



From My Heart...

My Dear Lila Daughters,
Since the last issue as released in September 2023, we have added close to 1600 new LILA daughters to our ever-growing LILA family of LILA POONAWALLA FOUNDATION. Many daughters have opted for higher degrees, some have completed their PhDs and many have opted to go overseas for further studies, some are working hard for government examinations, some have got married but many have got good placements in reputable companies and have started to work in real earnest and are now able to support their families, besides improving on their own economic independence. I wish all of them good luck. Their progress and success means a lot to both Dad and me and surely makes us feel **HAPPY AND SATISFIED THAT WE HAVE REALISED OUR DREAM OF EMPOWERING OUR YOUNG DAUGHTERS.**

In this first issue of the New Year, I take the opportunity of once again wishing all of you a very happy new year. May all of you realize your dreams, and make excellent progress in your life, both personally and professionally. Importantly, LPF family believes in its philosophy and remains united. Let us remain together and display to the world that we are "ONE TEAM WITH ONE GOAL". Some of our daughters are now in the late forties and have formed their own opinions and chosen various new paths, but we must continue to champion our LPF goal and celebrate our achievements as a unified force, irrespective of the streams we have chosen.

In spite of delays in academic admissions, we were able to complete the process of selections for all categories and regions, having 12 award functions, conducting orientation programs, and not only giving the scholarships but also dispersing major amounts against claims before December 2023. Our team has worked round the clock to achieve this. Of course, all this would not have been possible without the, the active participation of all selection committee members, GUIDANCE OF OUR BOARD OF TRUSTEES, support of many of our CORPORATE PARTNERS, INDIVIDUAL DONORS, OUR ALUMNI and many friends of the foundation. **THANK YOU ALL OF YOU FOR YOUR VALUABLE CONTRIBUTION IN ENABLING LPF TO MARCH AHEAD TO ACHIEVE ITS MISSION OF EMPOWERING WOMEN AND SUSTAIN ITSELF.**

After a long time since COVID, we have had the 1st New Year Party as also Republic Day celebration on 27th Jan 2024. Over 200 LILA Daughters participated and we all enjoyed with Dance, music, games and fashion show.

Do see some of those pictures in the Snippets column of this issue. Hope to continue to meet our daughters and have fun and networking with our daughters as 2024 moves on.

14th April 2024 is coming very fast. We are already in 2nd month of the New Year. Dad will be celebrating his 87th birthday, and so it is time for us to plan his birthday celebration, which he loves very much and looks forward to. Besides this, 2025 is coming soon and so we also have to plan our 30th birthday anniversary of LPF. Completing 3 decades is an Epoch-making event. So let us together plan well in advance some very special events as to create new memories, besides recalling old ones. If you have any suggestions on any of these two events, please send in your suggestions to Bharati Didi, bharati@lilapoonawallafoundation.com, for Sir's Birthday and to Kavita Didi kavita@lilapoonawallafoundation.com, for the 30th year LPF celebrations, so we can get maximum ideas, which will be studied by a selected panel and best suggestions will be opted for.

LPF has made a large effort in planning different types of training programs so that you all benefit from the same. Those who had attended and participated eagerly and sincerely have certainly benefited. Some of them have shared their experiences with all of us in this issue. Over a period, we have observed that our daughters from the regional office i.e. WARDHA, AMRAVATI NAGPUR, AND HYDERABAD are participating much eagerly and enthusiastically than those from Bangalore and Pune regions. I do not know the reason for this situation, but remember that those who do not participate; are the losers. A lot of effort is put in by the team to organize these programs, and also it involves costs both for the trainer and the venue and when you do not participate you are hurting your own Alma Mater. And all of you will agree that this is not what you should be doing. If you have any suggestion of how we can improve the programs so we have better participation from these two regions please do let Harshali Didi know.



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Now coming to continue to share our travel experiences with all of you. End of September, after our trip to Sweden, of which you all must have read volume 62 i.e. the last issue of INSPIRA, we took a trip to Germany and Austria. Again, partly for work and partly for new experiences and meeting our daughters, who are either working or studying in Germany. There are 24 of them in various cities of Germany and we met 10 of them, some in Munich and some in Berlin. We spent few hours together enjoying coffee and various cakes and exchanged gifts. We started with spending a week in Munich. Where I had my Board Meetings and a visit to the Robot managed BMW manufacturing plant and Museum of the cars manufactured by them over 8 decades. We spent a day in Salzburg and besides many beautiful buildings we also visited the home of MOZART- the great musician. We visited the cathedral "to our Blessed Lady" built in Gothic style. This cathedral had two 100meters high Steeples. The magnificent 100 meters long City Hall was another architectural marvel with 80 meters high steeple called the "MUNCHNER KINDL".



We also visited the oldest church in Munich "St. Peter" which was founded in the 11th Century and built in Romanesque Style. But the most exciting was the visit to OCTOBER FEST. This takes place every year starting end of September and ending mid of October. People come from all over the world to enjoy themselves at this feast. It is like our Indian MELA. We then flew to Berlin, to spend a week with our friends. First night we show an Opera "FALLING IN LOVE" AT PALAST THEATRE. A FABULOUS PERFORMANCE. Berlin has much history and many important places to visit, few which we managed in our 3 days stay were Berliner Dom, Brandenburger Tor, Reichstag, THE PARLIAMENT, a pink Boat ride and most historic CHECKPOINT CHARLIE, the point where the Berlin wall was broken to unite EAST AND WEST BERLIN. We then travelled by car with our friends to another city named DRESDEN. A very beautiful city.



The most important was HAVING A GUIDED tour of the SEMPER OPERA HOUSE and the CHURCH OF OUR LADY. We then moved on to another city Leipzig. On the way we stopped at BASTEI for a panoramic view of most unique formations of rocks and a trip in canoe. On arrival at Leipzig, we visited one of the oldest churches named De THOMASKERK. There is so much to share with all of you, I have just given you a glimpse of our short visit to Germany. We then flew to Vienna to meet our friends. I have a pen friend in Vienna. We have been connected with each other when we were about 10 years old through letters and continued our friendship until we

met first time when we were around 26 years old. Ever since we have been meeting almost every alternate year. We celebrated our 50th birthday together in Vienna in an art museum with some friends and our 60th birthday in BADEN which is very close to Vienna. During this visit we made it a point to visit ST. STEPHAN CATHEDRAL. SPEND TIME WITH OUR FRIENDS AT THEIR HOME AND HAVE A NICE DINNER at the typical Horgan restaurant where we get home made Viennese food. One of the most memorable trips, thanks to our friends! We have hundreds of pictures to ensure that we do not forget our happy times, maybe one day I will write a book of our travels with mostly pictures that will tell the stories of our travels and our HAPPY TIMES.

Before the year 2023 ended we also had some more travels in India to visit COORG for the first time and a visit to Daman. Both very interesting visits. Could write much about these visits too but maybe next time.

I take this opportunity to wish all of you the best that life can offer us. Dad and I continue to PRAY for all of you for your well-being, good health, success and peace.

Love you all.

Lila

Yours

Mom to all LILA daughters and Friend to all readers

My Dear LILA Sisters,
It's our 63rd issue of Inspira, which happens to be the 1st release in this year 2024. I warmly and heartedly wish you and your loved ones a very happy & prosperous new year. May all your aspirations & wishes come true and may you continue to excel, stay healthy, happy and bring happiness & smiles to the people around you.

It gives me an immense proud feeling to share with you that the year 2023 was yet another exciting and fulfilling year for Team LPF. We selected and on-boarded around 1,600 new LILA Daughters to our beloved LPF family, making us a proud family of around 16,000 LILA Daughters and over 80,000 of their family members. I am grateful to all those who are associated with LPF and contributed to our success. I will share more about our FY23 achievements in the next Inspira issue. We are now reaching to our financial year end and planning for 29th year of excellence of LPF with full of excitement and commitment.

Well, as I promised in my last article, here I am sharing with you the glimpses of 3rd phase of my life.

In the 2nd year of B.Com program, I completed Diploma in Business Management and did internship in HR department at Bharat Gears Limited, Mumbai.



I still recall my first day in this college. Except couple of my batchmates, rest of them were from main suburbs of Mumbai and they never heard of my city. Most of them were from up-end society, studied in convent school, high-end colleges from Western Mumbai. Initially I used to feel mismatched and lost amongst this crowd.

Although I became little more confident in my English communication skills during graduation years, I started feeling low in confidence while interacting with these batchmates. Some of them used to pull my legs, laugh at me during my presentations; however, I ignored, kept going, took first steps to connect with all, engage with them through group projects, activities. Very soon, we started gelling well and few of us became very good friends. Couple of us still remained connected after 24 long years.

Considering hectic schedule of daily commute giving hardly any time for my studies, I insisted my parents



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During this time, I was certain that I would pursue MBA in Human Resource Management. Hence, I started preparing for IIM- CAT and MHT-CET competitive exams. While I completed my B.Com with first class; I could not clear IIM-CAT, but cleared MHT-CET and chosen to pursue MMS- Master in Management Studies in Personnel Management from MET's Institute of Management in Bandra, Mumbai.

If you know Mumbai well, then you can imagine how challenging it must be for me to travel from my home in Dombivli to Bandra! Changing two local trains i.e. from Dombivli to Dadar in central line and then changing to western line from Dadar to Bandra and then catching a bus from Bandra to college and returning on the same route six days a week. This whole commute used to take daily 5 hours. Most of the days, my day used to start at 4:30 a.m. and end by 11:30 p.m.



presentation preparations and ensured that each minute was utilized at its best, even during my commute to/from college. I topped in the year 1 of postgraduation in HR department. Not only I was excelling well in my studies, I was happier seeing faces of my loving family each day and meeting my best friends each Sunday.

In the 2nd year, I received an outstanding opportunity to do 2 months full time internship in the HR department at Larsen & Toubro (L&T) in their Powai plant in Mumbai. I was working on the project related to a 'Effectiveness of L&T HR Digest' – an L&T HR magazine. What fascinated me is to learn about the business, culture and meet and interview over thousand team members of L&T Mumbai offices across different roles and functions. Seeking their feedback, suggestions and presenting in the form of my analysis and recommendations under the guidance of my mentors, helped the HR department to evaluate their offerings, making it more engaging and effective in the following year. This experience gave me a real time exposure of working in a HR department of a giant MNC organization. It added immense value in my learnings, made me more confident and better at interpersonal skills.

to allow me to stay in a PG accommodation. Reluctantly they agreed and I shifted to Santacruz, 30 minutes away from my college within first 3 months of joining this college. It was a small room shared by my class mate and me with one toilet attached. I started adjusting with the routine of attending college, studying hard, eating mess food and repeat. I had no close friends in this college, contrary to so many I had during my school and graduation. Within first few months, I felt homesick, started missing my family, my friends and felt lonely. During this time, my go to place was Mount Mary Church in Bandra, where almost each week I used visit, pray and find peace and happiness.

After couple of months, I went to my parents and told them that I like to come home. Post this, I decided to plan my weekdays and Sunday better; prioritized my academic activities, home studies, project work,



In the midst of continue balancing with my studies and daily crazy commute in the 2nd year, I participated in many group projects and extracurricular activities too. This is where I participated in the dance competition and performed on folk dance and bagged an award.

I started getting ready to appear for campus recruitment. While I thought all was going perfectly as planned, in the last semester of my postgraduation, something unimaginable and unexpected happened in my life. Well, you will have to wait to know more, till our next Inspira issue.

Here's sending you all warm hugs and love and wishing you best of happiness.

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

LPF's Participation at the 'Sustainability LIVEWEEK 2023 - 13th Edition CSR Good Book



LILA Poonawalla Foundation (LPF) took center stage at the Sustainability LIVEWEEK 2023 event held at the India International Centre in Delhi. The LPF Stall was managed by Ms. Viidulaa Karrandikar (Manager - Fundraising, Marketing & Communications) and Ms. Sushma Suryavanshi (LILA Girl - 2012) at the NGO Exhibition which showcased the outstanding work done by LPF in the past 28 years.

Corporate CSR leaders and non-profit executives visited LPF's NGO Exhibition. The 13th edition of the CSR Good Book was unveiled by the esteemed Dr. Kiran Bedi Ma'am, one of the first valued LPF Ambassadors and well-wisher, along with Mr. Amit Sachdeva (CSR Man of India), Ms. Mugdha Arora from CSR Liveweek and Ms. Priti Khare, alongside dignitaries from non-profit and corporate sectors. This CSR Good Book spotlights, LPF's incredible journey of contributing to the important cause of girls education & women empowerment.

As an integral part of this event, LPF actively participated in the opening panel discussion Ms. Priti Khare shared her insights and experiences on the topic 'Social Impact through Partnerships,' contributing to the engaging conversation about creating positive societal change.

Most Steadfast Mentee Partner' - Community Awards '2023



LPF is recognized as the 'Most Steadfast Mentee Partner' - Community Awards '2023 from Mentor Together

In 2014, LPF collaborated with Mentor Together - a nonprofit organization championing the cause of youth mentoring from disadvantaged communities. Since then more than 650+ LILA Girls from Engineering & Pharmacy courses across Pune, Wardha, Amravati, Nagpur, Bengaluru and Hyderabad region benefitted from their in-person mentoring program and online mentoring program through Mentor To Go App.

This mentoring program focuses on a range of different aspects important to the student's overall well-being and performance: parent and peer relationships, emotional and social skills, self-esteem, future aspirations and career counselling.



LPF had the award ceremony for girls pursuing their Bachelor of Science on 10th September 2023 at Noor Al Basam Hall, Bund Garden Road, Pune. The girls were felicitated by Chief Guest, Mr. Haseeb Faquih (Executive Chairman, Anjuman Islam Peer Mohamed Pune Campus); Guest of Honor, Mr. Munir Chinoy (Board Member of Anjuman Islam Peer Mohamed Pune Campus); Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO).



Another award ceremony was conducted by LPF for Bachelor of Engineering and Post-graduation girls on 28th October 2023 at Symbiosis Vishwabhaban, Pune. The girls were felicitated by Chief Guest – Mr. Arun Bhat, Managing Director of Knorr-Bremse Technology Centre India, Guest of Honour – Ms. Gina Kadam, Director & Deputy Head of Global Transaction Banking India for Societe Generale India, Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO) and LPF Board of Trustees.

Other distinguished Guests include -Mr. Sivakumar Selva Ganapathy, Director - Johnson Controls India Pvt. Ltd., Mr. Ravi Arora, Head- Marketing & CSR- Sandvik Mining and Rock Technology India Pvt. Ltd & Mr. Narender Pal Singh Bakshi, President of Rotary Club.



On 19th November 2023, LPF had an award ceremony for girls pursuing Bachelor of Pharmacy and Engineering after Diploma at Symbiosis Vishwabhaban, Pune. The girls were felicitated by Chief Guest – Dr. Katan Hirachand CEO & Chief Country Officer Societe Generale India, Guest of Honour – Mr. Rambabu Srinivas Senior Vice President & Global Head - Talent Acquisition and RMG, Tata Technologies Ltd., Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO) and LPF Board of Trustees.



Another award ceremony was conducted on 9th December 2023 for Bachelor of Nursing and Bachelor of Engineering girls at Symbiosis Vishwabhavan, Pune. The girls were felicitated by Chief Guest – Mr. Vyankatesh Kulkarni, Executive Director and Head of Operations – India, Mercedes Benz India Pvt. Ltd. , Guest of Honour – Dr. Pravada Telang, Gynecologist & Laparoscopic Surgeon, Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO) and LPF Board of Trustees.

Distinguished Guest - Father Tomy (Director, Bel-Air college of Nursing)



LPF also an award ceremony on 03rd December 2023 for Bachelor of Engineering at BGS College of Engineering, Bengaluru. The girls were felicitated by Guest of Honour – Ms. Dhenuka Srinivasan, Assistant Vice President Environment & Sustainability Affairs ABB India Limited, Guest of Honour – Sivakumar Selva Ganapathy, Vice President - OpenBlue India Software Engineering & APAC Solutions, Johnson Controls India Pvt. Ltd, Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); Ms. Priti Khare (CEO), Distinguished Guest & LPF Committee Head - Dr. Jyothi Rajesh(LF 2001), Senior Fellow, Technology at PTC, India. Distinguished Guest & LPF Committee Head - Ms. Malini K, Head – Corporate Academia Relationships & EDC Sri Sairam College of Engineering Bengaluru, Committee Members, Guests.



10th December 2023 was an important day for girls in Hyderabad as the award ceremony for Bachelor of Engineering & Engineering after Diploma took place at G. Narayanamma Institute of Technology & Science (For Women), Hyderabad. The Girls were felicitated by Chief Guest- Mr. Mahesh Rane, Global R&D Unit Lead and Hyderabad Location Manager, ABB Global Industries and Services Private Limited, Guest of Honour- Dr. Rama Linga Reddy, Dean (Administration) G. Narayanamma Institute of Technology & Science (For Women) Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO); Committee Members & Guests.



LPF had an another award ceremony on 16th December 2023 for Bachelor of Engineering and Engineering after Diploma and Nursing at Auditorium Hall of Sipna college of Engineering, Amravati. The girls were felicitated by Chief Guest – Mr. Anil Agrawal Editor of Mandal Newspaper , Guest of Honour Dr. Anil Deshmukh, Dean of Panjabrao Deshmukh Memorial Nursing College, Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO) and LPF Board of Trustees.

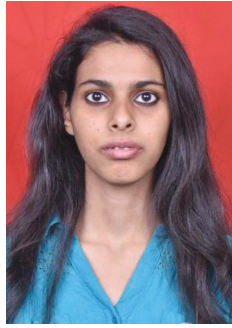


LPF had one more award ceremony on 17th December 2023 for Bachelor of Engineering and Nursing at Datta Meghe Auditorium, Wardha. The girls were felicitated by Chief Guest – Mr. Manoj Bhoyar, Chief Editor of Max Maharashtra Digital Channel, Guest of Honour – Dr. Vaishali Taksande, Principal of Radhikabai Meghe College of Nursing Wardha, Mrs. Lila Poonawalla (Chairperson); Mr. Firoz Poonawalla (Founder Trustee); and Ms. Priti Khare (CEO) and LPF Board of Trustees. Distinguished Guest -Mr. Mr. Tanveer Mirza, Chairperson Anjuman College Development Committee, Ms. Yogita Mankar, Smita Badhiye, Dr. Ruhina Khan, LPF Committee Members.

Tazeen Shaikh (LG 2014 and LG 2017) believes that life begins the minute you step out of your comfort zone.

