



From My Heart...

My Dear daughters, friends and well-wishers,

New year 2017 has started. January is already over. I am sure each one of you had a wonderful time bringing in the New Year and are looking forward to a happy and successful 2017. Dad and I wish each one of you all the best life has to offer. Put your best foot forward every day. Remember tomorrow will come daily but today will come today only. So finish your today's work today itself and be free tomorrow for yet another challenge.

The LPF office is buzzing with activity. Streams of new LF, LG, are coming for their claims. We have 1730 girls this year who have joined LPF as our daughters. These girls are very promising, full of energy, with high aspirations and dreams. They come with their scholarship letter duly laminated and the award certificate duly framed. A new Standard set by Dad. They are very enthusiastic, communicative, loving and are all excited about having a new Dad and Mom and the LPF family.

We had the visit of three important well wishers from overseas in the recent past. IKEA Foundation Chairman Prof. Goran Grosskopf visited us together with his Beautiful wife Birgitta and his charming granddaughter Moa. Next came Mr. John Graham who is on the board of Biltema Foundation. Each one of them interacted with the LGs and LFs and visited some of the schools that LPF supports. Next came Patrick and Nikhil from IKEA Foundation to attend the Award functions. All the visitors were very happy with the progress LPF has made over the last 2 decades. Their interaction with the girls made them realize the value addition that LPF brings to their lives. It was motivating to get their feedback.

The Peace Ambassadors returned back from their memorable Leadership program from Asha Center UK. There is an article by one of them giving a synopsis of their activities and learning at the ASHA center. For the first time these girls have organized themselves in taking on projects and doing community work. They have divided the batch of 25 PAs into five groups, and have taken joint team projects. Whatever they have learned from their UK visit they are implementing it here and helping those who are less fortunate than us. The PAs of 2016 meet regularly and have reporting procedure for follow up with Dad. Dad also visits the project sites to serve the society. The Principal is that God has given us two hands i.e. one to give and the other to take. We have hopes that these PAs will make a great impact and find happiness in what they are doing. Soon some of them will also start a mentoring program for the new LGs, who have joined LPF this year. Keep looking for their report in future issues of Inspira.

We had our Parent's Day in December 2016. The entire program was choreographed and delivered by these 25 PAs to show case what they have learned, to their parents and also to the special invitees. This function was a grand success. There is a detailed article on this in this issue and I am sure all of you will enjoy reading the same.



With the start of the New Year, our training department has drawn up an ambitious program for all the girls specially those who have joined the family recently and those who are going to complete their courses this year. All girls wanting to make a career need to realize the importance of soft skills. If knowledge is the main reason for success, then it would have been determined by your grades. But in real life, it's soft skills that are proving to be a reliable weapon. Many of you may have a question in your mind as to **what are soft skills?** Soft skills are person's communication skills, self- management skills, leadership and interpersonal skills; it also includes personal habits, friendliness, optimism and other similar traits. If we use a broad and relevant definition, they include the way you present yourself. Your vocal and verbal communication skills, body language, etiquettes, emotional intelligence and empathy. It also enables a person to form relationship with others and meet their goals. Well you may continue to say okay but why do these soft skills matter?

Dear Daughters in addition to learning and experience, in a career area to do better at finding jobs, soft skills can take you places by enabling you to develop basically five important qualities. The ability to persuade people, to change the way they think, personal accountability demonstrated through initiative, self-confidence and willingness to take responsibility for personal actions. Realizing this fact, many organizations are turning their attention to soft skills during the selection process. They are encouraging their employee to enhance their communication skills through various programs.

In addition, these skills effect your social and Personal lives. People who are strong on such behavioral skills are the ones who find that they have healthy social relationships. From empathy to time and stress management, self- presentation, etiquette to communication, a host of soft skills help people build healthy lives. With these facts,

many individuals are undergoing training to enhance their personality, to enable the need of fulfilling lives in all spheres.

It is for this reason that LPF is organizing many programs in this important development activity. It is up to each one of you how much interest you take in participating in these training workshops. Many do, and you will notice the change in them and many do not, and they lack self confidence. Soft skills are the behavioral tendencies that show how well you can get along with others, at your workplace, at home, and in society at large.

You must value these programs that LPF organizes solely for your benefit. A lot of effort goes into this and if you do not value them you will never be able to get any benefits from them. Here I am reminded of a short story that MR. J R D TATA, our very successful Industrialist narrated one day at a program.

QUOTE "J R D Tata had a friend who used to say that he misplaces and loses his pen very often. So he decided he will use only very cheap pens so that he need not worry about losing them. He was worried about his own carelessness habit. J R D TATA suggested him to buy the costliest pen he could afford and see what happens. He did that and purchased a 22 carat gold cross pen. After nearly six months JRD met him and asked him if he continued to misplace his pen. His friend said that he is very careful about his costly pen and he is surprised how he has changed. JRD explained to him that the value

of the pen made the difference and there was nothing wrong with him as a person." UNQUOTE

This is what happens in our life. We are careful with things which we value most. If we value our health, we will be careful about what and how we eat. If we value our friends we will treat them with respect. If we value money we will be careful while spending. If we value our time we will not waste it. If we value our relationships we will not break them. Carefulness is a basic trait all of us have, we know when to be careful. Carelessness only shows what we do not value.

I sincerely hope that each one of you my dear Daughters realize the value of what LPF is doing for you and will make the best of what all LPF has to offer you. The workshops and programs are done for your benefit, you must realize this and accept the responsibility of doing what it takes to be a part of as many of the program as you can. Good luck to all of you. The exams are fast approaching and all of you would be working hard and putting in the best efforts to get the top grades. Being a Lila Fellow, or a Lila Girl I know you have that special zeal to be the best. I know you all will succeed.

KEEP SMILING MY BEST WISHES ARE ALWAYS WITH YOU.

Mom to all LILAS

Friend to all readers

Lila.



Mukta Satarkar
LF-2005
Rs. 25000



Shadab Shabbiyar Khan
LF-2014
Rs. 20000



Ms Vishaka Mulik
LF-2012
Rs. 17000



Bhavika Thkkar
LF-2009
Rs. 15000



Sonal Kailas Mohite
LF-2012
Rs. 15000



Neha Rahul Tambekar
LF-2009
Rs. 10000



Sonal Naresh Kalokhe
LF-2011
Rs. 10000



Neha Rohan Rawte
LF-2006
Rs. 10000



Tejaswini Budhe
LG 2015
Rs. 10000

Sachin S. Jawalkar
(Shraddha)
LF-2014
Rs. 3000

Priyanka Eratkar
LF-2010
Rs. 4000



Eden Mehediabadi (LG-2014)



Purva Chindage (LG-2015)



Manisha Deshpande (LF-1999)



Mayura Gawade (LG-2014)



Shivani Kaktikar (LG-2013)



In continuation to the earlier article, let us understand some eminent types of cyber-crimes. All activities performed with criminal intentions in cyber space or web are considered to be Cyber Crime. These could be either criminal activities in conventional sense by use electronic media or activities newly evolved with the progress of information technology.

Hacking:

A hacker means someone who attempts to break in to the computer systems. Typically, this kind of hacker would be a proficient programmer or an Engineer with sufficient technical knowledge to understand the weak points in a security system. Hacking is an attempt to exploit a computer system or a private network inside a computer. Simply put, it is an unauthorized access to or control over computer network security systems for some illicit purpose.

To better describe hacking, one needs to first understand hackers. One can easily assume them to be intelligent and highly skilled in computers. In fact, breaking a security system requires more intelligence and expertise than actually creating one. There are no hard and fast rules whereby we can categorize hackers into neat compartments. However, in general computer parlance, we call them white hats, black hats and grey hats. White hat professionals hack to check their own security systems to make it more hack-proof. In most cases, they are part of the same organization. Black hat hackers, hack to take control over the system for personal gains. They can destroy, steal or even prevent authorized users from accessing the system. They do this by finding loopholes and weaknesses in the system. Some computer experts call them crackers instead of hackers. Grey hat hackers comprises of curious people who have just about enough computer language skills to enable them to hack a system to locate potential loopholes in the network security system. Grey hats differ from black hats in the sense that the former notify the admin of the network system about the weaknesses discovered in the system, whereas the latter is only looking for personal gains. All kinds of hacking are considered illegal barring the work done by white hat hackers.

Spoofing:

On the internet, "to spoof" can mean:

- 1) To deceive for the purpose of gaining access to someone else's resources (for example, to fake an internet address so that one looks like a certain kind of internet user)

- 2) To simulate a communications protocol by a program that is interjected into a normal sequence of processes for the purpose of adding some useful function
- 3) To playfully satirize a website.

IP Spoofing is a technique used to gain unauthorized access to computers, whereby the intruder sends messages to a computer with an IP address indicating that the message is coming from a trusted host. To engage in IP spoofing, a hacker must first use a variety of techniques to find an IP address of a trusted host and then modify the packet headers so that it appears that the packets are coming from that host.

Pornography:

Pornographic material can be easily and more quickly reproduced on media like hard disk, floppy disk, CD-ROMs and it is cheap.

Not only the still pictures and images of pornographic contents are available on the internet but a full motion video clips with sound and complete movies are also available in digital form on the internet. The end user can view all of this on his/ her monitor, save and transmit it or printout hard copies of pornographic text and images. In the past such an access to pornographic stuff was never available so easily, however due to the advent of internet children of any age can have an easy access to such stuff. Children can log on to internet in relative anonymity rather than worrying about social and legal deterrent associated with physically purchasing an adult material from a book or paper stall

There is a need to protect children from pornographic stuff that is easily available in a digital form. A provision has made in Information Technology Act – 2000, to tackle with the menace of pornography over the internet. Section 67 of the I.T. Act specifies that publishing and transmitting any obscene material in digital form is an offence.

Software Piracy:

Software piracy is the illegal copying, distribution, or use of software. Software piracy causes significant lost revenue for publishers, which in turn results in higher prices for the consumer. Since software is now available on the internet, online piracy is becoming popular. In the past, the only place to download software was from a bulletin board system and these were limited to local areas because of long distance charges while online. Buying software from online auctions can be dangerous. Lately, online piracy has

been extended in music too, especially in the MP3 format. Unfortunately, this deprives composers of royalties that they are entitled to.

Cyber stalking:

Unfortunately, most internet users, criminals and decent citizens alike, believe they are anonymous, that they cannot be identified or found.

Cyber stalking can be in any number of disguises. For example: threatening or harassing email, flaming (online verbal abuse), mass unsolicited email, identity theft, leaving improper messages in guest books or newsgroups from you, initiating directed computer viruses, pedophile activity, or email forgery (sending false or damaging email from you, usually to people you know like coworkers, employers, neighbors, etc.). Unfortunately, cyber stalkers sometimes step out of cyberspace and into the physical world by stealing your identity, luring unsuspecting victims for a first meeting, vandalizing your home, office, or vehicle, sending threatening or obscene mail, making abusive and excessive phone calls, or whatever else the criminal mind can imagine.

Credit card risks:

Sending your credit card number over the internet exposes you to three types of risks.

1. Someone who is watching internet traffic may see your account number as it goes by and use it to charge stuff for him.
2. You don't really know who you're sending your account number to.
3. Someone might break in to your computer and steal your credit card number.

