



From My Heart...

My dear Daughters, Friends and Well Wishers,

In last 6 months, almost every person's life has become topsy Turvey. CORONA Virus, now known as COVID 19 has brought upheaval in every walk of life. Economy is stressed. All companies, establishments and businesses have taken a great knock. Education has suffered and still remains a dilemma for all students and teachers equally. Over 10 million people left their jobs and migrated back to their homes. All the planes are grounded, restaurants are closed, all services have come to almost a standstill. Only businesses like oil, trains, which are run by the government may have had less impact, but positively they also have suffered. Banking system is severely affected. With all this we are trying our level best to ensure that our Foundation is holding strong. We have kept going. Many of the staff worked from home and we continue to pay salaries not only to our staff but also to our service providers. How long this will continue is anybody's guess. We request the entire LPF family to keep on praying so that some normalcy returns at the earliest.

Obviously we all have to change our ways of work. To start with all our training and skill development programs have gone on line. In this period of 4 months April to July we have conducted more than 80 programs on line covering various subject matters. To name a few, Scale up, Graduate Leadership Program, Catalyze, Six Sigma, Emotional Excellence, Stress Management, Effective utilization of Preparation Leave, Personality Development, Attitude Building, mentor together, Skillmuni App. Including Artificial Intelligence, block chain, Data analytics, financial management and many such other relevant subjects. What is interesting that even English courses have been conducted on line for our school children too. We are indeed obliged to the trainers who very quickly changed over to adopt the

new methods, and also our Partners who came forward to pool in their resources to reach out too many more girls covering many relevant topics. Even our Alumni has come forward to participate in this challenge. We have thus come to the conclusion that all programs will be conducted on line as these have turned out to be more effective and also participation has increased by leaps and bounds.



This is our Foundation's 25th year. We had many plans to celebrate this special milestone in the life of our beloved Foundation and also an important phase in the life of Dad and me. But at present that seems a bit difficult. We will wait and watch. In the meantime, we will do whatever is possible on line. We are even planning to do the entire scholarship process on line. We have already started to receive the claims on line. That is working quite smoothly. Besides applications submissions, we have also decided to do the selection interviews on line. It is surely going to be very exciting to do all this in a new way. Turning over a new page, applying new technologies, in the 25th year of our existence.

You all must have read various communications through our Foundation Social media about the work the foundation is doing for supporting the COVID effected people. Both helping our own girls and wherever possible even others, with, monthly rations. Dad was personally monitoring this project and was present at every distribution site. Of course, he took all the precautions that were required. More details in this issue in a separate article.

Now to create better awareness about COVID-19 and precautionary measures around it, Dad has decided to orient all our girls on this subject on line, in batches.

contd. from page 1...

He started with one such session where in 105 LILA Girls of 2017/18/19 from Engineering category have participated from Pune region. He did a 2nd session for our Lila Juniors and their parents where 100 plus girls and many parents participate.

In a most simplistic way, he has oriented them on Covid-19 symptoms and precautions to be taken if anyone is diagnosed with it. He showed them a model of Coronavirus and through practical's taught the participants how to check the temperature and oxygen level using various devices. Further he shared information about Nutrition to be consumed in this situation, importance of sanitization and how to go about it including ways of how to wash the hands with sanitizers. He explained the importance of wearing masks, social distancing and the importance of personal hygiene.

It's his loving and caring gesture along with his knowledge on this subject that was liked by the girls and their parents. Dad has decided to continue with this initiative and cover all the batches from all the categories across Pune and WAN (Wardha, Amravati, Nagpur) as well as girls from School projects along with teachers and principals. Do look out for communication inviting you to Dad's sessions.

Now to share my progress after I got the job of a trainee engineer in Vulcan Laval, well I began there in 1968. A training schedule was handed over to me and I was informed I would be reporting my progress to Manager engineering. My first two months were scheduled to be spent in Fabrication shop. Vulcan Laval had two manufacturing units. A fabrication workshop and a machining workshop. On the first day to the workshop I changed into my Boiler suit (a workshop uniform from COEP). As I entered the workshop to go and meet the Manager in charge, I got to see all the workman staring at me. I should have felt a bit nervous, but I did not. I just smiled at them and walked straight to the manager's office. He looked at me and first thing he said was that you do not have to wear your college uniform in our workshop. You wear your normal cloths. You are no longer a college student. Well I thought that was a good beginning. He took me to the shop floor and asked one of the senior workmen to take charge and to teach me the fabrication process. It was exciting and I got totally engrossed in my learning of practice fabrication work. The days passed away very quickly. I had to make a weekly progress report to my Manger and he was quite pleased to see that I was learning fast. Little did he know that Dad (we were not yet married) was helping me to draft those reports. The practice which is continued even today. Every week he would come home on a Thursday for a cup of tea with my Mother and would dictate

the report and I would write the same and submit on Saturday. I would always get a good on my report. One Day I thought I would try my hand at welding. So, I picked up a welding machine and started to weld on a stainless-steel vessel, the joints of which had already been tack welded. I continued happily, until the shop floor manager came and saw what I was doing. He was furious with me and the workman who was I charge of my training. He actually got very angry, and short of slapping me he said whatever he wanted to. He was a Parsi gentleman, named Soli Bharucha. He asked me to get out of his workshop. I did not understand what had made him so angry. At that moment without a word I left. Next day I came to know that I was welding a vessel which was a high-pressure vessel and only a highly qualified / certified welder was approved by the client to do the welding. Now that whole sheet would have to be scrapped. I felt very disappointed with myself that I had not asked permission to do the practical welding. I went to the manager and apologized to him, sincerely and promised him that I would never do anything on the shop floor without approval of the appropriate authority. Seeing my sincerity in admitting I had done wrong, he forgave me. This was my first lesson, which I remember and implement even today. And that is "IF YOU HAVE MADE A MISTAKE AND YOU APOLOGIZE SINCERELY FOR THE SAME, YOU ARE FORGIVEN. NEVER EVER PRETEND TO SAY SOMETHING WHICH YOU DO NOT MEAN FROM YOUR HEART." Thereafter I completed my two months of training in that workshop smoothly and got a very good report from the manager. He became a good mentor to me right through my career in Vulcan Laval. I then moved on to my 2nd leg of practical training in machine shop. We will talk about that in the next issue.

Until than please take care of your selves. Follow good practices of hygrine. Wash your hands, use a mask, maintain social distance and use sanitiser at short intervals. Also ensure you take in steam at least twice a day if not more. All this does not cost much, but it helps you save a lot by ensuring that you do not fall sick.

Good luck. Meet you soon in the next issue.

Wish you all a VERY HAPPY INDEPENDENCE DAY

Mom to all LILAS

Friend to all readers

Lila.

Choosing an unusual path....an inspirational success story of our Leading Lady Aarti Ladkat (LF-2017)!

Hailing from a small village, she has traversed through her educational career with flying colors with all the hardships all way along. Yes, it hasn't been a smooth road but her determination and support provided by LPF has made it achievable.

Coming from farming background, Aarti's parents managed to provide education till 10th standard in her village and she completed her 10th board examination with 1st rank at the center. She had set her dreams by then and there was no looking back. She planned to move to Pune city for higher education.

With the household having 4 children, it was difficult for her parents to afford the expenses that Pune city demanded. She says, *"We were fortunate to find a room to rent along with my grandmother. Those were difficult times and we had to do all daily chores along with studies. Me and my siblings used to wake up early, cook food ourselves, finished daily chores and attended college"*.

Over the time she had developed special interest in mathematics and physics. After completion of 12th, she decided to pursue engineering and could enter into Instrumentation and Controls stream at Cummins college of Engineering for women, Pune.

Aarti continues, *"As my parents were not able to pay engineering college fees, we decided to take educational loan. I had to shift to college hostel to cope with the studies and engineering curriculum. Considering our financial background, hostel gave concession in its fees and granted free mess service for coming years till I graduated. While pursuing engineering my interest in control and automation subject had immense influence me and this laid a solid foundation to plan my career in this field. Planning ahead for my career I started looking at companies that do work in this stream and narrowed down on to*



Honeywell, which happens to be a pioneer in this field".

With proper dedication and passion, she focused on honing skills that are required to be part of this company and she worked on her weak points. She has limitations for English communication hence she focused on improving by taking part in extracurricular activities. She was a part

of Cricket team and active member of the National Service Scheme. All her efforts were worth and she got in to Honeywell, Aarti's dream company. Her job profile was into sales and marketing, however she wanted to pursue career in Controls and automation. With education loan on her shoulders and to support her parents, she accepted the job and continued her studies further.

Aarti prepared for GATE exam and got qualified in 2017. And also got admission in Defense Institute of advanced technology, Pune for M. Tech. in Guided Missiles. Leaving job for higher studies was a difficult decision as her family was not financially stable. Bank rejected her another educational loan as she had existing loan along with one of her sibling's loan.

At this stage, Aarti got shortlisted by Lila Poonawalla foundation for the postgraduate scholarship and she was entitled as LILA FELLOW in 2017. She expressed, *"Foundation helped me not just financially, but also helped me to grow in all way. All the programs that I attended in this foundation are helping me in every step of the success ladder"*.

Aarti completed M. Tech. with 9/10 pointers in last semester and wished to be a control engineer working on advanced technologies in Rockets/Missiles/Drones/UAV research. Currently, she is doing internship at the Indian Institute of Space science and Technology. She has also got selected for the second stage of The Apprentice Project (TAP) volunteer for "Teach for India (TFI)".

Truly inspiring story... Aarti will definitely lead in near future.

A small help can turn someone's world completely. And a perfect example of this is Pratibha Chaudhari (Lila Girl 2013).

Pratibha belongs to a typical middle-class family. Her Father owns an electronic repairing and TV shop and her mother is a housewife. She has a younger brother who is pursuing his Bachelors in engineering. *"My dad's income was unpredictable as his work was dependent on the number of customers per month. Despite of all financial challenges he always taught me to dream big and always did what he has to do to help me pursue my education"*, says Pratibha.

