

From My Heart...

My Dear daughters, friends and well wishers,

First quarter of 2013 is already over. Many new things have happened, many new things are happening and of course many new things will continue to happen. The key to this is that Lila Poonawalla Foundation and LPF family is Dynamic – always on the move.

First of all this issue has a **New Chief Editor, Dr. Harshada Babrekar** and a new team of some old and some new members. She has the benefit of having our **former chief editor Dr. Rajani Panchang** as an **Advisor**. I take this opportunity to thank Rajani for her dedication to Inspira right from its inception as a Crusader and as Chief Editor from the 20th issue until now. She has not only given a new look to the newsletter, but made it a communication of substance. And I know she will continue to give her inputs and support to Harshada. I am also sure that Harshada will not only continue this task but create new ideas together with her dedicated team.

All these years I have been summarising the events which happened in the preceding quarter. Now Inspira is covering adequately those events and therefore I thought **of making a change in my column "From My Heart"**. Different age groups are part of the Foundation now. Originally it was only post graduate students. We now have a spectrum of them, girls from schools, diploma institutes, colleges, and universities. Therefore addressing such a vast LPF Family is also a challenging situation. Anyhow I shall make a beginning.

Empowerment has become a household name, but at the grass roots it has yet to be achieved by the girls. There are 'N' number of problems, beginning with health, quality of education and the way the society looks at the progress of the girls. We have tried to maintain our focus, ensuring that the first and foremost target remains to educate the girls in the real sense of the word. Girls do not get confidence only by going to school and college. They require additional inputs continuously which, changes the way they look at the world through open windows and not at the mirrors. This extra input through various training programs and workshops, has become the fundamental achievement of the Foundation. Another essential input to the girls is healthcare. We need to urgently take up programs creating awareness and importance of preventive

healthcare to ensure a happy, healthy and a successful family. **I am aware that wholesome education and preventive healthcare go hand in hand. It is for this reason I am working on how to integrate health and education at LPF.**



In this issue I would like to share with all of you my thoughts on how you, young ones, can succeed. You have to begin by gaining self confidence. Without self confidence you will never be able to break the glass ceiling. Believe in yourself, have faith in your abilities and be true to yourself. **With realisation of your own potential and knowledge of your abilities, you can build a better world.**

Tap into the confidence you were born with. Do not lose it along the way; let not others steal it from you. Sometimes you have to dig deep to find it again. Once you develop a sense of self awareness, you will surely discover your inner strengths and be more confident. Know your strengths and weakness. As you learn who you are, you will gain confidence in your strengths and will work upon your weaknesses.

When you start a task or a project, you must believe that you will succeed. Confidence comes from success. It requires a mental attitude. You need to be fearless and a go getter to succeed. You must trust your capabilities, your willingness to work hard and capacity to keep learning. You must have the courage to embrace the unknown. Confidence comes when you dare to see the world through an alternate lens. Take some risks. When you go out to do things you are terrified of, the confidence comes eventually. Here is one incident from my own professional life. I was an export sales manager. I had negotiated a big order of US \$ 16 Million. This was in 1979. I was very happy and in seventh heaven when I was flying back to India. I dreamt of being received by my boss with great admiration and a grand reception. But none was awaiting me. Instead I had an angry Boss waiting for me. He was upset that I had brought such a big

order. His concern was how we could execute such a big project with the limited resources that we had at the Pune factory. I unfortunately had not thought of execution, since that was not my responsibility. Well to make things short, my boss decided that I should now wear another hat. I should change my job from sales to production and be responsible to execute this project. **I WAS TERRIFIED.** I had no experience about planning, purchase, production, project management, finance etc for a job so big and so crucial to the company. Yes I had gone through all these functions during my apprentice days, but nothing to give me the confidence that I can handle a project of such a dimension and that too for an International customer. I had two choices in front of me, **to say no and quit the job**, which means I would be letting down my customer, who had given the order to my company believing in me, **or accept the challenge.** What do you think I did? **Yes of course I accepted the challenge, it was one of the most gratifying experiences I had in my career.** I learned a lot of intricacies, of designing, planning, production, purchasing, quality control etc, but what I learned most is to believe in myself. **That it is possible to do things which appear impossible.** It taught me not only to have confidence in myself, **but also in my team.** By having confidence in yourself you radiate, and reflect confidence to your team. Rest is history. It was this one experience that rally lead me to finally become the Managing director of the company. **It gave me confidence that I can handle the impossible.**

This experience also enabled me to understand that **the joy lies in enjoying the journey and not planning for the destination.** This has been my Philosophy right through. I always planned only the next step. When I was an apprentice, my sole objective was to work hard and learn the most I can so that I get confirmed in the job. After that my goal was to become an assistant manager, and then a manager and than a general Manager and so on, until the time I become Vice President. It was only than that I dreamt of becoming the President of the company, so I have really enjoyed every small success that I have had as I have gone along and have celebrated the same, be it achieving a small target of selling a few pumps per month when I became a sales engineer or getting and executing a US \$ 16 million project. **I was happy to have met my goals and so I always celebrated.** You all will now understand why I still love to celebrate our achievements however small. **One has to learn to feel the JOY OF SMALL THINGS.**

With this note I will end my communiqué. Looking forward to sharing something different in the next issue. Maybe talk to you and convince you to believe that "Your Life Begins When You Do"

Good luck and best wishes to all the readers.

Mom to my Lilas

Friend to All

Lila

Lila Poonawalla

Dear Mom,

I, Supriya N. Jeture, student of College of Engineering, Pune (COEP), have completed my B.Tech. course successfully. Results will be declared in the month of June or July. As per my earlier mail, I got placed in Oracle as an Application Engineer. So, my hard work at COEP has paid off.



I really want to thank you for your support and tremendous love that you have given to me. Being a child from a middle class family, I know the importance of money. Wherever we go, even if we have potential, we need money to let people know the potential and to channelize that potential for the right cause. Now-a-days, higher education is impossible without huge amount of money. So it would have been very difficult for me to complete my studies at COEP without your support.

You, not only have helped all Lila girls financially, but have also made all of us walk under the sun with confidence. From now on, we will never be worried

about facing any situation. You have given us this confidence. You really have inspired us and are an ideal mom.

Today, I'm leaving hostel permanently. I remembered all my journey of four years. First walk to the college, finding the classrooms on first day, parents leaving me at hostel and going home, first tea at Boat Club, first cold coffee at the cafe house, my friends who always have supported me and sometimes scolded me for my stupid behaviour. At the same time, I remember you, dad and the Lila family. It is really like a family to me. I remember all the moments spent with you. My auditions, various programmes and parties and of course the discussions we've had, everything! You being my Mom and alumni of COEP you'll understand all my mixed feelings at this stage.

Just wanted to say, thanks a lot for your support and love. And, I promise, I'll make you proud with my work and attitude towards life.

Regards,

■ - **Supriya Jeture, (LG-10)**

Celebration of Parents day is a sincere effort by the LPF to put a smile on the faces of the parents who support them throughout. The event was inaugurated by Chief Guests, Ms. Vidya Bal, a renowned Social Activist. Coincidentally Ms. Zerbanoo Gifford, the Founder Director, ASHA Center, UK was in town and attended the event.



Lila Mom welcoming parents for the function

Ms. Vidya Bal in her inaugural address emphasized that "For a lady, most of her time goes into looking after the family. If the family is not supportive, it becomes difficult for her to progress. She used the metaphor of a tree for describing Foundation. Just like the tree grows and its branches spread, the foundation is blooming and flourishing. It's important to recognise the potential within individual and the Foundation is doing this for these girls. I can proudly say that Lila Poonawalla through her Foundation is providing the necessary facilities and support towards fulfilling the dreams of these young aspirants".

Ms. Zerbanoo Gifford in her inaugural address mentioned that, "It's only through education, travel and communication with others that progress is possible whatever you do for people, do it with love and dignity".

The INSPIRA Vol. 37 was also released at the hands of our Chief Guests during this function. Parents Day is a platform for parents to share their thoughts about their daughters and the LPF. Mrs. Usha Patil, mother of Snehal S Patil (LF-2010 and PA-2012) stated that



Mrs. Usha Patil, Mother of Snehal S Patil (LF-10 and PA-12)

"This Foundation should reach out to each and every needy and deserving girl. Foundation is enabling our girls to be strong, confident and courageous. We are proud to have a daughter".



