



From My Heart...

Dear Daughters,
We start a very exciting year. Yes, for us April to March is the year of operations, as it is the financial year for our country. Also, all academic admissions for the academic year 2023 – 24, start not before April of each year. So, our journey for the 28th year of our beloved Foundation starts NOW. Let us all work together to make this year an another memorable year, including for the new daughters who will join us in this exciting year.

This issue of Inspira has many landmarks. First and foremost, we are celebrating Dad's 86th birthday. It is an Epoch-making event. He completes 65 years of continuously working. First in the service of corporate world, then as an entrepreneur, manufacturing his own designed products, then becoming an agriculturist and having 100% EOU in roses, which is synchronized with his name ROSE and FIROZ. Now HE is working full time with our beloved foundation for last 28 years with an overlap of 7 years between his business and Foundation.

Dad has taken a decision that he now wants only your prayers and good wishes, as such none of you should bring/send any gifts, flowers or greeting cards including pictures and handmade cards or portraits. This practice should also be followed for my birthdays, our anniversaries and any other festivals. I expect all of you to respect our feelings.

All of you should know that March is also the financial year ending of our charitable activities. In March, we prepare our financial balance sheet and ensure that our expenditure and income are balanced. Our LPF team has had to work very hard to ensure that we close the year meeting all compliances required by the Law. Not only the head office staff had to work very hard but also the staff at WAN (Wardha, Amravati, Nagpur), Hyderabad and Bangalore had to put in that extra effort to ensure that all compliances are met. All this was tough as in this year, all admissions for academic year 2022-23 got delayed substantially, leading to a lot of stress to complete this year's selections and awarding of scholarships, settling claims of the girls all happening at a break neck speed. Eventually, the reward was very satisfying! We added 1938 new daughters, highest in any one year, to our family, bringing the total family size to 14209. A very commendable figure.

After a gap of two years due to COVID pandemic, we had 13 high quality scholarship award functions; each with a renowned Chief Guest and Guest of Honor. All these award ceremonies were followed by lunch. We also had

over 675 plus training programs, both off-line and on-line. We distributed 7500 plus, scholarships in this one year. A gigantic task by our team!!!

This performance would not have been possible without the support of all our well-wishers and partners, who have stood by us and believed in our mission

of empowering deserving young girls. Our partners have increased in numbers because of consistent hard work put in by our team lead by our CEO Priti Khare. She took initiative of raising funds in the USA for LPF. She met existing and new individual donors, social funding organizations, her friends/ families, and our LILA Fellows and could convince many of them to join our mission and support our new batch girls' scholarships. You can read in this issue the names of some of them, who have taken on themselves to give back and become an active part of LPF mission. Details of her visit to USA are also covered by her in her own MANN KI BAAT. Our school activities have also undergone tremendous quality improvement. We have now better contact with our school program girls, better training programs for them, better career guidance programs and also giving them guidance on new skills development. In this quality improvement, we have had tremendous support from the school Principals and their teachers.

Dad/Sir and I would like to take this opportunity to thank all those who have joined hands with us to make this possible. Our Board of Trustees, who have guided us right through our journey, our partners, old and new, our School authorities including Principals and teachers, our trainers, all those who have volunteered, from various organizations, to impart new learnings to our daughters, all our staff and their families who back them up, as and when the need arises. And above all GOD ALMIGHTY who has always been there with us, through thick and thin, showering his blessings on us.

Another unique event we had was an off-site Leadership Development program for all our staff, including staff from our field offices. This program was a day's program



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held at HIDDEN OASIS located at Saswad, Pune. You can read more details about it in this issue.

Now we start our 28th year of the Foundation. We are confident that this too will be a very successful year. We plan to consolidate our plans and ensure that we deliver quality. We have started the selection process of new batch of Lila Juniors from 7th standard. Every year this is the first activity that starts. Tests of the girls are completed, interviews have commenced. We expect to complete this exercise before end of May and award the scholarships in June. Hope to add approximately 250 new daughters to our family. Of course, our training programs continue unabated.

Some concerns arise. We hear disturbing news that terrible covid is raising its head again, especially in Maharashtra and Pune. We hope and pray that history does not repeat itself. I advise all our family members of LPF to please take maximum precautions and wear the

mask, especially when in a crowded public places. When travelling in public transport as also when in classrooms and shared offices. This habit will not harm you; it will only protect you when required.

I now end my message for this issue. I have great hopes and dreams and of course prayers that we will have one more year of progress and success of reaching out to many new deserving girls and welcoming them to our Lila Family with open arms to enable them to make a change not only in their lives but also that of their families and the communities they live in.

Warm regards to all.

Yours always

Mom to all Lila daughters and Friend to all readers.

Lila.

My Dear LILA Sisters,
This is the 61st volume of our beautiful Inspira newsletter which is getting released on 14th April, on a special occasion of Firoz Dad's 86th Birthday. Let's wish Firoz Dad a very happy birthday and let's pray to the Almighty that he always stays healthy & happy and continues to shower his love & blessings on all.

We close our financial year 2022 on a very successful note, onboarding a new batch of 1,938 LILA Daughters to our LPF Family, making a big family of 14,209 LILA

for LPF. When I went to Mom & Dad with this idea and plans, they were super excited and encouraged me to go for it. After 10 long years, I travelled to the USA in September month for 5 weeks and visited many cities across 7 states; met existing and new individual donors, organizations, our friends/ families and our LILA Fellows. With numerous webinars, speaking on a radio channel, doing home visits and presentations to individual donors/



LPF Family Reunion in California

Daughters and their families. As you read the next pages of Inspira, you will be proud to know all the achievements of our girls and we have had this year. I offer my sincere gratitude to Lila Mom, Firoz Dad, our Board of Trustees, our partners, donors, scholarship selection committee members, trainers, service providers and our Team LPF for their extraordinary contribution and continued support. We are starting our 28th year of LPF with full of excitement, commitment, and happiness.

This year, I was aspiring to raise the funds in the USA



LPF Family Reunion in New Jersey

families and to the organizations, we could reach out to more like-minded people.

One of the highlights of this trip was LPF Family reunion of LILA Fellows and LILA Girls in California & New Jersey where more than 20 of them gathered from different states/ cities from the USA. The reunion in California was organized at the home of one of our LILA Fellow, Asmita Katdare, which was also attended by our ex-Founder



NCC - Junior Under Officer

Trustee, Maya Thadani Ma'am, fondly known as Maya Aunty. It was very proud moment to hear the stories of these girls which started with LPF many years ago and how they reached to the pinnacle of success & happiness today in their professional and personal lives. They were glad to know more about LPF's growth journey and how it has been transforming the lives of thousands of their LILA Sisters like them. Many of these girls pledged to support LPF with one-to-one girls' scholarship funds and generic donations and also committed to spreading more awareness about LPF within their communities. Sincere thanks to them and all our donors & organizations from the USA who joined our mission with their generous contributions.

And one of the special mentions is the outstanding support I received from my husband, Sanjyot Khare who travelled with me to the USA on his own expenses and helped me in connecting to his contacts and all the logistics & travel arrangements, so that I could focus on fundraising activities.

As I promised in my last article, here I am sharing with you the glimpses of 2nd phase of my life. Post my 10th grade, I wanted to pursue Bachelor in Commercial Art from J. J. School of Arts, a very renowned college from Mumbai. I appeared for entrance test and failed. Disappointed, but firm, I told my father that I would take a year gap and reappear the following year. My Father strictly told me to choose either Commerce or Science stream and that he would not allow any gap

year. Reluctantly I chose to pursue Bachelor's degree in Commerce, which I completed from Bedekar College of Commerce in Thane, Mumbai.

Coming from Marathi medium school, I used to be so afraid, nervous while communicating with classmates and my professors in English. Initially I could not understand what professors were teaching in the class. It was a nightmare. I decided to come out of these frustrating feelings and started learning English, referring to dictionary, reading, speaking in English with everyone around me.

I started taking interest in my academics, was blessed to get good professors, one of them was my Economics Professor, Dr. Roopali Ma'am, who also became my best friend and a great mentor. Surrounded by few amazing friends, studies and college activities started becoming interesting. I had joined National Cadet Corps (NCC) and went to becoming a Junior Under Officer and received Best Cadet & Leadership awards. I also joined Diploma in Business Management course and completed internship in Training & Development department from Bharat Gears Limited company.

I was recognized with the 'Best Student Award' in my 2nd year of Bachelor's degree. When I went to share this news to my family with full of excitement and a trophy in my hand, I came to know that my elder brother, Ajit



My Best Student award at college

who was mentally differently abled was hospitalized. The very next day he passed away. This was the saddening and difficult moments for my family & me.

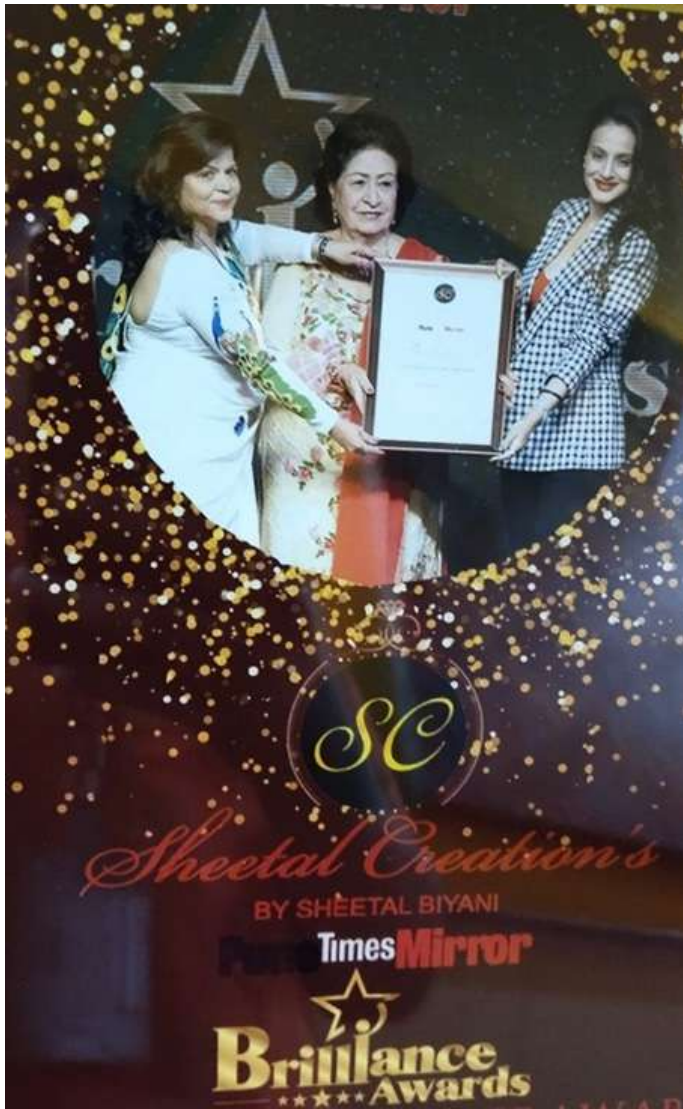
Thus, this degree college was a roller coaster ride, but a very interesting one along with managing house chores, maintaining family and friends' relationships well, life was happy & exciting. One of my biggest learning from this phase of my life is that 'Disappointments open new doors and create opportunities and one must make most of those.' And another one is there is no substitute of 3 Cs - 'Courage, Consistency and Commitment'.

In the final year of my degree, I was very clear that I would pursue MBA in HR and with this another phase of my life started, which I will share with you in the next Inspira issue.

I end this article by wishing all of you and your families all the best.

Loads of love and hugs.

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



Brilliance Awards

B Congratulations to Mrs. Lila Poonawalla, our MOM for receiving the '**Brilliance Awards**' - **Lifetime Excellence Award for Recognition as a Indian Women Industrialist & Powerhouse to Women Empowerment**. This award appreciates, celebrates and honors those personalities who have immensely excelled in their chosen fields. This Award also acknowledges the accomplishments of the stalwarts and their contribution to the society. The sponsors of the award were Sheetal Biyani & Pune Times Mirror.



Mahatma Award

M The world's highest honor for social impact leaders and change makers, 'Mahatma Award', was awarded on 1st October 2022 to Mrs. Lila Poonawalla, our beloved Mom. She is now recognized and honored with the Prestigious 'Mahatma Lifetime Achievement Award' which recognizes and celebrates impact leaders and change-makers across the globe, who are making a social impact and leading the way to a sustainable future. Since its inception, the award continues to honor the most accomplished sustainable, responsible, social efforts and initiatives within the private, public, and development sectors. The initiatives range from sustainability to philanthropy, shared value, social impact to corporate social responsibility. The Mahatma Award is founded and constituted by Amit Sachdeva, more famously known as 'The CSR Man of India'.



Recognition Award to LPF by TATA AUTOCOMP SYSTEMS

R LPF received a recognition award from TATA AUTOCOMP SYSTEMS, a corporate partner of ours. The recognition entitled as 'TRUSTED PARTNER' for being a long associated partner to implement CSR Process. This recognition was given to Ms. Priti Khare, CEO of LPF during the annual CSR Conference, where she has presented Tata AutoComp authorities and other NGO partners LPF and its association with Tata AutoComp in the form of funding partnership and employee volunteering, mentoring programs.



सखी सहाद्री

मुलींच्या शिक्षणासाठी काम करणाऱ्या पद्मश्री लीला पूनावाला यांची गौरी स्वकुळ यांनी घेतलेली मुलाखत.

निर्मिती - दूरदर्शन पुणे

Interview on DD Sahyadri

LPF feels very proud and happy to have seen yet another achievement of beloved Mom, Mrs. Lila Poonawalla. She being to mother to 14000 girls and a still growing family, has initially faced many hardships in her life. She is the source of inspiration for many girls and it was her hard work, dedication and support of family that makes her what she is today. Mrs. Poonawalla, a genuine soul to empower girls was interviewed on DD Sahyadri by Ms. Gauri Swakul and telecasted a talk on 21st February 2023. It is undoubtedly a motivational speech, a life struggle unfolding talk and stepping stones challenges that she had went through. She has witnessed the highs and lows from a very young age and yet, she stood strong. The 1st lady mechanical engineer to graduate from COEP, the former CMD of Alfa Laval, Tetra Pak, India and yet many more achievements, its success stories makes everyone feel the warmth and is a light for many dark lives. The link for the interview is available at <https://www.youtube.com/watch?v=qNJ83IEba9k>



Recognition Award to LPF by Hogan India

ROne of our corporate partner, Hogan India invited Lila Poonawalla Foundation (LPF) team for their Annual Event held in Pune. On this occasion, LPF received 'Recognition award' for the noble work it does by contributing to the empowerment of Indian women by supporting academically outstanding and financially challenged girls, through grant of scholarship to pursue higher education and through building skills to pursue respectable employment. Two LILA Juniors from CES Utkarsha English Medium School and one LILA Senior from science stream were also invited to share their journey after getting the LPF scholarships. LPF CEO, Ms. Priti Khare presented the LPF journey and spoke about Employee Volunteering. School Project Manager, Ms. Bharati Naik explained the School Project to the Hogan team. LILA Juniors and LILA Seniors spoke about the changes in their lives financially prior and post receiving LPF Scholarships. Hogan India felicitated the LPF team and LILA Juniors and LILA Seniors during this event.

The key to success is to focus on your goals, and not your obstacles. **Keerthana Kyatam (LILA Girl 2020)**, a young girl with big dreams, has made this quote her motto for life. She is currently a Final Year B Tech student at BVRIT HYDERABAD College of Engineering.

Keerthana lives with her family in Nizamabad. Her father is a journalist while her mother is a housewife. She has a younger sister studying Engineering 3rd year and is also a LILA Girl.

After completing high school, Keerthana decided to pursue engineering in Electrical and Electronics. She



enrolled for a Diploma course and studied hard to achieve good grades. Needless to say, she passed with flying colors and was able to secure a position in one of the top colleges in Hyderabad. However, this was one of Keerthana's first challenges, "I was extremely worried to know that a huge amount of my tuition fees will have to be paid for my admission. Both my sister and I aspire to be graduates in engineering and paying fees for both of us would be a huge burden on the family. But then luck was on our side. I learnt about the Lila Poonawalla Foundation Scholarship through my college. This scholarship was as if a gift sent by god to me and my family", says Keerthana.

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Visit of Mr. John Graham to Camp Education Society's Girls' High School

Mr. John Graham- Head of Biltema Foundation along with his wife, Mrs. Monique Graham visited Camp Education Society's Girls' High School during Christmas. The students and LILA Juniors were very excited to welcome the guests. The guests visited every classroom and interacted with the girls. Our LILA Juniors explained the guests about how they

are getting benefitted by the training programs and various activities organized by LPF and presented them hand-made New Year's greeting cards. The principal described the infrastructural support provided by LPF and exhibited them the facilities. Also they informed about the school aids provided to the LILA Juniors in addition to scholarships.



