



## From My Heart...

Dear Daughters,

This is the 59th issue of our beautiful newsletter INSPIRA. I do not know how many of you would have read all the issues, but I am sure each one of you would have at least read some of them. If not, these are still available on the website. Please do visit the website and read the evolution of this newsletter.

To start with, I would like to share with you the challenges we have had during the selection of the 26th batch of our daughters. With COVID-19 pandemic still continuing, the schools and colleges remained closed most of the year. Only online classes continued. This led to much delay in year-end exams, including government exams. Delay in government exams meant delay in the admission of children for almost all courses, especially the courses we support. We were left with less than 4 months to get the scholarship applications for all categories, scrutinize them, shortlist the girls for interviews, conduct the interviews, finalize the awardee list, get their scholarship letters along with the scholarship certificates ready, organize the award functions, the orientation programs, and finally disburse the scholarship amounts... and all this to be completed before the financial year end i.e. 31st March.

This was not only to be done for a single location but for 6 locations including Amravati, Wardha, Nagpur, Hyderabad, Bangalore and Pune. In Pune we have 6 categories i.e., Post-graduation, Science, Pharmacy, 4-year engineering, diploma to engineering and Nursing. This year we had over 2000 applications in various categories. Of these shortlisted girls, almost 1800 were interviewed. Indeed, this was not an easy task! This meant almost 30 full days of interviews from morning 8 am to evening 7 pm. Finding interview Panel members for so many days in so many locations, and especially during Covid period, was a tough task. What is praiseworthy is that LPF team managed all this very well, including finding the Venue for 12 Award functions, chief guests, guest of Honors, refreshments etc. because of which these functions were conducted efficiently without any mishaps. And then finally the disbursement of the scholarship funds, which

is a difficult challenge as the bank documents of each girl have to be checked to ensure that the right girl gets the right amount and in the right bank account. Why I am writing about all this in this message is to share with you what efforts the team and the organization has to put in to ensure that you get timely support. With all these efforts we have welcomed almost 1500 new daughters to our family in this academic year 2021-22.



We are now a proud family of almost 12000 daughters. Along with this, if we consider our extended family, then we are almost a population of 60,000 plus. As I always say, this is not a full stop. The journey continues with full speed ahead. Covid, I hope is the story of the past. We are now looking forward to many beautiful and achievable events. As I write this message from MY HEART, I am happy to inform you that all our Pune Award functions are over, so also Hyderabad. We have just finished with Bangalore award function and have started the disbursement of funds. While we are confident of allocating scholarship money to all the selected girls before end March, we have to carry forward to April with our Nursing scholarship Award function and also the award functions for Wardha, Amravati and Nagpur.

In spite of all these pressures we at LPF continued in full swing with our skill building initiatives using technology and virtual platforms. Despite having challenges due to Covid restrictions, the learning and development strategy was designed in such a way that along with the soft skills, technical skill building is also taken into consideration. This we achieved by transforming

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our modes operando. We aggressively started online sessions for LILA daughters. Eminent trainers from reputed institutions, speakers, corporate trainers and corporate volunteers facilitated the girls using online pedagogy on advanced topics including IoT, Artificial Intelligence, Cyber Security, Innovation and design thinking, Machine Learning, Data Science, Block chain technology, agile methodology, aptitude assessments and so on. The intent behind providing such inputs was to bridge the gap between industry and academia and to develop these young girls as an employable skilled resource. In a way, even though the education is affected due to pandemic, yet all of you will be able to get better jobs. There were continuous sessions organized for the girls by the LPF Training team, and as a part of additional inputs different certifications available such as AI certification by Wisely Wise, CISCO certification in collaboration with VIIT, academia collaboration with MITCON, Collaboration with Rotary expertise to conduct the sessions on career counseling and skill building have really helped LPF to achieve a significant difference in the LILA daughters who, have sincerely taken advantage of all these programs.

In ramping up capacity to teach remotely, we have really been successful in taking advantage of asynchronous learning, which works best in digital formats in a very flexible way by adopting new normal that is virtual platforms using zoom, Microsoft teams and Google meets. The journey of skill building and L & D is remarkable as during the whole year of pandemic more than 300 training programs were conducted successfully throughout the year to ensure that most of our girls get an opportunity to learn cutting edge technologies from the expert trainers from all over India. I write these details only to bring to the attention of those girls who are still not convinced that LPF is not only for funding of your education but more so for building you up, so that you get good jobs and support your families and become an excellent living example for the communities you live in.

April of course has arrived and its DAD'S Epoch-making 85th BIRTHDAY. This issue will be in your hands on Dad's birthday. Organizing celebrations for this event is giving us another kind of a new enjoyable, exciting and a unique challenge. We want to make this celebration, which I know will last for more than few days, very special for HIM. In this world very few people achieve this remarkable stage and we all want to wish HIM a healthy, rocking life so that he sails on to HIT A CENTURY and becomes not only GRAND DAD to the children of all his daughters, but also Great Grand DAD. Let us all put our hands together to pray for this to HAPPEN.

You will read all the details of Dad's birthday celebrations, with lots of pictures in the next issue of Inspira. To add to all these exciting happenings, we soon have May looking into our face, that is when Dad and me married. On 15th of May, it will be 52 years of a remarkable life we have enjoyed together. Many more happy memories to recollect and relive! If I was to write about these, it will take me many months and a number of volumes and even then it may be difficult to pen down every memorable moment of our lives. Maybe one day we will write everything about us. But one thing I would like to share with you in this message that we have the best and the most rewarding joint decision made in our life. Surely you can guess what that decision is! Yes, you are absolutely right. It is starting up of LILA POONAWALLA FOUNDATION in 1996. What has this decision given us in return, is the joy, the happiness, the satisfaction, the positive feeling for enhancement of our Life, the sense of self-realization, the love and affection from our thousands of daughters, their families, all put together, fills our life with excitement, giving us a sense of belonging to a large ever-growing family. Surely all this makes life worth living forever. To capture some of the many memorable moments of our 25 years journey with LPF we have printed a unique souvenir which we will release on 15th May, our anniversary. It has some selected pictures, some words of wisdom from our daughters, some messages from our partners, some from our trustees and some also from our well-wishers. It is a brief recollection of our 25 years journey in just about 365 flaps.

Financial year 2021-22 has been closed just few days back. We have thereby commenced the new budget year that is important to the business world, but specifically to India. It is also important for LPF as we too will start a new year filed with selection of new batches of scholars for academic year 2022-23. All children will now focus on exams, and plan for getting promoted to the next level. We will commence our 27th year of scholarships. It feels good that soon we can start to dream of our 30 years. We certainly wish ourselves good luck for such progressive development in our LPF's life journey.

Good luck to all of you, especially to those who will be doing their exams. Wish you all the best for your progress in life on all fronts.

Yours always

Lila

Mom to all Lilas,  
Friend to all readers

My Dear LILA Sisters,

I am excited to connect with you all once again. In the 55th issue of Inspira, I was introduced to you through 'Man Ki Baat'. It was my first year with our beloved Lila Poonawalla Foundation (LPF), and today, the 25th March 2022, marks my 3 years of beautiful journey with LPF and all of you. I still recall 8th March 2019, on International Women's Day, when Lila Ma'am (Mom) shared the decision of my selection for this amazing and responsible role of Chief Executive Officer with LPF. I must share with you, that moment was a life changing moment for me. It was like my dream come true, that I saw in August 2013 when I met Lila Ma'am for the first time and thought of doing some work with her and LPF. In the words of Lila Ma'am 'I was destined to be a part of LPF Family'!

I still remember my first day here in our Pune office. I was welcomed wholeheartedly by Lila Ma'am, Firoz Sir and Team LPF. So many best wishes kept coming from our Board of Trustees, Ex- advisory Board, many LILA Daughters, our supporting Corporate Partners and donors. To be honest, I was overwhelmed, happy, excited and little nervous too. Being chosen for this role by Lila Ma'am, the Padma Shri awardee and the first female Managing Director of India, to work with her towards sustainability and growth of LPF was the proudest moment of my life. And at the same time, walking on her footsteps and taking such a giant responsibility on my shoulder was one of the most incredible acts.

And today when I pen down this write up, I am glad to share with you that I have lived the most meaningful, purpose driven and happy 3 years of my life thus far. These 3 years flew by! We have handpicked and welcomed more than 4000+ lovely LILA Sisters like many of you to our LPF Family in these years. We have continued to support the education through scholarships support and building skills of thousands of running batches of LILA Sisters. We have embraced a new digital way of imparting hundreds of training programs and corporate employee volunteering programs to our girls. For the first time, we have stepped out of Maharashtra and set up our LPF operations in Hyderabad and Bengaluru and given scholarships to new batches of LILA Sisters. Now we have our presence in 6 regions spread over 3 states. We have supported many girls through internships and placements. We have been in connect with our girls across the word through varied communication platforms. Under the leadership and with outstanding efforts of Firoz Sir, we have reached out to over 6000 girls and their families through COVID essential food grains distribution. We have welcomed many new supporting partners from India, USA and



many individual donors to our family. We were supported by our amazing scholarship selection committee, trainers and varied service providers.

Can anyone imagine that all of this was done during one of the most difficult Covid pandemic times? Last 2 years were extremely demanding on all of us, personally and professionally. However we not only passed through this phase but conquered it with our passion, commitment, resilience, adaptability and

great team work. We stood by each other, did not give up and continue to do our best to achieve what we set out to achieve, which is 'serving to the humanity' and supporting our LILA Daughters in their journey of achieving their aspirations of completing their education and getting ready to be self-empowered.

I am thankful to God and have a sincere gratitude to Lila Ma'am and Firoz Sir for welcoming me to this amazing family, accepting me and showering on me, so much of kindness, blessings and unconditional love, support and guidance. They are our rocks and the biggest pillars of strength and support to all of us at LPF. I was able to pull off responsibilities in my role well due to outstanding commitment, team camaraderie and contribution by our LPF team. And lastly, lots of thanks to my amazing husband, well- wisher and partner, Sanjyot and my loving daughter, Sanika who are always so encouraging and supportive to me in everything that I aspire to do in my life. And thanks to my parents, sisters, friends, mentors and well wishers for being there with me always! Well, I am very much excited and looking forward to what New Year 2022 brings for all of us!

At the end of this write up, I leave you with this thought... 'Continue living each moment of your life at its best and create such lively moments in the lives of people around you. As you deserve the best, they too!'

From the next issue of Inspira, I would be connected with you regularly. I am excited to share each phase of my life, my experiences and learnings; right from my birth to childhood days, to my school and college journeys, my career, my family to my experiences as a Mentor, a Marathon Runner, Everest Base Camp Trekker and my journey with LPF and many more.

Here's wishing you and your dear ones all the best!

Loads of love and hugs,

■ Priti Di to my young LILA Sisters & Priti to the elder ones



## THE LIFE

Long in sufferings, short in comfort  
Life this is, defined in a word

Sometimes full of treasure, complimented with hurt  
Don't be lazy instead, be always alert

Seasons will pass the deep will be covered  
Time will reward you, for the goodness you served

Life will pay you for every act of dirt  
And for every clean you will be gifted herb

Series of challenges, will get you discovered  
Your wisdom will favour you to be recovered

— airinwriten

YourQuote.in



**Airin David**  
(LG 2014)



**Anjali Agrawal**  
(LG 2016 & LG 2019)



**Ashwini Navghare**  
(LG 2016)

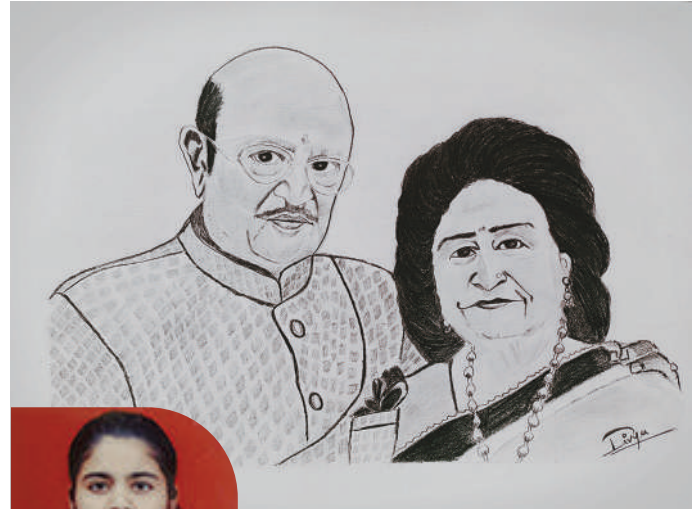
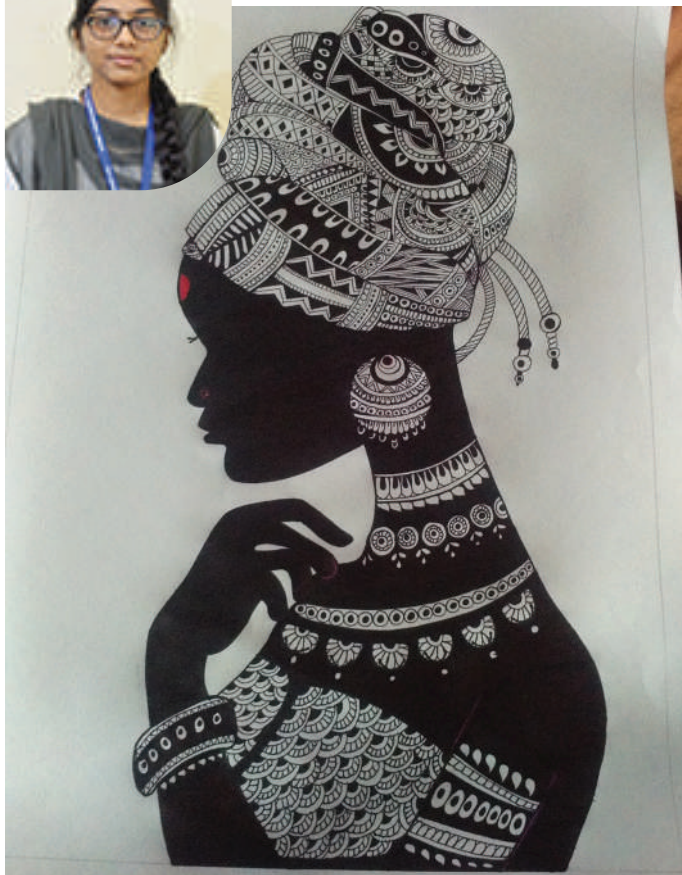


**Asatha Bokade**  
(LG 2020)





**Dhanshri Dhengale**  
(LG 2019)



**Divya Patil**  
(LG 2020)

**Nikita Thakre**  
(LG 2020)



**Rachana Gavali**  
(LG 2017)





**Samidha Hiwale**  
(LG 2019)



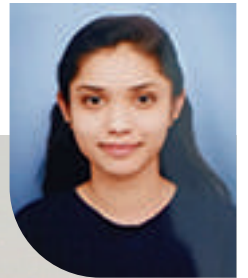
**Shankhavi Chutke**  
(LG 2020)



**Sneha Hande**  
(LG 2016 & LG 2019)



**Tanvi Shirbhate**  
(LG 2020)







## कधी कळेल का गं त्याला...? हवा होता तो तिला...!!

“कधी कळेल का गं त्याला,  
हवा होता 'तो' तिला.....!!”

तिच्यात दडलेल्या सुप्त 'ती' ला जगासमोर मांडायला.....,  
ज्याच्यामुळे तिच्या स्वप्नांना भरारी घ्यायचा छंद लागला,  
तिच्या यशाची गोडी तीच्या समवेत अनुभवायला....  
कधी कळेल का ग त्याला.....? यासाठी....,  
हवा होता 'तो' तिला.....!!”

