



**Goa University**

**Discipline of Philosophy, School of Sanskrit, Philosophy and Indic Studies**

**Report on International Conference on**

**Philosophical counseling for Wellness Tourism**

<b>1. Title of the Event/Activity/program</b>	<b>Philosophical Counselling for Wellness Tourism</b> Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in Goa's Hinterland- Vision Viksit Bharat @2047
<b>2. Date and Time</b>	27 & 28, FEBRUARY, 2025 9 am to 5.30 pm
<b>3. Mode of conduct (Physical/Online)</b>	Hybrid
<b>4. School/ Directorate/ Section</b>	School of Sanskrit, Philosophy, and Indic Studies, Goa University
<b>5. Collaborating Agency/School/Directorate</b>	Sponsored by Indian Council of Social Science Research, New Delhi and in Association with Philosophical Association Goa
<b>6. Detail of the Resource Person (Brief biodata)</b>	<b>Prof. Ran Lahav-</b> <i>Philosophical Counselor &amp; Philosophical Practitioner, Vermont State University, Johnson and Lyndon , Vermont , United States</i>  Ran Lahav received his Ph.D in philosophy and MA in psychology from the University of Michigan in 1989. In 1992 he started practicing philosophical practice and counseling, and a year later gave at Haifa University the first university course in the world on this field, and continued teaching it for 15 years. In 1994 he initiated the First International Conference on Philosophical Counseling, and co-organized it with Lou



	<p>Marinoff, and in 1995 published the first book in English on the topic (an anthology: Essays on Philosophical Counseling, UPS)</p> <p>He regularly gives workshops on philosophical practice around the world. He has also published three novels in Hebrew, four books on philosophical practice in English (translated to several languages), and more than 30 professional articles.</p> <p><b>Prof. Elliot D. Cohen-</b>  <i>Executive Director, National Philosophical Counselling Association &amp; Courtesy Professor Florida State University College of Medicine, Tallahassee, Florida</i></p> <p>Elliot D. Cohen (Ph.D. Brown University) is one of the principal founders of philosophical counseling in the United States. He is founder and editor of the International Journal of Applied Philosophy and International Journal of Philosophical Practice; co-founder and Executive Director of the National Philosophical Counseling Association (NPCA); and President of the Logic-Based Therapy and Consultation Institute. He has authored twenty seven books and numerous articles in philosophical counseling, applied philosophy, and professional ethics. Some of his books include, Making Peace with Imperfection: Discover Your Perfectionism Type, End the Cycle of Criticism, and Logic-Based Therapy and Everyday Emotions</p>
7. Number of Faculty attended/participated	10
8. Number of Student attended / participated	12
9. No. of external students/faculty/other participants	23
10. The objectives of the Program/activity/event	<ul style="list-style-type: none"> <li>• To provide a platform for researchers to present their research findings on the feasibility of integrating philosophical counseling into tourism.</li> <li>• To generate research articles on the utilization of rich natural resources available in hinterland regions for sustainable tourism development.</li> <li>• To foster collaborative research among</li> </ul>

	<p>academicians and practitioners towards achieving a "Viksit Bharat" by 2047.</p> <ul style="list-style-type: none"> <li>• To disseminate knowledge through the publication of high-quality research papers in reputable journals.</li> </ul>
<b>11. Description of the Program/activity/event</b>	<p>This conference is part of research project "Soulful Journeys: Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in Goa's Hinterland – A Vision for Developed India 2047" by ICSSR , Delhi .</p> <p>Event was conducted by school of Sanskrit, Philosophy and Indic Studies, Goa University, in association with The Indian Council of Social Science Research (ICSSR) and Goa Philosophical Association. Researchers, academics, and practitioners were invited to participate in this two-day International Conference on PHILOSOPHICAL COUNSELLING FOR WELLNESS TOURISM- Vision Viksit Bharat @2047.</p> <p>The conferences aim was to provides an interdisciplinary platform to deliberate on the impact of integrating indigenous cuisines, wellness programs, and philosophical counselling into hinterland tourism activities. High quality research papers were invited on on following sub - themes :</p> <ul style="list-style-type: none"> <li>• Integration of Therapeutic cuisines in wellness practices.</li> <li>• Health benefits of Indigenous diet in wellness practice</li> <li>• Exploration of Goa's Hinterland Ingredients and their Therapeutic Benefits</li> <li>• Developing Eco-Friendly Wellness Retreat centres in hinterland</li> <li>• Blending culinary arts, philosophy, and wellness sciences for unique tourism offerings</li> <li>• Philosophical Counselling as a means to achieve rejuvenating tourism experiences.</li> </ul> <p>Outcomes from the conference will be integrated into ongoing research initiatives, fostering practical and impactful results and High-quality research papers will be considered for publication in reputed journals.</p>



**12. Benefit/Key outcomes of the Program/activity/event**

A total of 28 individuals showcased their work through compelling presentations during the event. Their research contributions will soon be featured in renowned and high-impact journals. These papers will be helpful for us to implement the project in hinterland of Goa.

