



Goa University

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

Report on Soul & Soup Saturdays

1. Title of the Event/Activity/program	Soul & Soup Saturdays
2. Date and Time	10 th January 2026; 4:30 pm - 05:30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Number of Participants	18
5. The objectives of the Program/activity/event	The objectives of this activity were: I) to bring people together to share soup and engage in meaningful dialogue on soul-searching themes rooted in warmth, reflection, and collective inquiry as a monthly community outreach and engagement activity. II) To create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing.
6. Outcome of the Program/activity/ event	The activity brought community members together to share thoughts and ideas on the monthly theme of discussion which was Technology & Well-being.
7. Description of the Program/Activity/Event	The School of Sanskrit, Philosophy & Indic Studies, Goa University in association with Philosophical Association, Goa organized Soul & Soup Saturdays, a monthly community outreach and engagement activity on 10 th January 2026 at Bay15, Odxel Beach from 04:30 pm to 05:30 pm.

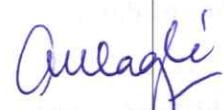
	<p>The community outreach activity aimed to bring people together to share soup and engage in meaningful dialogue. Dr. Walter Menezes, Project Investigator, Soulful Journeys, SSPIS, Goa University, inaugurated the event and explained the purpose of the event and gave an outline of how the meeting would be conducted.</p> <p>Participants were allotted 20 minutes for group discussions in groups of three on the theme “Technology & Well-being” while being served soup. Five minutes of reflection were provided after which participants were requested to share one key learning from their discussions. Some of the points shared were met with dialogical discussions. Concluding thoughts included a slogan to summarize the learnings by the participants.</p>
7. Enclosures with report	Attendance sheets, Geotagged photos.

Signature:



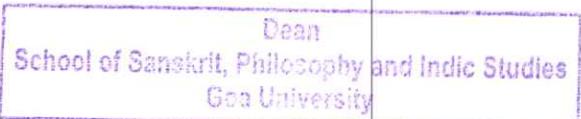
Name of coordinator: Walter Menezes

Date: 12/01/2026



Dean/Director/Head

Seal of the School/Directorate/University



Attendance List

Event: Soul & Soup Saturdays
Theme No. 1: Technology and Wellbeing
Date & Time: 10/01/2026

S. No	Name	Mobile No.	Signature
1	Yolanda Rebello	8390018372	Rebello
2	Nicole Pereira	8657936736	P.
3	Lena D'souza	8308782098	D.
4	Dr. Rekha Lagardula	7905478167	Rekha Lagardula
5	VANESSA QUADROS	8805660961	Vanessa Quadros
6	Yvette Quadros	7083048840	Yvette Quadros
7	Paloma Quadros	9923748968	Paloma Quadros
8	Dr. Rosilda Rodrigues	9921448961	Rodrigues
9	Bhawna Singh	9368348831	Bhawna Singh
10	Kajal Bishht	9911963679	Bishht
11	SHUBHAM BHAT	8208067802	Shubham Bhat
12	WALTER MENEZES	8879027233	Walter Menezes
13	Tomalthaw Segnema	8970294284	Tomalthaw Segnema
14	Sagar Yadav	8885930919	Sagar Yadav
15	Nidhi Arwiro	8975899520	Nidhi Arwiro
16	Sanket Revankar	8310975247	Sanket Revankar
17	Lavina Segnema	7217758881	Lavina Segnema
18	Akash S. N. Salgaonkar	9404759727	Akash S. N. Salgaonkar
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20			
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22			
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Google

 GPS Map Camera

Durgavado, Goa, India 

Odzel Beach, Dona Paula, Durgavado, Goa 403206, India

Lat 15.453414° Long 73.828774°

Saturday, 10/01/2026 04:58 PM GMT +05:30



Goa University
School of Sanskrit, Philosophy & Indic Studies
in association with
Philosophical Association, Goa
presents



**Soul & Soup
Saturdays**



Durgavado, Goa, India 
Odxel Beach, Dona Paula, Durgavado, Goa 403206,
India

Reflective conversations that stir the soul.

Theme: Technology & Wellbeing
Date: 10th January 2026

Goa University
School of Sanskrit, Philosophy & Indic Studies



in association with

Philosophical Association, Goa

presents



**Soul & Soup
Saturdays**

Reflective conversations that stir the soul.

**Theme:
Technology & Wellbeing**

Date: 10th January 2026

Time: 04:30 PM - 05:30 PM

Venue:

Registration Link:

<https://forms.gle/8q5utSympetvsLmk8>

Soul & Soup Saturdays is a monthly community engagement and outreach initiative by **School of Sanskrit, Philosophy & Indic Studies, Goa University** in association with **Philosophical Association, Goa**. Held for one hour on the second Saturday of each month, the gathering brings people together to share soup and engage in meaningful dialogue on soul-searching themes rooted in warmth, reflection, and collective inquiry. Soul & Soup Saturdays seeks to create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing.



“Care of the soul
is the most important task
of life.”
— *Plato*

“A good soup
is the purest form
of comfort.”
— *Laurie Colwin*

For any queries, contact
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