She experienced this belief with her best moments of life as she stepped out in 2023 and experienced travelling out of India for first time. Stepping forward to share her story with all of us she said, "I have been part of the LPF family since 2014 when I received scholarship for my Diploma in Engineering. I was lucky enough to be awarded the scholarship once again in 2017 for my Degree in Mechanical engineering. Currently, I work at Atlas Copco as Design Engineer in the Technical Documentation department. I have been associated with the company for the past 3 years. This year, I was given the opportunity to travel to China to improve business results and to obtain product trainings.

Travelling overseas has always been one of my dreams.



However, I had not been able to achieve it till this visit to Wuxi, China. And it was a huge step for me. It was not only my first travel but also my first solo trip. And this trip happened to be to a country where no one spoke a language I knew.

Never having stepped in an airplane before, this was a unique experience. It was 18 hours travel with a 10-hour flight with 2 hours of layover and the remaining 8 hours were of road travel. I remember being anxious before



stepping into the airplane. But all that faded away once the airplane had made its take off and the beauty of the scenery below me unfolded."

Tazeen further adds, "Being in a country where I did not understand the language was my biggest challenge during this visit. Not being able to communicate made me realize why humans are called social animals and why interaction is so important. However, I was lucky enough to have an amazing team of my customers who took care of me. From helping me find vegetarian options of food to taking me out to visit various tourist places to taking me out for shopping, my team was always there for me. I was also fortunate to find a couple of Indian colleagues who were also working on a project in Wuxi. They reminded me of home in a place far away from home.

During my visit, I was able to see many tourist places. I visited the Nanchan Temple and the Ancient Town of Huishan for its history. I was able to experience their culture in these places to its fullest. I also visited the Nanchan Street which was lively with food, music, and people.



And while Wuxi was full of historical places to visit, there were also some scenic places that I had a chance to visit. I had an opportunity to visit the largest lake in China called the Taihu Lake as well as the longest river called the Yangtze River."

Indeed she had a wonderful time. But with this opportunity of hers, she not only enjoyed every moment but also shared some key takeaways. She says, "This visit to China has made me become aware of two things.

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The first is that there are good and kind people all around the world. No matter the language, the religion, the race, the gender, the age, good people will help you out when you need it.

The second thing I have realized is that I can achieve more in my life by simply being more confident. For this, I would like to thank Mom, Dad and the entire LPF family for arranging so many self-improvement trainings which has helped me develop more as a person. When I shared with Mom about my journey, she told me that both she and Dad were extremely proud of what I am achieving in life and they wish to see me excel more. And I promise them, that I will not let them down.

Last but not the least, my message for all the fellow LILA Girls, LILA Fellows and LILA Juniors is to always take that one step out of your comfort zone and enjoy varied kind of experiences. Take risks and be Bold. Thank you! "

We, at LPF, wish Tazeen a very good luck and all the best for her future endeavors! We are proud of you dear.

■ Compiled by Sonal Bhagat
LG 2016 & PA 2017

BEYOND BOUNDARIES

In the labyrinth of dreams, the journey of a young and enthusiastic girl towards mastering the art of management was paved with challenges, determination, and the invaluable support of the family. This is a story of our achiever, Pratiksha Bhagat (LG 2015), a proud graduate of VIT College, Pune, hailing from a middle-class joint family. Juggling the financial responsibilities of three siblings, pursuing engineering studies at VIT was no easy feat. It was during this time that she came across and discovered the Lila Poonawalla Foundation for scholarship to girls...



Pratiksha says, "The LPF Scholarship for graduation became a beacon of hope. Not only did it provide financial relief, but it also opened doors to various leadership programs that played a pivotal role in shaping my personality. These programs ignited a spark within me, steering my professional journey towards management roles. After completing my engineering, I ventured into the corporate world, gaining four years of valuable experience. As I navigated the intricacies of the professional landscape, I found myself increasingly drawn to management. The desire to explore deeper into this field, coupled with the realization of my passion, leading me to the decision of pursuing Management degree. However, the financial constraints associated with Management education in India and abroad loomed large. The prospect of achieving my dream seemed daunting."

Further, she says, "The conversations with my uncle transformed a distant dream into a tangible goal. It was through my uncle's invaluable insights that I was stumbled upon a lifeline – government scholarships like

the Rajshree Shahu Maharaj - Maharashtra Overseas Scholarship (MOS) and the National Overseas Scholarship (NOS). These scholarships emerged as beacons of hope for middle-class individuals striving to turn their academic aspirations into reality. His encouragement and guidance throughout the scholarship application process were instrumental in navigating the complexities. "

"Additionally, during my search for opportunities, I stumbled upon Nalanda Academy, an institution renowned for guiding aspiring scholars through the scholarship application process. With their expertise and guidance, navigating the complexities of scholarship applications became less daunting. The combined support of Uncle Atul's mentorship and Nalanda Academy's assistance became the cornerstone of my journey.

The Maharashtra government scholarship, in particular, played the role of a catalyst in my journey. Its significance extended beyond the financial support it offered. It represented an opportunity to bridge the gap between ambition and accomplishment. With unwavering determination, I set out to secure this scholarship, recognizing it as a key that would unlock the door to my aspirations. The application process was rigorous, demanding not only academic excellence but a compelling narrative of my journey and aspirations. Through meticulous documentation and heartfelt essays, I conveyed the essence of my pursuit and the impact this scholarship would have on my educational and professional trajectory. When the news arrived that I had been selected as a recipient of the Maharashtra government scholarship, a wave of gratitude and joy swept over me. It was not merely a financial endorsement but a validation of my perseverance and commitment to education. This scholarship, funded by the government, became a symbol of empowerment for individuals like me, transcending economic barriers. Embarking on my

Master's in Project Management at ANU, the scholarship has allowed me to focus wholeheartedly on my studies without the burden of financial worries.

Beyond the financial assistance, the scholarship has opened doors to a network of like-minded individuals, mentors, and opportunities that continue to enrich my academic journey."

Pratiksha feels proud to add, "The journey from LPF Scholarship to the Maharashtra government scholarship has been transformative. It has not only supported my educational pursuits but has been instrumental in shaping my character and enhancing my leadership skills. The experiences gained from leadership programs during my undergraduate years continue to influence my approach to challenges and teamwork. My professional experience, coupled with the academic rigors of my current pursuit, forms a synergistic blend that propels me towards my aspirations. The Maharashtra government scholarship

has been the catalyst, the missing piece that has allowed me to align my passion with my educational pursuits."

She says, "In conclusion, my journey from a middle-class background to pursuing a Master's in Project Management abroad has been a testament to the power of determination, the impact of scholarships, and the support of the Maharashtra government. It is a story of overcoming financial hurdles, recognizing opportunities, and seizing them with unwavering resolve. As I navigate this educational odyssey, I carry with me the gratitude for the scholarships that have made my aspirations a reality."

We at LPF, wish Pratiksha a great journey ahead and may achieve even more. We are proud to have you in our beloved LPF family.

█ Compiled by Tazeen Shaikh
LG 2017

Where the world knows LPF as LILA POONAWALLA FOUNDATION – a nonprofit charitable trust, we as daughters of the foundation are blessed with the best! We not only know them as MOM, DAD and all our dear sisters but we have been together throughout like a family. And family means togetherness, celebrations and much more.

LPF celebrates all events as a family, and every girl of this family celebrates the Mom's birthday with great enthusiasm and love... Last year in September, one such event was celebrated. As this day is exceptional in the diaries of every daughter, a grand function was organized at UWA Hall, Pune with Dad, Priti Di, LPF Alumni & Team LPF. It was such a grand event and of course a reason to get together with our family and enjoy.

Many more to be added in this year...



Beyond Borders: Shriya's Tale of Triumph and Transformation

Have you ever wondered what it would be like to leave your comfort zone and pursue your dreams in a foreign land? How would you cope with the challenges of adapting to a new culture, language, and lifestyle? How would you balance your personal and professional goals, while staying true to yourself? In this article, you will meet Shriya Deo, a young woman who embarked on a remarkable journey from India to Germany, overcoming obstacles and seizing opportunities along the way. Shriya shares her insights and experiences, from her education and career to her travel and culture, with a dose of humor and gratitude. She also offers practical advice and encouragement for those who aspire to follow in her footsteps. Join us as we explore Shriya's tale of triumph and transformation, and discover how she became a global citizen with a passion for life.

Shriya Deo, a dynamic young woman, reflects on her transformative expedition from India to Germany, sharing



insights that resonate with the spirit of exploration. In 2017, armed with a Diploma in Mechanical Engineering, Shriya embarked on her educational journey at MIT College of Engineering in Pune, India. Little did she know that her path would soon intersect with the LILA Poonawalla Foundation (LPF), opening doors to a world of opportunities. The LPF family, led by an inspiring Mom, recognized Shriya's potential during an interview, setting the stage for the chapters that followed.

Her professional journey commenced at LG Electronics Pvt. Ltd., Pune, where she thrived as a Graduate Engineer for 1.5 years. However, destiny had other plans, leading



Shriya to Germany, where she embraced a whirlwind of change alongside her IITian husband. Navigating the job market and learning the German language, she secured a position at Amazon Logistics, marking the beginning of her German adventure. Shriya's commitment to her father's dream of a master's degree led her to TH Rosenheim University of Applied Sciences, where she pursued Advanced Industrial Engineering. Despite the challenges, she not only secured a spot in a Public University but also gained valuable experience working under a German professor.

As she completed her first semester, Shriya reflects on the enriching work-life balance in Germany, contrasting



it with her experiences in India. She emphasizes the importance of learning the German language for seamless integration into the community and underlines the significance of public transportation over the complexities of obtaining a driving license.

With a touch of humor, Shriya delves into the intricacies of German culture, from their diverse bread and beer offerings to the renowned Oktoberfest held in September. She offers practical advice for those seeking a taste of home, navigating grocery stores, and adjusting to the ever-changing weather.

Beyond the challenges, Shriya shares her passion for exploration, having visited countries like Switzerland, Austria, Netherlands, and Croatia. Her personal favorite, Croatia, became a reality, proving that dreams indeed come true. Gratitude fills Shriya's words as she

acknowledges the unwavering support of her family and LPF. She extends her thanks to LILA Mom, Firoz Dad, and Preeti Ma'am for being beacons of inspiration.

In closing, Shriya encourages her fellow sisters to live life authentically, work hard, believe in themselves, and make things happen. She invites connections and support, providing her email address for those seeking guidance. As we embark on this new year, Shriya's story serves as a testament to the strength of the human spirit and the boundless possibilities that await those who dare to dream.

Here's to a year filled with inspiration, growth, and the pursuit of our own extraordinary journeys! Wishing you all a wonderful year ahead.

█ Compiled by Siddhi Phapale
LG 2022

Corporate Engagements



Project Implementation Meeting with Ms. Pallavi Ramane - CSR Manager, Societe Generale and Team LPF



Project Review Meeting with Mr. Abhijit Patil - CSR Manager, Atlas Copco (India) Limited & Team LPF



The MoU signing event between Mr. Rajeev Ahuja - Executive Director & Head of Strategy, RBL Bank and Mr. Firoz Poonawalla (Dad); witnessed by Mr. Deepak Gaddhyan, Head of Branch & Business Banking, Mr. Natarajan Balakrishnan, Executive Vice President & Head- HR Governance, Employee Relations & CSR, Ms. Priti Khare (Priti Di) & leadership team of RBL bank.

Service Partner Recognition by SLB at their PITC event- participated by Ms. Priti Khare (Priti Di) along with Mr. Abuzar Manager, Director IT Centers (Global Head) & Mr. Ashish Chandra, Diversity & Inclusion & CSR Manager

'An educated person raises themselves above their company and society.' - B.R. Ambedkar

Dolly Dhumavat, LILA Girl 2017 and a proud Peace Ambassador 2019, had always been passionate about contributing to the social sector in some way. She accredits LPF for providing her with the skills and resources to complete her Bachelor's Degree in Mechanical Engineering and secure a job at Cooper Lighting Solutions. In 2021, she joined



Idhant Sustainable Education Foundation as an intern to actively make a difference in the society. Idhant's focus is on United Nations' 4th Sustainable Development Goal, Quality Education, with the aim of enhancing educational opportunities for underprivileged children.

The foundation was formed in 2018 by a group of engineering graduates who wanted to dedicate their weekends to the social sector. They started teaching Basic English and Life Skills in a government school in Navi Peth, where children needed help learning computers and struggled with Basic English. The founders of Idhant noticed this gap and conducted research. With the help



of their close school teachers, they prepared a curriculum to be taught to the children on weekends, in addition to their regular schoolwork. The teaching ratio was almost 1 volunteer to 3 students, resulting in better attention span and grasping.

However, in 2019, when the pandemic hit, the schools were shut down and Idhant was no longer able to contribute in-person. When Dolly joined Idhant in 2021, she was actively working with Robinhood Army, a volunteer-based zero-funds organization that works to get surplus food from restaurants to the less fortunate sections of society. She also organized Art of Living sessions for the children and volunteers in the Viman Nagar area. Their major distribution areas were labour camps, and she saw this as an opportunity to start Idhant sessions there as well.

The labour camp students went to a semi-English



government school, but it was closed due to COVID-19. In the camp itself, they had a dedicated room for their learning. As both parents would be working on-site, the builder had collaborated with an NGO to look after the children during the day and appointed a teacher to look after their basic needs, including education and medical care. After obtaining all the necessary permissions and ensuring that all volunteers were vaccinated and in good health, they kicked off their sessions on July 10th, 2021.

For the first few weeks, they analysed the performance of each child using their baseline test. Based on this, they



curated a curriculum that included Basic English, Math, and Value Education. They made sure all the experiences and events were fun as well as enriching for the children. They aimed to maintain a ratio of 3 children to 1 volunteer to make the sessions effective. They conducted 20 + sessions in Labour Camp 1 (student count 30) before shifting to Labour Camp 2 (student count 35).

Apart from learning, they also organized many medical health check-up camps, awareness sessions (in collaboration with other NGOs), festivals, performing arts events, and birthdays for the children. Dolly was thrilled to say that, in total, they accomplished 50+ successful sessions, 100+ hours of active teaching, and 400+ hours of backend work to make this a reality.

The outcome wasn't just the number of sessions. They also contributed to a positive behavioural change, confidence building, and emotional well-being among the



students. Dolly acknowledged that this initiative couldn't have been possible without the efforts of PA19 sisters - Shivani L., Mayuri M., Tejaswee, and Akansha - who joined this initiative and taught during the sessions. This initiative attracted a lot of volunteers to dedicate their time to these amazing students. Those who couldn't do so in the form of time made sure to provide resources that these children needed. There is neither greater joy nor greater reward then to make a fundamental difference in someone's life.

Dolly feels a sense of fulfilment and purpose in contributing to the lives of these underprivileged children. She witnessed first-hand how education and community involvement can make a difference in their lives. She hopes that Idhant's initiative would inspire more people to get involved in the social sector and contribute to a better world.

Compiled by
■ Dr. Rita Madanlal Shetiya
 LF2005 and PA2011

“The best way to find you is to lose yourself in the service of others.” – Mahatma Gandhi

Rajashree Ramchandra Pawale, LILA Girl 2013 was awarded with prestigious LPF scholarship for direct 2nd Year Engineering. Currently she is working as a senior service delivery analyst at FIS.



There are moments in our life when we start realising the true meaning of life and its impact on others. One such moment for Rajashree was when she received LPF's scholarship. Mom and Dad's aura made her realise that the act of giving gives you more joy and happiness than receiving something from others. The satisfaction you feel when you see the smile you put on someone's face when you give them something is an indescribable feeling. It gives you a sense of achievement because you may have helped someone in need. These feelings motivated Rajashree to contribute to the society.

Rajashree started her social work journey in 2013. She started volunteering in an NGO called Like Minded Initiative for Empowerment (LIFE) in May 2014. As a part of this NGO, she undertook initiatives in various areas. In 2015, LIFE reached out to many schools in



Pune and urged the students to donate their notebooks for the children living in the rural areas. They collected 7000 notebooks in their 1st year. These notebooks to the schools situated at the outskirts of Pune district. This drive continued for next 3 years with an overwhelming response.

In 2016, Rajashree conducted a survey of to understand the number of kids who were living in the slum areas and had dropped out of school. She understood that these

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children had to leave the schools to beg on the roads and earn some money. Under this initiative, she visited the slum areas near Parvati, Pune and re-admitted 10+ kids the schools again. She took these students to nearby old age home on weekends where they played along with the elderly. She also distributed sweaters in the same areas during winters.



During the same year, LIFE raised funds from family and friends to help people affected by Kolhapur Floods. They donated some of the funds to the families of farmers who gave up on their lives. In both these initiatives the funds were handed over directly to the affected families. Some funds were given to an orphanage where the orphan's



parents were affected with HIV. LIFE, as an NGO, also distributed food and fruits to 'Aaple Ghar' orphanage. During the blood donation camp, Rajashree got an opportunity to meet The First Female President of India, Pratibha Tai Patil. She also led an initiative in her college where the college students donated new clothes to SOFOSH (Society of the Friends of the Sassoon hospitals). In August 2016, Rajashree became a part of Capgemini CSR Team. She delivered lectures on interviews and resumes to the specially abled students at Sarthak Educational Trust. She started teaching Basic English to the students from 1st -10th standards in some slums located near her house. She continued doing this during her week offs for 2 years. Rajashree also donated reference books to Diploma and Engineering students in need and provided guidance to them in their studies.

During Covid, Rajashree joined an NGO called NYAASS. She worked under the 'Be a Mentor' project in which she mentored two girls who were in Class 11. This NGO operates in Karvenagar slums. Rajashree also donated funds to help two student's education for one year.

Rajashree feels deeply thankful of Mom and Dad for undertaking good initiatives only. She expresses her awe to see Mom and Dad working with same enthusiasm and passion for so many years. She believes that it is because of LPF many girls like her could fly without having wings.

