, including mothers with gestational diabetes, hypertension (preeclampsia), thyroid disorders, multiple pregnancies (twins), previous C-sections, and advanced maternal age. We utilize vigilant monitoring protocols to ensure maximum safety.

Q6: When should couples seek fertility advice?

A: If you are under 35 and have been trying to conceive through regular unprotected intercourse for 12 months without success, you should seek a fertility assessment. If you are over 35, or have known conditions like PCOS, endometriosis, or irregular periods, we recommend scheduling an assessment after 6 months of trying—or before you begin trying.

Q7: What should I bring to my first consultation?

A: Please bring any previous medical records, past ultrasound reports, recent blood test results, a list of current medications or supplements you are taking, and notes regarding your menstrual cycle history (such as the date of your last menstrual period).

Thank You for Your Trust

To our valued patients, families, and community members,

Thank you for taking the time to read the Aashirwad Clinic Corporate Profile and Women's Healthcare Guide. Whether you are holding this brochure as an expectant mother experiencing the joy of a new heartbeat, a woman proactively managing her wellness, or a daughter seeking guidance for her aging mother, we are deeply honored by your trust.

Healthcare is more than prescriptions and diagnoses; it is a sacred relationship built on confidence, comfort, and clinical excellence. We invite you to step into our clinic, speak with our team, and allow us to partner with you on your journey toward a vibrant, healthy, and empowered life.

With warm regards and best wishes for your health,

Dr. Meenakshi Surve Pawar & The Dedicated Team at Aashirwad Clinic



Contact Us

We Are Here for You

Connect with us to schedule an appointment, inquire about our treatments, or ask a question regarding our services.

"Where Compassion Meets Clinical Excellence"

Enabling Women to Lead Enhanced, Healthier Lives Since 2013



Visit Aashirwad Clinic and Sonography Center

We are conveniently located in the heart of Pimpri-Chinchwad, equipped with modern diagnostic facilities and a serene, patient-friendly environment.

Clinic Address & Location

Aashirwad Clinic and Sonography Center

Sham Heights Building, First Floor, Shop No. 103, Old Chinchwad Jakat Naka, Pimpri-Chinchwad, Chinchwad, Chinchwadgaon, Pune – 411033, Maharashtra, India.

Consultation Timings

- Monday to Saturday: Evening Session: 5:00 PM – 9:00 PM
- Sunday: By Prior Appointment Only / Closed
- Emergency Obstetric Contact: Available 24/7 for registered antenatal patients at +91-7499357236

 Google Maps Navigation:

<https://maps.app.goo.gl/FVKMizZBzcMEPgD68>

 Google My Business: [g.co/kgs/u5k2KkJ](https://www.google.com/maps/place/Meenakshi+Pawar+MS/@18.5499357,72.36)

 Direct Phone / Information Desk: +91-7499357236

 Official Website: www.aashirwadclinic.net

 Doctor Website: www.drmeenakshipawar.com

Stay informed with verified women's healthcare guidance, pregnancy tips, and clinic updates across our official digital platforms:

 WhatsApp: +91-7499357236

 Facebook: [facebook.com/MeenakshiPawarMS/](https://www.facebook.com/MeenakshiPawarMS/)

 Instagram: @aashirwadclinic_obgyn

 YouTube: @AashirwadClinic1

 LinkedIn: [company/aashirwadclinic/](https://www.linkedin.com/company/aashirwadclinic/)

Thank You!



AASHIRWAD CLINIC AND SONOGRAPHY CENTER

The Women's Healthcare

(Since 2013)

Dr. Meenakshi Surve Pawar

MS (OBGYN), MBBS, DNB (OBGY), FICS (UK), FPAI, FIAGE, FICOG, FMAS, DIH

Aashirwad Clinic, Sham Heights Building, First Floor, Shop No. 103, Old
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Chinchwadgaon, Pune – 411033, Maharashtra, India.

Contact: +91-7499357236, Email: aashirwadclinic21@gmail.com

www.aashirwadclinic.net



www.drmeenakshipawar.com

Experience the Synergy of Trusted and Responsible Women Healthcare

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