

## From My Heart...

My Dear Daughters, Friends and Well Wishers,

**T**he first quarter of the New Year is passing by. I am sure all of you had made New Year Resolutions and are ensuring that you live by those resolutions. **Life is in a great speed and we have so much to do.** Each one of us has a huge reservoir of untapped potential for achievement, success, happiness, health and greater prosperity. It's like a huge ocean unsailed, a new continent unexplored, a world of possibilities waiting to be released and channelled towards some great good. If you have strong desires to achieve greater success, increase your usable time, set goals for your life, become more disciplined, expand your thinking and ideas. **Remember, if you do what you decide then 'Future belongs to you'.** With this positive note, I would like to share with you the next milestone planned by our Foundation. This year, we are **venturing out of Pune district and will reach out to deserving girls in two new districts, Amravati and Wardha.** I am very pleased and excited to let you know about this new initiative. Our plans are to introduce scholarships for **UG program in Engineering, Nursing and Agriculture in Amravati and in Engineering, Nursing and Pharmacy in Wardha. Besides this, in both the districts, we would include Diploma to Engineering as well as Diploma in Engineering.** Thus, in each new district we would have five categories of scholarships. We plan to support close to 350 girls in both these districts. We chose to introduce these scholarships in these two districts after an extensive survey of 5 districts, i.e. Amravati, Wardha, Akola, Yawatmal and Jalna. Amravati and Wardha were chosen as there are good education facilities and employment opportunities, as also many young girls aspiring to make a difference in their lives. **These girls are academically excellent but economically challenged, as also many single parent girls due to difficult farming conditions.** Let us all join hands in making LPF successful in achieving this challenging milestone. **We have been able to take this very bold step due to tremendous support from our overseas Donors.** What is important to note is that we are taking this challenge **in addition to 600+ scholarships that we will be awarding to girls in**

**Pune district this year,** including continuing with our school program 2morrow2gether. So much to do does not worry me because; there is so much joy in doing it.



**I** now would like to share with you some of my thoughts on the **importance of your positive attitude in both your happiness and success in life;** something that has always helped me to be what I am. **Positive Attitude has always been the key to my success. It is important for us to develop a 'CAN-DO' Attitude.** Remember, **winners have the will power and losers have the won't power.** We must learn to respond to life more enthusiastically both at home and at work. Tell yourself daily; I want to be successful and want to be a winner. Personal involvement and commitment is crucial for success. Please do not carry any baggage. **Seek respect, rather than attention,** because for a simple reason that this lasts much longer. **Give up the attitude of blaming someone else.** You must live in a new world which is outside your limiting beliefs and complaints. **The luxury of criticising others does not work at all.** Even the need to impress others must be given up. **Focus on your potential, rather than on your limitations.** Whether you reach success or failure in life, has little to do with your circumstances; and **has much more to do with your attitude.** Non-achievers blame their circumstances; winners rise above their circumstances. Some concentrate on the blank wall that boxes them in. However, winners always look for a way to get under it, over it, around it, or through it. Some see things around them but do not notice anything. I see some things in my room which have impacted my thinking and my approach to life itself. **When I look at the roof in my room, it gives me a message Lila aim high.** There is so much more to do in life. Just do it. **When I look at the fan, I get a message, Lila keep cool.** Give yourself a chance to think it out before action. **The clock tells me that every minute is precious.** Life is ticking by, make the best of it. Lila you will live this life only once, God

has given you time and space. It depends on you how you fill it with joy and happiness for yourself and all around you or with hatred and sorrow. **The calendar in my room tells me keep yourself updated.** Learn new things. You can learn new things at any time in your life if you're willing to be a beginner. If you actually look at the world like a beginner, the whole world opens up to you. **When I look at the mirror in my room, I see my own reflection.** But, I also get a message, Lila **reflect before you act.** It is so important to learn to become adaptable to the coming of each season for **every leaf that changes colour, changes for a reason.** **When I look out of the window in my room, I see the world outside.** You change from becoming an introvert to extrovert. You start to see new opportunities, new ways of achieving new challenges. **Finally, the door tells me, Lila push, push hard to achieve your goals.** Nothing is achieved by sitting and brooding, you need to move, you need to push yourself, make yourself believe that you can do it and you will do it. To put it in simple words, all these in my room have taught me these life lessons.

Don't wish it were easier Lila; wish you were better. Don't wish for less problems Lila; wish for more skills. Don't wish for less challenges Lila; wish for more wisdom. Let others lead small lives, but not you Lila. Let others argue over small things, but not you Lila. Let others cry over small hurts, but not you Lila. Let others leave their future in someone else's hands, but not you Lila.

## YOUR FUTURE IS IN YOUR OWN HANDS.

I hope that each one of you finds your own purpose in life, whatever it may be, and places where you can thrive and develop relations which give you all the joy.

Wish you all the success and happiness in your life.

Mom to Lilas

Friend to All

*Lila.*

**Lila**

It is well said by Harriet Tubman, *"If you want to make your dreams come true, the first thing you have to do is wake up. Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world"*. We all are stars, and we deserve to twinkle. **LPF too has Shining Stars... here they are....**

**Dr. (Mrs.) Urmila M. Aswar (Tambe) (LF-2000):** Received 2 Prestigious awards from Indian Pharmacological Society at annual conference held at Bangalore.



**Ms. Pallavi Kulkarni (LF-2011):** Completed Master of Arts in Geography. Scored 86.16 % and secured '**outstanding**' grade with the GPA of 5.92 out of 6. and stood first in the exam.



**Ms. Mahmooda Takey (LF-2011):** Research work done by Mahmooda during her post graduation has been published in a scientific journal IJRET-International Journal of Research in Engineering and Technology.

**Ms. Vijaya Pokharkar (LF-2009):** Secured first position in B.Ed. in University of Pune. Received a gold medal for the same.



**Dr. Rupali Soni (LF-2001 and PA-2009):** Received two S.T.A.R. (Special Thanks And Recognition) Awards, one in September & and one December and two Spot Recognition Awards, one in April & one in December for her commendable work as a Senior Research Specialist primarily involved in setting up processes and scientific & medical writing.



**Ms. Sukruti Kulkarni (LG 2012) is passionate about the Japanese language. She got an opportunity to visit Japan and fulfill her dreams. She participated in the 'ALL INDIA-JAPAN SPEECH CONTEST', a 10 day contest which itself is a great achievement. INSPIRA team member Gayatri Kshirsagar interacted with Sukruti to know more!**

**S**ukruti Kulkarni, Lila Girl 2012 is currently pursuing her B.Sc. in Computer Science from Pune Vidyarthi Gruha's (PVG) College of Engineering and is simultaneously studying Japanese language from Indo-Japanese Association, Sadashiv Peth, Pune. She has cleared the third level examination in Japanese language. She has a younger brother, who is studying in 9<sup>th</sup> standard and mother who is into the catering business. She lost her father due to illness in 2005 and hence, Sukruti works part time to support her family.

She stood second at the state level competition and got the opportunity to be a part of NATIONAL LEVEL COMPETITION at JNU, Delhi on 12<sup>th</sup> January 2013, where candidates from different zones of India were selected. It was this time when she got the opportunity to interact with the Japanese people and know more about their culture.

Sukruti came to know about the "ALL INDIA JAPAN SPEECH CONTEST" - **KIZUNA** from the Indo-Japanese Association. She applied and got selected for this workshop which was held from 3<sup>rd</sup> March to 13<sup>th</sup> March 2013. The Japanese government sponsored her visit and stay. Sukruti was amongst 138 Indian students who got selected at various levels for this competition. She presented topic "Animation's Good Effect".

The programme **KIZUNA** means **BONDING** and is conducted by the Japanese Government for last 2 years after the nuclear disaster in 2011. Sukruti received **consolation prize** in this contest. Visiting Japan was really a wonderful experience. She visited Tokyo, Fukushima, Tsurugajo Castle, Strawberry Field and many such places. This was the biggest achievement of her life so far. She believes '**our dreams someday turn into reality**' and she had her dream come true!



This programme was more about how Japan has overcome the nuclear disaster within 2 years, just like a *Phoenix* who obtains new life by arising from the ashes of its predecessor. Japan is an inspiration to other countries. However, these days, Japan is facing certain problems in terms of restriction on export of fruits, flowers, crops to U.S and U.K. due to suspected radiation present in the contents. She found that the Japanese are more reserved and patriotic, and, they stand together to overcome the situation.



Sukruti thanks the foundation for the continual support she receives from loving Mom and Dad. She believes that because of the LPF scholarship, she has gained confidence and could reach this level. Boosting by Mom helps her to focus on her goal. Also, various programmes conducted by the foundation are helping her to improve her communication skills and personality.

■ - **Gayatri Kshirsagar**  
(LF-2012)



**According to worldwide statistics, approximately 20 percent of women, 50 percent of pregnant women and 3 percent of men have iron deficiency i.e. Anaemia. Anaemia can be due to the deficiency of single or several essential nutrients or due to conditions that are not related to nutrition like infections. Nutritional Anaemia as we call it is the most common condition however we can prevent it by following a proper diet plan. Lila Fellow, Rajni Shivkar throws light on this....**

**A**naemia is a condition in which the oxygen-carrying capacity of the blood is decreased due to the decrease in the number of red blood cells or decreased concentration of Haemoglobin (Hb) or presence of abnormal Hb which cannot perform its function efficiently. Oxygen is needed in our body to generate ATP (Adenosine TriPhosphate). It is an important enzyme that provides energy for the cell. It's the energy currency of the cells. Each and every act that we perform needs ATP. So, what happens when oxygen is deficient at cellular level? We will feel lack of energy to do anything and in today's era we can't afford becoming lethargic. Such lack of energy and oxygen deficiency is due to insufficiency to meet physiologic needs, which vary by age, sex, altitude, smoking and pregnancy status.



People can also suffer from non-nutritional anaemia like Sickle cell anaemia, Thalassemia or anaemia due to genetic diseases. Amongst all these types, nutritional anaemia describes the condition in which the Hb is lower than normal level or RBC synthesis or maturation is

defective due to the nutritional deficiency of vitamins or minerals. The most common element is Iron, leading to Iron deficiency. Other elements are Vitamin B<sub>12</sub> and Folic Acid which are required for the synthesis of RBC and their maturation. Copper and Vitamin C deficiency affects the absorption of iron through the gut. However, iron deficiency is thought to be the most common cause of anaemia globally. Although, other deficiencies like folate, vitamin B<sub>12</sub>, Vitamin C and vitamin A, chronic inflammation, parasitic infections and inherited disorders can also cause anaemia. **Iron** is an essential component of haemoglobin, the oxygen carrying pigment in our blood. It is normally obtained through the food in our diet and by recycling of iron from old red blood cells. Women have smaller iron stores as compared to men due to monthly blood loss through menses and hence they are at a higher risk of nutritional anaemia.

**Causes of Iron deficiency:** For a healthy individual, a daily intake of dietary iron of 15 mg can replenish the daily loss of 1.5 mg of iron assuming an absorption

rate of 10 %. But, in the presence of the below mentioned causes, the daily requirement is likely to be more especially in low socioeconomic groups. For e.g. too little iron in the diet, poor absorption of iron



through intestine, increased demand of iron during infancy or adolescence as well as pregnancy, loss of blood including heavy menstrual bleeding which is left untreated and uncared for, blood loss during child birth, faulty diet habits as diet rich in phytates and phosphates which can form insoluble iron phosphates and phytates preventing its absorption, repeated pregnancies at short intervals along with prolonged lactation, Hookworm infestations as each worm extracts up to 0.05 ml of blood per day leading to 0.5 – 2.0 mg of iron loss daily, chronic malaria, chronic blood loss in bleeding piles, bleeding ulcers or dysentery.

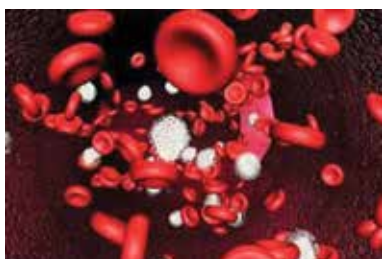


Anaemia contributes to 20 % of all maternal deaths. Pregnant women are at risk of developing Anaemia if they are having inadequate reserve of iron as demand is increased in pregnancy. Also, diminished intake of iron in the diet is aggravated by

vomiting in pregnancy. In developing countries, every second pregnant woman is anaemic. Excess demand in pregnancy is seen in multiple pregnancies (twins). Women with rapidly recurring pregnancy within 2 years following delivery as normal healthy women on adequate diet takes two years to replenish about 1000 mg of iron lost during childbirth and lactation. The most important is teenage pregnancy (pregnancy before the age of 21 years) as the natural growth of a girl demands iron and pregnancy at such an age can put additional strain on the girl.

**Symptoms:** Easy fatigability, lassitude, lethargy, feeling of exhaustion or weakness, reduced exercise capacity, shortness of breath are the early manifestations. Other symptoms are anorexia (decreased appetite), indigestion and giddiness. Pallor of the skin, lips,

conjunctiva, nails, tongue (becoming pale is not fair), brittle finger nails along with flattening and spooning of nails, glossitis, stomatitis and cheilosis (fissures at the corner of mouth).



**Investigation results:** Low Haematocrit, Low Haemoglobin, Low Serum Ferritin, Sr. Iron concentration, Sr. Transferrin saturation.

WHO defines anaemia as, when the patient is at sea level, blood haemoglobin concentration is <13 g/dL in adult male and <12 g / dL in adult non-pregnant women. In pregnancy, anaemia is said to be present when haemoglobin concentration is 11 g / dL or less. The cut-off value to define anaemia for Children between 6 months to 6 years is < 11 g / dL and children between 6 years to 14 years is <12 g/dL.

