



**Goa University**  
**School of Sanskrit, Philosophy and Indic Studies**

A Report on  
**Soul & Soup Saturdays**

|                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. Title of the Event/Activity/program</b>          | Soul & Soup Saturdays, Ninth Edition                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>2. Theme</b>                                        | Gender Roles & The Unspoken Self: Dialogues on Social Expectations & Emotional Burdens                                                                                                                                                                                                                                                                                                                                                                      |
| <b>3. Date and Time</b>                                | 12 <sup>th</sup> September, 2026; 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>                       | 26                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>7. Venue of the Program</b>                         | Ferry Cross Museotel, Betim Goa.                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>8. The objectives of the Program/activity/event</b> | <p>The objectives of this activity were:</p> <p>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.</p> <p>ii) To create a welcoming space for thoughtful conversations - conversations that spark curiosity, deepen understanding, and nurture our shared pursuit of human flourishing.</p> |
| <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 "Gender Roles & The Unspoken Self: Dialogues on Social Expectations & Emotional Burdens".                                                                                                                                                                                                                                          |
| <b>10. Description of the Program/Activity/Event</b>   | 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 12th September 2026 at Ferry Cross Museotel Betim Goa from 04:30 to 06:00 PM. The community outreach activity aimed to bring people together to share soup                                                                                   |

|                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                   | <p>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 perspectives of families was read out and allotted to the participants followed by 20 minutes of group discussions on the theme "Gender Roles &amp; The Unspoken Self: Dialogues on Social Expectations &amp; Emotional Burdens" 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:

Name of coordinator: Walter Menezes

Designation:

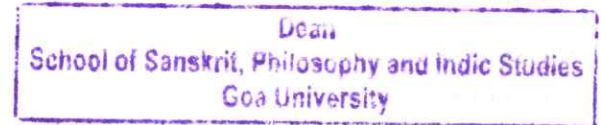
Date: 13/09/2026

*S. A. Verma*

Signature

Dean/Director/Head

Seal of the School/Directorate/University





**Goa University**

School of Sanskrit Philosophy & Indic Studies

in Association with

**Philosophical Association, Goa**

*Welcomes you to the 9th*



# SOUL & SOUP SATURDAYS<sup>TM</sup>

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

**THEME:**

**GENDER ROLES & THE UNSPOKEN SELF:  
DIALOGUES ON SOCIAL EXPECTATIONS &  
EMOTIONAL BURDENS**

Saturday 12th September 2026,

04:30-06:00 pm

Venue: Ferry Cross Museotel, Betim Goa

**LOCATION:**



**REGISTER HERE**

**Contact:**

Asst. Professor Dr. Walter Menezes 8879027233

Research Scholar: Jonathan Sequeira 8970294284

Follow us on Instagram

@soulfuljourneys.sspis.gu





30. Cajetan Vaz

9822131277

31. Roy

9820816816

**GOA UNIVERSITY**  
**School of Sanskrit Philosophy and Indic Studies**  
**Attendance Sheet**

Event: Soul & Soup Saturdays

Date & Time: 12/09/2026; 04:30-06:00 PM

Theme No. 9: GENDER ROLES & THE UNSPOKEN SELF: DIALOGUES ON SOCIAL EXPECTATIONS & EMOTIONAL BURDENS

Venue: Ferry Cross Museotel, Betim Goa

| S. No | Name                  | Mobile No.  | Signature         |
|-------|-----------------------|-------------|-------------------|
| 1     | Belinda Sequeira      | 8970294284  | Sequeira          |
| 2     | Yvette Quadros        | 9923748968  | Quadros           |
| 3     | Akash Salgaonkar      | 9404759727  | Salgaonkar        |
| 4     | Ayisha Soudagar       | 8087915845  | ---               |
| 5     | Apeksha Wishvashi     | 9725251123  | ---               |
| 6     | Siya Sangodkar        | 8624963649  | Siya              |
| 7     | Gleena Rebello        | 8446788634  | Rebello           |
| 8     | Laison Joseph         | 7702105006  | ---               |
| 9     | Divya Jhingran        | 9833291366  | Divya Jhingran    |
| 10    | Diksha Rai            | 8318868260  | Diksha Rai        |
| 11    | Praveena Sharma       | 9811205536  | Praveena Sharma   |
| 12    | Rishi Mehrotra        | 9811614604  | Rishi Mehrotra    |
| 13    | Felix Dasilva         | 09850441817 | Felix Dasilva     |
| 14    | Marella DSouza        | 9420689476  | Marella DSouza    |
| 15    | Aishwarya Nunes       | 9665198687  | Aishwarya Nunes   |
| 16    | Vero Nunes            | 9823045568  | Vero Nunes        |
| 17    | Dr Dinesh Verma       | 07042809368 | Dr Dinesh Verma   |
| 18    | MEENAKSHI ANAND       | 9871760518  | Meenakshi Anand   |
| 19    | Usha Albuquerque      | 9810156973  | Usha Albuquerque  |
| 20    | Pravin Sabnis         | 9422640141  | Pravin Sabnis     |
| 21    | Savio Dias            | 9822104509  | Savio Dias        |
| 22    | Walter Menezes        | 8879027233  | Walter Menezes    |
| 23    | Jonathan Sequeira     | 8970294284  | Jonathan Sequeira |
| 24    | Mitali Nath LIVE HIVE | 9650690956  | Mitali Nath       |

25. Elnira D.

9969255925

26. Sandra Fernando

9840049443

27. Tulika

9711081540

28. Nandini Kedilaya

9637813428

29. Nisha Albuquerque

9873382629

Signature: Elnira D.  
Sandra Fernando  
Tulika  
Nandini Kedilaya  
Nisha Albuquerque





