

DIWALI CHARITY BALL
MARRIOTT, MAYFAIR, LONDON
SATURDAY 3 NOVEMBER 2018



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Rajesh Chechani
Dinesh Choudhary
Shailja Agarwal
Varsha Dahad
Bina Agarwal

Special Thanks to:

Balwant Ji Maru
Sandeep Tyagi
Priti Choudhary

Raksha Harbhajanka
Sumeet Jalan
Shivani Sethia

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Printed by:

EVOLUTION 
PRINT AND DESIGN LIMITED
T: 0116 274 7700 E: sales@evolutiondc.co.uk
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TRF Board's Letter



Varsha Dahad

Dear Friends, Family, Supporters, & Well wishers,

Life is not scripted, and conversations with our members should not be either.

First of all Seasons Greetings. May this Diwali bring magic and masti in your life.

As TRF scales new heights, explores pastures new and green, charity, community and culture still remain core at its heart.

We celebrated Holi in snow, a very surreal feeling! But despite the weather it was a great turnout. Our members along with MP for Harrow east Bob Blackman danced to Ghumar and laughed to Anil Desais impressions of famous people.

A new page was added to the TRF book of events. We went on a new outing with Front Row and Atosa to hold a fashion exhibition. We paired with them as a charity partner raising funds for our noble causes.

Also we took up a new school for the disabled children in Bhilwara in addition to the existing one in Jodhpur.

In our series of thought provoking talks to our youth we were joined by Amit Agarwal of Citi Bank who flew in all the way from Ireland to inspire our young members.

We aspire to have a home for our foundation, and found that some of our members share our dream. The current board would like to share its vision with the membership and take a step in that direction.

This year one of our esteemed long serving board member Sumit Agarwal stepped down from his position. His place was taken by by our ardent supporter Bina Agarwal. We welcome her and she has already settled in her new position. Sumit supported us tan, man dhansay, he has been a generous donor for all our events. We miss him but wish him well.

The current board would like to emphasise that youth are the focus of the organisation. We shall continue in our endeavours to reach out to them, and engage them.

No organisation is complete without its selfless, hardworking volunteers. We thank our volunteers tehey dilsay and would not have successful events without their dedication.

Before we bid adieu to you, please enjoy this rock and roll evening of bonhomie and fun.

Your guidance and support is invaluable, let us work together.

The Rajasthani Foundation Board.



Rajesh Chechani



Dinesh Choudhary



Shailja Agarwal



Bina Agarwal

TRF Board 2018

Varsha Dahad

Rajesh Chechani

Dinesh Choudhary

Shailja Agarwal

Bina Agarwal

Programme

- 18.00 Champagne Reception and Canapés
- 19.00 Ballroom Greetings and Welcome Address
- 19.30 Performances from TRF-Youth
- 20.00 Starters
- 20.30 Ananya Birla Performance
- 21.00 Main Course
- 21.45 Farhan Akhtar Performance
- 23.15 Auction Closing; Tea and Coffee
- 23.30 Let's Dance - DJ and Music
- 01.00 Carriages



Farhan Akhtar

One of the leading stars in the Bollywood industry today, Farhan Akhtar, known for his films, acting, directing and singing is the driving force behind his very own band, Farhan Live. The band plays around the globe and has achieved a lot in a barely short time. The band is known for their energetic performances and unique renditions of the songs they perform. The band performs hit songs like Senorita, Zinda, Havan Kund, Jagoo, Rock On and many more amidst this powerpacked performance Farhan Akhtar also incorporates a lot of his hit shayari's/poems an element that wows the crowd of any age group.

Farhan Live is one of the best and leading bands in India. Farhan Akhtar believes in perfection and makes sure whatever he performs is unforgettable. From Singapore to Mauritius to the USA, and many more places; the band has left their mark and is the reason the audience wants Farhan Live to come back and play more often.

Farhan is the founder of an initiative called MARD which stands for Men Against Rape and Discrimination. This initiative supports and spreads awareness about the safety of women. Farhan came up with this initiative after a Mumbai lawyer, was brutally murdered by her watchman who was fighting for her dignity because he tried to sexually assault her. The campaign was launched in March 2013. The initiative strongly voices for women empowerment in India and globally.

MARD collaborated with UN Women HeForShe campaign and Farhan Akhtar was chosen as South Asia's Good will Ambassador.



Awards

2002 *Dil Chahta Hai*

National Film Awards

Best Feature Film in Hindi

2009 *Rock On!!*

National Film Awards

Best Feature Film in Hindi

2012 *Zindagi Na Milegi Dobara*

Filmfare Awards

Best Film

Critics Award for Best Movie

Best Supporting Actor

Best Dialogue

2012 *Don 2*

Filmfare Awards

Best Film and Best Director

2014 *Bhaag Milkha Bhaag*

Filmfare Awards

Best Actor



Anushka Arora

Anushka Arora - dubbed as “Little Miss Bollywood” she is the go to for all the latest Bollywood news and gossip! The darling of the media industry Anushka Arora has been entertaining you for the last 11years. You can listen to Anushka’s radio show from Monday to Friday on Sunrise Radio 963 & 972AM from 12-4pm (UK time) with exclusive showbiz news, latest movie reviews, Bollywood interviews, updates on all Indian reality TV shows and new music. Anushka also works very closely with the biggest Asian TV channels in the UK including Sony TV, Colors and Star Plus.

She has interviewed the biggest superstars like the Bachchan’s, Salman Khan, Shahrukh Khan, Varun Dhawan, John Abraham, Kareena Kapoor Khan, Ranveer Singh, Katrina Kaif, Sonam Kapoor, Deepika Padukone, Manish Paul, the controversial item girls Veena Malik, Rakhi Sawant and Malika Sherawat to India’s top fashion designers like Anita Dongre, Anamika Khanna, Sabyasachi and Manish Malhotra. The list is endless.

Anushka has also been asked to share her perspective on Bollywood movies like Hrithik Roshan’s Kites and Kylie Minogue singing for the Hindi movie Blue for Sky News.

Anushka has hosted events like Adnan Sami at Wembley Arena, Rahat Fateh Ali Khan at the O2 Arena, Atif Alsam’s UK Tour 2015, Arijit Singh at the O2 Indigo and Wembley Arena, Bollywood press conferences for Shahrukh Khan’s Chennai Express and Krrish 3, Wedding Exhibitions, fashion shows, corporate events and many Summer Melas around the UK. Not only that, Anushka hosted major tours; Asha Bhosle’s Farewell UK tour as well as the Mika Singh and Daler Mehndi UK tour.

