

From My Heart...

My Dear daughters, friends and well-wishers, This is the first issue of this year. Yes it is 51st issue of INSPIRA, **starting the 6th decade.** We have many new challenges ahead of us, but like every year we will deal with each one with determination and zest to ensure that we achieve our goals.

Soon we will start the selection of our new batch of Lila Juniors. This is the 8th batch. We plan to add about 300 plus girls to our family. Our enthusiasm for this school program 2Morrow2Gather continues to grow and we keep introducing new initiatives to ensure we contribute positively to develop these young school girls into confident young ladies. One unique program we introduced two years ago was to subject a few of them to an interesting 2 week camp. Ex-army people organized a camp for young girls and boys to groom them to become self-reliant both physically and mentally. They taught them swimming, horse riding, rope climbing, team exercises, self-defense and different types of physical exercises to build up their capacity and stamina. The camp was held in Sangli for 2 weeks. At first the girls and the parents were reluctant to send their children, but after a lot of persuasion very few of them volunteered to go. After their return and feedback to the other members the next year we got a better response. And this year we have got such a large number wanting to participate that we have to do a selection process as we cannot send more than a certain number of girls.

The peace Ambassadors wholesome, sustainability leadership program that is held at ASHA center in UK was started in 2009. Since then 120 girls have participated in this program. After return from their training they are required to take on some projects through which they learn to give back to the community. In the recent past the batches of 2016 and 17 are doing good work of serving the communities. In this period they organized a parent's day function, they spent time with old age home residents on Gudi Padva, where they entertained the old people and played games with them, Dad also distributed snack

packets to all of them and the staff of the home. They visited the rehabilitation center of the armed forces and did a cultural program for the soldiers and once again Dad distributed snack packets to all the soldiers and the staff. They are conducting workshops' for the LF and LG and also teaching Lila Juniors subjects like science and



mathematics every Saturday and Sunday. It is very heartening to see their commitment and enthusiasm in doing all that they are doing. You can read more about their work in this issue as articles and snippets. Soon we will be starting the selection process for the 8th batch of Peace Ambassadors. We hope we will be successful in selecting the most deserving and most suitable girls for such an intense and expensive program at UK for three weeks.

We took one More Step towards modernising our scholarship processes. We have appointed an external agency as a Monitoring and Evaluation consultant to assist us in ensuring that we keep track of all round progress of our girls. This CLOUD based platform is available online on computers and/or as mobile application. Starting with 'Baseline and End line study, this platform will work as a reporting system for girls about their academic performance, extra-curricular achievements, pre-post training feedback forms and engaging with the Foundation till they complete the course and secure employment. This system provides customized dashboards for analytics and facilitates lifecycle management of the program. This platform-based monitoring will enable in identifying girls in real time who need mentoring support and issue-based counselling. Currently we have commenced monitoring and evaluating the girls selected in 2016 and 2017 batches. Going further, we have decided to implement this system for all upcoming batches for effective measuring, monitoring and evaluation of our

programs. Our efforts are on to try to bring about use of digital technology in our processes to ensure efficient and systematic working.

Most of you who are in their final year, be it Post graduation, or graduation or diploma, must have finished your exams and waiting for your results. Many of you may have already received jobs through campus placements. But some may be starting to hunt for jobs. Every possibility some of you are also looking for a change. Therefore I felt it an appropriate time to share some of my thoughts with you as to how to make a good resume. You all must learn how to customize your resume. You should customize your resume for each and every job application in accordance with what the employers might be looking for. Remember the same resume cannot fit all the jobs for which you are making an application.

If you want your resume to make a good first impression, tweak it according to your recruiter's need. For example, if Company is looking for a Team player, Highlight the times you've worked successfully with other people. Do not confuse teamwork skills with situations in which you were the supervisor of a team. Make sure you're using examples that demonstrate the former. However if the company is looking for a Leader you would have to demonstrate your ability to motivate and inspire. You must remember that it is possible to demonstrate leadership skills even in at an entry-level position. Just reference a circumstance in which you were giving directions, whether that was leading a seminar or actually managing a team. However if the Company is looking for someone who thrives in a fast paced environment than you should bring up all the times you have juggled several tasks at once demonstrating that you can handle multiple responsibilities at any given time. This will give the recruiting manager confidence that you will be able to stay calm and efficient even when there are multiple assignments given to you. There is yet another position that of a strong communicator. Here you should relate examples when you got an opportunity to write or to speak. In general match the communication medium you use to the actual job description. If you are applying for an HR position in which you will always be verbally communicating, highlight responsibilities that required speaking to other employees, clients or management. If on the other hand, you're applying for a PR position, you'll want to play up your ability to communicate over email, phone, or personal calls. If you come to know that the employer is looking for a self-starter, point out times you have been proactive or successfully worked on your own. In general, companies are searching for 'self-motivated', 'driven', 'passionate' or 'self-directed'

workers who will not need to be micro-managed. Finally the employer may be just looking for an expert at certain technologies relevant to their operations. Find out what technologies they use, which platforms, what products and services they offer and build your resume along those lines. Describe the projects you have done using those technologies and tool. Finally do not forget to add in your resume that you are the recipient of The Prestigious Lila Poonawalla Foundation Scholarship and all the training programs and workshops you have attended. This adds great value to your resume. Good luck.

Having got a job is not enough; you also have to ensure you keep it and are successful in whatever you have chosen to do. You must be passionate of what you do. Whatever work you are doing, make sure you add passion into it. Definitely if you love what you do, you would bring your best effort in it and will definitely be successful in your life. You must want to do what you are doing and not have to. If you want to do something you will find ways of how to, but if you have to, then you will only find excuses. There will be times when you will fail in doing an assignment, but remember success and failure go hand in hand. You cannot excel all the time and that is the destined part of the challenges to take. You should not get disheartened with the failures but you get ready to reach the next level more enthusiastically. It is also important to look after yourself physically. Definitely an appealing look is the charm of the group and to remain physically fit, de-stressed and more energetic; it is important to remain physically active. You must remain happy with whatever you are doing. Sometimes you may get assignments that you do not like, but the job has to be done. So start to like what you are doing to remain happy or quit and find another job if you have the choice. Express gratitude to people around you. Remain down to earth. Remember you must never forget the true people behind your success and should always be obliged to them, this will bring a lot of positive energy in you to grow more and eventually you will also receive respect. In conclusion, learn how to perform your job well and with pride. Work hard. You will not get rewarded if you do not work diligently. Act professionally. Be honest to yourself.

Good luck and God Bless

Mom to all LILAS

Friend to all readers

Lila.

Lila Poonawalla Foundation welcomes 702 girls to LPLF Family

Joy, tears and laughter followed by the loud and thunderous applause of the proud parents and guardians. Such was the atmosphere one could witness at the recently concluded, Lila Poonawalla Foundation UG-PG Scholarship Award Function, for girls studying in the Educational Institutes across Pune District. Divided into Morning and Evening Sessions, the function was held on the 4th of November, 2017 at S.G. Barve Hall, Alpa Bachat Bhavan, for the new batch of Lila Girls and Fellows. Until now LPF has supported and empowered over 5500 girls, in its 22 years' Journey.

Wanting to give every girl the recognition she deserves, Foundation had not just one but three award functions, with noted Corporate Personalities and our very own Lila Fellows as Chief Guests and Guest of Honours, respectively. LPF awarded scholarship to 702 girls this year.



Mr. Tarun Sharma (CEO, BMC, Software India Pvt. Ltd.) and Dr. Poonam Pahari (LF-1996) takes part in the Eco-Friendly Inauguration along with Mr. and Mrs. Poonawalla & other distinguished Members of the Board.

In the morning of 4th of November 2017, 11 postgraduate girls were christened as Lila Fellows and nursing (110) and diploma (41) girls as Lila Girls to receive the scholarships. The Chief Guest for the occasion was Mr. Tarun Sharma (CEO, BMC Software India Pvt. Ltd.). While giving away the scholarships, Mr. Sharma stressed upon a ripple effect, a working girl can create within her family, the society she lives in and the country at large. He also spoke about how BMC has taken steps to promote gender equality within the company. Dr. Poonam Pahari (Lila Fellow 1996 and Scientist-BARC), the Guest of Honor for the function spoke about the need of educating more and more girls so that they can be confident and independent both mentally as well as financially. She also reminisced about the time she spent in Foundation, learning and developing.

In the afternoon of same day, it was the turn of the under graduate to receive the title of Lila Girls i.e. 1st Year Engineering (113), Science (76) and Pharmacy (36). Presiding over as the Chief Guest was none other than the Head of Amdocs, India, Mr. Rajat Raheja. He candidly encouraged the girls not to let anyone stand in the way of



Mr. Rajat Raheja (Head, Amdocs India), Ms. Neetu Bhatia (Lila Fellow-1996), Dr. Krishna Saraf (Dental Surgeon) giving away the Scholarship Certificate along with Mr. and Mrs. Poonawalla and other distinguished Members of the Board.

achieving their dreams. He concluded by urging the girls to attend the Training Programs, arranged by LPF, so that they too can become intelligent like their Mom. Ms. Neetu Bhatia (Lila Fellow 1996, Chairman and CEO, Kyazoongs.com), 1st ever Lila Fellow to receive the post graduation overseas scholarship, spoke about how innovative business practices can be attributed to the female employees, thanks to their ever present quick thinking and multitasking. She concluded by talking about how the award function turned out to be her home-coming and how great it feels to be back in the midst of it all.

