

THE RAJASTHANI FOUNDATION PRESENTS

## DIWALI SOIRÉE 2025

HILTON PARK LANE, MAYFAIR 8<sup>TH</sup> NOVEMBER 2025



#### **CELEBRATING INDIA'S MOMENT:** THIS DIWALI AND BEYOND

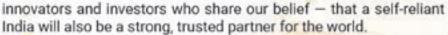


India today stands at the threshold of an extraordinary transformation. With its young population, vast natural resources, expanding infrastructure, and digital leap, the country has become the world's growth engine. This is not just India's decade - it is India's century.

At Vedanta, we see this moment as both a responsibility and an opportunity. As one of India's leading natural resources and technology conglomerates, our mission is to build self-reliance - Atmanirbhar Bharat - by developing the nation's critical industrial base. From metals and minerals to energy and green technologies, we are investing across the value chain to ensure that what India needs, India makes.

But true progress is inclusive and human-centric. Through the Anil Agarwal Foundation, we are channelling resources towards improving lives at the grassroots. Our Nand Ghar project - a modern network of childcare and women empowerment centers - is transforming rural India by providing education, nutrition, healthcare, and skill training to millions of women and children. This is our way of ensuring that India's growth story reaches every home, every village.

As global partners look to diversify supply chains and invest in resilient, transparent, and responsible ecosystems, India offers unmatched potential. At Vedanta, we welcome collaboration with global



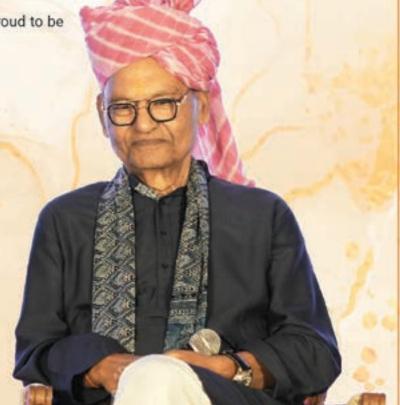
The future is being built in India. And Vedanta is proud to be helping shape it.

Wishing you and your families a very happy Diwali!

Anil Agarwal

Chairman, Vedanta Group





DESH KI ZAROORATON KE LIYE



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### Programme





**18.30** LIVE STARTERS





20.00 POETRY MAGIC OF NAYAB MIDHA

**21.00** YOUTH PERFORMANCES

**21.15** MAIN COURSE AND DESSERT

22.00 JIYA BAND and DANCE

22.45 TEA AND COFFEE

23.00 LET'S DANCE - DJ and MUSIC

01.00 CARRIAGES







## divalimessage

#### Board of The Rajasthani Foundation (TRF)

Dear TRFians, supporters, sponsors and guests,

A hearty welcome to this room full of warmth, poetry, and hope.

This event is a celebration of our collective efforts-your support and our dedication.

Together we embody the future.

This year has been truly special for TRF. From the colours and joy of Holi, the youthful energy of the TRF Youth Bollywood Party, the fun and friendly competition at our TRF Cricket Day, the cultural elegance of the Pichvai Art Exhibition, and now tonight's grand celebration at the Diwali 2025 Soirée, we have shared many memorable moments

We are especially proud of the growing involvement of our TRF Youth. They represent the future of our Foundation, carrying forward the values, legacy, and spirit that TRF was built upon. Their enthusiasm and creativity has added fresh energy and impetus to our work.

We would also like to express our heartfelt thanks to all our volunteers, and our sponsors who help us scale new heights with their respective contributions.

We as a team are very wax lyrical about the organisation and go at lengths to uphold the pillars of the charity.

Community is a consequence, let us make it relevant.

Have a great time, enjoy the festivities, and let the spirit of care guide you.

Warm wishes,

Team TRF

## Meet the Board



Bina Agarwal
Director, Stone World London

Bina is the director and co-founder of Stone World London, supplying unique natural stone to commercial and residential developments across the U.K. Following her education in Behaviour Modification in Calcutta, she joined the Indian Institute of Cerebral Palsy as an honorary teacher, devoting her time to improving the quality of life of students. Being part of TRF allows her to continue making a tangible impact on communities most in need, whilst honouring her Marwari heritage and love for Rajasthan. Personal motto: Everything in life is possible - just don't give up.



Dinesh Chowdhury

Dinesh is a qualified Chartered Accountant from India who has moved into IT and now manages the SAP ERP program for Europe at Compass Plc as Solution Director. TRF for me is like a family which brings the likeminded Rajasthani community in UK/EU together. It makes us feel at home while being away from home. It gives us the platform to support the community through the various charitable initiatives. Personal Motto: Be the change you wish to see in the world. Continue to make the difference.



Krati Jhaver
Founder, Candles on Cake; Co-Founder, The Front Row Events

With a Master's in International Business and over 10 years of retail experience, Krati blends entrepreneurship and community impact through her ventures and work with TRF. To Krati, Rajasthan embodies resilience, culture, and community and her work is about honouring her roots and giving back to those who need it most. Says Krati: "TRF represents unity and the power of collective effort. It's about bringing our Rajasthani community together in the UK, preserving our traditions, and supporting those in need. To me, TRF also means family—my extended family in the UK. My personal motto is "Lead with compassion, and the rest will follow."



Pooja Maru Partner, Jiva Capital Partners

Pooja has over two decades of experience working in corporate finance advisory in the energy and resources sector, and a focus on India-centric clients. To Pooja, Rajasthan epitomises a culture rich in family values, food and festivals. And her desire is to recreate this through TRF. She believes in the mantra "Live & let live!"



Poonam Goel

Founder, Indo Global Ltd; Co-founder, Go Green Initiative

London-based MBA and ACCA graduate, Poonam is an award-winning philanthropist and recipient of the prestigious Global Gandhi and NRI Award . She is the founder of Indo Global Ltd, a consultancy firm that specialises in marketing, finance and real estate. Poonam is also the co-founder of the Go Green Initiative, a global sustainability project focused on energy conservation and reducing emissions. From a young age, Poonam has been deeply committed to community service. This passion drew her to TRF which is known for bringing community together both in London and India . Born Rajasthani, Poonam feels a profound connection to TRF's mission and continues to work tirelessly to make a lasting, positive impact on people's lives through her philanthropic efforts.



Praveen Bhandari

MD, CEO and Executive Board Member, Sun Global Investments Limited

Praveen is a banking & finance professional with a career spanning 25 years in Global Markets & Investment Banking across IFC, Deutsche Bank and now Sun Global. By profession, Praveen is a CA and MBA and has been in the UK since 2000. Praveen and his family have close ties to Rajasthan, where he was also born (Jaipur). He has been actively associated with TRF for over 20 years and admires the institution's efforts in connecting the community together and mobilising efforts and resources for needy causes in Rajasthan. Praveen is particularly passionate about engaging the next generation and youth in the activities and endeavours of TRF.



Rajesh Chechani

Founder/Director of Sinckot Group and Sinclair Mckinsley

Rajesh is a CA specialising in tax management and bespoke financial advice. Having moved to the UK in 2003, he has since founded Sinclair McKinsley - his own accountancy practice, and established Sinckot Group - a property development company. Rajesh spent his formative years in Rajasthan, growing up in a rural village and has a strong emotional attachment to the state. He has deeply enjoyed serving as Director for TRF: "TRF made me feel home when I was away from home. Meeting people from my community, in my culture, and giving back to my homeland has been so rewarding, and I hope to give that same feeling to all my fellow Rajasthanis in this country.



