



From My Heart...

Dear Daughters,

Since the last issue of Inspira which we released on 14th April 2023, Dad's 86th birthday, we have gone through an exciting period. 2morrow 2gether update. New batch of LILA Juniors has joined the family making us stronger by 263 new daughters. LILA Juniors of 2019 moved on to become LILA Seniors and LILA Junior of 2017, who grew up to be LILA Seniors in 2021 now have grown up to be LILA Girls in 2023. These LILA Girls after 3 or 4 years will graduate and fly out to be independent birds. Makes me feel so HAPPY that we have in many ways contributed to their development from little girls of 11 years, maturing into young ladies soon. All our efforts of grooming them continue unabated to ensure in giving them the best.

With these happenings in our 2morrow 2gether program, we have started the 28th year of our beloved Foundation with a Bang. We have budgeted to add around 1250 new daughters to our family this year. Selection processes have begun for all categories. Science Graduation and Post Graduation are already completed. Engineering and engineering after diploma, going on full swing in all regions- Pune, Wardha Amravati, Nagpur, Hyderabad and Bangalore. Applications for Pharmacy and Nursing are also flowing in. All should be completed before November end. Along with this, all the claims of girls moving to 2nd year, or 3rd year or final year also continues. And believe me that is a lot of work for all of us. 3000 plus claims are being handled. And what makes this task more difficult and time consuming is the fact that many of you come with incomplete documents, and with numerous excuses for journals missing or incomplete, programs not attended, and not coming on the scheduled dates, making it very cumbersome for the staff. You must all appreciate that all the staff has limited time to do so much work, so if you do not cooperate, it becomes very taxing for the staff. I sincerely hope that all of you read this and make a resolution that henceforth you will all try to support the staff to do their job happily.

Along with all this hard work by LPF team, our celebrations continue. Dad's birthday was celebrated with extreme joy and happiness. You can read the details in this issue. Besides this celebration, Dad also invited many of the LF, PA and also some LG for a special get together. This was a very enjoyable event. Many of you participated, some even on line. However due to some confusion in communication, some of you could not attend. But no worries, I am sure Dad will hold one more such event in the near future.

We are all certainly looking forward to many Scholarships Award

function that will be held before the end of this year. We already have had 3 award functions for our 2morrow 2gether Program. 3 more for Pune to happen, so also 2 for our WAN program and 1 each for Hyderabad and Bangalore. All these

functions are indeed very exciting as over 1250 new daughters will be added and each one of you becomes a member of the ever-growing LPF FAMILY.



Dad and me have also travelled a lot in this period from April to now. Just before Dad's birthday we took a trip to South Korea and spent an exciting week in Seoul. Had the opportunity to enjoy the view of Blooming Cherry Blossoms, something that we wanted to do for many years. On the way back, we stopped over in Singapore and enjoyed meeting the LILA Fellow and LILA Girls there, with their families. What a wonderful reunion we had! Then in May, we went on a Mediterranean Cruise for 10 days. The Cruise started from Trieste in France, the first stop was in Venice and thereafter over 10 days we sailed Rijeka in Croatia, Kotor and Corfu in Greece, Santorini Island and Piraeus in Egypt, MYKONOS and finally Split in France ending the trip back in Trieste. This cruise enabled us to explore cities of ancient history. An unforgettable trip. From there we flew to Istanbul in Turkey and spend wonderful 4 days exploring the ancient history of Istanbul before returning home. Flowing this in June we travelled to Sweden. Partly for work and partly to meet our old friends, with whom I had worked for over 30 years. And finally last week we were in Kerala, God's own country. We had a nice holiday for 4 days. The most beautiful site was visit to JATAYU EARTH'S CENTER to see the foot print of LORD RAMA as also the many beautiful churches. Also visited southernmost tip of India, Kanya Kumari in Tamil Nadu. Could see across Sri Lanka and the blended 3 shades of the three seas joining Arabian Sea, Bay of Bengal and Indian Ocean. Before end of September, we will be leaving for Germany. Again, partly work and partly meeting friends, especially my childhood pen friend. We two have been friends from the age of 4 years, and still continue of miss each

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other. We make it an effort to meet at least once in a year. Dad and me have travelled so many countries and cities in the last 50 years that I now feel it may be a good idea for me to share our travels with you through INSPIRA. In every issue from now on I will cover few details of our travels with you. Do keep reading.

All of you must be happy that festive season has started. We just celebrated Rakhi. I am sure you all enjoyed being with your brothers and getting lots of gifts from them. I certainly did. Next was Janmashtami, cute LORD Krishna being born. Time for enjoying lots of home-made sweets. Following this is Ganesh Chaturthi, celebrations for 10 days. Every day doing puja and Aarti at home, enjoying modak and coconut barfi. Taking the opportunity of going out late in the evening to see all the beautiful decorations. Taking a lot of pictures with our mobiles and then sharing the same with friends. Soon thereafter will be Dusshera followed by Diwali. Both the festivals, mean a lot of noise of crackers and unlimited mithais and Ladoo's. New cloths and

pujas. No sooner these festivals are over, comes CHRISTMAS. Decoration of the Christmas tree and the crib is great effort and fun. Christmas mean a variety of cakes to cut and share with friends and family. And then look forward for some more to Celebrate the NEW YEAR. So much fun and happiness and activities to look forward to.

I take this opportunity to wish all of you the best that life can offer us. Dad and me PRAY for all of you for your well-being, good health, success and peace. Please do convey our best wishes also to your parents and near and dear ones.

Love you all.

Lila

Yours

Mom to all LILA daughters and Friend to all readers

My Dear LILA Sisters,

I am sure you all are shining like stars in your personal and academics/ professional world.

On this remarkable occasion of 79th birthday of our beloved Lila Mom, Inspira's 62nd volume is getting released. Let's wish Lila Mom a very happy birthday and let's pray to the Almighty that Lila Mom always stays healthy and happy. May she bless with abundance of love, joy, success and happiness.

We are starting our 28th year of LPF with full of excitement, commitment and joy, as we will be onboarding our new batch of LILA Daughters to our beloved LPF Family. Lila Mom, Firoz Dad, our Team LPF and I am super charged and looking forward to welcoming over 1,200 new family members.

In the last Inspira release, I shared with you all about my stories related to Fundraising activities I have done in the USA and the highlights of the funds raised through your LILA Sisters from the USA who supported one to one scholarships of new batch of LILA Sisters last year. On the similar lines, we have launched 'LPF Family Cares-A Giving Circle' program this year. This program offers an outstanding opportunity to you all who are pursuing your professional careers, to step forward and extend

Lila Poonawalla Foundation (LPF)

Leading Indian Ladies Ahead


GENEROSITY EMPOWERS CHANGE

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Join Our LILA Changemakers

Ms. Shalaka Kathapurkar (LILA Fellow 1999)
Working at Google, USA
Supporting 4 Engineering LILA Girls



Ms. Haripriya Rajgopal (LILA Fellow 2003)
Working at VMware Software, USA
Supporting 1 Engineering LILA Girl



Join the LPF Family Cares - Giving Circle Program Today!

Contact to donate - Ms. Viidulaa Karrandikar at
viidulaa@lilapoonawallaoundation.com

"We make a living by what we get, but we make a life by what we give."
- Winston Churchill



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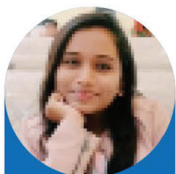
Join Our LILA Changemakers



Ms. Jyoti Narayanan

(LILA Fellow 2001)
Working at PTC,
India

Supporting
1 Engineering
LILA Girl



Ms. Puja Borude

(LILA Girl 2012)
Working at TIBCO
Software, India

Supporting
1 Engineering
LILA Girl



Ms. Shraddha Dondekar

(LILA Girl 2017)
Working at Logic
Monitor, India

Supporting
1 Engineering
LILA Girl

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your 'give back' gesture by supporting at least one LILA Girl/ LILA Fellow in the new batch of 2023 pursuing Engineering, Engineering After Diploma, Nursing, Pharmacy and Postgraduate course. You can choose to do the upfront donations to support a complete course of 4 years or you can do the annual donations. Since



it's a one-to-one scholarship support, you will receive from LPF the supported girl's profile – her academic background and family background once she is awarded the LPF scholarship and her progress reports bi-annually related to her academic progress, training program participation and placements.



I invite you to make a difference in the life of at least one LILA Sister, who is as much bright, passionate and committed deserving girl, the way you have been. I have been visualizing an era, when all you thousands of LILA Girls/ Fellows becoming a great contributor to LPF's big mission of 'enabling a transformation in the lives of bright, financially challenged and deserving young girls and that of their families'. Trust me, the satisfaction and happiness you gain out of such contribution can not be described in just words. It's an out of the world feeling and experience.

You can also spread the word within your friends, colleagues and families and encourage them to contribute to our 'LPF Family Cares' program.



Please visit our LPF social media pages – LinkedIn, Instagram & Facebook to watch the videos and read the testimonies of your fellow LILA Sisters, who pledged to contribute to our 'LPF Family Cares' program. **All LILA Girls/ Fellows based out of India can reach to my colleague, Viidulaa Karrandikar**, Manager Fundraising at LPF at viidulaa@lilapoonawallaoundation.com, to know more about this program. **And all overseas LILA Girls/ Fellows can write to me** at priti@lilapoonawallaoundation.com.

Also, I urge you and seek your kind support in making introductions to your organizations for exploring a

Corporate partnership seeking their Corporate Social Responsibility (CSR) contribution. Such partnerships also contribute not only to LPF, but also to your organizations to address their CSR priorities, Employee Engagement/ Volunteering, Recruitment and Diversity, Equity & Inclusion initiatives. Please reach out to Viidulaa or me to know more on this subject.

I take this opportunity to offer my sincere thanks to our LILA Girls and LILA Fellows, who contributed to support the new batch girls' scholarships with their generous and kind gesture. And to those who made the corporate introductions, who are now our Corporate partners. I really hope that many of you join this 'LPF Family Cares' community too.

I end this article by wishing you all and your families a great joy and happiness for all the upcoming festivals.

I will share with you in the next Inspira issue, a continuation of my life journey - a glimpse of next phase of my life i.e., my marriage and life in the USA.

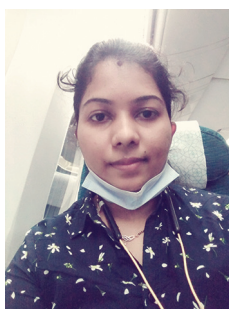
Lots of love and best regards.

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



Dipalee Bobade, LILA Girl 2014, shares how she feels blessed to be a part of Lila Poonawalla foundation. She currently lives in Oman with her husband and is working there for an IT organization. When asked whether she would like to share her journey with our Lila sisters, she felt happy and wanted to help her sisters out in any way she can. Dipalee's father repairs the sewing machines for living, while her mother is a homemaker. Having realized her family's financial condition, she studied hard for her 10th boards and secured her position in Government Polytechnic, Pune for Diploma in electrical.

After her diploma she wished to continue her studies in electrical however she was worried whether her family would be able to bear the expenses or no. This is when



Dipalee got to know about Lila Poonawalla foundation scholarship from one of her relatives. She applied for the same and bagged the scholarship along with a position in Dr. D.Y. Patil college of Engineering and technology, Pimpri. Here she started her journey towards her dream. She says "Foundation has played a very crucial role not only in my career but also in my personal life. All the trainings that foundation provided me as a student has made me a better and independent individual I am today. I will always be grateful to Mom and Dad for loving us and caring for us. I distinctly remember one incident that melted my heart and would like to share today with my sisters. I was attending new years party with my friend and after a lot of dancing we were very tired. We were about to have dinner and one of a Lila girl did not have any chair to sit so she sat on the floor to have her dinner. When Mom and Dad saw her, they immediately asked the manager to arrange for chairs for all the remaining girls and made sure that everyone gets chair to sit. It is such a sweet gesture of theirs to show their love and care for

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Partnership engagement and project review meeting with Mr. Gopal Kumar Head - Corporate Social Responsibility, Aditya Birla Capital Limited and Mr. Vinay Kumar Manager corporate Social Responsibility of Aditya Birla capital foundation



Project review meeting with Ms. Shambhavi Sharma, Program Manager & Mr. Saurabh Jha, Liaison Officer Finance of IKEA Foundation



Partnership engagement with Mr. Harish Bhardwaj - Vice President Delivery & Operations & Pune Leadership team of Concentrix



MoU signing in the presence of Mr. Martyn Perkins - Executive Director, Knorr-Bremse Global Care Asia Pacific, Mr. Arun Kumar Bhat - Managing Director, Knorr-Bremse Technology Center India Private Limited

Apart from these engagements, there had been Partner's connect meeting with Mr. Steve Van Wyk, Global CIO-HSBC, John Hinshaw, Global COO - HSBC and Mr. Pradeep Menon, HSBC Technology India

LPF is very proud to have a daughter Lalita Bari, LG 2021 to do an internship at one of the renowned institutes like ISRO. I have been looking for this opportunity since last year and some of my college seniors also got this internship. So, I filled out the form from the website. (<https://www.sac.gov.in/vyom/srtd.jsp>) Selection of interns can be done through telephone interviews only. They will ask about the projects you have done and knowledge related to the field etc. It is important to explain the basics of your field.

The waiting period is around 1 to 2 months, it depends on the vacancies After getting selected for this internship it is really difficult for me to live in Ahmedabad for a 6th-month internship, food, culture, people there, many questions stood before me. After all, you are changing the state directly. But my seniors were with me so it



was very easy to learn about the place and the work environment at ISRO. The big problem is that bachelors are not allowed to stay in flats in Ahmedabad. So I was worried about it. But my college friends also opted for this internship so I live with them in a flat in the society. Traveling by bus is getting a bit hectic. But when you decide to do it for your bright future, you definitely decide to do it. It was my dream to work with ISRO and now I am working with them. I am very happy about that.

These credits go to my parents and Lila Poonawalla foundation (MOM & DAD), who always stay with me. The journey I have started from Nashik to Pune and now in ISRO Ahmedabad, Gujarat, it's incredible. I'm heartily thankful to MOM & DAD who always stay with their daughters.

