



From My Heart...

My Dear Daughters, Friends and Well Wishers,

Another issue of INSPIRA is in your hands. 2nd quarter of the year has passed by. It is time to start the hard and difficult work of selecting the new batch of Lila Fellows and Lila Girls for the academic year 2014-15. Our work is much harder than ever before as LPF is expanding both vertically and horizontally.

Just few months back, we were talking about expanding beyond Pune district. Now, we have already established full infrastructure at **two new districts; Wardha and Amravati**. The application forms have been issued to new entrants to LPF family in all three districts. The Foundation has become a household name in villages and economically poor sections of the society. We have received close to 1500 applications this year from all three districts. Our task of selection is indeed going to be very difficult and emotionally taxing. It is never easy to refuse good deserving girls. But due to paucity of funds, we are unable to give scholarships to all who apply.

My efforts in persuading more corporates and individuals to support LPF, continues. I am sure with all the assurances I have received, we would be able to add around 700 new members to the LPF family this year. This would be above the 162 Lila Junior (school girls) already added to LPF under the school program **2morrow2gether**. **Under this program we added four new schools this year taking the total number of schools we work with to 11. What is important is that we added 3 schools from Kamshet Villages.** Thus, under this program, which aims to support the girls for 10 years, from 7th standard right through to their graduation, the total number has gone up to 540 Lila Juniors. We also have taken the initiative to have a separate newsletter, "**Foundations School Communique**" for '**2morrow2gether**' program. The first issue of this newsletter has been released. **The objective is to have the school girls, their parents, principals, teachers of all schools under this program, connect with each other.** There is an independent editorial team for this newsletter. Kindly read this newsletter in addition to INSPIRA. It is available online the link 'School Communique' on the website.

The purpose of linking LJ, LG and LF into one cohesive family will only be served, if LFs get connected with the activities of the schools we support. Mentor and Train Lila Juniors. What a great achievement that would be.

It is 19 years ago that LPF came into existence. We are soon entering into third quarter of this year. It

is time to think and plan a grand celebration of the completion of 2nd decade of the Foundation and the start of the 3rd decade. I am sure all of you are PROUD OF YOUR FOUNDATION. All of you must apply your mind and send me suggestions on how we should celebrate fruitfully and effectively our foundation's 20th year. The plan is to have events all throughout 2015-16 starting July 2015 to end June 2016. In this celebration year, we will be uniting all the stake holders of the Foundation. i.e. all our partners, who have made it possible for us to grow and sustain, our friends and well wishers who have supported us individually and collectively, media, who has enabled us to reach out to remote corners making it possible to get to the most deserving girls, LJ, LG and LF, their families, their faculties and my lovely staff. I am already very excited by the mere thought of what a beautiful time we will be having in that year. We must plan group activities, fun programs, learning and constructive programs, as also get together, enabling the family to reunite and celebrate. I would welcome ideas from all of you. **You can send your suggestions to Sucheta at sucheta@lilapoonawallafoundation.com.**

All of you must have got your results. Almost all of you must have done well and moved on to your next phase. Maybe some of you did not do as well as you wanted to or believed you would. But this can happen to anyone of us. **Never give up. BELIEVE IN YOURSELF.** When feeling low, do not focus on



elements that drag you deeper, but believe in the immense positive energy that lies within you. There may be days when you get up in the morning & things aren't the way you had hoped they would be. That's when you have to tell yourself that things will get better. There are times when people disappoint you & let you down. But those are the times when you must remind yourself to trust your own judgments & opinions, to keep your life focused on believing in yourself. There will be challenges to face & changes to make in your life & it is up to you to accept them and act upon all available possibilities. Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are. So when the days come that are filled with frustration & unexpected responsibilities, remember to believe in yourself & all you want your life to be. Because the challenges & changes will only help you to find the goals that you know are meant to come true for you. Keep believing in yourself. Here is a personal example from my own work experience. When I took over as Export Manager in Alfa Laval, the company exports were less than 1 million rupees. The target given to me was to increase this by 10 folds. At first, I thought this was impossible and that the company was being unfair to me. Perhaps, they just wanted me to fail to show that women engineers cannot succeed. This surely was a big challenge. Will I be able to achieve this? Do I have the capability? I argued a lot with myself, through self talk, and then I decided that I will do it and not only prove them wrong but lay a foundation for all girls who would join the technical work force after me. I worked hard. I travelled six to eight months in a year. I negotiated hard. I worked

late hours. **I kept at it, because I believed in myself. I believed that I can do it and I will do it.** In five years time, I not only grew the exports ten times but I grew the figures more than anyone could have imagined. The exports went up to 600 million rupees.

Same can be said about our Foundation. We started with 24 girls 19 years ago. No one believed that LPF will survive more than a couple of years. **But, I believed in myself. I believed that I can make it grow.** And all of you know how LPF has progressed and reached unbelievable figures. Of course, on the way I got a lot bumps, some setbacks, but also I got support from various sources, which enabled me to move ahead. You know how and why this happened? It happened only because I was committed and focused as well as determined. All these attributes probably were very strongly demonstrated through my passion for the cause. **How to convince people to support you and your cause is the skill and that you can achieve only if you believe in yourself and in the task ahead of you.** Every time you fall, get up with more force than before and be stronger. **Do not give up ever.** Remember that the difference between ordinary and extraordinary is that little extra. **Each one of you must learn to walk that extra mile to become extraordinary.**

I wish all of you lots of success and happiness in your life. You all have much to look forward to. Good luck.

Lila^{das}

Friend to all

Donations from Lila Fellows



Preeti Nagarkar
LF-2002
Rs. 12,000



Neeta Patil
LF-1998
Rs. 10,000



Shirley Menezes
LF-2012
Rs. 10,000

Apoorva Gundarkar
LF-2013
Rs. 6,000

Aparna Bhandar is now a known personality in LPF; earlier as a Lila Fellow and now as an Artist. She has put up many exhibitions showcasing her talent. Let us meet a computer student who has turned into an Artist!

Aparna loves to spread her knowledge of art to others. She says, *"The ultimate aim of my life is to be happy, so I chose Art as a career and importantly to seek inner happiness. I am enjoying learning it and now teaching as well"*.

Aparna Bhandar (LF-1998) completed her Masters in Computer Management (MCM) from Institute of Management and Career Courses (IMCC). From school days, Aparna has been an extraordinary and a bright student. She has received *Middle School Scholarship* (ranked 9th) and secured 6th position in S.S.C. examination in Pune division. During her 10th standard, she was even awarded with National Talent Search (NTS) Scholarship.



Showcasing Exhibition in 2009 with Mr. Vasant Yemul and famous painter Mr. Gajraj Chauhan sir

Her father retired from Kirloskar Pneumatic Ltd as a HRD Manager. His fondness for social work encouraged him to work with Kirloskar Foundation. Aparna has an elder sister who now stays in U.S. Unfortunately, both her Mother and her brother passed away in 1998. With a tough heart, she stands strong like a great support wall for her family...hats off to her courage.

Aparna joined a company in Bangalore. However, within a year she realized that the working hours and lifestyle in IT industry does not suit her and hence decided to follow her passion in Arts and become a professional artist. She has even won various prizes in drawing competitions since school days. She attended a workshop organized by Lila Poonawalla Foundation **"Various Art Forms"** which inclined her towards the Art world and helped her to recognize her skills and abilities in this field.

One day, her father took her to "Paalghar" village where she got an opportunity to learn Warli painting

from the tribal people. She lived there for a few days and taught the tribal children various subjects like Science, Mathematics and English. After learning the Warli Art Form, she returned to Pune and still continued to learn different art forms like Egyptian painting, Madhubani, Pueblo. She learnt these art forms from well-known artists like Mrs. Maya Dongre, Mr. Millind Mullick, Mr. Vilas Kulkarni, Mrs. Usha Srinivasan, Mrs. Jain and many more.

Aparna loved this journey into the Art world. This compelled her to arrange exhibitions as well. The ones organized in the year 2008 and 2009 at *Balgandharv Auditorium* received an overwhelming response. Her success story was also covered in the print media. Her interviews were published in well known newspapers like *Sakaal, Loksatta, etc.*

She feels the workshops and programs arranged by LPF helped her to recognize her talent. She mentions, *"The workshop conducted by LPF helped me to grow and also made me aware of the world around me. I could plan and prioritize things better. I would advise everyone to plan well since that's the key to success. It will also help us face any unexpected situation. I enjoy being an artist, this is a great job where you can listen to your inner voice and explore accordingly. It gives flexible working hours and yes, it also gives me recognition, satisfaction at personal and financial fronts. You have to recognize your inner voice, and learn to take risks in your life. In the art industry, most of the things are uncertain, so you can't get salary at the end of the month but*



In Exhibition-2009-with Lila mom and Firoz dad

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Everyone aspires to be someone when they grow up, some people get there on their own, others look for guidance in teachers, friends and family, while some still go beyond and seek help from a Life Coach. Role of a life coach is to lessen the gap between what you are and what you wish to achieve. Our own senior Lila Fellow, Dr. Ketaki Desai (LF-2002) who is an expert in Policy Development, Program Management, Social Enterprise, Career Mentoring and Team Building conducted a motivational training workshop on 'Life Coaching' for Lila Fellows.

Ketaki is currently a Partner at Blender House, a company that provides technology services to the healthcare industry in Pittsburgh. She has held management positions at the UNICEF and University of Pittsburgh. She did her MS in Public Policy and Management from Carnegie Mellon University and Ph.D. in Biomedical Sciences from Texas A&M University. She has worked in the Office of the Executive Director of UNICEF, President of TEDxCMU 2013 at Carnegie Mellon University and completed the Pittsburgh Half Marathon and raised over \$2500 for the Association for India's Development (AID). Recipient of "Susan Arseven Memorial Award" for making a difference in the lives of women at Texas A&M.



Trainer, Dr. Ketaki Desai (LF – 2002) conducting the skills and passion exercise.

