

Inspira



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"24" (1003)



Vol. No. 10 / July 2003

FROM MY HEART

My Dear Lila Fellows,

In this fast changing Information Technology environment of which we are yet to realize the full impact, communication has taken a new dimension; it has become the key to success. E-mails, Internet, mobile telephony, chat rooms and what have you, have become effective and powerful tools. Yet the virtues of Heart and Head, with forgive and forget has held good from time memorial. To sustain these values, we had started INSPIRA. Today, I CONGRATULATE the INSPIRA editorial team. You will ask - What for? Well this is the 10th Issue of our magazine, and all of us know what an important role Inspira team has played in making this possible. Every issue has been better than before and always in TIME. Leadership provided by Uzma to the team has been responsible for this success. Uzma got married on 8th of June and will be moving to Dubai to be with her husband. Let us all wish her all the best, and thank her for her valuable inputs. She of course will continue to mentor the Magazine wherever she is.

In April this year, we had a seminar on Health and Nutrition. The seminar was conducted by none-other, than the outstanding physical training enthusiast - Mrs. Arnavaz Damania, the pioneer in bringing good health awareness to Pune. Mrs. Damania has also played a very important role in the sports field. She is the past President of Indian Women's Hockey Federation, and Vice President of Indian Olympic Association. She gave us a stimulating talk that GOD does HIS part, DOCTORS do THEIRS, but we also have to play our part to maintain good health and good looks.

On the same day we celebrated Mr. Poonawalla's Birthday. The Trustees and the Lila Fellows sure had a great time.

Many of us had the opportunity to enjoy the play called WOMENLY VOICES directed by Lillette Dubey. This play was a dramatization of 3 short stories by Indian women authors on subjects as diverse as caste conflict, the urban rural

divide and teacher student relationship. I am sure, all Lila Fellows, who came for the play, took home valuable information on these relevant issues.

We are in the midst of selecting yet another batch of outstanding and deserving girls who will soon be a part of the extended Lila Family. The process will give the Trustees another opportunity to feel the joy and the cry of young aspirants.

In the 6th Issue of Inspira, I had shared with all of you my aspiration of getting someone to write a book containing stories of some of the Lila Fellows. Well I am happy that this project has now taken off. My communication to the LF across the globe has got a great response. Many have come forth to share their life stories, their aspirations, their achievements, their goals and their plans of how to achieve them. The objective of this whole exercise is to share their success with other upcoming young girls who can relate to them more effectively than to a role model who is of yesteryears. I have appointed a young, Pune based writer - Ms Gauri Ghatnekar to write this book. Gauri is a CSR Super Brain awardee, has traveled to England and Europe, has more than three years full time journalistic writing experience and was a national level chess player. I am certain we will soon have a masterpiece.

I send all of you my Good Wishes and also Congratulations to many of you who will be completing your PG soon.

Loves

Lila Poonawalla



SHORT TAKES

*"If you can dream-
and not make dreams your master
If you can think-
and not make thoughts your aim
If you can meet with Triumph and Disaster
And treat those two imposters just the same.
... Or watch the things you gave your life to, broken
And stoop and build'em up with
worn out tools.
... If you can fill the unforgiving minute
with sixty seconds worth of distance run
Yours is the Earth and everything that's in it
And (which is more) you'll be a man, my Son!"*
- Rudyard Kipling

Serenity personified, almost saintly, this man of few words adds the right balance to our philanthropic foundation.

Mr. Parshuram Date, has been a Trustee of the Lila Poonawalla Foundation since its inception. Infact, he is the person to have helped Mrs Lila Poonawalla convert her dream to reality. It was a mutual desire to contribute to the goodwill of the society which has given so much to them. As, Mrs. Poonawalla always quotes, "Mr. Date played a very important role in completing all the formalities to get my DREAMPROJECT started."

A Chartered Accountant with 22 years of professional experience in Financial Management, he is currently working as a Vice President (Finance & Systems) with Tata Autocom Systems Ltd.