I want to express my deep gratitude to both of you for your unwavering support and encouragement throughout my academic journey. Your blessings and well wishes mean the world to me, and I am determined to make you proud. Thank you once again for everything, Mom and Dad, with all my love and gratitude.



5th Aug marked a date full of family love... It was a lively event that brought together 100+ LILA Girls/ Fellows and Peace Ambassadors. The celebration of the adored Lila Mom's approaching birthday was a happy occasion for the get-together. The atmosphere was charged with dance performances, melodious singing, captivating musical instrument displays, heartwarming speeches, and insightful exchanges by the LILA Girls/

Fellows & Peace Ambassadors. All resulting in an unforgettable experience. The host for the day was Snehal Patil (LF - 2009 & PA - 2012), whose anchoring infused the day with excitement. The LILA Daughters were beaming with excitement as they relished the event and laughed and enjoyed it with Dad, Mom, Roda Ma'am, and Priti Didi. The long-awaited reunion was an incredibly heartwarming occasion.



This year, our beloved Firoz dad turned the big 86. 14th April was a grand day again... Dad's birthday was celebrated with the LPF associated schools, Bel-Air College of Nursing, Corporate partners, Team LPF, families, friends and well-wishers. The festivities extended throughout the month of April, featuring over 10 distinct birthday celebrations held on various days.



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us. This shows how humble and beautiful at heart our mom and Dad are."

After completing her graduation Dipalee worked with multiple companies during her stay in Pune, however during covid she got married. It was very difficult for her as she had to move to Oman with her husband and start a new life in a completely new place. After a few months of her marriage Dipalee travelled to Muscat, Oman for first time alone. It was her first international flight. She shared "The culture and food there is very different to what I am used to in India. However, I met many Indians here and it slowly got interesting. It feels really proud to see Indians working here in all sectors. It took me couple of months to settle and start exploring the places here. I was working from home for my company in India and also searching for job based in Oman. After a long search of 8 months, I got an opportunity and after my interview I was selected for the job at MBD Trading as a Sales Support Specialist. Since then, I have travelled many places along with my husband. My husband helped me a lot during initial days and guided me to explore



and understand the lifestyle here. Muscat's lifestyle is generally easy going with extremely low levels of problems which makes for an attractive city to bring up a family in. Because Muscat is popular with Westerners, it is well developed with shopping malls, restaurants and bars, so it's easy to maintain a lifestyle you're used to having back home. Indian cuisine has been integrated into the Omani culture and can be frequently found throughout the country. Recently we visited Dubai and had one of the best experiences of my life. My husband likes to drive hence we took our car all the way. As we are vegetarian, we preferred to pack our cool box and have our meals handy all the way. We already had our visa which cost us approximately 8000 per person. We crossed the Oman border, completed our formalities and the process was very smooth. Once we reached the destination we checked into our room and started our way towards Metro."



Dipalee suggests, "One thing I liked most about Dubai is that once you get your Metro passes you can take and route and any metro for the complete duration of pass validity. The routes and maps are so well structured and designed, it was easy for us to find our routes and timings. The train journey is so well constructed that you will be able to see all prime locations like the Museum, Burj Khalifa, Dubai frame from the metro itself. We visited the aquarium, Burj Khalifa and ended our day. The next day we went to Dubai Frame which was around 52AED per person. The experience was thrilling and amazing at the same time. The complete glass structure is so well built. We also visited the gold market there. However, I felt that the food there is too expensive and have very fewer options in affordable range. Last day we planned to visit Palm Jumeirah. The unique island is home to some of Dubai's top luxury resorts and Palm Jumeirah is shaped like a palm tree when viewed from above. It has its separate Metro and route that will take you to Palm Jumeirah. As the train is on higher level as compared to ground you are able to get this beautiful view as an Island through the journey. The place is something that takes the beauty of human, technology and nature altogether."



"Sharing this experience made me revisit all my memories and it feels so proud to be able to share my experience with all my LPF family. I take this article as an opportunity to thank Mom and dad and our LPF family for this platform and for all your love and support." adds Dipalee.

■ Compiled by Sonal Bhagat
LG 2016 & PA 2017

"From googling LPF scholarship to bagging it, from attending LPF training to conducting a training session at LPF for our sisters, from reading the Inspira to now writing down this article in Inspira volume. Life has come a long way" – says **Purva Chindage, LILA girl 2015,**



was super excited when asked to share her story for this column. In her words "Life is a journey filled with miracles, adventures, failures, and triumphs. As I pen down my journey, I find myself reminiscing about the good old days!"

Purva is a single child to her parents and has completed her schooling from Talegaon Dabhade, Pune and E& TC Diploma from MSBTE. She has always been keen to start her career as a software engineer but was also worried to handle all her education expenses. She came across LPF scholarship program and applied for the same in 2018 as a direct 2nd year student of BE in E&TC. She wanted her story to reach all our sisters so that she can help them in all possible ways.

"I clearly recall the day afresh! Interviewed by a huge panel of women thriving with their careers and of course mom. On completing my graduation, I was placed in Capgemini through campus. My training was in SAP landscape – which is quite an interesting domain! The training was more of a fun experience – students from all over India crunched in one classroom of Pune Office. Post training, we were informed to move to Mumbai – worst news for a person living at Lonavala side ever – I still cannot cope with Mumbai's humid weather, or ever will! I spent 3 years at Airoli office – it was indeed a learning experience – both professionally and personally as I made new colleagues & ample of new friends. Most



important, learnt the hardships of living alone. I have worked at Capgemini for 5 years now - full tenure with the same client who is a luxury fashion brand. Initially I was an SAP BW developer. I was quite comfortable when I entered the corporate culture - part of the credit truly goes to LPF. We had so many training sessions in IT companies itself - it helped me blend in well. Year 3 of my career my client asked me to take up a new challenge in Data analysis space which compelled me to take it up. The role is surprisingly good and me keeps me on my toes!! I had to learn quite a lot in short span of time to keep up with all the talented people around me." Explains Purva.

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Further she added "I was offered with Information analyst/architect role recently from the same client in London -which brings me to one of the most expensive cities in the world. However, London is a boiling pot of cultures from all over the world – the diversity reflects in every aspect – The food, the art, the fashion, and the architecture. This article would be truly incomplete if I do not mention the notorious London weather – I have experienced Snow, Rain, Wind, Sun within 24 hours – and my mom complains that I have worst mood swings! I was initially provided with an accommodation of 10 days. Absolutely short duration to find a house for my stay within 10 days and work full time. The house hunt was crazy! I think I travelled the almost entire London



during my house hunt. I might have partly memorized the entire London Tube map by now. Anybody who thinks Mumbai Train map is complex please do look at London tube map – super complex. Took me good 6-7 hours to understand all routes. Well, I found a good place with friendly Indians in 7 days.

Life here is quite different than one I had back home. Everything and everyone are always on time. As an Indian I am used to huge kitchen and huge Living rooms – the houses here are quite tiny! Learning to use Induction stove tops it all. I have still not figured out how to cook rice without burning the bottom of my Indian pressure cooker. People are super friendly – they can randomly chat to any person sitting next to them. I



recall on Independence Day I put on a white chikankari Anarkali with Saffron chunni, went all out and topped my attire with jhumkas. I was waiting for my bus to arrive and this European lady was running to catch her bus, she stopped and complemented me howling loudly from far away – "I love your costume Girl". I was so befuddled! Here the traffic rules here are super complex and people follow them sincerely – no body uses a horn ever – at a point I felt the cars here do not have horns at all -I can go on & on with all the Cultural shocks – but that would be an essay. So far, I would say, the best part of London is the vibe – you can unapologetically be YOU, no body judges you. Worst part is the Indian food – yes you cannot get the typical Desi Khana everywhere, it's some funny fusion version. Although I did ask an order to be spicy – they ended up adding raw chills to my Gravy!

Workwise, I am thankfully doing well in all the projects I have been assigned to. It really creates a difference when you physically interact with the people you are working – I think people understand your views better and pay more attention when you physically interact. Online meetings simply cannot make that connection. Though the role here is more tough & challenging I have had a better work life balance in London as compared to back home. I have had quite an amazing career - the one that interests me and makes me want to challenge myself.

So far, I have travelled to quite a few places in UK. Bath gave me Jane Austen vibes, Canterbury had the best cobbled streets, the Brighton beach was the best pebble beach ever, Seven Sisters cliffs were breathtaking, Won't even brag about the Scottish Highlands - so picturesque and peaceful - a treat for Harry Potter and Outlander fans! I am planning my visit to Snowdonia next month. All the travelling has stirred up some photography skills in me.

Today as I pen down my entire journey, I would like to take this opportunity to thank everyone at LPF who are helping girls achieve their dreams and build in core values of independence and courage! Thankyou Mom and Dad for being our never-ending source of inspiration and for your love and care. To all the Girls out there – remember to be confident and courageous – say yes to all the opportunities that you get – create opportunities if you don't get one! Life is too short to live in "what ifs"

"I hope you loved reading this! if anyone wishes to move to UK happy to help you out. In case needed please feel free to reach out to me at purva.maoo@gmail.com "says Purva.

■ Compiled by Sonal Bhagat
LG 2016 & PA 2017

Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance. — Roy T. Bennett



On the occasion of our beloved Dad's Birthday (14th April 2023), Our Wardha Office Team members Snehal Kubade and Sanjivani Pawar, LPF Committee members Ms. Yogita Mankar and Smita Badhiye and Nursing Lila girls **Rajnandini Suryawanshi and Yogita Bhongade from batch 2020** took an initiative to do something for the society. They went to Beghar Nivara at Wardha, a small old-age home for men and women. It was heart-tugging to see how people in their twilight years were neglected by their families. All they long for are the simple pleasures of being loved and cared for by someone.

At Beghar Nivara, our team empathized and understood the little desires of these grey-haired senior citizens as they spent their evening with them. The quality time that they shared with the elders was fruitful and led to hour-long conversations. Some of them shared their valuable experiences. When our team visited the old-age home, they motivated the residents of Beghar Nivara by conducting some activities and interacting with them. At that time, our team was able to spread happiness, joy and optimism throughout the old-age home.



At the end of program, Team LPF distributed homemade snacks, fruits, and sweets which the elders enjoyed a lot. An LPF Committee member also distributed clothes. Our team of doctors also visited the old-age home to



provide medical check-ups and interacted with them on importance of their diet, daily food intake, exercise, physical activity and to have regularly body checkup etc.

All of them realized that only by giving, you receive more than you already have (that's the blessing we received)

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

Placement date (Pune) April to June 2023

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Aishwarya Maruti Mindhe	2019 / LG 2016 (I)	Engineering After Diploma	Accenture	Data Engineering Associate
2	Jhanvi Manoj Bhatia	2018	Engineering After Diploma	Deloitte	UX designer
3	Vaishnavi Anandrao Mohite	2019	Engineering After Diploma	Mahabal Industries	Electrical Engineer
4	Dhanashree Vivek Pethkar	2018	Post Graduation	Velsera	Associate Automation Engineer
5	Shifa Shahajan Inamdar	2018	Pharmacy	2M Medico Store	Pharmacist
6	Aishwarya Rajendra Satpute	2019	Engineering	Advarisk	Data Analyst Intern
7	Shweta Subhash Kokade	2018	Post Graduation	Ajanta Pharma	Officer
8	Pritee Sunil Pawar	2018	Pharmacy	Allied Market Research	Secondary Research Associate
9	Vaishnavi Mahadev Gavhane	2020	Engineering After Diploma	Alstom	Graduate Engineer Trainee
10	Vaishnavi Ramakant Biradar	2019	Engineering	Amdocs	Developer
11	Shafaquat Khaja Ahmed	2020 / LG 2016 (L)	Post Graduation	Ascentrik Research	Lead & Senior PRA Module Analyst
12	Monali Dattatray Zanzane	2018	Engineering	Atos Global	Associate Consultant
13	Anisha Prakash Londhe	2019	Engineering	Avaya India	Software Engineer
14	Lavanya Ravindran Nair	2018 / 2014(L)	Post Graduation	B.N.B. Swaminarayan Pharmacy College, Salvav	Assistant Professor
15	Pooja Ramesh Amalgiri	2018	Engineering After Diploma	Bank Of America	Tester
16	Swapnali Mahadev Dhakane	2018	Engineering	Barclays	Graduate Analyst
17	Jyoti Arun Bomble	2019	Engineering	Baxter Innovations & Business Solutions	Engineer Trainee
18	Bhakti Suresh Mhaske	2019	Engineering	Becton Dickinson Technology	Software Developer
19	Tejaswini Ravindra Gaikwad	2020	Engineering After Diploma	Bosch	Assistant Software Engineer
20	Pooja Janardhan Kokate	2019 / LG 2016 (I)	Engineering After Diploma	Bridgestone India	Strategic Engineer Trainee
21	Pratiksha Rajendra Shelar	2018	Engineering	Capgemini	Analyst
22	Shivani Sudhir Dhok	2019	Engineering After Diploma	Citicorp Services	Technology Analyst
23	Snehal Sandeep Nadhe	2020 / LG 2016 (L)	Post Graduation	Cognizant	Junior Data Analyst
24	Alfiya Nazim Attar	2019	Post Graduation	CRISIL	Data Researcher
25	Akshata Avinash Balsaraf	2018	Engineering After Diploma	Dana TM4	Production Engineer

