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FROM MY HEART

We were just talking of the New Year and lo and behold! quarter of the New Year has passed by. Time waits for nobody, that we understand, time flies, that also we understand, but time vanishes is something we all have learn to cope up with. Though we believe we live longer and healthier than our grand parents, yet they had time for everything in life-family, God, society and their responsibilities towards all concerned. We certainly have something to learn from them. We have to learn to manage our time better and plan our day more effectively so that we can get much more from our day than we do now. We must remember to ensure that what can be done today should not be postponed to tomorrow. Because tomorrow will soon become today and today will become yesterday. The most precious gift God has given to us is our life. It is up to us how we live it. Life itself cannot give us joy, unless we will it. Life only give us time and space, it is up to us how we fill it. We are aware of all these facts, facts of how important are our time and health, but these are the very things we neglect. If we want to leave footprints of our achievements we must not miss any opportunity; all of you Lila Fellows are young, qualified and full of life, if you desire you can change your life for good and with that the quality of life of your family and society in which you live. It is up to you. If you want to manage your time and succeed, then learn to work harder on yourself than you do on your job. You must remember that it is far important to know why you do what you do than just what you do. Avoid the Comfort Zone. Put in that extra Bit, to get that Extra Bit done.

2005 is the 10th year of celebrating the inception of Lila Poonawalla Foundation. This institution has blossomed into a very effective, yet humane institution. Hundreds of Lila Fellows are spread all over the globe and it is a great feeling that we are all members of not only a Foundation alone but that of an enlarged family. Let us communicate, let us meet and let us bring happiness in each other's life, for time is flying away for all of us. Let us start today, this very moment to increase our contacts and network. I would appreciate that each and every Lila Fellow, no matter where you are should send in your ideas of how we should celebrate 30th July, the day of our 10th Award Function. This day should be different from any other one because a decade of experience has accumulated. Also now we have 263 brains to pick from. Some of you have already sent me their inputs, but I am awaiting many more. So come girls, get to your computers and mail me your ideas and suggestions.

Talking of extended family and networking, we have had some great exciting programs this quarter. Of course we started with bringing in the New Year with gaiety and fun. We had many Lila fellows and some with

their spouses and spouses to be. We had many Lila Fellows from overseas also at this party. We played games, we danced, we talked, we hugged, we enjoyed the lavish spread, we networked and above all we enjoyed every moment of our get together. At this occasion we also bid farewell to Prabha. We were sad that she is leaving us, but were happy to know that she is moving on to find new horizons.



You know some of our Lila fellows attended a full-fledged workshop on Warli Painting. To enhance further their knowledge and also to give them the taste of how Warli people live, we all went for an overnight picnic to a tribal kingdom, the village of Jawahar. We also visited Kalamvira, Kali Dhond and Peeparpade and learnt about various forms of Warli. The Warli tribals are really very loveable, happy people. Here one gets to see, that happiness is not in what you have, but in what you make of what you have. Some of the Lila fellows also attended an Egyptian painting workshop, well now they want to go to Egypt. And why not! When we dream, we start to plan.

"Celebrating the New Woman" was a workshop, with a difference. It was held at the Osho International Meditation Resort and conducted by Amrut Sadhana, Chief Editor, Osho Times and member of the executive board. Many techniques aimed at achieving a peaceful state of mind were taught. We were made aware of our conditioned attitudes towards being a woman. It is great fun to be a woman and to discover the beauty, creativity and softness of the feminine principle. Time was spent on making all of us aware of how to deal with the tensions of everyday life, how to respect our body and how to find strength in our softness. Every Lila Fellow was made to realize that every woman is an individual and a reservoir of immense power. All that needs to be done, is to recognize it and reclaim it.

Origami is an ancient Japanese Art. It involves paper folding without cutting. Some of our Lila Fellows took the opportunity to attend a one-day workshop to learn this unique art. We had Ms Tomoko Oshimo, who is a postgraduate Doctoral from Kibi International University of Japan conducting this program. Lila Fellows learnt to make birds, baskets, flowers, caps and what have you. Great Fun to make new amazing artifacts with just simple paper and paper folds. Now girls don't ask me to take all of you to Japan!

With great expectations of seeing you all at the 10th Award function on 30th July in Pune. Detailed invitation follows. MARK THIS DAY AND DATE in your calendar.

With warm regards

Lila



Farewell for LPF's Dearest Prabha

SHORT TAKES

RAJANI PANCHANG found it so difficult to pin down this gregarious and confident LF on her short visit to Pune that finally she met up with **HARIPRIYA RAJGOPALAN** on the net. Even chatting across the seas, she realized that nothing could dampen the spirits of this round-the-clock prankster.....



Gregarious and confident Haripriya

Currently pursuing an MS in Computer Engineering from Stanford, the world's No.1 University for computers, Haripriya hates to be called studious. Believe it or not, this girl who topped in school and hit the merit list in the state in Hindi-Sanskrit during her 10th std. board examinations was never buried in books. Rather she was rather completely into extra-curricular activities like sports, organizing events and learning Bharatnatyam. Her mother (whom she fondly refers to as a wonderful 'homemaker' than a housewife) always insisted that she must go off to play for an hour before examinations. Great mom and lucky child must say!

So when she did she get serious about studies and plan her career? She says- "in the 8 and 9th It helped because I managed to stand 10th on the merit list in school. I always planned my career up to doing my Masters". Her parents never had to pay her fees. Her education thrived on scholarships- 10th and 12th merit, NTS, State Govt. scholarship, Dhirubhai Ambani Scholarship..... and the list goes on. A brilliant girl with absolutely no airs about her achievements, she shares a close bond with her father who is her friend, philosopher and guide, her mother to whom she owes her complete upbringing and existence and an older sister, her twin soul. Does she miss having a brother? Pat comes her cheeky reply "Never. Except on Raksha Bandhan. I missed getting gifts! But now I have too many 'maanlele' brothers here at Stanford, if you know what I mean".