“ती त्याची सुरुवात तर नक्कीचं नव्हती पण.....,  
तो मात्र तिचा शेवट होता, आणि असेलही अखेरपर्यंत...  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तो म्हणजे, शांत, वाऱ्याची मंद झुळूक.....,  
हळु वार तिला स्पर्श करून जावीशी वाटणारी.....,  
आणि ती म्हणजे., रागाचा खजिना...  
त्याच्या नावाने तिचा राग अदृश्य करायला.....,  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“त्याला आवड होती त्याच्या स्वप्नांची.....,  
तर ती जराशी नावडी.....!  
कायम सगळ्यांपासून अलिप्त राहणाऱ्या तिला.....,  
त्याच्या येण्याने स्वतःच अस्तित्व शोधू पाहणाऱ्या तिला.....,  
ज्याच्यामुळे तिने जगायला सुरुवात केली...  
हे त्याच्या समोर उभं राहून सांगायला.....,  
कधी कळे ल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“त्याच्यासाठी तिचं बोलणं.,  
म्हणजे व्यर्थ बडबड वाटायची.....,  
पण तिलाच ठाऊक होत., त्या अर्शहीन बोलण्यामागच कारण...!!!  
जे त्याला कधी उमगलच नाही...,  
आणि कधी जाणून घ्यायचा प्रयत्नही केला नाही...!  
ते कारण सांगायला.....,  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तो तिचा हट्ट की आणखी काही हे तिलाच उमगलं नव्हतं.....,

बहुतेक, पण एवढं मात्र नक्की होत.,  
की तो तिचा असा हट्ट होता की तो आयुष्यभर तिच्या जवळ असावा...  
असं तिला वाटायचं.....,  
हे त्याला पटवून घ्यायला.....,  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“ती म्हणजे प्रवाहाच खळखळणारं पाणी.....,  
ते कसं निखळपणे आपल्या प्रवाहात वाहण्याच कर्तव्य बजावत राहतं,  
त्या वाहणाऱ्या पाण्याला फक्त एवढंच माहीत असत.....,  
की आपल्याला संगमाला जाऊन मिळायचंय.....!!  
असं जगायला., आणि संगमाप्रमाणे त्याच्याशी एकरूप व्हायला.....,  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तिच्यासाठी अनोळखी व्यक्तीचा पाठलाग करण चुकीचं होतं.....,  
पण ओळखीच्या नव्हे.....!!  
मात्र त्याच्यासाठी ती अजूनही अनोळखीच होती.....???  
त्याच्या ओळखीची बनायला...  
कधी कळे ल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तिच्या आयुष्यातला त्याचा 'guest appearance'  
मान्य केला होता.,  
तिने पण त्यांच्या नात्याचं एक विशेष\* स्थान  
तिच्या हृदयात निर्माण झालं होत.....,  
त्याची लांबी-रुंदी न मोजता ते क्षण तिने मनसोक्तपणे जगले होते..  
तिला त्यांचं नातं खेचून किंवा जबरदस्तीने त्याच्यावर लादायचं नव्हतं  
तर त्याचा 'guest appearance' त्याच्या सहमतीने  
'permanent appearance' मध्ये बदलायचा होता.....!  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“या जगात सगळंच भावना\*  
क्षणिक सुखाची पर्वणी देऊन जातात असं म्हणतात...,  
पण तिच्यासाठी त्याच्या पहिली भेटीच महत्त्व वेगळंच होत...!!!  
जसा एका क्षणात जीव जावा...,  
असा तो क्षण\* त्याच्यासोबतीत त्यालाही नकळत  
अनेकदा घटना घडून गेल्या...  
ज्या तिला आयुष्यभरासाठी आठवणींची ओजळ दऊन गेल्या...!  
त्या आठवणी त्याच्या सहवासात जगायला...  
कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तिच्यासाठी तीच एकच तत्त्व होत.....,  
'तो जिथे आहे,  
तिथे ती तर आहेच....., पण जिथे ती आहे.,  
तिथे त्याच असणं बांधिल नाहीये...’

यामुळे च त्यांचं शब्दाविना जुडलेलं नात 'special' आहे.....!  
हे सांगायला....कधी कळेल का ग त्याला.....? यासाठी.....,  
हवा होता 'तो' तिला.....!!”

“तो क्षितिज होता., तिच्या आकाशाचं...अन.,  
तिला प्रतिबिंब बनायचं होत., त्याच्या अस्तित्वाचं.....!!!  
आतापर्यंत खूप काही तिने त्याला 'एक विचारू...?' चा

आधार घेऊन विचारलं...  
पण तरीही एक विचारायचं राहूनच गेलं.....?  
कधी कळेल का ग तिला.....?  
हवी होती का 'ती' ही त्याला.....???

■ **Supriya Hingne**  
(LG 2016 & LF 2020)

## Our Little Achievers

**Aryan Kashikar**, a 9th standard boy, a 14-year-old son of our senior LF Pradnya Kashikar has successfully made a Guinness World Record by creating over 2100 paper models of Seals through Origami, the Japanese art of paper folding. Aryan has single handedly created these paper models of Seals by taking a relentless effort of about 11 months before showcasing it on the Children's Day of 2021. With this endeavor, he broke the earlier record of 2000 paper models of Seals and is now a new record holder and possibly the youngest Indian achieving such record in Origami field.

All his creations were displayed at the badminton court of Symbiosis Sports Complex. The total size of the display was 18 ft. X 36 ft. and the size of each paper model of Seal was approximately 3 inches. Interestingly, the set up was made in Tri-color saffron, white and green, which looked very beautiful.

Aryan decided to choose this theme of Seals only to give a message of 'Save Seals-Save Nature' as millions of Seals are killed for their valuable meat, blubber and pelts which is leading to the decline of their population. He made these models in the Tri-color to signify the 'Azadi Ka Amrut Mahotsav'. He was determined to attempt this record at his beloved school as school has played a significant role in his development and it will be a great memory of his school life.

Aryan's Parents- Pradnya (Lila Fellow 2001, Consultant L&D and Technology at LPF) and Amit introduced him to Origami while he was in the 2nd standard. This was with the motive to indulge him in unique activities and keep him away from the distractions like television and mobile games. He eventually developed interest in this Japanese art, which is helping him to be more organized,



focused, confident with enhanced concentration levels and disciplined approach of doing things. Later, Aryan developed his origami skills by watching YouTube videos of Jeremy Shafer, Jo Nakashima and Satoshi Kamiya. He has started delivering Origami lessons to school and college going students in various institutions including the LILA Juniors - school girls under LPF's school project & to the corporate professionals as well.

As per the norms specified by Guinness authorities for an official world record attempt, Aryan's work was priorly

inspected by the domain experts and later also during the display. In fact, every object that is displayed was verified and evaluated by the domain experts.

It was so wonderful that Lila Mom and Firoz Dad visited the attempt venue at Symbiosis School, Pune to motivate Aryan in achieving his aspiration. They also interacted with him and saw the folding of complex origami models that includes Tessellations and modular origami.

LF Pradnya said – "It was a memorable experience for me to be a part of this outstanding effort that is attempted by Aryan. I could see a great level of confidence, sense of responsibility and a feeling of accomplishment in my son and as a mother I am very proud of Aryan that he thought of reaching out to Guinness team through the portal and took tremendous efforts to make it happen. He will be choosing 3D/ UI-UX modeling/Engineering Design/AR/VR to pursue a career and this attempt has definitely motivated him to work even more hard towards it. "

LPF wishes Aryan a hearty Congratulations and all the very best for his future journey! We are indeed very proud of you son...! Keep growing and have a great success ahead!



### Introduction:

Life cannot be sustained without adequate nourishment. Man needs adequate food for his growth and development. By this, he also means to have an active and healthy life. In the hierarchy of nature, animals satisfy the basic food requirement mainly through natural selection, but, man however accesses to a wide range of foods to choose to make up his diet. The diet comprises of nutrients that include protein, fat, carbohydrates, vitamins and minerals. The proteins obtained from animal food, are generally studied for their higher values. One such example of a high quality protein is milk. Milk has always been considered an ideal food for infants and children and also a good supplementary food for adults.



### Milk:

Milk is not only a source of good quality protein, but also of calcium and riboflavin. Besides having other important nutrients, milk is however deficient in iron and vitamin C. Although milk from different species have similar nutritional value, there are some differences in the composition between human and cow's milk.

Human milk has less protein than cow's milk, the difference is mainly due to lower content of casein in human milk.

Human milk also has higher lactose content as compared to cow's milk.

Between cow's and buffalo milk, the latter has a higher content of fat expressed on moisture free basis.

Unless the whey is discarded, the products of milk retain all the nutrients present in the milk. However, skimmed milk powder has no fat but has a higher level of protein and sugar on a moisture free basis.

### Nutritional contents:

Milk contains mainly protein, fats, vitamin B12, and calcium. For ½ cup serving of milk, the values of nutrient contents are given as:

Milk	Quantity/Values
Carbohydrates	4 g
Protein	3.5 g
Fats	4.0 g
Energy	65 Kcal

### Nutritional value:

#### Proximate principles of milk

Milk (100gm)	Protein (gm)	Fat (gm)	Mineral (gm)	Fibre (gm)	Carbs (gm)	Energy (Kcal)	Ca (mg)	PO4 (gm)	Iron (gm)
Ass's	2.1	1.5	-	-	6.5	48	80	-	-
Buffalo	4.3	6.5	0.8	-	5.0	117	210	130	0.2
Cow's	3.2	4.1	0.8	-	4.4	67	120	90	0.2
Goat's	3.3	4.5	0.8	-	4.6	62	170	120	0.3
Human	1.1	3.4	0.1	-	7.4	65	28	11	-
Skimmed	2.5	0.1	0.7	-	4.6	29	120	90	0.2

### Vitamin content of milk

Milk (100 gm)	Vit A (µg)	Vit B1 (mg)	Vit B 2 (mg)	Vit B 3 (mg)	Folic acid Free (µg)	Total (µg)	Vit C (mg)
Ass's	-	0.06	0.03	0.1	-	-	10
Buffalo	48	0.04	0.10	0.1	3.3	5.6	1
Cow's	53	0.05	0.19	0.1	5.6	8.5	2
Goat's	55	0.05	0.04	0.3	0.7	1.3	1
Human	41	0.02	0.02	-	1.3	-	3
Skimmed	-	-	-	0.1	-	-	1

### Mineral and trace elements

Milk (100 gm)	Sodium (mg)	Potassium (mg)
Buffalo	19.0	90
Cow's	73.0	140
Goat's	11.0	110

### Essential amino acids (gm/100gm)

Milk	Buffalo	Cow	Goat	Human
Arginine	200	220	210	250
Histidine	130	170	180	170
Lysine	490	500	470	420
Tryptophan	090	090	080	110
Phenylalanine	270	320	240	230
Tyrosine	-	300	200	230
Methionine	170	160	110	100
Cysteine	090	050	-	110
Threonine	300	280	350	290
Leucine	640	600	560	520
Isoleucine	330	340	250	330
Valine	380	400	340	310

### Vitamin B12

Milk (100 gm)	Vit B 12 (µg)
Buffalo	0.14
Cow's	0.14
Goat's	0.05
Human	0.02

### Oxalic acid

In cow's milk oxalic acid content is 2 mg /100 mg of milk.

Average intake of nutrients by rural and urban groups (g/CU/day):

Food stuff	Rural	Urban	
		MIG	Slum
Milk	70	250	42

### Effect of processing:

Excessive heating may compromise the nutritive value of the protein, particularly if the heating is done in the presence of free reducing sugars, the amino acid called lysine combines with carbohydrate; rendering the unavailability of lysine.

Excessive heating of milk may lead to browning of lactose and reducing quality of protein.

### Nutritional Requirement:

Milk should find a place in any balanced diet, particularly in a vegetarian diet, to provide some good quality protein,

sufficient calcium and riboflavin which are difficult to obtain in adequate quantities solely from plant foods.

An adult diet should have at least 150 ml of milk a day while children, pregnant and lactating women should receive at least 250 ml milk a day.

E.g.: Low cost balanced diet (sedentary man) daily intake of milk 150 ml

### Nutritional deficiencies:

Drinking milk may prevent deficiencies of protein, vitamin B12, calcium and may prevent osteoporosis and bone fragility which leads to bone fractures, prevents dental complaints.

Milk is therefore a rich source of calcium.

It helps to prevent consequences because of PEM.

Therefore, let's have a glass of milk daily!

■ Dr. Priyanka Musale  
(M.D. Homoeopathy)

## Tuspira Corporate Engagements

As LPF is entering into 26th year of its scholarships, the foundation has many more hands that have joined in for this noble cause of girl's education and their training to become an independent lady of India. This long journey of years was able to hold its roots strong because of the financial support from its donors and well-wishers.

Some of the new signings for LPF are:

- 1) Guru Krupa Foundation
- 2) Share & Care Foundation
- 3) InMaat Foundation through IDRF (India Development Relief Fund)
- 4) Maharashtra Foundation



The MoU was signed and exchanged by the Chairperson of LPF Mrs. Lila Poonawalla and Mr. Sanjeev Sharma, Country Head & Managing Director, ABB India Limited in the presence of Team Members from ABB India Limited and., Mr. Firoz Poonawalla, Founder Trustee- LPF and Ms. Priti Khare, Chief Executive Officer - LPF.

For LPF Bengaluru,

- 1) ABB India Limited - though ABB is an old partner, they are a major donor for Bengaluru
- 2) Volvo Group India Pvt. Ltd

We are always thankful to you wishing for many more in the years to come along.



The MoU was signed by the Chairperson of LPF Mrs. Lila Poonawalla and Mr. G.V. Rao- Director - CSR & External Industry Affairs, Volvo Group India Pvt. Ltd, representing Mr. Kamal Bali - President & Managing Director, Volvo Group India Pvt. Ltd. in the presence of team members from Volvo Group India Pvt. Ltd., Mr. Firoz Poonawalla, Founder Trustee- LPF and Ms. Priti Khare, Chief Executive Officer - LPF



## Scale Up

Scale up program was conducted by Ms. Nilima Gogate for 1st year Pharmacy & Nursing Girls. The session covered various attributes like Attitude Building, Self-Awareness, and Telephonic Etiquette etc. From the session, girls acquired the knowledge about self-awareness which enables to



*The Trainer explaining about the SWOT analysis*

recognize their strengths and weaknesses which will help them to build their confidence, self-esteem and social etiquettes and responsibilities towards the society. LILA girls benefited from this session which will surely help them to know themselves in a better way.

## Time Management

Time Management program was conducted by Ms. Monika Nair for 2nd year Engineering Girls. The session began with explaining how to manage your time effectively which will maximize

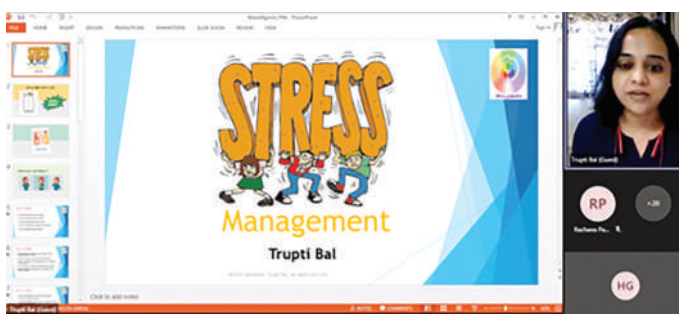


*Group photo of Time Management Session with the trainer Ms. Monika*

productivity, Setting priorities and Effective Planning. Monika Ma'am made the session very engaging, easy to understand for LILA Girls and it will surely help them in their studies and day to day activities.

