

Inspira



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FROM MY HEART



My Dear Friends,

We are passing through an EPOCH year. WOW! We are already in the 10th year of creation of Lila Poonawalla Foundation. Time certainly has flown. Many Lila fellows have got married and some have even got children. Most of them are working in good positions in various organizations and supporting their families. What is important is that most of you are in touch with the Foundation in one way or another and I am happy that **Inspira** has been an excellent way of keeping in touch.

We had our 9th Award function in July this year. We were lucky to get **Prof. Indira Parikh, Dean of IIM - Ahmedabad** as our Chief guest. We welcomed 31 new Lila Fellows in to our family. You have a brief report about the function in this issue.

We welcomed the new batch with a tea party and a program on "Stepping into the new world" conducted by the renowned trainer **Mrs. Ratna Khemani**. Some of the Lila Fellows became experts in Egyptian painting. They took an 8-week training program from **Mrs. Maya Dongre**, who is an expert in this art. **Mrs. Cora Menezes**, Director TACORA (TA center for ongoing relationship analysis) conducted a **Personality Development** program, which included TA for Personal Effectiveness. **Mr. Poonawalla** hosted two thanksgiving parties, one with a movie (- the Crusaders) at E-Square followed by dinner at the Pride Executive and another for the Trustees at Silk Route. We certainly had a great time. **I celebrated my 60th birthday** with all the LFs at FILLI VILLA. A warm and loving celebration indeed! We had a Dandiya Raas party at **Mrs. Ramaswamy's** house. This party was organized by our very own Lila Fellows **Vandana, Sujata, Bhavana, and Pradnya**. Thanks Girls.

Mr. Poonawalla and I were in Bangalore and we took the opportunity of meeting all the LFs who are there. We had a very enjoyable dinner together with their spouses. **Mrs. Thadhani** was in the USA and she made an effort to contact many LFs and also met a number of them.

We have to once again congratulate **Mr. Poonawalla**, not once but twice.

In September he was awarded the "ARCH OF EXCELLENCE GOLD MEDAL" and in December with PUNE'S PRIDE AWARD for Corporate excellence. Let us wish him all the best for many more such recognitions for his excellent work in promoting agriculture.

As you know this is the 10th year since the inception of our

Foundation. We have already fixed the date for the 10th Award Function as 30th July 2005. Our Chief Guest will be **Dr. Kiran Bedi**, who launched our Foundation in 1996. We are inviting all

our past Chief Guests to participate in this event. On this occasion we will be launching our book on the success stories of some of our Lila fellows. We have also lined up many programs throughout this year of celebration, such as a Scrabble Clinic, an overnight stay during a weekend at a Warli village, picnics, debate competitions, quiz programs, training programs, street plays on social responsibilities, tree plantation drive, a cultural performance at an orphanage, and many others as we go along. Of course we will also have our party welcoming the New Year. If any of you have any suggestions both for any innovative programs and ideas of how we should celebrate the Award day please do send me a mail. After all it is your Foundation.

I take this opportunity to thank profusely all those who wished me well on my 60th birthday and sent lavish contributions towards building the corpus of the Foundation, in appreciation of all the work that is being done by the Foundation. **Prof. Goran Grosskopf**, (this was his second gift), **Mr. Harry Faulkner**, **Mr. Jan Carlsson**, **Mr. John Rausing**, **Mr. Finn Rausing**, **Ms. Kerstin Rausing**, **Tetra Pak International**, **Mr. Ulf Brasen**, **Mr. Christer Tulberg**, **Mr. Goran Buring**, **Prof. Kulkarni**, **Mr. Ramaswamy**, all the trustees of the Foundation, some Lila Fellows, and many other well wishers of the Foundation.

Finally, I would like to say **Farwell to Prabha Mudaliar**, who has been associated with me ever since she passed out of college. She has decided to move with her husband to Bangalore. I would like to thank her for her wholehearted support to me for the last 32 years. Wish you all the best, Dear Prabha.

Kalyani Pathak LF of 1998 has joined as the new secretary of the Foundation. Let us all wish her all the best and give her our full cooperation.

I close this year's last issue of **Inspira**, with good wishes to all of you for the New Year. May this year bring happiness, joy, success and progress in your lives and in the life of all you love and care for.

Lila



SHORT TAKES

At every step Kalyani Ghare hit a stumbling block, but she refused to fall. She changed route and started afresh, converting every adversity to her favour. Taking pride in the fact that today the top 5-global IT leaders are chasing her, she walks down a tearful nostalgic lane with Rajani Panchang reliving the challenges she took up to make herself finally noticed!



Kalyani Ghare

Father, head-clerk at a Central Government office, being the only earning member at home, Kalyani had to opt out of her wish of becoming a medical Doctor. She pursued B.Sc. Chemistry at Garware College and simultaneously graduated in Computers from NIIT. A simple standard of living and financial crunches however have not crippled her dreams to make it big someday. Speaking about her motivation she says- "My mom is a very strong personality who deeply influenced my life. What I am today is because of her constant motivation and courage she imparted to me to beat every odd. She struggled throughout her life. She is a social worker with the Congress. She is a Special Executive Magistrate, not employed. Maybe she is not a big time social figure, but with her contacts with politicians and judiciary she helps distressed women with personal, emotional and domestic problems."

