

Inspira



Vol. No. 12 / Apr. 2004

FROM MY HEART

RACK-2
"24" (2004)

My Dear LILA FELLOWS,

Another period of excitement and busy schedules! Time flies... The 1st Quarter of 2004 is over and I am certain you all are going through this **FAST FORWARD** time speed. It is good to reflect upon what we have done and achieved in this quarter. But what is important is that all of us **appreciate** and **thank God** for his **"Present"**. These gifts of God make us happy and we enjoy life continuously and take it as it comes **moment to moment**. From the **past** we learn to make the **present** meaningful and a **well-planned future** helps us to be constructive and motivated in the present. I propose that all of you understand that **"The Present"** is the most important though past and future are also to be considered.

During this period I had the joy of meeting many of you at Fili Villa, my Home. To recollect a few names **Neetu, Mariam, Swati, Supriya, Shilpa, Deepali, Manjusha, Ashonita, Mitalee, Madhura, Harsha, Anagha, Aparna and Ruta**. Many got married in this period and I had the opportunity of attending some of the marriages. All the Brides **Hamsa, Poornima, Shalini, Sabahat, Shama, Nandini, Pradnya and Geeta** looked so very beautiful. I hope I have not overlooked mentioning any of you.

We welcomed the **NEW YEAR** with great fan fare. Many Lila Fellows participated, some with their Spouses. Of course the **Trustees** were there, **Always to support all of US**. It was a great memorable evening that we spent together. Following this we had a fantastic **PICNIC to FILA ROZIL**. We were at the farm for the whole day. The girls just would not leave the farm and Mr. Poonawalla! I had to almost herd them back into the bus. Maya, Surabhi, Frenny and Vasantha accompanied the girls. We stopped for breakfast at **Toni Da Dhabba**. Played on swings and merry go round and ate like hogs. We thought we would not be able to eat another bite. But when Mr. Poonawalla gave us lunch at 3:30 p.m. we

again ate like never before. And to beat it all, we all got **bunches and bunches** of multi colored **Roses from Mr. Poonawalla**. It was indeed a very memorable day! We missed the LF's who could not or did not participate.

Some of the Lila Fellows had the opportunity to interact with the visiting **"Swedish Parliamentary delegation"** in January this year. The members of the delegation showed keen interest in knowing about the progress of **Women in Professional fields** in India and meeting Lila Fellows gave them an excellent insight.

Now I am looking forward to the entries of **New Lila Fellows** who will be selected in the coming quarter. We will miss both Mrs. Maya Thadhani and Mrs. Frenny Tarapore as both are going to be away in USA to be with their children. They will of course meet some of you when in USA.

I keep getting news from many of you of your **progress**. My happiness is many fold increased when I see you **budding girls becoming mature managers, responsible wives and some of you even lovable Mothers**. By God's Grace all of you, by and large, are

doing well, serving well the **purpose of starting the LPI** i.e. to **support academically excellent girls who need some economic help when most required**. I am also Happy that those who are doing well are **coming forward to assist the Foundation**. I have no doubt that one-day **YOU ALL** will be the **TRUSTEES** of this **Foundation** and run its activities with great **Enthusiasm, Love and Care**.

With lots of Love and Best wishes,

Lila Poonawalla
Lila Poonawalla



Shalini Jones's wedding attended by trustees on 23/01/04



Nandini Vishwanath's wedding attended by trustees on 16/01/04



Sabahat Anwar's wedding attended by trustees on 22/01/04

SHORT TAKES

CAMERA ZOOMING IN....the tall minarets and impressive skyscrapers leaping out of a land surrounded by sea and interspersed with beautiful blue creeks and inlands. I land at Dubai International Airport at around 9.15 am. Oops!! My watch shows Indian time. Here it is 7.30 a.m. I drive through Dubai and Sharjah to reach Ajman which is about 30 kms from Deira, Dubai. These cities are really beautiful...with stunning architecture and amazing flyovers that offer exciting tummy-tickling rides. The round-about are also HUGE and aesthetically designed. All this works up to a BREATHTAKING ariel view of the place that is quintessentially THE GULF...



UZMA KAZI SAYYAD

The U.A.E is a home away from home. It rains Indians here, while South Indians reign supreme. I often shop at an Indian supermarket and am mightily pleased to see 'narial', 'poha' and 'chiwda's. 'Chuna' is there too! Though there is little here as compared to 'Carrefour', the colossal supermarket, yet I love basking in that Indian ambience.