**Requirement of Iron:** Daily iron allowance for an Indian adult is 20 mg out of which 1-2 mg is absorbed due to the presence of phytates, oxalates, carbonates, phosphates, dietary fibres which interferes with the iron absorption & decreases the bioavailability of the same. Adolescents need 20-30 mg of iron / day while pregnant women need 40 mg/day.

**Sources of Iron:** There are two forms of iron- Haem-iron and Non-haem iron. Haem iron is absorbed better than Non-haem iron. Haem- iron sources are meat, Fish, Liver, oysters and egg yolk. Non-haem sources are cereals, lentils, beans, green leafy vegetables, nuts (cashew, almonds, hazel nuts, peanuts), oil-seeds, jaggery, dried fruits (raisins), dark chocolate, pumpkin seeds, Spinach, Tofu, Broccoli, Parsley, Tomatoes, Olives, Sesame seeds and Soya bean. *Milk is a poor source of iron.* Presence of tannin from tea or caffeine from coffee as well as milk decreases the iron absorption. Vitamin C rich food (all citrus foods like amla, guava, tomato, orange, lime) enhances the iron absorption. Sprouted grains and beans enhance the iron content of the food. Cooking in iron utensils can improve the iron content of the diet.

If diet is deficient in iron, iron supplements (Iron tablets along with Folic acid) are needed to be taken. Supplementary iron and folic acid is a routine in pregnant women and women become free from nausea of pregnancy. Iron supplements should be taken empty stomach along with lemon water (without sugar). Taking Vitamin C supplements or Vitamin C rich food along with iron, help to increase the iron absorption. If one can't tolerate iron on empty stomach, then it should be taken 1 hour after a meal. Iron supplements should not be taken with milk, with antacids containing calcium or immediately after meal or after tea / coffee. Prevention and control of other nutritional deficiencies, such as vitamin B12, folate and vitamin A is also

necessary.

The haematocrit should return to normal after 2 months of daily iron supplementation, but the iron tablets should be continued for another 6 to 12 months to replenish the body's iron stores.

Blackening of stools after iron supplementation is common and should not worried of! Intravenous or intramuscular iron is available for patients when iron taken orally is not tolerated. Severely anaemic persons may require blood transfusions. Lot of iron is lost through parasitic infestation. The best way to avoid getting intestinal parasites is to wash hands frequently with soap after using the toilet and before eating food. Dishes, eating utensils, pots and pans, as well as vegetables and fruits must be thoroughly washed and cleaned, and if necessary, treated with disinfectants and stored in hygienic conditions. Malaria increases the risk of anaemia. Bed nets should always be used where malarial mosquitoes are prevalent. The source of mosquitoes should be controlled. In areas with high rates of parasitic infestation, de-worming should be carried out on a regular basis.

**Consequences of Nutritional Anaemia:** Impaired cognitive performance, significant reduction in the physical work capacity and productivity, bringing serious economic consequences and obstacles to national development. Increased risk of death of pregnant women during labour as woman cannot even tolerate minimal blood loss during child birth. As development of foetus during pregnancy is totally dependent on mother, incidence of low birth weight baby, Intrauterine Growth Retardation (IUGR), prematurity is increased if pregnant woman is anaemic.

About 40% of preschool children are estimated to be anaemic. Causes of anaemia in children could be low iron stores at birth due to anaemia in mother, non-exclusive breastfeeding and too early introduction of inappropriate complementary food and late introduction of appropriate (iron-rich) complementary foods. The increased iron requirements are related to rapid growth and development during infancy and childhood, until and heavy physical workloads (child labour) during pregnancy.

Healthy women can give birth to healthy next generation. It is very important that women should pay attention to their own health. It is very simple as all we need to follow a balanced diet.



Listen to your body and if needed, go for the Haemoglobin test to get an idea of your iron levels. Timely treatment can restore personal health and raise productivity levels.

Eat healthy and stay fit.....

■ - Dr. Rajni Shivkar (LF-2011)

**Here we continue with our column where parents of our girls express their feelings regarding the foundation, the support they have received from Lila Mom. Our Inspira crusader, Gayatri Kshirsagar (LF-2012) interacts with few parents. Here's what they have to say...**

**बा**ळासाहेब गिलबिले हे प्राजक्ता (लीला फेलो 2013) चे वडील, जे धनकवडीमध्ये एक STD बूथ चालवतात. ते जरी अपंग असले तरी दोन मुलींना मोठे करण्याचे आणि त्यांना त्यांच्या पायावर उभे करण्याचे स्वप्न ते पाहत होते, पण अशा गरीब परिस्थितीत, मुलींना उच्च शिक्षण कसे देणार असा मोठा प्रश्न त्यांच्या पुढे होता, तेव्हाच त्यांनी वर्तमानपत्रात फाउंडेशनची जाहिरात पाहिली जणू काही त्यांच्या स्वप्नांना पंख मिळाले.

सर्व रीतसर बाबी पूर्ण केल्या आणि त्यांना प्राजक्ताची निवड झाल्याचे कळले. “लहानपणापासूनच प्राजक्ता हुशार होती. त्यामुळेच आम्हाला तिला खूप शिकवायचे होते, निदान ती या परिस्थितीवर मात करून खूप मोठी होईल आणि आमचे नाव उंचावेल असा विश्वास होता. आणि यासाठी फाउंडेशनने आम्हाला साथ दिली, त्यामुळे आम्ही प्राजक्ताला सिंगड कॉलेज मध्ये प्रवेश घेऊ शकलो. निस्वार्थीपणे त्यांनी आमच्या सारख्या अनेक गरजू लोकांना मदतीचा हात पुढे केला आहे. इतकेच नाही तर आमच्या मुलींच्या व्यक्तिमत्त्व विकासासाठी अनेक कार्यक्रम आयोजित करतात. त्यामुळे प्राजक्ता मध्ये आत्मविश्वास तर निर्माण झालाच आणि आता ती तिची इंजिनीअर होण्याची जिद्द सुध्दा ती पूर्ण करत आहे. यासाठी मी लीला आणि फिरोज पूनावाला यांना मनापासून धन्यवाद देतो आणि माझी मुलगी त्यांनी दिलेल्या शिष्यावृत्तीचे चीज करून भविष्यात तिच्या सारख्या मुलींना मदत करेल असे आश्वासन देतो.

केयुरी औन्धेकर ही पूनमची (LF-2013) बहिण, ती म्हणाली, सात वर्षांपूर्वी आमचे पितृछत्र हरविले, जणू आमच्या घराचा आधार स्तंभ ढासळून पडला. माझे वडिल महिंद्रा कंपनीमध्ये कामाला होते, ते गेल्यावर, कंपनीमधून काही फंड मिळाले, परंतु तरीही आमच्या पुढे आम्हा दोघी बहिणींच्या शिक्षणाचा प्रश्न होता. त्यानंतर आई सुध्दा

आम्हाला कायमची सोडून गेली, पूनमला शिक्षणाची खूप आवड होती, दहावीमध्ये तिला 92% होते, तिला मोठे होऊन

फिजिओथेरपिस्ट व्हायचे होते आणि आम्ही दोघी बहिणींना आमचे मामा सोडला तर तसा कोणी आधार नव्हता. दोघींचे शिक्षण आता कसे पूर्ण होणार अशा पेचात असताना, आम्हाला एका मैत्रीणीकडून या शिष्यवृत्ती विषयी समजले, आणि त्यानंतर आम्ही फाउंडेशनमध्ये जाऊन सर्व बाबी पूर्ण केल्या. पूनमची निवड झाली. आणि आम्हाला लीला माँ आणि फिरोज पूनावाला यांचा रूपाने आमचे आई वडील मिळाले, त्यांनी त्यांच्या मोठ्या कुटुंबामध्ये आम्हाला सामावून घेतले. तसेच आई वडिलांप्रमाणे आमची काळजीदेखील घेतली. जणू देवाने त्यांना आमच्यासाठीच पाठविले आहे.

अंकुश जाधव, आश्विनी जाधव लीला फेलो 2013 चे वडील म्हणतात, ‘आमच्या मुलांना शिकवण्याचा खूप इच्छा होती, पण 2002 मध्ये माझी कंपनी बंद पडली आणि जणू आमच्यासाठी सर्व रस्ते बंद झाले, काही काळ भाजीविक्रीचा व्यवसायसुध्दा केला, नंतर तोही चालला नाही म्हणून सध्या मी वाचमनची नोकरी करतो.

जरी माझी मुले हुशार असली तरी 3 मुलांच्या शिक्षणाचा खर्च झेपेल की नाही असा प्रश्न होता, परंतु लीला पूनावाला फाउंडेशनने आम्हाला मदतीचा हात पुढे केला, जणू आमच्या नशिवाला लागलेलं कुलूप उघडलं. त्यासाठी मी त्यांच्या ऋणी राहील. इतर कोणाकडे आम्हाला पैसे उधार घ्यावे लागले नाहीत. ते आमच्या मुलींसाठी अनेक कार्यक्रम ही ठेवतात, माझी मुलगी मला फोटो दाखवते, ते पाहून वाटते लीला माँ आमच्या सारख्या अनेकांसाठी आशीर्वादच आहे. त्यासाठी मी त्यांचा आणि फौंडेशनचा शतशः आभारी आहे.’

LF-2013, Prajakta Gilbile's father, Balasaheb Gilbile runs a STD booth near Dhankawadi, Pune. Though he is physically challenged, he has always dreamt of educating his daughters and making them independent. But due to financial constraints, this was a real challenge. But by God's grace, he came across the scholarship advertisement in the news paper that really gave wings to his dream.

*"We completed all the formalities and soon came to know that Prajakta was selected for the scholarship. Right from school level, Prajakta has always secured top position in every exam, so we always wanted to educate our daughter so that she could help us come out of the financial crisis. It was only because of LPF that she could take admission for Engineering in Sinhgad College. Foundation is helping generously to many parents like us who want to educate their*

*children but due to financial constraints, are unable to fulfill this dream. Foundation not only provides financial support but also arranges different programmes for Lila Fellows that help them grow and create a place for themselves in the outside world. These programmes have boosted Prajakta's confidence, and now she is determined to achieve her goal of becoming the best engineer. I am really grateful to Lila and Firoz Poonawalla. I promise that my daughter will surely utilise this scholarship in its true sense and in future, she will help the girls like her".*

Keyuri Aundhekar, sister of Poonam Aundhekar (LF 2013) says, "We lost our father 7 years ago. It was like we lost the pillar of our family. My father was working in Mahindra company and after his death, we got some funds but those were meager. Then, we lost our mother too. Poonam secured 92% in her 10<sup>th</sup>



standard. She wanted to be a Physiotherapist, but there was no one to support us except our maternal uncle. We got reference of LPF from one of our friends. Poonam applied and got selected. May be, God has sent Lila Mom and Firoz Dad as angels in our lives. Now, we have become a part of this huge LPF family. Poonam and I see our parents in them."

Ankush Jadhav, father of Ashwini Jadhav (LF-2013) says, "We wanted to educate our children, but in 2002, I lost my job as my company was shut down. We felt as if all the doors have been closed. For a few days, I started a vegetable shop, but that too got closed. Now, I am working as a watchman. Even if my

children are bright and intelligent, to give them quality education was a major concern. But Lila Poonawalla Foundation helped us. We felt as if the lock of our destiny has now opened up. We have not borrowed money from anyone. That's all because of the support from the foundation. I am thankful to the foundation for the same. Due to some reasons, if I am unable to attend foundation programmes, my daughter, shows photographs of that event. I feel Lila Mom is like a blessing for all the parents. I do not have words to express my gratitude. We will always be grateful to Lila mom and the foundation".

■ - Gayatri Kshirsagar (LF-2012)

## Donations from Lila fellows

### Overseas Donors



Mrs. Chandrika  
Mahesh Mageshwaran  
(Srinivasan)  
(LF-1996)  
\$ 1,170



Mrs. Ragini Gautam  
Nemlekar (Rahalkar)  
(LF-2004)  
\$ 1,250



Mrs. Shama  
Charudatta Mehendale  
(Zanpure)  
(LF-2000)  
\$ 1000



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



Dr. Mrs. Ashonita  
Sameer Chhajed  
(Chavan)  
(LF-2002)  
\$ 500



Mrs. Vijaya Parvinder  
Arora (Seshan)  
(LF-1997)  
\$ 500



Mrs. Shweta  
Pradeepmay  
Maharana Shintre)  
(LF-1999)  
\$ 350



Ms. Haripriya Rajgopal  
(LF-2003)  
\$ 250



Mrs. Archana Ashish  
Joshi (Mavalankar)  
(LF-1997)  
\$ 200



Ms. Shweta Vinay  
Kakade (Rairikar)  
(LF-2004)  
\$ 300



Ms. Ashwini Erande  
(LF-2004)  
\$ 200



Mrs. Sonali Devdutt  
Niyogi (Aditya)  
(LF-1997)  
\$ 200

Mrs. Sujata Ajit Datar (Dongre) (LF-2003) ..... \$ 100

Mrs. Shweta Karthik Aghoram (Lolage) (LF-1999) ... \$ 100

Mrs. Urvashi Marco Suptitz (Desai) (LF-2000)..... \$ 100

Mrs. Renuka Brian Gregg (Agrawal) (LF-2003)..... \$ 100

**ली**ला मॉम आमच्या तब्येतीसाठी नेहमीच जागरूक असतात आणि आमच्या आईसाठी देखील. त्याकरीता आम्ही इंग्रजी मधील Health Articles इथे मराठी मध्ये भाषांतरित करत आहोत. ज्यामुळे सर्व मुलींच्या आई पण वाचू शकतील. ऑक्टोबर महिना हा तसा गुलाबी थंडीचा आणि सर्वांच्या आवडीचा महिना आहेच परंतु जागतिक स्तरावर अतिशय महत्वाचा आहे तो म्हणजे “जागतिक स्तन कर्करोग” महिना म्हणून प्रसिद्ध आहे. प्रशांती कॅन्सर सेंटर हे त्यासाठीच काम करत आहे. त्यांनी ऑक्टोबरमध्ये ह्या संबंधी एक कार्यशाळा आयोजित केली होती आणि त्यातील तज्ज्ञांनी व्यक्त केलेले विचार आम्ही येथे देत आहोत.