After her graduation, she gave her CET examinations and joined PUMBA for an MBA specializing in Computer Systems. Her mother had seen the LPF ad in the newspaper and asked her to apply. She received the award for the second year of MBA. What was her experience at the interview like? "I seriously felt they did justice to my situation..... I really needed the scholarship at that time and they were strictly emphasising on academics. The interview process was really serious and they knew what they wanted to do. Unlike any other scholarships in India, I found LPF genuine. That scholarship boosted my morale and self esteem. After that I have never stopped and now I feel on top of the world". During her MBA she was surrounded by many intelligent folk and she struggled hard wanting to perform well..... "After all I knew this was my gateway to the corporate world and my path towards fulfilling my dreams! So I had to crack it."

She did her summer training with Indian Seamless Metals and Tubes (ISMT) and got selected through a campus interview for Hindustan Petroleum Corporation Limited (HPCL). HPCL being a private sector company, took time issuing her appointment letter. Meanwhile she took up the open offer from ISMT to join them and worked with them for 9 months. She co-laterally worked as a visiting faculty teaching ORACLE at PUMBA in the evenings. Then came the time to join HPCL.....Mumbai- Big City! She was out of her home for the first time. She joined as a Class I Officer and was the only girl in the refinery IT department. Her job profile was ERP implementation and being a go-getter kind of a female who knew her job well, it was not long before her tough competitive resistance invited non-co-operation

from male colleagues as well as the management (except the then DGM). She was not facing adverse situations like these for the first time; it had been similar at ISMT too. She boldly says, "It was a challenge I decided to pick up and hold on".

After one and half years in Mumbai, once on a visit to Pune, a lady who was associated with Gopinath Munde invited her to lead an entire project. The project profile dealt with complete computer designing and automation of Munde's sugar factory at Beed. Kalyani recruited a team of 6 and travelled every weekend to Beed from Mumbai- 400 km round trip. She was working 15-16 hours a day, including weekends! Why not- this was one of the biggest breaks in her career! "Now I felt after HPCL, I needed to go International and see what it is like to work in other countries. Ofcourse, the financial factor was also ever present."

She got a job in the States and one fine day in 2001 she was in Pittsburgh. A few months later her parents suggested an alliance, Ajay Maskar, who too was in the US at Phoenix, Arizona. She liked him and they tied the knot in April 2002. She was then working with Deloitte. Meanwhile she took her GMAT and got admitted to an American MBA course, whose classes she attended till the last day of her pregnancy! We must say she really has something to say about her delivery experience..... "I had just finished submitting my last assignment on August 4th and Ajay had to travel 200 miles from home that day. I was all alone and my baby said 'Knock knock.....I need to see the world'! I held the idol of God, prayed and told myself I can do it. I took my car out of the driveway and drove to the hospital and got myself admitted!!! And then we were blessed with a beautiful daughter, Vaidehi".

Kalyani Ghare has maintained her maiden name. But she is a true family person at heart. She and Ajay are complete opposites but great partners for a lifetime. More friends, than husband-wife duo, both believe in a structured life. He has given her all the space for her career ambitions to grow and nurtured them too. Though she holds a Green card today she dreams of coming back to India and sending her daughter to the same school she went to. She loves visiting new places in the US, relaxing, talking to people, making friends, decorating her home and most of all shopping!

She was initially into consulting at Deloitte. Recently Cognizant showed an interest in her resume and absorbed her in the post of a Global Lead for their client at Minnesota. It's hardly a month since she has switched jobs and now she has an offer from Accenture and IBM both. On being asked how it feels suddenly to be in demand, this ambitious Scorpio lady proudly says, "I have worked with two of the biggest Scorpio companies in the world. Now with the 'Big 5s' chasing me to join them sure feels good!"

Does she want to come back to India..... and specific aim? "OFCOURSE! After 5 years I want to come to India and enter the corporate world. Mrs. Poonawalla is my ideal. I was honoured when she came for my wedding. I have been watching her keenly. She is one big example for all strugglers. I want to make her proud of her decision of granting me the scholarship and sowing in me that seed of ambition". Lastly, this lady with grit and determination has a message for all LFs..... "If you have the determination, consistency, patience and courage to fight every odd, you will conquer every difficulty, surpass every hurdle and get what you want."

■ - Rajani Panchang

LIVING LIFE WITH A DIFFERENCE

"Daakiya dak laaya, daakiya dak laya, khushi ke palgam laya....." These lines conjure us the image of a Man in khaki uniform and a cycle loaded with lots of letters and the typical khaki coloured postbag, don't they?

Yes, I'm talking about...no not a Postman but a Postwoman, Mrs. Varsha Belsare. She is working at the S.P. College Post Office, one of the most crowded post offices in Pune. Currently she is the only postwoman among her 49 male colleagues, but working with the same courage and determination.