Performance by LFs

Mr. Angal, father of Swarada Angal Kulkarni (LF-2003) also shared his views. He said that "The awareness levels have gone up. My daughter is actually trying to grasp good things happening around her. The qualities which I have noticed in my daughter are because of the Foundation. e.g. commitment, consistency, task completion, patience, tolerance, etc."

Mr. Patil, father of Snehal R Patil (LF-2010 and PA-2012) mentioned that, "Our daughters are our treasure. I feel proud. He also said that the person who never dreamt of an airplane was able to send his daughter abroad. This could be possible only because of the support from the Foundation. He compared LPF with the 'Jagannath Rath' (Lord Krishna's chariot) and



Mr. Shirish Patwe, Father of Sonali Patwe (LF-09 and PA-12)

said that we all should do whatever possible to take this Rath forward".

Mr. Shirish Patwe, father of Sonali Patwe (LF-2009 and PA-2012) said, "The entire credit goes to the Foundation. Sonali was selected and sent to UK for the PA programme. After coming back, we noticed small but important changes in her. e.g. Cleanliness, preparing a to-do-list. She even managed a family function well. This is something she has learnt from the PA programme. Lila Ma'am and Firoz Sir have taken great care. I request the parents to send their



Audience listening to the programmes



All enjoying lunch

girls for programmes organized by the Foundation on Sundays. This is for their growth and development".



Peace Ambassadors 2012 along with Chief Guest Ms. Vidya Bal and Guest of Honour Ms. Zerbano Gifford

A quick demonstration on 'Self Defence' by trainers, Mr. Salil Nadkarni and Mr. Hemen Lohana of Reflex Quotient was done for the parents. LPF has been organizing the 'Self Defence' workshop for its girls. These workshops focus on the elements of strengthening and building confidence, knowing the right way of defending and most importantly, being alert always!

The event witnessed many parents pouring their heart out about their girls and the Foundation. The crowd was filled with enthusiasm and joy. The event ended with the National Anthem.

■ - Sucheta Ukidve-Sontakke



ATTENTION !



LILA POONAWALLA FOUNDATION SCHOLARSHIPS ANNOUNCEMENT 2013

POSTGRADUATE SCHOLARSHIPS

Application forms are available from
1st July 2013 till 1st August 2013

UNDERGRADUATE SCHOLARSHIPS

Applications forms availability details are as below

Category	Opening Date	Closing Date
Diploma in Education	15 th June' 13	10 th Aug' 13
Nursing	1 st July' 13	24 th Aug' 13
Science and Pharmacy	15 th July' 13	31 st Aug' 13
Diploma and Graduate Engineering	29 th July' 13	7 th Sept' 13
Architecture	29 th July' 13	7 th Sept' 13
2nd Year Engineering After Diploma	29 th July' 13	7 th Sept' 13
Physiotherapy	5 th Aug' 13	28 th Sept' 13

Forms available at :

C-58A, Abhimanshree Society,
Off. Baner Road, Opp. ICICI Direct,
Pune - 411008
Nearest Bus Stop - Sakal Nagar

For Any Queries Contact :

Sarita / Kalyani

Landline: 020 - 65292721

Mobile: 8605861657 / 8888468670

Website: www.lilapoonawallafoundation.com

Pharmacist Snehal R. Patil (LF-10) guided many Lila Girls and Lila Fellows hoping to make a career in pharmacy. She has completed her M. Pharmacy from BITS Pilani for which she had received scholarship from the Lila Poonawalla Foundation. While pursuing this course, she was called to New Delhi to witness the Republic Day Parade in 2010. Currently, she is working for Lupin Research Park, as a Junior Research Scientist.

For an aspirant in the field of pharmacy, many questions arise like how to plan our future? What are the job prospects? How to prepare for competitive exams whether for pursuing master programs in India or overseas? Aspirants wish to know the different scopes in pharmacy besides how the professional arena is in this field, how to manage studies, how to manage time etc. Ms. Patil who was sensitive to these questions, made the session communicative, informative, developmental and interactive. From her session, it was clear that, one can

Ms. Patil stressed on getting a masters degree from reputed institutions like NDMVP, Panchavati, ICT, Govt. College of Karad, Nagpur University, JSS Ooty, BHU, MS Baroda, PCP – Mumbai, NIPER etc. for medicinal chemistry. She mentioned that aspirants can choose from different specialisations like toxicology, SAS, clinical development, regulatory, literature, licensing, chemistry, discovery, pharmacology and QBD. Ms. Patil shared websites related to pharmacy like www.pharaminfonet.com, www.authostream.com, www.scribbed.com, www.gpatindia.com, www.slideshare.com.



pursue a career in different fields within pharmacy like pharmaceuticals, medicinal chemistry, pharmaceuticals and pharamacogosity. She shared with everyone the three pillars, on which any pharmaceutical company stands - R and D, Production-Commercialization and Marketing-PMT Department.

In the preceding session, Ms. Patil eradicated the misapprehensions about the subject pharmacognosy from the aspirants' minds by highlighting the importance of the subject during the phase of drug development from natural sources. She encouraged them to take the right approach towards the subject while studying. The girls thoroughly enjoyed formulating a list of 25 MNCs in pharmaceutical field. The topic NDA vs. ANDA Market (Innovator vs. Generic) covered the details about new drug development, the general approach a company has towards it and the current market scenario in India.

com for seeking appropriate information. She mentioned that an alternative way to success was by preparing for competitive exams like GPAT, GATE (Bio-tech), NIPER, BITSAT, DIPSAR etc.

"Knowledge increases by sharing it with others" is what Snehal emphasized during her talk. We thank Mom and Dad for helping us in arranging such an educative and interactive session. We also thank Snehal for making the session lively and exuberant. I also thank the Editor of *Inspira* for giving this golden opportunity to pen down my experience about the session and express my deep gratitude towards the same. We always have people around us who are enlightening and inspiring us to make the right career choices and we will make LPF proud by excelling and succeeding in our future!

■ - **Aparna Ekande (LG-12)**

Mr. Amit Sharma, Founder & Chief Operating Officer of One Learning, conducted the workshop "Learn to Live" for our Lila Girls and Lila Fellows. He has over than 14 years of experience in creating and implementing innovative learning solutions across the globe. He has been closely associated with different UN programmes like United Nations Development Programme, World Food Programme, UNESCO and WHO. The main aim of the programme was to prepare the girls for choosing suitable career or dream jobs by enhancing their interview skills.

This programme focused towards striking good work – life balance amongst first time job aspirants. It emphasized the need to *live in the moment and make the right career choices to suit ones personality, keeping in mind, the future prospects a career offers*. During this programme, the girls were introduced to the leading industries and companies and the basic prerequisites in potentially good employees. Mr. Sharma shed light on approaching the right companies and preparing and clearing interview rounds besides training the aspirants in making a good career choice. Insights on frequently asked questions during interviews, tips for preparing good CV and presenting oneself appropriately at interviews were also shared.



Mr. Sharma facilitated an actual firsthand view of the Learn to Live Company portal which provides a direct access to the industry leaders which could assist the aspirants in resolving their job related queries.

Our beloved Lila Mom is the person because of whom the girls get access to such valuable information.

LFs and LGs believe it is not enough to have a dream, unless you are willing to pursue it; it's not enough to know what

is right, unless you are strong enough to do it; it's not enough to live the truth, unless you "LEARN TO LIVE"

■ - Priscilla Cyril, (LF-10, PA-12)

Introduction to Physiotherapy as a Career

Dr. Neha Gupta-Tambekar (LF-09) holds a Master's in Physiotherapy, specialising in Orthopaedic Physiotherapy from the Sancheti College of Physiotherapy. She has conducted several arthritis prevention and treatment camps and also delivered talks to create awareness about physiotherapy in the healing of knee, shoulder and neck pains. She was a part of the Polio eradication camp in 2005. Recently she was appointed as the official Physiotherapist at the Asian Athletic Games Grand Prix 2010.

Daily routine and life seems to be easy for many but when people experience joint pain, accidental ruptures, etc., doctors advise them to see a physiotherapist. But what is physiotherapy? Does it mean just exercising? Why such specialisation? How should our attitude be towards physiotherapy? What is the scope of physiotherapy? What is the need for doing a masters in this field? What can be the medical terms related to the field?



