



## 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. Theme of the Event/Activity/Program</b>          | Nuclear Families & Stress Management: A Dialogue                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>3. Date and Time</b>                                | 08 <sup>th</sup> August, 2026<br>04:30 pm - 06:00 pm                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>4. Mode of conduct (Physical/Online)</b>            | Physical                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>5. School/ Directorate/ Section</b>                 | School of Sanskrit Philosophy and Indic Studies (SSPIS)                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>6. Number of Participants</b>                       | 25                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>7. Venue of the Program</b>                         | Goa Chitra, Benaullim, Goa.                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>8. The objectives of the Program/activity/event</b> | The objectives of this activity were:<br>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.<br>II) To create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing. |
| <b>9.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 “Nuclear Families & Stress Management: A Dialogue”.                                                                                                                                                                                                                                                                 |

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10. Description of the Program/Activity/Event</b> | <p>The School of Sanskrit, Philosophy &amp; Indic Studies, Goa University in association with Philosophical Association, Goa organized Soul &amp; Soup Saturdays, a monthly community outreach and engagement activity on 08<sup>th</sup> August 2026 at Goa Chitra Benaullim Goa from 04:30 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>A text encapsulating perspective of families was read out and allotted to the participants followed by 20 minutes of group discussions on the theme "Nuclear Families &amp; Stress Management: A Dialogue" 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 and clarification.</p> <p>Concluding thoughts included a summary of thoughts by the participants and key takeaways.</p> |
| <b>11. Enclosures with report</b>                    | Geotagged photos.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

Signature:

*Walter Menezes*  
10/08/26

Name of coordinator: Walter Menezes

Designation:

Date: 08/08/2026

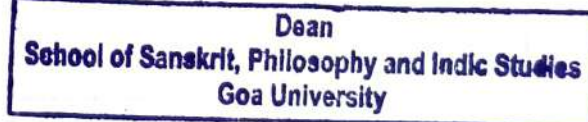


*S. P. Menkar*

Signature

Dean/Director/Head

Seal of the School/Directorate/University



## ACTIVITY POSTER



**Goa University**

School of Sanskrit, Philosophy & Indic Studies

in Association with

**Philosophical Association, Goa**

welcomes you to the 8th



# SOUL & SOUP SATURDAYS™

*A bowl of soup & soul-stirring reflections.*

**Theme**

**Nuclear Families & Stress  
Management: A Dialogue**

SATURDAY 08<sup>TH</sup> AUGUST 2026; 04:30 - 06:00 PM

VENUE: GOA CHITRA MUSEUM, BENAULIM GOA

**LOCATION:**



**REGISTER HERE**

**Contact:**

Asst. Professor Dr. Walter Menezes 8879027233

Research Scholar: Jonathan Sequeira 8970294284



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**@soulfuljourneys.sspis.gu**

# ATTENDANCE SHEET



## GOA UNIVERSITY School of Sanskrit Philosophy and Indic Studies

### ATTENDANCE SHEET

Event: Soul & Soup Saturdays Date & Time: 08/08/2026; 04:30-06:00 PM

Theme No. 8: Nuclear Families & Stress Management: A Dialogue

Venue: Goa Chitra Benaulim, South Goa

| S. No | Name                    | Mobile No. | Signature         |
|-------|-------------------------|------------|-------------------|
| 1     | Belinda Sequeira        | 8970294284 | <i>Sequeira</i>   |
| 2     | Yolanda F.N Rebello     | 8390018372 | <i>Rebello</i>    |
| 3     | Yvette Quadros          | 9923748968 | <i>Quadros</i>    |
| 4     | Sagar Yadav             | 8585930919 |                   |
| 5     | Akash Salgaonkar        | 9404759727 | <i>Salgaonkar</i> |
| 6     | Joanira Niaso           | 9284068814 | <i>Niaso</i>      |
| 7     | Ayisha Soudagar         | 8087915845 | <i>Soudagar</i>   |
| 8     | Cicero Silva            | 8446323777 | <i>Silva</i>      |
| 9     | Siya Sangodkar          | 8624963649 |                   |
| 10    | Pravin                  | 7899971515 | <i>Pravin</i>     |
| 11    | Bhavni Gupta            | 9582122449 |                   |
| 12    | Hector Andrade          | 9923692757 | <i>Andrade</i>    |
| 13    | Apeksha Wishvashi       | 9725251123 | <i>Wishvashi</i>  |
| 14    | Agnes Fatima Pinto      | 9405650326 |                   |
| 15    | Melinda Fernandes       | 9405199822 | <i>Fernandes</i>  |
| 16    | Lars Ims                | 7018825093 | <i>Lars Ims</i>   |
| 17    | Rashmi Sinha            | 9819426644 | <i>Sinha</i>      |
| 18    | Yasmine Alem da Costa+1 | 8847700244 | <i>Yasmine</i>    |
| 19    | Walter Menezes          | 8879027233 | <i>Menezes</i>    |
| 20    | Jonathan Sequeira       | 8970294284 | <i>Sequeira</i>   |
| 21    | Nandini Kadilayya       | 9637813428 | <i>Nandini</i>    |
| 22    | Lynne Angela Rebello    | 9158857012 | <i>Rebello</i>    |
| 23    | Paulina Andrade         | 9923292379 | <i>Andrade</i>    |
| 24    | Kaintha Andrade         | 9923400379 | <i>Andrade</i>    |
| 25    | Alaric Gomes            | 9307503646 | <i>Gomes</i>      |

## GROUP DISCUSSIONS



## GROUP PHOTOGRAPHS