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Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
26	Aishwarya Bajrang Visapure	2018	Engineering	Dassault Systemes Global Services	R&D Development / Associate Engineer
27	Mayuri Balasaheb Sonule	2018	Nursing	Deenanath Mangeshkar Hospital	Staff Nurse In Cardiac ICU
28	Shruti Atul Wayal	2020	Post Graduation	District Government Hospital Pune	Pharmacist
29	Neha Vijay Pharate	2018	Engineering	Encora	Junior Software Engineer
30	Rutuja kisan Aher	2019 / LG 2016 (I)	Engineering After Diploma	Enerlogs Analytics	Junior Developer
31	Sakshi Rajkumar Rathi	2019	Engineering	Ernst & Young	Technical Consultancy
32	Rutuja Rajendra Gunavare	2020	Post Graduation	Facile	Data Engineer (Fresher)
33	Akshata Gopal Paygude	2020	Post Graduation	GG International School	PGT Teacher
34	Shweta Sopan Said	2019 (Special Case)	Engineering After Diploma	Harman International	Associate Software Engineer
35	Ravisha Shekhar Newase	2019	Engineering	Hitachi Vantara	Associate Engineer
36	Pratiksha Santosh Kakade	2019	Engineering After Diploma	HNI Corporation	Design Engineer
37	Mrunal Vilas Raskar	2018	Science	Infosys	Operation Executive
38	Shradhha Hanumant Bhor	2018	Engineering After Diploma	Innovative Automation	Junior Service Engineer
39	Pooja Khandu Rode	2019	Engineering After Diploma	Johnson Controls	IT Analyst
40	Ashwini Ananda Nagare	2019	Engineering	JP Morgan Chase & Co.	Intern Software Engineer
41	Rameshwari Nilkanth Shelar	2018	Engineering After Diploma	JSPM Group Of Institutes	Lab Technician
42	Sarafatema Gulamnabi Peerzade	2018	Engineering	Kallatra Dry Fruits	Business Development and Marketing Manager
43	Kajal Gulab Ghag	2018	Engineering After Diploma	Knorr-Bremse	Component & Laboratory Engineer
44	Rutika Umesh Chavan	2019	Engineering After Diploma	Larsen & Toubro Construction	Engineer (Engineer in Cloud Infrastructure Services)
45	Payal Mahesh Khandagale	2019	Engineering After Diploma	Lawrence IT Solutions	Supervisor
46	Yutika Narendra Harne	2018	Engineering After Diploma	Merlin Industries	Design Engineer
47	Dnyaneshwari Shahaji Wayal	2018	Engineering	Neeyamo Enterprise Solutions	Associate Product Developer
48	Rutuja Chandrakant Newase	2020 / LG 2017 (E)	Post Graduation	Organica Biotech	Marketing Executive
49	Mayuri Babasaheb Biradar	2018	Engineering After Diploma	Outinord Formworks	Purchase Engineer

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
50	Vaishnavi Hanmant Pisal	2018	Science	Peoplefy Info solutions	HR Recruiter
51	Mansi Subhash Lingarkar	2019	Engineering	Radisys	Software Engineer
52	Queency Alexander Fernandes	2018	Engineering	RIA Advisory LLP	JAVA Developer
53	Sonali Babasaheb Khodke	2018	Engineering	Saha Consultancy	Junior Engineer
54	Sampada Sudhakar Shinde	2018	Pharmacy	SBI General Insurance	Assistant Manager
55	Seema Sunil Mane	2020	Engineering After Diploma	Schlumberger	Associate Support Analyst
56	Neha Uday Deshpande	2019	Engineering After Diploma	Schlumberger	Mechanical Engineer - Delivery
57	Pratiksha Balaji Waghule	2018	Engineering	Selec Controls	Front-End Developer
58	Gargi Wamanrao Gaydhane	2019	Post Graduation	Semantic Technologies And Agritech Services	Remote Sensings &GIS Executive
59	Sayali Prakash Gaikwad	2018	Post Graduation	Shri Narayan Maharaj Bet,Kedgaon	Assistant Branch Postmaster (ABPM)
60	Apurva Ramesh Mankar	2018	Nursing	Smt Shakuntala Institute Of Nursing Education	Clinical Instructor
61	Riya Subhash Kamthe	2019	Engineering After Diploma	Southco India	Junior Web Developer
62	Shital Ankush Mulay	2018 / LG 2015 (E)	Post Graduation	Springer Nature Technology and Publishing Solutions	Junior Editor Advisor
63	Pooja Kailas Meher	2019	Engineering	TCS	Application Development and Maintainence Executive
64	Vedika Vitthal Parte	2018	Pharmacy	TechCare Medical Services	Quality Control analyst
65	Payal Rajesh Kadadhekar	2020	Engineering After Diploma	Trinamix Inc	System Engineer
66	Divya Vijaykumar Mallade	2019	Engineering After Diploma	Ubisoft	Generalist Programmer
67	Nirmiti Laxmikant Gawande	2018	Engineering	Union Bank of Switzerland	Financial Analyst
68	Praneeta Pradeep Takale	2021	Post Graduation	UpThink Experts	Subject Matter Expert
69	Akshada Baban Padalkar	2019 / LG 2016 (I)	Engineering After Diploma	UVS Infra Projects	Security Specialist
70	Sakshi Raju Bhangale	2018	Engineering	Veritas Technologies LLC	Technical Analyst
71	Vidya Shivaji Kudale	2018	Engineering	Wipro	Developer
72	Manasi Premgir Giri	2019	Engineering	Wolters Kluwer	Associate web Developer
73	Komal Ashok Jadhav	2018	Engineering	Zensar Technologies	Junior System Engineer

Placement date (Amravati) April to June 2023

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Khyati Prakash Mehare	2019	Engineering After Diploma	Wipro	Project Engineer
2	Dnyaneshwari Wasudeo Pachkawade	2019	Engineering After Diploma	Wipro	Project Engineer
3	Prachi Sheshrao Lanjulkar	2019	Engineering After Diploma	Wipro	Associate software Trainee
4	Tejal Anant Patil	2019	Engineering After Diploma	Accenture	Associate Software Engineer
5	Anjali Umesh Agarwal	2019	Engineering After Diploma	Wipro	System Engineer
6	Divya Pradip Rakhe	2019	Engineering After Diploma	Wipro	Project Engineer
7	Meenakshi Jawahar Burghate	2019	Engineering After Diploma	Dassault Systems	R&D Development Associate Engineer
8	Arpita Surendra Kalamkar	2019	Engineering After Diploma	Infosys	Project Engineer
9	Gayatri Prakash Tajne	2019	Engineering After Diploma	Uvxccl It Solutions	Developer
10	Tejashri Manohar Darne	2019	Engineering After Diploma	Wipro	Project Engineer
11	Vibhakti Sanjay Kawale	2019	Engineering After Diploma	Infosys	System Engineer
12	Shiba Salim Khan	2019	Engineering After Diploma	Web Media	Developer
13	Shreya Sandip Heda	2019	Engineering	Mercedes	Graduate Engineer Trainee
14	Snehal Vinod Wandale	2020	Engineering After Diploma	Infosys	Assistant System Engineer
15	Sana Kausar Taher Qureshi	2020	Engineering After Diploma	Cybage Software	Trainee software developer
16	Shruti Sunil Gokhale	2020	Engineering After Diploma	TCS	Assistant System Engineer
17	Anamika Pradeep Mohod	2020	Engineering After Diploma	Kanaka Software Consulting Pvt Ltd	Software Trainee Engineer
18	Mitali Sanjay Patil	2020	Engineering After Diploma	Dassault System	Research Developer
19	Palak Sanjaykumar Shrivagi	2020	Engineering After Diploma	Siemen	Software Engineer
20	Radhika Pradip Thakare	2020	Engineering After Diploma	Cognizant	Software Trainee Engineer

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
21	Vishakha Sunil Zade	2020	Engineering After Diploma	TCS	Assistant System Engineer
22	Deepali Janardhan Wagh	2020	Engineering After Diploma	Metlok Precoat Services	Graduate Engineer Trainee
23	Sakshi Rajeshrao Deshmukh	2020	Engineering After Diploma	TCS	Assistant System Engineer
24	Sanjivani Raju Nirpase	2020	Engineering After Diploma	Parason	Graduate Engineer

Placement date (Nagpur / Wardha) April to June 2023

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Mahima Rahu Shende	2016	Diploma	Wipro	Project Engineer
2	Tejashree Chandrashekhar Kukade	2014	Diploma	Persistent	Software Engineer
3	Samiksha Gulab Wanjari	2017	Engineering After Diploma	Blue Ocktopus Technology Systems	Software Engineer
4	Mohini Suresh Chakole	2017	Nursing	Shalinitai Meghe Hospital And Research Center	Staff Nurse
5	Minal Sanjay Ughade	2017	Nursing	Jaslok Hospital & Research Centre	Staff Nurse
6	Jagruti Subhash Pancham	2016	Engineering	Kraft Maid Services India Private Limited	Management Trainee
7	Shamma Jabbar Shaikh	2016	Nursing	Asha Multispeciality Hospital	Staff Nurse
8	Nagish Tanveer Khan	2017	Engineering	TCS	Analyst System Engineer
9	Ruchika Shalik Yende	2014	Engineering	Verisk Analytics	Jr. Software Developer
10	Jayashri Ashok Waratkar	2015	Pharmacy	IPER College	Assistant Professor
11	Cynthia Ramesh Telgote	2017	Nursing	Nazarene Nurses Training College	Tutor
12	Rinku Rajendra Mahabudhe	2014	Pharmacy	NexG Healthcare solutions	Coder
13	Gayatri Sunil Tonpe	2017	Nursing	Ruby Hall Clinic	Staff Nurse
14	Deepti Sanjay Ekhar	2015	Nursing	Shalinitai Meghe Hospital And Research Center	Tutor
15	Sakshi Laxmikant Shende	2015	Engineering After Diploma	Johnson Controls	Sr. Technical Support Representative
16	Avanti Rajesh Buche	2015	Engineering After Diploma	Collins Aerospace	Graduate Engineer Trainee

contd. on page 18...

contd. from page 17...

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
17	Pragati Arvind Waghmare	2016	Nursing	Medicare Hospital	Staff Nurse
18	Yashshree Bhagwandas Marghade	2017	Engineering	Parkar Digital	Trainee Software Engineer
19	Sanowar Shabbir Khan	2016	Engineering	Focus Edumatics	Tutor (Online)
20	Ashwini Nanaji Chandankhede	2017	Engineering	Tech Mahindra	Associate Technical Engineer
21	Harsha Baban Vaidya	2016	Engineering After Diploma	Central Public Works Department	Jr. Engineer

Placement date (HYD) April to June 2023

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Mounika Kandi	2020	Engineering After Diploma	Ashok Leyland	Graduate Engineer Trainee
2	Pavani Ponugoti	2020	Engineering After Diploma	Kyndryl	Associate Technical Engineer
3	Arunjyothi Uyyala	2020	Engineering After Diploma	Kyndryl	Trainee - Distributed Incidents (CC)
4	Divya Malkajgiri	2020	Engineering After Diploma	TechnipFMC	Associate Engineer (GET)
5	Divya Domala	2020	Engineering After Diploma	Opptum	Trainee - Full Stack Developer
6	Harika Bura	2020	Engineering After Diploma	ADP	Software Engineer - 1
7	Tejaswi Mukka	2020	Engineering After Diploma	HCL Technology	Graduate Engineer Trainee
8	Neelam Divya Sri	2020	Engineering After Diploma	Fanatics	Software Engineer Intern
9	Sai Nishitha Dasari	2020	Engineering After Diploma	Barclays (FTE)	Trainee - Developer
10	Likhitha Banka	2020	Engineering After Diploma	Worley	Trainee - Engineer
11	Poojitha Miryala	2020	Engineering After Diploma	Worley	Trainee - Engineering
12	Reecha Sri Bollu	2020	Engineering After Diploma	TCS	Trainee - Business Analyst

It is rightly said by Roy T. Bennet, "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine."

This is the story of **Nupur Shiturkar**, a proud **LILA Girl 2018**. She has completed her Bachelors in Computer Engineering from Pimpri Chinchwad College of Engineering, Pune, and graduated in 2022 with a CGPA of 9.66. Having done her schooling at Ryan, Nashik with 94% in grade 10, and junior college at Swami Vivekanand College, Kolhapur with 93.69% in grade 12, Nupur is a scholar gem. Her parents have always believed in the importance of education and are source of motivation in giving her best, suggests Nupur.

She adds, "I currently work as an Assoc. Software Engineer at Veritas Technologies LLC, Pune, and got selected there as part of our college campus placements. I could reach where I am today because of the Lila Poonawalla Foundation."

Nupur says, "In 2016, our family met with a financially challenging situation. My father lost his job, and since my mother is a homemaker, we had no earning member in the house. I completed my 12th in 2018, and then the main concern for my parents was how to manage the finances for my engineering education. But like they say, *every cloud has a silver lining*. It was then that I was introduced to the Lila Poonawalla Foundation and applied for the scholarship. The day, when the results came out, has to be one of the best days of my life to date. Seeing my name on the list of students selected for the scholarship was a huge relief for me and my family. I was also pleased to know that we are supposed to refer to the founders as Mom and Dad, which makes total sense because they are the providers for us, and strive their best for their daughters to have an all-around development.



Time and again, life has given me experiences that have increased my gratitude toward the foundation exponentially. My father did get a job later, but that company had to shut down in Covid, which brought our family back to square one. He tried for numerous jobs later but his age was a major factor that could not land him any job as he was close to the retirement age. Later in 2021, he faced some major health issues and was admitted to hospital for the same. It took him quite some time to recover, and now he is doing much better. During these tough times, the only reason my education was not hampered was courtesy of LPF, and I am forever grateful for that." Apart from the financial aid, the programs/workshops arranged by the foundation have been of immensely helped her and have shaped her to be the person that she is today. Thanks to the foundation!

"I had what it took to lead a state-level technical event (Spectrum) in my first year of engineering. In the second year, I was selected as one of the coordinators for the "Communication and Personality Development Cell" of our student committee. In the third year, I got the opportunity to be the President of the ACM Women's Association of our department, which is a student cell that conducts workshops/competitions aimed at the development of women in the field of computing. I feel humbled to share that our group project on *A System for Liver Tumor Detection* won the first prize in the ACM-W National Level Hackathon, and our survey paper on the same topic got published at the I3CS-2021 International Conference. By and large, I could focus on my curricular and extracurricular activities properly because I had Mom, Dad, and the entire LPF family taking care of my educational expenses, and helping me be a better, stronger, and more confident version of myself along the way. I am highly grateful to the Lila Poonawalla Foundation for the work they do for all of us.