By integrating therapeutic indigenous cuisines, wellness programs, and philosophical counseling, the conference fostered a unique approach to tourism that prioritized mental and physical well-being. This integration led to the development of enriching experiences for tourists while promoting sustainable practices that benefited both the environment and local communities, aligning with the "Vision Viksit Bharat @2047" for a developed India. Furthermore, the conference provided valuable insights into the feasibility of integrating philosophical counseling into tourism experiences, led by experts such as Prof. Ran Lahav, Prof. Elliot D. Cohen, Prof. Balaganapathi Devarakonda, Prof. Carlin Romano, Dr. Karl Stephan. The conference also served as a significant platform for academic and research advancements. It facilitated the exchange of knowledge and insights among researchers, practitioners, and academics on philosophical counseling, therapeutic cuisines, and wellness programs. The presentation of high-quality research papers highlighted by Dr. Swagata Ghosh, Dr. Radhika Jadhav, Dr. Yogesh Shinde, Mr. Goutham AV on various sub-themes contributed to academic discourse. The exploration of Goa's hinterland ingredients and their therapeutic benefits was a key area of focus.

Furthermore, the conference aimed to contribute to economic and community development. By highlighting the unique offerings of Goa's hinterland, it sought to diversify the region's tourism industry, attracting a wider range of tourists interested in wellness and cultural experiences. This creates economic opportunities for local communities, including farmers, chefs, and wellness practitioners. Additionally, the focus on indigenous cuisines and cultural practices contributed to the preservation and promotion of Goa's rich cultural heritage.

	<p>Attendees benefited from professional and personal enrichment through live interaction with keynote speakers Prof. Ran Lahav and Prof. Elliot D. Cohen, networking opportunities with professionals from various fields, and a deeper understanding of philosophical counseling and its applications in wellness. The opportunity to join the Philosophical Association Goa further extended the potential for professional growth.</p> <p>The conference also benefited from the expertise of its organizing team,</p> <ul style="list-style-type: none"> <li>• Dr. Walter Menezes Project Investigator, SSPIS, Goa University</li> <li>• Dr. Edgar D'Souza Offg. Principal, Goa College of Hospitality and Culinary Education, Cidade de Goa, Dona Paula</li> <li>• Dr. Yogesh B. Shinde Assistant Professor, Swasthavritta and Yoga, All India Institute of Ayurveda (AIIA), Pernem, Goa</li> <li>• Dr. Marlon Darius Sequeira- Assistant Professor, Department of Electronics, Goa University</li> <li>• Dr. Derek Monteiro Hospitality &amp; Tourism sector, Goa</li> <li>• Jonathan Sequeira Co-Founder, Yemorebi Hospitality Consulting LLP, Patto, Panaji</li> </ul>
13. Enclosures with report	Brochures/posters, attendance sheets, Geotagged photos.

Signature:

*Walter Menezes*  
05/03/25

Name of coordinator:

Designation: *Asst. Professor  
and Project Investigator*

Date: 05/03/2025

*[Signature]*  
Signature

Dean/Director/Head

Seal of the School/Directorate/University






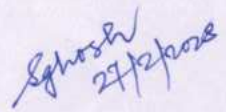

**ATTENDANCE SHEET OF PRESENTERS**


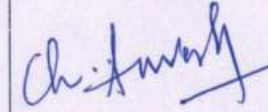
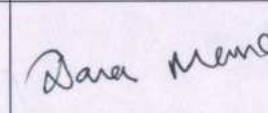
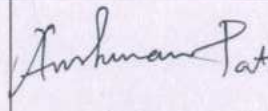
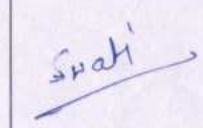

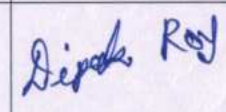
**Two Days International Conference**

**Philosophical Counselling for Wellness Tourism**

**DAY 1 ( 27<sup>th</sup> February 2025)**



**Venue - International Centre, Goa**

Time	No.	Name	Affiliation	Title	Sign
✓ 10.30 to 11.00	PP02	Prof. Balaganapathi Devarakonda	Delhi University	From Retreats to Reflection: Philosophical Counseling as a Tool for Transformative Wellness Tourism	
11.20 to 11.40	PP03	Dr. Swagata Ghosh	Department of Philosophy, University of North Bengal	The Relation between Food and Self: A Psycho-Philosophical Approach to Wellness through Effective Diet	
X 11.40 to 12.10	PP04	Dr. Manasvi M. Kamat	MES Vasant Joshi College of Arts & Commerce Zuarinagar, Goa	Philosophical Counseling: A Strategic Approach to Stress Management in Tourism	
12.10 to 12.40	PP05	Dr. Radhika Jadav	Fergusson College, Autonomous Pune	Towards Wellness and Wisdom: Ayurveda's Timeless Path	