2016 saw Anushka feature as a journalist opposite Shahrukh Khan in the Yash Raj Movie, Fan. She was also nominated for the fourth year running as Best Radio Presenter of The Year for the Asian Media Awards where she won the award just a few weeks back. Anushka also picked up the Best In Media Award for the British Indian Awards 2018.

An actress, radio jockey, video jockey, anchor, dancer, voiceover artist and a journalist – the woman who owns it all!



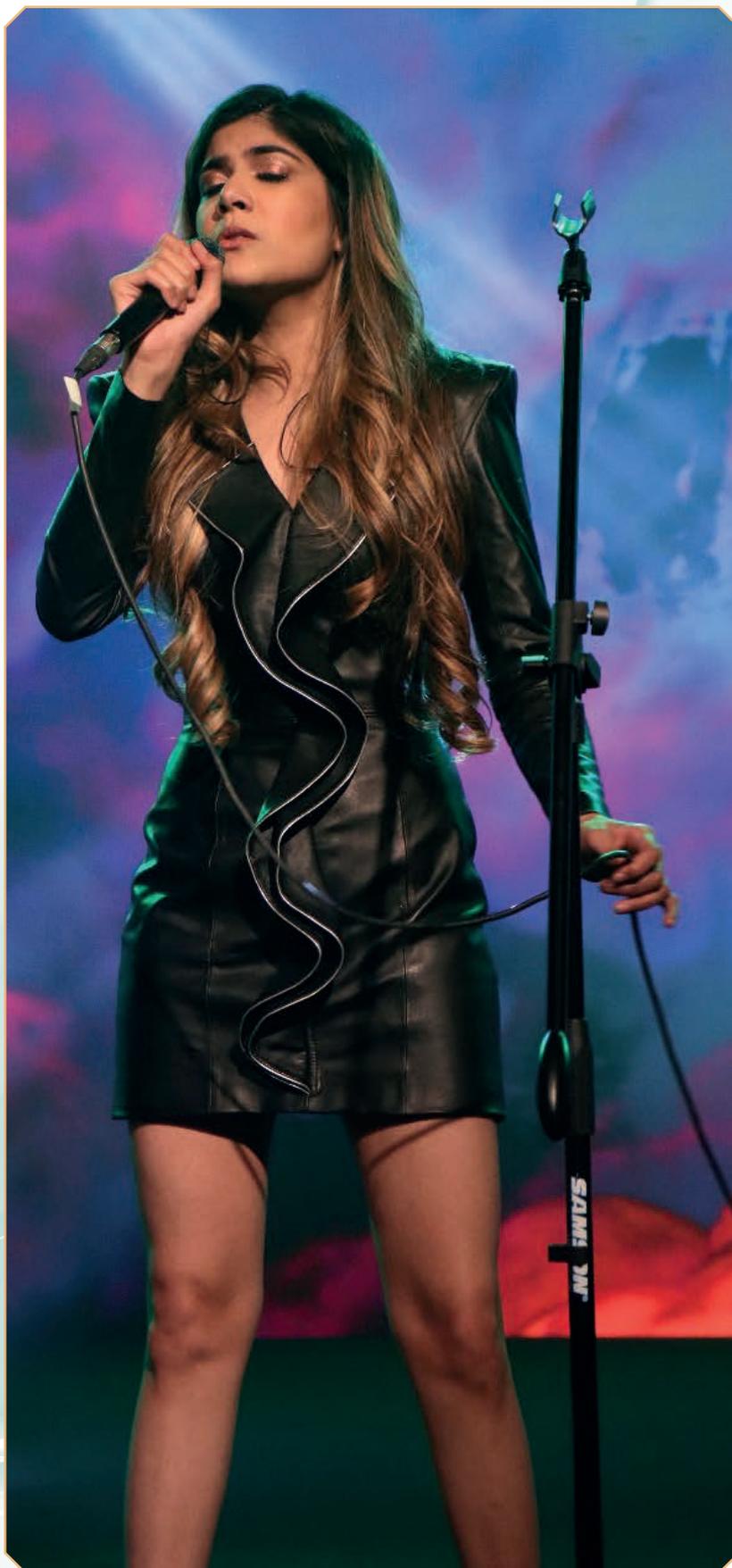
THE RAJASTHANI FOUNDATION PRESENTS

Ananya Birla

Mumbai-born and UK-educated musician, entrepreneur and mental health campaigner Ananya Birla burst onto the music scene in 2016, having started her career in London's open-mic nights and under-the-radar music venues.

Since signing with Universal, Ananya has lived her mission of spreading positivity through music, working with iconic international producers like Jim Beanz, Mood Melodies, and Afrojack to become the first Indian artist ever to have English-language platinum selling singles. Currently signed with Island Records UK as well, Ananya has an EP coming out in 2019.

A mental health campaigner, Ananya uses music to bring people from all backgrounds together, from performing at a Global Citizen Concert, to organizing music festivals in Mumbai to benefit the mental health organisation she founded, MPower. Hailing from a successful industrial family, Ananya used her entrepreneurial heritage to found the female-focused microfinance organisation Svatantra at the age of just 17.



TRF Diwali 2017

BY THE RAJASTHANI FOUNDATION



The Rajasthani Foundations Annual Diwali Charity Ball 2017 was held with much style and elegance on the 14th of October at the Marriott Grosvenor Square London. The event hosted some 450 members and guests who were all a part of a very memorable evening .

The incredibly talented Bollywood singer Neeti Mohan started the evening with her melodious voice and enthralled the audience with great panache creating an electric atmosphere with guests dancing the night away.

The success of the evening rightly goes to the magnificent dance performance by the members of the youth team who were the showstoppers of the evening. Their act was not just appreciated, but it received a standing ovation from the audience which was so rightly deserved.





TRF was deeply honoured to have Mrs Neerja Birla Ji as the chief guest who gave a very passionate and heartfelt speech on the awareness of Mental Health which was greatly received by our guests . Our esteemed honouree included Shri Anil Agarwal Ji, Shri G.P. Hinduja Ji , Lady Bagri, Shri C.K. Birla Ji, Baroness Verma , Shri Anand Rathi Ji and Nikhil Rathi who graced the occasion.



TRF's primary objectives are celebrating culture, promoting charity and raising resources for its chosen charities. We are happy to report that the outstanding response generated that evening resulted in raising more than £40,000 through donations, advertising and charity auctions. We are extremely fortunate to be in a position to fulfil our promises towards our charitable causes and are grateful to our members, sponsors and well wishers who have proactively and consistently contributed towards the success of TRF's achievements.



