



From My Heart...

My Dear Daughters, Friends and Well-Wishers,

The 2nd half of this year has been quite eventful. We had Scholarship Functions for school girls. We had a two day Event as the number of girls was large. **We added a total of 362 new girls.** They are designated as Lila Juniors. The Foundation will hold their hands for 10 years minimum, till they graduate in any of their chosen field. We now have **19 schools in our fold and the total number of girls under this program is close to 1200.** This has been made possible due to our **Prime partner in this program Biltema Foundation**, who very willingly extends the support.

We celebrated **Dad's start of his 80th year.** Extravagant parties were arranged for two days. We celebrated it with a bang. Lila Juniors, Girls and Fellows put up a grand show on the stage, all organized by themselves. **Lila Juniors released a special coffee table book, titled "Dad and me".** They also released a CD of their emotions and memories of different events with dad. For more details read the article and see the lovely pictures.

I am very pleased to inform you that after a break of 4 years, we took **another batch of girls to UK to Asha Center. This time 25 girls as against 14 girls** per batch that we had taken in the earlier 5 batches. This training program for sustainable, social and wholesome Leadership program will change their lives forever as Peace Ambassadors. This time the selection by the Trustees has emphasis on Undergrads, so that they can spend some more time in the balance couple of years with the Foundation after returning from UK and also participating in various community programs. We have great hopes that this 6th batch will do their best to support the society at large. **This program was made possible thanks to our Partner in UK Samena Capital and of course Asha Center management.** You can see their joy

in all the pictures in this issue as they depart on this journey.

We are now deep in the process of selecting the new Lila girls and Lila Fellows i.e. those who are studying for graduation, diploma and post-graduation. The response is massive and we hope to add close to 1000 new girls to Lila Family.



I take this opportunity to thank all our partners and our individual well-wishers, who have made it possible in making our mission of educating deserving girls and grooming them into economically independent, successful and responsible young leaders of tomorrow. I am counting on their continuous involvement with us to take this mission forward.

It gives me great pleasure to inform you that our board has added **three outstanding Trustees** who are noted in their field of activity. **Dr. Mrs. Sangeeta Kale**, Professor Applied Physics and Head of Department at Defence Institute of Advance Technology, **Mrs. Vaishali Bhagwat** having her own legal practice and working as a legal advisor, and **Mr. Pradeep Bhargava**, with varied professional experience in Engineering world and currently Director on the Board of Cummins India Ltd. You will get to know them better in the forthcoming issues of INPSIRA.

In this issue I would like to share with all my young daughters, attitudes that every girl must have as many of you will be stepping into the professional world and will soon be in leadership positions. These thoughts have emerged from my personal experience of almost 50 years in the business world.

The promotion of gender equality and leadership is gaining more strength and it is important for girls to have empowering attitudes. If you believe in girl power, check out the following empowering attitudes to learn from, to inspire you and to share with others.

In recent years, there has been a great shift in attitudes towards women globally as society critically examines the role, women should play in a Society and the value women bring to the business world.

One of the most important empowering attitude is to **be willing to speak up and be heard**, especially when it is for a noble cause. No girl should be afraid of exposing her ideas and thoughts either to one person or to a larger audience. A girl who expresses her opinions and is not intimidated by divergent ideas or respectful critique earns respect.

Leadership is not being bossy or feeling superior to others. A good leader inspires and is responsible for bringing a team together. A leader is a group representative who in addition to being a good listener is also a good problem solver. **Be a good leader and you'll inspire those around you to look at women in a new light.**

Girls are many times expected to be fragile and dependent, which is not entirely a bad thing. However, a **powerful woman can distinguish which situations require her to be fragile and when she should be independent**, regardless of her being single or committed.

It is no secret that success is the result of hard work and every girl should follow her dreams and try her best to achieve anything that she wants. Many people will say powerful people had luck but the fact is **Luck plays no role if you're not diligent enough**. So roll your sleeves up and empower yourself.

In order to be respected, a girl needs to be respectful. You cannot impose respect using force or any other tool different from the one you expect to receive back. When a girl is humble and willing to listen to other's point of view, she raises her chances of also being heard. **Respect others and make it a habit to give others a chance to speak as well**

Lack of Confidence can easily lead a well-prepared person to failure and sometimes, even make you doubt your own convictions. More important than having the attitude is to be aware of your qualities

and be humble to acknowledge flaws. **When a girl is aware of her full potential, she can achieve much more.**

A powerful girl is witty and is thirsty for information. When she dominates a field of interest, she is not only able to share knowledge but is also confident to debate and stand for herself. Never give up reading.

Few more words of advice for my Charming Young Daughters. You may take them or leave them behind but read them and dwell upon them before you do that. Learn to smile and greet success. Don't boast about yourself and don't be jealous of the qualities others have and work hard for. **Have an honest and clean character.** Be independent. Stop asking for favours. Do not get angry on little incidents and avoid fighting with others, including people at home, especially when you are married. **Become a part of a new family. Be an united family and be there to support the family members in time of need.** Be punctual and never keep others waiting. Remember punctuality is a vital component of professionalism. And there cannot be two opinions about it. So make sure you are not the last person to enter the office premises and spend an hour explaining to your boss why you were late. **Be on time all the time. Be competent.** Competence at work is not only going to help you in your next performance appraisal but it will also convey a good image of you to your superiors and peers and in fact anybody remotely associated with you in the professional sphere. **And finally learn to take time out to help the society to contribute a little percentage of your earnings to help the needy people.**

In summary, rid your life of negativity, look for the positives in life, reinforce positivity in yourself, believe happiness is a choice and share your happiness with others.

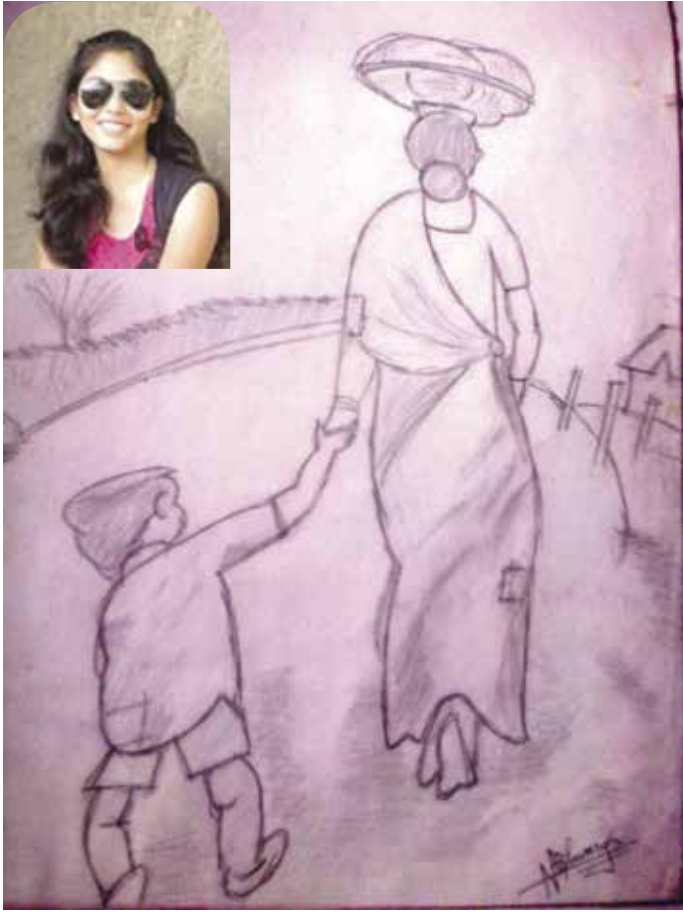
GOOD LUCK TO ALL OF YOU. KEEP SMILING.

Greetings for the coming festival Season and God Bless

Mom to all LILAS

Friend to all readers





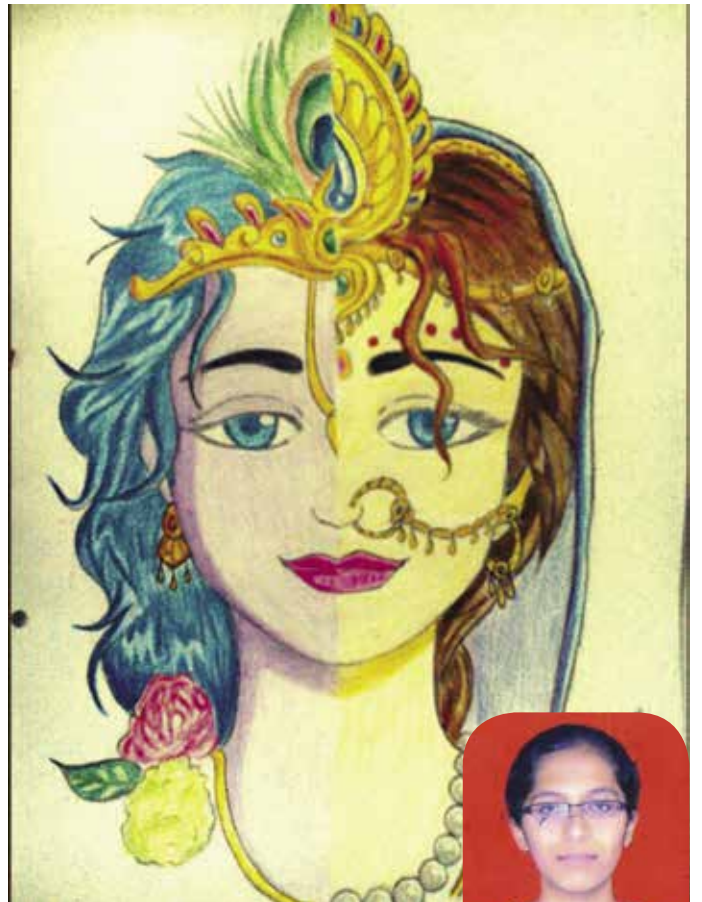
Aishwarya Naghane (LG-2013)



Aparna Dharma (LF-1999)



Akanksha Pandharkame (LG-15)



Shital Jagtap (LG-14)

"Zerbanoo Gifford - An Uncensored Life" is a biography of a human rights campaigner, philanthropist, women's champion, author of many books and founder of the ASHA Centre and a good human being Mrs. Zerbanoo Gifford.

The story is not just about Zerbanoo but is about the human rights activist, the heroine mother, the wise wife, the daring politician, the "rebel" daughter and sister, the modern grandmother and the classy and elegant Zoroastrian friend. This is a story of a legacy, of transforming the lives of the people she touched. The book has several incidents from Mrs. Zerbanoo Gifford's life that prove to be a source of inspiration and wisdom to many, whether it is raising funds for deprived children and sending the funds to Pandit Jawaharlal Nehru at the tender age of 7 or saving a group of people from terrorists in Kashmir, or raising media awareness to current forms of slavery and many more. Born in India, Zerbanoo Gifford moved to London at the tender age of four. By thirty, she had become a pioneer for Asians in the British public life. She was the first Asian woman to stand for Parliament, having been elected onto Harrow Council. Mrs. Zerbanoo Gifford



worked for the homeless charity Shelter and was the director of Anti-Slavery International. Overcoming racial attacks, political disenchantment, legal battles against the Government and a near-death experience, this biography is a gripping story of a fearless woman who has held fast to the causes of equality and global justice. Likened to the warrior princess Zena, she is also known as a cosmic networker, connecting people of all backgrounds, faiths and traditions in celebrating their shared humanity. Keeping these aims in mind she founded the ASHA centre. She is also the author of the book "Confessions of a Serial Womanizer" based on lives of outstanding women from different backgrounds. Through this she came in contact with Padmashree Mrs. Lila Poonawalla who runs a trust that empowers young Indian girls from Pune by supporting academically outstanding and financially deserving girls to pursue higher education. Together they designed a joint Leadership Programme called the "Peace Ambassador Program" which enabled the girls to visit London and be trained in leadership skills.