On 2nd December, 2017, the home stretch of the Award Functions, now, it was the turn of the Direct 2nd year Engineering (213) girls to receive the scholarships. The Chief Guest for the Concluding Session, Mr. Per Heggnes (CEO, IKEA Foundation) spoke about how the association between LPF and IKEA has grown over the years, giving 1000's upon 1000 girls, a chance to not only dream but also to achieve that dream. He urged the parents to let the girls study and attend the Training Programs, that are arranged to help and develop the girls. Ms. Meenal Kane (Lila Fellow 97' and Associate Director, Cognizant Technology Solutions) Guest of Honor, spoke about how



Mr. Per Heggnes (CEO, IKEA Foundation), Meenal Kane (LF-1997), Ms. Karen Heggnes and Mr. Patrick Obonyo giving away the Scholarship Certificate along with Mr. and Mrs. Poonawalla and other distinguished Members of the Board.



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the LPF Scholarship has been a godsend for her. How it helped her realize her dreams, and how it has opened up a world of opportunities for her. She urged the girls to make the most out of the opportunities presented at LPF. The old and new Lila Girls/Fellows too, took to the stage to share their experiences.

After concluding the Pune Celebrations, it was time for Wardha and Amravati to induct the New Scholarship Awardees, like its predecessor in Pune, 2 separate award functions were carried out at two places. The celebration was doubled by awarding scholarships to 476 girls. It was on 4th December that Amravati witnessed the christening of 239 Lila Girls which included Diploma in Engineering (36), Direct 2nd Year Engineering (88), Bachelors in Engineering (74), Nursing (19) and Agriculture (22). And



Mr. Per Heggnes (CEO, IKEA Foundation), Ms. Karen Heggnes takes part in the Eco-Friendly Inauguration along with Mr. and Mrs. Poonawalla and other distinguished Members of the Board.

then in Wardha 237 girls were awarded scholarships for Diploma in Engineering (4), Direct 2nd year Engineering (44), 1st year Engineering (89), Pharmacy (23) and Nursing (77).

The Chief Guest for the occasion Mr. Per Heggnes (CEO, IKEA Foundation) spoke about the how the partnership of LPF and IKEA has enabled so many girls to realize their dreams and spread their wings. He concluded by speaking about how educating the girls can help change the mindset of the society and how it can also help to develop the nation. He also urged the parents to let their girls study and work, so that they can be independent thinkers.

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Orientation Program

Just after the Award Function excitement was still increased since it was time for the Orientation.

Orientation, a process where the newly christened Lila Girls and Fellows are given an in-depth look into the Lila Poonawalla Foundation and the different processes that the girls will have to take part in. Spanning over 4 days, the LPF Staff carried out the orientation for all 702 girls at Noorah-Al-Bassam Hall, Anjuman-I-Islam Complex.

The orientation process was divided according to the different categories (PG, Science, Pharmacy, Nursing, 4 Year Engineering, Diploma in Engineering and Direct Second year Engineering).

Each girl was asked to take a photo for the LPF Id-Card. The interaction process with the girls included the LPF Staff explaining the different processes such as the claiming procedure, the result and achievements updation, communication (Birthdays, Contact Details,



Website Information, Face book and Communication Etiquettes). Apart from this the girls also received information about the different training programs that are arranged for them, the confirmation process for the same and mandatory training programs and how they are beneficial for them.

Senior Lila Fellows also interacted with the girls and shared their experience with LPF and also spoke about their relationship with Mom and Dad.

The Orientation process ended with Dad announcing the talent bank (a bank where new girls can share their talents for volunteering opportunities for LPF events and Inspira). The communication team also asked the girls to explore the inner writer and journalist in them by asking them to be a part of the Inspira Team.

After the conclusion of the functions, snacks were distributed to the girls. A similar Orientation Process was carried out in Wardha and Amravati.

Lila Poonawalla Foundation honours the War-heroes..!

Lila Poonawalla Foundation has always been at the forefront of empowering and encouraging those who need it the most.

Diwali is a festival of lights, joy and giving is the perfect time to share with others the happiness and joy. This festival is a perfect platform to celebrate and honour those Heroes who are away from their families, risking their lives and protecting the civilians and honour of our beloved Country.

It was on the auspicious occasion of Bhai Dooj, that the Peace Ambassadors-2017 had organized a special variety entertainment program for the differently abled War Heroes who were injured on the battlefield.

This programme was the brain child of Ankita Joshi and Bhavana Salvi, Team Leader and Deputy Leader of PA 2017 batch of 24 LILA GIRLS who have just returned after doing a leadership programme at Asha Centre, UK. This program was the Peace Ambassadors' way of giving back to the society in a constructive manner. The event was very innovatively managed by Peace Ambassador Kashmira Deval and the Team of PA 2017.

Centred on the Soldiers and those that have fallen during the wars, one could witness a theme of Patriotism, running throughout the program. The girls performed on a variety of patriotic and regional songs which showcased the diversity of India.

Originally sung by Bharat Ratna Lata Mangeshkar, the girls sang their own rendition of the song Aye Mere Vatan ke logo (A song which left the 1st Prime Minister of India Pandit Jawaharlal Nehru in Tears), leaving the audience teary eyed.

Praising the efforts which Mr. Firoz Poonawalla and Lila Poonawalla Foundation takes to empower and educate academically bright girls belonging to the lower economic strata of the society, Brig. H.S.

Agrawal (MS, D Ortho, Fellow Arthroplasty, Germany), presented Mr. Poonawalla with a special citation in appreciation of the efforts LPF takes for the girl child.

It was during this program, that the whole and sole of the Military Hospital Brig. H.S. Agrawal, Commandant and the Staff were presented with a special Citation,

in appreciation of the efforts they take to rehabilitate those soldiers who were injured while protecting our vast borders from Terrorist Attacks/Security Threats.

The program concluded with a tribute to the soldiers and those heroes who were wounded, protecting our great nation. This function also included a visit to the soldiers at Military Hospital, Kirkee. Mr. Poonawalla along with the Peace Ambassadors personally visited the soldiers, who couldn't attend the function, enquired about their health and also distributed 350 snack boxes to them.

Truly a befitting tribute to our heroes.



A cultural event was recently held to showcase some personal experiences of Lila Girls and Fellows who went to UK for Wholesome Leadership Program which was carried out in collaboration with Lila Poonawalla Foundation and Asha center at UK. These girls have returned as Peace Ambassadors... Some passions never fade; they just take more fervent forms with each passing day!

The chief guest for the function was Ms. Mrinal Kulkarni (Writer, Director, and Actress) and our Guest of Honor Dr. Krishna Saraf from Samena Capital, Chief Sponsor of the UK Program.

This event is organized to disseminate the learnings of all PAs and invite their parents, where in the parents and the LPF gets to see how the girls benefitted from Peace Ambassador Program. More than 400 girls and their parents attended this event which also included the



parents of overseas girls as well. This shows the strong bond between Lila Poonawalla Foundation and its family.

The objective of this program is to share the learnings of PAs and also thank the sponsors by presenting the learnings through PPT, dances, music and all personality development techniques they learnt in wholesome leadership skills development program in U.K. It also included some speeches by parents narrating the role of LPF in development of girls in all aspects of life and how LPF helps their daughters in becoming an independent, strong and confident woman.

The well-wishers, trustees and parents of Lila Fellows and Lila Girls graced and cheered the occasion. The event was followed by a sumptuous lunch, thus giving a perfect ending to the everlasting momentous Annual Parents Day!

Women's Day Special: Women, the Real Architects of The Society

A woman is an epitome of beauty, wisdom and care. She has climbed the mountains and dived into the ocean; she has matched the steps with every man in the world. *"There is no force equal to that of a woman"* Doesn't the quote above describe exactly how women are? A woman is strong, fearless and most importantly courageous. Laughing in the face of pain and adversity, she fulfils all her responsibilities at her home along with the professional front with equal power and brains. Carrying this forward, Lila Poonawalla Foundation is doing such a noble cause of supporting girls for their further education which enables the girls to boost their confidence and develop them to become strong, independent & confident women. Along with receiving scholarship from LPF, girls also are fine tuned under the guidance of their Mom and Chairperson of the foundation Padmashree Mrs. Lila Poonawalla. This all above mentioned is very well proved by our Mom and she has set an example for each and every girl.

As said, behind every successful man there is a woman, likewise behind every empowered girl is her mother. *"If you educate a man you educate an individual, but if you educate a girl you educate a family"*. She spreads light of education to her family, her children, her community and also her nation. Even if a woman is not-formally educated due to her circumstances still she values the



importance of education, and being the best guide always inspires her daughter her to excel in her life. The women associated with Lila Poonawalla Foundation have a strong belief on the capabilities of women. They are intelligent, hardworking and sincere; what better way to celebrate it than to shine light on the ladies who have contributed to society with their talent, perseverance, and timeless wisdom. Lila Poonawalla Foundation had organized a marvelous function on the occasion of International

Women's Day on 10th March, 18 graced by Padmashree Mrs. Lila Poonawalla who handed over the trophies to the esteemed ladies working over the board, our well-wishers and also the mothers of Lila Juniors. She mentioned that *"We can do almost everything we put our mind to; we can swim the deepest ocean, and climb the highest peak, and also can face adversity and still walk dauntless. All we need to do is just be confident in each and every direction of our life"*.

The occasion became interesting with cultural extravaganza and few informative sessions. The audience was overwhelmed on this auspicious occasion which was then followed by a sumptuous lunch, thus giving a perfect ending to the everlasting momentous International Women's Day...!

We are certain that you will be as pleased as LPF for receiving this prestigious Certificate.

CREDIBILITY ALLIANCE is a consortium of Voluntary Organizations. It is an initiative that emerged from within the sector and was registered in May 2004 as an independent, not-for-profit organization. Credibility Alliance has developed suitable norms through wide-ranging consultation with and participation of diverse organizations within the sector.