Overall it was a very delightful and entertaining evening that was enjoyed by all those present. A big thank you to our members for once again supporting us and we look forward to seeing you all at our next event.



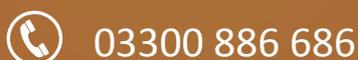
*We wish you all happiness and health:
May this Diwali illuminate the
path to prosperity for you,
your family, and business.*



Happy Diwali



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Best wishes and Happy Diwali



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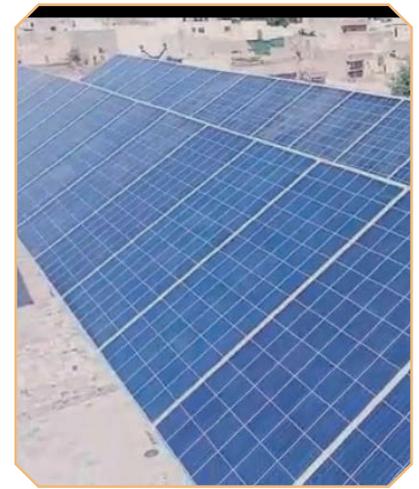
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TRF Charity Work 2017-18

BY THE RAJASTHANI FOUNDATION



Dear TRF well wishers,

The Rajasthani Foundation believes in the three 'C's'- Charity, Culture and Community, with charity being at the centre and pivotal to all the activities we perform. TRF has a strong charity objective to

help alleviate poverty, hardship and distress amongst women, children and the underprivileged, mainly in Rajasthan by focusing on education, health and ecology.

To achieve this, TRF raises funds through various activities such as charity and cultural events as well as through donations from generous sponsors.

In previous years TRF supported multiple initiatives and charities like Navjoti Manovikas Kendra, (NMK), Jodhpur, Jagriti School, Jaipur, Sona Manovikas Kendra (SMK), Bhilwara and the Youth Trip to Rajasthan- to work closely with the children from these charities.

Last year has been a highly successful year for TRF Charitable activities and we delivered on our promises for the 4 key initiatives/projects.

- Installation of Lift for 1st & 2nd Floor for the special needs children of NMK school, Jodhpur. The children are unable to climb stairs, and some are not able to go up the ramp. With the support and generous

donation from Sri Prakash Ji Lohia of Indorama Group we have started the construction of the lift in the school. The lift is in an advance stage of construction and due to be operational in next 2-3 weeks.

- Building of activity hall for the special needs children at SMK school, Bhilwara. In the absence of the covered and closed hall the special needs children were always at the mercy of the weather condition. With the construction of the hall, children can now participate in all the activities round the year. This was possible by the donation from Ms Ritu Chhabria (Mukul Madhav Foundation, MMF), daughter of Shri Gopi Chand Ji Hinduja. The successful inauguration



of the hall was carried out in July'18 where we had representation from TRF and MMF

- Installation of 5 KW Solar Power Plant at NMK School to help save on the running cost of power consumption and make the school self-reliant on energy. The plant started its production run in Oct'18. This was possible by the donation from Shri Anand Ji Rathi
- Running cost for 1 year of the school bus which takes the special need children 'to and from' the SMK School. This was possible by the donation from Shri Suresh Ji Agarwal, Father of our ex TRF Director Mr Sumit Agarwal. The inauguration of the running of the bus was successfully carried out in July'18.

The total amount donated to support the above initiatives and project at NMK and SMK was approx. ~ £30k. This has all been possible because of the support from our Patrons, Sponsors, Members and their friends and families- so a Big Thank You to all.

In the coming year TRF plans to continue its support to NMK and SMK school to help them:

- Grow by increasing the capacity of the students be it more teachers/ better teaching facility or additional school buddings
- Increase infrastructural facility for the special need children like more school buses to take them to and from school

- Support the running cost of the school

The current TRF Board is very passionate about the support we as 'TRF' are providing to these schools and how it is helping change the lives of the special need children.

We need your help. To help the children of NMK & SMK...



We thank you all for the support to date and request you to continue the support going forward. Your gesture and our efforts are the links to NMK & SMK students future. Our partnership can make a difference.

“Coming together is a beginning; keeping together is progress; working together is success”

Navjyoti Manovikas Kendra(NMK):

- Started with 2 students 25 year ago in 1990 in Jodhpur, Rajasthan and now has a strength of 100 students and staff of 27 including 13 qualified teachers.
- 11 classes including physiotherapy centre, vocational centre, music, indoor games, interactive education class, playground equipment for young students and classes for the mild, moderate, severe, educable & non- educable groups.
- The school has in house clinical psychologist & care givers.
- Providing educational, vocational training & rehabilitation to the special (mentally handicapped) children of Jodhpur.
- The school has a Govt. Of India RCI approved college for 2 years diploma in mental retardation D.Ed. (MR) course with 60 students. These students interact daily with the MR children on 1:1 basis as a part of their curriculum.
- The school also has visiting psychologist, speech therapist and neurologist.
- This is the only fully equipped school in this region for MR students

Sona Manovikas Kendra(SMK):

- An Exclusive school for Mentally Disabled Child, Non –Aided & Public Co-operative Institute
- It is run by “Sona Viklang Punervas Avom Sodh Sansthan , Bhilwara” institute since in 1996 in Bhilwara.
- It is only one school in Bhilwara District to empower its special duties.
- Presently there are 65 students get free education, training, physiotherapy, speech therapy which is provided by school.
- Every year more than 50 non-admitted children are benefited by providing special “Home-Based” program.



Happy Diwali

**The Saraogi family
is proud to support
The Rajasthani Foundation
and would like to wish
all its members a
very Happy Diwali.**

Eggless Double Chocolate Brownies

BY PAYAL JAIN, FOUNDER OF EGGLESS CAKE DELIGHTS

SERVES: 8 - 10 PEOPLE **TIME: 25 - 45 minutes**

INGREDIENTS:

- ¾ cup + 2 tbsp plain flour
- 2 tbsp cornflour
- ¼ tsp salt
- ½ tsp instant coffee powder
- 3 tbsp cocoa powder (unsweetened, Dutch processed)
- 75 grams butter
- 150 grams dark chocolate, chopped or broken into pieces
- 1 cup castor sugar
- 120 ml lukewarm water (important)
- 2 tbsp plain yoghurt at room temperature
- 1 tsp vanilla extract
- 1½ tbsp flavourless oil
- ½ cup mix of oats and dark chocolate chips + walnut pieces (optional)

