

Activities Organised

- Daily Group Exercises • Yoga and Pranayam • Meditation
- Playing Cards, Carrom • Book-reading and Storytelling
- Training and Stress Management Programs for Caregivers

Events Hosted

- Festival Celebrations • Birthday and Anniversary Celebrations
- Musical Programs

Types of Stay Offered at Aastha

- Private rooms • Shared rooms • Long-term stay
- Short-term stay (less than 3 months)

*Terms and conditions apply

Aastha Locations

AASTHA, PASHAN

132/2 Baner-Pashan Link Road,
Pashan, Pune- 411021

AASTHA PEBBLES, BAVDHAN

Sr. 270, Behind Calsoft,
Bavdhan, Pune - 411021

AASTHA, KHOPOLI

Ramadham, Adoshi Village, Khopoli- Pen Road. Taluka- Khalapur, District- Raigad

Call: 9860 500 300 | Email: aastha@ahpl.in, info@ahpl.in | aasthaliving.in



Managed by Athashri
Smt. Ramabai Keshav Thakare
Vishwastha Sanstha

AASTHA

BY ATHASHRI

Assisted living for
senior citizens

Disclaimer: This printed material is for information purpose only. Images used in this printed material are a mix of conceptual and actual photographs. The printed material does not constitute a contract/offer of any type between the developer/owner and the recipient.

Compassion is at the heart of our care!

Aastha is a continuing care centre for dependent senior citizens who require help in their activities of daily living with minimum medical care, yet their condition does not require hospitalisation.



Actual photographs

Services Provided

Healthcare Services

- Nursing Care
- In-house Doctor Visits
- Trained Caregiver Assistance
- Monitoring Vitals
- Urinary Catheter Care
- Incontinence Care (Diaper)
- Tube Feeding
- Sponging and Grooming
- Bedsore Care & Wound Dressing
- Physiotherapy
- Medication Dispensing
- Pathology Support
- Pharmacy Support
- Emergency Hospitalisation Assistance
- Ambulance Service
- Tie-ups with Hospitals
- Family Counselling
- Coordination with Treating Doctors

Experience a place you can call home!



We, at Aastha, strive to ensure that the social and personal requirements, including the healthcare of our senior citizens, are met so that they live a hassle-free, healthy and dignified life.



Actual photographs

All Meals

- Pre-designed Menu
- Balanced Diet
- Suitable for Different Dietary Requirements

Laundry

- Washing of all Clothes and Linen

Housekeeping

- High-level of Hygiene and Cleanliness

Secured Premises & CCTV Monitoring

Infrastructure

- Spacious Rooms
- Adequate Lighting with 100% Generator Backup
- Wheelchair-enabled Design
- Nurse Call System
- Elder-friendly Attached Bathrooms
- Fowler Beds with Both Sides Railings
- Non-skid Flooring
- Counselling Room
- Wide Passages With Grab Bars
- Multipurpose Activity Hall
- Lifts Including Stretcher Lift
- Guest Rooms for Relatives