



GOA UNIVERSITY

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

Indigenous Cuisine Competition

1. Title of the Event/Activity/Program	Healing Taste of Goa
2. Date and Time	14 March 2026 11:00am – 1:30pm
3. Mode of Conduct (Physical/Online)	Physical
4. School/Directorate/Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Number of Participants	32
6. The Objective of the Program/Activity/Event	The Objectives of this event were: 1) To showcase Goa's Indigenous Food practices at the National Level Conference. 2) To promote traditional knowledge of healing through food practices. 3) To collect data for the project titled: "Soulful Journeys: Integrating Therapeutic Indigenous Cuisines, Wellness Programs, and Philosophical Counselling for Sustainable and Holistic Tourism in Goa's Hinterland – A Vision for Developed India 2027".
7. Outcome of the Program/Activity/Event	The event promoted Goa's Indigenous knowledge of Food at the National Level where people from various parts of India engaged with the locals and gained knowledge about Goan Cuisines and its health benefits. It also gave a platform to the locals to interact and share their insights about Goan Cuisine.

8. Description of the Program/Activity/Event

The Indigenous Cuisine Competition was organised by Goa University, IKS Centre and School of Sanskrit Philosophy and Indic Studies in Collaboration with Goa State Biodiversity Board, Goa State Climate Change Cell, Goa State Research Foundation, Gomantak Ayurveda Mahavidyalaya and Research Centre Goa College of Naturopathy and Yogic Science based on the theme “Healing Taste of Goa”.

The Competition aimed to focus on the Therapeutic benefits of the Indigenous Food Practices of Goa. This Competition gave a platform to the small-scale self-help groups, locals, and students to interact and showcase their ancestral knowledge through cuisines.

The participants presented over 55 different types of Goan indigenous cuisines, each having its own therapeutic benefit. The cuisines were judged by three judges. Each judge was a specialized individual from food and Hospitality industry.

The Competition concluded with the prize distribution ceremony, in which all the participants were presented with participation certificates, best 7 cuisines were awarded with cash prize and the Judges shared their insights on their experience of this competition.

<p>9. Judges of the Competition</p>	<p>There were 3 judges for the Competition.</p> <ol style="list-style-type: none"> 1. Ms. Dorothy M. Pereira Manager of Food Safety and Hygiene at the Taj Goa hotels. 2. Mrs. Jayada S. Parab Assistant Professor (working arrangements), Goa State Research Foundation, Porvorim - Goa. 3. Richard Luis Noronha The Designated Officer (Licensing Authority) Directorate of Food and Drugs Administration, Government of Goa.
<p>10. Prize given for the winners</p>	<p>The winners were awarded with Prize money and certificates. The total prizes given were 7, which included first and second prize and 5 consolation prizes were given.</p> <p>First Prize: Rs.5000/- with Certificate. Second Prize: Rs.3000/- with Certificate. Five Consolation Prizes: Rs.1000/- each with certificates.</p>
<p>11. Winners of the Competition</p>	<p>1st Prize: Dr. Alreeza Fernandes and Dr. Lalita Gawas -<i>Nachnya Amrut Shirvollyo.</i></p> <p>2nd Prize: Rupa Bhat and Rima Bhat -<i>Jackfruit Sushel.</i></p> <p>1st Consolation Prize: Dr. Kshipra Lawande –<i>Kangachi Nevri</i></p> <p>2nd Consolation Prize: Dr. Neha Pandey, Maria Dancho and Sapna Kumari –<i>Pansachi Bhaji.</i></p> <p>3rd Consolation Prize: Aprajita Sarvesh Gaddi-<i>Methiyanchi Pez.</i></p> <p>4th Consolation Prize: Seema Painguinkar and Sneha Pednekar- <i>Canacona Special Khatkhate.</i></p>

	5th Consolation Prize: Bhakti Girish Naik- <i>Laathad.</i>
12. Enclosures with report	Brochure List of Participants Geo tagged Photos



Dr. Walter Menezes
Principal Investigator
GSRF Project
SSPIS, Goa University



Dean
SSPIS, Goa University

Seal of the School

Dean
School of Sanskrit, Philosophy and Indic Studies
Goa University

Brochure



GOA UNIVERSITY

IKS Centre, School of Sanskrit Philosophy & Indic Studies

in Collaboration with

Goa State Research Foundation

Gomantak Ayurveda Mahavidyalaya and Research Centre

Goa College of Naturopathy and Yogic Science



Presents

Indigenous Cuisines Competition

Healing Tastes of Goa

Date: Saturday, 14 March 2026

Time: 11:00am

Venue: Foyer, SBSB Hall, Faculty block E, Goa University

1st Prize: 5000/-

2nd Prize: 3000/-

Five Consolation prizes

Judging criteria: Uniqueness,
Authenticity, Presentation,
Flavour, Health Benefits

