



From My Heart...

MMy dear Daughters, friends and Well Wishers,
We are now suddenly in the middle of this year.

It was only recently that all of you sent me New Year Greetings. How time flies! Soon we will be adding the 9th batch of our Lila Juniors. 200 plus little girls will join the family. We will also soon take the 9th batch of girls to UK at ASHA CENTER for a 3 week training program of wholesome leadership development. What is interesting and making history is that out of the 24 girls that will leave in mid-August, 7 girls are from Wardha and Amravati and 2 girls from our school program 2Morrow2gather who have been with us for 8 years since their 7th standard. This is the first time ever this is happening. We are looking forward to see how this experiment works. All these girls will soon undergo extensive training programs, to familiarise them with British culture, climate, food, and their etiquettes and discipline. More you will read about this in the next issue of Inspira, when they will return and share their varied experiences with all of you.

Here is a surprise for all my readers. Normally I share more about what is in the newsletter, and some information about new developments and also giving you some suggestions on how to move ahead in your professional life. But from this issue onwards I am changing my script and take you along my personal experiences after graduation as a Mechanical Engineer way back in 1967.

I started my career as an apprentice in Ruston and Hornsby. I got this job even before my results. We had no campus placements, but had to make direct applications. This Company was in hard core engineering, manufacturing diesel engines coupled with marine propellers and also with generator sets primarily for defence. I was determined to work on the shop floor and thus very excited when I got this job. My stipend was Rs. 250. I used to travel from Poolgate to

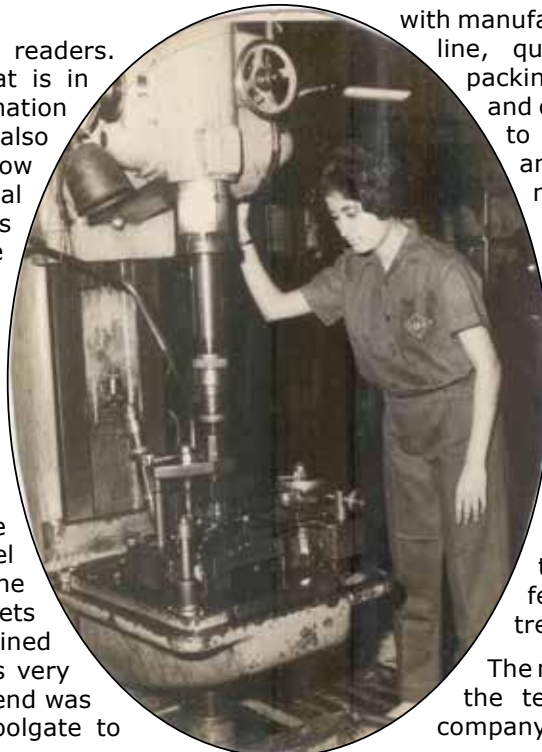
Chinchwad in a bus every day, 6 days a week. I never took any leave. I used to write my weekly reports of all that I did and all that I learned, without fail and submit to my manager.

It was so rewarding, as it made me recall and record all that I had absorbed that week.

The engine specifications and design, including all quality parameters were coming from Ruston and Hornsby Manchester UK. My first manager under whom I worked was DAD. He was quality assurance manager and I as an apprentice was made to report to him. I worked in different departments connected with manufacturing, like machine shop, assembly line, quality department, testing section, packing section, warehouse management, and of course tool room. I did get a chance to spend some time also in drawing and design office. Those days we did not have computers, we used to do design of design boards with a Tee and we had log tables and slide ruler for doing the calculations. Of all the departments I found machine shop the most exciting. Here I had the opportunity to operate various machines like lathes, drilling, grinding, gear cutting, milling and honing. The best I liked was to operate multi drilling machine. I also very much enjoyed assembling an engine. I did this together with all the workmen. Not for a moment did I feel different from them, nor did they treat me any differently.

The most important thing I learned besides the technical aspects of an engineering company was time management and the

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importance of quality and team working. Without these 3 qualities it was impossible to manufacture and deliver any customer order as per the agreements. This first job laid the foundation for me to know more about how a factory works, what are the important aspects of running an efficient factory, the importance of proper planning of materials, production planning, how an engine is assembled, the importance of quality painting to give the product external glamour, how much important it is to pack the product well so that there are no transit damages, and of course the importance of tool designing for efficient and cost effective manufacturing. Till today these learning have remained with me and

have given me confidence and an eye for quality not only of products but also of life. Read more in the next issue. Until then good luck and enjoy the onset of soon to arrive monsoons.

Good luck and God Bless

Mom to all LILAS

Friend to all readers

Lila.

The new journey towards the next young family of Lila Poonawalla Foundation was started by the UG Scholarship Award Function on 3rd February 2019 when 71 girls pursuing Engineering after Diploma were selected for the scholarship and welcomed into the grand family of Lila Poonawalla Foundation (LPF). It was the UG Scholarship Award Function and was held at Anjuman College of Engineering and Technology, Nagpur.

This grand function was split into two functions. One was organized in the morning from 10:30 am to 1:30 pm that is the Award function in which the Lila fellows were felicitated with the certificates. It was honored by Mr. Sajid Anwar (Principal of Anjuman College of Engineering and Technology, Nagpur) as a Chief Guest, Lila Mom, Firoz Dad, and Committee members. There were 17 girls from Wardha, 18 from Nagpur and 24 from Amravati.



Chief Guest - Dr. Sajid Anwar (Principal Anjuman College Nagpur), Mom, Dad, and other distinguished guest giving away the certificates.

In the afternoon session, there was an interaction program with the Lila girls. During this, Mom welcomed all the Lila girls of the year 2019 to her grand and ever growing family. She told them to study well and attend all the programs that the foundation will organize for them.



Mom and Dad interacting with Lila Girls.

So that it will help to learn something new and encourage them to think out of the box. Lila Mom told the girls to take advice, suggestions from their elder Lila sisters which surely will help them to grow up with confidence towards their successful journey of life. Mom told girls that "Not to let go back from your dreams, just chase it, grab the opportunity and fulfill all your wishes, it will definitely come true". Mom requested the parents to allow their girls to dream big and let them fly to reach their destination. She thanked H T Parekh Foundation and HDFC for their willingness to partner LPF in this special program.

Chief guest Mr. Sajid Anwar appreciated the Lila girls and conveyed his message by providing importance of education. Finally, he expressed gratitude towards the foundation and immense pleasure of being a part of such a great and wonderful foundation.

After the award ceremony, the orientation program was organized for new LGs and interaction with MOM and DAD for the past LGs 2015, 2016 and 2017.

The function concluded with the vote of thanks and National Anthem.

Aarti Parekh (LG-2016, Wardha) and Dimple Agrawal (LG-2016, Amravati)

"Being of service to others is what brings true happiness to oneself", So much to learn from this beautiful line. It has all started with a spark to do something for our society but had no idea from where. Our girl Harshada Dhumke (LG-2012) is working on her own project Firti Shala (moving school). She completed engineering in Electronics and Telecommunication from Marathwada Mitra Mandal's College of Engineering. Currently she is working in L & T Infotech Hinjewadi as Software Engineering.

One of her friend came up with an idea of "Firti shala" initiative and then their team started executing it in the slum areas. From there her journey begins with this family. Their contribution for children in slum areas would be in terms of education and personality development. Initial phase was too hard to stand out and fight for the betterment of the children living in the slums.

They have crossed lot of obstacles since then to till now. For few days, classes were conducted under the tree or in the shade of Ganpati Mandal and yet there is no fixed classroom for them.

Nevertheless, we have got many more things now from all aspects. Support from local community is a big achievement for us now. From 5-6 students now we have three classrooms of almost more than 50 students. Every time we try to bring out their willingness to learn new things by taking activities, games, competitions etc. Some programs like Cleanliness campaign, Diwali stall, Tree plantation, Vegetable market stall, Making Ganpati idol, Educational gudhi (a flag), essay and drawing competition, Sessions on Digital world, Technology and human and lot more. They are such precious gems, sometimes I think about the imagination power of them and it is too good, what is to be done to make them shine brighter it to give them a platform to brighten their potential. Every Sunday we spend two hours on sessions and then after we gather for a meeting to know the loopholes and positive things



about the day. We are happy to announce that we took admission for nine students from Pardhi Vasti who don't even know the school practice and also the environment from where they belong is unimaginable for normal people like us. Because the wavelength is a major issue and casteism is highly rooted in their thoughts. It is too hard to work in this area due to unfavorable support but these challenges making ourselves stronger than ever. Our third classroom is individually for students belong to Pardhi Caste. We need to put more than extra efforts to handle and bind them altogether.

Recently, we have inaugurated Pustak pedhi (a small book library) and we have more than 200 books. Also, to walk with the digital era we have bought projector. We have invited on Vidyavani Radio show to know about our initiative. As we need to develop their interest in education mostly we use learn

with fun techniques. Our volunteers are putting so much of efforts. Some of them are working, some are studying. Still they find and give their precious time for making the students stronger on their own feet. This enthusiasm to work for them taking us on next level high. We don't have any strong backbone who will help us economically but for sure we knew our strong will to do the best for our society make it happen one day that each and every child from the slum area shine in their own path.

■ **Harshada Dhumke**
(LG-2012)

Rita Shetiya (LF-2005 and PA-2010), Supriya Satwekar (LF-2010), Chitra Sadanandan (LG-2013) and Rashmi Sure (LG-2013), feel fortunate for getting the opportunity to reach their dream peak by trek with Bucketlist adventure group. It is the Mount Everest of Maharashtra with the height of 1646 meters or 5400 feet is famous as the highest peaks. Kalsubai Mountain lies in the Sahyadri mountain ranges falling under Kalsubai Harishchandragad wildlife sanctuary. It commands a beautiful view. Kalsubai trek is profuse with natural beauty. Climbing the Kalsubai Peak under the stars and moonlight add to the thrilling experience of night trek. If you happened to be there during the monsoon, it is going to be double delight! Our Lively Lila Rita Shetiya is expressing her lively experience.



Bucketlist adventure group



Rita, Supriya, Chita and Rashmi

It was 26th January 2019, so they decided to start night journey on 25th January 2019 with group of 16 people (11girls and 5 boys) all from different backgrounds and places. In these trek the girls showed the power of woman. Such treks purely check the patience to climb. The sound of flowing water and wind felt happiness of making correct decision to climb this peak.