Compiled by
■ Dr. Rita Madanlal Shetiya
 LF2005 and PA2011

Placement Data Joining Date 1.7.2023 to 15.12.2023 (Pune)

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Dipali Digambar Dhamdhare	2018	B (PG)	MAMTA-Health Institute for Mother and Child	Consultant Nutritionist
2	Nikita Dnyaneshwar Deshmukh	2018	D (Engineering)	Volkswagen Group Technology Solutions India	Software Engineer Trainee
3	Pooja Sanjay Jagtap	2018	D (Engineering)	Dassault Systèmes	R&D Development Associate Engineer
4	Gayatri Shrinivas Phatak	2018	E (Science)	GreenArray Genomic Research & Solutions of Accurate Diagnostic	Intern
5	Pranita Ramdas Fulsundar	2018	E (Science)	ByteAlly Software Solutions	Frontend Developer
6	Anumol James	2018	H (Nursing)	Kozhikode-Private Hospital	Staff Nurse
7	Rutuja Ganpat Kate	2018	H (Nursing)	Sahyadri Super Specialty Hospital	Staff Nurse
8	Nilam Suresh Ghaware	2018	K (2nd year Engineering)	Tietoevry India	Software Developer
9	Poonam Ankush Jadhav	2019	B (PG)	Wadia College	Lecturer
10	Aditi Ramdas Kawale	2019	D (Engineering)	Contentstack	Associate Software Engineer
11	Akanksha Ashok Gaikwad	2019	D (Engineering)	Winspiration Energy and Engineering	Trainee Pipe Stress Engineer
12	Akanksha Satish Pokale	2019	D (Engineering)	ASP OL Media	Software Engineer
13	Dhanshree Dhanaji Patil	2019	D (Engineering)	Accenture	Software Engineer
14	Diksha Ghanashyam Sharma	2019	D (Engineering)	Providence India	Software Engineer
15	Diksha Ramesh Sancheti	2019	D (Engineering)	Vodafone Intelligent Solutions	Trainee
16	Jyoti Arun Bomble	2019	D (Engineering)	Baxter Innovations & Business Solutions	Engineer Trainee
17	Madhura Vikram Mhase	2019	D (Engineering)	Boeing	Associate Software Engineer
18	Manasi Premgir Giri	2019	D (Engineering)	Wolters Kluwer	Associate web Developer
19	Nayan Vishwas Patil	2019	D (Engineering)	Faurecia	Graduate Engineer Trainee
20	Parnavi Vijay Kulkarni	2019	D (Engineering)	CITI Bank	Technical Analyst
21	Pooja Kailas Meher	2019	D (Engineering)	Tata Consultancy Services	Assistant System Engineer Trainee
22	Poonam Mohan Thakare	2019	D (Engineering)	Extentia	Software Developer Trainee
23	Pragati Hanumant Sakore	2019	D (Engineering)	Faurecia	Graduate Engineer Trainee
24	Pranita Keshav Galande	2019	D (Engineering)	Systech Solutions	Control Engineer
25	Pratiksha Umesh Anarase	2019	D (Engineering)	Boeing	Software Developer
26	Priti Bansilal Gopale	2019	D (Engineering)	RIA Advisory	Associate Consultant
27	Priyanka Balkrishna Rekhawar	2019	D (Engineering)	Finastra	Associate Software Engineer
28	Rutuja Balasaheb Shelake	2019	D (Engineering)	Worldline Global Services	Intern
29	Rutuja Pandurang Kaldade	2019	D (Engineering)	Union Technology Engineering Center	Trainee Solution Engineer
30	Sakshi Jitendra Koshe	2019	D (Engineering)	Caterpillar India	Associate Engineer

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Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
31	Sakshi Krishna Dhas	2019	D (Engineering)	Proxima Career Solution	Counselor
32	Sakshi Mahesh Joshi	2019	D (Engineering)	Danfoss	Product Design & Development Engineer
33	Sharwari Sunil Deshmukh	2019	D (Engineering)	Capgemini	Analyst Trainee
34	Sharyu Shekhar Gadkari	2019	D (Engineering)	Dassault Systèmes	Research & Development
35	Shravani Nitin Dumbre	2019	D (Engineering)	Dassault Systèmes	Research & Development Associate Engineer
36	Swarali Manoj Pathak	2019	D (Engineering)	Accenture	Associate Software Engineer
37	Tulsi Vijay Chopade	2019	D (Engineering)	UST Blueconch	Trainee Engineer
38	Amealiya Theress Antony	2019	H (Nursing)	Bharati Hospital And Research Center	Staff Nurse
39	Deepali Navnath Chikane	2019	H (Nursing)	Cloudnine Hospital	Staff Nurse
40	Divya David Arbat	2019	H (Nursing)	Sahyadri Hospital	Staff Nurse
41	Gauri Balaji Kasturkar	2019	H (Nursing)	Deenanath Mangeshkar Hospital & Research Center	Staff Nurse
42	Manasi Gopal Ingale	2019	H (Nursing)	Inlaks and Budhrani Hospital	Staff Nurse
43	Oti Tagong Taten	2019	H (Nursing)	Bharati Hospital And Research Center	Trainee Staff Nurse
44	Priya Rahul Khaire	2019	H (Nursing)	School of nursing, Phaltan	Nursing Tutor
45	Shubhangi Dnyandev Darade	2019	H (Nursing)	Bharati Hospital And Research Center	Staff Nurse
46	Shyanet Joseph Shaji	2019	H (Nursing)	Symbiosis University Hospital and Research Centre	Staff Nurse
47	Vaishnavi Pandurang Raut	2019	H (Nursing)	Deenanath Mangeshkar Hospital & Research Center	Staff Nurse
48	Amruta Shriram Mungale	2019	K (2nd Year Engineering)	Accenture	Advanced App Engineering Associate
49	Deepti Ashok Thigale	2019	K (2nd Year Engineering)	Baker Hughes	Mechanical Design Engineer
50	Kirti Balshiram Shirsath	2019	K (2nd Year Engineering)	ER Consulting & Engineer	Design Engineer Trainee
51	Payal Balkrushan Charthal	2019	K (2nd Year Engineering)	Land Record Department, Nandura	City Survey Clerk
52	Priyanka Rajesh Patil	2019	K (2nd Year Engineering)	Arihant College of Arts Commerce & Science	Lecturer
53	Shirin Mansur Raj	2019	K (2nd Year Engineering)	Keyling Logistics Co.Ltd.	Sales Executive
54	Shweta Shankar Patil	2019	K (2nd Year Engineering)	Cognizant	Program Analyst Trainee
55	Sanskriti Dilip Chavan	2020	E (Science)	Deloitte	Associate Analyst
56	Vaishnavi Meghnad Raskar	2020	E (Science)	Greenwoods School	Maths Teacher
57	Aboli Satish Jadhav	2020	K (2nd Year Engineering)	TIAA GBS, India	Software Developer

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
58	Akhila Laxmikant Bhandari	2020	K (2nd Year Engineering)	State Street Corporation	Software Developer
59	Alisha Nasir Mujawar	2020	K (2nd Year Engineering)	SLB	Mechanical Engineer
60	Ankita Shrirang Shinde	2020	K (2nd Year Engineering)	Star Health Insurance	Intern
61	Anuja Dnyaneshwar Jadhav	2020	K (2nd Year Engineering)	HSBC Technology	Trainee Software Engineer
62	Daksha Dayanand Talekar	2020	K (2nd Year Engineering)	Expedia	Software Development Engineer
63	Divya Dilip Patil	2020	K (2nd Year Engineering)	Neilsoft	Graduate Engineer Trainee
64	Gauri Rajesh Kharche	2020	K (2nd Year Engineering)	Faurecia	Graduate Engineer Trainee
65	Harshada Harishchandra Giradkar	2020	K (2nd Year Engineering)	Rieco Industries	Graduate Engineer Trainee
66	Harshita Vijay Dhage	2020	K (2nd Year Engineering)	GStamp Software Solutions	Quality Assertions
67	Janhavi Sanjay Khurkhuriya	2020	K (2nd Year Engineering)	Deloitte	Risk Advisory Consultant
68	Jyoti Sunil Tapkir	2020	K (2nd Year Engineering)	Worldline Global Services	Developer
69	Kanchan Keshav Kolage	2020	K (2nd Year Engineering)	Prodair Air Products India	Engineer Trainee in Process Control
70	Kanchan Sanjay Mahajan	2020	K (2nd Year Engineering)	Accenture	Advance Associate App Engineer
71	Nalini Raviraj Hande	2020	K (2nd Year Engineering)	Rockwell Automation	Graduate Engineer Trainee
72	Namira Imtiyaz Faras	2020	K (2nd Year Engineering)	JPMorgan Chase & Co	Software Engineer I
73	Payal Rajesh Kadadhekar	2020	K (2nd Year Engineering)	Trinamix	System Engineer
74	Pooja Dattatray Giri	2020	K (2nd Year Engineering)	Faurecia	Design Engineer
75	Prajyoti Maruti Patil	2020	K (2nd Year Engineering)	Avaya	Software Developer
76	Pranjali Dasa Shinde	2020	K (2nd Year Engineering)	Techmahindra	Associate Software Engineer
77	Pratiksha Dashrath Shinde	2020	K (2nd Year Engineering)	Grupo Antolin	Graduate Engineer Trainee
78	Rachana Deepak Chougule	2020	K (2nd Year Engineering)	Sensata Technologies	Graduate Engineer Trainee
79	Rutuja Girish Vaidya	2020	K (2nd Year Engineering)	Honeywell	System Engineer
80	Rutuja Shamrao Raykar	2020	K (2nd Year Engineering)	Inteva Products India Automotive	Graduate Engineer Trainee
81	Rutuja Laxman Chandgude	2020	K (2nd Year Engineering)	Inteva Products India Automotive	Graduate Engineer Trainee
82	Rutuja Laxman More	2020	K (2nd Year Engineering)	Mesmerise Soft-Tech	Graduate Engineer Trainee
83	Sakshi Sanjay Jadhav	2020	K (2nd Year Engineering)	Visteon	Software Developer
84	Sakshi Sandeep Kadam	2020	K (2nd Year Engineering)	JB Everest Technical Services LLP	Mechanical Electrical Plumbing Engineer

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Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
85	Sakshi Laxman Kumkar	2020	K (2nd Year Engineering)	Intellismart Infrastructure	Trainee Engineer
86	Samruddhi Balasaheb Awate	2020	K (2nd Year Engineering)	Emerson Process Management	Intern
87	Sanjivani Anil Sankpal	2020	K (2nd Year Engineering)	WorleyParsons	Graduate Engineer Trainee
88	Santoshi Rajendra Shirsath	2020	K (2nd Year Engineering)	Persistent Systems	Software Engineer
89	Sharvari Prabhakar Khope	2020	K (2nd Year Engineering)	Faurecia	Graduate Engineer Trainee
90	Shraddha Sudhir Shinde	2020	K (2nd Year Engineering)	Synechron	Java Developer
91	Shruti Sunil Sonakul	2020	K (2nd Year Engineering)	Uno Minda Company	Graduate Engineer Trainee
92	Simran Ashok Vishwakarma	2020	K (2nd Year Engineering)	Extentia	quality analysis Trainee
93	Simran Joseph Mascarenhas	2020	K (2nd Year Engineering)	Johnson Controls	Graduate Engineer
94	Snehal Ashok Desai	2020	K (2nd Year Engineering)	Oracle Financial Services Software	Associate Consultant
95	Sujata Balasaheb Barve	2020	K (2nd Year Engineering)	Ashok Leyland MDC (Hosur)	Graduate Engineer Trainee
96	Supriya Govindrao Belge	2020	K (2nd Year Engineering)	Capgemini	Analyst Software Engineer
97	Tejal Nandkumar Patil	2020	K (2nd Year Engineering)	Transunion Software Services	Analyst
98	Tejal Nitin Shinde	2020	K (2nd Year Engineering)	Mahindra Lifespace	Graduate Engineer Trainee
99	Utkarsha Yuvraj Chavan	2020	K (2nd Year Engineering)	Johnson Controls, India	Graduate Engineer Trainee
100	Vaishnavi Shivanand Swami	2020	K (2nd Year Engineering)	Synechron	Junior Associate
101	Vaishnavi Sukhadev Mamankar	2020	K (2nd Year Engineering)	Worldline Global Services	Software Developer
102	Vaishnavi Rajiv Yenjane	2020	K (2nd Year Engineering)	Torrent Gas	Trainee
103	Vaishnavi Mahadev Gavhane	2020	K (2nd Year Engineering)	Alstom	Graduate Engineer Trainee
104	Vijayalaxmi Ramesh Magdum	2020	K (2nd Year Engineering)	FinIQ Consulting India	Application Consultant
105	Surabhi Shrinivas Yeltiwar	2020	D (Engineering)	SLB	Intern
106	Vaishnavi Ramprasad More	2020	D (Engineering)	SLB	Intern
107	Nikita Sanjiv Kadam	2021	B (PG)	Dataeaze	Data Engineer
108	Pooja Avinash Bhosale	2021	B (PG)	Bharati Hospital And Research Center	Nurse Educator
109	Ratna Bai Shrishail Bhavi	2021	B (PG)	Sancheti Institute of Nursing Education	Tutor
110	Sonali Madhukar Nale	2021	B (PG)	Champions Academy	Dtp Operator
111	Aditi Sunil Hasabe	2021	K (2nd year Engineering)	SLB	Intern
112	Sakshi Satish Patil	2021	K (2nd year Engineering)	SLB	Intern

Placement Data Joining Date 1.7.2023 to 15.12.2023 (Amravati)

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Aakanksha Satish Sheelwant	2019	D (Engineering)	HCLTech	Graduate Engineer Trainee
2	Vaishnavi Sanjay Bhrambe	2019	D (Engineering)	HCLTech	Software Engineer
3	Achal Ganeshrao Thakre	2019	D (Engineering)	Capgemini	Software Trainee Engineer
4	Shiba Salim Khan	2019	K (2nd year Engineering)	Web Media	Developer
5	Sanika Sanjay Ambadkar	2020	D (Engineering)	Intel Technology	Software engineer
6	Snehal Vinod Wandale	2020	K (2nd year Engineering)	Infosys	Assistant System Engineer
7	Radhika Pradip Thakare	2020	K (2nd year Engineering)	Cognizant	Graduate Engineer trainee
8	Samiksha Ashok Mahore	2020	K (2nd year Engineering)	Crave InfoTech	Software trainee engineer
9	Vishakha Sunil Zade	2020	K (2nd year Engineering)	Tata Consultancy Services	Assistant System Engineer
10	Siddhi Chetan Anasane	2020	K (2nd year Engineering)	Tata Consultancy Services	Assistant System Engineer Trainee
11	Shrushti Arun Lakade	2020	K (2nd year Engineering)	HSM EDIFICE Construction Services	Estimator

Placement Data Joining Date 1.7.2023 to 15.12.2023 (Wardha)

Sr. No.	Full Name	Scholarship Year	Course	Company name	Designation
1	Airin Michael David	2014	H (Nursing)	Aureus Institute Of Medical Science	Nursing Educator
2	Mayuri Kishor Chaware	2015	H (Nursing)	Kasturba Nursing College	Lecturer
3	Prerna Ravindra Pawar	2017	H (Nursing)	Shalini Tai Meghe Superspeciality Centre	Staff Nurse
4	Eram Fatema Shafee	2020	D (Engineering)	Fendahl Technology	Trainee Software Engineer
5	Leena Dilip Walke	2020	D (Engineering)	Kirloskar Oil Engines	Trainee Software Engineer
6	Rasika Prabhakar Wakhore	2020	D (Engineering)	MG Motors	Associate Engineer
7	Seshalasya Murulikrishna Panchangam	2020	D (Engineering)	Bristlecone	Associate Engineer
8	Swati Kundan Patle	2020	D (Engineering)	KPIT	Assistance System Engineer
9	Achal Jitendra Giradkar	2020	D (Engineering)	Siemens Energy	Graduate Engineer Trainee
10	Fiza Abdul Rafique Sheikh	2020	K (2nd year Engineering)	My Capital	Business Operations Executive
11	Mayuri Sanjay Dewase	2020	K (2nd year Engineering)	Byjus	Business Development Associate
12	Nikita Narayan Chaple	2020	K (2nd year Engineering)	EATON	Associate Engineer
13	Ruchika Prabhakar Dehankar	2020	K (2nd year Engineering)	DXC Technology	Associate Engineer
14	Shivani Sanjay Verma	2020	K (2nd year Engineering)	TCS	Assistance System Engineer
15	Akanksha Vijay Hend	2021	K (2nd year Engineering)	Pepsico	Graduate Engineer Tranne
16	Dhyaneswari Sanjay Bhende	2021	K (2nd year Engineering)	Tata Technologies	Engineer

Placement Data Joining Date 1.7.2023 to 15.12.2023 (Hyderabad)

Sr. No.	Name	Scholarship Year	Course	Company Name	Designation
1	Vyshnavi Mamillapalli	2020	D (Engineering)	Deloitte	Application Studios
2	Swathi Sankepalli	2020	D (Engineering)	Aveva India	Graduate Engineer
3	Gayathri Devi Malisetty	2020	D (Engineering)	JPMorgan Chase & Co	Software Engineer
4	Harshitha Thopuri	2020	D (Engineering)	Accenture	Software Engineer
5	Sai Shruthi Perolla	2020	D (Engineering)	Laxai Life Sciences	Graduate Engineer Trainee
6	Madeeha Qamar	2020	D (Engineering)	Genpact	Senior Associate
7	Rishitha Nallapu	2020	D (Engineering)	JPMorgan Chase & Co	Software Engineer
8	Harshini Vutukuri	2020	D (Engineering)	IBM	Software Engineer
9	Lakshmi Sri Kohir	2020	D (Engineering)	Bank of America	Software Engineer
10	Neha Rudra	2020	D (Engineering)	Bank of America	Software Engineer
11	Rishitha Bandi	2020	D (Engineering)	Mindsprint	Junior Engineer
12	Vasireddy Srinidhi	2020	D (Engineering)	Accenture	Associate Software Engineer
13	Uma Harikadevi Musunuri	2020	D (Engineering)	Accenture	Associate Software Engineer
14	Sneha Chowdary Ratnala	2020	D (Engineering)	Accenture	Packaged App Development Associate
15	Vaishnavi Srivoju	2020	K (2nd year Engineering)	Cognizant	Program Analyst
16	Manisha Kothakonda	2020	K (2nd year Engineering)	Infosys	System Associate
17	Ankitha Chenna	2020	K (2nd year Engineering)	TSSPDCL	SUB Engineer
18	Kirthi Kalikar	2020	K (2nd year Engineering)	Deloitte	Consultant
19	Keerthana Yasarapu Nevuri	2020	K (2nd year Engineering)	Factset	Software Engineer - 1
20	Keerthana Nagaraju Kyatam	2020	K (2nd year Engineering)	Micron Technology	Associate Engineer
21	Keerthi Yada	2020	K (2nd year Engineering)	Accenture	Application Development Associate
22	Archana Dayakar Addetla	2021	K (2nd year Engineering)	Accenture	Associate Software Engineer
23	Bushra Chand Mahaveen	2021	K (2nd year Engineering)	Accenture	Assistant Software Engineer
24	Nikitha Shekhar Rao	2021	K (2nd year Engineering)	ZF India	RND Department
25	Pavithra Srinivasa Rao Jampa	2021	K (2nd year Engineering)	Accenture	Associate Software Engineer
26	Reethika Srinivas Dulam	2021	K (2nd year Engineering)	Carelon Global Solutions	Associate Software Engineer
27	Srivani Rama Krishna Mandala	2021	K (2nd year Engineering)	Accenture	Packaged App Development Associate
28	Varsha Srinivas Vutkuri	2021	K (2nd year Engineering)	SIFY Technologies	Engineer
29	Vyshnavi Veeresha Lingam Kandukuri	2021	K (2nd year Engineering)	Accenture	Associate Software Engineer

Mahima Khandelwal, LG2015, believes that her role today is the reflection of her hard work and dedication alongside the unconditional support of our foundation. She says "Reflecting on my journey fills me with immense gratitude for the incredible support and inspiration I received from LPF. My personal success story is not solely mine—it's an amalgamation of the guidance, encouragement, and unwavering belief that Mom and Dad have instilled in me."