Ranging from funny to fascinating and spiritually uplifting, her stories illustrate the challenges faced by women in the modern world and the possibilities available to people from different backgrounds who are open to life. This is the kind of book that would bring you joy, motivation and courage. It is a story of inspiration, one that proves that you don't have to be rich and powerful to make a world of difference.

■ - Deepa Krishnamurthi (LF-2005)



Vaishnavi Lokhande
(LG-2013)

Got selected in Wipro and is now ready to enter in this big world. Wipro will now help her in further education for "M-Tech" in BITS Pilani University.



Monica Ratnaparkhi
(LG-2013)

Got placed in Synergy Valuers and Project Consultance Pvt. Ltd. as a Junior Engineer.



Mayuri Shirke
(LG-2013)

Placed in Wipro Ltd. where company is providing an "Earn and Learn" scheme through which she will be completing her further education for free.



Anjum Patel
(LG-2014)

Started as Gpat (graduate pharmacy) Trainee in one of the private institute in C hinchwad. And also got selected in Omni-active Pharmaceutical Company, Hinjewadi.



Renuka Munnale
(LG-2012)

Joined Mercedes Benz Research and Development India, Pune as Graduate Engineer Trainee.

We claim that the world is progressing in the field of health care and advanced treatments. Medicines are available for almost all the diseases, however on the flip side there are many people residing in remote places who are not even aware of the basic health care practices and hygiene. Anju Mary Thomas (LG-2014) had an opportunity to visit one such remote place named Kharoshi near Mahabaleshwar. She is studying B.Sc. Nursing (2nd year) at Bel-Air college of nursing at Panchgani. As a part of curriculum, she visited Kharoshi along with her classmates for community health nursing posting. Anju walks us through this journey in her own words...

LENDING HANDS TOUCHING LIVES

*"There is no higher religion than human service.
To work for the common good is the greatest creed."*

- Woodrow Wilson.

Keeping this quote by Woodrow Wilson in our minds, we began the fruitful journey from Bel-Air College of Nursing, Panchgani to a group of villages called 'Muras' ('hilltop' in local language). A group of five students, each had been divided into different villages which include: Lamaj Mura, Ahire Mura, Pimpri and Dare Mura, Ruley Mura, Akalpe Mura.

Our 60 km long journey from Panchgani to Muras began with a great excitement and fun. The vehicles were parked 25 km down the hills from Mahabaleshwar at Tapola, a rustic hamlet known as the 'Mini Kashmir'. The primary attraction in Tapola is the Shiv Sagar Lake, a 90 km long water body, which in fact is the reservoir of Koyna dam. On the opposite end of this lake was a muddy road that would lead us to our final destination, we used a ferry boat to reach there.

The second part of our journey was through muddy and steep roads, dusty in dry weather and slippery during the rains, we wondered how villagers use these roads for commute. The journey to our destination surely wasn't easy, thanks to the dangerous road, so when we finally managed to reach our destination, all of us let out a collective sigh of relief. As we walked further, we found dead silence and pitch darkness around us. We got our shelters and managed to prepare dinner for ourselves. Eating together in one plate while sitting on the floor covered with mud and cow dung was indeed inexplicable. The next morning we woke up to the beautiful scenery of the village which filled our mind with peace. Following this was the test of our strength to carry buckets of water for our basic needs from a distance of 1.5 km that took us approximately 30 minutes. This task made us realize the scarcity of water in the remote villages and the pain a common man takes to get it. This was not the end of our tests, we read and knew that open defecation is not good for environmental sanitation but we were left with no options but to use the thick bushes as walls, for our nature's call every morning.

These situations made us realize that life and practice is not as easy as we learnt in our books.

Now was the time for us to start with our work there. We knew that our work will bring changes in the lives of these villagers in a way that we can't even imagine. We were determined to make the ripple effect a good one.

We started with activities like home visits, in which we came across the villager's daily chores and practices. We took the initiative to help them understand the benefits of maintaining good health and promote nutritional standards within the available resources. Talking to the villagers, made us realize that a villager's life isn't so easy after all. One of the villagers told us that they had to walk down

the hills, cross the river and reach Tapola to buy basic commodities such as vegetables, milk, eggs and other groceries. We planned to talk on health, maintaining personal hygiene, environmental sanitation, waste disposal and nutrition. Activities were also conducted to clean premises of Anganwadis and surroundings areas.

A special meeting was conducted for adolescent girls and women, where the importance of menstrual hygiene and cleanliness was explained by the volunteers. Health

education was also given to married couples regarding safe sex, sexually transmitted infections, family planning methods and breast feeding for lactating mothers. We visited schools and Anganwadis wherein we observed the implementation of Mid-Day Meal Programme which encourages resident children to attend school daily. We carried out health assessments and weight checking for children. We spent some of our time with these little ones teaching songs, rhymes, hand-washing technique to them. We were happy to see that this was practiced on daily basis, we also organized a medical camp for all the residents.

On the last day, a cultural program was held by us for the villagers. This entire visit was extremely enriching, many of us realized that our interest lies in doing social service to the needy, the rewards of this service are immediate and satisfying. Apart from society doing their bit for these needy people, we are of the opinion that the government should also step in and must focus on improving the basic living standards in such remote places.



The month of April, sure turned out to be a special one for LJs, LGs, LFs and their Beloved Dad. Reason being, Dad's Surprise Birthday Party, which they helped organized and arranged. The days were 20th and 21st of April, when the past and present LJs, LGs and LFs, all dressed beautifully gathered at the S.G Barve Hall, Alpa Bachat Bhavan to celebrate their Dad completing 79 Years.



Dad gets ready to cut the cake

The festivities began with the Traditional Welcome of Mom and Dad, complete with Lezhim and Brass Bands. The Lila Fellows gave a breathtaking performance for their beloved Dad. The celebrations continued with the LJs humming the quintessential birthday song "Tum Jiyo Hazaro Saal" especially for Dad, then came the cake cutting and Surprises. After the Cake



Traditional Welcome for Dad

Cutting, the LJs surprised Dad by gifting him a special book titled "Dad and Me" which was a compilation of stories and poems, all penned by the Lila Juniors, a compilation of drawings and essays, as well as some memorable photos, all curated by the LJs and LSs. Some of the Staff Members of LPF also performed a lavani "Pinga Ga Pori Pinga" for their beloved Sir while the other Staff Members dedicated a short film titled "Happy Birthday Sir". The Lila Girls of Bel-Air College of Nursing, Panchgani danced to a Medley of Bollywood Songs. Ms. Gauri Swakul (LF-2003) and her troop performed to a specially choreographed classical dance routine made just for Dad. The LJs presented Dad with a Film, made by the LJs which included interviews of the LJs, Principals and their Parents, leaving everybody in the Audiences misty eyed, truly a befitting end to such a momentous occasion.



The Birthday Boy 'Dad' cuts the Birthday Cakes as Mom, Ms. Roda Mehta (Trustee, LPF) and Maya Thadhani Ma'am (Adivsory Board Member, LPF) look on



Mom and Dad pose with the LPF Office Staff during the office celebrations

Like all good things, these function to come to an end but not without a bang.



Dad looking handsome as ever with a turban, celebrates his birthday with his beloved Lila Juniors at Chandoli.



Dad was felicated by the School Committee Members at Chandoli

It was after a hiatus of 4 years that the 6th Batch of Peace Ambassadors were ready to begin their Journey towards UK for the 3 Week Global Leadership Program at Asha Centre, preceded by an interview process for the selection. The Day was 11th August, the current batch of PA's all dressed up in their LPF shirts, gathered to start their journey towards UK. The group headed by Leader Ms. Rashmi Tare (LF-2012) consisted of 25 girls (Lila Girls and Fellows). The journey before reaching UK was surely a special one for the girls, as for many of the girls, it was their first time on a flight.



The Peace Ambassadors, Batch of 2016., Mom and Dad wave goodbye.



The girls get ready to board the flight

The Peace Ambassadors had all gathered near the LPF Office, to begin the first leg of their Journey. A special bus was arranged from Pune for the girls and Mom and Dad. The Peace Ambassadors had an impromptu photo shoot before leaving after which they bid farewell to their Parents. After all tears, Mom and Dad along with the girls boarded the bus to Mumbai, eagerly awaiting the next step of the Journey. Tune in to the next issue of Inspira, to know more about the next phase of their Journey towards becoming the Peace Ambassadors in every sense of the word.

Ultimate Success Mantra Training Program

Success in life comes to those who work hard for it. Without hard work, success cannot be achieved. While some have the skills to achieve success in life others do not, they may work hard but lack the skills. Realizing this need LPF organized an "Ultimate Success Mantra" program for LFs. The session was conducted by Ms. Meera Natarajan, M. Sc, M. Phil in Mathematics. Apart from that she also happens to be a Neuro-Linguistic Programming and Laws of Attraction For Positivity Practitioner. The session helped LFs to learn success mantra; power of mind, belief system, vision planning, creative visualisation and positive affirmation.

I loved the program tremendously. It will help us to become successful. The program taught all of us to develop internal skills and also to be successful

by using positive techniques. I liked the way Mrs. Meera Natarajan presented the session. She was interactive, she not only taught about success but also gave tips about how to achieve success because of which I became more confident.



I liked the explanations of each concepts which were given through day to day life examples. Now I am clear about conscious and subconscious mind. Through this program we learnt that our Dominant thoughts shapes our life and hence getting everything what we desire, which completely relies on our ability to

communicate our desires to our subconscious mind. Thank you Mom and Dad for arranging such a nice session for us.

■ - Prachi Bhujbal (LF- 2014)

Orthopedics BMI Consultation and Fitness Training

Dr. Kiran Pandey (BPTH, MPTH Ortho, FOR, FSS, Founder, and Energize Physiotherapy Clinic) conducted a session for LG's 2012 and 2013 at SKF on "Orthopedics BMI Consultation and Fitness Training" to address the current health issues that plague the girls in their day to day life.

Kiran Ma'am asked us monitor our daily routines. She advised us to make our well being a priority, rather than giving excuses.

She taught us how to manage our daily life while giving priority to our fitness goals. Along with this, Mr. Zubair Khan, a certified trainer in Aerobics, taught us aerobics. At the end of the session we were given a review of our body compositional analysis with reference to what our ideal weight should be like, we were also given tips on how we can achieve our ideal

weight. Before this session I never knew about BMA Consultation but now after attending Orthopedics BMI Consultation and Fitness training program, I came to know about all the parameters involved for the consultation. We have learnt a lot through



this session and now we can even make others understand some of these health exercises, which can certainly benefit them.