Varsha Belsare - Postwoman "Our Reliable Messenger"

How did she opt for this job?" My entire family was working in the Post Office - my mother, father, elder sister, all....After completing my S.S.C, I automatically opted for this job.", she replies promptly.

But is it that easy for her? No, not at all. She started to work as a stand-in for people who were absent or on leave. This was not at all an easy task. She had to work for any 5 hours, whenever she was called. But she managed this very well and she did this job for 8 years.

"In the year 1999, I appeared for a postwoman's exam and after passing it I underwent some training from my senior colleagues and Divisional Officer. Now I am doing this job for the past 14 years and I definitely want to continue with it", she told me enthusiastically. From 1999 to 2003, she was shifted to the job of a stamp vendor, which was an 8-hour duty from 10 a.m to 6 p.m. But due to some reason this post was scrapped and she reverted to being a Postwoman.

Is her life different from ours? Every morning she prepares *dabbas* for her family before leaving the house. She manages her household chores and even her husband helps her sometimes. Pretty same as our lives!!! She reveals, "Now, I am very used to this job. It was very difficult for me at the start. My legs were paining a lot and I got tired quickly; especially in the summer the situation was worse. But now I have got accustomed to it. However I don't use a cycle. I prefer walking rather than cycling to cover my area. After delivering the letters the work doesn't get over. When I come back to the post office, I have to sort out all the

remaining money orders and registered letters and submit the total to the Treasury Department. The workload increases in the festive seasons like Sankrant, Diwali and New Year."

Her area of delivering the letters is called a "Beat." It changes from time to time. Currently she is working in Vijayanagar Colony. "You need to be courageous and determined. I never feel scared; after all I am doing a job." It gives us women varied experiences everyday so that we can face the difficulties in our lives. Is being a woman a disadvantage? "Of course not! Why should it be?" She questions and talks of her experiences about her male colleagues. "The job gets easy only because of the co-operation from all my male colleagues. They don't force me to overwork just because I am a woman. It's great fun to work with them. I get Beats which are not too far or difficult to cover. Rather the number of women opting for this job is increasing day by day."

This job also taught her something important. "You meet all kinds of people. Sometimes they ask me for some help if they have trouble with the post due to some reasons. They ask me to accompany them to the post office so that I can identify them. You learn to care for others as well, since that is an essential part of this job. I sometimes deliver their post at their doorsteps if there is some problem with their letter boxes."

Now she has appeared for the exam of a clerk's post which she will definitely pass. Surely in this world of SMS and E-Mails she is doing a great job!!!

■ - Sujata

Your New Friend

Hi Dear Lila Fellows,

I am Kalyani Pathak, Lila Fellow (1998) and now secretary of the Foundation. It is my pleasure that I got the chance to serve the Foundation.



Kalyani Pathak

As you know this is the 10th year of the Foundation, so we have decided to celebrate the whole year by conducting various programmes. All these programmes will be arranged in such a way that it will give us a chance to learn innovative things, acquire new skills and develop our personalities. I am sure that when we actively participate in these programmes we will find them useful and we will definitely enjoy them. The Foundation is giving us a golden opportunity to learn many things. We should take advantage of it and increase its value.

Looking forward to seeing all of you more often.

■ - Kalyani Pathak

Award Function



Performance by Lila Fellows at the Award Function 2004

30th July 2004. Another landmark day... Our own Lila Poonawalla Foundation turned 9.

31 young, talented and aspiring girls were awarded their scholarships to pursue post-graduate education in India and abroad.

Do doubt the LPF has the reputation of "doing things differently" but the year's award function surely had a new look. And this taste of difference prevailed right from the moment one entered the venue... right at the entrance, a small yet beautifully arranged Warli Painting exhibition (an art created by LFs in a training workshop held during the previous year). Then came an exquisite Bharatnatyam dance recital by LF Swarada Angal (who received her scholarship to pursue Masters in dance last year), followed by an English skit performed by Lila Fellows (who were groomed in spoken English again at a workshop at LPF). Last but not the least applauded came LF Gauri Swakul's Indo-Japanese fusion dance performance. This year the Foundation thought it was best to stage the activities of the Foundation and the quality results to the gathering rather than just mentioning what we do throughout the year at the Foundation for the LFs.

Then came the most awaited part...the Award Function graced by the first lady Dean of the Indian Institute of Management, Ahmedabad amongst 6 prestigious IIMs across the country, Mrs. Indira Parikh. It was a hard task for Mrs. Poonawalla to assimilate the long list of achievements of our honored Chief Guest.

Married just at the age of 18, even before completing her graduation, Mrs. Indira Parikh was definitely more circumstantially challenged than most of the young girls of today's generation who prefer establishing a strong foothold in their career first and then get married. A Doctorate from the Gujarat University with Research Specialization in Human Resource Practices, an M. Ed. from Rochester University, USA, teaching at universities in France and the US and a management consultant to corporate houses and organizations like the International Labor Organization, Dr. Indira Parikh, is the winner of the lifetime achievement award for 'The Best Teacher in

Management' at the World HRD Congress in 2001.