Dr. Neha Gupta guided young girls into a potential field of physiotherapy explaining how it relates to medicines. Neha started the session by "*Physicians may add years in a life of the patient but physiotherapist adds life to those years*". A physiotherapist helps in improving the life of a patient and for this, one needs to understand the concept practically during graduation as well as masters. During the sessions for the degree course, the medical terms

such as paralysis, lung diseases, broncho pulmonary techniques aid and clearance of sputum etc. come into picture and hence curing of such diseases should also be understood properly from physiotherapy point of view. An ideal physiotherapist is "*A person who has a heart full of love, handful of skill and a mind that is serene to become a true natural healer*".

In any circumstance, priority should be given to the profession.

Hunger for knowledge and willingness to accept challenges should be the primary goal. The girls were overwhelmed by the advice and found the session inspirational. The most important concept of this profession was the love and dedication towards it. Dr. Neha Gupta explained everything in her golden words which enlightened the minds and took everyone to a higher level.

■ - Nidhi Saraf (LG-12)

As exams knock at the door, everyone is anxious! There's a lot of stress, fear and anxiety and hence the workshop on 'Stress Management and Exam Anxiety'. Our trainer, Ms. Shubhangi Khasnis, Director of Disha Psychological Centre introduced us to the concepts like psychological aspects, stress and fear of exam, different thoughts about the exams and studies, problem of concentration, thinking about future, problem of result orientation, behavioral aspect of exam and the management of exam anxiety.

This session was quite beneficial before our examination. Mr. Prasanna Rabade and Mr. Nikhil, counselors from the same center accompanied her for this workshop. Mr. Nikhil conducted a session on Exam Anxiety. The first session ended with a 'Music Therapy' useful for balancing our thoughts. It focused on how to cope up with exam anxiety. Last one hour focused on the Jacobson's Relaxation Technique.

Stress is a natural feeling, designed to help us cope up with challenging situations. Stress, in small amounts is good as it pushes us to work hard and do our best. Stress heightens the senses and our reaction time, which means, it can enhance our performance. But excessive stress can be harmful to both our body and mind. Hence, when one feels stressed out, one needs to just let it go. As the famous quote say "Excess stress can be poisonous so give your stress wings and let it fly away".

Quotes from some famous personalities - "There is more to life than increasing its speed. Stress is an ignorant state. It makes one believe that everything is an emergency." -Mohandas K. Gandhi. "Stress should be a powerful driving force, not an obstacle". - Bill Phillips. Both the quotes stand correct as



All smiling for a group snap - Stress Management

excessive stress is indeed bad and can ruin our mood, our health and our ability to achieve the things we want to; whereas little stress is necessary to be alert and energised. If you are stressed out, it's time to do something. There are different ways to eliminate stress and one of them is attending the workshop on stress management.

It was quite an "learning process" and I'm sure it will be helpful for all the Lila Girls to cope up with their studies!

■ - Naemah Ansari &
- Farheen Khan (LGs-12)

I wish to express my feelings about the foundation. I'm Supriya Pande (LF-11) from Junnar (rural area). I studied in Marathi medium school till 10th standard and took admission for 11th and 12th in the same junior college and then for B.Sc. in Zoology. I stood 1st in the subject.



I remember it was the last day of examination, we all were busy with submissions and sharing future plans with each other, but I kept mum, since my family was going through financial crisis. My father was a collection agent; he is now working in a flour mill. I came across the scholarship notice by the foundation and gave a call to Vidya who helped me in all aspects of the process for getting the scholarship. But again the question was how to raise the money for the application fees and tickets to Pune! But, we somehow managed it. After two weeks, I received a call from the foundation for interview on Sunday. I was a bit tensed but like my mother always says 'every bad

moment has some importance, like a stopped clock shows right time twice a day". We left for Pune on Saturday night and stayed in Gokul Das Dharmshala. With blessing from everyone, I gave the interview. One fine day, I received a call from the foundation that I have been selected. It was unbelievable. I took admission for M.Sc. and stood 1st. The LPF scholarship gave me this confidence.

Ma'am always wants to give us the best. Foundation arranges so many programs for all LFs, LGs and LJs like Self Defence, Personality Development etc. which help in strengthening us mentally and physically. I'm happy to share that the foundation arranged Spoken English Classes in Junnar as well.

It's my final year now. I am in search of a job and also want to continue to study and appear for certain competitive examinations. I wish to support the girls like me who are struggling for their education. I will always be grateful to the foundation for building confidence in me.

■ - Supriya Pande (LF-11)

Safety is a concern for women in today's world. Though women are treated equally at their workplace, their safety is still missing. Realizing this fact, Lila mom arranged a wonderful one day experiential workshop on Self Defense.

Our Trainers, Mr. Salil Nadkarni and Mr. Hemen Lohana of Reflex Quotient taught us the art of Self Defense. The session started with some warm-up exercises (prerequisites for muscles strengthening) like push-ups, side bending, skipping, cycling, yoga, suryanamaskar, neck and hand rotations. We were then introduced to the government laws which are in favor of a woman. The vital points to attack on human body are divided into 3 parts. First and foremost, the parts of the face like eyes, temple, nose-bridge, area between nose and upper lip, behind the ears, sides of the neck, throat, at the back of the neck. Next, the parts of the body like collar bone, solar plexus, hanging ribs, arm pit, fingers and lastly the parts of the leg like groin, knees, and shin bone.

LFs during the strengthening exercise - Self Defence



The importance of pretending in-front of the attacker was demonstrated by different techniques e.g. if an attacker is approaching, one should not immediately get into the self defense position but instead, one should try to pretend as if he / she is scared so that when the attacker feels that the person is totally



Self Defence

in his control and is approaching, the victim should attack at that time. Numerous solutions were found out for e.g. a kick with knees on center part of the attacker which was demonstrated with the help of guards (cushions) is an effective technique. Another way to defend is by inserting fingers in the eyes, penetrating the fingers in nostrils or the portion which connects to nose with upper lip, pulling the ears or hair tightly so that attacker will not move at all. Also, hitting with lower hand and knee kicks are other ways towards self defense. Staying fit is the key. Diet plays an important role in staying healthy and fit. We were even told about some small things which we can use as weapons for e.g. a pen, car-keys, scarf, deodorant bottles, comb, tooth brush, hand purse, fork, pen, safety pins, torch and a mobile phone.

This experiential workshop created high level of awareness amongst us. We gained a lot of confidence to defend ourselves in worst situations. It is always important to be the survivor. It taught us to fight for our living!

■ - **Ruta Kulkarni (LF-12) and Shivanjali Kapse (LF-12)**

Spoken English Class for UG Girls

I had joined the Spoken English Class recently. This is a small effort to share my experience about the class 'before & after'. Initially, when I got scholarship as a Lila Girl, I wasn't confident enough to speak in English. I used to feel shy to talk to people in English. But now, because of this class, I feel quite confident in conversing in English. Sangeeta Madam spoke to us in a friendly manner and introduced us to different things like group discussions, project presentation, and interactive debates. She even gave us basic english grammar assignments on a daily basis as a part of our homework. She personally checked the assignments. And if, any corrections were needed, she used to explain it to us and make us understand. Apart from the English Class, Madam shared with us things related to health and the importance of other extracurricular activities. She stressed on the need

to learn at least one foreign language like Spanish, German or French. We all were introduced to a new concept 'potluck' i.e. everyone to get something to eat for the entire group. We had a potluck lunch during this course.

Personally for me, learning through this course was beneficial. Now, I can understand the language better. I am still working on my conversational skills. I've started reading newspaper & books to further improve my English. I am trying my best to converse in English. This was an extremely interactive, knowledge oriented & informative course. Hence, I request all the Lila Girls who are not able to speak & write in English, to join this course. It's a great opportunity!

■ - Participant

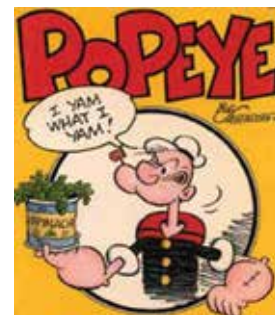
Over the past two decades, there has been a huge expansion in research concerning the health benefits of F&Vs and the role they play in the prevention of chronic and cardiovascular diseases. Links between the consumption of F&Vs and the low incidence of chronic diseases led the World Health Organisation (WHO) to recommend the daily consumption of at least 400 grams of fruits and vegetables including nuts and seeds in the year 1990.

Studies have recorded that individuals with a diet high in F&Vs are less susceptible to cancer, aging and cardiovascular diseases. Other than being rich in other vitamins and minerals, F&Vs are also considered to be good sources of antioxidants and polyphenols, which help in decreasing the occurrence of oxidative stress related diseases such as cardiovascular diseases and cancer.