Internet stores are even riskier than mail order companies. It is easy (and cheap) to set up an internet site that offers goods for sale. Rip-off artists can create a web site that looks just as real, and offers just as many products, as legitimate businesses. Remember this: you can't tell whether the company is for real just by looking at their web site, everything you see might be made up. Knowing this, why would anyone order anything over the internet? The fact is that the vast majority of businesses are legitimate. Nevertheless, you can reduce the odds of being victimized by verifying the company independently before placing an order. Call a business bureau and the Attorney General of the state in which the business resides to see if anyone has complained about it. Asking the company itself for references may be interesting but doesn't prove anything--the "references" may be part of the scam.

Viruses, Trojans and Worms

A virus is a malicious program that works by attaching itself to a host file or system file and further executes either when the infected file is executed or opened or a specific event occurs the viruses gets triggered. (To attach means physically adding to the end of a file, inserting into the middle of a file, or simply a pointer to a different location on the disk somewhere where the virus can find it.)

In today's computer world, a Trojan horse is defined as a "malicious, security-breaking program that is disguised as something benign". For example, you download what appears to be a movie or music file, but when you click on it, you unleash a dangerous program that erases your disk, sends your credit card numbers and passwords to a stranger, or lets that stranger hijack your computer to commit illegal denial of service attacks.

Preventive Measures:

- **NEVER download blindly from people or sites which you aren't 100% sure about.**
- **Even if the file comes from a friend, you still must be sure what the file is before opening it.**
- **Beware of hidden file extensions!**
- **NEVER use features in your programs that automatically get or preview files.**
- **Never blindly type commands that others tell you to type, or go to web addresses mentioned by strangers, or run pre-fabricated programs or scripts (not even popular ones).**
- **Don't be under misunderstanding about a false sense of security just because you run anti-virus programs.**
- **Finally, don't download an executable program just to "check it out", if it's a trojan, the first time you run it, you're already infected!**

In the next few articles of this series, we will read about different types of Intellectual Property Rights, how we can stay safe, dos and don'ts for internet users, ways to protect your web access and much more! Till then, stay tuned and stay SAFE on internet!

■ - Mrs. Pradnya Kashikar (LF-2001) and
Committee Member

Amdocs- Corporate Training for IT "Freshers"

Everybody is excited when it comes to Corporate training, especially when it comes from a reputed company named Amdocs.

Spanning over the course of two days, all sessions were very interesting as they were related to the latest trends and technologies in the IT industry.

We learned about the new technology Dev-ops, a foreign concept for the Lila girls. Not just limited to technical aspects, the workshop also focused on the non-technical areas like Goal settings, Interview skills, Communication skills, how to face challenges in an interview, improvisation areas...etc.

All these critical things were explained by the Trainers. We learnt, not to lose hope in situations of failure and try hard to achieve our goal. They also taught us about the stepping stone to success. Trainers made us realize that for being professional, one needs to have great vision towards life.



On a technical front, we learnt about "Big Data" which is in great demand today. Agile technology, Dev-ops, IOT, and Cloud Computing these topics were also explained which are very popular and in demand.

Also a very useful session on Communication skills was conducted during this 2 days workshop. We also saw few motivational and innovative videos which were very inspiring and gave us different view towards thinking about newer ideas or solutions to the problem. Few steps that we carried out by end of the workshops are:

1. Set goal in career and try hard to achieve it
2. Give priority to things that are more important.
3. Be innovative and remain motivated.

Overall, the workshop was interactive and covered everything that is required for any IT professional to enter into the industry.

WebEx Online Training Program

As the name suggests 'WebEx Online', was indeed a unique Training program as the Lila Girls attended from their home or college, wherever internet connection was available.

This Training Program started in the month of September 2016 and was concluded in the first week of December 2016, there were total 20 online sessions conducted for 3rd and 4th Year Engineering Students from all branches. The Sessions were conducted by Barclays Team, expertise in their respective fields. The topics covered were C, C++ programming, Java, HTML designing services. A very interesting topic or concept called Android which is in more demand in today's world was also covered. The aptitude section included topics like percentage and ratio, logical reasoning, probability, permutation and Combination...etc which are very essential

for cracking the aptitude rounds during Campus Placement. The Soft Skill sessions comprised of Spoken English, an integral part of group discussion and personal interview. The session was concluded with information on different examinations like TOFEL (Test of English as a Foreign Language) and GRE (Graduate Record Examination) which were beneficial for those who wish to apply for it.

This training program can be positively distinguished from other programs, as Lila girls could attend it from wherever they could, since it was online. A truly virtual sessions, Images, videos shown during the session by the trainers were very interesting and helped Lila Girls to clear the concepts. It gave Lila girls a feel of typical "Webinars" happens day to day in companies.

PCOS-Polycystic Ovary Syndrome (पंकोष)

Polycyst म्हणजे अनेक गाठी . आज गर्भधारणा करू शकणाऱ्या दहा महिलांपैकी एक महिलेला पंकोष आहे. मासिक पाळीच्या सुरुवातीच्या वयात देखील म्हणजे 13 वर्षांच्या वयोगटात असणाऱ्या मुलींनादेखील पंकोष होण्याची शक्यता आहे. 13 ते 44 वयोगटात असणाऱ्या महिलांमध्ये तो एक सामान्य अंतःस्त्राव्य व्याधी आहे, ज्यामध्ये महिलांचे प्रत्येक अंडाशय द्रव्यपदार्थाने भरलेल्या फॉलिकल्स मुळे मोठे होतात; याला अल्ट्रासाउंड (sonography) दरम्यान पाहता येऊ शकते. PCOS होण्यासाठी कारणीभूत संप्रेरक बदल (hormonal changes) हे किशोरवयात दिसून येतात. PCOS होण्याची कारणे अद्याप समजलेली नसली तरी, पर्यावरणीय आणि आनुवंशिक घटक त्यामध्ये एक प्रमुख भूमिका बजावतात. एक संप्रेरक बदलतो जो दुसरा संप्रेरक बदल घडवून आणतो, ज्यामुळे आणखी एक संप्रेरक बदल घडतो. असे हे चक्र पुढे चालू राहते आणि PCOS होतो. वजन वाढणे हे PCOS चे प्रमुख लक्षण आहे. याचा परिणाम प्रजनन प्रणाली आणि रक्तातील साखरेची पातळी हाताळण्याच्या प्रक्रियेवर होतो. याचा आपल्या हृदयावर देखील परिणाम होऊ शकतो.

वेगवेगळ्या रुग्णांमध्ये PCOS ची वेगवेगळी लक्षणे आढळतात. त्यांपैकी प्रमुख लक्षणे पुढीलप्रमाणे आहेत:

- 1) अनियमित मासिक पाळी
- 2) चेहरा किंवा शरीरावर अनावश्यक केसांची वाढ. (PCOS असणाऱ्या महिलांमध्ये पुरुष संप्रेरक जास्त प्रमाणात असतात. त्यामुळे त्यांच्या शरीरात काही पुरुष वैशिष्ट्ये दिसून येतात, जसे शरीरावर जास्त केस, स्तन आकार कमी होणे, सखोल आवाज)
- 3) मासिक पाळी ना येणे
- 4) वंध्यत्व
- 5) स्थूलता - वजन वाढणे, विशेषतः कमरे भोवती
- 6) त्वचा समस्या, जसे पुरळ, त्वचा काळवंडणे, इत्यादी

कौटुंबिक इतिहास हा PCOS साठी सर्वात धोक्याचा घटक आहे. जर आपल्या कुटुंबातील कोणत्याही महिलेला मधुमेह किंवा अनियमित पाळी - या समस्या असतील तर आपल्याला PCOS होण्याची शक्यता जास्त असते.

PCOS असणाऱ्या महिलांना पाळीचा समस्या का असतात?

साधारण अंडमोचन (ovulation): अंडाशयात एका विशिष्ट द्रव्यपदार्थाने भरलेल्या लहान पिशव्या असतात; त्यालाच फॉलिकल्स असे म्हणतात. जसजसे ते अंडे वाढते तसतसे त्यातील द्रव्यपदार्थ देखील वाढत जातो. ते अंडे पक्क झाल्यावर उघडले जाते. हे अंडे अंडनलिकेतून प्रवास करून गर्भात पोहोचते. याला म्हणतात साधारण अंडमोचन (ovulation).

PCOS मध्ये: अंडाशय, अंडी पक्क होण्यासाठी लागणारी संप्रेरके (hormones) तयार करू शकत नाही. त्यामुळे फॉलिकल्सचे प्रमाण

वाढत जाते आणि ते गाठींचा रूपात अंडाशयात साठून राहतात. अंडमोचन होत नसल्याने प्रोजेस्टेरॉनचे उत्पादन होत नाही. त्यामुळे महिलांची मासिक पाळी अनियमित होते आणि त्यांचे शरीर पुरुष संप्रेरक बनवणे सुरु करते. निदान: PCOS झाल्याचे कसे ओळखावे?

PCOS चे निदान करण्यासाठी कोणतीही एकच चाचणी नाही. PCOS झाल्याचे ओळखण्यासाठी तुमचे डॉक्टर पुढीलप्रमाणे काही चाचण्या करू

शकतात:

- | | |
|----------------------|--|
| 1) वैद्यकीय इतिहास | पाळीची आणि वजनातील बदलांची माहिती |
| 2) शरीराची चाचणी | a. रक्तदाब मापन
b. बीएमआय = वजन(kg)/उंची (m)
20-25 सामान्य श्रेणी
25-30 जास्त वजन
> 30 लठ्ठपणा
< 15 कमी वजन
c. कंबरेचा आकार
d. अति केस वाढीचे भाग |
| 3) ओटीपोटाची परीक्षा | डॉक्टर तुमचे अंडाशय तपासतील |
| 4) रक्त चाचणी | अँड्रोजेन संप्रेरक ची पातळी, रक्तातील ग्लूकोसे चे प्रमाण, थायरॉईडचे प्रमाण, इन्सुलिनचे प्रमाण |
| 5) सोनोग्राफी | अंडाशय असलेल्या गाठी व श्लेश्मलची (endometrium) जाडी तपासली जाईल |

उपचार: योग्य निदानाने सुरुवात करा. उपचार हे महिलेचे वय, लक्षणे आणि भविष्यतील गर्भधारणा योजना, यावर अवलंबून आहेत.

- 1) पाळीचे नियमन करण्यासाठी गर्भनिरोधक गोळ्या
- 2) इन्सुलिन समतोल प्रमाणात ठेवण्यासाठी औषधोपचार
- 3) अँड्रोजेनला अवरोधित करणारे औषधोपचार
- 4) अनावश्यक आणि अति प्रमाणात असणाऱ्या केसांसाठी औषधोपचार
- 5) केस गळतीवर उपचार
- 6) पुरळांवर उपचार
- 7) त्वचा समस्येवर उपचार

PCOS ची गुंतागुंत: प्रजनन क्रियेतील समस्या:

- 1) वंध्यत्व
- 2) वारंवार गर्भपात होणे
- 3) गर्भधारणे दरम्यान मधुमेह
- 4) अति रक्तदाब
- 5) अकाली प्रसूती
- 6) गर्भाशयाचा कर्करोग: PCOS असणाऱ्या महिलांना हा रोग होण्याची शक्यता तीन पटीने जास्त असते.
- 7) इन्सुलिनचा प्रतिकार: इन्सुलिन हा संप्रेरक आपल्या शरीरातील साखरेच्या प्रमाणात समतोल ठेवण्याचे काम करतो. PCOS च्या रुग्णांमध्ये हा संप्रेरक अपेक्षेप्रमाणे प्रतिसाद देत नाही. त्यामुळे

मधुमेहाचा धोका वाढतो. इन्सुलिनचे प्रमाण वाढल्याने सुद्धा अँड्रोजेनचे प्रमाण वाढते आणि शरीरामध्ये पुरुषी लक्षणे दिसून येतात.

