



A Newsletter by The Lila Poonawalla Foundation

Vol.no-32 / December 2010

# INSPIRA...

Inspire, Ignite, Imbibe

## From My Heart...♥

My Dear Lila Fellows, Lila Girls and Friends,

**T**his is the **last issue of 2010**. In retrospect, it has been a very unique and a highly rewarding year. We **released a CD**, capturing the essence of the Foundation, its philosophy and the difference it has made to the lives of the girls who have received the scholarships; LFs shared all this **through their own personal experiences with the Foundation** and the future milestones that the Foundation dreams to achieve. We added 27 **Lila Girls (LGs)** i.e. girls who will receive scholarships for **four years to complete their graduation in various engineering faculties**. We sent the **third batch** of 14 LFs to **UK for the wholesome leadership** training program for 3 weeks, returning as Peace Ambassadors (PAs). We introduced new training programs for LGs in addition to continuing the various innovative programs for LFs. PAs of the 1<sup>st</sup> and 2<sup>nd</sup> batch have **taken up various initiatives for doing their bit for the society**. They commenced a program named '**Abhigyan**' jointly with Dr. Kalmadi Shamrao High School, **dedicating their time to teach and hone the skills of economically challenged deserving primary and secondary school children**. They are also working with **two remand homes** where they teach the children mathematics, various educative games, Warli painting as well as various simple forms of dance to the girls. We brought on **Board, four additional Senior LFs to take on responsibilities as trustees, taking their population to 6**. We have also added **five completely new trustees on our Board**; all this to ensure that we give enough attention to the various new programs initiated by the Foundation.

All these exciting developments have taken place in the year gone by; but there are **many**



**more unique programs in store for the coming year**. I am very excited to share with you all the new developments at LPF. **Our trustees have decided to extend the graduate scholarships beyond the engineering stream. We will be supporting an additional 30 girls every year, from other science faculties, for their full course of three years. Our post-graduate scholarships will increase (from last year's 72) to almost a 100 in the year to come.**

**Yet another new chapter is being added to the LPF's multi faceted activities.** We have decided to **support young school-going girls for their education starting at class 7<sup>th</sup> till class 12<sup>th</sup>**. This new venture is called '**2MORROW2GETHER**'. These young scholars will be called '**Lila Juniors**' and will be supported to become LGs and further on LFs, depending on their academic performance. Under this project, we intend to select about **100 girls from 5 to 6 different schools**. These girls will be selected on the basis of **merit-cum-need, the paramount principle of the Foundation**. The unique part of this program will be that the Foundation will not only support the girls financially for their fees, but also with uniforms, books, health insurance, special coaching in difficult subjects, study trips and many such value added innovative programs. In addition, it is also planned to **train the teachers** with special programs to keep them

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# From My Heart...♥



abreast with the latest teaching techniques, so that they would continue to impart quality education to all the students of the future. We have also decided to **conduct awareness programs for the parents** of the selected Lila Juniors, whose support is essential in educating the girls and **changing their mindsets**.

All these new initiatives have been made possible because of some **very generous donations from individuals, a few corporate organizations, as well as LFs**. LPF is indeed grateful to them. **I would like to express our gratitude to each one of them through this message FROM MY HEART**. Without **their generosity it would have been difficult** to take these new bold initiatives. We are indeed hopeful that these friends of the Foundation will continue their support for years to come and we will have **many more coming forward to lend their shoulders to this cause**, so that LPF can grow and reach out to deserving girls also in other districts besides Pune. **The dream is to 'Go National'**.

With so much happening we did not forget to conduct various programs for the overall growth of the LFs and LGs. The last trimester started with **two orientation programs**—one for LFs and the other for LGs. This was done to familiarize the new members to the **philosophy of the Foundation and its working**, so that they get an opportunity to know, meet and interact with the fellow members and trustees and make new friends. This was followed by the regular overall personality development workshop **'Stepping into a new World'** conducted by renowned management trainee **Mrs. Ratna Khemani**. A **six-week Spoken English Program** was conducted by a very experienced trainer **Mrs. Belvalkar, mother of our LF Neha Belvalkar**, who is doing her PG in USA. **'I am a winner'** was a very special program conducted jointly by **Mrs. Aruna Katara**, Dean (Administration) and President I<sup>2</sup>IT and **Dr. Chandrashekar Vallath** a renowned professor in multimedia and broadcast education of international repute. At this occasion **Aruna also released our 31<sup>st</sup> issue of INSPIRA**. As the young girls step into the new world, it is important to guide them towards progress in life. To make them aware of the various opportunities **'Ahead of times' – a career guidance workshop was organized for them**. **Mr. Ketan Deshpande**, Managing Partner of FUEL spoke to the LFs and LGs and instilled the spirit of entrepreneurship, leadership and team building skills in them. In yet another workshop, **Dr. Deepak Shikarpur**, an IT Professional of global repute made the girls aware of the **global opportunities**

**available in the IT industry**, the hot jobs, and the importance of continuous skill building. **Mr. Sangram Chandgude, Trainer from KPIT Cummins Info Systems** conducted a full day workshop on the premises of the company. Besides the tour of the company he **imparted to our girls, knowledge about good and comprehensive resume writing and interview techniques**.

Besides all these academic programs we also had some **cultural and additional skills learning workshops**. The Foundation sponsored tickets for girls to see the play **One-On-One**, a hilarious comedy. We organized a workshop on **creative visioning and exploring the power of camera** by **Mr. Shridhar Deshpande**. He is an expert in wildlife photography and his pictures have been published in the magazine, National Geographic. **Internationally acclaimed dancer and choreographer Mr. Sandip Soparrkar** conducted a full day dance workshop. We were indeed lucky to get a **person of his stature** to spend a full day with us, teaching the girls the basic steps of **Salsa, Meringue and Samba** and explaining to them the essential etiquette to follow on the dance floor. This was the first time I learned the full definition of **BALL ROOM** dancing. The term refers most often to the ten dances of International Standard. **Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep** are known as **Standard Ballroom Dance** whilst **Samba, Cha-Cha-Cha, Rumba, Pasodoble and Jive** as **Latin Ballroom Dance**. Did we all know this? Read more about this workshop further in this issue.

Amidst all this learning we also had some fun. More than 100 LFs and LGs came together to celebrate **'Navratri' at a fabulous Dandiya Party**. We all danced to the lively music from **Gujarat and Rajasthan** and enjoyed a traditional **Rajasthani dinner including dhalbhatti and tiny jalebies!**

All of you will agree with me that we have had a lot of learning and fun in this last tertial. It is now time to prepare for the New Year. **There is so much to look forward to that I just cannot wait to start off 2011 with a BANG**. New dreams, new aspirations and new projects, all await us. **So let us get started. I send all of you, your families and all your near and dear ones my best wishes for a MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR**. May 2011 be a wonderful year for all of you. Let us say **Goodbye to 2010** expressing gratitude for all the good things that happened to all of us in **this year**.

With love and best wishes,  
Mom for Lila Fellows and Lila Girls,  
Friend to All,

Lila Poonawalla



**Dr. Mona Dange (LF-1997) accepting the Global HR Excellence Award 2010 on behalf of LPF**

**PRESS CLIPS**

Publication	Date	Page No.	Editions	Position	Language
Intelligent Pune	24 <sup>th</sup> to 30 <sup>th</sup> September 2010	21	Pune	Top Left	English

**Global HR Excellence Award 2010 for Lila Poonawalla Foundation**

*Lila Poonawalla Foundation received one more recognition for Outstanding Contribution to the Cause of Education at the Asia Pacific HRM Congress held in Bangalore. The Award was presented by K. K. Sinha, Group Director - HR, Jindal Steel & Power Ltd & Dr. Y. V. Verma, Chief Operating Officer, LG Electronics India Pvt. Ltd.*

*Many Corporate leaders from India gathered to celebrate their success at the prestigious Asia Pacific HRM Congress at Taj Residency in Bangalore on Friday, 3rd September 2010. On this occasion Lila Poonawalla Foundation was nominated as the winner, for its outstanding efforts in creating benefits for the Girls education and encouraging them to learn and engage in development activities. Senior Lila Fellow (Scholarship Awardees) Dr. Mona Dange accepted this award on behalf of the Foundation. Mona completed her Doctorate in Computer Law from Pune University and currently working in GE in their Healthcare business. She also serves on the Board of Directors of GE Global Sourcing Pvt Ltd.*

**DNA PUNE** Wednesday, May 19, 2010

**2 | WIL INDIA AWARD FOR LILA POONAWALLA FOUNDATION**

Lila Poonawalla Foundation was nominated the winner of the WIL India Award in the "Women Initiative of The Year" category, for its outstanding efforts in the education of girls and encouraging them to learn and engage in development activities. As chairperson of the foundation Lila Poonawalla was out of the country, one of the senior trustees Vasantha Ramaswamy accepted the award from senior vice-president, marketing and communications, Accenture India, Susan Scott-Ker. Short listed nominees were judged by a panel of notable women, including founder of 20-first.com (UK) Avivah Wittenberg-Cox and author of *Why Women Mean Business* Kiran Bedi and partner of Tax and Regulatory Services Pallavi Joshi Bakhrui.

