



From My Heart...

My Dear Daughters, Friends and Well Wishers,

The day this issue of INSPIRA will be released, would be the **BIGGEST DAY** in the history of Lila Poonawalla Foundation. With today's Awards being handed over, we would have added **almost 600** new members to our Lila Family, taking the total population to **1900 numbers**. Each scholarship is a commitment for **10 years for Lila Juniors from seven schools numbering 380**, right up to the time they complete their graduation; **3 to 4 years of college education i.e. Lila Girls numbering 725**, doing their graduation program in various streams; and **2 to 3 years for girls, numbering 800, doing post graduation i.e. Lila Fellows**. And what should make all of you happy and excited is that Lila Poonawalla Foundation is not about giving Scholarships, but it puts in a lot of efforts to develop the girls both academically and socially, into nice young well groomed ladies. This is achieved through continuous training programs, and also counselling sessions, **by professional counsellors and personally by me**, whenever I meet the girls, which is very often, as I am there almost at every training program.

I would like to assure all of you that LPF story will never end. **LPF is a dynamic and ever growing organisation** and will continue to be so. But yet, I would like to add that it is a **very painful exercise and very taxing emotionally, to go through all the applications and send regret letters to many needy and meritorious girls due to limitation of funds**. However, I am certain that **new donors will come forward and the existing donors will continue and increase their contributions to enable us to make it possible to keep increasing the number of deserving recipients. I dream of every deserving girl to become a member of LPF family**.

I will keep working on this as I am a firm believer that **"YOUR LIFE BEGINS WHEN YOU DO"**, Between the quote marks of our lives are phrases like these: "When things slow down.....when I finish my degree...

when I get certified... when I have kids... when I retire... when I get promotion, that raise, that job, that house, etc. You may think you are postponing the longing of your soul until life aligns itself with your vision, until elements conspire to be more favourable... but as it happens, life just rolls. YOUR personal, subjective life (dreams, satisfactions, contentment, achievements, vision, fullness, passion, aspirations) begins, when you begin. I have made my beginning, and I would want each one of you also to do so.



From my teens into adulthood, I said "I want to be a mechanical engineer". One day, I changed the sentence to, "I am a mechanical engineer". My views changed. Life Began. Beginning my life as an engineer made my heart's longing and the small, tentative labours of my hands-visible and tangible. I began by opening the door and simply believing that I could live my dream. I began living that dream by seeing that I could.

I continue to dream and redefine the purpose of my life. This is the main thing that among the many to-dos which I must do. Embrace the truth of my purpose each minute of my precious life—for how very true it is that life begins when you do.

My message to all my daughters is that you too should start to dream if you have not already done, and **redefine the purpose of your life**. Do not postpone, do not wait, just get down to doing it. **Give no excuses**. Never say **"It's too late for me"**. Instead, say **"Now is the perfect time to start"**. Never say **"I do not have time"** instead, say **"I need to properly manage my time"**. Never say **"I am too plain and boring"** instead, say **"I am in charge of writing my own story"**. Never say

"nobody understands me", instead, say "I need to communicate clearly and act accordingly". Never say **"I do not deserve it",** instead, say **"I have plenty of good options in front of me".** Never say **"My parents are responsible for the way I turned out"** instead, say **"I am in full control of my life".** Never say **"I can't"** instead, say **"I can and I am, starting now".** Never say **"now is not the right time"** instead, say **"now is as good as it gets".** Never say **"it is too much work"** instead, say **"I am ready to do the work".** Lastly, never say **"I am so unlucky"** instead, say **"I am going to create my own luck".** Always remember, **the best helping hand is at the end of your own arm.** So, get up from your slumber, give up the blocks in your mind and start to build your own future. **It is up to YOU. Wish you all the best in all your endeavours.**

The festive season of 2013 has already started with *Ramzaan Id, Parsi New year, Rakshabandhan, Janmashtami, Ganeshotsav, Onam, Dessehra, Eid-UI-Adha (Bakari Eid)* and by the time this Issue

gets to you, *Diwali* too would have been celebrated and we'll be looking forward to *Guru Nanak Jayanti* and *Christmas* followed by yet another New Year, when all of us will be making new resolutions. **Let us all make a resolution that we will all work hard to realise our dreams, however in the process we will not forget to bring happiness and joy into the lives of people who cross our paths.**

Wish each one of you and all your family members a MERRY CHRISTMAS AND A VERY HAPPY NEW YEAR!

Mom to My Lilas

Friend to All

Lila.

Lila Poonawalla

When she was a Crusader on the team of Inspira, she had interviewed several Leading Ladies like Zerbanoo Gifford, Dr. Kiran Bedi, and here she is now, herself featuring as OUR own Leading Lady. Certainly, an honour that the Foundation can boast about! She is our own Lila Fellow, Mrs. Pradnya Kashikar (LF-2001).

Pradnya was born in a very happy family full of values and virtues. Despite of having three daughters, her parents always supported and encouraged them for good education. When everything goes well, sometimes life takes an unexpected turn and so did theirs. Pradnya lost her father in an accident in 1995. She was in 10th standard and her two sisters, Prachi and Priya, were in 7th and 1st standard respectively. It is rightly said **"Life has many chapters. One bad chapter doesn't mean it's the end of the book"**. They had a strong pillar that would not let their family collapse....their mother! She worked for K.E.M hospital as a Nurse and always knew that her daughters had the potential to make it big. She ensured that they complete their post graduation studies. Today Pradnya owes her own development to her mother's virtues and actions.

Pradnya says, *"Of course, it wasn't easy for my mother to support the education of three girls, with the salary of just Rs.5000- per month. It was very difficult to manage the house. I never saw her spending money on her sarees or footwear, but she always got us new clothes for Diwali. She never went on any vacation in her lifetime, but she always paid fees for our school trips. She has made tremendous sacrifices to ensure that we get the best of education and family values. My mother fuelled my passion for higher education with her determination and hard work"*.



She continues, *"Being a meritorious student right from school, I was always interested in the sciences."*

Unfortunately, I missed the Armed Forces Medical College (AFMS) Entrance by a couple of marks. So, I opted for technical education thinking it would eventually help me start earning early and enable me to support my family. I completed my Master's in Computer Science (M.C.S.) with Distinction after Bachelor of Computer Science (B.C.S.) from M.E.S. (Abasaheb Garware College). During my Masters, I used to work as a laboratory instructor after college hours for my juniors. A little earning from this surely helped my mother and gave me a sense of responsibility. I still needed support for my higher education and hence applied for the LPF scholarship."

"Being a Lila Fellow, I realized that this Foundation not only supports us financially, but also gives us a new family which helps us achieve our dreams. Lila Mom and Firoz Dad have been my backbone throughout my career. Without the LPF scholarship, it would have been very difficult for me to fulfill my ambition of higher studies. The training programs I have attended, for e.g. Positive Thinking, Neuro-Linguistic Programming, Various Art Forms, Etiquettes and Manners, Grid Leadership Training held in K.P.I.T. etc., have helped me identify myself, boosted my self confidence, taught me time management and stress management. Most importantly, it taught me about giving back to society. I am fortunate and grateful to the Foundation that it awarded me and then my sister, Prachi a scholarship to complete her M.C.A."

"After my Master's, I worked with reputed colleges like Fergusson, Symbiosis, MIT etc. 2006 onwards, I started working as a Guest Lecturer and a Free Lancer for software companies like Persistent, Tech Mahindra, BMC Software in association with Birla Institute of Technology (BITS), Pilani. Dr. B.V. Prasad of BITS acquainted me with the corporate world and the emerging courses. Working as a Corporate Trainer and as a Guest Faculty was indeed a right decision, since I could concentrate on my family, take care of my responsibilities and give sufficient time to my son, Aryan which I didn't want to miss out on".

"Now, I am doing research in the unique and emerging field of Cyber Crime. In this high-tech era, internet activities have increased rapidly. Cyber laws and their application is the need of the hour and hence, I chose "Data Mining for Cyber Threats" as my research topic. I have already completed my Diploma in Cyber Laws from Symbiosis Law College in 2006. This diploma helped me achieve outstanding grades and gave me a clear understanding of the Research Methodology during my M.Phil. I was fortunate enough to receive great help and guidance from the Pune Police Staff. They acquainted me with the cyber crime investigation

procedure. I got a chance to interact with the Deputy Commissioner of Police (DCP) Mr. Sanjay Jadhav and get some information on this topic during my entire study and research work".

"Along with my career, I worked for Inspira for a few years and learnt how to express myself as a writer. As a part of the Inspira team, I learnt how to work in teams, time management and how to reach a consensus amidst conflicting viewpoints."

"LPF has given me lot of precious moments which I cannot possibly put in words. Those small tiny things.... Birthday gifts without fail since 2001.... Appreciations.... Firings (sometimes) for not meeting Inspira deadlines.... LPF picnics.... New Year Parties.... Tears in Lila mom's eyes when she attended my wedding... Delhi Trip Tree plantation programs.... All these wonderful memories are very precious to me and this is how LPF changed me into a more polished person. I also got an opportunity to visit Rashtrapati Bhavan with the Inspira team to meet Honourable President Dr. APJ Abdul Kalam. This was one of the precious moments of my life".

"In February 2012, Lila Mom called me one day and asked me whether I would like to join the Board of Trustees of LPF. I immediately said "YES" since this was the opportunity to give back to the Foundation. **I can never return what Lila mom and LPF has done for me in my whole life!** Sharing the stage with Mrs. Anu Aga during the Award Function was once again is one of the precious moments of my life. As a trustee, I try to ensure that needy but bright candidates get an opportunity to become a part of this ever-growing LPF family. I feel one should possess very keen observation and judgement skills, they should be unbiased, possess good analytical skills and a strong desire to contribute to the society. When I see girls receiving their scholarship awards, I feel like these girls will do much better now. I feel good that I have contributed to a good job. I thank God for always giving me the wisdom to take the right decision".

"I am very fortunate to be a part of the LPF family. My message to the new members of the LPF family is that, 'Success is in doing things that give you energy and only then you can enjoy the work. Devoting yourself to your work, motivating others, leading and being sincere is success."

Pradnya is thankful to a few important pillars of her life viz. her mother, sisters, Lila Mom, Dr. B.V. Prasad and last but not the least, her husband, Amit and son, Aryan for their continuous encouragement.

■ - As told to Dr. Harshada Babrekar

Inspira salutes the spirit of our LF-2009 Veena Agarwal, a non-athlete who ran 10 Km nonstop for the cause of raising Funds for LPF and the Amelia-Grace Rainbow Fund, a charity that supports children with serious chronic, life-limiting and terminal illnesses in Dorset!

Veena Agarwal (LF 2009) went to UK to do M.S. in Neuro Rehabilitation. Veena was the Best all round student in St. Anne's School, Pune and graduated from the Sancheti Institute and College of Physiotherapy in 2008. She participated in several workshops on different aspects of Physiotherapy, arthritis camps and awareness rallies. As an intern, she assisted her professors in conducting lectures and practical or the junior batches and updated the evaluation formats for the pediatric, cardio vascular and thoracic Surgery wards. She also contributed towards setting up an obesity clinic in the *Sancheti* Hospital along with a group of interns. Her work experience includes hours spent at the Bhatia and Saifee Hospitals and the *Sankalp* School for children with Down syndrome, autism, ADHD and Polio, in Mumbai. Her Professor termed her a 'Team Player' who has an excellent rapport with children. Outside the hospital, she was a member of the medical team for the Pune International Marathons 2006-2007. Drawing, Quiz, Best Speaker in the inter-collegiate Debating competition 2005 and sub-editor of the college magazine were amongst her extracurricular activities. Vena gained admission to the Cardiff University in Wales, UK for a 1 year Master's programme in Neuro Rehabilitation. Veena has also been selected for 10000 pound academic scholarship for six months at work that will fund her time and training towards developing her research proposal. 13 candidates were interviewed and she is one of the five selected.

The last time when she ran a race, she was in school and won a bronze medal. The fact that it was an obstacle race for prefects with a quiz thrown in might have something to do with the medal! Not the one to rest on past laurels and she thinks it's time to move on!