After completing her higher secondary education, Pratibha opted for Bachelors in pharmacy at RJSPM's College of Pharmacy in Pune. Owing to the high fees, she started searching for scholarships to apply for which would help her reduce the financial burden on her family. And she found the answers to her problems in Lila Poonawalla Foundation. Talking about the scholarship, Pratibha says, *"When I was awarded the coveted scholarship by LPF, I felt like this could be my path to help myself in pursuing my education. I took the opportunity provided by Lila Mom and Firoz Dad very seriously because that is what helped me from not putting any debts on my family in course of my education."*

Pratibha has completed her Masters in Pharmaceutical Sciences with Major in Pharmacology at Campbell University, USA. When asked about her major, Pratibha says, *"I have always been passionate about medicines. I remember inquiring about the medicines we take and what it does in our body, how it works. This curiosity led me to take pharmacology as my major during my Masters as Pharmacology deals with the uses, effects, and mode of action of drugs."*

For her Masters, Pratibha's research was focused on the local vascular mechanisms in animal models of cardiovascular diseases. With the guidance from her advisor, she investigated the alterations in vascular contractility of peripheral arteries i.e. mesenteric arteries from genetic rodent model of Acute Intermittent Porphyria (AIP). In this study, they have hypothesized that the porphyrin, a precursor of ALA (Amino laevulinic acid) and PBG (Porphobilinogen) in heme biosynthesis, may also play a role in the vascular alterations observed in AIP patients.



"Cardiovascular diseases have been the most commonly observed in recent times due to the lifestyle changes we are seeing in this era. As heart is the powerhouse for our body, I was always keen to learn more about how it functions, what are different mechanisms involved during varied pathophysiology's of the diseases. I learned about Acute Intermittent Porphyria (AIP) during my conversation with my advisor Dr. Victor Pulgar. AIP is a rare autosomal dominant metabolic disorder affecting the production of heme."

As I knew since childhood that Heme is required for hemoglobin which helps in Oxygen transport to all the cells in our body. That intrigued me to learn more about it and how it is related to the cardiovascular function in AIP patients" replies Pratibha when asked about her driving factor for conducting the research.

Explaining about how her research is helpful, Pratibha says, *"AIP is most prevalent in females than males and presents with symptoms that are neurogenic in nature including abdominal pain as well as increases in blood pressure and heart rate. A partial deficiency in the enzyme porphobilinogen deaminase (PBGD)/ hydroxymethylbilane synthase (HMB) involved in heme biosynthesis is responsible for the Acute Intermittent Porphyria (AIP), a member of the hepatic porphyrias. A decreased HMB synthase enzymatic activity attenuates the heme synthetic pathway inducing an accumulation of the porphyrin precursor 5-aminolevulinic acid (ALA) and Porphobilinogen (PBG). A marked elevation in plasma levels of ALA and PBG is characteristic during an acute porphyric attack. Investigating effects of these intermediates would lead to a new finding during porphyric attack and could help to derive treatment plans for AIP patients. We believe that our study represents the first analysis of vascular responses of the heme precursors in an animal model of AIP. Since ALA has been shown to induce oxidative stress in neurons in culture, we hypothesize that ALA-mediated generation of reactive oxygen species in vascular cells may be mediating some of the effects observed. Our future studies will focus on the ALA-dependent mechanisms altering vascular functions which could help understand a new metabolic pathway and would help to derive treatment plans during acute porphyric attack in AIP condition."*

Every research teaches us something new. *"Neither ALA nor PBG produced contraction of the*

mesenteric arteries directly. However, by attenuating acetylcholine-dependent vasodilatation and enhancing phenylephrine-dependent contraction, ALA induced a pro-contractile state. These studies suggest that ALA and not PBG co-relates with alterations at the vascular level in AIP. ALA may contribute to the increased blood pressure in AIP by increasing contraction of the peripheral vasculature. My efforts for this research were rewarded when I received the Pharmaceutical Sciences Achievement in Research Award for Excellence in research and communication 2019 from Campbell University" shares Pratibha.

Talking about the difficulties she faced, Pratibha shares that being an international student; she found living alone, away from her family extremely difficult. She believed that she cannot control what happens to her or her life, but she can control how to react to it. "The curiosity towards science never diminished even when I faced issues with a few of my experiments. I used to receive the arteries for my experiments from Icahn School of Medicine at Mount Sinai, New York. I had to conduct the experiment as soon as I received the tissues, as the tissue would not remain alive for more than 48 hour. It was great challenge to keep the tissues alive until I finished my work. The only way I was able to make this experiment a success is by working hard and staying up all night at times. 'We should not give up and we should not allow the problem to defeat us' these words said by Great Dr. A. P. J. Abdul Kalam never let my resolve waver."

Pratibha is currently working as a Scientist one in Formulation R&D at Tergus Pharma LLC in North Carolina, USA where her daily work involves executing topical drug development strategies, leading to a stable topical drug product for treatment of skin diseases/disorders and clinical trials leading to IND/NDA submission. "Everyone dreams to climb up the corporate ladder and reach the top; I believe that I can do that. Apart from my full-time career, I always had a passion to help others and I would say that Lila Mom and Firoz Dad are my inspiration for it. I have started coaching and mentoring people in all aspects of their lives from self-development to career guidance. I believe in leadership and hence, I always ask myself how many people are better off because of me? And that keeps me motivated to help more people and make an impact in their lives. My long-term goal is to impact life of 100 people by year 2022 and to have control on my life and time "says Pratibha.

LPF has played a huge role in Pratibha's life. Talking about the foundation, Pratibha says, "I am very grateful to Lila Mom and Firoz Dad for being a part of my life and for providing me the opportunity. I have learnt many things from LPF through the various self-development sessions like Win with body language, Emotional management, Time management to self-defense. I strongly feel that LPF has molded and nurtured me to what I have become today. Whenever I used to attend any session I always wished to see Lila Mom or Dad, and I think by observing the kind and serving nature of Lila Mom, I realized the need to instill few disciplines in my life, learnt how to win, how to be consistent, and most importantly how to be motivated. I believe even one small change can have a significant impact in our life."

Pratibha says it would be her pleasure to give back to the foundation in every possible way; either by donating funds to help and create more Lila Girls like her or by engaging herself in any way to develop Lila Girls and Lila juniors.

When asked to give a message to Lila Girls and Lila Fellows, Pratibha says, "Happiness in life comes from the process of personal accomplishments and not from the destination. It's always the process you go through to accomplish the destination that makes the end of the journey even more rewarding. Always dream big because success is achieved twice; first in our mind and then in reality. So always visualize the most amazing life imaginable to you for yourself. Close your eyes, imagine your life the way you want, hold that vision for as long as you can, place it in God's hand consider it as done, and most importantly believe that it will happen. You have got a right to achieve astounding success, so dream! Always remember that dreamers get the solutions while regular people get problems. Lastly, I would like to end by giving you the example of Fishermen. Fishermen earn their bread and butter by fishing. What happens when there are high tides in ocean? Do you think they all sit and cry because they won't be able to fish on that day? No, Fishermen prepare themselves more for their next surge of fishing. This is how you should be. If you are surrounded by problems and things are not going the way you want them to, prepare for the next round, so that you can achieve more."

As discussed with crusader Tazeen Shaikh (LG-2017)

Nilam Kale (LF-2014) hails from a small village Kalechiwadi (Rajgurunagar) in rural area in Pune, Maharashtra. She was born and brought up in the same village. She has 4 siblings and her father is a farmer, hence faced financial problems. She is the only graduate in her family. Being clever child, her parents and teachers guided her for higher studies.

Nilam secured 1st rank in standard 10 (SSC) examination with 93% in her school, center and all branches of institute Mamasahab Mohol Sanstha. Having interest in Mathematics and Science Nilam opted science stream and her actual struggle started. She has complete Marathi medium till her schooling and for Higher Secondary Class she had to travel 15 km by bicycle for college. Also, she had to help her parents in farming work. Hence Nilam could not score very well in standard 12 and continued education with bachelor in science with specialization in physics. During this time, she participated in extra-curricular activities for developing skills and due to continuous efforts, she also completed graduation with good score.

Nilam says, "I got admission for M.Sc. in Savitribai Phule Pune University. Though my college fee was not that much, still for staying in Pune for 2 years was not so easy for me. My parents would have opted for loan. But I feel God is always there. That time I came to know about Lila Poonawalla Foundation and I applied for it. I



appeared for the selection round and qualified for the scholarship. I was much relieved and also from loan concept. I did not turn back since then. I fully concentrated on my study and passed with grade A."

During her post-graduation she came to know about Post M.Sc. Diploma Course in Radiation Physics from Bhabha Atomic Research Center (BARC). She had to go through an entrance exam and interview for the admission of that course. Selection was very tough as only 25 candidates are selected every year through all over India. Till that time Nilam was quite good in English, confident and learned how to face interviews which she learnt from LPF Workshops. Nilam got selected for the course. This was golden opportunity for her which changed her life. She was in top 10 during that course, got internship in Tata Memorial Hospital, Mumbai. **Now she is working in HCG Manavata Cancer Centre in Nashik as a Radiation Safety Officer.**

"Truly speaking my dream was to become doctor or engineer but for some reason I couldn't fulfill it. But I got the opportunity to work in cancer hospital which I could not even thought in my dream. Now I am very happy with my job and in future I will go for research in the same field. I wish to thank you Mom and Dad for everything you have given me. I thank my parents for their efforts and support for me."

Neha Mahamuni (LG-2016), a simple dreamer. She calls herself a Dreamer, and tries to make sure that she does not leave any stone unturned to turn her dreams into reality.

Till now her life is like an amazing journey of rollercoaster ride where have been through many ups and downs in the life. It has been full of thrills and exciting moments.

She was born and brought up into a small middle class family in Pune where traditional values are taken care of. She is grateful to her mother for what she is today. Neha finds her mother a real caring friend who has taught her the real sense of the world. Neha has an adorable little sister, who contributes to her life as ingredient of happiness. Neha's father has passed away in the recent past with some fond memories of his share in their lives.

Neha has completed schooling in Pune itself and chose science stream for higher standards. She pursued B.E. (Computer) from Trinity College of Engineering and Research, Pune. Neha says, "Today my journey, as a



Graduate in Computer Engineering wouldn't have been possible if it wasn't for 'Lila Mom and Firoz Dad' the founders of 'The Lila Poonawalla Foundation for Girls'. They both are not just next to gods but they are real gods for me. They are the architects of my personality, my attitude, my dreams, they both have shaped my heart and soul to see the world in a completely different perspective. I must mention that I would not have been able to achieve my set goals, if Mom and Dad had not stood by me. I owe my major part of success to you both.