Credibility Alliance has developed an accreditation System based on the norms to strengthen and enhance the legitimacy and the credibility of individual organizations in the sector. Capacity building initiatives required to equip voluntary organizations to meet the norms are also promoted. Credibility

Alliance also undertakes accreditation of voluntary organizations based on their compliance with norms.

Credibility Alliance has gone through all our procedures and method of giving the scholarship.

Credibility Alliance has praised for running the foundation with transparency, honesty and dedication.

Chairperson, The Central Accreditation Committee and the Executive Director have signed the certificate for good governance.

The Certificate Registration number is CA/11/2018. It is

valid from 02/02/2018 to 01/02/2023.



Responses received on award of Accreditation Certificate to LPF

Mr. Mandar Kulkarni (Corporate Social Responsibility, Mercedes Benz India Pvt Ltd, Partner- Lila Poonawalla Foundation)

This is really great news and we are happy to know the achievement in your landscape! We understand that, such certification requires dedicated efforts and strong commitment towards social cause and LPF has shown the impact of its work meeting all such standards. We once again congratulate on this and wish you more success in future.

Ms. Bhuvaneshwari Jayaraman, (Sr. Manager – CSR, Volkswagen India Private Limited, Partner-Lila Poonawalla Foundation)

Congratulations to you and Team LPF for this recognition. We are happy to also note that the foundation has received the highest level of accreditation among the three levels that Credibility Alliance offers.



Goran Grosskopf (Former Chairperson-IKEA Foundation and Biltema Foundation)

Thank you for informing us and this is real great. Congratulations to yet another achievement.

Mrs. Padmaja Pawar (Well-wisher)

Heartly congratulations to both of you for this honour. Your sincerity and firm belief in the cause of girls' upliftment by giving them a helping hand is worthy of this honor. We congratulate you on this occasion and wish you success in your future plans.

Nazura Sattar (Chairperson of Vali Mohammad, Dost Mohammad and Peer Mohammad Pune Trust, Anjuman-I- Islam School, Friend and Well wisher)

Congratulations!

Long overdue. More strength to you. Anjuman-I-Islam Schools are privileged and grateful that their girls also benefit.

Mr. Sanjiv Tare (Vice President, Goodera and Consultant-Lila Poonawalla Foundation)

Warm greetings from Goodera team! Thanks for sharing this milestone with us. Our heartiest congratulations to you both and the LPF team for this splendid achievement. The lasting impact made by the LPF through its continuous pursuit of empowering girls, would get further strengthened by this accreditation

Dr. Sharadha Ramesh (Director Symbiosis College of Nursing, Symbiosis International University, Pune)

Congratulations!

It is indeed a great award and you both truly deserve it. Wish and pray for many more laurel

Ms. Janet Anthony (Friend and Well wisher)

This is indeed a great honor and recognition for The Lila Poonawalla Foundation. May the Foundation grow from strength to strength under Ma'am's and your able leadership, vision and guidance.

Mrs. Vasantha Ramaswamy (Advisory Board Member, Lila Poonawalla Foundation)

Heartiest Congratulations to Lila Poonawalla Foundation and Team LPF for this Fantastic Achievement.

Your Dedication to Quality, Performance to Standards, and Strict Compliance to set regulations over Two Decades has been responsible for this accreditation. Congratulations to each and everyone who has contributed to this achievement. Wishing you many more.

Mrs. Freny Tarapore (Advisory Board Member,

Lila Poonawalla Foundation)

Thank you for sharing the great news. Congratulations. Both of you have worked meticulously, systematically so hard and achieved unbelievable results. Managing Wardha and Amravati from here is not an easy task. With blessings from the girl's parents and every one whose life has been touched by your kind deeds will certainly help the Foundation to grow from strength to strength.

Lila's story of LPF will serve as an inspiration to one and all.

Mrs. Rashmi Tamuly (In charge of Counselor, School Project 2morrow2gether)

Heartiest Congratulations for the Accreditation! This means a lot for LPF! Congratulations again to both Lila Madam and yourself

Ms. Manjusha Dole (LF-1999 and PA-2009, Former Committee Member)

I heard about good news that foundation has received accreditation. I congratulate both of you, foundation team and all others associated with the foundation. It's a proud moment indeed for all of us. LPF and the team members...

The seed sown by both of you has grown into a tree and has blossomed into beautiful flowers of Rose, Lily, Jasmine, Daisy, Lavender, Tulips and many more. I pray that these flowers Lila Girls, Lila Fellows continue to blossom and radiate fragrance into the world.

Ms. Chitra Duwedi (Former Committee Member, Lila Poonawalla Foundation)

Congratulations!!! LPF has been always striving to achieve the best both in spirit and in action!!! But it feels good when someone external says so!!! Congratulations Team LPF

Mrs. Prerna Khole (LF-1996, Former Trustee, Lila Poonawalla Foundation)

Great news!! Not surprised though! :-) Indeed a proud moment for us all! Congratulations to you both for being so dedicated and passionate!

Ms. Jyoti Otageri (LF 1998 and PA 2009)

This is such great news! Words can't describe the pride I feel about this stupendous achievement of our loving Lila Poonawalla Foundation. Extremely happy for the latest recognition of our beloved LPF! May this inspire us all to continue on this path of philanthropy forever..

Thank you all for sending us best wishes for this achievement. Due to limitation we are unable mention all wishes, but we really appreciate those!

Akshata Mayekar (LG-2014) comes from a simple family where education, values and respect are given utmost importance. She was always a bright student in her school when it came to academics, co-curricular as well as extra-curricular activities right from kindergarten. She is even an avid dancer and have cleared 5 levels of Bharatnatyam from Nalanda University with A rank and distinction. Dance is her hobby, passion and it makes her happy. She lost her father at the age of 9 and life became a new challenge for herself and her mother and then they moved to her uncle's place in another city. It was altogether a new and different life for them. Whatever she could survive before getting this scholarship, she owes everything to him. Eventually, she realised what it takes for a single mother to play a two in one role and raise a child with the same values without falling. She moved to Pune for pursuing her graduation in Pharma and medicine.



Her life took a new turn with "Lila Poonawalla Foundation Scholarship"! It was first ever interview she faced in her life. But it was 'the best things happen at the most unexpected times' situation for after receiving call from LPF about her selection. During award function, after meeting other girls, she learnt that never consider yourself unfortunate and always be grateful for what you have. She feels herself fortunate enough to have Padmashree Lila Poonawalla (Mom) and dear philosopher Firoz Poonawalla (Dad) today. Dad's first ever words "Always be generous" are still resonating in her ears in his voice.

The year 2017 has been a year of great achievements for her. She topped her examinations in college and also got selected for the long awaited dream of "The Peace Ambassador's Programme" by the foundation. She qualified the zonal level of "Avishkar competition" held by AICTE where she presented her research and last but not the least the biggest break of life so far- her France Internship.

Akshata went to France for an internship of 2 months where she worked with her guide in the Biopharmaceutics subject. They did research on cell culture of Caco-2 cell lines i.e. opening of tight junctions of cancer cells of colon by excipients and a brief work on Probiotic encapsulated microparticles

for the treatment of Inflammatory Bowel Disease (IBD). She always feels that she is in France mentally since she is much impressed by the work pattern, the laboratories, the people and the entire country as such. She stayed in a small yet beautiful city of *Clermont Ferrand*, situated in the region of *Auvergne*. The famous dormant volcanic mountain *Puy de Dome*, the prominent public square *Place de Jaude* and well-known gothic style *Clermont Ferrand Cathedral* were the major sites of attraction. During weekends, she visited Vichy which is also called as town of spa because of the famous hot water springs in the *Le Lac d'Allier* (river).

Lyon and Paris are the metropolitan cities of France with many tourist attractions like the *Basillica Notre dame* (Cathedral) on the hill and international news centre *Euronews* in *Lyon*. Eiffel Tower and Louvre museum were other attractions in Paris. People in France commute via trams, buses and underground railway. Despite language problem, the French people co-operated very well and found to be really helpful in nature.

Akshata says, "My views regarding my career have changed a lot in these four years and I can't thank the foundation enough for grooming me into what I am today. I am glad and immensely proud to be a part of Lila Poonawalla Foundation family and I will always stick around till the end by many means. The developmental programs conducted for us helped me a lot in my journey."

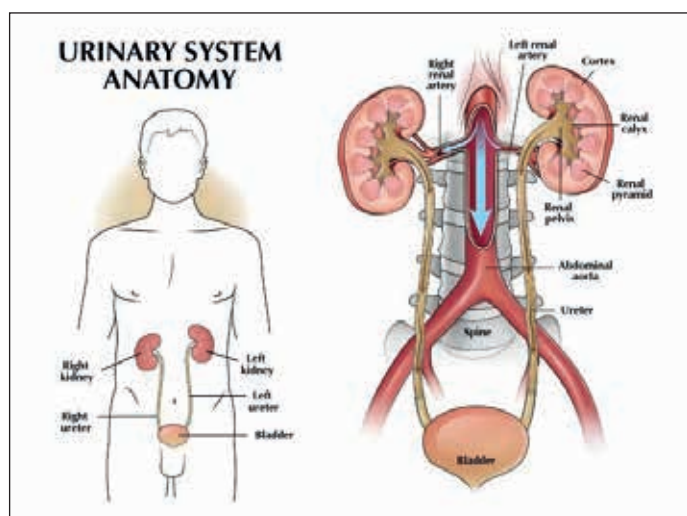
She feels, "As you climb ladders of success in your career don't forget to pursue your hobby as well. Be happy and do what makes you happy. Don't be in a rush, take your own time to identify and cross your milestone. Success is not a destination but a journey, don't limit your success by setting a goal, it will only make you dormant after you achieve it. Make small goals in life and keep achieving them. As a woman, do not forget. Never let any external factor diminish your charm. Know what you are, realise your potential and let go off what drains you out. You are stronger than you know and you can do better than your own imagination."