On a serious note, taking up running has been a personal challenge of sorts especially since she had knee surgery. Veena is not a seasoned runner (ever!) and the mere thought of running 10 Km gives the feeling as daunting as a marathon to her! Veena ran in Bournemouth Marathon Festival on 5th October 2013 for 10 Km and raised the funds for a charity in UK that supports children with terminal illnesses and has set up a fund raising page <http://uk.virginmoneygiving.com/VeenaAgarwal>.

In her very first attempt at fundraising and was hoping to raise about Rs. 5000-10000 for both the causes but she has raised around 500 Pounds for The Amelia-Grace Rainbow Fund and Rs 30,000 for our LPF! It took an hour and a half which was quite a long time as compared to professional athletes but she feels pretty pleased as she did not slow down to walk or stop to catch her breath even for a moment. It was all well worth all the aches and pains raising money for two wonderful causes.

Veena says "I thoroughly enjoyed the fundraising process and the generosity shown by so many people has left me stumped! It was my first time and we all learn along the way, don't we? I don't know how Mom and Dad do it selflessly time and again for LPF. Money for LPF is by my family and friends (and Tanmay, my would-be-husband and myself) from India".

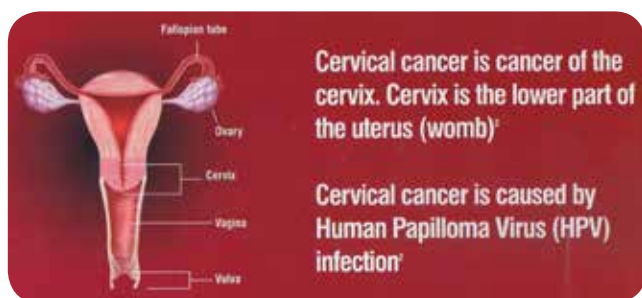
Veena, No effort is too little. Hats off to you and your enthusiasm, energy and determination!

■ - Compiled from the Foundation's Database and excerpts from Veena's E-mails

Every woman is prone to *Cervical Cancer* (Ca-Cx). What a threat! But a fact! In India, every year 1,32,000 women are diagnosed with Ca-Cx and every 7th minute one dies of Ca-Cx. 8 out of every 10 women are infected by the Human Papilloma Virus (HPV) in the uterus. Our Lila Fellow Dr. Sarika Deore answers some of our FAQs and shares crucial facts....

Q1. What is *Cervical Cancer*?

Ans: Cancer is a disease in which cells of body grow out of control. When it starts in cervix (lower part of the uterus) it is called *Cervical Cancer* mainly caused by HPV – 6, 11, 16 and 18 strains. There are many types of the HPV viruses, but, not all types of HPV cause *Cervical Cancer*. It is sexually transmitted and the most common cancer in the reproductive age group.



Q2. What are the symptoms?

Ans: Symptoms of *Cervical Cancer* may include bleeding from the vagina that is not normal, or a change in your menstrual cycle that you can't explain, bleeding when something comes in contact with your cervix, such as during sex or when you put in a diaphragm, pain during sex, vaginal discharge that is tinged with blood, loss of appetite, weight loss, fatigue, pelvic pain, back pain, leg pain, swollen legs, heavy bleeding from the vagina, bone fractures, and/or (rarely) leakage of urine or faeces from the vagina.

Q3. How is it being diagnosed and treated?

Ans: Few of the methods of diagnosis are screening of all females above the age of 21 years. There are certain tests, *Pap* test, HPV DNA Test and Colposcopy. A *Pap* test can find changes in cervical cells before they turn into cancer. If you treat these cell changes, you may prevent *cervical cancer*.

The treatment for most stages of *Cervical Cancer* includes surgery, such as a hysterectomy and removal of pelvic lymph nodes with or without removal of the ovaries and fallopian tubes, and / or chemotherapy and radiation therapy. The treatment depends upon the growth of cancer. If you have a hysterectomy, you won't be able to have children. But it isn't always needed, especially when cancer is found at an early stage. Women who have many sexual partners (or who have sex with men who have had many other partners) have a greater risk. Smoking has also been linked to the development of *Cervical Cancer*. Condoms are thought to offer some protection against *Cervical Cancer*.

Q4. What is *Cervical Cancer Vaccine*?

Ans: There are two types of approved *Cervical Cancer*

Vaccines- Bivalent and Quadrivalent. These vaccines prevent Ca-Cx if they are injected before a girl or a woman is exposed to HPV virus. They can also prevent vulval and vaginal cancer.

If anyone is already been infected with HPV, but may still benefit from the vaccine because it is unlikely that the person has been exposed to all types of virus covered by vaccine.

Q5. Who needs the vaccine?

Ans: The boys and girls, between 9 to 45 years of age. Ideally vaccination should be done before they have sexual contact.

Q6. What is the schedule of vaccination?

Ans: It is given as a series of three injections. One can start the series at any age and it's called as 0th month. The next dose will be after 2 months of the 1st dose and 3rd dose will be at the 6th month from the first dose or 3rd month from 2nd dose.

Q7. Do these vaccines have side effects?

Ans: Yes there can be, but these are for shorter period and are mentioned as below. Kindly remember these side effects can be treated.

MILD SIDE EFFECTS - Headache, soreness at injection site, low grade fever, Fainting and Dizziness.

SERIOUS SIDE EFFECTS - Allergic response, Neurological Symptoms



Q8. Should it be included in routine vaccination programme?

Ans: Yes, it should be a part of routine childhood vaccine schedule to minimize the incidence of Ca-Cx.

One third of the teenagers have received 3 doses of HPV vaccine and thus prevalence of sexually transmitted infection is cut to half. We must encourage more mothers to vaccinate their children. We have got access to science so let's endure our lives and protect ourselves from diseases. We must USE AND EMBRACE IT. **SAVE ALL FROM CANCER!! EVERY ONE IS PRECIOUS!**

■ - Dr. (Mrs.) Sarika S. Deore
(LF-2001 and PA-2009)

We, Lila Girls and Lila Fellows were always keen about interacting with our Firoz Dad and getting to know him better. Some of us got a chance while the rest are still eagerly waiting for the opportunity. One of the lucky Lila Fellows, Rashmi Tare, as a Crusader got an opportunity to closely interact with Firoz Dad. Here are some excerpts from their interaction.....

Dad, when and how did you and Lila mom become 'Dad and Mom' for all Lila Girls/ Lila Fellows?

It started when we began taking Lila Fellows to U.K as Peace Ambassadors. Some of the girls approached us and asked whether they could call us 'Dad and Mom'. We were overjoyed and immediately gave our consent. However, we told them that as our daughters, you have certain responsibilities, such as- being in contact with the Foundation, calling us occasionally, attending LPF functions etc. The girls readily agreed and this relationship rolled on and became a tradition. We soon got used to it and started liking it.

Dad, please share your views about this 'Dad-Daughter' bond.

I strongly believe that sometimes foster relationships are stronger than real or blood relations. I have noticed that girls cannot share their feelings or express their problems with their real parents, which they do share with us.

Could you share some incidents where you experienced this strong 'Dad-Daughter' bond?

Definitely, there are many such incidents. I remember a Lila Fellow who confided in us, that her husband was ill-treating her. We solved the matter by meeting him personally and discussing things. We also gave him a warning that we would not mind taking action irrespective of his or his parent's social status. Things then normalized gradually and they came to terms with each other.

There was another girl who had a marriage proposal from a boy who belonged to a caste other than hers. This girl could not tell this to her parents. We met the girl and the boy and told them that to have a successful marriage, they must learn to respect each other and not take each other for granted.

One of the girls shared with us her plight that due to a medical condition she would not be able to conceive and have children. We looked into the matter with the doctors and I'm happy to tell that she has children today.

These experiences are a proof of the bond which I share with my daughters.

What do you feel about your 'daughters' progress?

I can tell you without exception that all my girls are doing well not only in terms of the classroom education but also in the training programs organised by the Foundation. These training programs are helping them grow in many facets of life. Programs like Self Defense, Wellness of women etc. are preparing them to be competent ladies in the outside world.

Dad you have always been talking about the virtue of 'giving'. What is your thought behind it?

I think we must help as much as we can. I have donated my eyes, kidneys and our house. If we donate two eyes, two people can see. If we donate two kidneys two people can survive. We should always give back to the society we live in. I would rather say, don't give half way, give till it hurts.

One question always triggers my mind, why only LILA GIRLS, WHY NOT LILA BOYS?

Mom and I have discussed this several times. We are not against boys. Half of the population in India consists of girls or ladies, say around 500 million. Out of which, we have not even touched 1%. We have seen that, in a society where sons are already a priority for their parents, if additional financial support is directed towards their education, the education of the daughters will once again be neglected, will not be anyone's priority and she will continue to remain unprivileged. We see the truth in the seeing: 'If a girl is educated, the whole family gets educated.'

Dad, many of us feel that you and mom are the best couple. What is the secret behind this?

I have never come in Mom's way. We are married for 45 years now. But even today, I open the car door for her. I just feel that a man should protect and respect a lady. I think this is my way of giving.



There's a saying "Behind every successful man, there is a woman". You are a strong support / pillar to Mom in each and every aspect of her life. What really motivates you to do so?

I have supported Lila because of the fact that I have always accepted that women are equal or superior to men. In my own house, I find her like a livewire. Without her, our home, office, everything is incomplete. When I married her, I had decided that I shall not curtail her enthusiasm in any way or in any field. I take the credit of around 40% for her becoming from Apprentice to the Chairman of a multinational organisation in the same company which is very rare in any society leave alone in India.

This is the 18th year of the Foundation. You have been a part of this successful journey. Please share with us your emotional journey.

18 years is a long period in one's life. But, 18 years of running a charitable institution is a remarkable journey. One of the chief guests' at our award function confided in me that your Foundation will not run for more than 3-4 years. She was proved wrong. Yes, ours is one of the rarest Foundation which gives outright gift and continues to train the girls so that they are empowered to achieve distinct heights. My association with these young girls has been very fruitful. It brings tremendous happiness and there is nothing better that can replace the same. The more you give, the more you get. We started with 20 girls and reached 2000 girls. These are all call daughters to mom and dad. Isn't it a great and wonderful journey!

Dad, what is the message you would like to give

the next generation – a message to be successful and happy?

Till we put the Foundation in position, we had spent majority of our life in earning i.e. in the money world. My advice would be that the sooner you learn to give, the better it will be for you and the world. My advice to the next generation is 'the art of giving is not necessary money terms, but in any small way where you can make your contribution felt. Let it be your time or your teachings. And once u learn this, you will grown up to be a very good person. Majority of us waste our time and energy in talking about people instead of to people. Over 95% of the problems can be eliminated if we do not built up tension. We waste our time in coming late for all the events and functions. That time could be better utilized by giving to those who need it.

Dad what do you expect from your daughters? What advice will you give them?

There are certain things in life which you shouldn't forget. Foundation has no conditions when scholarship is awarded to you. We don't expect anything in return. The need to help another girl should be unconditionally felt by each one of you. Involve yourselves in some social work as an act of generosity. Another thing which hurts us is that the girls are not in contact with the Foundation, especially the older girls.

I expect girls to be humble, kind, polite and generous. Kindness gives happiness. These values make a huge difference in the life's of our daughters; once internalized they will be the reflection of their **DAD and MOM.**

■ - Rashmi Tare (LF-2012)

Donations from Lila fellows

Vandana Belitkar
LF-2002
Rs. 50,000



Neha Tambekar
LF-2009
Rs. 6,000

Nalini Sawale
LF-2002
Rs. 5,000

Sabana Inamdar
LF-2005
Rs. 5,000

Aarti Chavan
LF-2008
Rs. 1,000

Mrs. Maya Dongre (popularly known as *Maya Mavshi*) is the mother of our very own LF-2003 Sujata Dongre. She has taught many of our Lila Fellows various forms of art like - Warli, Madhubani, Egyptian Painting, etc. Rita Shetiya stole some moments to delve into Maya Mavshi's love for her art and our Lila Poonawalla Foundation...

