



Goa University
School of Sanskrit, Philosophy and Indic Studies

A Report on
Philoretreats

1. Title of the Event/Activity/program	Philoretreats
2. Theme	
3. Date and Time	05 th September, 2026; 09:00 am - 05:00 pm
4. Mode of conduct (Physical/Online)	Physical
5. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
6. Number of Participants	21
7. Venue of the Program	Bambolim Beach Resort Goa.
8. The objectives of the Program/activity/event	The objectives of this activity were: I) to bring people together for a 1-day program on inner exploration, holistic well-being and meaningful connection through yoga, meditation & reflection, dialogue, mindfulness and indigenous cuisine. ii) To create a welcoming space for deeper connections - connections that spark mindfulness, appreciation for indigenous experiences, 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 focus on holistic well-being through the theme “Reflect, Reconnect & Rejuvenate”.
10. Description of the Program/Activity/Event	The School of Sanskrit, Philosophy & Indic Studies, Goa University in association with Indian Knowledge Systems Centre organized Philoretreats, a community outreach and engagement activity on 05th September 2026 at Bambolim Beach Resort Goa from 09:00 to 05:00 PM. The community outreach activity aimed to bring people together to reconnect with themselves and explore holistic well-being. Mr. Jonathan Sequeira, Co-PI & Research Scholar, Soulful Journeys, SSPIS, Goa University, initiated the event and explained the purpose of the event and invited participants to share in the inaugural event.

	Dr. Menezes, Principal Investigator, Soulful Journeys, SSPIS, Goa University conducted the inaugural wisdom session in “Rethinking Wellness Through Indian Wisdom Traditions followed by herbal tea curated by Ms. Samrudhi Kerkar. Participants then partook of an activity encapsulating mindful walking and journalling around the picturesque venue’s 9 banyan trees followed by a Trataka Meditation session by Dr. Pratiksha Prabhudessai. The Ayurvedic Culinary Experience began with a knowledge session by Ms. Samrudhi Kerkar on the indigenous food systems of Goa, several of which were present in traditional offerings at lunch that ensued. Dr. Akash Salgaonkar & Mr. Jonathan Sequeira took participants on practical expedition of “Discovering Philosophy in Everyday Life” which was followed by a dialogue-based Socratea™ session. The event culminated with an Emotional Wellness Meditation led by Mr. Cipriano Fernandes, Counsellor at Goa University and closing reflections followed.
9. Enclosures with report	Flyer, Attendance Sheets, Geotagged photos.

Signature: 
Name of Coordinator: Walter Menezes
Designation:

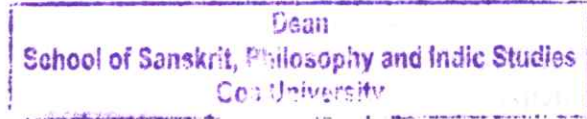
Date: 10/9/2026



Signature

Dean/Director/Head

Seal of the School/Directorate/University





GOA UNIVERSITY

School of Sanskrit, Philosophy & Indic Studies

In association with

Indian Knowledge Systems Centre

Presents

PHILORETREATS™



Reflect, Reconnect & Rejuvenate

A day of inner exploration, holistic well-being
and meaningful connection



Meditation & Mindfulness

Cultivate presence, peace and clarity



Indigenous Wisdom

Reconnect with timeless knowledge
& nature's intelligence



Ayurvedic Culinary Experiences

Nourish your body with
wholesome, mindful food



Socratea™ Sessions

Engage in thought-provoking
philosophical dialogues



Yoga & Mental Health

Balance your body, mind
and emotions



Location:

Bambolim Beach Resort Goa



Date:

September 05th 2026



Time:

09:00 AM to 05:00 PM

Register here



Traditional
Local Cuisine

INCLUDES:



Refreshments



Guided
Sessions



For reservations & more information, contact:
Dr. Walter Menezes, Assistant Professor
8970294284/8879027233.



PHILORETREATS™ ATTENDANCE SHEET
A Day of Reflection, Wisdom, Connection & Well-being



Date & Time: 05/09/2026; 09:00 - 05:00 PM

Venue: Bambolim Beach Resort Goa

Theme: Reflect, Reconnect & Rejuvenate

S. No	Name	Signature
1	Belinda Sequeira	Sequeira
2	Yolanda F.N Rebello	Rebello
3	Dr Reshma Sangekar	Reshma
4	Paloma Quadros	Quadros
5	Dr. Archanna G.	Archanna
6	Richard Valladares	Richard
7	Abhay Anil Patil	Abhay
8	Vidhi joshi	Vidhi
9	Anjali Anil Patil	Anjali
10	Anil Tukaram Patil	Anil
11	Pushpa Esha Nair	Esha
12	Tulika Gupta	Tulika
13	Abigail Fernandes	Abigail
14	Cipriano Fernandes	Cipriano
15	Dr. Akash Salgaonkar	Akash
16	Joanira Niasso	Niasso
17	Dr. Walter Menezes	Walter
18	Jonathan Sequeira	Jonathan
19	Dr. Pratiksha Prabhedesai	Pratiksha
20	Samrudhi Kerkar	Samrudhi
21	Snushti N. Naik.	Snushti
22		
23		



CUISINES

Appetizers



Suran rava fry



Fagla batter fry

Curries



Ambadeachem Koram



Caldin

CUISINES

Dry Vegetables



Kheerl stir fry



Teniya Sukhem

Dessert & Snack



Kanga kheer	Tavsalli
--------------------	-----------------