



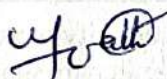
## Goa University

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

#### Report on Soul & Soup Saturdays

<b>1. Title of the Event/Activity/program</b>	Soul & Soup Saturdays
<b>2. Date and Time</b>	14 <sup>th</sup> February 2026; 4:30 pm - 05:30 pm
<b>3. Mode of conduct (Physical/Online)</b>	Physical
<b>4. School/ Directorate/ Section</b>	School of Sanskrit Philosophy and Indic Studies (SSPIS)
<b>5. Number of Participants</b>	11
<b>5. The objectives of the Program/activity/event</b>	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.
<b>6. Outcome of the Program/activity/ event</b>	The activity brought community members together to share thoughts and ideas on the monthly theme of discussion which was What Holds Relationships Together? Commitment or Convenience?
<b>7. Description of the Program/Activity/Event</b>	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 14 <sup>th</sup> February 2026 at Mr. Farmer

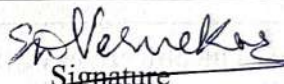
	<p>Porvorim Guirim, Goa from 04:30 pm to 05:30 pm.</p> <p>The community outreach activity aimed to bring people together to share soup and engage in meaningful dialogue.</p> <p>Dr. Walter Menezes, Project Investigator, Soulful Journeys, SSPIS, Goa University, inaugurated the event and explained the purpose 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 "What Holds Relationships Together? Commitment or Convenience?" 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 summary of thoughts by the participants.</p>
<p><b>7. Enclosures with report</b></p>	<p>Attendance sheets, Geotagged photos.</p>

Signature: 

Name of coordinator: Walter Menezes

Designation:

Date: 15/02/2026

  
Signature

Dean/Director/Head

Seal of the School/Directorate/University

Dean  
School of Sanskrit, Philoaoophy and Indic Studies  
Goa University

Goa University  
School of Sanskrit, Philosophy & Indic Studies



in association with



Philosophical Association, Goa  
presents its Second Monthly



*Soul & Soup  
Saturdays*

*A Bowl of Soup and Soul Stirring Reflections*

**Theme:**

**What Holds Relationships Together?  
Commitment or Convenience**

Date: 14th February 2026  
Time: 04:30 PM - 05:30 PM  
Venue: Mr. Farmer, Porvorim

**Registration Link:**

<https://forms.gle/xZo3ZD6zETTTvR4p8>

*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

**GOA UNIVERSITY**  
**School of Sanskrit Philosophy and Indic Studies**








**ATTENDANCE SHEET**

Event: Soul & Soup Saturdays

Theme No. 2: What Holds Relationships Together? Commitment or Convenience

Date & Time: 14/02/2026

Venue: Mr. Farmer, Guirim, Goa

S. No	Name	Mobile No.	Signature
1	VANESSA QUADROS	8805660961	
2	Chandrakorathu	9425889582	
3	Begunda Saguiera Beguiera	9881984901	Beguiera
4	Yolanda Rebullo	8390018372	Rebullo
5	Akash S.No. Salyeankar	9404759727	Salyeankar
6	Savio Dias	9822104509	
7	Sagar Yadav	8585930919	
8	Queeney Fernandes	9820520453	
9	Paloma Quadnes	9923748968	Quadnes
10	Walter Menezes	8877628283	
11	Jonathar		
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**Goa University**  
 School of Sanskrit, Philosophy & Indic Studies  
 in association with  
**Philosophical Association, Goa**



presents



*Soul & Soup*  
*Saturdays*



*A Bowl of Soup and Soul Stirring Reflections*

**Theme: What Holds Relationships Together? Commitment or Convenience**

Date: 14th February 2026