**Honour**

**Intelligent Pune** May 21 - 27, 2010

**WIL India Awards**

**FORUM INDIA**

**Accenture**

Women leaders from India and many other countries gathered to celebrate their success at the prestigious Women in Leadership (WIL) India Awards at the Sheraton Hotel in New Delhi. On this occasion Lila Poonawalla Foundation was nominated as the winner of the WIL India Award in the category "Women Initiative Of The Year", for its outstanding efforts in giving benefits for the Girls education and encouraging them to learn and engage in development activities.

In the absence of Mrs. Lila Poonawalla, chairperson of the Foundation, one of the senior Trustees Mrs Vasantha Ramaswamy accepted this award on behalf of the Foundation at the hands of Susan Scott-Ker, Senior Vice President, Marketing and Communications, Accenture India. Short listed nominees were judged by a panel of notable women including Avivah Wittenberg-Cox Founder, 20-first.com (UK) and Author of *Why Women Mean Business*, Dr. Kiran Bedi of the Indian Police Service, Pallavi Joshi Bakhrui, Partner-Tax and Regulatory Services.



# *Leading Life with a Difference...*

***In early August when TV screens and tabloids were splashed with news of the severe cloud burst in Leh-Ladakh, LF Rashmi Borole was busy appealing to friends, relatives and colleagues to collect money, food and clothing as relief to the disaster victims there. Instead of cancelling her trip to Leh due to the calamity, she travelled in the disaster struck region to serve the victims who, she thought needed her. Not just that, she even conducted art workshops as recreation for disaster struck children up there!***



***'Think beyond the Horizons!!' is exactly what young dynamic artists do... and our feature girl Lila Fellow Rashmi Borole did just that-thought beyond the horizons ...beyond the boundaries. That's also exactly the reason why we met Rashmi to know more about her and her journey to contribute towards the society in her own way to create a different world. She is currently working as a freelance animator and graphic designer. She has brought light in the darkness of many needy students who fondly call her 'Didi'.***

## **Living the dream:**

**I** pursued BE Electronics and Telecommunication - Cummins College of Engineering, Pune and Advanced Diploma in Multimedia - Arena Multimedia, Pune. I then went on to do my Master of Arts in Animation - at the Savannah College of Art and Design, Georgia, USA. My heart has always been into arts and animation; so after completing my masters I worked with Charlex, New York, for a year as an animator. I have also worked with a team of animators and collaborated with other departments to develop 3D animated television test commercials with reputed clients like Coca Cola, Gillette, LG, Axe, Benadryl, Wall Mart etc...I have been living my dream of being amidst animation!



to India after my education in the US and share my learning with children here by starting a low cost animation institute for those who cannot afford the expensive courses. When I came back a year ago, I found that many children had no idea of even the basic art forms let alone animation. Also when I moved to Mumbai, I saw many kids around me working as rag pickers or beggars etc. And that was the deciding point; to teach them basic art and craft - something that they would have fun with and also use to earn a living instead of doing hard-core labour, an employment option for them.

## **After living two paradoxical worlds- the country of wealth and the country of the needy:**

Clarity breeds success- they say. That's what has worked for me. Right from start, I was aware I wanted to try and make a difference in society in my



own way. It was painful to witness wealth and poverty at the same time. US taught me and gave me the self confidence, made me aware of my truest potential and since then, I have never looked back.

## **Overcoming the obstacles:**

I never faced adversity really, which in itself speaks volumes about looking an adversity as an opportunity. I have always been empathetic towards the unlucky ones.

## **Pillars of strength:**

My parents always inculcated the value of independence in me. I belong to a middle class family. My father is a banker, mother a housewife and younger brother an army officer. My parents have not just given me education but also many other values that make me proud. They have always been encouraging me to participate in extra-curricular activities like dance, drawing, gymnastics, athletics, adventures etc. My in-laws too, have been an immense source of support. Their positive outlook towards life has always inspired me. All of us believe in 'no substitute for hard work'.

## **'Out-of-the-box-thinking' to enlighten the lives of underprivileged children:**

I always wanted to work for the under-resourced children in India. I had clear thoughts about returning

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# Leading Life with a Difference...

**NGO's / social causes she works for? Her cause partners and team..and her experience at Ladakh**

**NGO Art Pitara** – aims towards developing creative potential in underprivileged children. The basic idea is to teach them various art forms so that they can consider art as a means to earn a living. Here we conduct free art workshops on drawing, mask making, eco-friendly Ganesha idol making, clay modeling, keychain making etc. Recently we went to Ladakh to conduct free workshops for children in the disaster relief camps and other government schools. Over 400 students attended the workshop.

**Pankhudi Foundation** – works for uplifting the lives of those children who grow with inadequate education, resources and psychological supports. Some of our projects include education and life-skills for slum children, awareness and education of HIV/AIDS affected children, health checkups for needy children, material collection drives for flood relief, adoption awareness etc.

**Vitamin M matters: How much?**

**What is the society's outlook?**

We have faced shortage of funds as art supplies are expensive. Art Pitara has been self funded. We have some well wishers amongst family and friends who have been extending help from time to time. Exhibition and sale of the artworks at corporate offices have been a constant support.

**How has this work transformed you?**

It has given me an immense satisfaction. It has also been a morale-booster; something that I take pride in...and is always close to my heart. It also motivates me to undertake more work.

**How do we motivate the common man, especially the youth today?**

Just preaching will go nowhere; one has to live the experience. We all have the ability. The difference is-how we use it. We can engage children in such causes

right from school/college level. Youth today has lots of wonderful and creative ideas. So it is important to take inputs from them / make them feel that they are a part of the cause. Social media platforms like Facebook work really well to seek the youth's attention towards such causes. We implemented it during our Ladakh visit and got a huge response. All the volunteers and supporters during the workshops came through Facebook.

**Roughing it out..... Ready to fight but nowhere to go...have you encountered such a feeling in the course of your life? How have you dealt with helpless situations like these?**

Yes. Coming from a middle class family, it was really difficult to even think of going abroad for studies, especially to study animation. 5-6 years ago not many people or even the animation institutes in India were aware of such courses and were skeptical to lend any kind of support for my studies. I myself had very limited information about the colleges and courses in USA. There were times when I felt completely helpless but

kept going without losing faith in my dreams. The biggest support during all these times was from my parents. They believed in my talent and the ability to make it big; so they

encouraged me to fight. For 8 months I worked really hard collecting information about the courses, sending applications, developing a portfolio, getting bank loans, interviewing for scholarships. And finally I was accepted in the Savannah College of Art and Design – one of the top 10 animation institutes in USA. So I believe that nothing is impossible. Never give up and make your way out against all odds.

**Message for our readers:**

Believe in yourself.

■ - As told to Sanchita Satalkar



### Peace Ambassador Leadership Training Program at the Asha Centre Experiences of the third batch (2010)

The third batch of Peace Ambassadors recently returned from a three week leadership training program at the Asha Centre, U.K. Read on to know more about their experiences of being in a foreign land, of exploring the U.K. and most importantly, learning new life-skills on each day.

#### How we learnt together:

All of us being post graduates and professionals in our respective fields, we were attuned to the idea of **'class room based learning'** where the teacher is the giver and the student is the receiver. While this works for certain academic subjects, our program was delivered through the unique concept of

**'experiential learning'**. This type of learning method focuses on **'experiencing, feeling, discussing and imagining' rather than passive lecturing as in classroom learning**. Though it was hard for our conventional minds to make sense of it at first, our sessions helped us to 'de-learn' the old ways of learning and encouraged us to apply our minds and our creativity in each session. We did not just sit and learn from the trainers- we discussed, argued, stood up and performed, shared our experiences and learnt through the process of reciprocation. This new way of learning was not only helpful in terms of making the learning process different, but we also tried to 'learn with and from each other'

#### Our Learning Experience:

##### Learning through interactions with eminent people

- Inspiring talk by Ms. Zerbanoo Gifford about her life story, her political journey and her message of 'Saying YES to life'
- Literary supper with Prof. Alison Donnel and her talk about understanding women's literature, literature of the oppressed and new perspective on feminism
- Talk with Ms. Pragya, the founder of Southhall Black Sister's Association, which works for the cause of domestic violence, dowry and exploitation of migrant women in U.K.