## Health Awareness

Health Awareness facilitated by Family Planning Association Team for 1st year Post Graduation LILA Fellows. The trainers took an initiative by educating LILA Fellows on topics such as Gender Sensitization, Male and Female Reproductive



*The Trainer Ms. Trupti giving a brief information to LILA Fellows about the Stress Management*

System, Pregnancy, Safe Abortion and Contraception, Stress Management, Sexual Diversity etc.

Girls found this session really useful and informative as they were not aware of the topics now they felt that they are benefited from program.

## Cisco Certification

An online Initiative taken by LPF with Cisco certification- through VIIT academia collaboration for the LILA Girls who are from technical or computer background. The main purpose of this certification is to validate the knowledge on fundamental networking

### Objectives:

- ✦ To create Employment opportunities
- ✦ Get hands-on experience for working on **real-time networking projects**.
- ✦ To target projects and Building products in the field of Networking and IoT.
- ✦ To provide Webinars featuring industry experts.
- ✦ To give **Networking Career advice** that focuses on the fundamentals of networking.

*An orientation of Cisco Certification*

concepts often requested in networking roles in IT positions. After getting certified with the CCNA Certification LILA Girls will be able to land different jobs like Network Engineer, Network Administrator, Help desk technician etc.

## Technical writing skills

Technical writing skills was conducted by Ms. Pradnya Kashikar (LF 2001) for Direct 2nd year engineering LILA Girls. This session surely made it engaging to learn about how to become a good technical writer and its elements. LILA Girl gave the feedback that the

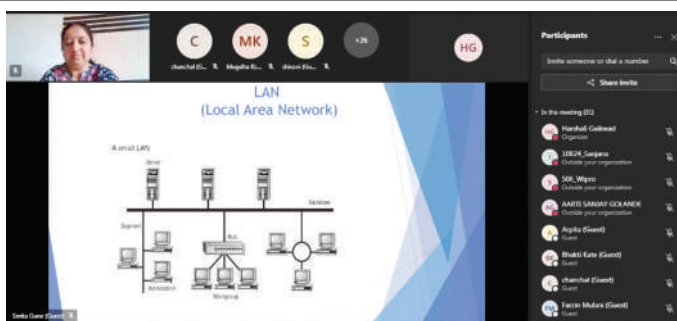


*Ms. Pradnya ma'am giving guidelines about skills required to become a good technical writer*

session was really informative and interactive. Ma'am guided them on how to work on your skills. It's really helpful for them. Before the session she didn't know technical writing was a profession and why we use and learn this, but now got clarity about it.

## Fundamentals of Computer Network

Fundamentals of computer networks facilitated by Ms. Smita Gune for Direct 2nd year Engineering LILA Girls. Smita Ma'am demonstrated the concepts such as different types of networks, topologies

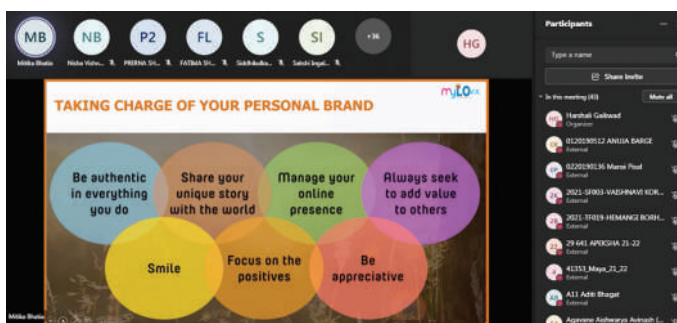


*The trainer explaining about 'different types of computer networks'*

etc. that were clearly adoptable for the LILA Girls. LILA Girls gained the knowledge about this specific topic which was really informative.

## Building your personal brand by Concentrix

Building your personal brand was facilitated by Ms. Mitika from Concentrix for 2nd /1st year Science and 2nd /3rd year engineering girls. This session briefly taught the LILA Girls about how to make your own unique brand and how to upgrade yourself. Ms. Mitika Proactively initiate the contents like how you can change yourself to become



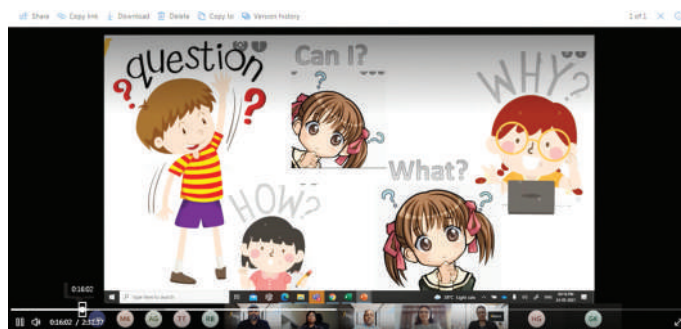
*Trainer explaining LILA Girls the essentials required for making your personal brand*

a brand. She said always be positive, help others, try to identify and acquire good habits from others. the session was engaging and deals with the real-world which incorporates LILA Girls knowledgeable and sharp so they can able to understand themselves in a better manner and become out best of it.



## Power of asking by Ansys

A breakthrough session conducted by the Ansys team with the experienced mentors for 2nd /3rd /4th year LILA Girls from all streams. The session covered all the related concepts of "Power of asking" such as how asking Questions invokes our thought process and How Asking questions helps you to grow Etc. the mentors



*Volunteers of Ansys explicating about the power of asking*

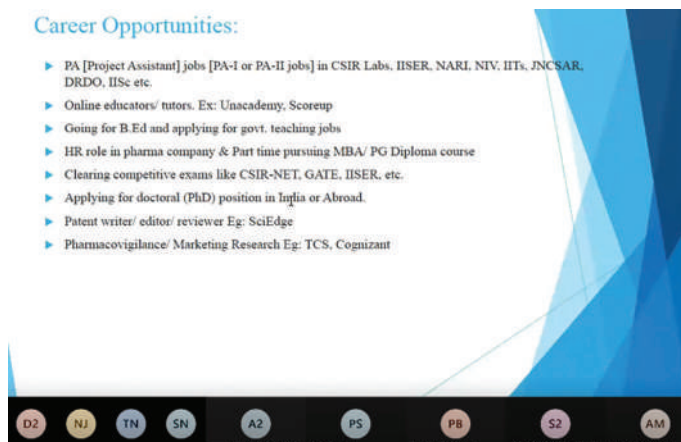
elaborated each and every attributes of the topics in a holistic way. The thoughts shared by the team was really inspiring. The statement "If you don't ask, you won't get it" has encouraged LILA Girls and their learnings from the session was that one should ask questions as it is equivalent to eagerness to learn.

## Job Opportunities

Job Opportunities program was facilitated by Ms. Chitra Sadanandhan (LILA Fellow 2016) for 1st & 2nd year LILA Fellows. The program talked about the Career Opportunities in Pharmaceutical Companies. As the LILA Fellows are going

### Career Opportunities:

- ▶ PA [Project Assistant] jobs [PA-I or PA-II jobs] in CSIR Labs, IISER, NARL, NIV, IITs, JNCsAR, DRDO, IISc etc.
- ▶ Online educators/ tutors. Ex: Unacademy, Scoreup
- ▶ Going for B.Ed and applying for govt. teaching jobs
- ▶ HR role in pharma company & Part time pursuing MBA/ PG Diploma course
- ▶ Clearing competitive exams like CSIR-NET, GATE, IISER, etc.
- ▶ Applying for doctoral (PhD) position in India or Abroad.
- ▶ Patent writer/ editor/ reviewer Eg: SciEdge
- ▶ Pharmacovigilance/ Marketing Research Eg: TCS, Cognizant



*LILA Fellow Ms. Chitra giving detailed information about the career opportunities in Pharmaceutical Companies*

to step in their career they asked a lot of questions which makes the program more interactive and MS. Chitra was able to solve LILA Fellow's doubts.

## Pune



**21st November 2021, Sunday – UG – PG Scholarship Award Function (Bachelor of Science and Post graduation) Science – 67 PG - 67**

**Chief Guest – Dr. Sangeeta Kale (Director - Policies & Planning, Professor - Dept of Physics, Defence Institute of Advanced Technology (DIAT))**

**Guest of Honour – Dr. Harshada Babrekar (LILA Fellow 2001, PA 2009, UG Committee Member and Senior Research Scholar for Science Park at the Savitribai Phule Pune University)**

*contd. on page 42...*

## Birthday Celebrations, grandiose and memorable...!

16<sup>th</sup> of September- A special day!

This day is exceptional in the diaries of every daughter as it's the birthday of their beloved mom, Mrs. Lila Poonawalla. Last year on 16<sup>th</sup> of September, when the world was trying to return to normal again, LPF witnessed a celebration at the office. The start of a new energy, new thoughts and no new normal commenced from this day. The day all begun with hearts full of love and smiling faces to welcome Mom. This was so done in the traditional way by doing aarti. This aarti wished

wished Mom a great birthday. The enthusiastic crowd offered many bouquets, sweets, gifts etc. to Mom. Many Friends, LILA Girls, LILA Fellows, School Principals, committee members had visited LPF office to wish and greet Mom on her special day.



for the long life of Mom and LPF and requesting the lord to shower the blessings over the complete LPF family. The office staff did this ritual and wished her a happy birthday.

Later, there was a cake cutting ceremony. Dad and all the well-wishers of LPF joined hands for the event and



On this day itself, the 58<sup>th</sup> Issue of beloved newsletter of LPF i.e. Inspira was released. The release was done in the hands of Mom, Dad, LPF CEO Ms. Priti Khare, Newsletter former editor Mrs. Harshada Babrekar and new editor Ms. Kashmira Deval. No other day would have been great for the release. The snacks party, get together of sister members, talks and laughs, sharing of achievements and many more were filling up the spaces near LPF office. The day was indeed celebrated in a cheerful environment by wishing great time and fantastic years to MOM.





## **Rutuja Chandrakant Newase, LG 2017 and LF 2020, Volunteering work in Covid testing center at Savitribai Phule Pune University**

**R**utuja says, "There were a total of 5 rooms named R1 to R5. Different types of work were being done in each room. In Room1 (R1) sample processing was done, while R2 involved extraction of RNA from sample and R3 - R5 carried out RT-PCR that was performed by volunteers. Covid samples used to come from 2 different hospitals." She holds a rich experience to work in all the rooms; however was mainly involved



in the work happening in R1 and R2 where they had use the standard kits for testing that was abided by all the guidelines. The CTC lab (Covid testing center) is well equipped and maintained.

She learned all major safety protocols while working and handling the samples and handled both negative and positive samples. At the Covid testing center, she also learnt new methods and technical things which she didn't know before. She added that there was one data-room to keep daily track on results and the note on volunteers that participated. After volunteers got trained properly, they were given a chance to lead the Room. She had

carried out the responsibility to lead the Room 1 and Room 2 while working. Teachers and leaders monitored all the work being done at Covid testing center.

When asked about what inspired her to join this voluntary activity, Rutuja said that this inspiration came from her very own LPF family and its principles. It was miserable that she couldn't help Covid pandemic hit people financially. Thus, she decided to do whatever small help she can do and got this volunteer opportunity in September 2021 which she is still doing. She will soon get a certificate for her contribution for the novel cause.

Rutuja mentioned to the Inspira crusader on how this opportunity was a turning point for her career. She concluded saying, "I have learned many more new skills which will definitely be useful in my future career also. Overall, the experience was best! With such voluntary activities, I will definitely give back to the foundation and the society in each possible way!"



**Complied By:**  
■ **Sonal Mohite - Walunj**  
**Lila Fellow 2012**



**R**adhika Suresh Gholap, Lila Fellow 2018 and Peace Ambassador 2019 is perfectly defined by the quote- "Just be the best you can be. Never settle. Always strive to learn more, do more and be more." Radhika, who has won the "Gram-panchayat Panchvarshik" election in January 2021, is working as Senior Engineer (R&D) in the Bosch organization.



Her social connect and professional developments begins from a very early stage. Radhika completed her schooling from Bori Bk.- A small village in Pune district. Then she was selected in government polytechnic college 'Awasari' on basis of good academic score. She stayed there at hostel and even bagged the title as ladies representative during her residence. She completed Engineering in Electronics and Tele-Communication from Modern College of Engineering, Shivajinagar. She got selected for Cummins nurturing brilliance scholarship program in year 2014 because of her financial background and her efforts.

Radhika belongs to a middle-class family, her father is a farmer and mother is a housewife. Their financial condition was undistinguishing; however, they always have supported and nurtured her dreams. Her parents wish that she should pursue her dreams with full conviction. With the challenging financial background, it was difficult for her to pay the post-graduation fees. During that difficult phase, LPF gave her the helping hand. After entering LPF family, she realized that, LPF is a life long journey of learning, coaching, mentoring, and grooming yourself to make you a better person who can face life challenges in a powerful and

confident manner. Her journey started with a scholarship interview with Lila Mom for her PG studies. For this first meet, it was hard for me to believe that she is meeting Lila Mom. She was observing her how confidence as Mom is one of the Padmashree Awardees of India. That day she decided to become like her, she set her as the role model.

In the year 2019, she was selected for Peace ambassador program. Being a Peace Ambassador of LILA Poonawalla Foundation, it is important to have active participation in social activities. One should understand the individual responsibility towards the society where we live in. She is currently working as a Senior Calibration Engineer in Bosch organization. In 2021, her father suggested her to fill the nomination of "Gram-panchayat Panchvarshik Election" with an objective that, if well educated people enter in the Government System and take responsibility of role of the Public representative, then life will become easy for all of us.

Also, she can get involved in various social activities and help people as much as possible. Because of all villagers support in term of votes and blessings, she won the election as a ward member and is currently working in her village Bori Bk for its development. For the first time in her village, two candidates won an election seat of Gram-Panchayat Sadasya, who also holds Post-Graduation Degree in academics. It shows the trust level of citizens is developing for India. By giving votes to highly educated candidates they proved educated people are important in today's political system. Now she will work whole heartedly for her responsibilities towards the village development. As she thinks that together we will bring a positive change in the village and surrounding society. While working as an Engineer in best organization, she wants to do the developmental work for own villagers, society and support their education in terms of guidance and implementation of good projects with the help of government funds. Along with these 2 roles, she is also taking responsibility of her family and being an independent working woman.

Radhika adds, "Darkness cannot drive out darkness; only light can do that." just like Foundation spreads light in her life. She likes to give the credit of her success and positive changes in the personality to Lila Poonawalla Foundation.

Foundation wishes her all the best for future endeavors!