The qualities that make Dr. Parikh a class apart were evident in her guest address that she began with congratulating the new awardees, not just for the award but also for the mere fact of being women. For her she said that being a woman is the most beautiful thing in her life and she insisted upon the importance of preserving the beauty of being female while pursuing any Herculean task of career success. According to her, "If women are not aware of their rights and let go of their dreams because others are not supporting them, then that would be the most destructive step they could take". However she has been lucky and gives the credit of her success to her parents and of course her husband for supporting her firmly in her career. She further stated that "Your heartbeats are your purely individual inner voices, which you always need to listen and follow. When it says 'go ahead and achieve your goals', just do it." She emphasized on doing meaningful things with spirit of individual uniqueness. She also stressed on the importance of the female role as an architect of a responsible, united family and society. It is for the women to teach their male offspring to respect womanhood and not consider women as a weaker sex. No doubt when women keep no options to step back, their paths will take them ahead; but she asserted never to compromise on one's self-respect and dignity. With a dash of humor she shared one of her experiences.....Her young son one day asked her, "What is the price of your success, Ma?" She could not answer this question. Her son answered, "Your son's loneliness." Her job bothered him; hurt him a lot, as most of the mothers were looking after the household work. Today, when her son's daughter has grown up and asks him the same question, Dr. Parikh's son realized never to complain again.

Apart from being just a woman, she said she has thoroughly enjoyed being an "Indian woman". She called up everyone to play an ambassador for the country, wherever one travelled in the world, to carry the country's citizenship with pride, respect the country's heritage and lead such a vision that makes your child respect you and his country, both.

The function ended traditionally by felicitating the new family members (new LFs) who came from diverse and equally non-traditional academic streams. Of the 31 girls; 10 girls were awarded fellowships to study abroad (Stanford University, University of Massachusetts etc). The 20 girls pursuing higher degrees in India cover institutes all over the country. (Eg. CFAL University-Hyderabad, Frankfinn Institute Of Airhostess Training, Lalit Kala Kendra) to name a few. So, in general the awards this year cover Biotechnology, Finance, Music, Travel & Tourism, which are off beats streams, which the new girls are daring to venture into. By supporting such non-traditional interests of education, LPF once again had kept off bias to established career options, thereby inspiring more and more girls to become pioneers!

■ - Swarada and Sujata

I believe Love and Laughter are the best medicines says our Lila Fellow



Manisha Deshpande.

Let's take a quick tour through her life and hear it all in her own words.....!!!!

I was born in Deolali (Nasik); the second child of my parents. Ours was a "chhota sukhi parivaar".

My father was in defence (Air Force), so for me it was all about traveling throughout India. Hence schooling has been in Kendriya Vidyalayas, CBSE Board. It was like making new friends after every 3 years. Yet I would say that, that helped me in becoming easily adaptable to changes in life. I completed my 12th with flying colors. Now was the time to make important decisions that would shape my life that lay ahead. I did my Bachelor's in Computer Science (BCS) and then Masters in Computer Science (MCS) from Pune itself. I was amongst the University toppers.

I came to know about the LPF through one of my friends, who was already a member of it. When I applied for the scholarship, I never knew that it would become such an important part of my life. Being a member of the LPF for so many years now, I would say that it is not just being a member of a Foundation but like a member of a family that nurtures you and cares for you. It's all about giving, learning, socializing, improving, getting inspired and motivated.

I never had to struggle a lot to achieve things in life. I will always be thankful to God for this. Right decisions at the right moments and full support from my near and dear ones are the reason behind my smooth sailing till now. I have always believed in living life to its fullest by adding love and laughter in it. My mantra is "Live for today", as you never know what the next sunrise holds for you. This is applicable in finding my lucky man my dearest Hubby Aditya Deshpande. Hey let me share with all of you our Expedition abroad...

It all started with the feeling of just breaking out the ties, which hold us tightly to the daily life chores. Life seemed to be quite monotonous. We felt like taking a break and going out somewhere. Though my hubby and I usually keep exploring our surroundings, this time we somehow felt like doing something different.

And then came the thought of going for a long vacation out of India. We managed to get vacations simultaneously. The second important thing was to decide on the place. We decided on exploring the famous triangle in South-East Asia, Thailand-Malaysia-Singapore!

We safely landed in Thailand. The full name of the country, Prathet Thai, means "land of the free". Our first destination was Pattaya Island. We went to the lovely coral beaches. For the first time in my life I went underwater. It was an amazing experience to see the underwater world and actually play with the beautiful fishes. We also visited the incredible Safari World and had a chance to see the famous Alcazar show. We spent a nice time on Pattaya Island. Then we headed towards Bangkok...(the city of angels...). We also visited the various Buddha Temples. Buddhism, Buddhist traditions and beliefs are central forces that shape the local way of life and give rise to various festivals of religious origin which have been observed for generations.