What is A Life Coach? A life coach is someone who helps to lessen the gap between what you are and what you wish to achieve. Someone who makes you

understand and alleviate your fears, eliminate areas of procrastination, gives you a set of definitive goals, and suggests small steps that will put you on the path to your aspirations.

The seminar on Life Coaching was indeed a great treat for LFs. It gave a new perspective and a good understanding towards life and things one needs to focus ON. Trainer, Dr. Desai shared some really good examples and the best part the participants could relate to them. She conducted various activities during the workshop. She even emphasized the need to be a better communicator, both professionally and personally

Following are a few takeaways from this workshop:

1. Be happy and be yourself no matter what - This too shall pass.
2. Respect yourself and who you are.
3. One thing that helped me in particular is to understand my mother's perspective and made me realize the importance of giving her my time at this age.
4. Good insight on Effective Time Management with the concept of Emotional Bank Account. Managing Time is Key for success as well as healthy relationships both at professional and personal front.
5. What you want to be in future has to be drawn on paper as a picture.

This workshop was indeed a great treat for all the participants. Dr. Ketaki Desai set a brilliant example of how senior Lila Fellows are volunteering to train the younger ones. All fellows are thankful to LPF and Lila Mom for arranging such a nice program.

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the satisfaction you get at the end is far better than anything in the world."

Aparna is now involved in teaching her skills to others around; her youngest student is just a 3 years old whereas the eldest is a 56 years old lady. *Isn't this amazing!* She is teaching different forms right from Warli, Publeo, Egyptian, Gond, Madhubani, Pithora, Pattachitra, Mandana to Tingatinga (African form of paintings). She also teaches various forms of crafts,

water color painting, fabric, pot and glass paintings. She prefers having few students in single batch so that she can give personal attention to everyone; *this is surely a true teacher trait!*

A beautiful advise from Aparna to all her fellow sisters *"Follow your heart and you can do anything, if you are interested in Art, don't restrict yourself, you can learn anything at any age, just follow your passion and everything will fall at the right place".*

■ - Gayatri Kshirsagar (LF – 2012)

Metabolic Syndrome is a disorder of energy utilization and storage. The term "metabolic" refers to the biochemical processes involved in the body's normal functioning. Risk factors are traits, conditions, or habits that increase your chance of developing a disease. Lila Fellow, Rajni Shivkar (LF-2011) shares more information....

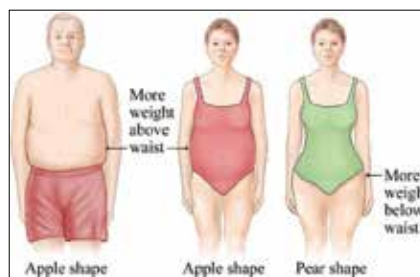
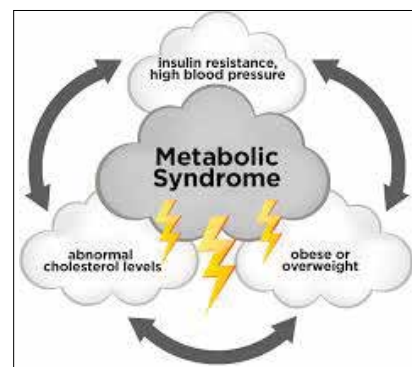
Metabolic Syndrome is also called as syndrome X or insulin resistance syndrome. It is a constellation of metabolic abnormalities that confer increased risk of cardiovascular diseases (CVD) and diabetes mellitus. Who can suffer from *Metabolic Syndrome*? The five conditions described below are metabolic risk factors. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three metabolic risk factors to be diagnosed with metabolic syndrome.

Risk Factors:

1. **Central Obesity:** Central Obesity is the key factor! A large waistline is the indication of obesity. Waist circumference greater than 102 cm in males and 88 cm in females (≥ 94 cm and ≥ 80 cm in Indian men and women respectively). This is also called abdominal obesity or 'having an apple shape.' Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.
2. **Triglycerides** are a type of fat found in the blood. Serum Triglycerides should be ≥ 150 mg /dl.
3. **A low High Density Lipoprotein (HDL) cholesterol level:** HDL sometimes is called "good" cholesterol. This is because it helps to remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease. Blood (Serum) HDL cholesterol level should be less than 40 mg/dl and 50 mg /dl for men and women respectively.
4. **Blood Pressure** is the force of blood pushing against the walls of your arteries as your heart pumps blood. Blood Pressure more than 130mm of mercury (Hg) is systolic or higher than 85mm Hg is diastolic. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup.
5. **High fasting blood sugar:** Fasting (No calorie intake for minimum 8- 10 Hrs) ≥ 100 mg / dL or previously diagnosed type 2 diabetes. Mildly high blood sugar may be an early sign of diabetes.



The Metabolic Syndrome can be prevented. Obesity is of the main cause. Hence, weight reduction/control is the primary action that has to be taken. Obesity should have been controlled in childhood. The overweight children are likely to become overweight adults than children who maintain normal weight through adolescence. Calorie restriction, increased physical activity high intake of green vegetables, fruits, fibres, whole grains, fish, no oily junk palatable junk food, taking stair-case instead of lift, brisk walking for minimum 30 minutes per day but 60-90 min of daily activity should be practiced. Dinner has to be taken 2 hours before going to bed. Breakfast should be heavy and dinner should be light. One must sleep for 8 hours. It is important to involve in hobbies/ activities that gives pleasure. Diet restrictions need to be followed (saturated fats ($< 7\%$), Trans fats (as less as possible) and cholesterol < 200 mg).

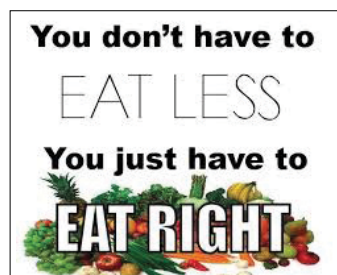


Are you obese?
Calculate your Body Mass Index (BMI):
 $BMI = \text{weight in Kg} / \text{Height in (m)}^2$

Sr. No.	Description	BMI (Kg/m ²)	Risk of Disease
1	Underweight	< 18.5	---
2	Healthyweight	18.5-24.9	---
3	Overweight	25.0 – 29.9	Increased
4	Obesity	30.0 – 34.9	High
5	Obesity	35.0 – 39.9	Very High
6	Extreme Obesity	≥ 40.0	Extremely High

Eat healthy and Stay Fit.....

■ - Dr. Rajni R. Shivkar (LF-2011)



Please note: Fasting lipid profile and glucose are important tests / lab investigations to be done for metabolic syndrome.

Parents play an integral part in our lives; without their support, nothing is possible. Similarly, when a girl gets married, this role is played by her husband. This time in Manogat, we have interviewed husbands of our Lila Fellows willing to express their views on being a part of this foundation.

Prachi Harkare (LF-2005, PA- 2009) is currently working as a Senior Process Consultant with NTT Data, a MNC; got married in 2008 to Ketan Divekar. Prachi and Ketan both were at BMC Software that time. Ketan says, *"Surprisingly, ours was an arranged marriage though we were in a same company but we never met before marriage."* He says *"When I came to know about the scholarship my wife has received for her Post Graduation, the first thought that came to my mind was, **'This is so amazing!'**". I was astonished by the workshops and training programs she used to attend on a regular basis. This has definitely helped her to develop herself, not only by getting a degree but also become a strong person in turn making her a "unique" individual. **Her decisions and thoughts are absolutely creditable;** be it for our son, Arjun or for us. **I certainly feel that LPF has a major share in grooming her!** I am very proud of all her achievements and awards. I have seen her attend various programs and conduct training sessions on leadership. She has even interviewed different personalities and is currently working as an Assistant Editor for Inspira. She even got a chance to attend the Catalyst Program from renowned trainers from U.K in 2012. I feel these are rare and unique opportunities which otherwise no one will get through any other scholarship. LPF is really distinctive and I am very happy that Prachi and I are part of it."*

He expressed his gratitude towards mom and LPF by saying, *"Lila Mom is such a wonderful and charismatic person; I truly admire her for her dedication towards girl's education through this Foundation. Her dream and devotion is awesome. When you talk to her, you really feel energetic and positive. She radiates great enthusiasm and energy. She has been an inspiration to many. Lila Mom and Firoz Dad have been there with us like strong pillars during Prachi's prolonged illness. They are truly a lovely couple. Lila Mom many times introduces me as her Son-in-law and I really feel blessed. I wish the bonding between us and the foundation grows stronger!!"*

My sincere thanks to the foundation for all their support and love..."

■ - Ketan Divekar

Pooja Thorat (LF-2005) completed her bachelor's degree in Pharmacy and secured All India 99th rank in GATE examination. She completed her Masters in Technology (Bioprocess Technology) from University Department of Chemical Technology (UDCT), Mumbai in 2007 and was recruited on campus by Dr. Reddy's Labs. She joined Dr. Reddys Labs in Hyderabad as a Research Scientist and was working on anticancer drugs for 2 years. She got admitted in UDCT on merit basis and started studying for Doctorate. She got married in 2009. Her husband, Mr. Ashish Thorat works as a Business Manager at IBM, Mumbai. He actively participates in various foundation programs like Samagam, Parents Day, Dandiya Night etc. He has even volunteered for ticket selling and generating funds for Samagam.

