



Essential Scholarship eNewsletter | Fall 2025

We're building more than a newsletter — we're creating a space that promotes personal growth for a happy and meaningful life.

Message from the Shah Foundation and VE International

Once again congratulations to all Shah Scholarship recipients.

As the new academic year begins, let's pause for a moment to ask: *What does "education" truly mean?*

Interestingly, the word *education* comes from two very different root words: one **Educare**, meaning "to feed information" and the other **Educere**, "to bring out" or "promote thinking."

Too often today, education is treated as a process of preparing for exams and chasing grades. Yet in our modern world—where information is abundant and just a click away—what we truly need is the ability to think deeply, question assumptions, and see connections others miss.

To encourage this, we are introducing a new segment in our newsletter called Pause and Think. In each issue, we will pose a single question for you to reflect on—not to test your memory, but to spark your curiosity and expand your perspective.



Pause and Think

Is true education about filling the mind, or unlocking what's already inside?

Our hope is that this small pause will become a habit: to think, to wonder, and to imagine beyond what is already known.

As promised, we are delighted to present a reflection by Shenalee Kanthiarachchi on her educational journey, shaped by the Jesuit philosophy of *Cura Personalis*.

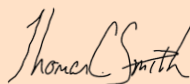
So as you step into this year, don't just focus on learning more – challenge yourself to *think better*.

Warm regards,



Deena & Pravin Shah

D & P Shah Family Foundation



Tom Smith

President & CEO, VE



VIRTUAL
ENTERPRISES
INTERNATIONAL

Essential Scholarship eNewsletter | Fall 2025

"Cura Personalis"



When I first stepped onto Fordham's campus, I noticed the motto everywhere: *Cura Personalis*.

Latin. Elegant. Mysterious. I looked it up—"care for the whole person." I remember thinking, *Nice sentiment*. Little did I know it would become one of the biggest forces shaping my first year.

College is a whirlwind of new faces, ideas, and ways of thinking. I was eager—and a little nervous—to see where I would fit. At first, *cura personalis* sounded like a lofty ideal, but as I navigated classes, friendships, and late-night study sessions, it started to feel real.

Exam season was my turning point. I'd always done well in school, but I realized I was leaning too heavily on memorization. Pages of notes blurred together. My laptop screen felt endless.

That's when I decided to try something different. I joined tutoring sessions, formed study groups, and—maybe for the first time—learned how to really learn. Discussing ideas with classmates and tackling problems together made the work lighter and my understanding deeper.

Looking back, I can see how *cura personalis* guided me without me even realizing it. It wasn't just about grades—it was about paying attention to every part of myself: my habits, my mindset, my relationships.

I also found myself drawing on skills I'd developed back in high school through Virtual Enterprise—public speaking, presentation etiquette, business modeling—but now, I was applying them in bigger, more challenging contexts.

I realized *cura personalis* isn't just about academics—it's about nurturing every part of who you are: your mind, your habits, and your relationships. It means giving yourself grace and staying open to growth, even when life throws curveballs. I came to Fordham intrigued by a motto. I'm leaving my first year living it.



Shenalee Kanthiarachchi
Rising Sophomore, Fordham University