परिषदेच्या अध्यक्षीय भाषणात डॉ.अनु आगा म्हणाल्या “बदलत्या जीवन शैलीने ह्या रोगात वाढ होत आहे. स्त्री नेहमी इतरांचा विचार आधी करते आणि नंतर स्वतःचा यामुळे तिला तब्येतीकडे लक्ष देणं होत नाही. तसेच आजच्या मुली उशिरा लग्न करतात आणि मुल उशिरा व्हावे ह्यासाठी Planning करतात. पहिले मुल जर वयाच्या 30 वर्षांच्या आत झाले तर या रोगाची शक्यता कमी होते.” या परिसंवादाचे आयोजक डॉ कोष्पीकर म्हणाले, “(WHO) चं अहवालानुसार शहरातील 22 स्त्रियांमधील 1 स्त्री या रोगाने त्रस्त आहे आणि तरुण



मुलींमध्ये या रोगाचे प्रमाण वाढत आहे. रोगाचे निदान वेळेत झाले तर 90% आजार बारा होऊ शकतो. “या आजारामागील धोकादायक गोष्टी म्हणजे वय, मासिक पाळीच्या समस्या, लठ्ठपणा, आनुवंशिक घटक, रेडिएशन, व्यायामाचा अभाव, धूम्रपान, मद्य सेवन, हार्मोन रिप्लेसमेंट थेरपी, गर्भनिरोधक गोळ्या, कमी वयात पाळी सुरु होणे आणि आहार” मुंबई च्या हॉस्पिटलचे डॉ कृष्णा म्हणाले, “ग्लुकोज हा कॅन्सरचा उगम आहे. स्वतः परीक्षण केले तर या रोगाने मृत्यू होण्याची शक्यता 18.8% ने कमी होते आणि डॉ. च्या परीक्षणाने 24.4% ने कमी होते. गामा स्कॅनर, पॉसिट्रॉन एमिशन मेमोग्राफी, मारिया आणि पेट स्कॅनने या आजाराचा इलाज लवकर करता येतो. अत्यंत गंभीर असलेल्या व्यक्तींचा एम. आर .आय. केला जातो. तर अग्रज. सी. वाय. टी. ई या पद्धती मध्ये 2 वर्षे आधीच रक्त तपासणीमधून निदान करता येते. संशोधनात

असे दिसले आहे, की कुत्रा वासाने या रोगाचे निदान करू शकतो. ”मानसशास्त्रज्ञ चावला पटेल म्हणाल्या, “विश्रांती, कल्पकता, क्षमा, चिकित्सक दृष्टीकोण ही एक प्रकारची उपचार पद्धत आहे.”

संशोधक श्वेता सिंघानिया यांनी जीवनशैलीवर भाष्य केले तर डॉ. रिता दाते ह्यांनी ह्या रोगाशी घराच्या जेवणाबरोबर कसे लढू शकता ह्यावर मार्गदर्शन केले. आपली जीवन शैली 3 गोष्टींवर अवलंबून असते. पौष्टिक आहार, व्यायाम आणि जागरूकता! अन्नामध्ये पालेभाज्या, फळे, बदाम, काजू, शेंगदाणे, सोया उत्पादने इत्यादी पदार्थ या आजारापासून आपले रक्षण करतात. याशिवाय काही विशिष्ट प्रकारचे FATS जसे PUFA(N-3) आणि MUFA (MONO UNSATURATED FATTY ACID) प्रतीबंधात्मक काम करतात. हॉटेल मधील पदार्थ, सूर्यफुल तेल आणि बेकरी उत्पादने टाळावीत, ऑलिव ओईल कर्करोग विरोधी असल्याचे आढळले आहे. माग्री,

तयार सूप, साखरेचे पदार्थ, फास्ट फूड टाळावेत. ह्या सर्वाने लठ्ठपणा वाढतो. भारतीय पद्धतीचे जेवण हे आरोग्यासाठी उत्तम आहे, ज्या मध्ये विविध भाज्या, प्रथिन युक्त डाळी, कडधान्ये, तांदूळ, ज्वारी, बाजरी, नाचणी, मसाल्याचे पदार्थ, असतात. या व्यतिरिक्त 5-6 भाज्या आवश्यक आहेत, उदा. लाल:बीट, राजगिऱ्याची पाने, मिरची, डाळिंब, सफरचंद, स्ट्राबेरी, गाजर; हिरवा: पालेभाज्या, द्राक्षे, ऑलिव, टोमॅटो,टरबूज.

पिवळा : मका, लिंबू, जर्दाळू, संत्री, अननस; जांभळा: वांगी, अंजीर, जांभूळ; काळा: द्राक्षे, खजूर, मशरूम. या व्यतिरिक्त इतर घटक पण महत्वाचे आहेत. उदा. प्रथिने: डाळ, दही, चीज, सोया, दुध, डोसा, धिरडे; लोह: पालक, कोंबडीचे यकृत, सागरी मासे, खारीक, आक्रोड, पिस्ता, सोयाबीन; कॅल्शियम: दुध, पनीर, नाचणी, पनीर, हिरव्या भाज्या, शेंगदाणे; व्हिटॅमिन डी: सूर्यप्रकाश, दुध, अंडी, मशरूम, या सर्वाला व्यायामाची साथ असणे गरजेचे आहे; ज्याने चरबी कमी होते, उत्साह वाढतो, थकवा कमी होतो, लवचिकपणा वाढतो.”

■ - डॉ. हर्षदा बाबरेकर



**"Life can be happier and stress-free if we remember one simple thing; we can't have all that we desire, but time will surely give us all that we deserve". Pallavi Gokhale (LF-2001) truly believes in this saying and has experienced it in her life. Our crusader, Rita Shetiya got a chance to interact with Pallavi and know more about our Leading Lady...**



Coming from a middle class family, Pallavi and her sister were always encouraged to take up good education by her working parents. Though being daughters, they never faced any kind

of restriction from parents and were always given the freedom that was required. Pallavi has gained lot of courage and inspiration from her paternal grandmother who loved to travel and has visited various places across the country including the Himalayas. Her grandmother always mentioned that, *"Being a woman, never think that you are incapable or less courageous than a man"*. Pallavi learnt a lot about women empowerment from her grandmother.

Pallavi completed her schooling from *Huzurpaga Girls School, Pune*. She cherishes all the memories right from the encouragement received from teachers to participate in curricular activities like elocution, drawing, sports competitions etc. to all the fun she had during her school days. Pallavi was an active student. Even during her graduation studies, she participated in various art circle activities and different intercollegiate competitions like *Firodiya Karandak, Purushottam Karandak*. She was a member of an award winning team throughout her college.

Pallavi took up a unique subject for her Bachelor's degree. She recollects *"when I did my B.Sc. in Geography from SP College, it was kind of an unusual choice unlike engineering and medical stream; this subject did not have many known employment opportunities. I chose this subject because I always liked to study about nature, travel, visit different places, understand the relationship of human activities with their surroundings etc. When I started searching for further opportunities for Masters, I came across a course into GIS (Geographical Information System) and Remote Sensing. I enrolled myself for Masters*

*at the School of Earth and Environmental Sciences, University of Greenwich, UK. My father was excited about this new field that I'd decided to pursue and provided me all the required support to get an admission into this University"*.

The course fees were quite high so Pallavi thought of taking an education loan. However, repaying the loan was all dependent on her getting a good job after completion of the course. She came to know about LPF scholarship and applied for it. Wasn't sure about the grant but thought that even a small amount would come as big help. To her surprise, she got the second highest scholarship that year and this financial help actually helped her to start repaying the educational loan while she was still studying. Being one of the recipients of the LPF scholarship was a turning point in her life. Firstly, it came into her life when she needed it the most and secondly, being a Lila Fellow, she realised that the foundation not only gives financial support, but also mental, moral and social support.

Pallavi left for UK immediately after receiving the scholarship. Money was always a big concern then and she was worried about repayment of her loan and hence, she took up a part time job for a year. She worked in a book packing factory for 4 hours after college and full time on weekends. She also worked in a supermarket during Christmas time. It was a tough life; rushing to work, managing studies, standing continuously for 8 hours in the packaging factory, staying hungry for long hours, etc. This made her a tough person. It not just made her earn money and the degree but also taught her life's most important lessons. She never gave up on working hard and grabbed every opportunity that came her way to experience all these different stages of life.

She got an opportunity to meet Lila mom and Firoz Dad twice when they travelled to UK. Both the times, she was invited for a get-together with other Lila Fellows. Pallavi remembers that *"On one of those occasions, Firoz Dad told me that they were my foster parents and not just the trustees of the foundation. This gave me such a nice and homely feeling; it really*

*helped me settle in. I was also offered a monetary help since they were aware of my financial condition then. What I appreciate a lot is they value money and also understand that small amount could matter a lot for someone like me. I was so touched by their gesture and felt I had my parents next to me always.....thanks Dad”.*

Pallavi came back to India after completing her Master’s degree and got placed in Genesys International, Bangalore. She worked on making mosaics from aerial photographs, rectification of the photos etc. It was a great learning experience for her and she worked hard to get this experience. Pallavi always had the pressure to prove herself in this new field. She took care of her loan repayment as she had made all possible savings during her first job so that her family did not have to suffer.

Pallavi proudly says, *“All these incidents during my difficult times have made me rich in terms of experience and also capable of handling any situation. While working in Genesys, I participated in number of GIS/ RS conferences and also published papers. I got another interesting job opportunity in Pune at Symantec Corporation, as Software Quality Engineer. The CSTE (Certification in software Testing) course done during my graduation helped to perform better in this organisation. I have received multiple awards of appreciation at different levels for taking up different responsibilities or taking up work beyond my current position’s capacity. I was awarded the highest award titled ‘Standing Ovation’ for leading a project, successfully delivering it before time, handling new area effectively, being pertinent and asking right questions. I have been working on consumer as well as enterprise software products such as pcAnywhere, Enterprise Vault, Backup Exec, Symantec DLP etc. Though I moved from the field of GIS, I made sure that I am in touch with the subject. Recently, I got an opportunity to work on an archaeological excavation project where we conducted a GPS survey and tried to use the GIS technology for understanding the spatial importance of historical artifacts”.*

Pallavi continues, *“Getting back to Pune also helped open up various opportunities to attend different workshops organised by the Foundation. I have attended various workshops, right from learning Warli painting to table etiquette. I know there is no other foundation / platform where we get to learn so many things free of cost from the right trainers. This is so amazing. I would like to thank Foundation for the same. These courses not only give us an exposure to*

*the outer world but later, we realise that we wouldn’t have taken up these courses if foundation wouldn’t have offered it. I was also one of the lucky Lila Fellows who got a chance to meet the then President of India Dr. APJ Abdul Kalam at the Rashtrapati Bhavan. It was a lifetime experience for me and will always cherish those moments. During the Delhi visit, I also got a chance to meet Dr. Kiran Bedi at her house. That was the time I realised that being under the umbrella of Lila Mom actually meant being more privileged. To my surprise, last year i.e. 2013, Lila Mom invited me to be a part of the interview panel for the Diploma category scholarships. I was so excited and felt really happy to get this opportunity. I joined the evaluation process for Diploma girls where I got a chance to meet new Lila Fellows. When I see these girls doing good in their studies, I feel proud that I have contributed towards the society through this selection process. I am very thankful to be a part of LPF family”.*

Pallavi mentions, *“Like LPF family, my family too has always been quite supportive towards me and my sister. Be it choosing our education or travelling on our own, they supported us, trusted us, and always gave us enough guidance”. Her maternal grandfather is a paraplegic person and has been on wheelchair for more than 50 years now. However, his enthusiasm and energy inspires her. She mentions, “Seeing him like this made me realise that it’s up to us; what we want to do with our life and once we decide, neither people nor our own physical limitations can stop us from reaching our goals”.*

Pallavi’s message to our new Lila Girls and Fellows is, *“This scholarship is not just about money but about a new home, a new family! Make sure that you create and develop this bond with the family. Whenever you are studying, working, just make sure that you never ever take any shortcuts; this will not take you long in your career or personal life. **Be passionate about what you do and be true to yourself. The best inspiration for you is now in your own family i.e. Lila mom, Firoz Dad and all our Trustees!”***

Pallavi concludes by being thankful to all important pillars of her life; her mother, father, her husband (Aditya) and her in-laws who never took any objection supported her fully.

■ - Rita Shetiya (LF–2005 and PA-2011)

**"We have another Leading Lady and the inspiring example of an Entrepreneur who started her own business in UK and is managing both work and home fronts. Crusader Gayatri Kshirsagar interacted with Mrs. Humaira Adil Hirani (Saiyid) (LF-2001) to find out more...."**



Being one of the six siblings, it was very difficult for her to complete her education. After receiving scholarship from LPF, Humaira joined GE Capital to meet her family expenses and let go off her academic aspirations. It was only in 2007 that she managed to pursue further education. Engulfed by guilt she did not stay in touch with the foundation.

Years later when she met Lila Mom, she was welcomed back with open arms. Like any parent, Lila Mom forgave her. She is grateful to Lila Mom and the foundation for providing her with benevolent opportunities in the early years to improve, develop and prepare for the challenges ahead. Humaira believes that the single most important thing beyond discipline and creativity is daring to dare (as stated by Maya Angelou).