Visit of Mr. Per Heggenes to CES Utkarsha English Medium School

Mr. Per Heggenes- CEO, IKEA Foundation, and his wife, Mrs. Karen Heggenes visited CES's Utkarsha Medium School. The LILA Juniors and students were very excited to welcome the guests. The guests visited every classroom and interacted with the

children. The principal explained the infrastructural support provided by LPF and showed them the facilities. They also explained them that in addition to scholarships LPF has been continuously providing the school facilities to the LILA Juniors.



Visit of Prof. Göran Grosskopf to LPF Office

Prof. Göran Grosskopf - Former Chairman & CE - Tetra Laval Group and his wife, Dr. Birgitta Goran Grosskopf visited LPF office. LILA Juniors (LJs) from 2011 and 2012 batch who completed their graduation and are currently working got an opportunity to interact

with them. Out of these five LJs, two of them have started their own Pathology Lab, one is working with Cognizant as a Software Developer, another one with Deenanath Mangeshkar Hospital as OT Nurse and other with Kotak Bank as Assistant Manager.



Mom's birthday celebration

16th of September is a special day for every LPF member!

It's our Mom's i.e. Padmashree Mrs. Lila Poonawalla's birthday!

As the world was a back to normal time, LPF witnessed a celebration at the office. The day all begun with hearts full of love and smiling faces to welcome Mom. This was so done in the traditional way by doing aarti. This aarti wished for the long life of Mom and LPF and requesting the lord to shower the blessings over the complete LPF family. The office staff did this ritual and wished her a happy birthday.

Later, there was a cake cutting ceremony. Dad and all the well-wishers of LPF joined hands for the event and wished Mom a great birthday. The enthusiastic crowd offered many bouquets, sweets, gifts etc. to Mom. Many Friends, LILA Girls, LILA Fellows, School Principals, committee members had visited LPF office to wish and

greet Mom on her special day. Dad shared his special thoughts and memories with Mom. It was so sweet to hear about them and their relationship on the special day!

On this day itself, the 60th Issue of beloved newsletter of LPF i.e. Inspira was released. The release was done in the hands of Mom, Dad, new editor Ms. Kashmira Deval and her team. No other day would have been great for the release. Everyone missed Priti didi as she was travelling in the USA for the fund raising programs for LPF. But yes, she did join in through video conferencing and was a part of the event virtually! The snacks party, get together of sister members, talks and laughs, sharing of achievements and many more were filling up the spaces near LPF office. The day was indeed celebrated in a cheerful environment by wishing great time and fantastic years to MOM.



Pune



Post Graduate Scholarship Award Function 2022 was organized on 30th November 2022 at Symbiosis Vishwabhan Auditorium, Pune. The Chief Guest was Mr. Per Heggens (CEO, IKEA Foundation) and Guest of Honor Rashmi Joshi LILA Fellow 2001 (Application Senior Manager at Dassault Systems)



Undergraduate Scholarship award ceremony was undertaken on 24th & 31st December 2022 at Symbiosis Vishwabhan Auditorium, Pune with Chief Guest Mr. Rafiq Somani (Area Vice President - India & South Asia Pacific, Ansys Inc.) and Guest of Honor: Shalaka Kathapurkar LILA Fellow 1999 (Head of Agency Commerce Strategy & Ad Revenue, Google, USA). Following, next program had the Chief Guest Mr. John Graham (Director - Bitema Foundation) and Guest of Honor: Ms. Savitha Balachandran (Chief Financial Officer - Tata Technologies Limited)

Amravati



Undergraduate Scholarship Award Function 2022, Amravati took place at Sipna College of Engineering and Technology on 7th January 2023. The Chief Guest was Mr. Sandeep Bharambe, Editor of Sakal Media Group Vidarbha Region and Guest of Honor Dr. Pravin Malasane Prof. & Dean, Sipna College of Engineering and Technology

Wardha & Nagpur



Undergraduate Scholarship award ceremony was undertaken on 8th January 2023 at Anjuman College of Engineering and Technology, Sadar, Nagpur with Chief Guest Mr. Subhro Bhaduri, Chief Human Resources Officer at Aditya Birla Capital Ltd. and Guest of Honor Mr. Hifzur Rehman, CEO, Anjuman Hami -E- Islam, Nagpur.

Hyderabad

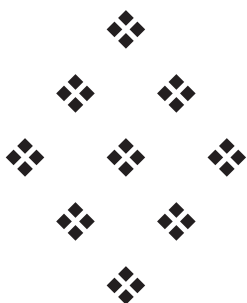


Undergraduate Scholarship Award Function 2022 was conducted on 17th December 2022 at G Narayanamma Institute of Technology & Science for Women with Chief Guest Mr. Sandeep Sao (Transformation Lead, HSBC Technology India) and Guest of Honor Dr. K. Ramesh Reddy (Principal, G Narayanamma Institute of Technology & Science for Women)

Bengaluru



Undergraduate Scholarship Award Function 2022 at Bengaluru, Karnataka took place on 29th January 2023 at BGS College of Engineering & Technology. The Chief Guest for the function was Mr. Thomas Cherian (Managing Director, Essel Mining & Industries Limited) and Guest of Honor Mr. Sandeep Kumar Shivapuram (Chief Executive Officer, Safran Engineering Services India Private Limited)



School program



School Scholarship Award Function 2022 (LILA Seniors and LILA Girls) was organized at Symbiosis Vishwabhavan Auditorium, Pune on 8th October, 2022. The Chief Guest for the program was Mr. Umakant Ghate, Managing Director and CFO of Seco Tools India Pvt. Ltd.



School Scholarship Award Function 2022 (LILA Seniors and LILA Girls) was conducted at Kalbhairavnath Sou. Laxmibai Bangar School, Khadki on 9th October, 2022 with Chief Guest Mr. Firoz Poonawalla, Founder Trustee, Lila Poonawalla Foundation.



Mr. Stephan Kerbs - India Board & Global Head – Finance Operations, along with his wife and Mr. Ashwani Batra – Director & CFO, TietoEvy along with Ms. Lila Poonawalla & Ms. Priti Khare, LPF during LPF office visit



Team Embassy during MOU signing with LPF, Mr. Jitu Virwani - Chairman & MD, Mr. Ritwik Bhattacharjee - CIO, Ms. Shaina Ganapathy - Head Community Outreach Initiatives & Ms. Priti Khare, CEO- LPF

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Mr. Yutaka Tokimasa San - APAC HR Director, Mr. Sanjay Asane, Senior Country HR Manager - India & ASEAN with Ansys Team in the presence of Ms. Lila Poonawalla & Ms. Priti Khare, LPF visited LPF Office



Mr. Sharath S - Director, & Ms. Saipriya Paranjape - CSR & Marketing Communications Lead, Alleima India Private Limited signing the MoU along with Ms. Lila Poonawalla & Ms. Priti Khare, LPF



Mr. Amitabh Patil - Co-Founder & CTO, Whiz.AI during MOU signing at LPF office with Ms. Lila Poonawalla & Ms. Priti Khare



Corporate partner engagement with Ms. Vishakha Muley - CEO, Aditya Birla Capital & Dr. Pragnya Ram - Group Head - CSR, Aditya Birla Group along with Ms. Lila Poonawalla, Ms. Roda Mehta (Trustee) and Ms. Priti Khare, LPF. They had a wonderful interaction with Ms. Rajashree Ji Birla Ma'am (Padma Bhushan Awardee) at her office.



LPF feels proud to announce MOU signing with Safran Engineering Services India. At the 20th anniversary celebration event, MS. Cécile Dubrovnik - Global President, Mr. Sandeep Kumar Shivapuram - CEO & Ms. Catherine Buche-Andrieux - VP, HR and Ms. Priti Khare, LPF signed the MoU.



Mr. Dilip Parikh & Mrs. Jayu Parikh, Board Members, Share & Care Foundation, USA with Ms. Lila Poonawalla & Ms. Priti Khare at LPF office



Expansion of Partnership by InMaat Foundation - Ms. Chandra Jessee- Founder & Ms. Rebecca Lichtenfeld- Director with Ms. Priti Khare, LPF in USA



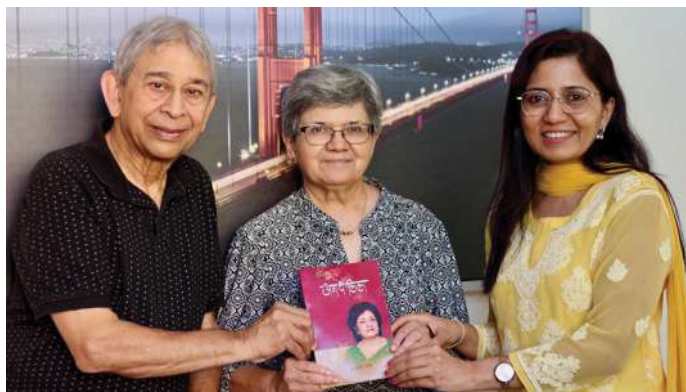
Mr. Abuzar Manager -Director IT Centers - Global Head, SLB signing MOU in the presence of Ms. Priti Khare, LPF



Dr. Vinod Prakash – Founder, Mrs. Sarla Prakash & Ms. Vandana Matravadia, India Development and Relief Fund (IDRF) with Ms. Priti Khare in the USA, discussing the expansion of partnership



Ms. Akanksha Sane – Senior Director, HR & Mr. Aniket Marathe – Director – Legal Counsel and Team, PTC with Ms. Priti Khare, LPF during MOU signing



HNI Donor - Mr. & Mrs. Gogate with Ms. Priti Khare, LPF in USA



HNI Donor - Mr. & Mrs. Shendure with Ms. Lila Poonawalla & Ms. Priti Khare at LPF office

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Mr. Mukund Padmanabhan – Founder, Guru Krupa Foundation along with Ms. Priti Khare in USA

In addition to the above partners & donors, **our new corporate partners** also consist of Aryaka Networks India Pvt. Ltd, Cipla Foundation, Essel Mining & Industries Ltd, Sandvik Mining & Rock Technology India Pvt. Ltd.

Our existing corporate partners continued to contribute to LPF naming, ABB Ltd, Aditya Birla Capital Foundation, Ansys, Atlas Copco India Pvt. Ltd, Biltema Foundation, BMC India Pvt.Ltd, BNY Mellon (United Way), ConcentrixDaksh Services India Pvt. Ltd, Desai Brothers Ltd, Extentia Information Technology Pvt. Ltd, IKEA Foundation, Front Door Home, GE Aviation, Give India, Horbiger India Pvt. Ltd, Hoganas, HSBC Technology India Pvt. Ltd, Johnson Controls India Pvt.Ltd, La FondationDassault Systems, Nihilent Pvt. Ltd, Qualys India Pvt. Ltd, Seco Tools India Pvt.Ltd, Skoda Auto Volkswagen India Pvt. Ltd, Tata AutoComp Pvt. Ltd, Tata Technologies Ltd.

We offer our sincere gratitude to all our partners & donors for their contribution & support to LPF and to our LILA Daughters.

Team LPF's very first Offsite organized by ADVENTURE PULSE team on the theme 'ONE TEAM, ONE DREAM' at Hidden Oasis was a highly engaging, insightful, learning, happy and fun experience. Team LPF learnt the importance of situational leadership, strategy planning, communication and team cohesiveness through various experiential outbound activities. The highlight of the program was Avalanche Simulation, which is based on real life experience of the Founders of Adventure Pulse, Samir Nicholas Patham and Sauraj Jhingan, who are Everest Summiteers. This simulation gave a very unique experience to the LPF Team on how to work as One Team during a highly stressful and challenging situation, leveraging each team member's strengths.

Samir Nicholas Patham and Adventure Pulse Team facilitated this wonderful Offsite for Team LPF. On the way home, team carried with themselves tremendous learnings, actionable and wonderful memories to cherish.

It was great to have Mrs. Lila Poonawalla, Mr. Firoz Poonawalla, Ms. Roda Mehta and Ms. Priti Khare joined in with the team at the Offsite. Thanks to their enthusiasm and engagement.

Team LPF says, "Thanks to Samir Sir and his team for facilitating this wonderful Offsite. This experience has enhanced & enriched our lives and we will certainly implement the learnings to continue building LPF as a high performing and happy organization with our motto 'One Team, One Dream'".



'One Team, One Dream' - LPF Team Offsite



LPF Team Offsite – Adventure - Pulse, the facilitating partner



Winning Team



Outbound programs



It's a Wrap



Sanika Mangesh Shetye, LILA Girl 2012 truly believes in the quote - **"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."** - **Barack Obama**

Sanika is currently working at Cisco Systems Inc. Bangalore as a Software Developer III. Apart from growing professionally and passionate about driving the team towards new technology, Sanika is inspired by Lila Mom and Firoz Dad's principles. She is actively contributing towards the welfare of the society and trying to set a good example of **'Giving Back to the Society'**.

Sanika has mentored 5th and 8th class girls in an organization **"U & I"**. She has spent 2.5 hours every week helping them in their subjects and also boosting their confidence for future growth. Apart from being a mentor, she has raised funds for **"U & I"** and volunteered in every event that was conducted by them. To name a few - computer classes, build moral stability, guide to proper path, celebrating birthdays and festivals, medical camps,



field trips etc. She suggested many other activities that can be conducted at U & I which will be useful for kids like non-academic reading access material, career development ideas, promotion of NGO, etc. Sanika also took lead for one of the fundraising activities at her Centre. She has volunteered with **"U & I"** from 2017 to 2019.

Good Deeds is a small initiative started by her office group. The vision was inspired when one of her colleague approached her with the heart-wrenching details about kids at **'Aryan Ashraya'** and Mrs. Manjula, a dedicated lady running the shelter. To kick-start this initiative, she and a few of her teammates visited the shelter, understood their problems and came up with a plan. One fine day, she shared her thoughts in a team meeting and received amazing support for this activity. "Good



Deeds" was started in August 2019 and since then they are associated with the shelter. They started hanging out with them, playing with them and started monthly fundraising within the team to meet their expenses like rent, food, medical, etc. As the idea flourished, people started giving non-monetary support as well. Despite the lockdown situation, they were able to manage essentials like medicines and groceries for the shelter with the help of few contacts. Special thanks to Robin Hood Army, they helped with arranging and delivering supplies. Every year a fundraising drive is conducted on occasion of Diwali and the support from friends and family is incredible.

Currently, they have collaborated with other volunteer groups and formed **"Aryan Ashram Action"** group to help focus more on legal compliance and making it a more



sustainable child-care facility. Sanika mentions, you have to be the reason, someone believes in the goodness in people. Her advice for all the LILA Daughters is - *Our actions play out to be an important part of who we are. But when you are a teacher, actions help in building a lot more people. Dedicating time and effort to such actions, amidst an occupied life, is a task that many of us find to be difficult. Yet, against all such odds, dedicating some time for such initiatives is more fulfilling. Interacting with kids at the Centre has been an eye opener for me personally. These kids and volunteers have made me develop a stronger and positive mindset towards solving problems in life. Making a Difference can be in any field like Hunger, Disability, Environment, Education etc. It is not necessary you need to enrol in any groups, it can be at your home, helping a talented person to get settled on her/his feet, planting a tree, CSR, adopting a child, etc.* **"To be inspired is great, but to inspire is an honour"**, so don't step back if you get a chance to be a Change maker - **Why Not settle to Unsettle?**

Sanika is highly grateful to Lila Mom and Firoz Dad for making her strong and passionate human-being and for being the bridge between her and society. She is also grateful to all LPF members for being supportive.

Kudos to you Sanika, we have a lot to learn from you!