I really feel lucky to be a part of LPF due to which I could attend this event.

The program was indeed very valuable. Thank you Mom and Dad for arranging such valuable programs for us.

■ - Sayma Pathan (LG- 2012)

Corporate Visit to BMC

Enhancing our Academic Knowledge is extremely conducive, especially for those Lila Girls, who have recently completed their graduation in their chosen fields. Realizing the importance of enhancing our Knowledge, LPF had arranged a visit to BMC, an American company specializing in Business Service Management (BSM) software. BMC develops markets and sells software used for multiple functions, including IT service management, data center automation, performance management, virtualization



lifecycle management and cloud computing management. Girls experienced the corporate environment and also got add-on practical knowledge, apart from this, they also got a tour of the company.

We all feel that the program was very good, interactive, interesting, and informative. We came to know how to write a resume, how to face an interview and also got a clear idea of the essentials, one should be aware of while going for an interview. Thus

the program proved to be very useful for us.

■ - **Snehal Saraf (LG-2015)**

Enhancement English Class

Faurecia, a global leader, providing innovative solutions and qualitative, sponsored a English language enhancement course, meant to enhance our communication skills. The program was conducted in Symbiosis ELTIS centre. The highlight of this course was the openness and high comfort levels between us and our mentors. Apart from basic grammar, this course also helped us understand the importance of proper pronunciation, group discussions and face to face discussions. They also taught us the importance of listening and interpreting skills through the videos



and subtitles. The mentors lent a helping hand in dealing with hindrances and overcoming difficulties, we face while communicating. Overall the training session was full of learning and presented a refreshing take on the professional as well personal aspects of life. The training program turned out to be immensely advantageous for me. We would like to thank you Mom and Dad and the Foundation for organizing this important

and informative course.

■ - **Mayura Gawade (LG- 2014)**

Dear Lila,

It is unbelievable that 20 years have passed since you and Firoz started the Lila Poonawalla Foundation. You are doing a marvelous job to enhance the life of Indian girls.

We wish you nothing but continued success in your efforts.

Best regards

- Jan and Christina (Tetra Pak Colleague)

Dear Lila and Firoz,

Yes! Time flies very fast and to think that its 20 years since your project started, is quite amazing. You both are doing a wonderful job and the pleasure of seeing your girls doing so well is very satisfying.

With warm regards

Yours very affectionately,

- Mini (Family Friend and Donor to LPF)

Cybercrime is an emerging threat to the internet. Worldwide; governments, police departments and intelligence units have already started to react. Many countries are taking initiatives to control and prevent cyber-crimes, as cyber world has no geographical boundary. The laws and respective amendments are well designed to combat against cyber-crimes. Many a times top intelligence officials have warned about cyber-attacks and spying being the top threats to the nation which are required to be eliminated on highest priority. Indian police departments are too working hard for this and have initiated special cyber cells across. There are dedicated cybercrime awareness programs running towards educating relevant audience.

Knowing the importance of cyber security and its impact on day to day internet users like all of us, this series of articles by our very own **Lila fellow 2001 and Committee Member Mrs. Pradnya Kashikar** is attempting to provide a glimpse on cybercrime in India, IPR fundamentals, Cyber Security and Cyber Laws. Ms. Pradnya has extensive experience in cyber security training and has been working as a cyber-security consultant and trainer for IT companies and institutes such as BITS, Pilani. She has also worked with officials of cyber cell in Pune during her M.Phil. research.

The **Internet** is a worldwide collection of linked networks that is used for personal and commercial communications and for information exchange. While the Internet was originally conceived as a communication network for researchers, today it is used by millions of people in business, in education, or for just plain communication. The thousands of interconnected networks that make up the Internet include millions of computers and users. It provides the basis for global electronic mail and information exchange via the Web (World Wide Web) and other services.

Security is a state of well-being of information and infrastructures in which the possibility of successful yet undetected theft, tampering, and disruption of information and services is kept low or tolerable. Security rests on confidentiality, authenticity, integrity, and availability.

Computer Crime, E-Crime, Hi-Tech Crime or Electronic Crime is where a computer is the target of a crime or is the means adopted to commit a crime. Any crime that involves computers or aided by the use of computers is known as Cyber Crime. Most of these crimes are not new. Criminals simply devise different



What is Cyber Crime?

ways to undertake standard criminal activities such as fraud, theft, blackmail, forgery and embezzlement using the new medium, often involving the Internet. It is any illegal behavior directed by means of electronic operations that targets the security of

computer systems and the data processed.

Who are computer criminals?

- **Amateurs:** regular users, who exploit the vulnerabilities of the computer system
 - * Motivation: easy access to vulnerable resources
- **Crackers:** attempt to access computing facilities for which they do not have the authorization
 - * Motivation: enjoy challenge, curiosity
- **Career criminals:** professionals who understand the computer system and its vulnerabilities.
 - * Motivation: personal gain (e.g., financial)

One of the key elements that keeps most members of any society honest is fear of being caught — the deterrence factor. Cyberspace changes two of those rules. First, it offers the criminal an opportunity of attacking his victims from the remoteness of a different continent and secondly, the results of the crime are not immediately apparent. The results or the effects can be financial, technical or even psychological.

The different types of Cybercrimes are Email hacking, spoofing, website hacking and domain hacking, online defamation and online gambling and fixing, spyware, software piracy and copyright infringement, abusive chat, cyber bullying and cyber stalking, phishing, e-commerce frauds, banking frauds, credit card frauds, grudge attacks, pornography, obscene emails, viruses and malwares, Trojan attacks, net extortion, electronic money laundering, cyber terrorism, Insiders threats, identity theft, tampering with the source code, net trafficking and online scams, spamming, distributed denial of service attacks, electronic fund transfer frauds, illegal interception of telecommunications, stealing telecommunication services i.e. broad band or internet time, advertising or soliciting prostitution through the internet, unauthorized access/control over computer systems and illegal Sale of illegal articles-narcotics, weapons, wildlife.

In next few articles, we will read about different types of internet crimes, how we can stay safe, do's and don'ts for internet users, ways to protect your web access and much more! Till then, stay tuned and stay SAFE on internet!

■ - **Mrs. Pradnya Kashikar (LF-2001)**
Committee Member – Undergraduate Section

“Lights, Camera and Action” that’s exactly what **L**came to mind, had one would have witnessed the recently concluded Lila Poonawalla Foundation’s 6th School Scholarship Award Function, at the Cummins India Balewadi Campus.

The Award Function was exactly like a well-organized Broadway Play or a Film. Spread across 2 days, the Award Function saw a total of 351 new girls from a total of 19 schools being inducted into the Foundation Family.



Eco-Friendly Inauguration: Mom, Dad, Chief Guest: Ms. Rashmi Shukla (Commissioner of Police Pune) along with Mrs. Nirmala Pandit (Trustee, LPF) Ms. Sameena Deokar (LF 1998, School Committee Member) and Ms. Lolita Kewalramani (School Committee Member) pose for a group photo

On 16th July, 2016, Ms. Rashmi Shukla (Commissioner of Police, Pune) presided over as the Chief Guest. Keeping with the Tradition we saw Mom get up on stage, talk about how important it is for girls to be educated and be independent, she also thanked Title Partners of LPF, the Biltema Foundation for continually supporting “2morrow 2gether Initiative”.

Ms. Rashmi Shukla spoke about the importance of spreading awareness about the Importance of Education and how we can contribute to it. The first day of the Function saw the LJs of St. Clare’s Convent School, Anjuman I. Islam Peer Mohammed Urdu Medium School, Camp Education Society’s Kanya Shala, Zilla Parishad School, Govitri, Babu Saheb Pawar Kanya Shala, Camp Education Society’s Utkarsha English Medium School, Camp Education Society’s Chaitanya English Medium School, Zilla Parishad School, Kambre, Golden Glades Madyamik Vidyalaya, Karanjgaon and Zilla Parishad School, Karanjgaon being inducted into the Foundation Family.

The second day of the program began with the Chief Guest Mr. Dilip Sharma’s talk about the importance of independence of girl both in their personal as well



Eco-Friendly Inauguration: Mom, Dad, Chief Guest: Mr. Dilip Sharma (Commissioner of Income Tax, Exemptions, Pune) along with Mrs. Freny Tarapore (Advisory Board)

as professional life, he also talked about why it is important for girls to be well educated.

Mom encouraged the parents to let the girls study hard and succeed in life. She also urged the parents to not marry their girls off at a vulnerable age. The Award Function continued with the girls from Zilla Parishad School, Chandoli, Dr. Lt. Kalmadi Shamarao Kannada High School, Kalbhairavnath, Sau Laxmibai Baburao Bangar Vidyalaya, Anjuman I. Islam Ahmed Peer Mohammed English Medium School, Zilla Parishad School, Gawadewadi, Sitaram Abaji Bibave Vidya Niketan, Shri Ram Vidyalay, Pimpalgaon, Zilla Parishad School, Thorandale and Prerana Vidyalaya having their turn to receive the scholarships.



Dad and LPF Trustee Nirmala Ma'am, give away the scholarship

After the awards ceremony, the new batch of Peace Ambassadors was introduced to the Audience, amidst with much cheer and pomp. On both the days, Past and New Lila Juniors expressed their gratitude towards Mom and Dad, for opening up a world of opportunities.

The Functions concluded with the Vote of Thanks and the National Anthem followed by a sumptuous lunch.

Inspira brings to you an inspiring story of Prajakta Bhujbal (LF-2011), who was a sportsperson turned in to an entrepreneur of a unique business in Pune! Let us hear it in her own words...

Have you all heard about 'Cut and Stitch', we actually started this venture recently. Cut and Stitch- A tailoring studio, is a retail unit and online portal (tailor on call) service in Pune. We are trying to make tailoring as a service oriented approach from product oriented approach. We have started our tailoring services in to different verticals -alteration (no tailor considers dress alterations as business), Ethnic wear stitching, Bridal and Maternity clothes stitching. As a brand in tailoring sector, we aspire 'Cut and Stitch' to introduce 7 retail units across Pune (for females who cannot travel to tailors (wiz. old ladies, housewives, pregnant ladies), and an online portal for working ladies. Presently we are delivering 217 dresses a month and in process to increase productivity with more service oriented approach. At cut and stitch we have all system process driven with cross training to all employees that improves quality of service. At responsibility includes process implementation, procurement, sales, marketing, technical support and dress delivery planning.

The interesting stuff that I do, gives immense satisfaction to me, however someday when I look back to the earlier days I wonder how I carved my path to this stage. Life wasn't this simple, every day was a challenge, I recollect my father abandoning us (Mom, my younger brother and I) after his second marriage. My Mom took us to my Maternal Aunt in Pune. My mom earned very less and we lived hand to mouth as she was a Teacher earning just Rs.700/- per month and would take tuitions for extra earning. After about 6 months my father came and got an admission for my brother and me at New English School, Hadapsar, Pune. Our fees were paid by my father as per his convenience whenever he used to visit us in 3 to 7 months.