Atmosphere was foggy as we were heading towards top. As we headed up we witnessed more amazing views. Different shades of sky were the most fascinating and eye catching thing. While capturing this view in eyes, I felt, Trek makes you more alert while putting every footstep, making us more

confident. This is the only place where one can talk to himself and no one is a competitor. It's just you who have to achieve to reach the destination. The only thing that comes out is simply caring, giving and sharing. Every one try to give support, help and confidence to achieve the destination. Trek teaches us, "If you take every problem as a challenge then nothing is impossible in the world."

Hosting our flag on the top is always proud feeling. While returning back we met our real heroes, Vinod Rawat founder of "Convoy control club" (specially challenge people), which formed in 2010 with the single person and today they have 7 chapters in India. Vinod Rawat has

passed the message "Don't give excuse that you can't, just give your best and 100% percent, believe in you." We are so lucky and proud to host our flag with the real heroes/ strong souls during Kalsubai trek.

We should be part of trekking and any sports. It always motivates you to do something different in your life. Trek teaches us, no matter how much trouble comes in your life, stand firm! Fight it and don't give up at the end you achieve your destination.

Go and get lost in the magnanimity of Kalsubai. If you want to give relief of yourself from stress, if you want to refresh your mind then once in a month do trekking its gives you peace and harmony.

■ - **Rita M. Shetiya**
(LF- 2005, PA- 2011)

We all girls face the problem of acne at certain age. Our own sister Dr. Shradhanjali Tendulkar (LF- 2011) focuses light on our problem. She is working as a Senior Medical Officer at Nyay Murti Ranade Memorial Homeopathic Hospital (NMRMH), Pune. She has completed MD in homeopathic Material Media and MBA in healthcare services.

Acne is one of the commonest conditions affecting all the age groups, both genders, predominantly teenagers. It is supposedly the 8th commonest ailment worldwide affecting around 633 million people globally. It is a skin condition caused to clogging of the hair follicles with dead skin cell and sebum (oil secreted by the oil glands present in the layer of skin). This clogging of hair follicles show up in the skin in form of bumps of various types like blackheads, whiteheads, comedon's, pimples which are pustular or at time non pustular. Common areas where acne is noted are face, chest and back. Clinically acne are graded from mild (I) to severe (IV) depending on the severity.

Most of us adapt wrong ways to tackle it unknowingly giving way to dark spots, scars, recurrence of acne and infection. Due to cosmetic reasons acne has led to increase level of anxiety amongst youth and reduced level of self-esteem and in extreme cases lead to depression and suicidal thoughts.

Causation of acne is again multifactorial in nature which are as follows:

1. Strong genetic predisposition
2. Hormonal imbalance
3. Improper diet and sleep is linked with acne
4. Increased level of stress
5. Infection
6. Environmental factors like air pollution

How to deal with this?

- In case of strong genetic history of acne that means it is hereditary and runs in family, such case should seek a long term treatment and requires a holistic treatment and they can choose Homoeopathy, Ayurveda or Naturopathy.
- For other causes we can follow few tips mentioned below which would be very beneficial and to a great extent avoid active medical help.
- Acne might also worsen during a particular phase of growing-up, namely adolescence and puberty. Hormonal imbalance during this time is quite common



Grade I (Mild) Acne showing few pustules and comedones



Grade IV (Severe) Acne showing inflamed nodules, pustules and scarring of skin

hence teenagers should be mentally prepared to deal with this with other physical changes they go through.

- Adequate rest and sound sleep of 7-8 hours is very essential to reduce the level of stress and thus the sebum secretion.
- Physical activity of 30-45 minutes in any form is required to help reduce the mounted stress. You can choose any sport, dance or hit the gym or do Yoga but move.
- Water intake is vital. Stay hydrated with adequate amount of water and choose water based fruits which will not only keep you hydration but also rich in nutrients like oranges, lemons, melons etc.
- Control over the food you eat is also essential; eating in moderation will help a long way, however avoid oily food, direct carbohydrates like refined flour, sugar and sugar based candies, jams, chocolates. Integrate good amount of proteins like curds, buttermilk, cheese, soya and eggs, fibre rich food like salads, whole grained cereals and pulses to keep your digestion good. Not to forget our nuts which give all the essential oils and vitamin E.

- The extreme weather conditions and Air pollutants have a bad impact

on skin health, covering your skin with scarf has become a mandate today.

- Regularly scrubbing, massaging and clean ups are good ways to show your love to your skin.
- Right attitude and positive outlook is highly essential to deal with any problem so be in your good spirits always.

If above tips do not work for you despite following it religiously then seek medical help. Conventional treatment for acne includes topical applications known as retinoid therapy, oral antibiotics. Hormonal therapy in case of underlying hormonal imbalance needs to be corrected. Physical treatments are available which are costly which include use of laser, chemical peels and cortisteroidal based injections. In few cases combination therapy is used.

We can also choose alternative therapies which includes medicines from AYUSH system i.e. Ayurveda, Unani, Homoeopathy and Siddha all of them claim to be free from adverse health effects.

As the old wise saying goes 'A healthy skin is mirror of overall wellness

■ - Dr. Shradhanjali Tendulkar (LF- 2011)

Pune Placements

Sr. No	Name	Scholarship Year	Placement
1	Shruti Vishwasrao	LG 2014	Infosys as System Engineer with package of 3.25 LPA
2	Monika Somvanshi	LG 2014	Dassault Systemes as an Associate Developer with package 5.5LPA
3	Mrunali Arute	LG-2015	Uno Minda with package of 4.5 LPA
4	Ankita Nimbole	LG-2015	e-zest with package of 3.25 LPA
5	Palak Barai	LG 2014	Twin Engg. Pvt. Ltd. with 3.0 LPA
6	Aishwarya Navghane	LG-2013	KPIT with a package of 2.7 LPA
7	Bhavana Salvi	LG-2012, PA-2017	Hero Moto Corp with a package of 7.5 LPA
8	Delizia D'silva	LF-2011	Giving Force Company as Business Analyst with a package of 10.5 LPA
9	Shinde	LF-2011	Accion Lab as Sr. Performance Test Engg with a package of 12 LPA
10	Pramila Shende	LF-2011	Accenture company as Sr. Software Developer with a package of 10 LPA
11	Priya Sathe	LF-2011	Infosys as a senior system Engineer with a package of 4.8 LPA
12	Shraddha Deokar	LG-2013	Stiformix Company Hinjewadi as Safety Data Analyst with Package of 4.7LPA
13	Trupti Pawar	LG-2013	Mindtree Ltd. as Software Eng with Package of 6 LPA
14	Tubanaaz Dalal	LF-2013	ADP company as Member Technical joining will be from 4th Feb 2019 with Pkg 6 LPA
15	Madhulika Tripathi	LG-2014	Infosys limited as a system engineer with package 3.25 LPA
16	Mohini Chandgude	LG-2014	TCS as System Engineer with Pkg 3.36 LPA
17	Muskan Khan	LG-2014	Persistent Systems Ltd as a Software Developer with Package: 4.5 lpa
18	Namrata Sonawane	LG-2014	Target Corporation (Banglore) as TTS Engg with pkg 11 LPA
19	Neethu Thankachan	LG-2014	ZS Associate as DOA with pkg 7LPA
20	Reshma Dhamal	LG-2014	TSYS Company as System Admin with Pkg 4.9 LPA
21	Shilpa Gore	LG-2014	Zensar as Software Engineer with pkg 3 LPA
22	Shraddha Jadhav	LG-2014	Compu Com Hypen Csi Systems Pvt. Ltd. With 3 LPA
23	Sneha Shirawale	LG-2014	Atos Syntel with 3.10 LPA
24	Priyanka Devarmani	LG-2014	WNS as Data Processing with Pkg 1.2 LPA
25	Pooja Sawant	LG-2014	Howard Newborn Center, Mumbai as Staff Nurse with 2.64 LPA
26	Gamter Sora	LG-2014	Nanavati super speciality hospital in Mumbai as a staff nurse with salary 20,000/
27	Shweta Somwanshi	LG-2014	Parshwanth Metal process Pvt Ltd as QMS and Quality assistant with package of Rs.1.8LPA

28	Shivani Yadav	LG-2015	Tata Consulting Engineers LTd as Designer with PKG 2.4 LPA
29	Ayushi Mokati	LF-2016	Admantmed India LLP, with 2.1 LPA Designation:- Junior Associate
30	Shraddha Somoshi	LG-2015	Barclays with package 4.4 PA joining as software testing