The residents, irrespective of their nationalities, stand united for any social cause. Innumerable marathons and walk-a-thons are organized to raise awareness regarding environmental issues or to raise funds for cancer patients and research in various medical fields. It is heartening to see thousands joining hands for the less privileged.

One hardly ever hears of any thefts, molestations, rapes or murders. I was amazed to see shops locked behind glass doors without metal shutters! Nobody steals. There is plenty for everyone and folks are content with life.

During the summers, which last for 8 months (March-Oct), roads are deserted during daytime. One wonders if any humans inhabit the place. You can see the heat waves outside as the place turns into a furnace with the mercury hitting 45-46deg. Nobody wants to get roasted. Everyone is indoors with the AC's droning loudly. Evenings are no better. The earth emanates heat, so one cannot visit parks or beaches, only shopping malls. The winter? Aaah!!! It gets everyone out of their holes like teeming ants. The beaches and parks see family get togethers over sizzling barbeques. The joy and cheer engulfs you. Supermarkets are flooded with cozy tents, beach mats, sleeping bags, picnic tables, barbeque grills and coals. The tents opened for displays were so inviting...I felt like crawling into one and playing hide-n-seek with my only Playmate here--my puzzled hubby...

Everyone is geared up to make the most of the 4 months which will soon vanish as winter gives way to summer. Heavy fogs arrive to say goodbye to winter. Rain??? Oh! Its manna from heaven!! It's a rare occurrence. (This happens around summer-end after incessant sand storms which blanket everything) Just a drizzle that lasts for a

few minutes. The people, especially the kids go ecstatic and splash in the little puddles!! My Pune, oh my Pune! I miss you when I feel the tiny drops on my face and the cool breeze filling me up with longing for hot chai and bhajiyas after getting home drenched in the rain!!!

Chai? I had forgotten all about it. It is always fruit juices or 'laban'- lassi. Arabic food is mild, almost unpalatable for us who come from the land of spices. Even a pinch of chilli in the meals will set their noses and eyes

watering. I once managed to push down some 'leham bin labneh', lamb meat in curd gravy. Ugh!! Too bland! But I do relish the Lebanese 'felafil' and the 'shawarma'- pieces of roasted meat and French fries with salad tossed in and rolled into 'khubz', the traditional Arabic bread. Their sweet meats too are mildly sweet. The 'ligeymaart', the 'baklava' and 'kunafa' are all simply delicious! Oh yes, the Arabs are a very hospitable lot. A guest will always be offered 'qahwa' (bitter coffee with herbs) served in tiny handle-less cups like acorns of fairies! They love parties that are actually banquets fit for kings! Crazy about fragrances, every home lights the 'oud' (incense) especially on Fridays. Their perfumes range from the mild to the exotic!



Fire works at the Dubai Creek side, during the Dubai Shopping Festival, world's favourite mega event

Entertainment ? Here work and leisure are directly proportionate. The nationals and expatriates alike are doggone crazy about sports- desert and water sports. 'Fun drives' into the desert magnetize those who have the 'dune-bashing bug' in them. Sand tobogganing, camel races, horse races, boat-races, sea-surfing, kite flying, falconry, motor cycle races and parachute jumping are favorite stress busters.

Dubai hosts the Dubai Shopping Festival which is JUST ONE of the stupendous super duper events that attracts world citizens like honey does to bees. Luxurious cars and hundreds of dirhams given away as prizes in draws are very common.

The UAE sure is a land of abundance. It delivers more than it promises. It is an enchanting Magic Faraway Tree. But I feel like Mulk Raj Anand's 'The lost child' in the mela. No matter how enticing the displays, I want the elixir of my life - my families and friends. *Kya kare. Yeh dil hai ke manta nahin....!*

- UZMA KAZI SAYYAD



Hotel Burj Al Arab, Dubai - The Worlds finest 7 Star hotel built on an artificial island

Women Priests..... A rare profession !!

Every morning when you open your eyes... you are greeted by the rising Sun, beautiful green trees, flowers and birds singing. Your day begins with a smile. The joy multiplies when you hear Vedic chants recited in a mellifluous voice by WOMEN priests who have taken up this rare profession which was once dominated by MPN.

The words linger in your mind and take you to a different world of spiritualism that cannot be described.

We are talking about Sunanda Joshi, a lady priest, and many more like her, who have made a difference to society. These are Lady Priests from Pune, who conduct ceremonies at weddings, naming ceremonies, poojas and many other rituals, with élan and recite all the mantras according to Vedic customs and explain each mantra in Hindi or English.