My school had introduced Hockey for 5th Class, I wanted to participate in it by any means. Our family financials were very weak and it wasn't at all possible for us to buy a hockey stick, my mom borrowed 200 rupees from her friend and gave to my uncle to buy me a hockey stick which was of Rs.180/-. My uncle also brought me a white T-shirt worth of Rs.230/- on his own. That was the turning point in my life I guess, hockey changed my fortune, I played and was selected at state level in 6th class. I remember, I was asked to pay 7th class fees but my father was again absconding and my mom was unable to pay the

fees hence I had to stay at home for 3 days, 4th day my school Principal came to our house and as a bright player for the school he waived off my school fees. Same year I got selected in National Team and played as 'Left Half' for the **Maharashtra Team**. After that my school education was free till class 10.



After my schooling my coach- Marian sir, college coach - Jadhav sir and my mother helped in arranging my college fees of Rs.1100/-, I took admission for BCA-science at Abeda Inamdar Girls College. I started working and paying my fees to complete my education. I had a very big support system that helped me in managing my love for sports and studies. Without their support I would not have been able to play 7 Nationals of Hockey, 2 Nationals of Football, and 1 National Floor-Hockey. I was also the captain of my team for 11 years.

Further as I grew up, entire family responsibility was thrust upon my shoulders, as an elder sibling I had to manage house expenses, my brothers' and my studies too. I wanted to do MBA in sales and marketing and had already prepared for admission but same time my brother got selected for computer engineering. I had only savings for either of our education so I gave up on my education and ensured my brother could get his admission for engineering. All of a sudden my mom read about Lila Poonawalla Foundation and asked me to apply for this scholarship. I was very negative about it but still thought of giving it a try.

I gave up all hopes of my further education and continued my job. My mom was no more working hence I had to ensure that my job continues for our family to survive. To my surprise I got a reply and was asked to meet for an interview at Taj-Vivanta-Pune arranged by LPF, I went for an interview and met **Lila Mom** for the first time. I was amazed by her aura- full of positivity and beautiful. I was very excited to meet **Padmashree Lila Poonawalla** Mam face to face. For me that was enough, I happily went home after the interview. Next two days I was just describing about Lila mom to every person I met. Meanwhile I got a

call from an MBA College for seeking an admission or back out so that someone else could get my seat. I borrowed some time from them, but arranging money was a big task, MBA classes had already begun and buying more time wasn't possible, I had left all my hopes. The day I decided to intimate college that I won't be able to take the admission, it was then that I received a scholarship letter from Lila Mom.

I was all in tears and knew that god just said to me "PICTURE ABHI BAKI HAI". Very next day I went to college, showed the letter took management approval and I finally got an admission for MBA. Then onwards it was no turning back, worked in day shift, studied at night, attended practical's on weekly offs, and just because of Lila Poonawalla Foundation my dream of getting a post graduate degree like my Mother was achieved. (Smiles... with a huge relief)

I started my career at CIE Automotive as a server, serving tea and coffee, then took up a telecaller job, worked as sales executive at HHI hotels, I always wanted to sell a Mercedes but I never got chance to do so. I had given 4 interviews in a year at the dealership and was rejected, but never gave up and joined as a corporate sales person for Ideal Insurance which is a sister concern of Mercedes Benz dealer. My sports background and Poverty taught me a lot and helped me evolve as an individual. It taught me sporting attitude, leadership qualities, accepting my mistakes and improving it every time. It taught me to lose but never give up. Wounds today have become scares that are my motivation, they encourage me to fight back when I encounter a failure. It teaches you to try till last minute, it helps one to only focus on ultimate goal. Life changed for good and it was no looking back then and here I am today driving a new business which has started from zero.

Getting right people in life at all stages is important and that's what happened to all of us (all Lila fellows) I think. My association with LPF is more than 5 years now, Lila mom and all the staff is a family to me. I admire the foundation team a lot, they make a great team and have great coordination; I want to make my organization similar to LPF team - assertive in communication, empathic (they behave very politely with every Lila fellow and guide them), professional (when comes to mails, messages and coordination), maintains great public relation and team work.

When it comes to mom and dad, they are like a back bone to me. Lila mom is my mom, she is always there for me when it comes to any guidance. Till date LPF has never forgotten my birthday, on my wedding day Mom was not in town, but Mom and dad gave a

surprise on my wedding reception, it was a moment of truth. When it came to my new venture, mom was a great inspiration, she guided me with minute details wherever required as it was my dream. The inauguration ribbon was cut by Lila Mom and Dad. Mom is a true inspiration to me and my family, to support her cause, my husband and I have started funding education to under privileged student, currently we are supporting 3 unprivileged boys pursuing their 10th and 12th class education.

I haven't attended many programs arranged by LPF as I used to work on Sunday and take off on weekdays for my college, but I did attend few training sessions like - Personality Development, Self Defense, Interview Skills and most admirable session of Mrs. Ketki Desai. From that session, I have a goal sheet in my diary... It has really helped me a lot in my professional life. I request you all Lila girls, to please update all the sessions you have attended in your resume, when you apply for the job, it makes you stand out in crowd, as only experience or trained candidates are hired by most organization.

Thanks to LPF and Mom and Dad for all the support and encouragement received.

**■ - Prajakta Bhujbal
(LF-2011)**

A quick glance as Prajakta's achievements so far -

- Played 7 National Hockey, 1 National football, 1 National Floor-hockey.
- Made CRM- Post Delivery Satisfaction Index Model running at Chevrolet.
- Started Cut and Stitch Brand for Tailoring in Pune.

Awards:

- Best Student award in school for all achievement
- Best Student College for Contribution for Hockey.
- Savitiri Bai Puraskar for all achievements
- Awarded as Best Defense player by Women's Hockey Association.
- Awarded as Ms. Fresher award at college post-graduation
- Achieved Green Belt in Six Sigma/ TQM.

Hello Lila Mom and Firoz Dad,

Thank you for a lovely and very thoughtful birthday gift! It has certainly inspired me to be extraordinary...just like you!

I am still working with Fidel Softech and I recently received an award for successfully completing five years in this organization. For the last couple of years, I have solely focused on working hard and keeping your head in the game.

I know I have not been to many of the programs lately but I do keep up with the updates from the Foundation from Lila Girls and Lila Juniors on Facebook very often. I make it a point to read and view all the coverage on the Foundation and on both of you. It makes me feel proud that I am affiliated with such an organization. I keep on spreading word regarding scholarships offered by the Foundation because I still see many girls who are afraid of burdening their parents for higher studies. One of the girls I talked with regarding scholarships (Miss Shreya Yawalkar) got scholarship from the Foundation last year for pursuing Engineering. It made me so happy that I got to play a tiny part in her happiness!

Thank you so much again for a wonderful gift!

I wish you lots of love and healthy and happy years ahead... :)

Amruta Nirgudkar
(LF-2008)



Dear Mom,

I completed my Mechanical Engineering with 74% in my final year and it would have never been possible without your and dad's help and support. You have helped me grow and made me an independent and capable individual. You are an inspiration for me and as I go further in my life, you are always going to be my role model. You deserve all the good things in life and I hope and pray that Lila Poonawalla Foundation achieves all that it has ever wanted to achieve by touching thousands of lives like mine. You touched my life in a way I can never thank you enough for and I will always want to be associated with this foundation throughout my life.

I shall come and meet you and dad soon. With lots and lots of love and good wishes.

Love,

Rachit Rai
(LG- 2013)



Dear Mom,

I am Olivia Jerome D'Souza.

I had attended the Fitness Training Program and Orthopedics sessions at Cummins Campus which was very helpful for me. I am suffering from back pain and after this session I had decided to do further treatment for my back pain as suggested by Dr. Kiran Pandey. Now I am going under treatment in her clinic. This was possible just because of my LPF family. As a result I could take proper treatment under the guidance of Ms. Pandey.

Thanks and Regards,

Olivia D'Souza
(LG- 2015)



Dear Mom and Dad,

Wish you both a very Happy Gurupurnima...

Thank you for your inspirational words. I have learnt various lessons from you both. I will be always grateful for that.

Recently, I heard two of such quotes from both of you which are really great lessons towards life.

Whereas I learnt another biggest lesson from Dad about Punctuality and dedication. I will surely improve on my weakness and will contribute to the foundation and to the society.

Thank you once again for showing a path from my darkest past to the bright horizon.

Best Regards,

Gayatri Kshirsagar
(LF-2012)



Dearest Mom,

You were a light for me in the dark, You were an inspiration and an aspiration.

Made me win with a spirit, It wouldn't have been possible without you, There will be no darkness in my life, When there is the ray of light of your blessings and teachings, Support me always, I will succeed in all ways,

Happy Guru Purnima!!!!

Your Daughter,

Anjali Sarda
(LF-2005)



Dear Mom,

Happy Mother's Day!

I take this opportunity to thank you for your immeasurable contribution to my life. Thank you Mom! And wish you a Very Happy Mother's Day...! I owe everything to you. It's just because of you that I am able to reach my goal.

I just want you to know how special and fortunate I find myself, to be blessed with a mother as loving, caring and wonderful as you.

Love you,

Pradnya Garud
(LF-2012)



Dear Mom and Dad,

I truly find no words when it comes to show my gratitude towards what you have taught me till now.

I am proud to say that I am a Lila Fellow. Everything that I have achieved today is only because of you. I do not find a better day than today when I can proudly say "YOU HAVE MADE A DIFFERENCE TO MY LIFE".

Love you so much.

Stay blessed. Miss you so much!!!!!!!!!!!!!!

Wish you a very happy Guru Purnima!!!!!!

Regards,

Snehal Patil
(LF-2010)



Hello Mom,

I am Dipali Vetal, LF 2012. I want to thank you for the lovely gift that you sent me on my birthday. I loved it, thank you so much. I wish you a very HAPPY AND WONDERFUL MOTHERS DAY. Thank you so much for being in my life, being there when I needed you the most, thanks for making me a part of the LPF family, thanks for everything. I don't know where I would have been if not for your timely help, thanks for shaping my life, making my career and helping me to reach my goals.

LOVE U MOM AND DAD

Your loving daughter

Dipali Vetal
(LF-2012)



Dear Mom,

Thank you very much for your birthday blessings and wishes, thoughts in the letter are always very inspiring and motivating.

It gives me immense pleasure to tell you that I have made the best out of the opportunity given by you.

I have been selected to do PhD in Germany, Helmholtz Zentrum Muenchen by Scientist Dr. Josef Mautner (AGV Research Unit Gene Vectors) a translation research. I completely owe this achievement to you as it was not possible without your support. I thank you from the bottom of my heart, you came into my life like God, I feel very lucky to have a backbone like you who not only has supported me financially but also looked into my overall development just like a mother, you are a true mentor. I have no words to describe your value in my life. I got the courage from the motivational speech you gave at Symbiosis Auditorium; I still remember the speech you gave while awarding scholarship to us.