Having topped the state in languages and interested in Arts, did her parents talk her into engineering? "No. They allowed me to choose what I wanted. I got here by the process of elimination. I did not want to be a doctor. Architecture did not interest me. Computers seemed exciting. However, I was also interested in the Arts. I love to do all the stuff people do as home sciences; I stitch, embroider, knit, cook, etc., but would not do it at all for a living. I did not want to take up my hobby for a living".

She cannot contain her enthusiasm when she shares her experience at COEP- "Great! I had a huge group of friends and it was the first time I understood how to get along with everybody in such a big group". Talking about its standard of education she says, "I think the pattern of education itself is flawed. Some of my seniors had started teaching there. They were excellent!" Do we see an all rounder with an extraordinary brain? She promptly replies, "No, its just sensible planning! But I guess it was more of being regular on studying and assignments. I actually find that helps me here at Stanford too."

She knew her priorities well and even before she had completed her B.E. from COEP, her GRE scores, all required documents and applications were all ready for her studies in USA! Did she take any guidance for the same? "I had some seniors from COEP at Stanford. I talked to them. They advised me to come there. All univs have instructions on how to apply. I just followed them. My sis had applied 2 yrs before. I took active interest then. So I was familiar with the process. I already had the GRE study material and studied on my own. I got a GRE score of 2270".

Hari was aware of the LPF. Her sister, a telecom engineer, also in the States, had applied for the LPF fellowship two years ago for doing her

Masters from Rutgers. However, she was denied the fellowship, as her father's income was very high for her to avail of it. Facing the same situation, how did Hari land up applying for the LPF award? "Well I got admission to Stanford, Minnesota and John Hopkins. JH offered me a partial aid, Stan, NO AID! But I did not want to miss the chance to go to Stan. After all it's ranked No.1 for Computer Science! Also it's in the middle of Silicon Valley the hot bed of the computer industry. I really was in need of funds and so I applied though I was afraid of being rejected too. My Dad had retired by then and that made me eligible". She reminisces, "I was to raise 45 Lakhs. Both my parents insisted I go to Stan and not miss the opportunity. My Dad opted to give me all his retirement money if it came to that! He had the trust that I would repay it. My dad believes in educating rather than saving up for a marriage. I have always wanted to be independent and so initially I hesitated to accept the help they were offering. The decision took a long time. Finally we declared all our property and planned to take a loan. It was a calculated risk: looking at life in and after Stan, I calculated that even if I spent the money now, I could easily repay it sooner than later I also knew that it was very easy to get on-campus jobs, so I could save. So finally it was an educational loan, my entire Dad's retirement money, the LPF award and my ticket sponsored by the Ratan Tata Trust, that got me to Stanford."

"When I came here I was looking for aid. Gave some interviews and meantime worked at the library. I got aid within a week. My COEP friends helped me a lot here. My prof is very nice: he made sure I had funds the whole time. I did an MS in databases. I like development more than research, so I am not really interested in doing a PhD. I may do my MBA, though sometime. Right now I am working with VMware, the same place where I did my summer internship. This company is currently a leader in producing the technology, 'virtual machine software'. A very simple way of explaining it is, that generally we cannot run 2 operating systems simultaneously. But with VMware one can create virtual machines and can run any number of OS simultaneously".

What does she do apart from work and studies? It's a long list- "I cook a lot. I did yoga for sometime. I also organized the Ganapati festival here! I joined a dance class and learnt a lot about basic dances here. Waltz, Swing, Cha Cha Cha and Tango. Now I want to learn flying, but I get motion sickness. Nowadays, I'm busy making gifts for people, like scarves, bracelets, cross stitch kits, kurtas etc."

About her association with LPF she says, "It started with writing an SOP for LPF. When I went for the interview I was the first person for the day and nothing was ready. So I landed up informally chatting with some of the trustees. Later, man! Was it scary! 8 people all firing questions at me. But as you see, I never have a problem with talking. It felt so nice when Lila Ma'am told me later, that she had decided that I was the Lila Fellow of the year, as soon as she had met me. She said she had liked my attitude about whatever I had done till then. Maya Aunty was here this summer and she knows what a whale of a time I am having here. We are in touch regularly".

Her ultimate goal in life- "Join a startup, make lots of money and retire early!" The principle that guides her life? "Try to honestly achieve what you want in life and do it with a lot of planning! What keeps me going is the enthusiasm to do all the things in life that I want to. I believe in God as a spirit which gives me strength when I need it most, the one I am answerable to someday." Message to all LF's - "Just follow your aim in life, you are sure to succeed."

As I was leaving she called out, "O, there's just one more thing! I do live a hostel life here, watching movies, nightouts etc. We do go for the first day 7th show i.e. last show for most Hindi movies. I did all this in undergrads too, but here you are responsible for your own actions and I like that". Hari, any other firecrackers you wanna tie to tails of people you wanna play pranks on back here in India? She laughs naughtily. "I'll let it go this time! See I cannot be upto too many pranks here. Big sis is watching over me and all my so called brothers too!"

RAJANI PANCHANG



LIVING LIFE WITH A DIFFERENCE

'SHE' RUNS A GARAGE !!

Life is similar to a road...often taking turns. Through these twists and turns, sometimes, appears a turning point and the entire landscape of life changes. This is most evident in Ms. Sukhada Sane's life. Armed with an M.A. degree in Hindi, would you believe **SUKHADA SANE** runs a two-wheeler garage? That too alone and successfully for the last 14 years!