Varsha Dahad

**Charity worker** 

Based in Hitchin, Hertfordshire, Varsha is an ardent charity worker and considers herself a work in progress. Says Varsha: "Rajasthan is a rich tapestry of history, valour, culture, colour, architecture, ancestry and a photographer's dream. TRF is an eleemosynary institution, but a catalyst in bringing the community together My current mantra is to try hard not to do anything!"

# About The Rajasthani Foundation (TRF)



#### Celebrating 20 Years of Culture, Community, and Charity

The Rajasthani Foundation (TRF) is a UK-based registered charity that brings together people of Rajasthani origin and friends of Rajasthan united by a shared pride in their heritage and a common commitment to doing good.

Founded in 2005, TRF proudly celebrates its 20th year in 2025, two decades of connecting hearts, celebrating culture, and giving back to society. What began as a small community initiative has grown into a vibrant organisation representing Rajasthani and Indian values on a global stage, while creating a close-knit family here in the UK.

At the heart of TRF are our three guiding pillars: Culture, Community, and Charity, which define everything we do:

- Culture: TRF promotes and preserves the rich traditions, art, music, and festivals of Rajasthan, keeping them alive for future generations. From colourful Holi celebrations involving Rajasthani music, dance and food to collaborating with traditional artists, every event reflects the vibrancy and heritage of our roots.
- Community: TRF is built on togetherness. Through social gatherings, youth engagement, and family events, we create a sense of belonging for all, connecting those far from their homeland through shared traditions and friendship. Our annual Diwali celebration attended by over 400 people brings families across generations together. Our youth showcasing their talent bringing a warm and personal touch unlike any other.
- Charity: Giving back lies at the core of TRF's mission. Over the years, the Foundation has supported numerous charitable causes in both the UK and India helping those in need through education, healthcare, and humanitarian aid. We partner with local charities in India for the long term to provide support not just for day to day running but for capital projects such as adding new rooms or becoming green. For example, for over 10 years we worked with Navjyoti Mano Vikas Kendra in Jodhpur and Sona Mano Vikash Kendra in Bhilwara providing Education, Vocational Training & Rehabilitation of children with Intellectual & Developmental Disabilities.

We are thankful to the community for their continued contributions or taking on challenges to raise money to allow us to fulfil our commitment to give back.

The next generation, through the TRF Youth, continues to carry this legacy forward with enthusiasm and new ideas, ensuring the Foundation remains dynamic and relevant for years to come.

As we mark this milestone year, TRF looks ahead with pride and purpose, continuing to celebrate our heritage, strengthen our community, and spread the spirit of compassion that has defined our journey for 20 remarkable years.





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Indorama Corporation is one of Asia's leading chemical companies, with a legacy that began in 1975 in Indonesia by M.L. Lohia and his son S.P. Lohia.

The company is today a diversified industrial group, manufacturing a wide range of products including fertilizers, polymers, chemicals, textiles, and medical gloves.

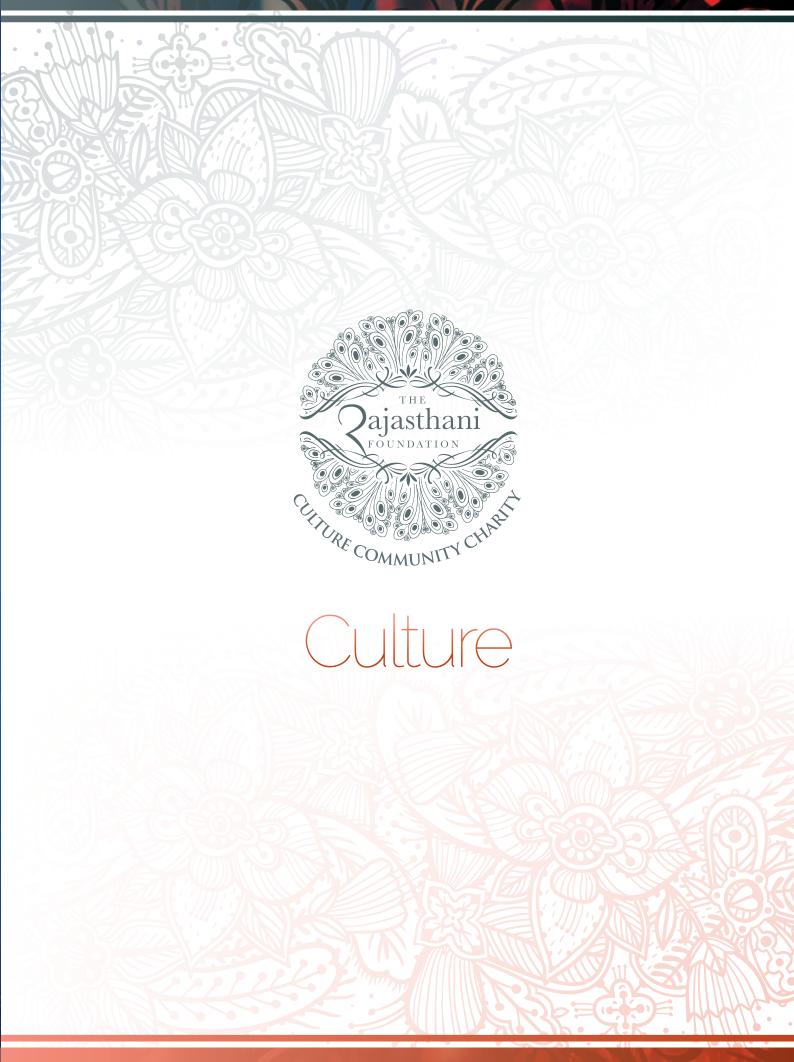
We are one of the largest producers of fertilizers in the world, as well as a large and integrated producer of cotton and synthetic textile raw materials.

With 40 manufacturing sites across 9 countries, our purpose is to produce essential materials that better lives with the support and trust of our customers, employees, and stakeholders.









## TRF Diwali 2024

The TRF Diwali ball for year 2024 was as usual an evening of nostalgia, celebrating new beginnings and power of togetherness.

The event started with a champagne reception accompanied by some beautifully crafted and presented canapés by Ragasaan our official caterer.

Nikita Gandhi was the main act and she set the stage on fire. Her versatile voice transitioned various genres of music and captivated the audiences. Some of her popular songs got every one on the dance floor.

But the act that stole the show was dances performed by our young members. This year saw the reinstatement of youth performance. This section was entirely designed and executed by them. It brings a happy glow to the TRF Team when you see the baton is in right hands.

Anilji Agarwal and Kiranji Agarwal are part of TRF family and no Diwali event would be complete without their presence, support and inspiring speech.

The TRF objectives of culture, community and charity had truly come to life with the vital support of our donors, vendors and above all our members. Yet an another evening to remember....

























































### About Nayab Midha







Nayab Midha is a Hindi poet and spoken word artist from India, born in 1996 in Sri Ganganagar, Rajasthan.