##### Learning about Indian History and Indian Diaspora

- We saw the picture of the 'Grand Old Man of India', Dadabhai Naoroji in the British Parliament and learnt about his significant contribution from Dr. Kusoom Vadgama.
- Interaction with Ms. Sharbani Basu, the author of books on Indian influence on British history, culture and society



##### Learning about Interfaith Relations

- Interfaith poetry session by Mark and Adrian definitely helped us to understand different religions such as Hinduism, Christianity, Islam and Zoroastrianism and their historical backgrounds rooted in socio-political conditions.
- Knowing about Michael and his parallels in other religions
- Celebrating Michaelmas day in an interfaith manner by performing a verse from the Quran and Pooja of Maa Durga for audience - a confluence of Christianity, Islam and Hinduism.
- Learning to respect different religions and believing in humanity as the ultimate truth





# Special Feature...

## Learning to know, respect and love one another

- Participating in an innovative 'Ice breaking exercise' to know and connect with the other person at an emotional level. This helped in building a strong team.
- 'Making Links' session with Sandy : Respecting the different sections of society and understanding their side of the story
- Experience of living with roomates, performing tasks and duties together as a team and discussions



## Visit to the Grange Village : a community that taught us how to live life to its fullest

- Understanding the needs of special people with learning and physical disabilities was an rewarding experience as we saw the people live together in unity and harmony and making each moement count in their lives.
- We worked with them in the basket workshop, wood workshop and farm . The potters showed us how passionate and sincere they were about the work they do and how they respect time and money.
- Their giving and jovial nature taught us the value of our lives, how we must learn to respect it and give unconditional love to people. Each one of us was amazed to experience constructive and continuous efforts of these people to lead a beautiful life.
- Learning from Judy Bailey, their co-ordinator as to how one can devote life to a cause and work to make other people's lives better by selfless service



## Learning to care for the environment

- Knowing about the innovative concept and practice of bio-dynamic farming, the most natural way of farming and preserving purity of nature
- Forest walk in the Royal Forest of Dean to know the unique concept of 'sculpture trail'
- Living at the serene Asha Centre and it's beautiful garden grown bio-dynamically
- Working in the herb garden to know more about bio-dynamic farming at the Asha Centre



# Special Feature...

## Leadership Training

- ✎ Learning leadership skills such as communication, team building, problem solving, personal leadership and energy to become a better person through the Lucca Leadership Training Program
- ✎ Knowing the 'Inside-out' approach to leadership i.e. focusing on personal leadership development is important to become a good leader
- ✎ Learning to be a good team player is as important as being a leader
- ✎ Learning different hands on techniques to improve listening, speaking, organizing, problem solving and observational skills.



## Learning through Art , Poetry and Dance

- ✎ Interfaith Poetry Session with Mark and Adrian and voice modulation exercise to improve pronunciation helped us to improve our language, recitation and expression skills. It also helped to strengthen the interfaith bond through art.
- ✎ The Four Temperament Session helped us in unmasking our own selves, knowing different temperaments and gave framework to improve our personalities.
- ✎ Painting Session with Jerroo Roy helped us in connecting with our emotions, thoughts and deeper selves through the medium of art. It enabled us to express ourselves through paintings.
- ✎ Introduction to Eurythmy helped us in learning a new form of spiritual and rhythmic dance therapy.
- ✎ Watching the play 'Present Laughter' in a British Club in Newnham
- ✎ Witnessing the book release function of author Manzu Islam in University of Gloucester





# Special Feature...

## Learning through Exposure and Institutional Visits



- ✎ Visit to the Oxford University, a dream-come-true to see the structures, libraries and museums where famous scholars studied and taught. Knowing about the academic culture and tradition of Oxford was an eye opening experience.
- ✎ Visit to Stratford Upon Avon, Shakespear's birthplace and meeting Mr. Richard, a scholar in Shakespearan literature taught us about his great and influential literature and life and also educated us about the situation in his time. The way his house and artefacts were preserved and presented in an artistic manner taught us about how art and culture can be preserved in an asthetic way.
- ✎ Visit to Tintern Abbey helped us to learn about the ancient monastery and life of monks who lived there. Reading Wordsworth's poem which was written on the same location ages ago near the banks of River Wye with Adrian was a surreal experience .
- ✎ Visit to City of Bath and Roman Baths was an educational experience. We saw how heritage sites are valued and looked after in U.K. Roman Bath was the best example of how the heritage sites are not only preserved but are made accessible to foreign tourists in terms of developing exclusive audio-visual guided tours.

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# Special Feature...

## Exploring London

- Helped in learning about the world famous city, its culture and heritage through the visit to Tower of London, Madam Tussauds Museum, London Eye, Harrods and Hamley's Stores, Downing Street, Trafalgar Square and the iconic Oxford Street.
- It was an astounding experience to tour the Parliament of the country where 'democracy' was born. Visiting the grand House of Lords and House of Commons made us realize the importance of preserving political culture.
- We learnt about the cosmopolitan yet distinct culture of London, its impeccable transport system of Undergrounds and Tubes explored through maps and also discipline and cleanliness in the public sphere.
- Visiting Asian areas, dinner at the Pub that serves Indian food, Dinner at China Town showed us how different communities co-exist in London.



## Our Felicitation and Final Performance:

Our final performance was at the auditorium of the Grange Village and the Mayor of Gloucestershire was the honored guest. It was the auspicious occasion of '**Michaelmas Day**'. As mentioned earlier, we included parallels of Michael in different religions in our performance including Hinduism and Islam. Along with that, **Tejal Sonpatki**, our own *Tabla* artist performed with the *tabla* for the guests.



**Kavita Gaikwad** complimented the poem '**The Human Heart**' by dancing on the song 'Breathless'. The icing on the cake was our final performance titled '**Indian Women Carry Forward the Culture of Peace**'. The 40-minute performance based on the theme of the different shades of Indian women (right from a homemaker to a successful professional) was woven through dances from all regions of India. The performance also spoke about the impending problems faced by Indian women such as lack of education, lack of freedom, female foeticide, domestic violence and how together we can conquer the problems. To present the optimism and hope symbolically we did a '*Deep Nritya*' (Lamp Dance) on '*Tum chalo to Hindustan chale*' a song that talks about coming together to build a better future for all Indians.

## Farewell:

As we were leaving U.K. we remembered a few lines from a poem which we had recited:

**"Dark and cold we may be, but this is no winter now....."**

**It takes so many thousand years to wake, but will you wake for pity's sake?"**

The message of optimism, courage and conviction lingers in our minds even today as we are planning to take up projects to make our contributions to society. We understand that this is not an end, but a beginning of our journey together and we hope to report back to the readers of *Inspira* about our social undertakings very soon!!

■ - Team of 3<sup>rd</sup> Batch of Peace Ambassadors-2010  
(Compiled by PA Amruta Prakash)



## Exploring the 'Art of Self Enrichment' through the lens

**P**hotographs and photography have become an integral part of our routine life, especially during every kind of celebration. Photographs freeze memories beyond a lifetime! To encourage photography amidst Lila Fellows, LPF organized a fun-filled workshop on 3<sup>rd</sup> October 2010, which enhanced the participant's knowledge about the basic techniques of using and mastering a camera. The workshop was conducted by Mr. Shridhar Deshpande, who over the past 25 years has tried to pursue photography passionately, no matter what his profession has been. Now he has chosen to take his hobby as his profession.

The workshop was based on creative visioning. What always seems extremely complex and technical about operating a camera was suddenly made easy. 'EXPLORE' said the name of the workshop and so it was! Mr. Deshpande had beautifully designed the flow of the workshop and had divided it into four interesting sessions. The first session was an introductory session about photography which covered understanding the emotional quotient of images, how to find expressions, exploring oneself with the camera and artistic visioning with the camera. The session began with the introduction of personality types and their attributes. We learnt about 'Power Personalities' who are able to sense the subtle reality around them through lateral thinking for which the camera is just the right gadget that helps explore this facet. Such personalities understand their persona and know how to excel with it. Mr. Deshpande described photography as an art of capturing the remarkably distinctive moments and moods of life. He says that through this art we can lock a moment in time and make it live forever.