From an early age she was always deeply interested in computing. Along with keen interest in computers,



her interest in mathematics provided her with a great background to move further in this field. She completed HSC with a score of 93% and bagged her engineering admission at PCCOE. Coming from a small village to an urban area, Mahima's dad worked really hard to support his brothers and family. He put a lot of efforts to give them a quality education. He started his own small business of computer hardware and software, which led the foundation to Mahima's interest for computers. But after her admission it was very difficult for her family to arrange for her fees. Meanwhile she got to know about



LPF scholarship program from the newspaper and by applying for the program she opened the gate towards her education and dream. "When I first saw Mom, I was sitting right opposite to her for the program interview, and I was in the awe of her personality. The way she spoke, her gestures, her work everything was inspiring about her. She took me by her personality, and she became my role model" Mahima added.

"From the outset, challenges seemed daunting, yet your unwavering faith in my abilities became the beacon guiding my path. Your words of encouragement during



the tough times became the fuel that kept me moving forward, reminding me to never give up on my dreams. Every milestone achieved was a testament to the collective effort of the community that stood by me. Trainings held by LPF really helped me here to gain confidence. I was selected as class representative and was able to use my leadership skills here. I loved coding and participated in various coding competitions during my engineering. Time management is a must with competitive coding



and the training for time management in LPF helped me tackle this. I participated in ACM W Lady Ada competition and got a chance to appear for final round at Bangalore location. I was among top 7 finalist.

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Programs also helped me prepare for interviews and resume building. I got my placement at Persistent Systems which had rigorous technical rounds. I received a lot of appreciation for my work. Microsoft being my client, I had regular interactions with clients and driving various client calls. It was only possible because of the confidence I gained in all the training programs organized by the foundation. Working in various technologies gave me good knowledge about the industry and was lucky enough to share my knowledge with 200 other Lila Girls through a training program, 'ABCs of coding' was the

session I took. Co-ordinated with Harshali didi. I have learned valuable life lessons from Mom and Dad. I always wanted to give back to the community.

Later I joined Kipi as I wanted to explore new domain. I Learned Snowflake, got certified. Worked with 2 clients and was involved in many internal activities. I got a chance to host our company event in Noventa in June 2022. The event was a huge success. I got my promotion this October with a salary hike of 30% based on my performance and capability.

Mom, your guidance illuminated a path of growth and learning, shaping not just my career but also my character. You taught me invaluable lessons and empowered me to strive for excellence. I stand here today, humbled by the journey, honored by the achievements, and deeply grateful for the invaluable support and love bestowed upon me. Thank you, each one of you, for being an integral part of my journey. Your presence has made all the difference."

■ Compiled by Sonal Bhagat
LG 2015 and PA 2017

We are delighted to share the remarkable journey and achievements of Chinmayee Raju Yeladi, a recipient of the scholarship for Computer Engineering generously provided by our organization.



Chinmayee's background reflected a commitment to education despite facing financial challenges. Her father is working in a Sholapur textile mill and her mother is a housewife. Throughout her academic journey, Chinmayee demonstrated exceptional dedication by attending a total of 23 LPF training programs. Her commitment to continuous learning and skill development has undoubtedly contributed to her success.

We are thrilled to share that Chinmayee is currently in her final year of Computer Engineering and has secured a placement at BNY Mellon, Pune, as a Software Developer, with an impressive package of 21 LPA. This achievement not only reflects her academic excellence

but also showcases her talent and determination to excel in the field of computer engineering.

Chinmayee's success is a testament to the impact that scholarship programs can have on students' lives. She says, "This journey of mine was difficult. LPF stood by me in those days and have been a great support for me. I will never forget LPF and will contribute to help other sister in their journey. Each girl should dream high and achieve their dreams. Obstacles do come in our life and we should face them with determination and grit. No one can snatch our dreams and LPF like family will always wish to see us achieving success."

We, at LPF are proud to have played a part in supporting her educational journey, and we wish Chinmayee continued success in all her future endeavors.

■ Compiled by Pranali Tirkhunde
LG 2013

Introduction -

Bones play many roles in the body - Providing structure, protecting organs, anchoring muscles and storing calcium.

Bone is a living, growing tissue. It is made mostly of two materials: collagen protein that provides a soft framework, and calcium (a mineral) that adds strength and hardness.

Keywords: Bone, common disorders, nutrition, investigations, dietary supplements.

Common bone disorders are gout, Osteoarthritis, osteoporosis, rheumatoid Arthritis.

Let's discuss these common bone issues in brief...

1. Gout

Gout is a kind of arthritis, an attack of sudden burning pain, stiffness, and swelling. Usually a big toe is affected. Over time, they can harm your joints, tendons and other tissues.

Gout is caused by too much uric acid in the blood, due to the defective metabolism of uric acid. When uric acid levels in your blood are high, the uric acid may form hard crystals in your joints. Risk factors : Overweight, drinking too much alcohol, meat, fish that are high in uric acid, attempt of rapid weight loss, certain surgeries, high blood pressure, regular use of aspirin or niacin

Common sites - Feet, ankle, knees, and other joints may involve.

Duration - Attack can last for a few days or a few weeks.

Common symptoms - Burning pain, tenderness, swelling, sharp pain.

Investigation needs to be done - Diagnosis can be done by medical and physical examination. Arthrocentesis, levels of uric acid in blood and urine, x ray of extremities.



GOUT DISEASE



2. Osteoarthritis -

Is a very common bony disorder, formally known as degenerative arthritis. A chronic joint disease that involves the loss of habitually weight bearing articular cartilage.

Causes and risk factors - Obesity, female gender, aging, load impact, repeated injuries, congenital and mechanical derangement.

Common joints - knee, hip, ankles, spines.

Common symptoms - Stiffness, pain, swelling, loss of motion crunching, loss of motion, changes in joint shape, formation of bone spurs.

Investigations - Usually physical examination is preferable, X ray of affected joints confirms the diagnosis.



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3. Osteoporosis -

The most common metabolic disorder characterized by reduction in bone density with or without the presence of fragility fractures. This bone loss can continue throughout aging, eventually leading to osteoporosis. Although osteoporosis is typically considered as a disease of post menopausal women. Rarely disease can occur in younger people. Most of the patients are asymptomatic until the fracture occurs.

There are two types of osteoporosis. Type one is common in post-menopausal females, while type two affects male and female equally.

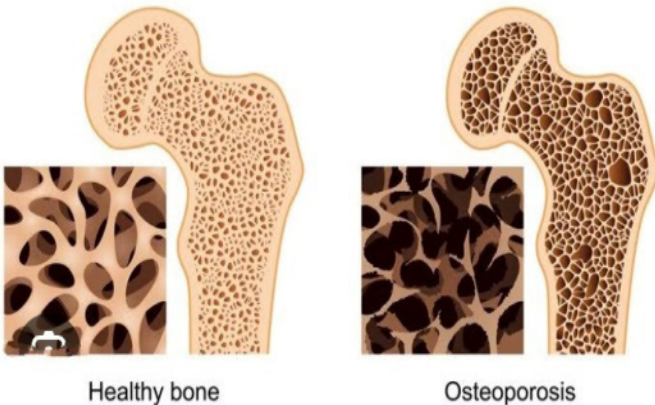
Common bone tissues - Trabecular, cortical.

Medical conditions increase the risk of osteoporosis -

Celiac disease, COPD, chronic renal disease, diabetes, hyperthyroidism, hormone deficiency (levels of oestrogen drops in females), low bone marrow density.

Risk factors -

Age above 60 years, amenorrhea, cigarette smoking, oestrogen depletion, excess alcohol, caffeine, positive family history, inadequate calcium and vitamin D deficiency, low body mass index, low body fatness.



4. Rheumatoid Arthritis -

RA is a debilitating and autoimmune disease with overwhelming personal, social, economic effects. It's a more severe type of bone diseases.

A chronic, autoimmune, systemic disorder in which cytokines and inflammatory process play a role. A chronic inflammation that begins in the synovial membrane and progressive damage in the joint cartilage.

Causative factors - Genetic susceptibility, hormonal changes, autoimmune diseases, viral and bacterial infections.

Common Symptoms - Chronic inflammation, weakness of surrounding muscles, ligament, tendons;

Joint symptoms - Warmth, pain, redness, swelling, stiffness, loss of function.

Investigation - Along with the physical examination RA factor test, some X rays, tests regarding other autoimmune disorders are mandatory.

Rheumatoid arthritis
(late stage)

Boutonniere
deformity
of thumb

Ulnar deviation of
metacarpophalangeal
joints

Swan-neck deformity
of fingers

ADAM.

Diet plays an important role in skeletal tissue in athletic and physically active populations.

Nutrition - In sufficient amounts and substance, is crucial for healthy growth and development of the skeleton and surrounding tissues, especially in physically active populations. Inadequate nutrition has been linked to maladies such as the female athlete triad, as well as poor training or competitive performance and increased risk of injury.

Dietary choices favouring items high in quality protein of animal or plant origin, polyunsaturated fatty acids, fruits and vegetables high in potassium and fibre, and dairy products or other beverages fortified with calcium and vitamin D are essential to athletes to ensure adequate vitamin and mineral availability to the skeleton, which in turn can affect peak physical performance.



Nutrition in Gout -

A low purine diet especially during attacks, sometimes purine intake may be restricted. 1200 Kcal/day. Protein should not be more than 60 gm per day. 3 litres fluids per day. Foods to be avoided - sweet bread, dried beans, mushroom, alcoholic beverages, chocolates, tea, coffee, cocoa, beef, bacon, kidney, cauliflower, spinach.

Foods to eat -

High complex carbs, dark berries, tofu, salmon fish, flaxseeds, olive oil, nuts, celery.

Nutrition in Osteoarthritis -

Lifestyle management and weight reduction is the key point for osteoarthritic patients. The diet should contain omega 3 free fatty acid, adequate calcium and folate, vitamin B6, B12, vitamin D, fish oils, avocado, soybean. An anti-inflammatory diet has been followed during Osteoarthritis.

Nutrition in osteoporosis -

Calcium, phosphate and vitamin D are essential for normal bone structure and function. Protein and other

micronutrients also help to develop and maintain bone health.

Protein - 1gm/kg/day

Calcium - 1300mg per day, over 50 years of age 2000 mg per day.

Vit D - 20 min sunlight exposure early in the morning would be beneficial for bone health and secondarily on dietary intake of vitamin D 3.

A low fibre diet is recommended, as excessive high fibres interfere with calcium absorption.

Low sodium- In diet, as high sodium may contribute to osteoporosis because of increased calcium excretion.

Nutrition in Rheumatoid Arthritis -

A healthy balanced diet, avoidance of possible food



Helpful dietary supplements -

Celery - celery seeds and essential oil may help to reduce muscle spasm, calm the nerves, and reduce inflammation.

Bromeline - Derived from pineapple. The proteolytic enzyme of pineapple has been proved to be an effective anti-inflammatory agent.

Turmeric or curcumin longa - It inhibits the action of prostaglandin, at high doses of curcumin stimulates the adrenal glands to release the body's own cortisone, a potent reliever of inflammation and the pain it often causes.

(A patient with co morbidities should visit an expert personally as co morbidities like diabetes and hypertension may need to modify their diet as per available symptoms)

■ **Dr Priyanka Musale**
MD (Hom) FCHD (Skin)
Consultant Homoeopath
Consultant Dietician

Pallavi Vivek Darshane (Pradip Kulkarni) LF 2011

"Becoming a gold medalist, receiving a Junior Research Fellowship (JRF), and adding a special prefix 'Dr.' to my name was not part of my bucket list. But I did all of this and yes, I am happy about it." Pallavi Vivek Darshane (Pradip Kulkarni) is a LF 2011 who has completed her Ph.D. research in 2022.



While sharing her story she said, "I remember I was asked – "Why Geography?" during my fellowship interview and replied, "Because I want to solve the issue of water scarcity". Little did I know that my desire to solve this issue would make me Dr. Pallavi. I successfully defended my Ph.D. research in 2022 under the guidance of Dr. S.D. Pardeshi, Department of Geography, Savitribai Phule Pune University.

My PhD topic revolved around identifying the reasons for the existence of water scarcity in the semi-arid upper Godavari basin located in Maharashtra. I visited many villages and towns of Nashik, Ahmednagar, and Aurangabad districts and documented the approximate water requirement for domestic use. Besides, I calculated the agricultural water demand over a period using a satellite data set vis-à-vis variation in rainfall as a part of my PhD research. The issue of water scarcity is intricate and I am glad that my PhD helps in progressing an inch forward to solve it.

The horizon of my research in the water sector further expanded with my professional engagement at the Tata Institute of Social Sciences, Watershed Organization Trust, and Indian Institute of Technology, Bombay. Most of my professional work also involved travelling especially to small villages and towns.

Well, my journey seemed easy and smooth with names of big institutions/organizations attached but trust me it wasn't! Be it the illness of my mother or a feeling of being stuck in the middle of my Ph.D. or the realization of a lack of financial growth in this field, the journey had many downs than ups! But, at this point, while looking back I am happy that I didn't quit.

I didn't quit because of the support of my Family and Friends.

While I am writing this article, my brother-in-law is taking care of my five-month-old daughter and my mother is cooking for me. That's the support I am talking about.

My family always encouraged me to go ahead though the surroundings always shouted that it is not safe to travel long distances or pursue education after a master's. But my family did not listen. My father and brother initially traveled with me across India to boost my confidence and later I led a team of students, researchers, and co-workers in the field work. I got married (of course willingly) in the middle of my PhD. The only condition of my in-laws was that I would not give up on my Ph.D. They also happily agreed about me not changing my name after marriage. I remember during Corona time; my little home was turned into my office station. At



that time, my mother-in-law used to remind me to eat and bring hot food for me while my father-in-law used to put a water bottle on my table without fail. Words are not enough to describe how much my husband has supported and is still supporting me.

My friends also played a huge role in this journey. They were always there to bring a smile to my face whenever I felt low. Do you remember the title track of friends – 'I'll be there for you'? Just like that. One of my friends proofread my write-up while packing her bags for the USA while another was awake the whole night when I was traveling alone from Delhi to Roorkee, Uttarakhand for the conference.

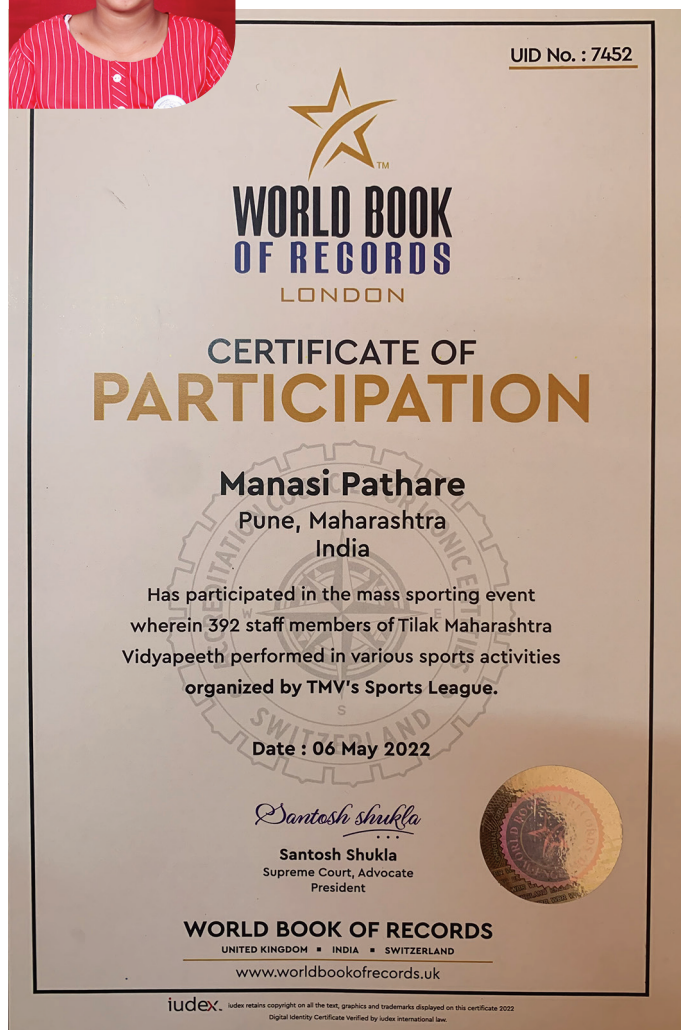
The journey of PhD is never smooth for anyone. It is stressful, tiring, and sometimes a little boring as well. Every published research article brings a smile on your face and every thought of what after PhD strips it away. That's why every PhD student requires constant support from friends and family. But this support cannot be one-sided. You must be present whenever your parents or in-laws are in need. No issues if you cannot attend their birthday celebration but at least be available on phone call. Make sure to share what your research topic is and how you are progressing. They will not understand your topic if they do not belong to the field of your research, but they will surely realize the struggle you are going through. PhD is not a smooth sail but is a roller coaster ride and when you are accompanied by, you're loved one it is fun. So, if you are a researcher, feel free to talk to your family and friends about your work, and don't be shy to ask for help.

P.S. Throughout my journey I have seen people breaking down due to intense pressure, financial instability, lack of money, and sometimes respect as well in the initial years of research work. The students/researchers tend to keep their struggles to themselves, and the burden of thoughts increases. Hence, I am highlighting the importance of sharing-caring and maintaining the work-life balance."

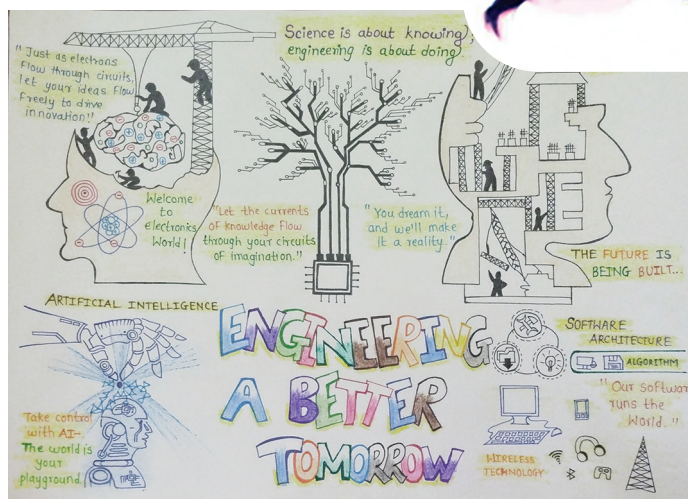
■ Compiled by Sonal Bhagat
LG 2016 and PA 2017



Bhagyashri Adalinge (LG2020) is pursuing B Pharmacy at Modern College Of pharmacy Moshi. She has completed her 14 days internship from the 'Yunity.in' as business development intern. Bhagyashri was awarded with star performer certificate.