Mrs. Dongre got a chance to meet Lila Ma'm during Sujata's award ceremony and was very impressed by her speech. This event became the turning point for Sujata and most importantly for Maya Dongre helping her to regain her self-confidence and find meaning to lead her life. There was no looking back; *Maya mavshi* found happiness in all forms of art from *Warali* Painting, American-Indian Art, Madhubani to Italian. She mentions, "We come across a situation in life where we try to introspect; and in doing so, we actually get lost and tired. We are unable to see any direction. This is when one fine day, we meet someone in our life who brings back the direction, self-respect and confidence, gives us the strength to reach out and accomplish our goals. I have also gone through this situation and that's when I met Padmashree Lila Poonawalla. I was so inspired and happy to meet her! Her words actually gave meaning to my life and since then, I have never looked back. It was for the first time when I learnt that we should give back to the society. I realized that the Foundation not only supports the girls financially but also mentally, morally and socially. I learnt and taught various art forms conducted several workshops for the Foundation trying to give back to the society



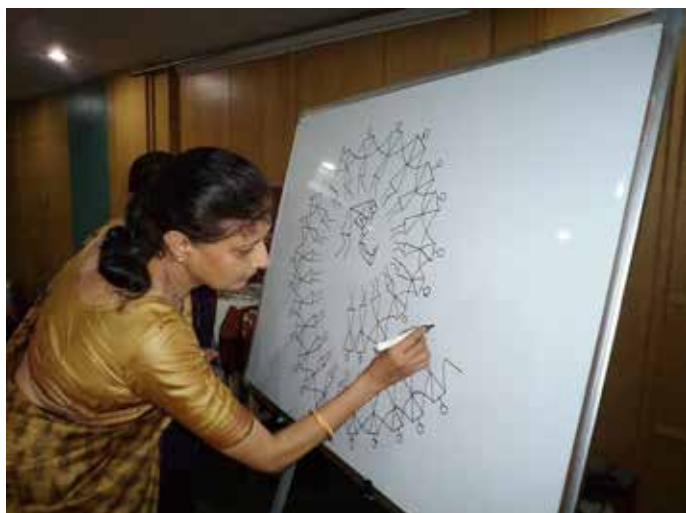
in my own way. I could even meet our Former President of India Dr. A.P.J. Abdul Kalam through the Foundation and gifted him a jacket which was painted by me.... It was an amazing feeling! Thanks to Mrs. Poonawalla for all these opportunities."

For the last 30 years, *Maya mavshi* has been engaged in the field of art. Her forte is not just limited to painting *Warli*, *Madhubani*, *Egyptian*, *American*, *Indian* Art, but also various art forms like stitching, hand embroidery and *Rangoli*, etc. One day,

Lila Ma'm and other trustees visited *Maya mavshi's* house to see the paintings and were surprised. They all liked those paintings so much and were wondering how these skills could benefit our Lila Fellows. They decided to have one workshop (first workshop in 2004) for the Lila Fellows and were amazed with the response from the participants. Since then, every year, *Maya mavshi* conducts these workshops. In fact, one of our Lila Fellows, Ms. Aparna Bhandar left her job and started various painting classes considering this as her full time career.

Maya mavshi has an interesting message for all the Lila Fellows. She says, "I have been inspired by Late Mr. P. L. DESHPANDE (renowned poet, writer and orator) and his quote - 'आयुष्यात मला भावलेलं एक गुज सांगतो. उपजिविकेसाठी आवश्यक असणाऱ्या विषयाचं शिक्षण जरूर घ्या. पोटापाण्याचा उद्योग जिद्दीनं करा, पण एवढ्यावरच थांबू नका. साहित्य, चित्र, संगीत, नाट्य, शिल्प, खेळ ह्यांतल्या एखाद्या तरी कलेशी मैत्री जमवा. पोटापाण्याचा उद्योग तुम्हाला जगवील, पण कलेशी जमलेली मैत्री तुम्ही का जगायचं, हे सांगून जाईल.'" (meaning: *I share with you an important message I loved in life. It is important to passionately pursue the education you require to earn your living. But do not stop with just that. Develop a deep friendship with at least one art-form, be it literature, painting, music, drama, sculpture or sports. Your job will ensure your survival; but your penchant for art will give your survival a cause!*)".

■ - **Ritaa Shetiya**
(LF-2005)



It's truly said that dreams are like stars...You may never touch them, but if you follow them they will lead you to your destiny. Right from childhood, Omkara Veeranki (LF-2007) had immense interest in medicine and animals. It was something about life that intrigued her. This led her to pursue research in the medical field. Our another Lila Fellow, Dr. Gayatri Keskar (LF-2003), has been dabbling in the field of Thermoelectric Materials (converting heat into electricity) for the past decade, and made a significant contribution by working towards environment-friendly energy solutions! Here we have Omkara and Gayatri sharing their research interests!

With the passion to contribute to the field of veterinary medicine, **I pursued my bachelors in Veterinary Medicine from Nagpur at one of the premier institutes in India.** Joining Nagpur Veterinary College was truly a turning point in my career. I realized that there is much more beyond treating and prescribing medicines. To understand the root cause of a disease, one must study deeper and dive into the minutest detail. Only then, one can achieve complete eradication of the disease. With this understanding, I became interested in research and with a clinical background it seemed like a herculean task. But I made up my mind and kept following my dream.

I got admitted to the State University of New York, Buffalo, for Masters in Biotechnology and this was just the beginning. With the scholarship from Lila Poonawalla Foundation, my dream became a reality. I was exposed to the cutting edge technology in research and the intense curriculum honed my techniques in molecular biology. With my master's dissertation on anti-inflammatory cytokine IL-10 and mammary gland development in breast cancer, I knew I was going to dedicate the rest of my life in understanding and finding cure for cancer – one of the deadliest known diseases. I soon got accepted to pursue my doctoral studies at the Roswell Park Cancer Institute, New York and it has been a heartening experience ever since. This was a leap towards attaining my goal!

Bladder Cancer (BC) is a major global health problem and is primarily a disease of the elderly, as the average age of diagnosis is 73 years. Although, majority of the BCs detected are superficial and low grade, they form one of the most expensive malignancies to treat due to their high recurrence rate and the need for lifelong surveillance. **Hence, if preventive strategies could effectively delay the disease for 5-10 years, its incidence could be dramatically reduced.**

The current standard treatment for invasive bladder tumors is endoscopic transurethral resection with or without intravesical therapy. But the risk of recurrence

is 50-60% for grade 1 and 2 tumors and 80% for grade 3 tumors. The American Urological Association recommends surveillance every 3-6 months for 3 years after treatment and at least yearly thereafter; adjuvant intravesical immunotherapy and chemotherapy are used in high-risk patients



to prevent recurrence and progression of superficial bladder cancer. To reduce systemic toxicity and enhance efficacy, therapeutic agents are administered directly into the bladder via transurethral catheter. However, local side effects increase the need for urinary delivery of effective agents.

Dietary Isothiocyanates (ITCs), Allyl Isothiocyanate (AITC) and Sulforaphane (SF) are naturally found in many cruciferous vegetables and especially abundant in mustard seeds and broccoli sprout extracts. In vivo, dietary SF is efficiently absorbed and is about $\geq 80\%$ bioavailable. Epidemiological and molecular studies suggest that consumption of cruciferous vegetables that are rich in ITCs prevent cancer in the urinary bladder. Potent antiproliferative activity of dietary ITCs has been observed in various cultured human bladder cancer cells, including bladder cancer cells resistant to doxorubicin, a drug currently being used to treat cancers. Oral administration of AITC has been shown to significantly inhibit cancer growth and muscle invasion in a rat model. Broccoli sprout extract, rich in SF, has also been shown to inhibit bladder carcinogenesis in a rat model. Thus, AITC and SF may reduce risk of BC recurrence and progression.

When I started working on bladder cancer, initially, I worked on the pharmacokinetic and pharmacodynamic study of SF in rats to ascertain bio-availability and cytoprotection of SF in bladder, as well as studies of SF on carcinogenesis model in bladder cancer cell lines. I also studied cyclooxygenase 2, a key target of SF, which is associated with grade, prognosis and

recurrence of superficial bladder carcinoma, and its role in inhibiting BC. My current project is based on BC chemoprevention and is focused on improving the efficacy of ITCs in inhibiting bladder cancer growth and muscle invasion. It involves the use of combination therapy of AITC and SF, for the identification and development of chemopreventive targets. This is an ongoing project and I hope to wrap it up soon.

My hard work in my chosen field has paid dividends in form of publications in renowned, peer-reviewed journals and the opportunity to attend various world renowned workshops and conferences, including Excellence in Oncology conference at Istanbul, Turkey, and ABRF Workshop on Technical expertise at Orlando, Florida, both in 2012. While pursuing my doctoral studies, I had the privilege to serve on the selection panel for granting committee of Mark Diamond Research Fund in 2010 and also received two consecutive National Science Foundation Travel Awards held in Sacramento, California and San Antonio, Texas. Additionally, I was selected for a small animal oncology externship at Cornell University and was also appointed as a Senator in Graduate Student Association.

I have about a year to go, but I simply cannot wait to get done with my Ph.D. dissertation and go out into the real world. A disciplined approach and perseverance are the attributes that will help me achieve my objectives. My deepest and foremost gratitude goes to my family and Lila Mom. My journey would have been simply impossible without their love and support throughout my life.

■ - Omkara Veeranki (LF-2007)

Are you frustrated because your phone batteries run out at the most inopportune moment? Often, when you are travelling, you never find a charging point at the airport. Or even if you find one, it's not the right type of plug...Sounds familiar, right? We all have been in this situation at some point of time and yes, it is very frustrating...Getting power on the move is quite challenging. Particularly outside the city, in rural surroundings, power definitely isn't always around. So what is the solution? "Personal Energy Generation Technologies"



The 'energy issue' is of prime importance in the

twenty first century. An excessive reliance on the combustion of non-renewable fossil fuels brings not only ecological problems, but also harsh ongoing impact on the global economy and society. There is a pressing requirement for cost-effective, efficient and green energy conversion and storage devices that can power energy intensive areas, ranging from portable electronics to transportation.

Thermoelectrics forms a renewable and truly green source of energy. Some of the potential applications of this technology include personal power-jackets that could use body heat to recharge cell-phones and other electronic devices, "Freedom cars" (e.g., electric vehicles, hybrid electric vehicles), which are partially powered by the exhaust system and solar thermal panels with heightened performance.

Thermoelectric (TE) materials have the ability to convert heat into electricity and vice versa. TE can be used to capture the waste heat and convert it into electricity. Apart from human body, the waste heat sources could be computer chips, automobile exhaust and industrial utilizes. TE modules don't involve any moving parts making TE 'no-fuss' and environmentally friendly alternative to batteries, resulting in massive savings on fuel and carbon dioxide emissions. In addition to power generation, thermoelectric devices can also be used as refrigerators and air conditioners and because these devices can be miniaturized, it could make heating and cooling much more localized and efficient. **They are also a crucial energy source for many of the NASA's deep space missions.** Thus, it is important to improve TE materials for more effective energy harvesting.

The "figure of merit" of TE materials is defined as $Z_T = s^2 \sigma T / K$, where ' σ ' is the electrical conductivity, ' s ' is the Seebeck coefficient, ' K ' is the thermal conductivity, and T is the temperature. For good performance of TE, electrical conductivity of the materials should be good and for this thermal conductivity needs to be reduced and which can be achieved with the help of nanostructures.

My decade long journey in **Nanotechnology and Nanoscience** began during the final year of my engineering project at the CSIR-National Chemical Laboratory, Pune. As a part of this project, I developed an *in-situ* technique to deposit nanoscale metal coating on polymer particles resulting in improved electrical conductivity without much brittleness due to 66% less metal loading compared to *ex-situ* composites. Our approach was simple, cost-effective and easily scalable for bulk production. This opportunity made me realize my interest in the field of nanomaterials and confirmed my decision to enter into this emerging

field to contribute towards the development of nanomaterials with novel properties. **I was fortunate enough to receive LPF scholarship to pursue my Ph.D. in Materials Science and Engineering at Clemson University.** This scholarship was very important to me, and it definitely helped me in fulfilling my dreams by providing me the financial support and encouragement at the right time, when I needed it the most.