■ - Akshata wrote for Inspira

Urinary Tract Infection (UTI) is the most common infection in girls or women than boys or men. Every woman has 50 - 60 % chances of acquiring UTIs in her lifetime. Various reports also show that the rate of UTIs in women to men is 8:1. Let us learn about urinary system, causes of UTIs, its diagnosis and prevention.

What is Urine and how does it produce?

Urine is a fluid which is composed of wastes and is extra fluid in the body. The amount of urine produced varies from a person to person. It depends on many factors, such as intake of liquid and food or amount of fluid lost through sweat and breathing and age. Children produce less urine than adults. Urine production is also affected by certain medications and health conditions.

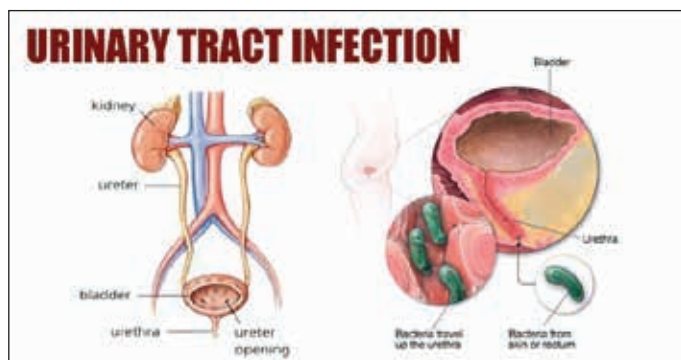


What is the urinary tract?

The urinary tract is the system which removes urine. Various organs such as kidneys, ureters, bladder, and urethra are key parts of Urinary tract which move urine from the kidneys and store it until releasing it from the body. It is important part of the human body which works as filter and removes wastes and extra fluid from the bloodstream and ultimately from the body. It helps in normal functioning of both the kidneys (two bean shaped organs). Kidneys filter about 120 - 150 litre of blood to produce about 1 - 2 litre of urine per day. It prevents storage of wastes and extra fluid in the body. It also balances the levels of electrolytes such as potassium and phosphate. It stabilizes the hormones that help to regulate blood pressure.

What is Urinary tract Infection?

Most of the urinary tract infections are caused by microorganisms which are small organisms and cannot be seen by naked eyes. UTIs are caused by bacteria, fungi or viruses. The most of the UTIs are



caused by bacteria for 25% of all infections in women. It can occur in any part of kidneys, ureters, bladder, and urethra. Mostly UTIs occur in urethra and bladder that is in the lower tract. However if ureters and kidneys are affected by microbes then it is considered as more severe infections.

Causes of UTIs

If one has poor personal hygiene or other health related issues such as kidney stones, suppressed immune system, immobility for a long period, diabetes, procedures involving the urinary tract or if woman is pregnant or in menopause stage. Unclean toilets, prolong use of sanitary napkins, unwashed or dirty clothes or inner wear, sexual intercourse with multiple or new partners, some forms of contraception or use of spermicides and tampons add risk of UTIs. Also heavy use of antibiotic disrupt normal flora of urinary tract.

Symptoms of UTIs: Burning sensation during urination, a frequent or intense urge to urinate, feeling pressure on back or in lower abdomen, cloudy, dark, bloody, or strange-smelling urine, tiredness, fever or chills (a sign the infection may have reached to kidneys).

Treatment of UTIs:

If one has mild UTIs then it will automatically recover in 4 to 5 days otherwise, one needs to seek doctor's advice. Doctor may suggest antibiotics to treat a bacterial UTI but it depends on which part of urinary system is involved. Lower tract UTIs can usually be treated with oral antibiotics whereas upper tract UTIs requires intravenous antibiotics.

Untreated UTIs

It's important to treat a UTI at the earliest otherwise, untreated UTIs become worse and spread it to other organs. A UTI can be treated easily when it is in the lower urinary tract but if an infection spreads to the upper urinary tract, it becomes more difficult to treat and is then more likely to spread into blood, cause sepsis which is life-threatening event.

Diagnosis of UTI

If one suspects that he or she has UTIs, then one has to do certain urine tests. The urine sample is collected at the middle of urinary stream, if there are a large number of white blood cells in patient's urine, it indicates an infection. In certain cases, a urine culture test is done to check bacteria or fungi. The culture can help identify the cause of the infection which later helps doctor for treatment action.

Viruses are rare causes of UTIs but can be observed during organ transplants or who have other conditions that weaken their immune system. If a virus is suspected, special testing may need to be performed. If there is infection in upper tract, it can be detected by complete blood count (CBC) and blood cultures in addition to the urine test. If there are recurrent UTIs or abnormalities or obstructions in urinary tract tests like ultrasound, intravenous pyelogram, cystoscopy, computerized tomography scan can be done to get clear idea.

Prevention

Everyone can take the following steps to help prevent UTIs:

- Drink 1.5 to 2 litres of water daily.
- Don't hold urine for long periods of time.

- If one is finding difficulties in fully emptying bladder, talk to a doctor.
- Keep genitals clean and wash with water or soap.
- Before and after sexual intercourse, clean the genital and wipe it from front to back.
- Avoiding multiple sexual partners that will reduce the risk of both UTIs and sexually transmitted infections.
- During menstruation period, change sanitary napkins / clothes after every 5 hours.
- There are different skin allergens such as bubble bath liquids, bath oils, creams and lotions, deodorant sprays or soaps which may disturb normal bacterial flora of the genital area. Please avoid its use.
- Probiotics are beneficial microorganisms which can help to protect against bacterial UTIs. *Lactobacilli* strains are the best-known probiotics hence you can have fermented milk products, mainly yogurt.
- Even research shows that Cranberry juice reduce UTIs.

Stay Healthy and avoid UTIs.

■ - Gayatri Kshirsagar
(LF-2012 and PA-2016)



Shruti Kadam
LG-2011
60,000



Rashmi Joshi
LF-2001
25,000



Swati Tarwade
LG-2011
15,000



Anupama Ramnavmiwale
LF-2003
15,000



Rajani Panchang
LF-2000
15,000

Bhavana Paralikar LF-2002 5,000	Harshada Jagtap LG-2011 5,000	Aparna Eratkar (Parent of Priyanka Eratkar) LF-2010 5,000	Ankita Joshi LG-2015 1,000
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Basic and Advance Excel Training program

In Basic and Advance workshop Lila Fellows learnt about the functions of Excel like how to create pivot tables and charts, using basic formulae which made them confident in using excel in their day to day life. They got idea about using templates, use of short cut keys for fast



working, Flow Diagram ,number cell converting to characters, transpose, making our own formulas, formulae and functions, Conditional formatting, data sorting and filtering, Vlookup, trend Pivot tables and charts, data validation column etc. It mainly focused on new modern ways of storing and using data than traditional ways.

In today's world, Database is very necessary. Therefore, MS Excel is important aspect of Database. They also learnt the different interesting concepts such as conditional formatting, data analysis, goal seeks, hyperlinks, and also how to protect our files from being blocked or hacked by using different passwords. The trainer not only explained how to operate but also how to apply in their day to day life. This workshop helped Lila Girls to improve their Excel knowledge.

The program was conducted by Tata Pro-engage Team

Communication Skills program

In this workshop Lila Girls learnt about various ways of Communication. Communication skills and public speaking skills are very useful in many aspects of work and life. English communication skill is an essential tool to crack interview successfully as it is a business language. The key points girls learnt about the communication skill are



verbal language, non-verbal language, barriers of communication, 7 C' of communication, professional dressing and grooming. It was informative and interesting session. Girls learnt about many new behavioral techniques in order to improve their personality. The session taught them how to interact with people and make the conversation run smoothly. The dos and don'ts while speaking, how to behave and react in every situation, how to express our thoughts, opinions, feelings. The session comprised of about the process of verbal and non-verbal type of communication, how to build up confidence, how to maintain the volume during a conversation. Communication plays a very important role in everyone's life. Overall the program was very useful for future. The session was conducted by Ms. Tanuja Thombre.

Emotional Excellence Program



Emotional Excellence program was designed especially for the nursing students. The program was all about to know the emotions and the empathy towards others. In this workshop girls came to know their Emotional Quotient (EQ) with the help of an activity, which included number of questions based on Emotional Quotient. They came to know about their area of improvement in a better way. Nursing girls were facing lot of problems during their hospital duty but by understanding the 9/10 principle they learnt how to handle and react to the situation and overcome their problems. In the group discussion activity, girls discussed about the problems which they are facing while performing their duties, after the discussion trainer Mrs. Meera consulted them and gave the solutions to their problem. Thus this session proved to be very helpful in their profession.