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

Pune Placements

Sr.	Name	Scholarship year	Course	Company Name	Designation
1	Samrin Haroon Pathan	2018	Science	Agasti college, akole	Assistant Professor
2	Gautamee Dilip Shinde	2018	Engineering	TCS.	Assistant System Engineering
3	Harshada Subhash Bagad	2018	Engineering	KPIT	Mechanical Engineer
4	Kalyani Sunil Chopade	2018	Engineering	vume interactive pvt ltd	Associate Software Engineer
5	Nikita Dnyaneshwar Deshmukh	2018	Engineering	Volkswagen Group Technology Solutions	Software Engineer Trainee
6	Prajakta Bharat Gorade	2018	Engineering	Bajaj Allianz	Graduate Engineer Trainee
7	Richa Sangram Patil	2018	Engineering	nutanix india pvt ltd	Associate Technical Account Manager
8	Seema Arvind Borate	2018	Engineering	Capgemini pvt ltd	Analyst
9	Utkarsha Manik Abhang	2018	Engineering	Deskera	Software Engineer
10	Akanksha Sunil Gaikwad	2018	Nursing	Sahyadri super speciality hospital	Staff Nurse
11	Arya Usha Udayan	2018	Nursing	poona hospital	Staff Nures
12	Feba Moncy Aliyas	2018	Nursing	Bharati hospital	Staff Nurse
13	Gifty Nirappuvila Saji	2018	Nursing	Bharati hospital katraj	Staff Nurse
14	Ishika Kaur Pervinder Singh Badh	2018	Nursing	Zocdoc pvt.ltd	Lead Generation 3Lances
15	Merlin Bency Mathew	2018	Nursing	bharti vidhaypeth hospital	Staff Nures
16	Rintu Sara Biju	2018	Nursing	bharti vidhaypapti hospital	Staff Nurse
17	Sandhya Kashinath Pokale	2018	Nursing	Deenanath Mangeshkar Hospital	Staff Nurse
18	Sonali Jitendrasingh Chouhan	2018	Nursing	D.y.PATIL hospital,	Clinical Posting
19	Tejasvi Vishwas Markar	2018	Nursing	Ruby Hall	Trainee Nurse
20	Pratiksha Somnath Dhole	2018	Engineering after diploma	Capgemini Technology Services Pvt Ltd.	Analyst
21	Purva Sachin Dhere	2018	Engineering after diploma	TCS(Tata Consultancy Services)	Associate System Engineer
22	Shweta Maruti Shendkar	2018	Engineering after diploma	lentra.ai pvt ltd.	Software Engineer
23	Sujata Santosh Sanap	2018	Engineering after diploma	Logicqued Pvt. Ltd.	Trainee
24	Puja Ramesh Salunke	2018	Pharmacy	Episource	Trainee Medical Coder
25	Vaishnavi Santosh Kumbhar	2018	Pharmacy	Fedora Solutions	Trainee
26	Pratiksha Rajendra Katte	2019	Science	Preact.in	3rd Artist
27	Swapnali Anil Golande	2019	Science	TCS	BPO Trainee
28	Akanksha Rajendra Shelar	2019	Engineering	Jio reliance company	Position awaited
29	Jyoti Arun Bomble	2019	Engineering	Baxter innovations & Business Solutions pvt, ltd.	Engineer Trainee
30	Nayan Vishwas Patil	2019	Engineering	Forvia- faurecia	Graduate Engineer Trainee
31	Sakshi Mahesh Joshi	2019	Engineering	Dassault Systèmes	Product Design And Development

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Sr.	Name	Scholarship year	Course	Company Name	Designation
32	Aakansha Sudhakar Ghadge	2019	Engineering after diploma	infosys	System Engineer
33	Achal Nandlal Vishwakarma	2019	Engineering after diploma	Relaince industry limited	Graduate Trainee Engineer
34	Aishwarya Anandrao Mandave	2019	Engineering after diploma	Accenture	Associate Software Engineer
35	Aishwarya Rajeshwar Hampalle	2019	Engineering after diploma	Cognizant	Programmer Analysts
36	Ankita Lahuraj Shinde	2019	Engineering after diploma	Bccn solovtion pvt	SAP Consultant
37	Apeksha Ravikant Jadhav	2019	Engineering after diploma	Cognizant	Analyst Trainee
38	Ashwini Gajanan Vaidya	2019	Engineering after diploma	Aditya birla hindalco pvt. Ltd.	Graduate Engineer Trainee
39	Devika Prakash Gangapure	2019	Engineering after diploma	Johnson control	Graduate Engineer Trainee
40	Dipti Dattatray Shinde	2019	Engineering after diploma	TCS	Assistant System Engineer Trainee
41	Kajal Narayan Kumbharkar	2019	Engineering after diploma	Persistant	Software Engineer
42	Komal Rajesh Gotmare	2019	Engineering after diploma	Cognizant	Salesforce Developer
43	Mayuri Balkrishna Kawade	2019	Engineering after diploma	Cognizant	Programmer Analysts Trainee
44	Neha Uday Deshpande	2019	Engineering after diploma	Schlumberger	Mechanical Engineer - Delivery
45	Prachi Anant Madke	2019	Engineering after diploma	Accenture	Application Developer
46	Pranali Mahesh Pawar	2019	Engineering after diploma	Kennametal India Ltd	Emerge Trainee
47	Rucha Haridasrao Patil	2019	Engineering after diploma	Accenture	Associate Software Engineer
48	Shweta Balu Kekade	2019	Engineering after diploma	Capgemini	Analyst
49	Sneha Suresh Hande	2019	Engineering after diploma	Atos Syntel	Associate Consultant
50	Snehal Navnath Nalawade	2019	Engineering after diploma	Accuture	Associet Software Eng
51	Soniya Ramdas Nigade	2019	Engineering after diploma	CAPGEMINI	Position awaited
52	Vaishnavi Vinayak Nirgude	2019	Engineering after diploma	ITC INFOTECH INDIA LTD	Associate It Consultant
53	Yojana Sanjay Gajare	2019	Engineering after diploma	Vodafone Intelligent solutions pvt ltd.	Graduate Engineer Trainee
54	Siddhi Rajesh Kulkarni	2020	Science	Suma Soft.Pvt.Ltd Company Erandwane	Jr Security Analyst
56	Daksha Dayanand Talekar	2020	Engineering after diploma	Expedia	Software Development Engineer
56	Pooja Dattatray Giri	2020	Engineering after diploma	Faurecia	Design Engineer
57	Shruti Sunil Sonakul	2020	Engineering after diploma	Uno Minda Company	Graduate Engineer Trainee

Sr.	Name	Scholarship year	Course	Company Name	Designation
58	Shruti Vishnu Gatkal	2020	Engineering after diploma	Johnson controls	Application Devoleper
59	Swapnali Rohidas Kumbhar	2020	Engineering after diploma	Vodafoneidea limited	Manager- Oss Solutions &Amp; Operations
60	Vaishnavi Sanjay Deshmukh	2020	Engineering after diploma	Blazeclan pvt. Ltd	Software Engineer
61	Pratiksha Dnyaneshwar Thorat	2020	Post Graduation	Decisivedge technology services pvt ltd	Trainee Software Developer
62	Reshma Mukhtar Shaikh	2020	Post Graduation	FIS	Support Engineer
63	Rutuja Rajendra Gunavare	2020	Post Graduation	Facile kharadi	Data Engineer (Fresher)
64	Shweta Vikas Takawale	2020	Post Graduation	Cognizant	Process Executive Data

Amravati Placements

S. no	Name	Scholarship year	Course	Company Name	Designation
1	Megha Rajesh Ganorkar	2015	Nursing	Chellaram hospital diabetic care & multispeciality hospital	ICU Staff
2	Neha Ravindra Chaudhari	2016	Engineering	Gate CT Software solution	Trainee Engineer
3	Trupti Ganesh Ambadkar	2016	Engineering	Tech Mahindra	Software Engineer
4	Elloca Pravin Pakhare	2016	Nursing	Hi Tech Aadhar Critical Care	Staff Nurse
5	Jyoti Ashok Nemade	2016	Engineering after diploma	India Kawasaki	Executive
6	Kalyanui Manikrao Darokar	2016	Engineering after diploma	Knese Aluform and Vertical	Design Engineer
7	Pragati Purushottam Sharma	2017	Engineering after diploma	D4 vin Technology	Team centre consultant
8	Vaishnavi Dnyaneshwar Pund	2017	Engineering after diploma	Parul University	Laboratory assistant
9	Ambika Dhanaraj Chaudhari	2018	Engineering after diploma	Maharashtra housing area and development (PWD)	Junior Engineer
10	Anushri Anant Raut	2019	Engineering after diploma	Cognizant	Software Analyst Trainee
11	Dipika Vijay Mahendra	2019	Engineering after diploma	TCS	Assistant system Engineer
12	Divya Manohar Mahamune	2019	Engineering after diploma	C dak	Project Engineer
13	Divyani Dipak Aher	2019	Engineering after diploma	Infosys	System Engineer Trainee
14	Sanyukta Dhananjay Rokade	2019	Engineering after diploma	Atos Syntel	Associate Consultant
15	Vaishnavi Pramod Wahile	2019	Engineering after diploma	Capgemini	Analyst
16	Yashaswini Rajesh Dave	2019	Engineering after diploma	Capgemini	Analyst

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Wardha Placements

S. no	Name	Scholarship year	Course	Company Name	Designation
1	Ankita Ashok Udan	2017	Nursing	Shalinitai Meghe Hospital, Nagpur	Staff Nurse
2	Rajshree Rajendra Badwaik	2017	Nursing	Bombay Hospital, Mumbai	Staff Nurse
3	Sakshi Madhukar Shivankar	2017	Nursing	Motherhood Hospital, Pune	Staff Nurse
4	Vaishali Madhukar Hulkey	2017	Nursing	Lilavati Hospital & Research Center, Mumbai	Staff Nurse
5	Mansi Ramkrushna Borghare	2017	Pharmacy	Omega Healthcare, Bangaluru	Medical Coder
6	Pranali Anil Munne	2017	Pharmacy	Lupin Ltd, Mumbai	Product Management Trainee
7	Purva Pravin Choudhari	2017	Pharmacy	IQVIA, Mumbai	Clinical Trail Setup Co-ordinator
8	Arpita Prakashrao Borade	2019	Engineering	TCS, Nagpur	Associate Software Engineer
9	Drashtri Chandramohan Goswami	2019	Engineering	Tech-Mahindra, Hyderabad	Associate Software Engineer
10	Ishika Rajesh Khandelwal	2019	Engineering	TCS, Nagpur	Assistance System Engineer
11	Ishika Sunil Mude	2019	Engineering	Hoonartek	Software Engineer
12	Janvi Suresh Adekar	2019	Engineering	TCS, Nagpur	Assistance System Engineer
13	Sakshi Vinod Tapase	2019	Engineering	Dassault systems, Pune	R & D Associate Software Engineer
14	Sonia Anil Pashine	2019	Engineering	Crave Infotech, Pune	Trainee Software Engineer
15	Ishna Jamil Sheikh	2019	Engineering after diploma	HCL Technology, Nagpur	Software Trainee
16	Shivani Rajesh Gulhane	2019	Engineering after diploma	Harman Connected Services, Pune	Associate Engineer Product Development

Hyderabad Placements

S. no	Name	Scholarship year	Course	Company Name	Designation
1	Keerthana Kyatam	2020	Engineering after diploma	Micron Technology	Associate Engineering (IT Team)
2	Keerthana Nevuri	2020	Engineering after diploma	Factset	Software Engineer - 1
3	Keerthi Yada	2020	Engineering after diploma	Accenture	Application Development Associate
4	Kirthi Kalikar	2020	Engineering after diploma	Deloitte	Consultant
5	Vaishnavi Srivoju	2020	Engineering after diploma	Cognizant	Program Analyst Trainee

Bhavana Salvi, LF 2012 and PA 2017 is a proud LPF daughter. Here is an outstanding, marvelous and an ordinary to extraordinary transformational journey to share with you all.



Bhavana has completed Bachelors in Mechanical Engineering from PVG's COET, Pune. She is 2016 Passout and has embarked her professional journey with Hero MotoCorp Pvt. Ltd. as Graduate Engineer Trainee in July 2016. Currently she works as a Territory Sales Manager, in charge of Leading Sales of eight Dealerships and thirty-three Secondary Networks across Chitradurga,



Davangere, Shimoga, Mangalore and Udupi. She is accountable for generating revenue by designing and developing existing accounts, launching proactive campaigns, and generating new business through cold calling, referrals. She is also responsible for customizing sales strategies to address client and market-specific requirements. In addition to her current role, she has extensive five and a half years of Field Service Role, which cumulatively sharpened her skill sets in Customer Service, Complaints Management, Training and Development. She has been grateful to have achieved promotions and headed three different job profiles in five different territories.

Bhavana used to live a very ordinary life. Her dad is a PMPML Conductor. Her mother used to run tiffin services for better education for kids which she stopped a few months back. While Bhavana was still a preteen, she



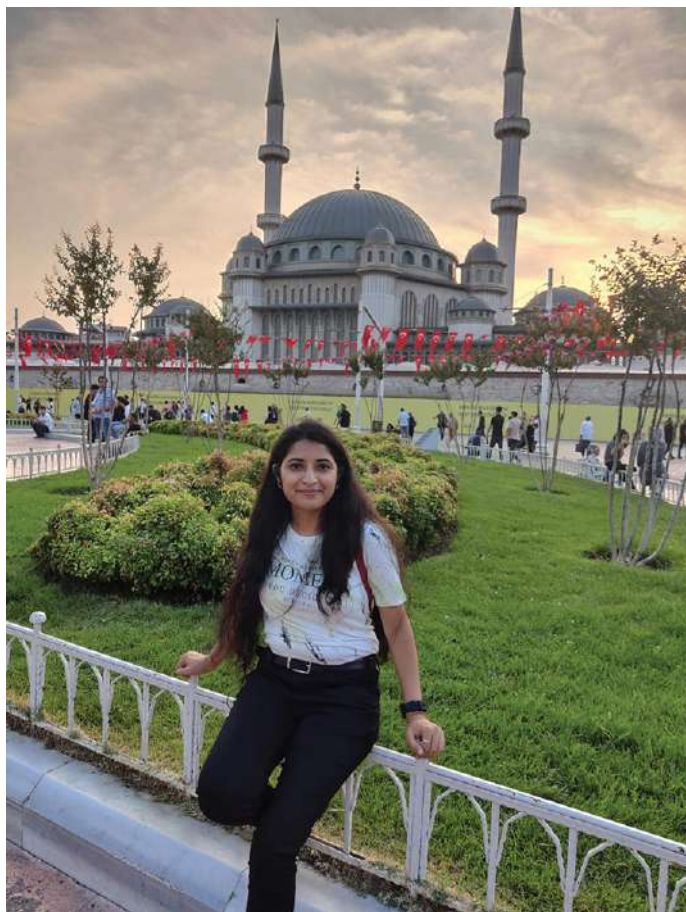
would help her mother run a tiffin service business by making 300 pieces of Indian bread daily. Her mother always prioritized education and insisted on Bhavana the dream of pursuing professional degrees as the only means to change the standard of living. Fueled by her Mother's rigor and determination to uplift their lives, Bhavana cracked the entrance exam to study engineering. Their dreams would have remained only dreams if they didn't have the financial and motivational support of the Lila Poonawalla Foundation (LPF). She still remembers the day when she was interviewed for an LPF scholarship and became part of this beautiful family. This gave her much needed momentum to kick start her extraordinary life.

To mention a few, Bhavana's noteworthy achievements in reverse chronological order is given as-

1. **Attended dealer conclave in Istanbul on Sep '22:** Bhavana's organization hosted a dealer conclave in Istanbul wherein only seniors at a higher level were invited. Surprisingly, she got an invitation from the company to attend a 3 day meeting in

contd. on page 20...

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Istanbul. She was the only female (out of 2 females) on Territory Manager level at All India Level. She had a very good time in Istanbul, a great learning experience with seniors. They visited tourist places as well.

2. She got **promoted as a Deputy Manager in May '22**
3. **Nakshatra Achiever:** 2nd Rank at All India level and 1st Rank in South Zone (among 950+ colleagues) for achieving 32 days festival targets in FY 2022-23. Set a record of achieving ever highest retail in Bangalore town. Eligible for an international trip along with one family member.
4. **2nd Runner up Area Office at National level in Quality Circle Competition:** She led the team in completing this project and got qualified.
5. **Nakshatra Achiever:** Sales in 2021-22 for helping dealerships during festivals in achieving 101% counter retails target for territory. She received Samsung tab from the zonal head after looking at the efforts put to achieve sales target (which was not a part of her KRA's as she belongs to service team)

6. **Post-Graduation in Women in Leadership:** Hero MotorCorp selected 22 girls from different functions, locations for this course on July 20. Training happened virtually on weekends. Convocation happened on 8th March' 21. Along with Post Graduation Certificate, she also received The Best All Rounder Reward, a Trophy and Certificate.

7. **Nakshatra Winner:** Her Organization declares this contest for employees working in the service team. Rankings decided on achieving given targets in Business Performance and Customer Experience. In FY 19-20, she was the topper for West Zone but did not receive any reward as missed one criteria.

However this year, she was the topper in the West Zone as well as on 10th Rank in National Level which makes her **the only Lady in Top 20 Ranking list in PAN India.**

The Award for this was an International Trip but due to Covid, the company rewarded her with an amazon gift voucher worth Rs.1 Lac.

It was a proud moment as she achieved this reward while pursuing a post-graduation in Women in Leadership.

8. **Exceptional Performer in 2019-20 and 2020-21:** Member of Excellerator club 2020 and 2021 for receiving exceptional rating appraisals. Performance and exceptional managerial skills helped Bhavana receive an Exceptional Performer rating for the last 2 financial years. In all over PAN India, each zone has only 1 Exceptional Performer (5 Exceptional Performers in all over India). Focus and dedication towards work helped her create history, being the first girl in the Organization to receive an Exceptional rating for the first time. She continued the same level of effort last year to repeat history.

For 2020-21 as well she received an Exceptional Rating and created a new benchmark in her organization. Hero MotoCorp Pvt. Ltd. COO and CHRO, Mike Clarke sent a letter to Bhavana's Mom-dad at their home address to congratulate her. Additionally, she also received the Club Mahindra Package for 4 nights to enjoy a timeout with family. She gave a one of its kind experience to her parents by taking them to a royal Udaipur trip.