8) श्वसनक्रियेतील अडथळे

9) उदासीनता

जीवनशैली आणि प्रतिबंध: एक आरोग्यपूर्ण जीवनशैली ठेवा. कर्बोदके कमी असलेला आरोग्यपूर्ण आहार रक्तातील साखरेची पातळी नियंत्रणात ठेवतो. नियमित व्यायाम रक्तातील साखरेची पातळी आणि वजन कमी करण्यासाठी मदत करतो (वजन कमी केल्याने पुरुषी संप्रेरक आपोआप कमी होऊन मासिक पाळी नियमित होऊ शकते).

म्हणून, योग्य निदान, जीवनशैलीमध्ये बदल आणि PCOS उपचारांमुळे आणि त्याच्या जबरदस्त समस्यांपासून स्त्रियांची सुटका होऊ शकते.

Ms. Harshali Gaikwad joined LPF as a Training Executive in May 2016. She got to know about this vacancy through some acquaintances and immediately contacted the LPF office. Thorough knowledge about the foundation helped her secure the job. She said, **"It's indeed a great privilege to be a part of such renowned NGO!"**

Being a Training Executive, Harshali's main responsibility is to co-ordinate various training programs conducted for Lila Girls and Lila Fellows' overall development. The foundation has certainly done a great job by designing programs, logically in accordance with the stream and the category of the girls, viz. Engineering, Pharmacy, and Nursing etc. A part of her responsibility also includes Stream and Category wise report generation of various Training programs conducted by the foundation. She deals with all the girls directly and over the course of time, she herself has witnessed the tremendous growth in the girls once they go through such Training programs.

As an example, she told about the 'Presentation Skills' Training program and how the girls became well presentable when they attended the program. Besides this, she also added how programs like 'Winning with Body Language', 'Self Awareness' and 'Journey to Job' have helped the girls live sustainably.

Harshali also talked about the recent online WebEx training program conducted by Barclays for Lila girls pursuing Engineering. Being a Computer Engineer herself, she finds this a pretty distinct experience as to coordinate with the Barclays Company Trainers and to connect the girls to the innovative WebEx platform. This being an online program, maintaining girls' attendance was definitely a challenging task for her. She added, **"Challenges make life interesting; overcoming them makes life meaningful."** She has received an appreciation from Lila Ma'am for handling Barclays' online training project successfully.



It is a learning experience for Harshali to be associated with Lila Poonawalla Foundation, especially Lila Ma'am and Firoz Sir. Within a very short span, she has learned a lot from them. She gets motivated with the kind of work the foundation does for the girls who are deprived of education due to some financial crises. Meeting different people in various training programs has helped her to grow vastly. She humbly finishes our interview by saying, **"It is an honour for me to work with Lila Poonawalla Foundation!"**

■ - Sonal Mohite (LF-2012)

Visit to Emcure Pharmaceutical Ltd.

The industrial visit to Emcure Pharmaceuticals enabled the girls to understand the process of manufacturing of medical drugs. Also, they were introduced to various departments like production, quality analysis (QA), quality control (QC) and sterile products. They learnt about the various pharmaceutical equipments used in capsule production and various technicalities which were involved in production of the same according to the conditions required for the production such as temperature, pressure, light and many more. This visit helped them to know about the number of processes, how raw materials are being converted to the required quality of the product. They also gave insights about how raw

materials are received, the way sampling is done, the storage conditions and dispensing the raw material to production. Girls also got the opportunity to see the blender, rapid mixer, dryers, compression machine, packaging and labelling processes.

Girls were amazed to see all this, they realized that the pharmaceutical companies have to maintain utmost hygiene to produce consumable drugs. Overall, the experience was value adding as the girls got first-hand knowledge of the Medical - Drug making which facilitated deeper understanding.

■ - Nilam Bankar (LG-2014)

Mind Mapping Program

The most important thing that the Girls learnt was to draw a mind map and the technique to remember the formulae and memorizing skills while studying. Mind map makes it easy to recall the things during exam. They also learned about the techniques in things / subjects that they do not like, making difficult things easy and explaining ideas in different ways. *"Things are difficult when ignored, possible when learnt and easy when practiced"* said Mr. Pavin Bhattad (Trainer).

Diagrammatic Representation of topics is easy to learn new things. Making a mind map which is

colourful, easy and understandable in just one look helps while studying. *Main Hoon Na* system of mind map and grasping power of machine are the things that Girls will always remember. The use of number for memorizing was the best trick. Mapping study notes in diagrammatical form makes it easy to understand and learn. It will be useful in every aspect like in business, college and daily life etc. It was an informative workshop. Use of our room and body organs for memorizing is

unforgettable. First impression and last impression is very important was the message given.



Spoken English Classes

Before joining the English classes, some of the Lila girls were not able to converse fluently in English. Understanding the tenses, sentence formation etc. were the problems. They would hesitate to take initiative and share their views publically because of this. Grammatical mistakes while speaking and writing was a barrier. Presentation skills were poor due to language barrier. They had knowledge but it was difficult to express it.

After joining the classes, Lila Girls became more confident, as they improved in grammar, pronunciation



of words learnt new gerunds, use of them in day to day communication. It also improved their leadership skills and body language as they were able to share and express knowledge. New words were added to their vocabulary. Writing skills have also improved. They got a habit of speaking in English everyday with their friends.

More activities wherein conversing is involved were conducted that helped a lot of them to build confidence while speaking. The teacher has been very helpful. He helped us inculcate the habit of speaking in English everyday which was essential!

Nursing Skills Development

The session was interesting and interactive. It helped to improve and gain knowledge about preparations before and after the surgeries. Learning CPR, Basic Life Support was interesting and helpful. Many doubts were cleared as videos were also shown. Giving basic life support when patient is at risk, proper medication administration, drug action, hospital accreditation were also the things covered. Many doubts were cleared through this session, avoiding medication error; pre-post care of patients were the new things that were learnt in this session. Applying knowledge in daily



life during any situation, do's and don'ts of drugs, taking care of the patients, mistakes that usually happen in the hospital setting and how to prevent it was also learnt in this session. It was useful to improve their knowledge because from this program they learnt many basic things which they did not know. It will help them develop and practice skilful nursing on their patients and help them to provide good care. RIT to medication management and CPR techniques were crucial topics as they are life savours. Thus the whole program was very informative and useful indeed!

Visit to Indian Institute of Science Education and Research

Lila girls got to know about IISER to begin with. It was great to learn about IISER and its labs, courses and facilities provided by IISER. Here they learnt about various instruments used in Physics, Chemistry and Bio. They learnt about experiments such as separation of gas, Cryptography, Ionization. Some of them were computer students and hence it was completely new to them.

Lila girls got to know about analytical instruments and various techniques of detection of components. To explore more on applicative work rather than only theoretical, was the most important aspect they got to learn from this visit. The most useful thing in this visit was the demo of some of the machines that were shown to them with explanations. They got



to see different machines used in different techniques and also got detailed information about the machines or instruments along with the implementation of each of these machines. More information about the

Mass Spectroscopy Laboratory, its principles etc, Instrument Visualization and opportunities at IISER were shared. Some instruments like the HRMS, MALDI, ESR and Elementor were most important ones. The machines that were not available in their colleges, the girls got to see it here.

IISER is different than any other Institute. Good career Guidance About pursuing higher Education was given.

Inspira team member brings to you yet another success story of our Madhura Dhoka (LF -1998) who happens to be a firm believer of the quote – “Success with negative attitude is called luck. Success with positive attitude is called achievement”.

Madhura Dhoka (LF – 1998), was born in a middle class family, who gave the utmost importance to education and value systems. She was lucky to be born in an open minded family, where her parents never had any gender bias. Both daughters were provided with an environment to dream high and work hard to fulfil their aspirations.

Madhura said, *“Working in the irrigation department, with the Government of Maharashtra, my father had frequent transfers to places that were remote and close to dam construction sites. Till the time we were small, we moved together as a family to the remotest of places. The experience of living in remote places helped us understand the value of resources, which were very scarce. As we grew and education became more critical, we settled in Pune, however my father continued to move as per transfer orders. My mother, is my mentor from those days, she constantly gave us the confidence and faith to believe in our abilities and face the fast paced English speaking, high flying city life. All of us gradually started getting used to the city life and experiencing the competitive world”.*

“I completed 10th, 12th class and graduation (Bachelor of Pharmacy) with flying colours. I cleared the GATE examination and secured admission on the basis of merit for Masters in Pharmacy. Amongst the various specializations in M.Pharm, I was selected for the newly introduced Quality Assurance specialization and this was the first batch. Since this was the newly introduced curriculum for quality assurance no stipend / fellowship was offered by AICTE, as given for other specializations. It was at this point in my life I came across the Lila Poonawalla Foundation and I can firmly say that had it not been for the support provided by LPF, probably I wouldn't have been able to pursue M.Pharm course. Today, whatever I am in this field is because of the educational qualification which has only been possible because of LPF, Lila Mom and Firoz Dad ...” states Madhura proudly.

Madhura thoroughly enjoyed the learnings that came from LPF, various personality development courses, interactions with renowned personalities, visits, parties, meeting with successful and eminent people helped build the confidence of all the young Lila Fellows and each of us in some or the other way gets a role model to follow. It seems very simple, but very effective way in providing young girls a right

direction, a strong will to become successful and follow the footsteps of many great personalities they have come across through the foundation.

Madhura was happy to say that, *“The learning imbibed by seeing Lila Mom and her team, especially the drive to excel, working hard with involvement, being sincere and devoted, all of this helped to build our confidence and get an entry into the professional work life. Educational qualification gave technical inputs but the association with LPF, gave the ability to put the technical learning into practice especially in this competitive industry. My entry in the Pharmaceutical industry was with the Product Development department at Emcure Pharmaceutical Ltd. Here I had the hands on learning experience into product and analytical development. In this assignment, I successfully developed and scaled up number of formulations of tablets, capsules, creams and ointments”.*



Madhura narrates, *“In this journey of life I chose Vishal (surname) as my life partner; who happens to be a caring, loving and supporting husband. Along with being a friend, he is my guide and philosopher. The almighty has blessed us with two smart and sensitive boys - Yash and Chintan. Marriage and Kids increased family responsibilities and I had to give more time and attention to my home and family. However, I did not come out of the professional field completely and was lucky to get associated as a visiting faculty at AISSMS College of Pharmacy. Here I began teaching the final year students of B. Pharmacy and very soon was given an opportunity to guide students of M. Pharm, specializing in Quality Assurance. While guiding the post graduate students, we worked on many research projects like Solid Dispersion, Microsphere Development, Floating Dosage Form, Solid Lipid Nano Particles, Development and Validation of Analytical Methods, Simultaneous Analytical Method Development and its Validation etc. Among these many research projects were published in various*

International and Indian Journals of repute namely J. of AOAC International, Int. J. Pharm. Biomed Res., Int. J. Pharm. Tech. Res., Indian Drugs, Int. J. of Res. in Ayurveda and Pharmacy etc. to name a few”.