According to common social practices within the Hindu religious order, women priests have been largely disallowed from performing Hindu rituals and rites. "With an increasing number of men taking up other more lucrative jobs, women are now filling the gap and outnumbering male priests" we are told. A rise in the number of women priests in various parts of the country and their increasing social acceptance indicates that times are indeed changing.

At the age of 45, Sunandatai does her work well with clear pronunciation of Sanskrit and an in-depth knowledge of the ceremony - vidhi, answering queries if any. She explains all the shlokas and mantras to everyone present for the ceremony so even the new generation can imbibe their meanings and get to know their culture and realize the importance of all the vidhis. Sunandatai does her work with the same amount of enthusiasm and energy as she did when she started 5 years ago. What motivates her to take to such a male dominated field is the satisfaction she derives from bringing happiness to other people's lives. "Initially, the male priests criticized and opposed women priests. However, social acceptance enabled women priests to carry on and they now perform last rites too," she adds.

She manages to find time to read a lot and make notes of the interpretation of the scriptures. She can speak Marathi, Hindi, Sanskrit and English fluently. She has no qualms about performing ceremonies for people belonging to any caste. Even in inter-caste marriages

she explains the shlokas in Hindi or English. "When I was in Assam and Gujarat, I used to watch all the vidhis out of curiosity, but now it's of great help to me and I am glad that so far I have been able to apply what I have learnt." It is significant that this field of activity was not restricted to Brahmin women alone but was thrown open to women of all castes. How is her experience in this field? She says, "I don't feel dominated by my male colleagues. But the ladies themselves object to the vidhis being performed by a lady priest." I was shocked to learn that 90% of the women are still not ready to accept this fact, even though it was accepted even in Mahabharata and Ramayana!!! Because of the sincerity and deep involvement of women priests, more people are inviting them. Today, her home is flooded with phone calls from people requesting her to conduct poojas, havans, griha pravesha ceremonies, namakarna and marriages. The gracious lady tries to manage as many as she can.



Woman Priest Mrs. Sunanda Joshi

She has crossed all the hurdles in her way. She has full support from her family. She is happy with her profession. Thus she has proved what women empowerment means. Her future plans include going abroad to make people aware of all the vidhis and Indian culture. Sunandatai says, "Originally, women had taken up duties of priests as a hobby. Later many of them looked upon it as a source to augment the income of their families. Over the years, the conduct of worships or sacrifices by male priests became so lifeless and mechanical that the dedication displayed by women priests has become a primary reason for their growing popularity and I find these benefits have accrued from the new awakening that the female purohitas are easily available. They display more feelings while conducting the various vows and observances. Women are now free to pursue Vedic studies. In an era of social equality, the system helps to reduce the dominance of male priests."

Her message to Lila fellows is, "Try to acquire the correct religious knowledge instead of following superstitions blindly."



Sujata Dongre

Advancing Horizons of Art

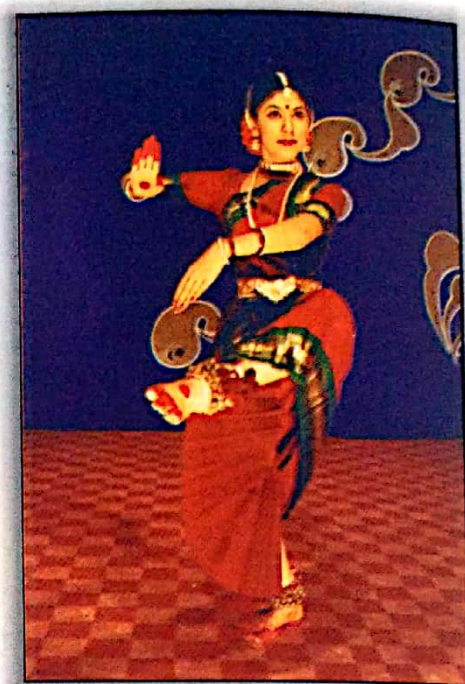
That 'man is a social animal', we all know. We trace his origin as a simple, nature loving animal. But God has blessed him with a quality unique to mankind alone. And that is "The appreciation of beauty". His quest for beauty leads him to create it using art as a medium. He was not satisfied only with activities like hunting and eating. He has used his extra amount of energy in creating various art forms. For primitive man these art forms were his daily activities and it is only later that he termed them as 'Art'. Dancing and singing were as natural to him as breathing. But now we perform them with a purpose. In the passage of time these art forms underwent a metamorphosis from the simple activities of primitive man to its present day status. According to the social life in each period, art has been used for different purposes. Sometimes it was used merely as entertainment, or a tool for Bhakti Prasar and today it has become a profession.