He says *"When I got to know about Pooja's association with the foundation, I was delighted and felt proud. I strongly feel that Lila Poonawalla Foundation has contributed in making Pooja's dreams come true. I am honored and at the same time feel fortunate enough to have her in my life. When I was introduced to Lila Mom for the first time, she was so happy to see me. She addresses me as her son-in-law and showers the same love like that to Pooja. I became a part of the Lila Poonawalla Foundation Family. This is Mom's charisma. Lila Mom and Firoz Dad are an inspiration to all. They have taught the joy of giving back to the society. I feel the foundation has contributed in a big way in shaping Pooja's personality and has helped her become confident to handle any tough situations. Pooja was lucky enough to be selected for the Peace Ambassador program. This program gave her the right and timely exposure that was required. I sincerely feel that the foundation has also made me self reliant and capable enough to think and dream for more. The foundation has helped both of us to connect back to the society by contributing to it in our own small way. A family revolves around a woman in the family. Success of a family is in her hands. Lila Poonawalla Foundation is one such strong effort in making woman strong and capable, who not only excel in their professional life but also support their family and also have empathy for the society they live in."*

■ - Ashish Thorat

प्राची हरकरे, हिला २००५ मध्ये MCA पदवी साठी शिष्यवृत्ती मिळाली. तिचे शिक्षण फर्ग्युसन महाविद्यालयातून झाले. २००९ साली तिची निवड "peace ambassador" तर २०१२ मध्ये "catalyst" या कार्यक्रमासाठी झाले. ती Inspira साठीदेखील काम करत आहे. सध्या ती "Senior Process Consultant" म्हणून NTT DATA या कंपनी मध्ये काम करते. तिचे लग्न श्री केतन दिवेकर यांचाशी सन २००८ मध्ये झाले. ते सध्या "senior software engineer" म्हणून BMC Software मध्ये "cloud computing project" वर काम करतात. ते म्हणाले, "आश्चर्याची गोष्ट की आम्ही दोघेही एकाच कंपनी मध्ये काम करत होतो, परंतु कधीही एकमेकांना भेटलो नाही. जेव्हा मला समजले की प्राचीला पदव्युत्तर शिक्षणासाठी शिष्यवृत्ती मिळाली होती, तेव्हा पहिला विचार आला खरच हे खूपच चांगले आहे, पुढे तीला अनेक कार्यशाळा, ट्रेनिंग साठी जाताना मी आश्चर्याचकित व्हायचो आणि तिला फक्त पदवीसाठीच ही शिष्यवृत्ती मिळाली नसून या सर्वच गोष्टींमुळे तिच्या संपूर्ण व्यक्तिमत्त्वामध्ये बदल झाला आहे, त्यामुळे ती इतरांपेक्षा वेगळी भासते. घरी तिचे विचार आणि निर्णय आमचा मुलगा अर्जुन आणि आम्हा दाम्पत्यांसाठी सुद्धा फायदेशीर असतात. मला तिचा अतिशय अभिमान वाटतो मी तिला अनेक कार्यशाळा, ट्रेनिंग, मुलाखती, तसेच Inspira साठी Assistant Editor म्हणून काम करताना पहिले आहे. मला वाटते, ही एकमेव शिष्यवृत्ती आहे जी अशा संधी देते. LPF हि खूपच वेगळं करणारी संस्था आहे, आणि मला अतिशय आनंद होतो कारण प्राची आणि मी याचा एक भाग आहोत". त्यांनी लीला माँम आणि LPF बद्दल बोलताना त्यांच्या शब्दातून कृतज्ञता व्यक्त केली; लीला माँम ह्या एक आश्चर्यजनक आणि अनोखे व्यक्तिमत्व आहे. मुलींच्या शिक्षणासाठी त्यांचे कर्तृत्व वाखाणण्याजोगे आहे. त्यांची स्वप्न, महत्वाकांक्षा आणि त्यांचे अपार प्रयत्न हे प्रेरणादाई आहे. त्यांच्याशी फक्त बोलल्याने आपण ताजेंतवाने आणि सकारात्मक वाटते. त्या एक प्रकारची उत्साह आणि शक्ती पसरवतात. त्या अनेकांसाठी प्रेरणास्थान आहेत. लीला माँम आणि फिरोज dad नेहमीच आमच्या कुटुंबाला चांगल्या आणि वाईट परिस्थितीत आधार आणि सदिच्छा देतात. जेव्हा प्राची दीर्घकाळ आजारी होती तेव्हा ते आमच्यासाठी आधारस्तंभ होते. ते खरोखरच प्रेमळ दाम्पत्य आहेत. लीला माँम नेहमीच माझी ओळख त्यांचा जावई म्हणून करून देतात ते पाहताना मला खूप धन्य वाटते. मी प्रार्थना करतो की आमचा आणि LPF चा असाच सलोखा राहू देत. मी LPF चे शतशः आभार मानतो."

■ - केतन दिवेकर

पूजा थोरात (लीला फेलो २००५)चे पदवीधर शिक्षण फार्मसी मध्ये झाले. GATE परीक्षेत तिला ९९ मार्क्स मिळाले. तिचे पदव्युत्तर शिक्षण सन २००७ मध्ये Bioprocess Technology ह्या विषयात

UDCT मधून झाले. त्यावेळी तिची निवड Research Scientist म्हणून हैदराबाद मधील डॉ. रेड्डी lab मध्ये झाली. त्यानंतर तिने २ वर्ष कर्करोग रोखण्यासाठीच्या औषधांवर संशोधन केले. पुढे तिला UDCT मध्येच डॉक्टरेट करण्याची संधी मिळाली. आणि आता पुढील १-२ महिन्यात तिची Ph.D. पूर्ण होईल, ज्यामुळे ती समाजाला एक संशोधक म्हणून काहीतरी देऊ इच्छिते. एप्रिल २००९ तिचे लग्न श्री. आशिष थोरात यांच्याशी झाले. ते Wipro Ltd. या कंपनी मध्ये काम करत होते. प्रत्येक आठवड्याच्या शेवटी ती हैदराबादवरून पुण्याला यायची जेणेकरून तिची व्यावसायिक आणि वैयक्तिक आयुष्यामध्ये ताळमेळ ठेवता येईल. त्यावेळी दोघांनी मुंबई मध्ये स्थलांतरित होण्याचा निर्णय घेतला. श्री. थोरात सध्या मुंबई मधील IBM^२ कंपनीमध्ये Business Manager म्हणून काम करतात. एक दाम्पत्य म्हणून ते आजवर लीला पूनावाला फौंडेशनच्या अनेक कार्यक्रमात सहभागी झाले. फौंडेशनच्या समागम, दांडिया, पालक दिन, अशा अनेक कार्यक्रमांमध्ये सक्रिय सहभाग घेतात. ते समागम चे तिकीट विक्रीसाठी आणि निधी उभारण्यासाठी मदत करतात. ते म्हणाले "जेव्हा मला समजले कि पूजा अशा एका संस्थे सोबत निगडीत आहे तेव्हा खरच खूपच आनंद झाला आणि तिचा अभिमान हि वाटला. तिची स्वप्न सत्यात उतरवण्यासाठी लीला पूनावाला फौंडेशनने खूप मदत केली. ते म्हणाले, "मी स्वतःला अतिशय भाग्यवान समजतो कि पूजा माझ्या आयुष्यात आहे. जेव्हा माझी प्रथम ओळख लीला माँमशी झाली तेव्हा त्यांना मला पाहून अतिशय आनंद झाला आणि त्यांनी मला पूजा एवढेच प्रेम दिले. असा माँम चा अविष्कार आहे. त्या मला त्याचं जावई म्हणतात आणि अशाप्रकारे मी या लीला पूनावाला फौंडेशन परिवाराचा एक भाग झालो. लीला माँम आणि फिरोज dad हे सगळ्यांसाठी आदर्श आहेत, त्यांनी दानातील खरा आनंद लोकांना शिकवला. त्यांना असे वाटते, LPF मुळे पूजाच्या संपूर्ण व्यक्तिमत्त्वामध्ये बदल झाला आहे, त्यामुळे तिला आत्मविश्वास आणि कोणत्याही परिस्थितीत न डगमगता सामोरी जाण्याची प्रेरणा मिळाली. Peace Ambassador program मुळे तिला म्हणावे तसे उद्दिष्ट मिळाले. फौंडेशनमुळे तिला आत्मनिर्भर आणि वेगळा असा विचार आणि स्वप्न पाहण्यासाठी मदत केली. त्यांना असे वाटते कि फोउनदेशनमुळे ते दोघेही समजासोबत जोडले गेले आहेत आणि त्यांच्यापरीने समाजासाठी छोटासा मदतीचा हात त्यांनी पुढे केला आहे. त्यांना वाटते कि कुटुंब हे स्त्री भोवती फिरत असते. त्यामुळे कुटूम्बाचे यश हे तिच्या हातात असते. लीला पूनावाला फौंडेशन हे खंबीर आणि कार्यक्षम महिला घडविण्यासाठी तसेच त्यांच्या व्यावसायिक आणि वैयक्तिक आणि समाजासाठी काहीतरी करू शकण्यासाठी अपार कष्ट करत आहे".

■ - आशिष थोरात

When you are determined to do something and you hold a strong will power, nothing ever will stop you from achieving what you want! Ketaki Deshpande, a girl who evolved from a middle-class family to reach to her dreams, believes in this. Hence, "The Alchemist", a philosophical book by Paolo Coelho remains Ketaki's all-time favourite. In this book the author says, "If you really want something, the whole universe will conspire for it to come true."

Ketaki was determined to choose Arts stream as a career in spite of securing 90% in S.S.C. examination rather than opting for science and become an Engineer. She dreamt to do 'something' in languages. Everyone in her family wanted her to become an Engineer, but when she told her mother what she wanted to do, her mother stood by her stating, *"You can do a B.A. degree but remember you must top the class, whatever you do, you must succeed with flying colors."* Ketaki topped in B.A. final examination in French from Fergusson College, Pune and received a rolling trophy from Le Cercle Français, a nonprofit cultural group that offers cultural presentations in French. Ketaki again topped in Masters in French from University of Pune. Since learning languages was her passion, she had also taken up course in German and completed 3 levels with a **"Very Good" title. When you want to learn, sky is not a limit.** Ketaki received a scholarship from the "Embassy of France" to do Diplôme d'Etudes Approfondies (D.E.A., equivalent to M.Phil.) and again she acquired **"Very Good"** remark. She excelled in whatever she did, just because she followed what she wanted to do.