The second interactive session made everyone understand the comparison between a point of view seen through the eye (controlled field of view) and through the lens (controlled depth of view). Further, the flow of the session described creative visioning – that deals with thinking of objects that portray some

emotions. This is an important aspect in photography as creative visioning relates to the power of visuals that comprise an emotional quotient, aesthetics, essence of the moment and cognitive impact of the captured moment. This can be achieved by using best combinations of components like light, perspective, placement of the subject, the subject itself and the framing part that narrate the composition to the viewer.

After covering the basics, the workshop entered into the third session. It covered technicalities of a camera and the viewing techniques that described two rules: the 'rule of thirds' and the 'rule of nine' that is important in composition balance. It described camera controls, qualitative parameters of photography, taking quick decisions for the best option and getting comfortable with manual camera operations.



**LFs trying to 'explore through the lens' with Mr. Shridhar Deshpande**

The best part of the forth session was that we all got to know about some key elements that were important in photography with a practical demo related to the function. This covered parameters like sensor, ISO, shutter speed, aperture, depth of field, metering mode and AWB (auto white balance). In the end, many of our beliefs or myths were replaced by facts like: 'the true value of a digital camera is the sensor not its megapixel image resolution'. 'One should use lower ISO for still objects and higher ISO for capturing moving objects'. 'Always put off the digital zoom'; 'Long exposures or high shutter speed is effective in clicking images in low lights' etc. to mention a few. These tips will not only help in selecting/purchasing a good camera but will definitely improve our photography hence forth.

At the end of the session, Mr. Deshpande demonstrated his collection of cameras and answered the queries of the LFs. Through this session all LFs mastered a new skill that definitely needs a person to devote more time for refining and exploring the varied facets of this art. Like me, for sure each one who attended this workshop might have started exploring the art of seeing through the lens!

■ - Priyanka Khopkar

**H**ow could Inspira miss out on golden opportunity for fireworks especially when the global media made the best of such an international event? The topic for this issue's discussion is:

## **President Barrack Obama's Visit to India and its impact on Indo-US Ties**

**The three-day visit of the US President Barack Obama to India ended after much high voltage activity; right from his interaction with school children to addressing the Parliament and the Business community. Do you think Pres Obama's visit will yield any substantive gains for India and the Indo-US relationship? Will India benefit from partnering with the US in an evergreen revolution, clean energy, IT Sector and Education collaboration? In your opinion will this visit culminate into healthy Indo-US economic bonds?**

Definitely the Obama visit will affect our economy, business and other relationships with the US in a positive way. During his visit, not only India but the entire globe had an eyes only and only on India! This in itself speaks about the importance India and we Indians are getting from the world. Obama sent out the message that India is open and eager to welcome whoever wants to trade and invest. Further, our good relationship with the USA is sure to help us build relations with many other countries as well; thereby improving our trade, technology, economy and relations globally.

**-Ms. Manini Mishra (LF-2007)**

**Data Analysis Executive, Cartesian Consulting Pvt. Ltd., Mumbai**

I don't think his visit has done any good for India. President Obama was here on a political campaign to make his voters happy back home in USA. All the promises he made and agreements he signed are more likely to benefit USA than India.

**-Amruta Nirgudkar (LF-2008)**

**Student, M.Sc. Political Sci. & Japanese Language**

**Barack Obama** is the sixth US President to visit independent India. In his speech, **he quoted, "India isn't emerging. It has emerged"** This was a huge accolade for progress shown by our country. The agenda of his visit consisted of opening up Indian Markets for American Businesses, political issues, clean technology and counter terrorism. President Obama launched the **"U.S.-India Energy Cooperation Program"**. This

program will catalyze entrepreneurship in the areas of Solar, Wind Energy and smart grids. Both countries also agreed for the betterment of commercial building energy efficiency. Big American corporations like Marriott, Target and Walmart and Indian companies like Wipro and Infosys were encouraged to experiment with the energy efficient technologies in their facilities. These will be stellar examples for other companies to follow. **A Joint Clean Energy R&D Center** was launched during this visit. This will mobilize research in alternate fuels and energy efficiency in buildings. Grants will be awarded to companies, universities and laboratories to conduct research. President Obama also agreed to deepen Homeland Security cooperation with the India Ministry. This will also enable the two countries to **exchange counter terrorism technologies**. Thus, President Obama's iconic visit to India strengthened ties between the two countries. This will lead to progress for both and also **build a strong will to create a win-win situation**.

**- Ms. Preeti Ajay Nagarkar (Joshi) (LF-2002)**

**MAPYN, Embedded Systems Engineering Company**

According to me Mr. Barack Obama's visit will help in strengthening the industrial development and reducing the unemployment in India.

**-Ms. Rasika Dileep Roman (LF-2008)**

**Recruiter Associate, Nityo InfoTech Pvt. Ltd.,**

President Obama's visit to India focused on bilateral gains like American jobs through Indian imports, trade deals, military equipment, access to US hi-tech equipment and so forth. Obama also endorsed India's bid for the UN Security Council, affirming India's role as a global power and underlined the need for more co-operation on security issues. However, it remains to be seen how the domestic political realities of both the countries shape the actual outcomes of Obama's visit.

**- Manjusha Gupte (LF-1997 & PA-2009)**

**Freelance Researcher in Environ. Politics based in USA**

I think President Obama's visit to India was an indisputable success! India and its relationship with the US will immensely benefit from the partnership for evergreen revolution, clean energy and other educational collaborations. These developments would create a silent revolution for the Indian economy and provide bedrock for their relationship. The lifting of export controls for sensitive equipment for India with obvious benefit to us will also help increase jobs in the US.

**-Madhura Kanade (LF-2008)**

**MBA Student, TASMAC**



# *Reading Lady...*

***We are so used to having detectives in novels, fiction and on the screen. But over the past two years, some Crusaders were often captivated by features on a lady detective from Mumbai that we also decided to feature her for our readers. Honoured with the Lux Sahayadri Hirani Award, felicitated by Ex-Chief Minister of Maharashtra Shri Ashok Chavan, the Kiah Diamond Jewellery Woman has been adorned by a dozen more awards and recognitions for her private detective services. She has authored 2 books for which she has bagged 8 awards too. 45-year old private detective Rajani Pandit is established as the first lady detective in India with nearly 25 years of investigative experience!***



**Private Detective  
Ms. Rajni Pandit**

## **T**here is a recent trend of people approaching private detectives instead of the police for help. Why?

People have issues that are associated with family prestige, respect and their future. In such cases, they want secrecy and at the same time also want a solution to their problems. A private detective is one amongst those capable of helping them without harming their family status. Politicians, public figures, industrialists, etc. have their public images, credibility as well as reputation at stake. That is why they prefer the services of a private detective instead of the police.

## **What kind of services do you provide as a Detective Agency?**

I started Rajani Pandit Detective Services alone. Today my team comprises fifteen detectives. We provide investigation services under three categories namely personal, corporate and employment related issues. Personal investigations comprise problems like locating missing persons, relationships, surveillance, divorce cases, internal investigations, background search, character verification, fraud, theft, kidnapping, investigations of children, etc. We also handle cases related to pre and post employment verification. Corporate investigations include labour court cases and legal support, detecting duplicity, asset searches, investigations of competitors, industrial espionage, employee dishonesty, undercover investigations, corporate frauds, etc. We charge for our services, but in cases where the client's financial condition is not sound, we offer free services too! We also impart 3-6 months formal training in private detecting for wanna-be detectives!

## **What inspired you to become a professional detective?**

My father was a sub-inspector in the CID. So I think investigations and the search for truth came to me genetically. I solved a case for my best friend during my graduation. She was bunking classes and often missing from college. I suspected her of bad company. After a talk with her father I started following her and learned that some boys were troubling her and also blackmailing her. When I tipped her parents about the

situation they were able to rescue her. Later sometime, I also helped a reporter to solve a personal case. She reciprocated by appreciating my work through a newspaper article on me. This publicized my work and got me a very good response and I started getting assignments. This encouraged me to take up private-detection as a profession. No doubt, my strong will-power and 'never give up' attitude helped me a big deal to take this initiative.