Mr. Date manages the foundation's monetary assets which not only provide scholarships to many girls but also facilitate many programmes which are held for the benefit of Lila Fellows. He is also responsible for introducing computerization in the scholarship selection process so as to reduce the cumbersome task of screening the applications manually.

He is a person who believes that wisdom cannot be achieved only by learning or absorbing knowledge but also with hands-on experience of everything in life. He feels the key to success lies in being good to people, building relationships and dealing calmly with situations without losing one's head.

One question we all must have pondered on at least once in our lifetime is "Why do bad things happen to good people?", Mr. Date must have asked the same question, when his 11 yr old son, Amogh, succumbed to a terminal illness. Coping with such a personal trauma



and resurfacing with the same composure that he has always maintained is still a daunting task, but he has managed to do so, which he credits to his family and close friends. Though difficult to overcome such a tragic situation, he says "you have to be strong and move on in life and not run away from it". His wife, Nilima, has now stepped out of the protected environs of her home and works in a hospital for a social cause. He has been acting as a guardian and giving moral support and assistance to one child every year, being a member of the Student Welfare Association. He has been doing this since the past 13 years.

He loves to read and has learnt a lot from books written by his favorite author, Stephen Covey, a psychological and management guru. Unknown to many, he also has a



Date with Wife Nilima & Son Anuj

humorous and perky side in contrast to his serious demeanor. He enjoys vacationing with his family, and he loves music.

Mr. Date's association with the LPF goes a long way and he hopes to continue doing the best he can with his knowledge and skills.

This is what he has to say to the Lila Fellows; a short and sweet message; "Enjoy life and take it as it comes." Cheers!!

 **Samata**

LIVING LIFE WITH A DIFFERENCE

Sadhavi chats with Lady Customer Service persons working at the petrol pump

... at the petrol pump

Good Morning.... Please bring your vehicle at level 4.... Thank you.... A pleasantly surprised and happy customer..... Yes I am talking about the change which has been brought about by Lady Assistants employed at some of the prime petrol stations in Pune.

Very enthusiastic, they were full of energy. There was a dream that we captured the world and much more. It was amazing to see how energetically they were working there. I was overwhelmed to see the dignity and pride they had in doing their JOB. "What motivated them to take this job"? Is it only need....? I was not sure, though. The best idea was to ask them.

While talking to them I realized that they were all there for different reasons....many of them were the only bread winners in their family. Many of them were working at the pump and also studying in the colleges. When I asked them, what motivated them to take up this job which was different....They said that it was their need. Also, a very important thing was they felt it was challenging. Kavita, one of the girls, said that, "instead of going in search for the same kind of jobs like typist etc., I felt I can gain my confidence as I will talk to so many people. I will also learn to establish relations and can increase my skills in public relations. It was not only a challenge for Ashwini, but also a way to prove that she could earn on her own."

Their experience has been different. They said, that customers come to petrol pump and when they see a girl. Then, some of them feel amazed, others feel proud. Girls said that, some of the customers also feel bad and say "Oh! girls are not leaving any area, where are our boys going to get jobs? Many a time people talk in a very harsh language, mostly rickshaw walas, but Suvarna said, "we know. Instead of talking to them we keep cool". Experience has taught them a lot. One of the girls Lata said, "we also have to understand, that whenever any person comes to petrol pump he is always in a hurry. So we need to understand his/her mental status. Then there won't be any problem."

They are using their natural instincts, calmness, politeness, & the habit of cleanliness. They always have smiling faces. One of the girls said, "my voice was too soft, now the tone has already increased." When I asked them whether they will go for night shifts.....??

When I asked some of the employers about their reasons for offering jobs to ladies, the most important reason was, sincerity & honesty versus their experience with boys. Second very important thing was, girls are polite and that make the customers happy. So the work environment at the petrol pump becomes Customer Friendly. Now you can see the clean clothes and smiling faces at the pump!