Mansi Pathare (LG2020) from Tilak Maharashtra Vidyapeeth participated as a volunteer for the mass sport event conducted for the staff members in her college and that event is registered in world book of records (London)



Sakshi Narendra Gharte LG2022 loves to draw and make handmade posters, she participated in a poster competition organized in her college on 15th September 2023 on Engineer's Day. She made a handmade poster with my creative mind on topic engineering a better tomorrow and won the first prize. (Images of poster, certificate and medal shared)



Achievements of Renuka Vinod Dhumal (LG 2021) include 2 of her articles were published in Tarun Bharat, Mumbai and Tarun Bharat, Pune newspapers. Also, she secured second prize in Savarkar elocution competition.



Celebrating the efforts of giving back in Q2

KPIT CSR Team believes that everyone who volunteers their time for the betterment of the community is a superstar!! Their efforts, motivations, and accomplishments should be celebrated. Each quarter, the CSR team recognizes the efforts made by our passionate employee volunteers and encourages others to do more.

We are pleased to name Radhika Gholap as our "Volunteer of the quarter" for her participation in multiple activities during the second quarter of FY 2023-24.



Radhika Gholap

Radhika Gholap, LF- 2018 is currently working with KPIT Technologies, Pune as Technical Leader - BMW project. As a CSR volunteer of quarter Q2, she was the anchor for "Chotte Scientist 2023" event of KPIT for which she got recognition and was rewarded by "Mr. Ravi Pandit - CEO and Chairman" of KPIT.



Varsha Mohan P (LG2022) is a student of Bharati Vidyapeeth College of Nursing, Pune. She participated in the 30th SNA national Conference which was held in Delhi for Javelin throw and bagged first prize and in state level competition of SNA, held at Nashik, she won a gold medal.



Celebrations



Diwali Celebration at LPF Office, Pune with Mom, Dad, Priti Di & Team LPF



Christmas & New Year Celebration at Flock, Pune with Mom, Dad, Priti Di, Former Trustee, LPF Board of Trustees & Team LPF.

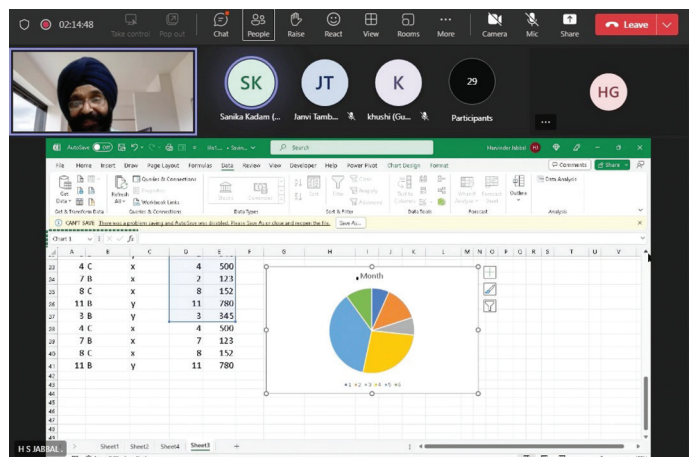


New Year Party Celebration at Flock, Baner with Mom, Dad and Priti Di. More than 200 LILA Girls & LILA Fellows came together for this occasion



Recently, the **4th batch** of a certified program named the 'Corporate Readiness Program' [CRP] sponsored by our corporate partner, Atlas Copco (India) Ltd. The modules covered a diverse range of topics, reflecting the dynamic demands of the corporate world. The sessions included Cyber Security Awareness, Skills with Collaboration Tools, Software Testing and Certifications, Interpersonal Skills, Critical Thinking, Leadership Styles and traits, Lucca Leadership, Non-fungible Tokens (NFTs), and Metaverse. This entire program is organized for 2nd & 3rd Engineering LILA Girls. **164 LILA Girls** have participated in this 4th batch. The program not only focused on technical skills but also emphasized the development of interpersonal skills and critical thinking – crucial aspects for any aspiring professional. These sessions were conducted using a virtual platform and offline mode, facilitated by industry expert trainers and experienced facilitators.

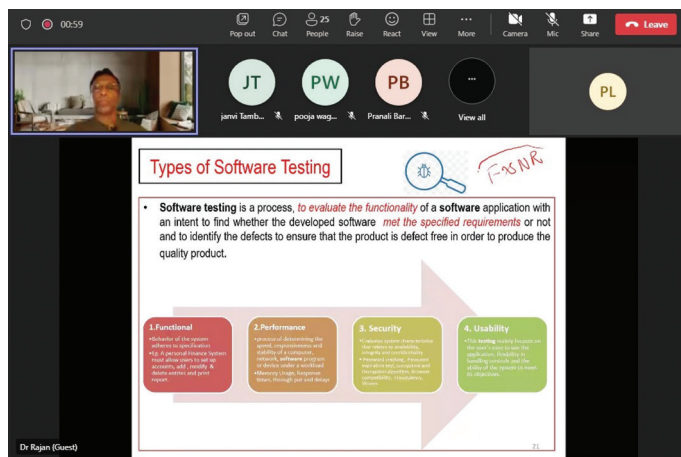
The glimpses of these programs are given as-



During the Power Skills session, Dr. Harvinder Jabbal provided guidance on utilizing Excel Technologies collaboration features



Ms. Pradnya Kashikar discussed the importance of cyber security with the LILA Girls



In the online session, Dr. R. Rajan explained on the various types of software testing



LILA Girls engaging in interactive discussions with Dr. Chitra Dwivedi during the Critical Thinking session



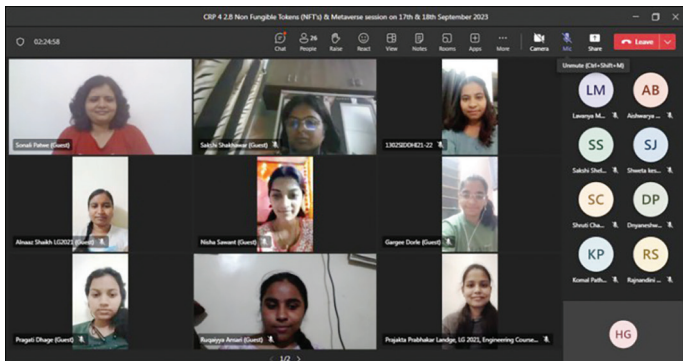
Mr. Chandrashekhar Sathe explained about leadership styles



LILA Girls Posing Group photo during the design thinking session with Ms. Pradnya Kashikar (LF 2005)



Group Photo clicked during the Interpersonal Skills session by Mr. Pushkar Kulkarni



Group photo during Non-fungible Tokens (NFTs), and Metaverse Conducted by Ms. Sonali Patwe (LF 2009)



LILA Girls Engaging in a group activity as part of the Lucca Leadership session facilitated by Ms. Prachi Divekar (LF 2005)

LPF Snippets/ Events

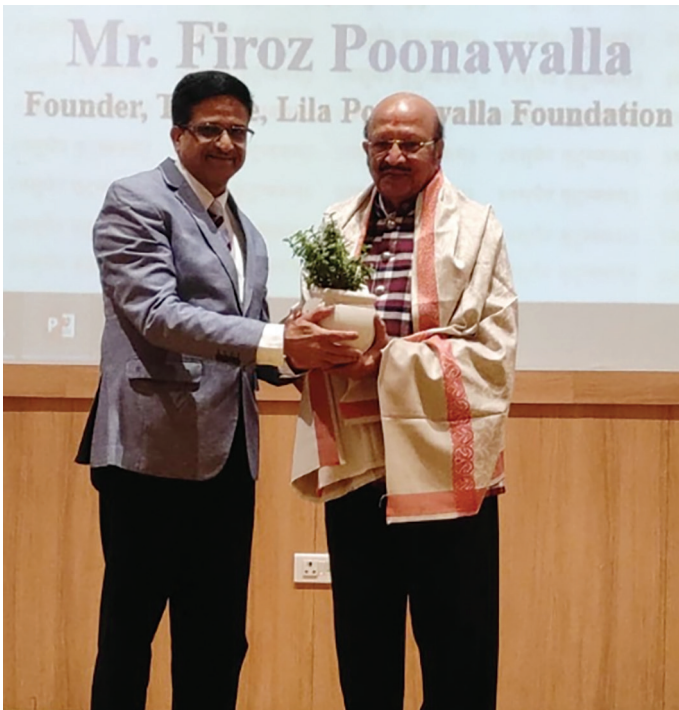


Mr. Firoz Poonawalla (Founder, Trustee of LPF) felicitated as the Chief Guest at the 32nd Lamp Lighting Ceremony at Bharat Vidyapeeth College of Nursing, Pune



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Mr. Firoz Poonawalla (Founder, Trustee of LPF) invited as the Chief Guest at the Lamp Lighting Ceremony at Symbiosis College of Nursing, Pune. Mr. Poonawalla then met with young girls and wished them all the best for the career.



Ms. Priti Khare (CEO, LPF) as the Chief Guest at the Lamp Lighting ceremony at Sharda Pawar Institute of Nursing in Baramati. The event was witnessed by Ms. Sunanda Tai Pawar - Trustee Agricultural Development Trust, Dr. Mutha and Ms. Kalyani Nanajkar- General Manager, LPF. Ms. Priti Khare had an interaction meeting with the LILA Girls post event.

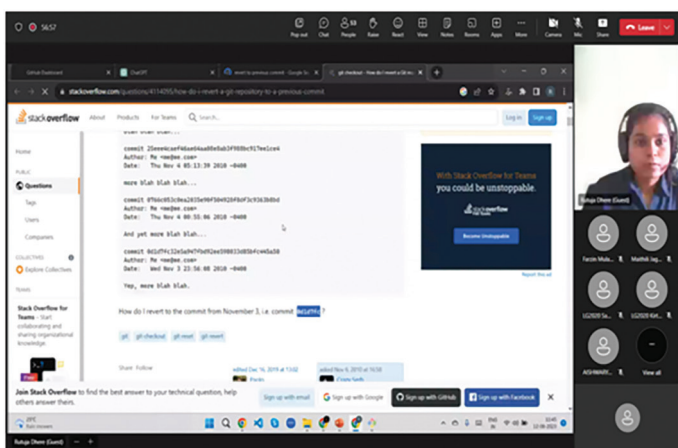


LPF participated at the 7th Regional Volunteer Meet in Pune by the Tata Sustainability Group. The meet included 37 volunteer leads and champions from 11 Tata Group companies. Ms. Harshali Gaikwad (Assistant Manager- Training & Corporate Partners' Volunteering) represented LPF as one of the panelists in the discussion on Sustainable & Engaging Employee Volunteering interventions.

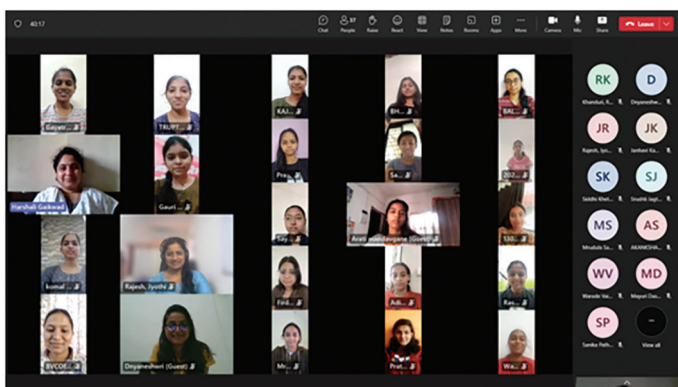
Online Training sessions



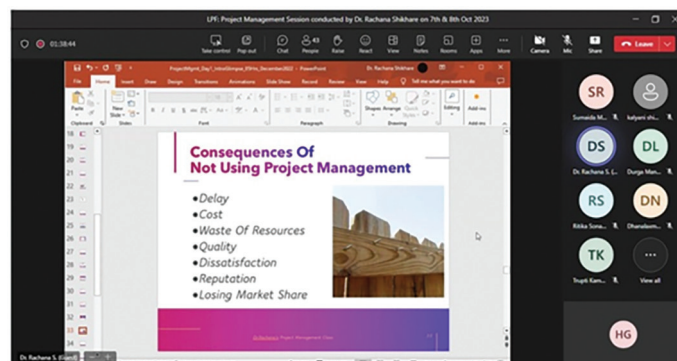
Everyday Environmentalism conducted by LPF Alumni Ms. Snehal Sinhalkar (LG-2016)



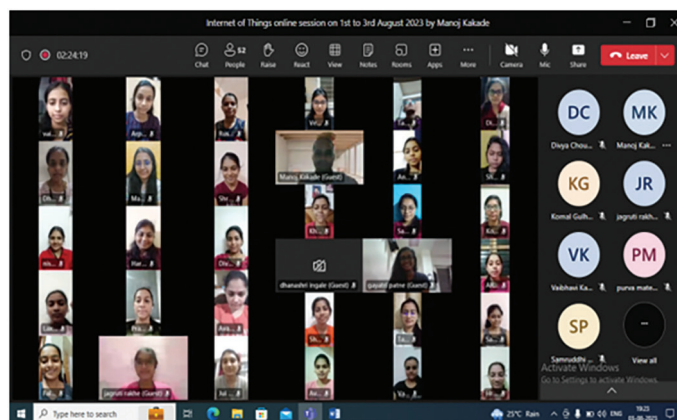
Introduction to Version Control using Git & Git-hub conducted by LPF Alumni Ms. Rutuja Dhere (LG 2017)



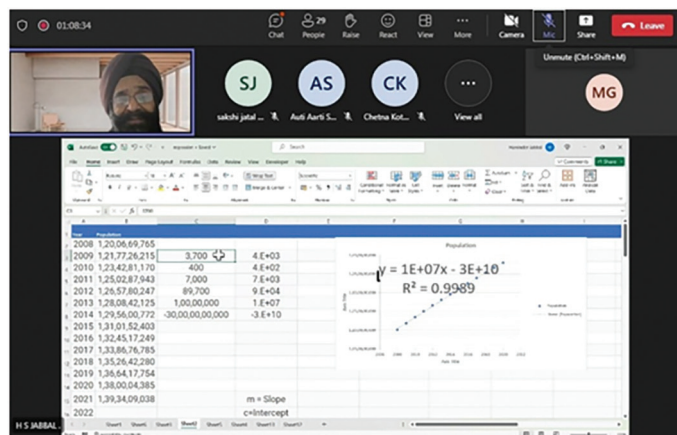
Software in the Manufacturing World conducted by LPF Alumni Ms. Jyothi Rajesh (LILA Fellow 2001)



Internet of Things conducted by LPF Trainer Mr. Manoj Kakade



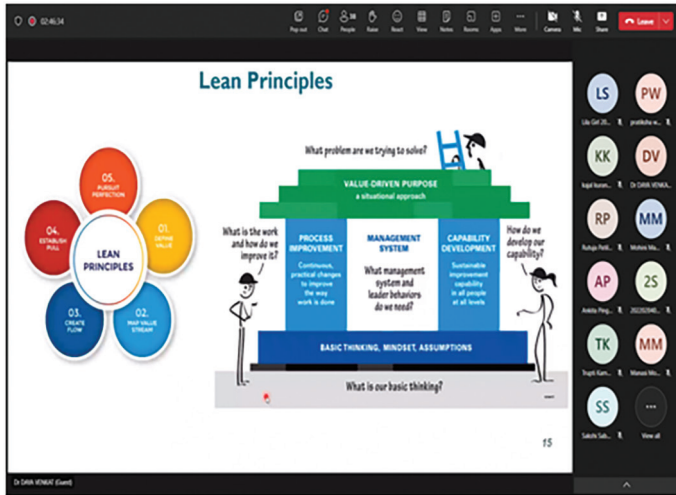
Project Management Session conducted by LPF Trainer Dr. Rachana Shikhare



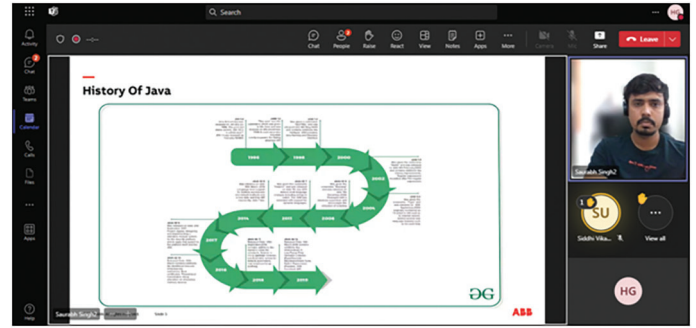
Introduction to Data Science conducted by LPF Trainer Dr. Harvinder Singh Jabbal Sir

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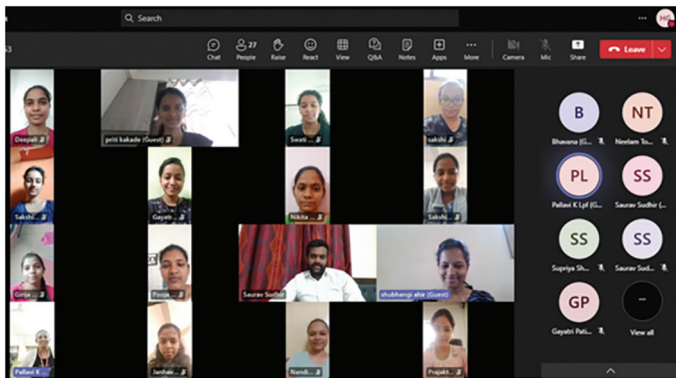
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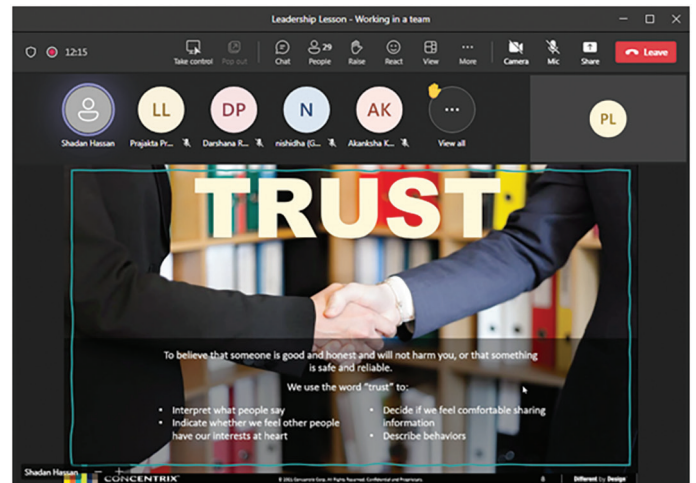
IT Infrastructure Landscape conducted by LPF Trainer Dr. D Venkata