Art flourishes in a steady social environment and so after independence, art forms received impetus. We can divide the period approximately in 2 parts 1947-1985 and 1985 onwards. In the first period, preserving our heritage and culture was the aim. Many art forms were revived as per strict tradition. There wasn't much scope for improvisation. Learning traditional dance was not looked upon as a respectable activity. Even painting as a profession is looked upon as a dicey proposition.

But during the second period, the picture changed. What is more important for us is today's position of the arts and what role they play in our everyday lives and also in our social lives.

Today parents want their children to learn an art form and hence the number of children learning various arts is increasing. There are different views on learning the arts. Some parents want the child to learn because they themselves did not have an opportunity to learn it, while some want to keep their children creatively engaged and still some others want their children to choose it as a profession. Arts are more career-oriented today. So many centers and institutions are emerging where one can get professional training. Foundations like the LPF are encouraging young girls to pursue art, among other fields, as a profession by giving them scholarships.

Some pursue the arts in their pure form like presenting them as performing arts and some apply these techniques in different



Swarada Angal presenting her Art

areas using dance techniques as physical therapy or meditation through dance. In this global age one can exploit other aspects of performing arts. One can apply them in areas like publicity, multimedia, imparting social messages, etc.

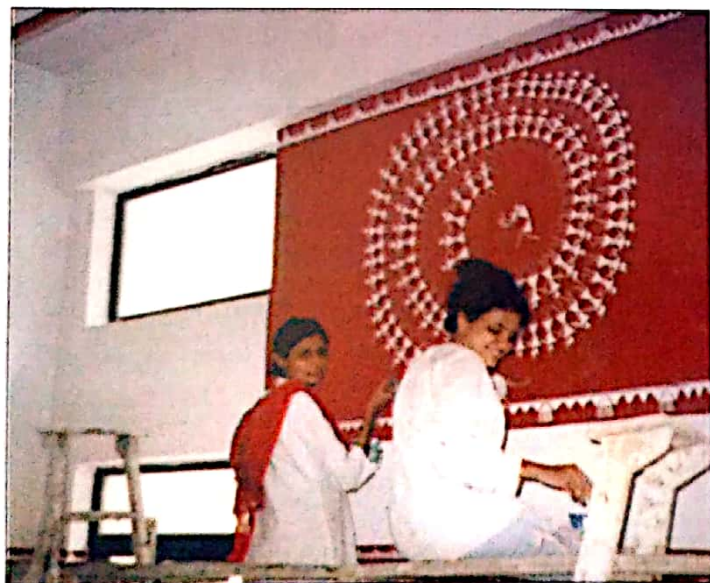
Today, in schools these arts are not confined to the annual functions only but are included as a subject in the curriculum.

Western art forms are also earning appreciation. People are taking deep interest in western art forms like classical ballet, ballroom dancing, etc. Even western music is gaining popularity worldwide. Learning the guitar or drums is in fashion. Most of the people learn these western arts only for enjoyment. But for it to be taken seriously as a career, will take some time.

These arts are not the domain of young people alone. Old people too can enjoy their retired lives by learning various arts. Even opportunities for careers in arts are increasing tremendously. Tailoring, fashion designing, modelling, etc. are now being pursued by many girls and boys with equal enthusiasm. They arrange fashion shows to exhibit their talents. Choreography and stage shows are the platforms for dance drama and music. There are many intercollegiate competitions like Alpha Mahakarandak, Firodia Karandak and others that provide a good platform for displaying many talents.

One is compelled to agree that the horizons of art are expanding by leaps and bounds.

Hats off to 'man the social animal' that is still evolving!!!



Sujata Dongre (LF) & her mother teaching Warli painting

SUJATA and SWARDHA

PUNENewsline

The Indian EXPRESS

PUNE Newsline ■ TUESDAY ■ JANUARY 6, 2004

Believe in yourself says food consultant Ruta Inamdar whose dedicated approach to life is taking her places

Just 25 and she's seen the world well. If you do things different and with complete sincerity, who said you don't reap the rewards.

So to start off, after completing higher graduation studies in food science and quality control from SNDT, Pune Ruta Inamdar was mulling over pursuing higher education abroad. "I love food. What interested me more are the nutritive qualities of food and the science behind it," she says.