She completed her engineering from BPIT, Delhi, and briefly worked at Infosys before realizing her true calling was storytelling through poetry. What began as a school competition piece in ninth grade has now grown into a voice that resonates across continents.

Starting out performing at Delhi's slam poetry circuits and winning several DU and IP University contests, Nayab soon became one of India's most recognized modern poets. Her viral performances like Mushkurao, Tum Khoobsurat Ho, and Nani Ki Kahani have collectively reached millions online. Today, she has over 2.5 million followers on Instagram, making her one of the most followed Hindi spoken word artists in the country.

Beyond stage and social media, Nayab has collaborated with top brands to integrate poetry into storytelling campaigns making it mainstream. She also runs a successful radio show with MyFm called Nayab Nazariya. Her original stage show, Rajkumari have been sold-out successfully across India and multiple countries, blending poetry, performance, and purpose.

As the first female spoken word artist from India to cross a million followers and do multiple international shows, Nayab continues to redefine what it means to be a poet in today's world fearless, heartfelt, and deeply human.



## About



Jiya is a UK-based South Asian fusion band renowned for its powerful blend of soulful Indian melodies, cinematic arrangements, and contemporary global sounds.

Founded by Kishan Amin (lead vocalist), Nilesh Thakore (Keyboards) and Hav Singh (Lead Guitar), they seamlessly fuse tradition with modernity, delivering a vibrant, cross-cultural sound that resonates with audiences across the world.

From The O2 Arena, Wembley Arena, and the Royal Albert Hall to international stages from Las Vegas and Japan, to Thailand, India, and across Europe and Africa, Jiya has performed to thousands worldwide — establishing a reputation as one of the UK's most dynamic and internationally acclaimed South Asian acts.

Their collaborative work spans some of the biggest names in the industry, including Grammy Award—winner Shankar Mahadevan, Pritam, Harshdeep Kaur, Benny Dayal and Shruti Pathak. In partnership with global record label Sa Re Ga Ma, Jiya released the powerful Independence Day anthem "Meri Maa — Vande Mataram," showcasing their ability to merge heartfelt emotion with world-class musicianship.

#### **Career Highlights**

- Performed at prestigious venues including The O2 Arena, Wembley Arena, and the Royal Albert Hall.
- Toured extensively across Europe, Asia, Africa, and North America, performing in countries such as India, Japan, Thailand, South Africa, Zambia, Kenya, the Philippines, and the United States.
- Released the Independence Day anthem "Meri Maa Vande Mataram" with international record label Sa Re Ga Ma.
- Collaborated and shared stages with Grammy Award winner Shankar Mahadevan, Pritam, Harshdeep Kaur, Benny Dayal and Shruti Pathak.

#### Instagram

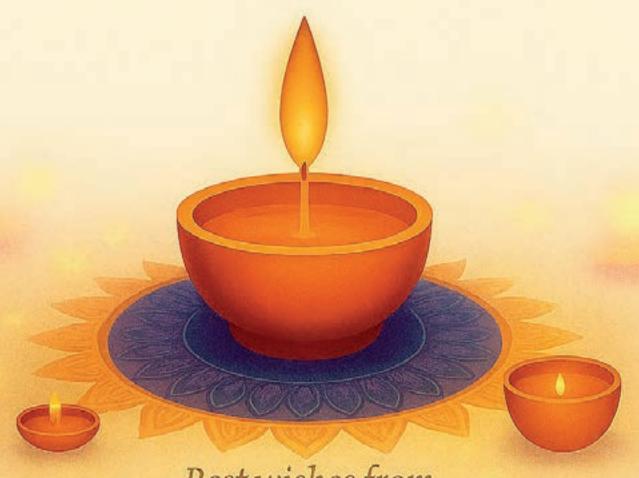
Kishan Amin - @kishanonline Nilesh Thakore - @nilesh.thakore Hav Singh - @havsingh Jiya Music - @jiyamusicofficial

## **VSPC**

**Chartered Accountants** 

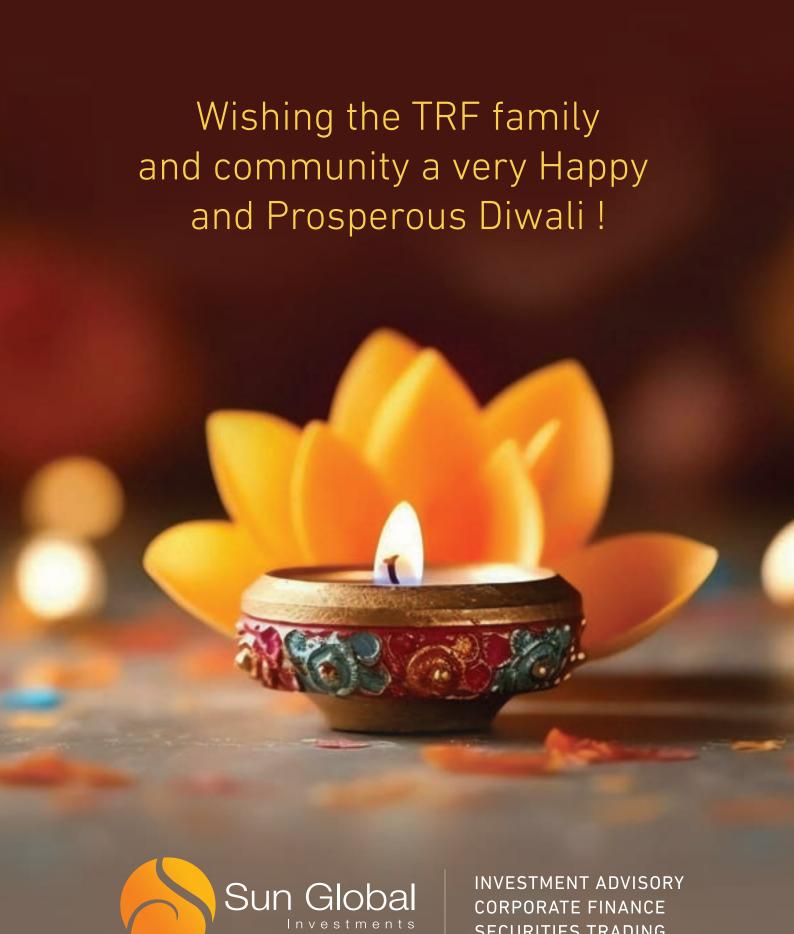


## Happy Diwali



Best wishes from

Vivek Saraogi & Family



SECURITIES TRADING

## TRF Holi 2025

#### By Raksha Harbhajanka

When The Rajasthani Foundation (TRF) hosts Holi, you know it's going to be a rangon ka dhamaka - a burst of colour, laughter and joy that brings the whole community together. Once again the Swaminarayan Mandir in Stanmore became the heart of our celebration - echoing with dhol beats, playing children, smiles and the timeless tune of "Holi khele Raghuvira Avadh mein..."

Unlike many charity-linked events, the TRF Holi Event is all about community and connection. It's not about fundraising, it is about belonging. It is a day when friends and families come together to celebrate spring, friendship and togetherness - in true Rajasthani style.

Guests arrived dressed in their colourful best, blending traditional kurtas with vibrant scarves, floral dupattas and cheerful smiles and were greeted by members of the team. Soon the hall shimmered with excitement, laughter and a rainbow of hues - and that was before the gulal even appeared.