Bhavana has cleared the IELTS exam and is planning to pursue MBA abroad, majorly applying in Canada. Mom and Dad congratulated her on both personal and professional achievements. She also expressed her genuine desire to give back to the foundation in every possible way. She is profoundly grateful to the foundation, Lila Mom- Firoz Dad, her parents and owes her success to them.

■ Compiled by Sonal Walunj, LF 2012

Summer is the season between late of February to earlier of June. It is the hot season when temperatures soar all around the country. The summer season is when the days are longer and nights are shorter. People spend their time going on vacations to beaches and cooler destinations during summer to escape the heat... Summer season is the hottest of all the 3 major seasons. A change of weather may often trigger certain diseases. Common illnesses like sun (heat) stroke, sunburn, food poisoning, renal stone/colic, migraine/headaches, conjunctivitis, fever, different viral infections like mumps, measles, chicken pox, skin rashes (PMLE-Polymorphic Light eruptions).



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 regimen boosts your digestive system consequently immune system. During summer, body's BMR (Basal Metabolic Rate) decreases as compare to winter. Hence, the body demands less calories but more fluids; as a result of loss of electrolytes due to sweating. This makes you dehydrated, fatigue and worsen your health. To avoid these physiological consequences one can follow diet and lifestyle modification.

Regimen: (Life style changes)

1. Need to follow meal timings, don't skip breakfast
2. Daily gentle exercise or yoga at least for 30 min
3. Drink 3-4 litres water/day (Coconut water, lime water are beneficial); Drink normal temperature water to maintain your body temperature.
4. Avoid tight clothing prefer to wear loose clothing, cover your skin and especially make the maximum USE OF SUNGLASSES
5. Power nap of 30 min
6. Avoid direct sun exposure to avoid skin damage; to avoid harmful ultraviolet rays, we should not go out during the daytime especially from 11 am to 4 pm
7. Use of soaps and body washes for body cleaning
8. During travelling, one should maintain hygiene and health care precautions
9. At least 2 serves of fruits and 3 serves of fluids per day is recommended
10. Avoid ice-creams, sugary cold drinks, too much spicy and oily food.

This regimen and dietetics for hot summer is useful for you to build your immunity to fight against probable summer illnesses!



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An ideal diet plan for an Indian adult

(K.N: The person with co-morbidity like diabetes, high blood pressure menu plan may alter)

Time	Menu/food item	Nutritional ingredients
Early morning: 6AM	1 spoon Amla powder + ½ pinch of coriander powder + cumin powder in Warm water (250ml)	Vit C, crude fibres, Potassium. Refreshing and low calorie drink
Snacks: 6.30 AM	4 Almonds (Soaked) + 8-10 black raisins.	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 gm salad) or 2 medium sized moong cheela (add 50 gm salad) + 1 slice of brown bread	Vit A, high protein, fibres, calcium, phosphorous, iron.
Pre-lunch 11am	Water melon/Kiwi/Papaya (100 gms)	Potassium, magnesium, Vit. C
Lunch: 1 PM	1 barley/wheat roti + 1 bowl sprout + 1 bowl kadhi /daal + 1 spoon pudina chatani + 200 ml butter milk (100gm of fish/chicken)instead of sprout	High fibre, healthy fat, moderate protein, complex carbs and vitamins.
Afternoon: 4PM	1 cup of green tea/coconut water/lime juice/	Potassium, Vit. C
Evening: 6 PM	Any seasonal fruit or 20 gm of mixed dry fruits/nuts	-
Dinner 8 PM	100 gm salad + 1 small bowl of medium thick daal + ½ bowl rice OR 100 gm grilled chicken + 1 bowl of veg pulav + 50 gm salad	Fibres, protein, carbs, minerals.

■ Dr. Priyanka Musale
M.D. (Homoeopathy), Dietician and Nutritionist
LF 2010



Our Research Scholar

“The pursuit of PhD is an enduring daring adventure.”— Lailah Gifty

I would like to proudly announce, I, **Dr. Rita Madanlal Shetiya (LF-2005, PA - 2011)**, received Doctorate Degree in Economics on 2nd of January 2023. My PhD. Thesis is entitled as, **“A Comparative study of International Trade of India among the BRICS Countries (2006 - 2017)”**. I would like to gladly share my PhD journey, so as to motivate our other LILA fellows/sisters to pursue this dream.

It's said that doing PhD is an enjoyment and at the same time an extremely challenging piece of anyone's life. It's like **“Enjoying to climb up that mountain”**, while

we do PhD for an intellectual stimulation, sometimes we might wonder, why do we put ourselves through such difficulty? If you need a reminder of why you have chosen to do this, here is a quote by **Tadashi Yanai, the founder of Uniqlo**, which I have found very helpful - **“I'm never really satisfied with anything because the world is ever-changing. If you keep climbing up, then you see another, higher mountain. You climb up that peak and see another. I will pass away eventually because that is life. But I am climbing mountains because, “I enjoy the process of climbing a mountain.”**

The PhD journey is a long one where it is quite easy and normal to feel demotivated for certain stretches of time. We all need a little inspiration to perk us up during those

days. When I decided to do a PhD in economics many people gave me many suggestions, but one who really kept me motivated till the end is my mother - H. C. Dr. Savita Madanlal Shetiya.



Choosing a topic for research involves studying that topic in depth, where the work is totally dependent upon secondary data, which isn't an easy task. The reason for me to choose this topic of BRICS (Brazil, Russia, India, and China & South Africa) was that on the one hand SAARC and Brexit organizations were seen to be on the way, while BRICS was seen to emerge in 2010. Before the formation of BRICS, India was trading with these countries. But after joining BRICS, what has changed in India's international trade as a whole? was an interesting aspect for me to research and hence I chose this subject for my study.

Diving you all a little deeper into this subject - The reason behind the formation of BRICS is not only these countries having financial power to uplift the less developing countries but also having ability to face the challenges of economic development. The BRICS have profoundly influenced the direction of world trade and



investment. BRICS represents one of the prominent institutional manifestations of emerging powers to assert their interests and worldviews.

While doing a PhD you need mental, moral and financial support. Lot of hard work, research is required to keep you going. I set some concrete goals for myself apart from the research work there were days where I was working up till 2-3 am. But I was truly blessed with the right mentors around me who encouraged and believed my abilities, they guided me through this journey. Dr. Jyoti Patil (my research guide), Dr. Nilesh Limbore and Nivedita Mazire (friends) always supported, helped and encouraged me to strive towards my goal. A special thanks to our beloved Lila Mom and Firoz Dad for encouraging and motivating me.

And lastly my Mother - I'm very fortunate to have lovely and caring parents, who always inspire and stand behind me in any situation. I respect all my Mother's contributions of time and ideas to make my PhD experience productive, she has been a great mentor for me. There were times when I thought I would never make it but her encouragement and mentoring made me pull harder and today I received what I dreamt for.

During my PhD journey I also received Pushpalata Ranade Fellowship and Award, Sakal India Foundation Fellowship and Suhasini Sudhakar Biwalkar Fellowship. These fellowships really helped me a lot not only financially but also it pushed me to complete my PhD on time. Till date my 8 Research articles are published in International and National Journal. Amongst them, 2 research papers received the best research paper and presentation award.

I just want to tell my sisters **"If you want to succeed, you must work to overcome the obstacles in your path."** PhD made me richer in thoughts and gave me confidence that I can handle the impossible. This experience also enabled me to understand that joy lies in enjoying the journey and not planning for the destination. I was happy to have met my goals and so I always celebrated. **"I am still enjoying the successful completion of my PhD, taking time to relax, renew, and refocus".**

■ Dr. Rita Madanlal Shetiya
LF- 2005, PA - 2011



Iqra Khan (LILA Girl 2020)

She has achieved many awards including the National level IEEE Eureka 2nd Prize winner. Also she has completed Java Certification from IIT Spoken Tutorial and has published two research papers in IJSART journal.



Amruta Gogate (Karandikar) (LF 2000)

Received Tarabai Dixit Award for standing first in Visharad Exam in Dadar-Matunga Division (Mumbai).

Rishitha Nallapu (LG 2020)

Rishitha is pursuing Information Technology stream from G. Narayanamma Institute of Technology & science for Women, Hyderabad. She and her team participated in NASA International Space Apps challenge (48-hour Hackathon) and won the state level competition in Chandigarh and were listed in the top 20 teams at the global level.



Gayathri Devi Malishetty (LG 2020)

Gayathri is pursuing Electronics & Communications Engineering from G. Narayanamma Institute of Technology & science for Women, Hyderabad. In her 3rd year, she acquired a 2 months internship in JP Morgan Chase & Co. for learning the role of Software Engineer as a Summer Intern 2023. Also, she stood 4th and won the consolation price in 'Anveshana Idea Pitching' contest for the topic of floral waste management.





Dr. Rita Shetiya (LF 2005, PA 2011)

Rita has received many glorious awards as on onset of 2023 including the Jijau Savitri & Fatima Award 2023, Ratna Shree Award 2023, Global Educator's Forum, Pune "President" award.



Pratiksha Shinde (LG 2018)

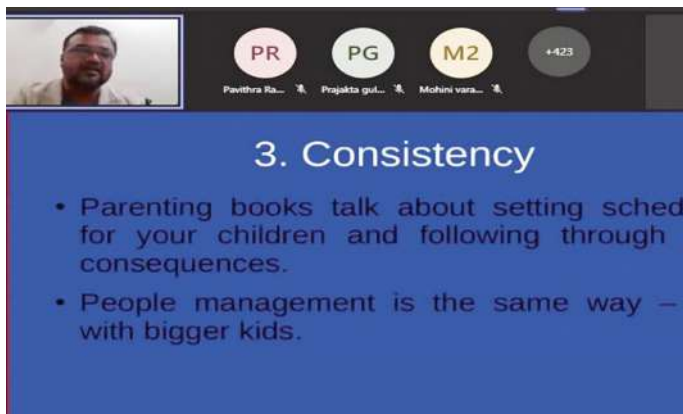
She has been the Gold Medalist of IT Department of MIT - ADT University, Pune for the year 2022 and has bagged the Best Outgoing Student of Batch 2022 Award in the IT Department.

Training programs at Amravati

Types of interviews

- ❑ Structured interview
- ❑ Unstructured interview
- ❑ Group interview
 1. Group discussion
 2. Group task
 3. Dialogue panel

Trainer explain Types of Interviews to LILA Girls



The screenshot shows a video call interface. At the top, there are four circular icons labeled PR, PG, M2, and +423. Below them are the names Pavithra Ra..., Pranjata gul..., and Mohini vara... The main part of the screen displays a presentation slide titled "3. Consistency". The slide contains two bullet points:

- Parenting books talk about setting sched for your children and following through consequences.
- People management is the same way – with bigger kids.

The tranier explaining to about Consistency to people

What is Quality?



Session on Upskill Network by G.E.Avation volunteer

Power of Mind Maps

- ❑ Human memory operates on two important principles.
 - ❑ Association
 - ❑ Imagination / Visualization

Trainer giving information to girls of power mind Maps



LILA Girls & Trainer giving the pose for group photo

Training programs at Hyderabad'



The screenshot shows a video call interface. On the left, a presentation slide titled "Firewall" is displayed. The slide content includes:

- Firewall is used to protect internal network from External network
- Two types
 - Hardware Firewall
 - Software Firewall

 To the right of the slide is a diagram showing an "Internet" cloud connected to an "INTERNAL NETWORK" via a "FIREWALL" (represented as a brick wall). Various devices like laptops, smartphones, and servers are shown connected to the internal network. On the far right, a small video window shows a woman, Ms. Smita Gune, speaking.

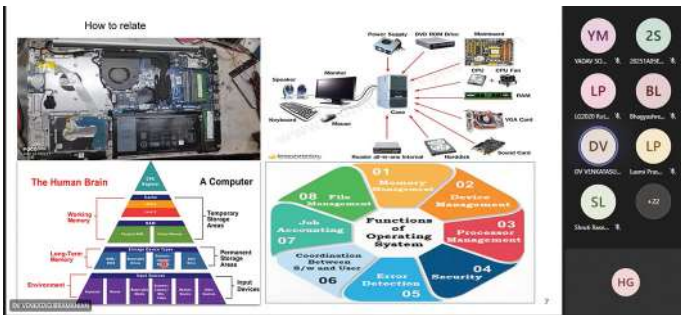
Fundamentals of Computer Networks is explained to young LILA girls by Ms. Smita Gune



Industrial Visit to ABB GISPL, Hyderabad



Self – Defense training by Mr. Naveen Goud



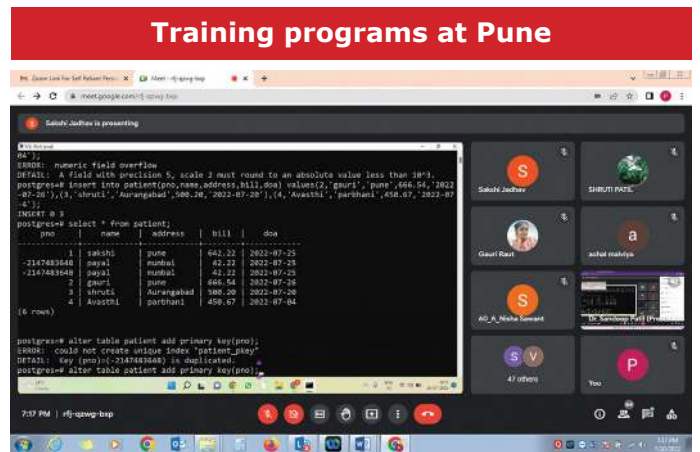
IT Infrastructure Landscape lecture session conducted by Dr. D. Venkata



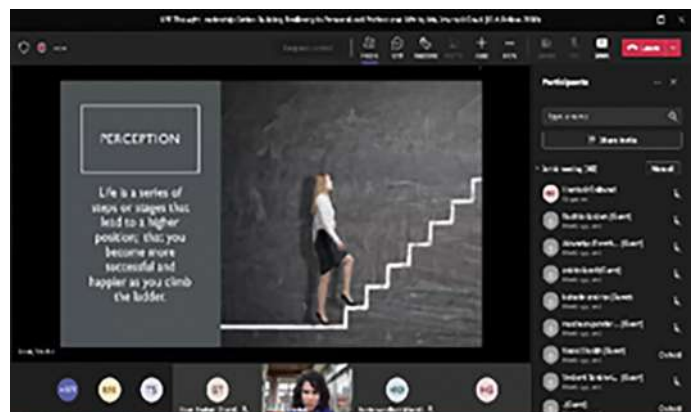
Personality Development (Brand in You), a motivating lecture conducted by Mr. Manish Upadhyay



Ms. Meera Natarajan conducted a lecture on Attitude Building



Trainer Mr. Sandeep explains to LILA Girls how to work on existing database systems, design databases, create a relational database, and analysis of table design



LPF Thought Leadership Series: Building Resiliency in Personal and Professional Life by Ms. Vrushali Gaud (LILA Fellow 2000) explains to LILA Girls how to tackle different problems, and situations in their personal and professional life and how to stay happy in life

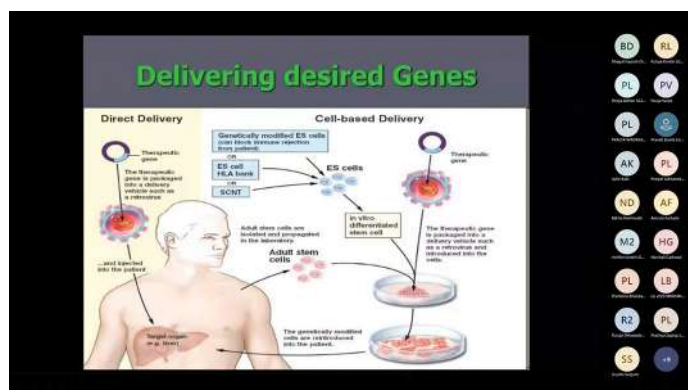
contd. from page 27...