12.40 to 13.10	PP06	Dr. S. Thanigaivelan	Annamalai University	Reimagining Well-being: Philosophical Counselling for Human Flourishing in a Post-Pandemic World	
14.00 to 14.25	PP07	Chetupally Anvesh	University of Delhi	Philosophical Counseling as a Path to Empower Dalit Lives Through Sustainable Wellness Tourism in Goa's Hinterlands	
14.25 to 14.50	PP08	Dona Mandal	Central Sanskrit University	Rediscovering Indigenous Diets for Long-term Health and Wellness	
14.50 to 15.15	PP09	Anshuman Patra	University of Delhi	Philosophy on the Road: Finding a Peaceful Mind Through Reflection	
15.15 to 15.40	PP10	Swati Kumari	University of Delhi	Philosophical Counseling as a Means to Achieve Rejuvenating Experience in Tourism: Insights from Indian Thought	
15.55 to 16.20	PP11	Govind Anant Kelkar	Goa University	Exploring the Role of Local Ingredients in Shaping Visitor Perceptions of Eco-Friendly Wellness Retreats in Goa's Hinterland	
16.20 to 16.45	PP12	Dipak Roy	Department of Philosophy, University of Delhi	An approach to rejuvenating tourism experiences through	

Asked  
not to  
present today?



				Philosophical Counselling	
16.45 to 17.10	PP13	Ms. Chelcia B Sangma	Department of Philosophy Annamalai University	Smart Wellness: Philosophical Counselling in Tourism Enhanced by Artificial Intelligence	
17.10 to 17.35	PP14	Vijesh M V	Kannur University	How Buddhist Concept Of Momentariness Translates Into Wellness Tourism?	



## ATTENDANCE SHEET

Two Days International Conference  
Philosophical Counselling for Wellness Tourism

DAY 1

Date: 27<sup>th</sup> February 2025

Venue - International Centre, Goa

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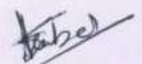
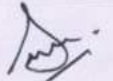




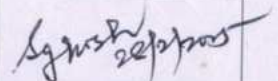
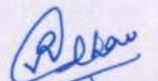

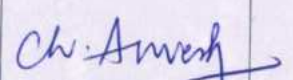
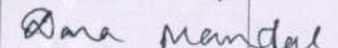
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## ATTENDANCE SHEET

Two Days International Conference  
Philosophical Counselling for Wellness Tourism  
DAY 2  
Date: 28<sup>th</sup> February 2025  
Venue - International Centre, Goa

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**ATTENDANCE SHEET OF PRESENTERS**




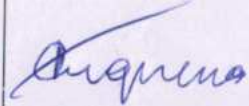


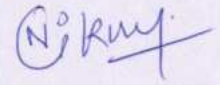
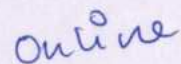
**Two Days International Conference  
Philosophical Counselling for Wellness Tourism**


**DAY 2 ( 28th February 2025)**

**Venue - International Centre, Goa**

<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Affiliation</b>	<b>Title</b>	<b>Sign</b>
10.00 to 10.30	PP16	Dr. Karl Stephen B	Manipal University	The Trailblazing Example of the Woodenfish Foundation's Humanistic Buddhism Monastic Life Program. (HBMLP) in Mainland China: A Personal Account as Core Instructor and Academic Advisor	<i>Online</i>
10.30 to 11.00	PP17	Carlin Romano	Fulbright Scholar, USA University of Pennsylvania	Seligman, Positive Psychology and Tourism	<i>Carlin Romano</i>
11.20 to 11.40	PP18	Goutham A V	Wiseone Helpself Wellness LLP	Towards a Higher Pleasure Paradise: Socio-environmental Self-awareness in Philosophical Practice	<i>A.V. Goutham</i>
11.40 to 12.05	PP19	Dr. Maria Norma Menezes e Rebello	Goa University	Philosophy Counselling and the Relation Between Gut and Brain	<i>(Signature)</i>



12.05 to 12.30	PP20	Bhavni Gupta	BITS Pilani, K.K. Birla, Goa Campus	Exploring Authenticity: A Case Study on Tourism, Philosophy, and the Art of Engagement,	
12.30 to 12.50	PP21	Ashwathi PR	Pondicherry University	Travelling into Happiness	
12.50 to 13.10	PP22	Dr. Yogesh Shinde	All India Institute of Ayurveda (AIIA)	Ayurvedic Diet Yoga and Lifestyle for Holistic Health And Tourism	
✓ 14.00 to 14.15	PP23	Jonathan Sequeira	Goa University	The Scope of Hinterland Wellness Tourism in Goa: Where we stand and the way ahead	
14.15 to 14.30	PP24	Akash S. Naik Salgaonkar	Goa University	Therapeutic Benefits of Sacred Groves of Goa and Exploring its potency as wellness Destinations	
14.30 to 14.45	PP25	Bhawna Singh	Goa University	Exploring the Intersection of Philosophy and well being through therapeutic cuisines in Goan culture	
14.45 to 15.00	PP26	Nikunj Parmar	Gujarat University	Philosophical Counseling a Means to Achieve Rejuvenating Tourism Experience	
15.00 to 15.30	PP27	Ridwan Ishola Mogaji	• Lagos State University	The Principle of Omoluabi as an Ethical and Therapeutic Framework for Environmental Sustainability,	