She has completed her Bachelor of Commerce (B.Com.) from *Brihan Maharashtra College of Commerce* (BMCC) and Chartered Financial Analyst from Institute of CFA, Hyderabad. After a successful career in IT enabled services sector in India, she had decided to pursue her MBA from one of the top Management schools in UK and Europe i.e. Bradford University School of Management.

Like any other postgraduate student, she wanted to secure a top ranking position in a reputed company. But the economy was in turmoil when she graduated and good jobs appeared to be far off. There were qualified applicants queuing up for every role. 70% of the UK economy comprises of small businesses, which made her think about utilizing the skills she had gained over the years. That's when she started working with some concepts she had in mind during MBA and submitted a business plan to the Community Enterprise and Trading Academy. This plan won her an initial £2500 funding as well as mentoring from leading business people in the Midland.

By the end of her MBA, she got married to her long-time friend *Adil* who had also joined a firm in UK. Shortly thereafter, she found out that she was expecting that to twins. They were overjoyed, but the practicalities of raising two children in a country with no family to support over the next few years, appeared like a challenge. Hence, she needed to figure out something that was gratifying her career aspirations and also could give her flexibility to be around her family and fulfill her duties and responsibilities as a mother.

During her research, she evaluated her strengths and tried to develop the skills needed for different businesses. There always were some aspects of business that were intricate to manage with the responsibility of two kids. Soon, she found out companies which could act as suppliers and who could identify the target customers. Finally, she started her own web store that caters to UK and EU customers. Most products are shipped by the suppliers. She trades in all types of electronics. She has arrangements with renowned electronics companies and also warehousing arrangements from where the delivery takes place all over Europe but mainly in UK. After 18 months of incredible growth, she thought that it was time for something more and that's when Humaira launched her website; [www.dealzrus.co.uk](http://www.dealzrus.co.uk). This is an online venture from her studio apartment where she is now selling over 5000 products in 24 EU countries.

The key factors that helped her to achieve this position were her determination to succeed and not give up to the challenges. She has a strong desire to give her children opportunities to grow and develop, opportunities that didn't come her way. Humaira's dad always told her "You can do anything you want, if you put your mind to it."

A little advise from her to all our Lila Fellows, *"We all are looking for a finer self outside of our job roles. Each one of us has the power to transform our own worlds. For those who wish to do something on your own but have fears, persevere when it gets tough. Give yourself the flexibility to alter and adapt to your life's changing demands. Keep faith and believe in yourself as it is the only faith in YOU which helps you overcome the tough times. Build a network of supportive People - family, friends, and mentors. Surround yourself with positive people and positive thoughts."*

Humaira thanks her husband Adil who stood like a rock. She feels that she is blessed to have some fantastic people in her life - family, friends, and **mentors as well as inspirational personalities' like Lila and Firoz Poonawalla**. She also added, *"If you can't find a good mentor, mentor yourself. Doing nothing is worse than making a few mistakes."* **We are fortunate to be backed by the support of Lila Poonawalla Foundation and Lila fellows who should be our first port of call.** Her business did not stumble upon her. She crossed all the hurdles and found her way. Challenges exist in every town in every country in every circumstance. All you have to do is, to not let yourself quit, but face the challenge.

■ - **Gayatri C. Kshirsagar (LF-2012)**



**Are you about to finish your education and enter the job market as a fresher? Are you an experienced person wanting to switch your job? Have you been working in a particular field for a large part of your life and now wish to change your field? These are some of the innumerable situations/reasons where you'll have to face an interview. The "mantra" is you have to be prepared. Our Lila Girl Umema Bohari, a student of the College Of Engineering Pune (COEP) recently got placed in EATON shares with our readers her experience about campus interviews.**

**M**any job-hunters aspire to someday land in their dream job. It is important to be aware what a selection process involves, so that one can be prepared. Following is the flow of the process:

**Pre-Placement (PPT) talks:** It consists of a brief introduction of the company, the areas in which it specializes and the prospects for a fresher on joining the organization. All the doubts related to the work structure, projects offered, etc. can be clarified in this PPT. The term "talk" refers to a dialogue between the company representatives and the job aspirants. There can be different people to give the pre-placement talks which may include; heads of different departments, members from HR and the co-coordinator of the company. This talk may also include a video clip showcasing the various fields of the respective company with the details.

**Aptitude Test:** It is a type of written, screening test used by companies to shortlist the candidates for interviews. It consists of 4 parts-

**Quantitative Aptitude:** "Time and work", "Speed and distance", "Age", etc are categories of type of questions being asked. If you find any question tricky or difficult to figure out just skip it at the moment and move on to the next one.

**Logical Reasoning:** It has a set of statements followed by 4 options wherein you have to reason and you have to figure out what the right answer is! If you get such questions, please read the sentences twice. They can be confusing at times.

**Vocabulary:** This can have GRE-GMAT level synonyms-antonyms, not so difficult though, but some options might be confusing.

**Comprehension:** A paragraph is given for e.g. a paragraph on the changing perception of the society towards education and will have certain questions. If you have a habit of reading articles or editorials, this part can be easily managed.

Apart from this, there can be **Ethical Dilemma Questions** in which the company checks the competencies of their future employees. They may give 3 situations wherein you have to take a stand and select the right option accordingly since the companies are very sensitive about decision making.

After all these things, companies short list the names for the actual interview round. If you are shortlisted,

you have won half the battle. During the interviews, many people get their books and study. Believe me friends, it doesn't make much difference. Just utilize the time to calm yourself down, prepare and revise your elevator speech and be confident. An "Elevator Speech" is a concept used by interviewers using which they ask the candidate to describe themselves in a span of the time needed by a lift to reach from the ground floor to the top floor, being precise in 2 minutes. It's an opening introduction you give to the interviewers which consists of your basic details, family background, hobbies, interests and your personality in a nutshell. Don't indulge in last moment formulae/fundamentals as it will fret you even more.



During the technical interview, the questions can be on projects which you have carried out in your final year or on mini project which you might have completed during your engineering course and on the things that you have mentioned in your resume. Again, while preparing your resume, be sure that you'll be confident if any type of question is asked so write only facts and do not lie on anything. Questions may also be asked on about your areas of interests, few logical questions e.g. I was asked a logical question based on surface development, a topic which comes under the domain of Mechanical engineering, but was linked with the example of a cube. Thus along with the basic knowledge I had in the subject, I was also supposed to use logic and common sense here and there! The question can be from the 1<sup>st</sup> year course of engineering (any subject). Be VERY clear with the basics! It helps a lot! Be very frank about your answers.....

Next, will be the HR round wherein the HR person can grill you with lot of questions ranging from hobbies, areas of interests, multitasking nature, groups you associated with, newsletter work (If any), what you want to do in life, where do you see yourself after 5 years, SWOT (Strengths, Weakness, Opportunities, Threats) analysis and a whole lot of questions on ethics. Ethics seems to be the ultimate benchmark for selecting any candidate. Ethics includes personal as well as professional ethics. The questions might be

such that you had to take a stand for what is right, e.g. is it okay to use office facilities (internet etc.) for personal work?

A tip from Mrs. Georgina of Capgemini was "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". Then there will be a last question "Do you want to ask us anything about the organization?" for answering such questions, if you would have jotted down certain things during PPT, they will definitely help. Finally, just want to share something; be very humble, very polite, very convincing and very passionate about what you want to achieve in life and career and then, it's all ours to bag!

Here are some links which you might want to refer for the interview and aptitude questions: [careerride.com/HR-Interview-Questions.aspx](http://careerride.com/HR-Interview-Questions.aspx), [www.jobrock.in/blog/hr-interview-questions-answers/](http://www.jobrock.in/blog/hr-interview-questions-answers/), [www.careerbless.com/aptitude/qa/home.php](http://www.careerbless.com/aptitude/qa/home.php). Apart from these, R S Agarwal, Word Power Made Easy and GATE books are good reads for brushing up the basics.

I have got 'Marooned on the island' experience helped a lot in boosting my confidence! I thank Lila Mom, Georgina Ma'am and the honorable VC of Capgemini (name of the VC????) who took my campus interview.

Wishing you all the very best for campus placements. I know, all of us will rock, coz we are Lila Girls!

■ - Umema Bohri (LG-2011)

## Women's Day Special

Dear Mom,

I wish you a happy women's day. As you are one of the most important pillars' in my life, making my dreams come true. Without you, may be, I wouldn't have been this successful. I owe it to you mom, as you have been wonderful piece of puzzle in my life. Thank you for being in my life. Hoping for your best of health for you and dad. Love you!

Yours loving daughter,

Naemah Ansari (LG - 2012)



Dear Mom,

Wish you a very happy women's day. You are the most Luminous, Incredible, Lovable, Adorable (LILA) woman, I have ever met. You are the one who has transformed many girls into Strong & Independent women and I am enough fortunate to be one of them.

Love you,

Sonal Mohite (LF - 2012)



## Congratulations !!!

On the occasion of "International Woman's Day" Rita Shetiya (LF-2005 and PA-2011) received award for "Best Performance in Educational Field Award" from Shree Babu Setaji Gugale, President Adinath Jain Shrawak Sangh. This event was organized by Bhartiya Jain Sanghatna, Pune.



Rita being felicitated by the 'Best Performance in Educational Field Award'



Rita being felicitated by the 'Nehru Yuva Award'



### Building India through Enterprise; a Special report on Tata Jagruti Yatra

**Jagruti Yatra is 15 days unique journey which takes 450 motivated and entrepreneurial youth across the country, exposing them to 15 role models. Aarti Chavan (LF-2008) was a facilitator working for Yatra along with few other LFs and LGs joined the Yatra this year and they have shared their experience of this 15 day unforgettable odyssey.**

**M**ax Mueller was quite right when he said that “If we were asked under what sky the human mind has most fully developed some of its choicest gift, has deeply pondered on the greatest problems of life and has found solutions, I should point to India”

Jagruti Yatra, an initiative by the Jagruti Seva Sansthan, seeks to facilitate a platform for the Indian youth to explore new facets by exposing them to exceptional models of social and business enterprise and turn them from job seekers to job creators. The main motive of Jagruti Yatra is ‘**Building India through social enterprise**’. It’s an annual 15 day journey, covering around 8000 kms, 15 destinations crossing 12 rivers and 4 mountain ranges, in a specially chartered train with 450 young participants on board. The 450 Yatris (travelers) and facilitators, were selected from over 12,000 registrations are from rural and urban India. The Yatris are provided a unique opportunity to meet extraordinary people all over the country who have remained focused and persevered to create enterprises which address challenges like health, education, water and sanitation, women empowerment, etc.

The journey started on December 24<sup>th</sup>, 2013 and lasted till January 8<sup>th</sup>, 2014. A special train was booked for the Yatra through Indian Railways in which the bogies are allotted in the following way: few bogies were converted to bathrooms (separate for



*Yatris ready to board the train!*



*Yatris gathered for a session during their visit to one of the destinations*

boys and girls), pantry car, 5 sleeper bogies for boys, 2 AC chair cars for organizers, 2 AC chair cars for discussions, 3 sleeper bogies for girls and 3 AC chair cars for presentations. Along with some international participation, the Yatris were divided into cohorts of 6 Yatris and 1 facilitator. 2 male and 1 female cohort formed a group of 21 Yatris. This group was made keeping in mind the diversity of the people. The Yatra started from Mumbai then went to Hubli, Bangalore, Madurai, Chennai, Vishakhapattanam, Behrampur, Patna, Deoria, Delhi, Tilonia, Ahmedabad and finally back to Mumbai.

In Mumbai, Ms. Jyoti Mhapsekar (President of Stri Mukti Sanghata) and Mr. Popatrao Pawar (former Sarpanch of Hivare bazaar), were the role models whom the Yatris interacted with about the problems of water and sanitation. In Hubli, the Yatris discussed on the various facets of education related problem and visited Kalkeri Sangeet Vidyalay. There, they met two role models Sachin Desai who initiated “school without walls” and Vishnuteerth Agnihotri, Vice President of education initiatives. While in Bangalore, the co-founder of MindTree (global IT solution company), Dr. Subroto Bagchi enlightened them about Technology. In Madurai, the Yatris visited the Arvind Eye Care Centre. In Chennai, the Yatris had the unique opportunity of interacting with R-Elango who has created a model village that’s economically



independent and does not import goods from urban manufacturers, thus highlighting the untapped potential of the rural India. In Behrampur (Odisha), the group visited *Gramvikas* and discussed about water and sanitation. In *Deorai*, a Head Quarter of Jagriti Seva Sansthan, with an overnight stay, the *Yatris* interacted with local people under the guidance of local experts to understand their social and economic needs and prepared a business plan as a solution. This was followed by Biz Gyan Workshop. This was presented the next day in the form of a 3 minute investor pitch. In Delhi, the *Yatris* visited *Goonj*, initiated by *Anshu Gupta* which focuses on distribution of recycled clothes. From Tilonia in Rajasthan the *Yatris* last stop was *Sabarmati Ashram*.

Pumped up with energy by the *Jagruti Yatra Geet - Yaaron Chalo*, the *Yatris* scaled the length and breadth of the nation and tried solving the various problems India faces through entrepreneurship. The *Yatris* also got the opportunity to meet eminent personalities like the *Mr. Venkatesh Kini*, President of Coca-Cola and *Mr. Sachin Bansal*, Founder of Flipkart. Celebrating the New Year on the train, it was indeed an awesome start to the year. 70% of India's population resides in villages. When we talk about development, we generally think about technology and urban development. But the development in real sense will occur when the



*Collage displayed at Gramvikas in Behrampur (Odisha) which talks about sanitation and water supply issues.*

gap between poor and rich will be reduced. The Indian villages should become self sustainable. During this *Yatra*, we also learned that we should come out of our comfort zone and make some change happen. We should pay back to our society.