The University Grants Commission promotes Research and Development activities in our country. In this regards after a thorough scrutiny of a project by highly qualified team coupled with presentations and question- answer session, if the approval committee is convinced of the novelty then the practical applicability and the economic feasibility of a project is finalized and they are funded over a 2 year duration. Madhura's project on "Profile of drugs used in combination for the treatment of Chronic Bronchitis with special reference to Cefixime and Erdosteine" went through the above scrutiny and then was funded by the University Grants Commission.

Madhura's next move was working with Maxim Pharmaceuticals Limited which was set up in the year 2000. With kids growing up well and becoming a little independent and the same time Maxim was getting set for the next jump, Madhura decided to get involved with Maxim in their quality assurance and product development area. Maxim initially was fulfilling the domestic requirement. With strengthening of the systems and practices, they now have an international accreditations and approval. Madhura shares, "Currently goods manufactured at our facility are being exported to more than 25 countries, namely in the African and South East Asian countries, more than 75 % of our business is from exports. The most significant learning at Maxim has been that, there is a continuous scope for improvement. With changes in technology, changes in regulatory environment and with our own experiences, we are able to constantly improve products, processes, systems and practices and thereby keep improvising the quality of medicines”.

Madhura is also involved in another assignment -Ayurvedic Products – Madhur Natural Remedies she provides details on the same for all our readers, "The basic purpose of developing / formulating medicines is that they provide a cure for some health concern. Over the years, one has realized that for a number of chronic lifestyle related health concerns allopathic treatment regimen offers only temporary relief and not a complete cure. Further the consumption of allopathic medicines over a long duration is associated with side effects. Ayurvedic treatment regimen is known to provide long term health benefits for chronic cases. However the present day ayurvedic preparations are in a form, most of which are not palatable, not convenient, have no aesthetic appeal

and requires tedious preparatory activity before consumption. All these factors put together make compliance to ayurvedic treatment regimen difficult and the young generation is not willing to accept this form of medication. Realizing this need and after three years of focused development with combination of our pharmaceutical knowledge and ayurvedic ingredients, we made **CHEWBEADS**, an innovative and novel dosage form. This form overcomes all the present day ayurvedic preparation problems and offers great taste, convenience, needs no preparatory activity, is easy to carry, is easy to consume, and suitable for all ages groups [above 3 years]. Presently we have Chew beads for relieving acidity, enhancing digestive power, softening of stools, for improving immunity. With this unique dosage form, we are receiving enquiries from various customers to incorporate their active constituents in our Chew bead dosage delivery form. Thus our new vertical, Madhur Natural Remedies, focused on Ayurvedic products has been set up in 2016”.

Madhura recollects, "In my first interaction with LPF in 1998 while filling the form, we had to give a statement of purpose and one of the points in it was socio-economic benefit by doing this PG course. This question sowed a seed of social responsibility in me. Personally for me, the seeds have now borne fruit, through the development of Chew beads, as this innovative dosage form shall be instrumental in providing good health and relief from lifestyle related concerns for the society at large. Each one of us is born with special qualities / skill sets. LPF has helped thousands of Lila fellows like me, to pursue their dream of becoming an independent self made person”.

She believes and wishes to pass message to all fellows: Work hard with involvement. Learning of any form, never goes waste. Never consider any work assignment as low profile as every assignment teaches you things that enrich your experience over the years. Ability of a person is not about how well he has planned, but is how well he stands and faces the challenges of life when everything planned goes wrong.

Lastly Madhura is willing to guide any aspiring Lila Fellow who wants to pursue a career in the Pharmaceutical Industry and needs more clarity, guidance and first hand insight into the industry. The girls who are interested in this career field can reach out to Madhura and thanks Madhura to extend this support.

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

Diksha Ramrao Wattamwar (LG-2012)

Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life. No matter what.

- Anonymous



It is this feeling of being part of a warm and loving family that Diksha Ramrao Wattamwar (LG-2012) treasures about the Lila Poonawalla Foundation.

"Sure, during the four years of my graduation, in the time that I received funding from LPF, they were in touch with me and I was in touch with them. What makes the LPF exceptional is that even though I am now an independent working woman, no longer dependent on them for a scholarship, the Foundation makes it a point to retain contact with me. It's not like 'scholarship over, relationship over'. That's what I love!"

A gritty girl with very clear priorities, Diksha knew that she had to study and make a career for herself. Her mother studied only until the tenth standard but even without the prospect of studying further, Mrs. Wattamwar worked hard and scored over 70% in her board examination. Diksha, the eldest of three girls in the Wattamwar household, followed her mother's footsteps. In her tenth standard, she scored 94% and in her twelfth, 89%.

Convinced that she wanted to study Engineering, Diksha really chose to do Production Engineering only because she got admission into this stream at the College of Engineering, Pune.

"All I knew was that COEP is a great college. I wanted to study there!" laughs Diksha. *"Production Engineering or any other Engineering, it really did not matter! The name COEP was important!"*

In some ways, this choice did make a huge difference to the young student's life. *"I don't know if I would have found out about LPF otherwise,"* she says. *"There was a poster in our college, and that's what made me apply. We are three girls, and my parents were determined that all three of us should get a good education. My mother used to work as an accountant at a hospital canteen, and is now a homemaker. My father is a helper at a jewellery store."* Funding the girls' education was challenging, so LPF came as a boon to the Wattamwar household. *"We would have managed, somehow,"* says Diksha, *"but the LPF eased our path."*

As a Lila Girl, Diksha attended a number of workshops, including training sessions that prepared her for a group discussion and personal interview.

Yet, the one that stands out in her memory is the one on self-defence. *"During the workshop, we were taught small, simple techniques of self-defence, using everyday articles that are always at hand. I think that at a moment when you need to defend yourself, you need simple solutions, not complicated techniques. The workshop gave us the perfect tips and tricks!"*

Though she wandered into Production Engineering with no clear idea of what it would involve, Diksha grew to love the field. Campus placements landed her a **job at Production Modeling India Private Limited, a company located in Nagpur.**

"It's a good field, and I like working here," says Diksha. *"I want to study further, but I am willing to wait a while. My sisters need to finish their basic education too, and until then, I will work. One sister is now studying engineering – IT. It's an expensive course, so this is not the time for me to study. Once my sisters get graduated, I'll study further, then get a better job ... Things will keep moving on!"*

Shweta Balasaheb Linge (LG-2011)

speaks in hushed tones, still at work even on a Saturday, working at a job that is hard-earned and very precious. At the same time, though, she is eager to share her story and her association with the Lila Poonawalla Foundation. She has not been in touch with the foundation for over two or three months now but sharing her story is one way she feels she can make an effort to stay in contact.



"Do you know what the best thing about the LPF is?" whispers Shweta. *"It is not an organisation that is money-oriented, it is not an organisation with which we are in contact once a year. I know many NGOs are like that – send the end of semester mark-sheet, and the funds for the next year will be released. With organisations like that, there is no real human contact. The organisation is merely a funding body doing charitable work. Of course, that work is important but the LPF takes it much further."*

Shweta goes on to talk about how the value of the Foundation lies in the fact that Mom stays in touch with each and every one of the Lila Girls all year round. *"At the LPF, they care about overall growth,"* she says, softly. *"Yes, they focus on girls from financially unstable backgrounds but LPF is not all about money, money, money."*

Shweta is the middle child and second daughter of a vegetable vendor and a housewife, born and brought up in Hadapsar area of Pune. Even though Mr. and Mrs Linge are not highly-educated, they were keen on giving their children the best education they could.

Shweta's elder sister completed her Master's degree in science before getting married and her brother is in the tenth standard.

When Shweta told her parents that she wanted to become a Software Engineer, there would naturally have been doubts in her parents' minds about how they would afford the fees; yet they supported her entirely. Knowing that their income from selling vegetables would be insufficient, they did not discourage her, despite people around them advising all of them against it.

"There are always people like that," says Shweta, matter-of-factly, aware that the ones who put a spoke in the wheels often honestly believed that they were giving good advice. "But I wanted to be a Software Developer; I knew that. And my parents wanted me to achieve my goal."

With the support of her family and the LPF, Shweta worked with single-minded determination on completing her degree in Computer Engineering from Pune District Education Association's College of Engineering, Manjari. There were other Lila Girls studying with Shweta at the College, and they often attended workshops and training sessions together, developing strong bonds of friendship.

"Even though my parents are simple people from a humble background, they always made sure I got what I needed," says Shweta. "Throughout my schooling and junior college, I had never once taken a loan or even received a scholarship of any sort. My parents encouraged me to focus on my studies while they provided for me. During my undergraduate studies, with the LPF scholarship and my parents' faith in me, I did not want to let anyone down."

Working as a **Senior Web Developer** in a small company called **Gird Technology**, Shweta retains the same serious mind-set. She is well aware that she can go a long way with her degree, and she has every intention of doing so. Unlike her sister, she has no immediate plans of pursuing a Master's degree, but yes she wants to go for her masters in future. Rather, having got this far, she wants to go further within the working world. *"I got into this field because I wanted to be a Software Developer. For my life ahead, I see myself moving up the corporate ladder, going to better places and higher positions."*

"I came home from Hyderabad and saw something in the letter box. It was a letter from the Prime Minister, with the Official Government seal on it. This was in 2010. I opened it and found an invitation from the PM to join the Republic Day parade. The top 100 students from India receive a letter like this."



But Snehal Ravindra Patil (LF -2010) was the only person in her family to have ever left Maharashtra. Even in Hyderabad, she lived at an easy distance from the station. How could she go to Delhi alone? There were no tickets available so late in the day. Yet, how could Snehal give up a chance like this, that only a few brilliant students of India could hope to achieve?

And that was when the LPF stepped into Snehal's life.

Born and brought up in Pune, Snehal did her entire schooling at a Marathi medium school. It was a simple school; Snehal emphasises how simple it was. ***"There were no extra-curricular activities, no 'houses' with different uniforms, nothing. It was just a simple Marathi medium school."***

Snehal did well in tenth and choosing the science stream was an obvious choice for her. She did well, and appeared for the MHCET – everybody told her to do MBBS. Her marks, unfortunately for her, were not high enough to secure a seat for MBBS. Instead, she got admission to do a BDS. "But do you have any idea how much the fees are? It's something like 90,000 rupees a year! I immediately put my foot down. I decided not to do BDS."

Everyone told Snehal to study Engineering. They told her it was a good field, with a lot of potential. *"But I didn't like Maths! What was the point of doing something that I did not want to do?"*

People shook their heads at Snehal's 'foolish' decision. When all her friends were at places like IIT, Snehal alone was studying B.Pharm., a pointless course from everyone's point of view.