Ketaki is working with *Bosch Limited* since 2005. She started as a French translator and today has a designation as Operations Lead. She manages the translation team and is responsible for coordinating with customers, freelance vendors, estimating, planning and assigning work, giving feedback for their quality score and performance appraisal. She is meticulous and well organized. Ketaki says, *"Anything you learn in life never goes waste. The postgraduate Diploma in Journalism and Communication from Symbiosis that I had taken up while pursuing Masters in French helped me in dealing with the newsletter translation tasks that the company assigns to me directly, knowing of my background knowledge in Journalism. I love doing these tasks as well"*.

Ketaki applied for Lila Poonawalla Foundation scholarship for postgraduate education in Masters in 1996. It was the first year of scholarship program then and so she wasn't if she would get the scholarship.



She was absolutely thrilled to receive the interview call letter for scholarship at her doorstep. However, in the meantime, she was not only seeking for M.A. in French but also wanting to pursue post-graduate diploma in Journalism from Symbiosis. She was confident enough to speak her mind, and clarified the fees required for both the degrees to the interview panel and the foundation paid both the courses. This developed an immense sense of gratitude towards the foundation. She did not have to bother of gathering funds to complete her education. Completing masters helped her to become financially independent. She took up teaching English in France, worked and saved enough money to achieve further dreams.

She also dedicates her achievements to her parents and grand-parents. Her grandmother had completed B.A. in Sanskrit when not many women were privileged to have being educated. Hence, her grandmother knew the importance of education and believed every man and woman should be financially independent. Ketaki was 26 when she got scholarship to do M.Phil. At such an age, when parents want their daughters to get married, her parents were not an exception. However, they also knew how hard she had worked to get the scholarship and chase the dreams. Turning down the traditional societal norms they let her fly to France. The two sisters and a brother were all brought up in such a manner that the priorities for all of them were equal be it studying, doing a job and then settling down. Her mother had always encouraged her to participate in all the events. She always stood by her and never made her feel that she should do things differently because she is a girl. Ketaki is glad to have a supportive and understanding husband who wouldn't expect his wife to stay at home and cook.

Ketaki says, *"Accept who you are, discover your potential. Being a girl is not a hindrance. If you believe in something strongly, then stand up for it. You may come across opposition, but be strong and make the person understand your dreams. Happy person is someone who dreams and is willing to pay the price for them to come true"*.

■ - **Priyanka Eratkar**
(LF-2010)

Inspira Living Life with a Difference

Life is like a Drawing without an Eraser...!! Perfect quote that suits our Lila Fellow, Shalaka Kathapurkar (LF-1999). Rita Shetiya, Inspira Crusader gets an opportunity to interact with her.

Shalaka has more than 12 years of rich experience in leading teams to recommend and deliver business / customer focused results. She has wide experience in consulting, product management and business strategy roles. In each role, she has accomplished exceptional success with charismatic leadership, whether it is client relations or analytical problem solving. Shalaka has expertise in identifying opportunities via data analysis, recommending solutions, translating them into business benefits and to structure complex, nascent and vague opportunities.

She moved to the US in 1999 to pursue MS in Computer Engineering at Michigan State University. She currently lives with her husband and 2 sons in San Jose CA. **She says, "Education is the most powerful weapon which you can use to change the world."** It was phenomenal to get support from Lila Poonawalla Foundation that did not know me at all and was willing to sponsor a huge chunk of money to fund my education abroad based on my passion and qualifications. I am truly thankful to the foundation. This was the turning point of my life. Foundation not only supports financially but also empowers woman through conducting various workshops. It was very nice a few years back to meet Lila Mom and Firoz Dad at a reunion at Stanford with all Lila Fellows in the Bay Area. In addition, I have been able to meet Maya Aunt, whenever she visits US and that has always been rewarding."

Going further, she says, "In case of relation between Mom-Dad and me; I must say that, **relations are like electric currents! Wrong connection will give you shocks throughout your life, but the right ones will illuminate your life.** Lila Mom has a unique trait of never letting any of the girls she meets go back empty handed. In all of my 1:1 interactions with her as well as in any group sittings, she always has something to give all the girls! And the joy of giving oozes through her charming personality."

Shalaka got a job after completing masters. She happily expressed that the first job is the best time to learn, grow and also have a lot of fun while you are at it. She had the wonderful opportunity to travel a lot during the first job and she thinks that experience is irreplaceable. Shalaka says, "In life, many times we face ups and downs; most important is how you

handle it. In one situation we were trying to change the infrastructure and platform for a company to make it more scalable and extensible for future use. It was a big cultural change and a lot of people had to be rallied around the cause, convinced of its goals and benefits. It was not an easy task, but with the help of the right team in place, I was able to lead the effort to make these changes for the company at a massive scale. In another situation, we had to improve the bottom line for the business and I worked with the team to identify the low hanging fruit. There were many scenarios to simplify the customer experience for our users in order to drive towards the desired behavior. We made those changes and saw immediate impacts to the business metrics.



We were on a project to reduce fraud activity across the company and we formed a tiger team to approach a very complicated issue and resolved it in a matter of weeks – such that the near term fraud dropped down to negligible levels and we also put a long term solution in place to combat ongoing issues. The company was very thankful for our work and awarded the team "Out of this World" award. There's a heavy reliance on Apple launches for the business I work in. Making a launch successful can make or break the business. I worked round the clock on the ground with the team in Israel and collaborated with the global teams to make the iPod launches successful.

Management was very thankful for these efforts and awarded the team with brand new Ipads."

Last but not the least, Shalaka wishes to convey a couple of things to her sisters (Lila Fellows):

- It's not about waiting for the storm to pass – it's about getting out there and dancing in the rains.
- As clichéd as it might sound – the best thing you can do it to follow your dreams and passions, everything else will fall in place.

"Life is a one-way road, Where you can see back, but you can't go back...So don't miss anything & enjoy every moment of life by building trust in lovely relationship..."

■ - Rita Shetiya
(LF-2005 and PA-2011)

Training Program

Dear Mom,

Hello! Yesterday I had attended programme arranged by Renuka Ma'm about Various Art Forms. That was awesome. Yesterday, I came to know that I can paint also. Mrs. Maya Dongre Ma'm taught us Warli, Madhubani, Egyptian and Pueblo art forms. She also told us the background behind each art form. This increased our interest.

Out of all the art forms, I liked warli painting very much. Mam told it has originated in Dahanu. I would like if you arrange picnic there so that we can give a chance to our hidden talent. Please keep on arranging such lovely programmes.

Thanking you,

Nivedita Pingale (LG - 2012)



Good Morning Mom,

I am attending Spoken English classes at prabhat road branch. Mom, we all doing better in our field, although weren't comfortable to speak in English confidently. But mom since the time our spoken english classes have started, our confidence level is increasing step by step. We can speak in english confidently while talking with someone & at the bus stop. After every class, we get to know something new which will help us improve our personality. I am also observing changes in my behaviour. So mom, thanx a lot for giving this golden opportunity to us. I am sure we will do our best and we will speak in english confidently & fluently. We will use them in college & even in campus selection..ofcourse, this will help us throughout our life...Thanx again... Have a nice day ahead!

Your daughter,

Bhavana Salvi (LG - 2012)



Dear Mom,

The workshop by Barclays on 'How To Crack Interview' took place on 21st and 28th of June 2014. The workshop was very well conducted by Suhas Sir. Sir asked us the frequently asked question such as "What is Engineering?, Why did you take this branch?". The main objective of the workshop for the first day was mainly concerned with the RESUME writing. The second day of workshop was basically how to appear for the interview. The strict do's and dont's of interview were discussed. Interview took place of each candidate present for the workshop. Thereby, the workshop proved very helpful and we could grasp a lot of things from the workshop.

Thank you mom!!!

Spurti Radgirkar (LG - 2012)



Gurupornima

Dear Mom,

I am fortunate to have you as 'Guru' in my life. Although we are not physically close and interact only few times in a year, I am constantly reminded of your spirit and take inspiration from you in not-so-easy times.

I thank you all you have given me consciously and unconsciously. On account of Guru Purnima, I seek for your blessings to be successful in life.

Lots of Love,

Aarti Chavan (LF - 2008)



To my dearest Mom and Dad,

I am very thankful for the scholarship and all the other developmental activities that make us perfect. And also for the platform that you have given us to come forward and prove ourselves. I feel very proud to be the part of the foundation. With your blessings I will try my best to become a person like you and help the girls like me.

Thank you,

Your loving daughter,

Shraddha Chavan (LG - 2013)



Hi Mom,

How are you?.. It's always said that your mom is your first teacher (GURU). Here are my warm wishes to you on occasion of Guru Pournima. Thank you for giving me strength and motivation to move along... Happy GURU POURNIMA to you and DAD also.

Your Daughter,



Ruta Kulkarni
(LF - 2012)

Research is defined as "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to develop new applications." Research is used to establish or confirm facts, reaffirm the results of previous work, solve new or existing problems, support theorems, or develop new theories. Our Lila Fellows share their experiences while trying to find out the roots in respective areas...

For as long as I can remember, I always wanted to become a Scientist! Science has always been my passion and biology in particular interested me during my school days. I continued my education with various scholarships due to financial difficulties at home. In my early years of education, the financial frustration seemed as though it might never end. Amidst this situation, funding my college education was difficult. Hence, I took up a part-time job at CROSSWORD bookstore and managed to earn something to support my family and education. With keen interest in life sciences, I opted **Industrial Microbiology** for my bachelor's degree at University of Pune and completed it with first class while still continuing to support my education and family through my part-time earnings. I believe that I grew more emotionally, socially, and intellectually, in spite of all odds during my three years of bachelors than during any other period of time. This reminds me about the motivating words of my father he always said that **"Difficulties are a part of life, which are necessary to keep you reminding about the various hurdles you have crossed and the strength you have shown in overcoming them. They make you realize the importance of each achievement and make you feel proud."** I wanted to continue with my higher studies (masters) but it wasn't possible without a firm financial support. It was during this time that I came across the Lila Poonawalla Foundation and **bagged the highest scholarship in the Indian category** for my Masters in 2006.

