



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	09 th May 2026; 04:30 pm - 05:45 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Number of Participants	16
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 "Self-Love: Healing or Narcissism".
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 09 th May 2026 at Nana Nani Natwanche Park, Porvorim from 04:30 to

	05:45 PM. 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. A philosophical text by Laurence D. Cooper titled "Rousseau on Self-Love: What we've learned, what we might have learned" was read out and allotted to the participants followed by group discussions on the theme "Self-love: Healing or Narcissism." 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 and clarification. Concluding thoughts included a summary of thoughts by the participants and key takeaways.
7. Enclosures with report	Geotagged photos.

Signature:



Name of coordinator: Walter Menezes

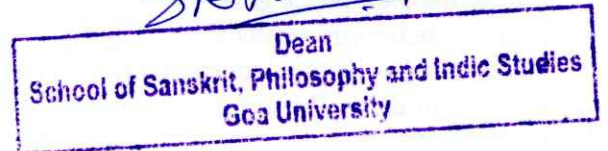
Designation: *Asst. Professor*

Date: 11/04/2026

Signature

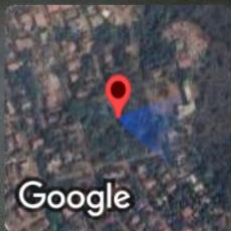
Dean/Director/Head

Seal of the School/Directorate/University



GPS Map Camera



Penha De Franc, Goa, India 🇮🇳

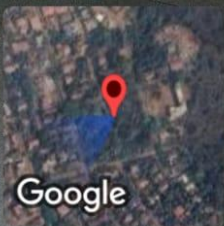
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De Franc, Goa 403521, India

Lat 15.520692° Long 73.833877°

Saturday, 09/05/2026 05:15 PM GMT +05:30



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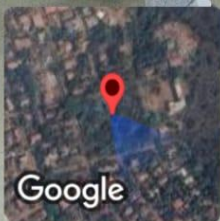


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De Franc, Goa 403521, India

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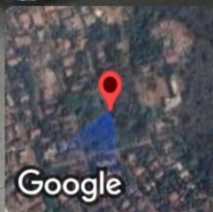
Grcm+5gx, Pundalik Nagar, Alto Porvorim, Penha
De Franc, Goa 403521, India

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De Franc, Goa 403521, India

Lat 15.520677° Long 73.833882°

Saturday, 09/05/2026 05:14 PM GMT +05:30

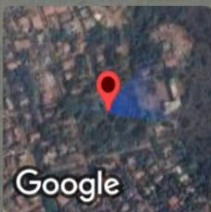


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De Franc, Goa 403521, India

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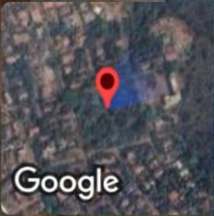
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Lat 15.520692° Long 73.833853°

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GOA UNIVERSITY
School of Sanskrit Philosophy and Indic Studies

ATTENDANCE SHEET

Event: Soul & Soup Saturdays

Date & Time: 09/05/2026; 04:30 - 05:30 PM

Theme No. 5: Self Love: healing or narcissism?

Venue: Nana Nani Natwanche Park Porvorim

S. No	Name	Mobile No.	Signature
1	Belinda Sequeira	8970294284	Sequeira
2	Yolanda F.N Rebello	8390018372	Rebello
3	Sagar Yadav	8585930919	Sagar
4	Joseph D' John	8108143473	J.D' John
5	Wilma D' John	8108143473	W.D' John
6	L. MIRA.	7841021949	MIRA
7	Sandra Fernando	9870079443	Sandra
8	Pratima Finch	9075099616	Pratima
9	Cynthia Roche		Chapko
10	Clifford Roche		Roche
11	Savio Dias		Savio
12	Pavani Chittem	9441860618	Pavani
13	Walter Menezes	8879027233	Walter
14	Jonathan Sequeira	8970294284	Jonathan
15	J. S. Chandrasekhar	9423889582	Chandrasekhar
16	AKASH		
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