



**Altrus  
HealthCare**

**Dehradun ka Trust, Altrus!**

***Two Sides.  
One Purpose.  
Your Well-Being.***



**Edition : February, 2026**

# Two Sides. One Purpose. Your Well-Being.



**O**bstetrics focuses on pregnancy and childbirth, ensuring a safe journey for both mother and baby, from conception to postnatal recovery.

Gynaecology looks after a woman's reproductive and hormonal health covering everything from menstrual health and PCOS to fertility, menopause, and routine screenings.

Together, Obstetrics & Gynaecology supports women through life's most important transitions with care that listens, understands, and evolves.

## Obstetrics & Gynaecology Care at Altrus - At a Glance



Antenatal & High-Risk  
Pregnancy Care



Normal, Assisted &  
Caesarean Deliveries



Water Birth &  
Pain-Managed Labour



Menstrual, PCOS &  
Menopause Care



Advanced Gynaecology &  
Minimally Invasive Surgeries



Cancer Screening &  
Family Planning

### Did You Know?

01

Regular antenatal check-ups can reduce pregnancy complications by up to 60%.

03

Pap smears can detect cervical changes years before cancer develops.

05

HPV vaccination can prevent nearly 90% of cervical cancers.  
(Recommended between 9-26 years; screening continues even after vaccination)

02

1 in 5 women is affected by PCOS-early diagnosis improves long-term health.

04

Minimally invasive surgeries mean less pain and faster recovery.

# Doctor's Byte

*"Women often ignore their health while caring for everyone else. At Altrus HealthCare, our goal is to remind every woman that her health matters - at every age, every stage."*  
*Obstetrician & Gynaecologist, Altrus HealthCare.*

## Our Services



### Obstetric Care

- ✓ Antenatal Care (Prenatal Care)
- ✓ Labour & Delivery Services
- ✓ Postnatal (Postpartum) Care
- ✓ High-Risk Pregnancy Management
- ✓ Emergency Obstetric Services
- ✓ Minimally Invasive Procedures



### Gynaecology & Women's Wellness

- ✓ Routine Gynaecological Exams & Screenings
- ✓ Menstrual Disorder Treatment
- ✓ Minimally Invasive Gynaecological Surgery
- ✓ Urogynaecology Care
- ✓ Endometriosis & Fibroid Treatment
- ✓ Menopause Care
- ✓ Cancer Screening & Management
- ✓ Sexual Health & Wellness
- ✓ Genital Reconstruction Surgery
- ✓ Basket Approach – Contraception Options

## Our Experts



**Dr. Anootha K. Ravi**  
Obstetrician & Gynaecologist



**Dr. Manisha Singh**  
Obstetrician & Gynaecologist



**Dr. Ruchi Gaur**  
Obstetrician & Gynaecologist



**Dr. Kanika Chandra**  
Obstetrician & Gynaecologist

# FUN & LEARN

## Frequently Asked Questions

### Q1. When should antenatal visits begin?

As soon as pregnancy is confirmed - early care leads to healthier outcomes.

### Q2. Is water delivery safe?

Yes, for selected low-risk pregnancies under expert supervision.

### Q3. How often should Pap smears be done?

Every 3 years after 21, or as advised by your doctor.

### Q4. Can PCOS be managed without surgery?

Yes - lifestyle changes, medication, and regular monitoring play a key role.

### Q5. Do pre-menopause symptoms need treatment?

Yes. Timely care helps manage symptoms, protect bone health, and improve quality of life.

## WORD SEARCH

H	D	S	D	N	H	Y	X	M	O	X	P	F	R
G	P	R	E	V	E	N	T	I	O	N	C	S	K
P	Y	N	P	U	M	V	P	X	P	K	O	X	U
R	L	O	E	X	E	D	R	L	U	O	D	Q	T
E	X	V	R	U	N	I	T	L	B	X	T	K	E
G	Y	A	I	Q	S	A	H	M	E	Q	J	C	R
N	I	R	O	O	T	R	E	I	R	W	U	Z	U
A	M	Y	D	Y	R	E	R	A	T	T	R	T	S
N	G	H	A	S	U	F	A	N	Y	C	N	N	L
C	T	A	J	V	A	J	P	E	S	Z	H	U	B
Y	E	S	M	D	T	I	Y	M	N	A	H	D	C
F	U	J	B	V	I	A	B	I	H	A	N	V	D
M	S	Y	L	N	O	P	T	A	E	D	A	H	F
U	X	N	R	S	N	D	M	O	K	R	T	G	Q

### Q FIND:

MENSTRUATION, PERIOD, PUBERTY, OVARY, PCOD, PREGNANCY, PREVENTION, UTERUS, ANEMIA, THERAPY



Send your solved crossword on WhatsApp +91 9258235140 and unlock exclusive offers!