She lost her husband in a tragic road accident and thus decided to continue his garage business. At that time her elder daughter was 7 years old and younger daughter merely 2. So making two ends meet, became a dire necessity. With no support from her in-laws, she firmly asserted herself and with an iron will set her right foot forward in the garage business.

'While starting with this career, I didn't even know the ABCs of two-wheeler repairing. I didn't know, what even a clutch wire or a break cable is, let alone where they fit in a vehicle. But the determination to raise my children and earn a living for them, propelled me to learn the theory and practical of parts and functioning of vehicles', confesses Ms. Sane. "At first, many people used to be apprehensive about a lady in this field and hesitated giving their vehicles to my garage. But eventually, my work showed and I also got the dealership of Bajaj Auto", she adds.

Now she is a 'doctor of automobiles'! Sitting on a chair and listening to the 'firing', she can now diagnose the illnesses of her patients-the vehicles. An outstanding lady entrepreneur, she is successfully managing a garage...a realm that even in this 21st century is solely male-dominated. She recounts an incident when a woman came in with a broken scooter. After a cursory look at it, Ms. Sane told the lady that the clutch plate had broken down and needed to be changed. The lady hesitatingly took her vehicle to another garage and was also told the same. Next day, the lady's son came running to her and asked where she had done her mechanic's course!

Another point she made was that even in today's world, it is difficult for men to see women taking big leaps in the areas dominated by them. In the first week of her joining the garage, another garage owner, challenged her that if she could keep the garage going on even for one year, he will shave off his moustache! Till date, the person has not shown his face to Ms. Sane again.

With four employees working for her, Ms. Sane manages 'Amruta Autos' at Kothrud with determination and perseverance. She has won many awards-like the prestigious 'Adishakti' and 'Udyogshri' awards, Rajeev Gandhi Puraskar, Late Indiraji Gandhi Award, Gogte



Mrs. Sukhada Sane-Garage Women

Award from the Association of Women Entrepreneurs of Maharashtra and Bharatratna Dr. Ambedkar Gaurav Puraskar.... to name a few. She was also felicitated by many a club like the Rotary, Innerwheel and JC. Her garage was awarded a trophy for the **best-maintained garage** on behalf of the Scooter and Motor Repairer's Research Association.

Didn't she feel she would be taken for a ride? Ms. Sane admits that she had a few bitter experiences, but eventually she kept learning from her mistakes and made it a point not to repeat them. Not bogged down by adversities in life, Ms. Sukhada Sane gave them a tough fight and now wishes that one of her daughters joins Amruta Autos too! She has even taught some girl students to do the basic vehicle repairing and looks forward to lending a helping hand to willing and needy girls, to start this business.

Hats off to this Lady Entrepreneur! We wish her success and good luck in her future endeavours.

■ - Kaumudi

Celebrating The New Woman

The Osho International Meditation Centre, styling itself as a 'Spiritual Health Club', has continued to prosper since 1990 and attracts thousands of visitors each year. The Lila Poonawalla Foundation arranged a one day course for Lila fellows to learn to share our energy with other women and to celebrate who we are! It is great fun to be a woman. We were 25 women including **Mrs. Lila Poonawalla** who discovered the beauty, creativity and softness of the feminine principle. We learnt lots of new things and it really helped all the Lila fellows to generate energy and realization of power within ourselves through sharing, relaxing and simple meditation.

We all received an Osho Meditation Resort Pass indicating that our AIDs Test results are negative. We all wore a maroon robe for all daytime activities. One of the most important conditions for entry and the participation is 'respect for space of each individual'. The key to relaxation is awareness, being a keen observer of all that is going on both inside and around us this is the inner science, also called meditation.

All the required care of Lila fellows was taken by Ms. Sadhana, Editor, Osho magazine, Nishtha, Viji and Dharmananda. The very first activity was relaxation of the physical body by dancing. Disappearing in the dance, then relaxing into silence and stillness is the route inside for this method. Forget the dancer, the center of the ego; become the dance. That is the meditation. Dance so deeply that you forget completely that 'you' are dancing and begin to feel that you are the dance. The division must disappear; then it becomes a meditation. The dancer must go, until only the dance remains....

After relaxing, there was a guided meditation, which is normally called Dynamic Meditation. **Dynamic Meditation** lasts one hour and is in five stages. It is best to have an empty stomach and wear loose, comfortable clothing. This is a meditation in which you have to be continuously alert, conscious, and aware, whatsoever you do. Remain a witness. While you are breathing you can forget. You can become one with the breathing so much so that you can forget the witness. But then you miss the point. Breathe as fast as possible, as deep as possible; bring your

total energy to it but still remain a witness. Observe what is happening as if you are just a spectator, as if the whole thing is happening to somebody else, as if the whole thing is happening in the body and the consciousness is just centered and looking. This witnessing has to be carried in all the three steps. And when everything stops, in the fourth step, you have become completely inactive, frozen - then this alertness will come to its peak.

Then the crying session was part of an emotional release. We worked on our Feminine conditioning on three levels, Physical, emotional, intellectual. Crying and screaming is part of the expression of repressed emotions. After that we did the same as a positive feeling at three levels. Then we had a lunch having stuff made of organic food. It was a totally new world for us to see everything new, more disciplined and clean.



LPF experiencing the magic of meditation

Very often we forget that our body has two sides. Mostly the right hand side is most prominent or we are more used to our right parts but our subconscious mind always has some innovative ideas. We are asked to draw two pictures one with the right hand and another with the left hand. We had great fun in analyzing the pictures and watching the innovations. This exercise was basically to identify the hidden skills and motivate them. We always neglect our weak parts. We should learn to make use of our hidden skills and enjoy the innovations.

Contd...

POT POURRI

The afternoon session was Gibberish and Let-Go

Gibberish is to get rid of the active mind, silence to get rid of the inactive mind and let-go is to enter into the transcendental.

