

DR. SHREYA MICHELLE RASQUINHA

Specialist - Obstetrics & Gynaecology

Qualification

MBBS | MS(Obstetrics & Gynaecology) | DNB

Overview

Dr. Shreya Michelle Rasquinha is a dedicated and compassionate obstetrician and gynaecologist with expertise in providing comprehensive care across every stage of a woman's reproductive journey. She is currently practising as a Specialist in the Department of Obstetrics & Gynaecology at Manipal Clinic, Indiranagar, Bengaluru. With strong academic credentials and extensive experience gained at a leading tertiary care institution, Dr. Shreya is committed to delivering evidence-based, personalised care for women of all age groups. Her approach combines clinical excellence with empathy, ensuring that every patient receives holistic care tailored to her individual needs. Dr. Shreya completed her MBBS and subsequently pursued her MS in Obstetrics & Gynaecology from the prestigious St. John's Medical College and Hospital, Bengaluru. She further strengthened her expertise by obtaining a DNB in Obstetrics & Gynaecology. During her postgraduate training, and later as a Senior Resident and lecturer at St. John's Medical College and Hospital, she managed a wide spectrum of obstetric and gynaecological conditions while caring for women from diverse social and cultural backgrounds. This extensive exposure has

equipped her with the skills to manage both routine and complex clinical cases with confidence and compassion. Her clinical expertise encompasses comprehensive antenatal, intrapartum, and postnatal care, including the management of high-risk pregnancies. She also provides evaluation and treatment for infertility, menstrual disorders, adolescent gynaecological concerns, polycystic ovarian syndrome (PCOS), sexual wellness issues, contraception counselling, abnormal uterine bleeding, urinary and genital tract infections, and perimenopausal health. Dr. Shreya believes in adopting an evidence-based approach while working closely with patients to develop personalised treatment plans that address both their immediate concerns and long-term health goals. A strong advocate for preventive healthcare, Dr. Shreya is passionate about promoting women's health through education and counselling. She believes that empowering women with the right information enables them to make informed decisions about their health and well-being. By incorporating health education into every consultation, she encourages preventive care, early diagnosis, and healthy lifestyle practices that contribute to better reproductive and overall health outcomes. Alongside her clinical practice, Dr. Shreya maintains a keen interest in medical education, research, and academic activities. She has presented clinical cases and research at state and national scientific conferences and has published research in reputed peer-reviewed journals. Her work includes studies on labour induction techniques and infant and young child feeding practices, reflecting her commitment to advancing women's and maternal healthcare through research. She has also received recognition for her academic excellence, including the second place award at BSOG Gnanvarsha 2023–24 for her poster presentation on "New Onset Aplastic Anaemia in Pregnancy – A Case Report." Fluent in English, Hindi, Kannada, Konkani, and Bengali, Dr. Shreya strives to create a warm, respectful, and supportive environment where patients feel comfortable discussing their concerns. She is committed to providing compassionate, patient-centred care while ensuring that

every woman receives comprehensive guidance throughout her healthcare journey. Her dedication to clinical excellence, preventive care, and patient education makes her a trusted obstetrician and gynaecologist for women seeking quality healthcare in Bengaluru.

Field of Expertise

- General antenatal
- Intrapartum and postnatal care
- High-risk pregnancies
- Infertility evaluation
- General gynaecology
- PMOS (previously PCOS)
- Adolescent gynaecology
- Sexual wellness
- Contraception
- Abnormal uterine bleeding
- Urinary and genital tract infections
- Medical education
- Counseling
- Medical law and ethics

Languages Spoken

- English
- Hindi
- Kannada
- Konkani
- Bengali

Awards & Achievements

- 2nd place at BSOG Gnanvarsha 2023-24 for a Poster presented on “New Onset Aplastic Anaemia in Pregnancy – a case report”
- Multiple honour and merit certificates for academic excellence during MBBS.

Talks & Publications

- Rasquinha SM, G A, SK M. Concurrent Use of Intracervical Foley's Catheter with Intravenous Oxytocin Compared with Prostaglandin Analogues for Induction of Labour: A Prospective Observational Study. J South Asian Feder Obs Gynae 2025; 17 (S3):S247-S254
- Davis TC, Joseph M, Thomas TT, Rasquinha S, Simy S, Johnson AR. “Perception and Practice of Infant and Young Child Feeding among Mothers of Children Aged 6-24 months: A mixed-methods study in a Rural Maternity Hospital, Karnataka.” Annals of Community Health. 2020; Volume 8 Issue 4.