Wardha Placements

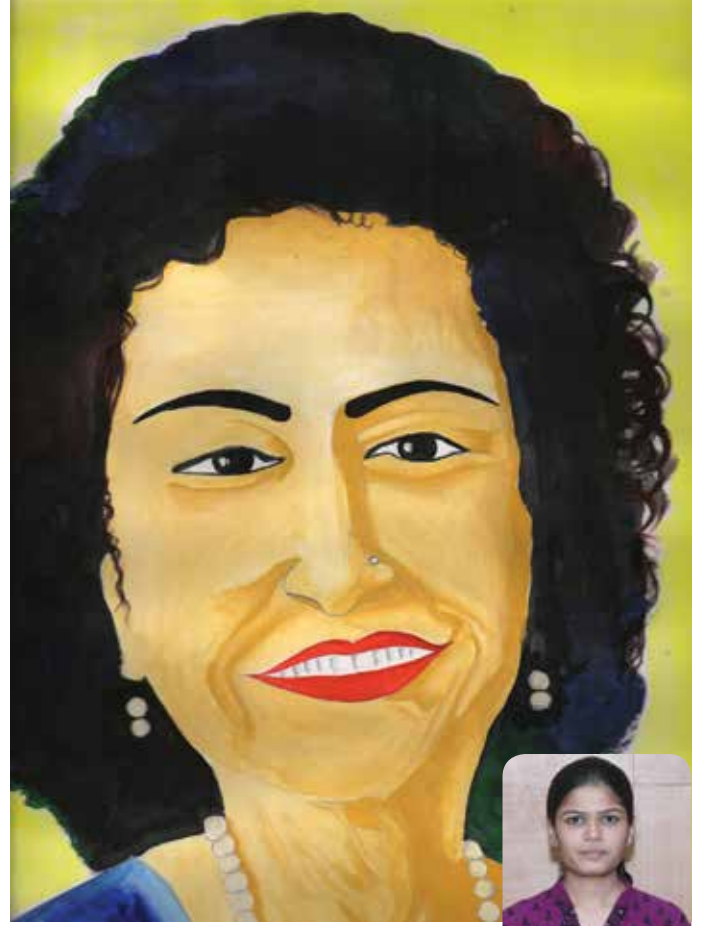
Sr. No	Name	Scholarship Year	Placement
1	Shivani Mathankar	LG 2016	Atos Syntel pune with 3.1 LPA
2	Puja Kolhe	LG 2016	Infosys Ltd Pune as system engineer with 3.8LPA
3	Mayuri Ramteke	LG 2014	Deenanath Mangeshkar Hospital Pune with 1.6 LPA
4	Komal Devurkar	LG 2015	Christ Hospital, Chandrapur with 1.2 LPA
5	Ritu Rinayate	LG 2015	Meditrina Hospital, Nagpur with 1.2 LPA
6	Yogita Hargude	LG 2015	Vokard Hospital, Nagpur with 1.4 LPA
7	Punam Bakane	LG 2015	Aurius Hospital Nagpur with 1.2LPA
8	Santoshini Watari	LG 2015	Burow Hospital Mumbai with 1.4 LPA
9	Manisha Tadas	LG 2015	Burow Hospital Mumbai with 3.7 LPA
10	Likhita Parbat	LG 2015	Burow Hospital Mumbai with 3.7 LPA
11	Ashiwni Batale	LG 2014	Shree Krushna Hospital Nagpur with 1.4 LPA
12	Shital Chavhan	LG 2014	Medicare Hospital Pusad with 1.3 LPA
13	Ashiwni Bhoyar	LG 2015	Burow Hospital Mumbai with 3 LPA
14	Namrata Chavhan	LG 2015	Burow Hospital Mumbai with 3 LPA
15	Namrata Bhandekar	LG 2015	Burow Hospital Mumbai with 3 LPA
16	Pooja Giri	LG 2015	Bombay Hospital Mumbai 2.4 LPA
17	Ruhi Pasha	LG 2014	NSL Arena Hyderabad 2.4 LPA
18	Samita Lawanekar	LG 2014	Kisan Crop Care Company Nagpur with 1.8 LPA
19	Arati Bagwe	LG 2015	Sindhuja Global Solution Ltd Pune with 1.6 LPA
20	Kajal Vaidya	LG 2015	Ambuja Cement Wardha with 1.2 LPA
21	Poonam Kalbande	LG 2014	SSM Formulation Pvt Ltd Wardha with 1.2 LPA
22	Mayuri Bijwar	LG 2014	Varroc Engineering Pvt Ltd Aurangabad with 1.2 LPA
23	Simran Pandey	LG 2014	Tech Mahindra Hyderabad with 1.8 LPA
24	Darshana Bhasme	LG 2014	Burow Hospital Mumbai 3.7 LPA
25	Komal Bhoge	LG 2014	Shree Krushna Hospital Nagpur with 1.8 LPA
26	Mamata Vaitage	LG 2014	Shree Krushna Hospital Nagpur with 1.8 LPA
27	Mayuri Hinge	LG 2014	Burow Hospital Mumbai with 3.7 LPA
28	Monali Walke	LG 2014	Vokard Hospital, Nagpur with 1.4 LPA

29	Prachi Welgandhwar	LG 2014	Sarswati Hospital Amravati with 1.2 LPA
30	Pratiksha Thakare	LG 2014	Vokard Hospital, Nagpur with 1.2 LPA
31	Priyanka Bakane	LG 2014	Reliance Hospital Gondiya 1.8 LPA
32	Rohini Somkuwar	LG 2014	Kokilaben Dhirubhai Ambani Hospital Akola with 1.8 LPA
33	Shabana Sheikh	LG 2014	Oasis Hospital Nagpur 1.2 LPA
34	Shiwani Umate	LG 2014	Kokilaben Dhirubhai Ambani Hospital Akola with 2.16 LPA
35	Shweta Khare	LG 2014	Getwell Hospital Nagpur with 1.44 LPA
36	Tejswini Wankhede	LG 2014	National Cancer Institute Nagpur with 2.1 LPA
37	Samruddhi Nandedkar	LG 2015	Dynamic Money Research Indore with 3.0 LPA
38	Chitra Lokhande	LG 2015	Money Plant Financial Services Indore with 2.5 LPA
39	Vaishnavi Rokade	LG 2015	Dynamic Money Research Indore with 3.5 LPA
40	Apurva Bitra	LG 2015	Dynamic Money Research Indore with 3.5 LPA
41	Pooja Chopade	LG 2015	Dynamic Money Research Indore with 3.5 LPA
42	Pranjali Khond	LG 2015	Dynamic Money Research Indore with 3.5 LPA
43	Rutuja Pandey	LG 2016	Dynamic Money Research Indore with 3.0 LPA
44	Sayali Purse	LG 2016	Dynamic Money Research Indore with 3.0 LPA
45	Dhanashri Bande	LG 2016	Dynamic Money Research Indore with 3.0 LPA
46	Yogeshwari Bhoyar	LG 2014	IKS Health Care, Mumbai with 2.2 LPA
47	Diksha Marjive	LG 2015	Reliance Digital Wardha 2.0 LPA
48	Divyani Khapekar	LG 2016	Star India Research Market Indore 2.8 LPA
49	Gazia Afreen	LG 2016	Star India Research Market Indore with 2.8 LPA
50	Suchita Bhoyar	LG 2016	Star India Research Market Indore with 2.8 LPA
51	Saireen Khan	LG 2016	Star India Research Market Indore with 2.8 LPA

Amravati Placements

Sr. No	Name	Scholarship Year	Placement
1	Namrata yawale	LG 2015	NCDEX Market LTD, Nagpur with 3.7 LPA
2	Chanchal Gondane	LG 2015	AEGIS PVT.LTD, Banglore with 2.50 LPA
3	Renuka Dev	LG2014	Syntel company ,Pune with 3.1 LPA
4	Radhika Mahalle	LG 2014	Accenture , Pune with 3.5 LPA
5	Ankita Sachdev	LG 2014	Renu Communication, Pune with 1.32 LPA
6	Anushka Tiwari	LG 2016	Network research, Indor with 2.0 LPA
7	Shubhangi Tambe	LG 2014	Sahyadri Speciality Hospital with 1.70 LPA
8	Priyanka Raut	LG 2014	CIIMS hospital, Nagpure 1.2 LPA
9	Rohini Tembhare	LG 2016	Syntel company ,Pune with 3.1 LPA
10	Priya Wagh	LG 2016	T-Tec Motif company, Ahmedabad with 2.7 LPA

Ankita Khandekar
LG 2016



Kalyani Bawankar
LG 2015
Wardha



Avanti Deshmukh
LG 2017



Raksha Deshmukh
LG 2016



Pratiksha Bande
LG 2016



Pratiksha Gadia
LG-2015



Sayali Chandanshiv
LG-2015

Tejashree Shinde
LG -2016



Basic Nursing Skills Development

While getting into new direction of career one has many queries and questions like how can one prepare for that. Nursing is new opening for a healthcare career with many job opportunities. For that it's important to ensure you possess some important professional nursing skills like effective communication, flexibility, desire to learn, critical thinking, attention to detail etc.

'Basic Nursing Skills Development Workshop' was conducted on Sunday, 3rd February 2019 by Mrs. Sarika Zende (HOD of Surya Mother and Child Care Hospital)



Basic Nursing Skills Development

for 2nd year Nursing Lila Girls at Tehmi Grant Institute of Nursing Education, Pune.

The program was really very helpful and informative. It will help nursing students in future as well in their present nursing studies. Lila Girls got lots of information regarding the emergency situations and even how to handle those. They got knowledge about various advance medical techniques which are used in this profession. This session helped Lila girls to learn how to manage and deal with various kinds of patients. The workshop was really knowledgeable and interesting.

Health Awareness

A person with good health can put lot many efforts to do work in a short time. Precaution is always better than cure. Health Awareness Workshop was conducted by Family Planning Association for Direct 2nd year Engineering Batch 2017 on 3rd February 2019 at Seed Info Tech Kothrud. The session started with Gender equality and gender based violence which was taken by Ms. Pournima Salunke, coordinator of Family Planning Association. She gave day to day life examples which helped the girls to understand the things in a better way. The next session



Health Awareness

was based on Changes during adolescent conducted by Dr. Deepthi Dongaonkar, M.D. in gynecologist explained about Male and Female Reproductive system. Pregnancy, Safe abortion and contraception. Not only had this she also showed with the help of demo how menstruation takes place in a female body. After the lunch break the session delivered was on HIV AIDS, RTI/STI taken by Ms. Archana Sasane

followed by Love, Friendships and Attraction explained by Dr. Vasudha Gokhale and the session concluded by Sexual Diversity conducted by Dr. Vivek Billampelly.

Emotional Excellence

Emotional excellence Workshop was conducted on Sunday, 4th November 2018 by Trainer Mrs. Meera Natarajan for 3rd year Nursing Girls at Cummins Company Balewadi, Baner.

During this workshop girls learnt the ability to identify and manage their own emotions and emotions of others. It included three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.



Emotional Excellence Workshop

In this workshop trainer explained the girls how to control their emotions not only in personal life but also in professional life. Trainer taught the girls that health is determined by emotions and emotions are determined by choices.

As they are in the nursing profession they came to know Emotional Quotient is as important as Intelligent Quotient. So the Knowledge they grasp they will never let it.

After this Workshop they came to a conclusion that, Emotional Excellence is a key to improving their Personal Effectiveness.

Change Attitude Change Life

The experts say that students achieve or fail mostly because of their attitude. So it is important to create awareness about attitude and build the attitude which gives right outcome in life. Based on this thought process, the workshop 'Change Attitude Change Life' covered various aspects of attitude building like importance of attitude, cause and effect, attitude and success, building right attitude, power of words and action steps. The program was conducted by Mrs. Meera Natarajan at Cummins India Ltd Baner Lila Girls 2017, direct 2nd year Engineering.

Through this workshop Lila Girls learnt how to react to situations in a positive way and also how to build



Attitude Building

positive attitude. Think, feel, and react were the three things they must follow. They could understand the difference between positive and negative attitude. It depends on us how we take the things in a positive way. They also learnt about the right attitude to be carried at right situations, if the attitude is wrong then how to react to that situations. All these things have a lot of impact on our life and which changes the

prospect of life. The change always starts from us. Lila girls also learned how to interact with people nicely even in bad situation and how to be happy in life. It was a brain storming session for the girls. Not to judge people by their behavior in certain situations. The session was very useful for our girls.

Mind Maps by 3DPLM

In order to learn few mind mapping techniques and steps to being creative, Foundation organized a training program on Mind Maps in association with 3DPLM Company. The Program was conducted by senior executive of 3DPLM, Mr. Hemant Gadgil for 2nd and 3rd Year Engineering. The advantage of this program is that Lila Girls have a chance to experience the actual company atmosphere by visiting 3DPLM premises and interacting with their executives.