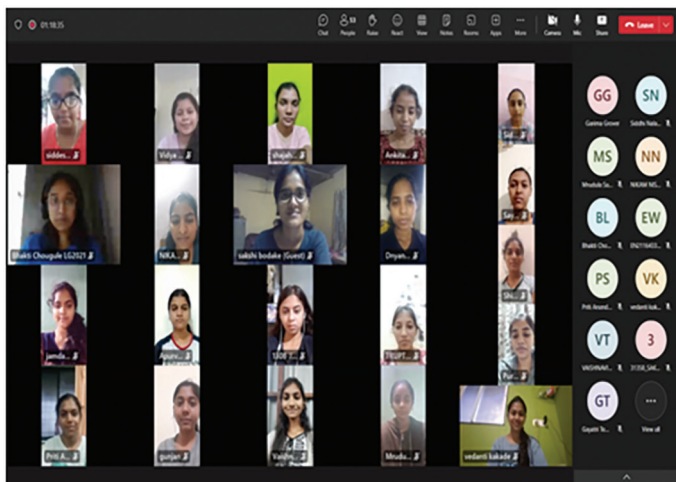
Introduction of Core Java conducted by Corporate Partner Mr. Saurabh Singh (ABB)



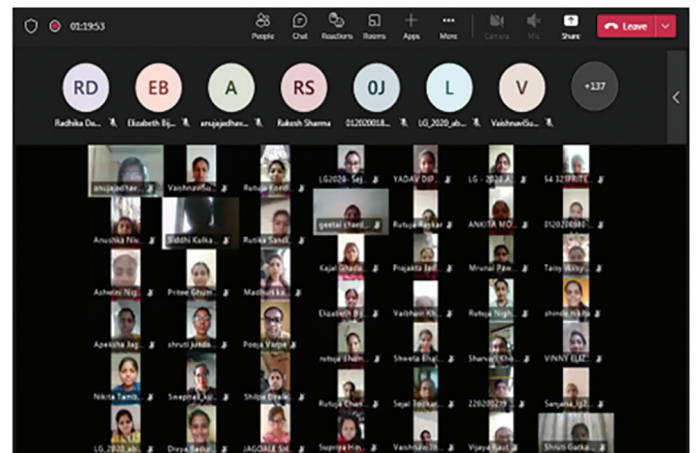
Design Thinking session conducted by Corporate Partner Mr. Saurav Sudhir (ABB)



Leadership Lesson- Working in a Team Conducted by Corporate Partner Mr. Shadan Hassan (Concentrix)



Cultivating Resilience and Grit with Psychologist by Corporate Partner Ms. Garima Grover (Concentrix, Volunteer)



Ownership Session conducted by Ms. Sheenam (Concentrix)



Chandrika Srinivasan
LG 1996
USD 3275

One to One Scholarship Annual Donation
Supports-4 girls -Engineering for WAN



Radhika Lahankar
LF 2002
USD 2910

One to One Scholarship One time
Supports-3 girls of PG



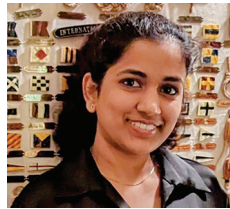
Umema Bohari
LG 2011
USD 2000

One to One Scholarship One time
Supports-1 girl for Engineering
after Diploma



Haripriya Rajagopal
LF 2003
USD 1661

One to One Scholarship One time
Supports-2 girls of Engineering for
WAN



Manuja Bandal
LG 2014
USD 517

1 girl of Engineering after Diploma
for Wardha-Amravati-Nagpur (WAN)



Ashonita Chavan
LF 2002
USD 198

General Donation



Ashwini Erande
LF 2004
41,000

General Donation



Dhanashree Havele
LF 2012
30,000

General Donation



Pradnya Garud
LF 2012
25,000

General Donation



Jigna Rathod
LG 2011
25,000

General Donation



Asmita Patil
LG 2012
25,000

General Donation



Pooja Ranpise
LG 2013
20,010

General Donation



Shivkanya Shinde
LG 2011 and LF 2015
10,000

General Donation



Sanvedna Khaire
LG 2013
10,000

General Donation



Aditi Lonkar
LG 2017
10,000

General Donation

Note :

Information provided here is USA donation of more than 100 USD given to LPF for period from September 2023 to January 2024.

And

Note:

Information provided here is donation of Rs. 10,000/- and more given to LPF for period from September 2023 to January 2024.

Dear Mom and Dad

I hope this message finds you well. My name is Harshada Kadam, and I am writing to express my sincere gratitude for being selected as a Lila girl of the Lila Poonawalla Foundation Scholarship.

Receiving this scholarship is not just a financial boost for my education, but also is a tremendous honour and a source of inspiration. The foundation's commitment for empowering women through education is truly commendable, and I feel privileged to be a part of this esteemed community of scholars.

This scholarship is not just a monetary support; it is a vote of confidence in my abilities and aspirations. It motivates me to work harder, strive for excellence, and contribute meaningfully to the society. Your generosity has lightened my financial burden, allowing me to focus more on my studies and personal growth.

I assure you that I will make the most of this opportunity and use the knowledge and skills gained through my education to make a positive impact on the world around me. Your belief in my potential has ignited a renewed sense of purpose and determination in me.

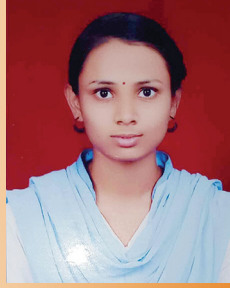
Once again, thank you from the bottom of my heart for your valuable support. I am deeply grateful for the opportunities this scholarship provides and the doors it opens for me. I am excited about the journey ahead and am committed to make the most of this chance you've given me.

Please convey my heartfelt appreciation to the entire Lila Poonawalla Foundation team. Your efforts are changing lives, and I am a testament to the positive impact of your work.

With sincere thanks and warm regards,

■ Harshada Kadam

LG 2023



Dear Mom,

Many happy returns of the day!
No matters if the sun shines or
the rain falls

You always greet the day with a
smile

Mom your confidence is
contagious ...

I love your adventures nature &
your free spirit..

Thanks for giving me the great opportunity and
believing in me by giving me the scholarship for my
studies! I am so very blessed.

Once again many many happy returns of the day.

Yours loving,

■ Swaranjali mule

LG 2020



Dear Mom,

On this special day, I want to extend my warmest and heartfelt wishes to you as you celebrate another year of life, wisdom, and inspiration. Happy Birthday, dear Mom!

Your presence in my life has been a beacon of light, guiding me through the darkest of times and inspiring me to reach for the stars. Your wisdom and grace have not only touched my heart but have also left an indelible mark on countless lives around the world. As I reflect on the privilege of knowing you and being influenced by your remarkable journey, I can't help but feel immense gratitude for your presence in my life.

Your work in the field of education and women's empowerment has touched the lives of countless individuals, empowering them to break free from societal constraints and reach their full potential. Your dedication to creating a more equitable world is a testament to your compassionate heart and unwavering commitment to making a difference.

Despite your busy schedule and numerous responsibilities, you always find time to connect with people on a personal level, lending a listening ear and offering words of encouragement. I remember how you asked what the recipe for making groundnut laddus was, when I came to visit you informally.

As you celebrate this milestone birthday, I want you to know that your legacy is secure, not just in the books of history but in the hearts and minds of all those whose lives you have touched. Your journey is a testament to the power of the human spirit, and your impact on the world is immeasurable.

May this special day be filled with joy, love, and laughter. May you continue to inspire and uplift those around you, just as you have done for me. And may the years ahead be filled with even more achievements, happiness, and good health.

Once again, Happy Birthday, Mom!! With deep admiration and warmest wishes!

Your daughter,

■ Gargee Dorle

LG 2021



Dear Mom,


Wishing you a day filled with all the strength, power and courage that makes you the amazing woman you are. Happy Women's Day dear!

Today while celebrating womanhood, I just want to remind you that you are an amazing woman in my life who is an inspiration to me and my 12000+ sisters. You are the most energetic person from whom I always try to learn something new. I wish that I will be as confident, energetic and empowered as you. And also support all the incredible women around me. I am so proud to be a LILA Girl. Also I wish a very happy and wonderful women's day to all my didi and my dear sisters.

Once again a very happy women's day to all the extraordinary, beautiful and incredible beings around us.

There is no limit to what we, as women, can accomplish.



Lots of Love,
 Vedika Patil
 LG 2021

Dear Dad and Mom ☐

Wishing you a very Happy New Year and Merry Christmas.


Due to you both, I got a chance to pursue my studies and could build my career. I had left my job in June, now will be joining a new job in the coming year... I will also participate in the scholarship offerings once I start earning again.

Never ever forgetting you and your motivational words. You both have been my role models and made me very capable of where I stand today!

Just 2 days back was going through some old documents and saw a note... It mentions about postal letter with the date of my interview for the scholarship with LPF members in 2012. Was telling my mother about the interview experience. I was feeling the same goose bumps while narrating the day. What a great experience!

Mom and Dad, both of you have given us the power to stand firmly on our feet, I'm forever grateful...

Lots of love to you and Dad ☐

Your loving daughter,
 Pooja Gorde
 LG 2012




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 want to send my heartfelt wishes and warmest congratulations to both of you.

You both are my guiding lights and just like parents to me. Your love, support, and belief in my potential has always been invaluable. I cannot express enough gratitude for the opportunities you have provided me throughout the scholarship programme.

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. 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,


Wishing you both a spectacular New Year! May this coming year be filled with love, laughter, and countless beautiful moments for our family.

As we usher in 2024, I'm excited to share some wonderful news about my job as a Statistical Officer at Vasantdada Sugar Institute in Manjri, Pune. The past year has been a journey of growth and learning, and I'm grateful for the opportunities that have come my way. The work has been both challenging and fulfilling, and I am proud to contribute to meaningful projects that make a difference.

Thank you for being my pillars of support throughout this journey. Your encouragement and belief in me have been invaluable. I am looking forward to sharing more successes, laughter, and cherished moments with both of you in the upcoming year.

Here's to a New Year filled with prosperity, good health, and the warmth of family.

Happy New Year!

With love,
 Dhanashri Dewade
 LILA fellow 2021



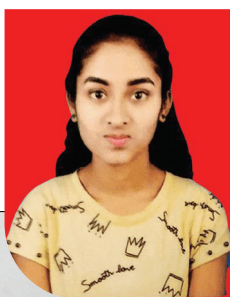
Vidhya Pravin Gadewar ■
LG 2021



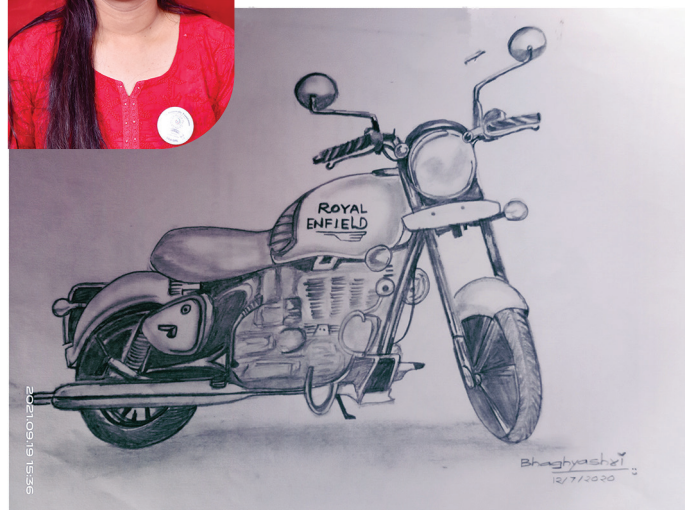
Snehal Ramchandra Suryawanshi ■
LG 2021



Shweta Vijay Mankar ■
LG 2022



■ **Bhaghyashri Sunil Adalinge**
LG 2020



Mohini Nanasaheb Varale ■
LG 2020



■ **Mayuri Mahalkar**
LG 17 PA19
Amravati



Labyrinth

Self-doubt to self-awareness

A slew of changes entrapped within
The dread of losing everything
In pursuit of the leading path
Recollecting memories from the past,
With a question to get answered
She took the first step with confidence.
And further and further, here she goes.
With tangled thoughts in despair
Moving forward with each stone,
determined for an answer
Oh! A breakdown as she moved farther from the
centre,
How would her questions will get answers?
Now in doubt: to move ahead or step aside
A storm of wind pushed her forward.
Making her leap ahead on the next stone
With the thought what would be the answer?
will it be a yes or no?
With this confusion, she moved on to the next circle.
Grasping the energy surrounding her,
A faint smile appeared, seeing the trees cheer.
With closer to her answers here, she moves.
Doubting herself about what to choose,
She took a deep sigh and looked around.
There wasn't a breeze or any chirping sound.
Standing on the last stone placed at the centre
A known voice spoke to her.
'What is right and what's wrong?
None, but you can understand.
Follow your heart with logical thinking.
Know your friends and know the enemy.
You have to choose your companion from so many.
I am your soul; I am your heart.
I am the spirit that's been with you so far.
Be selfless Be kind, but also stand up for your choice.
As the one who respects himself will be respected
everywhere,
Start with yourself, or you will lead nowhere.
Appreciate your joy and learn from your sorrows.
You are strong in a storm and calm in chaos.
You aren't alone; I am here with you to stay.'
Saying this, that voice went away.
The questions were now resolved.
And the soul entered back into her heart.
She felt lively and relaxed.
With a radiant smile on her face,
She made the journey back with self-belief and faith.
This was the journey of a girl in that labyrinth
Surrounded by trees and air filled with magic.

- Mayuri M
LG-17 PA-19
Agri. Amvt.

Siddhi Bramhadev Gavhane ■
LG 2022



Prajakta Shivaji Tambe ■
LG 2021



HAPPY
80
BIRTHDAY
MOM

Shravani Mahesh More is member of LILA Poonawalla Foundation since her early days of Childhood. Shravani's father is an auto driver. & her mother is a homemaker. Despite being difficult financial situation at home she never stopped studying and dreaming high.

She received a scholarship for LILA Junior in 2014 while studying at St. Clare's Girls' High School. She passed her SSC (Secondary School Certificate) exam with an impressive 89% marks. Shravani is also a LS of 2018. Shravani then received a scholarship for a senior diploma course in Instrumentation & Control from AISSM Polytechnic and which excelled with 92% marks. After completing her diploma, she was awarded an undergraduate (UG) scholarship as LG 2021 for engineering in Instrumentation & Control. She is currently in her final year of her B.Tech program in Instrumentation and Control at Cummins.



Shravani is fortunate to secure a job placement through campus recruitment with Air Products, a leading industrial gas manufacturing company. Air Products is known for producing a wide range of gases, including LNG (liquefied natural gas), hydrogen, nitrogen, helium, and others.

She has always aspired to work in a core instrumentation company, and her dream has come true with her placement at Air Products. Shravani's journey is a testament to her hard work, dedication, and the support she received through scholarships and educational opportunities. Her achievements in academics and her pursuit of a career in the instrumentation field are impressive, and her placement with Air Products represents a significant step toward realizing her career goals. It's inspiring to see young individuals like Shravani excel and pursue their dreams in their chosen fields.

We, LPF, wish her all the best and may she fly high with even more vibrant colors! We are proud of you dear.

■ Compiled by Vaishnavi Nimbalkar
LG 2015 & LF 2017

Pratiksha Umesh Anarase is a LILA Girl 2019. LPF awarded her scholarship for Instrumentation Engineering course which was sponsored by Donor Atlas. She hailed from a modest background, where her father is a hardworking farmer, toiled under the sun to provide for the family, and her mother lovingly tended to their home. Pratiksha, however, was determined to make her family proud and break the cycle of financial struggle that had defined their lives.



Pratiksha's academic progress didn't start in college; it was a culmination of years of hard work and determination. In her 10th-grade board exams, Pratiksha obtained an impressive 85.6%, and she continued to excel in her 12th-grade exams with a commendable 71.69%. These achievements, however, were not just a testament to her intelligence but also her determination to secure a brighter future for herself and her family.

Pratiksha's journey of resilience and determination began at MKSSS's Cummins College of Engineering for Women. There, she pursued a degree in Instrumentation Engineering, where her commitment to academics shone through with an outstanding 8.9 CGPA. It was clear that Pratiksha had a thirst for knowledge and an unwavering dedication to her studies. While managing her studies she also attended a total of 19 LPF Training programs.

Pratiksha was awarded with this scholarship, both for her impressive merit and considering her family's financial background. This scholarship provided her with the

financial support she needed to continue her education without burdening her family further. With scholarship in hand and a heart full of dreams, Pratiksha embarked on her academic journey. She knew that each milestone she achieved brought her one step closer to her goal: securing a better life for her parents and herself.

As she completed her engineering degree with flying colors, Pratiksha's story became an inspiration to many. As graduation approached, Pratiksha's anticipation grew, and she wondered what exciting adventures the future held for her. On a sunny day in May, the answer arrived in the form of an email from Boeing India Private Limited. Pratiksha had applied for a position of Software Developer, and her skills and dedication had not gone unnoticed. The email contained a job offer with a lucrative package of 11.65 CTC. It was a dream come true for Pratiksha, who had always dreamt of working with a prestigious aerospace company like Boeing in Bengaluru.

In the end, Pratiksha's journey from a diligent engineering student to a respected Software Developer at Boeing India Private Limited was a testament to her unwavering determination and relentless pursuit of excellence. She proved that with hard work and a passion for what you do, dreams can indeed take flight, just like the aircraft she helped design and improve during her remarkable career at Boeing.

We, LPF, wish her a very great time ahead and may all your wishes come true... Good luck!

■ Compiled by Vaishnavi Nimbalkar
LG 2015 & LF 2017

Sonal Machhindra Bhagat LPF member as being LF 2014 & PA 2017. It's great to hear about Sonal's journey and achievements. She has certainly made significant progress in her career.



Despite facing challenges from a low-income background, she has shown determination and dedication to her goals, which is truly commendable. Her academic records, though not exceptionally high, are still respectable. Despite of that, she has managed to excel in her professional career with multiple colors. She got 82% marks in 10th and 78% in 12th. She completed Mechanical Engineering from Pimpri Chinchwad College of Engineering.