LPF family has given me a lot more than just financial aid and I will truly cherish this throughout my life! It was only now that I realized my writing capabilities. Lila Mom and Jayshree madam helped me to nurture this skill through my association with Inspira. I completed my **Masters in Microbiology from the Pune University** in 2008. During the same year, I also was blessed to receive the **Peace Ambassador (PA) honor from LPF at the hands of Honorable Dr. APJ. Abdul Kalam.** It was an unforgettable precious moment of my life as I walked across the stage to receive this award. The leadership training at UK completely changed my perspective towards life and I was able to see a glimpse of my capabilities, which I intend to hone further. The leadership qualities gave me vision and

wisdom to handle difficult people and situations. It made me discover my liking towards art and sketching as a distressing activity. The selfless love and support of Lila Mom, Firoz Sir, Zerbanoo Ma'm and our association with an underprivileged school during the PA project has etched my mind.



After this training, I discovered a new me and had a great determination to accomplish my dream of taking up research in **Cancer or HIV**. I joined **National AIDS Research institute (NARI), Pune in 2009 as a Junior Research Fellow**. It was at NARI that I found my academic strengths and was given the tools to pursue them to the fullest extent possible. Simultaneously, I continued my education and completed my **Post Graduate Diploma in Bioinformatics from Bioinformatics Institute of India** in 2010. However, I consider the advent of HIV research in my life as a blessing because I don't believe that I would have gone this far in my knowledge and skills pertaining to basic research and other issues related to HIV and AIDS. **Human Immunodeficiency Virus (HIV) molecular virology has now become my domain at NARI with some applied diagnostics on Human PapillomaVirus (HPV) has become a feather in the cap.** This has also enhanced my enthusiasm in **taking up my Ph.D. research on the molecular aspects of the neglected-second AIDS causing virus - 'HIV-2'.** Being in the logarithmic phase of my career, I have to my credit, 4 national and 3 international publications and have attended several national and international conferences. I have still one more year to go for my PhD and I plan to pursue my Post Doctoral studies and establish myself as an eminent scientist. Today, when I sit back and consider the significant events in my past, the important aspects of my current life, and my future goals, the **underlying platform for all this is nothing but the never ending support of my family and LPF through thick and thin!**

With the knowledge that I have acquired throughout my six years of experience working in the AIDS related

research and healthcare set-up, I take this opportunity to share with all of you my opinion about AIDS. As majority of new HIV infections across the world are predominantly in women, there is a need for woman-initiated prevention strategies. **I feel, women of the 21st century should voice their opinion about HIV testing before marriage without inhibitions.** Knowing your sexual partner's status is a big step in the fight against AIDS. Secondly, the saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom. At such times, family, friends, society and all related to the HIV infected individual should consider the impact of their abnormal behavior and should give the infected individual all the necessary strength and positive energy to continue. **I feel all should strongly support in eradication of stigma and discrimination for people living with HIV (PLWH) at home, in the community or**

workplace and change their negative mindset towards HIV testing, caring for PLWH and respecting their rights. Despite AIDS being not curable at present, they give the infected a hope for the future. **As a researcher, I am optimistic that some day we will be able to conquer AIDS!** I am sure all of you will definitely do your bit for the fight against AIDS at large!!!

As I write this and look upon things retrospectively, a sense of positivity gets in. I am thankful to LPF and Inspira for this opportunity that has enabled me to pen down my feelings, views and insights! Lastly, I thank Lila Mom and Firoz Dad for always hearing me out, understanding me, and for helping me discover my potentials and for supporting me to materialize my dreams. I feel blessed to have you both in my life!

■ - Priyanka Khopkar (LF-2006 and PA-2008)

INDUSTRIAL VISIT



◀ Mr. Yashodhan Deshmukh, Sales Director of Kongsberg Automotive sharing information about gearshift system.



Lila Girls making notes during the shop floor visit at Victor Gaskets India Limited



▲ All Set! Girls ready with gears (jackets and goggles) for the shop floor tour at Tata Cummins Limited (TCL). TCL is a 50:50 joint venture between Cummins Inc. USA, the world's largest independent designer and manufacturer of diesel engines and Tata Motors, India's largest automobile manufacturer.



The Rotary Foundation of Rotary International recently awarded Padmashree Ms. Lila Poonawalla with the Paul Harris Fellow Award. This award is in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among people of the world.

The award was handed over by Dr. Deepak Shikarpur, District Governor 2013-14, Rotary District 3131.



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

Mr. Tarun Sharma, VP, R&D - BMC Software India Private Limited and Padmashree Mrs. Lila Poonawalla signing the MOU alongwith BMC Team Members.



Lila Fellows along with Firoz Dad celebrating Fathers Day



Mr. Kripashankar Rajappa of Capgemini inaugurating the Computer Lab @ LPF Office. Capgemini has sponsored Computers.



Health Treat Program organized by Ms. Freny Tarapore of Family Planning Association of India. During the program, Adv. Rama Sarode sharing information about the legal rights and giving tips on how to prevent sexual harassment at work and at social places.



Trainer, Mr. Minocher Patel explaining the most ingredient for success 'Motivation'



Firoz Dad surrounded by his lovely daughters during his birthday celebration.



Various Art Forms: Trainer, Ms. Maya Dongre clarifying doubts of the Participants



WOW: Lila Fellows practicing Yoga poses



Barclays Team answering queries raised by Lila Girls during the resume writing session.



Winning with body language: Lila Fellows summarizing the learnings at the end of the workshop with the help of a group activity.

*Soft skills training prog:
Participants during a group activity where each group was to come up with a play portraying time thieves and possible solutions to it.*



Mother's Day

Hi Mom,

Good morning, how are you?

I wish you a very happy mothers day! Our real mother gave us birth, but you have given meaning to our lives, you taught us what women can do, you have given wings to thousands of girls. Just thanks is not enough to you and dad. We all girls do our best to make you proud. Thanks once again,

Gayatri Kshirsagar
(LF - 2012)



Dear Mom,

I wish you a very Happy Mother's Day. You give us knowledge, love and every chance to bring out best of our capabilities and enhance in life. I have seen every girl, my sister, having hidden potential enter the foundation and then gradually her association with foundation unfolds her true potential. Her personality starts reflecting the qualities that you hold, (although it requires effort to get the "Lila Personality").

Thanks for making us bloom. You will always be our charming, evergreen, very dear to us Mom.

With love,

Priyanka Eratkar
(LF - 2010)



Hello Mom,

Mom, you were always there when we need you most...

You were there when we felt helpless..

It is because of you, we (all Lila Girls and Fellows) are doing our best in our field.

It is because of you, we stand confidently in the crowd.

So, for all your love and affection I wish to our lovely Mom from all Lila Girls and Fellows ..

VERY HAPPY MOTHER'S DAY.....

THANK YOU MOM FOR BEING WITH US ...

THANK YOU FOR EVERYTHING YOU DID FOR US....

Diksha Wattamwar (LG - 2012)



Dear MOM,

WISHING you a VERY VERY VERY HAPPY MOTHER'S DAY...I am really lucky to have a MOM like you.. On this very special day, I wanna thank you for all that u have done for me. I know in any way just a THANK YOU is not enough. It is really difficult for me to express what I feel for you. So, all I wanna say is A VERY HAPPY MOTHER'S DAY to you.. May every daughter like me has a MOTHER like you...

Thank you for being there. LOADS of LOVE

Your Loving Daughter,

Priya Garg (LG - 2013)



Self Defence Workshops were conducted for Lila Girls and Lila Fellows by Nirbhaya Team with Smart Cloud Infotech. Trainer, Ms. Melissa Lee Ohm is the Founder and CEO STaND (Situation Training and Natural Defense) and part of SmartCloud's core leadership team. Melissa was the first female to Honor Graduate of Marine Combat Training in 1997.



Trainer demonstrating Lila Girls how to rescue oneself when caught.



Lila Mom in action! Practicing one of the self defence techniques with a Lila Fellow.

Shining Stars

Twinkle Twinkle little star..... here are our LPF stars

Anjali Sarda-Mantri (LF-2005 and PA-2008) has published one US patent for her investigations in the field of producing crude oil or natural gas from subterranean formations and another patent has been granted to her.



Rita Shetiya (LF-2005) got A+ grade in Masters of Journalism in Print Media and is a college Topper.



Pooja Ghatkar (LF-2012)

Won women's 10m Air Rifle honours in the 7th Asian Air Gun championship in Kuwait. Pooja opened India's gold medal account in the Olympic Gold Quest and has already earmarked her as a potential candidate for the 2016 Olympics Games.



Swati Tarwade (LG-2011) received 'Best Outgoing Sportsperson' of college for year 2013-14



Approaching its Silver Jubilee Year, Lila Poonawalla Foundation (LPF) held its 24th 'Scholarship Award Function' on 28th June 2014 at Symbiosis Vishwabhavan Auditorium, Pune. LPF introduced its school scholarships for girls of VIIth standard in 2011 under the '2morrow 2gether' school project. This was the 4th batch under this project. The scholarships were awarded at the hands of the Mayor of Pune, Mrs. Chanchala Kodre who was the Chief Guest for the function. Apart from the 7 schools that LPF is already supporting, this year, LPF has extended its support to 4 more schools, 1 in city area and 3 Zilla Parishad schools in Kamshet villages. In all, this year, 161 school girls were awarded scholarships taking the total number of girls under this program to 540.

"Everything begins with the resolve to take the first step. From that action, wisdom arises and change begins. Without action nothing changes."

This quote has been well proven by LPF yet again, ushering in its 19th year of educating girl child. It was a moment of great pride and happiness as the Foundation celebrated its 24th award ceremony taking up the responsibility of transforming the destiny of 161 deserving school girls. Through the 4th batch of **"2morrow 2gether"** school project, the foundation has taken a step forward to extend its support from 7 schools to 4 more schools, which include 3 from rural region ensuring to educate many people through the medium of our Lila Juniors. The event was graced by the august presence of many dignitaries including Mrs. Chanchala Kondre, the Mayor of Pune.