*Jagruti Yatra* provided a platform for both inner as well outer journeys. The outer journey is the visible part of the *Yatra*, lying in the reflections and work among the *Yatris*, lectures given by the role models, meeting entrepreneurs and adventure. On the other hand, the inner journey is complex to evaluate. It's about growing as a human being, inspiring you to mark a difference and take action.

Mrunal Kamble (LG-2012),  
Asha Dhondkar (LF-2012),  
Deeksha Wattamwar (LG-2012),  
Shradhanjali Tendulkar (LF-2011),  
Snehal Hursad (LG-2012),  
Sheetal Nagare (LF-2005),  
Aparna Lomte (LG-2012),  
Prayaga Hoge (LF-2008)  
wish to thank Lila Poonawalla Foundation because of which

they came to know about the *Yatra* and received sponsorship from LPF.

All in all, the *Yatra* served as the much-needed boost that each individual needs to create a difference and give back to the society and nation as a whole.

■ - **Umema Bohri (LG-2011)**

## OBITUARY

Mr. Nari Bhavnani who was one of the benefactors of LPF and a good friend expired in USA. He touched our lives by his great sense of Humor. He took part in all the activities of LPF though he stayed in Mumbai and in USA. His death is not something we can ever get over with. We can only learn to live with it.

Good and Happy Thoughts must always be in front of us rather than shed tears. But, if we have to cry, then it is good and so be it. Nari will always continue to live on through the Foundation and minimum we can do today, is to carry good memories of him.

**"We often appreciate news of our Heroes, forgetting that we too are extraordinary" That's so true!!! Our Lila Fellows were lucky to experience this through the workshop "Ordinary to Extraordinary". This workshop was conducted by Mr. Minocher Patel, Founder Director of Ecole Solitaire, India's first residential finishing school, a renowned corporate trainer and a motivational speaker. This workshop was followed by another workshop on "Grooming and Etiquette" which was conducted by Ms. Anahita Nariman, Marketing Communication, Media and Public Relation Manager - Hyatt Regency. Here is a glimpse of the two workshops.**

Human beings are blessed with intellectual power, great minds and skills that differentiate them from animals. Statistics show that the most qualified people in this world are under depression or tend to fail in their personal or professional life. This happens because they are not aware of their strengths. Our current education system doesn't teach us how to build our own identity and personality. It's only we who can create it. Keeping this in mind, LPF thought of conducting this workshop for its Lila Fellows so that they can learn the art of being extraordinary.

Choosing the right clothes for the right occasion is quite critical. Ms. Anahita Nariman threw light on this concept and helped us understand how to dress well, the do's and don'ts and how to present yourself during interviews. She even guided us regarding the cut throat competition and how we need to be prepared. This workshop taught us how to be more confident with regards to our personality and our career.

This session was followed by Mr. Minocher Patel's session on **"Ordinary to Extraordinary"**. Mr. Patel believes in making this world a better place and unleashing the potential within each one of us enveloping the world in a halo of positive energy.

It was an interactive session where he encouraged us to talk about our dreams and career aspirations. He said that, *"Girls have more chances to become successful, have the spirit, are hard working and can become the best leaders. But, they should balance their emotions. This will help them to be extraordinary"*. He explained on how to maintain the head and heart balance. He also said that, *"One should not depend on others for their happiness. You are the only one who can make yourself happy. Have a goal in life, set a benchmark and try hard to achieve it. Never give up due to small failures that come in your way. Look at the failures as a first step towards success. You can also have your own success story, just have faith in you."* He elaborated on the roadblocks that come in the way of success like low self beliefs, lack of confidence, lack of self-awareness, unclear directions, past conditioning, lack of responsibility and ownership of goals, lack



of self-motivation, fear of failure, lack of passion, bad habits, unplanned efforts, no implementations, impatience, not being persistent enough etc. He gave some tips to boost our confidence on how to break all the roadblocks that come in our way and face the world with full spirit. e.g. preparing an implementation chart and pasting it on the wall, trying to repeat the positive

statements every day.

He guided us on how self motivation and high self esteem can convert weakness into strength by giving the example of our Lila mom. Though she is in her 70s, we always get motivated by her work and enthusiasm. Her passion for the foundation and the hard work to strengthen the roots of the foundation along with Dad is so visible. They have set a good example by their good KARMAS, enthusiasm and energy.

This was an inspirational workshop and could be seen by the smiling faces of the girls throughout the workshop. Sayali Shah (LF-2011) feels, *"Both the sessions have given different direction to my career and my professional life. I learned a lot and I will surely try to implement things in my day to day life. I am very thankful to Lila Mom and Firoz Dad for arranging such a wonderful workshop. And, I will also try to convey this knowledge to other people around me"*. Pooja Sethiya (LF- 2012) says, *"Spreading knowledge in a correct way is important. Being confident is of utmost important. A small ignorance in dressing can make a difference in the personality. Anahita Nariman gave dressing and grooming tips. Various examples do's and don'ts were actually realistic and approachable. Mr. Patel's belief for self-motivation and positive attitude focuses on making life worth living and lead towards success. The session was very entertaining and hence easy to grasp"*.

Attitude decides altitude! The power of laughter allows you to work hard, reach the goal and success; nobody will stop from achieving success. Aim big but plan small goals for achieving it in step by step manner!

■ - Gayatri Kshirsagar (LF-2012)

**Mom and Dad are always concerned about their daughter's (all LFs, LGs and LJs) health and that's why they arranged a workshop on Nutrition and Diet. Dietician, Dr. Mansi Patil conducted this workshop.**

In this modern lifestyle, we all are running behind career, money, etc. ignoring most important things like health, diet and fitness. To save time and satisfy our hunger, we opt for fast food and junk food like maggi, vadapav, pizza, cold drink, packed juices etc. But have you ever thought whether it's good for our health? How does it affect our body? What are the bad effects of these food types and how to prevent ourselves from this effect? To answer these questions, LPF organised a workshop on Nutrition and Diet. Dr. Mansi Patil, a clinical nutritionist working with Sancheti Hospital conducted this workshop.

The workshop began with getting to know what nutrition exactly means. Nutrition is about having a healthy and a balanced diet and exercising daily. Exercise helps raise the endorphins in our body and decrease stress. Exercise also helps burn calories. Dr. Patil discussed that nowadays because of the changing lifestyle; we do not follow a fixed routine, skip meals and dine out. This kind of a lifestyle is injurious to health. Many of us don't have proper breakfast. There is an old saying, "Breakfast should be like a king, lunch like a prince and dinner like a pauper." A healthy breakfast keeps you happy and active all day and also helps you to concentrate on your studies. Intake of calcium and proteins in breakfast is a must. Milk, cornflakes, ragi, cereals, fruits and eggs can be consumed for breakfast.

Dr. Patil taught us how to assess risk by measuring the Body Mass Index (BMI). It's a simple formula:  $BMI = \text{Weight (kgs)} / \text{Height (m}^2\text{)}$ . The normal BMI range = 18.5 to 23.5.

Some tips shared by Dr. Patil are as follows:

Consume half a litre of milk everyday as our daily calcium requirement is around 600 mg.

Prefer lemon juice instead of packed juice.

Red meat is rich in cholesterol. Prefer white meat like chicken and fish.

To gain weight, have banana + milk + ghee.

Bring down the consumption of tea / coffee to zero as it depletes iron and calcium in our body.

Black tea is acidic and rich in tannin which leads to cardiovascular diseases. Its 50% effect is on connective tissues due to which stroke chances go up. Urine output is affected which in turn stimulates acid ratio.

The oil in one puri of pani-puri is equal to oil in one plate of poha.

One burger is equal to 5 servings of chappatti. It has 540 calories and to burn it you need to walk for 1.5 hours.

Food which contains Cholesterol and fats should be consumed in less quantity.

She spoke about the middle path i.e. how to convert junk food into healthy food. For e.g. If you want to have Pizza, replace the regular cheese with paneer or low fat cheese. Go in for a wheat base and add more vegetables as toppings.

Dr. Khushboo Gandhi and Dr. Vyoma Dalal spoke about how bad health can lead to stress. They also shared information on how diet and menses are related to each other. It was an interactive session. All questions were answered.

Dr. Mansi Patil told us to have a Rainbow Diet i.e. to include all colors in diet. Good nutrition means right food at right time and in the right quantity. Good health, resistance to infection, regularity in menses, glowing skin, healthy hair and nails etc. are the indicatives of being healthy and well nourished.

This workshop helped us to gain knowledge about diet. We are thankful to Dr. Mansi Patil for spending her valuable time to create awareness about nutrition and diet. On behalf of all the Lila Fellows, I would like to thank the foundation for arranging such a good and an informative programme. I am sure it will help us to plan a proper diet. Thank you Mom and Dad.

■ - Shraddha Malkar (LF- 2012)



Each one of us is concerned about how we can utilize our memory in a productive manner and understand the simple logic when it comes to mapping. In order to learn few mind mapping techniques and ways to be more creative and innovative, Lila Poonawalla Foundation had organised a 3 Sunday Workshop for LF's of 2011 and 2012 and LG's of 2011 and 2012 batches at Hotel Ambassador Pune on February 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> 2014.

**M**r. Bhattad is India's first triple certified Think Buzan Licensed Instructor (TLI). He is trained by Tony Buzan, inventor of Mind Maps. Tony Buzan is the Nobel Prize nominee Trained by Phil chambers, Chief Arbiter world memory championships, speed reading expert, a thinking coach and a licensed instructor in Mind Mapping, creativity and innovation and memory.

Mr. Bhattad taught us few techniques about how to remember, recall and review things. e.g. it's hard to remember names of planets of our solar system in a sequence i.e. from Sun, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune to Pluto. Hence, to make it easy to remember, one can take first letter of each planet and arrange it with a nice sentence. This will act as a good hook to remember all the names of Planets in a sequence like **'My Very Educated Mother Just Showed Us Nine Planets.'**

**How we can remember things?** Word Association or Repetition helps us to remember things. It even acts as a hook to register things in our mind. It can be done by using the *Linking Technique*. We can link one word to another and create a story. This way it becomes easy to remember. Another way to



Trainer, Mr. Pavan Bhattad explaining query raised by a participant while others practice Mind Mapping.

remember is 'Mnemonics Association'. **Mnemonics means the study and development of systems for improving and assisting the memory.** Few examples of the Mnemonics Association are **Sensuality:** hand, ear, smell, taste; **Movement:** Object moving; **Association:** Linking one object to another; **Sexuality:** feminine tone; **Humor:** Comedy movie; **Imagination:** Imagine things are live; **Number:** 1, 2, 3; **Symbolism:** Symbols; **Color:** pink, blue..; **Order:** Sequence; **Positivity:** positive way; **Exaggeration:** to make it big.

Some common methods to remember things are **Linking** i.e. to link one thing to another by various ways; **Number Rhymes:** 0- Hero, 1- Bun, 2- Shoe, 3- Tree...; **Number Shapes:** ball shape- 0, Candle- 1, Snake- 5...; **Alphabets:** A, B, C, D, E...; **Attention:** Listen, Interest, Observe; **Attitude:** positive, playful, fun; **Meaning:** Understand the meaning of name; **Association:** Linking, Cards; **Review:** Repeat; **Imagination:** Exaggerate; **Improvement:** steps.

Mr. Bhattad shared one more technique 'Most Important Graph in the world (MIG)'. MIG is applicable all over the world for anything whether it is preparing presentations, viva, planning of certain events, interviews etc. MIG mainly contains



Physical Mind Map for Daily Living shared by Trainer, Mr. Pavan Bhattad.

imagination and association. Imagination deals with senses i.e. how to understand things and how to apply senses to use it. While association is, nothing but repetition. Brain can easily remember words which are repeated. It can easily associate the word to another one and make it easy to remember. We use new word and associate it with old word so that it helps us to register things.

Mr. Bhattad even threw light on the '**Concept of Understanding**'. Understanding is applying our knowledge or vision to the facts which come across while misunderstanding is nothing but using our own imagination and relate it to the facts. It's very important to avoid misunderstanding. This can only happen when we apply our senses and understand the others point of view.

At the end of the 3 Sunday Workshop, Mr. Bhattad

shared an important tip. He said 'one needs to manage time. **Recalling after learning is an essential factor.** Recall or revision is an important activity that tells our brain that the topic is important. Our brain then, associates those things and helps us remember. When we learn, we remember more than 80%. If we don't recall it within 24 hours, 80% of data is lost. Take a break (30 -40 minutes) while recalling; it will help improve to remember things in a better way. Do not fall asleep during breaks. Avoid watching TV, don't sit idle in the room, go out in fresh air and apologize for any mistakes. Overall, the workshop was very nice and informative. On behalf of all the participants, I would like to thank Mom, Dad and the foundation for organizing such a wonderful workshop.

■ -- **Bhagyashri Hulpalle (LF- 2012)**

**All of us set a vision about what we want to do after post graduation. We try to enhance our academic knowledge in the chosen field with great enthusiasm so as to get a good job. For this kind of additional learning and making young Lilas more capable to face the world with confidence, foundation arranged a visit to Lupin Limited to give the feel of the corporate environment and also add on practical knowledge!**

The company tour gave us a feel of the corporate world. It provided a platform to interact with people in the company and added a lot of knowledge; to fill the gap between academics and industry. Mr. Nilesh Kalpande from HR Dept introduced us to various departments like Research and Development, Analytical and Novel Drug Discovery Study. This gave us a brief idea about how the pharmaceutical industry works, what are the standards to be met and how the requirements are fulfilled. The most attractive part of Lupin Research Park (LRP) was the unit which follows Good Manufacturing Practices (GMP) Guidelines. A discussion session on problems related to waste treatment, final product quality and patent filing took place. We also came to know about various recruitment and employee quality enhancing programs. This tour ended with delicious food for all. We express our gratitude to Mom, Dad and entire



*Group posing in front of the Lupin Factory*

staff of the Foundation for arranging this fantastic visit and giving us an opportunity to learn many new things.

