



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. Theme	Anger & Indifference: The Price We Pay
3. Date and Time	11 th July, 2026; 04:30 pm - 06:00 pm
4. Mode of conduct (Physical/Online)	Physical
5. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
6. Number of Participants	16
7. Venue of the Program	Peace Cottage, Betalbatim, Goa.
8. 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. li) To create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing.
9. 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 "Anger & Indifference: The Price We Pay".
10. 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 11 th July 2026 at Peace Cottage Betalbatim Goa from 04:30 to 06:00 PM.

	& Soup Saturdays, a monthly community outreach and engagement activity on 11th July 2026 at Peace Cottage Betalbatim Goa from 04:30 to 06:00 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 Acharya Buddhharakkhita adapted from the Pali was read out and allotted to the participants followed by group discussions on the theme "Anger & Indifference: The Price We Pay" 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.
11. Enclosures with report	Geotagged photos.

Signature:

 13/07/26

Name of coordinator: Walter Menezes

Designation: Asst. Professor

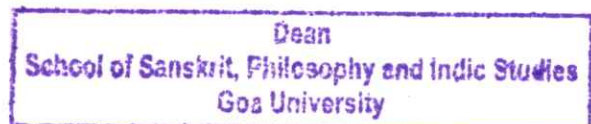
Date: 11/07/2026



Signature

Dean

Seal of the School/Directorate/University





Goa University

School of Sanskrit Philosophy & Indic Studies
in Association with

Philosophical Association, Goa

Presents



SOUL & SOUP SATURDAYSTM

A bowl of soup & soul-stirring reflections.

Theme

Anger & Indifference:

The Price we Pay

Saturday 11th July 2026, 04:30-06:00 pm

Peace Cottage Betalbatim, Goa

LOCATION:



REGISTER HERE



8970294284/8879027233

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ATTENDANCE SHEET



GOA UNIVERSITY School of Sanskrit Philosophy and Indic Studies

ATTENDANCE SHEET

Event: Soul & Soup Saturdays Date & Time: 11/07/2026; 04:30-06:00 PM

Theme No. 5: Anger & Indifference: The Price We Pay

Venue: Peace Cottage, Betalbatim, South Goa

S. No	Name	Mobile No.	Signature
1	Belinda Sequeira	8970294284	Sequeira
2	Yolanda F.N Rebello	8390018372	Y. Rebello
3	Yvette Quadros	9923748968	
4	Sagar Yadav	8585930919	S.
5	Cipriano Fernandes	7038292697	A
6	Sanket Revankar	8310975247	
7	Akash Salgaonkar	9404759727	B.
8	Linda Silveira	8975252872	
9	Marella DSouza	9420689476	MD Souza
10	Anjescia Rodrigues	7972537456	Anjescia
11	Felix Dasilva	9850441817	Felix
12	Walter Menezes	8879027233	Walter
13	Jonathan Sequeira	8970294284	Jonathan
14	Jacqueline Fernandes	7447439526	J.F. Bruly
15	Joanira Niasso	9284068814	Niasso
16	Pavani Chittem	9441860618	Pavani
17	Veena Da Costa	9920782138	Veena
18	Ayisha Soudagar	8087915845	Ayisha
19	Eleanor Viegas	9623281364	Eleanor Viegas
20			
22			
21			
22			

GEO TAGGED PHOTOGRAPHS