Kavita, Ashwini & the others girls, have proved that, **Life can be lived on ones own terms.** Women's empowerment is all about doing your job with a DIFFERENCE.

I told all these girls about LPF and asked them what they would like to say to all Lila Fellows. Their humble message was, " **Feel proud in whatever you do. Do it the best way you can, And most importantly, respect human beings for what they are and not for their Religion, Caste, & Money alone.**"

A FUELED... WITH THEIR TOUCHING MESSAGE.....



"Making difference, total commitment"



PUNE'S FM STATION... RADIO MIRCHI... IT IS REALLY HOT...

Ever since we planned our visit to **Radio Mirchi... the hot... FM station of Pune**, there were many questions in our mind. How would it be to meet the RJ's how would the studio be.... Will they allow us to meet the RJ's.... A live show... so on and so forth.... Uzma & Sunetra had a chat with Gautam Shahane Station Head, and Ashutosh Parekh Creative Head of Radio Mirchi....

The most obvious question that we had on our mind was **WHY THIS NAME..... MIRCHI?**

Gautam "The name is unique... but everyone relates to it. It is so much an integral part of our lives.. be it a child, young person or even older people... they all recognize this name. We also wanted to be different not only in selecting the name, but wanted to relate to the changing times.....catch up with youth.. their tastes and also keep the other audience in mind." This brief introduction made us comfortable

Q : How is it to be associated with India's premier Press Publication The Times Group? What are the advantages and disadvantages?

Gautam : We are proud of being part of The Times Group. This gives us the required funding support, which is required for any business until it starts sustaining. The initial starting period is thus crucial in any business. Other than that, being part of such a great publication give us instant identity. But all this is performance related and hence, there are pressures to keep to deadlines & the bottom line... profits.

Q : What efforts did you have to make to position this brand in PUNE?

Gautam : We had to compete with none... as this is the first FM station. But then we had to create our own position with our audiences. Our program mix is targeted at youth, housewives and the elderly people. It is informative and entertaining. The tremendous response we have got from Pune keeps us all the time on tenter hooks... to ensure that our programs are creative and exciting..

Q : How do you go about selecting the RJ? And what makes a good RJ?

Ashutosh : As you know, RJ's are not like VJ's, who are seen on the screen. Our main thrust is on voice culture. Other than that there is a thrust on knowledge, presence of mind, calmness... as you know they do the Live shows and have to deal with people who are on line.. Our selection process is very friendly: any one can take part ... Not necessary that only people from media background can become RJ's..... Many of us here come with different qualifications... like Architecture, M.B.A., Finance, etc.

Q : Do you think there is good scope for young people to look at this as a good career option?

Gautam : Yes, of course. The popularity and audience of FM stations is going to increase. It is one of the fastest growing

media to reach the target audience. There is a variety of work and the work culture is great.

Coming to the RJ's. They are young, charming and dynamic personalities who are equipped to handle any situation at any time in the show. The RJ's are not selected on their voice alone but their presence of mind, sense of humour, wit and voice. They are given three months continuous training, which includes technical, voice modulation and personality development.

After this training it's all theirs. The RJ's are given the shows and they do live shows. They have to be very careful. If they make any mistake, 5 lakh people are listening to them. Great job. Right? The RJ's go out in the city personally and spend a lot of time doing research like gathering information, developing their social skills, arranging the information as per their wishes and presenting it live on their shows.

They do not imitate any character. It is how they view a story that makes it more creative than imitating a character.

Q : How is your interaction with celebrities who visit you?

Ashutosh : Most of the celebrities are very co-operative. We have had great people from all walks of life ... like Corporate CEO's, great maestros from Indian music, film celebrities, sports persons, pop stars and many others. It is a great experience to talk to them. They have given us LIVE interviews. Many don't even want a brief. They are game to go live on the air and enjoy coming to Mirchi. We more than love them coming to our studio.