Spoken English Classes

Speaking in English is mandatory in today's world. Before joining the English classes Lila girls were hesitant to speak English. They were shy and thought that they would end up in speaking something wrong. Lack of fluency, lack of knowledge of the language were some of the barriers. But after the completion of the English Classes most of the barriers were removed to some extent. During the classes Lila Girls also gave the presentation on a specific country and explained in detail about it. They became confident to speak publicly and also came to know where to use the right tense while speaking.

contd on page 13

Pune Placements

Name	Scholarship Year	Placement
Mamta Shelke	LG-2014	CISCO as Network Engineer With a package of 13 lpa
Pallavi Chaudhari	LG-2015	TIAA GBS with a package of 7 lpa
Snehal Kakteekar	LF-2015	Tieto as Junior Software Engineer with a package of 3.2 lpa
Ankita Joshi	LF-2015	Cognizant with a package of 2.5 lpa.
Komal Khopade	LF-2012	Sales Tax Inspector
Gayatri Potdar	LG-2013	Barclays with 4.4 lpa
Jyoti Tekawade	LG-2013	Kirloskar Pneumatic Cooperative limited in hadapsar as a design engineer in ACD D&D
Monika Ghogare	LG-2014	Barclays with 4.4 lpa

Wardha Placements

Name	Scholarship Year	Placement
Samrin Shaikh	LG-2014	Market Magnify Global Research pvt. Ltd., Indore with 3 lpa.
Jagruti Dongare	LG-2014	TCS as Clinical Data Manager with 1.9 lpa
Puja Burbure	LG-2014	TCS as Clinical Data Manager with 1.9 lpa
Khushali Umate	LG-2014	Market Magnify Global Research pvt. Ltd., Indore with 3 lpa.
Shivani Deshmukh	LG-2014	Market Magnify Global Research pvt. Ltd., Indore with 3 lpa.
Nilam Muratkar	LG-2015	Epic Reseach Company Indore as a Associate Financial Consultant with 2.6 lpa.
Monika Panjwani	LG-2014	Epic Reseach Company Indore as a Associate Financial Consultant with 2.6 lpa

Amravati Placements

Name	Scholarship Year	Placement
Rasika Muley	LG-2014	TCS as Assistant System Engineer with 3.36 lpa
Mohini Bobade	LG-2015	Junior Engineer with 4.7 lpa
Rutuja Band	LG-2014	TCS as Assistant System Engineer with of 3.36 lpa
Pratiksha Rameshwar Raurase	LG-2015	TCS as Assistant System Engineer with 3.36 lpa
Kalyani Ganeshrao Rase	LG-2015	TCS as Assistant System Engineer with 3.36 lpa

contd from page 12



They could improve their pronunciation of words, grammar, also learnt new gerund how to make use of them in day to day communication or while talking. Now they are able to speak better without by hearting the things as before they use to do. They can speak confidently on the stage without hesitation. The method and content were very helpful as it added knowledge and new words to their vocabulary. Many speaking activities were performed to improve their confidence level. This is how Spoken English classes were very useful to them. Ms. Sangita Belvalkar conducted the session.



Shital Jagtap (LG-2015)



Saloni Sathe (LG-2015).



Manisha Deshpande (LF-1999)



Prajakta Kadam (LG-2012)



Shivani Kaktikar (LG-2013)

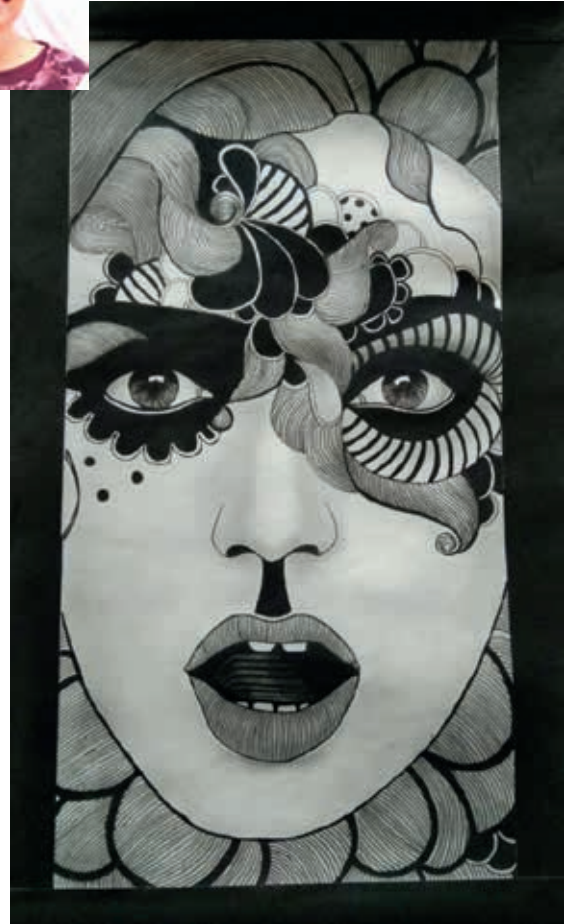




Gayatri Kshirsagar (LF-2012)



Pallavi Zagde (LG-2015) Amaravati



Development Programs

Ultimate Success Mantra

The workshop was conducted by Ms Meera Natarajan for LG-2016, science students. Success in life comes when you simply refuse to give up, with goals so strong that obstacles, failure and loss only act as motivation. The workshop taught girls mantra to be successful. Success is the most important thing for every student in their academic career. From this workshop Lila Girls learned how to set a goal in life and the ways to achieve it. In addition it taught them to believe in themselves and to be aware about inner voice and peace. The workshop also focused on the



power of mind, belief, law of attraction, gratitude and consciousness etc. Further it gave the importance of "Creative Visualization" as well as "Positive Affirmation." Also it taught how our body acts according to the emotions and these emotions are controlled

by our own mind. It also taught about the power of mind. The most important point "Vision Planning" was also a part of the session discussed in this program. In this way Lila Girls achieved Successful life by using the tool of Ultimate Success Mantra.

Be a SMART Learner

The workshop was conducted by Ms Meera Natarajan for LG-2015 Diploma in engineering students. All people are born with great gifts, talents and potential. What makes a real difference in reaching your potential is the ability to be a smart learner. Being smart takes work, just as being strong takes exercise. You can't magically become smart without putting in mental effort. SMART stands for **Specific, Measurable, Attainable, Results-Focused and Time-Focused** etc. In this workshop, Lila Girls learned how to study and how to succeed with the right studying tactics. The session was focused on to the academic goals of the students which were very important



point of view for their career. The technique of achieving goals quickly was conducted in this program. In addition, it was more on achieving certain goals as well as the importance of to manage the study with respective to time. Further it gave the various speed reading ideas for learning quickly and accelerated learning ideas. Further it showed the Memory technique grasping power and concentration on the work. In this way, this workshop was very important for Lila Girls for their academic growth towards the continuous success. Thus, the workshop was very beneficial for them.

Interview Skills and Personality Development Workshop

The workshop was conducted by Mr. Vinay Malshe HR of Semantic for LG-2014; last year Engineering Students. The main motive of this program was to enhance the employability skills. It mainly concentrated on how students should take actions during job interviews which will make them stand out. These actions include proper interview behavior, controlling nervousness or asking intelligent questions. From this workshop, Lila Girls learned about the interview skills. It also gave them effective Resume writing skills. Not only theoretical but also practical skills were conducted for girls by arranging a Mock interview. In additional the Group Discussion session helped them to improve their confidence and flexibility in a group.



Personality development is the relatively enduring pattern of thoughts, feelings, and behavior that distinguish individuals from one another; personality emerges early and continues to change in meaningful ways throughout the lifespan. From this workshop, Lila Girls learned about the Personality development skills which mainly focused on Body Language which is an important aspect of the growth

for girls. In depth body language included the type of nonverbal communication in which physical behavior, as opposed to words, is used to express or convey information. Such behavior includes facial expressions, body posture, gestures, eye movement, touch and the use of space. Workshop also gave the positive attitude towards business environment.

Self-Awareness

Self-awareness workshop was conducted by Mr. Rohan Sachdeo, CEO of Wise Willow for LG-2016, and the pharmacy students. The workshop helped Lila Girls to recognize oneself as an individual separate from the environment and other individuals. It was about having a clear perception of our personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. It taught the attributes of Emotional Intelligence and an important factors in achieving success. Self-Motivation is the most important thing that Lila Girls learned from this workshop. Girls became strong with



a positive attitude. Further workshop was more about the assessment of oneself. They also learnt about

how to build self-confidence. It also taught how to take own decisions irrespective of views from people how to face negative situation in life and taught how to behave and react on a particular situation

and always say to yourself "Yes I can do". Setting goal, building self-confidence, facing setbacks in life and moving on with a positive attitude are the important points learnt in the workshop. The most important message was having POSTIVE ATTITUDE.

"I am one of the many grateful Lila Fellows who consider myself lucky to be a part of the Lila Poonawalla Foundation and receive scholarship during difficult times. All my troubles just vanished after being associated with LPF", let us read through Anjali's journey so far...



Anjali Lohar (LG-2011) comes from a simple joint family where her father and uncle work in a welding workshop. She was born in Karad, Maharashtra where she was sent to a municipal school. Recognizing her potential as a bright student, her parents were advised to enroll her to a better school so she could be well educated and have more opportunities to grow. Although her parents are illiterate, they completely supported Anjali and wanted her to get the best education. She was admitted in Lahoti Kanya Prashala, a semi-English medium school, which became a turning point of her life. She was exposed to a healthy environment which nurtured her and provided her a platform to grow. She utilized this opportunity well and stood first in her SSC examination.

Anjali wanted to study science and she struggled to convince college authorities for a vocational admission as she wanted to become an engineer later, but couldn't afford the fees. Finally, based on her SSC rank the college authorities gave her admission. She encountered similar problem to attend CET classes as the fees were too high, yet she managed to get a waiver and secured admission in the College of Engineering, Pune for mechanical field.

Living in a city like Pune along with the high engineering fees seemed like the biggest obstacle for Anjali and her parents. Her father managed to somehow take care of the first year fees after which Anjali was unsure if she would be able to complete the remaining degree course. At this fateful time, she heard of scholarships given by Lila Poonawalla Foundation and applied for it. Getting selected after an interview, she became a part of LPF family and as she quotes, *"All my troubles just vanished"*. She felt economically independent and her parents were relieved that Anjali was able to pursue her goal to become an engineer without any financial hindrances. Anjali says, *"I have greatly improved my personality and communication skills by attending the various workshops that Lila Mom arranges for the Lila girls. Not only has Mom provided financial support to complete my education, but she has also given me a proud family to belong to who stand by each other and help each other out to excel in this world"*.