At Clemson University, I worked with IBM to solve a complex material-constrained challenge in building carbon nanotube-based transistors by developing a new process with a high degree of control over the structural and electronics properties of carbon nanotubes which is crucial for a stable device performance. After my Ph.D., I briefly worked at a nanotechnology based start-up company. Following my passion, **I continued my research in nanomaterials at Yale University to devise novel synthesis routes to produce functional nanomaterials** with low cost, high efficiency, and superior properties for energy applications.

During the first three years, I worked on new strategies to improve Z_T by synthesizing nanostructured networks of bismuth and

multiphasic arrays of bismuth telluride, which is an industry standard with highest Z_T for near room temperature applications with solution phase approach. Control of materials properties and functionalities through chemical and atomic design holds the key to develop sustainable technologies. Currently, I am designing new nanomaterial composites that combine the most powerful (TE) properties of each individual component integrated in a manner to optimize the overall performance. Our objective is to improve TE materials by controlling the morphology and composition of nanostructures for more effective energy harvesting using eco-efficient alternatives.

My focus has now shifted to affordable, green, large scale production of hybrid TE nanocomposites to take advantage of low cost, light weight, flexibility and easily process-able polymer blends. The high energy density could make hybrid thermoelectrics competitive to standard semiconductor TE. As 60% of primary energy is wasted as unutilized heat, there is a huge market for TE materials to make a direct contribution towards building a sustainable future for our next generations.

■ - Gayatri Kesar (LF-2003)

In the last issue of Inspira, parents of our LFs expressed their feelings about our *Yashoda Mom* i.e. Lila Mom. Similarly, in this issue, parents of our LG and LF have expressed their views and feelings!

Jayashree Takale's (LG 2012) father says, "I am a driver and everyday while driving, there is only one question that comes to my mind, 'how to accelerate our life, knowing the fact that we have to live life happily each day'. Jayashree passed her 12th examination with good marks. She had always dreamt of becoming an engineer. I also wanted to educate her, but due to my financial condition, I was worried whether her dreams will be fulfilled or not. During the same time, we came across the scholarship advertisement of

मागच्या अंकात जशी पालकांनी आमच्या यशोदा आईविषयी मते व्यक्त केली होती, तशीच या वेळी जयश्री टकलेच्या (L.G. 2012) वडिलांनी आणि तेजश्री गिरमकरच्या (L.F.2008) आईनी केली आहेत. वाचूया ते काय म्हणतात...

जयश्री टकलेचे बाबा म्हणतात..

“रोज गाडी चालवताना संसाराचा गाडा कसा चालवायचा हा प्रश्न कायम असायचा, तरीही आलेला दिवस आनंदी घालवायचा असे रोजचे आयुष्य. जयश्री 12 वीला चांगल्या मार्कांनी पास झाली, ते इंजिनियर व्हायचे हे मनात घेऊन. तिला पुढे शिकवावं नक्कीच वाटत होते पण आर्थिक समस्यांनी स्वप्न अर्धवट राहील की काय अशी भीती वाटत होती. त्याच वेळी लीला पूनावाला फाऊंडेशनची जाहिरात पाहिली आणि नवीन पहाट झाली ! रितसर गोष्टी पूर्ण केल्या आणि एक दिवस अचानक

Lila Poonawalla Foundation and that was like a new dawn in our life. We completed all the formalities and followed the procedure. One day, we received a call that she has been selected for the scholarship. We felt that the door to her future had opened! This scholarship has benefitted her. She has geared up in her studies, got a chance to meet new people. Due to my schedule, it becomes difficult for me to attend the programs organised by Lila Poonawalla Foundation but her mother always talks about the Foundation. Lila Madam and Firoz Sir are really nice people; they have given a lot more than love to all the girls. Jayashree's inspired by Lila madam and is determined that once she starts earning, as per her capacity she will be helping other needy girls. We are with her. Our wish is that she progresses and becomes a great person."

Tejashree Giramkar's (LF 2008) mother says, "I am very proud of being Tehashree's mother! My small little Teju is grown up, has done her M.B.A. and has returned from London. From a small house, to look at the sky is itself quite difficult. It was impossible for us to imagine our daughter travel through this sky and go to London. This was something we had never dreamt of. This was possible only because of Lila Poonawalla Foundation. Due to the help from the Foundation, not only Tejashree's life, but our life too has shaped up. Tejashree has started earning and now my responsibilities have reduced to a greater extent. I feel relieved that our financial condition is now improving. I'm sure, this too shall pass. I am a small scale vegetable vendor. Hence, educating 3 girls was difficult. All vendors used to go for lunch but I used to stay back and sell vegetables. Since, this was the time when there are maximum customers. I am not educated, but have always dreamt of higher education for my girls and for that I am ready to work hard. I know that the Foundation is there to support us. 2 to 3 years back, Tejashree wanted to do her M.B.A. but, no one was ready to give us money even on loan basis. It is rightly said 'where there is a will, there is a way.' She has become confident. She is not only my daughter but also Lila madam's daughter. Various programs have taught her many things in life. What else does a mother want?"

शिष्यवृत्ती मिळाल्याचाच फोन आला आणि तिच्या उज्वल भविष्याचे दार उघडले गेले. ह्या शिष्यवृत्तीचा तिला नक्कीच फायदा झाला आहे. तिची अभ्यासात गती वाढली आहे. नवीन लोकांना भेटायची संधी मिळाली आहे. माझ्या कामामुळे मला कार्यक्रमांला जाता येणे कठीण असते पण तिची आई नेहमीच फाऊंडेशनच्या बाबतीत सांगत असते. लीला मॅडम आणि फिरोज सर खूपच चांगले आहेत. अनेक मुलींना त्यांनी प्रेम आणि बरेच काही दिले आहे. जयश्रीने लीला मॅडमकडून प्रेरणा घेऊन ठरविले आहे की कमवायला लागल्यावर तीसुद्धा भविष्यात तिच्या क्षमतेनुसार इतर मुलींना मदत करणार आहे. आम्ही देखील तिला पाठिंबा देणार आहोत, ती मोठी व्हावी हिच आमची इच्छा आहे."

तेजश्री गिरमकरच्या आईचे मनोगत

"आज तेजश्रीची आई म्हणून घेताना मला अभिमान वाटतो, की माझी छोटीशी तेजू कधी मोठी झाली कळली नाही, तिने एम.बी.ए. केले आणि ती लंडनला जाऊन आली, छोटयाशा घरातून आभाळ दिसणे ही अवघड गोष्ट आहे. त्याच आभाळातून माझी मुलगी विमानात बसून लंडनला गेली हे शक्य झालं ते लीला पूनावाला फाऊंडेशनमुळेच आणि त्याआधी फाऊंडेशनमुळेच माझ्या मुलीला आणि आम्हाला नवीन जीवन मिळाले आहे.

तेजश्री आज कमवायला लागली आणि माझ्यावरील आर्थिक जबाबदारी थोडी कमी झाली आहे. मनाला समाधान वाटते कि आज आमची आर्थिक परिस्थिती सुधारत आहे. हेही दिवस निघून जातील.

मी छोट्यासा भाजीचा गाडा चालवून उपजीविका चालवते, त्यात तीन मुलींचे शिक्षण आणि बाकी संसाराचा गाडा ओढणे कठीण होते. म्हणून दिवसभर भाजी विकायचे. बाकीचे भाजीवाले घरी गेले जेवायला, तरी मी जात नसे कारण त्यावेळीच जास्त भाजी विक्री होत असे. मी एक अशिक्षित स्त्री आहे पण आज मी अतिशय समाधानी आणि आनंदी आहे. मुलीने चांगले शिकावे म्हणून माझी कष्ट करायची तयारी होती आणि त्यात लीला पूनावालांची मदत.

2-3 वर्षांपूर्वी तेजश्रीला एम.बी.ए. करायचे होते आणि माझ्याकडे पैसे नव्हते, कर्ज द्यायलाही कोणी तयार नव्हते. फाऊंडेशनच्या शिष्यवृत्तीमुळे हळूहळू सर्व समस्यांचे निराकरण होऊ लागले. तिचा आत्मविश्वास उंचावला आहे. तिच्या स्वप्नांना नवीन पालवी फुटली आहे. म्हणतातना इच्छा तिथे मार्ग तो असा. तेजश्री आता लीला मॅडम चीच मुलगी झाली आहे. वेगवेगळ्या कार्यक्रमांमुळे तिला नवनवीन गोष्टी शिकायला मिळाल्या आहेत. तिची प्रगती होत आहे. त्यापेक्षा आईला काय हवं?"

■ - Prayaga Hoge (LF-2008)

SAMAGAM, the annual, cultural fund raising event of the Lila Poonawalla Foundation was held on 9th June 2013 at Nehru Memorial Hall, for its fifth consecutive year. This event was entirely organised by the Lila-Fellows, -Girls and -Juniors under the guidance of our loving 'Firoz Dad'. **SAMAGAM 2013** was based on woman centric themes like, 'Save the Girl Child' and 'Women Empowerment'. Of the 120+ performers at the event, most performances were showcased by Lila Juniors and this was the highlight of this year's Samagam.

SAMAGAM 2013 was formally inaugurated in an Eco-Friendly way i.e. by watering a potted plant by the hands of the Chief Guest, Guru Smt. Mythili Raghavan, Founder of the Academy of Indian Dances along with the Guest of Honour, Mr. NandKumar Sutar, Resident Editor of Daily Sakal. As a tradition, the evening began with the Foundation Song by Yogada Deshpande, Madhavi Prabhumirashi, Shruti Thite and Reshma Kulkarni followed by Ganesh Vandana 'Deva Shree Ganesha' by Lila Juniors from Gawadewadi School.



'Rhythm and Beats' group performing medley on super hit bollywood songs



Compere for the day, LF Snehal R. Patil and LG Kashmira Deval

Camp Education Society's Kanya Shala performed on the "**Main thi, Main hoon, Main Rahoongi**", a song dedicated to women power. The same school also

presented a heart touching performance on the song '**Aashiyaan**', dedicated to all physically challenged people, who lack speaking and hearing skills. Camp Education Society's Utkarsha English Medium School performed a fabulous **group dance using musical props**. Our own Sajida Pathan (LF-2012), dedicated a **self written poem to women**. St. Clare's Convent School danced to the tunes of **Satyamev Jayate**. Our Lila Fellows Madhavi Prabhumirashi, Yogada Deshpande, Shruti Thite, Reshma Kulkarni and Leena Wadhvani added melody to the evening by singing

evergreen bollywood numbers encompassing several genres, namely Sufi, Ghazals and some traditional folk songs. Late Dr. Kalmadi Shamrao Kannada Medium School presented group dance on the song "**Desh Mera Rangeela**" and spread rainbow colours on the stage. The last but not



Hirakani School, Gawadewadi performing on the famous track "Jai Ho!"

the least, the '**Rhythm and Beats**' group of LFs presented a medley of super hit Bollywood songs. Hirakani School of Gawadewadi presented "**Jai Ho!**", a befitting finale to the cultural evening. LJ Yogita Sonkamble, also from Camp Education Society's Kanya Shala presented a solo dance which was **fusion of various dance forms**. Nishigandha Shete performed sensational **Marathi folk dance, Lavani**. The whole program was compered by LF Snehal R. Patil and LG Kashmira Deval in 3 languages, Hindi, Marathi and English.

The shocking Delhi rape incident sent waves of horror across India. Kashmira Deval performed a **mono act related to 'women empowerment'**. She, through



CES's Utkarsha English Medium School performing a fabulous musical props group dance

her mono act stressed on 'How to protect ourselves and how not to be a victim?' This mono act was followed by a small demonstration on Self Defense by Jyoti Otageri and her group (Sonal Kalokhe, Shilpa Bombe, Snehal S. Patil and Purva Ghatole). This group gave a glimpse of various tricks of Self Defense **'Help yourself through self defense'**.