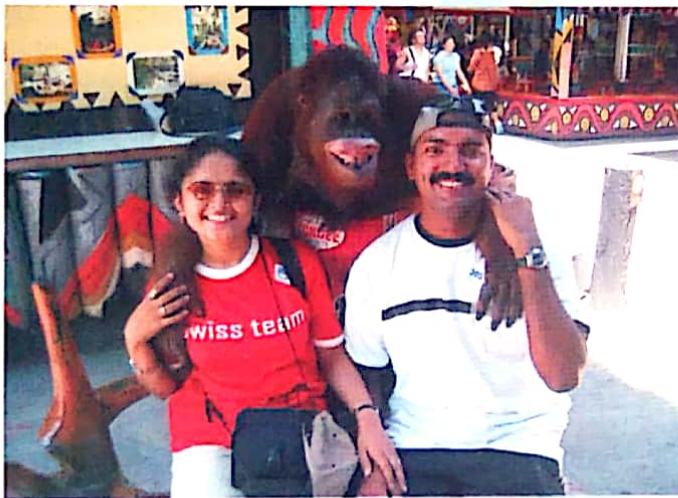
**Manisha Deshpande with
her husband Aditya**

EVE'S VOICE

And then came the Women's Day, which is hard on their hobbies. *Yes, the shopping day.*

We did some shopping here and there and that was the end of our stay in Thailand.

We boarded the plane to Malaysia (Truly Asia!). First we went to the Genting Highlands (City Of Entertainment), the most developed hill resort in Malaysia. At 2,000 meters above sea level, it offers a cool respite from Malaysia's capital city combined with all of the excitement, luxury, and entertainment of an international resort destination. It was an amazing journey to reach there via cable cars from the top of the tropical rain forests. The resort also included theme parks, with dozens of amusement rides and attractions suitable for the entire family. One can experience the breathtaking view of the Kuala Lumpur city from the top. *I wish you were all there with me* The next visit in Malaysia was to Kuala Lumpur city, the focal point of new Malaysia. The city's bustling streets, its shining modern office towers symbolize Malaysia's unhesitating leap into the future. We saw the famous Petronas Towers (the twin towers) and also had a chance to visit the KL Menara, one of the tallest concrete towers in the world and also the world's fourth tallest telecommunications tower. The tower has a shopping arcade, an observation deck for a panoramic view of Kuala Lumpur as well as a revolving restaurant



Manisha having Fun abroad

Next was the visit to our *final destination, Singapore*. It was an amazing bus journey from Malaysia to Singapore. Imagine crossing the borders by bus. Most of the Singaporeans are of Chinese descent; therefore, most of the culture is Chinese...But one can also find immigrants from the Malay Peninsula, the Indian sub-continent and Sri Lanka. We visited various parks and also the Night Safari. We went to Sentosa, Singapore's Island Resort, and an isle of fun. It's hard to imagine that the island was once a fishing village. Today, Sentosa is Singapore's premier island resort getaway with multi-faceted

appeal, a unique blend of leisure and recreational facilities. It was the last day at Singapore and we were not at all feeling like ending this journey. But alas, everything has an end, so did our trip.

I would say it was an experience that we both will cherish for a lifetime. Actually speaking it was a double treat to experience various cultures of 3 different countries and also, since we had gone with a group of around 30 people belonging to different parts of India, it added to experiencing various cultures and interacting with varied people. Happily married for 2 years now, it was like our second Honeymoon. And who knows how many more are in store! Finally I would say that life is all about living and enjoying every moment to the fullest, in whatever possible way one can, isn't it?.....

My advice to Lila fellows

Since my association with the Foundation I have learnt one important thing in life - that nothing is impossible to do "Even the word impossible says I M Possible", and this has always been the quote which inspires me a lot. I would like to convey this to the younger members of the Lila family as well.

I would like to end this tour of my life by this short poem...

Sometimes there are happy days that we anticipate

And then time seems to pass so slowly we can hardly wait.

Yet when we think of happy days that we've spent,

It seems that time has passed so fast we wonder where it went.

But instead of looking back and forth so much and

Never noticing the beauty of today,

If we simply try to make the most of every minute,

Try to put a little bit of love and laughter in it.

We won't have to look ahead or to past to see

Just how very happy every day we live can be.....

- Sunetra and Manisha

LEADING LADY

Slim, tall, fair and delicate...the typical Punjabi kudi with long black hair all dressed in light peach coloured Lucknowi outfit. Who would believe this pretty lady bears the reputation of being a tough taskmaster in the world of criminals! Rajani, Sunetra and Swarada talk to Meera Chadha Borwankar, Inspector General of Police (now Chief of CID, Mumbai) in an effort to look beyond her thoroughly meritorious professional resume.