The Scholarship provided to me and the workshops conducted by Lila Poonawalla Foundation have always been highly encouraging and should be considered as instrumental in my present and future endeavors. I am indebted to this wonderful family of the Poonawalla."

Neha has successfully completed graduation in engineering and getting placed with an International Company with a respectful package.

She wishes to play her share of role in contributing to the society, as a mark of her Gratitude to this institute.

Rutuja Ashok Kale (LG-2016), completed schooling from Pune itself. During computer classes in school, the '0' and '1' numbers made her wonder how come such little physical device is able to perform numerous wonderful things when it does not even understand human language. And she became passionate for being computer engineer. She being good scorer always, opted Diploma in computer engineering and then for the degree. But for a middle-class family with limited income, she had no other choice but to go for education loan. During that time, one of her one of her teachers guided her for LPF scholarship. The scholarship eased her educational life, to say the least.



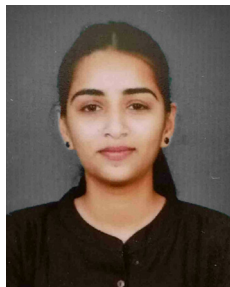
Rutuja got placed in Citicorp India, Kharadi on the first day of 4th year as a part of college placement program. It was definitely the biggest moment of her life. All the work paid off. She had to join the office as soon as the examinations got over and it was the start of her professional life. Even she started with small projects and became team leader as well. With the colleagues from diverse fields, it was learning for her too.

Balancing work and life, managing long travel to office (4 hours daily), learning new things almost every day, learning new technologies, coordinating with team, asking questions, asking for help, getting things done is what she has been doing.

Rutuja says, "First of all, scholarship money made it easy to pay college fees. But the family that LPF gave me is another beautiful aspect of this scholarship. Lila Mom and Firoz Dad care about us which makes you feel part of the foundation and a big family that it is. I have been attending many of the programs arranged by LPF which enhanced my professional as well as personal life."

Rutuja says, "I thank Mom and Dad. They have a very special place in my heart, cause it's more than money, it's always have been. I always write mails to Mom, to let her know what is happening in my life. Thank you for taking time to write me back and sending me beautiful personal letters on my birthday. It is a mystery really, how she manages to write to all of the girls with her busy schedule!"

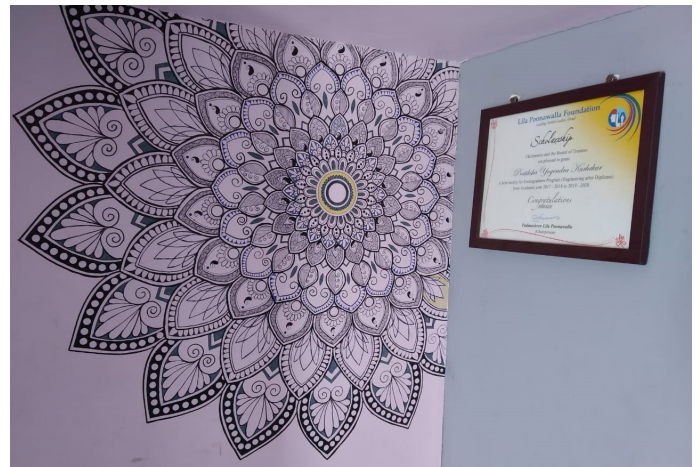
Pratiksha Yogendra Kurhekar (LG-2017, Amravati) was in final year of B.Tech when she got Placed in Cognizant Technology Solutions and currently waiting to receive joining letter.



She had a small study space at home and in the corner above just above her study table where she has her Scholarship Certificate framed at such a place that. It can be visible directly to anyone entering the room. The current Pandemic has given a lot time to explore and improve her ideas, skills and hobbies, when she thought to decorate that wall. She has developed her interest towards Mandala drawing.

Basically Mandalas are circular designs with repeating shapes and they often hold spiritual significance. The word "mandala" comes from the Sanskrit word for circle. Many people find drawing mandalas to be a very centering and expressive activity. In hinduism and Buddhism, the belief is that by entering mandala or proceeding towards its center, you are guided through the cosmic process of transforming the universe from one of suffering into one of joy and happiness.

Pratiksha thinks, "In 2014 I had applied for scholarship, at that time I was not much confident and my legs were literally shaking during the interview and was not able to answer. I was not selected. But since then I used to Search about LPF and each time I used to get Inspired by Mom and Dad and all Success stories and I used to work on myself, I used to Participate as much as I can, to be Confident. When in 2017 I was Interviewed by Mom, it went well and after interview every girl used to get a chocolate but after my Interview Mom said you take one more Chocolate and that was really a memorable



moment for me. Since then, I have been in touch with mom, I also visited Pune Office to meet Mom and Dad. I also remember my First mail to Lila mom about one of my achievements and her reply was "Be Young Confident and Impressive Lady!" which always cheers me up. It's been almost three years now I wake up seeing Certificate on wall and I have a habit of looking at it whenever I am running with my thoughts. It makes me really feel Proud, and more Proud to call myself a "Lila Girl!"

LPF Family reminds me of the famous Quote "As within, so without. As above, so below".

"Being Daughter of this family is not all about getting groomed, helping financially, getting opportunities. but for me it is a Belief and Faith that with this family called foundation we can rise, open our wings, get out of the box and shine the way we want Successfully."

■ Pratiksha Yogendra Kurhekar
(LG-2017, Amravati)

Pune Placements

| Sr. No | Name | Scholarship Year | Placement |
|--------|---------------------------------|------------------|---|
| 1 | Apurwa Ankur Saxena (Gundarkar) | LF 2013 | Infosys as Technology Lead |
| 2 | Prajakta Pramod Chorge | LG 2013 | Fujitsu as Technical service trainee |
| 3 | Ashwini Sampat Kadam | LG 2013 | Infor company as Softwer engg |
| 4 | Priya Pradeep Garg | LG 2013 | Sears Company as Project Manager |
| 5 | Reshma Haridas More | LG 2013 | IBM Company as Sr. Software Engg |
| 6 | Priyanka Swapnil Kale (Kalane) | LF 2014/ LG 2012 | Sant Sopan Kaka Co operative bank as IT Departmet |
| 7 | Anuja Dattatray Chandgude | LG 2014 | Persistant company as Software Engineer |
| 8 | Isha Manoj Chaudhari | LG 2014 | Alpizon System Company as Software Engg |
| 9 | Reshma Indrajeet Dhamal | LG 2014 | TSYS Company as System Admin |
| 10 | Revati Santosh Dharmadhikari | LG 2014 | Nuance Communications company as QA testing Engg |
| 11 | Shilpa Omprakash Gore | LG 2014, PA 2017 | Zensar as Software Engineer |
| 12 | Pallavi Arvind Choudhari | LG 2014 | Vodaphone company as GET |
| 13 | Shalaka Pandharinath Gaikwad | LG 2014 | Eklavya Foundation as Reserch Assistant |
| 14 | Farheen Fatima Khan | LG 2014 | Q I Spin Clinic as Physiotherapist |
| 15 | Rosamma Thomas Thomas | LG 2014, PA 2016 | Breach candy as Staff Nurse |
| 16 | Mahima Avinash Sabale | LG 2014, PA 2016 | Bel Air College Hospital as Staff Nurse |
| 17 | Aarati Kailas Thorat | LG 2014 | Inlacks & Budranai Hospital as Staff Nurse |
| 18 | Vaishnavi Ashok Dhobale | LG 2014 | Ruby Hall Clinic as Staff Nurse |
| 19 | Asmita Avinash Salvi | LG 2014 | K. K Eye Institute as Staff Nurse |
| 20 | Shital Haushiram Mukhekar | LG 2014 | Kamat Medical Foundation & Reserch Center, Pimpri Nursing School as Teacher |
| 21 | Shraddha Sanjay Jagtap | LG 2014 | Nobel hospital as Staff Nurse |
| 22 | Pradnya Ashok Said | LG 2014 | Aims Hospital as Staff Nurse |
| 23 | Pooja Ashok Sayal | LG 2014 | Inlacks & Budrani Hospital as Staff Nurse |
| 24 | Komal Rajendra Gorad | LG 2014 | Stymer Technology Pvt Ltd as Design Engg |
| 25 | Rucha Shripad Pathak | LG 2014 | Vishal Construction as Architect |
| 26 | Kajal Jagdish Kumbhar | LG 2014 | Accenture compnay as Technical Analyst |
| 27 | Pranali Kailas Sukale | LG 2014 | Nihilent Technology as Trainee |
| 28 | Rupali Kailas Mohite | LG 2014 | Brilliant Info System Pvt Ltd as Android Developer |
| 29 | Rutuja Kiran Kadam (Taware) | LG 2014 | Atos-Syntel company as Associate Consultant |
| 30 | Shraddha Satish Khaire | LG 2014 | Patange Industries as Quality Engg |
| 31 | Shubhangi Somnath Kulthe | LG 2014, PA 2017 | Advantage Helth care organisation as Senior Executive |
| 32 | Pooja Hanumant Lokhande | LG 2014, PA 2017 | Advantmed India LLP as Junior Medical Coding |
| 33 | Neha Anil Chede | LG 2015 PA 2018 | Mu Sigma as Decision Scientist. |
| 34 | Radhika Anilkumar Dubey | LG 2015 | Hexaware as Trainee |
| 35 | Rohini Ramchandra Shinde | LG 2015 | Hero MotoCorp as Trainee |
| 36 | Saloni Sanjay Sathe | LG 2015 | Infosys as Trainee |
| 37 | Siona Samson Tiwade | LG 2015 | Atos- Syntel as Associate Consultant |
| 38 | Snehal Shyamkumar Gugale | LG 2015 | Barclays company as Program analysis |