15.45 to 16.10	PP28	Dr. Richa Singh	University of Allahabad	Buddhist psychology of Metta as a leading value of Philosophical Counseling to rejuvenate tourism experience	
16.10 to 16.35	PP29	<del>Susmita Naskar Roy</del> Dr. Derek Monterio	<del>Vidyasagar University</del>	<del>The Potential of Wellness Tourism for Social- Emotional Learning</del> The Sacred Groves of Goa	
16.35 to 17.00	PP30	Dr. Papori Bardoloi	Cotton University	The Transformative Potential of Philosophical Counseling in Wellness Tourism	





## GOA UNIVERSITY

School of Sanskrit, Philosophy, and Indic Studies

in Association with  
Philosophical Association Goa

Sponsored by  
Indian Council of Social Science Research,  
New Delhi

Organizes two day

INTERNATIONAL CONFERENCE

on

# PHILOSOPHICAL COUNSELLING FOR WELLNESS TOURISM

Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in Goa's Hinterland

Vision Viksit Bharat @2047

Venue: International Centre, Goa

Date: 27th & 28th February 2025

Time: 9 am to 5:30 pm

## About the Conference

School of Sanskrit, Philosophy and Indic Studies, Goa University, in association with The Indian Council of Social Science Research (ICSSR) and Goa Philosophical Association, invites researchers, academics, and practitioners to participate in a two-day International Conference on PHILOSOPHICAL COUNSELLING FOR WELLNESS TOURISM- Vision Viksit Bharat @2047.

The conference provides an interdisciplinary platform to deliberate on the impact of integrating indigenous cuisines, wellness programs, and philosophical counselling into hinterland tourism activities. This conference is part of research project "Soulful Journeys: Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in Goa's Hinterland - A Vision for Developed India 2047" by ICSSR, Delhi.

## Theme

The conference aims to explore diverse dimensions of research project such as Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in hinterlands that collectively define the roadmap to a Viksit Bharat.

## Objectives

To provide a platform for researchers to present their research findings on the feasibility of integrating philosophical counseling into tourism.  
To generate research articles on the utilization of rich natural resources available in hinterland regions for sustainable tourism development.  
To foster collaborative research among academicians and practitioners towards achieving a "Viksit Bharat" by 2047.  
To disseminate knowledge through the publication of high-quality research papers in reputable journals.

## Key Highlights

Outcomes from the conference will be integrated into ongoing research initiatives, fostering practical and impactful results.  
High-quality research papers will be considered for publication in reputed journals.

## Schedule - Day 1

9:00 -10:00	Prof. Ran Lahav	Keynote Speaker
10:00 - 10:30	Inauguration & Welcome	<i>Welcome</i>
10:30 -11:00	Prof. Balaganapathi Devarakonda	From Retreats to Reflection: Philosophical Counseling as a Tool for Transformative Wellness Tourism
11:00 -11:20	Tea	
11:20 -11:40	Dr. Swagata Ghosh	The Relation between Food and Self: A Psycho-Philosophical Approach to Wellness through Effective Diet
11:40 -12:10	Dr. Manasvi M. Kamat	Philosophical Counseling: A Strategic Approach to Stress Management in Tourism
12:10 -12:40	Dr. Radhika Jadav	Towards Wellness and Wisdom: Ayurveda's Timeless Path
12:40 -13:10	Dr. S. Thanigaivelan	Reimagining Well-being: Philosophical Counselling for Human Flourishing in a Post-Pandemic World
13:10 -14:00	Lunch	
14:00 -14:25	Mr. Chetupally Anvesh	Philosophical Counseling as a Path to Empower Dalit Lives Through Sustainable Wellness Tourism in Goa's Hinterlands
14:25 -14:50	Ms. Dona Mandal	Rediscovering Indigenous Diets for Long-term Health and Wellness
14:50 -15:15	Mr. Anshuman Patra	Philosophy on the Road: Finding a Peaceful Mind Through Reflection
15:15 -15:40	Ms. Swati Kumari	Philosophical Counseling as a Means to Achieve Rejuvenating Experience in Tourism: Insights from Indian Thought
15:40 - 15:55	Tea	
15:55 - 16:20	Mr. Govind Anant Kelkar	Exploring the Role of Local Ingredients in Shaping Visitor Perceptions of Eco-Friendly Wellness Retreats in Goa's Hinterland
16:20 - 16:45	Mr. Dipak Roy	An approach to rejuvenating tourism experiences through Philosophical Counselling
16:45 - 17:10	Ms. Chelcia B Sangma	Smart Wellness: Philosophical Counselling in Tourism Enhanced by Artificial Intelligence
17:10 - 17:35	Mr. Vijesh M V	How Buddhist Concept Of Momentariness Translates Into Wellness Tourism?