The Foundation has been organising Self- Defense workshops for its girls.

The Guest of Honor, Mr. Nadkumar Sutar, who is associated with the Foundation for the last 5 years and supports its cause, on this occasion said **"If women try to work beyond conventional areas earmarked for them, then it will be good for India. Lila Poonawalla Foundation has supported talented and needy girls and these girls are India's future. Foundation's role and motto of empowering girls is predominant and it is not only connected with the girls but also with their families. I assure you, my continued help and support the Foundation, forever"**.

Chief Guest, Guru Smt. Mythili Raghavan said **"I and the audience has been witness to this wonderful program. It's over six decades we have achieved independence and during this time, women have achieved commendable and significant success in various fields. However, women are still lagging behind. The crime against women and the girl child is increasing and in such circumstances, it is necessary for social organisations to take care of them and teach them, not only on how to face the challenges but also help them to save others**



St. Clare's Convent School performing on 'Satyamev Jayate'.



LFs Madhavi Prabhumirashi, Yogada Deshpande, Shruti Thite, Reshma Kulkarni and Leena Wadhwani singing evergreen bollywood, sufi, Gajals and traditional folk songs

lives. Education plays an important role in such grooming and I am happy that Lila Poonawalla Foundation has a vision and a mission in this direction. Foundation not only gives financial support to the girls but also gives them moral and social support. Lila Poonawalla really works for a great cause, I salute her. I wish her and her team success!"



Late Dr. Kalmadi Shamrao Kannada Medium School performing on "Desh Mera Rangeela"

The 38th issue of *INSPIRA* was also released at this occasion. To conclude, LF Jyoti Otagire thanked all the sponsors, donors, guests, performers and audience. The vote of thanks was followed by National Anthem. Mr. and Mrs. Poonawalla gave full credit of the runaway success of SAMAGAM 2013 to its team! The day ended with a tremendous applause from all! The media was extremely benevolent in giving wide pre- and post- event publicity to SAMAGAM 2013.

■ -Ritaa Shetiya (LF-2005)

Giving strength to the wings of the girl-child so that they can fly in the limitless sky! Lila Poonawalla Foundation proudly held its first 'Scholarship Award Function' in 2013, on Sunday, 7th July 2013 at Symbiosis Vishwabhavan Auditorium, Pune. This was the 3rd batch for the school project.

These scholarships were awarded at the hands of our Chief Guest, Mr. Prataprao Pawar, Chairman Sakaal Media Group and Chairman ASK Chemicals Foundry Solutions Pvt. Ltd. and the Guest of Honour Mrs. Nazura Sattar, Chairperson, Anjuaman- E-Isaam orphanage. This year, LPF awarded scholarships to **154 school girls from 7 schools in Pune**. LPF will be supporting these girls right from their VII standard to XII standard and unto their graduation thereafter. This is a 10 years long commitment.

After the inauguration, Lila Mom addressed the gathering and briefed everyone about the school project. LPF started this school project 3 years ago. Girls from various schools were selected on the basis of their academics, income and thorough interviews. Every year, LPF adds 1 new school to this project and this year, we have 7 schools. LPF supports girls by providing the school fees, uniform, bags, books, tuition fees, extra coaching classes and educational trips.

Lila Mom mentioned in her address, **"Our Society is like a tree, where my girls are the roots who hold this tree firmly. LPF is always there for such talented and extraordinary girls who want to do something and stand up as a unique citizen in this society. Women, as you know, have to face more problems than a man and thus we expect a lot of co-operation from the parents. It's important to help your children to get higher education and let them become independent. We can bring a horse near the water but, he has to drink it on his own. So, support your children and don't discontinue their education. LPF is always there to help girls pursue their dreams and support their higher education"**. Lila Mom appealed to the girls, never to allow their parents to discontinue their schooling. She ended her address by thanking all the donors and trustees for their co-operation and everyone who made it possible to start the scholarship for the school girls.

The Guest of Honor, Ms. Najura Sattar works passionately for Anjuam-E-Isaam orphanage even at the age of 85 years. She addressed the audience starting with- **"I feel privileged to be invited for this program where all the girls call Mr. and Mrs. Poonawalla as Mom and Dad, and it's like a wonderful big family. I am supporting Muslim girls but what Lila Poonawalla Foundation is doing is something truly remarkable. Women become good mothers... good housewives... they sacrifice everything for their families but they don't follow their heart to complete their education. Mr. and Mrs.**

Poonawalla are giving that opportunity to the girls. I thank Lila Poonawalla for supporting two of our schools by giving scholarships". The Chief Guest, Mr. Prataprao Pawar, appreciated the work done by Mr. and Mrs. Poonawalla and mentioned that **"I strongly believe in this phrase – if a woman is educated, the whole family is educated. People like Mr. and Mrs. Poonawalla helping the society to build future of India"**.

Radhika Satish Pande (LG-2012) represented the previous batch of Lila Girls. She said **"This function reminded me of our school days when we are too innocent for this world and the desire to do something great in life, starts cropping up in our heart for e.g. we want to become an engineer or a doctor etc. Though this desire is strong at this stage, without a strong support from our family, especially due to financial conditions, this seed never develops into a tree!.....but thanks to LPF! I'm so glad that these girls have become a part of our LPF family right from their school level!"**

The function was an occasion which repeatedly proved that Lila Mom is like a ray of hope for the girls! Lila Juniors from various schools thanked LPF for supporting them to make their dream come true. Lila Junior, Mahima Das of Utkarsh English Medium High School said **"Purpose of life is not just to live but to be useful, to be honoured and make some difference and this is what LPF is doing. LPF has taken the initiative to eradicate inequality in education"**. Lila Junior, Akshata Thorat of Zilla Parishad School, Gawadewadi said **"LPF is supporting 55 girls from my school. Along with our school fees, LPF is providing us with school uniforms, bags, extra coaching classes etc. We are getting benefitted from various programs arranged by LPF which is helping us to compete with other urban girls. We have been provided with computer labs so that we can sustain in this world of IT. We feel that LPF is actually funding our dream and from now on, we will study hard and make our families and Lila mom proud"**.

This award function was yet another memorable event in the history of LPF and ended with a Vote of Thanks to all those who made this event successful. The representatives from various schools also thanked Mom and Dad for the scholarships. The incoming girls now feel confident about their ability to create a better future for themselves and their families.

■ **-Gayatri Kshirsagar (LF-2012)**



Group Snap post inauguration – (L to R) Mrs. Samina Deokar, Mrs. Malti Kalmadi, Mrs. Vasantha Ramaswamy, Mr. Firoz Poonawalla, Mr. Prataprao Pawar, Padmashree Mrs. Lila Poonawalla, Mrs. Nazura Sattar, Mrs. Jayashree Shahade, Mrs. Vaishali Halbe.



Anjuman I. Islam Peer Mohammad High School Urdu Medium School



Anjuman I. Islam Ahmed Peer Mohammad High School English Medium



Camp Education Society's Marathi Medium School



Camp Education Society's Utkarsh English Medium School



Late Dr. Kalmadi Shamrao Kannada Medium High School



St. Clares Convent School



Zilla Parishad School, Gawadewadi



Lila Mom assuring that everything is fine and parents are enjoying lunch.

5 SUNDAY TRAINING PROGRAMME WITH CAPGEMINI

LPF has been ruling the roost when it comes to empowering young girls and training them to walk out in the world as confident, successful and smart women. In similar veins, a 5 Sunday workshop was arranged by LPF in collaboration with Capgemini multinational corporation that provides IT services and is one of the world's largest consulting, outsourcing and professional services companies, to train our Lila Girls and make them campus-ready. Our Lila Girls Ms. Jigna Rathod and Ms. Umema Bohari share with us the details of this training programme.

As we were about to step out of our Engineering Courses, our first concern was PLACEMENTS. How to prepare for interviews and group discussions? What to say, what not to say? All these questions were creating a mess in our minds. At such a time of dilemma, we got a call from the Foundation informing us about 5 Sunday training programme, scheduled for us.

A group of 27 Lila Girls underwent a well designed training programme by Ms. Georgina Mathew from Capgemini. It was a combination of theory and mock sessions. The theoretical sessions were quite informative with succinct contents for all the sessions which helped us to clear our doubts.



Mr. Vinaykumar Shetty guiding the participants during an exercise to 'think out of the box'

On the first day, a session on cracking the personal interview was conducted. Various techniques, do's and don'ts of an interview were discussed followed by a game, "Marooned on the Island", wherein the girls were taught how to put forth their ideas and sharpen their convincing skills. The second Sunday addressed mock interviews where experts from Capgemini took our interviews and gave us some quick tips. These interviews helped kill the fear of interviews and gave us a great platform to test ourselves.



Capgemini program: Ms. Georgina Mathew explaining the game 'Marooned on the Island'

The following Sunday was aimed at Group Discussions. We received tips and tricks on how to clear group discussions successfully. Mr. Vinaykumar Shetty made each one of us talk. This activity helped trigger our brains and made us think 'out of the box'. It cleared our confusion regarding Group Discussions (GDs) and motivated us to express our thoughts fearlessly.

One of the Sundays saw a session on how to crack an aptitude test, a common screening test used these days. Dr. Vanita Patwardhan of *Jnyan Prabodhini* conducted this session. She shared with us certain competencies which are required to crack such tests. To name a few, Communication Skills, Analytical thinking, Interpersonal Skills, Working In Teams, Endurance, Planning and Prioritizing etc. On the same day, "Learn to Live" portal, a platform to encourage self learning and enrich technical and corporate skills through various media, was demonstrated. This platform provides various mock tests, online mock interviews and videos for the students.

'Smile as often as possible. It not only shows that you are confident about what you speak, but also helps you to keep the mood light and brain cells working', a tip from Ms. Georgina to be used during interviews.

At the end of the 5 Sunday training program, Ms. Georgina divided us into 5 groups and asked us to

prepare a skit. The motive behind this was to improve our English speaking skills and induced a sense of team spirit. The idea of the act indeed proved very helpful. We also realized that we are good actors! It was surprising that even before interacting, each one of us suggested burning issues such as Stress Management, Child Abuse, Corruption, Superstition and Girl Child as topics for our skit. This somewhere brought out the consciousness we all have about these issues.

Last but not the least, the change that we observed in us after the training programme cannot be put in words. The inputs we got from this program will not only help us to get a good job but also help us

to progress in the organisation. We will keep each and every advice in mind. Today, we are confident to face any interview and get through. It was a great platform to meet our fellow mates and Lila mom on every Sunday.

The entire program ended on 1st September 2013. In all, the 5 Sunday workshop proved to be quite fruitful and definitely boosted our confidence level.

■ - Jigna Rathod (LG-2011)
and
Umema Bohari (LG-2011)

"Kill Your Fears"

Can we imagine our life without fears? The answer is, 'NO'. Our growth, whether in personal, professional or financial life, comes to an end when our mind is surrounded with fear; our confidence drops! To help us tackle our fears, Mr. Nilesh Waghchoude, a successful London-based coach and trainer conducted a workshop "Kill Your Fears!" for Lila Fellows and Lila Girls to help increase their success rate.

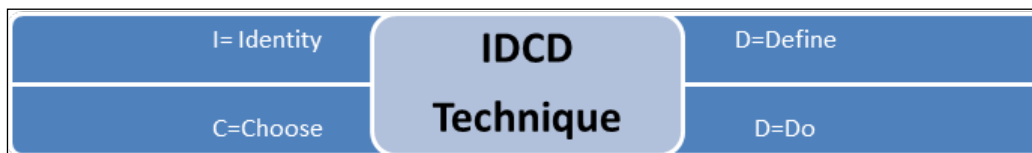
It was one of the best workshops I have attended till date. This workshop taught us to live life fearlessly become confident. Mr. Nilesh Waghchoude explained simple technique to remove fear. This technique is called "IDCD" technique.



