



Goa University
School of Sanskrit, Philosophy and Indic Studies

A Report on
Soul & Soup Saturdays

1. Title of the Event/Activity/program	Soul & Soup Saturdays, Tenth Edition
2. Theme	Mental Health Day Special: Characterising Mental Health for Social Well Being
3. Date and Time	10 th October, 2026; 04:30 pm - 06:00 pm
4. Mode of conduct (Physical/Online)	Physical
5. School/ Directorate/ Section	School of Sanskrit Philosophy and Indic Studies (SSPIS)
6. Number of Participants	25
7. Venue of the Program	Swimsea Beach Resort, Miramar
8. 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.
9. 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 “Characterising Mental Health for Social Well Being”.
10. 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 10th October 2026 at Swimsea Beach Resort, Miramar Goa from 04:30 to 06:00 PM. The community outreach activity aimed to bring people together to share soup

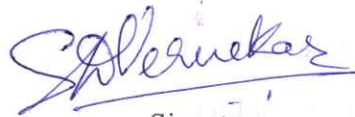
	and engage in meaningful dialogue. Dr. Walter Menezes, Project Investigator, Soulful Journeys, SSPIS, Goa University, inaugurated the event and explained the purpose of the event and gave an outline of how the meeting would be conducted. A text encapsulating perspective of families was read out and allotted to the participants followed by 20 minutes of group discussions on the theme "Characterising Mental Health for Social Well Being" 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.
11. Enclosures with report	Flyer, Attendance Sheet, Geotagged photos.

Signature;

Name of coordinator: Walter Menezes

Designation:

Date: 12/10/2026

Signature

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 & Indic Studies
in Association with

Philosophical Association, Goa

Welcomes you to the 10th



SOUL & SOUP SATURDAYSTM

A bowl of soup & soul-stirring reflections.

MENTAL HEALTH DAY SPECIAL!
**CHARACTERISING MENTAL HEALTH
FOR SOCIAL WELLBEING**

Saturday 10th October 2026,

04:30-06:00 pm

Venue: Swimsea Beach Resort Miramar

LOCATION:



REGISTER HERE

Contact:

Asst. Professor Dr. Walter Menezes 8879027233

Research Scholar: Jonathan Sequeira 8970294284



Follow us on Instagram
@soulfuljourneys.sspis.gu

GOA UNIVERSITY
School of Sanskrit Philosophy and Indic Studies

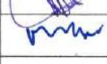
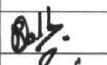
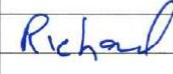
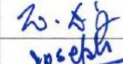
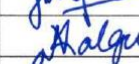
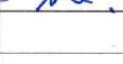
ATTENDANCE SHEET

Event: Soul & Soup Saturdays

Theme No. 10: Characterising Mental Health for Social Wellbeing

Date & Time: 10/10/2026 @ 4.30 pm

Venue: Swimsea Beach Resort, Miramar, Goa

S. No	Name	Registration @100	Voluntary/Optional yearly Membership	Signature
1	Alaric Gomes	PAID 100/- Cash	Directly at the venue (Cash or UPI)	
2	Malini Gurbaxani			
3	Marella DSouza			
4	Rebecca Coelho	Paid 100/-		
5	Sanjana Arya			
6	Hari Om			
7	Sagar yadav			
8	Sejal Rose Fernandes			
9	Dinesh Verma			
10	Richard Valladares			
11	Shubha H			
12	Siddhant Nayak			
13	Vandana Sardesai			
14	Akash S. N. Salgaonkar			
15	Walter Menezes			
16	Sandra Fernando	Pd. Rs. 100/-		
17	Elmira Emmanuel			
18	Wilma De John	Rs. 100/- Pd.		
19	Joseph De John	Rs. 100/- Pd.		
20	Nayantara			
21	Roy			
22	Maria Svetlana	Rs. 100/- Pd.	9850066273	
23	Felix Dasilva			
24	Joanna Coelho			
25	Divya Dhye			

26. Vedha Shiralkar Paid Rs. 100/-

27. Abhay Patil

28. Tulika

29. Vidhi Joshi

30. Rida Sonawane

31. Vinay Sharmapant



Tulika

Vidhi