Mrs. Meera Borwankar

Q. What made you opt for the IPS as a career?

R. My father was in the Punjab Police, as IG Police and later as Commissioner, Income Tax, Mumbai. We were one sister, (me) and two brothers; and an educated family, my mother being a postgraduate. In this backdrop I was always tomboyish and enjoyed horse-riding, air rifle shooting, and similar activities - I was good at studies too, participating in plays, debates, etc. I was also in the Punjab Cricket Team. So, in general I grew up with no future thoughts, but I was sure I did not want my life to end with marriage. When I was in college, during '71-'72, Kiran Bedi had just joined the IPS and was creating waves. That is when, one day, my teachers called me and told me that they saw within me the potential for the IPS and that I should consider it as a career option. I completed my M.A. in English Literature, cleared my UPSC examinations and did my basic police training at SVP National Police Academy, Hyderabad.

Q. How was the training of Female Police Officers different from that of their male counterparts? What is it like?

R. It was in no way different. I was the only female amongst 19 other boys then! I could cope with the indoors well. However, the outdoor physical training was tough and demanding. It involved daily morning PTs, parades, yoga, obstacles, weapons training, Judo-Karate, horse riding, swimming, rock-climbing, the 9-km march, survival nights

and driving jeeps and trucks. Here, being a female I never competed to excel and outdo my male colleagues who were no doubt physically stronger. My only endeavor was, okay I cannot be the best, but at least try not to be the last either. However, this training turned out to be very emotionally exhausting. At the end of the day I used to be alone and crave to talk to a female... that was not possible.

Then I underwent on the job training at Nasik where I joined as ASP. This actually involved conducting raids. Then my actual posting also continued in Nasik. During my training I realized certain facts.... I learned to control my ego. People tended to think I maintained a low profile despite big achievements. But I had learned never to go for media hype, because career is a marathon and not a sprint. I am naturally a steady person and do not go overboard with enthusiasm.

Q. High and low points in your career....

R. I get bored with the same kind of jobs very soon; this gets me low. Two of my assignments have been challenging jobs both of which were initially denied to me for being a female and I have persistently asked for and clinched. First was as DCP, handling Zone 4- Dadar- Mahim Tophill- Dharavi which are communally and criminally tough. The Mumbai Port, too was in my jurisdiction where thefts could not be controlled. Various agencies are involved, in this case the Bombay Port Trust, the Security & Vigilance Department, the Customs and yet with such complexity, crimes were on a continuous rise. I had to conduct untimely raids and set alarms ringing. Soon the message was sent across that though a female, she is a tough cop who means business. During my tenure these crimes drastically came down. My top bosses noticed this and for the first time, a lady, i.e. I, as Superintendent was allotted an independent District, Aurangabad, which was again a communally and criminally sensitive district.

Q. Was it difficult while choosing a life partner? Because men cannot generally take such a strong, confident, bold, independent female as their better half.

R. I was already married when I joined the services! We met when we were both studying together for the Civil Services and soon got married. I got into the IPS and he in the IAS. For the initial 2-3 years he used to get apprehensive and worked up, especially when I used to go out for raids and night rounds. Soon he too realized he couldn't do much about it and came to terms with my career. He has been a very supportive husband.

Q. Something about your experience with the very notorious Jalgaon Sex Scandal....

R. This was during '93-'96 when I was working with the State CID and handled the Marathwada jurisdiction. Investigations had revealed that some rich politicians were exploiting girls. But without evidence we could take no action. Someone had to get these girls talking and that is where I played a key role. I kept visiting the Jalgaon and

LEADING LADY

Parabhani areas and kept talking to the girls. I could not play the role of the police, but had to convince the girls of their safety and my concern to help them. . Me being a woman helped here... the girls spoke with the comfort of talking to a female who could understand them better. About 70 girls spoke and we could convince 12 girls to lodge a formal complaint. The cases were however weak, as due to late registration, no medical evidence could be provided. However, we were persistent on taking the guilty to court and thus the case was busted.

Q. How do men respond reporting to a female boss?

R. I strictly do not have a gender perception. Now that you are asking me, I have never felt that I am a lady and am surrounded with male colleagues. I never felt that as a female I have been doing un-orthodox things. Yes, maybe many times my colleagues have been more protective about me, especially when out on raids and duty, but which I genuinely never felt the need of. I am a tough professional and deal similarly with any individual, male or female. I believe a person would treat you the way you want yourself to be treated and I never portrayed the need to be treated specially or differently for being a woman.

Q. A lady is known to be very soft hearted, affectionate, kind and forgiving. Did your job change these motherly instincts in you? If not then, how can you become hard hearted while punishing criminals?

R. As I said before, I do not have a gender perception. I have never had to do anything extra or make extra efforts to shut off my natural or basic instincts. They are just two roles, one of a mother the other of a cop, which I fulfill, based on what each job demands. Both ways I am my natural self!

Q. Does your job cause disturbance in your family life? How do you maintain a balance?

R. I have always had a very clear perception; I enjoy life and love my family. I believe one should not compromise with family and children. I may be a tough boss, but I am a soft mom. I have always opted for light postings like this one at Pune when I have felt my children and family need me more. For e.g. when I was pregnant, or when my son was in his 10th and 12th. When I felt I must give my career a thrust I have myself stepped forward and asked for tough postings like Mumbai and Aurangabad. I believe there are some very crucial points in life when compromises should be made when they are worth it. My husband, an ex-IAS officer, is now based in Pune and run his own software business. We both strike just the right congenial rapport with our 2 sons, one in II year Engineering and the other one in the 6th.