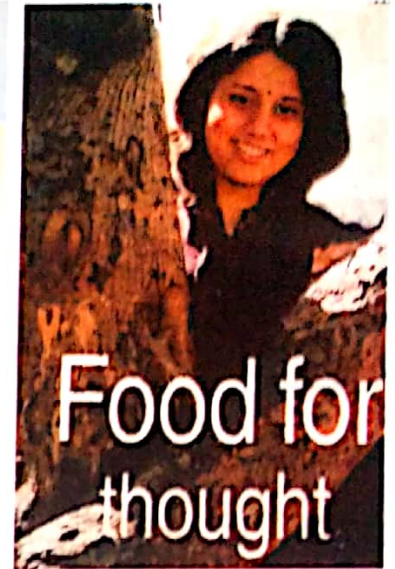
Applications were on to a master's course when Ruta Inamdar met with an accident, and things went off-track. She picked the strings after recovery, admitting herself into an MBA course. "I was always looking forward to studying abroad. I knew this was going to be an expensive affair so I applied for various scholarships too," recalls Ruta.

But Ruta's excellent academic records and her several student-life achievements brought in rich dividends. In 2000, she gained an admission into the University of Nottingham, UK with a scholarship that paid her airfare, visa charges, book allowance, sustenance allowance - in short took care of every thing. "I have

actually managed to save quite a bit. Also several foundations in India insisted I take their scholarships like the Tata foundation. The Lila Fellow Scholarship too offered me their scholarship but since it is need-based I chose to return it," says Ruta.

After that it's been a journey of self-discovery for Ruta. She topped her course and by 2002 found herself employed with Nestle in Switzerland as a internal consultant, which takes her across the globe. And for pointers, Ruta suggests, "Don't underestimate yourself, you'll be surprised by what all you can achieve."

APARNA CHANDRA



Citadel Pune, February 2004

CITADEL

DANCE LITTLE MAIDEN DANCE!

At 24 she is married, yet retains her maiden name. She wants to do a PhD in dance, work with moviemakers and do stage and production shows. For relations she has the likes of Sumitra Bhawe. And for awards she has won the Lila Poonawalla

Foundation scholarship. She possibly could not have had a better launch vehicle then *Dahavi F.* Devika Daftardar, who has choreographed the sequences for *Dahavi F.*, says, "*Dahavi F.* is basically a children's film dealing with problems of school going children. Sumitra Bhawe saw an article in the newspaper, which

spoke of how school children had broken furniture. That real life incident clicked and she made the film. As the original choreographer backed out at the last moment, I stepped into her shoes. Research meant watching movies like *Singing in the Rain*, *Fast forward*, Mani Ratnam's *Anjali* and *Sapnay*. Although I have no formal training in choreography, I am learning classical dance for the past ten years, currently, under Sucheta Chaphekar."

Devika does not seem to lack ambition. Her head is already buzzing with ideas. "After I finish my MA at the Pune University, I would like to do my PhD in Dance. I want to do choreography in films and on stage. My interest is in mythological and socials especially for the theatre. If I get a chance I would even like to go abroad and study ballets,"

Getting prepared alright.



Mind your etiquette



Burp Aaaaachu! Yes, a familiar sound when you have eaten a lot or are suffering from a cold. But what happens if the audience is some foreign delegation in the attire of a prospective client? Well, the client remains prospective forever. Reason being lack of etiquette on part of the best organization. 'A Touch Of Class' was the subject of the one day workshop on corporate and social finesse.

The workshop was conducted exclusively for recipients of the Lila Poonawalla foundation scholarships. A complete workshop committed towards grooming an individual to become a citizen of the upcoming global village, this was one workshop that went beyond the usual Ps and Qs.

Walking Tall on Wall Street

timescity.com
THE TIMES OF INDIA
Friday,
January 2, 2004

ANURADHA KHER
Time News Network

"A year on Wall Street is as good as three anywhere else," says 29-year-old investment banker Neetu Bhatia. Her life is a dream envisioned by millions of engineering and management students across India.

That she has achieved much more than most of her contemporaries is totally concealed in her humility. Vice president of Blaylock and Partners, a boutique investment company on Wall Street, her driving passion for challenges keeps her on her toes at all times.