If nothing else, Snehal needed to prove to the world that she was right in her choice and the rest of the world was wrong. She had to prove to the world and to herself. She topped the university in the first year of her graduation. And then, she topped again in the second, and the third, and the fourth. Thanks to that, she paid no fees right through her graduation.

It was now time for this young girl to start her M. Pharm., her post-graduate course. It was a tough period of her life, with 75,000 rupees per semester as the fees, in addition to the fact that her family was investing in a house at the same time.

But LPF entered her life in the most magical way ever with a scholarship to support her aim of doing Post graduation.

When Snehal received the letter inviting her for the Republic Day parade, it was Lila Mom who funded the girl's entire trip. Thanks to Lila Mom, Snehal was able to savour the unique experience of being recognized as one of the most brilliant students of India.

After that, Snehal's association with the Foundation just went further and further. Immersing herself in the LPF programmes, Snehal became an extremely

active part of LPF. For a year and a half, admittedly, she was unable to do justice to the Foundation, thanks to the odd schedules of BITS Pilani, Hyderabad. But after that, she gave her heart and soul to gaining everything she could from the LPF.

From a Marathi medium background, Snehal used every programme offered by the Foundation to the fullest. Today, she speaks English fluently; it is almost unthinkable that she comes from a background where she did not study English as a child. For that, as for so many other things in her life, Snehal gives credit to LPF.

An active participation in the activities of the LPF earned Snehal a position in the Peace Ambassadorship programme of LPF. With thirteen other girls, Snehal travelled to Gloucestershire in the UK for a special training programme. *"It was an experience of a lifetime. I celebrated my birthday there in the UK with Lila Mom and Firoz Dad... I have no words to express what I feel."*

Returning to India, Snehal worked hard at the annual cultural programme organized by LPF. She also shared what she had learnt in the UK at St. Mira's College, Pune. The list of things this versatile girl has done is endless, ranging from organizing lectures about pharmacy, to putting together an entertainment programme for patients in the terminal stages of cancer.

Yet, all of this is just a part of her life. On completing her masters in Pharmacy, the other part meets the young girl who has quickly been promoted from Junior Research Scientist to Research Associate and now as Associate Scientist at Lupin Ltd, a pharmaceuticals firm in an International Biotech Park.

Her achievements take one's breath away, but also bring a sense of anticipation. What comes next? Snehal has a lot of options, and with her perseverance, there's no doubt about whether she gets what she wants or not, whether it's a PhD at IIT or full-fledged research.

Sonal Mohite (LF-2012) is one of the many intelligent and enthusiastic, yet underprivileged girls in our country today. She was born and brought up in Chakan and stays with her parents and two younger siblings.

Sonal's father's primary occupation is farming though now he works in a private firm. Her mother is a homemaker who assists her father to take care of the farm. All three children are Engineering students and Sonal has completed her Masters in Engineering (IT) from Sinhgad College. They currently stay in Bhosari.

In her childhood, Sonal's family stayed in a rural



village where she completed her schooling. Sonal has seen the difficult side of life right since her childhood, where she would have to cross a bridge over the Bhama River, which was a risky task during monsoons, just so that she could attend school. Her parents took turns to drop the children to school. But Sonal would not let any hardship interfere with her academics and was always a school topper. She even topped the scholarship exam in Std. VII. After she topped her Std X exam; her father decided to shift to a city area to provide better education for his children. His farming as well as work at the private firm helped him support his family. The transition from rural to urban life wasn't easy for Sonal as she had studied in a Marathi Med school. She worked hard to grasp the English language and proved her talent when she was again one of the toppers in the HSC exam but the CET wasn't her strongest area and she scored less which is why she had to settle for one of the average colleges to study her Engineering. She completed her BE from Dhole Patil College. Again she proved her hardworking nature throughout Engineering by consistently being in the top 5.

Rural education is fairly cheap but there was no proper guidance to choose a career. Sonal, even though was a hardworking, intelligent girl, was not an extrovert. She didn't have an exposure and was shy to communicate with classmates. This caused some setbacks for her. Also completing BE from a mediocre college, she did not get the benefits of campus placements. Sonal decided not to stop there. Even though finances were getting tight as all the children were doing Engineering, Sonal studied for her GATE entrance and scored good marks. She decided that if she would manage to get financial aid, she would pursue Masters.

It was destiny that brought her to LPF and she got the scholarship. It was only due to this, that she could complete her Masters and get her life on a better track. Having performed well in her Masters, she secured a job at Cognizant. Becoming a part of LPF really transformed her life. Not only did it help her realize her dreams, but also groomed her to become the person she is today. Sonal says it was only because of Lila Mom and the Foundation that she met her new true self, a confident woman as opposed to the timid girl she was before. This was possible only because of the many workshops that LPF offered to groom her personality, soft skills etc. They also gave her the exposure she needed.

Sonal today, is an independent working girl, aspiring to escalate to a high post in an IT company. Formerly working as a Programmer Analyst in Cognizant Technology Solution, Sonal will soon be joining **Infosys as an Associate Consultant**. Following in the Foundation's footsteps, she has been contributing in her own way, by conducting classes of C, C++

Rightly said by Benjamin Franklin "If passion drives you, let reason hold the reins". Meghana Gupte (LF-2007), an animator by profession, has so much of passion in her, that no matter what challenges and obstacles she encounters, she takes them as a stepping stone and climbs new ladder at each level to reach heights.

Meghana is a well-known animator in the feature film industry and that is what she passionately wanted to be. Meghana comes from a family which gives education key importance. She was given the freedom to choose her own career field. She has a great love for arts. After completing her Bachelor's degree in Information Technology from College of Engineering, Pune (COEP), she realized that she had to do something in Arts. This is what led her to pursue a Master's degree in Fine Arts (MFA) specializing in 3D Animation from Academy of Art University, San Francisco. Currently, she is working as a 3D Animator with Weta Digital, New Zealand on the upcoming feature Film *War for the Planet of the Apes*.

Her work has taken her to places like USA, New Zealand and Singapore giving her the opportunity to work in leading studios such as Rhythm and Hues - Los Angeles (USA), Sony Playstation - San Diego (USA), Weta Digital and Industrial Light and Magic (New Zealand). Some of the films that Meghana has worked on includes 'Alvin and Chipmunks 3-Chip wrecked', 'Alvin and Chipmunks 4- Road chipped', Steven Spielberg's film 'The BFG' and 'The Great Wall'. She received credits for the Feature films she has worked on. Her name is now listed in IMDb (Internet Movie Database) www.imdb.com/name/nm4836618/.

Meghana left her comfortable job in a software organization and took the risk to enter into animation field to pursue her dreams. Nothing comes easy,



without having any background in animation, pursuing a Master's degree from one of the top schools in Fine Arts, was quite tough for her. She had to struggle through her initial semesters. She had to spend sleepless nights and work really hard. However, Meghana believed in herself, she says, "if you have to succeed in your profession do not compare yourself to others, just be the BEST!" Meghana had the confidence that she will succeed. This belief and her hard work made her earn the Runners-up award at the Spring show award,

the most prestigious award at her the Academy of Art University. Her Director (Head of Animation and Visual Effects Department) considers Meghana as one of the school's success stories. She currently has lot of commitments at work, she has to work for long hours and requires frequent traveling. She feels lucky to get tremendous support from family. She considers her parents to be her biggest support. Meghana talks about her association with Lila Poonawalla Foundation as one of the best thing that has happened to her. LPF gave her a family. She received a lot of encouragement and motivation during her tough times from Lila Mom. Lila Mom bestowed confidence in Meghana, showing her affection and praising her. Meghana wants to make Lila Mom proud by reaching high pinnacles of success. She thinks that our girls should stick to what they want. There might be a phase in the life where everything might seem to come to a standstill and nothing works out. This is the most important phase where we have to stand strong. That is how we develop the art of perseverance. If we love our work and have the passion and determination we can succeed.

■ - **Priyanka Eratkar**
(LF-2010 and PA-2012)

contd... from page 15

for Lila girls and also work to manage the quarterly Newsletter, Inspira.

She also wants to pursue her Ph.D. for which she has struggled hard and also has passed her entrance exam but has yet to take admission. She loves to work towards innovating new technologies. She

feels blessed to have Lila Mom in her life, who has guided her throughout and helped her become the compassionate, responsible person, she is. Whatever she is today is because of the support of her parents and the guidance of Lila Mom and she promises to keep making them proud.

Orientation Function

LPF inducts 825 girls into its Family

Just as the Award Function excitement refused to die down, it was time for the Orientation. Orientation is a process where the newly christened Lila Girls and Fellows are given an in-depth insight into the Lila Poonawalla Foundation and different processes that the girls will have to take part in for their self-development.

Spanning over three days, the LPF Staff carried out the orientation for all 825 girls at Noorah-Al-Bassam Hall, Anjuman-I-Islam Complex. The Orientation process was divided according to different streams, viz., Post-Graduation, Science, Pharmacy, Nursing, 4 Years Engineering, Diploma in Engineering and Direct Second year Engineering.

The interaction process with the girls included the LPF Staff explaining different processes such as Claiming procedure, Result and Achievements update, Communication practices (Birthdays, Contact Details, Website Login-Ids, Facebook and Communication



Etiquettes). Apart from this, the girls also received information about different Training programs that are arranged for them, the confirmation process for the same, mandatory Training programs and how beneficial these programs are for them. Senior Lila Fellows also interacted with the newly added girls and shared their experience with

LPF and also spoke about their relationship with Mom and Dad. Each girl was asked to take a photo for the LPF Id-Card.

The Orientation process ended with Dad (Mr. Firoz Poonawalla) announcing the Talent bank. Talent bank is very innovative concept where newly added Lila Girls & Fellows can share their talents for volunteering prospects in various LPF events. Communication team also requested the girls to explore their inner writer by contributing to 'Inspira' –The quarterly newsletter of LPF.

After the conclusion of the Function, snacks were distributed to the girls. A similar Orientation process was carried out in Wardha and Amravati.

LPF Celebrates Peace Ambassadors Parents' Day

The Peace Ambassadors program was started by Mrs. Zerbano Gifford of the Asha Foundation, UK. The central idea behind this revolutionary program was to unite people belonging to different cultures and religions to bring about world peace. Started in the year 2008, total six batches of Lila Girls and Fellows have been to the UK so far & had this one-of-a-kind experience.

The day was 11th August 2016, when the 6th Batch of 25 Peace Ambassadors began their life-changing journey from Pune to UK. The girls were so excited, as for many it was their first ever plane ride. After reaching to the dream world UK, the girls were taken to their actual destination - Asha Centre, to start-off a 3 weeks transformative course. Through the course, the girls learned about social leadership, bio-dynamic agriculture, world culture and heritage, living and co-existing harmoniously with people belonging to different cultures. During their stay at Asha Centre, the girls also participated in the Tea Party at Grange Village, Forest of Dean for the differently able children



and adults, giving them a taste of the Indian culture and its delicacies. On the whole, the girls were taught to perceive life through a different outlook.

After returning to India, in the month of September, the girls are now been involved in various community based projects. Wanting to

showcase what they have learned during the course of their journey, LPF organized a PA Parents' Day (Venue courtesy: MFH Hall, Cummins India Limited), where the girls shared their experiences and also gave a glimpse of their learnings at Asha Foundation. Replicating what they did in UK, the girls also performed on different songs depicting the historically rooted culture of India, amidst the cheers from their parents and the audience alike.

