



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	13 th June, 2026; 04:30 pm - 06:00 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
5. Number of Participants	15
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 "Our Shared Humanity: Finding Meaning Through Suffering".
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 13th June 2026 at Casa Do Povo,

	Taleigao 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 Viktor E. Frankl from his book "Man's Search For Meaning" was read out and allotted to the participants followed by group discussions on the theme "Our Shared Humanity: Finding Meaning Through Suffering" 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.

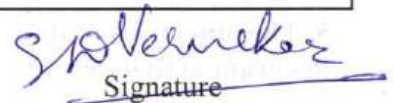
Signature:



Name of coordinator: Walter Menezes

Designation: *Asst. Professor*

Date: 13/06/2026



Dean/Director/Head

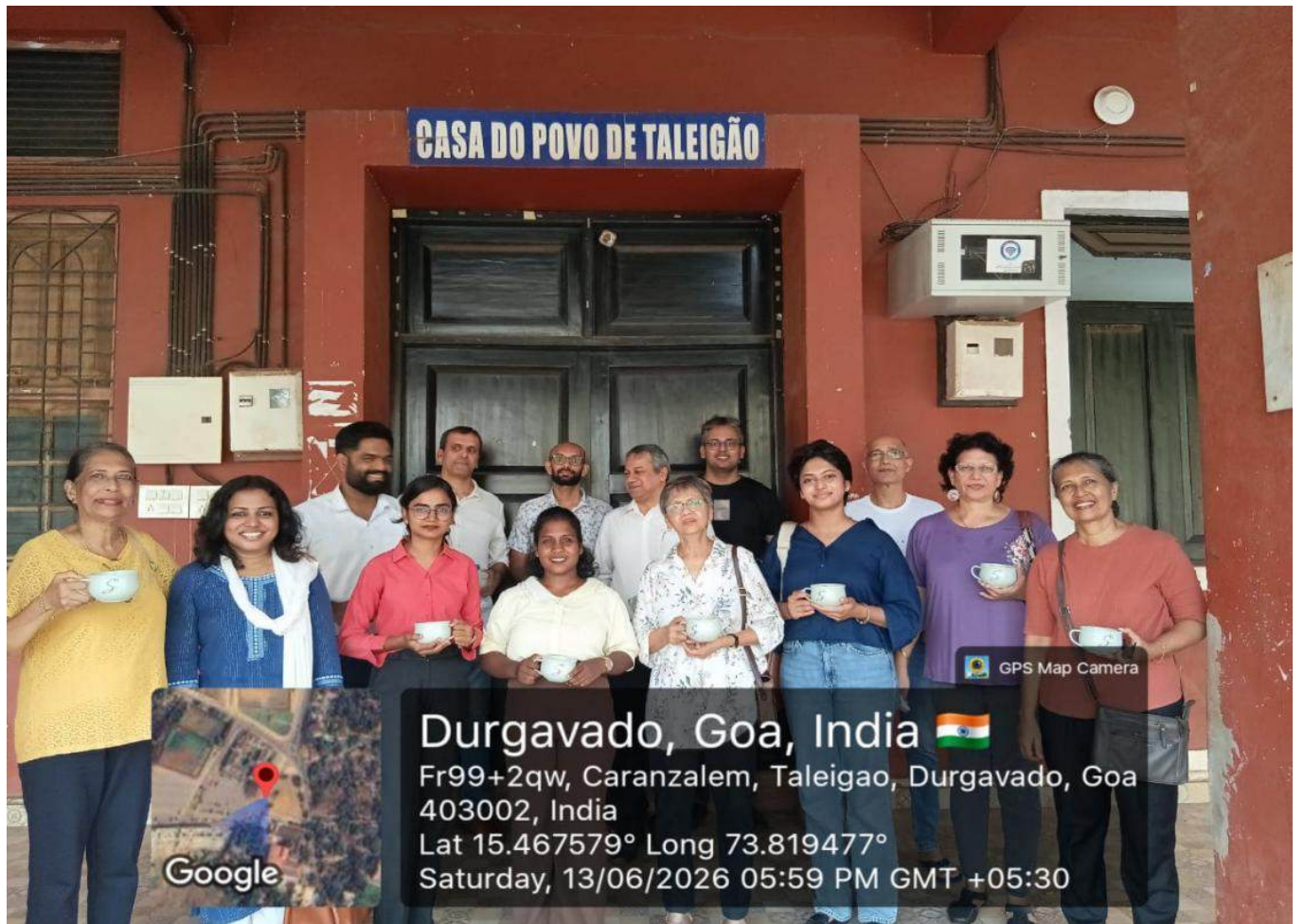
Seal of the School/Directorate/University

Dean
School of Sanskrit, Philosophy and Indic Studies
Goa University











GOA UNIVERSITY
School of Sanskrit Philosophy and Indic Studies

ATTENDANCE SHEET

Event: Soul & Soup Saturdays Date & Time: 13/06/2026; 04:30-06:00 PM

Theme No. 5: Our Shared Humanity: Is Suffering Meaningful?

Venue: Casa Do Povo, Taleigao

S. No	Name	Mobile No.	Signature
1	Belinda Sequeira	8970294284	Belinda Sequeira
2	Yolanda F.N Rebello	8390018372	Yolanda F.N Rebello
3	Sagar Yadav	8585930919	Sagar
4	Cipriano Fernandes	7038292697	Cipriano
5	Minal	9923494519	Minal
6	Clint Silveira	9623498406	Clint Silveira
7	Linda Silveira	8975252872	Linda Silveira
8	Marella DSouza	9420689476	Marella DSouza
9	Dattaraj Desai	7020872580	Dattaraj Desai
10	Felix Dasilva	9850441817	Felix Dasilva
11	Walter Menezes	8879027233	Walter Menezes
12	Jonathan Sequeira	8970294284	Jonathan Sequeira
13	Sangeeta Malik	9765579699	Sangeeta Malik
14	CIP		
15	Vedha Suirodkar	9579126191	Vedha Suirodkar
16	Joanira Nliasso	9284068814	Joanira Nliasso
17	Ayisha Soudagar	8087915845	Ayisha Soudagar
18			
19			
20			
22			

ebi Hospitality
8, 2026 20:19



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

**Our Shared Humanity:
Is Suffering Meaningful?**



Date: Saturday, 13th June 2026

Time: 04:30 pm - 06:00 pm

Venue: Casa Do Povo, Taleigao

REGISTER HERE

☎ 8970294284/8879027233

Follow us on Instagram @**soulfuljourneys.sspis.gu**