Now what are antioxidants and polyphenols? What does oxidative stress related diseases refer to? And how does it all connect to eating F&Vs?

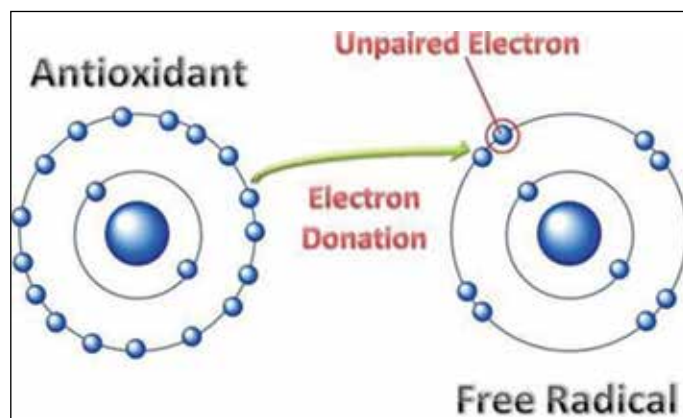
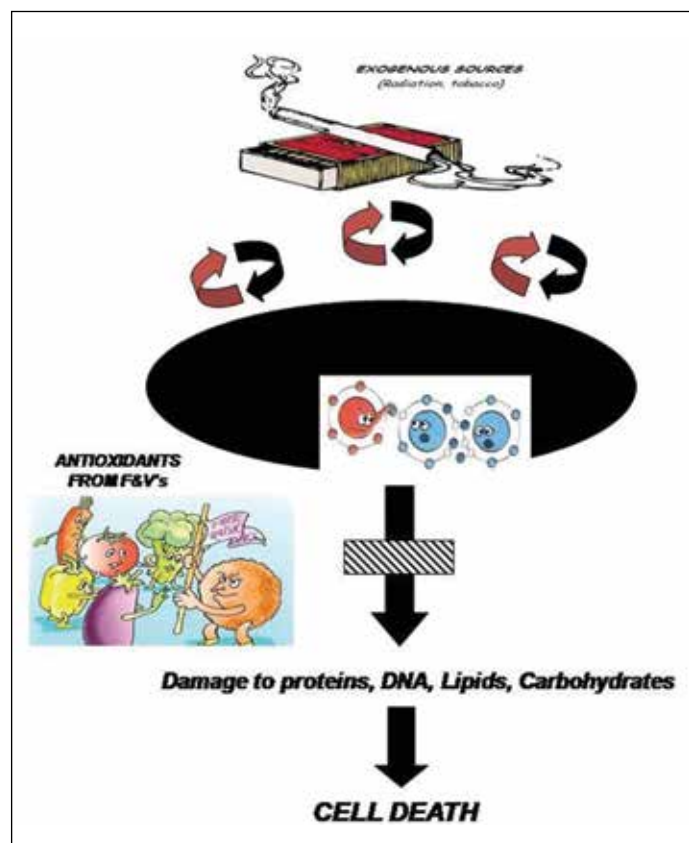
Antioxidants are compounds that protect cells and tissues in our body; in particular they are like proteins and DNA against free-radical induced damage. Free radicals are formed in our body by processes such as radiation, cancer-causing or toxic compounds, tobacco consumption and the natural by-products of

our body cellular metabolism. These free radicals are potentially harmful to our body as they are unpaired electrons. They are highly reactive and generate a chain reaction forming more free radicals that attack and eat on our body compounds causing oxidation which can be analogous to development of rust on metal over a period of time. This causes damage to the body cells and tissues as can be seen in the flow chart.



How do the antioxidants (nutrients from F&Vs) help?

Antioxidants react with the free radicals to neutralize their effect by donating electrons for them to form a pair thereby forming stable and much less reactive radicals and hence, no free radicals anymore. F&Vs contain antioxidant constituents in form of ascorbate (vitamin C), tocopherol (vitamin E) and flavonoids. Vitamin C and E are found in various kinds of foods. In addition, flavonoids are types of polyphenols that are found in a number of foods. The main sources of polyphenols are F&Vs and beverages such as tea and coffee.



Chocolates are also a good source of polyphenols and if eaten in proper quantities, can help in providing nutrition. In a study conducted by the University of Glasgow, it was found that dark chocolate contains more antioxidant properties than milk chocolate and helps protect the heart and arteries from oxidative damage but chocolate should not be considered as a substitute to fruits and vegetables but you can go ahead and enjoy a good bar of chocolate without feeling guilty, once in a while!



■ - Tejili Tembe (LF-07)



Mr. Alok Kumar, Managing Director, Sears IT and Management Services (India) Pvt. Ltd. and Mrs. Poonawalla signing the MOU



Mr. Subodh Gore, Managing Director, Hoerbiger India Pvt. Ltd. and Mrs. Poonawalla signing the MOU.

MOU AIMS AT SUPPORTING FOUNDATION'S MISSION TO REACH OUT TO MANY DESERVING GIRLS AND TO BRING ABOUT A CHANGE IN THEIR LIVES



Lila Fellows Rupali Soni, Neha Gurikar and Vandana Belitkar gave a talk at Honeywell Automation India Ltd. on International Women's day which was organised for the women employees as well as the wives of the employees

Beloved Dad's B'day celebration by Samagam - 2012 team on 14th April 2013



Trainer Mr. Vijay Gupta guiding LFs on 'How to succeed in landing a good job' during the 'Enhance Your Employability' Workshop



Mr. Prashant Jagtap explaining safety tips for the shop floor during study-cum-fun-trip to Piaggio factory



Senior Coach and LF Mubashshara is timing the 'Plank in Shuffle' activity during the Leadership in Action Programme.



A visit to *Cummins* India Limited to give a feel of corporate environment and also to add on practical knowledge!



Trainer Mr. Amit Anand explaining the importance of sentence construction during the workshop on 'Building Personal Effectiveness'



Beloved Dad and LFs of the Samagam-2012 Team at the Thanks Giving

Inspira Donations from Lila fellows



Anisha Kurane
(LF-07)
Rs. 10,000



Bhakti Purandare
(LF-08)
Rs. 36,000



Madhura Sharangpani
(LF-02)
Rs. 100,000



Reshma Kulkarni
(LF-06)
Rs. 10,000



Uzma Kazi
(LF-99)
Rs. 10,000

आज काल सगळेच डे साजरे करतात पण त्यात 12 मे म्हणजे मंदर डे वेगळा आहे. खर तर आईचे मानावे तेवढे आभार कमी पण म्हणतात ना आईची स्तुती करताना आकाशाची पाटी केली तरी जागा कमी पडेल, कवीची शब्द संपतील पण आईचे वर्णन करणे शक्य नाही. आपल्या जन्म दाती आई विषयी असणारी भावना व्यक्त करणारा हा दिवस जन्मदाती आई ही तर महान असते पण द्वापारयुगापासून कृष्णाचा सांभाळ करणारी यशोदाआई ही देवकीपेक्षा सरस मानली जाते. अशीच आमच्या यशोदा आई विषयी अर्थात लीला मॉम विषयी एलएफच्या पालकांनी व्यक्त केलेले मनोगत.

सोनल पत्कीचे आई बाबा सांगत आहेत की, तिच्या आणि त्यांच्या आयुष्यात कसा बदल झाला.