It was because of your inspiration, motivation that I could apply for the PhD position and get selected with having limited finances.

Yours Lovingly,

Purva Chavan
(LF-2013)



Hello DAD,

I am Muskaan, one of your proudest daughter, I want to wish you a very Happy Birthday.

Few lines for u Dad -

No matter how hard I try,

No matter what I do,

I would NEVER be able to

Thank You Far enough for

ALL THE LOVE & CARE YOU FILLED MY LIFE WITH....

You are my HERO,

You are my ICON.

Yours Lovingly,

Muskaan Khan
(LG 2014)



A birthday is just the first day of another 365-day journey around the sun. Enjoy the trip! WISH YOU HAPPY BIRTHDAY. Baar baar yeh din aaye, baar baar yeh dil gaaye, tum jiyo hazaro saal, yehi hai meri aarzoo, Happy Birthday To You !!! Happywala birthday Dad..!!!



Ankita Nimbole
(LG-2015)

Dear Dad,
Your support and faith in me, Means a lot to me under your wings, it's safe to explore the world. I am blessed to be your daughter. HAPPY BIRTHDAY DAD!!! All I wish you is lots of love & good health.



With lots of love,

Samiksha Belgaonkar
(LG-2014)

Dear Mom and Dad,

I am Nisha Ghanshyam Patil (LG-2014). I am student of Diploma in Computer Engineering collage of Pipri from Wardha. I'm studying in 3rd year. I'm writing this mail to say Thank You so much for wonderful gift. Mom and Dad you are the first one to wish me "Happy Birthday" with lot's of love and good wishes. Thank You very much for Blessing and love.

I also wish to tell you that I have scored 83.87% in 2nd year diploma and which was possible because of you. The scholarship you are giving is just not supporting me financially but it also strengthens my motive to achieve more and more success as well as at the same time you are giving us a lot of love and direction to our life to achieve something. I really feel proud to be a part of LPF. Once again thank You Mom and Dad for everything with lots of love.



Nisha G. Patil
(LG-2014)

Gayatri Kshirsagar (LF-2012)

Received "New Employee Award for the year 2015-16" for her outstanding work for bringing new energies, talents and initiatives to the Venture Centre. She is currently exploring new opportunities in IISER, where she was shortlisted amongst hundreds of applications for the post of "Senior Teaching Associate" under Ministry of Human Resource Development (MHRD) project at IISER Pune.



Prajakta Dipak Hande (LF-2013)

Academically strong, she completed her MBA in International Business Management. She bagged the 1st rank in her college. She also received a Gold Medal for the same.



Sakshi Raut (LG-2014)

Participated in the Annual Sports and Cultural competition organized by Bel-Air College of Nursing, Panchgani. Being a sports enthusiast, she along with a team of 4 girls to part in the Basket Ball Competition, where Sakshi bagged 1st place and got a gold medal for it.



Yogada Deshpande (LF-2008)

Recorded Gazals of Pt. Hrishikesh Mahaleji, disciple of Gazal maestro Jagjit Singh and composed by Anup Jalota. These Gazals are penned by Sitaram Nagar and Kirti Kumar Vaidya.



A motivated, passionate lady, who believes in excelling in every role of her life, Madhurima Pawar (LF-1999) has already achieved many of her goals. She is working as a Director at Intel Corporation in the US and is responsible for defining the strategy, roadmap and planning for security. While at work she led the team to acquire stakes worth of 800 million dollars in the IT mammoth McAfee

A mother of two kids, she is a multi-tasker, juggling both her domestic as well as professional commitments with an aplomb. Although there are times that juggling multiple responsibilities at one time is a tad bit tough for her, yet she seems to take everything in stride, all the more determined to excel in her career aspirations.

Many-a-times, being the only woman in groups and meetings at work is difficult, so she made herself strong and firm. She encounters many challenges and overcomes them with a determination of proving her abilities, working extra hard.

Madhurima topped her class, while pursuing Bachelors from BVCOE, Pune University. Proud to receive the Lila Fellow scholarship for further education in the US, she was also fortunate to receive the scholarship for her Master's program. She pursued Masters in Computers from University of Florida. She also pursued MBA from Wharton, University of Pennsylvania with a major in Finance and Strategy. During this time, she got selected for internship at Microsoft, the only girl in the group then. She got an opportunity to visit Bill Gates' (Founder of Microsoft) house. She was immensely inspired by his work; she helped launch various exciting technologies and products during her tenure. Today, Madhurima holds a number of patents

on her name, and yet she works hard through the ranks taking on more responsibilities and delivering results. She is proud to be a leader of the HiTech industry, whose mission is to create more and more products that will improve the quality of life.

When asked about whom she dedicates her achievements to, Madhurima proudly describes her support system. She is grateful to the foundation for encouraging and supporting her through her studies abroad. In retrospect, she remembers Lila Poonawalla Foundation and achievements of other Lila fellows in the foundation, it inspires her to do more in life and be an inspiration to other girls in the foundation and her kids, to help them achieve great heights. She feels blessed for the support she receives from her husband, parents, family and friends. Just as it is said, 'if it's easy, you haven't reached there yet'.

Madhurima believes great work can be achieved with honesty, hard work and persistence. She says, *"The passion and the rest will follow. Be true to yourself, and you will gain the belief and support. Live your life to the fullest and do whatever you decide to, just live"* ends Madhurima as she addresses the girls of the foundation.



■ - **Priyanka Eratkar**
(LF-2010 and PA-2012)

Cheese, now this something everybody loves, no matter where you live or which age group you belong to. Our Lila Girls aren't indifferent to the love of cheese either. Imagine the level of excitement, when found out that they had an



opportunity to visit one of Asia's Largest Dairy Farm. Recently our Science Lila Girls, had the opportunity to visit the Gowardhan Dairy Farm. This visit accumulated all the things that one would have had wanted to learn and enjoy in this trip. Apart from

contd.... on page 18

When life gives you lemons, you make lemonade. Sujata Dongre (LF-2003) believes in making the most out of what life gives it to her. Sujata has pursued Master's Degree from San Jose University, in the USA. She works as a Senior Software Engineer in Oracle, one of the top companies in the software industry.

It was a challenge for Sujata to reach at this level. She had completed her Masters in Computer Science from M.E.S.'s Abasaheb Garware College, Pune. She had commendable work experience while working for Zensar, India. Soon after getting married to the person of her dreams, she got a chance to live in the US. Her visa status did not allow her to legally work in the US. She did not give up and studied hard to pursue Masters in Computer Science from the reputed University in California, San Jose State University, USA. She adapted herself to the new married life, the unfamiliar place for a living and a new educational system. She had to deliver number of assignments as part of the study program. It was at this time, she learned about how being organized and scheduling for tasks can help one achieve excellence.

Sujata motivates herself to keep learning. *No learning goes in vain.* During her stay in India, she learned and mastered the Japanese language from Department of Foreign Languages, Pune University. She had started learning the language as a part of her personal hobby. Learning this language was fun. She completed her Advanced Diploma, a full time course and JLPT Nikyu level in Japanese language. Little she did she knew, that it could further be a reward in her career. While working for Zensar, India; she got an opportunity to use her foreign language skills. Later on, she went to Tokyo, Japan to represent her team for a project work. She utilized her language skills in communi-



cating with the people there. She also worked on her own to find apartment and gather all necessary things for her stay in Japan.

Sujata feels lucky to have family support in her life. Her mother and sister gave her an amazing support and strength, throughout her life. Her husband played a great role in supporting her to achieve her dreams. Lila Poonawalla Foundation gave her the wings to fly. She is grateful to Lila Mom and the Trustees including Late Surabhi Nag, Mrs. Maya Thadani, Mrs. Vasantha Ramaswamy and Mrs. Jayashree Shahade. She feels a strong bond with the Foundation. Staying in the vicinity of San Francisco, she gets an opportunity to occasionally meet the Foundation - Trustee, Mrs. Maya Thadani.

Sujata describes herself as a fighter. In her address to the Foundation girls Sujata tells them to keep trying until you get what you want. *Never give up!!!*

**■ - Priyanka Eratkar
(LF-2010 and PA 2012)**

contd.... from page 17

soaking up in the environment, the girls had the opportunity to learn about food industry and dairy products. They also were given the opportunity to learn about the Automated Management System put in place to take care of such a huge premises. Apart from this the girls also had a chance to visit the Go Cheese Factory, where they learned the process of cheese making, the different types of cheeses and also the history of cheese.

Located at Manchar and started in the year 1992 as

Parag Milk Food (Face behind Gowardhan Dairy), is now one of India's largest private and popular dairies, with an output capacity of 1,000,000 liters per day. Ms. Madhuri (Marketing Executive) of Gowardhan Dairy, gave the girls presentations where they got know about the Parag milk and food company i.e. Cheese, Ghee, Milk, Flavored Milk, Flavored Yogurt, Paneer etc. She also gave them information about the automated milking system.

Gowardhan Dairy visit was an enjoyable experience for girls.

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 (LG-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 affected by a major earthquake) she studied there till she completed her schooling. Ashwini has not had an easy life. She lost her parents due to a fire accident when she was in 8th standard. Her maternal uncle came as a Father 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 her 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. 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 her, like sending her 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"*. Upon completing her Graduation in Robotics from Cummins College of Engineering, she did her project on Optimizer's Generator. She has got placed in Eaton Technologies as an IT Analyst. Currently she is pursuing her MS in Computer Science in USA from University of Texas at Dallas.

"Many of life's circumstances are created by three basic choices: the disciplines you choose to keep, the people you choose to be with and the laws you choose to obey." This, a famous law quote, is Gargi's inspiration to live life.

Gargi Paigude (LF-2010), a proud Lila Fellow, wishes to tell about her life's journey till now. A Law student, she recently completed her LLM in International Commercial Law from King's College, London and has also done a Fall semester which starts at the end of August and ends with December; in Negotiation and Dispute Resolution at Harvard Law School, USA.



Her dreams have always been big and her parents have greatly encouraged her to follow her heart and cross all milestones with hard work and determination. Even though she comes from a family with limited resources, she has never been made to feel the pressure of not pursuing her higher studies. Her sister Kasturi is a Lila fellow too. It is because of her and her great respect and enthusiasm for the Foundation that Gargi chose to apply for the scholarship as well. It was till date the best decision that Gargi made. Not only did it relieve her pressure of having to ask her parents to invest all their savings for her future education, but also channelled her versatile nature to make her an independent proactive person.

Though Gargi was away for many of the programs and workshops held by Lila Mom, the ones she could attend really helped her to groom herself. She is at a loss of words at how the Foundation has helped her. Right from the day of the interview, Lila Mom and Firoz Dad have been such an anchor of support and a constant source of encouragement. They make it a point to stay in touch with Gargi and also track her progress towards achieving her goals.

LPF has shown Gargi the practical value of being versatile and encouraged her to venture out of her comfort zone to explore other fields as well. A person like her from Law background was given an introduction to cloud computing, also a diverse field. A basic knowledge about fields other than yours always helps you develop your personality and this is the motto of LPF.

Lila Mom is a mother figure to Gargi. She is just as affectionate to every Lila fellow and takes responsibility for them right from their joining. This is a very inspiring quality and helps Gargi to learn from her.