## Schedule - Day 2

9:00 -10:00	Prof. Elliot D. Cohen	Keynote Speaker
10:00 - 10:30	Dr. Karl Stephen B	The Trailblazing Example of the Woodenfish Foundation's Humanistic Buddhism Monastic Life Program.
10:30 -11:00	Prof. Carlin Romano	Seligman, Positive Psychology and Tourism
11:00 -11:20	Tea	
11:20 -11:40	Mr. Goutham A V	Towards a Higher Pleasure Paradise: Socio-environmental Self-awareness in Philosophical Practice
11:40 -12:05	Dr. Maria Norma Menezes e Rebello	Philosophy Counselling and the Relation Between Gut and Brain
12:05 -12:30	Ms. Bhavni Gupta	Exploring Authenticity: A Case Study on Tourism, Philosophy, and the Art of Engagement
12:30 -12:50	Ms. Ashwathi PR	Travelling into Happiness
12:50 -13:10	Dr. Yogesh Shinde	Ayurvedic Diet Yoga and Lifestyle for Holistic Health And Tourism
13:10 - 14:00	Lunch	
14:00 -14:15	Mr. Jonathan Sequeira	The Scope of Hinterland Wellness Tourism in Goa: Where we stand and the way ahead
14:15 -14:30	Mr. Akash S. Naik Salgaonkar	Therapeutic Benefits of Sacred Groves of Goa and Exploring its potency as wellness Destinations
14:30 - 14:45	Ms. Bhawna Singh	Exploring the Intersection of Philosophy and well being through therapeutic cuisines in Goan culture
14:45 - 15:00	Mr. Nikunj Parmar	Philosophical Counseling a Means to Achieve Rejuvenating Tourism Experience
15:00- 15:30	Mr. Ridwan Ishola Mogaji	The Principle of Omoluabi as an Ethical and Therapeutic Framework for Environmental Sustainability
15:30-15:45	Tea	
15:45 - 16:10	Dr. Richa Singh	Buddhist psychology of Metta as a leading value of Philosophical Counseling to rejuvenate tourism experience
16:10 - 16:35	Ms. Susmita Naskar Roy	The Potential of Wellness Tourism for Social-Emotional Learning
16:35- 17:00	Dr. Papor Bardoloi	The Transformative Potential of Philosophical Counseling in Wellness Tourism
17:00 -17:30	Valedictory & Distribution of Certificates	

## Keynote speakers



### Prof. Ran Lahav

**Philosophical Counselor & Philosophical Practitioner**

*Northern Vermont University,  
Johnson and Lyndon , Vermont ,  
United States*

### Prof. Elliot D. Cohen

**Executive Director**  
*National Philosophical  
Counselling Association*



### Courtesy Professor

*Florida State University College of Medicine,  
Tallahassee, Florida*

## List of Eminent Speakers

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Director, PPAI & Professor, Department of Philosophy, University of Delhi

### Prof. Carlin Romano

Professor & Fulbright Scholar University of Pennsylvania, Philadelphia

### Dr. Karl Stephan

Coordinator of the center for Therapeutic Philosophy(CTP) & Assistant Professor, Department of Philosophy, Manipal Academy of Higher Education, Udupi

## Organising Team

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Project Investigator, SSPIS, Goa University

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### Dr. Yogesh B. Shinde

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### Dr. Derek Monteiro

Hospitality & Tourism sector, Goa  
Jonathan Sequeira  
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**Akash Gaonkar**

*Field Investigator,  
SSPIS, Goa University*

**soulfuljourneys.gu@gmail.com**





# GOA UNIVERSITY

School of Sanskrit, Philosophy, and Indic Studies

in Association with  
Philosophical Association Goa

Sponsored by  
Indian Council of Social Science Research, New Delhi

Organizes two day

## INTERNATIONAL CONFERENCE

ON

# Philosophical Counselling for Wellness Tourism

Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for  
Sustainable and Holistic Tourism in Goa's Hinterland

Vision Viksit Bharat @2047

### KEYNOTE SPEAKERS



**Prof. Ran Lahav**

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**Prof. Elliot D. Cohen**

Executive Director

National Philosophical Counselling Association

Courtesy Professor

Florida State University College of Medicine,  
Tallahassee, Florida



### CALL FOR PAPERS

High quality research papers are invited from  
Research Scholars, Faculties and other experts for  
30 minutes presentation on following **sub - themes** :

- Integration of Therapeutic cuisines in wellness practices.
- Health benefits of Indigenous diet in wellness practice
- Exploration of Goa's Hinterland Ingredients and their Therapeutic Benefits
- Developing Eco-Friendly Wellness Retreat centres in hinterland
- Blending culinary arts, philosophy, and wellness sciences for unique tourism offerings
- Philosophical Counselling as a means to achieve rejuvenating tourism experiences.

Venue of the Conference -  
**International Centre, Goa**

Important dates -

Abstract submission

15/ JANUARY /2025

Acceptance notification

20/ JANUARY /2025

Paper submission

10 /FEBRUARY /2025

Conference date

27 & 28/ FEBRUARY/ 2025

**\*Only high quality research papers that fit to the sub theme of the conference will be considered for publication**



**SUBMISSION LINK**



# About the Conference

School of Sanskrit, Philosophy and Indic Studies, Goa University, in association with The Indian Council of Social Science Research (ICSSR) and Goa Philosophical Association, invites researchers, academics, and practitioners to participate in a two-day International Conference on PHILOSOPHICAL COUNSELLING FOR WELLNESS TOURISM- Vision Viksit Bharat @2047.