So after this most enjoyable interaction.... We had a hot coffee..... Met Gurpreet...Jenin...Aditya...unfortunately Karma and Kho Kho Patil were not there.... hey girls ...are you jealous?

Just to tell you, we had a great time... it was a different experience for us... There is a lot of hard work, commitment.... so it is not as easy and glamorous as its sounds.....So here is wishing " ALL THOSE WONDERFUL PEOPLE AT RADIO MIRCHI LOTS & LOTS OF GOOD LUCK".....

■ **Sunetra & Uzma**



"Find your favourite RJ"

PUNE Newsline

The Indian EXPRESS
PUNE Newsline ■ TUESDAY ■ JULY 15, 2003

NEW WOMAN

Live your dreams

As Balwinder Kaur Sagi whizz around the state from Ganpatipule to Kashid, promoting Maharashtra tourism and then returns to her working women's hostel late at night, it's hard to believe that this 25-year-old is the same girl who till a few years ago had trouble stepping outside Pune on her own.

Coming from a conservative family, Balwinder went on to do her graduation in History from St Mira's College, when it came to a professional qualification she found her heart veering towards the more exciting field of mass communication.

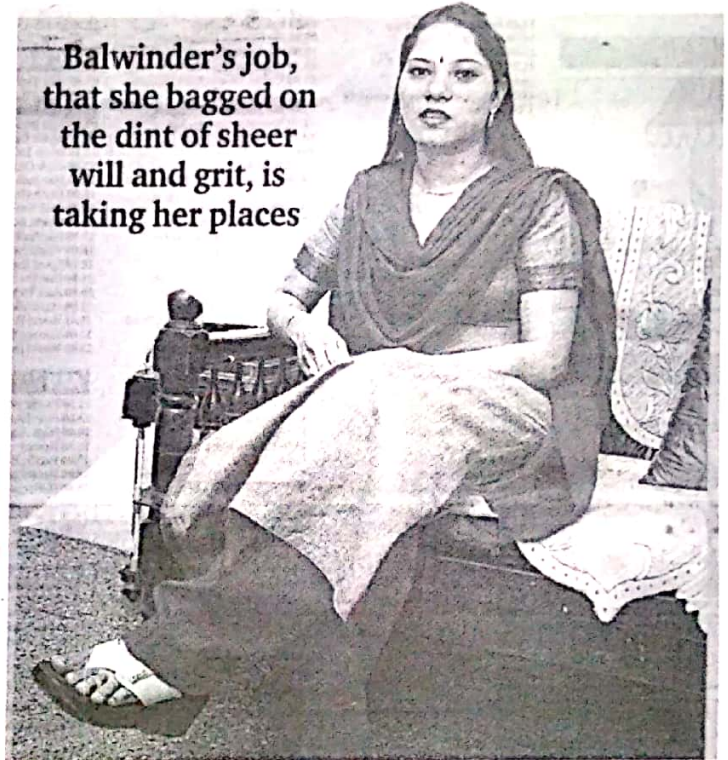
"But the course was too expensive. That is when I applied for a scholarship with the Lila Poonawalla Foundation and fortunately enough was selected. I did my mass communication and then faced the next problem - jobs. The Pune scene was dismal and my parents wouldn't hear of me going to Mumbai which seemed the only option" she says.

So when Balwinder got a call from Mumbai for a job at a leading advertising firm, she quietly tripped to Mumbai for the day.

"Of course I was caught in the evening when I came home with the railways mineral water bottle in my hand. I confessed all and pleaded with my parents to let me work there."

To her surprise they relented. And today after switching

Balwinder's job, that she bagged on the dint of sheer will and grit, is taking her places



from advertising to public relations Balwinder is definitely a girl on the move.

"I handle the MTDC account that takes me to all the tourist places in the state and many times I have to travel at odd hours, but I love it all.

Her message to her peers, "Have confidence in yourself and take up all the challenges life throws before you and you will never regret any day of your life."