The afternoon began with lively performances from the spectacular 4 All 2 Envy Entertainment team: dancers who have graced grand stages from Wembley Arena and Alexandra Palace to The O2 and the Royal Albert Hall. Some of their team members have also worked on Bollywood blockbusters such as Judwaa 2, Mubarakan, Namaste England, Cuttputlli, and even the classic Kabhi Khushi Kabhie Gham! Their bollywood, folk and fusion routines had the entire crowd tapping their feet, clapping along and occasionally joining in the chorus!

But the magic didn't stop there. The dancers soon had the audience on their feet, teaching us easy choreography so that har dil thumka lagane lagaa! There's something so special about a room full of people - young, old and everyone in between, moving to the same beat, laughing through missed steps and finding rhythm together. That shared joy truly captures the spirit of Holi.

























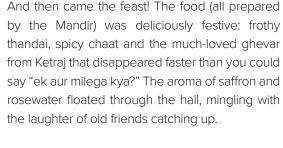












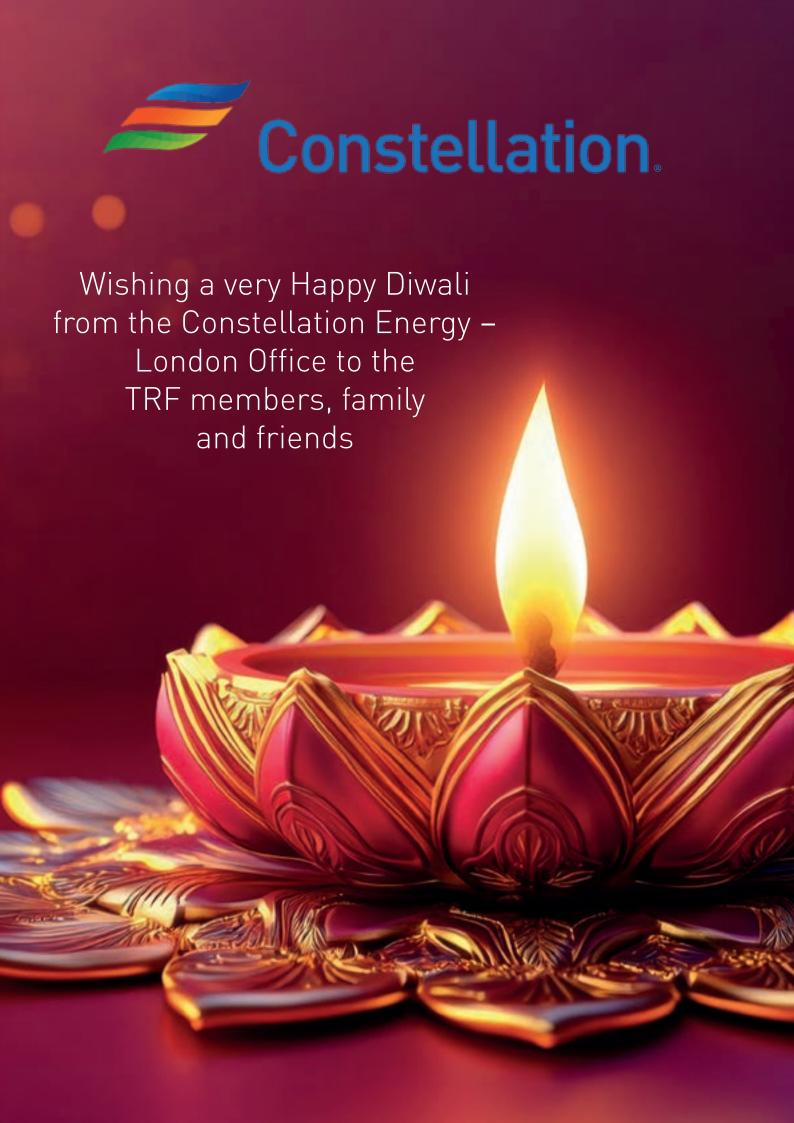
When it was finally time to go outdoors, the crowd was ready - ekdum rang barse ishtyle! The courtyard turned into a kaleidoscope of colour as handfuls of gulal filled the air coating everyone in pinks, yellows, greens and blues. Even the dancers from 4 All 2 Envy joined in the fun, twirling in clouds of colour and getting the crowd jhoomoing! The DJ and dhol players braved the chill and the colour to keep the beats alive outside and no one could resist dancing along. The weather thankfully stayed kind, crisp but dry and the cold was no match for the warmth of the celebration.

Did you know dear readers? In ancient times Holi wasn't just about colours, it marked the victory of good over evil, yes, but also the end of winter and the start of a new agricultural season. In fact, in old Mathura, people used to play with natural dyes made from flowers like palash and tesu so when you see that orange-red hue, you're touching a piece of history.

And just when everyone thought the day couldn't get more perfect, came the comforting finale - steaming cups of chai. And even though I was full from all the awesome food, I wasn't the only one dipping biskuts into my garma garam chai!! Standing in the cool air, faces glowing with colour and happiness, hands curled around a hot cuppa, everyone agreed it was the perfect ending to a perfect day.

By late afternoon, there wasn't a face left untouched by colour or a heart left untouched by joy. TRF once again reminded us that "jo rang hum saath milke banate hain, wahi asli rang hai zindagi ka," - the colours we create together are the truest colours of life.

Here's to another Holi filled with laughter, warmth, and the joy of togetherness!



## Govind Gattey Ki Subj

By Meenakshi Garg

Rajasthan a state of colour, splendour, beauty, history, art, and food all put together to create a rich tapestry of enriched life. And blessed are we all to have such a heritage.

When you think of Rajasthani food, you think of daal baati, ker sangri, churma, gattey ki subji. Amongst all these delicacies Govind gattey ki subji is royal rendition of the classic gatta.

This regal recipe has it all - nutrition, bold flavours, the looks and the taste!



#### Ingredients

#### For the Gattey:

- 1 cup besan (gram flour)
- 2 tbsp grated paneer
- Salt to taste
- ½ tsp red chilli powder
- ¼ tsp turmeric powder
- 1 tsp crushed coriander seeds
- ½ tsp ajwain (carom seeds)
- ½ tsp cumin seeds
- 1 tbsp oil or ghee
- Water as needed

#### For the Stuffing (optional):

- Few cashews, almonds, raisins chopped finely,
- Pinch of white pepper, cardamom powder, salt.

#### For the Gravy:

- 2 tbsp ghee
- 1 tsp cumin seeds (jeera)
- A pinch of hing (asafoetida)
- 2 tomatoes, finely chopped
- 1tsp ginger paste
- 1 cup curd (yogurt), whisked
- 5–6 cashews, ground to a smooth paste (optional, helps prevent curd from curdling)
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp coriander powder
- Salt to taste
- ½ cup boiled water
- Fresh coriander leaves and methi leaves, for garnish

#### Instructions

#### For the Gattey:

- Mix besan, grated paneer, salt, red chilli, turmeric, crushed coriander seeds, ajwain, cumin seeds, and oil/ghee.
- Add a little water to form a tight dough.
- Shape into small rugby-shaped balls (Govind gatte).
- At this stage add the stuffing inside the balls.
- Fry in oil on medium-low heat for 8–10 minutes, until they float and turn light golden brown.
- Remove and cool slightly.