LPF Thought Leadership Series: Find Your Mojo, Navigating Career as an early Professional by Ms. Umema Bohari (LILA Girl 2011) shared her journey and motivated LILA Girls for a better future



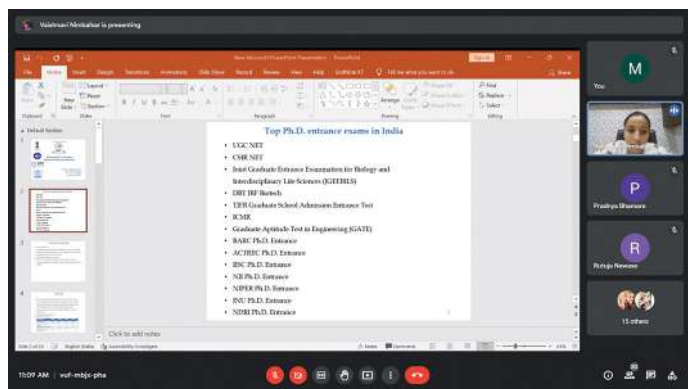
LILA Girls ready for a group photo at the end of the Basic PPT Session by Concentrix volunteer



Advance Genomics Era: The Future of Genetics in Medicine by Ms. Priti shares information that genomics has the potential to make the genetic diagnosis of disease a more efficient & cost-effective process



Trainer Ms. Garima explains effective listening and powerful communication during the session on Business Communication



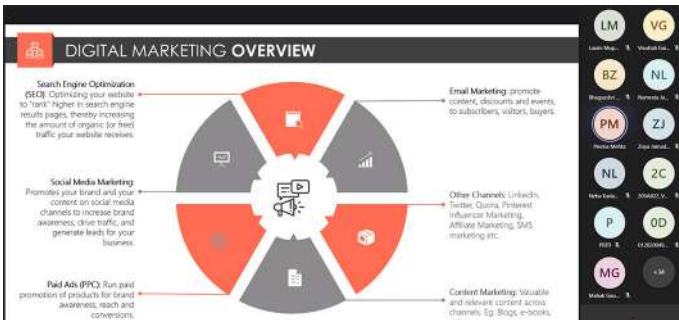
Cracking Ph.D. Life Science Entrance Exams and Interviews by Ms. Vaishnavi Nimbalkar (LILA Girl 2012 and LILA Fellow 2015) shared top Ph.D. entrance exams in India



Trainer Ms. Sarika explaining to LILA Girls about newborn baby assessments and care in the role of nursing



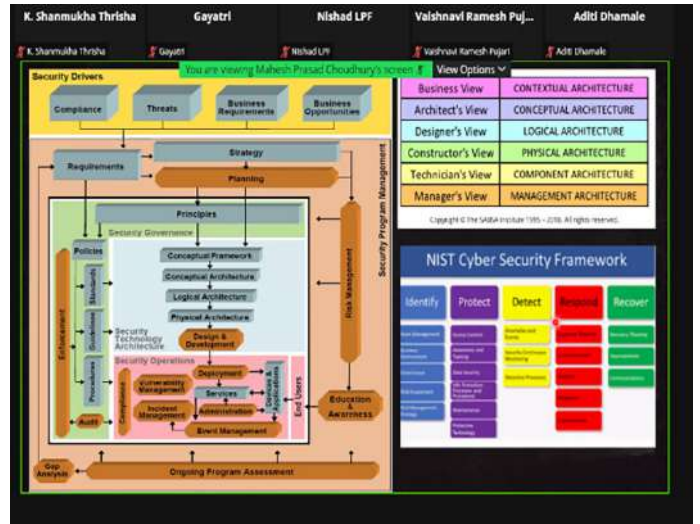
Group Photo of LILA Girls with ABB volunteer during Cyber Security Session



LPF Trainer Ms. Prerna explains about overview of digital marketing

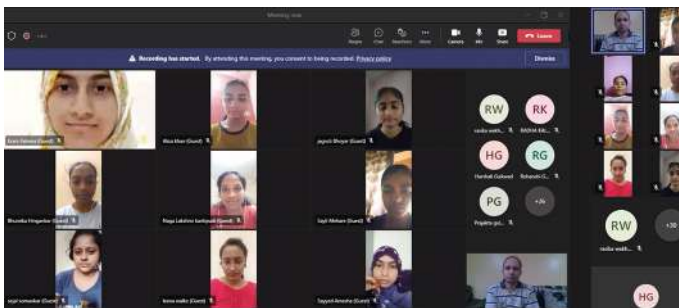


Industrial Visit to HSBC Technology India, Pune

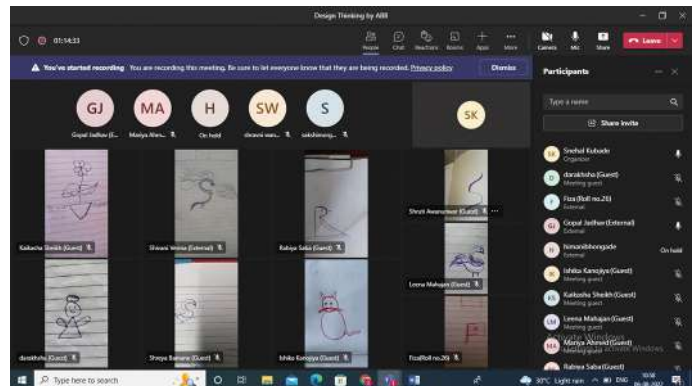


Cyber Security Awareness and Knowledge sessions by HSBC for LILA Girls to understand the content and its applications

Training programs at Wardha - Nagpur



A group photo clicked during Internet of Things Session



LILA Girls are doing the activities in the session Design Thinking

contd. from page 29...



Trainer Mr. Mohammad Ujjainwalla is interacting with girls on the topic Self Reliant-Personality Development



Trainer is explaining about basic and advance excel



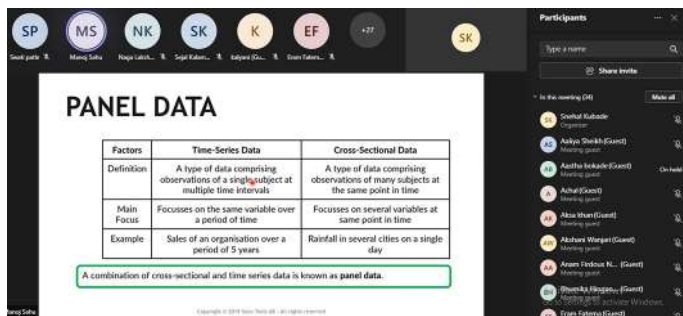
Trainer is taking sample mock interview of girl during the session



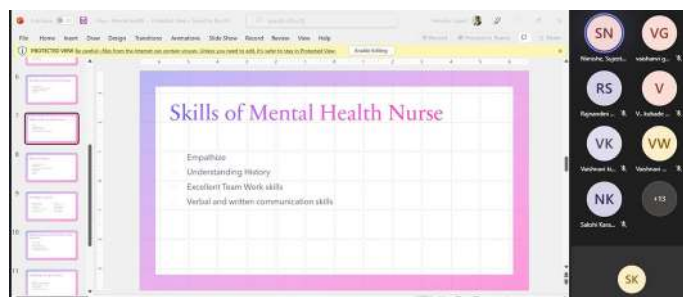
Group photo clicked during the session Attitude Building



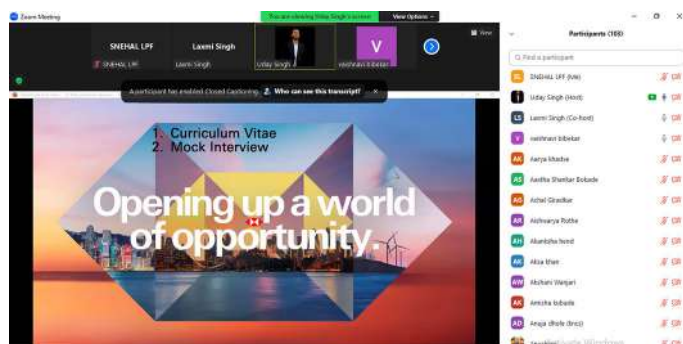
Trainer is explaining about Introduction to Data Science



Trainer is explaining about panel data



Trainer is showing presentation on know your mental health



Session is on Mock interview and how should be our curriculum vitae

India Donations

(Note: Information provided here is donation of more than Rs. 10,000/- given to LPF for period from June 2022 to March 2023)



Revathi Jambunathan
LF 2010
75,000



Puja Borude
LG 2012
67,250
(Supported 1 girl for
4 Year Engineering
course)



Shraddha Dondekar
LG 2017
67,250



Siddhi S. Inamdar
LG 2016
60,000



Sneha Nikum
LF 2005/PA 2008
50,000



Prachi Divekar
LF 2005/PA 2009
30,000



Neha Rawte
LF 2006
25,000



Asmita Patil
LG 2012
25,000



Rashmi Joshi
LF 2001
25,000



Suhasini Gadgil
LF 2002
21,000



Chippy Kumar
LG 2013
20,000



Pratiksha Bande
LG 2016
16,000



Amruta Nagtilak
LG 2011
15,000



Shruti Kulkarni
LG 2014/ PA 2016
15,000



Shivkanya S. Shinde
LG 2011 LF 2015
15,000



Priyanka Sameer Kale
LF 2006/ PA 2008
11,000



Aditi Lonkar
LG 2017
10,000



Bhagyashree Kulkarni
LG 2012
10,000



Shivani Sahane
LG 2016
10,000



Sanvedna Khaire
LG 2013
10,000



Jolly Varghese
LF 1998
10,000

contd. on page 39...

Birthday wishes

Dear Mom,

I am Sayali Wani, LG 2021(Engineering). Since I am sending this email one day after your birthday, please accept my sincere apologies.

Mom, I wish you a great and happy birthday. May the Lord provide you with great health and happiness. It makes me incredibly happy to refer to you as my mother. You are the epitome of what I want my life to be like. Nobody has influenced me as much as you have. My entire outlook on life was completely altered by your speeches on February 26 2022. Since then, my aim became to achieve great success and give as much as I could to the foundation. At that moment I heard you declaring "You are all my daughters now," it boosted a new sense of confidence in me. I suddenly realized that one of the most powerful ladies was standing at my side, ready to back my aspirations. I just need to put in more effort to move closer to my goals. That strong woman is none other than our cherished Lila Mom.

Mom, I wrote a short poem for you. It is as follows-

I heard of a woman,
who was highly driven.
To uplift girls
Her mission was to unfurl
Educational opportunities
for the unfortunate gifted young ladies

I was skeptical about going ahead,
to pursue my dreams, I was afraid.
At that time,
I saw her in her prime.
She held my hand,
And made me understand.
The importance of pursuit of dreams
She gave me and many like me a wonderful scheme.
To study without fear
She will be our dear
And support us
In her mission we will add a plus.

She is none other than whom we all love and respect.
She is wonderful in every aspect.
Our dear... Lila Mom



Yours Truly,
Sayali Wani (LG 2021)

Dear Mom,

Happy birthday to you!

Wishing you all the happiness in the world! Being surrounded by people like you is the greatest blessing in our life. You are the most admirable person and you are the best woman I know. LILA POONAWALA FOUNDATION is fulfilling the dream of every LILA Girl. We are very thankful for your support Mom and Dad. Love you



Your daughter,
Tejaswi Dhanampally (LG 2020)
Hyderabad

Dear Mom,

Wishing you a very happy birthday! The strength you carry within touches my soul too, so on your very special day, I wish you the universe of happiness. Someone as special as you mom deserve happiness every single day, but even more so on your birthday. This poem is for you Mom.



You would be the strong roots
If I were a tree.
In my life's horizon
You are the endless sea
Mom, I don't know how to convey
How much you mean to me
There is no limit to my love for you
You are my entire world, you see
Happy birthday!!!! Love you Mom !

Your loving daughter,
Kunjal Jirapure (LG 2020)
Amravati

Hello Mom,

Wish you many happy returns of the day Mom! You must know that you have a special place in the heart of every daughter of LPF. I can't show all my love and respect in words and I can't gift you any expensive stuff but I can promise you that I will make you happy by gifting you with great academics and the job offer in my hand by next year on your next birthday as I will be completing my engineering by next year and I know you will be the happiest by knowing that.



Your daughter,
Pooja Patil (LG 2020)

Dear Mom,

Happy Birthday to you my dear beautiful MOM! May your birthday be as special as you are...

Mom, you are the precious gift God has given to me. Being your daughter I always feel proud and makes me feel that I should also do something great like my mom, who is always struggling for us so that her every daughter will have a better life. Really mom, your thinking and your each and every action motivates me to have hunger for great success in my life.

Thank you mom for everything you have given to me and again wish you many many happy returns of the day!

LOVE YOU MOM from bottom of my heart

Yours lovingly

■ Komal Gotmare (LG 2019)



Mother's Day wishes

Dear Mom,

Happy Mother's Day to the beautiful woman from inside and out!

Mother is the heartbeat of any home and without her, nothing is possible. In the same way, nothing would have been possible for us without you and the Foundation. We feel the foundation is our home you are our mom forever.

Love you mom.

Your loving daughter,

■ Arunjyothi Uyyala (LG 2020)
Hyderabad



Dear Mom,

Wishing you very happy birthday!

I know that during my life you have tried to teach me many things. But on your birthday, I do want you to know that many of the things you have taught me have helped me become the person that I am today. I want to thank you for that from bottom of my heart.

You are truly a wonderful mother and an extraordinary person. Today on your birthday I wish you great health, wealth and lot of happiness in your life. Enjoy your birthday mom.

Yours loving daughter,

■ Ayesha Mujawar
(LF 2016 & PA 2018)



New year wishes

Hello Mom,

I am Vaishnavi Rahul Joshi, Lila girl 2020. Pursuing Electronics and Telecommunication Engineering from PVG's college of Engineering and Technology.

You are a very important and valued person in our life. You are very special to me. Throughout this year, you have inspired us to do better and provided us with a lot of knowledge. Thank you for being our constant support.

I hope the new year fills your life with health, peace, and happiness.

May the blessings from the Almighty shower on you for many more years to come and you have a long and healthy life to guide us.

I seek your blessings to do well in the coming year and I promise to make you proud.

Wishing you a happy new year!

Your loving daughter,

■ Vaishnavi Joshi (LG 2020)



Dear Mom and Dad,

I hope this message finds you both in good health and spirits. As we approach the New Year, I wanted to take a moment to thank you both for everything you have done for me. You have been my biggest supporters and have been there for me through thick and thin.

I am wishing you both a happy, healthy, and prosperous New Year. May all your dreams come true and may you be blessed with an abundance of joy in the coming year.

With love,

■ Tanuja Khatri
(LG 2019)



contd. from page 33...

Hello Dear Mom and Dad,
How are you? I hope you are fit and fine as always. Wish you a very happy new year! May this year bring happiness, good health and satisfaction in your life. You are the source of motivation for all of us.



You have already made our life beautiful like the shining stars by giving your valuable support and love. "To make one's life successful, contribution of parents is very important. In the same way, you have changed our life from darkness to light. You have always showered your blessings on us; we all girls will definitely make you proud through our work and also through contributing towards society.

Thank you very much for everything you have done for us, please forgive all the mistakes!

Thank you for arranging Nice Training sessions, I have learnt a lot from Business communication, personality development and winning with body language sessions and many more...

Thank you and love you,
■ Aishwarya Agavane
(LG 2020)

Dear Mom and Dad,
For this New Year, I've made a poem and I want to wish you all with it...



प्रत्येक वर्ष कसं
पुस्तकासारखंच असतं ना!
365 दिवसांचं!!
जसं नवं पान पलटू
तसं नवं मिळत जातं..
कधी मनामध्ये राहिलेलं
पूर्ण होऊन जातं..
नवं पान, नवा दिवस,
नवी स्वप्नं, नवी ध्येयं,
नव्या आशा, नव्या दिशा,
नवी माणसं, नवी नाती,
नवं यश, नवा आनंद.
कधी अपूर्ण, कधी संपूर्ण,
नवा हर्ष, नवं वर्ष 2K23 !
या सुंदर वर्षासाठी
तुम्हा सर्वांना खूप खूप शुभेच्छा !

Your loving daughter,
■ Mrunali Bhor
(LG 2020)

Dear Mom and Dad,

My name is Shivani Subhash Borate. I am LILA fellow 2021 pursuing M.Sc. Computer science. I love you both a lot and appreciate your efforts for bringing me and my other sisters up to be a better individual. I am so lucky to have you both as my parents. May this New Year will



give you happiness, joy and lovely moments. Mom and Dad you both are like a God for me.

You both have special place in my heart. Whatever I have achieved today, is just because of you both not because of any relative. No one ever come forward to support me the way you did. Hence, from the core of heart, I appreciate your blessings and support. The have learned many values through the beloved LPF family. Forgive me for the mistakes I did, keep your blessing on me, I need your love for the rest of my life

I've attached a greeting to wish you both. Hope you like it. May God bless you both... Wish you a very Happy New Year



Your Daughter,
■ Shivani Borate
(LG 2021)

नमस्कार

माझे नाव सोळुंके ऐश्वर्या. LG2020

माझी कवितेच नाव आहे तपस्या..



आजच्या जगात आपली पाल्य सुसंस्कारित घडवणे खूप अवघड काम आहे. 27 वर्षांपासून लीला मॉम dad सर्व foundation team आपल्याला घडवण्यासाठी खूप कष्ट करत आहेत त्या मेहनतीला त्या कसरतीलाच मी तपस्या म्हणेन.

