

From My Heart...

Dear Daughters,
Here I am to once again to communicate with you straight from MY HEART. I honestly hope that you all, my daughters, Friends and well-wishers do read our Newsletter. This is our 60th issue. 22 years have gone by when we started this Newsletter INSPIRA. It certainly has come a long way and I know this newsletter will go on forever as we have very good team of crusaders, ensuring that this communication is never broken but relayed from one to the other. Thank you to all who have been a part of this journey from inception and hoping to motivate others who will continue on this journey.

Last Quarter has been full of God's blessings. Covid now seems to have taken a back seat. Schools have re-opened, college exams have taken place, new admissions have commenced, so we are hopeful that all our processes of selection of the new batches will move on as per schedule. Our school girls have already been selected and awarded with their scholarships. This year, we added 452 new school girls to our family, which consists of 237 girls of 7th standard and 215 girls in the 8th standard. We had skipped the 7th standard last year as we conducted an impact study of our school program 2MORROW2GATHER. Work has commenced on selection of Lila Seniors (LS) and Lila Girls (LG) for the school program and would be completed latest by the end of September month.

Soon, we will commence our selection process for all the balance categories along with all the regions- starting with Hyderabad, Bangalore, Pune and finally Wardha, Amravati and Nagpur (WAN). All these progressions will be completed before the end of this year. We are hopeful of being able to add about 1400 new daughters to our family, subject of course to many more partners coming forward to support us in our mission of empowering girls.

With this update, I now come to my Final notable experience from my days as a graduate trainee engineer at Vulcan Laval. In last issues I've completed my experiences with the manufacturing workshops, assembly shops, stores as also tooling department. Now I come to Drawing and design department. This was indeed very interesting as I got to learn all about the technical details of our products. Most of our product designs were coming from our Principals in Sweden, but we had to do some Indianization. Some specifications had to be changed. We used to have big drawing boards made out of pine wood, on a tripod stand. Each Board had a T which enabled us to have the possibility of drawing straight lines. I am sure you all will never be able to understand what I am saying. Maybe you can check with your parents or maybe even grandparents. We had no computers, no CAD CAM. We had to use log tables and slide rules for calculations

of design parameters, all drawings were made on transparent butter paper. There were no soft copies. We had many special slide steel cupboards to store our drawings. Here is where I made a very innovative move. I thought of why not make films of all these drawings and store them in small boxes, which could then be stored in big steel cupboards. Everybody thought I was stupid. Also, I was only a trainee and should do what I was told... rather than come up with unacceptable ideas. Being knowing what I am, I did not keep quiet. I went with my idea to our HOD, who patiently listened to me. Of course, he too thought my idea was not feasible. He also informed me that doing such copies would mean getting approvals from Headquarters in Sweden, which would be impossible to get. I continued to persuade him to write to Sweden design/drawing office. After quite some follow up and persuasion, he did write to Sweden. SURPRISE, SURPRISE, a positive response came from HQ. They had already started filming all their tracings, as these drawings were called, and gone a step further in storing one copy in their office and one copy in the bank vault for security of their designs from natural calamities. Believe me, how overjoyed I was to hear this! But obviously, there were many who wanted to take the credit for this development. Luckily our HOD, took me to the MD and informed him about my involvement in this innovation and I was rewarded suitably. The lesson I learned from this experience was NEVER GIVE UP. NO MATTER HOW FOOLISH OTHERS THINK YOU ARE. IF YOU BELIEVE IN YOUR SELF, KEEP AT IT. ONE DAY SOMEONE WILL SEE YOUR POINT OF VIEW and you can achieve your breakthroughs. My training of two years was soon coming to an end and I GOT A CONFIRMED JOB IN VULCAN LAVAL AS A JUNIOR ENIGNEER. I started my career in 'Planning department' in 1969. Rest is history.

With the just gone month of August, all have started witnessing the season of festivals. We have had Moharram, Raksha Bandhan, 75th Independence Day of our country, Parsi New year, Janmashtami, ongoing Ganesh Festival, and now waiting for Navratri, Dusshera, Diwali, Christmas and of course New Year. Besides

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having many scholarships award functions, we also have the orientation programs to celebrate. I can just go on. Time just seems to fly off. With the 8 months of this year gone by, we have already celebrated many festivals, starting with New year celebrations, followed by Republic Day, Holi, Gudhi Padwa, Easter and good Friday, Labor Day, Ramzan Eid, Mother's Day, Father's Day, Friendship Day and also Dad's birthday, our anniversary, and school Award functions. Not forgetting one of the most remarkable events that of our dear CEO Priti Khare, your Didi, being recognized by Tata Consultancy Services (TCS) as a REAL LEADER. Her life story is covered in the COFFEE Table Book Published by TCS. Let us CONGRATULATE HER. We feel proud to have such a leader to lead our beloved LPF. More in the issue. So much happening in our lives. Moments to enjoy and many moments to reflect upon.

I take this opportunity to WISH ALL OF YOU A VERY HAPPY, ENJOYABLE FESTIVE SEASON AHEAD. MAY GOD GRANT YOU, YOUR FAMILIES AND ALL YOUR LOVED

ONES A LONG, HAPPY, HEALTHY LIFE AND MAY YOU ALL CELEBRATE MANY YEARS OF THESE UNIQUE FESTIVALS OF INDIA.

Bye for now. Hope to be with you again soon with many new developments.

Good luck and best wishes to all of you for the many celebrations awaited. Have a good time with your families, friends and near and dear ones. But do not forget to share your joy with those who need your attention too, those who are less fortunate than you. You are Lila Daughters and so I am sure you are more empathetic after all the trainings and value based personal development programs that you have attended.

Warm regards to all.

Yours always

Mom to all Lila daughters and Friend to all readers.

Lila.



Revathi Jambunathan
LG 2010
75,000



Siddhi Inamdar
LG 2016
60,000



Christy Mathew
LG 2014, PA 2016
50,000



Prajakta Khatri
LG 2012
30,000



Jigna Rathod
LG 2011
30,000



Kibriya Inamdar
LG 2012
30,000.00



Anjum Maheeb Pathan
LG 2010
25,000



Rashmi Joshi
LF 2001
25,000



Preeti Nagarkar
LF 2002
25,000



Sejal Katariya
LG 2012
25,000



Jyoti Chabria
LG 2014, PA 2016
10,001



Harshada Dhumke
LG 2012
10,000



Shruti Kulkarni
LG 2014, PA 2016
10,000

My Dear LILA Sisters,
I hope you are doing well, also your families and friends.

This is the 60th volume of our beautiful Inspira newsletter which is getting released on a special occasion, Lila Mom's 78th birthday. Let's wish Lila Mom a very happy birthday and let's pray that she always stays healthy, strong and happy. Lots of love to her!

One of the biggest events in last 4 months was Firoz Dad's 85th milestone birthday on 14th April, which was celebrated in Pune through various events by LILA Daughters and LPF Team under the special guidance and support of LILA Mom. On 15th May, we have celebrated Dad & Mom's 52nd wedding anniversary in our LPF office; got them dressed up, remarried again, enjoyed wedding decalcifies. It was such a fun & frolic occasion which both of them have enjoyed a lot and we too.

On the work front, we are glad to share with you that after welcoming a new batch of over 450 LILA Juniors through our LPF School Project - '2morrow 2gether', we are getting ready for our upcoming Undergraduate/Postgraduate Scholarship interviews for selecting a new batch of 2022 across Pune, Wardha, Amravati, Nagpur, Hyderabad and Bengaluru. Sincere gratitude to our Partners, Donors, friends, well-wishers and LPF Team, who have continued with their commitment and support.

In my last article, I have promised you that I would share my experiences and learnings in each phase of my life in the upcoming Inspira issues.

Let me start sharing with you my story from school days. My story starts 45 years ago from a city called Dombivli, which was then a small city in the suburb of central Mumbai in Maharashtra state. I was born along with my twin sister, Kirti in a lower middle class family after my elder sister, Aarti and my late brother Ajit, who was mentally challenged. My late mother, Anita Gujar - my Aai was a government school teacher, which she rose up to serving as Principal and my father, Anil Gujar - Pappa used to work as a shop floor supervisor in a private company. Brought up in chawl in a small room of 200 square feet, where we did not have toilet inside our house, we had a struggling but a happy life. I remember my parents used to buy us one new dress on our birthday and one on Diwali festival during my childhood days. Eventually my parents progressed well in their lives with their hard work; we moved to a 1BHK apartment when I was in 5th grade.



One of my learning was 'Happiness can be found in the smallest things.' And my Aai always used to say that "Don't compare yourself with people who have everything better than you in their lives; instead look at the people who are not even getting basic food, shelter and education and then think how blessed you must feel. And share whatever you can with them and create happiness around.

My parents gave us all three girls best of wealth in the form of education. I have studied in a less privileged Marathi-vernacular medium school named Swami Vivekanand Vidya Mandir- Arunnoday branch in Dombivli. I remember we used to sit on the mat (chaddar) till 7th grade without benches and had this small school compound to play. My 8th to 10 grade schooling took place in Ranaprataap branch. I started learning English, ABCD when I was in 5th grade, literally. From those days to today; when I look back, I feel one of the important learning from my parents I have gained is that 'Best wealth is Education and seeking education does not require best school'.

I was good at studies, but moreover I used to enjoy participating in drawing, dance, elocution and many other creative activities. I have got an opportunity to perform a group dance at the television show in my 9th grade and it was a very unique experience. Just couple of days before my board exams of 10th grade, I appeared for drawing competition and secured 1st rank. Although I passed my 10th grade with 80%.

Our amazing parents used to work hard, save money and used to take us on far distance trips to explore India. In my 5th grade I have visited beautiful Taj Mahal and heavenly Kashmir, while in my 9th grade I sat in the airplane for the first time ever on our return journey from Kerala. I grew up in a strong family oriented culture with my maternal grandparents younger cousins, aunty & uncles by our side. We used to celebrate festivals, special occasions together with our family. I lived a happy early age life.

In the next Inspira issue I will share my experiences and learnings of next phase; which is my college life.

I end this write up by wishing all of you and your dear ones a great upcoming festival celebration.

I wish you all the best in every walk of your life!

Looking forward to speaking with you soon.

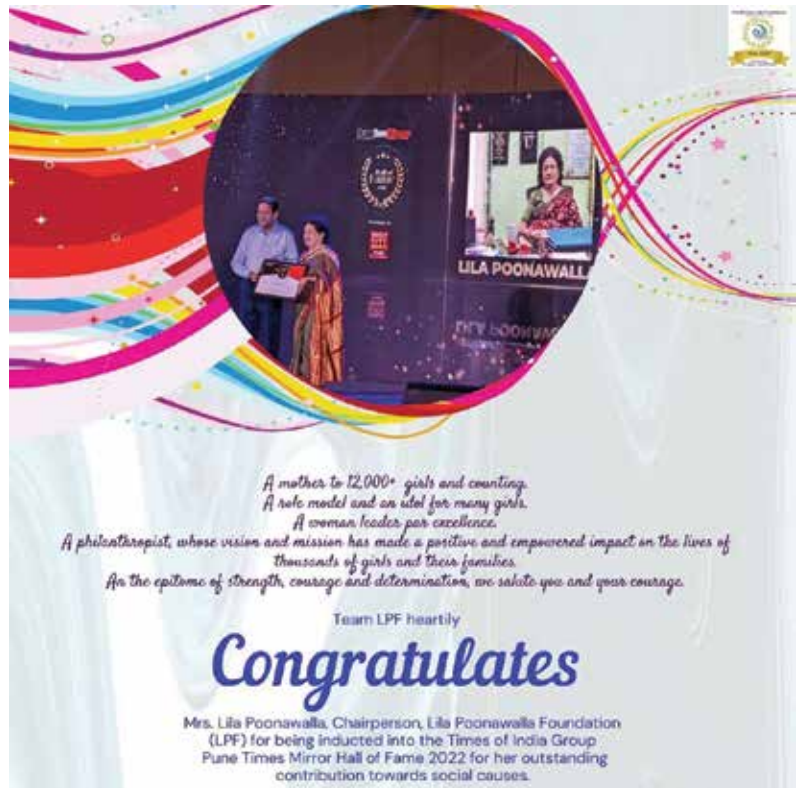
Loads of love and hugs,

Priti Di to my young LILA Sisters & Priti to the elder ones and to my friends

Team Lila Poonawalla Foundation (LPF) Congratulates Mrs. Lila Poonawalla, Chairperson, Lila Poonawalla Foundation for being inducted into the Times of India Group Pune Times Mirror Hall of Fame 2022 for her outstanding contribution towards social causes.