“आमचं घर साधं चार भिंतीचं ज्यात आम्ही मेसचं काम करून उपजिविका चालवतो. तेजल बाकीच्या मुलींपेक्षा हुशार असल्याचे आमच्या लक्षात आले. पण तिच्या उच्च शिक्षणाचा खर्च विचारात घेतला तर पोटात गोळा येत असे. सारखे वाटायचे कि काही झाले तरी तिचे शिक्षण पूर्ण करायचे यासाठी आपण थोडे जास्त कष्ट घेऊ त्यावेळी मला कोणी तरी सांगितले की लीला पूनावाला या मुलीसाठी शिष्यवृत्ती देतात. त्यावेळी आमच्याकडे पेपर ही येत नसे. एक दिवस जाहिरात आली तो पेपर घेऊन मी लीला पूनावाला फाऊंडेशन च्या ऑफिसमध्ये गेले. तिथे खूप छान वागणूक मिळाली. तिथल्या कर्मचाऱ्यांनी प्रेमळ भाषेत मला शिष्यवृत्तीची माहिती सांगितली आणि अर्ज कसा भरायचा हे सांगितले. यामुळे मी ओळखले कि माझ्या मुलीला जर शिष्यवृत्ती मिळाली तर तिच भविष्य सुरक्षित आहे आणि तिला योग्य दिशा मिळेल. त्याचबरोबर चांगला सहवास मिळणार आहे. आणि तेजल ची वाटचाल सुरू झाली. फाऊंडेशनच्या विविध कार्यक्रमात सहभाग घेतल्यामुळे तिच्या व्यक्तिमत्त्वाला आकार येऊ लागला आणि तिचे इंग्रजी सुधारताना पाहून आपणही कोणीतरी मोठे असल्याचे जाणवू लागले. ही वाटचाल सुरू असताना तिची लंडन येथील फेलोशिप साठी निवड झाल्याचे समजले आणि आमचा आनंद गगनात मावत नव्हता. आमच्या या कमाईतून तिला कधीही लंडनला पाठवता आले नसते. जेव्हा ती लंडनहून आली तेव्हा तिच्यात सकारात्मक बदल झाल्याचे आम्हाला जाणवत होते. आम्हाला कुठली अडचण आली तर ती अशा वेळी आम्हाला सकारात्मक विचार करायला सांगत असे. ठीक आहे आई आपले नक्की चांगले होईल. याच विश्वासाने तिने स्वतःचा जोडीदार निवडला आणि आम्ही तिच्या निर्णयाला पाठिंबा दिला. या तिच्या सगळ्या प्रवासात तिला मॉम आणि डॅड अर्थातच लीला आणि फिरोज पूनावाला यांची खूप मदत झाली. करियरचा असो कि जोडीदार निवडीचा प्रश्न ती या मॉम व डॅडकडे घेऊन जात असे. यामुळे आम्ही खूप निर्धास्त आणि खूश आहोत की आपल्या मुलीला अशा व्यक्तीचे सहकार्य मिळत आहे त्या मनाने खूप श्रीमंत आहेत तसेच सर्व विषयात पारंगत असल्यामुळे तेजलला योग्य ती माहिती मिळते आणि तिची दिवसेंदिवस प्रगती होत आहे.

असाच विचार करणारे दुसरे कुटुंब म्हणजे मारणे. (एल.एफ) मिनल मारणेचे आई-बाबांनी कधीही स्वप्नात विचार केला नव्हता की त्यांची मुलगी लंडनला जाईल. लीला मॉम व डॅड यांच्या सहकार्यामुळे मीनलच्या व्यक्तीमत्वात सकारात्मक बदल तर झाला. पण तिच्या यश संपादनात मोलाचा वाटा या फाऊंडेशनचा आहे. आपल्या मुलीचे कौतुक सांगताना मीनलची

आई म्हणाली “शिष्यवृत्ती एकटीला मिळाली पण सगळ्या कुटुंबाचा विकास झाला, आणि तिच्या सकारात्मक आणि ठाम विचारांनी आम्हाला ही प्रेरणा मिळाली. आज मिनल जी काही आहे ती फक्त तिच्या जिद्दी आणि मॉमच्या आशीर्वादाने. मिनल आज एका मोठ्या कंपनीत काम करते तिची प्रगती पाहून अभिमान वाटतो आणि मग या फाऊंडेशनची शिष्यवृत्ती मिळविण्यासाठी केलेली धडपड आठवते. फाऊंडेशनविषयी खूप ऐकले होते आपल्या मुलीला ही मिळावी म्हणजे तिची प्रगती आणि विकास निश्चित आहे, याची जाणीव झाली आणि त्या तयारीला लागलो. हळूहळू विविध कार्यक्रमात सहभागी झाल्याने तिला बाहेरच्या जगात टिकायचे आत्मबळ मिळाले. तो क्षण आला जेव्हा मिनलला लंडनला जायची संधी मिळाली, तो आमच्या आयुष्यात सुवर्ण अक्षरात लिहून ठेवावा असा होता. एकवीस दिवसाचे प्रशिक्षण घेवून आल्यावर तिच्यातील छोटे छोटे बदल हे तिच्या भावंडांसाठी खूप उपयोगी पडले. यामुळे आम्ही सर्वजण वाईटापेक्षा चांगले काय याचा विचार करू लागलो. यामुळे काही कौटुंबिक अडचणीवर मात केली. आज ती जे काही आहे मॉम व डॅडच्या कृपेमुळे आहे असे वाटते. एक सांगावेषे वाटते की लंडनमध्ये असताना मिनलच्या ट्रेनिंगचा शेवटचा दिवस होता, या मुली मॉम व डॅडचे आभार मानताना खूप भावूक झाल्या आणि “ये तो सच हँ कि भगवान हँ”, हे गाण गाताना सगळ्या जणी खूप रडल्या. खर्च हे दोघेही आमच्या मुलीसाठी देवापेक्षा कमी नाहीत.

जेव्हा माझ्या बाबांना हा प्रश्न विचारला कि तेव्हा बोलले जे “मॉम आणि डॅडनी केले ते आपल्यासाठी कोणीही केले नसते. आपल्यासाठी देवाचा अवतार आहेत. फक्त तुझ्यासारख्या एकट्या मुलीला नाही तर हजारो मुलींच्या आई झाल्या आहेत. आणि मुलींचे आयुष्य घडले आहे. सर्वसामान्य माणूस आपल्या दैनंदिन गरजा पूर्ण करताना थोडी फार बचत केली तरी तो परदेशीवारी स्वप्न पाहत नाही जरी स्वप्न पाहिले तरी ते प्रत्यक्षात उतरेल असे नसते. काही मुलांना शिक्षणासाठी कर्ज काढतात आणि परदेशी पाठवतात पण काहींना तेही शक्य नसते. जेव्हा तू लंडन जाणार हे कळले तेव्हा कानावर विश्वास बसला नाही. आतापर्यंत आपण खेडेगावातून पुण्यासारख्या शहरात आलो आणि खाऊन- पिऊन सुखी आहोत, हीच गोष्ट खूप मोठी वाटायची पण तू लंडन गेली आणि तिकडे सगळ्या गोष्टी पाहिल्या त्या आम्हाला सांगितल्या त्यामुळे घरी बसल्या सगळ्या गोष्टींचा अनुभव घेता आला आणि असे वाटायला लागले कि आम्ही लंडनला जाऊन आलो. ही आयुष्यातील सर्वात मोठी कमाई आहे. त्याची तुलना करता येणार नाही. तुझ्यासारख्या सर्वसामान्य मुलींना फाऊंडेशन ही संधी देते यामुळे अनेकजणीचे स्वप्न पूर्ण झाले आहे. यामुळे मॉम आणि डॅड यांना स्वप्नपूर्ती देवता म्हटले तर वावगे

होणार नाही.” याविषयी आईने सांगितले की, “माझ्या मुलीत सकारात्मक भावना वाढली आहे. संकटात तर सगळे निराश होतात पण ती सर्वांना समजून सांगते. माझी मुलगी आमच्या खानदानात सर्वात जास्त शिकली. मॉम आणि डॅडमुळे लंडन पाहिले, माजी राष्ट्रपती अब्दुल कलाम यांच्या हस्ते शिष्यवृत्ती मिळविली या सगळ्यांचा खूप अभिमान वाटतो. हे सगळं लीला पूनावाला फाऊंडेशनमुळे शक्य झाले आहे.”

“कस्तुरीची मी फक्त जन्म देणारी आई पण लीला मॉम खऱ्या आई आहेत. त्यांच्यामुळे त्या दोघी आज आपल्या पायावर उभ्या आहेत. त्यांनी जर मदत केली नसती तर मुलीचे एवढे शिक्षण शक्य नव्हते.” असे बोलतात कस्तुरी पायगुडेची आई भावुक झाली. त्यांनी पुढे बोलताना सांगितले की, “त्यांच्या मुलीच्या आयुष्यात लीला मॉम आणि फिरोज डॅड हे सर्वात जवळचे आहेत. प्रत्येक आनंदाच्या क्षणी या मॉम व डॅड त्यांना सहभागी करून घेतात आणि आनंदासोबत दुःखही शेयर करतात. जग फिरलेल्या माणसाला जास्त अनुभव असतात, त्यामुळे माझ्या मुलींना त्यांचा खूप फायदा झाला आहे. यामुळे त्या नेहमी योग्य निर्णय घेतात. आपल्या आईला पाहून मुली शिकत असतात पण माझ्या मुली लीला मॉमला पासून शिकतात. लीला मॉम हे खूप मोठे व्यक्तिमत्व आहे तरीही अजून पाय जमिनीवर आहेत. त्या आजही खूप मेहनत घेतात. सगळ्यांशी प्रेमाने वागतात. आवडनिवड गरीब-श्रीमंत असा भेदभाव करत नाही, पालक असो कि लीला फेलो यांची आपुलकीने चौकशी करतात. त्यांची जिद्दी आणि मेहनती पाहून या दोघी पण कामात खूप मेहनत घेत आहेत तसे त्यांना यश ही मिळत आहे.”