Deadline to Register: March 9, 5.00 pm

Click Here to Register

<https://forms.gle/stqn5U1MxvYGvNRd9>



Tea: 10.45 am

Competition: 11.00 am

Prize & Certificate Distribution: 12.30 pm

Lunch: 1.15 pm

Scan For Location



Contact: 8551966860 / 9284068814

Event Co-ordinator:

Dr. Walter Menezes

Principal Investigator, GSRF Project,
SSPIS, Goa University

Event Sub Co-ordinator:

Prof. Bishnupriya Mohanty, GAM&RC, Goa
Dr. Siddanand Kulkarni, GCNYS, Goa

Terms and Conditions

1. **Registration**—Participants must register through the official Google Form. Incomplete registrations will not be considered.
2. **Registration Deadline**—The last date for registration is 9th March 2026. Late entries will not be accepted.
3. **Eligibility**—The competition is open to all above 18 years.
4. **Cuisine Submission**—Each participant/team must present a minimum of two cuisines and a maximum of four cuisines.
5. **Quantity Requirement**—Each cuisine should preferably be not less than 750 grams to ensure proper evaluation.
6. **Selection Round**—Candidates will be shortlisted based on the google forms and will be notified on 10th March 2026.
7. **Authenticity Requirement**—All dishes must represent indigenous/local cuisine. Fusion or adulterated dishes may be disqualified.
8. **Judging Criteria**—Mentioned on the cover page, judges' decisions will be final.
9. **Preparation Responsibility**—Participants are responsible for preparing and transporting their dishes safely and hygienically.
10. **Hygiene & Safety**—Proper food hygiene standards must be followed.
11. **Presentation**—Participants should label their dishes with name, ingredients, etc.
12. **Time Compliance**—Participants must arrive and complete setup within the allotted time. Late arrivals may face disqualification.
13. **Equipment**—Participants must bring their own serving utensils, plates, and presentation materials unless otherwise specified
14. **Liability**: Organizers are not responsible for loss or damage to personal belongings.
15. **Use of Media**—Photos/videos taken during the event may be used by organizers for documentation.

You can also register
using the QR code



For any queries contact:
8551966860 / 9284068814

Scan For
Location



List of Participants



INDIGENOUS CUISINE COMPETITION

Healing Taste of Goa

Participants List

14 March 2026

Sr. No	Name of the Participant	Contact No.	Signature
01.	GARIMA GURUDAS KUMHARANT	8459736902	<i>Monasparant</i>
02.	SACHI RAJAN PARAB	9011862155	<i>SParab</i>
03.	TANMAYEE HARISH GURAV	9423311378	<i>Hgurav</i>
04.	RAJDEEP RAJARAM KULKAR	7588286880	<i>RKulkar</i>
05.	SANSKRITI PANDURANG DEULKAR	8010394895	<i>Ddeulkar</i>
06.	BELIND SEQUEIRA	9881984901	<i>BSequeira</i>
07.	YOLANDA REBELLO	8390018372	<i>YRebello</i>
08.	PRANETA USGAONKAR	9767703228	<i>PUsgaonkar</i>
09.	DR ALREEZA FERNANDES	7219708145	<i>ALFernandes</i>
10.	DR ZALITA CAWAS	8830186346	<i>ZCawas</i>
11.	APRAJITA SARVESH GADDI	8799948529	<i>AGaddi</i>
12.	DR. KSHIPRA LAWANDE	800770652	<i>KLawanade</i>
13.	BHAKTI/GIRISH NAIKTI	9823592589	<i>BNaikti</i>
14.	Rishabh Rajesh Kamtekar	8767860346	<i>RKamtekar</i>
15.	Saisha V. Sawant	9307214580	<i>SSawant</i>
16.	Yadnyadatta Pagi	9022633842	<i>YPagi</i>
17.	Shree S.R. Valaulicar	7988459641	<i>SValaulicar</i>
18.	Kavita G. Gaude	9309701358	<i>KGaude</i>
19.	Deepa S. Gawade	9765214061	<i>DGawade</i>
20.	Rupa R. Bhat	9307320863	<i>RBhat</i>
21.	Rima R. Bhat	9834246222	<i>RBhat</i>
22.	Seema Paingitkar	8767294446	<i>SPaingitkar</i>
23.	Sneha Pednekar	7972257678	<i>SPednekar</i>
24.	Dr. Nitha Pandey	8010927806	<i>NPandey</i>
25.	Sapna Rameshwar	7505286671	<i>SRameshwar</i>
26.	Maria Pencho	8788839633	<i>MPencho</i>
27.	Maya Shindekar	9767619428	<i>MShindekar</i>
28.	Rupa Prabudessai	8698958018	<i>RPrabudessai</i>

Geo Tagged Photos