The conference provides an interdisciplinary platform to deliberate on the impact of integrating indigenous cuisines, wellness programs, and philosophical counselling into hinterland tourism activities. This conference is part of research project “Soulful Journeys: Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in Goa's Hinterland – A Vision for Developed India 2047” by ICSSR, Delhi .

# Mode of Participation

The conference will adopt a hybrid mode, prioritizing offline participation for robust interaction while accommodating international participants through virtual platforms. Accommodation and food will be provided for offline participants who are presenting papers at the conference. There will be full reimbursement of 3rd AC train tickets. International participants those who are already in India may attend offline

# Submission Guidelines

## ABSTRACT

- A maximum of 500 words and a Biodata upto 100 words in two separate files
- Format: PDF
- Language: English
- Font: Times New Roman, Font Size: 12, Line Spacing: 1.5, Margins: 1 inch on all sides
- Content: Include research objectives, methodology, theoretical framework, and preliminary findings

## FULL PAPER

- Length: Maximum 8,000 words
- Selected participants will receive detailed formatting guidelines
- Original research contributions only
- Plagiarism check and AI content verification
- Maximum similarity index and AI content score: not more than 10%

# Theme

The conference aims to explore diverse dimensions of research project such as Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counseling for Sustainable and Holistic Tourism in hinterlands that collectively define the roadmap to a Viksit Bharat.

# Objectives

- To provide a platform for researchers to present their research findings on the feasibility of integrating philosophical counselling into tourism.
- To generate research articles on the utilization of rich natural resources available in hinterland regions for sustainable tourism development.
- To foster collaborative research among academicians and practitioners towards achieving a "Viksit Bharat" by 2047.
- To disseminate knowledge through the publication of high-quality research papers in reputable journals.

# Key Highlights

- Papers must address the core theme and be written in English.
- Outcomes from the conference will be integrated into ongoing research initiatives, fostering practical and impactful results.
- High-quality research papers will be considered for publication in reputed journals.

# Organizing Team

- Dr. Walter Menezes

Project Investigator, SSPIS, Goa University

- Dr. Edgar D’Souza

Offg. Principal, Goa College of Hospitality and Culinary Education, Cidade de Goa, Dona Paula

- Dr. Yogesh B. Shinde

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- Dr. Derek Monteiro

Hospitality & Tourism sector, Goa

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## Extended Call for Participation

### KEYNOTE SPEAKERS



**Prof. Ran Lahav**

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High quality research papers will be presented on  
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- Philosophical Counselling as a means to achieve rejuvenating tourism experiences.

Venue of the Conference -  
**International Centre, Goa**

Conference Dates -  
**27 & 28/ FEBRUARY/ 2025**

Participant Registration Deadline -  
**20/ FEBRUARY/ 2025**

- Registration fee for Goa University and local participants- **500 INR/-**
- Registration fee for participants from outside Goa University- **1500 INR/-**

**REGISTRATION LINK FOR PARTICIPANTS**

Click here to become a member of  
the Philosophical Association Goa



*\*Those who are selected to present papers are exempt from the registration fee  
\*Only a limited number of seats are available, and they will be allocated on a first-come, first-served basis.*



# About the Conference

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**Dr. Karl Stephan**  
*Coordinator of the center for Therapeutic Philosophy(CTP) & Assistant Professor, Department of Philosophy, Manipal Academy of Higher Education, Udupi*

**Prof. U. A Vinayakumar Rao**  
*Former HOD of philosophy, Goa University*

# Participant Guidelines

- **Travel:** Participants are responsible for arranging their own travel to and from the conference venue.
- **Accommodation:** Consider staying at the Guest House of Goa University for convenient and potentially cost-effective accommodation.
- Advance booking is essential.
- Please visit the website given below to review accommodation options and rates, and make your reservations accordingly. May contact for further details as given below.
- **Conference Logistics:** Lunch and refreshments will be provided throughout the conference.

Disclaimer visit-

<https://www.unigoa.ac.in/facilities/guest-house.html>

# Theme

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## MORE INFORMATION :