## **Did you take any formal training or courses to become private detective?**

No, I didn't. After my graduation in arts from Ruparel College, Mumbai, there were no institutes that provided formal detective training. My will power, perseverance, courage, exceptional capacity to foresee, analyze or to look beyond what's visible and fast decision-making ability were my only qualifications when I began. I regularly keep updating myself with advancements in detective technologies such as hidden cameras, voice recorders and bugs, etc. I also educate my self on legal aspects as I am required to counsel my clients and other associates. However, today, many national and international institutes provide formal training for prospective private detectives. As I have stated before, my detective agency also imparts 3-6 months formal training for people interested in this field.

## **What are the qualities one should have to become a successful detective?**

Presence of mind is the most important trait which a detective should have. Apart from that, there are seven qualities, which I personally believe that every detective should have: intelligence, far-sightedness, decision making ability, fearlessness, hard work, time management and last but most importantly, patience. No teacher in this world can teach you how to think smart and act accordingly. That comes only with experience.

## **What is the most challenging case you have solved and how is this profession looked upon by the public?**

I have written two books which are a compilation of

**Contd...**

# Empowered Reading Lady... Inspira

true life cases I have solved in the course of my career, 'Chehrya aad chehra' (the face behind a face) and 'Mayajaal'. They are strange, gruesome and some gory cases I came across. While I call them challenging, I look at them as sad stigmas in society; cheating spouses, planned murders for property, paedophilia within close knit families, frauds and much more. It is not pleasant sneaking into the lives of other people but as they say "ganda hain par dhandha hain ye" (It's dirty but it's my job). It is worth doing my job honestly to make the lives of my clients a cleaner place to live in.

## What are the difficulties faced in the profession of a private detective?

The biggest limitation of this profession is that it is not legalized in India. This is the biggest hurdle. Thus we do not get support from the police. Instead we often get roughed up by them, because for them we are illegally sneaking into restricted areas. It is also difficult to gain access to extremely classified areas such as banks. Other issues are of personal safety. Dealing with criminals is risky. Knowing martial arts is no big rescue, because I feel no martial arts comes to our rescue when we are faced by a pistol!

## How do you strike a balance between your personal and professional life?

The profession of a private detective demands working



**Crusaders Shraddha and Nisha met Ms. Pandit in her office in Mumbai**

at odd hours. Here I emphasize, that one needs to learn time management skills. I start my day very early, finish all the house-hold chores and then attend to my planned appointments and work.

## What is your message to LFs and LGs?

Self-confidence is very important for all girls. They should be able to have an eye-to-eye contact with the person they are interacting with. They should never consider themselves helpless and weak as the fairer sex. Live with self-respect and pride. Each day is a learning day; play the dual role of a teacher and student as well.

■ - Nisha Pandya & Shraddha Chiplunkar

# Empowered LILA Fellows...

**Hi Friends! I worked as a nutritionist and diabetes educator in Karnataka Institute of Diabetology (KID) at the Sri Jayadeva Institute of Cardiology Campus on Bannerghatta Road, Bangalore, for 7 long years, till I relocated to the UK recently in October 2010. I am a certified Diabetes Educator, recognized internationally by HOPE and International Diabetes Federation. I also trained at M. S. Ramaiah Multispeciality Hospital, especially in cases related to diabetes.**

**T**oday though it sounds like I specialize in diabetes related issues, I have been in the field of general health, nutrition and diet since my college days. I enjoy being in this stream of science as it has allowed me to experiment as well as enjoy my work. I have worked in the food industry, hospitals, hotels, health clubs, corporate sector, online health portals, research laboratories, NGOs and also taught nutrition. This is only because Nutrition Science can be applied to anyone, anywhere and in any situation. This is one field where I got a chance to work as a General Nutritionist as well as a Specialized Diabetes

Nutritionist and Educator. One can even combine allied courses like yoga, ayurveda and alternate medicine to give a more holistic approach to this specialized science. Such is the scope of this upcoming and in-demand profession.

After completing my Masters in Nutrition and Dietetics and qualifying in Alternate Medicine, Yoga and Diabetes Education, I found a very good work platform at KID. It is a premier institute, a venture of State Government of





# Empowered LILA Fellows...



Karnataka which provides maximum facilities for diabetes detection, Prevention and Care, all under one roof at reasonable prices. Working for KID was a wonderful opportunity for me as I was given the complete responsibility to set up the nutrition unit and execute all the functions related to it. I was, by God's grace, given a free hand to use all my work experience, knowledge and creativity to set up the structure, design, systems and functions of this department along with my colleagues. There, I used to lead a team of nutritionists with whom I counseled patients, conducted education sessions, went to medical camps, participated in regular outpatient services, maintained research data and delivered lectures on diet, all centered on diabetes and related areas.

KID provided me a life time opportunity to meet, interact and understand people from most walks of life right from the common man to the members of Parliament. I came across people in rare professions, met dignitaries in the medical field from different parts of India and across the world and was privileged, along with my team, to demonstrate and showcase to my colleagues from other departments, the standards that we had set for our department in terms of systems, patient counseling and positive feedbacks. It was a unique opportunity for me to undertake counseling for medico-legal cases including those of high profile prisoners. I dealt with critical, chronic, emergency and freshly detected cases of diabetes and associated illnesses. We were featured in E-TV and several Karnataka newspapers for the institute's work in diabetes. I had also taken the initiative to arrange external nutrition audits, publish booklets on diet for diabetes, design questionnaires for the purpose of data analysis and research as well as recruit and train staff in the nutrition department. I shall always be thankful to the Founder Director of KID, Dr. K. R. Narasimha Setty, a renowned endocrinologist/diabetologist himself, for having given me this wonderful opportunity. He has supported me in every way, so that I could demonstrate my passion and be of service to people with diabetes.

**My tenure at KID has been very enriching and will always serve as a beacon in the course of my professional life ahead!**

Counseling activity in KID extends to the rural sectors apart from the urban and corporate. This also helped me learn how to help rural people in dealing with a disease which is often left undetected there. This way I have realized that **diabetes is not just a rich man's disease but widely prevalent in the lower income strata as well.** Diabetes care is gaining primary importance world over. Diabetes is growing; prevalence of diabetes in the world is about 170 million and is growing rapidly. India is already the diabetes capital of the world. In fact, the International Diabetes Federation

has claimed "epidemic status" for diabetes. It is estimated that India has around 40 million people with diabetes at present. It is predicted to double by 2030. It is estimated that 80% of type 2 diabetes can be prevented or postponed for several years. Exercise, lifestyle management, diet and drugs to some extent prevent type 2 diabetes. Diet has a very important role in prevention of diabetes and controlling blood sugar in persons suffering from diabetes. Diet and lifestyle changes are important to prevent conversions of pre-diabetes to diabetes.

Diet counseling, dealing with patients one on one, explaining to them the importance of diet and its role in health status, is vital, interesting and fulfilling. I found that this is one opportunity where I can impact a person's life directly without taking a middle-path. Educating people about diabetes, its symptoms, secondary complications and importance of lifestyle changes helps in removing ignorance, doubt and fear from people's minds. Being a Qualified Diabetes Educator with International Certification, I feel, has been one of the best ways to reach and educate people with diabetes of all age groups, types, and social status and so on. Diet counseling is one area where a person can get creative in applying technical knowledge. It is all about dealing with human beings. Since each person is different each counseling session is also unique and different. There is no job monotony and there is plenty of room to use our own ideas to connect with people. This is one career option which finds application in everybody's life at some point of time. This is because man cannot survive without food, nowadays, without a diet. Such is the importance of health and fitness in this fast paced and stressful world.

In India, the scope of this stream is not elaborated at the college level in mainstream courses. One has to find one's own way through trial and error. A nutritionist in India does not hold a very respectable position like that of a Doctor only because his value is still not known to the masses. Hence remuneration may not be satisfactory unless you find the right job with the right employer. These drawbacks aside, it is a very satisfying career choice as it is a great discipline which affects social impact, knowledge application and research.

After KID, I have been writing about health and Nutrition for an internet portal for US based clients, while I was getting set to relocate to UK. I had also officially started on my PhD work Simultaneously in Yoga and Nutrition at SVYASA, Bangalore. However I had to discontinue due to my relocation. I plan to apply for clearance from the Health Professionals Council in UK and continue in the field of nutrition and Dietetics. Since it is a long process, I am looking out for a part time or full time work opportunity in UK related to my field, while I prepare for my registration formalities.