Just like everyone else, Gargi wants to be a successful human being. With respect to the field she wants to make a difference in to the existing scenario of Arbitration of settlement and negotiation, in India, to make people aware that such an alternative exists for them to consider as against the court system. She is working on a few projects like Contracting Negotiations and Law Psychology- an Interdisciplinary Approach and will also be conducting seminars for students in Fergusson College on the latter topic. Since she was given a scholarship to pursue Masters in Alternative Dispute Resolution and Contracts, she was keen to work on the same front. Currently she is working with TCS as a software trainee.

She believes that with the morale intact and with a never-ending thirst for learning, one can always grow better in their field as well as personally. It is easier said than done but Gargi wants to take each step as it comes her way and try and make the best of every situation and challenge that life has to offer. No matter where she will be or who she will become down the line she will always be grateful to the people who made her who she is today.

Everyone knows that hard times make you more capable of dealing with everything life throws your way. When you go through bad times, you know who your friends really are. When you come across tough times, you learn from them and find out where your strength and support really come from.

For **Namrata Shrikant Pimparkar (LG-2011)**, life has been a series of tough times and revelations and the most important thing life has taught her is to be someone else's rock, someone else's support system. She knows that she has reached the place she is at because there have been lifebuoys dotting the ocean of life. Those lifebuoys have rescued her from drowning time and time again.



Namrata lost her father in 2006, at a time when she was at school. Her mother began to work as an accountant at the steel company where Namrata's father used to work; else Namrata and her sister would have been left floundering. Another wonderful source of support and strength was Namrata's school principal, who funded

Namrata's education until the 10th standard.

"We never took a formal loan," says Namrata, "But my teacher supported me right through. She paid for me, in the knowledge that I would pay her back whenever I could. Until the 10th, it was okay, and then, it was my principal who suggested that I should apply to the Lila Poonawalla Foundation for further aid."

Becoming a Lila Girl was a grand experience for Namrata. Once again, she found that help would be given if she asked for it and if she deserved it. With the LPF scholarship, Namrata was able to complete her Bachelor's from Marathwada Mitramandal's College of Engineering in Karvenagar, Pune.

"It was my father's dream that I should become an Engineer," reveals Namrata. "And it was something I wanted very much, both for myself and to respect my father's wishes. Yet, it was only because of the LPF that I was able to complete my BE in Electronics and Telecommunication."

Like all the other Lila Girls, Namrata talks of the overall growth ensured by the LPF. *"There are two things I would particularly like to share. One is the whole experience of industrial visits. Thanks to these visits, we received some amount of practical knowledge of how things really work. And in the 3rd and 4th year of the Engineering programme, we had several sessions on technical skills, group discussion skills, etc.",* says Namrata.

Quickly, Namrata continues, *"During all these programmes, it was never as if it was something for the Lila Girls alone. It was not that the LPF organised the sessions and we had to be grateful for whatever we got. Lila Mom was always present. Sometimes, she did not stay for the whole session. But she always came, at least for a while. And the best part was that she always took feedback from us. We felt valued because it was not just something we had to accept as is. She would always ask us what scope there was for improvement in the workshop, what we felt, and what we would have liked. I loved her down-to-earth attitude during these training sessions. She always made us feel that we could make a difference. If there were things that we would like, we could tell her, and she would ensure that at least the next batch of Lila Girls would benefit."*

Having completed her Engineering, Namrata is now working at KPIT Technologies, Bengaluru. It is a whole new experience for her, staying as a paying guest away from her family for the first time. Yet, like everything else in her life, Namrata sees this as a learning experience. *"I will work here for a few years, and throughout, I want to retain contact with the LPF. I email Mom regularly, keeping her updated about my projects and other work details. Soon, when I feel secure, I want to support girls too. I could not have reached this company, this job profile, without those who eased my path. My teacher may have done something very small, helping me study, but I want to be like that. I want to help needy girls the way she helped me."*

Umema Bohari (LG-2011) hails originally from Erandol, a small town in the Jalgaon, Maharashtra. Erandol is primarily an agricultural town with a single Marathi medium school and junior college. Despite that, Umema's parents were very firm in giving their son and daughter the opportunity to study at a good, reputable English medium school. Thus, Umema and her brother did their schooling from St. Joseph's Convent High School, Jalgaon, in spite of having to travel 60 kms daily to Jalgaon.



"The hard work and effort that my parents put into my education made me think about what I wanted to be from a very young age," says Umema, seriously. *"While I was at school, I was deeply passionate about mathematics and science and this was something I carried with me throughout. I cleared my Std. X Board exams in 2008 with 93.84% and was the Nasik Board topper amongst the girls. Later, I opted for the science stream and did my HSC from the Royal College of Arts, Science and Commerce, Mumbai. I cleared Std. XII with 94.13% in 2010."*

Umema's academic record stood her in good stead and while in Mumbai, she received the Maulana Abul Kalam Azad National Merit Scholarship that tided her through her junior college. Right then, she knew she wanted to be an Engineer and worked hard towards achieving her goal.

"I love machines and I enjoy finding out how things work," says Umema. *"I keep trying to innovate, trying to create new and different things."*

A girl being drawn towards Mechanical Engineering, a field that is often considered male dominant, is something often unheard of. Umema smiles. *"I have a very liberal family and my parents never opposed anything I chose with respect to my career. They were very supportive of this decision too. Hence when I scored good marks in the MH-CET and got into Mechanical Engineering in the College of Engineering, Pune, the best college in West India, my happiness knew no bounds."*

Umema's father is a businessman dealing in agricultural goods and hardware. Managing a family of four, along with the childrens' schooling and higher education did put a strain on the family. When it came to higher education, though COEP is a government college, the annual fee was still rather high for the family to manage, as the family had to pay for Umema's younger brother's education too. That was when Lila Poonawalla Foundation came into Umema's life in the form of a saviour.

"Had it not been for the financial and mental support I received from the Foundation, it would have been really difficult to convert my dream of being an Engineer in to a reality," says Umema. *"I believe that parents are God's way of saying 'I am there with you always'. And when I met Lila Mom and Firoz Dad, I realised that I had received that blessing twice over and would never be alone! Their blessings and mentorship helped me complete my Bachelor's degree in engineering with flying colours. I graduated with a BE in Mechanical engineering in 2014."*

Umema recalls being intrigued by the notice for the LPF scholarship on the college notice-board. *"I remember we were asked to write an essay describing ourselves and what our aspirations were. This was to be followed by an interview round. What struck me then was that this selection process was very different from that of other organisations. It appeared, even in that initial notice, to be much more than financial support. I felt it would be something that would make you a complete person when you stepped in to the real world. And look, I was not wrong at all!"*

Umema speaks with great warmth about how making every girl independent is a responsibility that everyone at the Foundation seems to bear. The LPF, in Umema's opinion, understands that independence cannot be achieved through education alone. It is in making a girl feel self-confident that all the workshops and sessions conducted by the LPF at a regular basis come into picture.

"Do you know what the best part was? What encouraged us the most, through all the learning sessions, was the fact that Mom was always with us throughout the sessions. I particularly remember the time when Mom fractured her leg during the last two weeks of a 4-week training programme conducted by Capgemini. Despite her fracture, she came for the training and sat with us. It was a great source of motivation for all of us Lila Girls."

Even now, working at Eaton Technologies as an Associate Engineer, Umema remains an active part of the LPF. Umema attends sessions with the sponsors to give them an idea about what LPF is and the values it instils in the girls.

With the passion she had even as a child, Umema goes on, *"Eaton Technologies, where I now work, has a diverse spread in automobile, aerospace, hydraulics and electrical industries. I work closely in structural design and new product development. I dream of being the best in my field, successful at each front, personal and professional. I aspire to complete my Master's in Design and take my passion to an altogether different level."*

"**S**he believed she could, so she did". The quote could very well fit this Path Finder to the T. M.S. Anushree (LG-2012), is a girl, who dared to dream and then worked tremendously hard to achieve it. A petite girl, Anushree is a powerhouse, when it comes to knowledge and hard work. Coming from a working class family who was by no means well off, Anushree was determined to turn her dreams into reality. Growing up, she always dreamed of becoming an Engineer, her parents too supported their daughter and did whatever they could to help her but fell short of finances, as her father's salary as a computer assistant was not enough. An intelligent student Anushree took admission for her Bachelors in Engineering with a specialization in Instrumentation from the prestigious Cummins College of Engineering.



A step closer to achieving her dream, Anushree heard about the Lila Poonawalla foundation scholarship and decided to apply for it and lo and behold, she received the scholarship. Recollecting her interview, Anushree says "*I distinctively remember that day, sitting in front of the Trustees and Mom, I didn't even know what to expect but Mom and the Trustees made me feel extremely comfortable, which in turn helped me a lot*".

Receiving the scholarship and getting the admission was only a part of her journey towards her goal. Determined to carve her own path, Anushree did not limit her horizons, apart from academics, she actively took part in the extra-curricular activities. Anushree was also a part of her college's Newsletter Team. A regular attendee at the Training Programs that LPF arranged, Anushree remains extremely thankful to LPF, for arranging the training programs as it helped her hone her technical as well as other skills. It also helped Anushree in securing a campus placement at Eaton Technologies that too with a great package.

Not wanting to stop at just a Bachelors degree, she decided to pursue her MS, so she appeared for the GRE-TOEFL exams and also cleared it with great scores. After clearing the post exam process, Anushree secured an admission into the prestigious Purdue University, United States that too with a full scholarship. Not just that but Anushree, also works as a Research Assistant at the University.

Though well settled into her life at Purdue, Anushree has not forgotten those who helped her realize her dream, she has vowed to help the Foundation in any way she can. "*LPF, Mom and Dad have always supported me and I will forever be grateful to them for that. I thank them for everything that they gave me, had it not been for them, I would not have been able to achieve what I have today and for that I will always be thankful to them.*" Ends Anushree on a Thankful Note.

"**S**uccess comes to those who wait". Priyanka Khopkar (LF-2006 and PA-2008) is a firm believer in the above mentioned quote. Daring to go on a path often unheard of, Priyanka chose to work hard towards achieving her dreams.



A Lila Fellow from the batch of 2006, Priyanka pursued her Masters in Microbiology from the University of Pune, after completing her Masters, she also pursued a Post Graduate Diploma in Bioinformatics from the Bioinformatics Institute of India, Noida. A studious girl, she pursued her graduation in Microbiology and Industrial from the University of Pune, not stopping there, she decided to pursue her post graduation in the field of Microbiology. Though she had the academic credentials to pursue her dreams, she did not have the financial means to pursue her post graduation. That is when Priyanka heard about Lila Poonawalla Foundation. Priyanka remembers her interview vividly, she also recollects how the trustees interacted with her and made her feel comfortable. Though hesitant at first, she cleared the interview, thus securing a scholarship. The interview was where her second innings truly began. An active part of the Foundation Family, Priyanka was also selected to be a part of the Peace Ambassadors Program, that too in its inaugural year i.e. 2008. An opportunity she is still thankful for. After completing her Masters, she joined as research assistant, followed by a stint as a junior research fellow at the National AIDS Research Institute, Pune. It is here that Priyanka, also decided to pursue Ph.D at the Symbiosis International University.

