

**Your Career Matters with DYSs Sunita Sawant, Dharmesh Angle and Antonio Monserrate - February 23, 2020**



February 23, 2020  
Highlighting a career in the police force to the 12 years and above participants and helping them understand the various aspects of the profession

# Celebrating readers connect with 100 masters

## INSPIRING READERS

**W**e at The Navhind Times believe in working hard to bring latest news, insightful views and interesting features to our readers. But we do not believe that our relationship with our readers ends there. We have always striven to create forums to serve the readers in a much more enabling and uplifting way. One of the most popular forums is where we invite masters of various fields to share their ideas and experiences with our readers, be it students or aspiring or working professionals. It is a free and free-wheeling conversation with the mastermind of the participants who register with us. We always take care to get masters from a wide range of fields, so participants of different specific interests benefit. From creative writing to horticulture, from art to make-up, from history to hair care, there have been a hundred of them so far. The Navhind Times promises its readers to continue serving them through more conversations with masters in the future and more forums for engaging and enlightening them.

**Isabel Santa Rita Vaz**



June 26, 2016  
Area of expertise - Drama/theatre  
Familiarising 13 to 19 year olds with theatre as a form of art and introducing the participants to the basics, with special emphasis on the role of creative imagination, collaborative processes and effective communication



Feb 11, 2012

**Les Menezes**

Teaching 12 to 16-year old students how to overcome the fear of public speaking and speak confidently in front of an audience using the mechanics of public speaking

**Sanjeev Sardesai**

Sharing his knowledge of some heritage sites visited in and around Panaji so that the 12 to 15-year-old participants learn the history behind them



April 14, 2012



**Sonia Sirsat**

March 18, 2018  
Introducing participants to the traditional Portuguese music genre and art form 'Fado'



**Nandita De Souza**

October 11, 2020  
Area of expertise - Developmental and Behavioural Paediatrician (ADHD specialist)  
Creating an understanding of ADHD, the causes, diagnostic procedure, treatment and handling the same  
Aired on Goa365



**Wendell Rodricks**

December, 2014  
Getting stylish and utilising originality and creativity to design a garment to youngsters

**Margaret Mascarenhas**



November 26, 2011  
Helping 12 to 15-year old students explore the relationship between text and image with a focus on personal essay and flash fiction

**Anita Dudhane**



October 25, 2020

Area of expertise - Allergies and clinical immunology  
Demystifying the different types of allergies, its causes and treatment  
Aired on Goa365

**Sabreena**



September, 2019

Area of expertise - Hirsutism and body positivity  
Body positive campaigner, Sabreena Shah shared her amazing story of her trials and tribulations of living with Polycystic Ovarian Disorder (PCOD) and overcoming the same

**Miguel Braganza**



November 1, 2014

Teaching 12 to 16-year-old participants pot cultivation of vegetables and flowers

**Subodh Kerkar**



June 8, 2014

Teaching 12 to 16-year-old participants learn to appreciate art in all forms and express themselves through art

**Goan Woman Chef of the Year**



July 8, 2018

Appreciating gastronomic talents of Goan ladies while inculcating a spirit of healthy competition and a passion for creativity. Also, promoting culinary passion, taste for excellence and bringing to the fore some traditional recipes that have been handed down through generations

**Luke Coutinho**



September 20, 2020

Understanding the cause of chronic illnesses and how to overcome/manage the same with the right foods, lifestyle and other holistic natural practices  
Aired on Goa365