Anjali completed her mechanical engineering, she has also completed her mini projects on 'Pollution

Mitigator', 'Electricity Generation' using rotation motion of vehicle wheels', 'Design of Gear Box' and 'Jet Impingment for enhance heat transfer'. She started internship in 'Cummins India Ltd.' in Power Generation Business unit and later got placed in same company as Product Engineer. She states, *"I inspire to be like Lila Mom and would like to thank Mom for providing me the right support and platform to fulfill my dreams"*.

Yet another successful story of our Lila fellow Komal Khopade who has completed her education of her wish due to LPF. Komal Khopade (LF-2012) considers herself a fortunate beneficiary of the Lila Poonawalla Foundation scholarship!



Komal was born and brought up in Pune and completed her SSC examination from Renuka Swaroop School and her HSC from Huzurpaga Jr College. She has done B.Sc. in Electronics and has recently completed her MSc in Electronic Science from Savitribai Phule Pune University.

Komal lives with her mother, elder brother, sister in law and a younger brother. She also has an elder sister who is married. Komal's father was a government servant, but they lost him very tragically due to a severe back problem which no one could correctly diagnose and provide treatment for. This was one of the most testing times for their family, but they all stood by and supported each other. Her brother had just completed his Master's then, Komal was still studying. Her mother gathered herself and her family to tie them through this tough time, she would make tiffin for girls and contribute to the family as they were living on small savings.

Komal wanted to complete her Masters but finances were tough, her younger brother was still studying. At this crucial time, Komal came across the LPF scholarship and applied for it. The day she got the call from the foundation informing her about the scholarship award for completing master's degree, that day will always be one of the happiest one for Komal. Soon after she got the scholarship, she secured admission in Savitribai Phule Pune University for MSc -Electronic Science. Komal was overwhelmed with the milestones she was crossing in her life.

Komal became more responsible after getting the scholarship by focussing on her studies and topped both years of Master's degree. LPF had not just given her the financial aid she needed, it had also given her the drive and focus in life. Komal also took

part enthusiastically in all foundation activities and benefitted greatly by the various workshops Lila Mom organized including grooming, self-defense, interview skills, body language etc. Komal feels LPF is her extended family and every personal touch made by Lila Mom, like sending hand-made birthday cards, makes Komal feel blessed to have her support and guidance at all times.

Komal has completed Master's degree and recently been selected as Sales Tax Inspector. Komal has many aspirations for herself and wants to do a lot for her family. She also wants to stay in touch with the foundation and Lila Mom throughout her life as she owes a lot of her success to them.

We wish her all the very best for upcoming endeavors!

Merin Chacko Philip (LG-2012) mentions, "I have rarely seen my father in tears, but saw him when I received my selection letter from the Lila Poonawalla Foundation. He hugged me and said now you can become a nurse, like you always wanted. This moment is an unforgettable one and etched in my memory".



Merin was born in Mavelikkara, in Alappuzha district, Kerala however for many years, her father has been working in Pune and hence the family has settled here. Merin and her elder sister were growing up together making many expenses come at the same time for the family. Paying for the education was getting very difficult, often people believe that job in a private company makes life easier, but this was not the case for them. Despite a private job, Merin's father's salary was comparatively low and taking care of household expenses plus the education of his two daughters was close to unmanageable.

Merin proudly states, "My parents always taught us to be happy with whatever we have. They taught me never to be bogged down by circumstances because situations keep changing. At the same time, I could not see my father struggling so much so that I could achieve my childhood dream of becoming a nurse. I had to support him somehow and that is why I applied for the LPF scholarship as soon as I got to know about it".

Getting the LPF scholarship reaffirmed Merin's faith in the thought that situations can and do change if we don't let them get us down. She thanks LPF, as her dream of becoming a nurse and serving as part of a medical team would finally come true. "I owe all to

God's blessings and the support I received from my loved ones. The love and support I received began with my immediate family and then went on to the larger LPF family. Even now, I wish I could visit Lila Mom and Firoz Dad more often. I do pay occasional visits, but my work schedule prevents the regular contact that I would like to have with them. I always consult them before making any major decisions in my life" says Merin.

Merin's strong bond with LPF was formed during her undergraduate days, when she was an active part of all the sessions conducted by the LPF. She proudly says, "The training sessions are designed to build our confidence, I feel that my personality has changed and that I am a better person now, thanks to all the LPF workshops and functions. I attended many training sessions, but I think the biggest boost to my confidence came from volunteering at award functions. The dance workshops and self-defense sessions were also good to enhance the other side of me, I think it's amazing that the foundation extends so much more than just financial support!"

Currently working as a staff nurse at Ruby Hall Clinic, Hinjewadi, Merin's childhood dream has come true due to continuous commitment to service. Her journey does not end here, she says, "I want to clear the IELTS exam and work abroad for few years, I think that would help me support my family better. Once my family's financial situation is stable, I will try to move beyond my family to supporting LPF with whatever God grants me".

Here's wishing you loads of success and achievement for your future.

Sonal's true goals can be captured in two simple words – learning and exploring. Listening to Sonal's journey so far is quite inspiring...



Sonal Kalokhe (LF-2011) loves her family and is overwhelmed to talk about them, she mentions, "My grandmother is my best friend, and I learn so many things from her about life, culture, people etc. and so is my mother brave and hardworking. She is a dynamic woman who handles all situations easily. My mother was running a tiffin service business for quite some time however due to ill health she had to discontinue the same, unfortunately my father too retired from his job earlier because of blockage in his varicose veins, but he continued to do his best and is still supporting our family as much as he can". Her parents, sister and her friends are biggest support system that helps and encourages her. Sonal's life as

a child has been full of hardships however when you speak to her you would never realise this fact given gets easily hidden behind her smiling face.

She mentions, *"When I started conducting tuitions, I just had one student coming and later when the number increased to five....oh I felt so proud of this small achievement"*. Sonal studied from S.V. Union High School, Pune. This school had a great culture to build strong human being than just focusing on academics, with an open mind she made friends, learnt how to be a good human being. The school conducted programs for students to perform household tasks in societies, raising funds for charity etc. With social service, sports, cultural gatherings and academic work, Sonal was grooming herself and was happy with life. She completed her schooling and moved on to studying in college, somehow managing expenses for family and college fees. She says, *"My friends often told me about LPF scholarship, but while doing my graduation, I missed the application deadline. I finally applied for my post-graduation and became a Lila Fellow"*. After completion of her Masters in Computer Application,

Sonal is currently working with Parametric Technology India Pvt. Ltd (PTC) as an Associate QA Analyst. Sonal rejoices in her job, indulging in performance testing on Windchill Product Analytics (WPA) on Automation using Selenium.

Proudly expressing Sonal shares, *"Facing the corporate world during my internship with Parametric Technology India Pvt. Ltd., was easy only because of the constant LPF programs which I regularly attended. I can speak fluently and clearly, the programs have helped me build my confidence and take a firm stand when I strongly believed in my decision, it made me aware of many things around. Lila Mom has created a beautiful platform for all girls to excel in any field they want to ...**Mom's touch is like the golden touch of Midas...** I will always keep her words in mind – '**Always be a Giver because a Giver has a choice**'. Being a member of the LPF family is like knowing where my strongest roots are, LPF supports my family and me through everything, I owe my highest gratitude towards Mom and LPF"*.

Market Yourself

"Marketing you" means to working on our personal brand. The personal brand includes our qualities and skills. Marketing yourself means to present you for professional purpose. The Session was conducted by Ms. Rashmi Tare (LF-2012 and PA 2016) by explaining the temperaments, importance of temperaments



and how to balance them by conducting different activities. From this program Lila Girls learned how to answer the questions which were asked in the interview. In this session, the trainer had conducted one to one interview which was beneficial for girls as they got to know their weakness on which they can work out. They learned the importance of verbal and non verbal communication, temperament, leadership skills and qualities. It also helped to know their own hidden skills and how to make full utilization of it.

In this workshop, SWOT analysis was conducted. SWOT stands for Strengths, Weaknesses, Opportunities, and Threats. It was also helpful for achieving the leadership quality, which is most important in corporate world. Further, it took the difference between the hobbies and facts in our general life. In addition

different types of communication skills were conducted like verbal (sounds, language, and tone of voice), aural (listening and hearing), non-verbal (facial expressions, body language, and posture), written (journals, emails, blogs, and text messages) and visual (signs, symbols, and pictures) etc. The overall session was very helpful to all Lila Girls as they will soon be facing their interviews in their professional career.

Hello Friends!! Inspira is always been an easy medium to interact and share our thoughts and knowledge about different topics and areas. The purpose behind sharing this series of articles is to create awareness about Security, Safety, Cyber-crimes and Cyber Laws. In this last petal of the series of 5 articles, I will explore the legal aspects of combating against Cyber Crimes in India.

Information Technology Act –2000

India is the 13th country to pass legislation on

Information Technology (I.T.). The I.T. Act received the President's sanction on 9th June, 2000 and is effective from 17th October, 2000.

Salient Features of I.T Act include Computer data accorded legal sanctity, Certifying Authorities for Digital Signature established, Digital Signature recognised, Cyber-crimes to invite tough penalties, E-Governance, Police Authorities given powers of enforcement and Appellate authorities set up etc.

