



Goa University

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

Report on Soul & Soup Saturdays

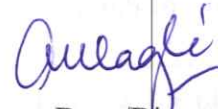
1. Title of the Event/Activity/program	Soul & Soup Saturdays
2. Date and Time	10 th January 2026; 4:30 pm - 05:30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Number of Participants	18
5. The objectives of the Program/activity/event	<p>The objectives of this activity were:</p> <p>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.</p> <p>ii) To create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing.</p>
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.</p> <p>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.</p> <p>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.</p> <p>Concluding thoughts included a slogan to summarize the learnings by the participants.</p>
7. Enclosures with report	Attendance sheets, Geotagged photos.

Signature:



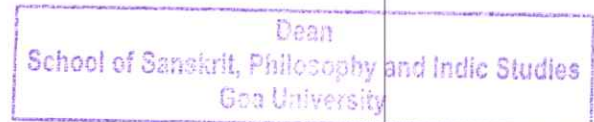
Name of coordinator: Walter Menezes



Dean/Director/Head

Seal of the School/Directorate/University

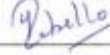



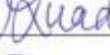

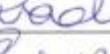

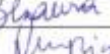
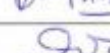


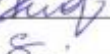





Date: 12/01/2026

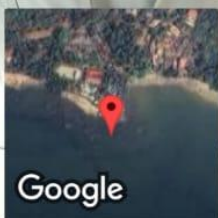


GOA UNIVERSITY
School of Sanskrit Philosophy and Indic Studies

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	
2	Nicole Pereira	8657936736	
3	LENA DSOUZA	8308782098	
4	Dr. Rekha Lagarkha	7905478167	
5	VANESSA QUADROS	8805660961	
6	Yvette Quadros	7083048840	
7	Paloma Quadros	9923748968	
8	Dr. Roshida Rodrigues	9921448961	
9	Bhavana Singh	9368348831	
10	Kajal Bisht	9911963679	
11	SHUBHAM BHAT	8208067802	
12	WALTER MENEZES	8879027233	
13	Jonalthan Sequeira	8970294284	
14	Sagar Yadav	8585930919	
15	Nourelle Carneiro	8975899500	
16	Souket Revankar	8310975247	
17	Larina Sequeira	7217758581	
18	Akash S.N. Subhankar	9404759727	
19			
20			
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22			
23			



GPS Map Camera

Durgavado, Goa, India 🇮🇳

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

Lat 15.453399° Long 73.828775°

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



GPS Map Camera



Durgavado, Goa, India 🇮🇳

Odxel 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,

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/8q5utSymptvsLmk8>

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
 Dr. Walter Menezes, Project Investigator,
 Soulful Journeys, SSPIS, Goa University
 +91 8879027233
menezes@unigoa.ac.in

Jonathan Sequeira, Co-PI,
 Soulful Journeys, SSPIS, Goa University
 +91 8970294284
philosophy.jonathan@unigoa.ac.in