I want to thank LPF for the support that was provided to me, and I wish to give back to the foundation that gave me so much." Says Nupur in her lovely words.

Compiled by Vaishnavi Nimbalkar
■ LG-2012, LF-2015

Introduction

Skin has been detailed to reflect the common inward- wellbeing status and aging. Nourishment and its reflection on skin has continuously been curious point for researchers and doctors all through the centuries around the world. Vitamins, Carotenoids, Tocopherol, Flavonoids and a assortment of plant extracts have been reported to have strong antioxidant properties and have been broadly utilized within the skin care industry either as topically applied agents or oral supplements in an attempt to draw out



young skin appearance. Like all other organs, indeed skin is persistently recovered in people. It is said that, harmed skin is recovered each 2 weeks and what you eat every day matters a lot.

The skin forms a protective covering over the body, a barrier or shield between the body's internal and external environments. It protects the body from physical hurt of light (UV beams), warm and cold and microbial wounds. This with all its specialized subordinates, makes up what is called the integument (Latin a covering), which covers the complete surface of the body.

Anatomy of skin

Skin is made up of three layers of the tissues, i.e. Epidermis, Dermis and Subcutaneous tissue. In expansion, it too has two appendages, i.e. hair, nails and three glands.

Let's discuss about nutrition

1. Vitamin C

Vitamin C is a powerful antioxidant. It helps to reduce oxidative stress to the body and may lower cancer risk. It is also involved in the synthesis of collagen, an important protein for making your skin supple.

Food sources: Lemon, Citrus fruits like Orange-sweet Lime, Broccoli, Kale, Bell Peppers, Guava, Kiwi, Black Currant, Blueberries, Papaya, Strawberry, Sweet potato etc.

2. Selenium

Selenium is a powerful antioxidant trace mineral that is responsible for maintaining skin firmness and elasticity. This mineral not only prevents acne but also aids in cancer prevention. It promotes absorption of vitamin E.

Food sources: Walnuts, Eggs, Tuna, Liver, Wheat Germ, Onion, Seafood, Whole grains, Brown rice, Chicken, Spinach etc.

3. Vitamin E

Vitamin E is one of the key vitamins for skin health. It is especially effective at preventing certain skin cancers. Because vitamin E is having antioxidant properties, it

helps fight free radicals caused by pollution, smoking, processed foods and sun exposure.

Food sources: Almonds, Eggs, Walnuts, Avocados, Asparagus, Sunflower seeds, Pine nuts, Spinach, Oatmeal, and Olives.

4. Omega-3 Fatty Acids

These essential fatty acids (EFAs) offer healing benefits in various inflammatory conditions such as Eczema. Omega-3s also manage overexposure of cortisol levels, which in turn helps keep skin supple and guard against wrinkle formation, also responsible for skin repair, moisture content and flexibility. Since the body doesn't produce these fatty acids, they must be obtained through your diet.

Food sources: Walnuts, Salmon, Mackerel, Sardines, Flaxseeds, and Chia seeds. You can also supplement with a fish oil pill.

5. Vitamin A + Beta-Carotene

Vitamin A is critical for skin repair and maintenance. If you suffer from flaky or dry skin, it could be a sign you're deficient in vitamin A. Beta-carotene, the precursor to vitamin A, is an antioxidant found in brightly colored foods. This antioxidant helps to reduce free radical damage that occurs due to skin damage caused by sun overexposure.

Food sources: Liver, Asparagus, Peaches, Beet greens, Kale, Spinach, Eggs, Sweet Potato, Cantaloupe and Red peppers.

6. Zinc

Zinc is an important trace mineral that helps repair damaged tissue and heal wounds. If you suffer from acne, it may be as a result of a Zinc deficiency. Zinc may help prevent acne and regulate the production of oil in the skin.

Foods sources: Poultry, Pumpkin seeds, Ginger, Legumes, Seafood, Mushrooms and whole Grains.

Nutrition for hair:

Hair is beauty! Hair is power! Hair is strength!

Hair is actually an indicative of good health as good as skin.

1. Protein

As hair is made of a protein called Keratin. So enough protein in diet is crucial for making hair strong and healthy. If diet is deficient in protein, hair is likely to become dry, brittle and weak. Extremely low protein diets may result in hair loss.

Food sources: Chicken, Turkey, Fish, Dairy products and Eggs, vegetarian sources such as Legumes, Nuts, certain cereals such as Quinoa.

2. Iron

Iron is an especially important mineral for hair and Iron deficiency- Anemia is a major cause of hair loss. The hair follicle and root are fed by a nutrient rich blood supply. When Iron levels (serum ferritin) fall below a certain point, it's termed anemia. This disrupts the nutrient supply to the follicle, affecting the hair growth cycle and

may result in shedding. Food sources: Animal products such as Chicken and Fish provide Iron with a high bioavailability, meaning the Iron is readily available to the body. Vegetarians can raise their Iron stores by including Lentils, Spinach and other leafy green vegetables such as Broccoli, Kale and salad greens.

3. Vitamin C

Vitamin C aids the absorption of iron so foods high in vitamin C are good to eat in conjunction with iron-rich foods. It is also an antioxidant, hence used readily by the body. Vitamin C helps in the production of collagen that strengthens the capillaries that supply the hair shafts.

4. Omega-3 fatty acids

These are important fats our body cannot make itself, and therefore must be obtained through our diet. Omega-3s are found in the cells that line the scalp and also provide the oils that keep your scalp and hair hydrated.

5. Vitamin A

Vitamin A is needed by the body to make sebum. Sebum is an oily substance created by our hair sebaceous glands and provides a natural conditioner for a healthy scalp.

6. Zinc and selenium

Scalp protection involves other important minerals notably Zinc and Selenium. A lack of Zinc can lead to hair loss and dry and flaky Scalp.

7. Vitamin E

The sun can damage our hair just like it can damage our skin so ensure you eat foods rich in vitamin E to provide protection for your hair.

8. Biotin

Biotin is a water-soluble B vitamin. Too little biotin can cause brittle hair and may lead to hair loss.

Include biotin rich foods such as whole grains, Liver, Egg yolk, Soy flour and Yeast.

9. Vitamin D

Several studies have found that vitamin D may help activate hair growth. Enough exposure to sun can synthesize Vitamin D in body or in some cases supplementation is also recommended.

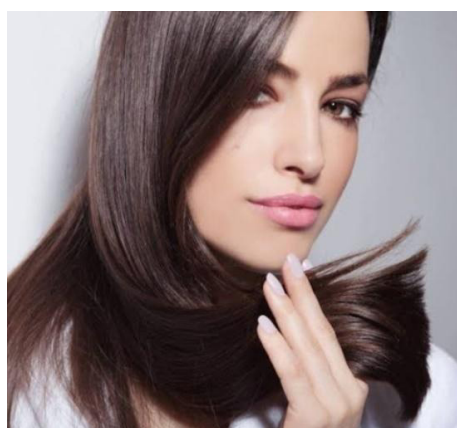
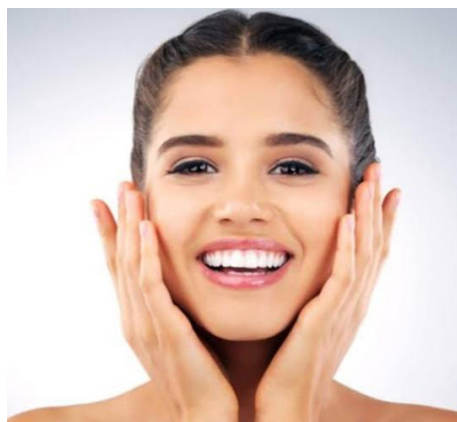
What about Supplements?

The perfect way to urge the supplements you wish for a brilliant complexion is eating a healthy, balanced diet. Multivitamins or antioxidant vitamin supplements can be recommended in case a individual isn't able to take a balance diet or has as well much exposure to pollution or smoke. As

vital because it is to eat a healthy diet, one should avoid smoking, get sufficient rest, work out regularly, and drink sufficient water.

■ **Dr. Priyanka Musale**

M.D. (Homoeopathy), Dietician and Nutritionist
LF 2010



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To be successful in a PhD life, you have to use each day as an opportunity to improve, to be better, and to get a little bit closer to your goals.

"When the Inspira editorial team member, Dr. Rita Shetiya, contacted me to write for the Research Scholar column, I started drawing up my game plan to tackle the task – typical manuscript writing strategy!!!! I came up with a number of approaches, but I am averse to writing a lot and especially a lot about myself. So, I thought this would be the best approach – give you some background about my PhD and list out the things I learnt through my PhD journey." says **Rubina Mandlik**.



Rubina Mandlik, belongs to the Lila Poonawalla Foundation family since 2005. She completed her MSc in Health Sciences (Dietetics) from the University of Pune in 2007 and when she started off her career, doing a PhD didn't even feature on the list of things she wanted to do. As Roy T. Bennett said that, "You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone." Her teacher from college offered her a job as a teacher and she took to it like a fish takes to water. She was convinced that teaching was her purpose and so she started to prepare for the UGC-

NET exam to be eligible for lectureship.

In 2011, Rubina got an opportunity to work as a 'Teaching Associate' and course co-ordinator at the Symbiosis School of Biomedical Science. It was only there, when she realized that she was not able to help her students with planning and executing their research projects as she did not have any research experience herself, that she finally decided that she wanted to do a PhD.

Rubina cleared her UGC-NET exam for JRF in 2013 and, a very dear teacher and now a friend, Dr. Angeline, gave her a glowing recommendation. With this, she joined the Hirabai Cowasji Jehangir Medical Research Institute (HCJMRI) for a PhD in Health Science. The HCJMRI is affiliated with the Savitribai Phule Pune University. She defended her thesis titled "Studies in Linkages of Nutritional Status and Infections in Rural Children and Possible Role of Vitamin D and Zinc for Promoting Immunity" on October 4th, 2019. Her mother and brother were so proud and happy. She just wishes her father could have been there.



Below are a few of the important lessons Rubina learnt (or re-learnt) through her PhD which she wishes to share with her Lila sisters who want to pursue PhD in future.

1. **Have an attitude of gratitude!** Thank God with all your heart for the privilege and opportunity for education that you have got. Thank Him for your intelligence, your family, your support system. Then thank your family and your support system. You can never have enough of expressing gratitude. It is paramount to going through your journey (PhD or life) as a grounded individual.
2. **Don't sweat the little things!** Things are not going to go as planned. Things are going to go wrong. You will get yelled at by your supervisor. Journal reviewers may give your article difficult reviews. Your article will get rejected. It's not the end of the world! Reach out to friends, talk it out, cry if you have to, but pick yourself up and move on. The PhD journey is a long one where it's easy and normal to feel unmotivated for certain stretches of time. We all need a little inspiration to perk us up during those days.
3. **Be patient!** A PhD takes at least 4 years, if not more. You need that time to get a hang of the end-to-end execution of a research project. If you try to rush through your PhD in anything less than 4 years you will not really learn much.

4. **Don't be lazy!** Scientific manuscript writing is a skill to be mastered. Very few are born with the innate ability to write well. The rest of us mere mortals learn manuscript writing by practicing it. And also reading other research articles. Reading lots and lots of them. Don't be lazy. The more research articles you read, the better you will be able to write.
5. **More Time!** Whenever you are asked to give a deadline of completion of a job, always ask for more time than what you think you will require. No one will fault you for completing the job early, but tardiness will reflect poorly on you.
6. **New Opportunity!** Plan at least a year in advance for what you will do after your thesis has been submitted. It will take you at least that much time to find a good opportunity. Make sure your LinkedIn page is up to date. Join Facebook groups for PhD scholars – they always post about new opportunities. New opportunities are also posted on Research Gate and the websites of research societies.
7. Finally, **enjoy the journey!** It is a messy, difficult, crazy journey but it is a memorable one.

Compiled by Dr. Rita Madanlal Shetiya

LF 2005, PA 2011

In Appreciation

Donations recieved from USA LILA Alumni

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



Kanchan Lakkapraguda (Nikumbh)
LF 1997

USD 3100

One to one Scholarship Annual Donation
1st tranche
Supports 2 Girl - Engineering after Diploma



Haripriya Rajgopal
LF 2003

USD 1714

Corporate Matching Grant
Supports 1 Girl -4 Year Engineering



Gayatri Keskar (Keskar)
LF 2003

USD 1243

One to one Scholarship Annual
Donation 2nd tranche
Supports 1 girl-Nursing



Kumkum Srivastav (Saxena)
LF 2001

USD 1000.6

One to one Scholarship Annual
Donation 1st tranche
Supports 1 Girl -Engineering after Diploma



Manuja Bandal
LG 2014

USD 517

One to one Scholarship Biannual
Donation
Supports 1 Girl -Engineering after Diploma



Asmita Katdare
LF1996

USD 300

General Donation



Chandrika Srinivasan
LF 1996

USD 1400

General Donation



Mitalee Vinnakota (Gujar)
LF 2000

USD 400

General Donation



Ashonita Chajjed (Chavan)
LF 2002

USD 1087

General Funds



Participated and secured Winner up position in a debate competition held by the college during the event EWasthava 2K22.

**Priyanka Huchegowda,
LG 2021,
Bengaluru**



Rita was felicitated for her various achievements including publishing an article with Marathi Vishvkosh Mandal under Maharashtra government. Also, she has published a Research paper entitled as 'The Role of BRICS in the Agricultural and Economic Development of India' in an international journal.

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



Awarded as the 'Best still life sketch' which was further selected for exhibition held by Kalaranjan art institute, Pune at P. N. Gadgil art section, Kothrud, Pune.