Mind Maps by 3DPLM

Lila Girls learned from this workshop how to make different Mind maps with the help of different techniques. How to use brain effectively. Time Management, Visual representation, making story to keep the things in mind and also better ways to presenting ideas. These techniques are very useful while studying and making things easy to remember. Utilize memory and making proper mind mapping for memorize the things, how brain works. Lila

girls also learn functions of left brain and right brain.

Corporate Readiness workshop by Amdocs

Amdocs conducted 3 days' workshop from 16th to 18th January 2019 at Amdocs premises for 3rd and 4th year engineering students studying Electronics and Telecommunications, Computer and Information Technology. They focused on technical and non-technical aspects. 1st day started with the introduction to the telecom industry since Amdocs is telecom based company. Next session was delivered on Mobile Financial Services followed by Devops. Devops is a methodology tool that



increases an organization's ability to deliver applications and services at high velocity by evolving and improving products at a faster pace than organizations using traditional software development and infrastructure management processes. The session concluded by Interaction with Amdocs Leaders. 2nd day session started with the agenda of the day followed by

Internet of Things by Amdocs expertise team. Innovation technology methodology, Big Data, Cloud computing,

Leadership Lesson: Bee - The Lead (TEDx talk). The most interesting part of 2nd day workshop was Corporate/organization structure and floor visit. This is the unique activity which girls usually like a lot. The 3rd day of the session started with the topic of Design Thinking, CSR Philosophy, Corporate etiquettes, Resume writing, Interview Skills, Mock



Amdocs - Corporate Readiness Workshop by Amdocs

Interviews, Presentation Skills. On all the 3 days during lunch break one volunteer joined girls for lunch and would have interaction with them. On last day of the workshop all the girls those who were present were felicitated with a certificate from Amdocs for completing 3 days' workshop.

Article on Secret to success

Success in life has nothing to do with where one starts. Success transcends circumstances.

Holistic grooming polishes the uniqueness and gives an EDGE over competitors by preparing you for success in your professional and personal life.

The Secret to success program was conducted by Mrs. Shivani Naik (Mrs. India Queen of Substance 2018) for 3rd Year Engineering Students at Hotel Pride on 20th January 2019.

The workshop was conducted for 2 days. On the first day the trainer gave brief knowledge about How Brain works, what is Conscious mind and Subconscious mind and how does it works, how our actions depend on it etc. Lila girls



Secrets to Success

learnt how to Set their daily goals, be focused on goals and make life goal oriented, Imagine and visualize being successful.

From this session girls learnt that they will succeed if they have a positive attitude, believe in themselves, build positive habits, make wise choices, set and achieve goals, use imagination and persist. Keep working toward goals and dreams and so they can become successful in their career. The 2nd day was a

kind of revision of Day 1 and most of the things were activity based learning of day 1 was implemented on day 2 of the session. The session concluded by a presenting Mind Maps.

Public Speaking

Public speaking is the process of communicating information to the audience. It is usually done before a large audience, like in school, the workplace and even in our personal lives. The benefits of knowing how to communicate to an audience include sharpening critical thinking and verbal/non-verbal communication skills.

The Public Speaking Program was conducted by Ms. Anushree M.S. (LG-2012) for Engineering after Diploma girls of Batch 2017. The program was all about how to



Public Speaking

communicate to an audience include sharpening critical thinking and verbal/non-verbal communication skills.

Lila girls get to know about Effective public speaking skills can help them with their career advancement, critical thinking skills, Communication Skills, leadership abilities, poise, and professionalism, qualities which are very valuable for their career.

From this workshop Lila girls got motivated, self-confident so they can achieve their goals.

Dear Mom,

I am Kanchan Chandrakant Gaikwad from Amravati. The Moto behind writing this mail is that, yesterday I read Inspira (2018) from that I really get one type of motivation and inspiration. Mom, you give us all the information about how is our family growing day by day. How we help to those who were affected by natural calamity. And how our girls achieve their achievements, and how they all develop themselves for achieving that. All and everything which is shared by you is very important to all girls to know.

Really we all are very lucky to have parents like you.

Thank you so much dear Mom and to dad too for such care and love.

Love you a lots.

Your loving,

Kanchan Gaikwad
(LG-2018, Amravati)



Dear Mom and Dad,

The pleasure was all mine. It was a very different experience being a Guest of Honour of a lovely function.

For me, each moment that I spend with you is a learning. Being with you as a Lila fellow teaches something different than what it teaches while being a guest.

Thanks a lot for giving me opportunity of playing various roles for our foundation, be it as a guest of Honor or as a committee member. Being with and around you itself is a big honor. A huge thank you for the felicitation, I hadn't expected it at all! The memento is a 'life time achievement award' for me. Thanks for all the love that you both always shower on me.

Loads of love,

Sneha Nikum
(LF-2005 and PA-2008)



Dear Mom and Dad,

I am Shruti Vishwasrao LILA GIRL 2014, pursued my ENTC Engineering from MIT AOE in 2018.

I find immense pleasure to inform you about my placement at **Infosys**. I received an offer from them for employment as **System Engineer** with a package of **3.25** lakhs per annum. I am delighted to join them on 11th March for training and thus thereafter on given location.

Whatever happens in a life of a daughter, she finds peace in telling her parents and so am I. Inspiration and Guidance are invaluable in every aspects of life especially in the field of academics, which I received from our foundation. My dream has now turned reality and I am very thankful to both of you and our foundation for being with me, helping me whenever necessary. I still remember the scolding from Mom for not attending programs and also her greetings and gifts on my birthdays. I am very grateful to be your daughter and a little part of our foundation and will work further to enrich myself and make all of us proud.

With lots of love from your lovely daughter.

Shruti Vishwasrao
(LG-2014)



Dear Mom,

I am filing very thankful to you for giving me your love and once again selected for the scholarship. And give the golden chance to become the part of our LPF family again. Once again I am saying proudly that I am the daughter of LILA Mom.

Mom and Dad you are the best couple I ever seen. I seen that you are not only husband and wife but you are best friend of each other. Your thought are also same. I am so lucky for getting such a lovely Mom and Dad. Thank you Mom for coming in my life and giving the diamond gift like Dad. Once again thank you so much.

Your daughter,

Pragati Dharme
(LG-2018, Amravati)



It is really nice to read such an inspiration stories of girls who have struggle a lot achieve their goals. And it is my pleasure to be a part of Lila Poonawla foundation . Thank you Mom and Dad for supporting me and other girls .

Thank you,

Manali Tayade
(LF-2017)



Dear MOM,

I am Firdous, studying GNM 3rd Year in Sawangi. My purpose behind writing this email is to inform you about the deposition of scholarship into my account Successfully.

Mom, I don't have any words to thank you. Because what you have done for me is more than a <Thanks>. All I can do is pray for your longer and healthy life. But for now I want to Thank you from bottom of my heart.

Thank you so much Mom.

Love you so much.



Firdous Saba
(LG-2016)

Dear Mom and Dad,

Trust you both are doing well.

A big Thank you for your special birthday wishes for me in the form of greeting and accessories. Loved the gift you sent for me. I was glad to meet you, Dad for the scholarship function and find you all in same spirit and enthusiasm as 20 years back .

Thanking once again for remembering and sending wishes on my birthday.

Wishing you loads of love and a blessed and healthy life.

Warm Regards



Jolly Varghese
(LF-1998)

Firstly thank you MOM and DAD.

Mom after reading your message I got inspired and came to know other information which is useful to us. This year I joined LPF family because of Inspira. I get more information about foundation and program which held by the foundation. And the girls with great placement is the best part in Inspira.



Pooja Korade
(LG-2018)

I really enjoyed reading inspira_vol_53 magazine. And especially the moms message to all the daughters was so inspiring. Also I like the "Art in me" page, where Lila girls and Lila fellows showed their creativity. It was a great experience reading Inspira. Thank you for sharing Inspira with me.



Anshu Jamdade
(LG-2018)

Dear Mom,

I Kirti Kadu from DMIETR College, Wardha. We met last time in Anjuman College of Engineering, Nagpur in the award function ceremony. If I didn't get chance to put up my views over there but now I really want to say that I am very lucky to have Mom like you and all LPF family and I am very grateful that you have arranged too many workshops for us and it was very much beneficial for us, it plays very vital role for me because these all workshop and specially the trainers are very well. On 3rd March 2019 I have attended the workshop on mind mapping by Mr. Mohammad Ujjainwalla and the experience of this workshop is very well. I am glad to say that this workshop was very beneficial for us. Thank you for organising such a wonderful workshop.

Your,



Kirti Kadu
(LG-2016, Wardha)

Hello mom,

I am Pranali Nakhate, LG-2017. I am from Vasudhatai Deshmukh College of Food Technology Amravati.

I wish you a very happy women's day mom. I feel very proud and lucky to have you in my life. You are the symbol of bravery and you are my inspiration Mom. I am always trying to be like you... the attitude, the courage you have... love you Mom .. I am so blessed to have you.

Thank you for everything Mom... Your support and help means a lot to me...

Your loving daughter,



Pranali Nakhate
(LG-2017, Amravati)

"The whole purpose of education is to turn mirrors into windows and windows into doors... and a girl with mere subsistence got transformed into a woman with a great substance and a sustainable leadership and wisdom..."



Lila Poonawalla Foundation is an Educational Trust in India whose vision is to contribute to the empowerment of Indian women by supporting academically outstanding and deserving girls, through scholarship to pursue higher education. Since its inception in 1996, over 23126 scholarships have been granted to 8359 deserving girls.

Beyond scholarship, apart from the guidance in academics and placements, the training and skill development courses that every girl undergoes which are arranged by the Foundation are "Facing Professional Challenges... Etiquette, 'Personality Development and Grooming Session' and 'Lasting Impression – Personal Effectiveness' by Mr. Minocher Patel, Ms. Cora Menezes Workshop on 'Personality Development and Transactional Analysis' Ms. V. Menon's Workshop on 'Presentation Skills', 'Look the Best, Feel the Best, and Eat the Best' by Ratna Khemani, NLP (Neuro Linguistic Programming) Power Workshop by renowned NLP Practitioner, Mr. Keki Darbari, Mrs. Surabhi Banerjee's workshop on 'Positive Thinking' and 'Thought Management', Training Program on 'Health and Nutrition' by Arnawaz Damania, 'Finishing Touch' workshop by Ms. Romilla Thakur and Mr. Deepak Thakur, Training Programme on 'Corporate and Social Finesse', Spoken English Training, 'Celebrating the New Women' – Learning OSHO techniques at OSHO International Meditation Resort, Pune and many many more.....