This work of Mrs. Poonawalla (Mom to 12000+ daughters) is so revolutionary that words will fall short. She has been a role model to girls, she has been an epitome of strength, courage and determination, a positive personality with pure heart and lot more. She has been continuously taking efforts for social causes irrespective of time, fame, and money as she believes that 'We should do whatever we can for the society and help the others who are less benefitted'. Such feathers are been continuously get added in her cap.

We at LPF and all well-wishers, friends congratulate Mom for her recognition!



It is a proud moment for LPF Family, as an inspiring story of our Priti Di, CEO of LPF is featured in a coffee table book A&I Kosh 'Real Leaders Real Stories', launched recently by Tata Consultancy Services A&I unit. This book is a collection- featuring 12 women leaders including Priti Khare, who were part of a webinar series organized by the TCS A&I unit for TCS Global Teams, as part of its Diversity, Equity & Inclusion (DE&I) initiatives. Priti Di addressed TCS global teams on a subject called 'Be Yourself'; she has shared her life story, her experiences, lessons and beliefs.

Few of her lessons she shared are 'There is no substitute of 3 Cs - Courage, Consistency and Commitment and 3 Ps - Passion, Perseverance and Persistence. She has shared her strong belief that 'A strong woman stands up for herself, and a stronger woman stands up for everyone else' and 'Being significant is more important than being successful'. The online version of this book is made available by the TCS team, exclusively for LILA Daughters.

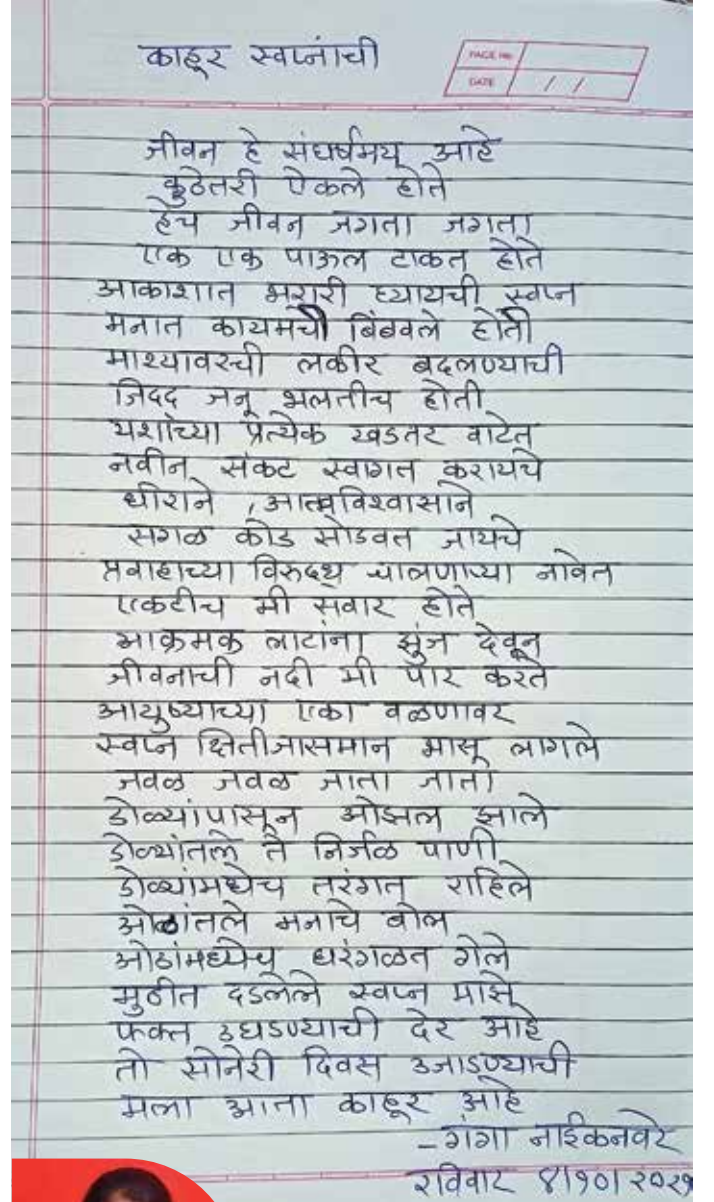
We LPF family, well-wishers, friends congratulate Priti Di and wish her many such recognitions and success.



■ **Bhaghyashri Sunil Adalinge**
LG 2020



■ **Yahaswini GS**
LG 2020



■ **Ganga Sangappa Naiknavare**
LG 2019



■ Mohini Nanasaheb varale
LG 2020



■ Namrata Popat Jadhav
LG 2020



■ Samiksha Haridas Kolte
LG 2020



■ Siddhi Kadam
LG 2020





■ **Pragati Pradip Chavan**
LG 2020



■ **Darshana Rupesh Pasalkar**
LG 2021

तू तो नारी है सबसे प्यारी है
मत बना खुदको दूबर्धल
तू तो तेरी कामयाबी की कहानी है
मत डर किसिके बुरे सोच से
तुझे तो अपनी सोच खुद बनानी है
तू मत समझ खुदको दूबर्धल
तु तो सबसे बलवान है
क्यों डरती हैं तू लोगों से और लोगों की बातों से
तुझे तो अपने हक के लिए खुद लड़ना है
तू लड़ना सिख तू झगड़ना भी सिख
जो फासले आये उन्ही मैं से होसले निकालने भी सिख
तुझे हर मंजिल को पाना है
इसलिए तो तू बहुत शानदार है
मत कर किसको इतना करीब की फिर तुझे पछताना पड़े
खुदको और बना सशक्त की रूह भी कहीं कोमल हैं तू कमजोर नहीं
तू तो लाखों की तलाश है
सशक्त समाज की सशक्त नारी है तू
हमारे देश की उन्नति की चाबी है तू
हर मुकाम को पाने का ज्वा है तू..



■ **Pratiksha Ramling Bhandarkar**
LG 2020



■ **Ruchita Sanjiv Kadam**
LG 2020

Prithvi Samant ■
LF 2020



If i could write a story
It could be greatest ever told
Of a kind and loving father
Who had a heart of gold?

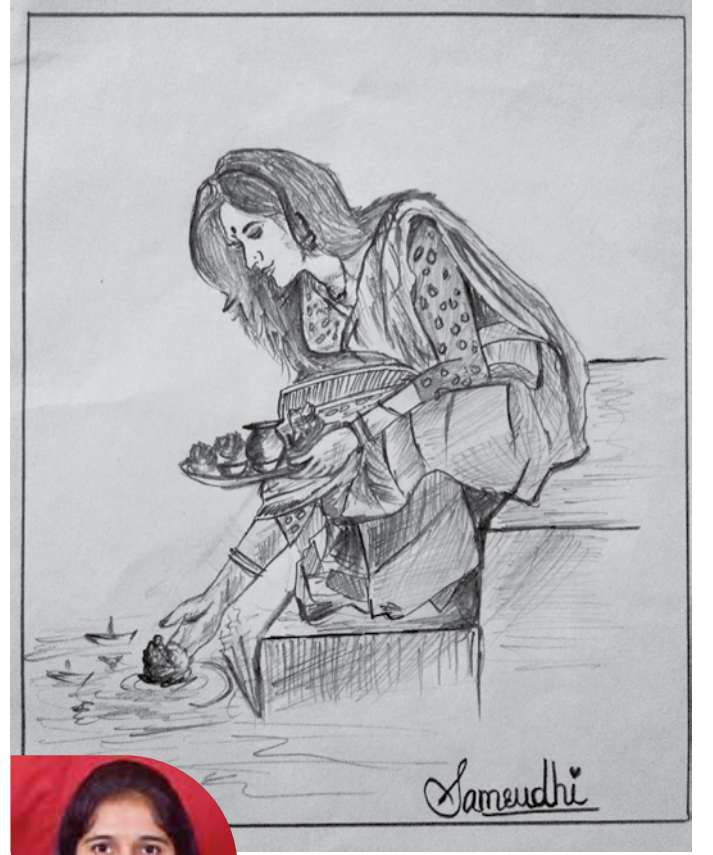
Dad you're very special
You mean so much to me,
There aren't many dads like you
Who gives so selflessly!

When life has turned my world
Completely inside out
You're always there to lean on,
I know without a doubt

Words can never be enough
To express how blessed i feel
You are the very very best
And that's a big bang deal

Your values teach me to learn and to give
And by your example I've learned how to
live

Thank you for all the love and affection
Thank you for the love and care
Wish you all the happiness and peace
I'm going to cherish every moment we
share.



■ **Samrudhi Wakade**
LG 2020



नव्या दिवसाची ही नवी दिशा
उगवते ही चंद्राला लाजूनी,

प्रकाश लागे जणू सूर्याचा
जबाबदारीच जणू अंगी येई,

आमराईचे हे फळ पाहुनी
जशी चंद्रमा हसून जाई
जशी चंद्रमा हसून जाई.

Savita Dhondiram Kadam ■
LG 2017

पसरते जणू काळजाचे सावट
जसा चंद्र निघून जाई,

कामे करू आम्ही तातडीने पापा
जसा आंब्याला मोहोर येई,



We have one more very passionate and hardworking LILA Fellow – **Dr. Aparna Kashinath Kharade**, a postdoctoral research fellow at National Yang Ming Chiao Tung University, Taiwan. She has completed her Ph.D. in environmental engineering from the same institute in the area “photocatalytic CO2 reduction to valuable hydrocarbon.” Her journey was a real tough and the lines that perfectly define her are “Successful people are not gifted; they just work hard, then succeed on purpose.”



Dr. Aparna’s native is at Chincholi village, Junnar town of Maharashtra. Her interest in Chemistry led her to complete her B.Sc. Chemistry in Junnar. She completed her M.Sc. in Chemistry for Fergusson college of Pune. She was awarded with Lila Poonawalla scholarship to pursue M.Sc. degree in the years 2010-2011. She completed her master’s thesis work from “CSIR-National Chemical Laboratory (NCL)”, Pune that helped her to acquire basic scientific and technical knowledge and complete the study with first class.

After graduation, she held a job at Crest Premedia (P) Ltd. for 1 and ½ years working as a chemist. She says, “The purpose of joining this company is to improve writing and editing skills, which helped me during publication and thesis writing. I was glad to work for this publication company but I felt like I drifted away from my core area of interest- Chemistry...!! Hence, I decided to focus on my own personal goal to do something meaningful for society.”

With this thought in her mind, on 1 November 2014 she joined the environmental sample analysis and characterization lab at Mitcon Consultancy and Engineering, Pune (India). I was after these developments that she decided to apply for Ph.D. program in and out of India. After a number of applications, Taiwan was the first country that recognized her potential and gave her the opportunity to pursue Ph.D. She was granted admission to the Ph.D. program in Inst. of Environmental Engineering at National Chiao Tung University in spring 2016. A hard-working person always leaves an

impression wherever he/ she go. The same thing happened with Dr. Aparna, due to her excellent academic record and research experience; she received the Outstanding New Student Award.

The Ph.D. program in Taiwan is not easy as one must be extremely competitive and must prove himself every academic year for receiving the scholarship. She says, “Even though this process is very complicated and challenging, I am trying to devote my efforts to this field. I started this research under the guidance of Professor Sue-min Chang. Fortunately, my hard work paid off

and I got excellent results in this field.” So far, she has published 2 research articles and 3 articles are under communications which are available on Google scholar. She has also participated in one of the biggest scientific conferences, ACS meeting 2019 held at San Diego, California where she delivered an oral presentation. She completed her Ph.D. in Environmental Engineering in January 2021.

Currently, Dr. Aparna is working as a postdoctoral research fellow under the same guide and institute. She is now a married lady blessed with a baby boy. Her husband is also settled in Taiwan and they represent a sweet family. Apart from the above academic excellence, she has retained a keen interest in gardening, considering the fact that she is a proud farmer’s daughter. In her free time, she enjoys reading books, especially autobiographies of successful people, and most importantly she loves spending time with her loved ones.