First Stage: Gibberish:

While sitting, close your eyes and begin to say nonsense sounds any sounds or words, so long as they make no sense. Gibberish helps to break up this pattern of continual verbalization. Without suppressing your thoughts, you can throw them out. Likewise, let your body be expressive



Second Stage: Moving In

After some minutes of Gibberish, there is a drumbeat, at which point the Gibberish stops. Osho's voice then guides the listener into a space of deep silence, stillness and relaxation, saying, for example, "Be silent, close your eyes...no movement of the body feel frozen. Go inwards, deeper and deeper, just like an arrow. Penetrate all the layers and hit the center of your existence."



Third Stage: Let-Go

Another drumbeat and, without arranging yourself, just allow yourself to fall down "like a bag of rice," so you are lying, utterly still and relaxed, on your back as you are guided even more deeply into a silent stillness



Fourth Stage: Coming Back

At the final drumbeat, Osho's voice guides you back to a sitting position, with the reminder to carry the glimpse of silent awareness one may have had into everyday activities



The last session was **Kundalini Meditation** at the Osho Auditorium. This meditation lasts for one hour and has four stages, three with music, and the last without. Kundalini acts like an energetic shower, softly shaking you free of your day and leaving you refreshed and mellow.

■ - Pradnya Harkare

EVE'S VOICE

Vandana Belitkar traces the rise of **LF VASANTI KAD**, a simple girl with a smiling face with dimples. A girl with a very strong determination who is humble enough to give credit where due. From nurturing a farm to installing buildings, the girl sure has some grit....

Vasanti hails from a small village in Chakan, where she did her schooling. Being a very active student she was a favourite. She participated in all the extra curricular activities and was the class representative in all of her school years.



Civil Engineer at BHEL LF Vasanti Kad at work

After school hours, she helped her parents in cleaning and packing vegetables, which were for sale and also helped them on the farm.

Her father is a school teacher and mother is a homemaker. Vasanti's parents wanted her to gain education and carve a niche for herself in whichever profession she chose in her life. So after her matriculation, Vasanti decided to pursue studies in Pune where she stayed at her aunt's place. *"I didn't know which branch of Engineering I should take up. Frankly speaking, I didn't know anything about Engineering. I used to feel that it was only meant for very rich people. My aunt Mrs. Sushila Ahire found out the details about Engineering; also people who know me advised me to head for Electronics. Else I didn't have any preference, I was totally confused".*

Finally, she got admission in Government Polytechnic College for Diploma in Civil Engineering. She had to take Civil Engineering for getting admission in the Government College. But today she does not regret this decision. *"I didn't have any choice at that time. My aunt and her family have played a great role in my life. Along with my family, they were the constant motivators for me. Aunt used to help me in her best possible way. My uncle Mr. Vitthal Ahire used to keep a constant watch on my progress. He was more confident about my performance than I. Shripad, my cousin, made my stay very lively in their house, so I never felt that I was away from my family."*

Hard work which earned her the first place in her institute in her diploma programme helped her in getting admission in the College of Engineering Pune for a degree course in Civil Engineering (BE). Once again she did her parents proud by scoring excellent results in academics.

But this was not the end. She further decided to acquire an M.Tech degree. She appeared for GATE. This is when she learned about the Lila Poonawalla Foundation scholarship and applied. What next? A call for an interview from LPF and that too on her first day in IIT, Madras from where she completed her M.Tech!

She proudly states *"My first decision to join IIT was based on the LPF scholarship. This was the turning point in my life. Only because of LPF I have the tag of being an IITian, which fetched me an excellent job. I thank you LPF for this support, which is not only financial but also moral".*

Today Vasanti works in Bharat Heavy Electricals Ltd. (BHEL) as an engineer. She takes care of site surveying, planning, designing and installation of buildings and structures for power plants in the remote areas where their firm installs the Solar photo voltaic power plants. She has been to Andaman and Nicobar Islands twice for the project work.

"My hobbies are dancing, gardening, collecting a variety of plants and taking care of them. Due to lack of opportunity in my village and also financial problems I could not learn dancing, but I used to participate in all the cultural programmes. I signed up for a dance class here 6 months ago to learn Bharat Natyam. I was also a student of Shiamak Davar's dance school last year", she adds.

Vasanti's struggles have taken her to zeniths she had never dreamed of. She knows the importance of education and that is why she wishes to support her younger sister in her education.

She strongly believes that we must try our best in whichever field we are and our hard work will certainly pay us. We agree Vasanti!

*We wish you best luck for your life,
and
are proud of you!!*

■ - Vandana Jha

LEADING LADY

Gourmet specialist KAREN ANAND is a woman of many attributes. She is a Food Consultant, writer and a businesswoman, all rolled into one. RAJANI and SUNETRA talk to this highly professional, undeterred Taurean of few words and discover that it is her grace, style, and soft charm that have propelled her leaps and bounds into the hospitality industry.



Karen Anand

Q. When you decided upon obtaining a basic degree in food and nutrition, were you aware of the industry and market options that would be available to you?

A. My basic degree is nowhere close to food and nutrition! I was born in Mumbai but grew up in London and was educated in England and Paris. I did my B.A. (Hons) in International Relations and French from Sussex University within which time I spent one year at Ecole des Sciences Politiques in Paris and three months in Russia.