Kill Your fears: Trainer explaining different kind of fears and how to deal with them

the causes of this fear. The third step is to choose different ways to eliminate the fears; and the final step is to act accordingly. If we follow each of these steps, we will experience that the 'Negative Energy' within us is being replaced by 'Positive Energy'. Our mind is full of positive and/or negative emotions. Negative emotions harm our personality. It's imperative that our mind should be free from negative emotions. Therefore, we have to train our mind against negative emotions and simultaneously we have to develop our mind to attract positive emotions.

This workshop taught us the 4 steps to deal with our fears and how to improve our self confidence. This workshop held a promise for us to accelerate our careers and make headway in this competitive world. This workshop really helped us realise how easy it was to lead a life without fears!



"I= Identity; D=Define; C=Choose; and D=Do"

This technique is explained in four simple steps. The first step is to identify fears. Second step is to define

■ - Ms. Deepa Krishnamurthi (LF-2005)
and
Adv. Rajshree Ahirgawali-Kare
(LF-2005 and PA-2008)

Study cum Fun Trip to Red Carpet Culinary Academy and GITS Food Products Pvt. Ltd.

Foundation had arranged a visit to Red Carpet Culinary Academy and GITS Food Products Pvt. Ltd. for Lila Girls and Lila Fellows. Red Carpet Culinary institute is a catering institute at Hadapsar where we got a chance to learn a few Thai recipes from world renowned chef Mr. Ravish Arora. At Gits Food Products Pvt Ltd, we got a chance to see the food production process of "Ready to Eat" food available in the supermarkets.

The imposing edifice of the Red Carpet Hotel Management and Culinary Academy struck our eyes and left a lasting impression on our minds. We were introduced to various departments in the academy such as front and back office, housekeeping, bar and restaurant, cafeteria, kitchen, bakery and confectionery. They taught us some basic concepts about the hospitality industry. They even shared with us tips on 'how to save time while preparing food'. They have a separate section on **chocolate** which was the main attraction of this visit. The production department is amazing. It uses the advanced machinery and equipments. They have maintained an ambience of a 5 star hotel and are ready with different sections inside the academy so that it is easier for the students to visualise, analyse and study. This industrial trip was useful to Lila Girls who are already in this field or are looking for better options in the food industry.



Tour of the Red Carpet Academy Kitchen Equipments

We all were introduced to the Thai culture and their way of preparing food. This was followed by a question and answer session. Lila Girls, who answered correctly, got Baker's Basket gift vouchers. We got to the demonstration of Thai dishes such as *Chicken Satay with Peanut Sauce, Thai Green Curry, Som-Tom Salad* and *Pad Thai* (a noodle preparation). We even got a chance to see and taste some of the

Thai vegetables and ingredients which we had never seen before. I would say 'Thai food is worth trying.'

Mr. Faizal Khan, of GITS Foods, explained the operations and quality management system of GITS and familiarized us with the packaging and storage section, quality analysis and R&D (Research and Development) lab during the tour which is actually restricted area however; we got a chance to see it. The tour gave us a clear idea of the food processing unit i.e. how the raw material is received, how it is processed, how it is packed and finally, how it is sent to the market. In all these processes, hygiene is the important aspect and we could see that it is maintained up to the mark. From raw material to finished products, the process involves several steps. We all were interested in the R&D. Last but not the least; we saw how the food is checked for quality before it is exported. We were lucky to taste Gulabjamuns at the factory. They were yummy!

What a wonderful day!!!! We gained knowledge and exposure about the food industry. We express our deep gratitude to Mom and Dad, and the staff of LPF for arranging such a fantastic study cum fun trip and



Group posing in front of the GITS Factory

giving us opportunity to participate where we not only enjoyed but also learned many new things!

■ - **Pallavi Hande (LF-2012) and
Soniya Borse (LF-2009)**

HOW TO SUCCEED IN INTERVIEWS AND GROUP DISCUSSIONS

Keeping in mind the need to groom Lila Girls who will be appearing for campus recruitments, LPF organised a program focusing on "How to succeed in getting the right placement through Focused Group Discussions and Interviews". Mr. Vinaykumar Shetty, Senior Executive from Capgemini, conducted this one day workshop. Our girls, Samrudhi Kulkarni (LG 2012), Swati Jadhav (LF 2012) and Praniti Rajapurkar (LG 2012) share their learnings.

Today, even if one is lucky enough to join a college or any professional course, getting a job later on, is a big question mark. Everyone is concerned about maintaining stability in life. For this, the most important thing is to get a job. Getting the right job involves a process which includes aptitude testing, group discussions and many rounds of interviews. One has to be mentally prepared for these tests and prove him/her fit for the job.

Mr. Vinay Shetty focused on three core areas i.e. **The Aptitude Test** – A short overview on what it is all about. **Group Discussion (GD)** – A presentation aided interactive session covering the topics like Why GD, Types of GDs, the technique, the Do's and Don'ts. **Personal Interview** – A role play based session which emphasized on the preparation, best practices, types of interviews and how to face an interview.

The aptitude test is the first step in the selection process. This test checks our logical thinking, reasoning, vocabulary, grammar etc. Strategic planning and time management are the two aspects one should keep in mind while solving these tests. The first half of the session focused on how to crack personal interviews. Mr. Shetty's systematic and precise presentations, gave us a clear understanding about the basics of interviews. He gave us an idea about the pre-requisites of appearing for an interview. These include necessary documents (marksheets, internship experience letter, project report, any certificate), photo copies of the documents and spare copy of resume. He even emphasized on wearing comfortable and formal clothes. He gave many tips on how to converse with the interviewer and convince him/her.

We understood the ABCs of the interview i.e.

Always (Be aware of the company's background, its competitors or products in competition. Provide

examples of when you have successfully worked in team environments and demonstrate creativity and responsibility)

Beware (Recognize that the job interview starts when you first arrive and does not end until you are out the door and on your way home. Body language and gesture is equally important during an interview. It can give right or wrong messages to the interviewer.)

Crash and Burn (An interview is the time to put the best spin possible on your career, but not at the cost of your integrity)



Participants in mock group discussion session

He discussed important points regarding Personal Interview from HR perspective. so that we can understand that how HR wants answers from us. How to give proper answer? What will be the type of Questions in PI? Mr. Shetty shared with us his funny experiences which made the entire workshop quite interesting and enjoyable.

Group discussion session was a very interactive session wherein we were divided into 3 groups. Each

group was given a topic (Social Media: boon or curse, Politics in India and Impact of western culture on Indian culture). We exchanged ideas and were guided by Mr. Shetty as to how and when to put across our points assertively.

In all, it was a brilliant session. We are lucky to be guided by Mr. Vinaykumar Shetty. We are really thankful to him for spending his valuable time to lead us towards the path of success. On behalf of all the Lila Fellows/Girls we would like to thank the Foundation from the bottom of heart for such a wonderful programme which will definitely help us in the future. Once again, thank you Mom and Dad.

■ - **Samrudhi Kulkarni (LG 2012), Swati Jadhav (LF 2012) and Praniti Rajapurkar (LG 2012)**

WOW-Wellness of (the 21st Century) Woman

It is said, "Well begun is half done." If a woman's wellness is focused upon, her chances of a healthy life go up and so will the probability of her attaining her maximum potential. LPF appreciates women's power and celebrates womanhood and so organised a 'WOW' (Wellness of Women) Workshop which focused on positivity, respect, confidence, physical and mental fitness. Mrs. Vinita Deshmukh, renowned journalist, spearheaded this unique workshop along with her team.

It is believed that despite of education and upwardly mobile lifestyles; women still need to be empowered in terms of physical, mental, emotional, and social and community wellness. WOW aims to blossom the total personality of a woman by empowering her in many ways. The personality of a woman can bloom only when she feels good and looks good. For this, she needs to be physically, emotionally and mentally fit. This helps her to connect harmoniously with herself, her family and others. It is equally important for a woman to be aware of some basic legislation around her, so that she can make use of the knowledge and guidance to be proactive in her day-to-day life, instead of feeling helpless in difficult situations.

The workshop began with focusing on physical fitness, but in a different and a joyful way. Zumba Trainer and Fitness Expert, Ms. Aradhana Sharma, taught us some basic zumba moves with an underlined statement "*Smile and dance would make us fit*". I never ever danced in my life, but this workshop made me realise that I too can dance. Dance is necessary to awaken our body, mind and soul and also to remain fit.

Gynaecologist, Dr. Somya George spoke about the prerequisites of healthy and fruitful living. She also briefly introduced us to the issue of 'female foeticide' and shared an important message... 'The girl child needs to be saved in order to maintain a balance in the society for our future'.

Mrs. Vinita Deshmukh gave lessons on how to be confident and how to stop worrying about things in

life. Injustice and violence should not be tolerated. We should raise our voice and if necessary, we should try to get assistance / help from police, lawyers, social organisations, media etc. We should be aware of our basic rights, known as 'Human Rights' and respect them.

Thereafter, Ms. Maulika Shah, an Aroma therapist gave us information about the linkage between fragrance

and good health, commonly known as "Aromatherapy". It is the practice of using natural oils to enhance psychological and physical well-being.

Women are beautiful and can look more beautiful if they take good care of their skin and health. Ms. Parul Sharma taught us how to do so. Nutritionist, Ms. Padmaja Dave, taught us how to make exotic sandwiches and also, how to decorate

and serve them.

An interesting session on tarot card reading was conducted by Mrs. Nandini Samant. She read a few cards for us and explained this technique. Tarot Card reading can be used to find out solutions for a particular issue / problem in life.

This workshop focused on 'celebrating womanhood'. It gave us an excellent opportunity to aspire to be a complete WOMAN! The key is to love and respect ourselves.

■ - Sayali Lele
(LF-2012)
and

Adv. Rajshree Ahirgawali-Kare
(LF-2005 and PA-2008)



Lila Mom along with the participants enjoying Zumba

LPF awarded scholarships to 154 school girls in July'2013.

Media coverage by Life 365 on 14th July 2013.

IN THE CITY

Scholarships for school girls

Lila Poonawalla Foundation awarded scholarships to girls selected under the project '2morrow 2gether'

Lila Poonawalla Foundation (LPF) held its 21st Scholarship Award Function recently at Symbiosis Vishwabharati Auditorium, Senapati Bapat Road, Pune.

These scholarships were awarded at the hands of Filip Vandenbergh, Managing Director - Atlas Copco, Puro, Poonawalla, Pratap Govindrao Pawar, Sakal Media Group Chairman who was the Chief Guest and Nandana Sattar, Chairperson, Anjuman Orphanage who was the Guest of Honour for this function.

This year, LPF awarded scholarships to 154 school girls from seven schools in Pune. The school girls selected under the LPF School Project, '2morrow 2gether', are called Lila Juniors, and are not only supported financially for their fees, uniforms, shoes and books but are also given health education, extra coaching, counselling, creativity building activities, etc.



(L to R) Filip Vandenbergh, Managing Director - Atlas Copco and Puro Poonawalla awarding the scholarship to a school girl

The project started two years back, where LPF adopted five schools. This year, LPF has added one more school to the project which makes it seven schools namely Anjuman Islam Peer Mohammad High School (Urdu Medium), Anjuman Islam Ahmed Peer Mohammad English Medium High School, Camp Education Society Girls

Marathi Medium School, Camp Education Society's Utkarsha English Medium School, Dr. Kalmadi Shantaro Kanada Primary School, St. Clara's Convent School, Zilla Parishad Gawadewadi School.

LPF will be supporting these girls right from Class VII to XII and to graduation thereafter. It is ten year long commitment.

Warm Welcome to Apurva on her arrival by the Electrical Engineering Students Association of University of Hartford, USA



Hearty Congratulations !!!!!