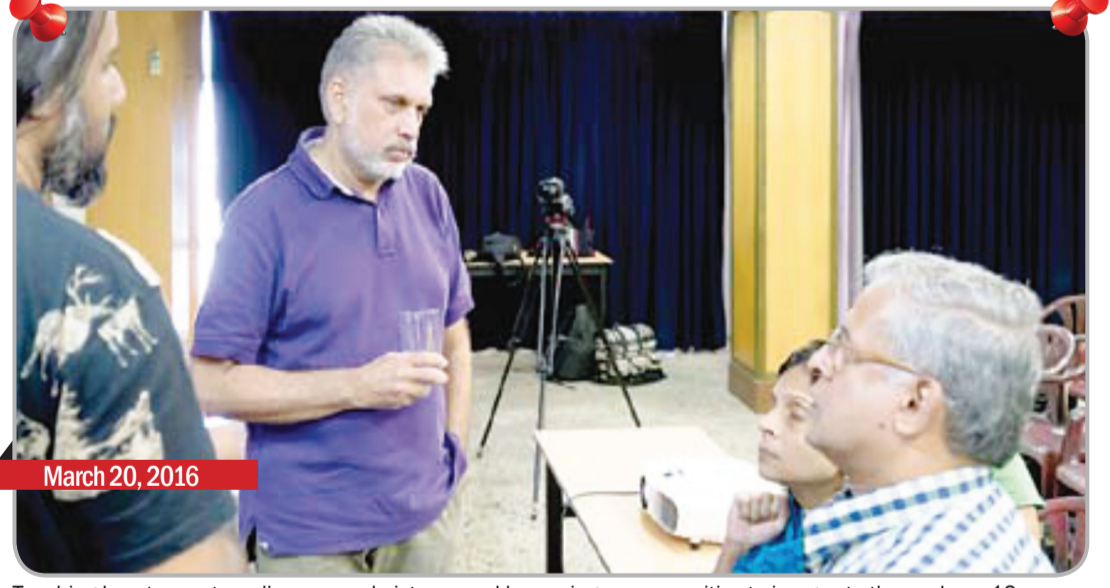
**Cory Wallia**



September 17, 2017

Giving participants tips on different types of make-up and the do's and don'ts of grooming

**Shantanu Sheorey**



March 20, 2016

Teaching how to create well composed pictures and becoming more sensitive to images to those above 16 years of age

**Patricia Sethi**



August 24, 2014

Helping 14 to 16-year-old participants write successfully using inspiration, imagination and mechanics (good grammar, spelling and syntax).

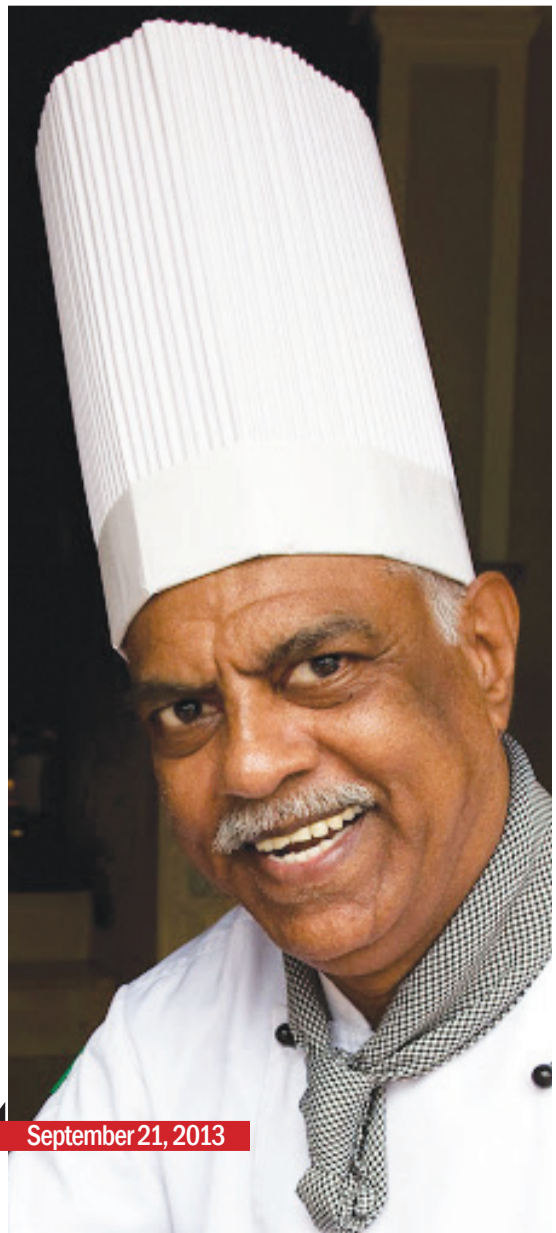
**Monika Gurde**



September 25, 2016

Sensitising participants about the olfactory sense; how it works and affects a person

**Urbano Rego**



September 21, 2013

Teaching 15 to 21-year-olds to make a few Goan delicacies

**Yogita Mehra and Karan Manral**



September 27, 2020

Helping participants understand the importance of organic produce and how to grow fruits and veggies organically at home  
Aired on Goa365

**Bina Punjani**



May 2, 2014

Helping participants understand the importance of a good hair cut, choosing the right cut and general hair care along with basics of make-up