Q. Surprising!! Formally educated in International Relations and Politics! So how did food come into the picture?

A. My tryst with gourmet food is a story by itself. I underwent a brief training in Alain Sanderens' three star Michelin Restaurant, 'Lucas Carton' in Paris. From then on there was no looking back. In 1991, I started a restaurant at The Piano Bar specializing in Salads known as 'The Salad Bar'; the first of its kind in Mumbai. I started the city's first European style cheese shop and delicatessen, 'The Grand Cheese Bazaar'. Under my own brand label, 'Karen Anand', I also started producing whole fruit preserves and marmalades, salad dressings and specialty sauces, which are today supplied to major luxury hotels and retail outlets. For ten years, I also ran one of Mumbai's most successful catering companies specializing in International cuisine, which had an enviable corporate and private clientele throughout the country.

Q. Being in Paris, the land of "Haute Couture" (High Fashion), did food distract you from fabrics, fashion and perfumes? If yes, then how? If no, then what are your tastes for drapes and makeup?

A. Actually Paris is a great culinary capital. And it was Paris itself that taught me a great deal about the culture of food - where and how to shop, how to choose ingredients and how to enjoy a meal. As far as clothes are concerned what is wonderful about this City is "style". Designer windows are done up with a lot of artistic flair and I am sure that this has also shaped the way I look at colour and form. I am not a great one for perfumes or make-up, although I do appreciate them when well applied on other people.

Q. Is it not easy to promote Indian cuisine abroad than sell foreign cuisines in India? Why? Have you ever tried selling Indian traditional foods in Paris and so on?

A. This is a good question. Since I grew up in Europe, my knowledge of foreign food far exceeded my knowledge of Indian cuisines. Therefore, it was only natural that I sought to promote what I knew best.

Q. How did you choose your USP?

A. What do you see as my USP? As far as I am concerned, I have always believed in quality, freshness and a professional approach. It makes life much easier when you are passionate about what you do.

As far as establishing and popularizing myself is concerned, I currently am the brand ambassador of and consultant to Britannia Industries, Veneta Cuisine and Philips (Domestic Appliances). As a Food Consultant, my previous clients include Old World Hospitality (India Habitat Centre), Domino's Pizza, Khyber Restaurant, Radisson, Jet Airways, Hindustan Lever, Marico, The Hyatt and The Park hotels. To add to all this, in 2003, I started "Gourmet Academy", a cookery school where I demonstrate a variety of International cuisine and also bring in well known chefs and wine makers to share their experiences. My past performances don't seem to have kept me confined only to either India or France, but far beyond.

Q. Your books and your TV shows placed you in a larger arena. How was that experience?

A. It has been food and cuisine for me always, and that's how even my writing hovered around the same subject. In this process I co-authored Penguin Publishers' bestseller, 'Food Lovers Guide to India and Nepal', a selective restaurant guide. I wrote the introduction to 'The Food of India', a Periplus Books publication, followed by 'Lean Cuisine Curries', published by Harper Collins in 1998. Meanwhile, I got an opportunity to appear on the small screen and reach homes world wide; I anchored the popular food program, 'The Good Food Guide' for Star Plus in 1998, which was repeated in 1999. Making a CD entitled 'Creative cooking for the City Couple' for Times Multimedia in 2001 was a nice and different experience. Recently I anchored the Food & Wine segment of the weekend show 'Trend Mill' on CNBC in 2003.

As I said, I enjoy my work and am passionate about it. So I feel I have been lucky to promote it in different ways. As you said, yes may be as a Food Consultant I have been restricted to the High Society, but the television and books have helped me to reach out to almost all sections of the society, and I am happy about it.

Q. What has been your most memorable and dear venture?

A. Opening of the Salad Bar at Piano Bar in Mumbai was a very exciting time for me, since it propelled me into the limelight almost instantly. Success is always sweet!

Q. Your future ventures?

A. Our consultancy company is growing everyday. 'The Gourmet Academy' is now in its second year and the module has been taken to Bangalore and is scheduled for Kolkata and Mumbai. I am also coming out with a new book this year, and a T.V series to go along with that, which targets simple cooking for the single person.

Q. Should young aspirants like the LF's take up Food as a career? What does the Indian Market have to offer to them?

A. There are plenty of opportunities in the Food Industry, provided that you are willing to work hard, be flexible on your timings, and be passionate. Women are especially suited because we are articulate, possess great communication skills and are by and large sensitive and artistic in our work.

Q. What does Karen Anand do when she's not working?

A. I have traveled extensively ever since I was born. So off work I maintain my sanity by living in the relative calm of Pune with my husband, Yadu Sankalia, my two sons, Param and Sasha and my two dogs.

Q. Being a woman in the Indian hospitality industry is not an easy task. How do you manage? How do you interact with the diverse customers you have to deal with?

A. NO! It's not easy, and you have to work very hard to prove yourself. I prefer reaching out to people by communicating with them on a one to one basis. I have to change my approach and attitude with every customer, which depends on who it is. And with children and youngsters, I do advise them to enjoy different types of food.

■ - RAJANI PANCHANG

TSUNAMI

A catastrophe left the world devastated on the 26th December 2004. We've all read about it. But here is what our own little Geologist at the foundation has to say about it. Lila Fellow, RAJANI PANCHANG gives us a vivid picture of what exactly happened on that fateful day....

Series of aerial photographs explaining the sequence of Tsunami on 26th Dec. 2004, East Coast of India



Normal Sea Shore



Before Tsunami the sea is Retreating back by 1000s of meters.



