Goa University

Women's Cell of Directorate of Equal Opportunities and

Women's Studies Programme, DDKSSSBS

Report on Breast Cancer Awareness Talk

1. Title of the Event/Activity/program	Breast Cancer Awareness Talk
2. Date and Time	16 October 2026 from 3.30 p.m. 5.00 pm
3. Mode of conduct (Physical/Online)	Physical Mode
4. School/ Directorate/ Section	Women's Cell of Directorate of Equal Opportunities and Women's Studies Programme, DDKSSSBS ,Goa University
5. Collaborating Agency/School/Directorate	Medical Health Centre, Goa University
6. Detail of the Resource Person (Brief biodata)	**Dr. Sophia C. Rodrigues** is a Consultant Obstetrician and Gynaecologist at **Manipal Hospital, Dona Paula**, where she has practised since 2015. She holds an MBBS and DGO from Goa Medical College and a DNB in Obstetrics and Gynaecology, with over sixteen years of experience in leading hospitals across Pune, Mumbai and Goa. Her areas of interest include high-risk obstetrics, reproductive and adolescent health, laparoscopic surgery, infertility, and, most relevant to today's topic, **cancer screening and management**. She has also trained in colposcopy at Wadia Hospital, Mumbai. Beyond the clinic, Dr. Rodrigues holds an LLB and a Post Graduate Diploma in Medical Law and Ethics from the National Law School of India University, Bangalore, bringing a rare combination of medical and legal perspectives to patient care.

	She has been honoured for her research, including best paper awards at MOGS and POGS. She has served as President and Secretary of the Indian Medical Association, Bardez Branch, and was named Best President in 2021. She is also President of the Association of Medical Consultants, Goa Branch. Her commitment to community health is evident in the rural health camps and awareness programmes she has actively supported. Detailed CV enclosed
7. Number of Faculty attended/participated	08
8. Number of Student attended / participated	20 (Male 4 - Female 16) (Attendance attached)
9. No. of external students/faculty/other participants	26 (Staff Male =4 & Female =22)
10. The objectives of the Program/activity/event	Breast Cancer Awareness Session for university staff to build knowledge, dispel myths, and encourage regular screening. Objectives: • To raise awareness among staff about breast cancer risk factors, symptoms, and the importance of early detection. • To train participants in Breast Self-Examination (BSE) techniques through a guided, expert-led demonstration. • To address common myths and reduce the stigma associated with discussing breast health and cancer. • To inform staff about accessible screening, diagnostic, and treatment facilities available in Goa. • To foster a supportive, health-conscious culture within the university workplace.
11. Description of the Program/activity/event	Dr. Sulochana Pednekar, Nodal officer of Women Cell , introduced the objective of the event and welcomed the resource person Dr. Sophia C. Rodrigues . Ms Charuta Moye, a student in the MA in Women's Studies

	program, welcomed the resource person with a handmade flower bouquet. Dr Sulochana introduced the resource person to the participant and informed the gathering to learn from the talk and to interact with the resource person after the talk to clarify their doubts if any. Dr. Sulochana Pednekar invited Dr. Sophia Rodrigues to deliver the talk. Dr Sophia delivered a very informative talk and also demonstrated the techniques of monitoring one's body for any lump in the body for males as well as females. She informed the participants that any one can get the breast cancer. Participants raised the queries and sought answers during question and answer session . The resource person also provided valuable knowledge to participants by providing tips on a healthy lifestyle to keep themselves healthy, as well as their children . Dr. Sulochana Pednekar , thanked the resource and requested Director, DEO to present a token of appreciation to her for accepting our invitation and delivering a insightful session. Director, DEO Dr. Norma presented token of appreciation to Dr.Sophia C. Rodrigues. Dr. Sulochana Pednekar delivered Vote of thanks , by thanking Hon. VC, Sr. Prof. Rajendra Gad and Registrar , Prof. Sunder Dhuri , for providing approvals and administrative support in conducting the event. She also thanked Director DEO, Ms. Bertha D,Mello DR-DTT, Dr. Amavel Pereira for her support in recommending Dr. Sophia's name as a resource person. Dr Sulochana thanked the Women's Studies team, Ms Rakhee Prabhukhanolkar, Ms Vibha Shetye (RA on GSRF Project), and Prashant(MTS) from the DTT office for providing logistics support for the successful organisation of the event. Dr Sulochana Pednekar expressed her gratitude to all the participants for attending the event.
12. Benefit/Key outcomes of the Program/activity/event	• Improved awareness among staff of breast cancer symptoms and the importance of early detection. • A increase in staff confidence and willingness to perform self-examinations

	and pursue regular screening. • Reduced stigma and more open conversation about women's health issues in the workplace.
13. Enclosures with report	*Poster, Photographs and Attendance of* students/faculty/external participants