Lila Fellows celebrating Mr. Poonawalla's Birthday at Hotel Taj Blue Diamond with all the trustees



Kavita and Chandrika (with baby Antara) visiting with the Trustees

I, Me, Myself

Gauri Ghatnekar

SHE'S an epitome of the 24 by 7 work schedules pursued by most enthusiastic youngsters of today. Schedules that leave one with little time, well little anything to call their own. Hectic parleys with colleagues, tons of work and harder parties leave these youngsters with little time for any other fuel other than their ambition to reach to the top. Mitali Gujar (24) has done her Masters in Computer Science at the Stanford University after doing her Bachelor's from the College of Engineering Pune. At the moment she is working with Nokia as a software



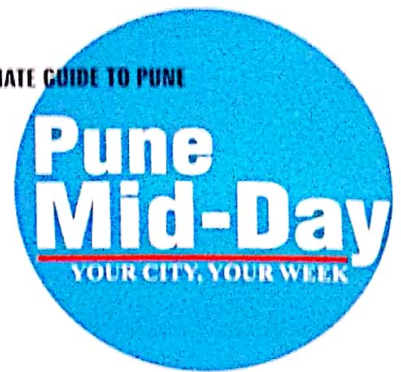
Mitali Gujar

engineer, and shuttles back and forth from California where she is based to Pune which is her home. What's more she is also a Lila Fellow.

In her own words, "My own work schedule is very crushing. We have very hectic days and even more hectic weekends. Sunnyvale California has a large number of social activities thanks to the large network of Indian professionals who live in the atmosphere. Among our programmes is a good emphasis on singing, outdoor activities such as hiking and tennis. I love to participate in everything."

Explaining the difference in the two educational systems, in India and the US, she states, "The quality of the syllabus and teachers is completely different. There is a greater emphasis on proper facilities and better

THE ULTIMATE GUIDE TO PUNE



infrastructure there. The way their exams are conducted and the total outlook is completely different." According to her, "Let's all keep our fingers crossed and hope that the economy will pick up within a year. It is a very bad job market at the moment. And therefore I don't want to make a bad career move just yet."

On the education front, Mitali would like to keep upgrading herself by going in for an MBA after this degree. "That is the next logical step. I am not 100% sure, and I would like to do this after at least two years. I don't think I want to be in this profession life long. I would like to do something more challenging and an MBA would give me better opportunities."

Wistfully she puts it, "One of the biggest hassles of living abroad is that I miss my family terribly. I still feel that I belong here. The worst problem is the distance, I can't keep coming every now and then," she says. Becoming a bit serious, she articulates, "Both my parents are doctors, and for me education was not a problem. I was always topping the class in Pune. But when I went to the States, I realized that I was competing with several people who are among the best in the world. I am above average there, but not the best. There is a huge learning process for me too. The syllabi may even be the same for the two countries, but the cutting edge that they have is that there is a constant pressure to perform out there. In the end it has helped me tremendously, because I will be applying for the much vaunted Green Card in a year's time."

Continuing, the young 'un says, "If I have to accord credit, I would definitely thank my parents who were totally supportive of everything that I did. Naturally they wish that I was here." The lady is a Lila Fellow for year 2000.

Commenting on the scholarship she is of the opinion, "I got the scholarship, but later I obtained full funding from Stanford and I chose not to accept this money too. But I love being a part of the Lila fellow family, and I always keep in touch whenever I am home." The right mixture of talent, focus and yet not terribly money minded, Mitali's indeed a rare breed indeed we say.



Here we are...Introducing to you two Lila Fellows all set to stun everybody with their accomplishments...So go ahead and get stunned...

Here is APARNA RABADE, a beauty queen who wishes to remain a student all her life...

I was born and brought up in Poona. I did my Bachelor's of Commerce from Symbiosis. Along with that, I also studied Company Secretaryship but unfortunately lost it by one mark and did not pursue it again. After that I prepared for CET and got admission in PUMBA. At the same time I got admission for MCM in INDSEARCH. I took up the latter.