| Sr. No | Name | Scholarship Year | Placement |
|--------|---|----------------------------|---|
| 39 | Shraddha Sunil Puranik | LG 2015 | L&T as GET |
| 40 | Snehal Ashok Korde | LG 2015 | Wipro as Trainee |
| 41 | Rucha Vidyadhar Supekar | LF 2015 | Medical Store as Pharmacist |
| 42 | Akanksha Sanjay Muttha | LF 2015 | GRPS Jr. College Narayangaon as Assistant Professor |
| 43 | Gauri Shrikrushan Mahajan | LF 2015 | SP College as Professor |
| 44 | Kashmira Mahendra Deval | LG 2013 LF 2015 PA 2017 | CSIRURDIP as Patent Analyst |
| 45 | Kavita Devram Dhokare | LF 2015 | Hand in hand as Assistant Project Manager |
| 46 | Priya Rajendra Sangshetti | LF 2015 | CME College as Assistant Professor |
| 47 | Pujalee Vasudeo Yewale | LF 2015 | Techlore company as S/W Developer |
| 48 | Pooja Anil(Rushikesh) Tikone(Gholap) | LF 2015 | KEM Hospital as Ethics Committee Coordinator |
| 49 | Sonali Shivaji Waghmare | LF 2015 | Malika Arjun vidyalay Nhacare as Teacher |
| 50 | Aishwarya Vijay Patil | LG 2015 | GEAVIO company as Associate S/W Engineer |
| 51 | Alka Angad Shedole | LG 2015 | KSB Tech private limited (Pune) as Associate Software Developer |
| 52 | Gulnarbanu Munna Shaikh | LG 2015 | Continental Automotive as Trainee |
| 53 | Komal Shrikant Khule | LG 2015 | Tata Communication LTD as customer service executive |
| 54 | Mansi Basavraj Hiremath | LG 2015 | Zensar as S/W Developer |
| 55 | Shubhangi Santosh Ahir | LG 2015 | Ruby Hall as Staff Nurse |
| 56 | Vidhyarani Vajinath Neharkar | LG 2015 | Anandmedical Foundation & Nursing Institute ,Kuruli as Tuter |
| 57 | Pooja Sanjay Kachare | LG 2015 | Cummins as Trainee |
| 58 | Ketakee Satish Pandharkame | LG 2015 | Precision Precast Solution as Engineer |
| 59 | Priyanka Dnyaneshwar Harpale | LG 2015 | Magestique Rhythm County as Jr Engineer |
| 60 | Jyoti Rajesh Vishwakarma | LG 2015 | Cognizent as TJDA |
| 61 | Shalaka Shashikant Dabhade | LG 2015 | Cognizent Life Science as Jr trainee data analyst |
| 62 | Ammara Imtiaz Shaikh | LG 2016 | Sankey Solution as Solution Analyst |
| 63 | Arti Mahadev Dhakane | LG 2016 | Honeywell as S/W Developer |
| 64 | Chinmayi Nitin Athavale | LG 2016 | TCS as System Engineer |
| 65 | Janhavi Mohan Khindkar | LG 2016 | Quantithi as Machine Learning |
| 66 | Nandini Shrikant Joshi | LG 2016 | MU Sigma as Trainee |
| 67 | Neha Sachin Mahamuni | LG 2016 | Jaro Education as Carrer development Executive officer |
| 68 | Prajakta Prakash Kanase | LG 2016 | TCS as Trainee |
| 69 | Pranjali Shivaji Dongare | LG 2016 | TCS as Associate System Engineer |
| 70 | Pratiksha Ankush Bande | LG 2016 | Cognizent as Program analyst |
| 71 | Prerana Parmeshwar Gaurappawar | LG 2016 | T system as Trainee |
| 72 | Rasika Satish Kardile | LG 2016 | ZF Pvt Ltd as IT Engineer |
| 73 | Shincy Manuel Kadeparambil | LG 2016 | TCS as Trainee |
| 74 | Snehal Maruti Gunaware | LG 2016 | Accenture company as Analyst |
| 75 | Tanvi Vijay Deshpande | LG 2016 | Siemens as Garaduate Trainee |

| Sr. No | Name | Scholarship Year | Placement |
|--------|-------------------------------|------------------|--|
| 76 | Rohini Maruti Mohite | LG 2016 | Global Instrument maintaince services as Trainee |
| 77 | Deepali Popat Pawade | LG 2016 | Josh Software as Software Engineer |
| 78 | Mayuri Tanaji Pawar | LG 2016 | HDFC as system analyst |
| 79 | Shivani Suresh Shinde | LG 2016 | Vmware as technical support Engineer |
| 80 | Ankita Anand Khedekar | LG 2016 | Birla Soft as S/W Engineer |
| 81 | Arti Ramesh Swami | LG 2016 | ForbesMarshall as Trainee |
| 82 | Bhakti Shivaji Pisal | LG 2016 | Indian Oil Company as Operation Maintainace Engineer |
| 83 | Chitra Satish Gadekar | LG 2016 | KPIT as Trainee |
| 84 | Dhanshri Ramchandra Bandgar | LG 2016 | Kokban Automation as GET |
| 85 | Gayatri Santosh Nalawade | LG 2016 | Infosys company as Trainee |
| 86 | Manali Suraj Shetye | LG 2016 | HDFC Bank as Functional Analyst |
| 87 | Mayuri Rajendrakumar Takawale | LG 2016 | United Tyrekrfts Pvt Ltd. as Marketing Executive |
| 88 | Monika Namdev Gole | LG 2016 | CC Tech as S/W developer |
| 89 | Nishigandha Rajendra Bhoite | LG 2016 | Primus company as SAP consultant |
| 90 | Pradnya Dnyaneshwar Kondhekar | LG 2016 | Tox Pressotechnik as GET |
| 91 | Pranjal Shantaram Temgire | LG 2016 | Precision Precast Solution Pvt Ltd as Civil Engineer |
| 92 | Reshma Bhausahab Pawar | LG 2016 | Accenture as Application development associate |
| 93 | Saniya Hamid Shaikh | LG 2016 | TATA communication limited as associate Engineer |
| 94 | Seema Hanumant Kale | LG 2016 | Infosys as System Engineer |
| 95 | Umadevi Manikprabhu Mane | LG 2016 | Expleo as Trainee |
| 96 | Shruti Satapa Ranmale | LG 2017 | Capgemini as trainee |
| 97 | Mayuri Anil Shinde | LG 2017 | Amazon as Trainee |
| 98 | Mrunal Milind Nagarkar | LG 2017 | Cybage as S/W developer |
| 99 | Pooja Ganesh Dalavi | LG 2017 | Accenture as Associative Software Engineer |
| 100 | Prajakta Rajesh Naidu | LG 2017 | LTI as Trainee |
| 101 | Prajakta Sunil Awale | LG 2017 | Birla Soft as Trainee Developer |
| 102 | Rasika Vithal Mahadeshwar | LG 2017 | Cognizent as trainee |
| 103 | Rutuja Dattatray Salunke | LG 2017 | Fiserv as trainee |
| 104 | Rutuja Vijay Pagar | LG 2017 | Infosys as S/W Engineer |
| 105 | Shrutika Shankar Gawali | LG 2017 | KPIT as Embedded Developer |
| 106 | Simran Sameer Shaikh | LG 2017 | L & T company as S/W Developer |
| 107 | Sneha Gajanan Mankhair | LG 2017 | XPANXION as Trainee |
| 108 | Sonali Gopal Khandagale | LG 2017 | Accenture as associate S/W Engineer |
| 109 | Dhanashri Arun Shingote | LF 2017 | Blue Circle Organics Pvt. Ltd as Trainee |
| 110 | Priti Gokul Nannavare | LG 2017 | Aloha Tech as S/W Deveolper |
| 111 | Vijaya Wasudeo Zaparde | LG 2017 | Mu Sigma as Data Ananlyst |
| 112 | Jayashree Kuramani Maharana | LF 2018 | Mpaani as S/W Developer |

Placements Wardha

| Sr. No | Name | Scholarship Year | Placement |
|--------|------------------------------|------------------|--|
| 1 | Roshni Maheshkumar Udasi | LG 2016 | Capital Vial Global Research pvt ltd. Indore As a Client Acquisition Manager |
| 2 | Sakshi Sunil Pimparwar | LG 2016 | SGS Technical Services Pvt. Ltd, Indore |
| 3 | Mayuri Sevak Padole | LG 2016 | Capital Vial Global Research pvt ltd. Indore As a Client Acquisition Manager |
| 4 | Bhumika Jagdish Vaidya | LG 2016 | Pinclick, Pune As a Inside Sales Executive |
| 5 | Samruddhi Sunil Kharade | LG 2016 | Wipro Limited, Software Engineer |
| 6 | Mahima Shiril Das | LG 2016 | Capital Vial Global Research pvt ltd. Indore As a Client Acquisition Manager |
| 7 | Toshali Vitthal Bhadke | LG 2016 | Capital Vial Global Research pvt ltd. Indore As a Client Acquisition Manager |
| 8 | Aditee Rajendra Wankhede | LG 2015 | WNC MNC Company As a Associate In Operation |
| 9 | Apurva Narendra Boratne | LG 2015 | Tata Consultancy Services, Mumbai As a Assistance System Engineer |
| 10 | Snehal Sanjaypant Kitukale | LG 2015 | HDFC Bank, Raver Pune As a Sales Excutive |
| 11 | Pooja Vilas Chapde | LG 2015 | Saama Technolgies Pvt Ltd, Pune As a Associate L1 |
| 12 | Divya Surendra Khandar | LG 2015 | Capgemini, Mumbai As a Net Developer |
| 13 | Yunita Madhukarrao Kose | LG 2015 | Lata Mangeshkar Hospital, Nagpur As a Community Health Officer |
| 14 | Charulata Chatrapati Gulhane | LG 2015 | Civil Hospital, Gadchiroli As a Community Health Officer |
| 15 | Sneha Sudhakar Modak | LG 2014 | cognizant technolgy solution As a Trainee juniour |
| 16 | Priyanka Dhananjay Wadafale | LG 2014 | Covance, Pune As a Junier Analysis |
| 17 | Surabhi Rajendra Thakur | LG 2015 | Tata Consultancy Servies As a Patient Safaety Administration |
| 18 | Pragati Pawan Joshi | LG 2015 | Pakson Pharmaceuticals Delhi As a Product Developer |
| 19 | Diksha Vishnuprasad Sharma | LG 2015 | Advancement Company, Hyderabad As a Medical coder |
| 20 | Akanksha Ravindra Moon | LG 2015 | Shalinitai Meghe Hospital, Nagpur As a Staff Nurse |
| 21 | Rakhi Ramrao Katole | LG 2015 | Shining Star School, Wardha As a Teacher |
| 22 | Sakshi Laxmikant Shende | LG 2015 | Himile Mold india Pvt limited Vadodara As a Language Translator |
| 23 | Shobhna Ramdev Chaudhari | LG 2015 | Home Tution Classes |
| 24 | Varsha Dasharath Umate | LG 2014 | Codefegerv As a Software Devloper |
| 25 | Sonam Pramod Surkar | LG 2014 | PV Textile Jam As a Accountant |
| 26 | Vaishnavi Ravindra Kitey | LG 2014 | Kalinda Technical Sevices As a Design Engineer |
| 27 | Priyanka Khushal Ghodmare | LG 2014 | Shiva Enterprises, Nagpur |