ही कविता मी स्पेशली dedicate केली आहे लीला मॉम आणि dad साठी तर ती मी आपल्यासमोर सादर करत आहे . ज्यांचे लक्ष्य आहे उच्च, विशाल, उदार आणि निष्काम ।

करण्या अपूर्णतेला पूर्ण आणि पूर्णत्वाला उत्तुल्लभ ।

हीच म्हणावी का मातृ पितृ तपस्या तस्सम ॥

शक्ति-सामर्थ्य, उत्साह आणि अमोघ क्रियाशीलता ।

करण्या पाल्य व्यक्तिमत्त्व विकसीत पूर्णता ।

हीच म्हणावी का मातृ पितृ तपस्या क्षमता ॥

सदैव ठेवता पाठीवरती हात आशीर्वादाचा आणि धैर्याचा ।

करण्या अभ्यासात प्रगती सदैव प्रेरणास्रोत विश्वासाचा ।

हीच म्हणावी का मातृ पितृ तपस्या आस्तित्वतेची ।

वेधण्या यशाची उंच शिखरे सदैव प्रेरीती निश्चयाने ।

सज्ञान संकल्प-शक्ति पद्धती नियंत्रित आणि अनुशासनाने ॥

हीच म्हणावी का मातृ पितृ तपस्या पूर्णपणे ॥

पाहुनी यश संतती चे, प्रेमाने उर भरिती, अभिमानाने हर्षिती ।

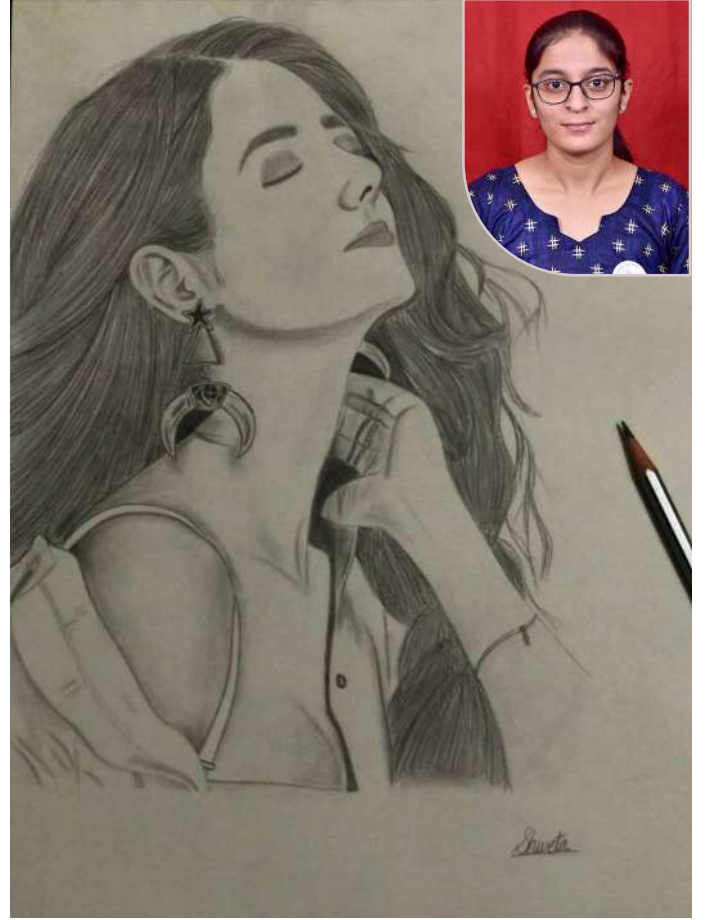
केलेल्या सर्व जीवन हवणाची आणि अपरीमित कष्टाची पूर्तती

हीच म्हणावी का मातृ पितृ तपस्या वात्सल्याप्रती ॥

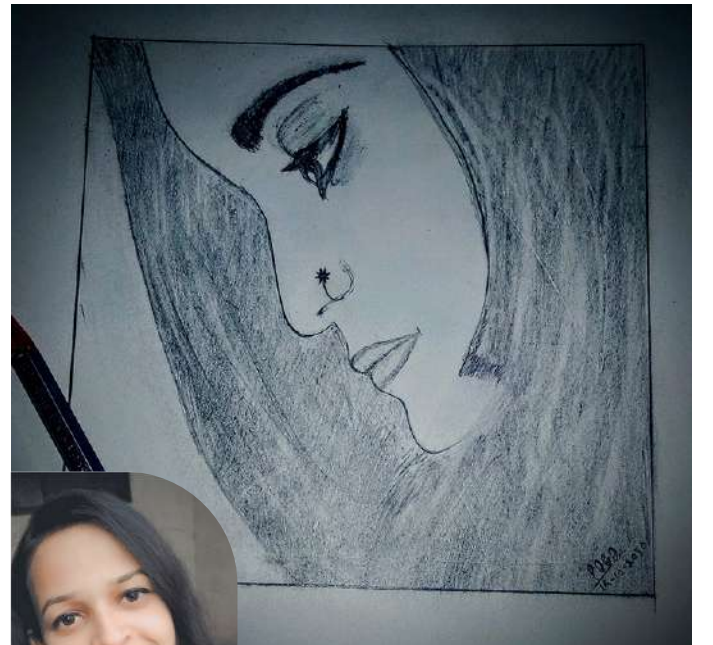
॥ माझी ही काव्य कला मातृ पितृ चरणी समर्पित ॥

■ LG2020

सोळुंके ऐश्वर्या



■ Shweta Girish Bajpai
LG 2020



■ Pragati Pradip Chavan
LG 2020





■ **Vaishnavi Nawkar**
LG 2019



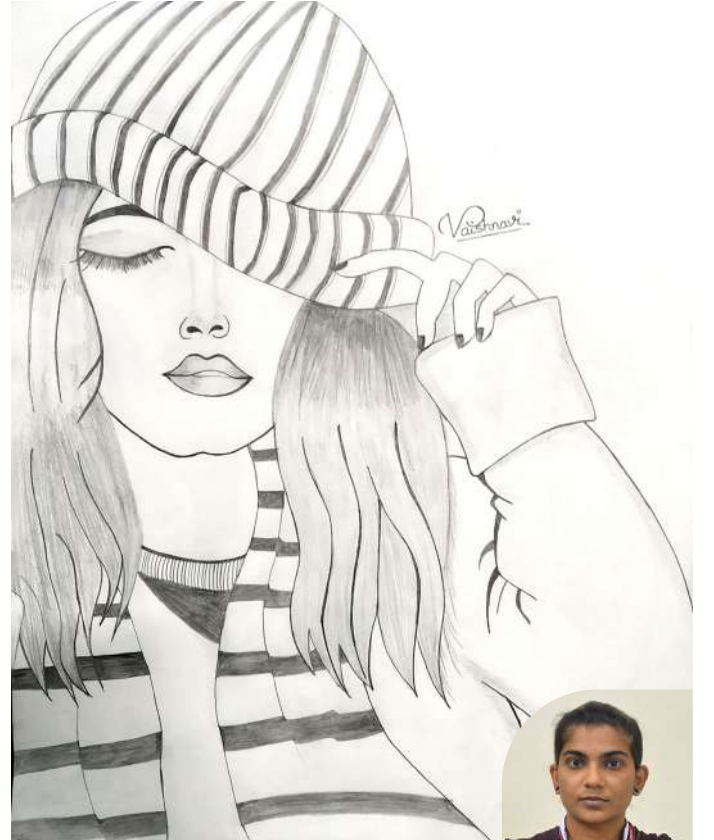
■ **Samidha Mangesh Hiwale**
LG-2019

बऱ्याच दिवसांनी नव्याने जाग आली
अस्तित्व कायम आहे आपुलं
याची जाण झाली
नवी आशा घेऊन नवी किरणे आली
नव्या पहाटेची नवी महती सांगून गेली
कोवळे से ऊन घेऊन सूर्याने ही संमती दिली
नव्याने सुरुवात करण्याची आज नवी ओढ लागली
संथ गतीने वाहणाऱ्या वाऱ्याने आता गती पकडली
आणि त्याच्यासवे एक वेगळी वाट दाखवली
आता कधी पडायचं नाही आता कधी हरायचं नाही
कशासाठी झुरायचं नाही कोणामुळं थांबायचं नाही
आता बऱ्याच दिवसाच्या कोरड्या मातीचाही
सुगंध सर्वत्र सरिमुळे दरवळू लागला
मीही नवा उत्साह घेऊन नव्या प्रवासाचा श्रीगणेशा केला

— Dipali Lunge

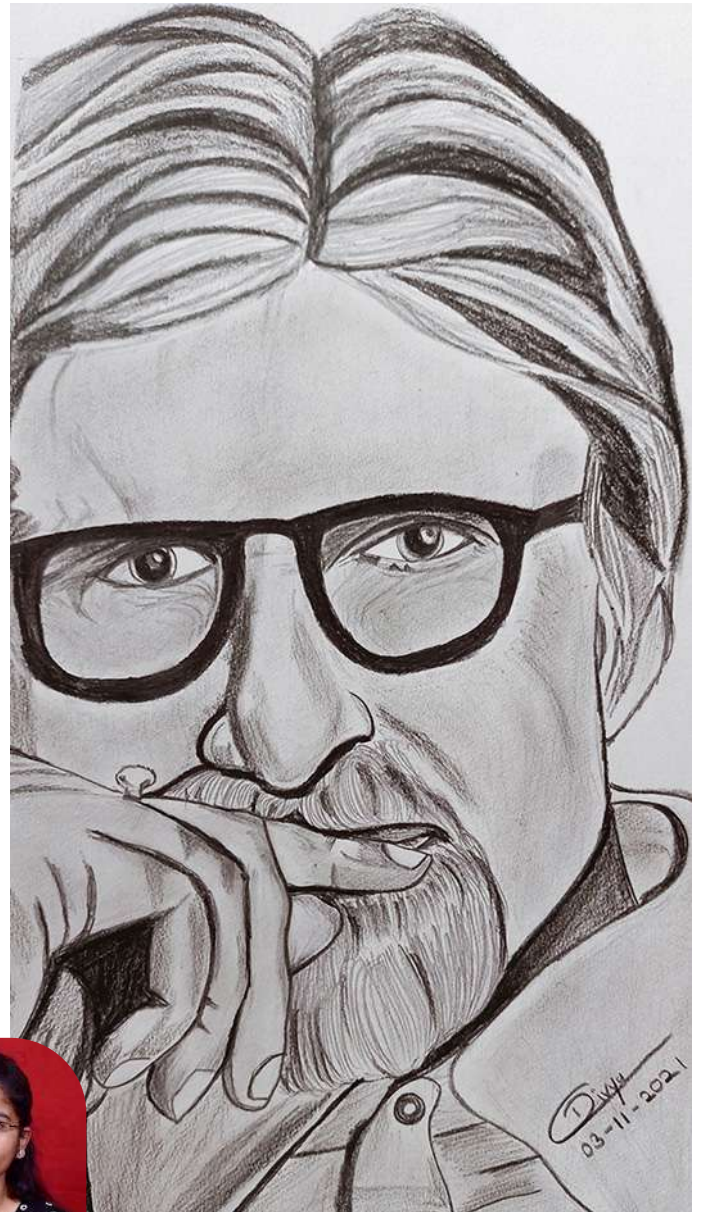


■ **Dipali Lunge**
LG 2019



■ **Vaishnavi Madhukar Shirbhate**
LG-2019





■ Divya Patil
LG 2020

contd. from page 5...

Keerthana was extremely happy upon receiving the scholarship and considers it to be one of her biggest achievements. She proudly says, "Being a member of the LILA family makes me very happy and grateful. I was excited and happy to learn that LPF is helping hundreds of financially disadvantaged but academically outstanding girls attain their goals. My faith in my ability to accomplish goals and attain what I want was boosted by that particular moment. LPF offers workshops that are highly valuable in addition to scholarships. I have greatly improved my communication skills, interview abilities, and other important soft skills. It is because of these training sessions that helped me land up a great position at Micron Technology with a package of 8.5 LPA. The LPF team served as great support and motivated me to accomplish my objectives and made me independent."

With this good start to her career, Keerthana now has

set new goals for herself. She wants to pursue higher education with the aim to make herself better each day. Her eyes are set on a bigger goal which is to fulfil her father's dream of working as an Engineer for the government employee in the electricity department (TSTRANSCO).

With her vigour, hard work and ability, Keerthana will surely one day achieve this goal too. She would like to be with the LPF family throughout her journey and says, "Lila Mom and Firoz Dad have given me a chance to make my future bright and I intend to make them proud. I want the whole world to know that I am a Proud LILA Girl". Kudos to you Keerthana for continuing to capture newer goals in life and we, the LPF family are with you to support you when you need!

Compiled by Tazeen Shaikh, LG 2017

Today, we introduce to all readers with yet another story of a young, ambitious, strong, sharp and a hard working LILA Girl - Kirthi Kalikar

In her own words, "I am Kirthi Kalikar, a LILA girl from batch 2020. I'm 21 years old, born in the main city of Hyderabad. My father, Kalikar Susheel Kumar is a private employee and my mother, Kalikar Radhika is a homemaker. I have an elder sister, Kalikar Monika who is a role model for my educational journey"



Kirthi's family is her constant inspiration to do hard work & achieve her goals. They always supported & encouraged her to do things that she loves to do. From her childhood itself, she was an active kid and was the class monitor and games captain in St. Maria High School. She completed her schooling till 10th standard at Ratna Grammar School in Balapur, Hyderabad with a 9.7 GPA and topped the class. After that, due to her interest in computers, she chose to do a diploma in Computer Engineering course from TRR College of Technology (Polytechnic) and graduated with first class distinction with 8.0 GPA. Currently she is pursuing B.Tech from G. Narayanamma Institute of Technology and Science.

Apart from academics, she is passionate about photography, and arts & crafts. In her free time, she loves to explore & research various aspects that include technology, biology, mythology, psychology, literatures and many more. She is proficient in various languages like English, Telugu, Hindi, Marathi, and Korean and further wishes to learn more foreign languages. Her hobby is listening to K-pop music BTS as their music heals her soul & gives her the constant motivation that she can do it for which she needs to love herself first.

As her interest lies in computers, she always participated in hackathons to improve her technical skills, leadership skills, teamwork, and time management. She has participated in a few hackathons conducted by various organisations including: Megathon from IIIT-Hyd, IEEEExtreme 16.0 with University Rank-1, WILC in collaboration with SHETeams Hyderabad, CTF(Capture The Flag) hackathon winners on Cyber Security & Ethical Hacking Level-1 certification from Supraja Technologies, Nasa International SpaceApps Challenge 2022: Pre-

qualifier round(college level), State level, National Level, and International Level. Her team was shortlisted for Global nominee & Global Finalists.

She was able to participate in a NASA challenge during her final year of college, which was a tremendous learning experience. It required her to collaborate with other participants and work on providing solutions to the challenge taken by us in space exploration. She proudly states that, they were felicitated by Kalvakuntla Taraka Rama Rao sir (IT Minister of Hyderabad).

It all started with the college-level hackathon conducted in their college to the National-level hackathon conducted on October 1 and 2 at Chandigarh University. It was a 36-hour hackathon. They chose the problem statement to develop a game to help people learn about the James Webb Space Telescope's (JWST's) unique capabilities. Their proposed solution was an engaging 3D virtual reality (VR) game. At the international level, they have further developed our solution by adding more features and enhancing the user experience.

Kirthi and her team have developed an interactive and engaging VR game. The main idea of the game is to educate people about the capabilities of JWST. So they came up with a storyline where the JWST gets stolen by aliens, and the player has to collect all seven JWST parts scattered in a maze by defeating the aliens. The project demo is available on YouTube here: <https://www.youtube.com/watch?v=h85UcfJMEFE&t=46s>

Her role in the team was of main designer and lead developer. In terms of academics, Kirthi shares, "I have spent the majority of my time learning new technical things, doing projects on different domains, and exploring them rather than studying. So my CGPA has now fallen down to 78%, but I am confident that I will do my best this time and work hard to improve it. I'm also delighted to mention that I got placed at Deloitte with a 7.6 LPA in USI Consultancy—Analyst Role this is my first campus offer".

Kirthi is skilled with various technical stack knowledge like - Full Stack Development, Web & Mobile App Development, UML, Software Engineering, Cyber Security, and Game Development. Her interest lies in cyber security, UI/UX design and development, human-computer interaction, VR game design and development, AR, and IoT.

In 2020, during the pandemic, she learned about LPF from her college, and then applied for the scholarship.

After completing the scholarship process and clearing her interviews, she had orientation day at her college, where she met her new LPF family, who were ready to help and support the girls who are in need. Lila Mom, Firoz Dad, and Priti didi encouraged her and explained the benefits of being a LILA girl. It was a proud moment for her as she is one of the **LILA Girls** from the first batch of Hyderabad chapter which was started on the occasion of the 25th Silver Jubilee of LPF.

She has participated in many sessions on technical areas, including IoT, DBMS, networks, infrastructure, and block chain, as well as other sessions like time management,

soft skills, mind mapping, career guidance, leadership talks, and interactive session talks with our alumni LILA sisters and LILA fellows conducted by LPF. She has also completed online certification courses on English bolo, cyber security, and artificial intelligence, aptitude learning platforms to improve aptitude skills. Each of these skills helped her to improve personal and professional skills.