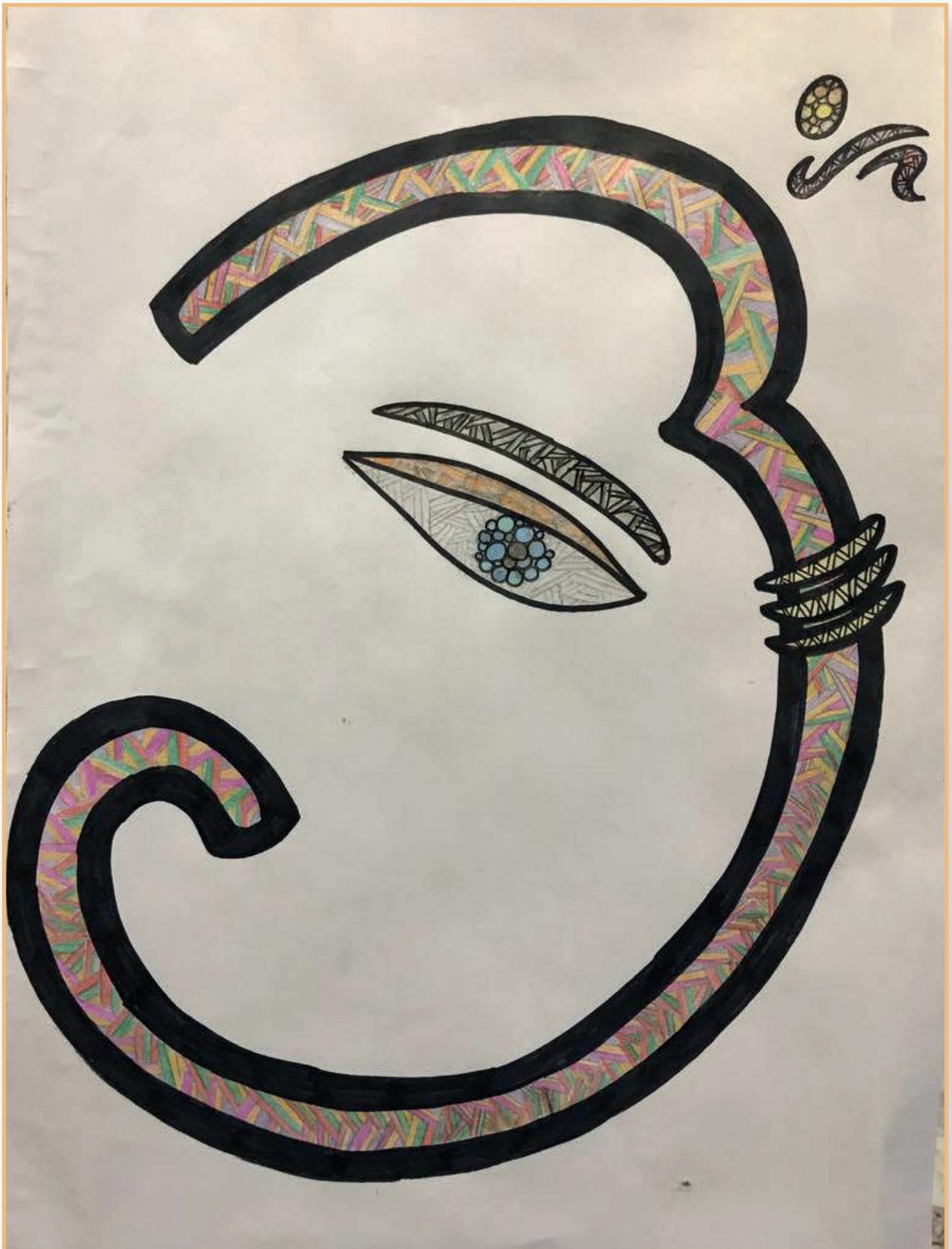


METHOD:

1. Heat the oven to 180C/ fan160C/ gas 5. Line a 9 inch square brownie tin with baking parchment.
2. Melt the butter and chocolate together in a microwave for 40-50 seconds (in a plastic microwaveable bowl) or in a bowl set over a pan of simmering water. Mix gently until melted, then bring to room temperature. Add 1 cup of sugar to this mixture and stir. Add oil and stir.
3. Add yoghurt, vanilla and lukewarm water and mix until fully combined.
4. Add the dry ingredients to the chocolate mixture (leaving the oats and chocolate chips) and mix well with spoon to remove all the air from the batter. Gently tap the batter bowl against on the counter a few times to remove any air bubbles.
5. Fold the oats and chocolate chips into the batter. You can also add roasted walnut pieces to the batter.
6. Pour the batter into the baking tin and spread evenly.
7. Bake for 20 - 25 minutes. To check when it is done, insert a toothpick into the centre of the batter. If it comes out clean, your batter is done. Remove from the oven and cool completely. Once cooled, place in the fridge for 30 minutes.
8. After 30 minutes, take them out of the freezer and sift some icing sugar over the top. Cut the brownies into squares with a sharp knife.
9. Enjoy your brownies served at room temperature and store in cool dry place for up to a week.

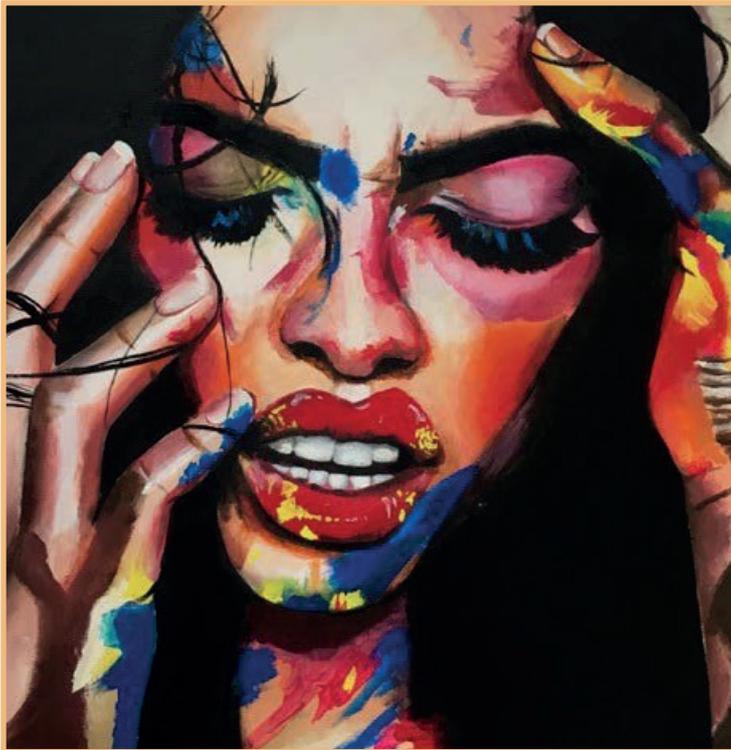
TRF Art and Craft 2017-18

BY RUDRA TYAGI - 11 YEAR OLD



TRF Art and Craft 2017-18

BY CHARVI JAIN



Fantasia

This acrylic painting explores the idea of human emotions and the psychology behind thoughts. The bright, saturated colour palette reflects a mix of emotions, from heightened euphoria to confusion, representing the inner turmoil of the human psyche.