Placements Nagpur

| Sr. No | Name | Scholarship Year | Placement |
|--------|-----------------------------|------------------|---|
| 1 | Fiza Sabir Khan | LG 2016 N | Infosys As a System Engineer |
| 2 | Nazmeen Obedullah Khan | LG 2016 N | Dhoot Itansmission Pvt. Ltd Aurangabad |
| 3 | Anjali Ramsingar Yadav | LG 2016 N | HCL, Nagpur As a Software Engineer. |
| 4 | Ayushi Prakash Gawande | LG 2016 N | HCL , Nagpur As a IT Analysis |
| 5 | Samreen Abdul Sagheer Sadaf | LG 2016 N | Dhoot Itansmission Pvt. Ltd Aurangabad |
| 6 | Triveni Gangadhar Khanorkar | LG 2016 N | Appit Simple, Ahmedabad |
| 7 | Akanksha Digambar Mamankar | LG 2016 N | Genpact As a Process Associate |
| 8 | Namrata Prakash Mahakalkar | LG 2016 N | JSW Nagpur As a Engineer Tainee |
| 9 | Puja Dashrath Kolhe | LG 2016 N | Infosys As a System Engineer |
| 10 | Sayma Asif Sheikh | LG 2016 N | Pioneer Company As a Site Engineer |
| 11 | Saniya Ekram Sheikh | LG 2016 N | Genpact Hyderabad As a Process Associate Engineer |

Amravati Placements

| Sr. No | Name | Scholarship Year | Placement |
|--------|--------------------------------|------------------|--|
| 1 | Ruchita Madhukar Bhond | LG 2016 | Volkswagen Company as Apprenship Trainee |
| 2 | Riteshree Udayshankar Mahidhar | LG 2016 | Volkswagen Company as Apprenship Trainee |
| 3 | Gayatri Sheshrao Dhokne | LG 2016 | TCS Company as System Engg. |
| 4 | Himani Sanjay Loney | LG 2017 | PWD as Junior Engg. |
| 5 | Priyadarshani Dilip Bhuyar | LG 2017 | Pie Company as Jr.Automation Engg. |
| 6 | Dipali Dipali wath | LG 2017 | Wipro Company as Project Engg. |
| 7 | Dhanashri Sanjay Kale | LG 2017 | Ibird Company as Software Developer |
| 8 | Shivani Shyam Raundale | LG 2017 | Epic Research as Business Analyst |
| 9 | Divayashri Divakar Mahulkar | LG 2017 | Networth Research as Business Analyst |
| 10 | Sumedha Satish Ratnaparkhi | LG 2017 | Networth Research as Business Analyst |
| 11 | Aarti Anil Donarkar | LG 2017 | Networth Research as Business Analyst |
| 12 | Pallavi Divakar Virkhade | LG 2017 | Networth Research as Business Analyst |
| 13 | Vaishnavi Uday Subhedar | LG 2017 | Jade Global Software Company as Software Trainee |
| 14 | Punam Ravindra Aghade | LG 2017 | PWD as Junior Engg. |
| 15 | Mohini Subhash Bobade | LG 2015 | PWD as Junior Engg. |
| 16 | Sharda Mahadev Katole | LG 2015 | Dollary Adversary Research as Business Analyst |
| 17 | Sneha Nagorao Tayade | LG 2016 | TCS Company as System Engg. |
| 18 | Tejasvi Vilasrao Ghogare | LG 2016 | Government College as Lecturer |
| 19 | Tanvi Dinesh Tayade | LG 2016 | Bitwise Company as Trainee Programmer |
| 20 | Shraddha Raju Ambadkar | LG 2016 | IBM company as System Engg. |
| 21 | Apoorva Shrirish Nampallivar | LG 2016 | NCDEX e Marketing Company as Management Trainee |
| 22 | Pallavi hariharrao Bhagadkar | LG 2016 | Dhoot Transmission Company, Apprentice Trainee |
| 23 | Saloni Nadkishor Khandelwal | LG 2016 | Capgemini Company as Trainee |
| 24 | Siddhi Mahendra Shendre | LG 2016 | Cognizant Company as Trainee |
| 25 | Chitra Umesh Chouhan | LG 2016 | Eternus Solution as Trainee |
| 26 | Nikita Manohar purbhe | LG 2016 | Parshri Hospital as Staff Nurse |
| 27 | Deliya Denil Meghwa | LG 2016 | Dinanath Mangeshkar Hospital as Staff Nurse |
| 28 | Kalyani Gajanan Patre | LG 2017 | Dhoot Transmission as Trainee Engg. |
| 29 | Snehal Pradip Deshmukh | LG 2017 | Dhoot Transmission as Service Engg. |
| 30 | Harshada Uddhavrao Dhonge | LG 2015 | Sahyadri Hospital as Staff Nurse |
| 31 | Mahima Anil Thorat | LG 2015 | Dffodils Hospital as Staff Nurse |
| 32 | Megha Rajesh Ganorkar | LG 2015 | Sahyadri Hospital as Staff Nurse |
| 33 | Mehvash Tabassum Ahmad | LG 2015 | Sarraswati Nursing College as Lecturer |
| 34 | Namrata Suhas Waghmare | LG 2015 | Sushila Nayar Hospital as Staff Nurse |
| 35 | Prashansa Bandu Wankhade | LG 2015 | Sarraswati Nursing College as Lecturer |
| 36 | Priya Wanraj Mohod | LG 2015 | Dr.Panjabrao Deshmukh Hospital as Staff Nurse |
| 37 | Shraddha Murlidharrao Joge | LG 2015 | Sahyadri Hospital as Staff Nurse |
| 38 | Sakshi Gajanan Kharode | LG 2017 | Capgemini Company as Analyst |
| 39 | Sakshi Mahesh Sahu | LG 2017 | Capgemini Company as Analyst |

The place full of wonderful people and beautiful nature, let's explore Japan through Asmita Patil (LG-2012) "Japan is one of the most amazing, beautiful, and friendly countries in the world, and everyone here is super friendly and helpful".

It all started with an email from my project guide and ended with an unforgettable, thrilling and life-changing experience. Two students from four different institutes of India got selected for the "Sakura Science Exchange Program at Hiroshima University". I was one of them along with my classmates from IIT Delhi. This was a short 3 weeks program. In these 3 weeks, I gathered memories for life, Japan has mouth-watering food, majestic temples, and shrines, Zen gardens, shopping from Daiso to Uniqlo, riding all sorts of vehicles to eating different kinds of foods, lush national parks, rich historic culture, all were like just dreams come true.

As part of this exchange program, Hiroshima University organized some cultural and industrial visits which included a visit to JFE Steel Corporation, Hirotec, Mazda Motor Corporation and Museum, Atomic bomb dome, Hiroshima Peace Memorial and museum. On weekdays,



Atomic Bomb Dome

we were busy with assignments/projects assigned by Hiroshima University. Weekends were more about exploring nearby cities, we had a small trip to Kyoto city and experienced the journey of a bullet train (*that was truly exciting*). Kyoto is also home to the famous



Kiyomizu Dera Temple

Fushimi Inari Taira – an incredible shrine of thousands of red torii gates that line the 4 kilometer stretch to the sacred Mt. Inari. Nature lovers will enjoy the bamboo groves, whilst those looking for a city escape can always make a quick trip to Osaka. We also visited some places like Kiyomizu-Dera Temple, Kinkaku-Ji Golden Pavillion, Miyajima Island (Island with Deers), etc. and tried some



Golden Pavillion

Indian food nearby. We have explored every mode of transportation in Japan - flight, Bullet train (Shinkansen), Tram, Local Train, Local buses, Cycle, etc. I remember



bullet train

cycling kilometers just to have Indian food :-). Language is the main problem while traveling in Japan however

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contd. from page 13...



Sankei-en garden

people there are so nice, they will try to help you even if they don't understand English. Japan is also blessed with natural beauty and they have maintained it very well.

Our stay at Hiroshima International Plaza was also truly memorable, the hospitality and facility were extremely impressive. The punctuality of buses and trains was remarkable we saved a lot of travel time and hence could explore more of Japan. Dotonbori is the main tourist thoroughfare in Osaka which is also home to the best street food in Osaka (and some of the best in Japan). Overall I thoroughly enjoyed my stay here with a great climate, good people, clean and disciplined country and of course huge learning at Hiroshima University, we also got to see some robots and drones, great exposure to cultural and industrial aspects through the visits conducted by Hiroshima University.

My first International trip couldn't have gotten any better than this, everyone must visit Japan once in their lifetime. Honestly, I loved traveling and backpacking Japan.

■ Asmita Patil
(LG-2012)



Jyothi Rajesh
LF-2001
60,100



Sai Ratan Motamarri
LG-2013
60,000



Rashmi Joshi
LF-2001
25,000



Dr. Rajni Shivkar
LF-2011
15,000



Snehal Shailesh Kirpekar
LF-2009 and PA-12
10,000



Asmita Nandkumar Patil
LG-2012
10,000



Puja Savkar Borude
LG-2012
10,000



Fatema Mansur Nagarwala
LG-2013
10,000

We appreciate the
relatives of our girls



Nikhil R Kumbhar
Husband of Pradnya Kumbhar (Garud) LF-2012
11,000



Sonali Anandwardhan Hardikar
Sister of Shalaka Sankpal LF-1999
50,000

Scale Up

A session on "Scale Up" was organized by the foundation for 3rd year engineering LILA girls at Seed InfoTech Kothrud. This session was conducted by Mrs. Nilima Gogate. This session was unique because a particular topic was explained using an activity. These activities were conducted in a group. After each and every activity girls were able to find out something about them. Mrs. Gogate not only listened to the personal problems of



Group activity of creating a presentation in the Scale up Workshop

LILA girls but she also tried to give the best solution for them. She also explained how an interviewer judges all the candidates and with basic understanding how one can create a good first impression. At the end of the session she explained the basic etiquettes like car etiquette, telephone etiquette, being a guest, being a host and more. It was a wonderful experience for all girls.