Kirthi is very much thankful to LPF and in her words, "It was great to meet Lila Mom and Firoz Dad and the entire LPF family. I am a lucky and proud LILA girl to be a part of the LILA family".

Compiled by Vaishnavi Nimbalkar, LF 2015

contd. from page 31...

USA Donations

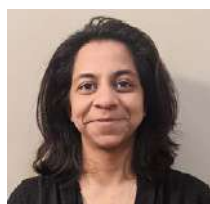
(Note: Information provided here is USA donations of more than 100 USD given to LPF for the period from April 2022 to March 2023)



Ashonita Chajjed Chavan
LF 2002
7713 USD
(Supports 2 Girls- 4 Year Engineering)



Shalaka Sankpal & Ashish Kathapurkar
LF 1999
6927 USD (Annually)
(Supports 4 Girls 4 Year Engineering)



Umema Bohari
LG 2011
2400 USD
(Supports 1 Girl-Engineering After Diploma)



Haripriya Rajgopal
LF 2003
1700 USD
(Supports 1 Girl -4 Year Engineering)



Akshata Mayekar
LG 2014
1632 USD (Annually)
(Supports 2 Girls-Engineering after Diploma)



Gayatri Keskar
LF 2003
1070 USD (Annually)
(Supports 1 Girl-Nursing Scholarship)



Devyani Bhav
LF 2001
1000 USD



Aparna Kale Dhormale
LF 2002
860 USD (Annually)
(Supports 1 Girl- Post Graduation)



Chandrika Srinivasan
LF 1996
600 USD



Anagha Naik
LF 1999
400 USD



Kanchan Lakkapragada
LF 1997
400 USD



Amruta Joshi
LF 2004
400 USD



Mitalee Gujar
LF 2000
400 USD



Shweta Lolage
LF 1999
380 USD



Kumkum Sriastava
LF 2001
200 USD



Sujal Shelke
LF 2004
100 USD

In today's world everybody talks about women empowerment, equality, and encouragement to women to participate in all sectors... In this article, we would like to introduce to you one of such personality. **Sanchita Gaurav Thanedar (Satalkar) LF 2005**, one of our beloved LILA fellow is associated with Toastmasters International and had recently received the International Speech Trophy from Loretta (Area Director). She has much more to tell us about her journey as a Leading Lady.

When asked about her experience of the Toastmaster's journey she says- "We cannot hold a torch to light another person's path without brightening our own". These words of Ben Sweetland are a torch bearer and motivational for me. Also,

"Every Toastmasters Journey is different. My Toastmasters journey started when I saw my mentor



with the Toastmasters Trophy. He encouraged me to join. After joining the club in June 2020, the time when all clubs were online during the covid-19 pandemic, I realized that I came here only with aim of learning to be a public speaker but Toastmasters is so much beyond that. It has been learning and fulfilling journey with various roles as a Vice President Education (VPE). I was a professor of HR at Symbiosis Institute of Management (SIBM), Pune so being in education industry helped me to perform the VPE role at Toastmasters.

Stepping up for Area Directors (AD) role meant I had to be at the service of my clubs in my area. The Area Director is the information channel between clubs and division and district leadership. I was selected as the Area Director by the Division Director, who sets up his council of members. It was certainly not easy but we had excellent team members who helped each other. This is where I meet my fellow ADs who were like sisters to me. We were four Area Directors who helped and supported



each other throughout the year. I was also awarded for 'Outstanding service' at the event they called as "Hall of the Fame". Eventually I was appointed as the Club President at Bukit Batok TMC, I would say this has been the most challenging role for me. I had to delegate work to other fellow Toastmasters. It has been one big roller coaster ride. Recently, I got an award for International Speech (IS) where I was second runner up (bronze) at Area level. The contest was cherry on top at Toastmaster, you may or may not win but participating in contests has been a boon for me. Along with so much learning and growing, it has also been fun. Toastmasters has become like a family to me.

However, nothing comes your way free of challenges. And first thing when you sign up for such an activity you have to bear in mind that this is a voluntary activity. So, all you have to do is attend meeting, enroll for pathways and keep trying new things. This is a practice ground to learn, unlearn and relearn to communicate better, speak confidently and share your thoughts with fellow Toastmasters. Ultimately during this journey, a lot of people come in and drop out. But your journey has to continue."

She also mentions that it is necessary to enjoy your journey without looking for the destination. That there is no finishing line but you still have to keep moving forward. Not only as a leader but Sanchita has also



inspired us with her beautiful writings. She has been one the members of INSPIRA and still writes for various platforms. She believes that she has developed her interest in writing as her father used to write some beautiful poems for her mother. Further she mentioned, "Along with my Toastmasters journey, I have always enjoyed writing. It is my passion. I like to express my thoughts through words. This keeps up my interest of writing. Working with Herald newspapers during my graduation boosted my writing. Inspira has been a very important part of my experience. Eventually I started writing magazine articles for SIBM on Human resources. My story named "The Helping Hand" was published in the book titled Best of Kalamkari and that's when the writer within me got the encouragement. Not all stories are published, but the good news is many of them did get the break through. A few rejections never stopped me from moving ahead and then recently my swimming story has been published in a magazine called Outdoor swimming where I have shared about how I learned swimming along with my son. I also keep writing Marathi articles as and when I get an opportunity. My article in Strait times dated was published on 15th Jan 2023 is inspired by my parents who believed in simplicity as a virtue." (<https://www.straitstimes.com/opinion/how-i-went-from-being-a-shopaholic-to-living-simply>)



When asked about how she manages to get along with all these activities and still be able to spend time with family and friends, she laughingly said that "I have the exact 24 hours that everyone has. What matters is setting our priorities, boundaries and planning our day beforehand. There will be a different plan that works for each one of you. You will only get to know what works for you when you actually start working on it." She also expressed her view on having goals, "When you have a job it is easy to set a routine around your working hours. However, when you are not working as in a full time employed and challenging work as it is harder to carve out and stick to the routine. It is important to have goals and work towards them by dedicated efforts."

My husband and son both are supportive and helpful. I have encouraging in-laws, supportive brother and his wife. I have seen my parents work hard for us to get good education. I have learnt so much from Mom and Dad. They have supported me so much after my parent's death. I feel truly blessed to be a part of LPF Family. I always share to them the ongoing events in my life and I feel lucky that even from her busy schedule, Mom always manages to reply my mails. They both have been such an encouragement and blessing to me!

Currently I am pursuing a course in Counselling, at the same time, I have also started taking webinars and training on stress management, goals and work life balance. I have always believed that dreams do come true so keep chasing your dreams.

As Mom always says 'Keep believing yourself' I too would to add to this- "When you fail at something, dust yourself and give another shot. Keep evaluating and improving. Try your hands in activities that interest you. Be the hero of your own story." Just like how mom is for us at LPF family.

█ Compiled by Sonal Bhagat,
LG 2016 and PA 2017

LPF's Participation in World Sustainable Development Summit 2023, New Delhi

LPF's Participation in World Sustainable Development Summit 2023, at New Delhi where three LILA Girls studying in 2nd year of Engineering got an golden opportunity to attend this Summit. The 3 days Summit deliberations focused on the umbrella theme: Mainstreaming Sustainable Development and Climate Resilience for Collective Action. Overall the Summit deliberations examined topics such as finance, science, technology and innovation, sustainable

consumption, inclusive energy transitions, climate action, and the global commons. Special features at the Summit included Ministerial Sessions, Youth Plenary, Women Leadership Plenary, CEO Forum, Media Colloquium and Thematic Tracks. LILA Girls gained a lot of knowledge and learning from summit for a better world to live in. Thank you to the JCI team for sponsoring the program for LPF Girls.



Visit to Cipla Care Foundation

LILA Girls studying in 3rd year of Nursing had an amazing visit to Cipla Palliative Care (CPC) & Training Centre, Pune. The attendees learned so much about Palliative care from the doctors and nurses who are committed to it. The session started with an eye-opening presentation on CPC by Dr. Joseph followed by Sister Sarita. Presentation was followed by floor visit to Palliative Centre, after the overwhelming visit, the LILA Girls were inquisitive and had many queries which made the session an interactive one.

Akshada (LG – 2019) says, "It was a very informative visit. I liked this as it gave us a very good opportunity to see the care given at the center. I was very knowledgeable and gained lots of things from the place. We gain great information there about palliative care and the scope of palliative care nursing it is really helpful for us thanks for taking us there. The atmosphere of the center was very peaceful and friendly".



Ready Engineer Program

Tata Technologies launched the Ready Engineer Program for LILA Girls studying Engineering

This Program offered training for 3rd year Engineering LILA Girls enrolled. This program's basis was on Industry practices and insights on Fundamentals & Advance Automotive Design and relevant tools along with other training in Soft Skills, Employability Assessments, Industrial Projects, etc. to enhance the employability skills of Engineers. 356 LILA girls enrolled in the Ready Engineer program.



Few words from the LILA Girls:

"I thank Lila Poonawalla Foundation and Tata Technologies for the Ready Engineer program I am very happy and excited to complete such a wonderful program there are skills to learn which are related to my Mechanical engineering stream. I especially learned the Fundamentals of the automobile, Advance Automobile design, AutoCAD, and also Solid works. For learning this software we need

to spend more money outside but you made us enroll in such programs with lots of software for free. And it is very comfortable for us to learn when and where ever we need. And also the exam which was conducted for Body in white and fundamental of automobile for interesting and it can be attended easily. Thank you for giving me this opportunity."

Divya, LILA Girl 2020

"Thank you LPF & MOM-DAD for arranging such an informative program and allowing me to me to attain the program. The Ready Engineer program was awesome and enthusiastic. I got detailed knowledge about the cad software and commands, and design concepts. Much

more technical information about designing was cleared in session. Die designing, and BIW fixtures designing were good. Got much more useful technical knowledge as well as learned soft skills during the program through videos. Got the solutions for the problems which may arise in during my professional life like stress management, multi-tasking, professional etiquette, etc. Thanks to the TATA TECH team also as they took many efforts for us."

Neha, LILA Girl 2020

The girls were later awarded with a certificate of completion. A certificate of one of the attendees is shown here.

Visit to Johnson Control (India) Pvt. Ltd (JCI)

Johnson Control (India) Pvt. Ltd (JCI) organized an interaction program for LILA Girls where they got an opportunity to meet and interact with Mr. Vijay Sankaran, Vice President and Chief Technology Officer from JCI, who shared his experience and also advised the LILA Girls to perform well in future. A session by L&D team, especially the women leaders conducted the session on how to maintain the work life balance. Thanks to JCI team for organizing this program and also giving the goodies for LILA Girls.



Chaitali (LG-2022) says, "I gained a lot of information about JCI goals and also got a chance to interact with Mr. Vijay Sankaran sir and know many things about his personal and professional life. He gave us many great advices so we can perform well in future. Later we interacted with the learning and development department of JCI where all the women leaders spoke about the various challenges women face during work and about sacrifices they have to make which led to their downfall in career, it was a great experience overall. Thank you for giving me this chance."



English Bolo Certification Course

With a successful streak of 5 batches, LPF has on boarded its 6th batch for the certification course of English Bolo (100 days) for the LILA Girls of 2021 batch all streams included. It is an online spoken English program that provides our LILA Girls the ability to learn at their pace and within their context. Each learner has to undergo all the eight teacher online classes wherein an open classroom atmosphere is provided and the girls can clarify their doubts, practice with the experts and have one to one conversation. This app gives you an immense support and knowledge to start learning English at your own level.



Sakshi Dherange (LG 2021, Pune) says - "I'm so grateful that I got chance to practice on my English just because of LPF. It is the best app to learn English. The teacher was very interactive. The session was amazing. I learnt to introduce myself confidently and properly. I also learnt different ways to interact with people in different situations. It helped me to give introductions in an effective way. I' am so excited for further sessions and learning more. Thank you so much Lila Poonawalla Foundation for organizing such classes to improve our English-speaking skills."

The girls were later awarded with a certificate of completion. A certificate of one of the attendees is shown here.

Corporate Readiness Program (CRP) sponsored by Atlas Copco (India) Ltd

After the successful completion of Corporate Readiness Program for Batch 1 & 2, Atlas Copco (India) Ltd once again sponsored the 3rd batch of 'Corporate Readiness Program' [CRP]. A distinctive and result-oriented initiative by Atlas Copco (India) Ltd in partnership with LPF. Total 200+ LILA Girls have benefitted from this program.

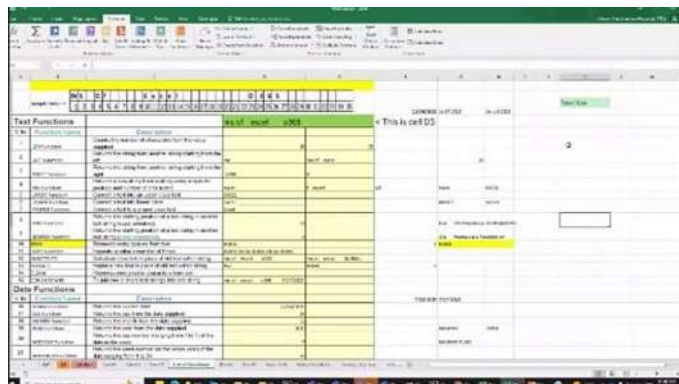
This program is based on 21st century new age technology & employability readiness skill development sessions like Critical Thinking, Modern Quality Aspects,



Neuro Linguistic, Establishing Yourself As A Brand, Agile Methodologies & Scrum, Power Skills. 2nd & 3rd year LILA Girls participated in this program. The sessions were conducted using virtual platforms and offline modes facilitated by industry expert trainers and experienced facilitators. The outcome of this program is to make LILA girls acquainted with the growth mindset and skills required to gain employment with the organizations of their interest. Soon this program will be concluded with an industry Visit to Atlas Copco (India) Ltd.

Basic & Advance Excel

Basic & Advance Excel conducted by Mr. Sam & Sameer from Tata Pro-Engage Team for 3rd year Pharmacy & Nursing LILA Girls. This session was engaging and LILA Girls gained the knowledge about Excel. In the session they have learnt so many new things regarding



Microsoft Excel which includes formatting, designing, pasting options, functions used in excel and so many and that will help them in the future. LILA Girls gave the feedback that the session was really informative and interactive as well as concepts of excel has totally cleared.

Know your Patient & Mental Health

Know your patient & Mental Health program was conducted by Ms. Priya Nimishe for 3rd Year Nursing Girls. The LILA Girls found the session very interactive. The Trainer Ms. Priya Nimishe elaborates all the contents like how



to deal with patients, how a nurse to take care of patient, Understand exact requirement of Patient, Types of Mental health etc. From the session girls gained the knowledge which will be useful to perform their role more efficiently

Attitude Building

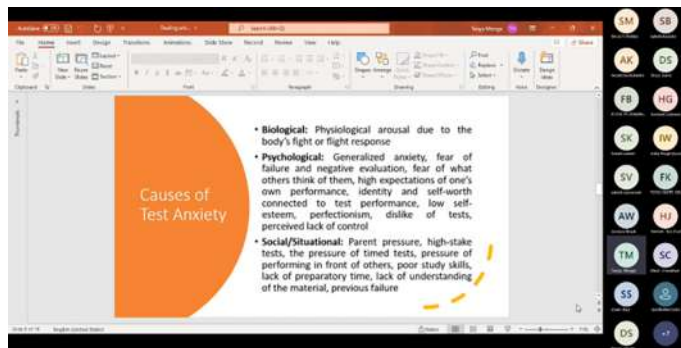
Attitude Building program was conducted by Ms. Meera Natarajan for 4th year Pharmacy & Nursing Girls. The session covered all the related topics of attitude building such as what is a right attitude and how to build it to lead a successful life. Trainer Ms. Meera



Natarajan made this session informative by explaining the LILA girls about the importance of right attitude and how it reflects to your behavior. She has given various strategies to build the right attitude that useful to LILA girls for their both Personal and Professional life.

Dealing with Exam Anxiety /Mindfulness /gratitude positive affirmations

Dealing with Exam Anxiety /Mindfulness /gratitude positive affirmations facilitated by Concentrix volunteer for 2nd year. The Trainer explained the topic to the girls such as how to deal the anxiety during exam and Positive



affirmations etc. the session helped the LILA Girls to understand how to overcome from the anxiety, how not to be anxious and be yourself no matter what. same time useful and informative and they will surely benefited from program.