Vedanti Zagde
(LG 2022)



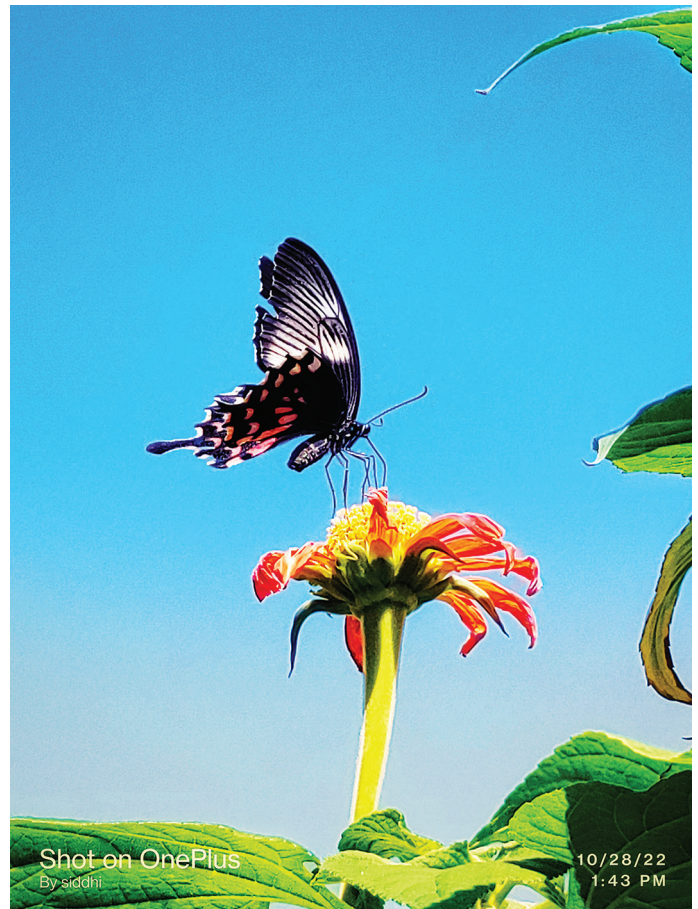
Selected as Cyber Warrior in Quick Heal Foundation that aims to create cyber awareness through ppts in schools for students of 5th-10th. She has completed a target of 2000+ students



Vaibhavi Bandal
(LG 2021)

Received letter of recognition and certificate of appreciation for the 'Global photography contest' event that welcomes entries from all the photographers around the globe. She was also awarded a medal of appreciation.

Siddhi Khetmalis
(LG 2021)



Actively participated in the Jubilant Team Nemesis Racing of COEP Technological University and stood Overall 2nd by winning prizes in 8 different categories at the E-BAJA SAE 2023, a national-level all-terrain vehicle competition. This was a national-level competition that tasks the students to conceptualize design, build, test & validate a single-seater four-wheeled All-Terrain Vehicle (ATV) being held at Baddi, Himachal Pradesh from 5th to 8th April 2023 with about 60 teams participating from across the nation.



Priyanka Mali
(LG 2021)



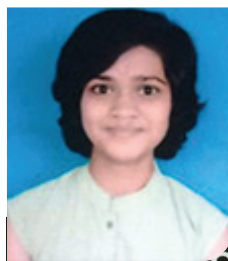
Received a participation certificate from Eaton Company for attending Workshop for 30hrs from VIT College, Pune for Changing Gears 6.0.

Shreya Kulkarni
(LG 2022)



Secured 1st rank in a solo badminton and in Rangoli competition. She also participated in teams for cricket, volleyball and football. She was awarded various trophies for these outstanding achievements in sports.

Mayuri Mugale
(LG 2022)



Participated in mobile mentoring program and won the mentor title to guide and work under operations mentor to go for various social causes.



Kirti Mhaske
(LG 2020)



Sanika was awarded various certificates for her event 'Nukkad Natak' as a part of Graffiti2023 arranged by Symbiosis and also secured 1st position organized by Cummins College of Engineering.

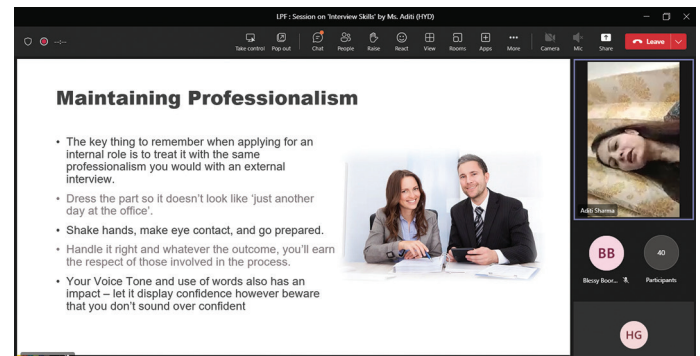


Sanika Kadam
(LG 2022)

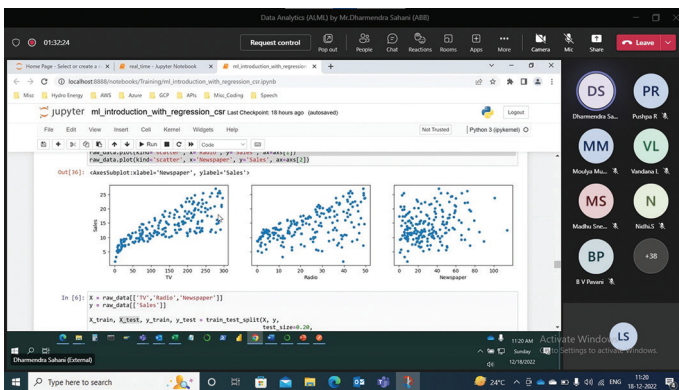




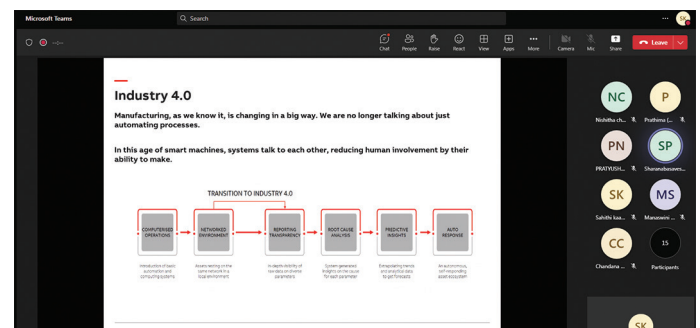
Group photo with IT, HR/IR and Finance Managers of Volvo Group India in Bangalore during the LILA Girls industry visit



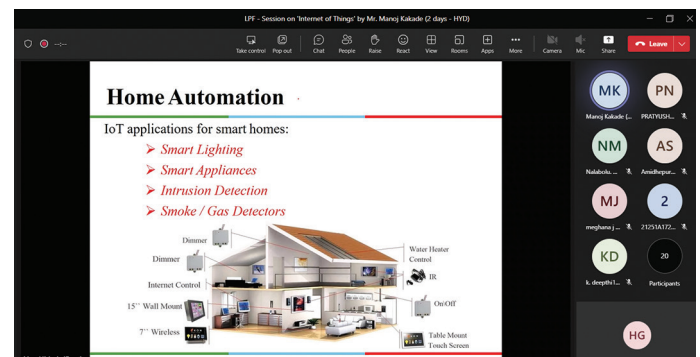
Interviewing Skills conducted by Ms. Aditi Sharma



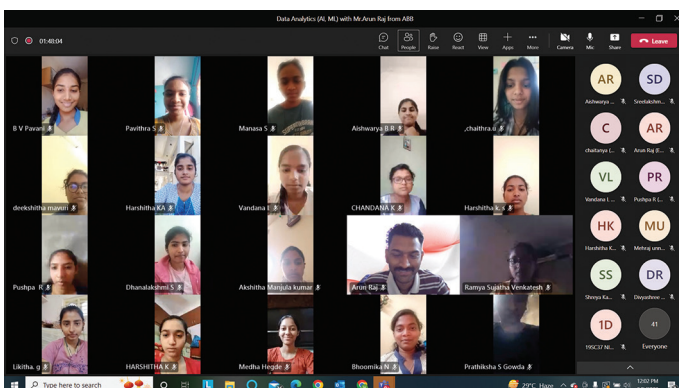
Data Analytics (AI, ML) session with ABB volunteers, Bengaluru



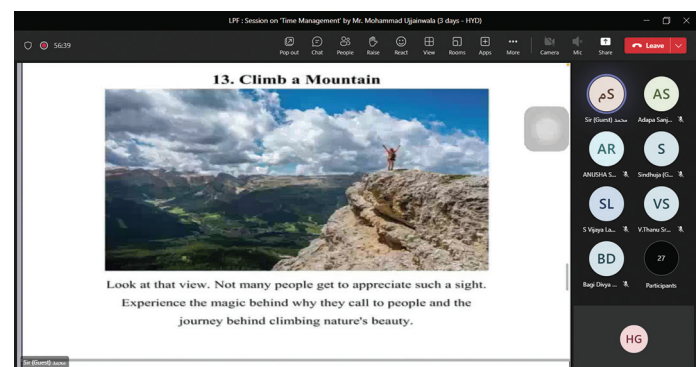
Industry 4.0 conducted by Mr. Sharanabasaveshwar Patil (ABB)



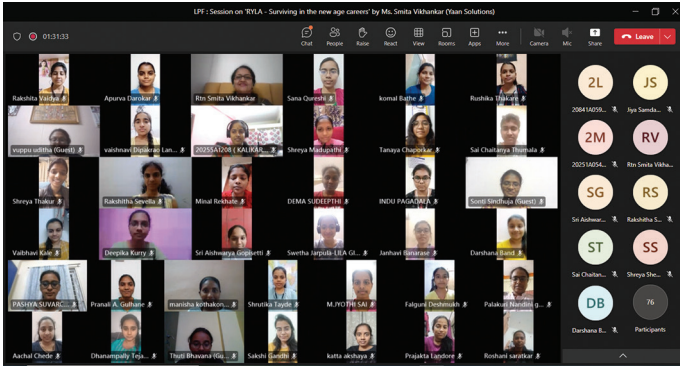
Internet of Things conducted by MR. Manoj Kakade



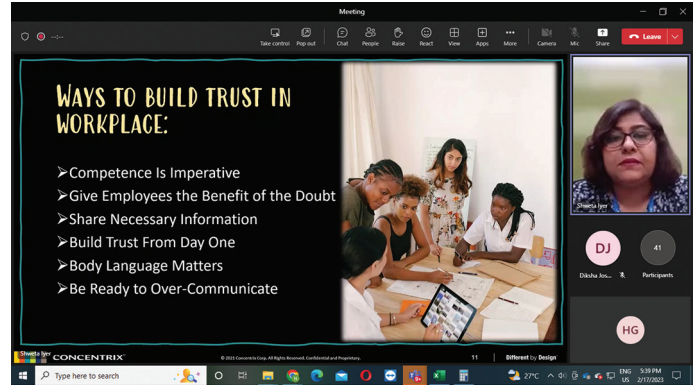
Data Analysis conducted by Mr. Arun Raj (ABB)



Time Management conducted by Mr. Mohammad Ujjainwala



RYLA – Surviving in the New Age Career by Ms. Smita Vikhankar (Rotary Club)



Leadership Session on 'Working in Teams' with Concentrix Volunteers



LILA Girls learn self-defenses techniques

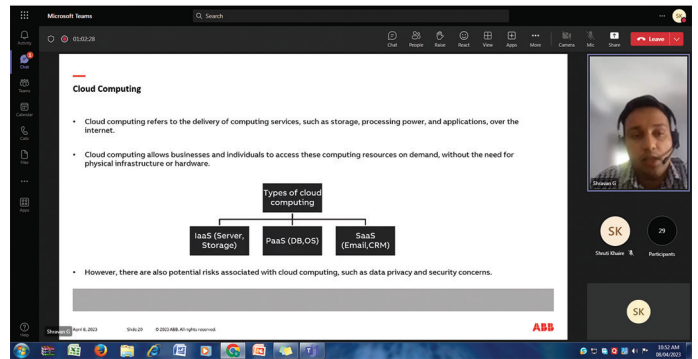
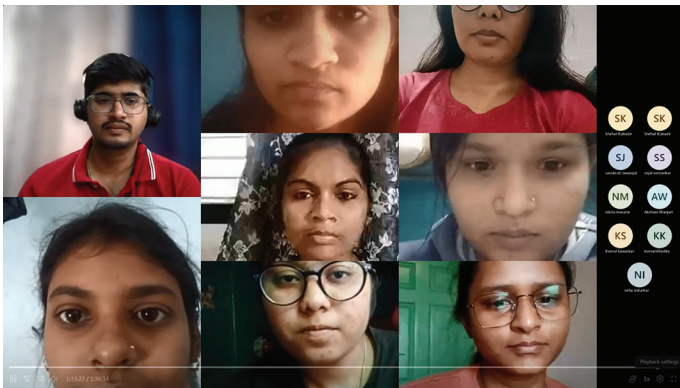


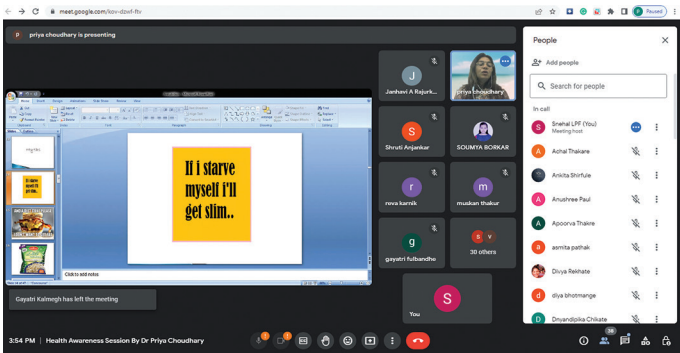
ABB Volunteers Explain 'Cloud Computing'



Group photo clicked during a 'Lean Six Sigma' session by ABB volunteers



Group photo clicked during the 'Basic Values and Ethics' session



Dr. Priya Chaudhary Explains Nutrition Planning and Nutrients

contd. from page 23...