कस्तुरीच्या आईसोबत तिच्या बाबांनी आपले मत व्यक्त करताना सांगितले किती पैसे आहेत हे महत्वाचे नाही पण ते त्या वेळेवर मिळणेवर गरजेचे असते. शिष्यवृत्ती मिळाली की आपली मुलगी हि फक्त आपली राहत नाही. ती लीला पूनावाला फाऊंडेशनची होते. तिचा सर्वांगीण विकास कसा होईल यावर भर दिला जातो. तिच्या करियरला आकार यावा यासाठी प्रयत्न केला जातो. आणि न विसरता मुलीच्या वाढदिवसाला गिफ्ट दिले जाते. याबाबतीत एक किस्सा सांगावा वाटतो की गार्गी एकदा लंडनला गेली होती तेव्हा लीला मॉम ही लंडन मध्ये होत्या, त्या दिवशी त्यांचा वाढदिवस होता. तरीही त्या गार्गीला भेटायला एअरपोर्टला गेल्या. हे ऐकून आम्ही तर स्वतःला खूप धन्य समजतो. एवढ्या मोठ्या व्यक्ती आपल्या वाढदिवसाला हजारो फेलोमधल्या कोणीतरी एकजणीला भेटणे म्हणजे किती मोठे मन. तसेच हे दोघे आपल्या बिझी शेड्युलमधून लीला फेलोच्या लग्नाला पण हजेरी लावतात. यामुळे हे दोघेही सगळ्या मुलींचे लाडके मॉम-डॅड आहेत.

त्यांनी कधीही कोणाकडून कोणतीही रक्कम परत मागितली नाही, ती मुलगी कितीही मोठी झाली किंवा श्रीमंत झाली तरीही, फाऊंडेशन फक्त देणाऱ्याचे काम करते, हीच जास्त भावणारी गोष्ट आहे.

समारोप करताना विं. दा. ची कविता आठवते कि “देणाऱ्याने देत जावे, घेणाऱ्याने घेत जावे, देता देता एक दिवस देणाऱ्याचे हात घ्यावे.” असे झाले तर प्रत्येक मुलींमध्ये एक लीला पूनावाला नक्कीच तयार होतील.

■ - प्रयागा होगे

Manogat..... What parents feel

Celebration is the most important thing in our lives! Celebration can be for a special day or a festival. 12th May is amongst one of the most important days, Mother's Day; which is really different and special. The thought that comes to mind when we think of the word 'MOTHER' itself is unique! If one wishes to praise Mother, the space will definitely be limited! All of us have a mother who has given us birth and a mother like our Lila Mom. Here we present what parents feel about our Lila Mom. Prayaga Hoge (LF-08, PA-11) has collected all these sayings.

Tejal Sonpatki's (LF-07, PA-10) mother says “We were not in a position to spend money on our children's education. But through someone we came to know about LPF and due to her talent she got selected. Her path is now selected and is progressing. She could even go to UK. We see many positive changes in her especially change in personality and the way she communicates. She has learnt different aspects of life in UK. Her English has improved and we are really happy that she has received love from Lila Mom and Firoz Dad”.

Meenal Marne's (LF-07, PA-11) parents say “Her life has changed so much after returning from UK. She has become quite positive and because of her, we too are developing a positive attitude towards life for which we are thankful to the Foundation. Though, she is the one who got the scholarship, but the entire family has seen a change. Whatever Meenal is today is only because of

her positive attitude and the blessings of Mom and Dad; they are God for us”

Prayaga Hoge's (LF-08, PA-11) father says “Whatever Mom and Dad have done for us, no one could have done. Lila Madam and Sir are like god for us! We could never imagine our daughter going abroad in our dream as well. You have gained positive attitude and confidence, which is helping us to come out of difficult situations.”

“Lila mom and Sir are real Mom and Dad for my daughters. Lila madam being such a great personality, she is yet extremely down to earth. And, this is what she has taught to all the girls. Once the girls get fellowship, they become the daughters to the Foundation” say Kasturi (LF-04, PA-08) and Gargi Paigude's (LF-10) parents.

■ - Prayaga Hoge (LF-08, PA-11)

2morrow 2gether

As a part of '2morrow2gether' school project, LPF undertook the 'Toilet Project' for Zilla Parishad School, Gawadewadi.

Since education is of prime importance for improving standard of living and alleviating poverty, it's imperative to provide conditions favourable for students to develop interest in coming to school and concentrate on studies and hygiene is of utmost importance for the same. The ill-health due to inadequate sanitation affects the school attendance

Sanitation facility



equally important aspect for all round development. It definitely helps the children to be at ease, relax and enjoy. This was the intention behind providing 5 basic play ground equipments to the school.

The inauguration of the Sanitation Facilities was done on 30th January, 2013 by the hands of Prof.

Computer Room



Play ground facilities

and education levels. LPF inaugurated new toilet blocks at the Zilla Parishad School, Gawadewadi.

Keeping in mind, the current technical advancement and the use of computers in the field of education, it's important to be aware of the functionality of computers. LPF inaugurated a 'Computer Room' with 7 computers.

Alongwith the study, a child needs some sort of enjoyment as well. A child's right to play is an

Arun Nigavekar (former chairman, UGC; Former VC, Pune University and Founder Director, NAAC and Padmshree Lila Poonawalla, chairperson of LPF. The play ground equipments were inaugurated by the hands of Mr. Santosh Gawade, Sarpanch of Gawadewadi and the principal of the school. The computer room was inaugurated by Mr. Firoz Poonawalla, Founder Trustee, LPF.

LPF's Scholarship is a stepping stone for many girls.... indeed! It boosts the confidence and enthusiasm towards achieving success. Sharing the success stories of LFs Jyoti Dalvi, Ashonita Chavan and Pooja Thorat, who are working in the field of Research.



"I was born and brought up in a *chawl* in Pune. My mother was a house wife and my father used to own a small auto-repair shop and used to drive a rickshaw. My parents could complete their high school education however they always encouraged me to achieve my dreams! Their belief in me has made me a goal driven person.

Knowing the fact that, I could barely speak English but I wanted to go for higher education in abroad. With no access to computers, I had to post my hand-written applications and resumes by airmail to U.K. with luck, being my side; I got accepted by one of the Universities. It took me a while to adjust to different home, as I had never been away from Pune before. But, as they say, time and circumstances teach you everything and you learn how to survive out of your comfort zone. Ph.D. was awarded to me in **Chemistry in 2002 and got a postdoctoral fellowship at one of the prestigious national laboratory of USA. For more than a decade, I have been working as a scientist / a senior scientist in a well-known semiconductor industry in USA.** Yet, I am marching towards another adventure, new goal. I have a very responsible job which demands a lot of self-discipline, time management and networking skills. I managed to excel at my job, by keeping a healthy balance between home and work, which is utmost, important for a professional working mother. Along with my profession, I found an avenue for myself to serve the scientific community-at-large. **I am currently acting as a councillor to the American Chemical Society and also, became a referee to one of the highly rated scientific journal (this is where networking skills come into play).**

Each of us is born with a special set of skills and strengths, so try to boost your strengths, be tough and you will do it! Before I go away, **I must acknowledge the Foundation and honourable Mrs. Lila Poonawalla (Mom) for empowering me to achieve my dreams of studies at abroad. Foundation was the biggest stepping stone in my professional career and my life without which I would not have achieved the stage where I am at present.** Foundation opened the door

to my dreams of higher education. In true means, the Foundation presents a pathway to ambitious girls to enrich their personal skill-arsenal for their professional advancement. I am indebted by the Foundation, will remain indebted forever.

I owe my gratitude to my parents, my husband and my children who taught me how to be more patient and more tough which helped me in my professional life as well as in personal life. My message to everyone is 'come out of your comfort zone. Have belief in yourself. Set a Goal. Always remind yourself: Yes, I can do it (who says you can't do it, prove them wrong!)'.