Following are some important OFFENCES UNDER I.T. ACT 2000:

Section	Offence	Description	Penalty
65	Tampering with computer source documents	If a person knowingly or intentionally conceals, destroys or alters or intentionally or knowingly causes another to conceal, destroy or alter any computer source code used for a computer, computer programme, computer system or computer network, when the computer source code is required to be kept or maintained by law for the time being in force.	Imprisonment up to three years, or/and with fine up to ₹ 2,00,000
66	Hacking with computer system	If a person with the intent to cause or knowing that he is likely to cause wrongful loss or damage to the public or any person destroys or deletes or alters any information residing in a computer resource or diminishes its value or utility or affects it injuriously by any means, commits hack.	Imprisonment up to three years, or/and with fine up to ₹ 5,00,000
66 B	Receiving stolen computer or communication device	A person receives or retains a computer resource or communication device which is known to be stolen or the person has reason to believe is stolen.	Imprisonment up to three years, or/and with fine up to ₹ 1,00,000
66 C	Using password of another person	A person fraudulently uses the password, digital signature or other unique identification of another person.	Imprisonment up to three years, or/and with fine up to ₹ 1,00,000
66 D	Cheating using computer resource	If a person cheats someone using a computer resource or communication.	Imprisonment up to three years, or/and with fine up to ₹ 1,00,000
66 E	Publishing private images of others	If a person captures, transmits or publishes images of a person's private parts without his/her consent or knowledge.	Imprisonment up to three years, or/and with fine up to ₹ 2,00,000
66 F	Acts of cyber terrorism	If a person denies access to an authorised personnel to a computer resource, accesses a protected system or introduces contaminant into a system, which the intention of threatening the unity, integrity, sovereignty or security of India, then he commits cyberterrorism	Imprisonment up to life.
67	Publishing information which is obscene in electronic form.	If a person publishes or transmits or causes to be published in the electronic form, any material which is lascivious or appeals to the prurient interest or if its effect is such as to tend to deprave and corrupt persons who are likely, having regard to all relevant circumstances, to read, see or hear the matter contained or embodied in it.	Imprisonment up to five years, or/and with fine up to ₹ 10,00,000

67 A	Publishing images containing sexual acts	If a person publishes or transmits images containing a sexual explicit act or conduct.	Imprisonment up to seven years, or/ and with fine up to ₹ 10,00,000
67 B	Publishing child porn or predating children online	If a person captures, publishes or transmits images of a child in a sexually explicit act or conduct. If a person induces a child into a sexual act. A child is defined as anyone under 18.	Imprisonment up to five years, or/ and with fine up to ₹ 10, 00,000 on first conviction. Imprisonment up to seven years, or/ and with fine up to ₹ 10,00,000 on second conviction.
67 C	Failure to maintain records	Persons deemed as intermediary (such as an ISP) must maintain required records within the stipulated time. Failure is an offence.	Imprisonment up to three years, or/and with fine.
68	Failure/refusal to comply with orders	The Controller may, by order, direct a Certifying Authority or any employee of such Authority to take such measures or cease carrying on such activities as specified in the order if those are necessary to ensure compliance with the provisions of this Act, rules or any regulations made thereunder. Any person who fails to comply with any such order shall be guilty of an offence.	Imprisonment up to three years, or/and with fine up to ₹ 2,00,000
69	Failure/refusal to decrypt data	If the Controller is satisfied that it is necessary or expedient so to do in the interest of the sovereignty or integrity of India, the security of the State, friendly relations with foreign States or public order or for preventing incitement to the commission of any cognizable offence, for reasons to be recorded in writing, by order, direct any agency of the Government to intercept any information transmitted through any computer resource. The subscriber or any person incharge of the computer resource shall, when called upon by any agency which has been directed, must extend all facilities and technical assistance to decrypt the information. The subscriber or any person who fails to assist the agency referred is deemed to have committed a crime.	Imprisonment up to seven years and possible fine.
70	Securing access or attempting to secure access to a protected system	The appropriate Government may, by notification in the Official Gazette, declare that any computer, computer system or computer network to be a protected system. The appropriate Government may, by order in writing, authorise the persons who are authorised to access protected systems. If a person who secures access or attempts to secure access to a protected system, then he is committing an offence	Imprisonment up to ten years, or/and with fine.
71	Misrepresentation	If anyone makes any misrepresentation to, or suppresses any material fact from, the Controller or the Certifying Authority for obtaining any license or Digital Signature Certificate.	Imprisonment up to three years, or/and with fine up to ₹ 1,00,000

Thus in the series of 5 articles related to next article of this series, we had seen Introduction to Internet and Cyber Crimes, Types of Cyber Crimes, Malwares and Hacking, IPR, Deter-Prevent-Detect-Correct – Cyber Forensics and Cyber Laws – IT Act 2000. The awareness about all these topics and the legal provisions in the Indian Constitution will definitely help an individual to maintain privacy and internet safety.

Stay PROTECTED and stay SAFE and protect your data, information, and privacy!!

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

Dear Mom and Dad,

Every year I eagerly wait for my birthday, not just to receive a gift from you but also to read the letter full of love and affection sent by you. Words are not enough to express the feelings of heart, thank you for your kind words and beautiful wishes which makes my birthday a memorable one. I am very lucky to have parents like you. Thank you for being a part of my life and also for showering blessings on me.

Your's Lovingly,

Mrunali Arute (LG-2015)



Dear Mom,

Wish you and Dad a very Happy New Year and a wonderful year ahead. We had our first workshop on personality development by Mr. Manish Upadhyay sir in Anjuman College. We learnt many things like how to build self confidence, how to overcome stage fear, presentation and communication skills, and how to convert our weakness into strengths...etc. All the activities conducted during session were awesome. Thanks a lot mom, it was really an interesting workshop and certainly beneficial for me and for all Lila girls.

Thanking you,

Shainila Qureshi, (LG-2017) (Nagpur)



Dear Mom

I am writing to express my sincere gratitude to you for awarding me a scholarship. I was thrilled when I came to know about my selection for this honor and I deeply appreciate your support.

By awarding me the Lila Poonawalla Foundation Scholarship, you have lightened my financial burden which allows me to focus more on the most important aspect of learning. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students to achieve their goals similar to how you have helped me many others.

Love,

Shivani Raju Jayde (LG-2017) Wardha



Dear Mom,

Wish you a very happy winter.

I am writing this for informing about an event which was held recently in Sipna COET, Amravati. The interview session was conducted by Mr. Anup Chaudhary sir, a very good trainer and a good tutor too... I have learnt so many things and got knowledge about how to face the interview. The GD session was also very good and it was a great practical experience for me. I am very grateful to have a person like you in my life and that's why I am getting these various opportunities to develop myself with good qualities which I will use in my life for my bright future.

Thanks Mom for everything. Love you.

Aarti Parekh, (LG-2016) (Amravati)



Dearest Mom and Dad,

Birthday is a time for lots of gifts but among all of them, this one is very special and is close to my heart. It isn't just the gift that you send but the letter that has your personalized note you sent along. Before seeing what the gift is, it's that note that I look for. Thanks a lot for remembering me always. That little note of yours is always very special to me.

Loads of love.

Sneha Nikum (LF-2005 and PA-2008)



Dear Mom,

I received my birthday gift, a journal from Shiv Khera and it is really an awesome gift I ever had in my life. I just loved it the personalized note written by you along with it. I hope to live up to your expectations and give my best in whatever I am doing. Mom, you are really inspiring and influential person in my life... Thank u so much for your blessings and birthday gift...I am really boosted...

Thanking You,

Supriya Pisal (LG-2012)



Dear Mom,

I want to share something with you about today's workshop which was held on a very interesting and important topic, i.e. "Time Management". It was a very interactive session with Laxmi Ma'am. She explained us the smart planning to achieve our goals and she rightly pointed out the factors where we get distracted and loose the track of achieving our goal. We had activities and enjoyed this activity based session.

I've learnt something new and different from this workshop. Thank you so much Mom for giving such facilities. I'm proud that I'm a Lila girl.

Yours lovingly,

Sakshi Pimparwar (LG-2016) Wardha



Dear Mom,

I received my birthday gift from the foundation. I really liked the gift, it is very helpful for my interview preparations. I assure you that I will make best use of it.

I am thankful to LPF, you and Dad for giving me such a great platform which has been helping me gaining knowledge through various visits and programs arranged by the foundation. I feel very lucky that I became the part of LPF. I really want to say thank you from the bottom of my heart.

Love you mom and dad,

Harshada Pawar (LG-2015)



Akshata Mayekar (LG-2014): Received 2nd prize at the State Level in Avishkar Research and Innovation 2017 Competition under Medicine and Pharmacy category held in Rahuri, Ahmednagar and was felicitated by Savitribai Phule Pune University for the same.



Neha Chede (LG-2015) (Amravati): 1st ranker throughout the Akola University in Badminton Tournament held in Dr. PDKV University.



Snehal Kakteekar (LG-2012, LF-2015 and PA-2017): Secured 1st rank in M.Sc. (Computer Science) in MAEER's MACS college (MIT) and got placed in Tieto India Pvt. Ltd.



Ashwini Sutar (LF-2017): Received 1st prize in Poem Competition held in Abeda Inamdar Senior College, Azam Campus, Pune and was felicitated with a trophy.



Shweta Kulkarni (LG-2017): Awarded with a trophy at a college level competition "Student of the Year" in Dr. D.Y. Patil institute of technology, Pimpri.



Amdocs, a leading software and services provider to the world's most successful communications and media companies and Lila Poonawalla Foundation (LPF), an NGO focused on empowering women, have been partners since 2014. Mr. Rajat Raheja, head of Amdocs India was introduced to LPF and Mrs. Lila Poonawalla in 2016. He was impressed with the kind the work LPF was doing to educate and empower women and increased the scope of scholarships from 15 Engineering girls to 98 girls in 2017.