**Compiled by**  
**■ Rita Madanlal Shetiya,**  
**LF- 2005, PA -2011**

## Pune Placements

S.no	Name	Scholarship year	Placement
1	Reshma Anil Borkar	LF 2017	Unicef as a young professional
2	Kshitija Moreshwar Kulkarni	LG 2016	Cognizant as a Trainee analyst
3	Riddhi Sandeep Patare	LG 2017	Amazon as a Sr. Associate Prod Compliance
4	Dixita Nirmal Jain	LG 2016	Cognizant as a Programmer analyst trainee
5	Mayuri Umesh Damodhar	LG 2016	Atos Global IT Solutions & Services pvt ltd as a Trainee
6	Sonam Savkar Bangar	LG 2016	Bajaj finance Pvt Ltd as an Associate Software Engineer
7	Sushmita Surendra Ghate	LF 2017	She is working in Qmax & CamK12 as a Teacher
8	Revati Ramdas Jagtap	LG 2016	Fujitsu as a Application Developer Trainee
9	Muskan Latif Attar	LG 2016	Accenture as an Application Development Associate
10	Janhavi Nitin Sonawane	LG 2017	L& T infotech as a Trainee
11	Sakshi Manojkumar Jain	LG 2017	Citi Corporation limited as a Technical analyst
12	Kartiki Anil Chaudhari	LG 2016	Volkswagen IT as a Software Engineer trainee
13	Bhavna Kishandas Vaishnav	LG 2016	Talentio as Trainee
14	Ashwini Rajaram Balgude	LF 2017	Sci-Edge Abstracts as a Trainee Analyst-Scientific Information
15	Gauri Kishor Chauhan	LG 2016	Aditya Birla hospital as a staff nurse
16	Mitchelle Albert Venila	LG 2016	Aditya Birla Hospital as a Staff Nurse
17	Mayuri Sunil Patil	LG 2016	Qunatify analytics as a Trainee framework engineer
18	Vaishnavi Ramdas Bhise	LG 2016	Zensar as Jr S/W Engineer
19	Pratiksha Popatrao Pabale	LG 2017	Barclays as a Graduate Analyst
20	Sylvia Sanjeev Seelam	LG 2015	Rao Nursing home as a Staff Nurse
21	Utkarsha Ramesh Shinde	LG 2016	Mumbai Metro as a Station Controller
22	Rasika Dattatraya Sandbhor	LG 2016	Accenture as a Software Development associate
23	Amruta Ashok Bhalerao	LF 2017	Dr.Kathe Paramedical institute Narayangaon as a Teacher
24	Pooja Ramakant Wanode	LG 2016	Baxter as an Analyst Trainee
25	Bazeela Farooque Khan	LG 2017	She is selected in TCS as a System Assistant engineer with package 3.36 LPA
26	Sanjivani Shirish Kshirsagar	LG 2016	Zensoft services Pvt Ltd as a Associate Engineer QA
27	Tanuja Baburao Shinde	LG 2017	Seagate as a Developer
28	Nilam Balaso Zende	LG 2017	Automatic Data processing (ADC) Pvt Ltd as a Configuration Analyst
29	Archana Chandrakant Mahajan	LG 2017	ConnectWise as a Software Engineer
30	Mrunalini Mahendra Unecha	LG 2016	Covance as a Safety Science analyst
31	Kishori Pandurang Nikam	LG 2016	TSL Consulting Pvt Ltd. As a Business Development Specialist f
32	SAYALI VITTHAL BATHE	LG 2017	Amdocs as a Software Engineering associate
33	Jincy Biju Pappachan	LG 2016	Fidelity Information Services (FIS) Global as a IT Trainee

S.no	Name	Scholarship year	Placement
34	Komal Dnyaneshwar Bhosale	LG 2014/ LG 2017	Accenture as a Associate Software developer
35	Shruti Satish Mahadik	LG 2016	UB soft as a Jr.Game Tester
36	Shreya Navalkishor Bhattad	LG 2016	E-zest Solution as a Trainee Software Engineer
37	Pranjal Ankush Borhade	LG 2017	Persistent as a Software Engineer
38	Pranjal Ashok Bhujbal	LG 2017	Pragmasys as a Tester
39	Ankita Laxmikant Bahirat	LG 2016	Deettek as a Jr.Java Developer
40	Richa Rajesh Patwa	LG 2016	Icon technology as an Marketing executive
41	Pradnya Anil Patil	LG 2016	Bharti Hospital as a Biomedical Engineer
42	Kajal Dattatray Thorat	LG 2016	Tata Motors as a Quality analyst
43	Chaitirali Dhanraj Gavhane	LG 2017	Citi bank as an Analyst
44	Anisha Sachin Jagtap	LG 2017	Accenture as a Application Development Associate
45	Shivani Khandu Sahane	LG 2016	ISGEC Heavy Engineering as a Graduate Engineer Trainee (GET) w
46	Vruddhi Sanjay Kapre	LG 2017	Amdocs as an Associate Software Engineer
47	Akhila Reji Suja	LG 2016	Ruby Hall Clinic as a Trainee Staff Nurse
48	Pooja Sanjay Aher	LG 2017	Contera as a Technical assistant
49	Sakshi Ramesh Mitkari	LG 2016	Cognizant technology solutions as a Software Analyst Trainee
50	Akanksha Suresh Dangat	LG 2016	Softlink International Pvt Ltd as a Software Engineer
51	Aarya tapan narulkar (Mahesh Tatke)	LG 2012 / LF 2017	Pfizer Health care India Pvt. limited in Regulatory affairs department as an Executive Role for US and Europe market
52	Prajakta Hanumant Sakore	LG 2017	TCS (ninja role) as a Software Engineer Trainee
53	Purva Karunakar Shetty	LG 2017	TCS as an Assistant System Engineer Trainee
54	Komal Rajendra Bharambe	LG 2017	Cognizant as a programmer analyst trainee
55	Muneera Malang Gadwal	LG 2016	Quality Kiosk as a Digital Quality Engineer
56	Ashwini Balkrishna Bacholkar	LG 2017	Atos -Syntel as a Associate consultant
57	Fatema Zoher Sanchawala	LF 2017	PTC Software (India) Pvt. Ltd. as an Associate Software Analyst
58	Ashwini Parasram Pokale	LG 2017	Optum as a Software Engineer
59	Priyanka Tukaram Chandgude	LG 2016	D.Y.Patil hospital as a Staff Nurse
60	Shafa Najir Lagiwal	LG 2016	Airproduct Industries ,Pune as a Graduate Trainee Engineer
61	Shilpa Biju Aleyemma	LG 2016	Ruby Hall Clinic as a Trainee staff nurse
62	Sayali Yogesh More	LG 2016	Alitmetrik as an Software Engineer
63	Prachi Shrikant Ghodekar	LG 2016	Cognizant as a programmer trainee analyst
64	Vaishnavi Vishwanath Kevalram	LG 2016	USB as a Software Engineer
65	Kajol Anil Hulawale	LG 2017	UMAS Consultancy firm a a IT Consultant



S.no	Name	Scholarship year	Placement
66	Payal Sunil Sawase	LG 2016	TCS as an Assistant system engineer
67	Priyanka Balasaheb Pokharkar	LG 2017	Audetemi India pvt ltd as an Associate Engineer
68	Rutuja Anil Bajare	LG 2016	Vodafone
69	Shraddha Machindra Dondekar	LG 2017	Logic Monitor as a Associate Software Engineer
70	Pooja Arvind Chaudhari	LG 2017	Accenture as a Associate Software Engineer
71	Devyani Narendra Jadhav	LG 2017	HSBC as a Trainee Software Engineer
72	Pratiksha Dnyaneshwar Shivekar	LG 2016	Capgemini as a Software Engineer
73	Aarti Suresh Borhade	LG 2014 / LG 2017	Data Metica as a Associate Software Engineer
74	Divya Dnyandev Gadage	LG 2016	Deenanath Mangeshkar Hospital
75	Kiran Vitthal Waghmare	LG 2016	Pratiti rehabilitation center through Chaitanya Hospital as a Staff Nurse
76	Mrunal Mukesh Vaidya	LG 2013 / LF 2017 & PA 2018	Auxilife Scientific Services as a Regulatory executive
77	Sony Ghe Varghese	LG 2016	Bharati Hospital as a Staff Nurse
78	Vijaya Wasudeo Zaparde	LG 2017	EMTEC as a Associate Software Developer Engineer
79	Pragati Kumar Borate	LG 2017	Infosys as a System Engineer trainee
80	Bhagyashree Sanjay Waghole	LG 2016	Deenanath Mangeshkar hospital as a Staff Nurse
81	Mausamee Sanjay Yedave	LG 2016	maha xray as a Electronic Engineer
82	Rutuja Ujwal Dhere	LG 2017	Grid Logocs as a Software Engineer Trainee
83	Shalaka Vijay Kudale	LG 2016	Xoriant company as a Software developer
84	Diksha Narendra Kumar Bhargava	LG 2017	Persistent Systems as a Software Engineer
85	Harshada Kiran Tingare	LG 2016	Bitwise as a trainee programmer
86	Monika Vijay Nagawade	LG 2016	Forbes Marshall in Quality Control section
87	Shivani Shivraj Kotalwar	LG 2017	TCS as a Assistant System Engineer Trainee
88	Mrunal Naresh Kalokhe	LF 2017	BMC Software as a Jr Product developer,
89	Anamika Yashwant Dalvi	LG 2016	Dentsu World services as a Full stek Engineer
90	Apurva Ramdas Vavale	LG 2016	Infosys as a System Engineer
91	Akshada Sandeep Shelar	LG 2017	HSBC Technology India as a Trainee Software Engineer
92	Harshada Santosh Padwal	LG 2016	TCS as a Software Engineer
93	Swapnali Dnyaneshwar Kale	LG 2016	Apprentice Trainee
94	Bhagyashri Maruti Pasalkar	LG 2017	Technofour Deffence Pvt Ltd

S.no	Name	Scholarship year	Placement
95	Minakshee Ramdas Suryawanshi	LG 204 / LG 2017	Fiserv India as a Software Engineer
96	Latika Prakash Sawant	LG 2017	Accenture as a Application associate development
97	Ashwini Jaywant Takawale	LG 2016	Deenath mangeskar hospital as a Staff Nurse
98	Shriya Vinayak Deo	LG 2017	LG India as an Graduate Engineer Trainee (GET)
99	Mansi Vijay Ranaware	LG 2017	TCL as a Associate Engineer
100	Tanvi Sandeep Kulkarni	LG 2016	Accenture as a Application Development Analyst
101	Shruti Rupendra Jain	LG 2017	Xoriant as a Software Engineer
102	Neha Pravin Thorwat	LG 2017	Cognizant.
103	Prajakta Jaywant Zanjale	LG 2016	Deenanath Mangeshkar hospital as a Trainee
104	Rani Ramesh Potdar	LG 2016	Retila as a Sales person
105	Priyanka Nandkumar Dadge	LG 2016	Concentrix as a Technical support
106	Jincy Ponnachen Sogha	LG 2016	Bharati Hospital as a B.Sc staff nurse
107	Prerana Pandurang Maral	LG 2016	Pari Industries as a Graduate Engineer Trainee.
108	Akshada Sunil Kadam	LG 2017	L & T Infotech as a Graduate Trainee Engineer (GET)
109	Shraddha Shivkumar Rathi	LG 2016	Raja Software Labs as a Software developer
110	Chaitrali Suresh Kamthe	LG 2017	Nice System as a Support Engineer
111	Shivani Vishal Patil	LG 2017	Optum, Hyderabad, as an Associate software Engineer
112	Gayatri Shrikishanji Dhoot	LF 2017	Synrrzit as a Jr.Engineer
113	Riya P Moni	LG 2016	Altimetrik as an Associate developer
114	Saanchi Pankaj Goel	LG 2017 & PA 2019	Infosys as a system engineer
115	Shambhavi Sunil Deshpande	LG 2017	Accenture as a Associate Software Engineer
116	Apporva Abhay Khaire	LG 2016	Namo Medical as a Pharmacist
117	Pratika Subodh Girmé	LG 2017	Cybage as a Trainee software Engineer
118	Krutika Rajendra Latkar	LG 2016	Amdocs as Tester
119	Pallavi Rajaram Badhe	LG 2017	Capgemini as a Software Engineer
120	Monika Tulshidas Dimble	LG 2017	Cognizant as program analyst trainee
121	Harshada Dattatray Hole	LG 2016	Deenanath Mangeshkar hospital as a Staff Nurse
122	Nikita Sharad Vishwasrao	LG 2016	Lovesyone software services pvt ltd,Ahmedabad as a software tester
123	Bhavana Ghanashyam Sharma	LG 2016	Capgemini as a Analyst
124	Shraddha Yogesh Shah	LG 2017	Infosys, Mysore Ltd as a Systems engineer
125	Jayashree Kuramani Maharana	2018	Mpaani as Software Developer Engineer

S.no	Name	Scholarship year	Placement
126	Nidhika Kalubhai Gohil	LG 2015/2018	K Point Technologies Pvt. Ltd.as Software Developer Engineer
127	Savita Bhagwat Pokharkar	2018	RAMKRISHNA MORE COLLEGE ACURDI as Assistant Professor
128	Sayali Prakash Gaikwad	2018	Bet Narayan Maharaj BO as Assistant Branch Postmaster (ABPM)
129	Suvarna Harishchandra Chavan	2018	Shoptimize Pvt.Ltd. As Associate Member of Technical Staff
130	Vrinda Rupchand Borkar	2018	Tox Pressotechnik India Pvt Ltd as GTE
131	Priyanka Prakash Sahu	2018	Cognizant as Trainee
132	Aishwarya Narhari Kashid	LG 2015/2018	Siemens PLM Graduate as Trainee Engineer (GTE)
133	Aishwarya Vijay Sinhasane	2018	Techperspect as Associate Software Engineering
134	Akshada Kishor Pachapande	2018	TCS ninja as Software Engineer
135	Ankita Bhausahab Kajale	2018	Yotta infrastructure as trainee
136	Harshita Sanjay Bhosale	2018	HSBC as Trainee Software Engineer
137	Manasi Nitin Mathkari	2018	Infosys as System Engineer
138	Medha Dilip Borhade	2018	TCS as Trainee Associate System Engineer
139	Meghana Nandkumar Dhanokar	2018	TCS as Asst system Engineer
140	Muskan Mohiddin Momin	2018	Barclays as Graduate Analyst
141	Prachi Pramod Polakhare	LG 2015/2018	Wipro Ltd's as Project Engineer
142	Pragati Shamrao Gaikwad	2018	Xebia as Software Developer Engineer
143	Prajakta Radhakisan Karanjule	2018	Tata Electronics as GET
144	Pranjali Vinayak Mane	2018	Accenture Pvt. As Associate Software Engineering
145	Rajlaxmi Pradip Darekar	2018	Deloitte as Analyst
146	Rohini Nivrutti More	2018	TCS (Ninja) as Assistant System Engineer-Trainee
147	Ruchita Ashok Nikhade	2018	Accenture Pvt. As Associate Software Engineering
148	Sanjana Mukund Patil	2018	TCS as Assistant System Engineer
149	Sayali Sandip Mane	2018	Siemens PLM as Graduate Trainee Engineer (GTE)
150	Shivani Deepak Bijamwar	LG 2015/2018	Capgemini As Analyst
151	Shivani Manoj Ladkat	LG 2015/2018	Barclays Pvt.as Software Developer Engineer
152	Shraddha Shivaji Mandekar	2018	Cognizant as Software Developer Engineer
153	Shreyasi Sunil Kore	2018	Bajaj Finserv as Trainee
154	Shruti Sanjay Gujar	2018	Persistent as Developer
155	Siddhi Sandip Bhor	2018	L & T as GET
156	Vaishnavi Vilas More	2018	TCS as S/w Engineer Trainee
157	Vipra Vijay Sharma	2018	SIEMENS PLM as GET