Padmashree. Mrs. Lila Poonawalla and Mr. Firoz Poonawalla are the pillars of the foundation. Lila mom and Dad are taking tremendous efforts and pains for Nurturing Dreams of Talented but financially challenged Girls. Providing essential skills through different kinds of trainings and development courses from school level to post-graduate level is definitely not an easy task. Both are continuously working hard to enable socially deprived and financially disadvantaged ladies pursue professional degrees and become economically independent and confident girls, who can not only earn for themselves but also take care of their families.

Today I can see myself as an independent corporate trainer and Consultant dealing with organizations confidently because I had been provided with all the skills required for a young woman to succeed in life with a problem solving ability to a greater extent. I have gained the humbleness and confidence to rise up myself as a good daughter and as a good human being. All these programs and initiatives and training

are aimed at facilitating overall development so that girls could successfully deal with the challenges that life could possibly pose to them.

Dear Mom and Dad, the efforts, opportunities and the new horizons and paths shown by you has definitely made a significant difference in my life and million other lives..... Thank you for nurturing my ambitions, fueling my dreams with your positivity and help and guiding me throughout to become an independent individual. We may fail to get inspire but you both never fail to inspire us. Love you so much..

To all my Facebook friends, Lila fellows, Lila Girls and near and dear ones.... It's an appeal to you all to support Lila Poonawalla Foundation in terms of knowledge transformation, training on skill development as a community service and financial contributions and donations for the development of the talented girls. Your contribution can change the destiny of a young girl !!

Follow us on: <http://www.lilapoonawallaoundation.com/> <http://www.lilapoonawallaoundation.com/.../Appeal%20for%20Fu...>

A Journey of two Lila fellows.... Me and my friend @ Vandana Jha Belitkar..... From a candidate for the interview for the scholarship for higher studies....2001to the committee member for the selection of the girls 2011.....and to..... the chairwoman of selection committee for the Engineering panel of my Lila Poonawalla Foundation 2018

" HAPPY INTERNATIONAL WOMEN'S DAY !! " Cheers !!

Pradnya Kashikar
(LF-2001 and Committee member)

Mom,

I read the Inspira, really our Inspira is a very inspirational like it's name "Inspira".

The information which is provided about breast cancer it is very useful for us. The information which is mentioned, really we do not have idea about that, that's why due to that information we got more aware about breast cancer.

Mom, I have one request or wish it is possible to arrange an industrial visit for us? And Mom I have one idea if we provide our Inspira to book stalls then more needy girls will get the change.

Love you, Mom.

Your Daughter



Pooja Indhane
(LG-2015, Amravati)

Many thanks!

I pray that you continue to do the great work in the Service of our Girls in the next generation. Warm regards,

Avinash Gore (President, Business Area Environmental, Hoganas Group)



Dear Mom,

Hope you are doing well. Thanks for sending the latest Inspira link. It's really a good decision to remove the carbon excess print of Inspira. It is really good to see the evolution of foundation and inspira of course. My best wishes to you and LPF. Proud to be a part of it.

Thanks and regards,

Aparna Bhandar
(LF-1998, Committee Member of LPF)



Dear Mom,

When you became the part of my life, at that point I came to know the strength of a woman. What a single woman can do? I see a woman in front of me who change the life of hundred of women's.

The woman who feel that I am nothing turn into I am something special because of you only. You shape the life of hundreds of women's without anything.

Their lives change but few of them are unaware of the thing that why this change happened. But one who really knows why this happens they are very luck bz bz they got a world's most best MOM and DAD.

We know that we can't be woman like you, but we assure you that we will try are level best to became a woman like you.

Swati Jadhav
(LG -2012)



Dear Sir/Madam,

Thank You for the INSPIRA VOL 53. Great initiative by LPF...

With Best Wishes

Warm regards

Shubhangi Dumbray
(Principal, Tehmi Grant Institute Of Nursing Education)



#All about last Sunday... With #Lila Poonawalla foundation family..

Something very close to my heart. I am always thankful for the help that I have received from the foundation. It is the place where I found my ideals, where I have met many girls with variant thoughts and career aspirations. Thanks to Mom Lila Poonawalla and Dad Firoz Poonawalla for always being there to guide, to motivate and to appreciate every girl of foundation. Personally I have learned many life lessons from you. When I became a part of this family back in 2012, I was very early bird who has just started flying in the open sky. Foundation has given power to those wings and has really helped in nurturing my dreams. Along with me, it has transformed and transforming lives of many girls. It's always a pleasure to get together, having fruitful discussions, go back to the roots from where we starts shining and to plan or to initiate something which will contribute towards development of our little sisters, to help them achieve their dreams and to help them to become independent.

Puja Borude
(LG - 2012)



Dear Mom and Dad,

Thanks for sharing the latest issue of Inspira. It is immense pleasure and satisfaction to read the stories of all my LILA SISTERS. Always feel happy to read Mom's message in Inspira!

Thanks a lot for publishing my story in path finder's. I am really overwhelmed to see it.

Without your support and love, I would not have achieved this position in my life. Your help made my path wonderful! Look forward for more bonding with you and foundation.

Lots of Love,

Bhavana Pradhan
(LF-2002, Committe Member of LPF)



Dear Mom and Dad,
Jai Shree Krishna ,

I am Chanchal Swami pursuing B. Sc nursing from Amravati want to communicate with you and dad. On 3rd February 2019 we met in the award function at Nagpur . In that award function I wanted to speak lot but I got less time and after standing I had spoke little bit different rather than speaking what I really wanted.



I wish to know that whether our foundation has some training programs for nurses for their development, some special that will enhance our knowledge related to our field because of which we can give our best in our stream. Before getting scholarship I used to say that nurses are lagging behind as compared to engineering girls or any other field but when I became Lila Girl I realized that there are my so many sisters from different fields and they have so many talents, skills which we can also develop. After attending workshops I have gained confidence, precious knowledge that had changed my thinking point of view. I'm taking initiative in many works in college either be at academic site or clinical site, trying to become all rounder. And I know as a Lila Girl my dreams can be fulfilled. From bottom of my heart I express my gratitude towards you both - Mom and Dad. Till my death I'll be a part of this foundation and I'll illuminate your name with my good works and results. I promise this Mom.

After 15 days to death of my father I was crying in front of his photo but the suddenly I realised that god is too great, I'm so lucky that he called my father near to him but father's love and support he provide in the form of you Dad. Instead of getting love from single mother I have two mothers and fathers. I'm the luckiest girl in this world.

I have promised myself that I have to become a successful girl so that my parents will feel proud. Love you Mom and Dad.

Thank you everything.

Chanchal Swami
(LG-2017, Amravati)

Dear Mrs. Poonawalla

Was Lovely to read the Inspira Vol 53... You are doing an amazing job; it's a great feat to have now over 8000 girls benefit from the LPF...

You are a beautiful shining star , keep up the good work

My best wishes always with you

Much Love

Farida Zaveri (Friend, LPF)

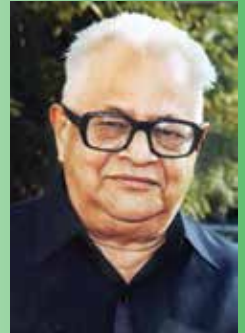
Dear Lila and Firoz,

It is a pleasure to read that LPF has now become a movement. I am proud to find that we have now 8300 girls. You have made an outstanding contribution in your mission.

All the pictures in your Issue of Inspira are beautiful, particularly, Lila and Firoz cutting the cake.

I always find something new in your every Issue.

Regards,
P. C. Shejwalkar



Dear Mom,

I don't know where to begin, I don't know what to say, thank you is a very small word for imparting skills that have shaped my career and professional life, your mentoring has meant so much to me I can never really thank you enough.... Sometimes I miss your voice, I miss your laughter I miss everything about you, that time inspira make me fill that your warm smiles, your encouragement, your words of wisdom. Thanking you!

Yours lovingly,

Prachi Dahibhate
(LG-2016, Amravati)



Dear Mom and Dad,

Happy New year to Mom and Dad. Thanks for the lovely wishes. Indeed an inspiring volume of Inspira 53 that encompasses all aspect from artist to an act of giving back to society. It is always a privilege to be a daughter of proud parents like you and a great motivation to get encouraged.

Regards and lots of love,



Nilofer Glasswala
(LF-2011)

Dear Mom and Dad,

Happy Holi Mom and Dad.

I miss you, Mom, I thought of you with love today, but that is nothing new.

I thought about you yesterday, and days before that too.

I think of you in silence, I often speak your name.

All I have are memories and your picture in a frame.

Your memory is my keepsake, with which I'll never part.

God has you in his keeping, I have you in my heart.

Love you, Mom.

Miss you Always...

Kajal Chhaniya,
(LG- 2016, Wardha)



Dear Mom,

So glad to send this mail about feedback for Inspira vol.53. Another fabulous edition of Inspira, another year of success for all the Lila family. I am truly overwhelmed after I have read about all the achievements of the Lila girls. I have read about the peace Ambassadors 2018 and I am so glad about their success and their visit to Asha center in UK. Also the surprise birthday party of yours was also great. The great help which is done for the Keralites after the disaster was also so kind. It feels so happy after reading this where several seminars and workshops were conducted on language learning, self awareness, menstrual health, interview trainings, and the industrial visits which were carried out for the girls.

Congratulations to all the Lila girls who achieved the best in their life where Lila family plays a major role. Being a part of this family, is truly a blessing.

Yours loving Daughter,

Shweta Khare
(LG-2016, Wardha)



Komal Gotmare (LG-2016) and Divya Kharode (LG-2016), Amravati: 1st prize in paper presentation held at Panjabrao Deshmukh College of Polytechnic, Amravati

Kalyani Bawankar

(LG-2015), Wardha:

2nd Rank - 3rd year basic B.Sc. Nursing



Priti Jagtap

(LJ-2011, LS-2015, LG-2017):

Gold medal in intercollege model making competition, named - Biotechcellence.



Palak Shrivagi (LG - 2017), Amravati:

3rd rank in the paper presentation competition organized by P. R. Pote Patil Group of Educational Institute



Shainila Qureshi, (LG-2017):

Dr. Rajashri V. Deshpande Memorial **Gold Medal** for scoring, 100/100 marks in Mathematics - M1 and M2 by the hands of Padma Bhushan Shri Shiv Nadar and Hon'ble Shri Nitin Gadkari.