Drugs and It's Effects

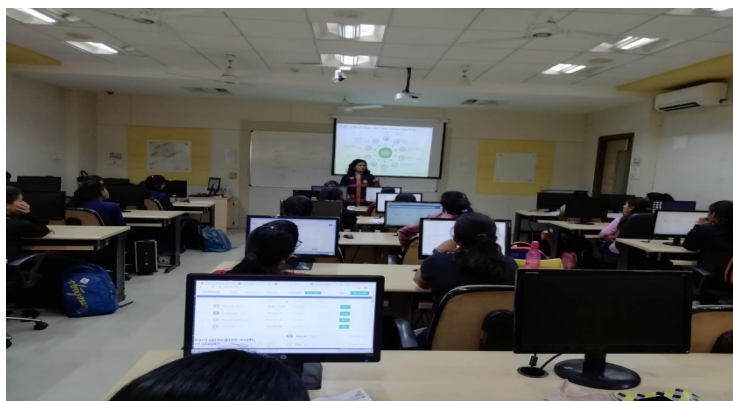
Lila Poonawalla Foundation had organized the session on Drugs and its Effects for 2nd and 3rd year Pharmacy Lila girls. The session was conducted by Ms. Shital Shinde (LG 2012) at LPF Office, Baner. In this session Lila girls learnt about things like effects of expired drugs, how to report if sudden adverse reaction occurs. Thus, the overall session gave detailed knowledge



about commonly used drugs, their safety and efficiency. This session established a connection between the academic knowledge and practical use of this knowledge in day to day life. The girls became more confident with their academics and could relate better to the same by the end of the session.

Block Chain

"Block chain" is one of the emerging technologies and has large number of applications in the industry. In order to ensure that the Lila Scholars are updated and familiar with the knowledge of the new technology, foundation had organized a Block Chain workshop which was conducted by LPF Alumni, Sonali Patwe (LF-2009). She currently works as a Block chain



consultant in Malaysia. During the workshop she gave introduction on Block chain platforms for application development, concepts and crypto currencies, applications of Block chain technology in various domain like banking, supply chain, healthcare, automotive, awareness about job opportunities, online courses and useful resources.

Awareness about Disease and its Prevention

Foundation had organized a program on Awareness about disease and its prevention for 2nd year Nursing Lila girls at Tehmi Grant Institute of Nursing Education, Pune. The session was conducted by Mrs. Sarika Zende (HOD of Surya Mother and Child Care Hospital, Wakad). The contents of the session were Oncology, types of cancer, how cancer spreads, its treatment,



positive and negative treatment for cancer. This was followed by a session on different type of catheter, benefits and risk of catheter. Another session was conducted on the neonatal Baby Care and how to treat new born baby, which was very interesting and knowledgeable for all nursing girls in their academic.

Attitude Building

Lila Poonawalla Foundation arranged one of the best training sessions for 2nd year engineering LILA girls on what is attitude and how we can change it i.e. Attitude Building. This program was conducted by Meera Natarajan. She delivered the knowledge about training program very effectively. From the beginning of session she shared some key points to change attitude. The concept of learning ladders which gives girls a proper way to get into habit of anything. The



90-10 principle was also helpful for changing the attitude positively.

Nirmiti Laxmikant Gawande (Computer Engineering LG 2018) said, "We didn't know that the decision we make is indirectly dependent on our attitude. And we have choice to mold our attitude. Learning ladder, 90-10% principle all are really helpful if we implemented it correctly. Meera ma'am was so energetic all the time and equally funny. This session helped us to look at our choices in a different way. Thank you LPF for this session."

Spoken English Class

Achal Nandlal Vishwakarma (LG-2019) Electrical Engineering would like to thank Lila Poonawalla Foundation for providing us with Spoken English Class. She said, "I learnt a lot in that one month such as accent of various words, grammar, degree of comparison, and passive voice, parts of speech, tenses, various to



be forms. Apart from this, I also gained knowledge of various etiquettes while interviewing, group discussion and debate. I also had debate and group discussion in the class. It is crucial part of my studies. I would also like to thank Nitin sir for his guidance and suggestions. This class is useful to improve our communication skills."

Health Awareness:

Lila Poonawalla Foundation arranged Health Awareness program conducted by Family Planning Association. After attending this program, girls were equipped with knowledge about menstruation,



problems associated with it and how to overcome those problems. Girls will follow the suggestion of mentor regarding sex education. Lila girls are now aware about differentiation between love, friendship and attractions. The session was very interactive. Lila Girls enjoyed it. Overall, girls liked the health awareness program very much.

Effective Utilization of Exam Preparation Leave:



The training program of effective utilization of exam preparation leave was conducted by Meera Natarajan. This program not only gave motivation but also provided the girls techniques for practical application of the knowledge. The first thing to find before studying is the purpose for study which was explained well with many games, technical theory. Positive utilization of our thoughts is very important towards life. Overall it was really a mind boggling training session.

Mind Mapping:

A program on Mind Mapping was conducted by trainer Tanuja Thombre, organized by the foundation for Lila Girls. In this program the girls came together for a brainstorming session. This program was helpful for development of creativity and innovative idea. A slide in the presentation called 'use your head'

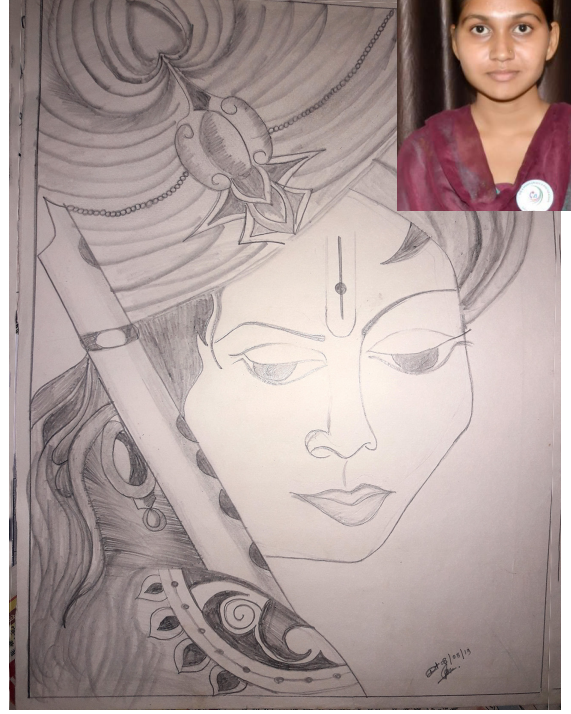


urged the girls to use their skills in creating mind maps. These mind maps improve logical thinking and visualization. During the group activity girls, presented their mind maps to all the girls present. The session will prove helpful in the all aspects of life of the girls from daily activities to planning a business or for a new startup.

Rita Shetiya
(LF 2005, PA 2011)



Pranali Bhure
(LG2016 ,Amravati)



Vaishnavi Shingote
(LG 2018)

जचिया डोळ्यांतील समाधानाने
मनाला शांतता मळिवी ,
तचिया त्या समाधानासाठीचं
आपली सारी तळमळ असावी ,

जलि पाहता क्षणीच मनात
साचलेलं सारं काही दाटून यावं ,
जचिया आवाजानेचं जणू अश्रूंचा
साचलेला एखादा बांध फुटावा ,

जचिया आजूबाजूला नसण्याने जणू
कायमची एखादी पोकळीक जाणवावी,
जचिया असण्याने जणू आधाराची ,
आनंदाची ,वशिवासाची नांदी व्हावी ,

जचियासाठी सारं काही
सहन करण्याची शक्ति मळिवी ,
तचियासाठी काहीतरी करून
दाखवण्याची जदिद असावी ,

जचिया आनंदाचा वचिर

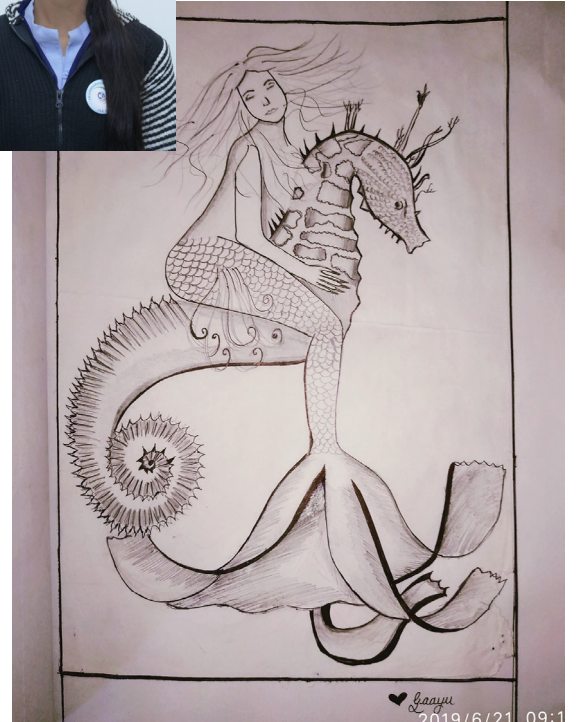
स्वतः पेक्षाही अधिक करावासा वाटेल ,

जचिया आनंदात आपलं सुख असेल

अशी 'आई' प्रत्येकाला मळिवी...व ती प्रत्येकाने जपावी..



Gayatri Sanjay Lakhe
(LG-2017, Wardha)



Dear Mom,

I am Rohma Firdous Mohammad Haroon from Anjuman College of Engineering and Technology, Nagpur. As a recipient of the LPF, I wanted to express my gratitude for helping to reduce the financial burden of my college education.



I feel extremely fortunate to have been selected to receive a scholarship and your generous contribution will help me pay for the upcoming academic year. It is great to know that my hard work both inside and outside of the classroom has not gone unnoticed.