#### For the Gravy:

- Heat ghee in a pan, add jeera and hing.
- Add tomatoes and sauté until the ghee separates from the masala.
- Add ginger paste and the dry spices.
- Lower the flame and add whisked curd, stirring continuously. (Add cashew paste at this stage if using.)
- Pour in ½ cup boiled water and simmer for 5–7 minutes.

#### Combine:

- Add the fried gattey to the gravy.
- Cook on low flame for 10 minutes, allowing the gatte to absorb the flavors.
- Garnish with fresh coriander and methi leaves.



Pushpa, Gautam, Varsha, Siddharth & Pallavi Saraogi



## TRE Youth Performance The youth are at the heart of any TRE event.



We don't know the future, but we know who holds the key to it - our youth. This year has seen a renewed vigour after last year's success. We have participants from various age groups. Proud to announce that we have trebled our boys participation!!

It has again been a youth led activity where they have taken charge right from reaching out to the young members, to conceptualising it, to organising rehearsals, outfits, to making sure the participants are doing their "homework " by practicing at home!

The bonds forged in the informal settings of the rehearsals continue to be life long associations. The enthusiastic and bubbly Neha Patel from Sarjan Nartan Academy is the choreographer this year. She has been integral part of TRF Holi celebrations.

Please reserve extra cheers this evening for our in-house resident artists.

### Feast, Melody & Adornment A private walkthrough of Rajasthan art By Ambika Kucheria

In July, TRF hosted a private walkthrough and get together for its members at the landmark Pichvai art exhibition 'Feast, Melody & Adornment' in London.

Pichvai is a 400-year old traditional art form that originated in Nathdwara, near Udaipur, Rajasthan. Pichvai paintings which mean 'pichh' (behind) and 'vai' (hanging), were detailed, hand-painted textiles traditionally hung behind the idol of Srinathji (baby Lord Krishna) in the temple. Today they have had a resurgence in popularity gracing homes and public spaces, within India and internationally.

It was an absolute feast for the senses to view and hear about some of the most beautiful examples of this revered art form from Pooja Singhal, the founder of Pichvai Tradition and Beyond, the organisation behind the exhibition.

The exhibition which took place at the prestigious Mall Galleries, represented over 15 different styles within the Pichvai art form from heritage paintings showing a resplendent Srinathji to playful cows, dancing peacocks and contemporary temple maps – all iconic of the landscape, culture and worship of Rajasthan.

The event gave our members the opportunity to experience up, close and personal, one of Rajasthan's most iconic cultural forms in the heart of London. This was followed by some further informal discussions and feasting amidst the beauty of the art!















### HAPPY DIWALI

## Happy Diwali from Berico Food Distribution Limited

As the festival of lights fills homes and hearts with joy, we at Berico extend our warmest wishes to our entire community.

May this Diwali bring you prosperity, happiness, and new beginnings.

Let's continue to shine together, spreading positivity and light in everything we do.

Have a safe, joyful, and sparkling Diwali!

- Anil Beriwal & Family





### TRF Community Cricket Match A Feel-good Father's Day Fundraiser - June 2025

By Krish Kucheria





This year, TRF celebrated Father's Day with a wonderful community event at Finchley Cricket Club, a sun-soaked day of cricket, homemade treats, and plenty of laughs. More than 150 members of our community, from energetic five-year-olds to seasoned sixty-year-olds, came together to enjoy activities that showcased our community's spirit at its finest.













The cricket took centre stage, with multiple matches spread throughout the afternoon. Over 50 adults and 20 children strapped on pads and stepped up to the crease. Players showed fantastic teamwork and sportsmanship, while spectators cheered enthusiastically from the boundary.

Away from the main square, the batting-cage challenge proved to be a hit, with participants testing their luck (and reflexes!) against the bowling machine. Some impressed with stylish cover drives; others simply entertained the crowd with ambitious swings and complete misses - all equally celebrated. Meanwhile, our junior members rose to the occasion at the community bake sale, displaying an array of brilliantly decorated cakes, brownies, and sweet treats. Whether people came for cricket, cake or community, all cravings were satisfied.

The charity tombola remained busy throughout the day, with children eagerly checking their tickets and adults hoping to win prizes of their own. The cheerful buzz around the stall kept the excitement going between overs.

By sunset, the day concluded not only with tired legs and happy smiles but also with an incredible fundraising total of over £500, a testament to the generosity and enthusiasm of everyone involved. It was a celebration of family, community, and cricket.



