Q. Being IG Police, what is your role currently as Dy. Director General & Director, ATI, YASHADA?

R. Under the Societies Act YASHADA is registered for imparting in-service training to senior government officials. In the IPS we have to complete various attachments and YASHADA is also an attachment assigned to me, a light

posting in contrast to my Mumbai and Aurangabad postings! ATI is Administrative Training Institute where we impart training, knowledge and skill inputs pertaining to issues like good governance, human rights, community participation and women's empowerment.

Q. How do you relax... your interests and hobbies?

R. I like reading a lot on management and spiritualism I love to keep myself fit, both physically and mentally. So I relax in my free time by doing Yoga and going on long walks.

Q. Any message to our Lila Fellows?

R. A few and all hard-core basics. Do not copy men! We women have our own style, attributes and instincts and they should be recognized. Lead a self-disciplined life. Never let contradiction arise between home and career; learn to switch priorities according to situations. Reading is very important and the best way to keep you updated. Interact with people. Be problem solvers. Take every incident in life, good or bad as an opportunity. Take everything in your stride, learn to laugh at yourself and go ahead. Sky is the limit to achieve.

Soon after this interview was taken, in July 2004, IPS officer Meera Borwankar was announced as the first lady Chief of Mumbai CID. We are surely honoured to feature her in this issue of Inspira and Congratulate her on taking on this new office. We wish her very best for all her future endeavours!

(A must mention to all LFs.... she shares her birthday with our beloved Mrs. Poonawalla!)



Sunetra Captures Meera Borwankar, Swarada & Rajani in this photograph

■ - Rajani, Sunetra and Swarada



Cora Menezes Training Programme



Tea party - New Batch



Egyptian Painting Workshop Team



Awardees for the year 2004



Dandiya Party

Down Memory Lane... SNIPPETS



Ratna Khemani Training Programme for New Batch



L F Celebrating Lila Mam's 60th Birthday



Our Lila Fellows in Bangalore

DONATION TO LPF



Priya Lele (LF - 2004)



Amruta Joshi (LF - 2004)

PERFECT TEN

FASHION- the word instantly brings to mind, branded clothes n accessories, that a bunch of wafer thin models flaunt about on a ramp-synonymous with glamorous. Right? Not quite....says our own LF- **PRACHI INGLE**, the first LF to write an article for the 10th year celebrations of the LPE. Fashion is simply about 'looking presentable'. All it takes is some knowledge of one's own body structure and complementing it with the right apparel. You can trust her opinion coz she's post-graduated from the prestigious National School of Fashion Designing and what's more she's worked with fashion guru **RITU KUMAR**.Now, that what you call making a statement.

Clothing in ancient India was predominantly, wonderfully draped cloth. Embellishment by means of hand embroidery or woven materials made it exotic. Western fashion was more about structured clothing. In the Victorian era, most fashion conscious women wore corsets and cumbersome metal frames to support their flouncy gowns. Thank God we live in an era where dressing is comfort-oriented! Today we have a range of clothing to choose from as per our taste and requirement. The secret of dressing well is to select the right cut & drape for your figure type. Along with color correcting the proportions is one of the major components to looking great.

Know your figure type

There are 5 basic body shapes. Triangle, rectangle, circle, heart & figure eight. The first four types have certain shortfalls that need to be corrected whereas figure eight denotes the perfect figure, with a well - proportioned bust and hips and a slim waist. All you need to do is view your own figure to find out which type you are.

This is the first step to dressing right. The simplest to do is stand in front of a full view mirror and use a measuring tape. A recent full view photograph and a little help from a friend would do. One should never adapt a certain dressing style to hide obesity. This is a problem that should be tackled through proper means. Here we are discussing naturally endowed body shapes.



What is your figure type ?

The triangle represents small-busted women with wide hips. For correction of proportion adding shoulder pads, keeps design interest on the top half also visually balances the hips



A rectangular figure denotes an athletic type body, its straight up and down. The idea here is to create the illusion of a waist. Long skirts with short tops ending just at the waist teamed with a Nehru jacket of mid-thigh length is perfect. The short top creates a waist and with the longer jacket the waist looks slimmer. Same technique can be used with belted pants and an over-shirt.



Circle shaped women have a large bust, a thick waist and large hips. Enhancing the shoulders and face is required here.



PERFECT TEN

The **heart shaped** woman has a heavy bust and slim waist and slender hips. This is a perfect figure for wearing leggings or churidaars. Enhance legs with oversize T-shirts, over-blouses and cardigans. If your tummy isn't a problem, tuck in the shirt, throw on a belt and show off your waist. Avoid fluffy details or big prints on the top half.



The ideally shaped women with **figure eight** body can easily wear just about anything. They need no help for dressing. No matter what your figure type is have fun with clothes.