Ms. Apurva Balkrishna Gundarkar

(2010-11 Batch)
for admitting to

Master of Engineering Program
at

University of Hartford, USA

Awarded Scholarships from:
University of Hartford, USA

Lila Poonawalla Foundation, Pune

Electrical Engineering Students Association (EESA)

Department of Electrical Engineering,

Jaywantrao Sawant College of Engineering, Hadapsar, Pune-28

शिक्षक दिवस पर विशेष

अच्छे गुरु के जरिए भरी ऊंची उड़ान

लीला फाउंडेशन से जुड़े अनुभव युवतियों ने साझा किए

गुणवर्ती घरस्थ। पुरो, 4 सितंबर

शिक्षा ही समाज को बदल सकती है, यह शिक्षा अगर महिलाओं और लड़कियों को मिले तो वह पूरे परिवार और समाज को शिक्षित कर सकती है, इसी उद्देश्य से लड़कियों को शिक्षित करने का बीड़ा उठानेवाले लीला फाउंडेशन ने ऐसी बहुत सी लड़कियों को स्कॉलरशिप देकर उन्हें शिक्षा के लिए प्रोत्साहित किया है। इस फाउंडेशन ने लड़कियों को समाज से निकाल लेना ही नहीं बल्कि समाज को देना भी सिखाया।

लीला मॉम रोल मॉडल : लीला मॉम ही हमारी गुरु हैं। आज मैं उनकी मदद और सहयोग से इस मुकाम पर हूँ, 2001 में मुझे लीला फाउंडेशन से पढ़ाई के लिए स्कॉलरशिप मिली थी, जो पढ़ाई के प्रति मेरी लगन और मेहनत का ख़ास ख़याल रखते हुए दी गई थी। यह कहना है पल्लवी गोखले का, पल्लवी ने बताया कि लीला मॉम उनकी रोल मॉडल हैं, वे ही हमारी माँ और गुरु हैं। दूसरों की मदद करने की प्रेरणा भी हमें उनसे ही मिली। आज मैं एक अच्छे मुकाम पर हूँ तो मेरी भी कोशिश है कि इस फाउंडेशन के जरिए ज्यादा से ज्यादा लड़कियों को पढ़ाई में मदद मिल सके।

उनके सहयोग के बिना अपूर्वी रहती शिक्षा : अपनी खुद की इलेक्ट्रॉनिक कंपनी चला रही प्रीति नरकर ने कहा कि हमने लीला मॉम से बहुत कुछ सीखा है, इस संस्था से जुड़ी सभी लड़कियों के लिए ये माँ जैसी हैं, गुरु अपने शिष्यों को अच्छी

शिक्षा देना है, ताकि शिक्षा का भविष्य उज्ज्वल बन सके, मेरी शिक्षा उनके सहयोग के बिना अधूरी थी, उनकी ही डगर पर चलते हुए हम लीला फाउंडेशन का कुछ सहयोग करते हुए जरूरतमंद लड़कियों को पढ़ाई के लिए

मदद करना चाहते हैं, यह संस्था लड़कियों को स्कॉलरशिप देने तक सीमित नहीं है, बल्कि उन्हें समाज को शिक्षित करने की भी प्रेरणा देती है, बिना किसी स्वायं के किसी की मदद करना हमने इस संस्था से जुड़कर ही सीखा है।

मैं नेक्स्ट लीला पूनावाला बनना चाहती हूँ

अपूर्वा का हमेशा से सपना था कि वो विदेश जाकर अपनी पढ़ाई पूरी करे, अब उसका सपना पूरा होने जा रहा है, वह अपनी पोस्ट ग्रेजुएशन की पढ़ाई करने के लिए यूएस की हॉर्टफोर्ड यूनिवर्सिटी जा रही है, अपूर्वा ने कहा कि वह अपनी गुरु और मॉम लीला पूनावाला की तरह बनना चाहती है, कठिन परिस्थितियों में भी बिना डरे अपने कार्य को अंजाम देना मैंने लीला मॉम से ही सीखा है, आज उनकी ही बदौलत विदेश जाकर पढ़ाई करने का सपना पूरा हो रहा है, मैं लीला मॉम का सपना पूरा करना चाहती हूँ, मैं अपनी पढ़ाई पूरी करके जैसे ही वापस आऊंगी, उनका साथ देना पसंद करूंगी, हमारे लिए लीला मॉम ही गुरु और माँ हैं।

ज्यादा लड़कियों को शिक्षित करना उद्देश्य

लीला फाउंडेशन संस्था का उद्देश्य देश की ज्यादा से ज्यादा लड़कियों को शिक्षित कर उन्हें संक्षम बनाना है, लोकमत समाचार से खास बातचीत में फ़िरोज़ पुनावाला ने बताया कि संस्था की शुरुआत हमने 1994 में की थी, लेकिन सही मायने में संस्था 1996 में स्थापित हुई, संस्था शुरू करने के लिए हम

काफ़ी दिक्कतों का सामना करना पड़ा, लेकिन हमने ठान रखा था कि कितनी भी दिक्कत आए, हम हमारे विजन से नहीं डगमगाएंगे, पहले साल हमने 20 लड़कियों को शिक्षा के लिए

स्कॉलरशिप प्रदान कीं, धीरे-धीरे यह संख्या बढ़ती गई, अब तक हमने 2000 से ज्यादा लड़कियों को स्कॉलरशिप प्रदान की है, इसके अलावा 650 लड़कियाँ वॉटिंग लिस्ट में हैं, हम उनकी लड़कियों को स्कॉलरशिप देते हैं, जिनमें पढ़ाई को लेकर जिद और लगन दिखती है, साथ ही जो जरूरतमंद हैं, पुनावाला ने बताया कि लीला ने खुद बहुत ही कठिन परिस्थितियों में रहकर अपनी पढ़ाई पूरी की है, निजी कंपनी में मैनेजिंग डायरेक्टर बनीं, उन्होंने लड़कियों को अच्छे संस्कार देने की भी कोशिश की है, लड़कियाँ काफ़ी भी उन्हें मेम नहीं, बल्कि मदर कहकर बुलाना ही पसंद करती हैं।



Overseas scholarship for Post Graduation studies awarded to Ms. Apurva Gundarkar.
(L to R) Ms. Apurva Gundarkar, Ms. Lila Poonawalla, Apurva's Mother (Media coverage by Lokmat Samachar on 5th September 2013)



Mom and Dad reading birthday messages sent by Lila Juniors of CES's Utkarsha English Medium School



LPF Staff celebrating Mom's birthday

LJs of 2011 batch wish Lila Mom on her birthday: "We promise that you and Dad will be proud to have us with you and we will certainly contribute for the growth of Foundation as a gift to both of you. We will be your strength in future. We love you, Mom. Take Care."



The LPF Board Members and the Auditor during the Board Meeting. This was for the first time that we had all board members present for the meeting



Inspira 38 Release



Sensei (instructor) Hemen Lohana and Kyo Shi (Master Instructor) Salil Nadkarni taught the tricks for Self Defence to LFs / LGs



When Health Improves – Life improves by every measure: A Health session focused on Dental care, Physical Therapy and Cancer Prevention was arranged by LPF with panel of doctors; Dr. Tanveer Khan (dentist), Dr. Vasanti Joshi (physiotherapist) and Dr. Mansi Patil (dietician)



Seco and Hoerbiger Visit: A visit (tour) was organised to Seco Tools India (P) Limited and Hoerbiger India Pvt Ltd to give the feel of the corporate environment to give a first hand experience about how a manufacturing set up is!



Lila Juniors enjoying the feast



Samagam Thanks giving

'Our own mother is our first teacher', we always learn all the things first from her and then we go to school and we get other teachers. 5th September is Dr. Servapalli Radhakrishnan's birthday and is been celebrated as Teacher's day in India and as per Indian calendar the teacher's day i.e. Guru Purnima is been celebrated. Apart from these *Gurus* (Teachers) in our lives we have one more teacher i.e. our Lila mom who teaches us many things. Herewith we are presenting few messages by LF/LG/LJs. Due to limited space, we have picked up only a few messages out of so many that Mom received that day.

Dear Mom,

This Teacher's Day, I seek your blessings to be a 'student of life' forever. To learn from every person, from every experience, to be curious always and be in a small way useful for the society!

I take this opportunity to thank you for instilling this thought of 'constantly learning' in life by example. Thank you for giving me the privilege to be your student!

Lots of Love,

Aarti Chavan (LF 2008)

Dear Mom and Dad,

Thanks for teaching us the value of education and making us what we are...and help us to explore, learn many things may be that we could not learn without your support...

Love you mom and dad....

Gayatri Kshirsagar (LF 2012)

The Answer Lies Within- A remarkable way to boost our morale

We need to develop the courage to follow our heart and discover our true potential. The same is possible with the help of positive experiences in life and use of techniques like visualisation, affirmations and the vision board. These techniques were taught by Mr. Ganesh Purushotham, an entrepreneur and corporate trainer from VIJAYAM-A Training Firm. The training programme organised by LPF.

Life is full of happy and unhappy moments. It is human nature that we tend to blame others for our unhappiness. However, one should try to understand that instead of pointing fingers at others, we should introspect. If we believe in ourselves, we can overcome any hurdle. The workshop highlighted this and helped Lila Fellows and Lila Girls understand the secret to succeed.



Participant sharing her views experience about the tough times she's faced in her life and how if she knew that the answer lies within, her lookout would be different

Introspection can help in finding solutions to any problem. It is necessary to analyse the problem in totality by ascertaining the reasons and causes behind it which will help us to arrive at a solution. Our failures, shortcomings, despair, etc. can advantageously be turned into stepping stones for success. We need to realise that anything can be changed for good.

Our aims, aspirations, dreams and visions can best be realised by perceiving our self-belief coupled with hard work and dedication. The highlight of the programme was the "**Vision Board**". It is a board that enlists our aims and dreams in an artistic way. This board needs to be placed in such a way that we repetitively see it every day. This helps us to channelize our dreams. Mr. Purushottam suggested that each one of us should prepare a 'Vision Board'. The key takeaway of this programme was to prioritise things. The following 'Vision Board' gives a gist of what was discussed during the program.

■ - Adv. Rajashree Ahirgawali-Kare
(LF-2005 and PA-2008)

Teachers Day Special

Dearest Mom,
Happy Teachers Day!

I am so proud to have the most awesome lady as my teacher...You inspire me Mom in whatever you do. And, it's not just me, it's about all of us.

I know this is very difficult, but I'll always try being like you in every facet of my life.

Mom, I had come to Foundation office today. But I couldn't meet you as you were busy with some meetings I guess.

I'll come again soon with the next edition of "Abhijaat"-the COEP Newsletter, for which I am the Chief Editor.

Good night Mom... And, please get well soon.

Best Regards,
Umema Bohari (LG 2011)

Dear Lila Ma'm,

Thank You for being the guiding spirit for all the Lila Girls. On this special occasion of Teacher's Day, A Very Big Thank You. You inspire me to do good at whatever work I take up and be self enabled independent individual.

We love You!!!

Regards,
Maheshwari (LF 1999)

continued on page 31...

The Society of Automobile Engineers of India (SAE India) organised a national level training programme called SAE India off-highway board students, industry, education programme (SINE-2013) in Pune. The programme has been initiated to increase the percentage of women engineers in off-highway engineering. This 15-day program (2nd to 15th June 2013) for women engineering students under the theme "Growth Through Diversity" trained 22 female engineering students from all over India out of which 2 were our Lila Girls.... Harshada Jagtap and Farheen Khan (LGs-2010).

One cannot fathom a world without women. The past century alone has seen a lot of radical changes, which have given women equal powers and opportunities to perform excellently in all walks of life. No matter what the profession is, women have made a mark everywhere, working shoulder to shoulder with men. However, the society still has its prejudice when it comes to picturing a woman in some professions which are traditionally male oriented. One such industry is the manufacturing of off-highway machinery where the sheer size of the equipment has created a notion that woman won't be able to handle it. The SAEINDIA (Society of Automotive Engineers) Off-Highway Board organised **SINE 2013 (Student INdustry Education)**, a two week program in association with many giants of the esteemed mechanical industry. 22 women engineers from various engineering institutes across the country were selected to participate in this program. Out of which myself, Farheen Khan, and Harshada Jagtap were selected by Lila Mom. The theme of this program was "**Growth Through Diversity**" and it aimed at empowering the selected participants in getting a first-hand knowledge of the industry.