Career opportunities abroad (UK)

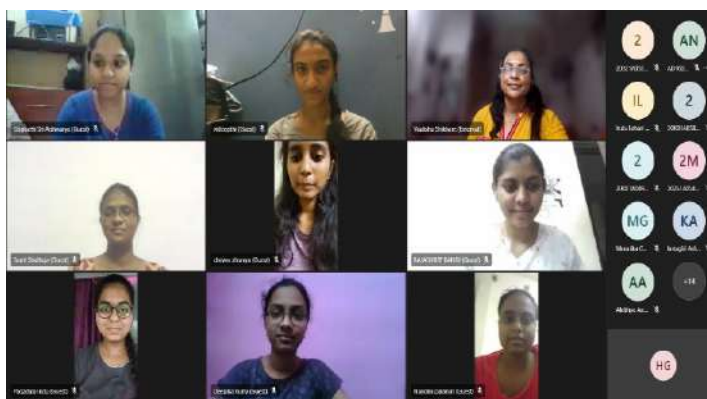
Career opportunities abroad (UK) by Ms .Shruti Dabhade LILA Girl 2013 for 4th year Nursing LILA Girls. Ms. Shruti Dabhade explained detailed information about opportunities for nursing girls to work abroad and informative the once who



wants to work abroad. The Trainer elaborate the process of abroad opportunities to the LILA girls which they were not aware of and found really informative. LILA Girls gave feedback that Trainer cleared all their doubt.

Project Management by Dr. Rachana Shikhare

Project Management was conducted for 2nd & 3rd year Engineering Lila Girls. It is a process, when done right it helps every part of the business / organization to run smoothly. It allows your team to focus on the work that matters, free from the distractions caused by tasks going off track or budgets spinning out of control. Thus, LPF has taken the initiative to organize such sessions for the LILA Girls who are pursuing their 3rd & last year of the Engineering stream to entail them with project



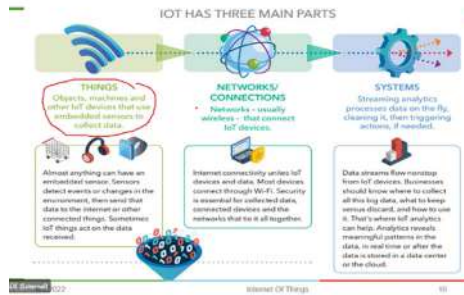
documentation, planning, tracking, communication all with the purpose of successfully delivering work within time, scope, and budget restrictions. Summaya Afrin (LG 2020, Hyderabad) - "The session was very helpful. Ma'am was perfect in her vocabulary. She succeeded in making us understand what project management is all about.

Ma'am gave many real time examples. Now I have a basic knowledge on project management. Thank you, Mom & Dad, for organizing sessions like these."

Internet of Things by Mr. Manoj Kakade

L PF acknowledges that to sustain longevity, you have to evolve. Internet of Things is a very rapidly growing field and was conducted for 2nd year LILA Girls from all locations. It helps people live and work smarter, as well as gain complete control over their lives. In addition to offering smart devices to automate homes, IoT is essential to business. The career opportunities that exist could never be even thought of before like Security,

Parts of IoT

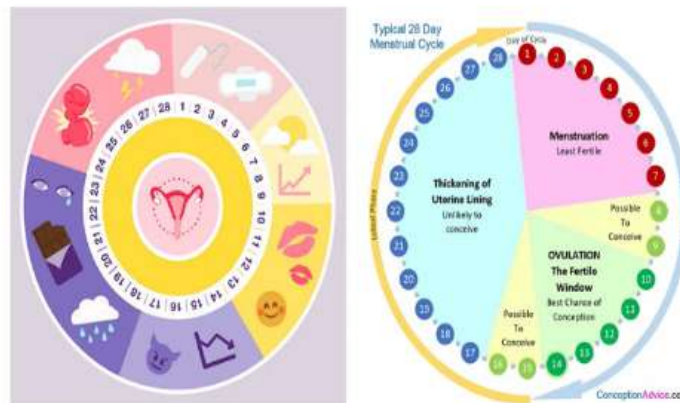


Design the UI, Sensor designs etc. By attending this session, the LILA Girls get exposed to skill set concepts such as information security, UI / UX, mobile development, API Automation & Testing and so on. Hence, we came up with a perfectly designed programme to interconnect our LILA Girls so that they are aware of all the possibilities waiting for

them.

Health Awareness conducted by Family Planning Association

H ealth Awareness session was conducted for 1st & direct 2nd year Engineering LILA Girls. Year by year LPF welcomes its new LILA Daughters with the power pact training sessions on Health Awareness which enables them to interact with a few of the most experienced doctors & physicians who make them understand the importance of physical



& mental health. The first wealth is our health. Good health is the perfect harmony of the mind, body and spirit. Healthy eating habits, exercise, and good sleep are all equally important for our health. However, science has shown that it is not enough to get all of these things right – it's equally important that we do them at the right time.

© Dr Sonali Talavlikar

Industrial Visit to HSBC Technology, India - Hyderabad

R ecently LILA Poonawalla Foundation's (LPF) corporate partner – HSBC Technology, India had organized an Industrial Visit for the Hyderabad 2nd & 3rd year Engineering LILA Girls (Undergraduate Scholarship Awardees). Through this program, the LILA Girls had an opportunity to visit HSBC Technology center in Hyderabad. It was an electrifying event with packed agenda ranging from number of interactive sessions hosted



by Senior leaders from the Bank as well as focused group activities.

The girls were humbled with warm welcome followed by Leaders talk where number of senior leaders talked about their experiences on circumventing personal and professional challenges which was insightful and thought provoking. Leaders stressed on the importance of keeping oneself abreast with new technologies and learnings to ensure future ready.

Furthermore, an interactive session with the senior LILA Girls who have been working with HSBC was quite exciting as girls talked about how they were able to crack the interviews and the support from HSBC as they get settled and tenured with the Bank. Whilst the current batch of girls are still finishing their academics, insights

from HR on interview process and guidance on how to approach the interviews has paved a way for these girls to a great extent as they were keen to understand the process to be able to start a professional journey in corporate world. Overall, the event was outstanding and great work from HSBC Technology, India.

Self Defense conducted by Train Yourself Martial Arts Academy

Self - Defense training session was connected for 1st & direct year Engineering LILA Girls. LPF has always believed that learning to stand up for yourself will help you take charge of your life, believe in your own power and embolden you to reach for your dreams. The stronger you feel, the stronger you will become. Keeping this thought in mind we schedule these training sessions for our first year LILA Girls to not only



encounter them with the self-defense tactics of protecting oneself from any form of physical harm but others too. Discipline, self-control, emotional fitness, respect and honor are part of self-defense classes, so besides building physical fitness, they are also learning valuable life lessons they need to become

upstanding and successful adults.

Brand In You (Personality Development) by Mr. Manish Upadhyay

This session was conducted for 2nd year Engineering LILA Girls. As you grow, what helps you helps you gain recognition and acceptance from the society as well as people around - Yes, it's your personality!

Personality development plays an essential role not only in an individual's professional but also personal lives. It makes an individual disciplined, punctual

BRAND IN YOU
Discover your Inner Self through a
Self-Mastery Program

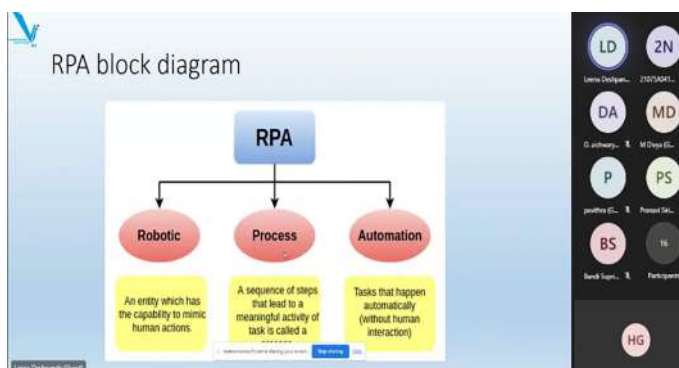


Signature Program of Manish Upadhyay | Curated After 50+ Workshops | Prepared After Training 3200 Girls of LPF

and an asset for his/her organization or surrounding. Understanding the ever-changing world LPF wants the LILA Girls to enhance their self-understanding and to value traits like loyalty, honesty, courage, integrity, fortitude, and other important virtues that promote good behavior.

Robotics Process Automation by Ms. Leena Deshpande

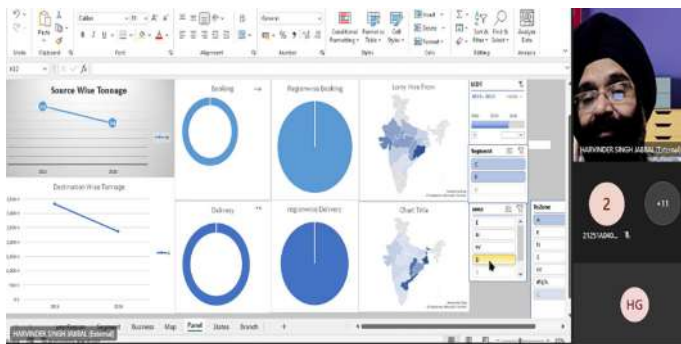
One of the most trending training programs organized by LPF is 'Robotics Process Automation' for 3rd year Engineering LILA Girls. As the name implies it leads to eliminate lost time and revenue in a process. The system of robotics process automation ensures



that your workflow can get things completed much more efficiently and also quickly. LPF has the visibility to understand the importance of RPA and how it will benefit our LILA Girls and give them an ocean of opportunities in the professional career.

Introduction to Data Science by Mr. Harvinder Jabbal

This session was conducted for 2nd year LILA Girls. Data Science is a challenging field whereas the most important aspect is that it requires a broad set of skills & Knowledge. With the core elements such as data science, math, statistics & computer science one should be really willing and passionate to enter it. And at



LPF, our LILA Girls are always up for a challenge. This introduction session is not only informative and knowledgeable but is also famous for having interactive conversations related to government examinations, world affairs, benefits of data science and career possibilities which are accurately answered by our trainer Mr. Harvinder Jabbal

Dear Mom and Dad,
I am Lila girl Shivani Dattatray Salave (LG 2021). It is such an amazing experience to read about the Inspira 60 newsletter. In Inspira everything is mentioned so thoughtfully that it begins with my dear mom's speech which really motivates me and give me strength to work hard towards your goal. Also Priti di's beautiful words for all of LILA sisters are so amazing. Because of Inspira, I got to know the foundation's efforts towards growth. And I am feeling so grateful to be part of this



family. Thank you so much dad and Mom for making me your daughter.

In Inspira, there is a lot mentioned about training program, my sister's art work, drawing of my mom and dad, poems, information related with placements are so amazing. Whole newsletter is superiorly designed. I am feeling so blessed that I am part of Lila Poonawalla foundation.

Thank you mom and dad

Your loving daughter,
■ Shivani Dattatray Salave
LG 2021

Hello Mom,
I am Nikita Pravin Modak (LILA Girl 2020) and I want to share my thoughts about Inspira.



Inspira is the platform where girls can show their hidden talent and inspired others by their success stories. I've read the Inspira and while reading every moment I felt so happy to know all secrets of success.

Inspira always inspired me for doing something great in my life. The stories of successful women's inspired me that many obstacles may come in your path but the faith and courage make you strong to overcome it. So, by taking inspiration from them, I also want to share my artwork in Inspira and want to inspire my other LILA sisters.

Thanks and regards,
■ Nikita Modak
LG2020

Hello Mom,
I am Sharvari Khope (LILA girl 2020) and I want to express my thoughts about Inspira. Inspira is nothing but the inspiration for all LILA daughters. Every page of Inspira gives me confidence and courage to overcome the challenges in my life.



Like all LILA daughters who inspired by their art work, obstacles facing power, success and still being humble, I

also want to inspire to my other LILA sisters. I also want to see myself in next issue of Inspira. Thank you LPF family for giving this nice opportunity to us for showing our talent and also encourage us to fulfill our goals.

Thank you,

Yours lovingly daughter
■ Sharvari Khope
LG 2020

Respected Mom and Dad,
I am Pooja Jagtap. I was awarded a scholarship from 1st year of my Engineering (2018) by LPF. Every year there are many programs and sessions arranged for us and I have attended many of it. These programs have helped me to achieve so many things in my life. I learnt time management skills, values and ethics, presentation skills, public speaking skills and many more skills. These skills not only helped me to achieve in my professional life but also in personal and social life. I would suggest to every sister to attend the programs. I also learnt English from my Englishbolo app which is provided by LPF. LPF not only supports me financially but in many ways. Lpf is like a family for me. Not like....it is.



From LPF placement program, I had applied to Dassault Systems and on 28th May, I went to Dassault Systems for an offline interview wherein they asked me questions

from my project, my java course certifications that I have done. And then asked java questions from the basics. They started and asked me nearly every concept. They test my theoretical as well as practical knowledge. After half an hour of waiting in the office they called me for 2 rounds of HR and around 7 in the evening they announced that I'm selected. So, this was my wonderful interview experience.

I would like to thank Lila mom and dad for arranging such a great drive for girls and only because of that I got selected in a reputed product based company. It's like a dream for me. Because, if it would not have happened, it would have been a really difficult task to come from a village and be interviewed in such a big company. Also thanks to LPF didi's, they also support us if any query arrives and to solve our issues on an eager basis. And a special thanks to beloved mom and dad for making me confident and independent in various ways.

Yours Lovingly Daughter,
■ Pooja Sanjay Jagtap
LG 2018

Hello Mom-dad and all Didi's,
My name is Sakshi Pandharinath Dherange. I am LILA Girl 2021. I am studying Engineering after Diploma. Today I'm writing this just because I am feeling so grateful and thankful that I'm living my life with the world's bestest Mom Dad and with all my lovely didi's..



On completing my diploma, I was so worried about my career. I was a bit depressed because I didn't know how I will achieve my dreams, how will I complete my graduation etc. I had so many questions in my mind. It was exactly that time when I wanted someone who will support me not only financially but also emotionally. I then found you...LPF FAMILY. And, now I will definitely complete my graduation without any stress because I know you both MOM-DAD will always be there for me. I will never be able to thank you enough for all of it.

Today I'm so happy that I have completed one year with LPF Family.

I have attended many **informative and amazing sessions** like Health Awareness session, Project Management Session, Time Management session, Personality development Session, Series of Cyber Security sessions, LPF Thought Leadership Series" (Building Resilience in Personal and Professional Life), Introduction to Data Science session, Self-reliant women session, Basics and advanced Excel session. So all these sessions are not only related to our academics

but also related to our real life problems and our practical knowledge. And all the teachers and LILA fellows who conduct these sessions were very interactive and experienced. These sessions were so helpful and informative for us. So, a Huge Thank You to all DIDI's who guide us regarding the sessions and give time to time reminders of the sessions.

Secondly, The **ATA Test program** was also conducted for us to improve our aptitude skills. It tested everything like logical, numerical, verbal aptitude. And the best part is that they also explained how to solve the question after completing the test. Thank you so much LPF for making us ready for the jobs.

Although I have missed the **Ready Engineer program** by Tata tech

Now, the most important part in today's world is to improve our English. LPF has given us the Best App **ENGLISHBOLO**. The app is fantastic. The teachers who take our class after 8 days of lessons are very interactive and amazing. I can't thank you enough Mom-Dad. You have done so much for us and are also doing....

The bestest thing about mom-dad and Lila Poonawalla foundation is that they're helping us, taking care of us like no one can do in this world and in reward they just want our love.

I love you Mom-Dad and LPF Family

Your loving daughter,
■ Sakshi Pandharinath Dherange
LG 2021

contd. from page 25...



Aparna Dhaygude (LG 2018)

Her research paper was selected for 23rd International Society Music Information Retrieval (ISMIR) Conference held in Bengaluru on 8th December 2022 at IISC. The research paper was based on Hit Song Prediction and she won the bronze award in the conference.

Editor's Desk

Hello everyone,
As we are conversing for the first time in this new year of 2023, I would like to wish you all a very happy and prosperous new year. We just celebrated the New Year as per Marathi calendar- a few days back. Hence, I take this opportunity to wish you all once again. May we all be safe and have a great year ahead!

With this, a yet another new issue of Inspira is now with us. The hustle and bustle happening around at the back end for compiling the issue, the write ups and drafts, the photos, the calls and discussions all seem to have taken a perfect shape when we have it all bonded together. Bits and parts of achievements, success stories of our sisters, the words from Priti didi, the shining stars amongst us, our research scholars etc. gets weaved in form garland when we have the issue set. But, the garland looks a special one only when we have the motivating and love filled words of our dear Mom. Thus, after that, the essence of warmth, appreciation and affection spreads around everyone who reads our newsletter.

The spread of flu viruses is again at strike and we should take due care to protect ourselves. Let's be safe and



take precautions to have our lives intact. Let's pray to the almighty to keep us safe and happy wherever we are.

It reminds me an incidence during one of my LPF training programs... Long back in the year 2012 when I received my first scholarship for under graduation studies, we had been given an opportunity to undergo various developmental programs and

one amongst them was nutrition, fitness and self-care. I was so eager to understand as why nutrition is more important! Post the lecture, it opened my eyes and its effects were so that it helped me keep fit and fine throughout my under graduation and post-graduation studies. Also, its key points were remembered during the pandemic hit. Hence, it's so true that learning is a continuous phase and we never know what could be important for us in the long run! We thus need to be welcoming and attentive always!

With this, see you all soon in the next issue. Till then, take care and love you all!

Yours truly,

■ Kashmira Deval
LG 2012, LF 2015 and PA 2017

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