I had read about Lila Poonawalla Foundation and decided to apply for the scholarship. I always remember the interview, which was conducted in the White House. All the trustees and Lila ma'am sitting around a table and I on the other side. From that moment itself I really wanted to be a part of it, wanted to know them. And learn from them. I got my scholarship in 1999 for my MCM. I had got other scholarships before, during my schooldays but this one was far different. I never thought I would be actually entering a new big family. It is a dream come true for me!

I completed my MCM with distinction and got selected through campus interviews in P & O Nedlloyd. P & O Nedlloyd is the second largest shipping corporation in the world. It has 3 hubs : UK, Sydney and US. We give global software support from Poona to the shipping business of P & O Nedlloyd. They have formed a company called P & O Nedlloyd IT Services Private Ltd., Pune, which consists of several teams like ISSC, OOC, IMASC, DBA, Sys-Admin etc. Each one has its own role to play and together we provide a 24 * 7 software support to the entire globe. Yes, 24 * 7 means working in shifts. We work in 3 shifts i.e morning, afternoon and night. It means no public holidays and an irregular-working pattern. One shift is of 5 days then there is an off for 2 days and the next shift starts. Working in shifts does put some constraints; it means irregular eating habits, sleeping during the daytime, it means being in office at Diwali time and so on. But it does prove to be a challenge and so I have no problems. I

have tried my best to utilize the shift timings in a better way and have tried to adjust my daily workout, some studies and some hobbies. That too happens in a shift. The company does provide us very good canteen services, conveyance and other facilities, which leaves us to concentrate only on work.

It's been one and a half-years now since I joined PONL as a Shift Analyst. I am a permanent employee now with a recent increment and promotion. It has been a great learning experience here and we have been lucky enough to be groomed to work in a really professional environment. The company being UK based emphasizes a lot on dressing codes, formal talks and a professional atmosphere. I am working as a Deputy Shift Leader with the Operations Department and we mainly work on Unix scripts. I have been also trained as a Shift Leader and have to take that responsibility, incase required.

It demands a lot of patience and actually tests your leadership skills. The job demands being critical of time, aware and alertness. My job has taught me that "the Price of Greatness is Responsibility " and you need to pay that price if you want to achieve anything in life. I have also been lucky enough to attend some good workshops and courses on Leadership Skills, Women in Leadership and BEC (British English Certificate).

I always take every moment in life as a learning experience and hence would like to remain a "vidyarthi" throughout my life...

I aspire to do my MS or Ph.D. in Computer science. I have started preparing for my Ph.D. by reading through material and reading publications and would also like to complete the PMP Certification from Project Management Institute, US. In my professional career, my aspiration is to become a Project Manager and the ultimate dream to become a CEO of a company. I strongly believe in the old saying, "Where there is a will, there is a way". I want to make a mark in this world before I leave...

Even before I got into the Foundation I have been reading about Lila ma'am and her name comes first in my mind whenever I think about my role model. It's very difficult to reach such a level and still be down to earth and care so much for others. I know that with her blessings I will be able to fulfill my dreams in life. Working for this Foundation will be one of my main goals in life and I will be happy to work for it in whichever way I can.

(yeah Aparna, we sure would like to see you come home with your Ph.D. and the...the...well, I've lost count, with all the feathers in your cap!!!)

Uzma

LEADING LADY



**Creative mind behind
SaReGaMa program**

This time folks, we had the opportunity to interview a very Dynamic lady.. **Ashwini Karandikar Singh (Creative Director Zee TeleFilms Ltd.)**. She also happens to be the lady behind the popular programmes like **Sa Re Ga Ma** and **Antakshari**. This was one unique interviewing experience, as Snehal and me, had the opportunity to be a part of the awesome **Sa Re Ga Ma Pa** auditions that were being conducted in Pune.