She expresses her feelings towards LPF by saying, “I would like to express my gratitude to Lila mom, Dad and LPF for their continuous support, unwavering affection, and inspiration. I have been a part of this family for 11 years. Mom-Dad and my parents are the sole reason that I am an independent lady today. My professional career has been brightened by their strong support and generosity and will forever remain in my heart. Thank you very much for making me more responsible and self-reliant person.”

**Compiled by Vaishnavi Nimbalkar- Phadtare
LF 2015**

Pallavi Taye, LG 2017 firmly believes in the quote “My only limit is the sky” and lives her life with the same ideology. Our world has become a social world, with multiple social media apps available to document every step of our life. And in this world, to have a successful social media career is an achievement like no other. Pallavi Taye is a successful Youtuber with more than 12,000 subscribers to her channel.

When Pallavi was approached for the Our Achievers column, in a true Youtuber fashion, she shared her story through a



video which is tried to be put forth in words as follows!

Coming from a below-average income family, young Pallavi saw struggles on very early stages in her life. “We do not belong to the affluent community. We had to struggle a lot. From having only one to two dresses to being ridiculed for coming from a less fortunate family, we had to go through it all. My only request to people who come from wealthy families is to always be humble as it is not in our power in which environment we are born,” shares Pallavi.

With the thought that education is the only

way to make life better for her and her family, Pallavi strived to study hard and achieve success. She says, "Even though school fees used to be a few 1000 rupees, my family used to find it difficult to pay them at once. And hence, we used to pay in instalments. As I was one of the bright students in my school, my teachers supported me throughout my education. And the more they supported me, the more it fuelled me to work hard."

After class 12th, Pallavi decided to pursue mechanical engineering as a way to achieve. As she had received admission through the Tuition Fee Waiver Scheme (TFWS), her fees were comparatively less. However, there were other expenses like hostel fees that were proving to be a challenge for her. It was during this time, Pallavi came to know about the Lila Poonawalla foundation. She immediately applied for the scholarship and hoped to get selected as it would solve all her problems. Luckily, she was one of the girls who were awarded the scholarship.

"I am extremely grateful to Lila Poonawalla Foundation. I am what I am today, because of the foundation. They supported me in ways that are beyond what is expected from a scholarship foundation. They brought a smile to my face when everything around me was trying to bring me down" shares Pallavi.

College was going smoothly for Pallavi. She was not only studying hard herself- but also working as a tutor for some students in her college. However, it was during her third year when the pandemic struck the world, and education was shifted online. Pallavi found it difficult to adjust to this change as she did not have the proper means to pursue education in this environment. She was also unable to secure a placement offer from campus placements. However, she did not give up. She tried for off-campus placements and was selected as well. But

Pallavi knew this was not what she wanted to do. She wanted to be able to pursue multiple opportunities at the same time.

During the lockdown, she started her grocery shop. And although she struggled at the beginning, today she is a successful business owner. Pallavi says, "No job is less. You should be proud of what you do. I know that I am an engineer, but I work as a shop owner. A lot of people find this very shocking. But I am happy with my current life."

During the pandemic, Pallavi also found another hobby for herself- Making Vlogs. "I was always good at speaking and sharing stories. When I saw people doing the same on YouTube, I wondered why not do the same. And that's how I started my YouTube journey. Creating content is a difficult process, but I like sharing my life with people and that is the biggest content I have."

"I never thought I would get successful on YouTube. I was simply posting videos of things I like. But one day I found one of my videos had gone viral. This resulted my channel to grow exponentially. I do realize that a career on YouTube is very lucrative at the moment. However, I do not plan to pursue it full-time. Maybe someday in the future. But for now, it is my hobby," shares Pallavi.

Pallavi has proved that if you work hard enough, you will achieve your dreams. "I wish to be able to help people as Lila Poonawalla Foundation has helped me. I will always be grateful to Lila Mom and Lila Dad for supporting me in my most difficult time. I once again credit my success to them."

You can catch Pallavi's complete story on her YouTube channel: Pallavi Taye

**Compiled by Tazeen Shaikh
LG 2017**

This is a story of Ranjini Chettiar, a Lila girl 2013 describing her journey from a small town girl to Canada; who has conquered it with her talent, knowledge and empathy.

As Ranjini completed her grade 12, her relatives started pouring suggestions on how she should get admission for any non-professional course so that her parents don't get burned by the debts of education. Ranjini's relatives knew that her father was going to retire the following year and it would be financially difficult to continue the education of both the kids. During that time, her brother was in his second year of engineering and had an education loan for studies. They also suggested getting Ranjini married after 3 years of college. Never did anyone know God had different plans.

Since first year in college, Ranjini used to take tuition classes for children at home to have pocket money. Her father used to work as a security guard to support the daily expenses of the family. Her mother used to pay the home loan using her income. Amid these financial crises,



Ranjini's mother got to know about the Lila Poonawalla Foundation scholarship through one of her colleagues. She thoughtfully suggested Ranjini to take a pharmacy program, apply for an education loan and the LPF scholarship. This decision indeed changed all their lives. She considers herself really fortunate that she got the scholarship in true time of need.

Ranjini was regular in attending all the programs organized by LPF where she met other Lila sisters. They used to share their dreams and ambitions. Their usual discussions were about how the pharmacy program has more scope abroad and how we could change our lives if we ever went abroad to study and settle. That is when Ranjini's curiosity led her to apply for education in Canada and the USA. When she discussed the same with her family, they simply laughed and said she should forget it. They reiterated saying we barely meet our daily needs, how we will be able to send you abroad for studies and suggested that she should get married after college.

It was not Ranjini's nature to give up on her dreams.

When she was in second year, she told her dream to a college professor. He immediately helped her connect with his students studying in Australia and other foreign countries. That is how Ranjini got ideas about student loans and scholarships that could support students like her to study abroad. In her third year, Ranjini applied for a passport from her savings, the income that she got by taking tuition. She gave GRE from the LPF scholarship amount. At last, she informed her mother that she gave the exam and convinced her to support her dreams. Her mother got convinced and in turn convinced her family. In her fourth year last semester, Ranjini got conditional admission for a post graduate diploma in Research and Development in a Canadian university. Her father sold his plot in their village and gave her money to take admission in the college. Her undergraduate degree helped her bag a student loan in no less than 2 months.

This september 24th will be Ranjini's fifth year in Canada. She had a lot of downfalls and has survived

many of them all these years. Currently she is working as a pharmacy assistant and is also studying to qualify pharmacy exams. Although she is away from home, she is deeply connected with her family.

She never fails to mention how LPF helped and supported her complete her dream. The money from the LPF scholarship helped her pay part of her student loan and also supported her to take the qualifying exams to go abroad. Moreover, LPF programs gave her willpower to chase dreams at any cost. During Covid time, she got the opportunity to financially support a girl to complete her last year in college. She firmly believes in never giving up and not any dream is too small to be forgotten.

We at LPF wish her all the good luck and may many more dreams come true!

**Compiled by Sonal Walunj- Mohite
LF 2012**



**Rita Sethiya
LF 2005, PA 2011**

She has numerous awards including the 'Global Women Icon Award 2022', organized by Grace Ladies Global Academy, Singapore; Received Honorary Doctorate in Social Work (2022), Organized by Grace Ladies Global Academy, Singapore; Received 'Global Record of Longest video event to celebrate International Women's Day "SHE IS GLOBAL" for active participation in setting Global Record, 2022, Organized by Grace Ladies Global Academy, Singapore. Also, she has an award "Global Record of most inspiring Women Blood Donor 2022" Organized by Grace Ladies Global Academy, USA.



Gauri Kharche
LG 2020

During the year 2021-2022, Gauri and her participated in BAJA SAEINDIA competition which is a national-level competition for Off-Road Vehicles to design, manufacture, and test the vehicle. They conducted vehicle's

designing, manufacturing, testing, preparation of presentations of CAE, Design Evaluation, Cost, Manufacturing, Sales, etc. and achieved All India Rank - 1 with 18 different awards in static as well as in dynamic events.



Kokila Kalivappan
LG 2021, Bangalore

She secured 100% marks in Pre-University Examination from the Sree Venkateshwara High School. She received a certificate and memento in appreciation from the school.

Mrudula Pangul
LG 2021, Wardha

She was the grand finalist of Smart India Hackathon 2022 which of held from 25th July 2022 to 6th Aug 2022. She was happy to have this opportunity in her first year of engineering.



Season affects human physiology in many ways. The upcoming winter season is all about the cool and pleasant weather; but a sudden change of weather may often trigger certain diseases. Common illnesses like upper respiratory tract infection (cold, cough, strep throat and tonsillitis); lower respiratory tract infections (pneumonia, bronchitis, bronchiolitis, asthma); rheumatism, viral flu, ear infections and many more. A nutritious diet and regimen helps your body to acclimatize with seasonal changes without affecting body's homeostasis. Proper well planned nutritious diet along with seasonal routine boosts your digestive system. During winter, body's BMR (Basal Metabolic Rate) increases, body demands more calories; which results in craving of appetite. This makes you put on more weight and worsen your health. To avoid these physiological consequences one can follow diet and lifestyle modification.



Regimen: (Life style changes)

1. Take your food on regular timings
2. Daily exercise or yoga at least for 30 min
3. Drink 3 litres water/day (Coconut water is beneficial)
4. Avoid woollen clothing immediately next to skin
5. Drinking warm water keeps your body warm, it helps to mobilise body fats
6. Avoid day sleep, always keep yourself active
7. Regular gentle body massage and steam keep your skin healthy and shiny
8. Avoid direct sun exposure to avoid skin damage
9. Avoid soap, shampoo to protect skin from dryness, itching
10. During travelling, one should maintain hygiene and health care precautions

This regimen and dietetics for cool winter is useful to you to build your immunity better to fight against probable winter illnesses.

This is an ideal diet plan for an Indian adult

(K.N. The person with a co-morbidity menu plan may alter)

Time	Menu/ food item	Nutritional ingredients
Early morning: 6AM	1 spoon Amla powder + ½ pinch of turmeric in Warm water (250ml)	Vit. C, crude fibres, Potassium, anti-inflammatory, anti-oxidants.
Snacks: 6.30 AM	4 Almonds, small piece of jaggery	Thiamine, niacin, calcium, iron, unsaturated fat.
Drink: 7 AM	Preferably 200 ml cow's milk + 1 spoon dried dates powder	Protein, calcium, folic acid, carotene, riboflavin.
Breakfast: 9 AM	Omelette (2 eggs + 50 g salad) or 2 medium sized besan cheela (add 50 gm salad)	Vit. A, high protein, fibres, calcium, phosphorous, iron.
Pre-lunch 11am	An apple (75 g)	Fibres, Choline
Lunch: 1 PM	1 Bajra roti + 1 bowl sprout + 1 bowl kadhi /daal + 1 spoon flaxseed chatani + 1 spoon ghee	High fibre, healthy fat, moderate protein, complex carbs and vitamins.
Afternoon: 4PM	1 cup of tea/coffee (add jaggery)	-
Evening: 6 PM	Sesame/ Jaggery or Dink (Gond) Laddoo+ 1 Fig	Unsaturated fats, healthy fats, vit E, calcium
Dinner 8 PM	1 cup (150ml) of bottle gourd soup + moong dal khichadi 1 Bowl + 1 bowl daal methi OR Soyabean Pulav 1 plate (add 50g veg) + 1 cup of mix veg soup	Fibres, protein, carbs, minerals.

■ **Dr Priyanka Musale**
LF 2010
MD (Homeopath)
Consultant Dietician and Nutritionist

85th birthday's Grand Birthday of beloved Dad

This year is a special one! It has witnessed the 85th birthday of LPF's hero, the loving person of all, the Dad to 12000s of girls and still counting, the Founder-Trustee of LPF... One and only DAD; Mr. Firoz Poonawalla

Apart from the warm birthday wishes from many at LPF, the friends, family, relatives, Mom and all his other nearest and dearest people, he celebrated this birthday with extra love and care for almost a fortnight. Post pandemic carved a path full of enthusiasm and love all set together to celebrate his birthday.