After passing out as best student from the College of Engineering, Pune (COEP), Neetu applied to 10 colleges abroad and got in to all of them. Stanford and MIT stood out. "After much deliberation, I chose MIT," she says. She applied for a whole bunch of scholarships and got at least a dozen of them. She was also the first to be awarded Lila Poonawalla fellowship.

"From then on, things just rolled," she reminisces. But her list of achievements does not end here. While at MIT she did a research project with nobel laureate (Economics) Franco Modigliani, considered the founding father of modern corporate finance.

Neetu was also captain of the Maharashtra cricket team in her college days. "It was either cricket or academics. I chose academics because in India it would be very difficult to earn my bread and my butter playing cricket. More than that I wanted to study electrical engineering. I always had a fascination for creating things with my hands," she says.

At MIT she pursued a master's in Engineering and Management. "The course allowed me to take classes at Harvard as well and eventually, I got hooked on to finance," she remembers.

Living in her own apartment near the United Nations building in Manhattan, she shuttles between a busy job and chilling out with friends once in a way. She explains, "My job involves advising about mergers and acquisitions for Fortune 500 companies. There are times when we work 100 hours a week. It's hard work, but I am enjoying every bit of it."

"If there is any place in the world that I could have managed to do this it had to be Pune. It's such a great city with a great environment for education," she reveals. In the future Neetu hopes to take on more than what's already on her plate. So does she want to settle down in any other place? "I feel there's no place like New York city to learn fine Indian companies are not that mature enough in investment banking and capital markets. A lot of business in India are family run and not really professional. But things are gradually changing," she concludes.



Investment Banker
Neetu Bhatia

Samata Sabla catches up with Lila Fellow - POOJA KESWANI who shares her career and success with us.

Hear it from the lady herself...

Says Pooja Keswani, "I was born and brought up in Pune and belong to a middle class educated family. After completing my HSC, I decided to pursue Computer Science as my career, got a first class with distinction and stood second in my college.

On merit, I was selected for the MCS, at Nowrosjee Wadia College. After I completed my first year of MCS, I applied for the Lila Poonawalla Foundation (LPF) scholarship and was very fortunate to be granted one. Apart from being a financial aid, the scholarship undoubtedly provided me with a tremendous sense of confidence and encouragement. I secured the first rank in the University of Pune for MCS.

I am presently holding the post of a Technical Leader in Harbinger Systems Private Ltd and I have the responsibility of leading the engineering team of the Employee Resource Center project in the company. I have the privilege of working under Ms. Swati Ketkar, the Executive Director of Harbinger Systems, who has been recently honoured with the "Leelawati Mehandalay Woman Entrepreneur" award.

I have a strong liking for music and I listen to it whenever I can.

Amongst the many things that I admire about the LPF, is the way the Foundation keeps in touch with all the Lila fellows all over and gets them together like a family. This unique approach distinguishes the Foundation from other scholarship givers where the association ends after the candidates receive the scholarship. At LPF, the journey and the relationship begins after the scholarship is granted to the girls.

I believe in setting achievable goals in life. I have a desire of pursue my software profession and obtain expertise in my domain. I want to get myself to a position where I can make some useful contribution to the development of society in general, especially in women -centric projects. I admire women who are passionate about their careers and can strike the right balance between home and work."

So you see folks, we've got girls who are harbingers of leadership for the 21st century!!! You needn't look else where...



Samata Sabla



Pooja Keswani

LEADING LADY

An Advocate with a Human Touch and a Successful Politician with Courage & Convictions - meet Mrs. VANDANA CHAVAN

When we planned to feature Mrs. Vandana Chavan in Inspira, our newsletter, we were wondering how this meeting would shape up. The usual perception that people have about politicians was making us weary as was the thought whether the advocate in her would allow us to win any arguments. But the fact that motivated us to meet this young lady was the reputation she has earned with the people of PUNE...



Mrs. Vandana Chavan

Vandana Chavan comes from a family of renowned and successful Advocates. Having completed her Bachelors in Science, she initially wanted to get into engineering but later found herself interested in Law, partly due to her family background and also because of her own ability for logical and analytical thinking. She took a law degree from ILS Law College ranking 1st in the College and 2nd in the University of Pune.

Head girl in school and ladies' representative in college, this quiet girl added another feather to her cap when she was elected as the Mayor of Pune at a very young age and became the pride of our city. She draws inspiration from her family members, especially her father who wanted Vandana to become an advocate like himself.

In 1985 she received permission from the Bar Council to practice and since then she has handled several Criminal and Family court matters and successfully resolved them. She fought murder and dowry death cases wherein she put forward a different viewpoint by fighting from the husband's side, proving his innocence by getting to the root of the matter. She really enjoys helping common people get justice.