Donations recieved from Indian LILA Alumni

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



Priyadarshini Malusare
LF 2004
INR 150000
One to One Scholarship
Annual Donation 1st
tranche
Supports 1 Girl- Post
Graduation



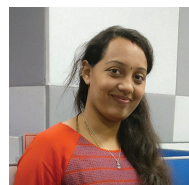
Jyothi Narayanan
LF 2001
INR 78700
One to One Scholarship
Annual Donation 1st
tranche
Supports 1 Girl-
Engineering



Shraddha Dondekar
LG 2017
INR 68650
One to One Scholarship
Annual Donation 2nd
tranche
Supports 1 Girl-
Engineering



Puja Borude
LG 2012
INR 68650
One to One Scholarship
Annual Donation 2nd
tranche
Supports 1 Girl-
Engineering



Sayali Parikh (Shah)
LF 2011
INR 68000
One to One Scholarship
Annual Donation 1st
tranche
Supports 1 Girl- Post
Graduation



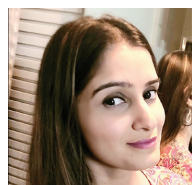
Amruta Nagtilak
LG 2011
INR 67700
One to One Scholarship
Annual Donation 1st
tranche
Supports 1 Girl-
Engineering after
diploma



Pratiksha Ghule-Dhumal
LG 2012
INR 67700
One to One Scholarship
Annual Donation 1st
tranche
Supports 1 Girl- Engineering
after diploma



Jyoti Otageri
LF 1998 & PA 2009
INR 50000
General Donation



Tejal Ladkat (Goyal)
LF 2008
INR 45000
General Donation



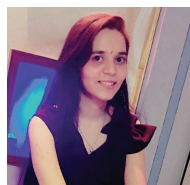
Neha Tambekar
LF 2009 & PA 2010
INR 40000
General Donation



Madhavi Raul
LG 2012
INR 30000
General Donation



Dhaneshwari Tiwari
LF 2017
INR 30000
General Donation



Prajakta Khatri
LG 2012
INR 30000
General Donation



Anjum Imam (Pathan)
LG 2010
INR 25000
General Donation



Pooja Devarmani
LG 2016
INR 25000
General Donation



Harshada Babrekar
LF2001
INR 21000
General Donation



Sayali Dodake
LG 2011
INR 20000
General Donation



Sneha Gujar
LG 2013
INR 20000
General Donation



Aparna Bhosale (Kharade)
LF 2010
INR 15000
General Donation



Purva Ghatole
LF 2010
INR 15000
General Donation



Mansi Kulkarni
LG 2015
INR 15000
General Donation



Sneha Gupta
LG 2012
INR 11000
General Donation



Priyanka Kale (Kalane)
LG 2014
INR 11000
General Donation



Minal Bhagat (Marne)
LF 2007/ PA 2011
INR 10000
General Donation



Gayatri Kshirsagar
LF 2012
INR 10000
General Donation



Pratiksha Bande
LG 2016
INR 10000
General Donation



Vijaya Laygude
LF 2009/ PA 2011
INR 10000
General Donation

Hello and Good evening, DAD, I hope you are happy and healthy as always. I wish you a very Happy Father's Day. You are the loveliest Father for all Lila daughters. You are the pillar in our success journey. Every time when we used to come to office to meet you, you tell moral values which are really important to us in this world like focus on your goals, Be nice to everyone and many more. "Mother gives Affection but Father gives support and confidence to overcome to any difficulties & again stand up to face any situation". I think you are doing this continuously to make all girls confident to achieve their goals. Thank you very much for everything DAD, I have completed my BSc (computer science) with your and mom's blessings with good marks.



I have learnt a lot from all training sessions which will be definitely helpful to me in my corporate journey. I have really enjoyed these 3 years with foundation and I know this bond with you will never break. Always shower your blessings on us and give your valuable guidance. Thank You very Much for everything, and please forgive to us for all the mistakes we have made. Take care and be happy, healthy and energetic as always. Love you

Yours Daughter,

■ Aishwarya Agavane
LG 2020

Dear Mom,

I appreciate everything you did to make my birthday memorable. I adore the two of you. Thank you for the beautiful birthday email as gift. "Nothing in my life would have been without your strife. Nothing I say could truly convey my appreciation for you. Nothing I do could fully show my gratitude for you. Mom and Dad, you are the best parents by far."



Love you Lila mom and Firoz Dad. You both will be very special for me always n forever

Your loving daughter,

Pratiksha Sawalakhe

■ LG 2015, LG 2018
Amravati

Dear Mom and Dad,

I am Divya Malkajgiri. I have completed my Engineering. I still remember that, it was the year of the Covid pandemic, which affected everyone. My family also suffered financially because my father couldn't find employment and was the only one who could take care of our necessities. I completed my Diploma in Mechanical Engineering and entered my second year of B-Tech at a reputable college in the year 2020.



But me and my family were worried about my fees & college expenses. Then I heard about the 'Lila Poonawalla Foundation' from our college. I quickly submitted an application for the LPF Scholarship-Hyderabad. It was my first interview a few days later, and the LPF panel members made it an exciting experience. I then heard that I had been awarded the LPF Scholarship in order to pursue my graduation. My parents and I were overjoyed and fortunate by the news. In addition, I was happy and a little nervous because I was the only Lila girl -2020 from Hyderabad given the opportunity to tell the LPF family about my journey at the first Award Ceremony in Hyderabad.

I want to express my gratitude to Lila Mom, Dad, Priti Di & all the team of LPF for supporting me financially and providing love, care and skill-oriented programmes, technical and non-technical courses. Thank you."

It now feels so proud to be a part of Technip FMC, Hyderabad as an Associate Engineer (GET) with a good package.

Love you Mom and Dad.

Your loving daughter,
■ Divya Malkajgiri
LG 2020
Hyderabad

Dear Mom,

I am very happy to tell you that I have scored 87.21% in my Second Year of academics. I was also awarded as Best Earn and Learn student of Year 2021 from the college. It is a one of the important awards of my college.



I am telling you this because I got this because of our many of the sessions which gave me the confidence and has made me stood different among other all. I also got 4 credits extra because of LPF and this award in my academics. Thank you Mom for your continuous support. You are there whenever it's a high and low in my life. Love you Both Mom and Dad and once again thanks for being there with me always.

Yours loving daughter,
■ Sakshi Khorate
LG 2021

Dear Mom and Dad,

Today is a special day that marks the celebration of your love and commitment to each other. As you commemorate your wedding anniversary, I wanted to take a moment to send my heartfelt wishes and warmest congratulations to both of you.




Not only are you my guiding lights as the founders of the scholarship foundation that has transformed my life, but you have also been like parents to me. Your love, support, and belief in my potential have been invaluable. I cannot express enough gratitude for the opportunities you have provided me through the scholarship.

On this auspicious occasion, I wish you a day filled with joy, laughter, and cherished moments. May your love for each other continue to grow stronger with every passing year. Your partnership is an inspiration to us all, reminding us of the power of love, unity, and shared dreams.

Thank you, Mom and Dad, for being the pillars of our scholarship foundation and for being there for me as a guiding force. Your selfless dedication and tireless efforts have touched the lives of many, and I am forever grateful.

Once again, happy wedding anniversary, Mom and Dad! May this day bring you immense happiness and may your journey together be blessed with love, happiness, and prosperity.

With all my love and gratitude,
 Gayatri Maskar
 LG 2022


Dear Mom and Dad,

I am Neelam Divya Sri, LG 2020. I have completed my Computer Science Engineering from Jawaharlal Nehru Technological University (JNTU) Hyderabad. Firstly, I had acquired an opportunity to do internship at 'Fanatics' company for 4 months. Based on my excellent performance as an intern, they hired me as a full-time software engineer with an attractive remuneration of 18 LPA.



The LPF scholarship has given me an opportunity to lessen the financial burden & helped to achieve academic objectives. My active participation in the training programs organized by LPF helped me gain confidence & improved her knowledge and Skills.

Thank you very much Lila Mom & Dad for all of your help and encouragement.

Your loving daughter,
 Neelam Divya Sri
 LG 2020
 Hyderabad


Good evening Lila mom,

My name is Kalyani Pandit, studying in 3rd year pharmacy in Modern College of pharmacy Moshi.



Happy Mother's Day dear Mom! I am very grateful to lord to have you in my life. You are source of inspiration for me and many more Lila sisters. By seeing your life I always seek how much a women can achieve and not Only achieve but also make many other girls to achieve their goals.

I am always amazed by seeing you. Thank you word is small in from of you. I feel so, blessed to have you in my life. Happiest Mother's Day once again

Your loving and sincerely,
 Kalyani pandit
 LG 2020

Gayatri Ashok Gorde ■
LG 2022



Janvi Girish Tambe
LG 2022



Spring : A perfect Ring

Cherry cheerful spring blooms,
So my chilled soul blooms.

Rejuvenating all vigor,
After winter dimmers.

Parsley-green field is lush,
Pink and peace cherry blush.

May this may, Plot a beautiful play,
With vibrant-calm color which lay!

Neither hot nor cold nor wet,
That's what spring let's us get.

Floral whorls, powers more,
That's where my heart roars.

Sure it is pure, And the soul is cured.

The magnificent holy grails,
Reminds me of heavenly trails.

Chirping birds, drizzling sun rays,
In a way it carries away all my pain.

Blossom is perfect and awesome,
That's where my brain and heart sums!

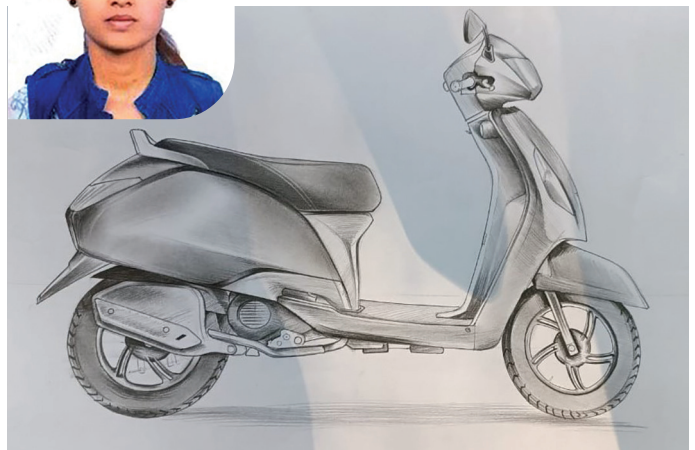
Summed up heart and brain asks to ,
"Nurture nature with culture,
To culture and nurture our future."

Name: Janvi Girish Tambe
Lila Daughter 2022

Vaishnavi Ramdas Korade ■
LG 2021



Vaishnavi Shivaji Shinde
LG 2022



Nutan Ravindra Marathe ■
LG 2021



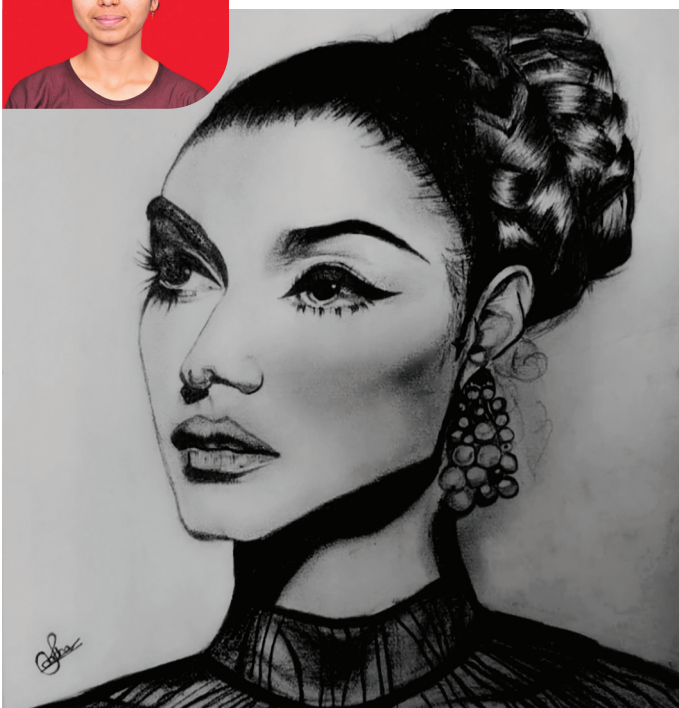
Rasika Vikas Mozar
LG 2021



Shivani Rajendra Atkare
LF 2020



Sakshi Sudhir Jadhav
LG 2021



Everyone's life is a different journey. No two stories could be same on every lines. "My journey began in a lower-middle-class family, where education was a luxury, we could hardly afford. Growing up with two siblings, I faced the challenge of limited financial resources. As the only earning member in my family, my father worked tirelessly to provide for us. However, the burden of education expenses weighed heavily on my young shoulders.", these words of LPF's daughter **Shirin Khan, LG 2012** unfolds her story.



Shirin says, "Despite of these challenges, I have always been determined to create a better future for myself and my family. It was during these hardship days that LPF became a beacon of hope for me. I am truly grateful for the opportunities that this foundation has provided me.

While standing at the crossroad of her educational journey, after the HSC exam she discovered Lila Poonawala Foundation, a ray of hope. "The foundation's commitment to empower deserving students like me with scholarships gave me the courage to dream big. The thought that someone out there believed in my potential was truly inspiring. With the generous scholarship provided by the Lila Poonawala Foundation I completed my B.E. in Computers and I was able to pursue my dreams of higher education without the constant worry of financial constraints. This support not only eased the burden on my family but also gave me the opportunity to focus on my studies and excel academically."

Shirin further adds, "Today I stand before you as a successful individual, equipped with the skills and knowledge necessary to make a positive impact on society. I owe a big part of my achievements to the invaluable scholarship I received from your esteemed foundation. It has opened doors and opportunities I never thought possible. I work as Software Engineer (also scrum master of the team) with one of the biggest healthcare organizations; TietoEvy. I am proud to say that my hard work and dedication have paid off. Here I have the privilege of working with renowned talents from India and Europe. I have worked on various products and I am learning and growing every day."

By supporting students like her and many others out there, LPF is not just investing in the education; it is investing in their futures. The path of efforts which girls take in their family and career to support themselves and strengthen the society with the will power and positivity, trainings and developmental programs, soft skills nurturing etc. is a base for bright future.

"I am determined to make the most of this opportunity and work towards my goals while honoring the trust you have placed in me. I would like to express my sincere gratitude to the Lila Poonawala Foundation for being an instrument of change in my life." Says Shirin with a generous heart.

We at LPF, wish Shirin a bright future and all the good luck for her future endeavors.