Engineering is a field which focuses on creativity, innovation and the overall progress of the society. The importance of additional human resource is a key to growth in this sector. This two-week industrial training program started on 2nd June 2013, in the presence of the SAEINDIA off-highway Board Members. The inauguration function was in the auditorium of Cummins Women's College of Engineering, Hingane. The Guest of Honor was our beloved Lila Mom, a true dynamic lady and the first woman Mechanical Engineer of Pune. Mom addresses us with her inspiring and valuable words. She said, "*When I started, women were not even called for interviews and companies use to say they don't need women. But, look how things have changed. They*



Tractor driving experience at ESCORTS

need women now. There is nothing that women can't do. So, even if you get an opportunity to work on the shop floor, go for it and get your hands dirty". She concluded her address boosting all of us with confidence and pride of what we are. She has always been an inspiring and motivating personality for us. The Chairman of SAEINDIA, Mr. Devendra Bahirat, Head of John Deere Electronics Solutions India Ltd, gave us a brief idea about the SINE 2013 program. We were provided with the agenda of the entire 2 weeks program in the form of booklet. We were accommodated in Cummins hostel for these 2 weeks.

In the span of 2 weeks, we visited 7 different MNCs, their technology centers and manufacturing plants. We began with EATON, a power manufacturing company followed by John Deere, Escorts, ARAI, PTC, Cummins and JCB. We learned various products these companies manufacture, the way they carry out their business, their contribution to GDP as a whole and how they remain firm on their core values and ethics, various technologies they implement to develop a reliable product, various strength and durability tests these products have to undergo



Product display session at EATON

before they are actually put to work to calculate their life cycle, various mechanizations, etc. We interacted with the customers of Escorts who were Farmers. Though this exercise we learned how contented they were with the services provided to them. We also had hands-on experience, where we actually drove tractors in the company's stock yard, especially the Ferrari tractor.

EATON, a Business to Business (B2B) company gave the presentation on hydraulic and vehicle product development towards technology and demonstrated the working of G-G motor, hoses, vane pump, supercharger and transmission system. A visit to Ranjangaon factory of EATON gave the knowledge of various tests like superchargers, clutches, alternative fuel test, heat exchanger fatigue test, rotary fatigue test and linear fatigue test. The clutch is tested for its strength, durability and improvement of life of the product. "JOHN DEERE" is the largest agricultural manufacturing company which started with the manufacturing of the single plow. Mr. Amar gave the inspirational speech on the topic "Need of Technology in Agriculture" and the role of the Government in agricultural development followed by a seminar on "Product Development Cycle". The visit to the 'Reality Laboratory' was the most interesting; a laboratory where virtual testing of vehicles can be seen using 3D goggles! We even got chance to visit the Sanaswadi plant where the manufacturing of tractors take place. We learned about the MAGIC application at "CUMMINS" where M stands for Mine, A for Agriculture, G for Gen-set, I for Industrial and C for Construction fields.

Over the weekend, we were taken for an Outward Bound Learning (OBL) program by the Pegasus Institute. This OBL was situated in the outskirts of Pune, about 50 Km away. It was similar to an army camp. We shared rooms and followed discipline. It was great fun and worth a place to visit and relax in nature's bounty. It was really an amazing and as rightly said- a **"Life Changing"** experience for all of us. It was all managed by experienced and skilled staff. It made us identify our traits that are functional and dysfunctional to our roles. We also played many outdoor games which enabled us to learn teamwork, leadership qualities, adjustability, etc.

This program made us understand what the OFF-HIGHWAY industry is all about. What are the career opportunities for women engineers in this sector? Besides tractors, the other earth moving equipments included in this category which are used for agriculture, mining, defense and construction are backhoes, road rollers, dumpers, loaders, excavators, forklifts, etc. This SINE 2013 program helped us in creating a bond with our co-participants from different corners of the country. Although, there was cultural diversity, we all worked together collectively and co-operatively. It created a reflection of our future professional life.

Harshada Jagtap received 3rd prize in technical quiz at "PTC". A proud moment for LPF!

And, last but not the least; I would like to express my deep gratitude to a person because of whom we got this golden opportunity, **OUR Lila Mom**. I would like to thank her for the perfect logistics support and guidance she has extended to all of us. Her hard work and sincere efforts have always been directed linearly towards the sole purpose of **the enlightenment of our future**. She has always shown willingness and proven to be a moulding hand whenever the topic of our career has risen, for which she has stepped out of her comfort zone, several times. I thank her from the bottom of my heart for the constant inspiration, encouragement and most of all her motherly support. Thanks a lot Mom for giving us this opportunity and being there with us throughout!

■ **-Farheen H Khan
and
Harshada Jagtap (LG-2010)**



Dear Mom and Dad,



The gift that I received on my birthday brought tears to my eyes! I never expected that despite having so many daughters, you would give such personal attention to all of us, specially by remembering our birthdays. I don't have mom and dad but God has given me you and Dad.

THANK YOU VERY VERY MUCH MOM AND DAD, FOR MAKING MY BIRTHDAY EXTRA SPECIAL!!!!

Your loving daughter,
Veda Thorat (LG-2012)



Dear Lila Mom and Dad.....



I received the birthday gift sent by you on July 3rd by hand and also one by post with a letter.....as mentioned in the letter, I very much agree to your sentiments that getting what we deserve is more fulfilling a feeling than getting what we desire.....

I never open my birthday greetings and gifts before my birthday, even if I receive them before the date. It just helps me relate to the gifts better. I opened the gifts at 1:00 am.....SOOOOOOOOOO MANY OF THEM!!!!!! I know part of them were for Inspira thanks giving.....But the birthday greetings and gifts, on this birthday from you are special. This time my meeting in person with you has been so peaceful and free.... I am feeling free at heart, comfortable after a very long time, I don't know why? But it feels like a newfound second innings I have got back with both of you.....

Lila Mom..... I have just passed on the baton of Inspira, but not given up on my moral responsibilities for it and because I made way, we have been able to train someone to slowly take over.

Lila Mom, I loved the moss green bag.... one of my favourite colours and the necklace set is also different and trendy..... Sanskriti was the first one to wear them and pose around. I have liked them and look forward to wearing them at an event.

Lila Mom and Dad, thank you for being there..... the best present I cherish from you is your trust, faith and undying support. I cannot stop saying thank you today..... I loved all your gifts, they are accompanied by very special aura..... which have made me feel special.....in the same special way you welcomed me into the LILA family 14 years ago! May God give you lots of good health a long long life, which will enable enrichment of many more lives like mine!

Love and due regards,

Dr. Rajani Panchang-Dhumal (LF-2000)



Hello Mom and Dad!



I received your birthday gift one day prior to my birthday. It made me so happy because this year I didn't receive any birthday gift and I simply kept feeling that no one loves me. But, you changed my thought and I know there is someone who still cares for me. I am so happy. Thanks a lot!

Life has taken so many good turns. Today, I am employed at the Goa Shipyard. I have become a central government employee who's earning a good salary. I can buy whatever I want except a birthday gift for myself! Thanks for making my birthday so special and filling that gap...Please let me know whenever you come to Goa. I wish you and dad loads of good wishes and good health.

Take care
Love you both

Priya Kadam Bhagat (LF-2007)





Dear Mom and Dad,



Thank you so much for your lovely gifts and wishes for my special day. It always makes me feel great that someone cares for me so much and remembers my birthday.

As I always say, I am very grateful for each and every help the Foundation has provided me with and has been there for me, always! I am proud to be a 'LILA Fellow'. I am currently in my final year of M.D. and in April-May 2014, I'll appear for my final exam.

It's a nice feeling that you care for us so much. I always wish that your best wishes and blessings are with me. I share a very beautiful bond not only with both of you but also with the LPF family. You mean a lot to me.

You have helped me when I was desperately in need of financial support. I thank GOD for giving me the chance to be associated with you and I pray HE gives me enough strength and opportunity to do great things in my field that will make you feel proud.



Thanks and Regards
Dr. Rajni R. Shivkar (LF-2011)

Love you Mom and Dad,



You are always the first one to send me birthday wishes and this makes me really happy. It encourages me to do something big in my life like you. On 26th April 2013, I was thinking about you and just then, I received your gift, what a coincidence! I liked your gift very much.

Having you in my life, is a very precious gift in itself. I am sure every Lila Fellow must be thinking like this. Mom, I am actually not very good in English, but I am just trying to put across my feelings to you (though no words are needed to explain the love between a daughter and her parents).



Love you Mom and Dad!
Shubhangi Hadavale (LG-2011)

Dear Mom and Dad,

Thank you for your lovely birthday gift. It is as always very thoughtfully selected. You always remind me of the quote by Winston Churchill "We make a living by what we get, but we make a life by what we give". Your generous and thoughtful gestures impacts us in more ways than one may realize.

Your message was so inspiring. Truly, more than any mentoring what we need is your presence in our mind and soul which should always guide and inspire us to make the right choices in life, try our best to realize them and live with its consequences.



Warm Regards and Love
Priti Thapa (LF-1997)

Dear Mom
Greeting!

Wish you a very happy guru purnima! Mother is first guru of the child when he/she comes on this earth. I am glad to have such a dynamic guru like you in my life, who inspires me always and gives a lot of confidence and positive affirmation. Indeed mom, you change my life and today, wherever I am, the credit goes to you. I need your blessing and guidance in future too. Would like to end with a beautiful message that I found on internet.

As You Walk With The Guru, You Walk In The Light Of Existence, Away From The Darkness Of Ignorance. You Leave Behind All The Problems Of Your Life And Move Towards The Peak Experiences Of Life. Happy Guru Purnima!

Give my regards to my lovable dad.

With lots of love,

Teachers Day Special

Nisha Pandya (LF 2004)

Hello Readers!

The New Year will knock soon! Don't know how the year has passed by. Many changes have taken place; at work front, at personal front, at LPF and Inspira. For LPF as well as for Inspira, it was an eventful year! 16th September is an important day for all because it's Lila Mom's birthday. A Very Happy Birthday to You Mom!

LPF organised many events in this quarter too. Right from 'Answer Lies Within, Kill Your Fears, Group Discussions, Interview Tip and Tricks to Women and Wellness. It is well said that Health is Wealth! On the same line, the Foundation has provided a platform for Health related programs like 'When health improves life improves' and a symposium on Breast Cancer.

Samagam 2013 and School Awards were the special features of this quarter. Samagam was very special as it was based on woman centric themes like; 'Save the Girl Child' and 'Women Empowerment' and the most of the performances were showcased by Lila Juniors. This year, 7 schools have been selected for School Awards which shows LPF is progressing in a new direction. For any performances / events our lovely Dad i.e. Firoz Sir is always our backbone. It would be interesting to know Firoz Sir's journey from Sir to Dad. Our beloved, Dad has expressed his experiences and feelings in this Inspira issue.



Ever inspiring Inspira team with Lila Mom and Firoz Dad

Every year, Lila Daughters receive lovely gifts from their Mom and Dad for their birthday. We, in this current issue have featured such feelings from the girls. Inspira - 39 has 1 old column with new name i.e. Leading Lady. Till now, we have covered many eminent personalities. But now onwards, we will be covering our own LFs under a new title 'Our Leading Ladies'.

It is said that our biological mother is the first teacher in our life. Likewise, Lila Mom is a teacher for her daughters. This issue covers feelings expressed by Lila Daughters in their own words.

A recent research conducted by Robert Half states that, an average of 18% of a manager's time is spent arbitrating conflicts between co-workers and employees and hence, spends nearly three hours each week attending to conflicts in the workplace. Most of the times, the resolution can be as simple as apologising or forgiving the other. Such 'Global Forgiveness Moment - The Moment of Calm'

was organised by the Sadhu Wasavani Mission on 2nd August 2013 at 2.00 pm.

Let us learn from so many events; many new will come forward... meet you in the next issue....Till then.... Bye!

■ - **Dr. Harshada Babrekar**
Chief Editor

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