■ - Jyoti Dalvi (LF-98)



"LED TV" is the latest gadget added to a common man's numerous electronic toys. Little do we know that a century has passed since a British Radio Engineer, **Henry Round**, discovered the LED or to be precise Light Emitting Diode, completely by accident. So why am I

giving this history lesson is the question that is pacing your mind. **Well, for last 6 years I have been working on Epitaxial growth of Gallium Nitride (GaN) LEDs by MOCVD (Metal-Organic Chemical Vapor Deposition).**

"LED Lighting" and "Solar Power" are currently the buzzwords in global research arena due to their great interest to humanity. Since the world's energy resources are quickly depleting, efficient conversion (note the word efficient) of electricity to light and the converse, namely the conversion of sunlight to useful electricity is what makes them strong contenders for investing in so much research effort. LED has the potential to revolutionize how we use light. These uses include illumination, communication, sensing, and imaging. Deployed on a large scale, LEDs have the potential to tremendously reduce pollution, save energy, save financial resources. The generation of efficient yet highly controllable light can be accomplished with LEDs, which are, in principle, capable of generating white light with a 20 times greater efficiency than conventional light bulbs. LED lighting can save up to 85 percent of the electricity used by incandescent bulbs and up to 50 percent of

electricity used by fluorescents. Most of the energy emitted from incandescent bulbs is converted to heat instead of light. Deployed on a global scale to replace conventional sources, such solid-state light sources will result in enormous benefits that include (1) reduction in electricity consumption for lighting by nearly one half thus reducing the need to build new hydro or nuclear power stations, (2) 1,800 million metric tons reduction in global-warming CO₂ emissions, (3) a strong reduction in the emission of pollutants such as acid-rain-causing SO₂, mercury (Hg), and uranium (U), and (4) estimated financial benefits over the next two decades of \$250 billion in energy costs for the US alone by switching to LED lighting.

When I completed my Bachelors in Electrical Engineering from Government College of Engineering, I knew that IT industry was not my path rather my wish was to pursue higher education. I was not very sure of what I wanted to study. **In 4th year of engineering I had presented a seminar on Retina Display.** This made me think that Biomedical Engineering was my future. I was admitted to Biomedical Engineering at Rensselaer Polytechnic Institute, New York. **With my parents support and the much needed scholarship from Lila Poonawalla Foundation I was able to make my wish a reality.** After reaching USA and talking to a few Professors in Biomedical Engineering, I was not awed by the research. Moreover, the funding situation in the department was rather bleak. I attended approximately one and half weeks of classes in biomedical department when I realized that it was not the biomedical but the electronic aspect of the seminar that intrigued me. So after discussing with my advisor I switched my department from Biomedical to Electrical Engineering. In US, electrical comprises of Electronics, Networking, and Power, whereas In India electrical implies just power engineering. This step changed the course of my life and I was introduced to the exciting field of semiconductor devices. The solid state physics research and the courses captivated me. I am really happy that I made the timely switch as these electronic devices amaze me even today. **My learning curve has been exponential from the time I came to USA.** The stress on understanding of the subject matter has been impressive here. Indian education system is more exams oriented with very little scope for understanding. My depth of understanding back in India was plain superficial without the knowledge of how to apply what I learnt to the real world problems. No doubt there are flaws in both the systems but one has to learn to strike a balance and take advantage to their benefit from both the systems. While I was a teaching assistant for an

undergraduate course I came across a student in the class who never failed to get a perfect score. One day I asked him, "How do you manage to perform so well?" His answer was simple, **"I just try to understand and the grades just come by as a consequence."** What a simple but crucial thought that every student needs to think about.

I finished my Ph.D. in Electrical Engineering with major in semiconductor devices. Silicon based devices like diode, CMOS, BJT are the very well known ones as they have become essential part of our lives through computers, flash drives and cell phones. These are the devices that I learnt during my graduate studies. Naturally, I was looking for opportunities in Silicon based memory industry, companies like Intel and IBM. However, at the time semiconductor industry was going through a downturn and thus many companies had hiring freezes. My husband who happened to be my friend then suggested that I apply to GaN LED industry. His Ph.D. research being based on GaN LED, he was aware of the booming field. I was skeptical considering I had no background but went ahead and applied to CREE, a leading manufacturer of GaN blue LEDs. **Thus my tryst with LED and GaN began.** At CREE I realized that GaN is such an interesting material system and there are books written on just the art of making blue and green LEDs from GaN. Again, I am really happy that I got a chance to work at CREE. **Another life's lesson learned, there are numerous opportunities available, if one door is closed there is another that is open. It's just the matter of opening your eyes and seeking.**

Going back to the history lesson and thus what I really do, Round reported his observation of electroluminescence in 1907 however; the first orange LED based on III-V (GaP) based materials was built in 1955. To make white light we needed a blue LED. Another III-V material system, namely GaN is capable of emitting blue light. White light can be either generated by exciting phosphors by blue light to emit white or by color mixing (red+blue+green). General lighting is the niche application for LED and thus the necessity of white light. With essential breakthroughs in GaN material system, blue LED research took-off approximately 20 years back. Even though continued research is being conducted in universities and industries, complete deployment of LED requires extracting maximum efficiency and reducing the cost of the LED. **Improving the output efficiency and improving the process to reduce the cost of an LED has been my research for past 6 years.** Fabricating a GaN LED requires growth of single crystal epitaxial growth (layer by layer growth) of GaN films on foreign substrates like Sapphire or Silicon, since

Our Research Scholars

GaN substrates are not available yet. Growing thin films/layers on foreign substrates poses the biggest challenge as this type of growth leads to development of defects in the LED structure and thus efficiency loss. My work involves experimentation to grow with minimal defects and developing LED structures to maximize the light output. Today, I work at Micron, researching GaN growth on an engineered substrate posing altogether new challenges than what I have dealt with in the past. Though bigger corporations have started acceptance of LED lighting, **I truly hope that soon we all will be using LED light bulbs instead of the incandescent or compact fluorescent light sources.**

■ - Ashonita Chavan (LF-02)



I am Pooja Thorat from the 2005 batch and Peace ambassador 2011 and glad to share my experiences. **Although my PhD is in Bio process technology in chemical engineering department, my work is relevant for the students of Biotechnology, Pharmacy, Chemistry, and Chemical engineering.**

Biotechnology has now become interdisciplinary subject and is benefited to other sciences too. Use of living systems and organisms to develop or make useful products. It has vast scope in agriculture, food production and medicine, genomics, recombinant gene technologies, applied immunology, and development of pharmaceutical therapies and diagnostic tests, etc.

'Green Chemistry' is an emerging branch of science which attempts to design chemical products and processes to reduce the harm they cause to environment. And for practicing green chemistry principles we require knowledge of all the above mentioned branches of science, which are based on the principles of prevention of waste, designing safer chemicals, designing less hazardous chemical synthesis, safer solvents and auxiliaries, increasing energy efficiency, usage of renewable feedstock, avoiding chemical derivatives, use of catalyst, maximizing atom economy, design for degradation, real-time analysis for pollution prevention and minimizing accidents. **My PhD (2010-2013) work deals with these principles of Green Chemistry to synthesize fine chemicals suitable for use in food, cosmetic or pharmaceutical industry.** Organic synthesis processes usually require harsh conditions and hazardous chemicals, which successfully were made milder, safer and faster during my course of work by use of alternative synthesis method of

biotransformation (use of enzymes, microbial cells). Use of immobilized enzyme as reusable bio-catalyst for these reactions allowed us to implement novel approach of using microreactor for continuous production of products. The Microwave irradiation facilitates the rate of reaction and the solvent-free reactions were carried to prevent waste. Advantages of solvent-free reactions also include cost savings, reduced energy consumption, and they have potentially high volumetric productivity. Products of these enzymatic reactions include Ace inhibitor-Enalapril (drug for high B.P.); Surfactant - 2 ethyl-1-hexyl laurate (lubricant in paper industry); plasticizer- fatty acid esters; flavor and fragrances- isoamyl myristate (in food products) and cosmetic ingredients-lauryl laurate (in lip, eye, skin products).

You must have understood that with the use of enzymes, microwave, solvent-free conditions, and microreactor we achieved our goal to follow the principles of green chemistry. The effect of various parameters (temperature, ratio of chemicals, and amount of biocatalyst) for all the reactions was studied in systematic manner. Suitable kinetic model was developed for each of the reaction (chemical engineering part of my work).