Currently she works as ICMR senior research fellow at the same organization. During her tenure as the research fellow, Priyanka has authored, co-authored, published and presented many research papers and journals at various national and international conferences and institutions.

"*It is amazing to see how far I have come*" says Priyanka with smile on her face. A matter of great pride, not just for Priyanka but also for LPF, she was also selected to a present a poster presentation at the premier and renowned HIV Conference named Frontiers in Retrovirology 2016 which was held in Erlangen, Germany. *Another achievement feather added to the multiple feathers already adorning her talented hat*". "*I am tremendously privileged to have two angels, Mom and Dad, stand beside me like a rock, it is due to them and their constant support and love that I have been able to achieve whatever little I have today*" she says with a sense of pride and gratitude.

Priyanka advises her fellow LPF sisters to work hard and achieve their dreams, she also urges them to attend the various training programs that LPF arranges, as it will help them develop.



Lila girls checking the answers to the questions of aptitude test during the Communication Skills and Career Guidance Program at Barclays Technology Centre.



Anybody Can Dance Workshop: LGs and Choreographer Ms. Priyal Patil performing a Bharatnatyam Routine on Tere Naina.



The girls busy in creating their own Floral Masterpiece at MAD-Masti Arts Dhamaal; a Art Program.



Masti and Majja: Lila Girls and the artists goofing with each other at the Painting Workshop with Sundown Stroke at SKF, India.



Attack and Block: The trainers of the Reflex Quotient Team explaining the girls how to block your attacker while giving them the training for Self Defence.



Mr. Ashok Mishra teaching the Kriyas for forgiveness to the Lila Girls along with their parents.



Group photo of LG 2014 and committee members Ms. Alka Bhugul, Ms. Sarika Dehankar and Ms. Yogita Mankar at Laptop Distribution Ceremony, Wardha.

contd.. on page 24

Sonal Mohite (LF-2012) interacts with Kajal Bhalerao (Executive – Communication department of Lila Poonawalla Foundation) to find out how has been her experience working with the foundation.

In November 2014, Ms Kajal Bhalerao joined LPF as an Office Assistant. To her surprise, she was interviewed by none other than Padmashree Lila Poonawalla ma'am herself. Honest and Crystal clear answers bagged her this job. Now, she has been promoted as an Executive in the Communications department of LPF.

When Kajal joined the foundation, the scholarship process had just finished and was fast moving towards organizing Award Functions and Orientation process for the Awardees. Kajal recollects her exciting learning experience throughout the arrangements of both these events, she thanks Lila Ma'am and LPF staff for helping her to successfully pass through her first job responsibility. Thereon Kajal has been taking care of several events for the foundation. Today as an Executive in the Communication department, her main responsibility is communicating with the girls (scholarship awardees) and their parents. She updates and maintains a database of all the girls (Lila Girls, Fellows and Overseas Lila Fellow) their recent updates, birthdays, gifts and e-cards which are to be sent out, maintaining the address book and any other official communication to be sent out to the girls etc. Sometimes when girls are unavailable, she has to get in touch with their parents and gather inputs on their progress.

When asked about what growth she has experienced in the girls since they joined LPF, Kajal says, *"The difference is vast and it is extremely evident. Before receiving scholarship the girls though intelligent, lack the necessary skills and*

confidence. However once they go through our Orientation and Training processes, they become self-reliant and confident young ladies. All the girls now exhibit their own unique qualities which makes them stand out from the rest".



Kajal feels very proud of Lila Ma'am and the noble cause the foundation works for. She states, **"Proud is what I feel about Ma'am, as I not only get to understand her way of working but also learn how she implements and executes a plan. LPF empowers the girls, makes them confident young individuals. To be contributing to that in some way makes me feel proud"**.

Working with LPF has helped Kajal tremendously. She has also become empowered and confident herself, *(which she admits, she wasn't earlier)*. Recently she enrolled for Masters in Business Administration course and missed out few working days. During these few days too, Lila ma'am and the LPF staff have been nothing but supportive and helpful, they encourage her to pursue studies along with doing her job.

Lastly Kajal thanks Lila Ma'am and LPF for all the learning and satisfaction that she gets from her job and wishes the foundation to grow bigger and bigger.

■ - Sonal Mohite (LF-2012)



Trainer Mr. Rakesh along with the Lila Girls posing for a group photo during the Time Management program in Amravati.



Spreading Smiles: The LJs from St. Clare's share a laugh with the volunteer as the practical session begins during the Computer Training by Barclay's in Orchid School Batch 2012 (Standard 10th).

BMC Software is a leader in the Cloud Management category and has done more than 100 implementations under cloud management services. BMC is supporting LPF's UG Engineering program for the last two years. Mr. Tarun Sharma, MD, BMC India and a great supporter of girls education; has shared his views with the crusaders of Inspira.

When asked about his thoughts on helping LPF, he said, "Lila Poonawalla is a very famous and iconic woman; 1st woman Engineer, 1st woman CEO. She is the one who started LPF when she was at the peak of her career. There are very few people who have done this. Besides this, BMC is also doing a lot of work around children. LPF gives us an opportunity to help and nurture the young talent."

BMC believes that every generation should pass on the knowledge and skills to the new generation so that they can live better lives. BMC Software has taken the initiative to help kids who are handicapped in various ways, be it financially, mentally and physically. It also actively helps those who are paraplegic.

Mr. Sharma said "If we help educate a boy, he learns alone but a girl or a lady when educated, the whole family benefits, as a mother is the one who up brings the child since the formative years. Hence we want to put our resources, passion, energy and money towards the growth and upliftment of women. We have committed 10-40 girls per year like in the 1st year there will be 10, 20 in the 2nd, 30 in the 3rd year, so on and so forth then we will continue with 40 girls as long as it takes. It will be a long term commitment with LPF. Lila sees them all the way through their Bachelors to their Masters and makes them professional by going out of way. We feel that the girls must not face problems in achieving their full potential just because of the lack of financial support, hence we wanted to help LPF".

Besides this, BMC also works for the High school Education of girls. Mr. Sharma says "At places like Kamshet, Zilla Parishad schools provide education up to 7th standard only and because of that many girls fall off. They are not able to pursue their further education. So we are trying to go and reach out to the girls in remote parts around Pune. I also believe that many of them will do well. If we support one girl from a community and she achieves something, I hope she will go back to the community and create 5 more girls like her. One life can impact many that is our belief and that is why we are supporting children across diversity. If you do not have money, you cannot compete effectively. We are trying to fix that as much as possible".

"We have tie ups with many other NGOs but in the past few years, many NGOs have shut down because of improper administration and hence we have become more careful about which NGOs to deal with. LPF is the best in many ways. It is proper

with papers. It is running operations carefully. They are looking at the impact. Since Lila was a CEO at one point, she runs it very professionally. She is well connected with people and companies. She is very much involved with the operations beginning from interviewing girls and is very passionate about her work", says Mr. Sharma.

Mr. Sharma believes the in cause of LPF; "I want to make sure that the NGO is utilizing money effectively. LPF has desired impact. Lila is more focused on outcome and the process and has high energy even at this age. Lila girls come to BMC, meet people here, they gel well, hence creating a long term relationship. We are eager to hire few girls from LPF. It's kind of a long term commitment. We want to inculcate skills in them, hire them and groom them so that they can have leadership positions. BMC just supports girls financially but Lila takes care of them".

"It is great that you guys have an opportunity to work with Lila. She is a great person. But do not take anything granted. You must cherish the opportunity. It is a privilege to acquire the kind of environment and grooming that is offered at LPF. Lila has got such a strong presence and hold over many Pune based companies. There are many companies like BMC which are willing to help. People should not miss the opportunity".

"Soft Skills and a well-developed personality are extremely important in corporate world. There is a lot of competition. People are many but jobs are less. Create some reputation. Taking calculated risk is recommendable. Be visible. Make sure you create a name for yourself", adds Mr. Sharma.

Lastly, Mr. Sharma advises the Lila girls about how they should take efforts and spend time by doing what Lila madam expects from them. They should study hard, do well in their academics and work hard for a bright future. She is not only committed towards completing girls' education but also helps girls to get placed. "There should be many women leaders in corporate sectors. If Lila Poonawalla can do it then why not girls of LPF? She had a balanced life. You have a role to play in society and family. You should remember that, a number of people have spent their time, energy and efforts in your growth and upliftment, including yourself. So, you must not let these efforts go in vain and always scale up in your future. I owe regards to Lila". Says Mr. Sharma with Pride.



■ - Dr. Harshada Babrekar
(LF-2001 and PA 2009)
and Pranali Tirkunde (LG-2013)

स्तनपान कसे करावे ?

रजनी शिवकरने (लीला फेलो 2012), मुलींसाठी, ज्या भविष्यातील माता आहेत त्यांच्या मार्गदर्शनासाठी हा विषय घेतला आहे. आई होणे ही एक खूप उत्तम भावना आहे. एका आईला आपल्या नवीन बालकाविषयी प्रेम, काळजी आणि आपुलकी वाटत असते, जी हळू हळू वाढत जाते. खरं तर हा विकास सर्वात महत्वाच्या गोष्टींवर अवलंबून असतो तो म्हणजे आहार. आयुष्याच्या प्रत्येक टप्प्यावर आहार आपले आरोग्य, वाढ आणि विकास करण्यासाठी अत्यंत महत्वाचा असतो.

जेंव्हा एखाद्या प्रौढ व्यक्तीला भूक लागते, तेव्हा ती व्यक्ती जाते आणि काहीतरी खाते. परंतु, नवजात बालक तसे काहीच करू शकत नाही आणि म्हणून ते त्याच्या आईच्या आहारावर पूर्णतः अवलंबून असते. बाळाच्या भविष्यासाठी आणि त्याच्या निरोगी आयुष्यासाठी नवजात अवस्थेपासून स्तनपानातून आहार महत्वाचा असतो.

शिफारस:

जन्मानंतर लगेच म्हणजेच जर नैसर्गिक रीतीने बाळ जन्मले असेल तर त्याच्या अर्ध्या तासामध्ये किंवा शल्य क्रियेनंतर चार तासांनी स्तनपान सुरू करणे अत्यंत महत्वाचे आहे. बाळाच्या जन्मानंतर सर्वप्रथम स्तनपान दिल्याशिवाय कोणतेही पदार्थ जसे की मध किंवा इतर पदार्थ देऊ नयेत. सुरवातीच्या सहा महिन्यांत बाळाला फक्त अंगावरचे दूध द्यावे. पाणी, फळे, ज्यूस किंवा कोणतेही फॉर्म्युला / तयार पदार्थ देऊ नयेत. जेंव्हाही बाळाला भूक लागेल तेंव्हा फक्त अंगावरचे दूध देण्यात यावे.