The function began with the Foundation theme song sung melodiously by our Lila Fellows and Lila Girls. The event was inaugurated in an eco-friendly way by watering the potted plant by Chief Guest, Mrs. Chanchala Kondre, Hon'ble Mayor of Pune, Lila Mom, Firoz Dad and other dignitaries. During the welcome address, Lila Mom expressed her happiness for adding 161 deserving and talented Lila Juniors to the LPF Family. Lila Mom said, ***"Having a smile on your face is a good compliment but putting a smile on others face by your efforts is the best compliment in life."*** Out of the 3000 girls that the foundation is supporting for education, 540 are school going girls.

Extending the support to 4 new schools out of which 3 are from rural area, Mom said, *"These girls are very sincere and enthusiastic to learn and have the ability to make their dreams come true."*



These girls will not only educate their family but also their village." Mom concluded the address by thanking Mrs. Chanchala Kodre for setting up a record of being the first Mayor to reach on time for the award function and valuing the invitation by being present in spite of a holiday. Finally, Mom asked all the parents who were present to encourage their girls to complete their graduation and become independent.

Chief Guest, Mrs. Chanchala Kodre, Hon'ble Mayor of Pune during her inspirational talk

Chief Guest, Mrs. Chanchala Kodre said, ***"Make efforts to reach to the top. Live like an ant; strive hard to earn every bit of what you want"***, She advised the girls to keep learning and dedicate some time to every activity like drawing, playing, studying, dancing etc. for their overall development. In spite of being proficient in English, the Chief Guest decided to speak in Marathi so as to connect more with the parents. She said, 'the foundation has strengthened the wings of these young school girls so that they can excel in their field with flying colours.





Happy Faces! New Lila Juniors eagerly waiting to receive scholarship.

On this occasion, LPF for the first time introduced its very first school newsletter '**School Communiqué**'. Mrs. Ashwini Singh, Counsellor of the School Project threw light on this new initiative. The aim of this newsletter is to act like a communicating tool amongst all Lila Juniors, their Parents, School Principals and Teachers and Supporters across the globe. Lila Juniors will be contributing articles and sharing their experiences through this newsletter. This newsletter will be spearheaded by Firoz Dad and it will give girls an opportunity to express their opinion, develop language skills and help to build a strong vocabulary. This newsletter will also have a few articles in marathi for the benefit of the parents.

The past Lila Juniors, Ankita Bore (LJ-2012), Muskaan Riyaz Khan (LJ-2011) and Shreya Kulal (LJ-2011) were immensely grateful and conveyed their love to Lila Mom and Firoz Dad for a huge array of things the foundation has done for them. For e.g. supporting financially, providing books, bags, arranging health



Parents happy to be a part of the LPF family!

check-up sessions, counselling sessions Spoken English classes, dance and music sessions, self defence and sex education sessions and much more. The girls were overwhelmed by getting such a grand exposure to the outside world. The counselling sessions help them to maintain an emotional and intellectual balance and they share joys and sorrows together. The girls promised that they will continue to make the foundation proud and excel in their fields.

The new Lila Juniors, Samreen Patel (LJ-2014), Nikhat Abdul Naeem (LJ-2014) and Bhakti Kamble (LJ-2014) shared their excitement of receiving the scholarships. They have seen their senior school girls transform their lives after receiving the scholarship.



Mr. Filip Vandenberghe, MD - Atlas Copco awarding scholarship to Lila Junior

It was a glorious and a memorable day for School Girls, Parents, Teachers, Guests and the Foundation! The event concluded by a vote of thanks followed by the National Anthem.



Ms. Armene Modi, Founder - Ashta no kai awarding scholarship to Lila Junior



Release of first school newsletter '**School Communiqué**' at the hands of the Chief Guest, Mrs. Chanchala Kodre, Hon'ble Mayor of Pune, Lila Mom, Firoz Dad along with the School Project Committee Members, Counselors and school newsletter team.

■ - Rita Shetiya
(LF-2005, PA-2011)

- Priyanka Eratkar
(LF-2010, PA-2012)

Mission Expansion

LPF enters new districts for granting scholarship to transform lives!

LPF in its 19th year has taken a step forward and ventured into 2 new districts viz. Amravati and Wardha to give scholarships to merit cum need based girls. LPF wanted to expand its reach and for doing so, did a survey in 5 districts; Amravati, Akola, Jalna, Buldana and Wardha; and selected Wardha and Amravati which have good educational institutes as also many single parent girls wanting to study and make a difference in their lives. This year, LPF will be giving scholarships to girls who are planning to take admission in any college in Amravati or Wardha District for academic year 2014-15 to pursue Graduation in any of the following streams Diploma in



Amravati Office



Wardha Office

Engineering, 1st Year Engineering, Engineering after Diploma, (B.Sc. Nursing and GNM General Nursing & Midwifery) and Pharmacy and (B.Sc. Agriculture only Amravati District). The scholarships will be awarded for the entire period of the course subject to academic performance and participation in various educational programs organised by the foundation.

The entire infrastructure has been set up at both the districts and Lila Ma'am has appointed efficient staff at both the offices, including a Project Coordinator stationed at Head Quarter in Pune.

अॅनिमिया हा एक टप्पा आहे. ज्याला आत्यंतिक अशक्तपणा म्हणू शकतो. या अवस्थेत रक्तातल्या लाल रक्तपेशी (Red Blood Cell) म्हणजेच लोहपेशींची कमतरता जाणवते. उरलेल्या रक्तपेशी (लोहीतपेशी) ऑक्सीजन किंवा लोह त्यांच्यापर्यंत (महत्वाच्या अवयवांपर्यंत) पोहचवण्यात असमर्थ असतात. शरीरात ऑक्सीजन खूप महत्वाचा आहे यामुळे शरीर प्रक्रिया सुरळीत चालण्यासाठी मदत होते. जर याचे प्रमाण कमी झाले तर व्यक्तीला अशक्तपणा आणि थकवा येतो. आजच्या धावपळीच्या काळात या दोन्ही गोष्टी माणसाच्या शत्रू आहेत. यामुळे अॅनिमिया मात करणे गरजेची आहे.

जागतिक पातळीवर अंदाजे 20 टक्के महिला, 50 टक्के गर्भवती महिला आणि 3 टक्के पुरुषांमध्ये लोहाचे प्रमाण कमी आहे. लोह हे शरीरातील आवश्यक घटक आहेत. रोजच्या आहारातून लोह प्राप्त होते. यामुळे पौष्टिक आहार घेणे गरजेचे आहे. ऑक्सीजनमुळे रक्तप्रवाह सुरळीत राहण्यास मदत होते. ऑक्सीजन रंगद्रव्य वाहून नेण्याचे काम करतात. लोह साधारणपणे आपण जो आहार घेतो त्या माध्यमातून मिळतो आणि जुन्या लाल रक्त पेशी पासून लोहाचा पुनर्वापर करता येतो.

अॅनिमिया हा आहारातील पोषक घटकाच्या अभावामुळे किंवा काही विशिष्ट परिस्थितीमुळे होऊ शकतो. त्याचा आहाराशी काही संबंध नसतो. जसे थेलेसिमिया, अन्य रक्ताशी संबंधित आजार तर काही अनुवांशिक यामुळे या रुग्णांना अॅनिमिया होऊ शकता.

या पौष्टिक आहाराच्या कमतरते जो अॅनिमिया होतो या मध्ये हिमोग्लोबिन क्षमतेपेक्षा कमी होते किंवा लाल रक्तपेशींचा अभाव आणि जीवनसत्त्वे किंवा खनिजे कमतरता यामुळे हा अॅनिमिया होण्याची शक्यता जास्त आहे. सर्वात महत्वाचे कि लोहाचे शरीरातील प्रमाण कमी झाले की आयर्न अॅनिमिया होतो. हा अॅनिमिया सर्वसामान्य आहे तो योग्य आहाराद्वारे टाळता येऊ शकतो.

आयर्नची कमतरता हा जागतिक स्तरावर सर्वसामान्य अशक्तपणा समजला जातो. तसेच फोलेट, व्हिटॅमिन बी 12, व्हिटॅमिन सी आणि व्हिटॅमिन ए च्या कमतरतेच्या, जुनाट आजार, परसिटिक इन्फेक्शंस आणि अनुवांशिक आजार या सगळ्या कारणामुळे आयर्नची कमतरता भासते.

महिला आणि पुरुषांना आयर्नची समान पातळी असते. परंतु महिलांना आयर्नच्या वाढीसाठी विशेष प्रयत्न करावे लागतात. कारण मासिक पाळीमधील रक्तस्त्रावामुळे आयर्नची कमतरता निर्माण होते.

निरोगी व्यक्तीला रोज 15 मिलिग्रॅम आहारातील लोह आवश्यक असते. दैनंदिन जीवनात 1.5 मिलिग्रॅम म्हणजे 10% आपण शरीरातील विविध प्रक्रिया करताना शोषून घेतला जातो. दररोज हातोटा पुन्हा भरून काढणे आवश्यक आहे. पुढील परिस्थितीत खूप गरजेचा आहे.

आहारात जेव्हा खूप कमी लोह असतो त्यातही तो आतड्यात शोषून घेतला जातो. त्यामुळे वाढते वय व पौगंडावस्थेत, गर्भधारणा यामध्ये आयर्नची गरज जास्त असते तर मासिक रक्तस्त्राव यामध्ये रक्त कमी होणे, प्रसूतीच्या वेळी ही रक्ताची गरज जास्त असते. तसेच अशा विविध कारणांमुळे शरीरातील रक्ताचे प्रमाण कमी होते.