Recalling my earlier days of research, I was fortunate to work for Dr. Reddys laboratory (2007-2009) in Biologics department. Here, I acquired two year industry experience in planning, executing and managing strategy for designing and developing scalable fermentation and purification processes to produce therapeutic proteins (highly glycosylated protein, monoclonal antibodies - anticancer drugs). **My work here was appreciated with Stellar (Appreciation) award for taking ownership in my project -July 2008.**

Research not only includes lab work but also a proper compilation of results, report writing and presentations are required to keep your guide/ supervisor motivated in your work. Publications make us realize where our research work stands at an international level which is helpful in getting better position in future. **One of my research papers is published in Journal of Molecular Catalysis B: Enzymatic in 2012, and few are in process.**

It was quite encouraging to work on anti cancer and all other drugs, as they directly impact the health and wellbeing of the society you live in. I have provided with some facts and attributes of biotechnology research, hope these are helpful to get an over-view of this subject.

■ - Pooja Phalke Thorat (LF-05)

Ashwini Singh has an objective to "Serve, learn and earn by utilizing full potential to achieve efficiency and self-actualization". She tries to achieve this by working in the field of social work, mainly in family and child welfare. She works as an individual or as an educational counselor by conducting in-service training programs for educational institutions, NGOs and corporate sectors. She has worked with Dr. Kalmadi Shamrao High School and Sr. College as a COUNSELOR. Ashwini has worked with Adoption Coordinating Agency, Pune as a Social Worker and is a member of the '4th DIMENSION', a forum for social workers, counselors and trainers. Dr. Harshada got a chance to interact with Mrs. Ashwini Singh who is a senior counselor at the Foundation.



Many a times, there are certain issues where a person is not able to take a decision or solve the problem; that is the time when a counselor needs to come into the picture. Every newspaper has news regarding child or female abuse or family problems. In all these issues, child psychology matters a lot. LPF supports girls coming from different backgrounds facing different economic, emotional, and stressful challenges. Alcoholism is one of the major concerns in the middle-class families, due to which, the child does not have her own space at home. Parents are unable to give the required exposure to their children because of which, the child tends to develop psychological stress and hence is not willing to participate in social gatherings, sports, communicate openly etc. These children are mainly confined to their houses. Since the physical space is also limited, due to large families and small homes, the child is more close to her parents. Being close to parents, children experience secured lives. Being fully aware of their situation, LPF felt the need of giving them the support of counseling to come out of their shell and share their dreams. The counselor meets each girl individually as well as collectively, to give her the necessary inputs and make her gain self confidence. The counselor also visits the homes of these children and interacts with their parents and other family members to understand the needs of each child and also to inform the parents about what they need to change in their behavior towards their child.

When Ashwini first interacted with these girls, they did not open up as they were not aware that there is someone who is ready to help them. They are exposed to television which shows a different world, and which nothing is more than a dream. However, this acts as a motivator and helps the girls to think big. In the first meeting, they had many questions like, who is she? What is she going to do with us? What they have to tell etc. Only a few bubbly and talkative girls opened up. All these Lila Juniors (LJs) are innocent, enthusiastic and they want to explore the world. They love the Foundation not only for providing them with various services but also for the conviction with which the Foundation is involved in the overall development of these girls. English language becomes a hindrance

in their academic performance as they are studying in semi-English schools. Most of the LJs are artistic; they love dance and music, are good at sports and are ready to take part in extracurricular activities, but need a lot of guidance. The basic problem is that these girls are protected and since childhood, they are taught not to ask too many questions. They are quite, obedient and accept everything. Now the challenge is to make them confident, determinant and decision makers. Ashwini feels the programs organised by LPF are helpful for these girls and they feel like a family. They have excellent relations with Mr. and Mrs. Poonawalla whom they lovingly call Dad and Mom.

Her plan is to focus on improving academic performance, reading and writing skills in English, by providing extra coaching through experienced teachers, and focus on improving emotional well-being and stability of the girls. She intends to help them in setting goals, improving confidence to lead and assert themselves towards their educational goals. She even wants to strengthen them to face the typical issues related to adolescence.

She believes that "Counseling gives psychological support which helps one to deal with life's problems and handle the same effectively. To overcome physical, social and mental stress, music, sports, writing, or any other hobby is definitely helpful and she tries to encourage them to adopt such hobbies. Ashwini is here to support the LJs in their difficult times, teach them how to cope with such situations and make them strong enough to handle the challenges on their own.

Ashwini believes that counseling will help the girls to stay connected with their family members, help them lead in a positive direction and come out of present economic and social problems. She also feels that, it will help to develop and nurture positive attitude towards self and society and help them to enhance their personal and social skills needed for happy, healthy and meaningful life. She is here, not only for our LJs but also for the entire Lila family. Those who wish to seek her help, feel free to write to her at singhashwini13@gmail.com. She treats every individual's information very confidential.

■ - Dr. Harshada Babrekar (LF-01 and PA-09)

Dear Readers,

This is the first time I am interacting with you in the capacity of the 'Chief Editor' of Inspira. As I do this, what dawns upon me is the gravity of the responsibility and challenges that Mrs. Lila Poonawalla, 'Mom' has nominated me for. I am overwhelmed by the trust and the confidence she has shown in me and assure her and our readers, to do my level best to take Inspira to greater heights!

I am not new to Inspira..... I've contributed as a Crusader and a Coordinator before. Working under the leadership of Rajani as the Chief Editor, I learned a lot on different aspects that go into the making of a newsletter..... writing articles, conducting interviews, co-ordination. But, the main learning I acquired was on "*How to maintain relations within a team, to reach desired goals, TOGETHER*". I gained immense experience by working with her. I can say that she was the best editor and now am glad she is there as our 'Advisor'. I do see the standards already set for me to surpass.

Maintaining the quality of Inspira, building a great team and holding it together and at the same time serve the cause 'Inspira' was created for, are the immediate challenges I envisage for myself, as I take over this office.

To achieve these goals will be impossible without commitment and support from each Crusader in the team, Lila Mom, the LPF Staff, our contributory writers and of course our most beloved Readers. I am grateful to LF-05 and PA-09 Prachi Divekar who readily agreed to assist me as the new Assistant Editor and LF-05 Yogini Karmarkar as the Coordinator. Ms. Sucheta Ukidve-Sontakke plays a very pivotal role as back-office support.

Once again, in the last trimester numerous events and training programs were organized to facilitate the multi-dimensional growth of all the Lila Scholars. You will read about them all in this issue and catch glimpses of them. The LPF also organized two 'fun-while-you-learn outings' to the *Darshan* Museum and the Chocolate Factory, more about which you will read in the next issue. A very big

milestone was the inauguration of the 'Wellness Facilities' at the Gawadewadi School. The event was attended and covered widely by press and media personnel for which LPF is extremely grateful. We have been successful in keeping Rajani's commitment to our parents and Marathi readers, by introducing a regular column hereon, in Marathi i.e. "*Manogat.... what parents feel*". This is our initiative to incorporate parents participation in Inspira. Another long pending commitment was to present to you all success stories of our own 'Leading LILA Ladies'. In this issue we cover just a few of our girls excelling in the field of research. Hope their stories inspire more young minds to take up research.

In the pursuit of success, LPF has always propagated the healthy balance between the personal and professional life. Our Lila Scholars, all aged differently, face pressures on different fronts; sometimes at home, sometimes amongst friends, at office or at school! In this issue, Inspira introduces to our readers our in-house counselor,

Mrs. Ashwini Singh, with a hope that more and more in our Lila Family feel comfortable in approaching her, in times of need.

Amongst all the events in the last trimester, the highlight was the grand celebration of 'Dad's' birthday

on 14th April 2013 NobleTek PLM Solutions Pvt. Ltd. with SAMAGAM-2012 team.

Wow! Unbelievable! It has been a great start for this entire new team of Inspira! After all it seems true..... 'Well begun is half done!' With a promise to come up with more such informative and insightful issues of Inspira, I take leave with an appeal..... **If there is a good writer out there amongst the Lila Scholars, or someone wanting to contribute to Inspira, our team invites such enthusiastic writers to join us. Those interested can contact me at harshada98@gmail.com or Prachi at prachiharkare@gmail.com.**

Happy Reading!
Regards

■ - **Dr. Harshada Nagar-Babrekar**
Chief Editor



37th issue of Inspira being released on the Annual Parents' Day on 20th Jan, 2013

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