Sonal has received a scholarship based on her financial background & Merit. In her family, her father runs an electric shop, and her mother is a housewife. Her sister is pursuing B.E (Final year) and younger brother is in 10th standard.

As LF she attended Total 6 LPF Training programs. She started her career with Q-Tork Automation Pvt Ltd. in the Quality Assurance department with a CTC of 2 LPA in June 2018. Switched to Grupo Antolin Company as a Design Engineer in October 2019 with a package of 3 LPA. Worked at Grupo Antolin Company for 4 years and gained valuable experience. The she switched to Grupo Antolin

Design and Business Center as an Automotive Interior Design Engineer with a package of 6.5 LPA. Recently joined Mercedes Benz research and development India as a Product Design Engineer in August 2023 with a package of 10 LPA.

Her ability to continuously update her skills and achieve her career goals despite her background is a proof to her determination and work ethic LPF training programs also helped her a lot. Her focus and commitment have undoubtedly played a significant role in her professional success. It's inspiring to see individuals overcome challenges and work hard to achieve their dreams.

She is kind and gentle and loves to take part actively. During Covid times too, she suffered medical troubles, but with all those difficulties, she stood strong and her family with her best. She is thankful to Mom and Dad for providing mental support and making her an independent girl altogether.

Sonal further wishes to pursue higher education and we wish her all the very best in her journey! May you make your palette even more bright and vibrant!

■ Compiled by Vaishnavi Nimbalkar
(LG 2015 & LF 2017)

and

Tazeen Shaikh
(LG 2014 and LG 2017)

Shalaka Kathapurkar: A Trailblazing Journey of Empowerment

Introduction:

In the dynamic realm of technology and empowerment, Shalaka Kathapurkar stands as a beacon of inspiration, embodying the spirit of a leading lady. From the corridors of Michigan State University to the cutting-edge innovations at Google, Shalaka's journey is a testament to resilience, passion, and an unwavering commitment to making a difference. This leading lady's narrative extends beyond personal success, intertwining with the philanthropic endeavors she passionately pursues. Let us delve into the remarkable story of Shalaka Kathapurkar, a trailblazer shaping the future for herself and others.



For her, contributing to LPF is about providing opportunities and being a part of a movement that fosters the growth of young women. Shalaka emphasizes the importance of supporting and elevating each other for continuous collective progress.

Being a Trailblazer:

While Shalaka may be the first to sponsor four girls, she sees every effort, big or small, as a vital contribution to the collective journey. She envisions a movement within the Lila community where more sisters actively participate in supporting and empowering girls.

Balancing Work and Social Responsibility:

Balancing a high-profile role at Google with social responsibilities is a deliberate act of prioritization for Shalaka. She believes that making choices aligned with personal values and priorities is crucial for carving out time for meaningful contributions.

Career Advice for Young Professionals and Women Entering Tech:

Shalaka's wisdom extends beyond her accomplishments, as she offers invaluable advice to young professionals and aspiring women entering the tech industry. She emphasizes the importance of starting to make a positive impact now, no matter how small the contribution. For women in tech, Shalaka encourages a relentless pursuit of one's dreams, embracing failures as opportunities for growth, and defining success on personal terms. Her guidance serves as a roadmap for those navigating the dynamic landscape of technology, echoing the sentiment that success is not solely defined by titles or companies but by continuous self-improvement and the positive impact made along the way.

Conclusion:

In concluding our exploration of Shalaka Kathapurkar's extraordinary journey, we find ourselves not only in the presence of a leading lady but a trailblazer committed to empowering others. Shalaka's deep connection with the Lila Poonawalla Foundation has not only shaped her trajectory but also fueled her passion for giving back. As we celebrate her achievements, we are reminded that true leadership extends beyond personal triumphs. Shalaka's story beckons us to embrace a collective responsibility for uplifting the next generation. In a world where success is often measured individually, Shalaka Kathapurkar's narrative invites us to envision a future where each triumph is a shared victory, where leadership is defined by impact and empowerment for all.

Background and Career Beginnings:

Shalaka's initial venture into the professional world began with an internship at Dupont in Virginia. Working on developing critical subsystems for Dupont's factory, she discovered her passion for problem-solving and innovation. Post-graduation, Shalaka commenced her professional journey at CapGemini Ernst & Young, marking the beginning of a fulfilling career.

Motivation to Join Google:

Google, with its mission to organize the world's information and make it universally accessible, had always been a dream company for Shalaka. Her fascination with Google started during her engineering days in Pune when she observed its transformative impact on information accessibility. After pursuing other opportunities, Shalaka finally joined Google in 2019, where she continues to find inspiration in a dynamic and intellectually stimulating environment.

Involvement with LILA Poonawalla Foundation (LPF):

Shalaka's connection with the LILA Poonawalla Foundation (LPF) traces back to 1999 when she was awarded a scholarship. Founded by the visionary LILA Poonawalla, the foundation not only provided crucial financial support during Shalaka's educational journey but also fostered a sense of community and shared responsibility. Recently, Shalaka had the honor of being a guest speaker at an LPF scholarship function—an experience that brought her journey full circle. Transitioning from being among the girls in the audience to standing on stage, sharing her story, Shalaka vividly acknowledges the profound impact LPF has had on her personal and professional growth. This enduring association has not only shaped her trajectory but also inspired her to give back, becoming a driving force in her commitment to empower others.

Contributing to LPF and Sponsoring Girls:

Motivated by the joy derived from giving back, Shalaka decided to support the education of four LILA girls.

■ Compiled by Siddhi Phapale
LG 2022

The Future of Professional Career Accessibility: LinkedIn and Beyond

We are here with yet another Leading Lady of LPF. She is Siddhida Deo LF 2008 and PA 2012. On interviewing about her path to success, Siddhida says, "I grew up in Pune and being a hard of hearing impairment girl of profound deaf mother and able-bodied father, survived with younger deaf sister where my education was been normalised in local school where it particularly lacked the system for inclusive society back then. Growing up, I really wondered if I could create one when I grew up. I studied graphic design, printing (remember printing during college free hours and my home environment was not fulfilling for studies) I used to dream about becoming as scientist and I did bag a scholarship from LPF for My Masters in Chemistry in 2008. Even though I have failed scholarship exams in school level, I thought of opting for LPF scholarship.



My career track in Digital Marketing changed exponentially after I had been into working in chemical and pharmaceutical companies and reputed organization in field of Research and development, Scientific writing, IPR and Market Research. But then, the way of mistreatment received at workplace was major motivating factor to change my work purpose in Digital Marketing. After that, I began teaching myself and started learning attitude with various aspects of digital marketing / online marketing I felt there was no innovation in social inclusive practices in social justice in India and many of the NGO's were working only for sensitization of towards specially challenged awareness workshops related to jobs and assistive technology products.

My work involved more on creative businesses aligning with Digital Marketing and website development with accessible features. For my idea of Startup, I was selected for an IIM program as Ranked 1st in India but unfortunately due to fund issues I had to let go of the opportunity. Today, I'm privileged to be able to use my experience in design, development, and quality assurance website testing to make the web accessible to as many people as possible at Venugram Creationz, my own firm, working with various segments of digital marketing and accessibility. I have upskilled and Attended Microsoft and WCAG programs in 2019 -2021 during corona period in which they have introduced how AI in digital marketing and accessibility will work together for sales and marketing solutions in various industrial domains.

There is deep relationship between SEO Accessibility. Digital accessibility upgrades have the additional benefit of improving your search engine rankings. Google's stated mission is to organize the world's data and make it easy for everyone to access and use. The emphasis is on "universally accessible." This implies that as Google continues to refine its search algorithm in line with accessible design tenets, sites implementing robust



accessibility will progressively rank higher in results.

In respect of the field where I work in. I would to share few technicalities with my LPF sisters.

What is WCAG? How can I make my website WCAG compliant?

Web Content Accessibility Guidelines (WCAG): guidelines published by the Web Accessibility Initiative of the World Wide Web Consortium is body that governs all the websites way of working.

The Web Content Accessibility Guidelines provide the basis for developing accessible websites through four key tenets. These core concepts offer web designers a reliable model to construct online content that can be accessed by all audiences. We will now examine each principle in more depth:

Perceivable:

In order for a website to be accessible, it is essential that all the information it contains and all its user interface elements, including links, text boxes, and buttons, are presented in a manner that allows all users to perceive them through at least one of their senses. If any content is not visible to any user, then the website cannot be deemed accessible.

Operable:

A website is regarded as functional when all users are able to engage with it and get around it successfully. If a website contains any interactive elements, all users must have the ability to use those features.

Understandable

The content and design of a website must be comprehensible to all users. Web pages should function in expected ways so users can anticipate how to interact with them. When legal agreements or financial transactions can be carried out on a page, safeguards should protect users from unintentionally making erroneous inputs.

Robust

The information displayed on a website should be understandable to a wide range of user agents. This

contd. on page 46...

contd. from page 45...

includes common web browsers as well as assistive technologies like screen readers. It is important that the content on a website remains accessible even as assistive technologies advance.

• Why Website Accessibility Matters to all social media platforms in neurodiverse culture in India?

Inaccessible websites prevent people with disabilities from getting equal access to information, just as steps at a building entrance bar their physical access. The Department of Justice prioritizes web accessibility for the disabled, as more services go online and people increasingly rely on websites for daily life - like checking voting, health, transit and other public information.

People with disabilities access the web in various ways, using screen readers, captioning, voice recognition and other tools tailored to their needs. But poorly designed websites erect barriers excluding them, like steps block some people from entering buildings. These roadblocks keep people with disabilities from accessing the online information and services that governments and businesses provide the public. However, with proper design, websites can be made accessible to people with disabilities.

Do's and Don'ts For Designing Websites

Type of Neurodiversity	Do's	Don'ts
1) Users with low vision	<ul style="list-style-type: none"> • Display text with sufficient contrast and in a font size that is easy to read. • Make all content available in HTML format on website pages. • Incorporate color, shapes, and text together in the design. • Organize content in a straightforward, rational manner - and confirm it remains visible when magnified to 200%. • Position buttons and alerts in their appropriate context. 	<ul style="list-style-type: none"> • Employ minimal color differentiation and diminutive text dimensions. • Embed details within supplementary downloads. • Rely solely on pigmentation to impart significance. • Disperse content throughout an entire page and compel the user to traverse laterally upon magnifying the content twofold. • Disconnect behaviors from their circumstance. • Peruse placard for impaired sight.
2) Users with physical or motor disabilities	<ul style="list-style-type: none"> • Create sizable interactive interface elements • Allocate ample area for data entry fields • Construct to accommodate keyboard entry or voice commands alone • Develop with mobile device and touchscreen functionality in mind • Incorporate accelerated access options 	<ul style="list-style-type: none"> • Require exactness • Cluster numerous interactions • Generate dynamic material necessitating extensive mouse manipulation • Implement brief inactivity periods before timeout • Fatigue users with abundant typing and rolling • Consider users with physical or motor impairments
3) Users who are D/deaf or hard of hearing	<ul style="list-style-type: none"> • Communicate clearly in straightforward language • Include captions or written versions for any visual media • Use a sequential, coherent structure • Divide information into sections, incorporate visuals like pictures or clips • Allow people to specify their desired communication aids when scheduling meetings 	<ul style="list-style-type: none"> • Employing complex terminology or rhetorical devices • Providing information solely in audio or visual formats • Implementing intricate interface designs and navigation options • Requiring users to read extensive passages of content • Not limiting contact options to phone calls alone • Accommodate Deaf or hard of hearing audience

Type of Neurodiversity	Do's	Don'ts
4) Users with dyslexia	<ul style="list-style-type: none"> • Use visuals like pictures and charts to supplement the written information. • Organize the text by aligning it to the left margin and keeping a consistent format throughout. • Think about making the content available in other media types like audio recordings and videos. • Keep the content brief, unambiguous, and straightforward. • Allow users to adjust the contrast between the background and text. 	<ul style="list-style-type: none"> • Make use of lengthy excerpts of dense, complex text • Emphasize words by underlining, italicizing or capitalizing them • Require users to recall details from previous pages without providing reminders or cues • Depend on users spelling everything correctly without autocorrect or suggested alternatives • Include an excessive amount of information all in one section

Why choose LinkedIn over other Social Media platforms for Professionals of all kinds?

LinkedIn promotes authenticity and diversity by making the platform accessible to a wide spectrum of abilities. This inclusivity benefits both users with disabilities and those without, enhancing the workplace and network. Three accessibility features on LinkedIn are highlighted, emphasizing the importance of accessibility.

Screen Reader Support

Screen readers allow people with visual impairments to use digital platforms such as LinkedIn. While most users navigate the interface visually, screen readers enable users to rely on their hearing instead. Users can adjust the speed, volume, and language of the content.

LinkedIn accommodates various screen reader technologies. Everything from profile introductions to "Open to" options and photos can be accessed with a screen reader. These features are available on LinkedIn's desktop and mobile apps.

Immersive Reader

LinkedIn provides an accessible reading experience for all users through Microsoft's Immersive Reader. The dynamic tool allows your content to reach the largest number of people in the LinkedIn community.

When using the Immersive Reader, users can have articles read aloud in different voices and speeds. It also offers display options to better understand visual

content, like text size and spacing controls and a picture dictionary that turns words into images. Users can even translate the article into another language in real time.

Disability Answer Desk

As a Microsoft company, LinkedIn upholds high accessibility standards. The disability answer desk offers dedicated support for the platform's assistive technologies. Whether encountering a bug or needing help with a task, users can get the support they need to maximize the platform. For extra support, LinkedIn partners with Be My Eyes, a free app that helps visually impaired users navigate the web.

Rest easy knowing that by posting your material on LinkedIn, individuals from a diverse range of talents, tongues, and viewpoints are able to access and interact with your content that we are always surrounded with.

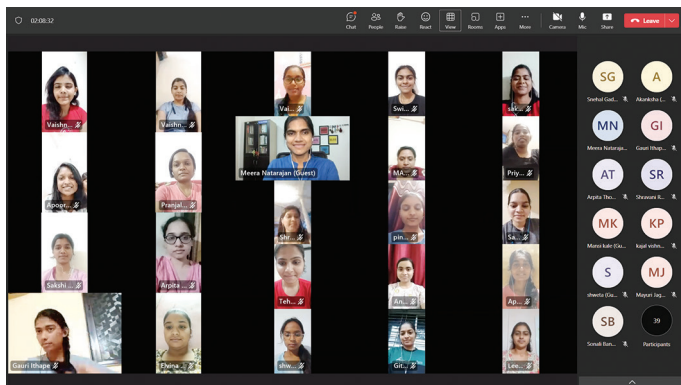
It's been a quite a journey where LPF has shaped my career with continuous moral and expansive support whenever I felt in my challenging phases of life. I have always been inspired with the "growth performance" of LPF's strong woman's organization which is still representing throughout. I am truly grateful for Lila Mom and Dad, the training sessions and trustee's guidance and tips on career and Ms Khare for being my constant, well-wisher.

■ Compiled by Sonal Mohite - Walunj
LF 2012

Mind Mapping

Ms. Meera Natarajan, a freelance trainer, led a 'Mind mapping' session for first-year post-graduation LILA fellows. The attendees learned how to make mind maps, the mind mapping formula, etc. during the program.

Through homework assignments and group activities, the trainer clarified



the concept of mind maps for the LILA Girls. It's a highly useful method for writing down an overview and an excerpt of a large topic. The trainer even showed the girls how to utilize an app that allows them to create digital mind maps, which the girls thought would be helpful for their exam revision and study sessions.

Advance of Values & Ethics Principles

Ms. Meera Natarajan, a freelance trainer, led a session on 'Advance of Values & Ethics Principles' for LILA girls in their final year of nursing school.

LILA Girls provided a fully engaged experience through group activities and the sharing of viewpoints.



They acquired a deeper understanding of the role that ethics and values play in their life and how they influence how they behave. They also studied how to create and live up to their own personal brand, as well as the influence of core beliefs on personality and decision-making.

Obstetrics & Gynecological Emergencies

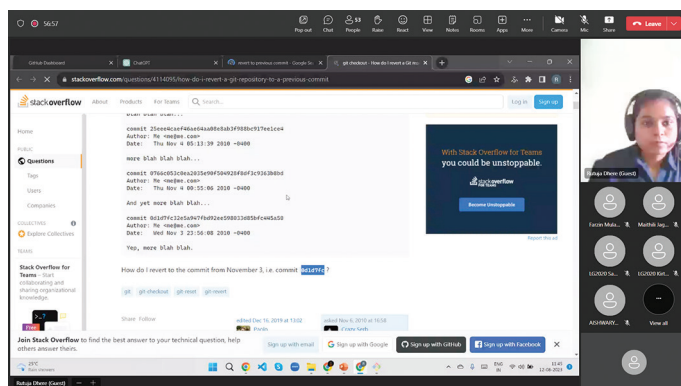
The final year nursing LILA girls attended a workshop on 'The Obstetrics and Gynecological Emergencies' led by Mrs. Sarika Zende (HOD, Surya Mother & Child Care Hospital). The interaction and active involvement made the session outstanding. It provided a valuable opportunity for LILA



Girls to learn about medical emergencies, drugs used in ICUs and CCUs, and other crucial situations, which tremendously improved their studies. Additionally, it improved their comprehension of emergency protocols by offering insightful information on the hospital's emergency color-coding system.

Introduction to Version Control using Git & Git-hub by Ms. Rutuja Dhere (LG 2017)

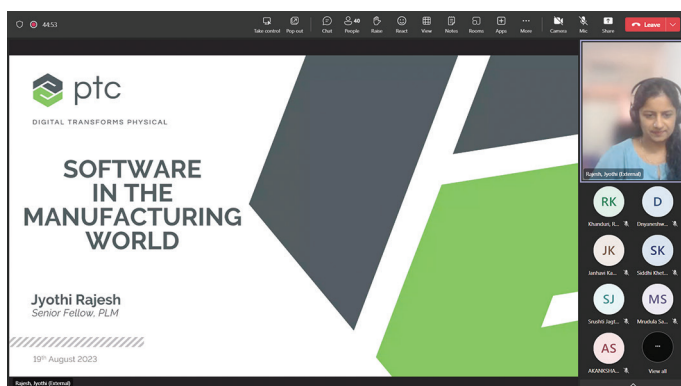
Ms. Rutuja Dhere (LILA Girl 2017) led a workshop on 'Introduction to Version Control using Git & Git-hub' for the final year Engineering LILA Girls. The LILA Girls gained a lot of knowledge from the training. They gained knowledge about a variety of subjects related to Git and GitHub, such as



how to initialize Git with different commands, check Git status, and add files to Git using commands. They also developed a thorough understanding of Git clone and its useful applications. They all found great value in the session, and they thank Rutuja and the foundation for providing this helpful course.