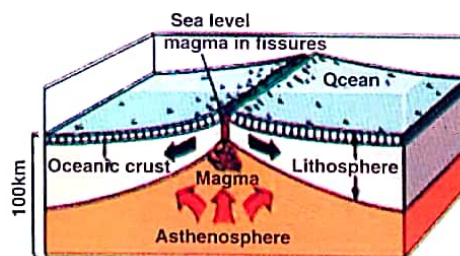
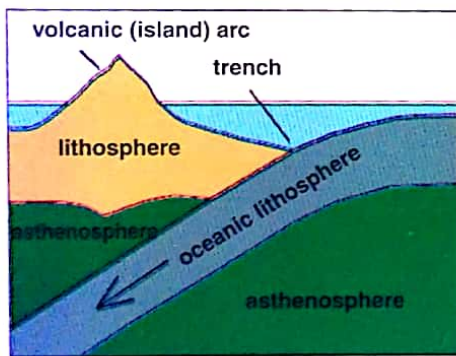
Sea is coming back to normal, BUT with increased wave frequency



Here comes the killer wave

Tsunamis are geological disasters and NOT climatic events like cyclones. Thus climatologists are never in a position to predict them. Tsunamis are common annual phenomenon the East-Pacific countries, like floods and tropical cyclones in India. **WHY???**

There exists land i.e. crust even below the ocean water. The complete crust is outer cover of the earth, and inside is hot molten magma which is semi-solid. This is asthenosphere. The crust always slides over the magma. This crust is broken up into many plates (Fig.) and can have can have three kinds of movements based on the direction of various forces acting on these plates.



Faulting

Sometimes vertical or horizontal forces acting on the same plate can release pressure via pre-existing weak zones. And the same plate can slide along these weak zones or faults. The faulted blocks on either sides get displaced in opposite directions.

Divergence

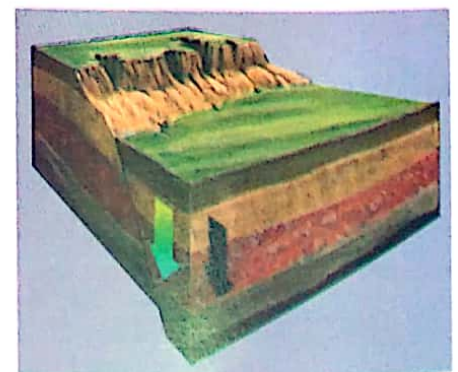
Two heavy plates, acted upon by horizontal & opposite forces, move away from each other. Continuous volcanism occurs in the central fissure zone and crust grows as new lava forms rock.



Subduction :

Two plates collide, one being lighter overrides the heavier plate, which in turn gets pushed into the asthenosphere and melts. The lighter one gets folded into mountains.

The area encircling the Pacific Ocean is called the "Ring of Fire," because its edges mark a circle of high volcanic activity and earthquakes. Most of the active volcanoes on Earth are located on this circumference. On the periphery of the Pacific Ocean, the edge of the Pacific Continental Plate is growing in the seabed.



Nazca Plate, the Eurasian Plate, and other plates, causing the margins of the plates to collide, buckle, and compress, causing earthquakes and volcanoes.

Contd...

USA 2004-BONDING WITH LILA FELLOWS

The juggernaut rolled on.... I was back in USA last summer (April September) to visit my children Sharmila and Kevin Hutchins in Boulder, Colorado and Sonya in San Francisco, California. Besides family and friends, I was delighted to meet many Lila Fellows there. My bonding with these girls is special: it has grown stronger over time. No visit to USA is complete without personal exchanges. They are a part of my family now. One picture is worth a thousand words. A few more demonstrate the bonhomie with Lila Fellows at many get-togethers.

Mrs. Maya Thadhani, Senior Trustee



The garden setting, fresh, off-the-trees orange juice, tasty snacks and delectable strawberries set the mood for an enjoyable Sunday morning (May 7) with Stanford girls Mitalee Gujar (2000), Madhura Sharangpani (2002) and Haripriya Rajagopal (2003) at my brother's place in Saratoga, CA



Uma Hardikar (Kelkar) (1999) and husband Mahesh cooled off over lunch at Sonya's apartment after running the Bay to Breaker's Race in San Francisco. Over 40,000 participated in this annual event. They walked, ran, sang and danced. The streets were a riot of colour.



I attended Madhura Sharangpani's graduation ceremony at Stanford University on June 13. Cap, gown and all, she received her degree in Computer Science from the Dean of her department. It was a virtual mela. Later, Haripriya, Sonya and I, joined in a family celebration in her honour at a Thai restaurant. Madhura works for Oracle Corporation, CA.

Contd...

USA 2004-BONDING WITH LILA FELLOWS



Blissful motherhood! With Asmita Mondal (Katdare) (1996) and her adorable daughter Siona at her home in Los Angeles on June 19. 'Sorry aunty, I remember your name but not your face'. 'Don't apologize, I'm coming to see you anyway'. We went back 10 years and found the missing links. Presently working for Rainbird Sprinkler Systems in LA, but would prefer to return to India because of the opportunities and family support. Donated \$ 100 to the Foundation.



Mrs. Priya Deshpande (Kulkarni) (1999) and husband Sarang Deshpande strike an affectionate pose... Priya works for Applied Materials in Santa Clara, CA. A Bharat Natyam dancer, she performs in Bollywood shows as well. Missed her show on June 27, where she sang a song from Devdas.

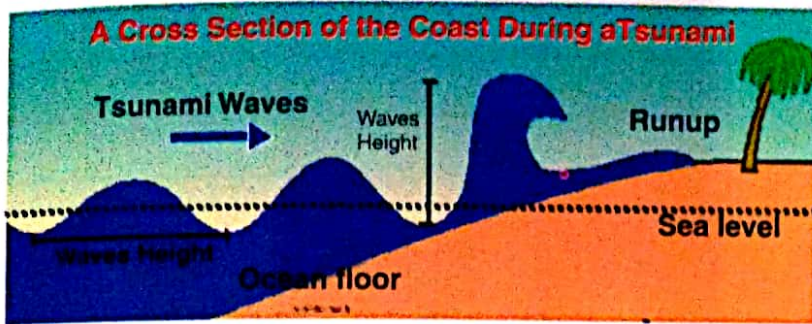


Uma, Haripirya, Mitalee, Priya and Madhura in Sonya's condo in San Francisco. An elaborate spread, a choice of wines and good music had the girls bouncing till midnight!