Again, please accept my sincere gratitude for your contribution toward my education. I and other girls are very fortunate that there are compassionate people like you who are committed to helping girls achieve their educational goals. Last but not least in this New Year I ask God to bless you with much health and happiness for be with us many much years more. Have a Happy New Year Mom!!

Sincerely,

Rohma Firdous
(LG-2019)

Dear Mom,

Every year passing by gives some lessons and each New Year brings hopes for the better. This year has been very different from the others and each passing year would be. I really hope that coming year brings you and Dad lots and lots of happiness, health and love. As we all have this great '2020' coming towards us. As you and Dad have contributed in this dream 2020 by making society better I really wish we get more and more helping hands to join your dream of making ladies empowered.



Mom, heartiest congratulations on getting felicitated by honour of Royal order of polar star. We all me and all the Lila sisters are proud and happy to have you as mother and inspiration for us.

On this very last day of year I want to thank you for your endless support and your love that have been there. I really this love always stays the same.

Happy New year to both you and Dad.

Yours lovingly,

Aafrin Ali
(LG-2015) Amravati

Dear Mom,

Happy mother's Day!

"HAPPY INTERNATIONAL WOMEN'S DAY MOM..!"



I want to wish you a joyful, lovely and safe life ahead. You deserve everything the best in your life.

On this day, I want to thank you for your endless efforts and sacrifices. You're the greatest blessing of my life.

Thanks for being here. Thanks for being you. And thanks for holding my hand and my back and myself. Whatever I'm today, it's all because of you. Without you, I could never achieve anything. Thank you for everything.

Mom, whatever I am today, it is just because of you. You are my inspiration and motivation. You are the real architect of my life. I admire you for everything you do for our LPF family. When I think about an empowered woman, no personality comes to mind. For me, you are superwoman. Once again «Happy women's day to superwoman I know...!"

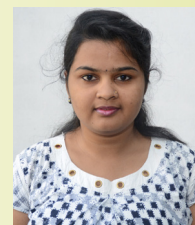
Love you forever Mom.

Yours lovingly daughter

Ravina Kardekar
(LG-2016) WARDHA

Dear Mom and Dad,

Hope you are doing well. Wish you a very prosperous new year ahead.



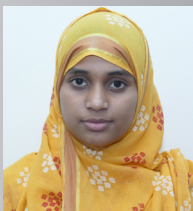
I am very excited to inform you Dad that today I went to Z.P.P. Marathi Sarawa School to celebrate New Year with their students. Students in that school are not very fluent in English, and because of poor conditions they can't afford extra class rather than just school. So I took the initiative to teach them English and got a permission from the school principal for a week regarding the same. Adding to it I started off today by telling them about the basics of how to interact with each other and greet each other. I also arranged one projector for them to make their learnings from this interactions last longer through visual effects. Following that I also told about our foundation which is nothing less than a family and what great efforts our foundation takes for girls' bright future at every level of her education. I will surely share my and student's feedback too after these interactions concludes. I assure you Dad that I will give my best and make you and Mom proud.

Your Daughter

Avanti Walchale
(LG 2018, PA-2019)

Dear mom,

How are you? Hope you are fine. I am Nazish Tanveer Khan from Anjuman College of Engineering and Technology Nagpur. Wishing you a very happy holi mom. You are the one who has filled colours in our lives. Your helping hand is the reason of me flying with colours.



I still remember how my low confidence was a reason to stay a step back. Your support and inspiration made me reach the height I always wanted to be. Today I am the third topper and 18th rank Holder in RTMNU university 7th sem result. I have 3 technical campus offer letters. One is from HCL, Nagpur and then the other is from Genesis, Indore and lastly, Mastersoft, Nagpur.

I always think of making you and Firoz dad proud me. I always try to do something that you'll feel worth helping me and accepting me as your daughter. Mom, keep inspiring us showering your love and care to your daughters.

Yours lovingly

Nazish Tanveer Khan
(LG - 2017)

Dear Mom,

Archana Hanumant Kapare got placed in Amdocs. My parents and I are so much thankful to you for all the help and support you have given me. It would have been difficult for me to complete my education and get placed in MNC like Amdocs. I really feel lucky and blessed to be a part of LPF family.



In HR interview they asked what your biggest achievement is and I said being a part of LPF family and being the Lila girl is the biggest achievement in life. Mom you have always blessed us with all you have.

You have always been my inspiration and I am trying to be like you. Helping the foundation financially after getting the job have always been my dream. I have started making aware the girls of my village about you and your scholarship and luckily two of them have become the part of Lila family this year. I will surely try to help 1 Lila girl at least once I get on board.

Thank you for everything mom. Your support and help means a lot to me. We always love you. Need your blessings always.

Thank you,

Regards

Archana Kapare
(LG-2016)

Hi Mom,

I am Mayuri Thakre, LG-16 from Anjuman College, Nagpur. I am so glad to tell you that I got placed in Infosys.



The aptitude test of Infosys had English as one section which was really very difficult.

But I managed to answer every question within timelimit with complete confidence and was assured that I knew right answers.

Thank you Mom for providing us those trainings workshops and programs.

I really got improved in English due to Spoken English classes tutored by Rakesh Sir. I have sent him a thank you mail too.

These workshops, all trainers, you and Dad everyone helped, inspired and motivated us, lila girls, to reach at this position. Thank you so much Mom for supporting us and putting the great efforts for helping us in every possible way you can.

Now I have got selected in Infosys. I have made my Mother's dream as well as my dream come true. Hearing this achievement of mine would have made her more proud of me and I really wish she should have been hear so I could share my happiness with her.

Today I am really happy to reach hear and share this news with you Mom. Thank you and Dad for being my other parents.

I will keep working hard and improve myself in every way possible. Love you Mom and Dad.

Yours loving daughter,

Mayuri Thakre
(LG-2016, Nagpur)

Dear Mom,

I'm filled with awe in my heart after receiving the gift and reading your letter. How amazing and wonderful Mom and woman you are! No words can define your nature and the stunning work you do for us. You are incredible. You remembered me even after the completion of my graduation, receiving the letter I was so emotional. Your vital words through these years I've always safeguarded in my mind and remembered in the times where I was lacking.

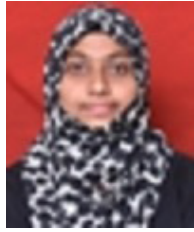


Thank you so much, Mom, for this amazing gift. I loved it. So blessed to be a part of the Lila Family. I love my Lila family and can never forget everyone's efforts and how beautiful souls everyone has got. I will keep contacting and updating about my new developments. Love you, Mom.

Yours lovingly daughter,

Siona Tiwade
(LG-2015)

Farahanaaz Shaikh (LF-2016 and PA-2018) stood Savitribai Phule Pune University Topper in MCA final year with Outstanding grade.



Kalyani Bawankar (LG-2015): Stood first in college in B.Sc. nursing.



Radhika Dorlikar (LG-2017 Wardha): Felicitated by the hands of Mr. Nandan Nilekani (Chairman and Co-founder of Infosys) and Mr. Rahul Bajaj after completing her internship at IIT.



Samruddhi Manekar (LG-2016): Received the Best Engineering Student Award (Girl) by the Institution of Engineers (IEI) from Amravati Region.



Gunjan Tipare (LG-2017): Secured 3rd rank in paper presentation event held at Dr. Panjabrao Deshmukh Polytechnic, Amravati.



Aafrin Ali (LG-2015): University Topper for SGBAU Amravati University for Department of Electronics and Telecommunication. Amravati.



Namrata Hete (LG-2017): Received 1st prize in Paper presentation in an inter college event, Nagpur



Sakshi Rathod (LG-2017): Awarded for outstanding performance in academics and securing 3rd position in her branch at Nagpur.



Vaibhavi Varma (LG-2016): Awarded as Best Student of Electronics and Telecommunications Engineering Department in her college, Nagpur from 3 different rounds.



Rashi Shinde (LG-2018): Topped in 1st year of B.Pharm in Savitribai Phule Pune University.



Pooja Malonkar (LG-2017): Received first prize in chess at Yavatmal in zonal sports meet by winning all rounds of chess competition.



Chandrika Shrinivasan (LF-1996): TCS lauded as a 'Woman Worth Watching' in STEM for her mentoring of female youth, professional achievement.



Rutuja Bansal (LG-2018): Received Trophy for best bowler of the tournament in Pune.



Vaishnavi Choudhari (LG-2017): Got 2nd prize in techno stream paper presentation competition organized by Panjabrao deshmukh polytechnic college Amravati.



Rita Shetiya (LF-2005, PA-2011): Received Keertan Sanjeevani Pushpalata Rande award and scholarship with the hands of former governor of Uttar Pradesh Ram Naik and former Vice-Chancellor of Mumbai University and eminent pediatric surgeon Dr. Snehalata Deshmukh.



Namrata Hete (LG-2017): Got 1st prize in "Paper Presentation" Event held at P.R.Pote (Patil)group of Educational Institutes Amravati



Prayaga Hoge (LF-2008, PA-2011): Awarded as Adash Mahila Patrakar Puraskar by Pune Media watch and Siddharth Granthalay.



Prachi Pradip Rakhonde (LG-2019): Won 3 gold medals and 2 silver medals in sports from Prof Ram Meghe College of Engineering and Management, Amravati.



'Corporate Readiness Program' [CRP] in partnership with Atlas Copco (India) Ltd.

With speeding technology advancements and required competencies to embrace these, it is becoming the need of the hour to keep oneself upgraded and build expertise around it. With so much happening around in the tech world and careers, LPF is giving LILA scholars an exclusive opportunity to learn the new age technologies and build your competencies, so that they get ready for the ever changing and demanding industry.

In 2019-20, Atlas Copco (India) Ltd., one of the Corporate Partner of LPF has selected LPF to design, curate and deliver Corporate Readiness Program (CRP), focusing on building 21st Century New Age Technologies and Professional Excellence related competencies. 41 LPF Scholars from 3rd year Engineering course from all streams were successfully trained under this program. The program was fully funded by Atlas Copco (India) Ltd.