Dr. Sulochana Pednekar

Nodal Officer, Women Cell

Programme Director, Women's Studies

DDKSSSBS, Goa University

Date: 19/10/2026

Programme Director
Women's Studies Programme
D.D. Kosambi School of Social Sciences and Behavioural Studies
Goa University

Dr. Maria Norma Menezes e Rebello

Director , DEO

Goa University

Director
Directorate of Equal Opportunities



Dr. Sophia Rodrigues delivering the session



Group Photo with resource person and participants



Student Presenting the flower bouque to the Resource person

NAAC GRADE A+

Goa University

Women's Cell, Directorate of Equal Opportunity and Women's Studies Programme, DDKSSSBS

In collaboration with the Medical Health Centre, Goa University

PRESENTS

BREAST CANCER AWARENESS TALK

For Students, Faculty and Staff of Goa University

16 October 2026 | 3:30 p.m.

Seminar Hall, Faculty Block B, Goa University



RESOURCE PERSON

DR. SOPHIA C. RODRIGUES

Consultant Obstetrician and Gynaecologist at Manipal Hospital, Dona Paula

Coordinator: **Dr. Sulochana Pednekar**

DR. SOPHIA .C. RODRIGUES

DNB, DGO, MBBS,LLB,PGDMLE

Phone number : +91-9819658652

Email id : **sophia.rodrigues1984@gmail.com**

H.No 136 Gaoncar Waddo Curca Bambolim Goa 403108



My current Practice:

I am presently working as a Consultant Obstetrician and Gynaecologist at Manipal Hospital, Dona Paula Goa since February 2015.

Having Experience in Laparoscopic Surgeries, Cosmetic and reconstructive Gynaecology.

With over 16 yrs of Experience in the field of Obstetrician and Gynaecology in various Leading &Prominent Hospitals in Pune, Mumbai and Goa with a very busy and exciting practice.

Additionally I am a Lawyer having LLb degree from at Salgaocar College of Law Goa and Post Graduate Diploma in Medical Law and Ethics from National Law School of India University Banglore **.**

Fields of Interest :

- **Reproductive and Adolescent health**
- **High Risk Obstetrics**
- **Cancer Screening and Management**
- **Cosmetic Gyaneacology**
- **Reproductive Endocrinology and Infertility.**
- **Law and Medico Legal Studies**.

Work Experience Summary:

From February 2015 to present **: Manipal Hospital, Goa**

- Consultant Gynaecologist & Obstetrician.

August 2012 till January 2015 : **Cardinal Gracias Hospital, Vasai(west), Mumbai**

- Consultant Gynaecologist & Obstetrician.
- Work Involves Handling Normal and instrumental deliveries, caesarean sections, hysterectomies, infertility,
- laparoscopies surgeries.
- Work involved conducting gynaec health camps in rural low privilege community.
- Conducting workshops for nursing staff, health care workers and RMOs.

June 2011 to Aug 2012: **Shreeji Private Nursing Hospital, Ankur Hospital. Virar Mumbai**

- Consultant Gynaecologist & Obstetrician
- Work Profile involves handling OPD's Wards, O.T's and Labour rooms
- Work Involves Handling Normal and instrumental deliveries, caesarean sections, hysterectomies, etc.

Feb 2011 to June 2011: **UMRAO Hospitals, Mira road, Mumbai**

- Senior Resident Gynaecologist & Obstetrician
- Work Profile involves handling OPD's Wards, O.T's and Labour rooms
- Work involves handling normal and instrumental deliveries, caesarean sections, hysterectomies, assisting laparoscopy & hysteroscopy procedures, etc.