■ Compiled by Sonal Walunj
LF 2012

Let's dive into the remarkable voyage of **Vaishnavi Khilari LG 2020**, a final-year Mechanical Engineering marvel from at PCCoE, Pune. As she stands on the cusp of completing this crucial chapter of her education, her story unveils a tapestry woven with diverse experiences and resounding success, an embodiment of the power of dreams and the courage to chase them.



The decision to walk the path of mechanical engineering wasn't just an academic choice for Vaishnavi; it was a heart-led decision, a resolute step towards the unknown. The journey, once illuminated by distant sparks of ambition, now stands adorned with milestones, each a testament to her unyielding commitment and the unwavering support of her family and mentors including LPF. They've been the wind beneath her wings, carrying her higher even when the storms raged.

In the pages of her journey, one chapter gleams especially bright—an immersive two-month internship at

Feynman Aerospace, where Vaishnavi immersed herself in the realm of aircraft design. This experience not only broadened her horizons but also fuelled her commitment to her chosen field. The canvas of her journey also features her active involvement in the National Service Scheme (NSS), a platform through which she engaged in various meaningful activities, including fort cleaning, plantation events, and e-waste collection drives. These endeavours instilled in her a sense of social responsibility and the power of collective action. These experiences etched onto her heart the profound impact of collective efforts and the beauty of making a difference.

A significant chapter of her journey revealed as she assumed the role of a Senior Analysis Engineer for Team Maverick Corporation. This remarkable team ventured into the challenging waters of the SAE Drone Design Challenge—a national arena of innovation. From the initial workshop at B.S Abdur Rahman Crescent University to the final showdown at Rajalakshmi Engineering College, the journey was one of determination. The result? A resounding victory—All India Rank 1 in the SAEISS DDC national competition, accompanied by the first prize for the captivating Technical Presentation. Their triumph was more than a win; it was a testament to what relentless

pursuit of excellence can achieve. This victory was a resounding affirmation of their relentless pursuit of excellence and innovation, And within the college, their aviation team stood tall as a beacon of inspiration.

Vaishnavi's expedition towards this remarkable triumph was far from a linear path; it was fraught with challenges and breakthroughs. The journey to this achievement, was an waving one, marked by both highs and lows Through every twist and turn, the unwavering support from LPF stood as a constant pillar. Vaishnavi reserves a special place of honor for her Mom, whose guidance and unwavering belief illuminated her path.. Throughout it all, the support from LPF has been a constant, and she owe a special debt of gratitude to you, Mom. Your unwavering inspiration and guidance have shaped her in ways beyond measure, constantly nudging her towards a brighter future.

As Vaishnavi's narrative graces the pages of Inspira, her journey stands as a living proof of mentorship's transformative magic and the spirit that fuels dreams. Her accomplishments echo a tribute to those who've lit her path, igniting flames of aspiration and proving that dreams, with determination, can indeed be transformed into reality.

Thus, for a journey fuelled by dreams and determination, we everyone at LPF wish her all the good luck. Fly high and make more distinguished remarks!

■ Compiled by Siddhi Phaphale
LG 2022

"If you are focused and determined to put in hard work, then nothing can stop you from achieving what you set out to do!" is what **Madhura Kanade** (Founder & Director of Export Minds (**LF 2008, PA 2011**)) believes.

After choosing a unique field for career in the Export Industry, Madhura has now started he entrepreneurial journey. She holds a Master's degree in Foreign Trade (Pune University Economics Dept) and an MBA degree in International Business from Wales University UK. She was selected for a LPF scholarship to pursue her Master's in foreign trade. For the last 15 years, she has been associated with the LPF. Madhura feels truly blessed to get the opportunity to pursue her further education with the help of the LPF and considers herself to be very lucky to receive the scholarship awarded at the hands of Hon. Dr. A.P.J Abdul Kalam. She was also selected for Peace Ambassador Wholesome Leadership training program at Asha Centre UK in 2011.

Madhura started her career in the export field by working with various manufacturing industries in Pune. After working for years as Export Manager and gaining experience in handling export procedures, she became an entrepreneur when she founded **Export Minds**. At certain points, people told her that she should have selected an easier career option or should have switched to a different profile as export was not her cup of tea. Madhura remembers the quote, "Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine. Never, never, *never give up. Never give up on your Passion.*" And so, she decided never to give up on her passion, learned things, and struggled hard. On her entrepreneurial Journey, Madhura believes everyone

has their own style and their own journey, it is important to embrace your style and find what works best for you.

When Madhura decided to quit her job and start a business, she was not sure if things will work for her or not. But her mother being a strong person motivated her. She said "Why wait? Start now. You can do it! Be confident and strong. Learn from failures. Do it! Don't stop! Make it happen." For this journey she got complete support from her parents, LPF team, LPF sisters, Mom, and Dad. As Lila's mom said "You have chosen difficult work, but you will do it. I have confidence in you." This is the motivation that keeps her going forward in this journey.

Madhura decided to start her own Export consultancy services company and change people's perspective towards the export industry. She has experience in handling export sales and International Business



Development in APAC, African, American, Europe, and UAE Markets for agriculture and farming material industries. She always took an interest in managing key relationships with clients. Her leadership qualities have her the idea to start her own business in exports.

When Madhura started her business journey in 2020, the biggest challenge she faced personally was losing her mother. She had to keep herself focused going forward and take risks, but she is still experimenting and learning daily. She decided to be strong and it took her a year to get back. Her mother always wanted her to keep going. Keeping this in mind, Madhura decided to focus on business and become very strong mentally. She was not aware of how things will move forward and had to take



risks and experiment. "Some days are thrilling and some days are demotivating as well but then you have to enjoy each phase and keep yourself positive to go forward. It is not an easy journey lots of challenges, hard work, and determination are required to keep growing forward," says Madhura. To succeed in the export consultancy field, one must establish credibility, maintain up-to-date knowledge of international trade regulations, and stay current with market trends. Building strong relationships



with clients and providing valuable, customized services are key factors in achieving long-term success.

As a Director of Export Minds and on a business journey, Madhura's motive behind starting her own company was making the Export processes simple for SMEs by creating confidence in them to go for the global markets and build a business network globally. She started with 1 client on board and now working with seven companies. Engaging with different people across the globe, understanding their cultures, comprehending their needs, and then acting upon them is a challenging thing but passion being a major factor can push you to achieve the same.

She received "**Women of Influence 2023**" Business award, organized by Business Icon Organization in Pune which supports entrepreneurs and emerging brands. She was given a chance to express her views on the role of women in the export industry at the event.

"I thank and express my gratitude to LPF, Mom, and Dad. LPF has brought a transformation in each girl's life by making them more confident, determined, and focused. Would like to share a powerful message to all Lila fellows - If you are focused and determined to put in hard work, then nothing can stop you from achieving what you set out to do! With the right amount of determination, patience, hard work, and self-belief, you can achieve success in any kind of business that you take on. Start Where You Are, Use What You Have, Do What You Can - Keep going forward."

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

Mind to Market - A Journey of Inventions to Patent Acquisition

Mind to Market - A Journey of Inventions to Patent Acquisition session was conducted by Dr. Archana Ambekar (LILA Fellow 1999) working as an Associate Professor, Department of Pharmaceutical Chemistry, Indira College of Pharmacy and Dr. Prerana Dongre (M. Pharm, Ph.D and Registered Patent Agent with 15 years of experience in the Pharma Sector) for 3rd and final year Pharmacy LILA Girls. The topics covered during the session were Critical Thinking, Design



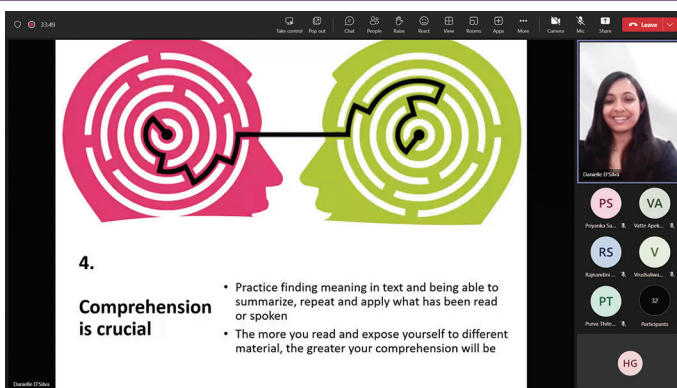
Mind to Market - A Journey of Inventions to Patent Acquisition by Archana Ambekar (LILA Fellow - 1999)

Thinking, Innovation Vs

Invention, Introduction to IPR, and what is Patent and how to get a Patent etc. The LILA Girls found the session interesting. They got knowledge about IPR, what is an Innovation and Invention, Section 3 exclusions, features of IP and many more. With help of case study Archana ma'am made the session more interactive. LILA Girls learned about what is Patent, and how to get a patent, role of Patent Agent and career opportunities in the Pharma sector.

Art of Communication by ABB

Art of Communication conducted by Ms. Danielle D'Silva (ABB, Volunteer) for 2nd year Engineering LILA Girls. The session included tips to become a good communicator, powering your personality, interviews & email overview, and the last but not in the list interacting with leaders. The session was really helpful for all the LILA Girls. They learned a lot about



Art of Communication by ABB

communication skills, four important factors of communication, how to speak, how to listen, non-verbal communication, how to write emails (dos and don'ts) and many more. Due to this session LILA Girls learned many new and important things which are really going to help them in their career.

Building your Personal Brand & Personality Development by Concentrix

Building your Personal Brand & Personality Development conducted by Ms. Shweta Iyer (Concentrix, Volunteer) for 3rd year Science and Engineering LILA Girls. The main objective of this session is what does Personal Brand and laws of Personal Branding. LILA Girls learned so many things from the

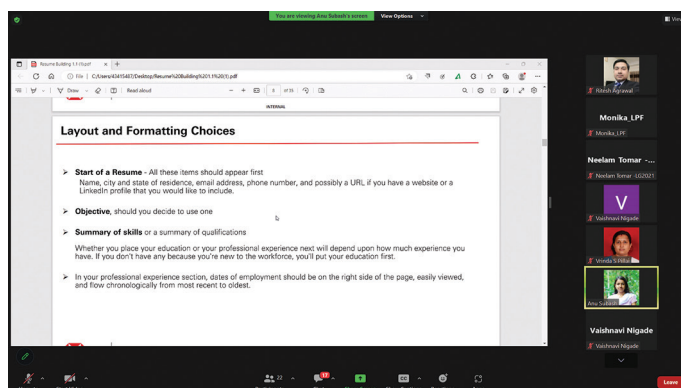


Building your Personal Brand & Personality Development by Concentrix

session like how to build personality and the rules for developing a charismatic personality. Discover a brand in yourself, everyone has their own qualities and their own brand in them. It was an inspiring and motivating session.

Resume Writing & CV Preparation

Resume Writing & CV Preparation conducted by Mr. Shriniwas Gadapa, Ms. Akshita Aggarwal, Ms. Anu Subash, Mr. Ritesh Agrawal, Ms. Vrinda S Pillai (HSBC, Volunteers) for final year Engineering and Science LILA Girls. In the session trainer explained basics of resume writing, DO and DON'TS tips for resume and objective & skills sets in resume. From the session girls learned how to prepare a resume, formatting and layout of resume,



Resume Writing & CV Preparation by HSDI volunteers

how to maintain professionalism, attractive and understandable resume and many more things and points. Trainer taught girls that they will never forget adding academic and social projects in their resume. Also they learned a good resume is a must for applying for a job or any internship. At the last girls show their gratitude towards LPF and HSBC team for this informative and helpful session.

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.

Self Defense

Self Defense conducted by Mr. Hemen Lohana (Coach and Director, REFLEX Quotient Behavioral & Combat Science) for 1st year Post Graduation LILA Fellows. The main objective of this session is to prepare participants for threat analysis, strength, and weakness analysis, effective applications of self-defense techniques, and physical fitness and conditioning exercises for surviving adversity, and much more.



Self Defense by Mr. Hemen Lohana

The session was informative and interesting. Mr. Hemen Lohana is an amazing coach and he spoke to girls in a friendly manner. LILA Girls got to learn so many things from him like self-defense techniques and their effective application. They also got to learn so many exercises and about physical fitness. Girls enjoyed the session a lot.

Time Management

The session held on Time Management by Ms. Monika Nair (Freelance Trainer) for Engineering after Diploma LILA Girls of batch 2022 was truly very energetic and it really helped LILA Girls a lot to manage the time and also to identify



their exact goal. From the session the LILA Girls learned how to manage your work according to the time, how to prioritize work in urgent vs. important, and SWOT analysis. Girls also enjoyed a group activity related to time management.

Time Management by Ms. Monika Nair

Scale – Up

The Scale- Up session conducted by Ms. Nilima Goagte (Freelance Trainer) for 3rd year Nursing LILA Girls. The program focused on Self-Awareness/Self-Esteem/Confidence, Stress & Anger Management, Communication Skills-The Art of Conversation, Empathy, Small talk & Telephone Etiquette, Social Grace & Responsibilities.



It was an interesting and knowledgeable session for all the LILA Girls. They learned how to manage stress and anger as well. Girls like the way the trainer gives solutions to their problems and understands their thoughts.

Scale – Up by Ms. Nilima Goagte

Attitude building session

LILA has always believed that attitude is very important because it can influence our ability to move through the world. For instance, maintaining a positive attitude can help us achieve measurable success in our personal and professional life. In this training program conducted by



Attitude Building session conducted Ms. Meera Natarajan

Ms. Meera Natarajan for 3rd year Engineering LILA Girls, there were many discussions, thoughts, ideas & emotional beliefs involved. From this session the girls started to understand oneself through their personal traits & discussing among their peers. The session was very interesting & the girls had a great time.