## Amravati Placements

Sr. No	Name	Scholarship Year	Placement
1	Mayuri Namdev Pokale	LG 2017	she has got placement in Capgemini as a Analyst package 3.8/- per annum
2	Ruchita Hiteshkumar Modh	LG 2017	she has got placement in Capgemini as a Analyst package 3.8/- per annum
3	Samruddhi Sanjay Joshi	LG 2017	she has got placement in Capgemini as a Analyst package 3.8/- per annum
4	Vaishnavi Pramod Joshi	LG 2017	she has got placement in Capgemini as a Analyst package 3.8/- per annum
5	Vaishnavi Rakesh Alekar	LG 2017	She got placement in NCDEX e-Market Limited at the post of User Acceptance Testing (UAT) package 12000/- per month
6	Pooja Rajendra Indhane	LG 2018	she has got placement in Capgemini as a Analyst package 3.8/- per annum
7	Tarkeshwari Manohar Kubde	LG 2017	She got placement in Hitech Elastomers Ltd Ahmedabad as a marketing executive.pkg 2.16/- per annum
8	Akshata Sunil Pote	LG 2017	TCS Company,Pune As a Assitant System engineering With 3.36 CTC
9	Janhavi Manoj Chatwani	LG 2017	TCS Company,Pune As a Assitant System engineering With 3.36 CTC
10	Mitali Manoj Bhele	LG 2017	TCS Company,Mumbai As a Assitant System engineering With 3.36 CTC
11	Purva Shrikant Sharma	LG 2017	Capgemini Company,As aJunior Analystis with 3.8 CTC
12	Tanusha Rajesh Rawat	LG 2017	TCS Company,Pune As a System Engineer with 7.2 CTC.
13	Dipti Pradip Gayakwad	LG 2017	Infosys Company,Maisur as a System Engineer With 3.36 CTC.
14	Pratiksh Manohar Khedkar	LG 2016	Capgemini company,Banglore as a Software Engineer with 3.0 CTC
15	Pooja Ganesh Lahaber	LG 2016	TCS Company, Banglore as a Assitant System Trainee with 3.3.6 CTC
16	Ashwini Ganesh Navghare	LG 2016	She got placement in Infosys company,Banglore as a System Engineer with 3.6 CTC (Joining Date 14/6/21)

## Wardha & Nagpur Placements

Sr. No	Name	Scholarship Year	Placement
1	Anushakti Shyamapada Bag	LG 2017	Tata Consultancy Services Ltd. (Tcs), Pune as a Assistant System Engineer
2	Mrunal Yogesh Sayre	LG 2017	Zappcode Solution, Nagpur as a Software Trainee
3	Angel Yesanna Silka	LG 2017	DXC Technology(Location not conform) as a Assosiate Professional
4	Apurva Raju Pachpute	LG 2017	Volvo Eicher Commerical Vehicles, Bhopal As a Graduate Engineer Trainee
5	Disha Pruthviraj Bhagwat	LG 2017	Accenture, Pune as a Associate Software Engineer
6	Sakshi Manish Rathod	LG 2017	Cognizant Technology Solution, Pune as a Programmer Analyst Trainee
7	Sakshi Ramesh Peshne	LG 2017	Persistance System as a software Engineer
8	Minal Dilip Wath	LG 2016	KP Technology Nagpur as a Office Assistance
9	Monika Gulabrao Bankar	LG 2016	Lupin Limited (Location Not Yet) as a Medical Representative
10	Bhushani Vijay Kadu	LG 2017	Kokilaben Dhirubai Ambani Hospital, Mumbai as a Staff Nurse
11	Kiran Waman Thakur	LG 2016	Lilavati Hospital & Research Center, Mumbai as a Staff Nurse
12	Bhumika Jagdish Vaidya	LG 2017	Accenture, Pune as a Application Development
13	Rutuja Rajesh Ghodmare	LG 2017	Infosys, Pune as a Software Engineer
14	Monali Digambar Mehare	LG 2017	IGT Pvt. Ltd.(Location Not Conform) as a Trainee

A good education is a key to a good future. **Arati Yadav (LG 2019)** is a fine example of the same.

Hailing from a small town called Shirambe in the district of Satara, Arati completed her high school education from Saraswati Vidyalaya, Koregaon. It was during her schooling days when Arati was introduced to computers and she instantly fell in love with the technology. She was intrigued by the workings of the device and the functions it can perform. However, not having one at her home, Arati couldn't explore the device to her heart's content.

After completing high school, Arati decided to take up a Diploma course due to financial restraints. And this was a perfect opportunity for her to explore the passion that she had developed for computers by pursuing computer engineering.

With a high score of 94.40% in SSC, Arati secured admission at Government Polytechnic, Karad. The low fees at the institute made her family's life easier financially. Arati received her diploma with a score of 89.81% and was granted admission at MKSSS's Cummins College of Engineering for Women, Karvenagar. However, unlike her previous institute, the fees were now higher. Arati



had no other choice but to take out an education loan.

During a casual discussion with one of her friends, Arati found out about Lila Poonawalla Foundation. Taking a chance, she applied for the scholarship and was overjoyed when she found out that she was selected and was one among many aspirants who urge to seek education for betterment.

But Arati believes that the foundation gave her more than just the money. It made it easier to pay her college fees, but more than that it gave her a wonderful family. Receiving all the love and care from Lila Mom and Firoz Dad makes her feel at home. And the programs organized by the foundation have helped her grow both, personally as well as professionally.

In September 2021, as a part of her college placement program, Arati was offered a job at Walmart with a package of 22.62 LPA. It was one of the biggest moments of her life. She is extremely excited to embark on this new journey.

Arati is deeply grateful to Lila Mom and the foundation and reiterates that they will always have a place in her heart. She always has a special home at Lila Poonawalla Foundation.

**Compiled by**  
■ **Tazeen Shaikh, LG 2017**

Bhagyashree Deshpande (LILA GIRL 2017) is an extremely ambitious girl with a great zeal to progress in her career. Recently, she bagged 5 gold medals for academics in branch of Engineering and technology. However, her path towards success was definitely not easy.

She faced sad demise of her father when she was in 5th standard and since then she was raised by her mother as a single child in a middle-class joint family. Her mother



is a home-maker. Her uncle and aunty supported her education throughout. With family's love and support, Bhagyashree achieved high success in SSC board with 9.0 CGPA from Bhavna Public School, Degaon. Since then, there was no looking back then. She set higher goals for herself and went on achieving them. She dreamt of becoming an engineer and thus took admission for Diploma course in civil engineering in Govt. Polytechnic, Washim. In the final year of Diploma, by scoring 84.42% she stood second in her institute. This opened the doors of higher education for her.





However, financial hurdle came along the way and this is where she came across LILA POONAWALLA FOUNDATION (LPF). Through CAP rounds she got admission in Prof. Ram Meghe Institute of Technology and Research, Badnera, Amravati. Therein looking at her bright marksheet, college administration introduced her to LPF. She then appeared for the interview of LPF and later when awarded with scholarship, she sensed a great relief from financial burden. She firmly believes that without LPF she could not have completed her education and reach to the level where she is now. At present, Bhagyashree is pursuing M. Tech. in construction management at G.H. Raisoni University, Amravati. Besides that, she is also working as site engineer to gain professional experience as also to support her family. Her mission is to become professor,

which urges her to secure a Doctorate degree too.

She humbly gives credit of her personality development to foundation that is witnessing changes in herself like improved communication skills and gaining in confidence to crack interviews. She has groomed a lot through different sessions like time management, computer skills, self-defence, etc. arranged by foundation. In her words, "It was her dream to become a part of a huge and loving family like LPF. And in future being associated with LPF she would definitely like to help some needy girls". Foundation wishes her all the very best towards her goal completion to become a professor!!!

**Compiled by**

**Vaishnavi Nimbalkar, LF 2015**



Siddhi Inamdar  
60,000.00  
LG 2016



Neha Tambekar  
30,000.00  
LF 2009/ PA 2010



Asmita Patil  
25,000.00  
LG 2012



Geeta Sahu  
25,000.00  
LF 2001



Harshada Babrekar  
25,000.00  
LF 2001/PA 2009



Purva Ekatpure  
21,000.00  
LG 2015



Kaveri Ladkat  
11,000.00  
LF 2014



Priyanka Khopkar  
11,000.00  
LF 2006



Pooja Gorde  
11,000.00  
LG 2012



Poonam Fargade  
10,100.00  
LF 2014



Sneha Gupta  
10,001.00  
LG 2012



Sanchita satalkar  
10,000.00  
LF2005/ PA 2011



Madhavi Prabhumirashi  
10,000.00  
LF 1997/ PA 2009



Manisha Deshpande  
10,000.00  
LF 1999



Siddhida Deo  
10,000.00  
LF 2008/ PA 2012



Sanvedna Khaire  
10,000.00  
LG 2013



**Namrata Khot (LG 2014)**

She was awarded an appreciation certificate by MVLA for her recent publication in a poem book (Hindi edition)



**Dr. Rita Madanlal Shetiya**

Founder Of Ritaa India Foundation  
Social Worker, Lecturer, Trekker, Journalist, Photographer, Anchor

An Initiative by Namaste India Group - International In Association with Rashtriya Kshetriya Jan Sansad (RKJS-INDIA)  
namasteindiaem@gmail.com | +91 99 22 95 7444



**Essay Contest**

**Faculty Coordinator:** Prof. Naina Palandulkar  
**Student Coordinator:** Ms. Trupti Nandanwar  
**Judge:** Dr. Swapnil Karemore  
**Ms. Mansi Sangole**

**Hearty Congratulations...**



**Nandini Gopal Jagtap LG 2019**

She got First prize in National Level Essay Competition organised by National Institute of Technology, Nagpur in June 2020



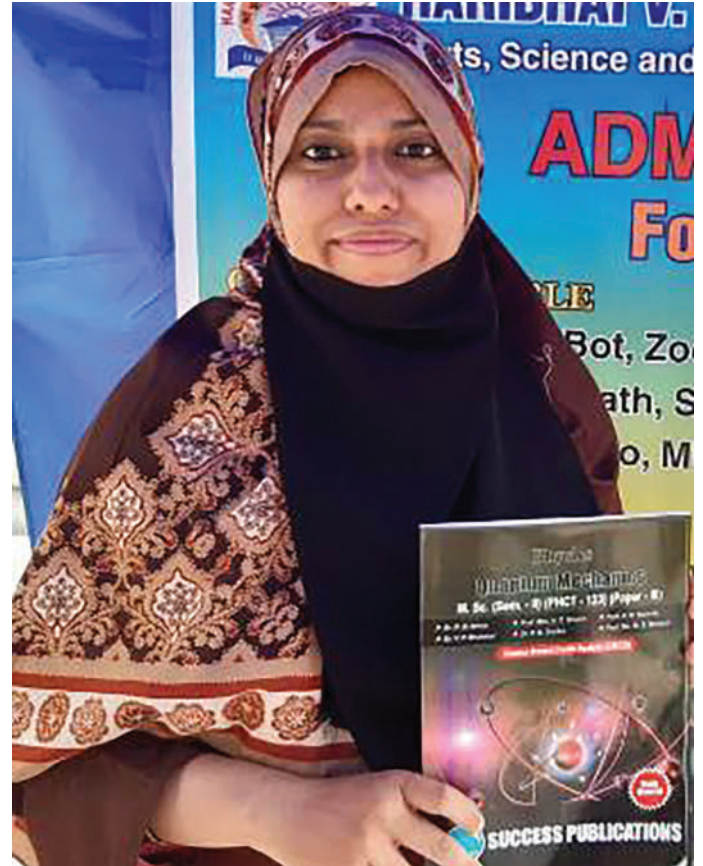
**Rita Shetiya (LF 2005, PA 2011)**

Received International proud Womenia Award 2022, from 'Namaste India International Family'. She has also Published 4 articles on Maharashtra Rajya Marathi Vishwakosh Nirmiti Mandal on Sez, yojana ayog, Niti ayog and rule of 72, which are available online at <https://marathivishwakosh.org/author/rita-shetiya/>





**Namrata Mahakalkar, LG 2016, Nagpur**  
Secured a Platinum Award at 45th "International Convention on Quality Control Circles (ICQCC)" held in Dhaka, Bangladesh in December 2020



**Almas Shaikh, LF 2006**  
Published a book Titled: Quantum Mechanics through the Success Publication house in the year 2021 along with her co-authors as prescribed by M.Sc. Part I Physics Syllabus, SPPU, Pune. This book is also useful for preparation of NET, SET, GATE and other competitive Examinations of Physics



**Sofiya Shaikh LJ 2010**  
She published her first book "Lafz-E-Raaz" and was interviewed on Maharashtra News channel



**Chandrika Shrinivasan, LF 1996**

She participated in Indian Business Women Conferences and Awards-2021 held on 19th March 2021 and was awarded with an appreciation certificate and a memento



**AWARD WINNER**

This award recognizes that

**Neha Deshpande**

is one of the winners of the

**First Place Fan Vote Prize in Project of the Year 2021**

Held in 2021 - Vélizy-Villacoublay, France



Charles BONNASSIEUX  
SD EXPERIENCE Edu Marketing Manager

**Neha Deshpande Lila Girl 2019**

She and her team mate won the Project of the Year 2021-First Place in Fan Vote Section award conducted by Dassault Systems



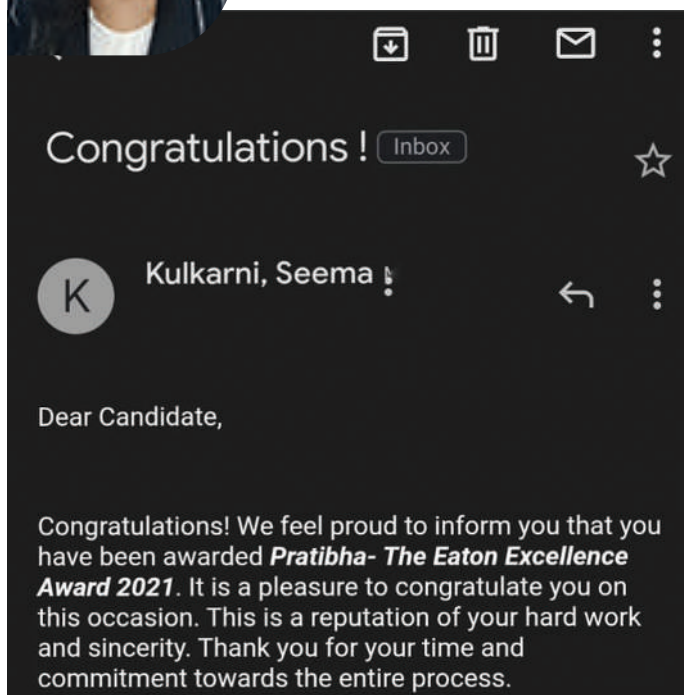
**Achal Vishwakarma, LG 2019**

She received Excellence Award in 2019 for her diploma studies at Walchand College of Engineering, Sangli for her outstanding performance in the academic year 2018-19



**Dipika Deogadkar**

*She has been awarded the Eaton Pratibha Excellence Award which is the first of its kind scholarship that aims to recognize exceptional women engineering students in leading engineering institutions in India, assessing them not only on academic excellence but also on the basis of their co-curricular achievements. She also was able to research a topic thoroughly and present her views via presentation on the topic - 'Intelligent Solutions enabling predictive health monitoring of a motor'*

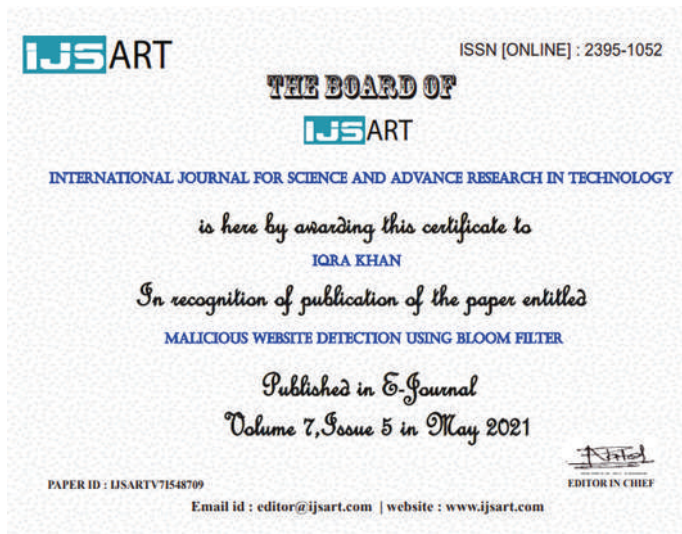


**Dr Priyanka Musale, LF 2010**

*She recently participated in an online international quiz competition. She secured 19th rank in India and 63rd rank internationally*