The chief guest for the function Dr. Mrs Krishna Saraf, Dental Surgeon of international repute and a part of Samena Capital, Chief Sponsor, Peace Ambassadors 2016, too was seen enjoying the occasion and cheering for the girls. Thus giving a perfect ending to the Peace Ambassador's journey!

Prof. Göran Grosskopf's Visit to LPF

The month was October, 2016, when LPF had the honour to host Prof. Göran Grosskopf's (Chairman, IKEA Foundation) visit to India. It was after a gap of nearly 4 years that the Prof. Grosskopf and his wife were visiting India. A lot had changed since his last visit. Prof. Grosskopf not only visited the village schools supported under the "2morrow 2gether" school project initiative but also interacted with the Lila Girls and Fellows.

Lila Juniors of both rural as well as city schools had organized a variety entertainment program in honour of Prof. Grosskopf's visit. It was during this visit, that the Foundation also donated cycles to those Lila Juniors from Kamshet, who live out of the 2 km radius of their school premises. Now came the turn of the City Schools Lila Juniors, who also had a special program for Prof. Grosskopf at the Anjuman-I-Islam School Premises. After the program at Anjuman-I-Islam, the



senior Lila Girls and Fellows had all gathered at Vivanta by Taj Blue Diamond Hotel for a chance to interact with the Prof. and Mrs. Grosskopf.

During the course of this interaction meeting, the girls had an up close and personal look at how life in Europe, is comparatively different to that in India. The girls also shared a little something about their background, their life story and how

receiving the scholarship from LPF has altered their life in a more positive manner. Prof. Grosskopf was keen to learn about the girls' day to day life and how they were coping with their studies and other activities. He ended by urging the girls to be 100% dedicated to their studies, be independent and lead a prosperous and respectful life. During the course of this interaction meeting, Prof. Grosskopf also released the then latest Inspira Issue, thus ending his Trip to India on a memorable note.

For a cause: Mother-Daughter duo

Recently, our very own Lila Fellow from 2001 batch Jyothi Rajesh (Narayanan) had a chance to perform with her daughter in a community function. It was a small yearly get-together organized by Ex-Servicemen (mainly Keralites) for the Onam festival.



The families of these ex-servicemen came together at a school which was founded by an Ex-serviceman in Vadgaonsheri. Usually such Onam feasts are organized to help any family who is needy or for any other means. It was an experience for both Anushka and Jyothi!

Inspira wishes the best for duo. May we see many more and also needy will get benefitted.



Shruti Kothadia (LG-2013): Got qualified for the eYantra Summer Internship programme (eYSIP) and was in IIT Bombay as an intern from 27th May 2016 to 10th July 2016. The total number of interns was 39 from all over India and she was the only girl amongst all the interns.



Anju Mary Thomas (LG-2014 and PA-2016): Got 1st prize for classical vocal solo at University level conducted at Nashik and was also selected for inter university competition conducted at Aurangabad.



Nilam Kale (LF-2014): Got selected in BARC (25 all over India), for diploma in Radiology, where she will be offered one year internship in a Hospital, after which she can apply in radiation centres as radiologist.



Samruddhi Nandedkar (LG-2015, Wardha): Participated in National level Chess tournament Championship at Chennai. She has also won the university Chess tournament held at Nagpur and got selected at State level tournament and won 1st prize at Bhopal.



Pratibha Bomble (LF-2012): Got 'International Young Scientist Award' for best oral presentation in International Science Congress - 2016, held in collaboration with Hutatma Rajguru Mahavidyalaya, Rajgurunagar.



Meenu Kuman (LF-2013): She is been awarded a Gold Medal from Savitribai Phule Pune University for being a University Topper for M.Sc. Biotechnology on the 110th Convocation Ceremony on 30th December 2016.



Roshni Raichur (LG-2014): Got selected in Capgemini through Campus Placement



Anuja Bhujbal (LG-2013): Completed her Diploma in Mechanical Engineering from Cusrow Wadia Institute of Technology. Currently working in Alfa Laval (I) Ltd. in the Quality Control Department



Delizia D'silva (LF-2011): Got placed in Zimbra as a Software Engineer.



Pallavi Gokhale (LF-2001): Goldmedalist of MA in Archaeology of 2016. She quitted from her job at Symantec and became a full time student. Along with that, she received prizes during her studies are



- H D Sakalia Gold Medal - 1st in the order of merit at MA examination of Ancient Indian History, Culture and Archaeology
- Smt. Shantabai Dhavalikar Cash Prize - 1st in the order of merit at MA examination of Ancient Indian History, Culture and Archaeology
- Dr. Mrs. Madhur Mohini Mathur Cash Prize - Ancient Indian Palaeography and Epigraphy
- Shri. Katragadda Subbaiah Memorial Cash Prize - Protohistory of South Asia
- Prof. Iravati Karve Memorial Cash Prize - Social and Economic History of India (Upto 1200 CE)
- Robert Bruce Foote Memorial Cash Prize - Prehistory of South Asia: Palaeolithic and Mesolithic
- Prof. S B Deo Memorial Cash Prize - Religious History of India
- Dr. Z D Ansari Memorial Cash Prize - Methods in Archaeology
- Prof. R V Joshi Memorial Cash Prize - Science in Archaeology
- Sir Alexander Cunningham Memorial Cash Prize - Historical Archaeology of India
- Gurudeo R D Ranade Memorial Cash Prize - Advanced Archaeological Theory and Research Methodology
- Dr. Raymond Allchin Memorial Cash Prize - Introduction to Archaeology



Team members of Volkswagen explaining the mechanical parts of the machines to the mechanical engineering students at Chakan



Lila Girls engage themselves in a time management activity consisting of making a paper bridge in the stipulated time



Mr. Rohan Sachdev (CEO, Wise Willow Learning Solutions) shows the video about Self Awareness at Cummins Campus, Balewadi



New Lila Fellows learning the techniques of Self Defense from Hemen Lohana (Director, Business Operations of reflex quotient) at the SKF Training Centre



Trainer Mr. Swapnil Chatur (Operations Technology and Commercial Legal) explaining the Lila Girls about the techniques of successfully cracking the interviews in Amravati.



Ms. Monika (Senior Secretary to General Council and CS) clears the doubts the Lila Girls have at LPF Office during the Excel training program



The Lila Girls from Wardha engage in an activity concerning Scientific Management

Professor Sangeeta Kale, has become a beloved member of our LPF Family. She joined LPF as a Trustee in the year 2016. Inspira crusader Gayatri Kshirsagar (LF-2012 and PA-2016) interacted with her. Dr. Kale said, *"I consider this as a new window of opportunity, it came to me as pleasant surprise when Mrs. Lila Poonawalla invited me to join the LPF board."*

Prof Sangeeta Kale comes from a middle class family. Her father worked as a structural engineer in different multinational companies and her mother is a housewife. When asked about her schooling, she said, *"My father got transferred frequently across India in initial part so I did my schooling in different parts of the country. Later on we settled in Pune, since my father settled in Pune and retired as a Vice-President of an infrastructure development company."*

In the year 1989, Prof. Kale completed her masters in Electronic-Science from the University of Pune and joined for Ph.D. in 1990. In the same year, she got married to Mr. Narendra Kale who is currently working as a GM in a Mumbai based MNC.

It was in the same year; Prof. Kale joined Fergusson College as a faculty. She was determined and focused towards her career and decided to pursue her Ph.D. in the domain "Superconductivity" which was supposed to be a very hot topic in the 90's. She took admission for her Ph.D. under the guidance of Prof. S. B. Ogale; who was then, the Head of Department of Physics, from University of Pune. *"It was challenging for me to manage my job, Ph.D. studies and my domestic life but my family stood behind me and encouraged me."* This is what Prof. Kale had to say, when asked about her struggle to achieve her dreams.

Later, in 1996, after completion of her Ph.D., along with her job at Fergusson College, she was invited to join as a Visiting Scientist at International Centre for Theoretical Physics (ICTP) at Trieste, Italy. Since 2006 till date, she is associated with ICTP as visiting scientist. Later, she joined the International Centre for Theoretical Physics Trieste, Italy as a Junior Scientist and now as Senior Visiting Scientist. From 2006 till date, she is working as a visiting scientist in the same institute.

Prof. Kale who believes in hard work, received further opportunity to complete her post-doctoral research under renowned professor and mentor Prof. Venky Venkatesan, a pioneer in the area of Spintronics and Magnetoelectronics at the University of Maryland, College Park, U.S.A. This was a project under the NASA aerospace agency. During this period she had to stay away from her 6 year old daughter for nearly 2 years.

After returning to India in 2003, Prof. Kale continued working as a senior faculty in Physics and Electronics in Fergusson College. She established her own Nanotechnology Research laboratory using funding given by University Grants Commission (UGC). *"In those days, it was challenging to find likeminded individuals as there was no mandate to do College Level Research"* says Prof. Kale. There was only a Research lab

in Fergusson College but within one year, she raised funds of rupees one crores for her proposals written to UGC, Department of Science and Technology (DST), Indian Space Research Organisation (ISRO) and Department of Atomic Energy (DAE). She also selected research fellows from



various parts of the country as her Ph.D. students and in a span of two years, she had a group of young, motivated and energetic research students, about 20 in number. She was holding a position of Associate Professor, during this time, i.e. till 2009.

In the year 2010, she joined Defence Research and Development Organisation (DRDO), as a faculty in Applied Physics at Defence Institute of Advanced Technology (DIAT-DU). Only after a year, she was promoted to a Full Professor and was given the responsibility of Head of the Department of Applied Physics. At DIAT, she received several opportunities to meet her role model, former president and scientist Dr. APJ Abdul Kalam. She was also inspired by Dr. Prahlada, the then Vice Chancellor of DIAT, who is originator of surface-to-air missile of DRDO, namely Aakash missile, due to his administrative skills as well as his positivity to accomplish extremely challenging jobs.

She has successfully executed several national projects, funded from DST, DBT, UGC, DAE, ISRO and DRDO. She implemented the projects for Indo-French and Indo-German Associations, along with her overseas colleagues.

Looking at her determination and quality research, Defence minister of India, Mr. A. K. Antony selected her as "Officiating Vice Chancellor" of DIAT in the year 2014. As the Vice chancellor (year 2014 to 2015) and Dean (Academics), she started new courses and new departments at DIAT. She was actively involved in establishing International collaborations of mutual research and training.

On the research front, she works on Nano-materials for their sensing and biomedical applications. She has a huge project grant from ER-IPR, DRDO, to the tune of 43 Crores, where, she, along with her team of 7 other Co-Investigators are working on development of various prototypes of products useful to DRDO and Tri-Services (Army-Navy-Air Force), using Nano-materials.

As an academician, she has been involved in teaching students right from undergraduate to doctoral programmes. She is an active Ph.D. guide for Electronics and Physics for Savitribai Phule Pune University and DIAT. She has guided more than 17 Ph.D. students and about 20 M.Tech / M.Sc. projects for their dissertations.