Prachi Rakhonde (LG-2016), Amravati:

Selected as Girls' Sports Secretary of Government Polytechnic Amravati College and has won second prize in kho kho at zonal level and now selected for interzonal to represent her college.



Ashiwini Kamble (LG-2014), Wardha:

1st rank in Civil Engineering in Nagpur University and also received 3 gold medals.



Dr. Neelu Nawani (LF-1997 and PA-2008):

Honored for Outstanding Contribution towards the growth of Biotech Research Society India (BRSI) at Indian Institute of Chemical Technology, Hyderabad during XV convention of BRSI and



CSIR-Platinum Jubilee International Conference on Biotechnological Research and Innovation for Sustainable Development.

Mahima Shende (LG-2016), Wardha:

Received certificate of Excellence for her project- "Railway track crack and fire detection system" from Guru Nanak Institution, Nagpur.



Manjiri Pise (LG 2016), Wardha:

Felicitated in her college Bapurao Deshmukh college of Engineering for achieving 2nd rank in university examination.



Shweta Takawale (LG-2016):

Winner in Badminton (Doubles) at Elan Fest 2k19 conducted by SGRS college of Pharmacy Saswad.



Ketki Gatade (LG - 2016) :

Runner up in Chess Competition conducted by SGRS college of Pharmacy Saswad at Elan Fest 2k19



Chippy Kumar (LG- 2013):

Received Awards from Nehru Yuva Kendra (Bharath Sarkar) on women's day celebration occasion and Kerala Kites of Kaumudy Channel for distinguished contribution in Bharatanatyam dance.



Pallavi Zagade (LG - 2015), Amravati:

She has received a list of awards in different fields.

- Late Kalpana Chawala trophy and certificate for cricket winner
- Doodle art winner in zenith Aura of Arts
- Popscicle art runner-up trophy n certificate in aura of arts (zenith) medal for being convener of Prajawlan cup 2k19 under Technical fest (Prajawalan)
- Late Kalpana Chawala trophy for being top scorer in all sports to our department



Vaishnavi Mamankar (LG-2017), Amravati:

3rd rank in the paper presentation competition which was organized in Gode college of engineering in the technical event.



Ambika Chaudhari: (LG-2015), Amravati:

received 2nd rank in her 3 years duration course and awarded in her college - Government Polytechnic Amravati



Priyanka Pisal (LG - 2016) :

Secured 1st place in stone painting ,3rd place in cartooning, 1st place in vollyball and 2nd place in basketball



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. – Helen Keller

Ms. Vaishali Bhagwat, country's first technology lawyer, has been living an exemplary life filled with hope and confidence. She is a living example of how women are growing in various fields and making an impact in this competitive world. Ms. Vaishali comes with prior working experience in the field of IT and then ventured in to IT law by doing specializations from premier institutes. Primarily working in the areas such as: Civil, Criminal, Employment, Family and Banking law, she also laid special emphasis on IT, E-commerce and cyber security, Data Protection and Privacy, IPR in cyberspace and Cyber Crimes. While she is reaching new heights in her profession, deep down inside, she always wants to contribute towards the empowerment of women. Ms. Vaishali joined the board of Lila Poonawalla Foundation as a Trustee in 2016 and since then she has been working relentlessly. Editor – Inspira, Rashmi Tare and Asst. Editor Pranali Tirkhunde got an opportunity to interact with her.



When asked about the beginning of her journey with LPF, Ms. Vaishali says, *"As a women, we can relate to certain things as a subject. We want to give back to the society as much as we can. I come from a family, which believes in community service. My mother, MSW at Tata Institute, has worked extensively in founding Institutes. I have also been associated with Nirmalatai Purandare who runs an initiative in rural India, which is about training women for taking up jobs as anganwadi teachers. Working with such institutes and people, Lila and I met at Women's Day function at Sandvik. We spoke about our experiences and challenges we faced in our lives. We shared common trait of overcoming the challenges and moving ahead in our respective careers. Having known each other, Lila provided an opportunity for me to be associated with the foundation, introduced me to the kind of activities, and causes the foundation supports. I was more than happy to be a part of the foundation as it is all about girl's education, literacy, and certain things about which I have been passionate. Therefore, I thought that LPF would be a good opportunity for me. This is how the association began"*.

Ms. Vaishali, impressed with the LPF says, *"Lila has a corporate background and she runs the organization very professionally. This is the strength of LPF. There is a Set-up, there is a Framework, there is a policy guideline and everyone knows the vision and mission. Lila has an amazing skill of getting people together and getting the work done from them. That is what I think is the organization's strength. At LPF, we have multiple people doing their bit for a common goal and all believe in the vision. Lila and Firoz are the actual driving forces and*

due to this, we can work together in harmony. While many NGOs face the consistency in handling operations, LPF has excelled and always has been on right track to support its vision and mission".

Ms. Vaishali says that LPF also serves as a catalyst for her own growth and overall development. Along with contributing for a cause, she has also grown to be a better and more confident person. When she sits through the interview process and gets to interact with the girls from challenging backgrounds, she feels very rejuvenated and recharged by their confidence and happiness. She says, *"These girls have taught me, there is a certain way in which you can look at life irrespective of the challenges that life throws at you. If you believe in yourself, you can achieve whatever you want. This just re-enforces when I sit with them during the interview process"*. This is what drives her to contribute towards the Foundation as much as possible. She also conducts various training and grooming sessions for the girls at LPF.

Being a Trustee, Ms. Vaishali feels that all the Board members think very holistically. The discussions are very open and everyone contributes. Lila and Firoz are very open to suggestions during the discussions. The teamwork, which happens at LPF, is something in the best interest and really followed in spirit. Besides this, all the trustees are so passionate about the cause that LPF supports

That, each one tries to do something that is over and above the legal expectations from them. Lila Mam's energy throughout the Interview process is commendable.

She has given a valuable message to the girls: ***"There has to be a sense of gratitude and always be associated with the foundation and assist its operations relentlessly. Everyone must appreciate the platform provided by the foundation that aides in one's growth both personally and professionally. There are certain ways in which you could contribute to the foundation and carry the torch ahead. Even if each one of you are able to touch the life of at least one girl, that will be a big contribution. This feeling of giving back to the foundation must come from within and not be enforced. Besides this, on a personal front, you should always be able to adapt to change and keep an eye on where you are going, in terms of your career. Push yourself out of your comfort zone and achieve an all-rounded personality."***

■ **Pranali Tirkhunde (LG-2013) and Rashmi Tare (LF-2012 and PA-2016)**

Behind every great daughter is a truly amazing DAD!

For the rest of the world 14th April 2019 was just a regular day, but for Lila Poonawalla Family it's the birthday of our beloved Dad. This year, Mr Firoz Poonawalla Celebrated his 83rd birthday with celebrations that went on for days.

On 14th April, 2019 all the Peace Ambassadors gathered together for a surprise birthday party for Dad at University Woman's Association (UWA) Hall. Surrounded by his loving daughters, Lila Mom and the LPF Staff wished a healthy and happy year, Dad was overwhelmed with joy. From songs to dances, from poetries to skits, Peace Ambassadors prepared various performances. But Lila Mom stole the show with her beautiful song and her graceful dance. The end of the day came only too early but not without a return gift from Dad which were snacks and a sweet and tight hug from him. This made all the daughters feel special and Dad was happier than ever.

On next day, 15th April, 2019, the celebration continued at the LPF Office. The entire office and Dad's cabin was decorated with balloons and colourful rangolis drawn by the LPF Staff. The day began with the traditional welcome and the cutting of the cake. As the day progressed, Lila girls, Lila Fellows, Principal and teachers of Bapusaheb Pawar School and foundation well-wishers dropped by the office to wish Dad on this special occasion. Many cakes were cut, a large number of photographs were clicked and the enjoyment lasted throughout the day. The day ended with a delicious dinner at Hotel Darshan, Baner organised by LPF Staff along with Mom.

The festivities went on to the third day with a beautiful program organised by the 'Tomorrow Together' team at Noor-Al-Bassam hall, Pune. Mom and Dad were welcomed with an enthusiastic Lezim Performance accompanied by a Brass Band. All Lila Juniors 2016 from various Schools across the city were invited to this program. Dad was awestruck by the wonderful performances by Lila Juniors and Lila Seniors.

Expressing his joy, Dad said he is proud of the girls and urged them to work harder on their academics. He said that LPF is a family and the relationships with the girls are for a lifetime. He thanked everyone for the beautiful program and said that he will always be with them. Mom was happy to see how the girls are learning from them and have put up a great program. She said that all these are great memories for them and that she'll cherish them forever. The program concluded with distribution of snacks to all.

The birthday celebration was carried forward in Wardha-Amaravati as well with lots of love from Lila Girls.

Another year gone, another birthday celebrated, but this birthday will always be a memorable one for Dad.



1. MOM and DAD while cake cutting



2. Principal and Teacher's of Bapusaheb Pawar Kanyashala celebrated Dad's Birthday at LPF office.



Dinner Party of office staff with Sir and Ma'am at Hotel Darshan, Baner



Traditional Welcome of Mom and Dad at Anjum-e-Islam



Principal of Bapusaheb Pawar Kanyashala giving birthday greeting card to Dad.



Celebration continued with Amaravati-Wardha girls



7. Mom and Dad Releasing the bunch of balloons high up in the sky

Birthday wishes for Dad from LG and LF

Dear Dad,

You were there when I needed you,
To guide me along the right path,
To encourage me to learn,
How to face the world's wrath.

You taught me how to be brave,
How to take a few risks in life.
You taught me how to be independent
And you taught me how to thrive.

Your lessons will be with me
Till the end of my days.
I want to say Thank You
And wish you a very happy birthday.

Rita Shetiya (LF-2005 and PA-2011)

Dear Dad,

I am Koyal Dnyaneshwar Rade Lila Girl 2018 form Wardha.

On your Birthday, I want you to know that you are truly an inspiration, a friend and teacher to all of us. Happiest Birthday to you Dad

Best Birthday to the most wonderful Dad, who is hotter than the lighted candles shining bright on your cake. I love you Daddy I love you so much.

I am sorry Daddy for wishing you late..

Once again Happy Birthday to my loving Daddy. Enjoy your day.

Koyal Rade
(LG- 2018, Wardha)

Dear Dad,

Happy birthday to our loving, ever caring and jolly dad. You are truly our superhero, because you helped us when we needed it the most. You along with mom give us the care and support that is helping us grow into beautifully groomed and independent ladies who can confidently walk in this world.