Our Leading Lady has received much special recognition including scholarships, honours, awards and prizes. To name a few- 'Vocational Excellence Award' for social work; 'Ideal Woman Councillor Award-1996' in recognition of meritorious service rendered for the cause of the poor and the public at large and the 'Efficient Councillor Award-1996' - in recognition of her work done as a Councillor.

Entering into the arena of politics was never on her agenda earlier. In fact she never wanted to get into it as it demanded a lot of sacrifice from her professional and family fronts. After jumping into the fray, she says "I thought I would leave after five years and go back to criminal law," It was never to be.

With the constant egging on from her family, especially her husband, she worked on several important Committees in the Corporation during this period such as Women and Child

Welfare, Slum Improvement and Rehabilitation, Public Health and Law Committee (she was elected thrice as Councillor to the Pune Municipal Corporation, in the years 1992, 1997 and 2001).

Mrs. Chavan's clean image gives her the edge over others. Constant encouragement and support from her party coupled with her potential, got her a ticket for the Assembly within just 3 years. She was then elected to the prestigious post of 'MAYOR OF PUNE', for the period 1997-1998. As Mayor of the city she initiated the "Clean City Campaign Sankalp", Tree Plantation, Literacy Campaign for illiterates, Seminar on 'Aids Awareness' for Women Councillors, Orientation Workshop for Elected Representatives and Seminar on Sustainable Development of Cities for Mayors and Municipal Commissioners from major cities across the country. 'Fifty Years of Independence Celebrations' saw unprecedented response from the citizens which was another achievement for her.

She also worked towards strengthening International relationship between Pune and the Sister Cities of Bremen in Germany and San Jose in the US.

Working in tandem with everybody was not difficult yet sometimes indirect humiliation made her think of backing out. Later, however, the undying support provided by the citizens, her family and her party helped her get along with all kinds of people. She stuck to her principles and also brought about remarkable changes in the city and in her party.

Presently, she is the Vice President, All India Mahila Congress and is heading the project Savitri Marketing Institution for Ladies Empowerment (Smile) which provides vocational training to women and marketing support for their products for the economic empowerment of middle and lower middle class women in Pune.

Her free time is spent in gardening and painting, though now she does not find the time for them.

Women, she feels are more responsible, committed and uncorrupt.

Sujata, Samata & Sunetra with Mrs. Vandana Chavan. They employ optimum use of power for the betterment of society and it appeals to them to use their education to make a difference in society. She adds, "Politics requires professionals like me and also new faces. We should get paid for the political positions we hold." Her advice to Lila Fellow is- "We owe some responsibility to society and we need to do something concrete for it's betterment."

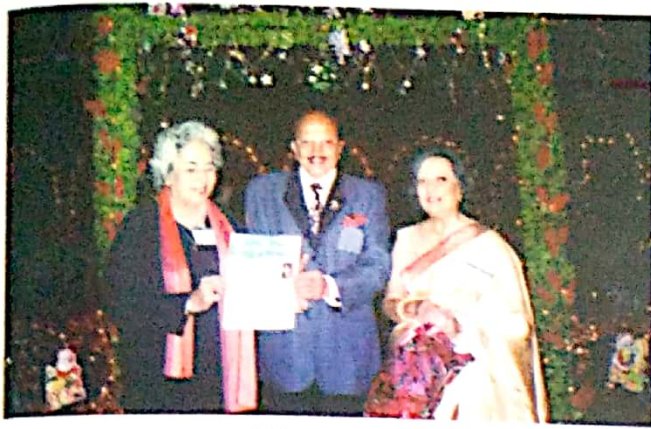
Yes ma'am, we agree.

We all wish her all the best for the future.

A great example of women power, what say?

-SUNETRA, SWARDHA AND SUJATA





Release of 11th Inspira by Trustees

Down Memory Lane... SNIPPETS



*LFs with their spouses
at the NY party*



Having fun enroute picnic at Filarozil



Learning the budding technology at Filarozil



LFs having gala time at NY party



LF's with the Swedish Parliamentary Delegation

DONORS TO LPF



*Subahat Anwar
(LF-97) Rs. 20,000*



*Ashonita Chavan
Rs. 30,000*



*Manjusha Gupte
(LF-97) Rs. 50,000*



*Sonya Thadhani (daughter of LPF
Trustee Maya Thadhani) donated
US \$1000 to the foundation*



Title : How to Hypnotize Yourself And Others

Author : Dr. Rachel Copelan

Price : Rs. 140 /-

Published by : New Light Publishers, New Delhi

We have all been secretly Hypnotized at some point. Yes you probably have too, unless you are one of those rare individuals who have never watched a television programme. Television has the power to lull the mind into a state of exaggerated suggestibility, opening it up to behavior control from the outside.