Feb 2009 - Jan 2011: **Holy Spirit Hospital, Andheri – Mumbai**

- Senior Resident Gynaecologist & Obstetrician

May 2008 - Jan 2009: **Patankar Nursing Home - Pune**

- Senior Registrar Gynaecologist & Obstetrician

Educational Qualifications:

Jun 2000 – Apr 2006: **Goa Medical College**
M.B.B.S

May 2006 – May 2008: **Goa Medical College**
D.G.O

Feb 2009 – Jan 2011: **Holy Spirit Hospital, Andheri – Mumbai**
DNB in Obstetrics and Gynaecology

September 2013: **Completed Colposcopy Training from Wadia Hospital, Mumbai**

April 2015: **Completed workshop on IVF Treatment, Bangalore, Manipal Hospital.**

December 2023: **Cosmetic Gynaecology**

June 2025: Completed **LLb degree (VM Salgaocar College of Law)**

Aug 2026 : Post Graduate Diploma in Medical Law and Ethics from National Law School of India University Banglore

Achievements

- Published Paper - Single fetal demise in twin pregnancy, a management dilemma.
  M.O.G.S conference Pune (2008)
- Published Paper -Struma Ovarii (won best paper award).
  M.O.G.S conference Mumbai (2010)
- Actively involved in attending health camps, rural health care, healthcare awareness programmes, etc.
- Awarded the best Paper presented at POGS Annual Conference October 2018
- Presented THESIS The Safety and Efficacy of Oral Misoprostol versus Intracervical Dinoprostone for Induction of labour 2011
- IMA Bardez President : 2021
- IMA Bardez Secretary: 2023
- Organising Secretary : GIMACON CONFERENCE 2023

Conferences Attended :

- Attended Annual Conferences 2012, 2013 and 2014.- MOGS, AICOG.
- MOGS Post Graduate CME 2011 - March 2011 – Mumbai
- 14th Annual Revision Course for OBGYN Post Graduates OG QUEST 2011 - February 2011 - Chennai
- 38th Annual Conference of MOGS(WON FIRST PRIZE ON PAPER PRESENTATION OF STRUMA OVARII) - February 2010 - Mumbai
- Ferium XT DNB Training Workshop - September 2009 - Pune
- 37th Annual conference of AMOGS (Pre workshop on Conventional Gynaecological Surgeries) -March 2009 - Mumbai
- 22nd Annual conference of AMOGS - January 2008 – Pune
- POGS May 2019 at Panjim
- POGS October 2017 at Panjim
- ISAR (GOA Chapter) May 2019
- POGS October 2018 at Bambolim
- Attended Live Operative Workshop and CME on NDVH at Goa Medical College July 2018
- IMA Goa State attended CME on Medical Legal Issues in Clinical Practices May 2019 at Manipal Hospital
- IMA Goa State and DHS state level CME on PCPNDT Act Panjim May 2017.
- National Evecon 2019 by WDW IMA national and Goa State June 2019.
- Critical Care and Obstetrics at Pune July 2013
- Workshop on HIV AIDS Goa State Aids Control Society July 2005
- ICOG SYMPOSIUM at Panjim February 2007
- Attended Ultrasound Workshop at 22nd Annual Conference AMOGS January 2008

Personal Details

Date of Birth	:	19th April 1983
Languages Known	:	English, Konkani , Marathi and Hindi.
Hobbies	:	Reading, listening to music, Trekking ,Biking and Painting.

Professional Affiliations

- **Secretary of Indian Medical Association Bardez Branch year 2023**
- **President of Indian Medical Association Bardez Branch year 2021**
- **President of Association of Medical Consultants Goa Branch 2020 till date**
- **Awarded Best President of Indian Medical Association Bardez Branch during year 2021.**
- **Multiple Felicitations by Banks, Social Organisations and Institutes.**

Memberships

- POGS :Panjim Obstetrics and Gynae Society
- FOGSI: Federation of Obstetric and Gynaecological Society of India IMA Bardez Goa: Indian Medical Association Bardez Goa.
- AMC: Association of Medical Consultants Goa. MMC: Maharashtra Medical Council.
- GMC: Goa Medical Council. St Lukes Medical Guild Goa.