Glass & Lemon

This acrylic painting was done as a part of a series focusing on photorealism and still life. The idea behind this painting was to recreate a still image that resembled the photograph exactly, producing something unique to look at using only everyday kitchen objects.

The focus of the painting is on the concordance between the water and the lemon and the stillness of the objects in the space.



About the Artist

I am a GCSE art student with a passion for all art forms, ranging from abstract to hyper realistic. The primal focus throughout my work is human portraiture and emotions, which I explore through various different mediums and styles.

TRF Art and Craft 2017-18

BY VANDANA SHARMA

बनके अनजान उसने मुझसे आज ये पूछा
क्यों कलम और कागज से नाता तोड़ लिया है
क्यों नहीं हँसती, चहकती, गुनगुनाती हो तुम
चुप सी हो, क्यों खुशियों से मुँह मोड़ लिया है
अब क्या बोलूँ ए नासमझ, खुद ही समझ ले,
के सबसे तूने पढ़ना छोड़ा, मैंने लिखना छोट दिया है...

जो कहते हैं चैन-ओ-करार नहीं मिलता सफरमें
कैसे चैन से बैठे हैं हाथ डाले वो कमर में

अक्सर जिन्हें आती नहीं नींद नए बिस्तर पे रातों में
आज सुकून से सोये हैं लिए हाथ मेरा अपने हाथोंमें

कभी उसने मुझपे यकीन किया ही नहीं मेरे जीते जीते
क्यों कह ना सका अपने दिल की बात मेरे जीते जीते
जब ठंडी लाश पे उसके गर्म आंसू गिरे तो हैरानी हुयी
क्यों छुपा के रखे थे उसने अपने जज्बात मेरे जीते जीते

– वंदना शर्मा

BY MEDHA TYAGI

भगवन की एक सुन्दर कृति,
जिसपे निर्भर ये सारी सृष्टि,
दया प्यार की मूरत है जो,
ममता जिसती मिट्टी की वृत्ति,
नाम बताऊँ क्या उसका मैं,
वो है जो हम सब में बैठी.

एक औरत का वो सुन्दर चेहरा,
जिससे उसका अस्तित्व है पूरा,
बेटी पत्नी और बहू के बाद,
आता है माँ एक शब्द सुनेहरा,
बाकि रिश्ते हैं बाद में आते,
वो छोटा सा रिश्ता सबसे गहरा,

रिश्ता बनने लग जाता उस दिन,
जिस दिन पहली सांस है पडती,
महका महका लगता है सब कुछ,
एहसासो की एक माला जुडती,
अपने ही अंदर अपना साया,
क्या सुन्दर कुदरत की माया लगती.

जैसे जैसे वो बनता जाए,
प्यार उस माँ का बढ़ता जाये,
खाया न जाये पिया न जाये,
ममता लेकिन बढ़ती ही जाये,
धीरे धीरे फिर हलचल होती,
जीवन की आशा और है बढ़ती.

अब चलना फिरना हुआ मुहाल,
बैठना उठना हुआ दुश्वार,
पर माँ खुश हो की मेरा लाल,
आने वाला है मेरा संसार,
खुशियां लेके, जीवन लेके,
माँ बाप के सपनों का वो सार.

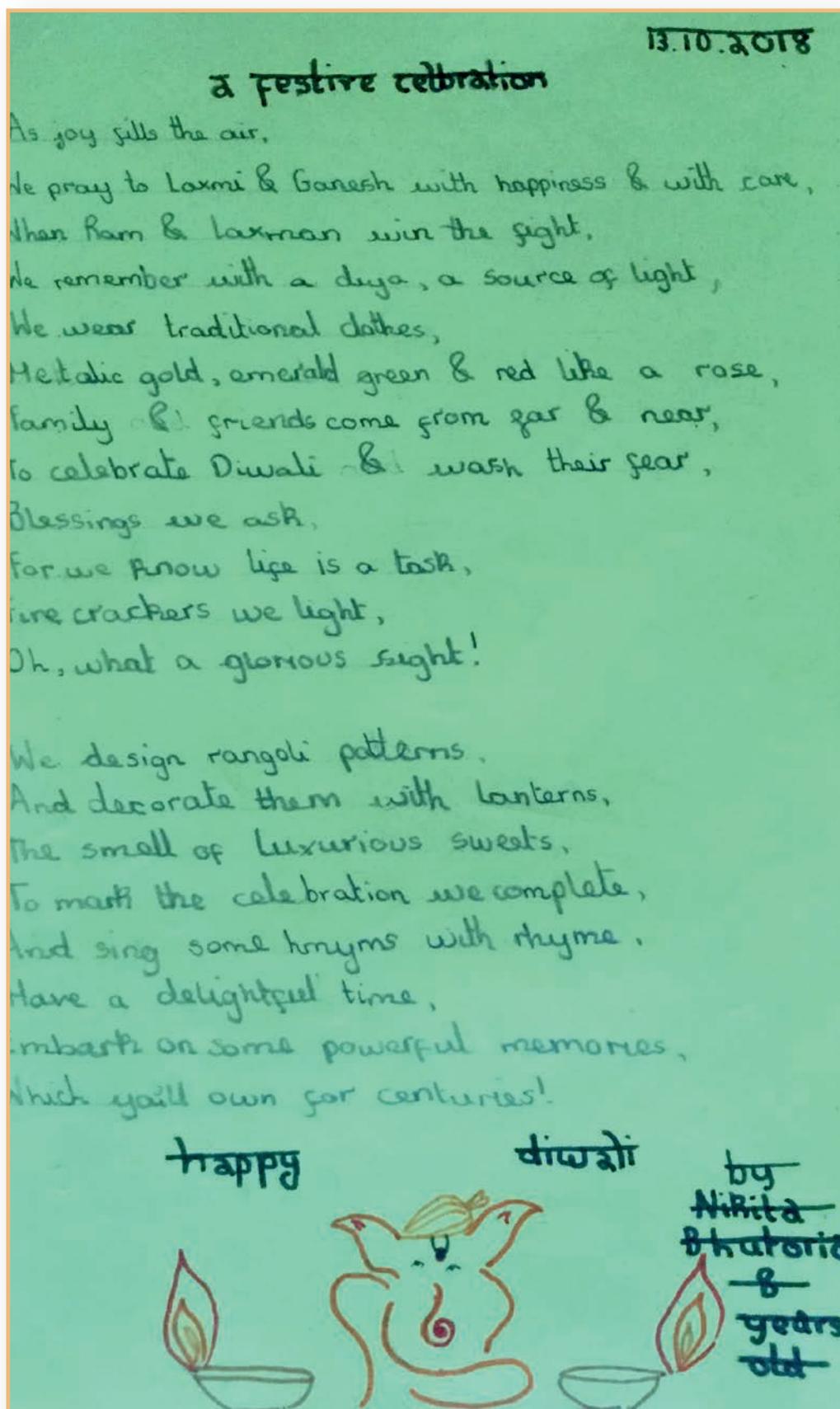
फिर आता वो शुभ दिन है सखी,
जिसका हम सबको होता इंतजार,
जीवन का सबसे सुखद दर्द,
जिसमें हो जाती माँ बस तार-तार,
घंटो की पीड़ा सेहके भी,
उस नन्हे रिश्ते पे आता बस प्यार प्यार