Software in the Manufacturing World by Ms. Jyoti Rajesh (LF 2001)

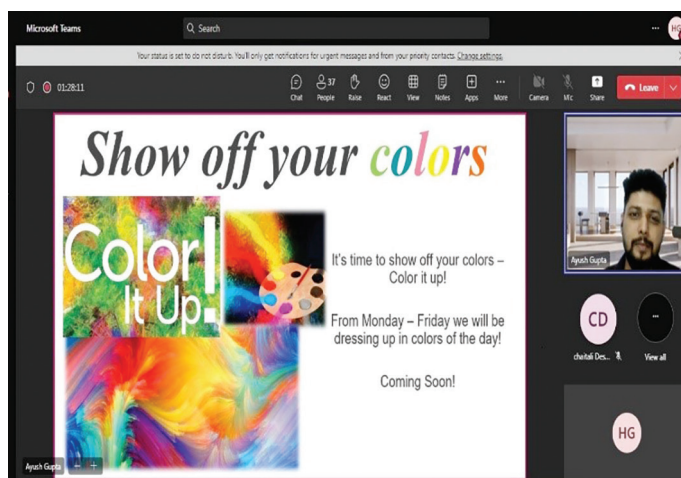
'Software in the Manufacturing World' session was conducted by Ms. Jyoti Rajesh (LILA Fellow 2001) currently working in PTC as Technical Expertise in architecting. The session is for 3rd year Engineering LILA Girls. The session was incredibly



enlightening and engaging. The program provided a wealth of knowledge and valuable experiences. The insights about CAD, AR/VR, and the digital thread connecting design to manufacturing were particularly beneficial from a software engineering perspective.

Basics of PPT by Concentrix Volunteer

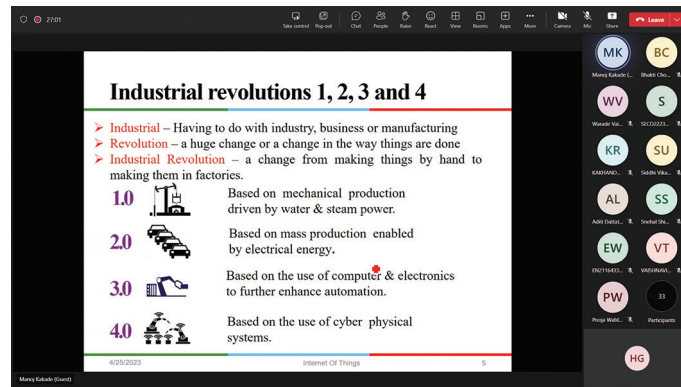
'The Basics of PPT' session was conducted by Mr. Ayush Gupta (Concentrix, Volunteer) for 1st year Science LILA Girls. The session was engaging, enlightening, and educational. Ayush



comprehensively addressed all the key aspects during the session. Girls gained a multitude of insights that were previously unfamiliar. They grasp the techniques for crafting improved PPT presentations and rendering them more captivating.

Internet of Things

Mr. Manoj Kakade led a class on 'The Internet of Things' for third-year engineering LILA girls. The session covered IoT fundamentals, technologies and their applications, including IoT prototype

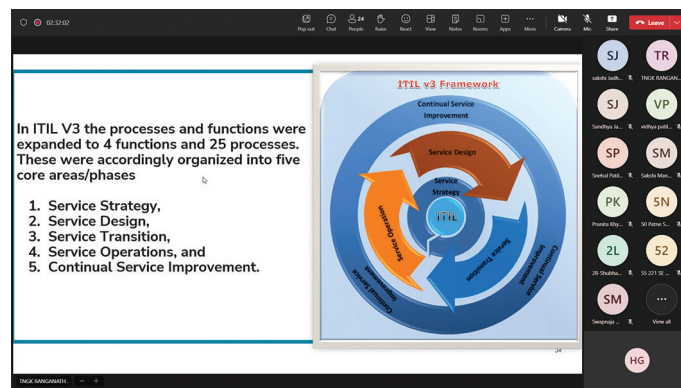


building. The discussion was lively and fascinating. Girls gained knowledge about how IOT is used in our daily lives. How microprocessors and sensors function. For them, each of these items is crucial and beneficial.

IT Infrastructure Landscape

Mr. Ranganath Krishnan B.E, M.S. (Cyber Security) led a session titled 'The IT Infrastructure Landscape' for second-year engineering LILA girls.

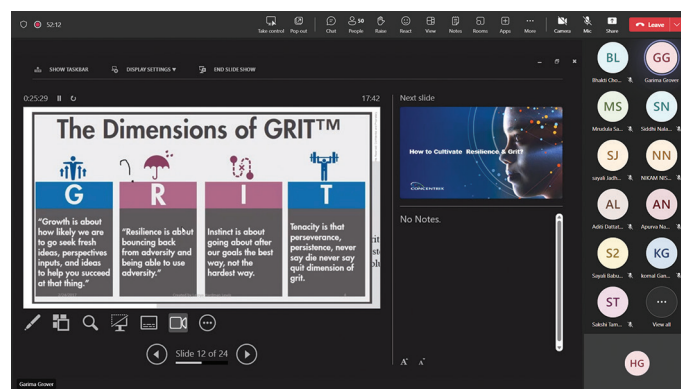
For girls, the event was quite instructive, offering insightful knowledge about the many kinds and components of IT



infrastructure. It was helpful for LILA Girls to have a greater understanding of each issue because some of them were new to them and others they had only heard about briefly. Ranganath Sir's explanations were understandable and made the concepts easy to understand.

Cultivating Resilience and Grit with Psychologist by Concentrix Volunteer

Ms. Garima Grover (Concentrix, Volunteer) led a workshop titled 'Cultivating Resilience and Grit with Psychologist' for third-year pharmacy LILA girls. The topics covered in the class include The Learning Pit, Factors Causing Stress to Students, and Introduction to Resilience



and Grit. Girls learned about building resilience during the workshop, with a focus on how important it is to change the way they view failure. Failure should not be seen as a sign of defeat, but rather as an opportunity for personal development and a step closer to success.

Basic Nursing Skills Development

For second-year nursing LILA girls, 'Basic Nursing Skills Development' was taught by Mrs. Sarika Zende (HOD, Surya Mother & Child Care Hospital).

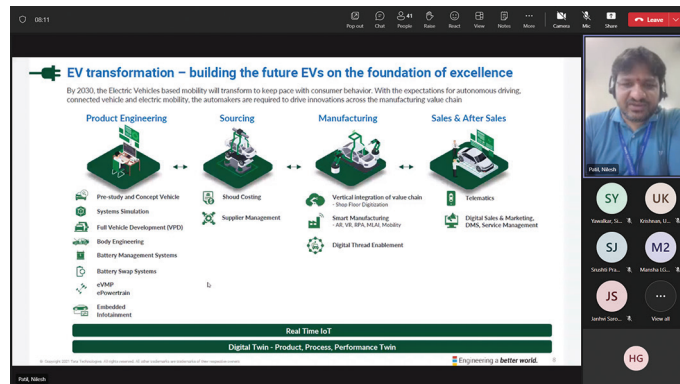
Girls now have a thorough awareness of all the components of pre- and post-operative care, which are vital for encouraging patients to heal quickly. The administration of medications



is a crucial aspect of the nursing profession, and girls find it easier to understand complicated ideas thanks to Sarika Mam's instructional style. Her explanations have been very clear, particularly on subjects like drug calculations, worldwide patient safety targets, and medicine delivery routes. Girls valued her method of instruction, theoretical justifications, and practical CPR demonstrations backed by visual aids.

Emerging trends in Electric Vehicles (EV) and Automotive by Tata Technologies' volunteer

For third-year engineering LILA girls, Mr. Nilesh Patil (Tech Lead, Tata Technologies) gave a talk titled "Emerging Trends in Electric Vehicles (EV) and Automotive." The discussion turned out to be both fascinating and

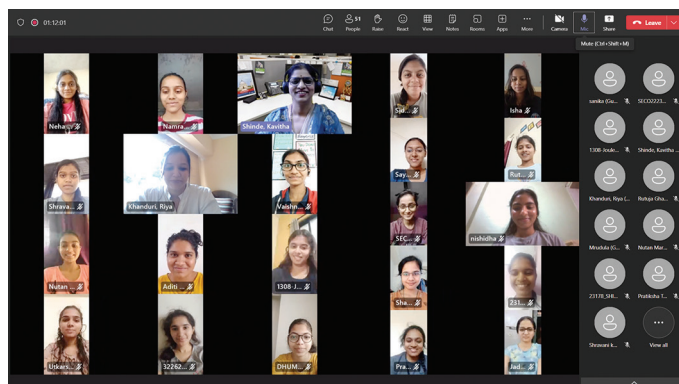


educational. It included insightful information about new EV technologies, the state of the electric vehicle industry, the global market for EVs, and the difficulties that accompany them. Finding out about the bright future prospects for electric vehicles was informative.

Power of Networking by PTC volunteer

Mrs. Kavitha Sudhir, Senior Director, User Assistance and R&D Training, PTC, led a workshop on the 'Power of networking' for LILA Girls in their second year of engineering.

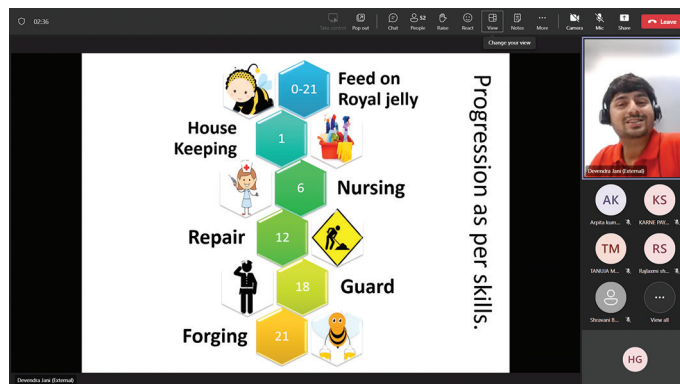
The lecture emphasized how important it is to build a strong



network in order to succeed in any sector. Kavitha ma'am that people in your network may be extremely helpful in landing a job, growing your business, filling important roles, getting insightful advice, and offering vital support when things become tough.

Skillset Series - Empowering Technical and Soft Skills by Amdocs volunteer

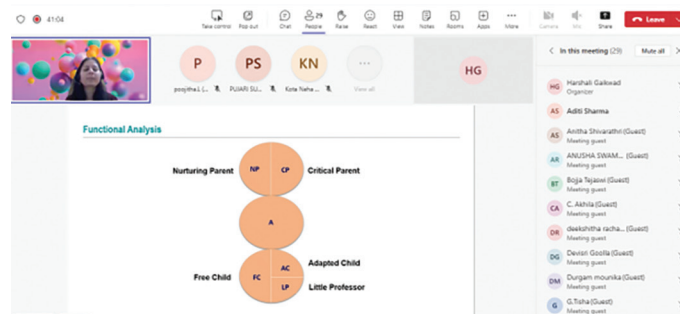
For second-year LILA Girls studying science and engineering, Amdocs arranged a program called 'Skillset Series - Empowering Technical and Soft Skills.' The following subjects are covered in the session: Introduction to Microservices, Introduction to Cloud Computing, Java 8 Features & Functional Interfaces, Garbage Collection, JDBC, Latest Java Features, Basics of Java, JDK, JVM, JRE,



JVM, Serialization Exception Handling, Collections & Arrays, etc. Girls enjoy these workshops, and they leave with fresh knowledge on both technical and soft skills. Each member of the Amdocs team did a great job explaining each idea. The career development of LILA Girls benefits from these seminars.

'Transactional Analysis' session by Concentrix volunteer

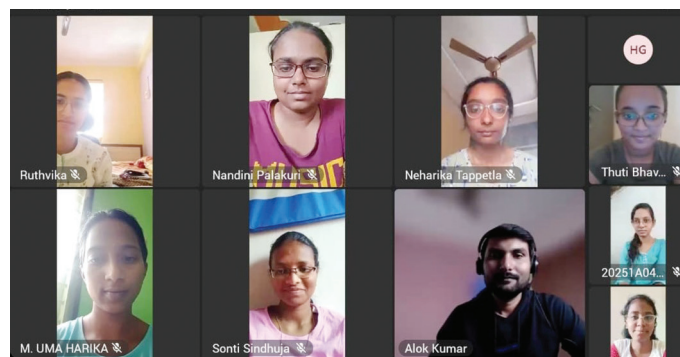
Mrs. Aditi Sharma (Concentrix) conducted a session on 'Transactional Analysis' for third-year engineering LILA girls. This lesson aids in the girls' comprehension of behavior. It examines our speech patterns, interpersonal interactions, and the roles we take on. Its objective is to enhance these exchanges to make them more balanced and healthful.



The fundamental tenet of transactional analysis is that people's personalities are made up of three ego states: Parent, Adult, and Child. It also holds that people operate from internal ego states that are the result of decisions they have made. These ego states are the basic building blocks of social interaction, or "social intercourse."

Design Thinking session by ABB volunteer

Mr. Alok Kumar conducted a 'Design Thinking' session for final-year engineering LILA girls. At LPF, we consistently welcome trending themes with great enthusiasm and curiosity. As the name implies, LPF girls will be able to comprehend 'Design Thinking' and its function in extending innovation by learning how to build solutions for end users while keeping a single problem statement in mind.



Teams utilize the non-linear, iterative process of design thinking to better understand users, question presumptions, reframe issues, and come up with novel prototype and testing solutions. It involves five phases: Empathize, Define, Ideate, Prototype, and Test. It is particularly helpful when used to problems that

are unclear or unidentified.

contd. on page 54...

Hello Mom,

I am Sanskruti Shital Altekar LG 2022. INSPIRA is such a great and inspirational magazine. It has shown me how to build a career, prioritize self-care, and become a better individual. It's a perfect magazine.

Thank you so much dear Mom, Dad, and all my Didi's for giving me the opportunity to be part of this family. I am truly blessed and grateful for this chance. Thank you

Your loving daughter,

■ Sanskruti Altekar
LG 2022



Dear Mom-Dad and Inspira team,

I am Nutan Ravindra Marathe, LG 2021. I want to express my sincere thanks for featuring my rangoli art in Inspira. I am truly grateful for this opportunity.

Also, I had been reading about by other sisters who are leading in their lives and also the Path finders who always give me motivation to aim high and keep moving. From and heart is my favourite part and I am always waiting for the new issue to read the stories from you and your hardships. You are indeed a motivation Mom.

Thanks, Mom and Dad

Yours loving,

■ Nutan Marathe
LG 2021



Dear Dad and Mom,

I am Pragati Rangnath Shelke LG 2022.

I want to express my feelings through this letter to you. Along with all the hard work by Mom, Dad, and the entire LPF team, we will always be thankful to you. I am sure, with all this effort, we will shine as we begin our professional journey, and you both will be a significant part of that.

May you receive an abundance of love and happiness.

Your daughter,

■ Pragati Shelke
LG 2022



Dear Mom and Dad,

Good morning. I, Aamna Farooque Shaikh, LILA girl 2021.

I read Inspira issue 62 and want to provide feedback. Firstly, congratulations to the Lila Poonawala Foundation for completing 27 successful years, empowering numerous girls. The stories, from Mom and Dad's travels to LILA girls' explorer tales, were incredibly inspiring. Thank you, Mom and Dad, for sharing the success stories of LILA Sisters. Looking forward to more bright stories ahead, including mine, Inshallah, in a few years.

Love you Mom and Dad

Yours lovingly,

■ Aamna Farooque shaikh
LG 2021



Dear Mom and Dad,

Thank you for sharing Inspira with us. It's a wonderful feeling to share one's achievements, hobbies, and feelings, especially with our near and dear ones. After going through Inspira, I was thrilled to learn about the experiences of other girls. It was an amazing experience.

I apologize for my past mistakes with the staff members and will strive not to repeat them. Thank you for the sessions; they have greatly helped improve my personality and add professionalism to my work.

Thank you again.

Yours loving,

■ Snehal Gadbaile
LG 2022



Dear Mom, Dad, and the entire LPF team,

The Magazine is just Wow and inspires me a lot. We are always thankful to you. This magazine unfolds many stories whom we could not know usually. Foundation has been a firm support to many girls and it will be for many years to come along. The words of from my heart and Mann ki baat are so touchy. We are eagerly waiting for the new issue.

Thank you.

Your loving daughter,

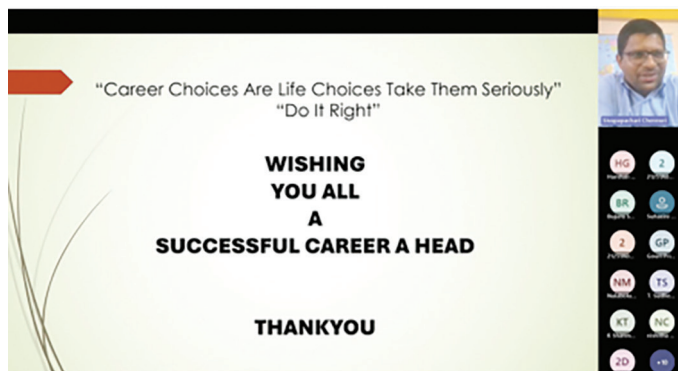
■ Ruksana Abdul Khan
LG 2017



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Career Guidance session by Seco Tools

Mr. Sivapapachari Chennuri conducted a session on 'Career Guidance' for third-year engineering LILA girls. This session aims to raise awareness about the need of investigating different career possibilities, learning more about opportunities, utilizing new technologies, assessing job prospects, and estimating earning potential. In order to manage their careers and make decisions about their education, training, and vocation, people can benefit from career coaching by taking the time to



consider their goals, interests, skills, and qualifications. Career guidance refers to the assistance provided to individuals in gaining the essential knowledge, skills, experience, and information to discover potential career paths and reduce them down to a single choice. Their social, financial, and emotional well-being are all impacted by this profession choice. The girls thoroughly enjoyed the session, which was quite intriguing.

Editor's Desk

Hello everyone,
Firstly, wishing you all a very happy new year of 2024.

May we all have great times ahead and create beautiful memories in the journey called life.

Here we are with another successful issue of our beloved Newsletter INSPIRA. This too covers a wide range of experiences and achievements of our girls. It feels so special as every time we have new stories to cover, new artist to see and it is becoming a very difficult task day by day as what to include; what to exclude for the INSPIRA. Yet, the team work makes it all possible! Kudos to my team and their timely efforts to keep our newsletter up to mark.



Will meet soon in the next issue. Also, wishing you Happy Valentine's and Gudhi Padwa in advance.

■ Kashmira Deval
LG 2012 LF 2015 and PA 2017

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