To mention them, the celebrations included the grand mornings, afternoons and evenings with School girls, Undergraduate and Post graduate girls, Bel Air College celebrations at Panchgani, Trustee members and Committee members celebrations etc. Everyone was so happy to have these times together with Mom, Dad, Priti didi and many more batch mates, juniors and senior sisters.

Dad was very eager to meet everyone, share his joy and love with every single girl, click photographs, have





selfies and enjoy the delicious cakes for every party! His energy was getting multiplied after meeting everyone.

The LILA Juniors from all the LPF networked schools participated in various singing, dancing, skit performances that were arranged specially for DAD. Also, the schools from Manchar area, celebrated the birthday by organizing the grand welcome and different performances. LILA Girls shared their experiences, had

their on-the-spot dances, sang his favorite song and many more to express their love and gratitude towards him. Senior fellows of LPF shared their experiences and made Dad Mom much more proud!

Thus, the birthday celebration of LPF's Founder Trustee, Mr. Firoz Poonawalla was celebrated by all the LILA Juniors, LILA Seniors and LILA Girls in a very unique way. Everyone wishes Dad a very Happy Birthday!

The quote "The only sure way to succeed is to work hard" perfectly suits **Ankita Khirodkar**, Lila Girl 2019 who recently started her corporate journey with Atlas Copco.



Ankita belongs to a simple middle-class family but always had dreams to achieve something in her life. Throughout her life, she has watched her mother having worked hard to raise her and her siblings. Talking about her family, Ankita says, "Growing up with a single parent with two siblings had its challenges. But my family has never stopped supporting me in my journey."

Ankita has completed her diploma from Government Polytechnic, Khamgaon. She then proceeded to complete her degree in Electrical Engineering from PES Modern College of Engineering, Pune. It was during this time Ankita was looking for scholarships to help reduce the financial stress on her family and she found her way to Lila Poonawalla Foundation.

Ankita first learned about the foundation from one of her seniors in college. She wasted no time in applying for the scholarship at LPF as she saw this could help her achieve her dreams. But what she didn't know was that the foundation would not only help her in her education but would help her in being a well-rounded person. "Lila Poonawalla Foundation has helped me in unimaginable ways. With financial assistance from LPF, I was able to complete my education without any hiccups. The training programs helped me develop skills that have not only helped me professionally but will also help me in my personal life," shares Ankita.

Ankita joined Atlas Copco, a multinational company that manufactures compressors, vacuum solutions and

air treatment systems, construction equipment, power tools, and assembly systems in 2022. It was during her participation in the Placement Drive organized by Lila Poonawalla Foundation that Ankita was able to land the opportunity to work at Atlas Copco. Talking about her interview experience, Ankita says, "The interview round was especially tough for me. However, I believe that it is essential, to be honest during at time. If you do not know the answer to a question, you should answer truthfully and let them know about the same."

Currently, Ankita is working as a Service Engineer at Atlas Copco. The work involves visiting multiple work sites and providing solutions to customers. "From long working hours to unsuitable environments, there are many challenges that you have to face as a service engineer. I happen to be the only female service engineer on my team. This sometimes leads to visiting sites that do not have proper facilities for women. However, I feel empowered to be in this position. This is a step towards equality and an opportunity for women in a field that is typically male-dominated," shares Ankita proudly.

Always trying to move ahead, Ankita shares that she plans to become an IPS officer and is studying for the UPSC exam. Despite not having enough time for preparation due to her long work hours, she believes that she will be able to clear the test. She truly believes that her hard work will help her.

LPF has played a huge role in Ankita's life and she hopes to give back to the foundation someday. "It has been 3 years since I joined the LPF family and it has turned my life completely. I owe a huge part of my success to LPF. I wouldn't be where I am today without the foundation. I have nothing but immense love, respect, and gratitude for Lila Mom, Firoz Dad and the foundation. And one day, I hope to help others break the barriers just like the foundation has helped me."

Compiled by Tazeen Shaikh LG 2017

Anuradha Lohar, LG 2018 is a young ambitious girl belonging to a middle class family from Hupari village located in Kolhapur District. She says she is daydreamer. She believes on her dreams and always tries to achieve it. She has completed her education from a girl's school in her village. She was good in studies as well as extra-curricular activities. Since her hobby was singing, she participated in various musical events. Since she was from small town, there were no resources of learning music so she learnt it on her own. It was time when family also did not wish to support such extracurricular things because they were not aware of it. But she kept the faith in herself and simultaneously maintained her studies. Because ultimately that's the only thing we can prove to a typical society that we are capable of doing something. It was indeed a tough time. At the age of 14 she got her first prize in singing competition. From that time her parents started believing her that she can do anything for what she wants to achieve. She scored good score in 10th. This helped her in seeking scholarship for academic education of 11-12th standard. These 2 years studies are indeed a milestone for every student. The made her way through that as well. She came up with flying colors!

After 11-12 she got admission into VIT Pune and finally,



the journey of her in LPF i.e. Lila Poonawalla Foundation started. She cracked the interview & because of her extracurricular activities and academic performance she got selected into this program. She believes that because of this foundation program she became technically sound as well as financially independent. LPF sessions helped her lot to build her personality. She says "Looking back to the old days it makes me feel really proud of myself that now where I'm!"

Since she was from girl's school she had fear of interacting with males. Engineering was a ride of lots of ups and downs but she learnt many things from these phases & developed herself. Anuradha adds, One of the touched incidences which led me to take more prominent steps towards my goal was that-"When I was in school one of my teacher underestimated me & commented on me that I could not perform well in academics and same thing he told to my parents. That time I felt like our education system is really wrong but for me the target was to prove them wrong. And I scored really good marks in SSC & in maths I scored 99 out of 100. That was really shocking for that teacher. In this way I proved myself & didn't got discharged by teacher's behavior. In fact, it was motivation for me to perform well. And in last year I got a call from same teacher to seek career

guidance for his daughter. All I can say is "That's how fast, night changes".

So believing in yourself is very important thing & remembering that nobody is going to help you in hard times; you have to fight for yourself. And the best thing I learnt in my school life is we'll be having troubles in path, few negative people will be around us, but you are the only one who really makes yourself stronger by utilizing your strengths properly."

Anuradha has achieved many awards including 2nd runner up at Singing Competition (Sangli District) and Talent show competition (Kolhapur District). She has been a winner in art competition held by Kolhapur District. And for her academics she has received the "Best outgoing student of DKTE 2018" award.

She says that LPF communication sessions have helped her to overcome it. Now she is very confident & powerful

women. Despite of this personality building sessions there were some technical courses which helped her to crack the placement assessments. Now she is working in Kyndryl by IBM as a Software Developer in Bangalore. She says "Whatever I've achieved till now and what I'm now has been a tough journey. It was all possible due to lot of contribution from Lila Poonawalla foundation!" She now supports her family financially. Because becoming financially independent & helping family was her ultimate goal. Her parents, society, LPF family, teachers, mentor & friends are proud of her.

She suggests all the new Lila girl's to take advantage of all the programs and become a leader of new generation. To the end of this article let's share a beautiful quote written by her. "Dream it, believe it & achieve it!"

LPF wishes her all the best for future endeavors!

Compiled by Rita Shetiya LF 2005, PA 2011 & Kashmira Deval, LG 2012, LF 2015, PA 2017

We all have dreams, but in order to make dreams come into reality it takes an awful lot of determination and dedication. Neha is a Lila Girl 2019, who belongs to a very small village Nagaon in Kolhapur district of Maharashtra. She completed her school with very limited resources available to her due to her family financial conditions. Her friends and teachers helped her with stationary and books. Although her conditions never stopped her from achieving her goals and she completed her schooling with flying colours. Without any clue about her further path, she opted for Diploma in Mechanical Engineering, because she had keen interest in Physics and Mathematics. She bagged the merit-based seat that allowed her to pursue her Diploma with full fee waived off.

She recalls being one of the 4-5 girls in a class of 60 with other boys fellow mates attending her lectures. With the support of her faculties and their constant guidance and motivation she not only participated in many projects and competitions, but also won many prizes. This helped her pay off her extra curriculum fees.

During her Graduation admission, her family's financial conditions worsened as her village suffered through floods. But, she believed in her dreams and landed a seat in the Engineering College, where the management helped her by allowing her to pay her fees post the admission process in instalments. She describes her feelings in a statement that says "Doobtey hue ko tinke ka sahara" a famous proverb in Hindi. And here she started her beautiful journey towards her dreams. She says when she was selected for Lila Poonawalla Foundation scholarship her feelings knew no bounds and her family was relieved from the financial stress. She added her regards to Mom, Dad and foundation for being a strong support throughout her journey not only financially but to play a huge role in her personality building. She recalls Lila Poonawalla Foundation being her family away from her family.

She added "After my selection process, there were lot of training sessions organized by foundation in association with various Organizations. We were trained for technical and Non-technical aspects of life. Field visits and Industrial visits were arranged, grooming sessions along



with how to prepare yourself for interview, MS office trainings, self-defence etc sessions were given to us. I had attended most of the Technical and Non-Technical Sessions which made me more confident with each passing day. I used to participate and enjoy all the sessions where I got an excellent opportunity to interact with the Corporate Associates. They used to guide us on personal level too. This is the most useful part in any of the Engineering Student's life. The three years were bit challenging for me. As my admissions got late, I was not able to be a part of Clubs initially. I tried hard and selected to multiple clubs the next year. My last year of Engineering was like a roller coaster ride for me as I was not getting Internship in the start of the year but later, I got Internship in Bosch. "

Her internship played a crucial role in her career and helped her gain perspective about her dreams and what kind of job she wanted to pursue further. Even though her classmates got placed she waited for the right opportunity and prepared herself for the right position in meantime. During this period, she received a call for interview from foundation for Schlumberger (STSI). She immediately responded to foundation showing her interest in the position. Foundation helped her with further process, knowing about the organization and other placement procedures. She cleared all the rounds and got selected for the position.

She adds, "And all the hard work I did into my 6 Years of Engineering helped me to get into Schlumberger (STSI). I will always be thankful to Lila Mom, Dad, all the Didi's and Foundation for all the financial and Corporate Assistance they have provided during my entire education. If it wasn't for foundation, I am not sure where I would have landed today. Mom and Dad has been a blessing to my life and I hope each and every girl willing to pursue her dream gets a blessing like this in her life. They treat us like their daughter; Mom scolds us for not attending any sessions while Dad pampers us with all the love. They are nothing less than a family to me and I will be happy to be associated with foundation in all the possible ways. Neha, we at LPF wish you all the best for future endeavours! Keep shining and growing!