वो आके नए रिश्ते देता,
वो आके नए सपने देता,
पति पत्नी के रिश्ते को,
वो आके नए मतलब देता,
पर माँ के जीवन का सार यही,
जिसको वो अपने दूध से लिखती,
साँसे देती, धडकन देती,
एक नए जीवन की रचना करती

मांगे बदले में कुछ भी नहीं,
माँ बनने की है ये बात अनोखी

TRF Art and Craft 2017-18

BY NIKITA BHATORIA - 8 YEARS OLD



**WHEN IT COMES
TO RESOURCES,
DON'T
WASTE THEM.**



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Happy Diwali

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TRF Holi 2018

BY RAKSHA HARBHAJANKA



Holi is an Indian festival which is celebrated across every gaon, tehsil, zilla and state in India. In the past many years, it has become a world-wide celebration, not only by the India diaspora saat samundar paar, but also by other cultures across the globe. The spirit however remains the same – happiness, hope, joy, brotherhood, friendship... this embodies the true spirit of Holi.

We all know the story of Prahlad and Holika, but how many of us know the story of Lord Krishna and his connection to Holi? When Krishna was poisoned as a baby by Putana, his body had turned a light blue colour. He was worried that Radha and the other girls would not like him, and so one day he coloured Radha's cheeks. And since then it has been a tradition for young lovers to put colour on each others' faces.

Rajasthan has always had a special spot in all members of TRF and this year we had something really special planned. Anil Desai, renowned impressionist gave some funny impressions of famous actors and politicians, my personal favourite were of course Darth Vader and Morgan Freeman! It was an honour to have presence of the Member of Parliament from Harrow East, Mr Bob Blackman, who shared his thoughts on binding the community together through festivals and various other events.

My earliest memories are waking up on Holi to blaring loudspeakers playing "Holi aai re kanhai", this changed over the years to the iconic rousing "Rang Barse" and now the loudspeakers seem to wake India up with "Balam Plchhari".





Our absolute highlight of the day was a Dance Workshop conducted by Neha Patel, who got everyone on their feet dancing to the Ghoomar song from the movie Padmavat. That song is synonymous with all things Rajasthani, and this modern version is pretty amazing too. It was heartening to see that not only women, but many men and children had a go at picking up the steps. We rocked the dance floor with more holi themed songs too. The art corner for children had an Easter theme and kept the littlest members busy through the afternoon.



The food! Aah the food, yummy dal baati and rabdi was eaten with much finger licking gusto. In India, Holi is the beginning of warmer weather but it was not so in UK. the weather was the only thing out of our control, and so it was snowy and icy and oh so very cold! Despite that members gamely went out into the field to play Holi and the snow covered field was soon covered with a multi hued layer of gulaal. The fervour and masti remaining at the same level as every previous year. Wishing all our members a very Happy Diwali 2018, and thank you to the Board of TRF for yet another wonderful year filled with events for all ages.





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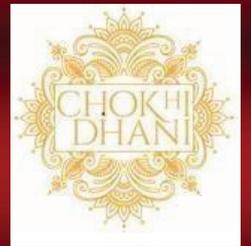
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TRF Youth Talk 2017-18

BY THE RAJASTHANI FOUNDATION

“Our focus is our future, and what we focus on will multiply in our life “

The current TRF Board feels strongly in nurturing the young. We feel the future of any organisation is the involvement and investment in the young members.

Continuing in our series on inspirational talks aimed at our youth the last one was held on the 24th June 2018. The venue was kindly organised by the India Club of London Business School. And again it was a hit with our millennials!

We had Amit Agarwal, global head of Citi bank’s Worldlink Payment Services as our guest speaker. He is based out of Dublin but flew in to speak to our youth as he is a great believer in harnessing leadership and supports people development and diversity initiatives at Citi. He connected well with the youth and especially the Q&A session went very well.

Rajiv Bhala one of our young, talented member, and a entrepreneur himself moderated the session.

We look forward to more such thought provoking, afternoons where bright minds speak on wide range of topics that inspire our budding members.





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The Nearly New Clothes Project

BY ANTRAA NAGORI AND SHAGUN CHECHANI

The aim of this project is to reuse nearly new clothes that families don't need in the UK anymore and donate them to orphanages for children in India.

This project was initiated in 2015 by my sister, Anaika Nagori and her friend, Akasai Premsankar- this year I had revived it by composing a letter containing the details of the needed clothes and how to donate them; once we had received a few responses,



we made arrangements to collect the clothes and then prepared to send them to India.

When we had collected the donations, we needed to sort the clothes into age groups: 0-2, 3-5, 6-8, 9-11, 12-14 and 14 onwards- then we had to fold and pack the clothes. The next step was to send the clothes to India by courier.

After the orphanages received the clothes, they sent us these pictures. We were happy to see that the clothes were put to good use and the children had the clothes that they required. It is so important that the children have enough clothes to protect them from the sun or keep them warm in winters, and though we have already sent one batch of clothing, sending more clothes would make a huge difference.



So far we have received a lot of girl's clothes and are hoping to donate more boys' clothes as well.