Mr. Raheja believes that education is the basic necessity of life as it helps lay down the foundation/direction for the future. He said, *"LPF focusses on empowering girls / young women by bridging the educational gap and providing opportunities for economic independence. LPF not only just gives scholarships, but also supports and trains the girls to become confident young individuals and equip them with skills that are necessary for the employment. Economic independence further helps the girls to stand on their own feet and support themselves and their families. This appeals to me a lot."*

"LPF supports girls from school level till post-graduation. LPF scholarships are merit-cum need based, they give grants to girls with outstanding academic records and limited financial resources to pursue further education. The selection process and monitoring of scholarships funds seems very rigorous".

Mr. Raheja continues, *"It has been a very fulfilling journey, so far, with LPF. CSR at Amdocs aims at empowering the less privileged through education, employability skill, and women empowerment, and partnership with LPF contributes to this goal in many ways. It's 4th year of our partnership with LPF. The team is very professional in managing this partnership through all phases, they are very responsive and involved. Supporting LPF by providing scholarships to Lila Girls, mentoring and training them on corporate*



readiness and life skills are contributing to the vision of Amdocs."

Amdocs India supports LPF by sponsoring scholarships for 98 Engineering girls. Additionally, Amdocs Leaders have been mentoring underprivileged girls under work-skills program by providing Corporate Readiness and Life skills training

through one-on-one mentoring for a year long journey. Amdocs employee volunteers, unit leaders, Learning and Development and HR team volunteers also conduct Corporate Readiness workshops which consist of trainings on latest technology, soft skills, preparation for interviews and motivational sessions. Such training programs are important from many perspectives:

- Help to build on the skills/ abilities/ knowledge in one's area of interest, industry requirement
- Strengthen the skills/ abilities/ knowledge one already has
- Keep up with industry changes – technological, structural, market dynamics.

Training programs help advance skills and enhance competencies, boost the confidence of an individual, some programs also enable individuals to stay focused and enhance their productivity and outlook. In a nutshell, depending on the type of training program, technical or soft skills program, it can have a substantial and fruitful impact on one's personal and professional life.

Mr. Rajat Raheja has given a message to all of us, *"Stay focused on big picture, be professional, be genuine and direct, demonstrate your worth, add value, and be a positive and authentic leader. I completely believe in Sheryl Sandberg's message 'Find your first job, negotiate your salary and own what you are. Because the world needs you to change it'."*

■ - **Dr. Harshada Babrekar**
(LF-2001 and PA-2009)



The 3rd and last year engineering students posing for a group photograph at the end of the sessions conducted by the various volunteers of Amdocs Team.



Brunda Manurkar, an image consultant explaining Lila Girls of 3rd Year engineering about how first impression makes the last impression on an individual during art and science of first impression.



A Lila Fellow walking down the fashion parade in the New Year Party themed as Bollywood.



Lila Girls enjoying the Group activity of self-awareness program at SKF Campus.



The science girls learning the art of meditation for relief from stress as per the instructions given by the instructor, Shrutika.



The Lila Girls of Engineering batch performing group activity of bridge building in Time Management Workshop.



The Lila Girls of Diploma in Engineering performing the team building activity with the help of balloons.



Lila Girls having a gala time along with their other sisters on the eve of New Year Party.



Our beloved Mom was felicitated with Times Power Women Award for 2017.



Nursing Lila Girls waiting to hear the city to be bombed while playing the game in the New Year Party.



The Trainer, Anup Choudhary conducting an activity of how to spend time and analyze in Time management Workshop for the Lila Girls in Amravati.



All the Lila Girls of Direct 2nd Year Engineering posing for a group Photograph with their Mom and Dad along with the Halloween for the New Year Party.



On the eve of International Women's day the Peace Ambassadors felicitated Mom by giving a token of love at the hands of Dad, Ms. Nazura Sattar and Sr. Lourdu Mary Nagothu

Volkswagen, a renowned company known for its worldclasscar. Our Engineering Lila Girls got an opportunity to visit Volkswagen plant at Chakan which was a unique experience for them. It was conducted mainly for the girls from Mechanical, Production, Instrumentation and Electronic and Telecommunication branches of engineering. They learned about the actual concept of manufacturing and production technology. During the visit, girls got the view of the production and manufacturing of four different cars i.e. Polo, Skoda, Vento and Ameo. They learned its production procedure through different sections, and could gain the knowledge



of quality management. They could get an opportunity to see the automation and Kuka robot, its technology, the Programmable Logic Controller (PLC) and Assembly. The topic of chassis was the most interesting part. The DNA of Volkswagen is quality and safety. There were various departments such as quality control, environmental testing, production lines such as trim line, assembly line. During the floor visit they also came across a section known as measuring section. It comprised of coordinate measuring machine. Overall the visit is very useful for our Lila Girls.

Man ki Baat

As you enter our LPF office you will be greeted with a gentle, soft spoken lady - Priyanka who is part of the LPF office talented team. Each one of us may have interacted with Priyanka sometime or other during our association with Lila Poonawalla Foundation. With a sweet smile on her face Priyanka narrates her story to us...



"I was at home when I got an unexpected call for an interview from LPF office, to my surprise I was interviewed by Padmashree Lila Poonawalla. What an enriching experience was this interview and I was selected! I joined LPF office in 2010 and worked as an office assistant for almost 2 years. Post my maternity break I restarted my career in 2014 with LPF and currently working as a Senior Executive - Process."

Priyanka was completely new to LPF concept but after the interview I got to know the cause of the foundation, she was excited and highly motivated to join LPF. She feels extremely proud to be associated with LPF today. LPF brings out the best talent in the Lila Fellows and Lila Girls. LPF supports academically excellent and financially challenged girls by providing scholarships to pursue graduation or post-graduation studies. It aims to work towards mentoring girls and not just providing financial support. The foundation is creating a history in developing and empowering girls to fulfil and achieve their dreams. To achieve the same, LPF is regularly conducting training programs which help in overall development and providing practical exposure to face the competitive world outside.

"My role in LPF involves coordinating all the activities related to scholarship processes which include - planning, scheduling, execution, control of complete scholarship process, co-ordination with committee members, preparation of initial assessment and final assessment report, preparation of selection, rejection letters, ID

cards for Lila fellows and Lila girls. Apart from the above responsibilities, I also take care of updating and maintenance of scholarship software, regularly updating scholarship awardees database and academic progress report. I often interact with the Lila girls/ Lila fellows and their parents when they visit LPF office to collect or submit the application form or to attend the interview."

"There's never a dull moment in our office ...every day is a new exciting challenge which brings its own set opportunities to learn and unlearn. The perseverance and zeal with which we all staff members are working is just fantastic. Working with LPF is an honor and privilege for me. I got to learn many things. It's a pleasurable experience to work here. The energy and never give up attitude with which Lila Ma'am is working is just fantastic. Passion and zest with which Sir is coming to office every day is just amazing. One of the very worthwhile aspects of my job is the workplace and superb group of colleagues and the blissful atmosphere in which I am working. The perseverance and zeal with which we all staff members are working is just extraordinary. With the time span I got exposure to new ideas of learning which are very beneficial to me in my personal as well as professional life. There is joy to be found, not only in the good times, but in the challenges too. This I have learnt from Lila Ma'am. Ideal and Idol... both these words are the perfect prefixes, when it comes to 'Lila Poonawalla Foundation'.

I thank Ma'am and Sir for providing me this opportunity to work. Seeing the change that LPF brings in the girls is so inspiring and to contribute to such a noble cause gives me the kind of satisfaction that words cannot describe. I would like to extend my best wishes and success to the foundation!" says Priyanka.

■ - Rita Shetiya (LF-2005)

ISER Pharmacy and Science girls got an opportunity to Visit Indian Institute of Science Education and Research (IISER), Pune. The visit started with presentation on the information about IISER its laboratories, courses and facilities run at IISER. Girls could see various instruments used in Physics, Chemistry and Bio laboratories which they had just seen in their text books such as separation of gas, Cryptography, Ionization, learnt about analytical instruments and various techniques of detection of components. Girls also learnt about the importance of those machines. To explore more on applicative work rather than only theoretical, this was the most

important aspect they could learn from the visit. The most useful thing in the visit was the demonstration and the implementation of each of the machines. They also got the information about the Mass Spectroscopy Laboratory (MSL). The instructor explained them about the Instrument Visualization, how IISER is different than other institutes and career opportunities at IISER. Lila girls got to see few instruments like the MALDI (Matrix-Assisted Laser Desorption/Ionization) and ESR (Erythrocyte Sedimentation Rate) which are the most important for them from future career point of view. Thus Visit to IISER was very beneficial to them.

Editor's Desk

Hello readers....

It's my pleasure to present the 1st issue of 60th decade of Inspira. The journey of Inspira is fabulous and going ahead with new changes along with old columns.

LPF is ever happening foundation by all means.

The decade was full of programs and the most important with Award functions, our Special Features.

We have special news this time. It is well said that women are the architects of the society and Dad decided to celebrate the Womens' day by felicitating esteemed ladies working over the board, well-wishers and the mothers of Lila Juniors Lila Poonawalla Foundation. This was the unique and special event in all.

In every issue the column Health Capsule is touching to new topic which is relevant to day to day life activities and helpful to all girls, their mothers and readers as well.



We Lilas are in born artists of our life and Mom is faceting us for the betterment by arranging different developmental programs. Our artists are also reflecting in Artist in me. Also LPF is arranging various

industrial visits to give exposure to the outer world.

In today's world no one can live without computers. But there are different facts and precautions to be kept in mind during surfing. Our own LF Pradnya Kashikar has written series of articles for Cyber Security, which were definitely useful.

Our beloved Mom was felicitated with Times Power Women Award for 2017! Wow Mom... congratulations! Girls we should follow her footsteps and we will also reach to some height. Let us try and do our best! -

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

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