Selecting the best clothing for your body type

The trick in dressing well is to learn to enhance the best parts of your body. Eg : Everybody has good shoulders - intensify their beauty by wearing cut away sleeves, boat necks and yokes on the top half of the body.

Then there are parts of your body that you are not pleased with. Problem like thunder thighs, jelly upper arms, no waist, bulge belly can be camouflaged and covered. Try not to make the mistake of wearing really tight clothing over these troublesome areas. That will accentuate rather than detract from the problem. Just as a magician uses misdirection to distract you, you can use fashion to fool the eyes of the beholder. So tone down the problem site and position bright, shiny attractive elements to accentuate your best features.

How do we create illusions

- V-Neck sweaters, vertical stripes or patterns, princess cut dresses make you look slimmer.
- Bulky sweaters, oversize clothes, large flounces, shiny clothes that attract a lot of light make you look heavier.
- To look taller wear single breasted jackets, narrow lapels, skinny pants, pointed princess waistlines. No belts, monotone dressing, smooth, soft textures, high heeled footwear.
- To look shorter wear full sleeves, wide belts contrast to outfit, bold horizontal patterns, knee length pants, chunky platform shoes, bulky textures.
- Boy cut hair, bold make up make face look larger.
- Big hairstyles, smooth collarless shirts and jackets make face look smaller
- To make the waist appear slimmer, wear shoulder pads, bright jazzy motifs near the face.
- To conceal protruding belly, wear unconstructed jackets, softly gathered or pleated pants, A- line skirts, gorged skirts.
- To hide thunder thighs wear long jackets, dark-colored bottom pieces, straight fitted pants.-To make upper-arm look thinner wear bright jewellery at wrist and on fingers.

Now that you've got the right look how about dabbling with interesting jewellery, stoles and sashes, belts, bags& purses all wonderful accents to your clothes?

So go ahead and indulge!!

■ - Prachi Ingle

BOOK REVIEW



Name of the Book

I Love Money!

Author of the book

Suresh Padmanabhan

Publisher

CreatiVentures

Price : Rs 199/-

M.O.N.E.Y.

Some kill for money, many die for money..
Some marry for money, many lie for money..
War, Crime, Hardship, Prostitution and Gambling.
Success, Victory, Fame and Power.

Aah!! How we love that jingling sound of money!
What is this money that makes the world go round??
Money- luxury for one, only necessity for another but no
matter how mankind treats this strange thing, money can
never be ignored!!
Does it bless you with success, or does it curse you with
devastation..how much do you know about this guest,
you try to lure into your life every new day?

To know more about this disguised friend (or foe?!) this
issue's book review focuses on a book called 'I Love
Money!' authored by Suresh Padmanabhan.

This book helps you discover amazing insights on money
& prosperity. How to identify the behavior which drains
out money, how to recover, receive, give, spend and save
money. It teaches you powerful methods to catapult you
to success.

The author quotes, "The biggest lie you have ever heard
about money is, 'Money is not important in life'. Whether
you love it or hate it you simply cannot live without it".

He creates a spiritual outlook towards money and its
influence upon our lives. Through this book he tells you
little stories, to which you can relate as your own thus
helping you grasp the essence of your newfound
knowledge.

If you ponder upon this simple question, "Why do you
want to earn money?". The answer could be varied;
maybe for survival, comfort, to experience freedom, to be
successful and so on. But eventually your answer deep
within is..."to be happy".

This book is your pocket guide on handling money and
how you can make it co-exist and blend with everything to
give you contentment, peace of mind and happiness.

A must-read for all of you there in the big wide world,
where Materialism and Spirituality must go hand in hand.

**And now I can definitely say... "I
LUUVVVMONEY!!!".**

■ - Samata Sabala

YOURS TRULY

Hiya guys!! So you thought I had taken the final bow,
eh? No way!! The great Kazi is back with renewed vigour!
Now what's all that noise about? Time for celebrations??!! Yup!!!
10 glorious years and an evergrowing family!!! We are very
proud of our novel ways of celebrating! So many of them in
succession!!! Gosh!! We are out of breath!!! *But then, u know, we
have a reputation for acknowledging applause!! Don't we? We
are gonna continue belting out the best! What say pals? There
....they are already on their toes!*

While the LPF is relentlessly investing in our grooming,
we LF's need to learn to take that gracefully. That's what the
grooming is all about. We need to inculcate in us communication
and punctuality. The value of a gem plummets with even a
miniscule flaw. We are being polished here at LPF. We can dazzle
only with the right cuts. Perfect? Yea,...that's what we are going
to be!

The sense of fulfillment comes from the participation by all. We

are happy when more n
more LF's come forward
with their contributions for
Inspira. The team is
endeavoring towards
another hit issue.
Congratulations!!

So all ya folks out there,
throw off those cozy

blankets n knock off those drowsy looks n **GET PULSATING!!!**
The year is not gonna end with the fire works. This is just the
beginning! YAHOO!!! PLUNGE INTO THE NEW YEAR!!!
BOOM!!! BOOM!!!

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Thanks giving at Crusaders

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