### ***Iqra Khan, Lila girl 2020***

*She achieved a 2nd prize in National Level Competition of Eureka, held by IEEE (Pune section) and published her research work entitled 'Malicious website detection using bloom filter' in IJS Art*



### **Formula Bharat**

6,314 followers  
2d • Edited •

Congratulations to **Team Kratos Racing Electric** on securing the overall winner title at Formula Bharat 2022 under the EV category. 🏆

Endurance Event (Sponsored by **Coexlion**) - Winner 🏆

Efficiency Event (Sponsored by **Godrej & Boyce Mfg. Co. Ltd.**) - Winner 🏆

Overall Statics - Winner 🏆  
Overall Dynamics - Winner 🏆

**#formulabharat #formulastudentindia  
#formulaindia #fb2022 #formulabharat2022**



### ***Gauri Deshmukh, LG2020***

*She is associated with a formula student team named Kratos Racing electric that builds manufacture and test Formula 3 vehicles and compete in national and international events like Formula Bharat. Recently in January 2022, an event of formula Bharat took place at Coimbatore and she stood 1st nationally*





### Jagtap Maithili Santosh, LG 2020

She has completed 'Campus Ambassador Internship at National Engineering Olympiad' and was awarded with a stipend. She also participated and completed- 'Machine Learning - Linear Regression' and 'Python 3.4.3 Training' course



### Anjum Tamboli, LG 2018

She successively secured first rank in her college in all the years of B. Pharmacy study. She secured a SGPA of 9.00 and recently published a review article on "Various variants of Covid -19"



### Shivangi Gupta, Lila Girl 2018

She is the winner of "Life Story Contest-2020" organized by Entrepreneurship club of Sinhgad Institute of Pharmacy, Pune and was awarded a certificate and memento in the appreciation

## Birthday Greetings to Mom

Dear Mom,

Happy Birthday! Thanks for being such a caring and positive influencer in my life. I'm more grateful than you could ever know. Thank you for your support, guidance and blessings.



Throughout the life, your valuable advices are driving me towards success. Your words and love are the most precious things to me. Now, this is the opportunity to thank you for everything you did for me. Happy birthday Mom!!

Stay happy, healthy and keep motivating us.

Your loving daughter,

Manisha Suryawanshi  
LG 2020

Good morning Mom,

Wish you many many Happy Returns of the day dear mom...

I wish you a wonderful Birthday filled with love, health & happiness...



Mom, thanks for all your support...

I am sending you warm wishes on this special day. You are the best! & I hope that your birthday is as unforgettable as you are. I want to take this special day & use it as an opportunity to thank you for all that you do.

May this special day of your life be as wonderful & perfect as you are!

God always bless you dear mom... Once again Happy Birthday to my dear Mom...

Your loving daughter,

Bhagyashri Boinwad  
LG 2020

Dear Mom,

Celebrating your birthday is a great joy for us. You are a spectacular person who cultivates the good things in everything that happens and helps us to be always positive with life. There is a lot to learn from you. May god keep you healthy and happy!



Happy birthday Mom,

Wishing you a birthday, as bright as your smile,

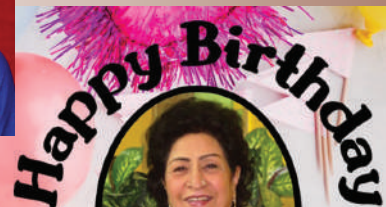
As sweet as your love, And wonderful as you!

I am so lucky to have a mother like you...  
HAPPY BIRTHDAY MOM!

Stay safe and healthy.

Lovingly daughter,

Pratiksha kale  
LF 2019 LG 2016



*Happy birthday to the woman who helped to make all my dreams and aspirations possible, my darling mom. May your birthday be filled with delight this year.*

*...from Your Loving Daugther,  
Payal Rajesh Kadadhekar(LG2020)*



Hello,

I'm writing this Email to inform you regarding my campus placement. I got placed in TATA Motors through campus hiring process with a package of 8 LPA.

I want to express my sincere thanks to the LPF Family for trusting and helping me. The sessions conducted by the foundation were really helpful to develop my personality and indirectly helped me to crack the interview part in the hiring process. LPF is not only providing and helping Lila girls financially but also makes a point to develop their personality and make them stand independently.

I feel very fortunate to be a part of this foundation and if I get an opportunity in the future I will try my best to help another one, like this family does.

In the end I want to express my gratitude to Mom and Dad for giving me the opportunity to become part of this family!

Thank you again!

Sincerely,



Harshada Pradhan  
LG 2018, Pune

Hello,

I am Sayli Kanchan LG 2019. I got internship in Tata Autocomp Systems Ltd. through LPF. My designation is 'Engineering intern in Research and development' department of TACO e-vehicle. My starting date is 13 December 2021 & end date is 13 February 2022. I am getting stipend of Rs. 5K per month.

This internship is very educative. I am getting knowledge of various softwares & understanding the different parts of e-vehicle batteries. The office staff & teammates guide me very well. I can now understand the actual industrial process.

Thank you LPF & TTR team, Mom-Dad for this opportunity.



Sayli Kanchan  
LG 2019

Dear Mom,

I wish you a Happy Mother's Day. I hope you are doing well.

I was very young when I lost my mom. I've always been looked up by my father. He supported me for all my needs. Being a farmer, it was very difficult for him to manage me as well as our financial conditions.

He has always struggled to give me a better education. Graduation would have been major challenge for me as well as for him. This scholarship has not only reduced my father's burden but gave me a mother who is supporting me. I have completed my Bachelors of Engineering with your help.

I hope each and every girl who this support and wishes to achieve her dreams gets this opportunity.

I am grateful to you and wish you a very healthy life. Once again, "Happy Mother's Day Mom"

Regards,

Heena Gole  
LG 2015



Hey Mom,

Hope you and Dad are doing great!

I saw that you and dad had recently gone out for distributing Diwali Hampers...This is great!

You never forget to spread happiness in others home too!

On this Diwali Eve, I just wish that your life be filled with all the happiness, love, peace and great health, so that you'll continue to do the good work that you always do... May you live your life like the festival of Diwali - happy, healthy and full of joy!

A very Happy Diwali to you and dad!

You both were looking very nice in all the pictures that dad had shared with us

PS- You always look gorgeous.

Stay safe and please take care.

With Love,

Muskaan Khan  
LG 2014, PA 16





Dear Mom,

I hope you are doing great as always.

Mom, I am really happy to tell you that I have joined Accenture as Business Analyst.

Being a daughter of a Security Guard, with ₹ 7,000 income per month (after overtime and working without holidays), and having a dream of my parents to make both the daughters successful in their career, it was totally impossible to make their dream come true due to financial constraints.

But Mom, when I cleared the LPF interview, our family was clearly able to see a ray of hope to complete the dreams. Thanks a lot mom. The help provided by you during my engineering, the help which you provided in terms of financial grounds, training sessions, and your words of inspiration- togetherly are very important factor to make me who I am today.

After engineering, when I joined Sandvik Asia and visited LPF office to meet you to say thank you, I still remember your guidance given in those 15-20 minutes. After every in-person meeting with you, I've felt inspired. Thanks for your time.

There were many challenges in past years, we faced an untimely demise of my father, my mother had to go through critical operation, many career related challenges, but I wanted to complete my parents dream, so never gave up.

I understand there would be challenges in future too, but your words will always give me inspiration. And I know that yours and Dad's blessings will always be there with us.

At the end, I will say, mom-dad, thanks for everything. I will achieve my dreams and be successful; I thought to share the good news of joining Accenture with you. And I am sure I will achieve many more milestones in future, with your guidance, support and blessings.

Take care.

Regards,

Kajal Dhodade  
LG-2013



Dear Mom and Dad,

Wish you a very happy Republic Day!

The constitution gave us faith, freedom, peace and pride. Today, we celebrate the unity & integrity of our nation. Let's salute the sacrifices made by our freedom fighters and soldiers; let's honor the heroes who sacrificed their lives. On this special occasion, Let us make a promise to our motherland that we will do all we can to enrich and preserve our heritage and our national ethos.

Once again, wishing you all a very Happy Republic Day!

From,

Siddhesha Yadav  
LG 2019



Dear Mom and Dad,

I am Dhanashri Ghagare LG-2019 from Bajaj institute of technology, Wardha.

With a new year comes new hopes, new ideas, and new opportunities to make our lives the best they can be. I am so much lucky to have this lovely and supportive family. May God keep the smile on all of your faces through the year!

My warm wishes to both of you. Thank you for always inspiring me. There is no word that can describe my happiness today.

Wishing you a merry Christmas and Happy New Year!

Dhanashri Ghagare  
LG 2019, Wardha



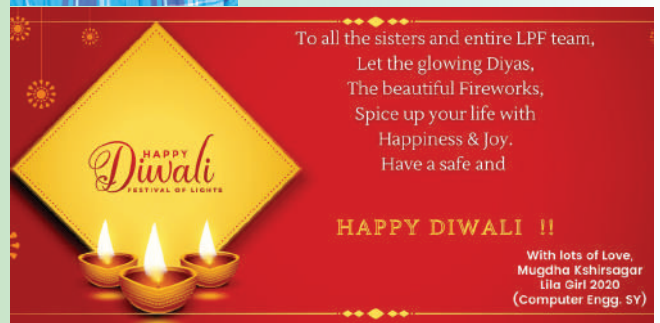
Dear Mom,

A time for celebration, a time for victory of good over bad, a time when world see the example of power of good. This is the festival of Dussehra. Let us continue the same true spirit.

Happy Dussehra

Yours Loving,

Shraddha Ambadkar  
LG 2016, Amravati



Dear Mom,

I am Krutika S Wankhede from DMIETR, Sawangi Meghe, Wardha of CSE Branch, a LG 2019. I wish you a very happy New Year 2022 My Lovely Mom and Dad.

You have been the source of inspiration for me. You have helped me in the toughest times of my life. I wish you a healthy, happy and beautiful 2022. May you keep brightening our lives like always!

I send the warm Happy New Year wishes to you both. 2021 was the year when you encouraged me at every step to become a better and improved human being and with the start of 2022, I again look forward for your support by guiding me in my journey.

Due to some reasons I couldn't wish you on Christmas, I'm sorry for this. But, as it's the celebration fever- Merry Christmas Mom and Dad.

Thank you so much Mom for always helping me financially. Only because of your help I still have faith on humanity. May I'll help people like as you help others. Thanking you!! Take care

Mom, wishing that you have a great year ahead!

Krutika S Wankhede  
LG 2019, Wardha



Dear Mom Dad,

I wish you a beautiful new year filled with lots of love and joy. May this year bring unlimited success and happiness in your life. You two deserve the best wishes.

I am grateful to God for blessing me with you guys as my Mom Dad. My life is nothing without you. Thank you for the support and love round the year. Behind every successful daughter there is a motivation of beloved Mom Dad like you.

You always love us, teach us, and fill us with positive energy. I just wish we always stay together and be welcoming with new hopes. You both are my inspiration; you both encourage me to lift up the life, Mom Dad you are the world's the best mom dad.

HAPPY NEW YEAR MOM DAD AND THE WHOLE LPF FAMILY! Love u mom dad

Your loving daughter,

Nikita Modak  
LG 2020, Pune



Dear Mom- Dad,

Dad, you are my pillar of strength. Mom, you are my fountain of wisdom.

Thank you for everything. Love you so much!!

Wish you both a merry Christmas!!!!



Vaishnavi Khilari  
LG 2020

Dear Mom and Dad,

I. Mrunal Vaidya (LG-13, LF-17 & PA-18) wishing you the gift of love, the gift of peace, the gift of health and the gift of happiness.

May all these be yours on this joyous occasion!

You are my Santa and not only mine but for the huge Lila Poonawalla Foundation's Family. Your blessings are always present in my heart and precious to my soul.

Mom, I hope your leg is now fine. Wishing you a speedy recovery!

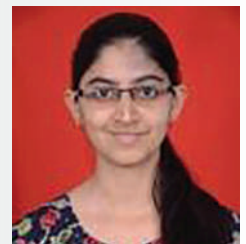
May God bless you with good health and long life! So many lives are tied to yours; you are a channel of blessing. Merry Christmas to both of you

Take care

Love You

Best regards,

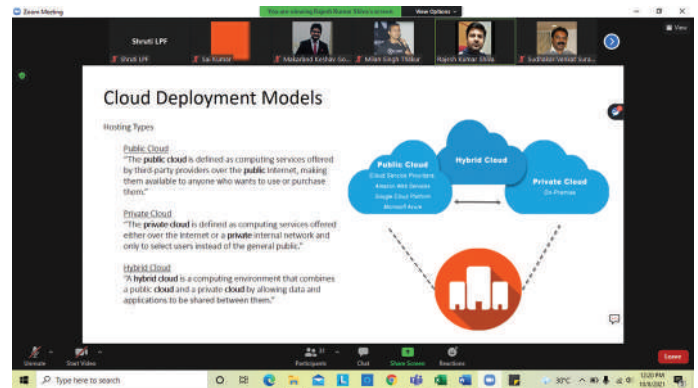
Mrunal Vaidya  
LG 2013, LF 2017 & PA 2018



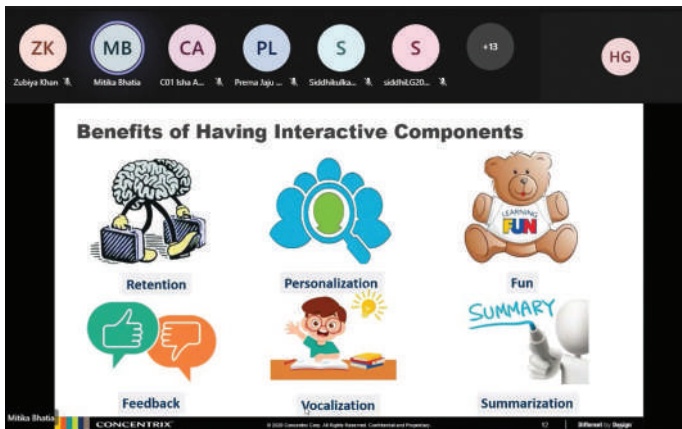




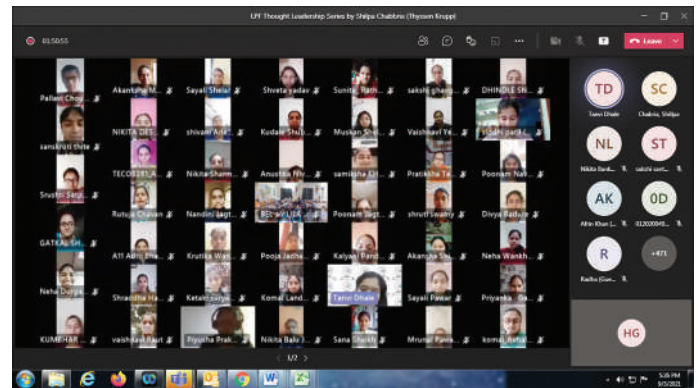
Trainer representing to the LILA Girls the organizational level of strategies during Project Management Session



Trainer explaining Cloud Development Models in the Cloud Computing Session



Presentation Skills Session conducted by Concentrix



Group Photo clicked during the LPI Thought Leadership Series by Shilpa Chhabria (ThyssenKrupp)



Trainer explaining about the Security Architecture, Infra and Endpoint Security in the Cyber Security Session



Male & Female Reproductive System, Pregnancy, Safe Abortion & Contraception topic covered during the Health Awareness Session



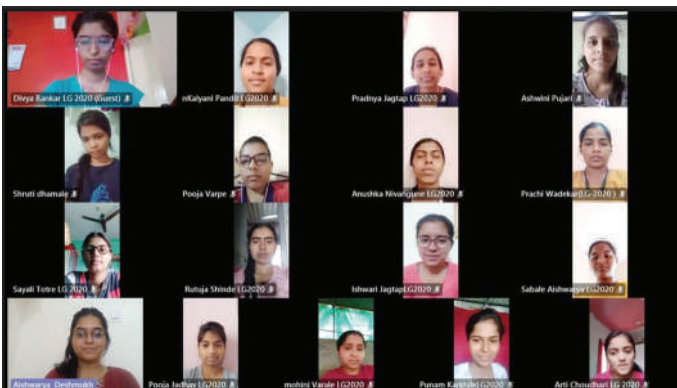
### Role of Head Nurse

1. Responsibility for keeping an adequate amount of equipments and supplies in the ward.
2. Make sure that equipments and supplies are in good conditions.
3. Put in a requisition for necessary equipment for repair and maintenance when needed.
4. Make sure that equipments and supplies are conveniently located.
5. Make sure that all the personnel in the ward should clearly know who may use ward articles and equipments and who assumes responsibility for it
6. The head nurse must be vigilant and prevent waste or misuse by educating the staff in the economical and appropriate use of all equipments and materials.