Dad, I pray that you are blessed with all the beautiful things in this world. May God always shine his loving light on you. May you be blessed with good health, beautiful thoughts, laughter and smiles.

Happy birthday once again.

Love,

Your Daughter,

Dhaneshwari Girish Tiwari
(LF- 2017)

Hello dad,

Wishing a very happy, joyful and memorable birthday to a man who had made my dream come true by helping me and motivating me in my career till now.

I Wish god will give you more and more healthy years ahead.....!!

May this special day bring you endless joy and tons of precious memories.....!!

These are not the wishes only i have but a small and a very nice b'day gift is there□....I have made thru all my heart...will bring it to you soon.I hope you will like it !!

With warm wishes,

Yours lovingly daughter,

Anuja Bhujbal
(LG- 2013)

Dear Dad,

Happy birthday Dad . May your special day bring you plenty of wonderful surprises! I am lucky that I was given the best father in the world, a father who truly loves me with all of his heart. Once again Happy Birthday, dad!

Your lovingly daughter

Priti. S.Sardar
(LG- 2017, Amravati)

Dear Dad,

You are the smile of many faces,

You are the inspiration for many people's life,

You are the hope for many eyes,

Your are the father of thousands of daughter like mine.

And how lucky and blessed am I,

I can't even express with my loudest voice.

Wish you a happiest birthday my dear Dad.

A lot of love and blessings to both of you Mom and Dad.

Love you.

Your daughter,

Himani Kinkar
(LG-2018, Nagpur)

Dear dad,

Wish you a very very Happy birthday dad. Dad, you're one in a million. No, one in a billion. Actually, one in a trillion. In other words, you're one of a kind. The best, most loving kind.

Dad after becoming your girl and Lila girl I every time feel special that someone is behind me that supports in all my tough condition and also is in my all success Thank you dad for always being with me.

Our foundation has blessed us with lots of happiness and knowledge which always helps us to go ahead , because of all the efforts thats you and Mom and all our mam is doing for us has made me a very confident Girl that will never shy in front of hundreds of people to talk with in english and share all the knowledge that I have gained , these all becomes possible only because of you dad and mom thank you so much for all this my dear dad and mom??Love you both from depth of my heart??

Again wish you very happy and beautiful birthday dear Dad??????.

Yours lovingly,

Komal Gotmare
(LG- 2016, Amravati)

Good evening Dad,

Wish you a very very happy and joyous birthday. I will always pray for your long life, happiness and prosperity.

On this beautiful day, that is your birthday, I want to thank you very much for being there for me and supporting me and my education when I needed it the most. I want to thank you for all the workshops and training programs that you and mom arrange for us, because they help us grow, I want to thank you for making me a part of your wonderful family. I feel blessed to be able to call you dad and Lila Mom.

Thank you so much for everything. You are one of the most generous and inspiring people that I have ever seen, and I feel blessed to be closely associated with you and mom.

I just want to once again wish you a very happy birthday, and I hope you enjoy your day and the upcoming year. May you always keep smiling, and remain happy.

I am looking forward to celebrate your birthday with you tomorrow.

Lots of love and best wishes,
Your daughter.

Fatema Sanchawala
(LG- 2017)

Dear Dad,

Wishing U a very happiest birthday!! You are the most coolest and charming Dad In the world□□. I feel so lucky that because of award functions of Wardha , we were meeting every year and i really miss that..As I am passed out student and now doing job as a staff nurse at National Cancer Institute Nagpur as well as I am doing Post basic diploma in oncology Nursing here only.

We, both the sisters, Shivani Battulwar (LG 2014) wardha and Kalyani Battulwar (LG 2016)Nagpur are really very lucky that we are your daughters and members of LPF family, we always feel so blessed for it. Thank you so much for everything. It will be such a pleasure to give something to LPF family as a token of love from us and we promised to do so through our studies and goals.

Mom and Dad please take care of yourself!

hope I ll see you soon. love you both

Yours lovingly,

Miss Shivani Battulwar
(LG-2014,Wardha)

Dear Dad,

Wish you a very happy birthday Dad!! May this year bring you a lots of love and happiness in your life. A wish for you on your birthday, whatever you ask may you receive, whatever you seek may you find, whatever you wish may it be fulfilled on your birthday and always.

I promise you Dad I will do hard work to be successful as you are . So that you feel proud of me . Mom and Dad I m so much thankful for this your blessings on me because of you I am able to take education. May you be gifted with life's biggest joys and never-ending bliss! After all, you yourself are a gift to earth, so you deserve the best. Happy birthday Dad.

Love you both Mom and Dad.

Thanking you!

Yours lovely daughter,

Sana Qureshi
(LG-2017, Amaravati)

The most beautiful thing in this world is to see your parents smiling, and to know you are the reason behind it.

The guests had arrived, the stage was set and everyone was eager to witness the surprises that were in store for them by Peace ambassadors 2018 (PA-2018) who had organized the annual Parent's Day Program of Lila Poonawalla Foundation (LPF). The program was held at Noor Al-Bassam Hall, Pune on 19th January, 2019. The hosts for this program were Rashmi Sure (LF-2016 and PA-2018) and Priya Sankati (LG-2015 AND PA-2018). The program promised to present the glimpse of the hard work and the training that the Peace Ambassadors went under during their stay at Asha Centre, United Kingdom. The program was graced by Ruqaiyya Khatun as the Chief Guest from the Samena Foundation which supports the work of the Lila Poonawalla Foundation and our own Sneha Nikum (LF-2005 and PA-2008) as the Guest of Honor.

The program began with the entrance of the 24 Peace Ambassadors who made the environment musical by singing the foundation song. This was followed by the introduction of the Peace Ambassadors Batch 2018 by Ayesha Mujawar and Shivani Navalakha. LPF program is incomplete without its unique inauguration and this program was no different. The program was inaugurated



Peace Ambassadors 2018 batch with Mom, Dad, Chief Guest - Ms. Rukiyah Khatun (from Samina Foundation) and Guest of Honour - Ms. Sneha Nikum (LF 2005 and PA 2008)

by unveiling the curtain.

During her speech, Lila Mom expressed her gratitude towards the parents for letting the girls pursue their dreams and asked them to continue to do the same. She was immensely proud of the development of the Peace Ambassadors and was thankful to the Samina Foundation for joining hand with LPF for the Peace Ambassadors initiative. Saying that all the efforts for the program are taken by Dad, Mom invited Dad to speak a few words. Joking that this was not in the schedule, Dad said that



Inauguration Ceremony by unveiling curtains.

happiness is not the art of taking but the art of giving and encouraged all Lila Juniors, Lila Girls and Lila Fellows to learn this art. He advised the girls to aspire to become the Chief Guests at LPF programs. And as a little surprise the Peace Ambassadors presented Mom and Dad with a special calendar filled with pictures of Mom and Dad.

Chief Guest, Ruqaiyya Khatun felt immense pleasure to have been invited to the program. She shared that she wanted to join the Samina Foundation because of the amazing work that the foundation does with LPF. She hopes that the partnership between the two foundations not only continues and that they do more programs together. To the Peace Ambassadors, she requested them to continue to bring about the change they have brought in their lives and also in the society.



Surprise Gift for Mom and Dad from PA 2018

Lila fellow 2005 and PA 2008, Sneha Nikum said that it was an honor to be called to an LPF program as a Guest of Honor. She reminisced her days as a Peace Ambassadors and shared her experience of the same. She encouraged the Peace Ambassadors to share their knowledge with the society and to continue to be socially responsible citizens.

The Kerala Relief Campaign was successfully completed by LPF. A highlight of this Campaign was presented during the program. The 53rd volume of foundation's magazine, Inspira, was also launched during the program. Lila Girls, who won in Barclay's Tech innovation Challenge by creating a woman safety kit, were also felicitated.

A beautiful journey to the Asha Center, UK was arranged by the PA 2018 with their presentation. A classical dance performance on Ganesh Vandana mesmerized everyone. To make everyone familiar with the successful woman in

the world, a skit was performed during which the audience was taken to Museum of Woman Leaders. An exciting cricket match, teaching everyone the importance of team work and planning, was also played on the stage. A dance performance inspired by Mahabharata armed the audience with the knowledge to tackle their problems. A group dance performance on women empowerment brought tears to everyone's eyes.

Remembering the experience of their time at Asha Center, PA 2018 managed to make everyone yearn for trip to Asha Center. They expressed their gratitude towards all their teachers, at Asha Center and at home, by felicitating them. Parents of PA 2018 also shared their



Calendar of the year 2019 with the memories of PA 2018 batch gifted to Mom and Dad

happiness and thanked LPF and Samina Foundation for providing their daughters an extraordinary opportunity. They told everyone about the positive changes that had been brought in their daughters and were proud of them. The Peace Ambassadors also gave an insight on



Parents watching program enthralingly

the various projects that they have undertaken for the betterment of the society.

But as all good things must come to an end, the program too had to end. The program ended with the National Anthem, followed by a sumptuous lunch.

Tazeen Shaikh
(LG-2017)



Lila Girls posing along with Amdocs Volunteer for a group photo during 3 days corporate readiness workshop held at Amdocs



Trainer Mr. Nitin Pol giving certificate of the foundation to Lila Girl at the conclusion of English Class



Lila Girls practicing on the Excel concepts during the workshop of Basic and Advance Excel workshop



Mr. Hemant Gadgil volunteer from 3DPLM delivering the session on Mind Mapping



Trainer Ms. Meera Natarajan showing live example of girls how they should react in any situation



Lila Girls showing the Mind map prepared during Mind Maps Workshop conducted by Ms. Tanuja Thombre.



Trainer Mr. Vinay Malshe sharing tricks on Interviewing Skills.

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contd. from page 27...



Trainer Ms. Tanuja explaining instructions of activity to be performed during the session.



Group Activity performance during Time Management program.



Ms. Chitrupa delivering the session on Social Etiquettes.



One of the Lila Girl performing during Public Speaking session.



Mr. Milind Ashtikar explaining the concepts of Personality Development



Ms. Komal Mohite(LG-2013) solving query of one of the Lila Girl during Machine Learning program.



Bhavana Salvi (L-2012 and PA-2017) celebrated her birthday with underprivileged kids from Bal Niketan by giving them Drawing Books, Colors, Pencil, Sharpener, Eraser.

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contd. from page 28...



One of the group presenting during Presentation Skills program.



Lila Girls posing for a group photo along with trainer Ms. Shivani Naik and Mr. Kushal Shah during Secret to Success workshop.



