



## 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> March 2026; 5:00 pm - 06:00 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>	10
<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 "Who's in Charge? Reflections from Stoic Philosophy."
<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> March 2026 at Auditorium

	<p>New Science Faculty Block E, from 05:00 to 06:00 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 a reading text from Stoic Philosophy to contemplate on by deep reading for 20 minutes followed by group discussions on the theme "Who's in Charge? Reflections from Stoic Philosophy." 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>Geotagged photos.</p>

Signature:



Name of coordinator: Walter Menezes

Designation:

Date: 15/03/2026



Dean/Director/Head

Seal of the School/Directorate/University







**Yomorebi Hospitality**  
**March 14, 2026 17:40**



GPS Map Camera



Dona Paula, Goa, India 

Fr5g+mph, Dona Paula, Goa 403206, India

Lat 15.459366° Long 73.826619°

Saturday, 14/03/2026 05:41 PM GMT

+05:30



Yomorebi Hospitality  
March 14, 2026 18:00



**GOA UNIVERSITY**

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

**Soul & Soup Saturdays**

**Registrations/Attendance**

**Date: 14 March 2026**

<b>Sr. No</b>	<b>Timestamp</b>	<b>This event is happening at Goa University, Taleigao Plateau, Goa on 14th March 2026. Will you be attending?</b>	<b>Name</b>	<b>Address</b>
1	3-7-2026 02:04:46	Yes	Sagar yadav	Hostel 2, Goa University
2	3-7-2026 11:44:39	Yes	Aditya Raj Kapoor	Cottage Tara, 5B-3, Sailabhat-Chandor-Goa 403714
3	3-7-2026 12:36:58	Yes	Uday Nayak	B7 F12 Kamat Classic Phase 4 Caranzalem
4	3-8-2026 11:26:17	Yes	Jonathan Sequeira	Benaulim Goa
5	3-8-2026 16:18:38	Yes	Savio Dias	992 oval park porvorim

6	3-8-2026 21:24:05	Yes	Chandrakeerthy	Porvorim
7	3-10-2026 21:06:53	Yes	Paloma Quadros	Benaulim
8	3-10-2026 21:14:13	Yes	Belinda Sequeira	Tonca Caranzalem
9	3-10-2026 21:23:14	Yes	Karena de Souza	Donvaddo, Saligao, Goa
10	3-10-2026 21:33:29	Yes	Yolanda Rebello	As/25,kamat arcade,st.inez,panjim
11	3-10-2026 22:18:39	Yes	Shalu Chopra	Sangolda