She has been awarded with various awards such as Senior Visiting Scientist with International Centre for Theoretical Physics (ICTP), Trieste, Italy. She is the recipient of Materials Research Society of India (MRSI) Medal for her outstanding work in the area of Materials Science, by MRS-India. In November 2014, she also received the "Best Teacher Award" by UBSP, conferred to her by Director General (R&D) (Armaments), DRDO. She is a recipient of DRDO Science Oration award (2014) for her contributions to Defence Research and Development Organization, through her research on nanotechnology-based-sensors. She is also elected Fellow of Maharashtra Academy of Sciences. She developed active research Collaborations with Industries in India.

A creative writer, she has a flair of writing scientific articles for science popularization among the masses and is a frequent writer in newspapers science columns and also gives talks on television and All-India-Radio in the area of nanotechnology. She has also worked on professional Women's Advisory Board Member of 7th Edition of International Who's Who of Professional and Business Women (2000), American Biographical Institute, New Jersey, U.S.A.

She has published more than 160 research articles in various journals and also published 4 Books. She is also a reviewer for many peer-reviewed journals from Elsevier Publications, ACS Publications and IOP journals. She has conducted many International conferences in India and abroad, as the main Convener. She has written an invited-chapter in a book entitled 'Lilavati's Daughters' published by Indian Academy of Sciences, which is a short biography of Indian Women Scientists.

Her contributions to field of research are endless. And now she is performing her Duty to the society by being

one of the Trustees at Lila Poonawalla Foundation. She says "Mrs Lila Poonawalla inspired me by her work, capabilities and competence. Becoming a trustee for Lila Poonawalla Foundation is the best thing that has happened to me. LPF is a place where deserving girls are selected on their merits. They get a platform to explore themselves. I feel, they are very lucky to be chosen as Lila fellows or Lila girls."

As a professor, she has interviewed several candidates but being a trustee on LPF board is entirely new experience for her. She is the panelist for the first time for such social cause. Earlier she was not much connected to rural parts of India but while interviewing girls from various backgrounds, especially from rural areas, she feels she is connected with true Indian village life.

She says, "When I saw Lila and Firoz, I felt, they have mixed combinations. They have balanced human component and practical consideration. They do not take decision only with the emotions but also verify the truth with practical approach. Their energy is phenomenal. They equally look fresh and enthusiastic while taking interview of every single girl."

She thanked Mrs. Lila and Mr. Firoz and said that, *"Both of them are doing phenomenal service to the society and great job by not only providing scholarships but organizing special coaching and personality development training programs. This will really help the girls to become extrovert and more confident. I can see phenomenal change in their personalities"*.

She would like to convey a message to our Lila fellows and Lila girls that, *"Hunt for opportunity, be inquisitive, determined, follow your passion and do hard work, the change will happen. The success will surely follow"*



The Lila Girls from Science category pose for a group photograph with their trainer Mr. Amol and his team members



Mr. John Graham with Dad (Mr. Firoz Poonawalla) inaugurating the computer lab at golden glades in Karanjgaon

Dear Mom and Dad,

I am really thankful to you both for encouraging me and my sister Prachi. It was my immense desire to share my experience with LPF and this year I could express my heartfelt gratitude at the LPF Award Function. It is only when I started interviewing the new prospective Lila Girls, did I understand the true meaning of satisfaction, and calmness and happiness as the efforts we took bore fruit. LPF is an integral part of our life and I wish I will get more such opportunities to learn from you.



Also thank you for publishing my article in MCCIA magazine for their Diwali issue. It was a pleasant surprise. I feel very fortunate and blessed that in whatever path I will choose, learning from you will always play a key role to get better progress and achievements.

Mom-Dad thank you for making my birthday so special

Thank you for always being there during my sorrows, pains as well as my joys.

Love you Mom and Dad

Pradnya Kashikar
(LF-2001)

Hello Mom and Dad,

Just received my birthday gift and it is so beautiful, the first word I said when I saw it was wow!!! It is so pretty and it also happens to be my favourite colour, thank you so much for sending such a beautiful gift. I am lucky to have such sweet parents in my life.



I adore you both and love you so much...Mom you are the best, you always know what your daughters like and you always surprise me by sending such pretty gifts....I have no more words to express my feelings for you...just can say thank you and god bless you both..

Love you Mom and Dad,

Dhanashree Ghate
(LG-2012)

Dear Mom,

A festival full of sweet childhood memories, sky full of fireworks, mouth full of sweets, house full of diyas and heart full of joy!

Wishing dear Mom, Dad and the whole Lila Poonawalla Foundation family a very happy Diwali...! So lucky to have such a wonderful family



Pooja Borude
(LG-2012)

Dear Mom and Dad,

I acknowledge receipt of the invaluable gift and the letter. I am extremely happy receiving the same with joy and gratitude. Mom and Dad, I called the gift invaluable because to me, it is not merely an ordinary gift but it contains the precious blessings, good will and affection of my Mom and Dad. I feel proud to be called the daughter of such great and unique personalities.



My heart is full of blessings. I wish you both and LPF team a very Happy and Prosperous Diwali. I beg your pardon for contacting you occasionally.

Thank you,

Regards,

Shruti Saitwal
(LF-2013)

Dear Mom and Dad,

May the charm and sparkle of Diwali

Forever light up our lives...

The brilliant smiles and

twinkling laughter,

The sweetness of mithai,

The joy of togetherness...

May this Diwali infuse all these into our lives...

Today and always!

Wish you A Very Happy Prosperous, Healthy, Wealthy Diwali!!!

Your lovely,



Deepali More
(LG-2012)

The Dream to go to London turned into reality because of the 'Lila Poonawalla Foundation'. Everything was for the first time, going abroad, travelling by flight and of course going to London. Our happiness knew no bounds. Learning began right here as we were in the company of Padmashree Mrs. Lila Poonawalla and Mr. Firoz Poonawalla. Journey of being Peace Ambassador began by learning flight etiquettes from Mom and Dad.

It was a treat to eyes to see the British Parliament and Buckingham palace during our initial days in London.



We revised our lessons from history and compared the functioning of Indian and British parliament as India has adapted the parliamentary structure from them. City cruises and Open top bus tour were mesmerizing. We just let ourselves in the arms of nature and the beauty of London.

It was time to reach the Asha Centre- the heaven on Earth. Though not been to most of the places around the world, I could challengingly say that the architectural beauty of Asha Centre is just unparalleled. Life there is 'self contended' and 'sustainable'. A massive willow tree at the entrance, which embraces you in its arms, the meditation centre, river flowing by with its burbling sound, a well maintained garden and a biodynamic farm...Why could not one be at peace after staying at such a beautiful place for 18 days !!!

The unique way of training, helped us understand our own personality traits, our hidden qualities/skills and our potential as well. We learnt the true essence of leadership through Mrs. Zerbano Gifford who shared her real life stories with us and which were inspirational in a true sense. Formal training classes included 'Situational Leadership', identifying our own self and the ways to put them to the best use of not only ourselves but also for the betterment of society. Visit to Grange village (people with special needs) has taught us to look at the world with open eyes, count on our blessings and make the best use of our abilities.

On the way back, we visited the world famous London Eye, Madam Tussauds and the Harrods which were a lifetime experience. Since we are back and now that have the realization of our qualities, we are trying to push ourselves to the edge of it to make the optimum use of the same.

Apart from the explicit training, we learnt many things in an implicit way. Staying and adjusting with the people from varied cultures in harmony, respecting each other's view, understanding lifestyle of people with various backgrounds, learning new things constantly are a few things to name.

This Journey of being a peace Ambassador by transforming ourselves has made us tolerant. Positivity and peace is instilled within us. We are now ready to become global citizens and adapt to any lifestyle, situation, problems we may face. Proud to say that now we are in a special position to contribute to the betterment of the world, bringing about harmony and resolution of conflict in and around our community.

To summarize I would say.

Now I walk in Beauty, Beauty is before me

Beauty is behind me, above and below me!!

- Rashmi Tare
(LF-2012 and PA-2016)

माझी कविता

माणूस जगतो कशासाठी ?
माणूस जगतो पैशासाठी
तरीही राहतो उपाशीपोटी
माणूस जगतो प्रेमासाठी
ठरवून टाकतो, प्रेम आहे पश्चातापासाठी
माणूस जगतो स्वतःसाठी
कळून चुकते त्याला कोणी नाही कोणासाठी
माणूस जगतो भविष्यातील स्वप्नांसाठी
तेव्हाच इतरांना उमगतो

माणूस जगतो कशासाठी ?
करतो आटापिटा त्याच्यासाठी
माणूस जगतो कशासाठी ?
वेळ जातो त्याची वाट पाहण्यासाठी
माणूस जगतो कशासाठी ?
मग का करतो चिंता दुसऱ्यासाठी ?
माणूस जगतो कशासाठी ?
अंत होतो त्याचा त्या स्वप्नांच्या पूर्तीसाठी
आपण जगतो ना येणाऱ्या मरणासाठी, न येणाऱ्या मरणासाठी



Lila Poonawalla Foundation welcomes 825 girls to the LPF Family

The year was 1996, when Lila Poonawalla Foundation gave away the first set of Post-Graduation scholarships to 20 girls. Today many of these girls, 5500+ girls to be precise, have carved out their own successful niche. Year 2016 too, was no different; **LPF had organized three different Award Functions in Pune, two on 5th of November and one on 6th of November, to felicitate 825 recipients of the scholarship this year**, the venue for the same being the S.G. Barve Hall, AlpaBachat Sankul.

The setup of the venue was akin to that of a



Prof. W.N. Gade (Vice Chancellor, SPPU) takes part in the Eco-Friendly Inauguration along with Mr. & Mrs. Poonawalla & other distinguished Members of the Board.

Broadway play or musical, with sparkling lights and decor to match. The guests, especially the scholarship recipients, were dressed to match the excitement of their special day. Parents, too, stood witness to their daughter's incredible achievements.

Day 1: 5th of November, 2016, Morning, was the turn of the PG (105 girls) girls christened as Lila Fellows and the Science (111 girls) and Pharmacy (41 girls) girls christened as Lila Girls to receive the scholarships. The Chief Guest for the occasion was Prof. W.N. Gade (Vice Chancellor, SPPU). **While giving away the scholarships, Prof. W. N. Gade, honourable Vice Chancellor of Savitribai Phule Pune University, urged them to not give up on their dreams and**



Mr. Minocher Patel (Noted Corporate Trainer & Founder Ecole Solitaire) takes part in the Eco-Friendly Inauguration along with Mr. & Mrs. Poonawalla & other distinguished Members of the Board.



Mr. Nitin Desai (Chairman & MD, Desai Brothers Ltd) along with Mrs. Lila Poonawalla gives away the scholarship certificate.

work hard and succeed.

Day 1: 5th of November, 2016, Afternoon, now came the turn of the Under Graduate Nursing (133 girls) and Diploma girls (93 girls), Lila Girls to be exact, to receive the scholarships. Presiding over as the Chief Guest for the evening was none other than the internationally acclaimed and noted corporate trainer Mr. Minocher Patel. **Saying that he came, he saw and he enthralled the girls and audience alike would be an understatement. He encouraged the girls to speak their minds and stay motivated; he advised them to be happy no matter what and face the challenges that lie ahead.** More than happy to be present at occasion, Mr. Patel was ecstatic to be on stage and give away the scholarships along with Mr. and Mrs. Poonawalla.