The LILA scholars were provided insights about **Project Management Fundamentals by Priti Khare, CEO, LPF** and **Intellectual Property Rights & Research Methodologies by Pradnya Kashikar, Faculty, BITS Pilani** in the first segment of CRP. Deeksha Nemade (LG-2017) said "The first session was conducted by Ms. Priti Khare, she taught us about Project Management Fundamentals. She conducted a very engaging activity where in, we were supposed to build a blueprint of a SMART CITY on planet Mars in different teams. The next session was conducted by Ms. Pradnya Kashikar on Intellectual Property Rights (IPR) and Research Methodologies. She used creative animation videos and an activity to teach us about IPR. Over all, both the sessions were wonderful and engaging. There was a lot to learn from the sessions and I will remember it forever."

The second segment of CRP included two important topics viz Digital Marketing by Perna Mehta, senior IT leader from Shoptimize, and Cyber Security by Swapnil Nehar from H.V.P.M'S college of engineering and technology Amravati. "Both the sessions of day 2 were awesome. Information

about digital marketing given by Perna ma'am will be really helpful for us in future for creating advertisements and also, she has given the websites for easily creating manual websites. And second session was also helpful. It gave a lot of information about Cyber security awareness. I can definitely say that both the sessions will really help us in future." Puja Kasture (LG-2017).



For enhancing the soft skills and semi-technical skills, the third segment of CRP consisted of Design Thinking by Fauzii Aziz, a senior leader from Cognizant Technologies and Corporate Communication & Campus Readiness by Monika Nair, a senior expertise in L&D domain. "We will be entering the world of corporate very so keeping this in mind the session ere very helpful to me. The 5 stages of design thinking I will apply in my day to day life especially in my project." A feedback from Bazeela Khan (LG-2017) Stanford model of the 5-stage process and steps to follow an experiential model of learning.

Keeping the upcoming technologies into consideration, in the last segment of CRP, the LILA scholars learnt fundamentals of Internet of Things by Sudarshan Deshmukh, a corporate trainer with 5+ patents and 50+ IEEE publications. Apeksha Kedari (LG-2018) said "Internet of things was one of the most favorite and emerging topic of the trend. The trainer gave us

so many innovative ideas which are helpful for our last year project. The industry exposure to Atlas Copco was very informative and the manufacturing floor was worth watching."

To provide Exposure to the organization and various

functions in which an organization operates, Atlas Copco, (India) Ltd arranged a half day Industrial visit where in the LILA scholars got an opportunity to see how different departments work and an experiential learning about corporate ethics.

Glimpse of the Valedictory Function



Pradnya Kashikar (LF-2001, Committee member and Consultant - L& D and Technology)

Office Support: Harshali Gaikwad

contd. from page 20...

Dear Mom and Dad,

I Komal Sopan Shelar, from DSE mechanical engineering. I had read all the Inspira articles, and such a beautiful and enthusiastic journey of Lilla Poonawalla Foundation. After reading it, it makes me more proud and satisfied that I am part of such a big and inspirational foundation. I promise that I will dedicate myself for future growth of foundation.

Thank you.



Komal Shelar
(LG-2019)

Dear Mom,

I am really glad to come to know that you are honoured with "Commander of The Royal Order" by the King of Sweden. It is the prettiest news ever. I am really happy for you mom and proud of you mom.

Wish I could congratulate you by meeting you personally but what I believe is distance does not matter wishing you congratulations mom from bottom of my heart and proud of you mom!

Your Loving Daughter,



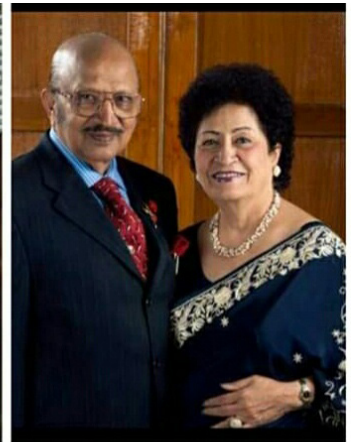
Vaishnavi Dipak Joshi
(LG-2016)

contd. from page 24...

"When life gives you more than you need, give it to those who need it the most", has been rightly justified by the Lila Poonawalla Family in the current situation of Corona.

In the wake of the pandemic, when each passing day is bringing its own challenges, about life and survival, having food and roof over one's head has become a necessity. Everyone is doing their bit by staying at home and maintaining social distance. In these times of crisis, the Lila Poonawalla Family has also stepped forward to lend a helping hand.

Recently, Lila Mom and Firoz Dad, with the support of their family, friends, well-wishers, LPF's Board of Trustees, LPF Office Team and LPF Alumni, raised donations to support Covid-19 affected marginalized families. Many Lila Girls/ Peace Ambassadors came forward to raise the donations along with their friends and families. Dad and the Pune Police distributed more than 1,000 essential kits to the families of LPF Scholars (Lila Juniors - school girls), who come from daily wage earner background, who are affected the most. These LILA juniors and their families were given one month of ration supplies, which will help the families to suffice their survival necessity. Lila Poonawalla Foundation and Sri Chirag Mukesh Agarwal also distributed foodgrains to 200 needy widows of Vishrantwadi and Yerawada.



Rita Shetiya (LF-2005, PA-2011) along with her friends, distributed 750 food kits of average one month ration for one family, to the poor and needy people of Sinhgad road, Narhe and Dhayari area, with the help, support and guidance of Sr. PI Shelke Sir, API Umre Sir, Sandeep Sangle, Deepak Shende, Vishnu Kumkar Sir and their team members.

In the current situation of lockdown, where the doctors, nurses, police and the worker class people are working relentlessly, without caring about their own health and family, it is important that, we, as responsible citizens, also carry out our responsibilities and help them as much as possible. Rita Shetiya, Dr. Prasad Kelkar and Pushkaraj Gadre, together distributed Sanitizers and Arsenic Album 30 kits to the Police Officer Nandkishor Shelke and his Team. 500 similar kits were also distributed to the police officers from the stations at Sahakar Nagar and Bharti Vidyapeeth.

We at LPF wish to continue this donation drive to support more LPF scholars and look forward to you all joining with us in the movement. We together can support our LPF Family and our LILA sisters by not only helping them to survive but also in building their strength and hope so that once they overcome this situation, these scholars continue with their education and do not get dropped off.



5 Police Stations more than 500 kits for front warriors.

Dad's Birthday

14th April has always been a special date for the LPF Family, as it is Mr. Firoz Poonawalla's (Dad to LPF Scholars), (Founder Trustee, LPF) Birthday.

This year 14th April was celebrated in a different yet loving manner. The Peace Ambassadors 2016 held a special birthday celebration via zoom. The PAs came together and celebrated Firoz Dad's birthday, virtually. The office staff of LPF joined too for the celebration.

Mom and Dad's Anniversay: Golden Jubilee

On 15th May, 2020 our beloved Lila Mom and Firoz Dad celebrated 50 glorious years of their marriage. Keeping in mind the lockdown during the pandemic, an online celebration took place along with the grand celebration with the LPF Staff and daughters by sharing their wishes, gifts and videos online for the Lila Mom and Firoz Dad.



Here are few wishes for them:

Dear Mom and dad,

Hope you both are in the pink of your health...I am also doing good...Wishing you both a very happy marriage anniversary...you both have been a true example of a perfect couple and have truly lived up to the term 'life partner' by the way you both compliment and support each other. You have been an inspiration for me throughout my college days and while choosing a career.

Since I was working with Abbott nutrition in the sales and marketing team, I was the only female in the team... but since you have moulded us and made us ready for a man's world by conducting so many seminar and workshops for us that I never felt odd or out of place...

And now also you are inspiring newly married couples that what relationship is all about and the goal is to never give up on each other

Regards,

Rukaiya Jamnagarwala
(LG-2012)

Dear Mom and Dad,

Wishing you a very happy 50th wedding anniversary. Feeling so happy for you both that you have completed 50 years of your joy and love together. May you have blessed with all the happiness.

You both are very happiest couple I ever met in my life. Whenever I see you, there is something shine or spark within you are always young.

May all your dreams comes true, stay blessed and keep smiling always.

Thanking you!

Yours lovingly,

Kirti Kadu
(LG-2016)

Dear Mom and Dad,

Wishing You Happy Wedding Anniversary MOM and DAD both of you. I wish to Allah that you both live long together happily with many more years. You both inspired me to be a better person through your selflessness and service. The world is better place because of you. lastly a heartfelt thanks to make me a special child as a Lila girl and again a Happy Anniversary MOM and DAD...And again I wish you happy anniversary # Goldern jubilee of your wedding..

Uzma Shekh
(LG-2017)
Amaravati

Dear Mom and Dad,

Wishing you very Happy Anniversary Mom and Dad! May the Almighty always bless both of you. Your love and care for each other may bring lots of happiness in your life.

Mom and Dad you have completed your 50 years of life together; it is amazing to see you together! I always feel good and positive vibes from you. Dad, you are always my superhero! May Allah always be with you.

Thanking you !

Yours lovely daughter ,

Sana kausar Taher Qureshi
(LG-2017)
Amaravati



Trainer sharing information with LILA Girls about how to create effective impression



Group photo during the session of Transition from "Campus to Corporate"



LILA Girls performing group activity in Self Awareness session



Group Photo during the visit to IISER



LILA Girls posing for the group photo after the session on Campus to Corporate



Group photo of LILA Scholars during the Time Management program



LILA Girls excited for the Diversity Walk by Amdocs



LILA Girls involved in a Group Discussion activity during "Interview Skills Program"



Excited Lila Scholars attending Project Management session during Corporate Readiness Program



Group Photo during the Sociothon event by Amdocs team

Hello friends,

It's time to enjoy, celebrate and party! Enjoy with family, season of festivals and 25th year of LPF... But we have certain limitations this year. And the reason for delay in the release of present Inspira issue. Social gatherings and get together need to be avoided for betterment. For the first time, we will be releasing this issue digitally. Its exciting! We all are getting acquainted to e-system. LPF also chosen the way and conducted many online sessions in the pandemic. In this issue we have started new column Our Artists which is different than



Inspira Release - Volume 55

Till next issue... stay safe, stay healthy

Artist in Me. Get the idea and get featured. Our many girls are getting featured in MNCs under Placement column. Lila Mom is sharing her experiences in From My Heart which are helpful for us even in day to day life.

Let us get use to of new change in life and keep going. Keep reading different stories in Inspira and keep writing us.

Dr. Harshada Babrekar
Chief Editor