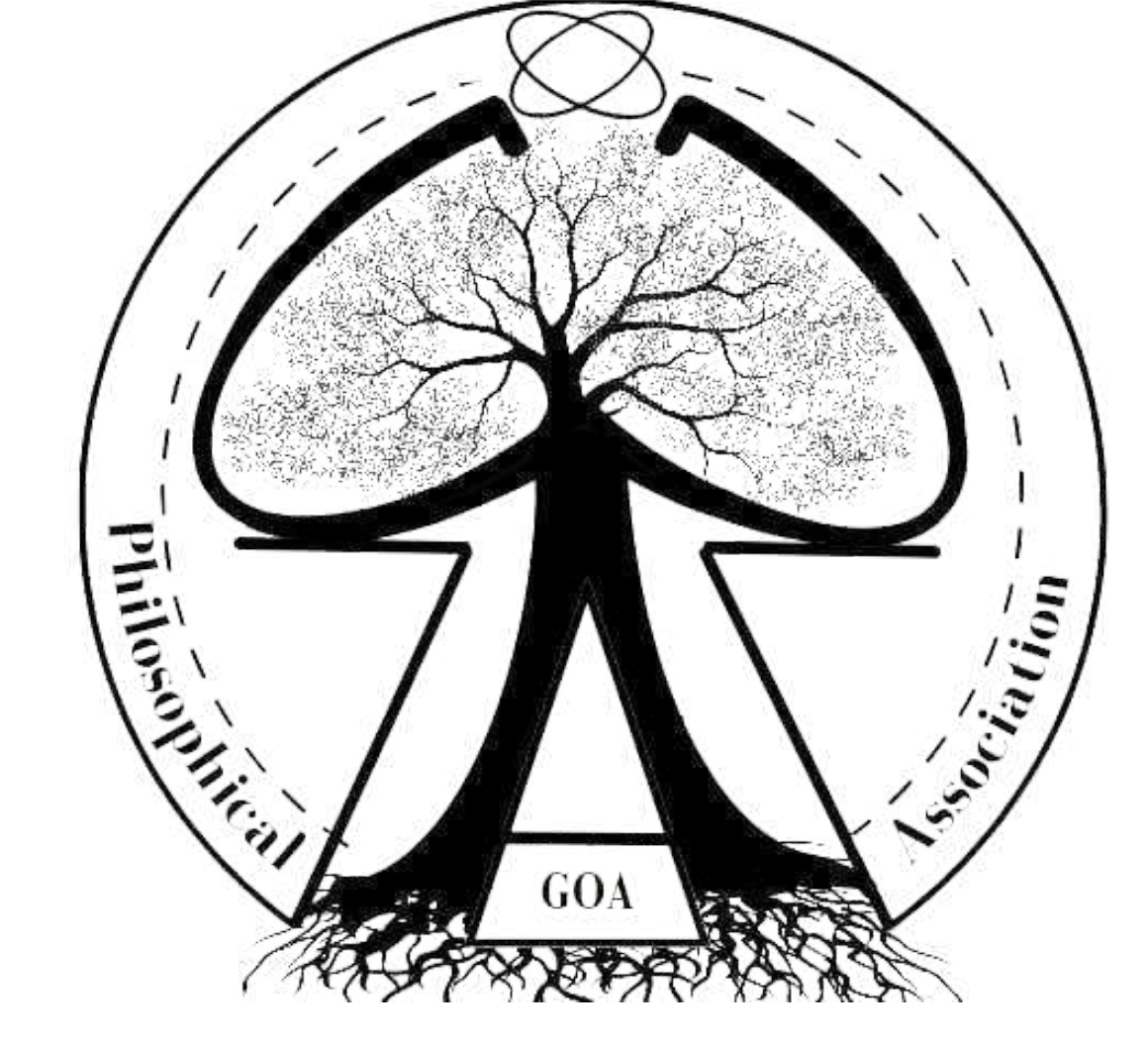
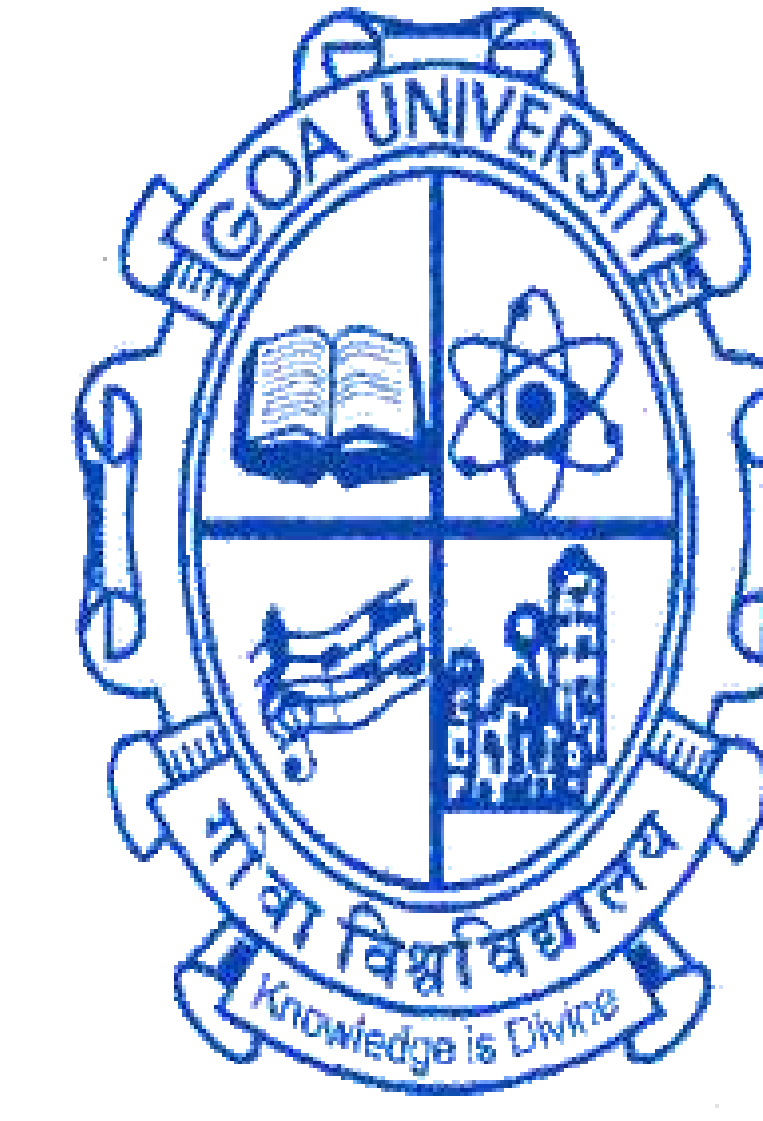
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*A Two- Day International Conferences*  
on  
***Philosophical Counselling for Wellness Tourism***  
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Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical  
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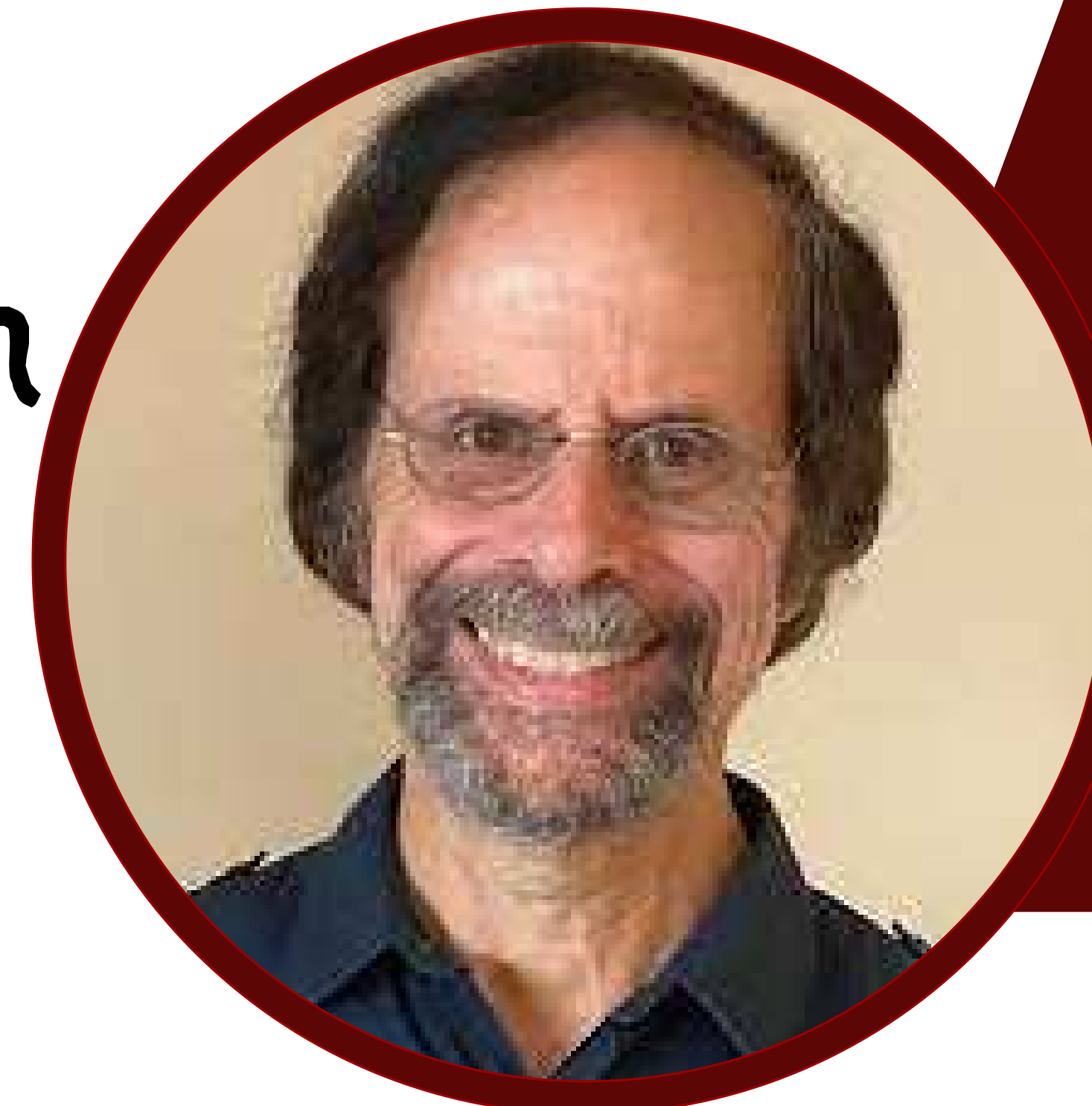
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***Venue: International Centre, Goa***

***Dates: 27 & 28 February 2025***

***Time- 9.00 Am- 5.30 Pm***