अॅनिमियाच्यामुळे प्रसूतीच्यावेळी 20% महिलांना मृत्यूला सामोरे जावे लागते. गर्भवती महिलांना अॅनिमियाचा धोका जास्त आहे. आयर्न साठा कमी असल्यामुळे या कालावधीत सर्वात जास्त आयर्नची गरज आहे. तसेच या कालावधीत कमी जेवण आणि उलट्या यामुळे तर आयर्न प्रमाण अजून कमी असते. विकसित देशात प्रत्येक दोन गर्भवती महिला मध्ये एक महिला अॅनिमियाने पिडीत असते. जेव्हा महिलेच्या गर्भात दोन गर्भ (जुळे) असल्याची खात्री झाल्यावर या महिलेची अधिक काळजी घेणे गरजेची आहे. कारण प्रसूतीच्या वेळी आणि स्तनपान यामध्ये 1000 मिग्रॅ आयर्न कमी होते, हे भरून काढण्यासाठी साधारणपणे निरोगी महिलाला दोन वर्षे लागतात. सर्वात महत्वाचे मुलीची नैसर्गिक वाढ पूर्ण व्हायच्या आधी म्हणजे (21 वर्षे वयाच्या अगोदर) किशोरवयीन गर्भवती महिलेला आयर्नची अतिरिक्त गरज असते.

लक्षणे-

थकणे, उत्साह नसणे, सुस्ती येणे, अशक्तपणा, व्यायाम करण्याची क्षमता कमी होणे, दम लागणे, अन्य लक्षणे जसे की भूक मंदावणे (भूक मंदावते), अपचन आणि चक्कर येणे आहेत. त्वचा, ओठ, पापण्या, नखे, जीभ (फिकेपणा चांगला नसते) यामध्ये फिकेपणा जाणवणे. बोटच्या नखे खाणे यामुळे ठिसूळ होणे, जीभ सुजणे, तोंडाला आणि जिभेलाचिरा पडणे.

तपासणी-

हेमॅटॉरिटचा अभाव, कमी हिमोग्लोबिन, किमान सीरम लोह व प्रथिन यांच्या अणूपासून तयार झालेले संयुग, सी.आयर्न कंसेंट्रेशन.

डब्ल्यू एच ओ ने ठरवलेल्या व्याख्यानुसार समृद्ध पातळीपेक्षा उंची राहत असेल तर रक्तातील हिमोग्लोबिन 13 ग्रॅ (gm) पेक्षा जास्त पाहिजे. वयस्कर पुरुषांमध्ये 12 ग्रॅ (gm) आणि गर्भवती महिलेमध्येही जास्त असावा. जर गर्भवती महिलेचा हिमोग्लोबिन 11 किवा त्यापेक्षा कमी असेल तर ती अशक्त मानली जाते तसेच लहान मुलांमध्ये 6 महिने ते 6 वर्षे यामध्ये 11 ग्रॅ (gm) तर 6 वर्षे ते 14 वर्षे यामध्ये 12 ग्रॅ (gm) पेक्षा जास्त असावे.

आयर्नची आवश्यकता- दैनंदिन जीवनात वयस्क व्यक्तीला 20 मिग्रॅतर किशोरवयीन मुलांना 20-30 मिग्रॅ आणि गर्भवती महिलेला 40 मिग्रॅ आयर्नची गरज असते.

आयर्नचे स्रोत- आयर्न दोन प्रकारचे असतात, हाम आयर्न आणि नॉनहाम आयर्न हाई आयर्न - मटन, मासे, यकृत, कस्तूरी, अंड्यातील पिवळ बलक नॉन हाम आयर्नस्रोत- कडधान्य, डाळी, सोयाबीन, हिरव्या पालेभाज्या, (काजू, बदाम, प्रक्रियायुक्त काजू, शेंगदाणे), तेल-बियाणे, गूळ, मनुका, गडद चॉकलेट, भोपळा बिया असतात. पालक, टोफू, ब्रोकोली, अजमोदा टोमॅटो, ओलिवेस, तिळ, सोयाबीनमध्ये मोठ्या प्रमाणात लोह असते. दूधामध्ये लोहाचे प्रमाण फार कमी असते. चहा, कॉफी आणि चहाच्या पानांत व कॉफीच्या बियांत असणारे लोह दुधामुळे शोषून घेतले जाते. क जीवनसत्वाच्या लोहा बाबतीत अधिक श्रीमंत असते म्हणजे (आवळा, पेरू, टोमॅटो, संत्रा, लिंबू सर्व लिंबूवर्गीय पदार्थ) लोहाचे प्रमाण अधिक असते.

अंकुरलेले धान्य व सोयाबीनच्या पदार्थांमध्ये लोह मात्रा जास्त असते. लोखंडाच्या भांड्यामध्ये स्वयंपाक केल्यास जेवण मधील लोह प्रमाणात सुधारणा होईल.

अयनची कमतरता असेल तर लोह पूरक (फॉलीक एसिड सोबत लोहाच्या गोळ्या) घेणे आवश्यक आहेत.

गर्भवती महिलाला लोह आणि फॉलीक एसिडची गोळ्यादररोज दिल्या तर त्यांची मळमळ होणे बंद होईल.

अयन गोळ्या या उपाशी पोटी लिंबू पाण्यासोबत (साखर न घेता) घेतले तर व्हिटॅमिन सी मिळते. व्हिटॅमिन सी हे अयन सोबत घ्यावे. यामुळे आहारातील अयन शोषून घेण्यास मदत मिळते.

उपाशी पोटी आयरन सप्लीमेंट्स घेऊ नये कारण तसे ते अपायकारक असते. जेवण झाल्यावर एक तासानंतर घेतले पाहिजे

आयरन सप्लीमेंट्स दुधासोबत घेऊ नये तसेच जेवणानंतर लगेच किंवा चहा कॉफी घेऊ नये.

व्हिटॅमिन बी 12, फोलेट आणि व्हिटॅमिन ए यावर नियंत्रण देखील आवश्यक आहे. हैमॉरिट दोन महिन्यांचा आयनकोर्स पूर्ण केल्यावर नियंत्रण येऊ शकते. अयनच्या गोळ्या 6 ते 12 महिने अयनचा पुरवठा भरण्यासाठी घेणे गरजेच्या आहेत. यामुळे मलचा काळा होता हे सर्वसाधारण आहे. याची काळजी करण्याचे कारण नाही. रुग्णाच्या आंतरनीला किंवा अंतस्नायु लोह उपलब्ध असेल तर तोंडी घेऊ नये. गंभीर रित्या अयनची कमी असेल तर त्या व्यक्तीला रक्त भरणे गरजेचे आहे.

आजारी पडण्यापेक्षा आधीच काळजी घ्यावी तसे अयनची

कमतरता पडू नये म्हणून काळजी घ्यावी जेवणाआधी आणि शौचालयनंतर साबणाने हात स्वच्छ धुवावे. स्वयंपाकाची भांडी, पालेभाज्या, फळही स्वच्छ धुवावे. आणि स्वच्छ जागेवर ठेवावे.

मलेरिया झाल्यावर अशक्तपणाचा धोका वाढतो, त्यामुळे नेहमी मच्छरदाणी वापरावी ज्यामुळे मलेरिया पासून बचाव होतो. तसेच डासांना डासांच्या खोत नियंत्रित करावे.

पौष्टिक आहाराच्या कमतरतेमुळे होणाऱ्या अॅनिमियापरिणाम-

शारीरिक काम क्षमता कमी होते, उत्साह कमी, राष्ट्रीय विकासावर गंभीर परिणाम आणि अडथळे निर्माण होऊ शकतात. गर्भवती महिलांना प्रसूतीच्यावेळी होण्याच्या रक्तस्त्राव यामुळे मृत्यू धोका वाढतो. गर्भधारणेदरम्यान गर्भाचा विकास त्याच्याआईवर पूर्णपणे अवलंबून आहे, म्हणून गर्भवती महिलेला अशक्तपणा असेल तर, जन्मावेळी बाळाला त्याचा परिणाम होतो, गर्भाशयात बाळाची वाढ मंदावते आणि ही पूर्ण न झाल्यास कायमस्वरूपी वाढीवर त्याचा परिणाम होतो.

अंदाजे 40 % शालेयीन मुले अशक्त आहेत. यामुलामध्ये अयनचा अभाव दिसतो. कारण या मुलांच्याजन्माच्यावेळी त्यांची माता अशक्त होती.

निरोगी महिला या राष्ट्राला निरोगीपुढील पिढी देऊ शकतात, त्याच्यामुळे आरोग्यची काळजी घ्या असे करणेखूप महत्वाचे, अगदी सोपे आहे.

आपल्या शरीरातील ऐका व गरज असेल तर आपल्या लोह स्थिती तपासणी करा. वेळेवर उपचार वैयक्तिक आरोग्य पुनर्संचयित करता आणि उत्पादकता पातळी वाढवू शकते. निरोगी खा आणि फिट राहा...



Feelings

Feelings – Moment of Calm

Hello Mom,

I wanted to share my experience about Moment of Calm with you. I felt that if being silent for just 2 mins and trying to remember our mistakes and forgive them by taking a pledge not to make mistakes again will make us personally a good human being. And this thing if all others follow then there will be surely a change in society as well. It was really great being a part of Moment of Calm.

Thankfully

Yours lovingly,



Sonu Sharma
(LG - 2011)

Hello Mom,

"Moment of calm" gave a beautiful message to me. When I did this activity, my heart told me to apologize to that person who insulted to you. I've never hurt anybody, but I was hurt. I never forgot my insult, but now, I apologize to that person. I will bear any kind of insult, but I will apologize to the person instead of complaining.

Yours lovingly,



Shital Mohite
(LG - 2012)

A diamond is created only after a tedious amount of cutting and shaping work on it by a skilled artisan. LPF has been that artisan in Ashwini Karappa's (LF-2010) life. Her crude life has been transformed to a bright shining diamond with its support and care for her.



Born and brought up in Latur, (a truly backward area effected by the major earthquake) she studied there till she completed her schooling. Ashwini has not had an easy life. She lost her parents to a fire accident when she was just in standard VIII. Her maternal uncle came as a God figure to her and her brother.