स्तनपानाचे फायदे:

अंगावरील दुधामध्ये नवजात बालकाच्या पहिल्या सहा महिन्यांसाठी आवश्यक असे सारे पोषक घटक आणि पाणी असते. अंगावरील दुधात मेंदूच्या विकासासाठी आवश्यक अशी सर्व प्रकारचे अमिनो ऍसिड्स असतात आणि स्निग्ध आम्ल असतात. अंगावरील दुध हे शुद्ध आणि स्वच्छ असते. त्यामध्ये मोठ्या प्रमाणात अँटीबायोज (प्रतिपिंड) असतात ज्यामुळे बाळाचा विविध जीवघेण्या आजरांपासून बचाव होतो जसे की डायरिया, न्यूमोनिया इ. जगभरात प्रामुख्याने या दोन आजरांपासून असंख्य लहान मुले मृत्युमुखी पडतात.

अंगावरच्या दुधापेक्षा गाईचे दूध हे प्रथिन युक्त असते परंतु नवजात बाळाला ऍलर्जी होण्याचा संभव असतो. आईच्या अंगावरील दुधामध्ये

बाळाच्या वाढीसाठी आवश्यक त्या प्रमाणात पोषक घटक असतात जसे की प्रथिने, कर्बोदके आणि स्निग्ध पदार्थ. यामुळे बाळामध्ये आणि आईमध्ये शारीरिक आणि मानसिक असा बंध तयार होतो.

स्तनपानामुळे पाळी मासिक पाळी लांबते आणि मुख्यतः यामुळे पुढील गर्भधारणेला अटकाव बसतो. स्तनपानामुळे स्तनाचा आणि गर्भाशयाचा कर्करोग होण्याचा धोका कमी होतो. आईचे दूध हे बाकी दुधांपेक्षा / विकतच्या दूध पावडर पेक्षा नक्कीच स्वस्त असते. कृत्रिमरित्या बाटलीमधून दूध देणे खूप खर्चिक असते, त्यासाठी स्वच्छतेची वेगळी अशी काळजी घ्यावी लागते. रबरचे झाकण, बाटली यांची वेगळी अशी किंमत मोजावी लागते. तसेच अंगावरील दुधामुळे बाळ निरोगी राहते आणि म्हणून आजारपणासाठी होणारा वेगळा खर्च टळतो. अंगावरील दूध पिणाऱ्या मुलांमध्ये बुद्धिमत्ता जास्त असते आणि प्रौढ वयात होणारे आजार जसे ताण, लठ्ठपण, हृदय विकार, डायबेटिस इत्यादी होण्याचा धोका कमी असतो.

नवजात बालकाला एकदा दूध पाजल्यानंतर, ते दूध पचून पुढील दूध देण्याचा कालावधी हा साधारण 1 ते 4 तासांच्या दरम्यान असतो. पहिल्या आठवड्याच्या शेवटी, शक्यतो सर्व निरोगी नवजात बालके प्रत्येक वेळेस 60 ते 90 मी. ली. एवढे दूध पितात. नवजात बालके रोज 6 ते 9 वेळा दूध पितात. परंतु हे प्रमाण प्रत्येक बाळासाठी वेगळे वेगळे असू शकते.

अंगावरील दूध पाजताना बाळाला धरण्याची पद्धत:

आईने खाली व्यवस्थित पाठीला आधार देऊन बसावे किंवा झोपावे. बाळाचे डोके आणि बाकी शरीर हे सरळ अवस्थेत असावे. बाळाचे डोके आईच्या दिशेने करावे. बाळाच्या फक्त डोक्याला किंवा मानेला आधार न देता संपूर्ण शरीराला आधार द्यावा आणि बाळाचे शरीर हे आईच्या पोटाला स्पर्श करेल अशा पद्धतीने धरावे. दूध पाजताना आई आरामात आणि आनंदी असावी. बाळाचे तोंड आणि स्तनाग्र यांच्या मध्ये चांगला बंध असावा. व्यवस्थित बसल्यानंतर बाळाच्या गालाचा स्पर्श होताच बाळाचे तोंड आईच्या स्तनाजवळ न्यावे आणि संपूर्ण स्तनाग्र बाळाच्या तोंडात जाईल असे ठेवावे.

बाळ आईच्या स्तनाशी जोडले आहे हे कसे ओळखावे ?

बाळाचे तोंड हे पूर्णतः उघडलेले असावे, त्याचे खालील ओठ बाहेरील बाजूस उघडलेले असावेत. बाळाची हनुवटी ही स्तनाला स्पर्श व्हावी. स्तनाचा वरील भाग हा खालील भागापेक्षा जास्त दिसावा.

बाळ योग्य पद्धतीने दूध पिते आहे हे कसे ओळखावे ?

बाळाचे गाल हे फुगलेले असावेत. बाळ खोल वर चोखून हळू हळू दूध पिते आहे ना हे पाहावे.

प्रसूती नंतर पहिल्या तीन दिवसात कोलॅस्ट्रम नावाचा पिवळा आणि घट्ट दुधाचा स्त्राव तयार होतो. हा, अँटीबॉडी; अ, ड, इ आणि क अशा जीवनसूक्तांनी युक्त असतो. त्यामुळे तो कधीही वाया जाऊ देऊ नये अथवा काढून टाकू नये. बाळाच्या योग्य वाढीसाठी आधी एका बाजूच्या स्तनातून संपूर्णतः दूध देऊन पूर्ण झाल्यानंतरच दुसऱ्या स्तनातून दूध द्यावे. ज्या माता नोकरीसाठी घरा बाहेर पडतात अशांनी त्यांच्या स्तनातील दूध एका स्वच्छ बाटलीत काढून ठेवावे. हे दूध खोलीच्या सामान्य तापमानामध्ये 10 तासांपर्यंत राहू शकते किंवा फ्रिज मध्ये 24 तासांपर्यंत राहू शकते किंवा 20 डिग्री सेल्सियसला फ्रिझर मध्ये तीन महिन्यांपर्यंत ठे राहू शकते. आईला जेथे काम करत असते तेथे किंवा त्याच्या आसपास, बाळाला दूध पाजण्यासाठी एक स्वच्छ, शांत जागा असावी. अशाप्रकारे पहिल्या सहा महिनांसाठी स्तनपान केले तर बाळाच्या निरोगी वाढीसाठी मदत होते. नवजात बालकांसाठी कृत्रिमरीत्या मिळणाऱ्या पावडरमध्ये, ज्या अँटीबॉडीज आईच्या दुधात आढळतात त्या नसतात. असे पावडरयुक्त दूध बनविताना जर त्या मध्ये अशुद्ध पाणी, अस्वच्छ भांडी वापरली गेली तर जिवानूमूळे बाळाला त्रास होण्याचा संभव असतो.

बाळाबद्दलचे प्रेम, त्याला स्तनपान करताना वाटणारा विश्वास, बाळाची नजर आईच्या स्तनातील दूध वाढविण्यासाठी मदत करते; तर ताण, स्तनपानासंबंधी शंका, दुखणे, काळजी, कृत्रिमरीत्या वापरली जाणारी साधने, बाळाला गरज असेल तेव्हा तेंव्हा दूध न पाजणे किंवा त्याला साखरेचे पाणी, मध, बाजारातील पावडर अशा गोष्टी बाळ जन्मल्यानंतर पहिल्या सहा महिन्यात दिल्यास, आईच्या स्तनातील दुधाचे प्रमाण कमी होते.

सहा महिन्यांनंतर बाळाच्या वाढत्या गरजा भागवायच्या असतील तर, त्याला स्तनपानबरोबर मऊ अथवा कुस्करून खाण्यायोग्य पदार्थांची सवय लावता येऊ शकते. बाळासाठी आपल्या कुटुंबासाठी बनविलेल्या पदार्थांमध्ये थोडे फार बदल करून किंवा नवीन पदार्थ बनवून देता येऊ शकतात.

जागतिक आरोग्य संघटनेने दिलेले काही नियमः

- जर तुम्ही मऊ अथवा कुस्करून खाण्यायोग्य पदार्थ देत असाल तरी आईच्या अंगावरील दूध देणे कमी करू नये.
- बाळाला चमचा किंवा कप यातून पदार्थ द्यावे आणि त्यासाठी बाटलीचा वापर करून नये.
- पदार्थ हे स्वच्छ, कोठेही मिळणारे आणि हानी न पोहचविणारे असावेत.

■ अनुवादः गायत्री क्षीरसागर (लीला फेलो 2012)
संदर्भः इन्स्पिरा 45, हेल्थ कॅप्सूल, पान 13- 14



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Priyanka Eratkar
LF-2010
Rs. 3000

Antara is the daughter of Chandrika Srinivasan (LF-1996). Antara is currently studying in 9th grade in USA. A bright student, she has received the prestigious President Obama Award for Academic Excellence. Apart from this, she also happens to be the recipient of the Student with Empathy Award. A music enthusiast, she loves singing and playing the piano and violin. She has proven her passion for music by getting selected for highest level of choir (varsity choir) in high school.

Not stopping at just being selected for the advanced level (symphony orchestra - violin) in high school, she also won the Best Student award for Orchestra. An all-rounder, she loves painting, stitching, writing stories and playing badminton. Being a skilled violin-

ist, Antara will have the honour of playing violin in Walt Disney parade in February 2017.

Though she has achieved a lot in her tiny life, the most memorable moment for Antara's Mom had been when, she directed a movie in her school, where she just happened to be the only girl in the team. Antara dreams to be in a position where she can help the people in need.



Editor's Desk

When life gives you rainy days, wear cute boots and jump in the puddles.... Don't worry!! the LPF umbrella is there to protect you!

Hiyyaaaa..... It is always a pleasure to release the Inspira Issue near Mom's b'day, as it exudes a special kind of joy. A very happy birthday Mom. May you live a healthy and a wealthy long life!

As I had mentioned earlier about the relocated LFs in USA, LF Priyanka Eratkar has kept her promise and she has helped us to cover our overseas sisters in this issue. In this issue we welcome on board our LF and committee member Pradnya Kashikar, who will be contributing on a series of articles on Cyber Crime. This issue will mark the beginning of our Cyber Crime Series. These articles will help those, who are working in more or less the same field or the other.

Our talented sisters have showcased their creations in the 'Artist in Me' section. Our stars always rock and shine and you can meet them in 'Shining Stars'.

I would like to thank Mr. Tarun Sharma, MD of BMC for expressing his views about LPF to Inspira. LPF staff



member Kajal has also shared her thoughts in Inspira this time.

After a long time, we are here with a book review on "**Zerbanoo Gifford - An Uncensored Life**". It is a biography of a human rights campaigner, philanthropist, women's champion, author of many books and founder of the ASHA Centre and an overall good human being Mrs. Zerbanoo Gifford. It is too good, do read this book.

Many LGs have gone on to get placed during their graduation or even during internship period. For the first time, we are just listing few of them here. Hearty Congratulations to all of them.

Last but certainly not the least, I welcome the new writers for Inspira. Those who are willing and ready to be committed for any given task can mail me on my email. Other than that, those who wish to express.. keep writing.

Let the rain wash away all the pain of yesterday and give you a joyful life ahead! Enjoy the rain....

■ - Dr. Harshada Babrekar
Chief Editor

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