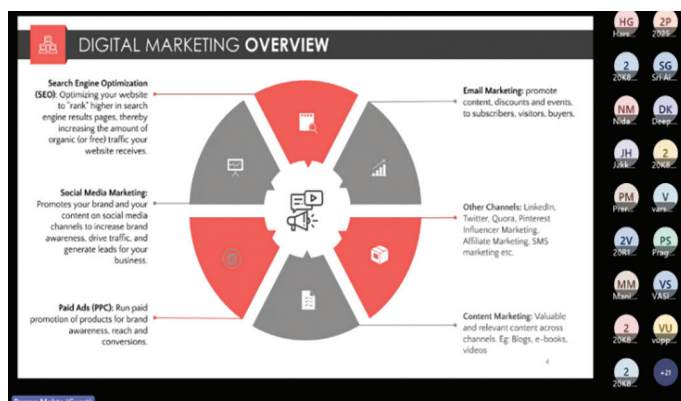
Basics of Python Programming

Basics of Python Programming session was conducted by Ms. Afreen Sheikh (LILA Girl 2018) for 1st year Engineering LILA Girls. LILA Girl got the session informative and interesting because during the session they ran a coding online with mobile based app and got experience on coding and compiling working

for any software program. As 1st year students LILA Girls knew about the history of python, who developed python, what is the meaning of python? They got to know about why learning python is important. What are the uses of python, which basic variables are used in python? And also which companies use python language in his work. Ms. Afreen made girls understand the concepts very well.

Digital Marketing

Digital Marketing was conducted by Ms. Purna Mehta for 3rd year Engineering LILA Girls. Trending topics are always welcomed at LPF with a great interest & curiosity. As the name suggests, by learning 'Digital Marketing' our girls will be able to understand the role it plays in helping businesses to reach their target audience, ultimately driving

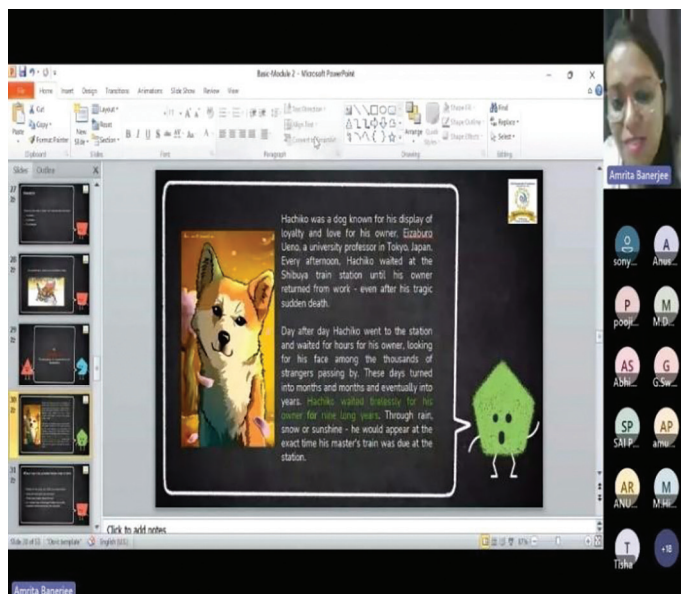


Digital Marketing conducted by Ms. Purna Mehta

growth and revenue. In this session the trainer explained & practically showed the girls which skills are required from different areas such as creativity, technical knowledge, analytics, and communication to properly understand the digital marketing concept. The girls were thrilled to participate in the post training interview & were openly giving their views on it.

Values & Ethics

The aim of Ethics and Values training program conducted by Ms. Amrita Banerjee for the 2nd year Engineering LILA Girls is to enable them to gain confidence and self-esteem, foster cooperative behavior, stimulate and deepen moral motivation, shape their character, and enable overall growth in terms of purposeful, morally excellent,



Values & Ethics conducted by Ms. Amrita Banerjee

and satisfying life. LPF stands on the grounds of values, ethics, morals & entrusts the same to our LG's. In this session, the girls were able to communicate freely with the trainer & understand their own strengths & weaknesses based on their mindset. They also learned about how to overcome stressful situations & make better decisions.

Profile Building & Goal Setting

Profile Building & Goal Setting training program was the 1st ever offline session conducted for the 2nd & 3rd year Engineering LILA Girls in Hyderabad region by Ms. Shilpa Vora. LPF always advises our LGs to start building their profiles from an early stage by attending the online / offline training programs organized by us & our partners through volunteering. It is important as it gives them an in-depth knowledge about topics/ subjects they are passionate about.



Profile Building & Goal Setting conducted by MS. Shilpa Vora

Goal setting encourages them to develop critical thinking skills, new problem-solving techniques, and a better understanding of how to overcome issues. In this training the girls were able to interact with others & the trainer freely in the face to face Environment. The trainer made sure that the girls understood the importance of certification courses, extra-curricular activities, participation in different events that will help them to build an ideal profile & get better career opportunities.

Innovation & Technology

Innovation of Technology & Management was conducted by Ms. Pradnya Kashikar (LF 2001) for 2nd & 3rd year Engineering LILA Girls. This training program not only covers technical content but also makes it clear to the participants that Innovative thinking can help us predict the market and keep up with customer needs. In this session it is also made clear that if the business

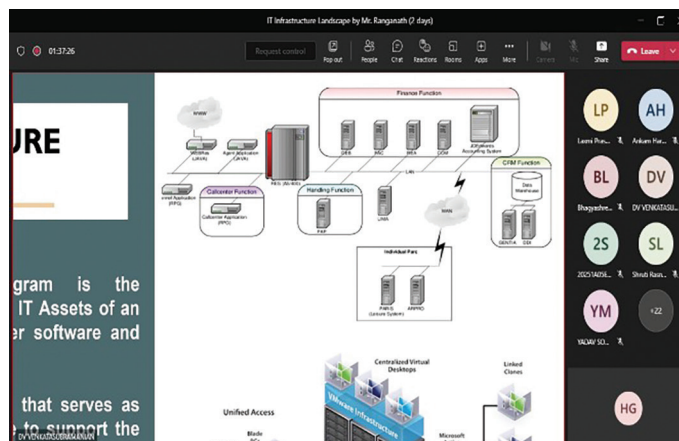


Innovation & Technology conducted by Ms. Pradnya Kashikar (LF 2001)

doesn't innovate, then other innovative companies will bring new ideas to the marketplace, and the business will gain losses. The LGs were requested to form groups & make small PPT presentations on their own regarding innovative ideas in our day-to-day life. Post that they gave a group demonstration & explained working of their innovative idea.

IT Infrastructure Landscape

IT Infrastructure Landscape was conducted by Mr. TNGK Ranganathan for 3rd year Engineering LILA Girls. LPF accepts that Keeping up with technology trends is essential in today's world. This training program displays & informs that as technology is constantly evolving, staying up to date with the latest trends can help us to stay competitive, gives us access to new features

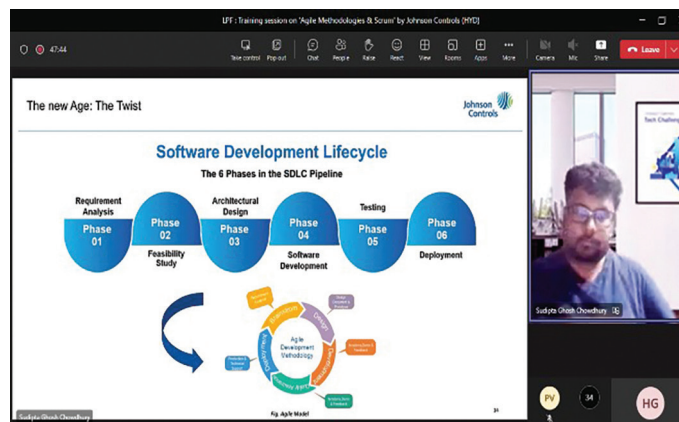


IT Infrastructure Landscape conducted by Mr. TNGK Ranganathan

and capabilities, and helps us save time and money in the long run. Which is why ITIL is one of the most important training programs conducted by LPF. After presentation of concepts & discussions, pre & post training feedback quiz & debate is conducted. The girls are also made to understand the importance of ITIL certification courses in the technology industry by the trainer.

Agile Methodologies & Scrum

Johnson Controls (JCI) conducted a very unique online training program for our LILA Girls studying in their 01st year Engineering. LPF along with its partners have confidence that one of the greatest gifts you can give to someone is your time. With this thought in mind, the JCI volunteers conducted a 3 – day session on 'Agile & Scrum Methodologies'. The first day started with introductions, expectations & explaining evolution of Agile



Agile Methodologies & Scrum conducted by JCI

frameworks, scrum roles. The 2nd day followed up with sprint planning, daily stand up, review & retrospective. The girls really enjoyed performing in the quiz conducted by the trainer. On the last day, post summarizing all the contents once again the trainer explained product vision, artifacts, exercises, communication & tracking. The LGs were absolutely thrilled to connect with all the professionals and had a great time learning from them.

Dearest Lila,
Thanks for the mail. Inspira e-bulletin is very infy and beautifully captured all the time.

Earlier hard copies I used to get by post were preserved for the reading. Now since it's Internet world, it's most welcome to Read online.

Congratulations to the Lila Poonawalla Foundation team.

Thanks, with Regards



■ Parvin Tarafdar

Dear Lila,
As promised, I went through the issue and came away Maha impressed. Great job! I see that Roda Mehta, who was my boss during my short stint at O&M Public Relations before I joined Business India in 1989, is playing a very supportive role. Please give her my regards.

With 14,000 Lila Girls and having given away 7,500 more scholarships this year, LPF is really soaring. And I remember the beginning, when it was just a dream and a glint in your eye.

All the very best to you, Firoz, young Priti Khare and the entire LPF family, in India and all over the world.

Warm regards,

■ Sekhar Seshan
Author and journalist at LARGE!

Dear Mom and Dad,
My name is Anuja Zate. The whole newsletter is truly inspirational. It was a lovely experience to read Inspira 61 newsletter. The starting of Inspira i.e. "From my heart" section is always special for us. Each and every page of Inspira is really inspiring. My favorite sections are- Mann ki Baat, pathfinder, In appreciation part, and success stories which are truly motivating for me.



I also want to see myself in the next issue of Inspira.

Inspira as a platform helps to build our confidence to do great work. It teaches me that, giving back to society is also important. As we read Inspira, we always feel proud of our-self that we are part of this wonderful and loving family.

Thank you Mom and Dad.

Your loving daughter,
■ Anuja Zate
LILA Fellow 2014

Dear Mom, Dad, and all my sisters',
I am Shruti Deepak Shejul (Lila Girl 2021). I want to share here my thoughts about Inspira. The word itself tells a lot about the newsletter and indeed it is truly an amazing and inspiring one. Inspira for me is wholly about motivating myself to achieve my goals in life.



A book that contains the speech of Mom along with special features of the foundation. Also, all the sessions which are conducted for us -both academic and non-academic, every time teach me a lot of things about life as well as academics. As a woman, I feel blessed to have such a wonderful community where I feel empowered and supported. I am really blessed to be a part of this wonderful family and also blessed to be a daughter of Mom and Dad.

Thank you.

Your loving daughter,
■ Shruti Deepak Shejul
LILA Girl 2021

Hello Mam/MOM-DAD,
My name is Sakshi Pandharinath Dherange. I am Lila Girl 2021. I am studying Engineering after Diploma.



Last year, when I'm reading Inspira 60, I felt that I also wanted to be a part of Inspira.

And see Today I'm so happy that my feedback about LPF is there in INSPIRA 61. I'm so thankful and grateful that I found LPF Family.

I used to think that I was the only girl who was so lucky to have such a Great MOM-DAD...

After reading this Inspira I realized that there are also millions of girls who are so lucky and I am one of those who got such bestest MOM-DAD.

Thank you so much LPF Family for everything

Yours lovingly,
■ Sakshi Dherange
LILA Girl 2021

contd. from page 32...

Dear mom and dad

I hope you both are in good health and wish you the same. Thank you so much mom for your wishes. I appreciate everything you both do selflessly. My birthday spent really well and your message made it super special.



Many congratulations on completing 26 years of LPF family. I hope this legacy continue forever and reaching more and more girls. The 365-day calendar was full of memories which I had with LPF, felt nostalgic and proud. Next time my quote will also be there on the calendar for sure.

I recently joined Fortrea formerly known as Labcorp Drug Development on 23rd January 2023, there I work as Safety Science Coordinator II in the of Pharmacovigilance. Every day is a new day here with lots of learning and growth. I am grateful to you both and want to thank you that wherever I am today it's because of your support, motivation and positivity.

I can't thank you enough, grateful to have you both!!! Once again thank you for wishing and remembering me on my special day, I will meet you both soon at LPF office.

Yours lovingly daughter
■ Priya Sankati
 LG 2015

Dear Mom and Dad,

On this special day, as I reflect upon the journey of my life, I am overwhelmed with gratitude for the both of you. Your unwavering support, love, and guidance have been the pillars that have shaped me into the person I am today. As I celebrate another year of life, I want to take a moment to express my heartfelt thanks for always being there for me.



Your belief in me, your sacrifices, and the countless times you've stood by my side have been a constant source of strength. I am truly blessed to have such incredible parents who have nurtured my dreams and celebrated my successes with so much joy.

As I blow out the candles and make a wish, please know that my biggest wish has already come true - having parents like you. You've given me the best gift anyone could ask for - your unconditional love and unwavering support.

So, here's to you, Mom and Dad, the architects of my life's journey. Thank you for everything you've done and continue to do. I cherish the memories we've created and look forward to making many more together.

With all my love and gratitude
■ Pratiksha Eknath Jedhe
 LG 2018

Hello dear readers,
 Hope you all are well and were eagerly waiting for this new issue. Yes, it's so very here! As each one of us is very proud to witness the success of our scientists from ISRO, let's make ourselves more proud as we read about the 'Our Achievers' story of our family member who has grabbed an opportunity to do an internship at ISRO.

Along with that we have many other success stories from girls, our research scholars,



pathfinders, Leading Lady, shining stars and lot more. A whole palette of colorful collection is back again. And yes of course, our very favorite 'From my heart' and 'Mann ki baat' is completing the whole idea. With this, I wish everyone a happy festival of Ganpati, Navratri and Diwali... Love you and take care! Will meet again in the next year with one more bright issue of our beloved newsletter- Inspira!

■ Kashmira Deval
 LG 2012, LF 2015 and PA2017

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