She is now studying Robotics/ Computer Engineering at Cummins College of Engineering for Women in Pune. It was here that she became a part of the Lila Poonawalla Foundation.

Though no one can take the place of parents, Ashwini's uncle plays a vital role in her life. He has provided her not only with a place to live, but also the love, understanding and support she needed when the times had left her alone and needy. Her uncle, who is a rickshaw driver, has encouraged her to be strong and celebrate the life given to her by God. Also her elder brother has been an ideal role model for her. He has excelled in his academics, motivating Ashwini to do the same.

Ashwini's father, Mr. Vijaykumar Karappa, was a talented and hard working person. He himself was an engineer and worked in MTNL. Her mother was a housewife. She inculcated good values in her children and taught them the importance of education. She also took tuitions at home. Ashwini feels blessed to have had such parents and misses them a lot.

To fulfil her parents' wish of making her a well-educated person, she is working very hard to become a good engineer. Her father being a government employee, she receives his pension, but that is not sufficient to take care of all her education needs. Therefore LPF has been a major support for her financially.

Ashwini has been a bright girl from her childhood and has done exceptionally well in academics as well as extra-curricular activities like debates etc. All the various programs of LPF have given her a platform to showcase her talent and groom herself as an independent individual.

She has lived up to the foundation's expectations and received distinction in all her semesters till date. She wants to get into a good university to pursue her MS. Her ambition is to set up an International Robotics and Software company.

Although she knows that dreams take a lot of effort and hard work to become reality, she is sure that with her determination, talent and LPF's support she will be able to work towards her dream ambition.

She appreciates the love and sense of belonging that LPF has given her, and she looks up to Lila Mom. The little things which Lila Mom does for them, like sending them birthday cards makes her feel special. She is grateful to the foundation and has immense respect for the work it is putting in to better the lives of girls like her. LPF has made her a confident, positive person and helped her become more socially prepared.

She quotes, "I have learnt from my life that it is a beautiful and valuable gift. You have to prove yourself and learn to be optimistic and strong-willed. God is always there to help you and show you the way like he showed me by making me a Lila Girl." **After completing her project on Optimizer's Generator, Ashwini got placed in Eaton Technologies as an IT Analyst.**

■ - Ashwini Karappa's (LF-2010)

"I came home from Hyderabad and saw something in the letter box. It was a letter from the Prime Minister, with the official government seal on it. This was in 2010. I opened it and found an invitation from the PM to join the Republic Day parade. The top 100 students from India receive a letter like this."



But Snehal Ravindra Patil was the only person in her family ever to have left Maharashtra. Even in Hyderabad, she lived at an easy distance from the station. How could she go alone to Delhi? There were no tickets to be got so late in the day. Yet, how could Snehal give up a chance like this that only a few brilliant students of India could hope to achieve? And that was when the LPF stepped into Snehal's life.

Born and brought up in Pune, Snehal did her entire schooling at a Marathi medium school. It was a simple school; Snehal emphasises how simple it was. "There were no extra-curricular activities, no 'houses' with different uniforms, nothing. It was just a simple Marathi medium school."

Snehal did well in the tenth, and choosing the science stream was the obvious choice for her. She did well, and appeared for the MHCET – everybody told her to do an MBBS. Her marks, unfortunately for her, were not high enough to secure a seat for MBBS. Instead, she got admission to do a BDS. "But do you have any idea how much the fees are? It's something like Rs. 90,000 a year! I immediately put my foot down. I decided not to do BDS."

Everyone told Snehal to study engineering. They told her it was a good field, with a lot of potential. "But I didn't like Maths! What was the point of doing something that I did not want to do?"

People shook their heads at Snehal's 'foolish' decision. When all her friends were at places like IIT, Snehal alone was studying BPharm, a pointless course from everyone's point of view.

If nothing else, Snehal needed to prove to the world that she was right in her choice and the rest of the world was wrong. She had to prove to the world and to herself. She topped the university in the first year of her graduation. And then, she topped again in the second, and the third, and the fourth. Thanks to that, she paid no fees right through her graduation.

It was now time for this young girl to start her MPharm, her post-graduate course. It was a tough period of her life, with 75,000 rupees per semester as the fees, in addition to the fact that her family was investing in a house at the same time.

But the LPF entered her life in the most magical way ever with a scholarship to support her to complete her Post graduation.

When Snehal received the letter inviting her for the Republic Day parade, it was Lila Mom who funded the girl's entire trip. Thanks to Lila Mom, Snehal was able to savour the unique experience of being recognised as one of the most brilliant students of India.

After that, Snehal's association with the Foundation just went further and further. Immersing herself in the LPF programmes, Snehal became an extremely active part of the LPF. For a year and a half, admittedly, she was unable to do justice to the Foundation, thanks to the odd schedules of BITS Pilani, Hyderabad. But after that, she gave her heart and soul to gaining everything she could from the LPF.

From a Marathi medium background, Snehal used every programme offered by the Foundation to the fullest. Today, she speaks English fluently; it is almost unimaginable that she comes from a background where she did not study English as a child. For that, as for so many other things in her life, Snehal gives credit to the LPF.

An active participation in the activities of the LPF earned Snehal a position in the Peace Ambassadorship programme of the LPF. With thirteen other girls, Snehal travelled to Gloucestershire in the UK for a special training programme. "It was the experience of a lifetime. I celebrated my birthday there in the UK with Lila Mom and Feroz Dad... I have no words to express what I feel."

Returning to India, Snehal worked hard at the annual cultural programme organised by the LPF. She also shared what she had learnt in the UK at St. Mira's College, Pune. The list of things this versatile girl has done is endless, ranging from organising lectures about pharmacy, to putting together an entertainment programme for patients in the terminal stages of cancer.

Yet, all of this is just a part of her life. The other part meets the young girl who has quickly been promoted from Junior Research Scientist to Research Associate at Lupin Ltd, a pharmaceuticals firm.

Her achievements take one's breath away, but also bring a sense of anticipation. What comes next? Snehal has a lot of options, and with her perseverance, there's no doubt about whether she gets what she wants or not, whether it's a PhD at IIT or full-fledged research.

■ - Snehal Patil (LF-2010)

Tejashree Ghagde is an example of how the Lila Poonawalla Foundation is helping young underprivileged girls to make their lives better. Tejashree has never had the childhood blessing of being able to have both parents' love and support as her parents got divorced when she was just 6 months old.



Tejashree has always lived with her mother. She was born in Satara. She did her schooling from Modern School in Vashi where she and her mother stayed with her mother's older brother. They then shifted to Satara and stayed there with her grandfather till she completed her HSC. She is now studying in her third year of Computer Engineering from MESCOE, Pune.

Tejashree was always an average student since school, but she was well aware of the responsibilities and burdens on her mother. Her mother works in ARK Company and is always doing her best to give Tejashree a good life. Tejashree adores and respects her mother immensely for supporting her.

When she heard of the LPF scholarship through college she immediately applied for it as she did not want to burden her mother further with her education as she knew her income was limited. She feels immensely blessed to have been selected by LPF.

Getting to know Lila Mom and all the Foundation fellows has changed Tejashree's life. She is now greatly inspired to become independent and bold like her Lila Mom. Not only has her financial burden been reduced, but she has also got a chance to develop her personality and become a better person. She loves to attend all the workshops and programs held by LPF. She enjoyed the workshop on 'Enhance your Employability' and learned a lot of practical skills through it. Also the visits to KPIT Cummins helped her understand how work is actually carried out and gave her a better perspective on how to be a good Engineer.

Tejashree has completed her engineering successfully. She was placed in Compassites Software solutions as

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Hello Readers!

Here I am, back with a new issue of Inspira along with my team. The last quarter started with our beloved Dad's B'day celebration. Wow!!!! such a nice cake...thank you soooo much Dad! As I said, we started the quarter by celebrating Dad's B'day, this was followed by Father's day celebration with another cake cutting ceremony. *A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.* Love you Dad! Mom and Dad arrange so many parties/celebrations for us.



Connecting Senior Lila Fellow, Ms. Uzma Sayyad (Kazi), Inspira's first editor along with Dr. Harshada Babrekar (LF 2001), Inspira's current editor....

At the same time they are also concerned about our health. They treat us by organizing different events related to health. In our current issue, we try to focus on the same in the Health column.

We, all Lila Fellows / Girls always feel that without our parents and Lila Mom and Dad's support, could not have achieved what we have today. But after getting married, if we still continue to achieve, it's always because of in-laws and husband's support. Keeping this in mind, from now onwards, we will be covering

feelings of husband's of our successful Lila Fellows in our column Manogat. After reading this column I am sure you'll definitely have a different point of view towards girls / wives and the roles they play. Happy reading!

It is believed that God showers his blessings through rain. This was experienced recently when I got a chance to meet Inspira's 1st Editor-in-Chief Ms. Uzma Kazi during her visit to the LPF office at Baner. It was indeed a pleasure to meet her along with Lila Mom. Best wishes to Uzma and thank you for nice sweets.



The 40th issue of Inspira released at the hands of Firoz Dad, Trainer Monica Nair alongwith the Inspira Team

Only one thing that made all of us sad was Dad's absence due to his knee surgery. Get well soon Dad. We all are waiting for you. I am sure Dad will be in office soon.

Let us meet again with more events in the next quarter. Till then, enjoy the rain!

■ - **Dr. Harshada Babrekar**
Editor-in-chief

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a Software Trainee and worked there for 3 months July to September 2013. Then she cleared VITMEE entrance examination and got admission in "VIT (Vellore Institute of Technology)" for "M.Tech. in Computer Science and Engineering" course.

She is thankful for her life now, post being a part of

LPF and will always owe it to Lila Mom for guiding and nurturing her towards a greater life. She has learnt from the Foundation that with the help and blessing of people around you anyone can make their life better, they should only be able to motivate themselves and work hard and the rest is taken care of.

■ - **Tejashree Ghagde (LF-2010)**

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