Living in this decade where we search for alternative answers to the conventional ways of solving problems, the trend is towards 'self exploration and self-help' to prevent many evils that result from the over-stressed lives of most of us. And yes the answer is the Process of Hypnosis.

How about learning this by ourselves and practicing regularly.....??? Oh yes we can. Through the hypnotic techniques outlined in this book; anyone can learn to control unwanted behavior such as smoking, overeating, alcoholism, and insomnia.

Dr. Rachel Copelan, a Professional Hypnotherapist, sex educator, and family counselor has written several other books including How to hypnotize Yourself and others. She frequently lectures across America, helping people solve their problems with the techniques of hypnosis.

There is tremendous curiosity about the Hypnotic phenomena among people and very few books to answer the need. Those books that are available are mainly written for professionals working in the fields of psychology and medicine. But for a layman? Well, the purpose of this book is to acquaint both the beginner (layman) and professional with the most up-to-date methods and uses of hypnosis. With simplified techniques that anyone can quickly learn, it is possible to harness a dynamo of mental energy in a more productive way. Hypnosis is not only

effective as a key to the mind; it can also help to direct the mind's energy to alter our concepts and sensations.

Hypnosis is a powerful tool in 'behavior control', helping people to cope with many serious problems. This book shows you how to tap your Brain's Resources and efficiently use its energy in a most positive, controlled manner. The twitches of an eye, the motion of a finger, a puff of a cigarette, the lifting of a beer bottle, are all controllable through hypnotic thoughts.

This book is divided into two parts. Part one, for beginners, explains the basic principles of hypnosis-----Relaxation, Concentration, Suggestion and Repetition. It's simple. It will teach you 'How to Devise your personal Programme for improvement', 'Reconditioning Unwanted Behavior' and 'Getting a Good Night's Sleep Hypnotically'. Part Two, 'Advanced techniques' has the most useful methods and uses of hypnosis, illustrated by case histories of people whose lives were changed through hypnosis. You will learn how to stop overeating, quit smoking, solve sexual problems, control pain, and to overcome resistance, help for Cancer patients, Migraine headaches, chronic Backaches, all through specialized and unusual techniques of Hypnosis.

Hypnosis is the wedge, with which we can enter and stretch the mind to enhance the human potential for personal and professional growth. Hypnosis helps in focusing on the inner reality of who you really are and what you want from life. Moreover, hypnosis is dynamically helpful in achieving those ends. So now you don't have to remain a cooperative puppet assisting in your demise. You can stand on your own feet, take over the controls and snip the strings of manipulation by others.

Self-hypnosis will change your life in every way physically, mentally, and even spiritually. Ordinary living becomes extraordinary.

- SUNETRA CHAPHALKAR

YOURS TRULY

Inspiration can come in many incarnations, whether sensational or subtle. For us, at LPF it comes in the embodiment of 'Living Life With A Difference', a special page that we have introduced where we feature women who are taking up professions that were hitherto the exclusive domain of men. Those we interviewed were very happy and humbled as they never imagined that they could be made so important. And why not? Our women Puneekars dare to be different and rightfully deserve to hog the limelight. We salute such women all over the world who anonymously contribute their bit to society.

We are proud to learn that Dr. Arun Nigvekar and Dr. Kiran Majumdar find our issues very interesting. (Pull your collars up fellas!!) Our readers' appreciation only whets our appetite to enhance our issues. And we are on the right track - speeding towards improvement. Because that's what Inspira is all about. We inspire and are inspired!! (You will agree, I am sure!!!)

Sujata and Swardha, the Inspira team gathers you in its warm embrace. Whilst you are with us, you will experience the exhilaration of belonging to such a dedicated team. I extend my heartfelt thanks to Sunetra for coordinating the activities of the team in my absence. Though I am miles away from home, I derive indefinable contentment in guiding my team towards superlative performance. We may be at different locations but are ONE IN SPIRIT. (Aren't we, folks?)

Yup, I can hear that chorus!

Three cheers for LPF!! Hip Hip Hurray!!!

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