*Procurement Practices Session for Nursing LILA Girls conducted by Ragini Godbole (MIT)*



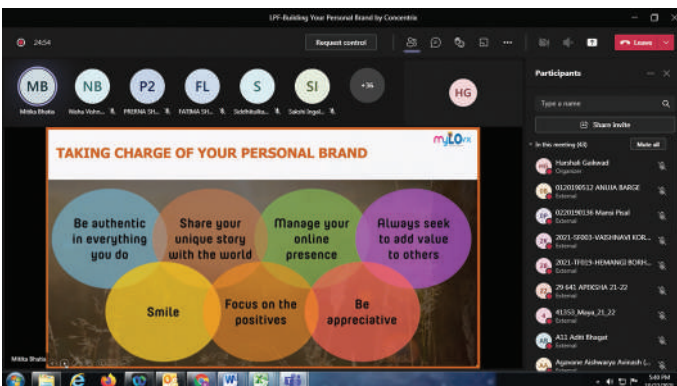
*Johnson Controls volunteer explaining Scrum Framework during Agile Scrum Session*



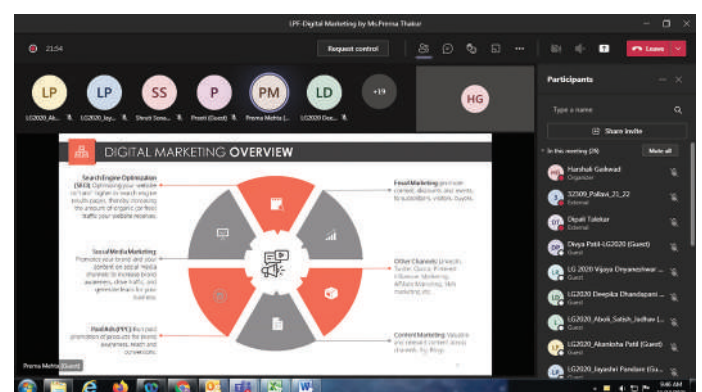
*Group Photo- Graduate Leadership Development Session conducted by LPF Alumni Aishwarya Deshmukh*



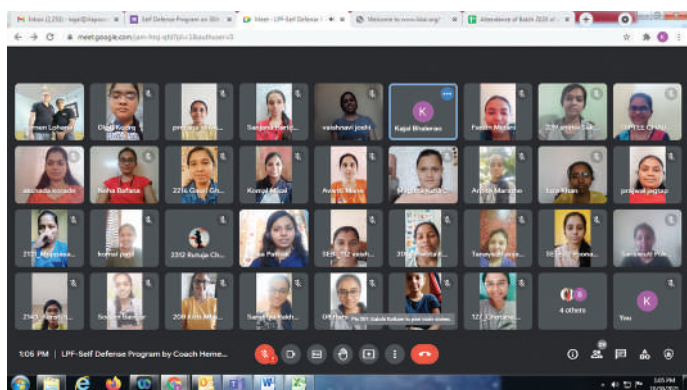
*Group Photo clicked during Block chain Session*



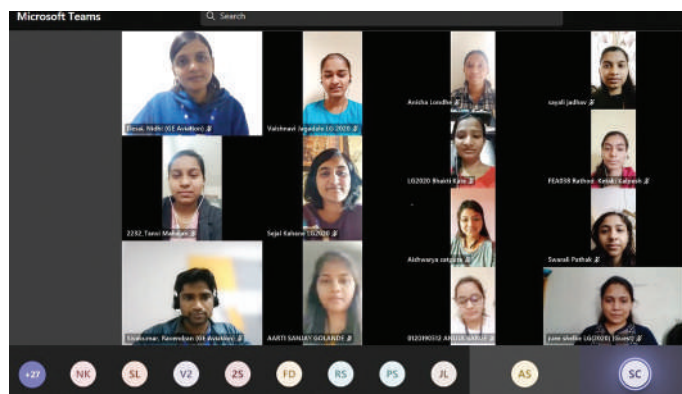
*Session on Building your Personal Brand conducted by Concentrix volunteer*



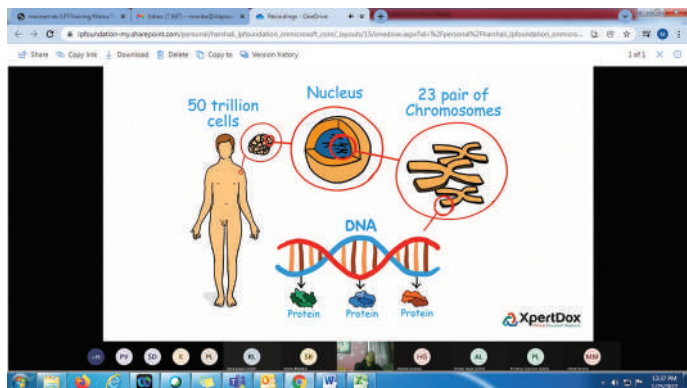
*Trainer explaining overview of Digital Marketing*



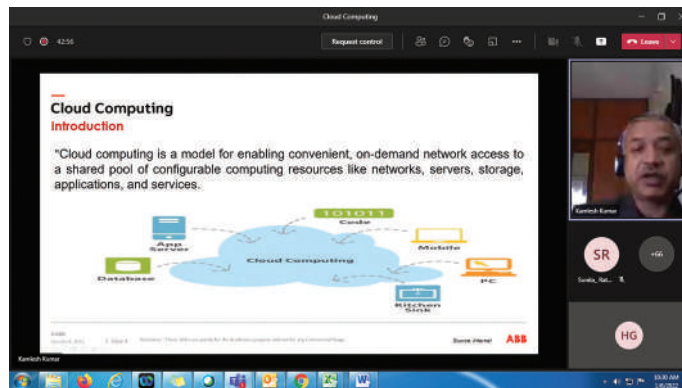
*Group Photo of Self Defense*



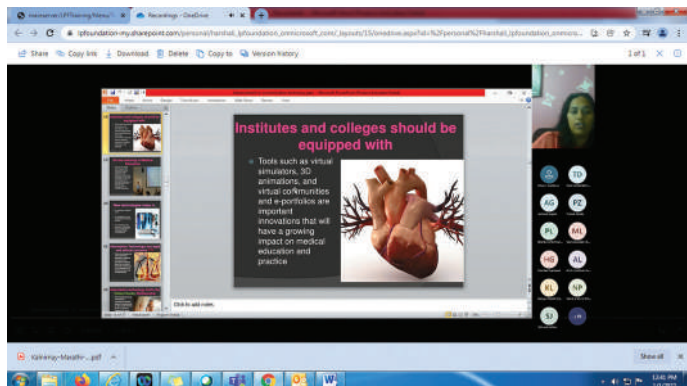
*Group Photo- LILA Girls with GE Aviation volunteers during up skills Network Session*



*The Genomics Era: the Future of Genetics in Medicine session*



*ABB volunteer introducing Cloud Computing*



*Session on Advancement in Communication & Technology for Pharmacy LILA Girls conducted by Priti Deshmukh*

## Feedback for Inspira

Dear Mom,

I am Sharvari Khope, LG2020 from the Pune batch. I want to share my thoughts about Inspira.

Inspira is always motivation and inspiration for all readers. It has many inspirational stories of Lila's daughters, their artwork and many more things about the foundation. On the first page of Inspira, there is a message from the Chairperson, Padmashree, Mrs. Lila Poonawalla, who is our Mom. Her journey is filled with dedication, hard work, and focus. LPF, that was started with 20 girls and is today in 1000s of numbers marking its significant growth. I have also read the stories of Lila daughters that how they overcome the challenges and get success in their life. In that "when you wish for something with all your heart, the entire universe conspires in helping you achieve it. Everyone should have the one goal that is decided, even if you are out of resources. Because it's your positive attitude that will help you to grab all that you want in your life" this sentence of Komal Bhujbal, LG 2012 has inspired me the most and also developed self-confidence in me to face any challenge in my life.

Also, some diet-conscious tips help me to improve my health.

Many Lila daughters are achieving the great positions in companies and going abroad for higher studies because of the continuous support from LPF and its self-motivation. The 58th issue of Inspira also added the workshop and events which were organized for Lila daughters.

In this pandemic, LPF has helped many poor families all over India by providing them food and financial support and many Lila warriors that helped and served the community in the Covid pandemic.

Inspira added many programs like the LPF leadership series, Growth Mindset, and beautiful feedback of Lila girls. All the issues of Inspira are a great inspiration for me and I also want to see myself in the upcoming Inspira issues by achieving something great like Snehal Kakteekar, Ankita Ugale etc.

Thank you LPF foundation for helping us and for all your love and support.

Yours loving daughter,



■ Sharvari Khope  
LG2020, Pune

## Feedback from Tejaswee Sharma

Hello Dear Mom and Dad,

I am Tejaswee Sharma Lila Girl 2017, Peace Ambassador 2019.

This month I completed my final year IT engineering exams of Pune University and also joined Tata Consultancy services from 15th July 2021 as Assistant System Engineer.

I feel so elated and overwhelmed thinking about my wonderful journey so far with LPF and you both and would like to pay my sincere thanks and gratitude for everything. I still remember applying for scholarship, attending the interview, being awarded and the day I became part of beloved LPF family. Here, I didn't just get funds for study, but everything that I could have ever asked... It's a family to cherish and many sisters to exchange knowledge amongst. I've attended the various programs workshops conducted by sisters and other distinguished guests. All of this has benefitted me and I now can apply those learning in my life.

The journey of being a simple, ignorant girl to a confident girl has happened because of LPF.

Later, I also got amazing opportunity to apply for Peace Ambassador 2019 programme and I did become one. I truly am thankful for the entire PA programme. The days spent in London and Asha Centre were best and the most memorable ones. The way you both, our Mom and Dad took care of us and loved us, taught us so many things not just by telling but by depicting it through your actions is always remembered all this has indeed made

a huge impact on us. As in my mail earlier, I also conducted one session called "Art of Messengering" about communication, presentation skills, and email etiquette for students of my college. Now I am looking forward to do sessions even for my sisters in our LPF.

Now, I have completed my engineering and have begun my work life. I will apply all the learning. Because the most important lesson I learnt here is not just to live life and be happy for ourselves but also for others. We must learn for prioritizing things, aiming and achieving dreams and always have gratitude and love for all.

Thank You would be just a small word for everything, not just for the scholarship but for an experience of lifetime and love of forever. Mom-Dad, I can't even put in words how much I appreciate you for everything and Love you so much.

Take Care of your health and Love you loads. I really hope to meet you both soon.

Sending lots of love and wishes,

Thanks and Regards,



■ Tejaswee Sharma  
LG 2017  
PA 2019



## Feedback from Vaishnavi Dhadiwal

Dear mom and dad,  
Greetings of the day!

I'm Vaishnavi Sandeep Dhadiwal, Lila Girl 2020. Currently, I'm pursuing third year in IT Engineering from Pune Institute of Computer Technology. I feel immense pleasure to share with you that I have been selected for a Summer Internship at Credit Suisse. The internship duration is two months and will start at about mid-May 2022. First round was a technical assessment test which consisted of a few MCQs and 3 coding questions. Second round was a technical interview and the third was an HR round. After successfully clearing all the rounds, I was informed about the selection by the TnP office. The process was thorough and I learned many new things. I want to thank you as this was not possible without your

guidance and help and I owe this to you. All the training programs and awareness sessions helped me to realize my capabilities to chase my dreams and correct my flaws. Being a Lila Girl, gave me an edge over other candidates. I have realized how much these minute things matter and hence I'll continue to follow these practices.

Thanking you once again!

Regards,



Vaishnavi Sandeep Dhadiwal,  
Lila Girl 2020

# Training Feedback

## Session: Self defense

Dear mom,  
The session about self-defense was very helpful. Every day we hear the disturbing news like girl is raped and murdered. This session mainly helped us in understanding the ways in which we can overcome such situations to save our life from threat. We can prove that ladies are not physically weak. I really enjoyed the session and started practicing push-ups and the tricks learned therein. At the end of the session I was quite assured that if we really focus on this and practice every

day to increase our strength, we need not to search for any other people or need not seek help from anyone else. We alone can fight for ourselves and can save our lives.

Thank you so much mom for arranging wonderful session.

Naga Lakshmi Hanumatrimurthulu  
kantipudi,  
LG 2020, Nagpur



## Session: Spoken English Class

Hello Mom,  
Good morning

This is the feedback about spoken English classes. The classes were really great as in the presentation style had lots of opportunities to ask questions and talk about real life examples which made the class really enjoyable and informative. The class was conducted in an enthusiastic manner. I've taken along lot of things that I can quickly and easily implement. It was extremely helpful to understand the basic conflict management options. Quality of the content was also excellent. Nice balance of theory and practical. I feel confident in applying this

approach to different situations that come knocking at my door.

The material so provided was really helpful for building the good communication skills. They are simple, easy to follow practical tools that find its use in our work lives.

Thank you Mom for organizing these spoken English classes for us!



Sakshi Sahu  
LG 2020, Wardha

## Session: Basics of programming

Hello mom,  
Recently we did a 5 day session on basics of programming. Our mentor was Ganesh Ingle sir. It was such a great experience. We have learnt something new each day. Ganesh sir was really nice and helping. Fundamentals of programming practice sessions, theory

understanding etc. was so simple to understand because of Sir.

Thank you mom for organizing such a wonderful session! It was indeed very helpful.

Sanskriti Ajay Jawanjale  
LG 2020, Wardha



## Session: Customer Centricity

Hello mam,  
I'm Vaishnavi Jamdhade. From this session I learnt about how important the customers are for successful businesses, How to speak effectively with the customers.

Ultimately, Empathy towards customer satisfaction is mandatory. Most important value which I learnt was attitude towards the customers plays an important role in communication. Because ATTITUDE is:

- A- Always greet
- T- Treat with respect
- T- Talk and chat
- I- Interact with customers in relaxed way.