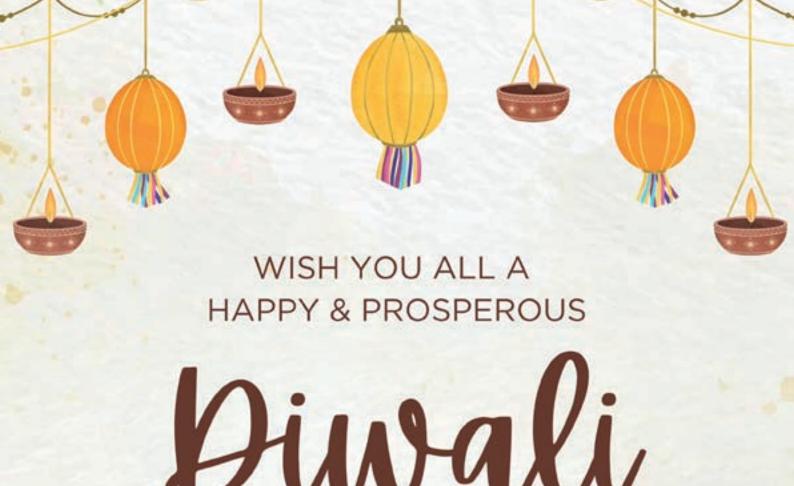


## Happy Diwali

FROM

Lakshmi & Usha Mittal And Family





# Diwali

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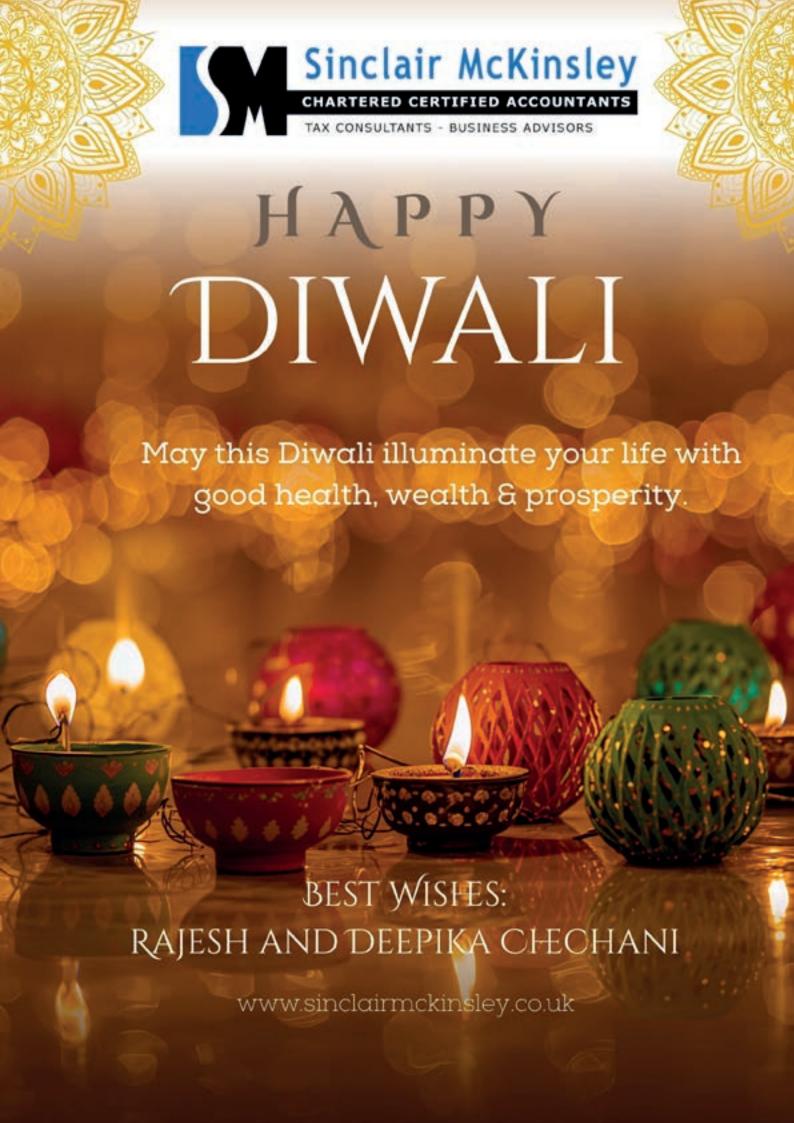
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## HAPPY DIWALI



"May the light of Diwali guide you on the path to success, happiness, and peace. Wishing you a bright and joyful celebration!"



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## TRE Youth Bollywood Night By Anoushka Maru

On 28th March 2025, the next generation of our community came together for an unforgettable evening: The Rajasthani Foundation's First Youth Bollywood Night. Hosted at The Shoreditch, this exclusive event was an evening of rhythm and youthful spirit.

From the moment the doors opened, guests were greeted by a buzzing atmosphere, eclectic décor, and DJs that promised to keep the dance floor alive until the early hours. The wonderful DJ Viren set the tone for an evening full of classic Bollywood hits, chart-toppers, and irresistible beats that got everyone moving. Taking over the decks, the muchanticipated DJ Senator kept the electrifying high-energy going with his seamless mixes of Bollywood bangers, global dance anthems, and desi remixes. The crowd was on their feet until the final track dropped at 2 am, and even then people wanted the night to continue.









The event wasn't just about dance and music. It was about connection and celebration. Our young members and their friends came together to spread the joy of community. A professional photographer captured the night's most memorable moments, from candid dance floor shots to glamorous group photos, preserving the spirit of the evening for all to look back on.

The TRF Youth Bollywood Night was a celebration of culture, unity, and the vibrant youth spirit that continues to strengthen

The Rajasthani Foundation's legacy. Events like these remind us that our traditions thrive not only in our shared roots but also by continuously evolving with the times and embracing the fresh energy and experiences of our younger generation.

We look forward to many more fun nights and youth events for all age groups where community and culture come together under one roof.





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Our partners and staff are delighted to support the Rajasthani Foundation's "Diwali Soirée 2025" charity ball.

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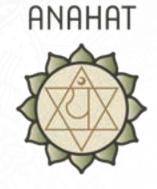
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# YOQA A practice beyond the mat By Nimmi Saraf and Sweta Bahri



By Sweta & Nimmi

Whilst the physical practice of yoga is popularly practiced across the globe, yet its not holistic until one also understands that yoga helps us access our subtle body too - consciousness, emotions, thoughts, energy channels.

If one aspires to experience yogic bliss then it's very important to also become aware that yoga should be practiced off the mat too - in our daily lives.



The following techniques help integrate yoga principles into your daily life, away from the mat:

#### **Mindful Actions and Awareness**

Mindfulness transforms everyday activities into a practice:

- Conscious Eating: Slow down during meals, paying close attention to the taste, texture, and smell of your food. Avoid distractions like screens.
- **Active Listening:** When someone is speaking, give them your full, undivided attention. Focus on understanding their perspective rather than formulating your response.
- **Single-Tasking:** Avoid multitasking to build focus and reduce stress. Focus entirely on one task at a time, whether it is working, spending time with family, or doing chores.
- **Transitional Pauses:** Use moments of transition—like waiting in a line, sitting in traffic, or moving from one meeting to another—to take a deep breath and check in with your current mental and physical state.

#### **Ethical Living (Yamas and Niyamas)**

Integrate the ethical guidelines of yoga into your interactions and self-conduct:

- **Ahimsa (Non-harming):** Be mindful of your words, thoughts, and actions. Practice self-compassion and choose words that build up others rather than tearing them down.
- Satya (Truthfulness): Communicate honestly and with integrity, but always temper the truth with kindness (ahimsa).
- **Santosha (Contentment):** Focus on gratitude for what you have rather than what you lack. Find joy in simple, everyday moments.
- Aparigraha (Non-possessiveness): Practice generosity and declutter your physical space, your schedule, and your mind from unnecessary accumulation or worries.

#### **Breathwork (Pranayama)**

Use breathing techniques to regulate your nervous system throughout the day:

- **Box Breathing:** During stressful moments, inhale for a count of four, hold for four, exhale for four, and hold for four. This calms the mind quickly.
- Conscious Sighs: When feeling tense or overwhelmed, take a deep inhale and release the breath with an audible sigh to physically release tension.

#### **Self-Reflection and Intention**

- Set Daily Intentions: Start your morning by setting a simple intention, such as "Today, I will practice patience" or "I will be more present in conversations."
- Journaling: Use a journal to reflect on your experiences, how you navigated challenges, and moments of gratitude.
- Prioritize Rest: Honour your body's need for rest. Adequate sleep and downtime are essential parts of a balanced yogic life.

It is only with this knowledge and its applications to our daily lives that we can achieve a higher state of consciousness and experience yoga in its entirety. If you cannot find time to practice yoga at a physical level- you can still remain in touch with the practice by 'living' in a state of yoga.

# Diwali

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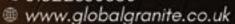
# Happy Dinafi

Wishing you a sparkling Diwali filled with love, laughter, and new beginnings.



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### Al's Next Frontier: Robots and Agents

By Nitin Dahad Editor-in-Chief of EE Times, www.eetimes.com

On my last trip to Silicon Valley in California, USA, I had a chat with Ameca at the Computer History Museum in Mountain View. It was a little slow, because Ameca was a humanoid robot who answered my questions by processing what I said, sending it to the cloud, and then sending an answer from the cloud back to Ameca and to deliver it as speech from the robot. That whole computing process back and forth from the cloud takes time, which is why the conversation felt a bit stuttered.

Obviously, the time delay doesn't enable fluent conversation, but in the world of electronics, semiconductors, and Al, there's a huge push towards delivering this in a natural way. In other words, to eliminate those delays, reduce the amount of energy consumed in carrying out all that computing far away in a data center, making the processing of data faster by doing it locally, and also ensuring all this can be done without the data being hacked by bad actors.