Ashwini. has a simple philosophy of life. She says her objective is **"To become a good person and a good citizen of India"**. And truly after meeting her we can say that she means what she says.

Ashwini Karandikar Singh has been with Zee Telefilms Ltd since 1994. Prior to this, she was associated with the hospitality industry, having worked with Hotel Taj Palace Intercontinental, New Delhi. Qualifications wise, she has done her BSc (Home Science), B.Ed (Home Science) and a P.G. Diploma in Computer Aided Textile Designing. Her interests include, singing and dancing.

Here's a brief into the Interview, which happened shortly after the auditions got over :

Q. Your qualifications are in a non media related area, and your earlier experience is mainly in the hospitality industry, so how did the shift to the Media and Zee Telefilms Ltd. happen?

A. Well yes, the qualifications happened because my family believed that I would never land up studying, and so in order to prove them wrong, I kept adding on to the list of my qualifications, and proved them wrong. Getting into Zee Telefilms Ltd. was quite by accident, as I had participated in Antakshari in 1994, following which I got different assignments at Zee TV and that's how I am here.

Q. How did you conceive the idea of a programme like Sa Re Ga Ma? What was the motivation behind it?

A. Sa Re Ga Ma was my husband, Gajendra Singh's concept. There is so much untapped talent around us, so our motivation for having such a programme was to use our different experiences, bring talent forward, and give it visibility. Today many of our participants are recognized singers in the industry and this is a platform where they have excelled professionally.

Antakshari was introduced purely for entertainment , while Sa Re Ga Ma was to tap talent with entertainment.

Q. On what basis do you shortlist candidates and is a classical training essential for participation in the programme?

A. The basis of categorization : Tap potential. Candidates need to work at fine tuning their talent, as there is a cut throat competition. An average singer may not be able to sustain in it. Hard work is essential. There are no guidelines as such for short listing; we pick up the best.

Classical training is not needed to participate in Sa Re Ga Ma. Just a basic knowledge should be there. However classical training definitely adds to one's skills. For example, even our host, Shaan

is now undergoing classical training in singing, despite making a mark on the singing scene.

Q. What challenges/ problems did you face, during the start of the programme, the operations, getting the who's who on the judge's panel for the show, etc?

A. Actually we never really had any problems. Even getting the judges was not a problem. Things work more on a mutual understanding, and on the relationships that have been built.

Infact most judges take time off to talk to the participants back stage, giving them tips and suggestions. Ofcourse there are times when the judges can't make it, and the schedules have to be changed last moment, but that's a part of the game. On the whole, it's more of a family like atmosphere than a professional one.



Ashwini with renowned music director Shri O P Nayyar

In terms of the research we had to do before the 2 programmes, we didn't have to do much research for Sa Re Ga Ma, but for Antakshari, we did a lot. The reason being that, in Antakshari, most people are not trained in classical singing, but may have good voices. So based on the research, we design the rounds accordingly, which would help us to assess their potential voices better.

These program serve as a platform for people to make it into the commercial arena.

Q. What are the auditions like?

A. Auditions is a process to short list candidates and access their talent. We have a standard format for it. We see the voice culture, training they have had, body language, etc. This helps us to select the best candidates for our show and also the feedback from our side helps people to improve.

Q. And finally, what is your advice to the Lila fellows?

A. Live your life the way you feel. Be happy in your life and self, otherwise you would not be happy. Your happiness is in you. Do something for others, and be ready to share in the long run.