T- Turn up to work with + ve attitude  
U- Understand customer needs.

D- Discover the impact you have around your customer.

E- Excite your customer about your products.

It will be very helpful for me to become an effective speaker and effective personnel.

Thank you.



■ Vaishnavi Jamdhade  
LG 2019

## Session: Technical Writing

Dear Mom,  
Hope you and Dad are doing well.

I am writing this mail after attending the Technical Writing session conducted by Ms. Pradnya Kashikar. I would like to highlight some points which I liked the most.

- 1) Video presentation and guidance
- 2) Career opportunities in this field
- 3) Know your audience and purpose before writing
- 4) Know your product and services.

Pradnya Di has explained each and every part in such a way that we all girls can understand. It is a great chance for

learning and personal/professional development. Therefore, I consider myself a very lucky individual as LPF is providing an opportunity to be a part of it.

Thank you for the wonderful session and I promise I'll surely make use of it.

Stay safe and stay healthy!

Regards,



■ Sujata Barve  
LG2020

## Session: Time Management

Dear mom,  
I'm Vaishnavi Sarange, LG 2017, Pune.

Currently I'm pursuing engineering after diploma in JSPM Narhe technical campus, Pune.

Recently I have attended 'Time Management' Session arranged by LPF. It was held by Ms. Monika Nair mam.

I must say that it was really informative and helpful for us. We got to learn lot of things such as - Goal setting, Competency development, planning and prioritizing our tasks and Time management matrix, Which are four important aspects and pillars of 'Time management'? Also she had taken various interesting activities which were helpful to analyze our personality. The D-S-T-L activity helped us in understanding the foundation of 'Time Management'.

Finally I got to learn pillars of the same, and I am now very much clear about my goals. I am now able to plan and prioritize my work. Also I have learnt to divide the tasks into four quadrants. Because of this, I am able to manage my tasks very well. The session kept me wondering that 'Time Management' is itself 'Self-Management'.

And mom I am really grateful to you for organizing such kind of sessions that help us to improve our personality.

Thanking you.



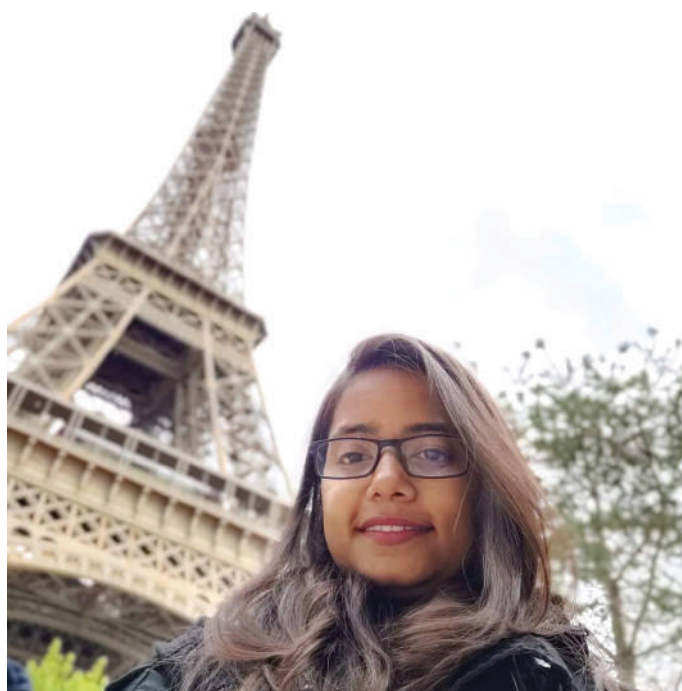
■ Vaishnavi Sarange  
LG 2017, Pune



**Akshada Rajendra Todkar, LG 2014** believes that 'You always deserve more than the crumbs, so don't settle on fantasies'. Akshada suggests that we should remember these words while we dream for big achievements. As she comes from a small district in Pune called Junnar, where she completed her schooling, she remembers her journey at every turn of life. She secured an admission at Government Polytechnic Pune for her Diploma in Mechanical Engineering, which is when she was introduced to Pune for the first time. Pune welcomed me with its warmth and I explored a lot of new places, visited many locals and tried different food. While applying for my Bachelors studies, I got to know about Lila Poonawalla Foundation. My whole journey with LPF impacted a lot on my thought process. Like all the other Lila Girls, I was lucky to have the opportunity to participate in many events of LPF. Mom has always been my inspiration and so are all my sisters who have achieved tremendous success in their respective fields that add to the inspiration."

She further adds," After completing my Bachelors in Mechanical Engineering, I started my job in an IT Firm, but within a few months, I realized that this was not what I wanted from my life. At my heart, I always wanted to go abroad for further education, but convincing my parents and funding my education was a huge challenge for me. After studying a lot about Universities and application process I completed my B1 level German course and applied for masters in Germany. Mom helped me with my Recommendation letter and was my constant support throughout my journey. March 4th 2019, was the day, I travelled for the first time through plane. Since then, it has been more than 3 years in Germany now, and I have found myself very lucky to get to travel to so many places in Europe.

After completing my Masters in Operational Excellence I now work at Deloitte Consulting GmbH as a Business Analyst in SAP Consulting. During my masters, I explored student life in a different perspective. I worked part time as a waitress at McDonalds, Subway, at German Bakeries, and different student jobs and internships. I also travelled to Prague, Amsterdam, The Hague, Paris, Strasbourg, Rome, Brussels, Bruges, Antwerp, Luxembourg City,



Berlin, Hamburg, Frankfurt, Bremen, Dresden and many more cities in Germany. I love to learn new cultures, visit new places and try new cuisines, explore local sites and learn its history.

While sharing her travelling dairies with us she said "The best trip for me till now was Rome. The whole city is simply like a wonderland and the best part was we got to experience the Christmas celebrations. The whole City was decorated like a newly-wed bride. There were lights everywhere, music artists were motivated to play on streets and people were dancing, painting artists were showing off their talent on streets of Rome, there were happy vibes everywhere. I was amazed to see the fancy branded shops where employees stood at the door, with a nice suit, tray of champagne in their hands and a smile on their face to welcome their customers. Felt like I was in a movie scene. We stayed there for almost 4 days, but we couldn't get enough. I wish to visit Rome again in the same Christmas time with my family someday.

She further adds that- Another special trip for me was to Amsterdam. I would not say that it was a whole fun-filled trip, but I learnt a lot of new things. It is truly said that unplanned trips are the best ones and believe me they really are!!! It happened so while having lunch one day a friend of mine said let's do something fun for my Birthday and I said let's go to Amsterdam. We laughed and casually started to check for the tickets, and as it was not a travel season actually, the tickets were quite affordable. We booked our Flight tickets, hostel room and bamm!! We were in Amsterdam. As we both were new to Europe and one of the funny incidents that happened to us was, we always got lost in the trams there. The issue was in overall Europe, the Tram number for e.g., T1 travelling from point A to B and B to A is same. So, every time we check on Google, it showed us only Tram number T1 and not the direction it travelling to. So, we used to travel to the opposite side of our destination. For almost 2-3 hours we kept on roaming around the city in wrong directions, and then we finally

understood what the problem was. That was the trip, where I realized, that now on it won't be a problem for me to travel anywhere alone in Europe.

There are a lot of fun-filled stories and a lot of fun facts about all the cities that I travelled to. For e.g., there is a free public transport to everyone in the whole country of Luxembourg. Amsterdam is called as a Bicycle City; there are statues of the 4 animals (horse, dog, cat and a hen) standing on the back of each other in Bremen and they have a whole fun story about it of how these animals saved the city from thieves, a big history of Roman empire and the Colosseum in Rome is too an interesting place to travel.

Also, one thing I liked about the monuments in Germany is that, even though they aren't proud of their history about 2nd World War, they have really tried to preserve and showcase the sufferings of all the people in World War II and during Berlin Wall issues. Every time you visit, you see all these paintings of the people suffering and fighting against the evil, there are these Concentration camps where they make you aware of the darkness of that era and the dark memories of the world's most horror genocide. For me personally, it takes me back to that era, and feel the pain of those who suffered, and makes me think about, how grateful I should feel about whatever I have today.

Along with travelling I also like cycling, swimming and hiking which helped me make new friends here and also travel with them. Each trip I have undertaken has contributed to my personal growth. You get to make the best out of your time, meet new people, try different food, get to know a about different cultures, traditions, and very importantly, travel makes you a **storyteller**.

I still have a huge list of places and I wish to keep on traveling and exploring. With my full-time job at Deloitte now, I have also started to repay my loan step by step, but I still keep some funds aside every month for travelling to new destinations. I have a nice frame in front of work desk that says 'Work hard so that you can party hard.' She remembers a sentence from Lila Mom, when she gave a short speech at LPF event, that says, **"Girls, this is just a small pond, that you are able to see right now, there is a whole Ocean outside waiting for you. Take a deep breath, and just dive in."** Honestly those words gave me all the strength and patience to just dive in to follow my dreams and make them come true. I would like to thank LPF to give me this platform to share and re-live my experience all over again! Many more oceans to be explored and lot more yet to be seen...!

Compiled by  
**Sonal Bhagat,**  
LG 2014 and PA 2017

Pune

contd. from page 12...



**26th February 2022, Saturday – UG Scholarship Award Function (Engineering) Morning Function**

**Chief Guest** – Mr. Vasanth Kamath (President, Brose India Automotive Systems)

**Guest of Honour** – Mr. Dinanath Kholkar (Vice President and Global Head of Analytics and Insights, Tata Consultancy Services)

**20th February 2022, Sunday– UG Scholarship Award Function (Bachelor of Pharmacy) Function (71)**

**Chief Guest** – Dr. Karimunnisa Shaikh- (Professor and Head, Dept. of Pharmaceutical Quality Assurance, Modern College of Pharmacy)

**Guest of Honour** – Ms. Qudsiyakausar Shaikh (Manager, IP Legal, Alvogen India, LILA Fellow 2007)







**19th February 2022, Saturday – UG Scholarship Award Function (Engineering After Diploma) Morning Function**

**Chief Guest** – Mr. Girish Bidani (Head - Centre Operations, HSBC Technology India)

**Guest of Honour** – Dr. Sunita Dhotre (Associate Professor - Computer Engineering Dept. Bharati Vidyapeeth Deemed University College of Engineering)



**26th February 2022, Saturday – UG Scholarship Award Function (Engineering) Afternoon Function**

**Chief Guest** – Ms. Sulajja Firodia Motwani (Founder and CEO of Kinetic Green Energy & Power Solutions Limited)

**Guest of Honour** – Mr. Sankara Narayanan (Vice President, PTC)

**Total number of girls - 319**

**19th February 2022, Saturday – UG Scholarship Award Function (Engineering After Diploma) Afternoon Function**

**Chief Guest** – Mr. Rajeev Mago - (Head of Global Payments Processing, HSBC Technology India)

**Guest of Honour** – Ms. Shruti Bhandari (Territory Manager, YoBoHo New Media Private Limited)

**Total Number of Girls 194**

## Hyderabad



**28th November 2021, Sunday – UG Scholarship Award Function (Bachelor of Technology/ Bachelor of Technology after Diploma) Morning Function**

**Chief Guest** – Mr. Rohit Singhal (Head of Cybersecurity Operations, Member – Executive Committee, HSBC Technology India)



**28th November 2021, Sunday – UG Scholarship Award Function (Bachelor of Technology/ Bachelor of Technology after Diploma) Afternoon Function**

**Chief Guest** – Mr. Koteswara Rao (Global Head of Wholesale Credit Risk IT, HSBC Technology India)

**Total Number of Girls 132 – 58 for Bachelor of Engineering and 74 for Engineering after Diploma**

## Bengaluru



**6th March 2022, Sunday – UG Award Function – Bachelor of Engineering/ Bachelor of Engineering after Diploma (Morning) First ever award function**

**Chief Guest** – Mr. Sanjeev Sharma (Country Head & Managing Director, ABB India)

**Guest of Honour** – Mr. G.V. Rao (Director CSR, Volvo Group India Pvt Ltd.)

**Total Number of Girls 159 – 152 for Bachelor of Engineering and 7 for Engineering after Diploma**



This year's Women's Day was the special and elegant one. Lila Poonawalla Foundation (LPF) is always proud of its cheerful and energetic daughters. This year, we just don't have one sparkling lady for this occasion but have a dozen of them. Rotary Club of Pune had organized a fabulous evening to felicitate Woman Achievers from alums of LPF. These sparkling ladies from LPF were awarded for their excellence in technical advancements and fields of study.

The extraordinary faces from the LPF family include, Pradnya Kashikar (Harkare), Vandana Belitkar (Jha), Dr. Neelu Nawani, Meenal Kane (Soman), Prachi Divekar (Harkare), Swati Mohite (Jadhav), Dr. Priyanka Kale (Khopkar), Vaishali Halbe, Aparna Dharma (Rabde), Rashmi Joshi (Soman), Rita Shetiya, Deepa Ingawale and Sneha Anil Bhoi (Nikum).

LPF offers scholarships to young girls for pursuing their higher studies. This foundation takes due care to change the perspective of girls towards career building. Lila Mom and Firoz Dad (parents of 12000+ daughters across the globe who are beneficiaries of LPF scholarship) inspire the life of every daughter significantly by bringing them the hope that every girl has the potential to achieve whatever she wishes for. Lila Mom, who is a role model to many girls, has always guided them through all possible up-skilling, hand holding, scolding, caring and making



them grasp to be real & honest in whatever they choose to do. The foundation teaches girls to respect yourself first - no matter what. Mom and Dad are those magical hands who always give away happiness and wisdom to all the daughters.

The recipients of the award extended their heartfelt thanks to Rotary officials, Adv. Rajendra Satalkar and Adv. Neha Satalkar for such organizing such a disciplined event and also to LPF for their timely support and motivation. One of the awardees, Lila fellow 2001 and our consultant L&D and Technology, Pradnya Kashikar said, 'We are

thankful to the organizers for inviting us for sharing our thoughts as women leaders. It is indeed a memorable experience for all of us. Also, a sincere gratitude towards a wonderful couple, Dr. Deepak Shikarpur and Gauri Shikarpur for being a great well-wisher of LPF and for giving us an opportunity of collaboration for the betterment of the girls by blending with Rotary platform'. She further adds that, 'It was LPF who was standing and shaping us to achieve what we are today. The potential of ours was sensed by LPF at a very early stage and now, let us make our LPF prouder and more sustainable by taking care of it.'

These ladies are indeed limitless....And LPF is always proud of its daughters like them and many more! Good luck!

Hello every one,  
It feels so special to write to you on this 59th issue of Inspira. This newsletter is always near to the heart of LPF's members and we thereby keep eagerly waiting for it.

The first issue of mine gave me a moral confidence to come up with another one. The trust that you all have shown in me since my previous work has boosted me to continue my editorial part. This trust will be kept intact for many more to come along. As we come up with yet another issue, there are many stories that are unfolded altogether. Right from the nutritional value of milk to exploring the corners of the world, from artists and new path finders; to scholarship award ceremonies of



*Inspira Release - Volume 58*

newly added Lilas. We are sure that these topics will motivate young girls in their academics and overall development.

With many more interesting facts, hope to see you all soon in the next issue. Let's hope that the situation of Covid-19 gets better and we are free from masks to live the normal lives again. Till then, take care of yourself and your family.

Next issue will again be a special one as we are stepping towards 60th issue of this newsletter. Will see you soon then...

■ Kashmira Deval  
(LG 2012, LF 2015 and PA 2017)

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