While Al's focus has so far been on training large sets of data to enable models that then enable things like ChatGPT, there's now a realization in the industry that only a few large firms can probably make money from this, and the future is in delivering that Al on small everyday devices that people are using on a daily basis.

According to industry leaders, the next frontier for Al is hence going to be in the realm of physical Al, or robotics, and this includes humanoid robotics.

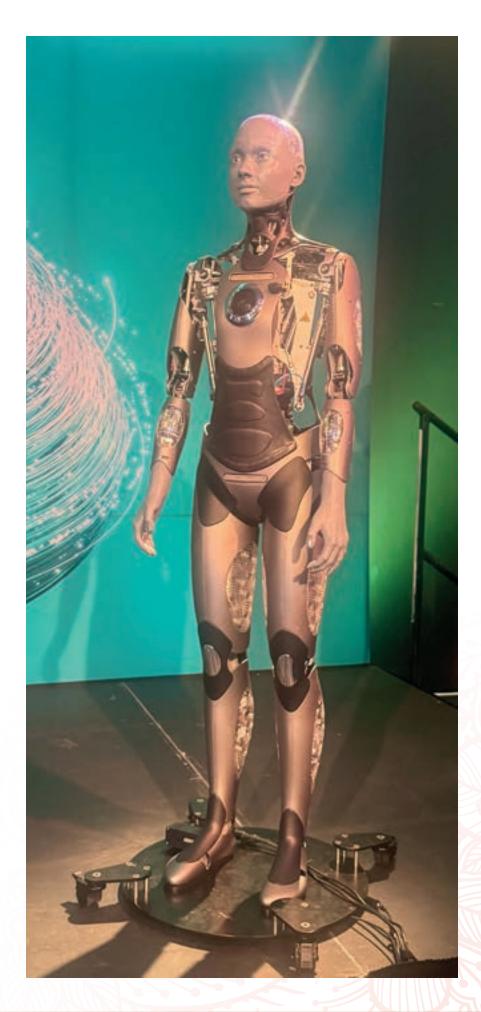
The first key area of growth of this physical AI is industrial automation. Take Amazon's newest operations technologies – Blue Jay is a system coordinating multiple robotic arms, and Project Eluna, an AI agent model which will help operators make more informed decisions. According to Amazon, Blue Jay and Project Eluna are advanced innovations building on several recent AI and automation breakthroughs for its operations and will work alongside operations employees to create safer and more efficient workspaces.

Another growth area is delivering more advanced AI for autonomous or self-driving vehicles. If you go to San Francisco or Phoenix, driverless taxis are already commonplace through companies like Waymo. My experiences in Waymo so far have been safe enough for me to give confidence to sit in a car for a long drive without anyone actually being at the wheel.

But we are also seeing physical AI in areas like healthcare including robotic surgery. In Saudi Arabia, the King Faisal Specialist Hospital and Research (KFSHRC) performed 1,370 robotic surgeries in 2024. This highlights how advanced surgical technologies can be deployed through seamless integration of technical precision with clinical expertise in performing complex procedures. The hospital said it has achieved several world firsts, including the first complete robotic liver transplant, the first complete robotic heart transplant, and the first robotic resection of an intracranial brain tumor.

Robotic surgery potentially offers unprecedented precision beyond traditional manual techniques. The benefits of Al here are advanced three-dimensional visualization and robotic arms, enabling surgeons to perform procedures with exceptional control and accuracy. In addition, the use of Al can help minimize incision size and trauma, to help reduce recovery time, decrease complications, and improve patient outcomes.

These are just some selected examples. However, physical AI and robotics technology will touch almost every industry and sector of human life, and that technology won't necessarily be in humanoid form (apart form maybe the companion robots that are becoming more commonplace in ageing societies like Japan).



Jensen Huang, the founder and CEO of one of the world's most valuable companies, Nvidia, has been advocating that physical AI is the next big thing and in trade conferences like CES in Las Vegas and the company's own GTC conference, we've been seeing humanoid robots using technology developed both on Nvidia's and its partners. Jensen Huang has been saying for most of 2025 that we're heading towards an age very soon where there will be billions of robots, hundreds of millions of autonomous vehicles, and hundreds of thousands of robotic factories.

Coming back to Ameca, what it highlights is that there is definitely going to be a future in which we will talk to robots. Technology will of course improve and be based on the foundational Al technology developed in recent years through things like Alexa and Siri, and then ChatGPT. And we will see these more advanced and sophisticated technologies brought into the physical world through cars, factories, hospitals, schools, homes and probably areas we haven't even imagined.

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# Modern MATCHIMAKING

#### By Dipika Khaitan and Anita Martins

www.matchbox-global.com



We outsource everything. Our money to wealth managers, our bodies to personal trainers, our diets to nutritionists and our careers to counsellors. But we forget that love deserves expertise too. The irony is striking! When it comes to love, we often turn it into a DIY project.

We research funds before we invest. We compare cars before we buy them, yet when it comes to choosing a life partner, arguably one of the most life-defining decisions... many shy away from seeking any help at all.

Long gone are those days when relatives would suggest a proposal and parents would mostly decide the 'rishta'. We have brought up our children to learn to be independent, given them good education, stressed about getting them into the top universities and top careers. So how can we then expect them to simply compromise when it comes to the most important aspect of their life, their life partner!

Think of a professional matchmaker as the person who does the pre-screening for your emotional investments.

Someone who helps you see not just what you love, but also what you might struggle to love later. Anyone who understands the value of time and emotional energy will realise that, in hindsight, that is priceless.

#### What should I do on the first meeting?

Here are a few simple but effective tips from the matchmakers, Dipika & Anita to help you make that allimportant first impression count.

#### Who should pay — the boy or the girl?

While we're certainly not fans of old-fashioned chauvinism, let's be honest, which girl doesn't enjoy being spoilt once in a while?

We usually suggest that the boy offer to pay the bill. If the girl objects lightly, it's fine to insist once; but if she genuinely insists, then it's perfectly polite to split the bill. It's not about the money, it's about the gesture.

#### Where should you meet the first time?

Ideally, the boy should suggest the venue. Choose a place that's lively but not too loud. A corner table at a buzzy café or a nice restaurant with good energy but enough privacy for a conversation. Avoid anything too pretentious or overly casual. The goal is to feel comfortable and at ease.

#### What should you wear?

You'd think it's only the girls who worry about this, but trust us, the boys do too!

Our advice: dress smart, but not overdone.

- For men: a light jacket with an informal shirt or tee works perfectly.
- For women: wear what makes you feel confident. A a chic monochrome dress, or a crisp shirt with jeans can look effortlessly elegant.

Avoid sneakers, and opt for loafers or mules instead. Looking put-together shows effort and respect for the meeting.

#### What makes a good conversation starter?

Once the ordering is out of the way, begin with something simple: "How was your day?" or "How has your week been?" From there, flow into easy topics like how they enjoy spending their evenings, favourite restaurants, or travel dreams.

The golden rule is ask questions and listen in equal measure. A good conversation is never one-sided!

#### Should you expect a 'Bollywood moment' right away?

Almost certainly not! First meetings can feel a little awkward and that's completely normal. Real connection builds gradually. By the third or fourth meeting, you'll find the conversation flows more naturally, and that's when the smiles and sparks truly begin.