If you would like to donate children's clothing that is no longer being worn and are in good condition, please contact Roopa Nagori (the project supervisor) at roopa@nagori.net or contact the TRF board board@ourtrf.org.

TRF Fashion and Design

BY KRATI JHAVER



Front row events believe in fashion knows no boundaries! Their aim is to make fashion accessible to everyone. We are very enthusiastic and passionate about introducing the best design and fashion talents from around the world to the UK market by hosting previews, exhibitions and trunk shows throughout the country. Our exhibits are the perfect amalgamation of design, creativity and excellence and serve as the quintessential destination for the well-travelled, fashion forward set who have a penchant for great style!

It is a big part of our ethos to further social causes and give back to the communities and society we all come from. Our association with TRF has given us the opportunity to fulfil a part of our social responsibility and are able to contribute towards TRF's Charitable causes and initiatives.

We truly appreciate TRF sharing our vision and this collaboration of fashion and charity causes have helped us show that giving back is always in style!

We Rujuta Swarup & Krati Jhaver, are the creative duo behind The Front Row Events. "This was our most exciting event till date and we are thrilled with the overwhelming response. It wouldn't have been the success it was without our partners and associations. Watch out for more exciting events coming soon. "

For further information about Beyond Borders and The Front Row Events please find us at:

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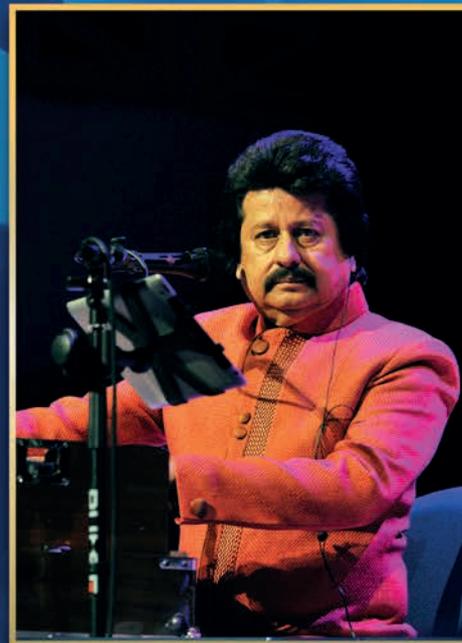
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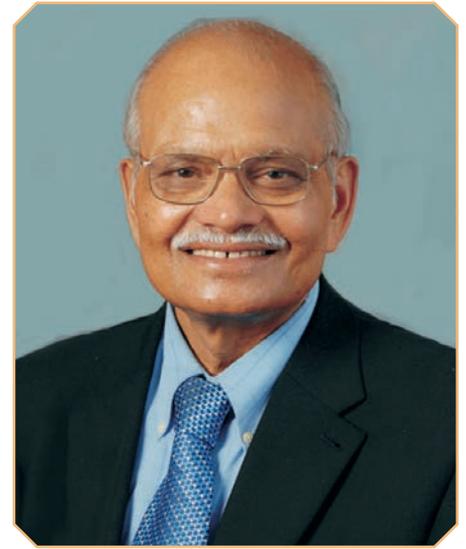


Meditation - Swami Vivekananda

BY DR. H P KANORIA

Sri Ramakrishna Paramhansa asked Swami Vivekananda, "Do you see a light when you fall asleep?" Swami Vivekananda answered, "Yes I do. Does not everyone?" The boy was thrilled with wonder. Later in his life he said that he used to see a marvelous point of light between his eyebrows as soon as he shut his eyes to go to sleep." I shut my eyes to go to sleep and I used to watch various changes with great attention. The light would change colours and get bigger until it took the form of a boat. It would finally burst and cover my body from head to foot with a white liquid light. I would lose outer consciousness and fall asleep. When I started practising meditation, that part of light would appear to me as soon as I closed my eyes. I would concentrate upon that." From childhood he would reach deep states of meditation, when he would lose consciousness of space, time and even his own body.

Moses, Jesus Christ, Job, Prophet Muhammad and Lord Buddha had seen the light as well as heard the vibration of the voice. Sri Ramakrishna asked Swami Vivekananda to serve humanity with faith in God and chided him for 'Nirvikalpa Samadhi', the ultimate supreme bliss for himself. His life was destined to give education, knowledge and devotion to the masses.



Benefits of meditation

- Swami Vivekananda to Sister Nivedita- "meditation would be a bondage to the free soul"
- "Raja Yoga is the only means to that end. Think of God now, when you are young not when you will be old as you will not be able to think of him.
- Meditate when you have misunderstanding with someone.
- Detachment from things of the world.
- Only in the infinite one can experience bliss, never in anything finite.
- Success. Gain everything from positive thinking. Auto suggestion helps.
- Higher values are born in moments in deep spiritual motions during prayers, meditation or moments of divine visions.
- Unite us with the non-physical Infinite Self within. It transcends the world of sense perception.
- Changes the working of the brain- more gamma activity- via mental activity- positive on optimistic emotions.
- Less anxious, more spontaneous, Independent, self confident, empathetic, and less fearful of death.
- May cure cancer softening the side effects of treatment.
- Reduce stress so reduce heart disease and develop intuition
- Longer life. Produces healthy blood cells and controls high blood pressure.
- Destroys destructive emotions like criticism and promotes appreciation.