Compiled by Sonal Bhagat, LG 2016

Pune Placements

S.no	Name	Scholarship year	Placement
1	Rutuja Sanjay Malvadkar	2017	CDAC Institute
2	Dimpal Akash (Dhananjay) Khandeshi (Bhalerao)	2017	MSEB;Manchar
3	Saniya Abdul Razzaque Karigar	2017	Epan system
4	Akanksha Nandkishore Songire	2018	Barclays
5	Malleshwari Chandrakant Bhandari	2018	persistant
6	Najiya Bilal Shaikh	2018	Xoriant
7	Pratiksha Hanumant Ghundre	2018	Vodafone Intelligent Solutions (VOIS)
8	Pratiksha Karbhari Shinde	2018	India Persistent Systems
9	Shweta Manohar Gund	2018	Deloitte
10	Swapnali Mahadev Dhakane	2018	Barclays
11	Vaishnavi Balasaheb Pachpute	2018	Fujitsu
12	Vrunda Pandurang Fatangade	2018	Amdocs
13	Shabana Maheboob Sayyed	2018	Eaton power
14	Shradhha Hanumant Bhor	2018	Innovative Automation pvt ltd
15	Sampada Sudhaka Shinde	2018	SBI
16	Apurva Ramesh Mankar	2018	Deenanath mangeskar hospital
17	Liya Yohannan Yohannan	2018	Bharati Hospital
18	Apeksha Ravikant Jadhav	2019	Cognizant
19	Dipa SantoshSajjanshette	2019	Emerson
20	Harshada Ramdas Mane	2019	Dematic
21	Kaveri Anil Minde	2019	Uno Minda
22	Neha Uday Deshpande	2019	Schlumberger India Technology Centre Pvt Ltd
23	Pooja Janardhan Kokate	2019	Bridgestone India Pvt Ltd.
24	Pooja Khandu Rode	2019	Wipro
25	Pooja Krushnat Jadhav	2019	FIS Global
26	Pratiksha Sanjay Dhote	2019	Persistent Systems
27	Radhika Ramdhan Bhise	2019	JCB INdia ltd
28	Ritu Baliram Pawar	2019	Barclays
29	Sneha Prakash Kolhale	2019	Honeywell
30	Supriya Mahendra Jagtap	2019	SAP Lab
31	Trupti Vijay Salunke	2019	Mindtree
32	Yashshree Dattatray Shinde	2019	Coditas Technologies Private Limited
33	Yogeshvaree Janardhan Biradar	2019	TCS

Amravati Placements

S.no	Name	Scholarship year	Placement
1	Shubhangi Bhimrao Tambe	2014	Chimur Sub centre
2	Shruti madanlal Rathi	2016	Xomic Infotech Pvt Ltd
3	Surbhi Devisingh Shilpakar	2014	Aheri Sub centre
4	Jyoti Ramkhilawan Tiwari	2016	Infosys company
5	Rupali Ramdas Kalpande	2016	Infosys company
6	Nikita Pradip Bakale	2014	HDFC bank
7	Kshitija Umesh Boke	2016	Infosys company
8	Rutuja Pramod Kale	2016	People tech group
9	Siddhi Diwakarrao Bhelonde	2016	Tata Communication
10	Manisha Shankarlal Sachdev	2016	Adapt ideation
11	Pratiksha Anil Mantri	2016	Capgemini company
12	Aishwarya Vitthalrao Pranjale	2017	Sandvik company
13	Aishwarya Ranjeet Shete	2017	Ashwamedh spaces Pvt Ltd
14	Akanksha Rajkumar Gupta	2017	Cognizant company
15	Sakshi Jagdish Charhate	2017	Cognizant company
16	Anuja Ravindra Hingne	2017	Infosys company
17	Rohini Subhash Nirmal	2017	LTI company
18	Ragini Kishor Alkari	2017	Harman International Samsung Company
19	Komal Prakash Manoja	2017	Cognizant
20	Pranita Vilasrao Sune	2017	Infosys company
21	Pratiksha Rajendra Darokar	2017	TCS company
22	Vedanti Girish Nandurkar	2017	Capgemini company
23	Mayuri Dnyaneshwar Mahakalkar	2017	Bajaj Allianz General Insurance
24	Tejashree Vinayak Dudhe	2017	HMJ foods LLP
25	Pranali Sanjay Chavat	2018	HCL Technologies
26	Gauravi Ganpat Ghode	2018	Sandvik
27	Pragati Someshwar Dharme	2018	Infosys company
28	Puja Shriram Hage	2018	Infosys company
29	Sampada Ramesh Dudhe	2017	Aico foods ltd
30	Rutuja Dilip Rekhe	2017	Capgemini company
31	Swarupa Pralhadrao Gayakwad	2018	IB Plastic Omnium MNC group

Wardha & Nagpur Placements

Sr. No	Name	Scholarship Year	Placement
1	Aliya Fatima Ahmed	LG 2017	Infosys Limited, Mysore
2	Sara Noorulamin Khwaja	LG 2017	Cognizant Technology Solution, Pune
3	Sofiya Khanam Mohd Badruddin	LG 2017	Accenture, Pune
4	Aboli Dilip Deshmukh	LG 2017	Zensar Technologies, Pune
5	Chaitali Pramod Dudhane	LG 2017	Epicone Consultant Pvt. Ltd. Mumbai
6	Kalyani Dilip Padole	LG 2017	TCS, Nagpur
7	Likhita Pandharinath Talwekar	LG 2017	Deenanath Mangeshkar Hospital, Pune
8	Prachi Pradip Dhale	LG 2017	Deenanath Mangeshkar Hospital, Pune
9	Priya Dnyaneshwar Dhage	LG 2017	Motherhood Hospital, Pune
10	Priya Sudhakar Gawali	LG 2017	Motherhood Hospital, Pune
11	Vaishali Madhukar Hulkey	LG 2017	Lilavati Hospital & Research Center, Mumbai
12	Mansi Ramkrushna Borghare	LG 2017	Omega Healthcare, Bangaluru
13	Vaishnavi Manoj Chandak	LG 2017	IKS Healthcare, Mumbai
14	Vaishnavi Ratnakar Darange	LG 2017	Cognizant, Pune

Anniversary Wishes

Hello Mom and Dad,

I wish you the happiest 52nd anniversary Mom- Dad. May God give you many more years of togetherness! May all the upcoming girls get the shadow of your love care and support. We are so blessed that we got you as our ideal one. May God keep u both blessed! You both are the start of my good life and now you're the heart of many girls like me.

Happiest anniversary Mom and Dad!

Your lovely daughter,

■ Mrunmayi Sanjay Bhosale
LG 2020



Dear Mom and Dad,

Throughout the ages, numerous people have searched but have never found such a love as the two of you share. May you be continually blessed with great love and happiness.

Sending all my love and best wishes as you celebrate another year of love and affection for one another. May your love continue to hold strong and grow with the passing of the ages. Happy Anniversary Dear Mom and Dad Stay Safe and Healthy and May God bless you with his divine Grace.

Yours,

■ Riteshree Mahidhar
LG 2016



Dear Lila Mom & Firoz Dad,

We i.e. Amol, Sanskriti and me join in to send you heartfelt greetings on your 52nd Marriage Anniversary!

Your lives are an inspiration of love, togetherness, commitment, undaunting support... One that sets relationship goals for the present generation to achieve... One that leads by an example.... One that makes the younger generation want to believe and fall in love and take a chance to create fairy tales in real!

It's amazing how you have stood by each other and supported each other through all highs and lows that life may have thrown at you individually....

We wish you lots of love, health and care on your anniversary..... Today and for many more years to come.

Love you both



■ Rajani Panchang
LF 2000

Dearest Mom and Dad,

I'm Vaishnavi Pund from Amravati (LG 2017) .How are both of you? Hope you both doing good and well.

On the precious occasion of 52 year of togetherness of your love and affinity for each I'm wishing to count many more like today.

We all know that, this love and kindness for each other will be lasting forever. Happy marriage anniversary to both of you. Hope your love and support will be same for us. You daughter loves both of you Mom and Dad.

Thanks and Regards

■ Vaishnavi Pund
LG 2017, Amravati



Thanking You greetings

Dear Mom & Dad,

Thank you so much both of you, Mom and Dad - for your warm birthday wishes!!

Like every year, it's always a special and personalized note that I receive from you on my birthday :) I'm thankful to the god and all the prayers from loving people like you. It's another healthy year that I could enjoy.

It's been 17 memorable years that I have been in the LPF family! I remember almost around the same time of the year 17 years ago, I received a scholarship at the hands of Hon. Dr. Kiran Bedi.

So many learnings that I carry (and leverage too) from endless programs you arranged for us. I can't thank enough for the thoughtful sessions right from spoken English, arts, dance, factory visits and many more. And yet so many years at our beloved magazine, Inspira too.... The list is endless.

Today when I look back, I realize how impactful those programs were /are!

I am also very eager to meet you both hopefully very soon! And yes, equally excited for interacting with girls for the selection of next batch.

I'm blessed to be part of a loving and caring family which is growing exponentially but still so intact and even today it feels homely.

See you soon!

Warm regards and lots of love,
■ Prachi Harkare
LF 2005/ PA 2009



Dad birthday wishing

I wish you very happiest birthday Dad on your Special day! I'm hoping that you have a lovely birthday this year.

I really admire and respect you so much, but your birthday seems like the perfect time to remind you anyway. I feel very lucky to have someone like you around, and anyone would be fortunate to have a person as important as you in their life.

Your Special day reflects the wonderful person! Once again very happiest birthday Dad.



Loving daughter,
■ Kajal Dhobale
LG 2021

Dear Dad,

On your birthday, I want you to know that you are truly an inspiration for me. Your passion towards work, your charity, emotional attachments towards me and all my other Lila sisters makes us so special.

I just loved your sense of humor and behavior when I saw you in Orientation Programme. You are so kind and cool than my expectations. I always feel lucky to be part of LPF and having you and mom as the next parental and guiding support.

I hope you live longest because LPF will always need you and we daughters as Lila girls too.

"Happy Birthday Dad!!" , I am glad that I am your daughter.



Your loving daughter,
■ Shravani Lokhande
LG 2021

Hello Dad,

Good Morning! Wish you a very Happy Birthday. You and Mom are the source of inspiration for us. You have very caring and loving nature towards all girls.

Foundation is always doing best for all girls for their better life and to become a good women, but along with financial support you are giving moral support to us by organizing various informative sessions.

We are so lucky that we have DAD like YOU. Have a Happy, Healthy and peaceful life ahead.

Thank you very much for everything.



Yours faithfully
■ Aishwarya Agavane
LG 2020, Pune.

Father's Day

Dear Dad,

On the special occasion of father's day, I would like to be thankful to you for everything you did to me. Thank you for your constant support and love. Keep showering your love on us! God gave me two mother's and father's (name is also same), so I am the blessed daughter as I have these 4 strongest pillars with me. I know my dad feels proud of all his daughters and we are going to make you proud in future too.

"Happy Father's day Dad "



Your loving daughter,
■ Aasama Firoj Tamboli
LG 2019

Dear Dad,

On this occasion of Father's Day, "Wishing a very Happy Father's Day! May God bless you with happiness, contentment, prosperity, peace. May he be always with you and Mom. I have so much respect for you. I have learnt many things from you.

Without your wisdom and guidance, I'd be lost. You always make me feel special.

I'm super grateful that I have you as my dad. I thank you for your time, your love, your guidance and for being the best dad. Warm wishes on Father's Day."

Once again Happy Fathers Day Dad!



Your daughter,
■ Nazal Khaliknoor Shaikh
LG 2019

Hi Dad,

Happy Father's Day (belated). I hate this concept of celebrating father's day only a single day. Coz for me, I think of you every day. And because of you, I have this good life and was able to be graduate.

As of now, I'm doing a 9-6 day job, and in the evening, working on my passion to make my dream come true. Yeah, living a good life. Thanks for all your love and care. Take care of yourself and be healthy.

Give a big hug to mom, from me.

I've designed by myself a small love memory as an image.



Your Lovely Daughter,
■ Pranali Patil
LG 2015

Mother's Day wishing

Good morning mom,
Happy mother's day!

Mom you give us courage and support to be successful in our live. You've always been helping us, mentoring us and guiding us to pursue more and understand our caliber to make sure that we excel. You are one of the best mom in the world.

We all love you mom and thank you mom for supporting us.

Your loving daughter,

■ Rajia Biswas
LG 2021, Nagpur



Dear mom,

Wish you Happy Mother's Day! The significance of this day is to celebrate the one person who has taught us how to love unconditionally and without expecting anything.

I am always thankful to God for having you in my life, who inculcates the habit of constant learning and giving. And most precious thing you taught me is that, one should always give whatever we have to others no matter what it is, it can be education, it can be love, it can be respect, it can be money. And best part is you gave me all this with love

Thank you mom for giving me all this and sharing the bond of loving mother with me. It may sound so dramatic but still I'll say that Thank you for being Yashoda Maiya of my life.

I'll always respect you mom not because you gave me so much but because you shared your live experiences with us and taught us how one should behave. I love you mom from bottom of my heart.

Mom I've made a beautiful picture of loving bond of Mother and Daughter and I'm sending you the same. Hope you like it

Once again Happy Mother's Day my dear beautiful Mom



Your daughter,

■ Komal Gotmare
LG 2016 & LG 2019



Dear Mom,

Today I am wishing you a Happy Mother's Day Mom! You are the best woman in the world and I'm blessed that I am your daughter. You're the person who has made the biggest impact on my life and I thank you for that. You are so full of love, faith and inspiration. One of the things I admired most about you is your supportive nature and kind heart attitude. By supporting me you pushed me to be the best person of myself. You taught me to be brave to have the confidence to achieve my dreams.

Thank you Mom for Everything that you gave me and love you by the whole of my heart.

Wish you a best health and happiness and once again wish you Happy Mother's Day!

Yours lovingly daughter

■ Nikita Pravin Modak
LG 2020, Pune



Dear Mom,

I hope you are great!