■ - **Varsha Patil (LF-2013)**



## Prof. Goran Grosskopf's visit to Lila Poonawalla Foundation, Pune

**January 2014 was a very important month for the foundation. Not only because it was the start of the year but also because of a very special guest. LPF was obliged to have Prof. Goran Grosskopf, Chairman Inter IKEA Group and Biltema Foundation and Dr. Brigitta Grosskopf visit our Foundation.**

On 29<sup>th</sup> January 2014, **our Lila Juniors had put up a dance** in honor of Prof. Goran Grosskopf and his wife Dr. Brigitta Grosskopf at Symbiosis Vishwabhaven Auditorium. The program was inaugurated in an eco-friendly way by watering the potted plant. Jyoti Otageri (LF-1998) compared for the program. The evening started with *Ganesh Vandana* with 'Riddhi-Siddhi' song by Camp Education Society's Kanya Shala. The evening was made enjoyable with various dances



*Prof. Goran Grosskopf interacting with Lila Juniors*

like *Koli Dance* by Anjuman Urdu Medium, *Nagada Dhol Baje* by Camp Education Society's Kanya Shala, *Des Mera Rangeela* by Late Dr. Kalmadi Shamrao Kannada Medium School, *Satyamev Jayate* by St. Clares Convent School, *Khel Mandala* by Zilla Parishad Gawadewadi School and Utkarsha English Medium School LJs showcased the dance skills with the help of props.

Prof. Goran Grosskopf in his speech said, "Education is the key for all of you. You all are privileged to be a part of the LPF family and receive support from Mrs. Poonawalla who realised the need of education at a very early stage. With the help of education, you can support the society, your parents, grandparents and your family. I got an opportunity to talk to few Lila Juniors and learnt about their dreams of becoming a doctor, an engineer, an air hostess, etc. I wish them all the best.



*CES's Kanya Shala LJs performing on 'Riddhi-Siddhi Ganesh Vandana'*

Lila Mom in her welcome address thanked Prof. Goran Grosskopf's for his important thoughts on education. She said, "It is very important to educate girls. It is so much important for girls to know the value of education in their life. I went through difficult situation in my life while taking education. I decided some time back, whenever I will get an opportunity, I will support the education of girl".



*Zilla Parishad Gawadewadi School LJs perform on 'Khel mandala'*

Priscilla Waghmare, a School Project Coordinator at Lila Poonawalla Foundation gave the vote of thanks and the program ended with National Anthem.

■ - **Yogini Karmarkar (LF-2005)**





Zila Parishad Gawadewadi School LJs perform famous folk dance form 'Natarang' on the song 'Natarang'



St. Clare's Convent School LJs perform on 'Satyamev Jayate'



Utkarsha English Medium School LJs using various 'Props' while dancing

Late Dr. Kalmadi Shamrao Kannada Medium School LJs perform on 'Des Mera Rangeela'



Anjuman I. Islam Peer Mohammad High School Urdu Medium LJs perform on famous 'Koli Dance'

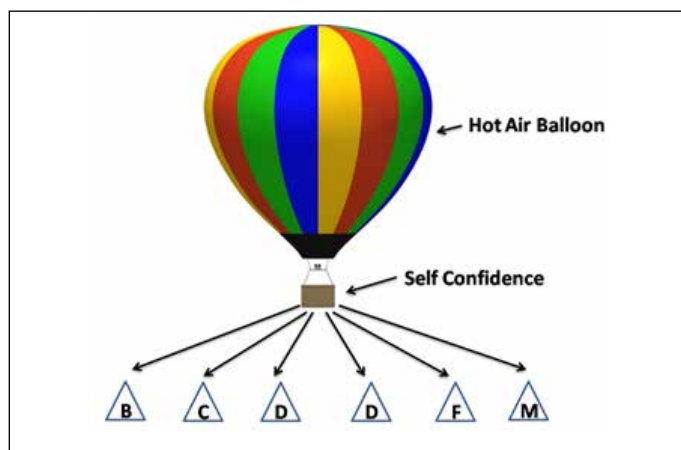
CES's Kanya Shala LJs performing on famous bollywood number 'Nagada Dhol Baje'



**To become successful in life, one needs to have self confidence and lot of positive attitude. Lila Poonawalla Foundation organised a life changing workshop 'Train Your Brain' on 11<sup>th</sup> January 2014 at College of Engineering Pune (COEP) for Lila Girls and Lila Fellows. Trainer and Success Coach, Mr. Nilesh Waghchoude who stays in London, UK conducted this program. All the proceeds of this program were given for education of girls through LPF.**

Mr. Waghchoude is an alumnus of COEP and has worked with TATA Johnson and Johnson in USA. He started his own training company and is also an author of the book 'Go For Success'.

The program started with Vande Mataram song and a welcome address by Dr. A. Sahasrabudhe, Director of COEP College. In the beginning, Mr. Nilesh spoke about the model that can be used to guide the brain i.e. 'The Power Confidence Model'. To understand this model better, he gave an example of a hot air balloon. The Power Confidence Model is like a hot air balloon with the basket of Self Confidence. The strings attached to the basket are the blocks which hold the Hot Air Balloon from floating. These blocks are B – Beliefs, C – Critics, D – Doubts, D – Dependencies, F – Fears and M – Memories. It is important that we break



any point of time, brain can hold only **one thought**. There may be thoughts coming one after the other. It

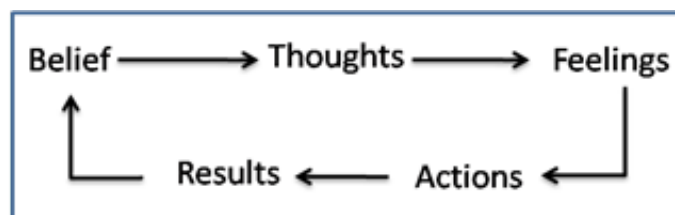
all the strings attached to these blocks in order to rise high and gain self confidence. One strange thing about self confidence is that "there is no such thing like lack of confidence". We need to have trust in our abilities. Happiness comes from



*Trainer, Mr. Nilesh Waghchoude conducting an energizer*

within. Inner strength is important and positivity in daily life is the most critical. Success in your life is dependent on your actions.

While explaining how the brain functions, Mr. Nilesh gave an example; when someone tells you something good or bad; our senses i.e. our eyes, ears, tongue and nose start working. Eyes and ears pass a signal to the brain. Brain does not have eyes. The only job of the brain is to process information. Our brain and eyes are connected by 100 million cells. Brain remembers things better in the form of a photo or a movie. At



is very important to focus on our thoughts and hence, one needs to constantly insert good thoughts.

Mr. Waghchoude also spoke about a 'Belief Model'. It's a vicious cycle, Your Beliefs, create Thoughts which  
*contd... on page 34*



## Scholarship Award functions: Post graduation and Under graduation

**Lila Poonawalla Foundation proudly held yet another Scholarship Award Function for post graduation and under graduation on 16<sup>th</sup> and 17<sup>th</sup> November 2013. On the first day i.e. on 16<sup>th</sup> November, scholarships were awarded for post graduation and also for under graduation in the fields of Science, Nursing, Pharmacy, Physiotherapy and Diploma in Education. These scholarships were awarded at the hands of the Chief Guest, Ms. Sabina Sanghvi, Station Head - Radio One and Guest of Honour, Mr. Per Heggens, Chief Executive Officer, IKEA Foundation.**

The eventful mornings for both the days began with the foundation song by our LFs and LGs, Yogada Deshpande, Shruti Thite, Madhura Kanade, Trupti Jambhale and Shital Shinde. This was followed by the eco-friendly inauguration by watering the potted plant.



*Volunteers sing the Foundation Song*

Lila Mom in her welcome address thanked IKEA foundation for its continual support especially for helping LPF for starting nursing, physiotherapy, diploma and bachelors in engineering and architecture scholarships. Lila Mom said, *"Their support has helped us to reach out to many more girls. The foundation has been able to address the need of educating the girls and enabling them to transform their own lives, families and communities at large"*.

Chief Guest, Ms. Sabina Sanghvi said **"I have been watching the foundation from its inception and it is admirable to see that girls who have benefited from these scholarships have made a difference**



*Just Inaugurated! (L to R):*

*Ms. Vasantha Ramaswamy, Ms. Roda Mehta, Guest of Honour Mr. Per Heggens, Chief Guest Ms. Arnavaz Damania, and Ms. Rashmi Dixit.*

***in their lives. Radio One has interviewed a few of them and their success and confidence is worth admiring."***

Guest of Honor, Mr. Per Heggens addressed the audience by saying, *"I am honored to be present on such an important day. I am proud to be here. I salute every woman in India as women are the real leaders. They courageously face every impediment in life and reach their objective. Life is about constant improvement. I am proud to see these young women entering a great new life. This fellowship will definitely have an impact on their lives as well as those of the future generation. Education is lifelong exercise. I wish to share some important facts which are quite critical. Keep asking right question. Sometimes questions are more important than answers. You all are Indians and you should be proud of it. LPF plays an important role in your life; you will get every opportunity to grow in this foundation. There is only one Lila who supports like this".* Further, he said that, *"Life is not measured by the brand of clothes we wear or the car we drive. It is measured by the number of faces that smile when*



they hear our name. We learn a lot from people around us, we learn a lot from society. **Great Mahatma Gandhi said that, live as you will die tomorrow and learn as if you will live forever. Education is the most important because it helps you to handle challenges and solve problems. It also provides you with life skills and academic skills."**

On this occasion, committee member of LPF, Rashmi Dixit (LF-1998) shared her feelings and expressed gratitude towards the foundation. She believes that working as committee member is an opportunity to serve the foundation.

Rajani Panchang-Dhumal, adviser of 'Inspira Newsletter' shared her thoughts regarding Inspira and its reach. She said *"Inspira is a heart/face of the foundation. It's a tool to stay connected with everyone,*

## New Lila Fellows & Lila Girls



by watering the potted plant. The engineering scholarships were awarded at the hands of the Chief Guest Ms. Arnavaz Damania and Guest of Honour, Mr. Per Heggnes, Chief Executive Officer, IKEA Foundation.

## New Lila Fellows & Lila Girls



whether the girls, their parents, supports, donors and well-wishers". 39<sup>th</sup> issue of Inspira was released at the hands of the Chief Guest, Ms. Sabina Sanghvi, Guest of Honor, Mr. Per Heggnes, Lila Mom, Firoz Dad, Trustees and Inspira Team and the morning ended with the vote of thanks and National Anthem.

On 17<sup>th</sup> November 2013, the scholarship award function began with eco-friendly inauguration



All smiles! 2013 batch eagerly waiting to receive scholarship.

Chief Guest Ms. Arnavaz Damania said, "I have noticed that when young people are under too much of stress, they end up taking an ultimate step. I believe that the step taken by LPF in supporting the education

of girls would go a long way in changing the scenario."

Jyoti Narayanan (LF-2011) said, "Foundation is giving opportunities to attend multi-faceted training programmes which are really helpful to develop an individual's personality. I have not met somebody like Dad. He always stands behind Mom and supports her in the true sense. It is always said that, **'where there is a will, there is a way.**





*I would like to modify it, "where there is Lila, there is a way" and now further I would like to say, 'Where there is a Lila Fellow, there is a way.'*

The smile on each one's face while receiving the fellowship showcased immense confidence and happiness. The morning ended with the vote of

thanks, National Anthem and sumptuous lunch. This award function was yet another memorable event in the history of LPF



Chief Guest Ms. Sabina Sanghvi along with Firoz Poonawalla awarding scholarship

Similar to this, scholarships were awarded to girls pursuing Bachelors in Pharmacy, Bachelors in Nursing, Bachelors in Physiotherapy, Diploma in Education, Diploma in Engineering, Diploma to graduation in Engineering, Bachelors in Engineering, Bachelors in Architecture and post-graduation.



Scholarship Awardees pursuing Engineering along with the Chief Guest, Guest of Honour, Lila Poonawalla, Firoz Poonawalla, Trustees and Committee Members.

■ - Rita Shetiya (LF-2005 and PA-2011)



**'LPF has now built clean and hygienic Sanitation Facilities at Zilla Parishad School, Thorandale'**



*On the way for inauguration ceremony!*



*Prof. Goran Grosskopf and Dr. Brigitta Grosskopf inaugurated the Sanitation Facilities, Classrooms and Computer Room.*



*Mr. Firoz Poonawalla trying hands on the Computer post inauguration @ the Computer Lab.*

**'New Year Party Celebration'**



*Lila Mom with her signature move!*



*Enthusiastic Lila Mom and Energized Lila Juniors tapping their feet.*



*Memorable Moment – Lila Mom & Lila Girls!*



## Stanford Business

AUTUMN 2013

portant. Have just cycled with my mates from Zurich to Budapest and then into the Italian Dolomite mountains — good times and great weather. As **John Zeltin** said, 'life is good.' If any of you from SEP '82 are in New Zealand, please make contact."

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Excerpts from **Lila Poonawalla's** newsletter, *Inspira: The Lila Poonawalla foundation* provided over 500 scholarships last year.

A variety of scholarships were awarded ranging from engineering, computer, physics, math, pharmacy, education, nursing to peace ambassadors. At a new categories award function Lila's stated: "If each of my girls works for at least 20 years after completing their education, they will be contributing more than 25,000 working years for the growth of Indian economy."

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**Marimar Torres** news from Sausalito: "Harvest is just around the corner and everyone around here is excited. We had a great growing season and expect outstanding fruit. Although there is no such thing as a normal year when it comes to growing grapes, this year has been, so far, as close to perfect as one could hope for. I recently returned from London after spending a few days with Cristina. Oh, the joys of being the mother of a 24 year old. Just before that, we celebrated our fifth Flamenco show and dinner event for our Club Marimar members."