Goa University

Women Cell, Directorate of Equal Opportunities and Women's Studies Programme, DDKSSSBS
in Collaboration with Medical Health Centre, Goa University

BREAST CANCER AWARENESS TALK

16th October 2026 from 3.30 p.m. to 5.00 p.m at Seminar Hall, B Block Goa University

Sr. No	Name	Gender	Designation	Section/ School	Signature
1	DR. SARA MAHIMA GEORGE	F	ASST. PROF. WS.	DDKSSSBS/WS	
2	Rekhee M. Prabhukhanolkar	F	Prof Asstant	Women's Studies	
3	VIBHA SHETYE	F	Research Asst.	Women's Studies	
4.	Marina F. Martins	F	PhD Student	English(SGOL)	
5.	Rajavi Naik	F	Faculty	Philosophy, SSPIS	
6.	Chavta V. P Move	F	Student	DDKSSSBS/WS	
7	Amisha Gauns	F	Staff	Botany	
8.	Siddhi Jalmi	F	Faculty	Botany	
9.	Mangal Palkar	F	non-teaching staff		
10.	Bertha D'Nella Daniel	F	DR-DTT	Directorate	16/10/24
11	Dr. Maria Xavier	F	Director	SSPIS	
12	Evelyn S. Fernandes	F	PhD. DEO Research Scholar	DDKSSSBS	
13	Harsha Kudale	F	Student	DDKSSSBS	

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Sr. No	Name	Gender	Designation	Section/ School	Signature
14.	Bhavida B. Naik	F	Student	DDKSSSBS	
15.	Preksha Prasad Joshi	F	Student	DDKSSSBS	
16.	Sayeeda Shaikh	F	Student	SSPIS	
17.	Dr. Anjali Chaubey	F	Faculty	SGSLL	
18.	Nafisha Oliveira	F	Faculty	SGSLL	
19	Anisha B. Naik	F	L.D.C.	Admin - Teaching	
20	Gauri Gauns	F	L.D.C	Admn (Teaching)	
21	Neha Chari	F	Student	D.D.K SSSBS	
22	Shefali Amonkar	F	student	D.D.K SSSBS History	
23	Ganesh Nayak	M	Eletrician	GUL	
24	Rohan Phadte	M	Sociology	D.D.KSSSBS	
25	Ratnesha Naik	F	Staff	Portuguese (SGSLL)	
26	Vinay Sharmapar	M	Student	SSPIS	

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Sr. No	Name	Gender	Designation	Section/ School	Signature
27	Vaishnavee Chari	F	Student	DDKSSBS	
28	Vinda Pereira	F	Staff	DDKSSSBS	
29	Mayusha Sawant	F	Student	DDKSSBS	
30	Kaavya Ananthu	F	Student	SSPIS	
31	Saachi Naik	F	Student	SSPIS	
32	Joshi Vidhi	F	Student	SSPIS	
33	Rida Sonawane	F	Student	SSPIS	
34	Shradha Kavthankar	F	Student	DDKSSBS	
35	Dr Amanpreet Kaur	F	Medical Officer	Medical	
36	Suraya Costa	F	Staff Nurse	Health Cell	
37	Shivam S. Chodankar	M	Student	DDKSSBS	
38	Premanand Desai	M	Staff	DDK Margao	
39	Mangal Kudtikar	F	Staff	DDKSSBS	

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Sr. No	Name	Gender	Designation	Section/ School	Signature
40	Namita Kuttekar	F	Eco clean staff		
41	Roshani Oly	F	Eco clean staff		
42	Urmila Bhandari	F	Eco clean staff		
43	Urmila Bisht	F	Eco clean staff		
44	Vignisha Gawas	F	Eco clean staff		
45	Juhu Gauns	F	Eco clean staff		
46	Binnal B.K	F	Eco clean staff		
47	Pradip Shirvaikar	F	Eco clean staff		
48	Prashant Mandrekar	M	Staff	D Block.	
49	Almira Silva	F	Computer Assistant	MMTTC	
50	Veena Malik	F	~~Project~~ Assistant	MMTTC	
51	Narayan G AZgaonkar	M	Sociology	MTS	
52	Dr. Sulochana Pednekar	F	Sociology	Women's Studies	

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Sr. No	Name	Gender	Designation	Section/ School	Signature
53	Siddhant Nayak	Male	PhD Scholar	SSPIS	Siddhant
54	Ms Vithai Zoravdker	F	Faculty	Women's Studies	