It has been really long that I wrote to you. I wish you a very Happy Mother's Day Mom. May God always bless you with all the happiness and health. I wanted to Thank you Mom, for giving me the opportunity to write something about my journey in our INSPIRA. It was really a very proud moment for me and my parents. I am really very grateful.

I also wanted to tell you that, I have completed my Master's and have started my new job as Business Analyst in SAP Consulting, at Deloitte GmbH Germany. It has been almost 3 months now, and I find the job really good. The colleagues are very friendly and I learn new things every day.

I am planning to visit India in coming October. This time, I hope Covid Situation would be better in India, so that I could also meet you. Till then, I have also sent you a Hi on Skype. I would be happy to stay in contact with you on Skype.

Take care Mom and Dad Love you both!! Stay healthy!!

Yours lovingly daughter,

■ Akshada Todkar
Lila Girl 2014

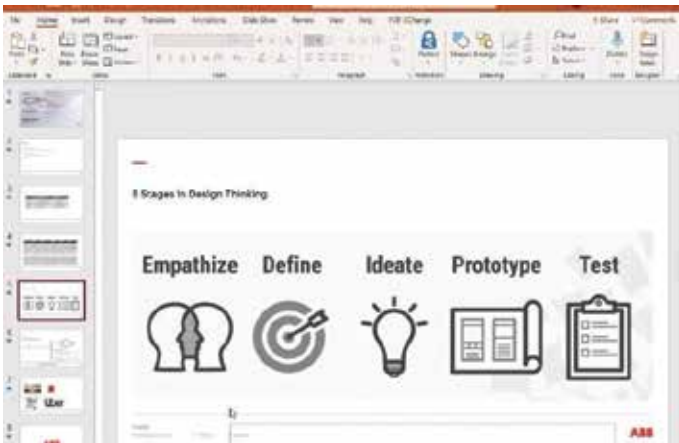




The volunteer showing representation of data in various types of link charts, pie diagrams, etc during basic & advance excel session



Volunteer from ABB sharing knowledge about Financial Literacy



Session on Design Thinking by ABB volunteer



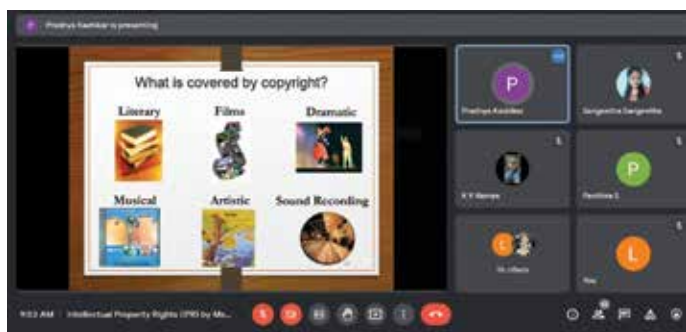
Session on resume Writing by the volunteer Mr. Rakesh Sharma



Group photo of the session conducted by Lean Six Sigma



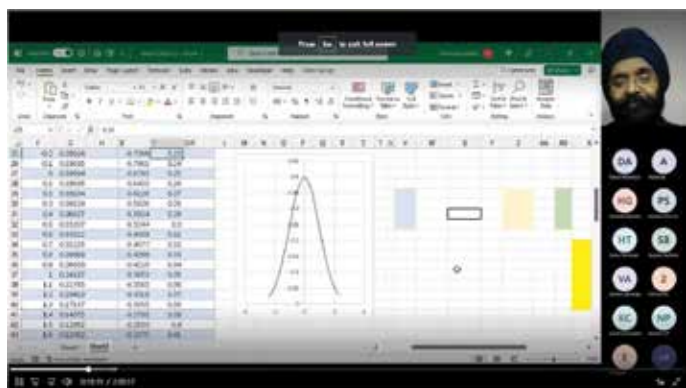
Session on Leadership Lesson by Concentrix volunteer



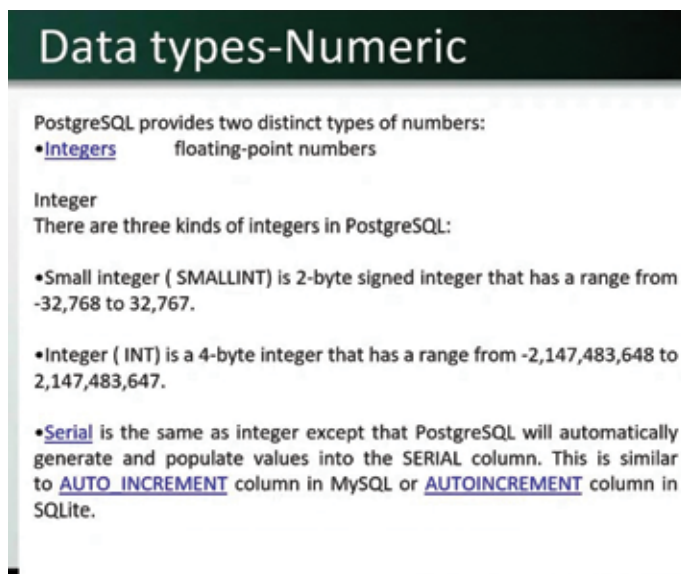
Trainer, Pradnya Kashikar(LF-2001) explaining the meaning of Copyright during the Intellectual Property Rights session



Group photo of Mind Mapping Session by Meera Natarajan, trainer



Trainer, Dr.Harvinder Jabbal explaining Data Science Life Cycle to the LILA Girls



Training on Awareness of RDBMS by trainer Mr. Sandeep Patil



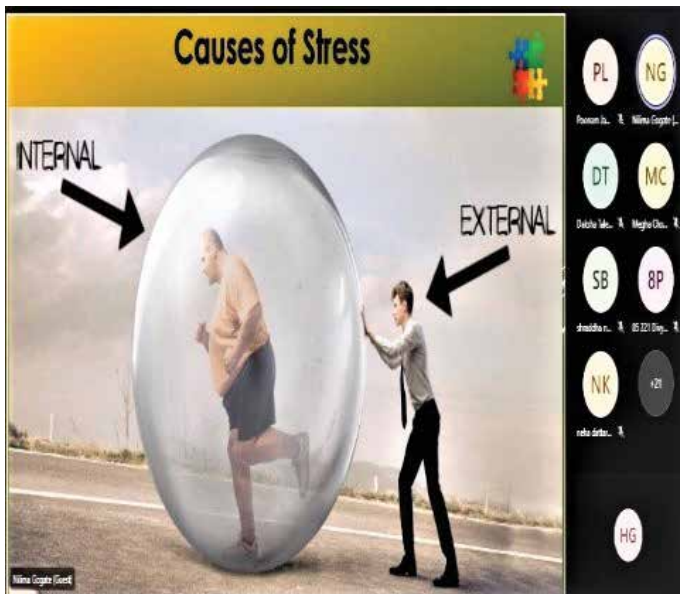
Group photo clicked during the Fundamentals of computer networks training by Ms. Smita Gune



Time Management session where trainer Ms. Monika Nair explaining SMART Goals to the LILA Girls



Dr. Venkata, trainer for IT Infrastructure Landscape explains the components of infrastructure management



Scale - Up session was conducted by Ms. Nilima Gogate for explaining the causes of stress.



A session on careers in IT conducted by Mr. Yogesh Thanage (Rotary Club, Pune)



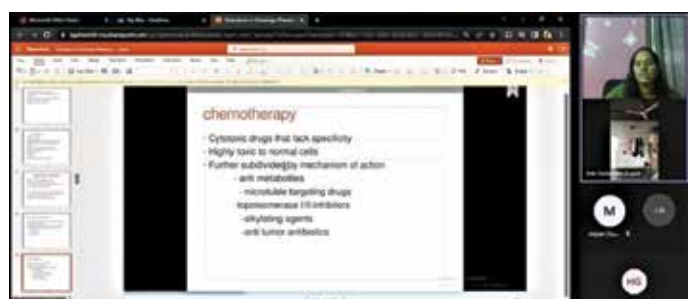
Block Chain session was conducted by the trainers, Ms. Swati Jadhav & Ms. Sonali Patil



An orientation on MentorTogether App(special initiative) conducted by the Mentor Together team



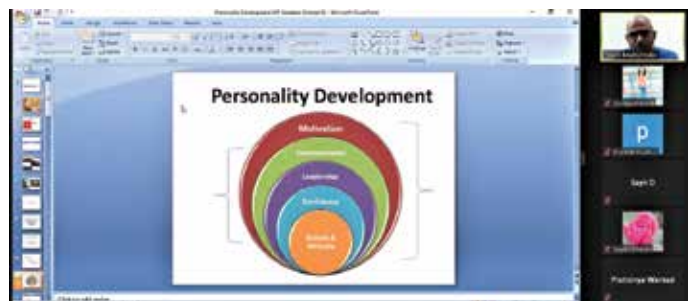
◀ An interactive session on "How to Conduct Meeting" was conducted by Mr. Norbert Koenig of Seco Tools.



The Trainer Ms. Priti Deshmukh giving brief information about chemotherapy.



Ms. Rutuja Dhere, LG 2017 explaining other sisters about the importance of the Japanese language



Mr. Manish Upadhyay explaining the attributes required for a good personality.



An health awareness talk was conducted by Family Planning Association



Atlas Copco Volunteers demonstrating mock interviews with LILA Girls



A Cyber Security session was conducted by ABB volunteer



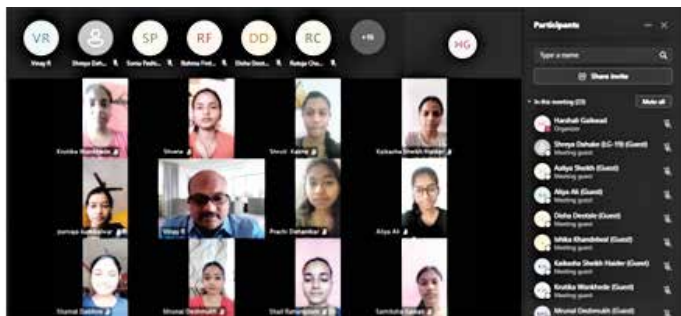
A Corporate Employability Program (CEP)-3 was conducted by Amdocs Volunteer on Cloud Computing



LPF Thought Leadership Series – 'Change is the Only Constant- Developing the Right Mindset to Navigate Work and Life' was conducted by Ms. Rashmi Dixit (LF-1998)



COVID 19 - Effective Nursing in Times of Crisis conducted by Ragini Godbole



Group photo clicked during the informative session on Industry 4.0



A interactive session on "Confidence Building" was taken by Concentrix



Dr. Sayalee Gankar, Vice Chancellor through Rotary Club was interacting with girls on the topic of women empowerment



A session was conducted by BMC volunteers on 'how to strengthen professional networks and create the digital existence?'

Feedback for Inspira from Tejaswee Sharma

LPF Inspira Issue 59 was awaited again for reading. It is such an amazing experience to read about the recent grand events & celebrations. The Messages from Mom, Priti Di are purely love. On reading about the training programs, I recalled the time when I used to attend the workshop; they have helped me immensely in both my personal and professional life. And so will my sisters too. Also seeing the art



snippets, placements information, articles about new adventures, health care from my fellow sisters & achievements... All have inspired me!

Thanks once again and I'll be waiting for the upcoming issue too!

■ Tejaswee Sharma
LG 2017
PA 2019

Feedback for Inspira from Naga Lakshmi Hanumatrimurthulu Kantipudi

Today i.e on 21/05/22, I've read the Inspira newsletter. Every moment I felt very happy to know all the secrets of success. There were many difficulties during lockdown. Even though the foundation did help to many families. Firstly I thank mom and Dad do selecting me a part of lila foundation. Many lila fellows have did a project which has helped all the Lila family. There I came to know about many people's success story. And from that I learnt many things to be successful. That's not easy. Mom and Dad and Lila family made it to 25 years! Hurray to the grand milestone! Many more to come along...



The training programs are indeed helping many people. As you mentioned in one line do not keep grudges; be happy! I just paused a moment and again read that sentence felt very happy. I pray that our Lila foundation must go on and make it to the 100th celebrations. Thanks to all the members of Lila foundation whoever taking initiative.

Love you mom and Dad.