#### A couple of bonus tips:

- Keep your phone away. Nothing kills connection faster than scrolling mid-conversation.
- End the meeting gracefully. Thank them for their time, and if it went well, say you'd love to meet again. And even if it doesn't lead to a romantic spark, you've at least made a new friend.

Remember, the first meeting isn't meant to seal your story — it's just the first chapter. Approach it with openness, warmth, and curiosity, and let the connection unfold naturally.

#### What Men Especially Need to Hear

Studies and matchmakers alike, will tell you this: women are far more likely to seek help in finding a compatible partner.

Men, on the other hand, often wait for love to "just happen." We will happily hire a golf coach to shave two strokes off our handicap, or a financial advisor to trim our taxes but God forbid we hire someone to help us find the person we will share our mortgage, and maybe our share DNA with.

Somehow, outsourcing romance feels... unmanly, but if you think about it, it's actually the most strategic move a man can make. Because a matchmaker isn't meddling in your love life now, are they? They're managing risk. They're diversifying your portfolio of heartbreaks. They're optimising for compatibility returns.

#### If that isn't smart investing, what is?

People often ask us to define the perfect candidate. But we believe no definition, no type fits all. It's not about the most beautiful and the most handsome, not the sharpest or the wealthiest, but it's what right for you. It's like choosing the right university! It does not mean the other universities are not good. Which is better? Harvard, Yale, Oxford or an IIT? The debate can go on...





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#### Strength Forged in Fire. Light Born Within.

This Diwali, may the fire of resilience shape your strength and the light within guide your path forward.



# TRF Charity School Update







TRF continued its ongoing support of the charity-Sona Manovikas Kendra (SMK) Bhilwara, a school for children with special needs, and learning difficulties.SMK presently have 100+ students who get free education, training, physiotherapy & speech therapy which is provided by school.

The key motto of SMK is to train the special needs children and make them an integral part of the society. Some of the training methods being used to make this happen are:

- Regular physiotherapy.
- Speech therapy
- Projector an easy medium for intellectual disabilities children's education
- Computer education
- Regular aerobics
- Providing 'Prevocational' training at school & try to make them a part of the society
- Organizing Cultural Activities at school

The school has now initiated and provides 'Home Based' Program for children who are not able to attend the classes due to family conditions or their vulnerability. This is enabled by specialist teachers visiting their home with all relevant resources and providing the necessary education and training to those children.

This program helps to cover much wider and remotes villages around Bhilwara. It has proved to be a very successful mode of training in the past year and TRF is actively supporting this program. SMK wants to expand this program further and for that they would actively need TRF's support, so please pledge and donate for this noble cause and let us together help make these children more self-sufficient and self-reliant.



To Donate/Pledge please click on the QR Code:















To TRF Community and Friends
Best Wishes,

Rashmi and Prateek Banthia



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#### THE RAJASTHANI FOUNDATION'S

## **CLOTHES DRIVE**

#### **BYVIRAJ BHANDARI**

Recently, I had the opportunity to take part in a clothing donation project together with come of the other youth and teenagers from the TRF Community: Mahi Shah, Krish Kucheria, Arnav Bhandari and Sanat Chechani. Together, we worked to collect, sort, and prepare clothes that had been generously donated by members and friends of our community. Our goal was to send them to families and children in India who lack access to basic clothing and footwear.

We spent time checking that each item was clean, in good condition, and suitable for different ages. Once sorted by type and size, we carefully packed and labelled everything for shipment. A total of 540 pieces of clothing and footwear were made ready to go. The clothes were then sent to 4 different orphanages and institutions in Jaipur and Udaipur that care for children and young adults from impoverished backgrounds. With the help of these organisations (Samidha Nirashrit Bal Grah, Matra Chaya Bal Grah, Aashray Care Home and Tara Sansthan), the donations were distributed directly to individuals in need.

Through this project, I came to understand how significant and meaningful a gesture like this can be. Many children in India face harsh weather conditions without proper clothing or shoes — things that most of us take for granted. Knowing that our efforts could bring even a small measure of comfort and dignity to them was truly rewarding.

I'm grateful to TRF for giving us the chance to be involved in such a meaningful initiative. It not only helped those in need but also reminded us of the impact that simple acts of generosity can have on others' lives.















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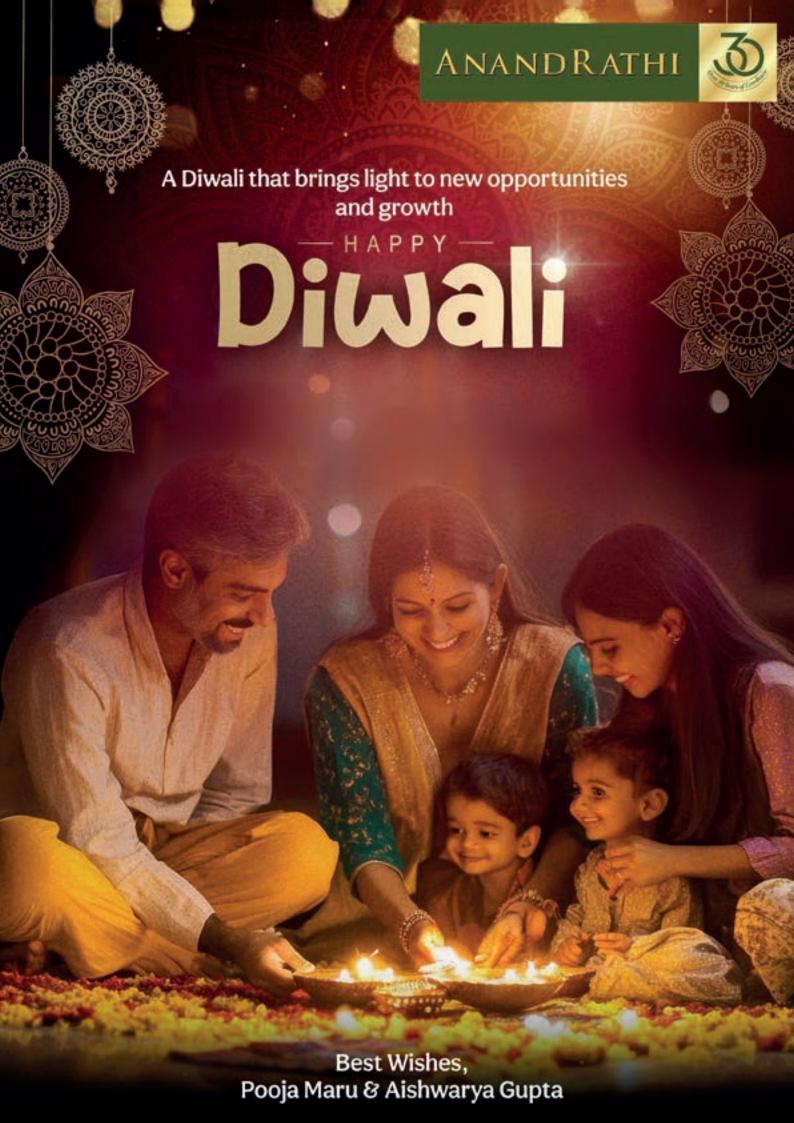
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