■ - Divya Rajaram (LF-2001)

## First Corporate training for the Fellows of the LPF by KPIT Cummins

**K**PIT Cummins, Pune conducted the first corporate training workshop for 25 LFs and LGs on their campus at Hinjewadi, on the 18<sup>th</sup> of December 2010. Mr. Sangram Chandgude, The Head of the Training Team at KPIT guided the girls skillfully by means of the Versatile Soft Skills Training Program, a full-day program (10.00 am to 5.00 pm). He started with saying- *"Today's corporate world is highly competitive wherein you really need to prove yourselves different than others."* He went on to illustrate to us, in different ways, how we can truly make ourselves stand out with our employers! He had divided the training program into 5 crucial sections: Resume writing, Group discussion, facing an interview, Games and Psychometric Assessment.

In the first section, he discussed in detail on how to prepare a good resume. According to him, a resume is nothing but an advertisement; the more effective it is, the better a market we can create for ourselves. He gave us certain tips for making it extraordinary. A good CV is one that is specific, has literally zero spelling mistakes, isn't colourful and most importantly DOES NOT HAVE a photograph. He gave us a page full of 'power' words i.e. words that can make our CV effective and powerful.

The second section of group discussions (GD) made the training program more lively and practical. He shared with us his own experiences as an interviewer as well as an interviewee. The mention of the term GD scares many. But he made it so palatable by giving certain instructions and important tips for the same. He focused on every little thing that actually matters in GDs. His mantra for clearing GDs can be summed up as follows: *"Initiate a discussion only with a good knowledge about the subject. Be assertive and make your point BUT NEVER dominate the discussion or interrupt others"*. Then he conducted 2 mock GDs for the girls and assessed every participant. His feedbacks helped the girls know their own strengths and shortcomings.

The crucial stage of Personal Interviews (PI) came next. Mr. Chandgude made this training program different by listing out nearly 45 most common questions asked at interviews and guided us on how to ideally tackle each one of them, based on our individual qualifications and needs! He said, apart from having good communication skills and the right body language, one must be appropriately dressed at an interview. Preparing for an interview should be a matter of utmost importance to every candidate. One must be well prepared about the organization you are going to face an interview with and know how you and the company can be mutually benefitted by being hired.

Whilst speaking about the right communication skills and body language for interviews, he entered



**Training Head - KPIT, Mr. Sangram Chandgude briefs the LFs about resume making and interview techniques**

the playful fourth section of the training session which was the round of games. Mr. Chandgude emphasized the importance of honing good observation and listening skills for a good interview. He conducted several listening tasks by playing audio-visuals and by conducting the game of 'Chinese Whispers' to assess the girls' listening skills.

In the last section, Mr. Chandgude conducted a psychometric test wherein we had to answer some questions related to our personality, displayed on the screen in a simple yes or no format on a score sheet provided to us. The test helped us identify our personality traits on the basis of which, our trainer guided us on how to improvise upon and create the best personalities for ourselves.

In fact, for all participants, this training session was an introduction to the corporate environment. We were all lucky to get an invaluable opportunity to clarify our doubts with an experienced professional. Ms. Sonali Patwe (LF 2009) concluded the session by rendering a sincere vote of thanks on behalf of all the participants and by giving a small token of appreciation from the Foundation to Mr. Chandgude.

■ - Aishwarya Kokare (Lila Girl-2010)



## IT Careers- This is the future man!

**L**PF gave the Lila Fellows and Girls a Diwali treat by organizing an IT Fest for them at the Deccan Rendezvous on 14<sup>th</sup> Nov. 2010. The resource-person was Dr. Deepak Shikarpur, an IT Engineer of global repute with 25 years of rich experience in diverse industries, mainly manufacturing, engineering and retail IT consulting. He holds the honour of being the first Indian to have been invited to speak in the 'World Software Conference' held at Rochester, USA, in 1993. On 27 July 2010, The Hon'ble Chief Minister of Maharashtra appointed him as a member of the IT Task force for the state. How could LPF have possibly missed a chance of having a person of his caliber as a speaker!

Mr. Shikarpur made the full day workshop a learn-with-fun session! He took the participants on a joy ride into the new innovative IT world of the 2020. He demonstrated how IT is about to become an essential part of every one's life. He spoke about the **tremendous IT career opportunities** in the 21st Century available in SAP, Net administration, software lifecycle, software testing, data analysis and research etc.

And having spoken about the attractive opportunities, he gave tips and guidelines for **'Skill Building'** to get into the desired **'Hot Jobs'**. According to him, there is **only one key to success i.e. upgrading your knowledge everyday**; and the best way to do this, is, to always read good books and newspapers. This not only influences our communication skills (both written and oral) but also helps to achieve excellence in scientific and quantitative reasoning in any area. **He**



**Dr. Shikarpur how to make it to the hot IT jobs of the 21st Century**

**suggested to the girls that they should start playing bridge in order to increase their logical and analytical thinking!** He added that nurturing the right hobby gives us the right potential to achieve our goal. He said that if we want to take advantage of the upcoming career opportunities, the **commitment should be towards task completion** rather than spending long hours in the office! **One must be ready to work in shifts at any location and try to satisfy customer needs.** He summed up the skills required for a good career opportunity as:- good listening skills, understanding, fact-finding ability, willingness to take initiatives, good communication, teamwork, use of technology and correctly analyzing the required industrial qualifications by reading the recruitment page. All these qualities help to build outstanding personalities in society.

According to Mr. Shikarpur, there exists only one equation in the 21<sup>st</sup> Century i.e.

**GOOD JOB = A GOOD DEGREE + EMPLOYABLE SKILLS**

He suggested that if one wants to add value to his/her resume, then they should learn different languages. This helps personal growth not only at the national level but also at the international level. Due to globalization it is very easy to connect and communicate with people living in different countries. It is very easy to make a non-Indian friend understand our culture.

■ **-Nisha Pandya**

## Zenith...



**Once a year, Inspira brings you updates on a few of our Fellows who are currently on the zenith of their careers. Here is this issue's quantum:**

**Mrs. Devika Valsangkar (Daftardar) (LF-2003 & PA-2009):**



A formally trained Bharatnatyam dancer, she got her first big break in the film industry as a choreographer in a Marathi award winning film *'Dahavi Fh'*. She has played lead roles in various Marathi movies like, *Nirop*, *Sawar re....*, *Majhi aai*, *Nital*, *Devrai* etc. She conducts dance workshops and has worked as a creative production team member for

films made for social welfare institutions. In 2007 she was awarded "The Special Mention Award" in an International Film Festival for her performance in *'Nital'*. **She has recently shifted to Mumbai, as she has bagged a lead role in a Marathi daily soap, 'Parijaat'. It is aired on SAAM TV at 8 pm on week days. She has also got a lead role in a Hindi feature film in which she gets the opportunity to work with distinguished actors like Seema Biswas and Benjamin Gilani.**

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**Mrs. Kirti Nalawade (Shirke) (LF-1997):** She has done M.Sc. in Agriculture, with distinction, from the reputed Mahatma Phule Krishi Vidyapeeth, Rahuri, near Ahmednagar. Later, she cleared the Maharashtra Public Service Examination (MPSE) and was appointed as Class I Officer, Tehsildar -A, in the Collector's Office. She further cleared the examinations for the higher post of



deputy collector and has **recently got promoted to the post of Deputy Collector (Land acquisition) and is posted at Sangli.**

**Ms. Rita Shetiya (LF-2005)** is a post-graduate in economics from S.P. College where she is a teacher today. On 24<sup>th</sup> August 2010, she received the **State Level Award for an "Ideal Teacher"** at the hands of Mr. Vitthalrao Wagh, renowned poet and former Principal of Shri Shivaji Collge of Art, Commerce and Science, Akola. This was awarded by Sanket Kala Krida Pratishthan. In December 2010, she received the award for the **"Awareness Ambassador" from Tata Jagriti Yatra** of which she is an active member since 2009. She also works for the NGO "Lend a Hand India" (LAHI) since August 2010 as a project officer.



**Mrs. Archana Gandhe (Damle) (LF-1998):** A gold-medalist in microbiology, she completed her Ph.D. in molecular genetics from Centre for DNA Fingerprinting and Diagnosis, Hyderabad in 2008. She was working as a Senior Associate Scientist with Invitrogen R&D Centre, Bangalore, where she optimized the cloning and recombinant protein expression conditions in insect cells using novel baculovirus vectors. **Recently she was awarded the prestigious 'INSA Young Scientist Award' from the Indian National Science Academy, New Delhi for her doctoral research.** She joined the Department of Infectious Diseases, St. John's Research Institute, Bangalore as Faculty since 1st April 2010.