Methods of Meditation

- 1) Quiet place /solitude. Keep sweet scented flowers or burn incense
- 2) Daily in small hours of morning, dawn and after dusk. (A Muslim prays five times)
- 3) Sit cross-legged on the asana /seat clothed clearly or on a chair in the usual way (straight legs). With hands held one within the other in the lap. Still like a statue.
- 4) Steady posture with spinal column erect.
- 5) Eyes closed –even with eyes open. O think with confidence that sat will give you final illumination
- 6) Meditate on flame of light or Meditate on God with Form or Formless. Do Japa. Some days one may feel great inner awakening and some day nothing
- 7) Easy to meditate on an incarnation of God. Concentrate on your chosen deity. Feel he is awakened in you. Repeat his holy name.
- 8) Think of God as free from all limitations.
- 9) Throw waves of universal love and compassion to all beings. Then good wishes, prayers and the energy of the universe enter one's body.
- 10) Power of imagination helps meditation. Let the entire world and all beings be benefited. I am Holy. There is God.
- 11) Music has tremendous power over the human mind. Listen to soft sweet music.
- 12) Think constantly I am that infinite knowledge and consciousness. I am the infinite which has become the body. The body as manifestation of spirit is ever youthful spirit. Chant 'Om' loudly then slowly inwardly.
- 13) (i) Remember beautiful natural scene which has impressed and elevated you most.
(ii) Have a guru/teacher (iii) the self (sat chit ananda) is within. Strength comes from the self within. With self chant/ repetition of Om the physical and mental obstacles will vanish. This strengthens the mind and brings fresh energy. Christian's mantra "Amen" and Muslims "Amin". Thus light will come to you. The self will become manifest.
- 14) Meditate on the infinite as Blue Sky or Blue Ocean. Lord Krishna is painted blue. He is God of love. It is a natural. Anything sublime and infinite is associated with blue colour.
- 15) Nobody sees Him with the eye. Arjuna had seen Lord Krishna with the vision given by Him. HE is realized by the intellect. HE is the ruler of the mind. HE resides in the heart. Eternal Bliss of self is when one realizes HIM in the heart. 'OM' Brahman is truth, knowledge and infinite. Repeat or chant OM.
- 16) Mentally repeat "Let all beings be happy" Let all beings be peaceful "Let all beings be blissful"
- 17) Have perseverance and tremendous will. 'I will drink the ocean says the persevering soul,' at my will mountains will crumble up'. You will reach the goal, if you have this sort of energy, will and work hard.
- 18) Be patient. Be cheerful. Be blissful.
- 19) Be like a Pearl Oyster. During Svati Star when a drop of rain falls in the mouth of an oyster it becomes a pearl. Then oyster dives down to bottom of the sea.

One should first hear, then understand, and then leaving all the distractions, shut the mind to outside influences and devote one to developing the truth within.
- 20) Lord Krishna, "Control the mind by practice". Go deep down into the subconscious mind.
- 21) Follow the middle path- not extreme luxury not extreme austerity. Lord Krishna, "balance life, not too much to eat, not to eat less, eat balanced nutritious, fresh food, sleep not too much not too less."
- 22) God is yours. God is seen through the heart not by intellect. See the God in your children.



Wish you a Happy Diwali
and
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TRF Youth & Ladies Performance

BY SHIVANI SETHIA

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a journey through the dances of Bollywood...



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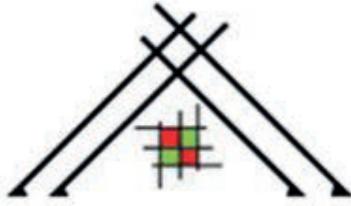
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About TRF and its Vision

BY THE RAJASTHANI FOUNDATION

Structure:

The Rajasthan Foundation (TRF) is registered with Charity Commission of England and Wales and listed as company by guarantee without share capital at Companies House England and Wales.

Objectives:

- Relief of poverty, hardship and distress among members of Rajasthani Community.
- To educate and promote the Rajasthani culture within UK, including its history, language, literature, art, music and dance forms.
- Financial assistance to schools or educational establishment in Rajasthan which are in need of essential educational supplies or facilities.

Vision:

TRF aims to be a premier and prestigious organisation with a strong brand equity to be led by a team of diligent, selfless and enterprising volunteers who will nurture the objective of TRF's ambitious vision and take it to further heights. In addition it aims to support various communities in UK from various regions of Rajasthan and integrate them to support and promote Rajasthani art, music, culture, history and language.

To foster charity within the Rajasthani community and help raise funds and assist indigent schools, educational establishments and contribute to society.

Achievements

Community:

- Since 2005, TRF has increased its awareness across UK and increased its membership base to over one thousand members.
- TRF has been organising annual events such as Holi, Diwali and summer cricket.
- TRF has organised various other cultural events in last eleven years to generate community camaraderie.
- TRF is deeply rooted in the soils of UK as board members and volunteers work tirelessly for social integration of the members, which reflects in its growing membership numbers.
- TRF organized first of its kind Youth Talk at London Business School in September 2017 for our youth and young ones and that was house full. It was very inspirational and everyone is looking forward to the next Youth Talk in the series.

Culture:

- TRF organised a successful Youth trip to Jodhpur and Jaipur in 2016 for our Youths to learn more about the culture and history of Rajasthan.

Charity:

- TRF has been working since its inception to promote charity and organising flagship charity fund-raisers every year to support causes in Rajasthan.
- Since day one, the organisation has been working with zero administrative costs, with unconditional support from the board of directors and volunteers.
- TRF has supported Navjyoti Manovikas Kendra (NMK), Jodhpur with funds to construct new buildings, improve its infrastructure and facilities. NMK is a Jodhpur based educational charity that provides specialist education to children and young adults with special mental, physical and behavioural needs.
- TRF supported Jagriti, a charity based in Jaipur to rebuilt a derelict and abandoned school in slum area of the city to provide education for the local children.
- TRF has organised 'nearly used' clothes collection in UK amongst members for distribution to needy children via chosen charities.
- TRF board is always looking for opportunities to support various causes and charities in Rajasthan or helping the needy directly where possible and for this it invites its members to come-up with innovative ideas to help.

Vision for 2022

- TRF would like to dream big and take a step in the direction of having a purpose built building of its own. A place to call home. The board members feel it should be self sustainable and eco friendly. It would house a office, community areas, banqueting facilities to hold events.
- TRF will continue to increase its membership and encourage people of Rajasthani heritage and connections to come together from across UK and EU.
- There are around 8-10 small Rajasthani groups and organisations in UK. TRF would like to work in conjunction with them, to support an inclusive Rajasthani community in the UK.
- TRF aims to increase its membership base by 50%.
- TRF's plans to continue, to preserve Rajasthani culture and heritage for future generations within UK by establishing a TRF Community Centre by 2022.
- TRF aims to run two annual events, and one youth programme every year. Under the Youth programme initiative it will explore various possibilities like charity trips, series of inspirational talks, and showcasing young talent at its annual events.
- In near future TRF intends to help build new schools or provide support to existing schools in need of essential educational facilities. TRF targets to donate the sum of £150,000 in next five years. TRF intends to expand its charitable arm to other deserving causes in Rajasthan and in UK where appropriate.
- In UK, TRF will continue to provide a strong social, cultural and professional platform to its members and especially to its youth.



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A Very Happy & Prosperous Diwali & Ensuing New Year

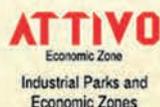


Kanoria Foundation

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We believe in and live the credos of teamwork, dedication, constant churning of ideas and working with devotion to reach our individual and collective goals. Our aim is to create, invest and develop business institutions and social enterprises with long-term and sustainable objectives. Our operational philosophy is based on a strong foundation of morals, values and culture.





Happy Diwali
to all TRF members

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