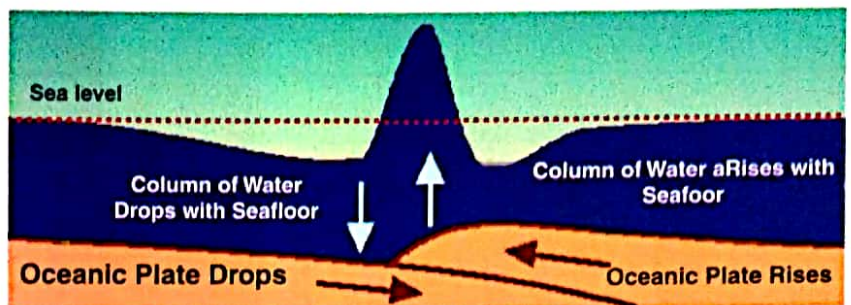
Boulder, Colorado: with Jovina Amor (1998) and her husband Rahul Mohare at Sharmila's home on August 28. Her family was invited as well. She is a highly successful architect with JG Johnson Architects P. C. Earned her LEED certification and deals with the Municipal Corporation directly. Received the Masonry Award Honour for skill and creativity and her commitment to building for the future. Her projects display her sense for good design as well as an understanding of natural building materials. Has restored the St. Regis resort and Spa in Aspen, Colorado.

TSUNAMI



Whenever, there is vertical displacement in the ocean floor because of faulting or subduction, due to inertia the whole column of water in such a zone also suddenly drops / subsides. This is the beginning of the Tsunami and also the reason for sea to first be drawn back in the coastal regions (photo 3) before the final tsunami wave strikes. The potential energy stored as tension in the crust has now been released and is converted into kinetic energy now being transmitted to the water Column, forming waves.

In the open sea tsunami waves have a greater wavelength and a negligible height; thus cannot be noticed. A tsunami can travel at well over 970 km/h (600 mph) in the open ocean - as fast as a jet flies. It can take only a few hours for a tsunami to travel across an entire ocean. A regular wave (generated by the wind) travels at up to about 90 km/hr. As a tsunami wave approaches the coast (where the sea becomes shallow), the bottom of a wave hits the beach floor, causing the wave to slow down, to increase in height manifold and to decrease in wavelength. At landfall, a tsunami wave can be hundreds of meters tall. Steeper shorelines produce higher tsunami waves.

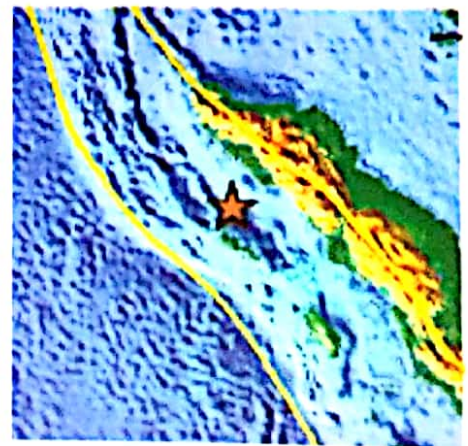
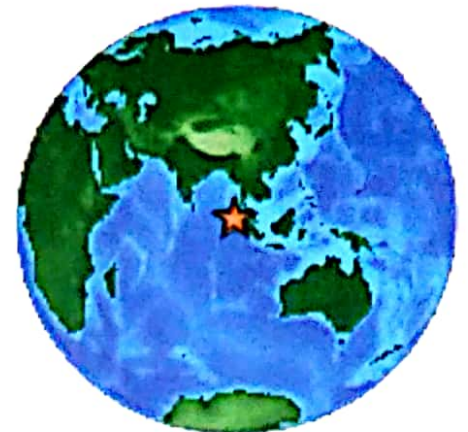


What happened on 26th Dec. 2004????

At 7:58 a.m. IST, the U.S. Geological Survey measured the quake at 8.9 in magnitude. It was the world's fifth largest since 1900 and the largest since a 9.2 quake hit Prince William Sound Alaska in 1964.

The epicenter of the recent quake is marked with a red star in the image. It is located just to the east of the Sunda Trench (off west coast of Northern Sumatra), where the India Plate begins to get subducted beneath (forced under) the Burma Plate. As the India Plate slides beneath the Burma Plate, it meets pockets of resistance, which causes compressional forces to build up. Weakened overlying rock gets forced upward. The United States Geological Survey reports that approximately 1,200 kilometers of the plate boundary probably slipped as a result of the quake. The initial rupture was likely more than 100 kilometers wide, and probably produced an average vertical displacement along the fault plane (the slope along which the two plates meet) of 15 meters. Here the Southern side of the Indo-Australian plate was thrust up and the northern side was thrown down. Thus the Australian continent was saved from the wrath of the tsunami. The Indian side having moved down, all the water rushed north.

The tsunami created by this earthquake reached India and Sri Lanka in about four hours. The wave eventually reached Africa, the Pacific Ocean, Hawaii, and the west coast of North and South America.



Tsunami Warning Systems:

Tsunami warning systems exist in many places around the world. As scientists continuously monitor seismic activity (earthquakes), a series of buoys float off the coast and monitor changes in sea level. Unfortunately, since tsunamis are not very tall in height when they are out at sea, detection is not easy and there are many false alarms. Indian Oceanographers have estimated approximately 2 tsunamis to visit India per century, viz. very rare. Due to the massive destruction seen this time, they are working towards devising their own Advance Warning System.