Hamsa & Snehal

Down Memory Lane... SNIPPETS



*Mrs. Manisha Dehspande (LF-1999)
donated a sum of Rs. 10,000/-*



*Ms. Aparna Bhandar (LF-1998)
donated a sum of Rs. 15,000/-*



Mrs. Arnawaz Damania releasing the issue of 'INSPIRA'



Trustees at The 8th Year LPF Evaluation Meet



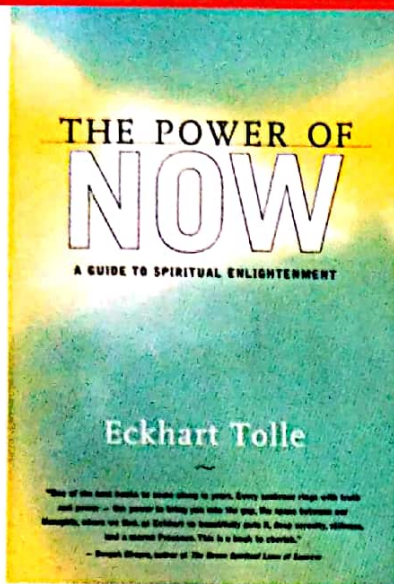
*Manisha Hadavale using her grooming training when in
Switzerland on an assignment*



Lila Fellows at the training programme on "Health & Nutrition"



Mona Dange with Mrs. Poonawalla's Cow Collection



"Present moment awareness" is the core of **"The Power of now"**. It is a reminder to be truly present in our own lives and liberated from our past and future. It can transform your thinking. The result? More joy, right now.

In the Power of Now, author sage Eckhart Tolle uses words to guide readers

beyond words. He shows us the way to focus on the present, instead of living in the past or worrying about the future a state of consciousness, free of the burden of time. Eckhart says "nothing ever happened in the past; it happened in the now."

"Nothing ever will happen in the future; it will happen in the now."

To make the journey into the power of now we will need to leave our analytical mind and its false created self, the ego behind. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. The words themselves are the sign posts.

It makes the book simple to read and easy to comprehend. The book is best read perhaps a few pages a day, to enable one to reflect upon the words, and experience

the truth of what has been read. The author holds your hand like a guardian angel, and takes you step by step towards leading a life free of sufferings and angst. It explains how we create our own pain and constantly make the mistake of identifying with our minds thinking *that* is who we are.

The author begins by briefly introducing us to his story - a story of early depression and despair that culminated in a tremendous experience of awakening. He has reflected on that experience, meditated and deepened his understanding. Over and over, he shows us how to connect with what he calls our Being.

The Power of Now is nearly impossible to read straight through. It requires you to put it down periodically and reflect on the words and apply them to your own life experience. It is a complete guide; a complete course, in meditation and realization. It is a book to be revisited again and again to gain new depth and meaning.

It is a book that many people, including me, will want to study for a life time. And the true beauty lies in grasping a new meaning each time you read the answer to a particular question or life situation.

Lastly, Eckhart Tolle puts it so beautifully; deep serenity, stillness and a sacred presence "Wake up, and smell the presence".

The power of Now, A guide to spiritual enlightenment

Author : Eckhart Tolle

Published by : Yogi Impressions

6th Reprint Aug 2002

Price : Rs. 225/-

 Sunetra

YOURS TRULY

Hi guys! Here I am with open arms to welcome the new scholars to our Family! (Oops my arms are full! They are so many!!) So what do you think of the new look of your very own Inspira? Loads of exciting stuff, right? Well, I did let you smell it earlier, didn't I? I will continue to be yours truly, from Dubai. Sniff somethin? Ah well, I took the marriage vows on the 8th of June 2003 and will join hubby dear soon. Our Lubainah too will continue as 'Overseas Correspondent', from USA. Sniff somethin? Well, you know what I mean... ☺

You can continue to have all the fun at the various programmes. Do fill me up on the details. Though I'm going to miss all of it terribly, I already am.

You surely can expect more from the die-hard Inspira team. So keep reading and yes keep contributing towards Inspira. It needs you. We all need each other. Let us SURGE AHEAD GUYS!!!

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For Private Circulation only

Printed & Published by : Lila Poonawalla Foundation S-37, MIDC, Bhosari, Pune - 411 026 Tel. : 20-7110370
www.lilapoonawalla.com

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