■ Naga Lakshmi Hanumatrimurthulu Kantipudi,
LG 2020, Nagpur

Feedback for Inspira from Sakshi Anil Gund

I read the Inspira Vol.59 and I was just amazed by knowing all the efforts the foundation family takes to make sure I am helped. By reading the first page in which mom told about all the back-end work going on, I was so touched. It was a great ride with Priti di with her amazing experiences. I felt like living in the same world. I was so engaged throughout my reading of this wonderful piece. It showed me various



arts created by my LILA sisters. Through the achievements I got to know the foundation's efforts towards our growth.

I'm very grateful to be part of this family. Thank you so much for taking care of us like more than a foundation.

■ Sakshi Anil Gund
LG 2020, Pune

Ready Engineer Program by 'Tata Technologies'

Dear Mom and Dad,

I'm Divya Malkajgiri, LG 2020. I thank Lila Poonawalla Foundation and Tata Technologies for Advance Ready Engineer program. I very happy and excited to complete such wonderful program. There were skills to learn which are related to my Mechanical engineering stream.

I specially learnt Fundamentals of automobile, Advance Automobile design, AutoCAD and also solid works. For learning these softwares, we need to spend more money outside but you made us to enroll such programs with lots of softwares for free. And it is very comfortable to

us to learn anytime and wherever we need. And also the exam which was conducted for Body in white and fundamental of automobile were interesting and easy to attend.

Thank you for giving me this opportunity.

Yours Sincerely,

■ Divya Malkajgiri



LG 2020
Hyderabad

Industrial Visit to ABB for Hyderabad LILA Girls

Hello mom and dad,

How are you? I am fine and I hope you both the same. I am Varshini Chitturi, LG 2020 from Hyderabad. On Friday, 17th of June 2022, we have visited the industrial company, ABB Company. I really so much happy to visit because it was totally a new experience to me ever yet before. I learnt so many things and the buddy women engineers gave a great experience whole day. Also they guided like what to do after our B.Tech course and how to attend an interview, what skills we have to develop and so on.

During the laboratory visits, the lab operators gave clear explanation which is relatable to our course. Afternoon

the meals were so good. Every time each and every ABB employee took lot of care for the whole day and finally our Nisha didi really took so much care during the bus escorting and whole industrial visit. Thank you didi.

Expecting more visits like this! Thank you mom and dad for giving this opportunity to us.



Your loving daughter
■ Varshini Chitturi
LG 2020 Hyderabad

Self Reliant Personality Development by Manish Upadhyay

Dear mom,

I am Dhanashri Ghagare (LG-2019) from Bajaj institute of technology, Wardha. I have attended the Personality Development session which was conducted by Manish Upadhyay Sir.

I learn about the various qualities of personality development that we admire in them. Also I learnt some tips to improve the personality. And also understood the 10 new things like some principles, case study of Pragati, visualization, acceptance, confidence and many more.

It made me aware that-

- Don't try to impress the people. Try to express yourself, people will automatically impressed by you.
- Relation between action and fear. Actions cure fear!
- Nothing is permanent- Neither success nor failure! So, if you fail, then, rather than making regret, try to work hard. Success will definitely make the noise.
- Acceptance helps you to create awareness.

There are 4 categories that people are divided into-

- a) The director- who have ability to lead a team
- b) The socializer- who are excited to do any things instantly and very energetic like party person.
- c) The thinker - who research on it. Think a lot and then give the result
- d) The decider - who act according to the surrounding people. They don't hurt others emotions and feelings.



Along with that, I also enjoyed the lunch and breakfast. The session was very helpful. I enjoyed it with lots of knowledge.

Thank you mom for such a helpful and informative session.

Your daughter,
■ Dhanashri Ghagare
LG-2019

Women Safety: Practical Aspects and Law by Rotary Club Team

Dear Mom,

I just attended the "Women Safety: Practical Aspects and Law" Session.

The session was very good. We got to know about our rights and actions to take against any type of harassment whether that is work related, college or even public places.

'Only YOU yourself are able to keep you safe and no one else ', this was my most important learning of the session. I learnt about the law for self-protection and about taking actions for our own safety then only we will

get help from others.

I want to thank you, Dad, Advocate Anand Mahurkar Sir and LPF for providing me a chance to attend such a session.

Thanks and Regards,

■ Aboli Satish Jadhav
LG 2020



IT Infrastructure Landscape by Dr. Venkata Dayanandan

The session of IT Infrastructure Landscape familiarized us with IT structures and the various concepts associated with them. Dr. Venkata was very jovial and made sure to make the session very interactive. Added to that, the highlights of the sessions were the stories he told us and the videos he played to motivate us. It was an amazing

session. Glad to have participated in it. Thank you Dr. Daya Venkata Sir. Thank you Lila Mom and LPF for this wonderful opportunity.

■ Akanksha. G.
LG 2021, Bengaluru



LPF Thought Leadership Series by Vrushali Gaud (LF-2000)

Respected Mom,

Thank you to LPF for arranging such a wonderful session on 'building resiliency in personal and professional life' for us. The mentor, Vrushali Gaud mam taught us very important things from this session. She taught us about resilience is the capacity of person to maintain its core purpose in the face of dramatically changed circumstances.

She told us a key point in person and professional life I.e. focus on skill development, self-confidence, self-

motivation and be positive. This session is and will be helpful in our future life to face the hard situation. My learning from this session was that don't give up at any point of life. Thank you.

Yours faithfully,

■ Payal Rajendra Kalshetti
LG 2019



Feedback of the sessions- Amravati

The session on Financial Literacy will really be helpful for me in the future because we need to know how to save money, and where to invest. I really want to thank S.N. Bhuvan sir for teaching us about what financial literacy is, and why it is important. They also taught us about what assets and liabilities are, they also gave us an example of it, how a simple business runs, what the

stock market is, etc. They also told us where to invest money that can give us maximum returns like in bank fixed deposit, in Gold, in real estate, etc. This was a wonderful session.

■ Priya Jagtap
LG 2020, Amravati



Interview skills and Finance Management by Barclays team

I attended the interview skills and finance management session held on 15th June 2022 by Barclay's teams. It was very informative for me. Shweta ma'am taught us about how both the listener and speaker play their role but the speaker has more responsibility. She did so by taking one example. Rohit Sir & Meghraj sir taught us about the format of the resume and about how to make

it more impressive. Also, they taught us about financial management. In a nutshell, the session was very helpful for me; this knowledge will help me in my future. Thank you so much for organizing this session.

■ Shankhanvi Chutke
LG 2020, Amravati



Resume Writing by Concentrix team

I have attended the Resume writing session arranged by LPF by Mr. Rakesh Sharma sir. It was a very useful and helpful session for me. Thank you for this session. He taught us the difference between resume, biodata, and CV. Purpose of resume, how to make our resume attractive with headline selection related to the field. He also took the practice of resume writing by asking about our resume headlines. He taught us lots of knowledge about leadership like the Objective of this session, his

team, and how to lead your team properly. He told us about elements of trust like positive relationships, good judgment/expertise, consistency, etc. Thank you for arranging this helpful session and thanks to sir for guiding us.

■ Dishita Watane
LG 2020, Amravati



Intellectual Property Rights (IPR) by Pradnya Kashikar (LF-2001)

The training session on Intellectual property rights (IPR) was indeed illuminating, instructive, and resourceful. It facilitated us to know about Intellectual property rights and the processes to claim it and also the criteria needed to claim it. I would like to thank Pradnya Ma'am for such a great insightful session where we learned a lot of new concepts which would be really helpful in the long run. Pradnya ma'am was very interactive, friendly, encouraging, and supportive. The first day was an amazing two hours journey where we understood exactly what is meant by patents, copyrights, trademarks, etc.,

by watching video clippings and interacting. On the second day, we learned the real applications by doing group activities and research. I will make use of the skill-building programs at LPF and continue to learn new things from future sessions.

■ Yashaswi T Hegde
LG 2021, Bengaluru



Self Defense session conducted by Coach Hemen Lohana (Reflex Quotient Training)

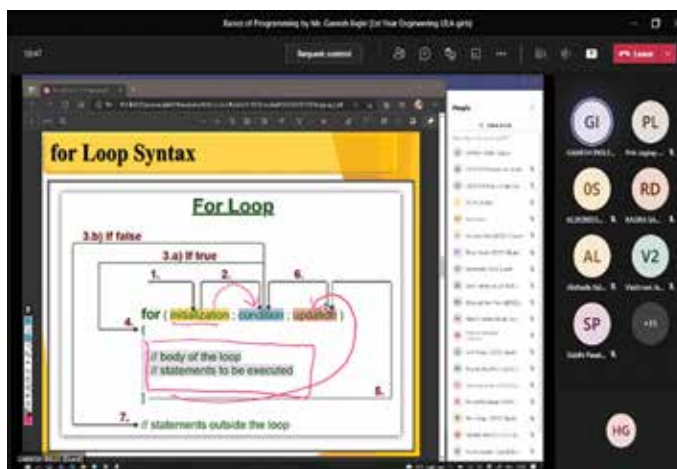
L PF truly believes that self-defense training not only helps one to protect themselves but others too. Plus, training helps one to become physically and emotionally fit. Having the ability to defend oneself increases their self-esteem and boosts the confidence. This session is included in the academic training calendar for 1st year LILA girls to give them a strong headstart and knowledge about various



self – defense articles, laws, violation, rights and much more. Harshitha Adapa (LG 2020, Hyderabad) says- "Session was really helpful. Coach Hemen was friendly and interactive. After attending self-defense, I learnt to protect myself through various techniques while travelling alone, importance of exercises to our body and I am trying to habituate to do exercise daily after that session. Thank you, Hemen Sir, Lila Mom & LPF."

A session on "Basics of Programming" was conducted by Mr. Ganesh Ingle

A schedule of 5 days, 10 hours and a good number of logical programs solving was lived by LILA girls. This informative session was conducted by Mr. Ganesh Ingle. Initially Sir began the session with clarifying the basics query of all the LG's by asking a simple question 'What is computer – an electronic or electrical machine? Later the session was followed by flowcharts, algorithms, looping statements, low to high levels coding programs. Assignments were given to the participants to try and solve the programs at

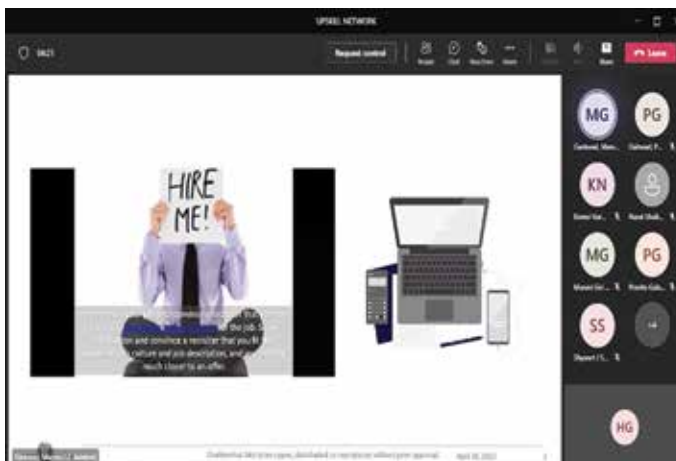


sessions from Ganesh Sir. Thank you so much for such informative session"

their end and were then discussed and solved by Sir in the training session online. Samreen Mohammad (LG 2021, Hyderabad) says - "The sessions of Basics of programming conducted by Mr. Ganesh Ingle sir was really helpful. In this session, I got deep knowledge about C programming language. Sir gave information about not only C but also other important things as well and sir cleared all our doubts. There is so much more that we should learn from Sir. I request LPF to please keep more technical

Interview Skillset conducted by GE Aviation team

U nderstanding your own skillset & acknowledging your strengths, weaknesses are one of the most crucial aspects while you are preparing yourself for the interview process. LPF strives to bring out on the table such futuristic topics of great importance along with the support of our prestigious partners. Komal Narwade (LG 2019, Pune) says- "The 'Interview Skillset' session conducted by Mamta ma'am was very nice and helpful for



us. She made us understand that the initial process is crucial, brainstorming our ideas to understand the job role inside out and visualizing ourselves in that role. Ma'am also gave tips like using the short story method to explain some kind of situation if it is asked. We want these kinds of more sessions for our interview preparation. Thank you LPF, Mom & Mamta ma'am for such a fantastic session..."