■ - RAJANI PANCHANG

ENVIRONMENT

Walking Along the Untrodden Paths

- Manjusha Gupte

I don't remember when Nature became a part of our lives. Even while growing up as a little girl in Bombay, we used to regularly go to different parks on Sundays- Powai lake, Vihar lake, National park etc. It provided an escape from the daily hustle-bustle of life in Bombay. Then as Bombay became more congested, we moved in search of a better life. Pune, the queen of outdoor activity, became our chosen home. It afforded us the chance to explore its hilly sylvan surroundings, and more. Pune also introduced us to bird-watching and trekking, pursuits that gave us immense pleasure and enriched our lives. Soon every summer, we would head off to camps, exploring the forts of the Sahyadris, the enchanted archipelago of Lakshdweep, climbing the tallest peaks of the Himalayas, the rhododendron forests of Sikkim, rafting down the Ganga and taking in the solitude of the majestic landscapes of Ladakh.

Our parents reinforced the message- you have not inherited this earth from your ancestors, but borrowed it from your children. Both my sister and I chose careers in environment-related fields, she in Molecular Biology and I in Environmental Policy. Both of us believed in the maxim 'if you like what you do, you don't have to work a single day in your life'.

The outdoors not only made us realize the magic of nature- watching the crepuscular light of sunset, the roar of sea waves, the lush countryside in the monsoons, but also made us respect its power- the choppy seas, or a Himalayan avalanche. It was like learning about life, taking in its ups and downs. It also put us in touch with our inner selves, making us more complete individuals in the process.

Even after moving away from India, my bond with the outdoors was not severed. In fact it was strengthened even more after coming to the US. The National Park system contained numerous gems that were waiting to be explored. From Mount Rainier in Washington State to Yellowstone in Wyoming and the Everglades of Florida, the opportunities for exploration and recreation were tremendous. Over time, Europe and Africa have also become a part of our sojourn. Next on the list? The majestic continent of Latin America! Unlike borders that divide, the outdoors unify, making us citizens of the world in the true sense.

While the outdoors has been a strong sustaining force in the lives of my family members, it remains at times an incomprehensible, unfathomable force. A family friend, who introduced us to bird-watching, recently perished in an accident that was a freak of nature. He, along with three other friends, had gone to the southernmost part of the Nicobar Islands to photograph the eggs of Leatherback turtles. A journey as innocent as that. However, Fate had a different encounter in store for them: The Tsunami. They were never heard of again...



Monument Valley- Creations like these make you feel humble/ insignificant in front of the awe-inspiring power of nature.



Looking for American Bald Eagles (once an endangered species) on the banks of the Mississippi river.



Lila Fellows and trustees at the Warli Picnic

Down Memory Lane... SNIPPETS



Inspira Release December 2004



LF's welcoming Year 2005 at Fillivila



Lila fellows vs. Trustees battling out at the Scrabble Clinic



Cake Cutting Ceremony on the New Year Eve
(Trustees, Overseas LF & Guest)



la fellows going creative with making Caps, birds, flowers
at the ORIGAMI workshop



LPF "Celebrating the New Women" at OSO

BOOK REVIEW

eBooks the digital bookstore

"Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read."

-Groucho Marx American comedian, actor and singer, 1890-1977)
Remote Flick a Mouse Click

With technology advancements, growing competition and boundaries being not more than mere dotted lines on papers, our lives are getting globalised at just a remote flick, a mouse click, that's required to get moving today The eBook revolution, is here! The Internet now makes it possible to come up with an idea, turn it into an eBook and distribute it over the Internet

Ctrl + CLICK The Instant online world of eBooks

The pleasure of walking into a bookstore, browsing books one by one, spending hours and hours is the most beautifying experience but with technological changes today one can access books just at the click of a mouse. eBooks are not yet commonplace, and many people are scared of the unknown aspect of eBooks. eBook technology hasn't yet developed to the point where eBooks can truly compete with traditional books, but in time, the features and abilities that are available today, plus new features that will surface in the near future, will allow eBooks to, at the very least, become noticed by the general public. With all the advantages that eBooks offer readers, it's worth the time to check them out- Durability, Usability, Readability and Portability.

THE ROAD LONG AHEAD FOR EBOOKS

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CASE FOR EBOOKS

The debate can go on. Print books will remain as collector's items. The coffee table book won't be replaced for quite some time, and given that there's still a rather large market for hardback and paperback books, there's no danger of them disappearing anytime soon.

■ -VANITA KRIPLANI

YOURS TRULY

Sniff! Sniff! Is that celebration in the air? Yup it is! It's soon gonna be LFP'S 10th B'day! Excitement is the buzzword! With a flurry of activities in quick succession, we mark the epoch of the foundation. So all you guys, put on your dancing shoes! We gonna rock you!!

Inspira too, is bursting at the seams, as you can see, with all the events it has to cover. We are proud to note that innumerable LF's are adding their little bit to the foundation funds to help other needy students, while still some others are endeavoring, in their individual capacities to pass on the good deed and help more girls to accomplish further education. LF'S responses to the 'Inspira readership questionnaire' designed by our dear Rajani, has rendered very encouraging results for us on the Inspira team. The success stories of our girls have won maximum votes. So, Inspira IS indispensable for most of its readers. Do we need say more?

We are waiting for more responses. So gals get cracking soon. We are also waiting for responses from all the leading ladies we have featured so far. Inspira sure is a hot favorite, you would agree. Now, here's another feather in our cap. LF's who have specialized in various fields are coming forward with their articles for Inspira. You read Prachi's, Manjusha's, and Rajani's write-ups. Now, that's the stuff our girls are made of! Ya don't need more proof, do ya? No wonder we've conquered the stars! Within a decade of our existence. Gals, its time to unleash your 'star power'! Let's pool in our ideas for the 10th Award Function. Then sit back and watch the Big Bang!!

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