**Ms. Sargam Mulay (LF 2010)** is a student of M.Sc. Physics at the Fergusson College Pune. **She has bagged a dissertation project at the Indian Institute of Tropical Meteorology (IITM- Pune) under the guidance of Dr. D. K. Singh. The title of her dissertation is 'Study of the mobility spectrum of the different categories of Atmospheric ions from Neutral Air Ion Spectrometer (NAIS)'.** The NAIS is the only instrument of its kind in India just developed a couple of months ago and is capable of measuring the positive - negative ions and aerosols in the atmosphere up



to the range 10 km from the Earth's surface. Sargam will be involved in carrying out such type of observations for the first time in any experiment in India.

She was recently **selected for the 'Radio Astronomy Winter School 2010' at the National Centre for Radio Astrophysics (NCRA) of the Tata Institute of Fundamental Research (TIFR), Pune** held from 20th to 28th December 2010. She got an opportunity to carry out simple radio astronomy experiments and hands on learning in astronomy. During the school, she also participated in a one day trip to IUCAA 2-m optical Telescope at Giravali and the Giant Metre-wave Radio Telescope (GMRT), operated by NCRA-TIFR, at Khodad.



**Dr. Mrs. Ashonita Sameer Chhajed (Chavan) (LF-2002)** was awarded her doctorate in Electrical Engineering from Rensselaer Polytechnic Institute, New York in May 2006. The main focus of her doctoral research was on the use of nanotechnology for microelectronics. There after she joined the R&D group at Cree, Inc. USA (a market-leading innovator of lighting-class LEDs, LED lighting, and semiconductor solutions

for wireless and power applications) as an Epi Research Scientist. Since November 2010 she has been appointed as an Associate Research Professor POSTECH-Pohang University of Science and Technology in South Korea.

**Dr. Mrs. Jyoti Dalvi-Malhotra (LF-1998):** She holds a Ph.D. in Organic Chemistry jointly from the University of Hull, UK and from the University of Missouri-Rolla, USA. She is the Chair of the Government Affairs Committee for the American Chemical Society's Missouri section. **Recently, she represented the American Chemical Society and met the Congresswoman Jo Ann Emerson to discuss federal support for science and innovation. It was brought to her attention by her staff that her photo has been put up on the Congresswoman's web link <http://www.house.gov/emerson/photos.html>.**



**Dr. Mrs. Ruta Limaye (LF-1999)** is a palynologist working with the Agharkar Research Institute, Pune with special interest in Quaternary research. Since 2007 she has been working as a DST (Department of Science and Technology) Fast Track Young Scientist at Palaeobiology group at ARI on the project "Cyanobacteria as potential bio markers of hydrological changes" in South Kerala Sedimentary Basin, southwestern India". In

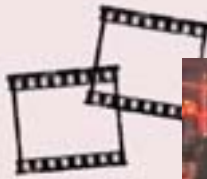


September 2010, she was awarded the Senior Research Associate Fellowship by the Council of Scientific Industrial Research (CSIR) New Delhi, to work on the same project.

■ - **Compiled by Dr. Rajani Panchang-Dhumal**



# Snippets...



**Farewell Dinner to UK-LFs and PAs from Mom-Dad at China Town, London**



**Career Guidance by Mr. Ketan Deshpande, Founder of FUEL**



**Dr. Vallath motivating girls towards a winning attitude**



**Orientation program for the Lila Fellows and Lila Girls of batch 2010 at Deccan Rendezvous**



**Concluding session of the spoken English classes**



**Mrs. Ratna Khemani guides the new LFs to 'Step into the new world'**



**The enthusiastic gathering at the Dandiaya Party at the NCL community hall**



## A day when Lila Fellows put on their dancing shoes...

**H**e Came; He Saw; He Conquered! Who???? None other than the internationally acclaimed dancer and choreographer **Sandip Soparrkar, of DID Little Champs' fame.** Lila Poonawalla Foundation organized a full day dance workshop for Lila Fellows and Girls at the Deccan Rendezvous on 28<sup>th</sup> November 2010. Over 50 LFs, LGs and trustees attended the workshop. It was an exciting day for all the girls who participated, as they were privileged to shake a leg with the ace dancer Sandip, in person.



**Merengue**

Sandip is a German trained Ballroom Dance Teacher, and is also the first Indian to be certified by the 'Ballroom Dance Teachers' Training School' in Bonn Germany. Sandip has done his MBA (marketing) from Symbiosis, and is a Hotel Management Graduate apart



**Samba**

from being a model. He was the finalist for the 'Graviera Mr. India contest' in 1997-98. Later in the same year at Chennai, he won the title of India's first 'Mr. Young Turk.' In 1999, he was chosen to model in seven European countries as the 'Indian Launch Model' for Phoenix A4 shoes. In October 2000, Sandip became



**Salsa**

the First Indian to represent India at the 'International Male Model Contest' held on the Caribbean Islands of Aruba where he was chosen as one of the 'Top 21 most photogenic faces of the year.'



**Merengue**

Sandip explained the term 'Ballroom Dance'. The term most often refers to ten different dance-forms of International Standards- **Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep** are known as 'Standard Ballroom Dances' whereas **Samba, Cha-Cha-Cha, Rumba, Pasodoble and Jive** as 'Latin Ballroom Dances.' He believes that it's very important to understand the nature of a ballroom dance before one begins to perform. He said, "You have to understand the regional flavour of the dance to perform it with the right passion and emotion. Till a few years back, it was salsa, which went on to become one of the most popular western dance styles in India. But it is evident that people are moving beyond it and are opting for newer, even exotic, dance styles. But today people are coming up with names like Paso Doble, Merengue and so on. It is great to see that people are becoming so

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aware of the various dance styles in the world." Not only did he explain the intricacies of the dance style which set them apart from each other, but he also told the girls about the history and origin of each of them. He taught the girls the basic steps of Salsa, Meringue and Samba and also explained to them the basic etiquette to follow on dance floor.



shed your apprehensions and just go and set the stage on fire. And so I honored her words!" (So who said Lila Poonawalla only supports young girls and only education??) Mr. Sandip Soparrkar said the girls at the LPF were very lucky to have such a kind and encouraging human-being constantly looking after us....

**And his revelation moved OUR royal lady to tears!**

Amidst all the dancing, the modest Sandip did not forget to narrate his first meeting with Mrs. Poonawalla.... An incident that took place about 15-16 years ago when Lila Poonawalla met a disappointed and depressed Sandip, all apprehensive about performing on a particular stage with no money to even travel there. He stated, "Mrs. Poonawalla had at that moment handed \$400 over to me and told me

"The most thrilling day of our life" is what all the Lila Fellows and Girls screamed in unison after the magical learning session. The session ended with an enthralling Cha Cha Cha performance by Sandip with his partner. It was a treat to watch this graceful and fabulous dancer!

■ - Ritaa Shetiya

## Book Review...



Title of the Book : Broom and Groom  
Author : Kiran Bedi,  
Pavan Choudary  
Price : Rs. 195/-

Certain social norms and etiquettes exist to guide every action of ours in every place and every situation. We are not sure we know all about etiquette for different situations, but certainly, don't we get confused on how to address a lady whose marital status is not known to us? Don't we catch ourselves snooping over other's desktops, laptops and reading material? Agreed, it's normal human behavior; but is it correct? We rue about our neighbors not taking care while watering their potted plants or hanging their clothes on a clothes line. But aren't we as careless? Rarely does one follow queues; don't we search for our acquaintances and

slowly join the queue in between? People dine out very frequently these days; but isn't there still confusion over the correct usage of the fork?

Broom and Groom is one book that goes a long way in relieving us of our ignorance! The authors Dr. Kiran Bedi and Pavan Choudary through their book, aim at creating civic sense in society. They believe that once people become aware and sensitive, change will follow. Broom and Groom helps one to self reflect and offers suggestions to improve community living and enhance our social acceptance globally. The book is divided in two parts namely 'Grooming' and 'Brooming', wherein grooming literally stands for polishing the good manners that one possesses and brooming stands for cleansing or doing away with the wrong mannerisms. The examples of etiquette quoted in the book are in tandem with the changing times and

**continued on page 22...**

## Short Takes...

**I**n the last issue, *Inspira* briefly introduced to its readers the new trustees taken on the Board of Lila Poonawalla foundation in the past year. We catch up with one of them, Mrs. Lorraine Fernandes and speak to her about her vision for LPF. A teacher by profession, she has spent many years doing charity and striving for upliftment of women and children alike.