Day 2: 6th of November, 2016, Morning, the home stretch of the Award Functions, now, it was the turn of the 1st year engineering (117 girls) and Engineering after Diploma girls (225 girls) to receive the scholarships. The Chief Guest for the occasion was Mr. Nitin Desai (Chairman and MD, Desai Brothers Ltd) who believes the more you achieve the more humble and appreciative you become. This thought aptly suits Mr. Nitin Desai. **It was while sharing his wisdom filled words with the girls that he advised them to be confident but also remember to be humble as they venture out to carve their own path down the road of success.** Happy to be there, he urged to girls to study, work hard and be like their beloved Mom, Padmashri Mrs. Lila Poonawalla. His talk with the girls, garnered tremendous appreciation within the awardees and the audience.

The old and new Lila Girls/Fellows, too, seized the opportunity to share their experiences on stage.

Two days celebration in Pune ended with a vote of thanks by Mrs. Poonawalla, where she thanked all the partners for always supporting this noble cause. Mrs. Poonawalla also thanked Mr. Patrick Obonyo and



Mr. Pramod Yewale (Pro Vice Chancellor, Nagpur University) giving away the scholarship along with Mr. & Mrs. Poonawalla & other distinguished Members of the Board in Wardha.

Mr. Nikhil Kaushal from the IKEA Foundation for gracing the occasion as the Guest of Honour. She concluded by thanking her husband Mr. Firoz Poonawalla for always being there and supporting her through this incredible journey.

After concluding the Pune Celebrations, it was time for Wardha and Amravati to induct the New Scholarship Awardees. Similar to its predecessor in Pune, two Award Functions were carried out, one in Wardha and other in Amravati.

The celebration doubled by awarding scholarships to 525 girls. It was on 3rd December that Amravati witnessed the christening of 249 Lila Girls which included Diploma in Engineering (63 girls), Direct 2nd Year Engineering (74 girls), Bachelors in engineering (59 girls), Nursing (32 girls) and Agriculture (21 girls). The Chief Guest for the occasion was none other than Prof. W.N. Gade. **While giving away**



Prof. W.N. Gade (Vice Chancellor, SPPU) along with Mr. & Mrs. Poonawalla & other distinguished Members of the Board gives away the Scholarship in Amravati.

the scholarships, Prof. Gade spoke about the educational opportunities the girls are getting in rural areas. Moreover, he appealed the parents to help their girls and make the best of out of this opportunity.

Finally it was the turn of the Wardha girls to receive the scholarships. 276 girls were awarded scholarships in the following categories, Diploma in Engineering (26 girls), Direct 2nd year engineering (60 girls), 1st year engineering (76 girls), Pharmacy (26 girls) and Nursing (88 girls). Dr. Pramod G. Yeole (Pro. Vice Chancellor, Nagpur University) was the Chief Guest for the day. **Dr. Yeole spoke about reforms that have taken place in the Nagpur University since its inception. He also emphasized about the opportunities girls are getting, especially in the field of agriculture.**

Both these functions were followed by a scrumptious and hearty lunch for the girls and their parents which they enjoyed to their hearts content.

God made a wonderful mother,
A mother who never grows old;
He made her smile to resemble the sunshine,
He moulded her heart into pure gold;
In her eyes he placed the bright shining stars,
God made a wonderful mother,
Giving that dear mother to me".

Dear Mom,

I am very thankful to you for giving me such a wonderful gift on my birthday on 1st September, 2016. When I received the gift there was a big smile on my face, smile which made me realize that I am special for my Mom who is busy in her schedule but knows everything about her daughter. You are not only helping me in my economic conditions but also making me feel that I have a real mom who cares about me every day, every single minute of

her life. Although I lost my real mom in childhood and even lost the hope that I will find such a caring mom in future. But that's my destiny where I met you, you adopted me and protected me from all the upside downs.

I am very thankful to you for loving me and making me feel special. No one does the way you are doing for your daughters. You are a role model for your daughters. And I love you for everything

Yours Lovingly,



Heena Gole
(Lila Girl-2015)

Yogini Karmarkar-Deshpande (LF-2005) has recently started a new venture "K's salads". Eating vegetables is helpful for a healthy lifestyle hence Yogini's new venture is a perfect option for those who want to eat clean and healthy food. The idea behind K's salads is to serve healthy food to people and they can be healthy. Software Engineer by profession, Yogini is working with Xoriant as a Testing Engineer and work in the morning slot before her office hours.

At her previous workplace her friends devoured the salads she used to carry, getting praise for her creations and combinations of ingredients. The appreciation she got, gave a kick start to her new venture. She then started thinking over the types and mixes of salads she can prepare and deliver; the quantity and all the logistics. She first prepared the cover photo as shown here (photo credit to google).

Being active on Social Media, gave Yogini the fodder to help start her new venture. As a member of a Facebook Group, PULA, she would always see the members post Ads about their ventures, sensing the trend, she too jumped on the social media band wagon and post an Advert.

This session helped in building up her confidence brought her dream into reality. A session by deAsra Foundation helped her get an insight into how she can establish her own venture, the process, application for business loan in the Bank, the types of the licenses and permissions required and how to approach people for marketing.

After posting her first advert in her FB Group, she received around 600 queries, asking about the delivery of the salads. With her mobile ringing continuously and queries pouring in from areas like Magarpatta, Wagholi, Vimannagar & Wakad, she realized the need for healthy and fresh food. Salads being perishable, they to be delivered fast and quick with their quality intact, else they tend to ooze out water.

So she decided to reduce the delivery scope to places around her locality. Searching for delivery boys to deliver her salads was the most difficult part. 15 plus days and many cancellations later, she found herself some delivery boys. Meanwhile she kept her customers posted about the happenings and pop-up

events she planned to have soon.

Finally when she began delivering the salads to nearby homes, she encountered a customer who could not receive the delivery as he was not available. She delivered at 2.00 pm and the customer was unavailable till 4.00 pm. As she wanted to give a fresh salad, she had to finish the order at home only and prepared fresh salad for the concerned customer.



Currently she has started with 8-9 salad deliveries per day. She has appointed one delivery boy who helps in delivering orders along with a maid who helps her in cutting

vegetables. She is able to deliver orders to Bavadhan, Shivajinagar, Pimple Saudagar, Pashan, Baner. She even has a Monthly and Weekly packages service where she gives discounts on monthly

packages. Her delivery timings are from 9 to 11 am in the morning and she accepts orders from her locality in the evening.

She also has plans to add Home-made soups to her menu along with salads and she also has plans to start delivering orders in Kothrud, Aundh and many more areas.

She wishes to thank her husband Chaitanya, her in-laws, and her mother and brother who supported her ideas and also gave her some much needed suggestions for the marketing aspects. She is especially thankful to Lila Mom and Firoz Dad for building the confidence levels in Lila fellows.

Anyone can ping her on whatsapp for more details or to talk to her on 9881102523. All the menus and prices will be shared over whatsapp/ emails/SMS. Payments are accepted online and in cash too. Happy Salads!

Recipe1: Broccoli Lettuce salad (Serves 1): Wash Broccoli and lettuce under running water. Make it dry.

1. Cut the broccoli florets (100gm) into small pieces. Boil them for 2 mins.



Want to get healthy food, want to reduce weight but no time...we have a solution for you....here we go..we will help you to get salads handy..on time fresh....healthy

K's Salads

we serve below salads

- ❖ Cucumber Raita
- ❖ Beet root Raita
- ❖ Mushroom Special with Corn and capsicum
- ❖ Onion Tomato Raita
- ❖ Carrot Salad (Maharashtrian Type)
- ❖ Mix Veg (Beet root, Carrot, Tomato)
- ❖ Mix veg (Cucumber, Onion, Tomato)
- ❖ Mix veg (Iceberg, cucumber, onion)
- ❖ Russian salad
- ❖ Mix veg (Ice berg, Cherry tomato, cucumber) with olive oil dressing
- ❖ Corn special

For order please contact 9881102523 > You can also customized your orders with your preferences

2. Cut the lettuce leaves (2-3) in medium pieces.
3. Cut a medium sized onion in small pieces.
4. Mix one spoon of Olive oil, 1 drop of lemon juice, 1 spoon of Honey, Black salt as per the taste and ½ spoon of mixed herbs.
5. Toss the salad together. Keep it in the refrigerator for 10-15 mins before serving.
6. Salads need to be eaten within 2-3 hours after the preparation.

Recipe 2: Beetroot, Carrot salad (serves 1): Wash the Beetroot and Carrot. Peel them.

1. Boil the Beetroot for one min.
2. Grate the carrot. Keep it aside
3. Grate the beetroot. Keep it aside.
4. Prepare a Tempering using 1 spoon of oil (cooking oil), Cumin Seeds and Green chillies.
1. Mix the grated beetroot and Carrot and pour the tempering on the salad. Add salt as per taste. You can also add lemon juice along with salt.
2. Salad is ready to eat. It needs to be eaten within 2-3 hours of preparation.

Stay healthy!!!

Editor's Desk

Hi all,

I wish you a very Happy New Year. I am extremely happy to present to you the 48th issue of Inspira and my 10th issue as an Editor. When I started working for Inspira as a crusader sometime in 2004, I never thought I would come so far. I have experienced and enjoyed the journey, going from working as a crusader to a coordinator and finally to an Editor. What a Wonderful experience it has been. In 2013 Mom handed over me the responsibility and I happily accepted. But at the back of my mind, there were some fears... fears of responsibility, time schedule, completion, content etc. In these years I learnt a lot and the learning process still continues. There are so many things to get, learn and accept from Mom and Dad. They always try to teach us in some way or the other. I feel much confident today than I was during the release of 1st issue.

The present issue of Inspira has some small changes with regards to the articles, as they say "Change in day to day life is inevitable". This Issue focuses on the changes that have been brought on by us, thanks to various training programs that LPF arranges.



We get to learn so many informative things which cannot be experienced anywhere else. The change in girls can be seen / read via different articles in Inspira like writing a series on cybercrime, showcasing art talent in Artist in me, exploring different places or some hobby or having a mother daughter duo performing and doing activities together. We all have talent and Mom-Dad have identified our talents, hence we are able to find our paths. Once the path is found, stars are going to shine. Some girls are even starting their own new ventures.

I welcome our new Trustee Professor Sangeeta Kale, a very talented and known personality in our research field. She is very nice and kind. All of you must try and get a chance to interact with her. One of our Inspira Crusader had a chance to interact with her Face to Face.

Inspira is a nice platform for all of us. Do come up with new ideas and feel free to write me.

Till next issue..... Cya

■ - **Dr. Harshada Babrekar**

Chief Editor : Dr Harshada Babrekar harshada98@gmail.com

Asst Editor : Prachi Divekar, Rashmi Tare, Sunetra Birajdar

Crusaders : Rita Shetiya, Gayatri Kshirsagar, Pranali Tirkhunde, Priyanka Earatkar, Sonal Mohite

Office support: Mayuri Kharche and Tanvi Kuvalekar

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'Fili Villa' 101, 102, Survey No. 23, Balewadi, Baner, Pune - 411045 Tel. : 020 - 27224264 / 65 / 66 / 67

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