

DR. KAAVYA SREEDHAR

Associate Consultant - Obstetrics and Gynaecology

Qualification

MBBS | MS Obstetrics & Gynaecology | DNB Obstetrics and Gynaecology

Overview

Dr. Kaavya Sreedhar is a highly accomplished and compassionate Associate Consultant specializing in Obstetrics and Gynaecology, bringing over six years of dedicated clinical experience to women's healthcare. Offering consultations in both English and Hindi, she possesses an outstanding academic foundation comprising an MBBS, a Master of Surgery (MS) in Obstetrics and Gynaecology, and a Diplomate of National Board (DNB) in the same discipline. Committed to providing comprehensive, individualized, and evidence-based care across every stage of a woman’s life, Dr. Sreedhar has augmented her core clinical qualifications with advanced specialized certifications. She is a recognized Credentialed Indian Menopause Practitioner (CIMP) accredited by the Indian Menopause Society, holds a certificate in Gynaecological Laparoscopic Techniques from IMMAST, and completed specialized certification in Perinatal Mental Health from the National Institute of Mental Health and Neurosciences (NIMHANS). Furthermore, she refined her clinical acumen through an advanced observership in Fetal Medicine at Indraprastha Apollo Hospital, enabling her to offer holistic, nuanced support to expectant mothers and developing fetuses

alike. In her day-to-day clinical practice, Dr. Sreedhar focuses extensively on high-risk pregnancy management, adolescent reproductive health, menopausal transitions, and minimally invasive gynaecological surgeries. Her surgical expertise encompasses keyhole laparoscopic interventions designed to minimize tissue trauma, alleviate post-operative pain, and ensure expedited recoveries. As a certified menopause specialist, she provides crucial guidance and medical therapies for women navigating perimenopause and menopause, addressing bone mineral density, cardiovascular wellness, and hormonal balance. Her training in perinatal mental health uniquely equips her to support mothers through the complex psychological and emotional adjustments of pregnancy and the postpartum period. An active contributor to academic medicine, Dr. Sreedhar has presented numerous scientific papers at premier conferences organized by IMS, AOGD, NARCHI, and IAGE, notably securing second place in the best paper presentation at HIAGECON 2025. She has also co-authored published research on adolescent lifestyle physiology in the Indian Journal of Physiology and Pharmacology. Holding life memberships in the Indian Menopause Society, the Association of Obstetricians & Gynaecologists of Delhi, the Indian Association of Gynaecological Endoscopists, and NARCHI, Dr. Sreedhar remains dedicated to progressive, empathetic, and ethical clinical practice.

Fellowship & Membership

- Life member of IMS (Indian menopausal society)
- AOGD (Association of Gynaecologists of Delhi)
- IAGE (Indian Association of Gynaecological Endoscopists)
- NARCHI (National Association of Reproductive and Child Health of India)

Field of Expertise

- High-risk pregnancy
- Menopausal health
- Adolescent Reproductive health
- Minimally invasive gynaecological surgery

Languages Spoken

- English
- Hindi

Awards & Achievements

- Credentialed Indian Menopause Practitioner (CIMP) -Indian Menopause Society
- Certificate in Gynaecological Laparoscopic Techniques-IMMAST
- Observership in Fetal Medicine (Apollo Indraprastha)
- Certificate in Perinatal Mental Health-NIMHANS

Talks & Publications

- Presented papers at numerous Obstetrics and gynaecological conference under IMS, AOGD, NARCHI, and IAGE.
- Second place in best paper presentation at HIAGECON 2025.
- Co-Author of an article on "Sleep Loss in School Children: Fact or Myth" published in the Indian Journal of Physiology and Pharmacology (IJPP) 2019 April issue.