Group Discussion activity during 3 days Corporate Readiness workshop at Amdocs



Trainer Mr. Balakrishna Bhandari showing demo to Lila Girls during Self Defense program.



Lila Girls keenly listening to instruction of trainer



Group photo during English Class conducted by Ms. Sangita Belvalkar.



LGs at Nagpur celebrated birthday of their Spoken English class mentor Mr. Rajesh Pendre

Purva Ekatpure (LG-2015) is a simple girl born and brought up in Pune. She comes from a farming background and is the only child of her parents. Despite of the financial conditions, her parents wanted her to learn and had big dreams for her. They always did their best to provide good education to her. Purva being an ambitious girl, always worked hard and gave her best. She scored 95.27% in her 10th standard and stood 2nd in her School and also secured 1st rank in Mathematics and Science in her school.



Later, after completing her 12th standard with 91.69%, Purva took admission for Computer Engineering. She came to know about LPF scholarship from one of her friends. She applied for it and cracked the interview. She says, becoming a part of the LPF, was one of the best things of her life. Unlike all the other organizations, LPF did not provide only financial support, but instead was like a family. She says that the kind gesture and the care that LPF takes of all its girls is what it makes a family, rather than just an organization. Be it a Birthday Gift and Card from LILA Mom, the immense love and care from Dad, Mom and all the Didis, is what makes the bond special. She smiles saying, *"Lila Mom and Firoz Dad, although being so busy, are always there to help us in times of our difficulties. In spite of their various meetings and tight schedule, they are just a phone call away from us girls, and that is what makes us feel so special"*.

The workshops like interviewing skills, presentation skills, Microsoft excel, etc. gave her the confidence and helped her to become industry ready. The one year mentorship program in Amdocs made her aware of the industry requirements, ethics and etiquettes. She says, the techniques taught in programs like Time Management proved very helpful to her in day to day life, to make the best use of time and manage academics as well as co-curricular and extra-curricular activities. The workshops not only guided her regarding industry, but also helped to educate regarding self-defence techniques, health, nutrition, etc.

Purva says, *"LPF helped me go learn, grow and develop myself completely, by all means"*. Throughout her engineering, she always maintained good academic records (9.11/10). Her projects won prizes in BITS Goa Project Competition and also Tech Mahindra Hackathon. She did a training internship in CDAC, Pune. She also worked as a Summer Intern in Siemens PLM Software Industry, and later got a job offer there. She was actively involved in various activities. She is a part of IEEE organization, and is working as the Meeting Coordinator in IEEE Region 10 (Asia Pacific) Student Activities Committee Team (team of 30 students across Asia), and also as the Co-Sectional Student Representative of IEEE Pune Section, Chair of Women In Engineering and Chair of Computer Society Chapter of her college. She also

organized the 1 day Student Track of IEEE R10 SYWL Congress 2018 in Bali, Indonesia. She was invited as a Speaker in the IEEE Bombay Section Congress 2019, as well as IEEE Pune Section STEP Program 2018. Apart from it, she was part of TEDx committee of her college, and also works as a writer for visually challenged students.

Purva believes that in today's competitive world, having good scores is not enough. Apart from that, having good communication skills, leadership and management skills makes a difference, and hence Lila Mom, Firoz Dad and the entire LPF family strives to make all the girls ready for today's competitive world. She considers Lila Mom as her role model. She says, it was only because of the support of her parents and the LPF family that she has learned to dream big, work hard and has developed as a confident individual today. She will never forget the role of LPF in moulding her, and in the future, wishes to be in a position of helping some other girls through the LPF family.

Purva Ekatpure (LG-2015)

Pragati Prabhakar Rao Meghe (LG-2015) from Wardha lives in a family of 5 members. Her father is a farmer and her mother helps him. Pragati has completed her schooling from Marathi medium school which was far away from her home. But her father always dreamt for higher education for his children. For better education, the family shifted to another town where her father was caught in an accident on the road which affected a serious injury to the brain but no one helped them and she decided to study properly and gained *"I can do it, Nothing is Impossible"* confidence in her. It was a life time lesson and a learning experience for her, she thinks. Her mother has studied till 10th standard with no career knowledge but she has knowledge about how to live life with adjustments, says Pragati. Pragati gets energy and confidence from her mother. During those crucial days, the family land was handled by her grandfather but that supply was insufficient for her family. As a part some of the land was sold to pay for house in Deoli town where they were living. After father's accident, she wanted to be doctor but due to insufficient finance she opted for B.Sc. nursing course.



During 2nd year she came to know about LPF from her senior and decided to apply for the scholarship. Meantime to overcome the financial problem, her father borrowed the money from neighbors and friend. After rigorous process of selection, she came to know about her selection for LPF scholarship. It was very satisfying experience for her which made her more confident and happy. LPF is not only financial back bone but also it's making her successful in both the fields such like life and education. Pragati says, *"I have learned from Lila*

Mom that being a good is not enough; rather need to help each other. When I look at Mom I feel confident and wish a successful life. I have dreamt bright future". She wants to overcome economical problems and stand independently in life. She expresses her gratitude towards LPF for fulfilling her dream because of which she could complete her bachelor's degree. She has attended many programs arranged by LPF to develop the personality, to build herself capable of getting this opportunity. She says, "Each and every workshop I attended was very helpful for me to prepare for future". Till now she has attended workshops like spoken English, interview training, self defense and health care.

She is strong on her opinion that Lila Mom and Firoz Dad are pillars of her success. The birthday gift with letter and card make her feel special. The words fall short when it comes to express her feelings towards Lila Mom and Firoz dad.

Now she is going to appear either for UPSC examination or M.Sc. in Psychiatric and also wants to work in a foundation. She believes that her stepping stone of success is based on

- 1) aim of vision
- 2) more efforts
- 3) courage
- 4) take own responsibility. **If I can't take right decision how can my life go in right direction?**

Pragati Prabhakar Rao Meghe (LG-2015)

My Hot Ideas Book-I write!

Doing "Social cause" be likely to be frustrating and surrounded by challenges. With little time in hand and immense responsibilities Sabah Shaikh (LG-2013) has learned her own path to move ahead with landing in lives of people by creating a transformation. There is a difference between "To Be A Human and to be a Humane" with shattering failures and remembering every bits and bytes of her life- Indeed she is still a learner!



Neither forget once originality, nor the footprints from where we come from. Sabah belongs to a family where every day father runs auto rickshaw day and night. Mother who constantly recites phrases of holy Quran to bring values between her daughters. The three siblings were born as daughters but grew like proud son.

She says, "I am someone who's never able to answer the question 'What do you want to be when you grow up?' the problem wasn't that I didn't had any interest but it's that I had too many". She has completed my schooling from St. Joseph Ghorpuri, Pune. Securing rank one in

schooling she planned her way to immigrate in science indeed her love resides working in laboratory. Her first step in R & D was in year 2011 where she was selected as "Budding Scientist" spending times with folks and sharing thoughts was her plan. DST-Inspired Science camp organized by IISER and NCL Pune developed a feeling of curiosity in her.

A message that she received was 'You don't have to be an expert to solve big problem - It's just reshaping what you have with you currently' so that is what having optimization in life! She constantly started contributing in scientific project, developing experiments and scaling up.

Finally she entered her bachelor where she selected Pharmacy as a next step to explore. It was that time when Sabah and father had only ten thousand in hands for taking admission. That time she came to know about Lila Mom and Foundation, a place that has reshaped and remediated girls to be powerhouse for society. She takes this opportunity to show her love and respect for the place which is continuously working on girls and bringing them to such a platform wherein they create their own identity in life.

The kind of interpersonal and intrapersonal training events organised by whole team of LPF shows the dedication and true believe they have towards changing the society and it is seen to getting transferred in every girls. She thanks almighty for bringing her to this place. It was the support and believe that brought her in university rank list every year during her B.Pharm from Allana college of pharmacy.

She has worked with the groups of microbiologist and pharmacist for developing formulation of determining the effective of various mobile microbes. Sabah has also presented the research work in 2015 at Herbal and synthetic Drug studies HSDS Pune for Anti dandruff and Antifungal hair gel.

Currently she is working with Sciformix as a "Junior Regulatory Affair specialist" and contributes to work for Europe, Middle East and Africa region. With global mindset she tries bringing various raw material from across globe for production of medicines. Identification of bottleneck in pharma manufacturing creates an intellectual activity in her and power to design and initiate a workflow.

She has great passion in writing and is a blogger on Instagram. Sabah with her friends work in society and collect funds every year and hand it over to children with limited resource but with great thoughts. Her foundation, LPF has brought few deeds and massive transformation in her. When she received the award in 2013 as "Lila Girl" she feels that she has got her way where she wanted to reach. Perhaps this place is tender and gentle never mock someone for their mistakes but brought the best in every girl. From programs she has attended like win with body language, she has strong feeling that it runs with emotional intelligence LPF creates self-awareness. Thanks to the place and people for being real.

Sabah Shaikh (LG-2013)



Ms. Vaishali Halbe
LF-1996
50,001



Ms. Sonali Hardikar
Sister of
Shalaka Sankpal,
LF 1999
50,000



Ms. Anushree M.S.
LG-2012
25,000



Ms. Sargam Mulay
LF-2010
20,000



Ms. Aparna Dharma
LF-1999
10,000



Ms. Nalini Sawale
LF-2002
10,000

Ms. Gayatri Kshirsagar
LF-2012
5,000

Hi all....

Greetings of the season... yes new season has just started. It's lovable, romantic but little scary too. But Lilas do not have to worry, we are under the umbrella of LPF. It has protected us till now and will continue for sure. But now I feel it's time to provide umbrella/s to our own LPF... Its growing and on the way to become huge family. Like us many girls are waiting for the big cover. Can we provide?

The answer is yes! Let us come together and help each other. I feel that many of us have got settled in life or on the verge of it. But like we spend much for ourselves and our family, can we spend something for our LPF? Let us come together and take the responsibility. Can I appeal you to contribute to LPF by any of the way you feel? Kindly let I or any LPF staff know. Like we have learnt to face many challenges, let us accept this as well as we are



Inspira Release - Volume 53

Lovely Lilas.

Being Lovely Lilas itself is different than others. But how will others know? Keep posting what you are doing in your lives, we will cover you. Many of us may also want to share how they have cracked interviews or what to do and not to do. Does not matter what you wish to share.

Keep on writing for yourself and others too. It might be simple and in any language (English, Hindi or Marathi). Inspira is

the best platform to nurture not only writing but also artistic talent. You can be team member too. Language, sentence framing is not at all a bar.

Keep reading and of course writing.....

Dr. Harshada A. Babrekar
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