Snapshot from the *Stanford Business Journal* (Autumn 2013). LPF's new spreads across the globe...highlighting the noble cause pioneered by Lila Mom.



New LGs and LF's of 2013 batch clarifying their doubts during the orientation program

## Industrial Visits



Group posing in front of Sandvik Coromant along with the Executives.



Group along with Mr. Filip Vanderberghe, MD of Atlas Copco after the visit.



Group posing in front of the Minda Factory!



Lila Girls targeting the dummy in order to find out strength required to hit it



***"Some reasons make relationships precious but some precious relationships are made with no reasons."*** This happened with Sangita Belvalkar and the Lila Poonawalla Foundation. Sangita Belvalkar is a committee member of (D.Ed Scholarship), Lila Poonawalla Foundation. Inspira Crusader, Rita Shetiya got an opportunity to interact with her.

**1] How would you describe your association with the foundation and Mom and Dad?**

It started when my daughter, Neha was shortlisted for the LPF Scholarship. This has changed my life and also Neha's (LF-2010). It was a proud moment for all of us. Since then, my association with the foundation has grown stronger. I started conducting Spoken English Classes from 2010 onwards for LFs and LGs. I have been watching the foundation's work closely for the past 3 years. Foundation not only supports the girls financially but also is connected with their families. I always attend the foundation's programs like Parent's Day, Samagam and the Award Functions. I strongly believe that LPF chooses deserving candidates. Even after the completion of the Spoken English Classes, some of the girls are still in touch with me. To name a few, Dr. Poonam Shete invited me for the inauguration of her Homeopathic Clinic. Rita always takes advice from me. Some of the Lila fellows are in touch through mails, sms and calls.

I always mention that Lila Ma'am and Firoz Sir inspire us as a couple. Both of them work for society. Lila Ma'am aims high and is a visionary who is passionate about her work. The Foundation has empowered many girls from different sections of the society. For the last 3 years, my bond with both of them has been really good.

**2] After completing your high school education in the US and further teaching in India, do you find any difference in the education system? If yes, what is it? Is it true that the kind of "homework" given to the Indian student in schools is different than that of a US student?**

Yes, the method of teaching is different with weekly tests given. This tells both the teacher and the student, if the topic has been understood or not. In India, we have to memorize the answer, whether we understand it or not. In the US, one can answer in their own words. The teachers are friendly and they make sure that you understand the topic taught.

**4) What was the reason you chose English and not any other subject?**

While I was doing my Diploma in Information Technology, I found the need for spoken English. That's how I got into teaching English, especially spoken English. Later on, I started teaching English to

Irani students at Fergusson College and also Business English to Japanese students. This was all done through word of mouth.

**5] How was your overall experience in setting up an institute of foreign languages?**

The experience was very rewarding. I had to perform various roles while setting up an Institute for Foreign Languages for Maharshi Karve Stree Shikshan Sanstha, Pune. I had to setup a curriculum, find trainers for different languages like Japanese, Chinese, German, French and English. With reading and writing, the students should be able to speak the language with ease. The emphasis was always on the spoken language and the ability to communicate.

**6] There is a demographic variety of students you interact with: Children, adults and fellows. Does the knack of teaching change? What is the difference?**

There isn't much of a difference. As a teacher, one has to be able to gauge the students, the class atmosphere and use humor to impart knowledge. Lila fellows become more confident because of the foundation's workshops, personality development programs, leadership programs and teamwork programs that are organized for them.

**8] What is your opinion about magazine, Inspira?**

I am a regular reader. I think '*it is a mirror of foundation's work*'. Fellows get an opportunity to give back to the foundation, by writing articles, giving donations, organizing fund raising programs. Health is a very important topic that should be covered regularly. Women tend to put their own health on the back burner. I like reading 'Leading Lady' and 'From my heart'. Each and every photo tells us what foundation does for the Lila fellows and girls. My best wishes to team.

**9] Your message for our LFs, LGs and LJs?**

"Life is full of changes, so don't avoid change. Make every change a challenge. Some give us success and some act as stepping stones to success!! Enjoy life. Try not to make the same mistake again. Last and most important thing, I want to tell all the LFs that, what we desire is not always what we get. But unknowingly, we get much more than what we expect. So keep smiling!!!"

■ - Rita Shetiya (LF-2005, PA-2011)





**When your friends begin to flatter you on how young you look, it's a sure sign you're getting old. The real young achievers are those who, in the dreary pit of sacrifice, still smile up at the goal. Whatever mind can conceive and believe, it can be achieved.**

"I learned from my mother's bitter experience." To learn from one's own experiences is difficult, but to take lessons from someone else's life is wisdom. Poonam Jaywant Shete's mother is a highly-educated lady and comes from a family that knows the value of education. Finishing her diploma in education, she was determined to teach and start a career as a teacher. However, aged eighteen, armed with her Diploma in Education (D.Ed.), Poonam's mother got married. Her career ended right there because her father-in-law forbade her from teaching. If nothing else, this end to a promising career taught the young Poonam a lesson that she never forgot.

"Many people in my field get married first and then attempt to establish their careers, but not me." Poonam is firm about that. When she started studying medicine, there were many voices dissuading her. How could such long enforced study be suited to a girl when, after all, people believe that a girl's sole aim in life ought to be to get married! But Poonam was determined. And above all, she let instinct and intuition guide her.

Poonam is the only doctor in her entire family. Set on doing medicine, Poonam studied hard from the very beginning. A good score in 12<sup>th</sup> examination, coupled with a good score in the medical entrance exam, earned her a seat in the field of her choice – but with a hitch. Poonam had obtained a seat in Sangali. How could she support herself? With no one to stay with, Poonam had to contend with basic questions like where to stay and how to pay for her daily expenses. Fortunately for her, she also got admission into Hadapsar Ayurveda College. Her grandmother lived in Pune. Poonam could stay with her grandmother and not worry yet about day-to-day economic troubles, so her way was smoothened.

"In the very first year, I decided to pursue purely Ayurvedic practice. Having taken this decision, I started working at an Ayurveda clinic, simultaneously attending college." Long-sighted vision and courage in her convictions are qualities that speak through each pore of Poonam's skin. Dr. Poonam graduated with flying colours – she could be proud of her first class, and hopeful of a medical career ahead of her.

But success always comes with a pitfall. In Dr.

Poonam's case, it was not a mere pitfall; it was a tragedy. Her father suddenly passed away, and the young doctor was left floundering, compelled to practise medicine because of the financial crisis that followed her father's death.

At this stage, her mentor Dr. Kedar Shinde inspired her to do her post-graduation. Confused, but somewhat convinced, Poonam embarked on the next phase of her life. Taking an education loan, she began her post-graduate studies.

It was only in the last year of her post-graduation that Poonam found out about the Lila Poonawalla Foundation. "I became a Lila Fellow and then found my sisters. All my sisters were there, as Lila Fellows, struggling just like I was struggling. And Lila Mom was there, mother to us all. I feel proud of my sisters and their struggles – and I feel fortunate to share with them a mom with such a vibrant personality. I can always say, with pride, that I am a member of this wonderful family." Poonam admires the struggles Lila Mom has had to endure to reach the place she's at now. Inspired by what she sees around her, Poonam worked hard at her thesis, using her scholarship money to complete her final year.

Confidence speaks for itself. Dr. Poonam knows that financial independence is the first step; marriage comes much later. Now a lecturer **at Ayurveda College, Wagholi, Poonam is also practising Ayurveda at the same time.** "After my marriage, I will support my mother in every way that I possibly can. I know what I want from my life. I want to set up a Panchakarma Hospital with all the necessary facilities. And then, I want to go abroad and teach Ayurveda. I know I can!"

**- Dr. Poonam Shete (LF-2010)**



Dreams come true if you make them come true – this is the belief of Supriya Jeture, a young Lila Girl. Supriya is a versatile and vibrant girl from a farmer's background. She has a family consisting of her parents, two sisters and a brother, along with herself. Her father has a farm in Satala, Udgeer district and he also works on others' farms to support his family.

Supriya has done her schooling from Udgeer itself in Latur. From a young age she dreamt of making herself very well-educated. Her father has never stepped into school yet he is very keen to make sure his daughter gets good education. Supriya's mother has also studied till Standard XII only.



Both parents have supported Supriya a lot, at times not having a meal themselves to provide for the family. They had recognised Supriya's versatility since her school days. She was very good in elocution, debates, dancing and singing.

Her school teachers also helped her groom these talents, and she won many competitions. Along with this she was also always a class topper. The school appreciated the talents of Supriya and she was excused from school fees.

After her Standard XII, which she did from Maharashtra Udaygiri Mahavidyalaya, Udgeer, she wanted to pursue engineering so she opted to take Electronics. She worked very hard and obtained a fabulous score of 182 in her CET which secured her admission in the best engineering college in Pune, College of Engineering, Pune.

Till now, her parents had used their savings and also managed to pay first year fees in COEP but now the conditions had gotten difficult. Supriya was aware of the financial burden on her family. When the Director told her about LPF scholarship, she was relieved to hear about it. Being accepted into LPF Family really was a blessing for her.

She owes her educational support to LPF. Supriya, being in COEP, has made her parents proud. She is living their dream and all this wouldn't be possible without LPF. The love and care she has received from Lila Mom and Firoz Dad has built her confidence and given her a sense of self. They are her second family.

She loves attending all the various programmes which help her develop her personality, improve her communication skills and also become more confident to give interviews. From childhood her parents have told her that, to achieve her dreams, she has to work hard and be well-educated. She promises to do so and make both her parents proud.

Supriya says, "In COEP, I learned that Engineering is not just a degree, but it is an attitude towards life. I hope I have that attitude and I'll make the best use of it. I'll try to give back to my Lila family by helping other girls to be part of Lila family being trustee of foundation in the future."

**After completing her B.Tech. project under Tata Research Design and Development, Supriya got placed in Oracle as an Application Engineer.**

■ - Supriya Jeture (LG-2010)



Sushma Shinde is studying Mechanical Engineering at College of Engineering, Pune. She comes from a typical farmer background; her father supports the entire family. She has an elder brother and two younger sisters.

Sushma is very close to her mother and shares all her joys and sorrows with her. From a young age Sushma has seen her family through tough financial times and she knew the only way she can take care of her family is if she educates herself well.

In her school, Jagmitra Naga Vidyalaya in Parli Vijaynath district Beed, she was motivated to study hard and score good marks as the highest scorer in Standard X would get a cash prize. With her determination and hard work she scored 91.23%. All her teachers guided her to take admission in Shahu College, Latur.

In her HSC as well, Sushma studied persistently and scored 91.67%. With these marks and a fantastic 176 in her CET she got admission in COEP. But Sushma knew the burden the engineering fees in a city like Pune would create on her family. This is when her friends supported her and introduced her to LPF scholarship.

The aid she got from the Foundation really made smooth the road for her education. She was relieved of financial pressures and could concentrate on her studies. She also started attending the workshops organised by LPF which improved her personality a great deal. She values very much her interaction with Lila Mom, who is always there at all the workshop to connect with the girls.

Also the love she gets from the Foundation, Lila Mom and her fellow girls doesn't make her home sick. She keeps herself occupied with studies, college and Foundation activities. The Foundation is always ready to help her and with the various communication skills workshops and industrial visits, Sushma feels more prepared to face the competitive world.

She wants to work for a year after finishing her engineering, after which she wants to pursue her M.Tech from IIT. This way she hopes to get placed in a good company so she can support her family as well as become independent.

After attending the 'Workshop Skills' programme of LPF, she is now interning at Forbes Marshall. LPF has taught her to deal with the ups and downs of life and yet stayed focussed on her goals which she is determined to achieve. She thanks and respects Lila Mom for taking care of her.

**After completing her B.Tech. project, Sushma got placed in DSL as a Management Trainee.**

■ - Sushma Shinde (LG-2010)

***Life is tragedy for dreamers, a comedy for doers and reality for achievers. Don't sit on your dreams... start moving, every step forward will open new horizons.***

Dearest Mom and Dad,

I am very very happy to inform you that I have got placed in the company 'John Deere India Pvt. Ltd.' as an HR- generalist. My joining date is 12<sup>th</sup> June 2013. I have completed my MBA in HR and awaiting the final exam results. I will inform you about the results once they are announced. But right now, I am on cloud nine about the job.



And, thank you so very much Mom and Dad for supporting me in completing my studies, otherwise this would have been just a dream. You have given wings to my dreams. And as I have promised to you before, I'll work harder to make my future dreams come true and make you proud more.

Thanks a lot again. Would soon meet you with the appointment Letter.

Lots and lots of love,

Your daughter,

Naznin Shaikh  
Lila Fellow 2011

Dear Mom,

This year, I am graduating as a Production Engineer. I am going to join Thermax India Ltd as GET from 1st august 2013.

These four years of Engineering passed so early and were the best days of my life. But without your help, support and timely guidance it would have been impossible for me and my family to get such best quality Education. I have attended and enjoyed every program organized by the foundation and that has really contributed towards my all-round development. This year, I tried to get admission for post graduation course but I did not get admission to course of my choice. Next year, I will try to achieve my endeavors.

Not only me, you helped so many girls like me. In future, I will surely like to support foundation in every possible way to reach needy girls and help them.

Yours Loving Daughter,

Bhagyashree Bharambe  
Lila Girl 2010



Dear Mom,

I have a great pleasure to convey this all to you. I have joined "Cognizant" as "Developer" at Chennai on 13th of August.

I have mixed feelings right now. In my organization, I am getting a very great exposure. The work environment is too good. I am having so many curricular activities besides the work and I always try to participate in the same. We also have some activities like I had during LPF workshops. In all, I am learning so many things here which are definitely going to develop myself.

This is a new city for me having different people, language, food, culture and everything. Being alone here makes me to miss so many things including my "LPF family". But I consider this as an opportunity to develop myself in all.

