



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.

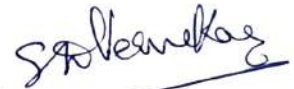
8. Description of the Program/Activity/Event	The Indigenous Cuisine Competition was organised by Goa University, IKS Centre and School of Sanskrit Philosophy and Indic Studies in Collaboration with Goa State Biodiversity Board, Goa State Climate Change Cell, Goa State Research Foundation, Gomantak Ayurveda 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.
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9. Judges of the Competition	There were 3 judges for the Competition. 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.
10. Prize given for the winners	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. First Prize: Rs.5000/- with Certificate. Second Prize: Rs.3000/- with Certificate. Five Consolation Prizes: Rs.1000/- each with certificates.
11. Winners of the Competition	1st Prize: Dr.Alreeza Fernandes and Dr. Lalita Gawas -<i>Nachnya Amrut Shirvollyo.</i> 2nd Prize: Rupa Bhat and Rima Bhat -<i>Jackfruit Sushel.</i> 1st Consolation Prize: Dr. Kshipra Lawande – <i>Kangachi Nevri</i> 2nd Consolation Prize: Dr. Neha Pandey, Maria Dancho and Sapna Kumari – <i>Pansachi Bhaji.</i> 3rd Consolation Prize: Aprajita Sarvesh Gaddi-<i>Methiyanchi Pez.</i> 4th Consolation Prize: Seema Painguinkar and Sneha Pednekar- <i>Canacona Special Khatkhate.</i>

	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

Contact: 8551966860 / 9284068814

Scan For Location

Event Co-ordinator:
Dr. Walter Menezes
Principal Investigator, GSRF Project, SSPIS, Goa University

Event Sub Co-ordinator:
Prof. Eishnupriya Mohanty, GAM&RC, Goa
Dr. Siddanand Kulkarni, GCNYS, Goa



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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 KUMAR	8459736902	Kumar
02.	SACHI RAJAN PARAB	9011862155	Parab
03.	TANMAYEE HARISH GURAV	9423311378	Gurav
04.	RAJDEEP RAJARAM KULKAR	7588286880	Kulkarni
05.	SANSKRITI PANDURANG DEVLAKAR	8010394895	Devlikar
06.	BELIND SEQUEIRA	9881984901	Sequeira
07.	YOLANDA REBELLO	8390018372	Rebello
08.	PRANETA USGAONKAR	9767703228	Usgaonkar
09.	DR ALREEZA FERNANDES	7219708145	Fernandes
10.	DR LALITA GAWAS	8830186346	Gawas
11.	APRAJITA SARVESH GADGI	8799948529	Gadgi
12.	DR. KSHIPRA LAWANDE	800770652	Lawande
13.	BHAKTI GIRISH NAIKTI	9823592589	Naikti
14.	Rishabh Rajah Kumbhar	8767860346	Kumbhar
15.	Saisha V. Sawant	9307214580	Sawant
16.	Yadnyadatta Pagi	9022633842	Pagi
17.	Shree S.R. Vaidhikar	7988459641	Vaidhikar
18.	Kavita G. Gaud	9309701358	Gaud
19.	Deepa S. Gawade	9765214061	Gawade
20.	Rupa R. Bhat	9307320863	Bhat
21.	Rima R. Bhat	9834246222	Bhat
22.	Seema Paingikar	8767294446	Paingikar
23.	Sneha Pednetkar	7972257678	Pednetkar
24.	Dr. Nitha Pandey	8010927806	Pandey
25.	Sapna Rameshwar	7505286671	Rameshwar
26.	Maria Pancho	8788839633	Pancho
27.	Maya Shindkar	9767619428	Shindkar
28.	Rupa Prabodessai	8698958018	Prabodessai

Geo Tagged Photos