### **How did you get associated with LPF and what has been your experience as a trustee till date?**

I was invited by Lila Madam to join the Foundation as a trustee. I was honored and humbled and accepted to join as an observer. It's a great feeling being a part of the LPF family! At the board meeting which was my first experience as a trustee, it was good to see everyone participate and opine spontaneously. The dialogue was healthy and revolved around the betterment of the Lila Fellows/Girls.

### **How do you think LPF is different?**

I notice that there is an equal treatment for every girl, irrespective of caste, religion or status. There is a sense of belonging, which is why everything here at the Foundation is unique. I love the energy and enthusiasm with which both Lila Madam and Firoz Sir work. They really work hard to offer quality lives to their 'daughters'. I think LPF is one family, where everyone shares each other's problems and achievements alike; and when the time comes, none hesitate in asking and giving advice.

LPF focuses on building a bright future and giving a better tomorrow to its awardees. Thus, it does not just stop at giving educational scholarships; rather it organizes different types of activities to cater for the all round development of the girls. I am amazed to see Lila Fellows being given the opportunity to include their spouses and children in some of the gatherings as well and meet Lila 'Mom' and 'Dad'. This stands valid not just to Fellows in India, but also those overseas!

Girls are being trained into conducting programs and actively addressing social issues. It makes me believe that during their induction into the LPF, Lila Fellows are

'mere stones', after which they are cut and polished into diamonds.

### **How do you intend to use your expertise and experience towards the betterment of the Foundation?**

I am sure my experience as a teacher will go a long way in guiding and counseling the girls academically. Having worked with women and children for so many years, I will be able to encourage the girls to study higher and understand the importance of empowering themselves. By participating in many of the programs and interacting with the girls, I have been able to share my knowledge and experience with them, which girls accept as their good fortune! Their acceptance makes me feel as if I have also acquired so many daughters!

### **What is your vision for LPF?**

I wish to help the Foundation select more and more deserving girls and give them an opportunity for their educational growth and personality development. I am eager to contribute towards making more and more Lila's for the empowerment of society.

### **Your message to Lila Fellows/Girls?**

Don't lose the opportunity you've got by being a Lila Fellow/Girl. Always think Positive. Take life as a challenge.

■ - **Ritaa Shetiya & Shraddha Chiplunkar**



### **Book Review continued from previous page...**

consider the changing life styles. For example, a lot of us of travel professionally or for vacations. During such times its necessary that one behaves in right way in elevators, airports, hotels, etc. During interactions with foreign counterparts at business conferences, one may have concerns about wearing our Indian ethnic clothes and allied accessories. Though small, knowing the correct etiquette in such situations helps greatly in gaining acceptance amongst people and making a mark for oneself.

Brooming deals with personal hygiene and related issues at home and office. Inputs are given on how to keep oneself clean, be pleasant to others and comfortable within; a must for all of us, because our surroundings speak volumes about us. In each topic, eye-catching illustrations are used for better

understanding of the content. Every topic ends with a question and answer that would certainly come in one's mind while reading through this book. Each topic is very informative and educative.

Sensitization makes one more responsible and cautious of one's behavior. Imbibing civic sense in our minds is necessary so that it becomes a part of our lives and not be imposed upon us as rules and regulations. We can, through our own behavior, create awareness amongst our families and society. It's a journey initiated by the authors towards greater heights of social and professional acceptance and pride. The book surely ushers the reader to groom and broom oneself into a responsible and respectable citizen!

■ - **Shraddha Chiplunkar**



# *Lila Poonawalla* Donations...

**A**s Lila Poonawalla Foundation grows by leaps and bounds, it aspires to hold out its umbrella farther to accommodate and shelter many many more needy as well as deserving girls. We are able to dream big only because of your big hearts to give. LPF is grateful to all friends and well wishers of the Foundation for the continuous support over the years.



Mrs. Asmita Santanu Mondal (Katdare)  
(LF-1996)  
\$500



Mrs. Ragini Gautam Nemlekar (Rahalkar)  
(LF-2004)  
\$250



Mrs. Priti Sundeep Thapa (Tamang)  
(LF-1997)  
Rs. 10,000/-



Mrs. Aparna Dileep Dharma (Rabde)  
(LF-1999)  
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Mrs. Shalaka Ashish Kathapurkar (Sankpal)  
(LF-1999)  
Rs. 51,000/-



Mrs. Gayatri Nikhil Keskar (Keskar)  
(LF-2003)  
\$ 1000



Ms. Nandita Ramasubramaniam  
(LF-2004)  
Rs. 25,000/-

## **Lila Poonawalla Foundation SCHOLARSHIP ANNOUNCEMENTS 2011**

### **Undergraduate Scholarship**

**For Engineering & Science**

**(Mathematics, Physics, Statistics & Computer Science)**

**Applications are available from Saturday 15<sup>th</sup> January 2011  
till Tuesday 15<sup>th</sup> February 2011**

### **Postgraduate Scholarship**

**Applications are available from**

**Monday 18<sup>th</sup> April 2011 till Saturday, 28<sup>th</sup> May 2011**

**For any queries please contact on +91-20-66302610 / 66302611,  
(M) 8605861658 / 8605861658 (Between 9.00 am to 5.00 pm)**

**Email : [vidya@lilapoonawallafoundation.com](mailto:vidya@lilapoonawallafoundation.com) /  
[priyanka@lilapoonawallafoundation.com](mailto:priyanka@lilapoonawallafoundation.com) OR  
check our website : [www.lilapoonawallafoundation.com](http://www.lilapoonawallafoundation.com)**

**Office Address : Akshay Centre, Office No. 8,  
1st Floor, Thergaon, Pune 411033.**

# Inspira Editor's Desk...

Dear Readers,

**Y**es! Here is the new winter face of Inspira. Our entire team has loved it. Do write in to say how you liked it? It's been designed by one of our new crusaders, Amruta Nigade (LF-2010). I look forward to giving Inspira a magical face-lift, thanks to her- an architect handling the designing! Two of our crusaders became proud mothers. Harshada Babrekar was blessed with a pretty baby girl whilst Prachi Divekar with a charming baby boy! We wish both mothers joy untold and a happy motherhood!

Whilst Lila 'Mom' has stated how good a year it has been for LPF, I am not far behind in saying it's been a landmark year even for Inspira, which has completed its 'decade of inspiration' in 2010. In the



***The 31st Issue of Inspira commemorating its decade of existence being released at the hands of Mrs. Aruna Katara***

course of these ten years, many Crusaders have trained themselves in many aspects of professionalism, be it PR, HR, time management, planning, writing, improvising upon speech and language, social norms, etiquette and much more! After a very long time, the Crusaders are again volunteering to travel out of Pune to cover columns. I am looking forward to an opportunity where we will all travel out on an assignment as a big group, because such travels have made us bond and wise with experience, in the past! The Crusaders are also ready to experiment with new responsibilities. I really look forward to the senior Crusaders to groom

scholarships to the undergrads and school going girls, my team is going to face the challenge of serving the readership demands of three different levels of aptitude as well as do justice to all the three programs. During such testing times, I look up to the continued guidance from our Trustees and support from our beloved readers.

To thank our efforts towards bringing out Inspira every trimester, Lila Mom and Firoz Dad hosted a wonderful thanks giving dinner for us at the most happening restaurant in town, 'Sigree'. Hot and sizzling barbequed food served in Sigree's warm ambience, in the current chilly winter of Pune was surely comforting; we were pampered! And yes of course, we all got our share of gifts and hugs!



***Thanks-giving to the Inspira Team at Sigree***

Thanks Mom, Thanks Dad for all the encouragement! We assure you that we will dot all our Is and cross all our Ts to make Inspira the desired perfect newsletter! Senior Trustee Maya Aunty takes utmost care of that, with her experienced eye for detail!

Credit is due to the ever so ready to help- Capt. Das from XL Images who puts up with all our tantrums, but delivers a crisp issue of Inspira every time, just in time for its' release! With a challenge to do justice to the rising demands of OUR FOUNDATION, I sign out for the year 2010, only to meet you in the new year with new energy, new enthusiasm and new vigour! Till then, wishing you all a Merry Christmas and a Very Happy New Year!

Loves,

■ - **Rajani**

**Editor:** Dr. Rajani Panchang-Dhumal

**Crusaders:** Nisha Pandya, Sanchita Satalkar, Yogini Karmarkar, Harshada Babrekar, Priyanka Khopkar, Ritaa Shetiya and Shraddha Chiplunkar

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<http://http://www.lilapoonawallaoundation.com/html/inspira.html>

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