At this moment, I would like to thank you from core of my heart. I might not be here today without your support, motivation, care and blessings. You helped me to develop myself. I always feel lucky being your daughter.

I promise to make you proud of myself always. Just shower Yours and Dad's blessings on me.

Your Daughter,

Namrata D Badhekar  
Lila Fellow 2011



Dear Mom,

I am happy to tell you about my placement. I got placed in Honeywell on 12/12/13.

I am not able to meet you now. But, I will come to meet you after 23/12/13. I have to stay at home due to some reason.

Thank you so much mom and dad it would not be possible without you and your support through four years of my engineering.

Regards,

Swati Tarwade  
Lila Girl 2011



# Inspira Our Research Scholars

**"For my part; I know nothing with certainty... But the sight of the stars makes me DREAM" said Vincent Van Gogh. I truly connect with this statement as I look back to how it all began. I was in the 8<sup>th</sup> standard when my hockey coach, Mrs. Naazleen Madraswalla had arranged a camp for us at Panshet. After the trek, we had a session on astronomy under the starry sky. I dreamt with my eyes open that, one day I want to go to space. And, there began my journey of becoming an aerospace engineer.**

**A**part from academics, I was also involved in many extra-curricular activities like field hockey and classical dancing which, I believe, helped in the development of a well-rounded personality. After my 12<sup>th</sup> standard, I chose **Aeronautical Engineering** as a first step towards living my dream. My parents were very supportive while I was away at Coimbatore learning about aircrafts and how they fly. Aeronautical Engineering, like other fields, has many specializations; aerodynamics, controls, structures and avionics. In particular, **I loved studying aerodynamics** as it helped me appreciate and understand **how the wings enable the airplane to fly**. But what provides the thrust? That is when I got interested in propulsion and gas turbine engines. During my final semester, I got an opportunity to work at Gas Turbine Research Establishment (GTRE) for my final year project. I gained experience on designing an intermediate pressure compressor for a small turbofan engine that can be used in Unmanned Aerial Vehicles (UAVs).

**After completion of my undergraduate degree, in 2008, I went back to GTRE, Bangalore as a research assistant to enhance my skills in aerodynamic design of compressor and Computation Fluid Dynamics (CFD).** CFD is a field wherein we write computer codes to solve complex mathematical equations that help us understand the Physics of flows better. I worked with a team of scientists in the compressor division, to improve the aerodynamic design of the compressor blades using an in-house code. However, **I wanted to go deeper into the field of fluid dynamics and decided to apply for a Masters degree. I received an admission at University of Illinois, Urbana-Champaign (UIUC), in 2010, for pursuing M.S in Aerospace Engineering.** I was delighted but cautiously so because of the quintessential questions of finances followed. That's when I learned about the Lila Poonawalla Scholarship! I was awarded the scholarship along with an immense amount of support and love from Mom, Dad, Maya Aunty and the entire LPF family. When Mom talks, she kindles the fire in all of us to keep going towards our dreams, no matter

what. The scholarship also made me realize the responsibility that came with it, to give back to the society which has given us so much, to motivate other girls to pursue their dreams by showing them that it is possible. So I took off from India, with grit and determination to continue my journey towards my dream.



**In UIUC, I chose fluid dynamics as my specialization.** I enjoyed every course I took in this field. I remember returning to my apartment and talking to my roommates about why oil forms hexagonal shaped pattern in the pan when you heat it and why aircrafts leave a trail behind them and when you tilt the honey bottle, it first comes out slowly and then it flows rapidly flows! Why bubbles are formed?! It could even expand to bio-fluid dynamics like blood flow through our body. I discovered more about Mother Nature through the course on fluid dynamics. I learned to look at mathematical equations differently. No more of mechanically solving equations. I learned to understand and appreciate the physical phenomenon that each of those terms represented. **My Master's thesis involved understanding jet noise (the noise made by engine exhaust gas) and finding ways to reduce it.** I worked on understanding why a hot jet produces lesser noise than the cold one. Having enjoyed working on this problem and finding answers to important questions, I wanted to pursue a career in research and applied for a Ph.D. position.

**I am currently at Penn State University, doing my PhD in Aerospace Engineering.** I am working on **writing a Direct Simulation Monte Carlo (DSMC) code to simulate chemically reacting flows in space environment.** In space, gas is rarefied unlike the abundance of it in the form of air on earth's surface. Thus, it requires a different treatment as compared to conventional fluid



dynamics. Space Reentry Vehicles experience very high temperatures during reentry into the Earth's atmosphere due to aerodynamic heating at very high speeds. So a Thermal Protection System (TPS) is required to protect the vehicle and the crew. One such TPS failed during the Columbia disaster where we lost Kalpana Chawla, an inspiration to many women in aerospace. Ever since, there has been a special focus on advanced materials that can be used for this TPS for which carbon fibre composites are an important element. When the spacecraft is returning to Earth at very high speeds, gas becomes ionized and it would react with the material used in TPS. To better understand the complex physics of these interactions, I am working on modeling (using advanced parallel algorithms) gas flow over these materials. The material is porous and this complicates the geometrical domain of the flow. To overcome this, I am writing **a new octree based DSMC code which is both, accurate and flexible, to simulate the chemical reactions between gas and fibrous TPS material. However, rarefied flow is not limited to space. Flow in microelectromechanical systems**

**(MEMS) and nanosystems are also considered to be rarefied and the DSMC technique can be applied to analyse such flows as well.**

Along the way, I have met a lot of friends and well wishers who have supported me and been instrumental in shaping my personality. I have been blessed to have teachers who are passionate about the subject they teach. Lila Mom continues to inspire me to this day. She makes us realize that what you get by achieving your goals is not as important as what you become by achieving them. Her emails from the other side of the globe are full of warmth, love and motivation. Thank you Mom and Dad and the entire LPF family for everything. I am also grateful to my parents and brother for loving me unconditionally and for believing in me. Through research and science, I would like to go full-thrust in contributing to the vision Lila Mom and Dad have for our society and become an instrument to help others create their journeys. The sky is not the limit so be ready to take-off!!

■ - Revathi Jambunathan (LF-2010)

**Science, what role does it play in the life? This question always occurred to Dr. Neelu as a child and this curiosity kindled her liking for science. Here we have Our Research Scholars, Dr. Neelu Nawani and Revathi Jambunathan**

**S**cience, what role does it play in the life of a commoner? This question always occurred to me as a child and this curiosity kindled my liking for science. The support and encouragement I received from my family and mentors led my insight to choose science as a career for the benefit of society. After medicine, Microbiology was the most sought-after paramedical course during 1991-94 when I completed my **graduation from Bombay University**. My family then encouraged me to take up Master's of Science in Microbiology. That is when I actually released the wonders this miracle world of microbes could do to mankind. The only goal then, was to pursue a doctorate in Microbiology. After completing **Masters from Mumbai University**, I moved to Pune for doctorate in Microbiology from the University of Pune. I began my work on a magical enzyme "*Chitinases*" and studied its diversity in microbes. The foundation work and training imparted by my guide and seniors made a stepping stone for me towards a genuine scientific journey that has given me immense strength, pleasure and focus. It is so true that **Ph.D. teaches so many things - planning, time management, coordination, documentation and so on**. It was during that time **I applied for the Lila Poonawalla**

**Fellowship for post graduate studies** and was very gladly welcomed by this wonderful family with very supportive Lila Ma'm and Firoz Sir. During my Ph.D., I also received **Junior and Senior Fellowships from the Lady Tata Memorial Trust**. I was awarded Ph.D.

in the year 2003 and my thesis was very well appreciated by the Indian and Foreign referees. Ph.D. gives us a taste of all temperaments and I experienced my share of joys as well as frustrations. The programs conducted by LPF were always a relief in stressful moments and guidance of my family and Lila Ma'm always tuned my mind towards optimism.

I joined **University of Pune as a Lecturer at the Department of Microbiology in 2002** and later continued at **University of Pune as a Research**



**Associate (RA).** I worked on whole genome sequencing of some important microbes and later on the extraction of important medicinal compounds from marine waste. I received a **Fast Track grant and Young Scientist Fellowship from the Department of Science and Technology (DST), Government of India in 2006.** This was also the year when **I was appointed on the board of trustees of LPF**, an experience which I always cherish. It was a great learning - the selection process, the sensitivity, the arguments during the meetings and selection of fellows was itself an institution. I also was blessed to receive the **Peace Ambassador status from LPF and Asha Foundation at the hands of Hon'ble Dr. APJ. Abdul Kalam.** The leadership training at UK completely changed my outlook towards life and gave me the much needed insight and wisdom to handle any complex situation with ease. This experience "**taught me to train myself**". I owe this experience to LPF and truly wish that every Lila Fellow (LF) and Girl gets this training. The selfless love and support of Lila Ma'm, Firoz Sir and Zerbano Ma'm is unforgettable. I remember very clearly, each one of my Lila partners during this visit along with Jayshree Ma'm who took care of us so well.

My career got accelerated and I joined **Dr. D. Y. Patil Vidyapeeth as an Assistant Professor in 2008 and was promoted to Associate Professor and Head of the Department for Microbiology and Industrial Biotechnology in the year 2012.** I have received funding from **DST and Department of Biotechnology (DBT), Government of India for three projects related to extraction of value added medicinal compounds from marine waste and one project on generation of electricity from waste using microbes.**

**Two Indo-Swedish projects received funding from Swedish International Development Cooperation Agency** where one project is related to water pollution and other to indoor pollution due to use of biomass fuels in rural parts of India. Recently, I have received funding from **DST for Indo-Tunisian collaborative project on diversity of special group of bacteria, actinomycetes.** I have nearly **40** peer reviewed international and national scientific publications and have presented papers in 80 national and international conferences. During my student life and professional career, **I was trained at several reputed organizations like Serum Institute of India Ltd., Bhabha Atomic Research Centre, National Centre for Biological Sciences, Institute of Bioinformatics and Biotechnology and University Medical Centre, Mannheim.** I review scientific papers for reputed journals and have served on the Editorial Board of few International journals. I was also appointed as Member of Board of Management of Dr. D. Y. Patil Vidyapeeth, the highest policy making committee for tenure of three years during 2010-13.

With the blessings of God, Family, Well Wishers, Lila Ma'm, Firoz Sir and whole LPF, it was not difficult to achieve my dreams. Lila Ma'm always says "*With realisation of your own potential and knowledge of your abilities, you can build a better world*". Goodness and givingness rejoice the soul. So, be good and selfless and smile a lot so that life smiles back to you!

Thanks Lila Mom for giving me this mantra which makes me SMILE! Hope one day, I follow your path!

■ - **Dr. Neelu Nawani (LF-1997 and PA-2008)**

*contd... from page 22*

in turn give rise to Feelings followed by Actions and these actions lead to Results which in turn make our belief system strong. It's important that we break this cycle.

Mr. Nilesh, in his last session shared the three specific techniques for Training Your Brain. They are as follows:

**Success Visualization (SV):** Visualizing that your dream has already come true.

**Power Programming (PP):** Deliberately inserting Powerful Thoughts.

**Negative Switch Trigger (NST):** One bad thought

triggers the next thought and it continues to form a chain of bad thoughts. Stop the bad thought. Switch off the thought.

Lila Mom at the end of the program, thanked Mr. Nilesh Waghchoude for conducting such a wonderful program. The participants got some quick tips which they can use in their day-to-day lives.

■ - **As reported by Sucheta Ukidve-Sontakke**

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**H**appy New Year to all readers!!! The New Year has set in and everyone is eagerly looking forward for an amazing year. Foundation threw New Year Parties for its Lila Juniors, Lila Girls and Lila Fellows with an intention to bid farewell to 2013 and to welcome 2014. Last quarter was quite eventful.

As we all are aware that Lila Mom and Firoz Dad are keen about their daughters' health. Keeping this in mind, we are here to share some health related information in our Health Capsule. Attempting to reach out to as many parents as possible, we have now come up with a Marathi translation of our Health Capsule. Given our daily routine and busy schedules,

quarter. We, daughters have always been benefited through different programs arranged by LPF in some or the other way. The "Feelings" section expresses sincere gratitude towards Lila Mom and Firoz Dad for arranging such programs. On the occasion of International Women's Day, our Lila Fellows expressed their feelings to Mom. On this day, our Crusader Rita too received two awards; such a proud moment for all of us. Congratulations Rita!

Everything was good; but the sudden demise of LPF's good friend and one of the benefactors, Mr. Nari Bhavnani has created a vacuum in our hearts. He expired in USA. We will miss him; though his good



*The 39<sup>th</sup> issue of Inspira released at the hands of Chief Guest Ms. Sabina Sanghvi and Guest of Honour Mr. Per Heggens.*

it is difficult to maintain and manage our health. Our mind needs to be stable to work properly and this is exactly what was taught during the "Train Your Brain" and "Mind Mapping" workshops. Our body and mind can remain in best of health only if they get proper and required nutrition through diet. If our diet is up to mark, then our mind is stable. This information was shared during the Nutrition and Diet Workshop.

Last year, foundation gave approx. 600 scholarships and added our new sisters to our LPF family. We have covered this event as a special feature of the

memories are always with us. May God Bless his soul!

It is well said "Don't cry because it's over, smile because it happened. You only live once, but if you do it right, once is enough. Reality continues to ruin the life". Let us take the maximum advantage of what LPF is offering us for making our lives better. Let us keep all the things in mind and commit to ourselves that we shall proceed for betterment! Wish you a healthy wealthy life...We will meet once again with new events in the next quarter...till then...c ya!

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

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Printed and Published by : Lila Poonawalla Foundation

Flat No. 1203, Mont Vert Tropez, S. No. 239, Wakad, Pune 411 027 Tel. : 020-27509431 / 32

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