Introduction To Machine Learning conducted by Mr. Pravin Futane

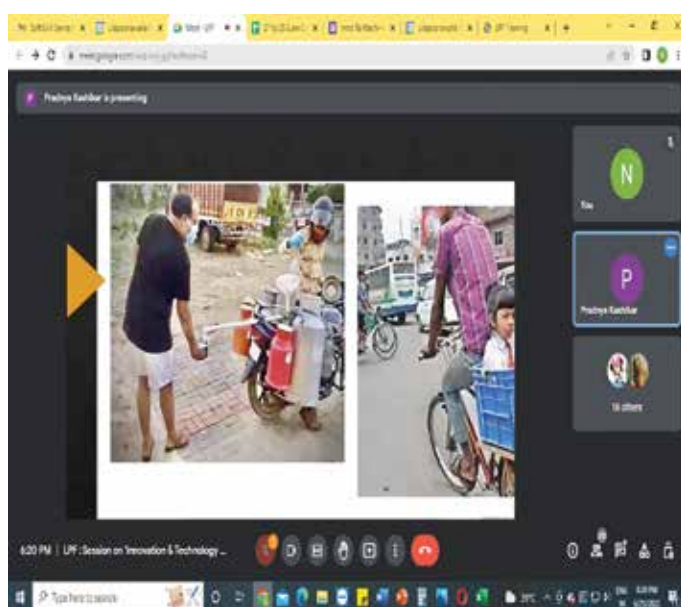
One of the most trending topics picked up by LPF to break the ice for our LILA Girls was 'Introduction to Machine Learning'. The participants got to know about the core ML framework which enables the developers to integrate their models into iOS applications. Pravin sir also explained that the scope of Machine Learning is not limited to the investment sector. Rather, it is an expanding field across all domains such as banking and finance, information



technology, media, entertainment, gaming, and the automotive industry. Neharika Tappetla (LG 2020, Hyderabad) adds - "The session on machine learning by Pravin sir was really very interesting. On the first day Sir introduced us to the concept machine learning and its examples which really gave me a clear understanding. On the second we learned about different types of learning, data, approaches, algorithms etc. I am grateful to Mom, LPF & Sir for arranging such a wonderful opportunity for us."

Innovation & Technology Management conducted by Ms. Pradnya Kashikar (LF 2001)

In the current generation (Gen Z) world, everything is changing faster than ever before. Globally, the technological landscape is shifting and is becoming more unpredictable day by day. LPF wants our LG's to be familiar & comfortable with the trending age of evolution of all sorts. The session conducted by Ms. Pradnya (LF 2001) clearly states the difference between INNOVATION & INVENTION. Furthermore, she explains the 10 types of innovation (i.e., Jugaad in Hindi) which can be made in its simplest form in order to minimize our effort.



The session is concluded by a team wise presentation of innovation with the help of PPT & screen sharing. Lavanya P (LG 2020, Hyderabad) says- "In this session we learned new things about the innovation & technology and we designed a band aid, wallets as a group activity. Ma'am made us watch videos of great speakers & we thereby got to know about the trending and future innovations that we will see along. We had a very good session by Pradnya mam. So, thank you Mom and team LPF for this delightful session."

Offline Industrial Visit conducted by ABB at Hyderabad

Recently Lila Poonawalla Foundation's (LPF) corporate partner - ABB India Pvt. Ltd had organized an Industrial Visit for the Hyderabad LILA Girls (Undergraduate Scholarship Awardees). Through this program, the LILA Girls got to see the Electromechanical, Electronics and Digital Labs. During this visit, LGs had the opportunity to interact with the Women Engineers of ABB and understand how they work and learn about their personal experiences and career journey. The girls had an opportunity to connect



with the Leaders of ABB to understand the leader's career Journey, tips on maintaining work-life-balance, growth in the VUCA world. The girls also got an overview of the activities carried out in Hyderabad center. Dhana Laxmi (LG 2020, Hyderabad) states- "I am so thankful to LPF and ABB for giving aspiring

Electrical Engineers like me this golden opportunity to visit a company like ABB. This surely was a memorable experience, one that taught me a lot."

IT Infrastructure Landscape by Ranganath Krishnan

IT Infrastructure Landscape program was conducted by Mr. Ranganath Krishnan for 2nd year Engineering Girls. The session covered elements like an overview of traditional IT infrastructure landscapes, Components that makes up IT Infrastructure, A brief overview of Cloud Infrastructure and VM tools, etc. From the session, girls gained knowledge about IT infrastructure and found it helpful and informative.



Industrial Visit Cum Interview skills by Atlas Copco

The Foundation had organized an industrial visit cum Interview Skills session to Atlas Copco Ltd. Pune, for 2nd-year post-graduation and 3rd-year Science girls. The LILA Girls got exposure to the manufacturing shop floor along with the real-life situation of the interview. They got to know about body language and preparation before the interviews. During the session, Mr. Kunal Kuhawat (HR) explained the importance of interviews and communication skills, as well as Mr. Kabir Gaikwad (HR Manager) interacted with LILA Girls and briefed them about how to convert negative points into positive points so that the preparation for placement can be useful. Ms. Amita (HR) explained to LILA Girls how to build an effective Resume.



Cyber Security by Amdocs team



A session was conducted by Amdocs team for 3rd year Engineering Girls on 'Cyber Security'. In this session, girls were given guidelines on how we can protect internet-connected systems such as hardware, software, and data from cyber threats. This particular practice is used by individuals and enterprises to protect against unauthorized access to data centers and other computerized systems. They also helped the girls in understanding- Cyber security is the practice of defending computers, servers, mobile devices, electronic systems, networks, and data from malicious attacks. It's also known as information technology security or electronic information security.

This time in INSPIRA, we have an eminent young researcher as our leading lady - Zareen Saeed Khan. Her native is in Hadapsar, Pune and now she is working as a Postdoctoral fellow at the Department of Environmental Science (ACES), Stockholm University. From several applications, she was selected as a Postdoctoral fellow based on her high skills and desired experience in analytical chemistry and toxicology to successfully carry forward the research project. She did her schooling at Dastur School, Pune camp and was a bright student since her childhood days. Continuing her interest in biology she completed her bachelor's and master's in Biotechnology from SPPU (Savitribai Phule Pune University), Pune.

She worked as Senior Research Fellow at National Reference Laboratory (NRL) at ICAR- National Research Centre for Grapes (NRCG), Pune, India for 2 years. Later she joined as a lecturer at Bharati Vidyapeeth, Pune. Continuing with her interest in the field, she joined as a research associate and as a Ph.D. student at NRL at ICAR- NRCG, Pune, India. She has an experience of over 9 years at the National Reference Laboratory (as a Research Associate and Senior Research Fellow) in the field of contaminant residue analysis and metabolite profiling.

She has also worked as deputy Technical Manager and has experience in coordination, workflow, and documentation of NABL-related activities of ISO/IEC 17025:2017. Her proficiency in her area can be understood by her ability to work with the working of various data acquisition and analysis software including Masslynx, Unifi, Progenesis, Chromeleon, Xcalibur, TraceFinder, GCSolution, and MassHunter.

She has published several research papers in peer-reviewed journals of international repute. She has around 20 research publications on her name and one review article. She also has one patent entitled "Method for extraction of grape seed oil comprising bioactive compounds from a Manjari Medika variety of grape". She has also reviewed articles for peer-reviewed journals (viz., Food Control, Environmental Monitoring and Assessment, Analytical Methods, Food Analytical Methods, Journal of Food Science & Technology).



She is an FSSAI-certified trainer for the analysis of pesticide residues and mycotoxins in food. She has a couple of prestigious awards on her name as to name a few:

- a) Recipient of the first Women in Analytical Science Award by the India Section of AOAC International, 2019 and
- b) Recipient of Harvey W. Wiley scholarship award for a Ph.D. student, AOAC INTERNATIONAL, 2017.

In 2021, she was awarded the Ph.D. degree from Bharati Vidyapeeth, Pune.

Currently, at Stockholm University she is working on a research project funded by the Swedish Research Council FORMAS, entitled "AmphiDNA: Can amphipod DNA tell us about Baltic Sea Health?" for which Associate Professor Hitesh Motwani, is her principal investigator. The project is significant in improving the environmental assessment of the Baltic Sea using the DNA adductome of wild populations.

In this entire journey of success, she is grateful to LILA MOM, DAD, and the LPF family for their unconditional support and encouragement.

Kudos to all her achievements!!! LPF wishes her all the best in her future endeavours!

Compiled by Vaishnavi Nimbalkar- Phadtare

The MoU signing ceremony took place at Dassault Systemes office, Pune in the presence of Sudarshan Mogasale – CEO DSSL & Chairman La Fondation Dassault Systemes India, Manish Tambe - CEO Dassault Systemes Global Services, Hemant Gadgil - Executive Director, La Fondation Dassault Systemes, Priti Khare - CEO, LPF and the teams of both the organizations.



LPF during MOU signing with Qualys Inc. During which Rima Tuma Bruno (Chief Human Resources Officer) and LPF Chairperson- Lila Poonawalla signed the same in attendance of the Priti Khare, CEO and LPF Senior Leader Kalyani Nanajkar. They were accompanied with the General Manager of Qualys Inc. Maitreyee Mitra – Syal, VP- Human Resources and Mayuri Rathore, Lead- Human Resource Generalist.



Lila Poonawalla Foundation (LPF) is proud to announce that Brose India Automotive Systems Pvt. Ltd. has signed a Memorandum of Understanding (MoU) with LPF to support the 3rd batch of LILA Juniors, pursuing 7th standard education. The MoU was signed by the and Mr. Vasanth Kamath President, Brose India Automotive Systems Pvt. Ltd. and Ms. Priti Khare, Chief Executive Officer, Lila Poonawalla Foundation in the presence of leaders from their organizations.



Lila Poonawalla Foundation (LPF) is also proud to share yet another MoU signing 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 Prabha P. - Associate, Volvo Group India Pvt. Ltd Pvt. Ltd, Mr. Santhosh Kumar Rajanna - Assistant Manager at Volvo Trucks India and., Mr. Firoz Poonawalla, Founder Trustee- LPF and Ms. Priti Khare, Chief Executive Officer - LPF. They will support the LILA Girls pursuing Engineering degrees in Bengaluru. Volvo Group India Pvt. Ltd Pvt. Ltd will support scholarships and skill-building programs for these girls and also contribute through their employee volunteering activities.



The MoU ceremony took place at LPF Pune Office in the presence of Umakant Ghatge, MD & CFO, Seco Tools India Pvt. Ltd and Suparna Ray, General Manager- HR, Seco Tools India Pvt. Ltd, Mrs. Lila Poonawalla, Chairperson, LPF, Mr. Firoz Poonawalla, Founder Trustee LPF and Priti Khare, Chief Executive Officer, LPF.



Editor's Desk

Hello every one,

There seems a positive wave of celebrations as we are now not so worried about Covid. Thanks to the vaccination and pharmaceutical aid. The last quarter was so filled with enthusiasm as we all have started our 'back to normal' routine. My fellow sisters have started with their academic year, school and college events, campus placements and enormous professional development programs.

In this issue of Inspira, we have further girls to share their achievements and pathfinding journey. The shining stars of the beloved family are continuously adding feathers in the cap to LPF. Omg! How could I forget the grand and happening celebrations of Mom-Dad's anniversary, Dad's birthday, new scholarship award programs of LJs, selection processes, more and more recognition awards to Mom and Priti didi ... A bouquet full of family love and care!

I still remember the time as my initial journey with LPF that began 10 years back. Email writing was then so new



to us, attending programs arranged by LPF was a point of attraction, meeting to Dad- Mom in person was worrisome and celebrating parties together was a great fun! Through these years, lot many changes have took place but the love and respect towards LPF has multiplied exponentially.

It seems as if it took place yesterday. But today, as I write for my 3rd issue of Inspira, I'm

confident and blessed. May the futurity grant us increasing opportunities to share through this platform! Wishing you all a very happy festive time and all the very best to my sisters for their terminal examinations! Importantly, sending lots of love to Mom- Dad, Priti didi and all my LPF members. See you all soon. Take care

Yours,

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

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