

Subject Formal Complaint – Safeguarding Failures and

From

To:

Date

Dear Don,

I am writing to place on record a formal complaint regarding **safeguarding failures and discriminatory treatment** I experienced during my time at Sabras Radio between 2015 and 2020 — while **Raj Baddhan** served as Director.

As a presenter on *Humrahi with Sandhya*, I worked through visible emotional distress, financial vulnerability, and spiritual coercion — much of it connected to individuals affiliated with the station. Despite clear signs of psychological decline, **no safeguarding measures were ever activated**. I was never offered a welfare check, signposted to support, or protected by any internal policies.

Instead, I was met with **direct discrimination and ill-treatment from Raj Baddhan** himself. His conduct toward me was frequently dismissive and condescending. I was made to feel inferior and unsafe — in an environment where power was concentrated and unchecked.

This wasn't just about me.

In 2020, **Rishi Modi**, a long-time presenter and colleague, publicly shared a deeply painful post disclosing repeated suicide attempts. He explicitly identified the **abuse and words hurled at him at work** as the common cause. At the time of that post, Raj was still Director — and **in a personal relationship with Rishi**.

Everyone at Sabras knew about their relationship. And **everyone saw how Rishi was being treated** — but no one stepped in. No safeguarding protocol was triggered. No one protected him.

Looking back now, I know that what we witnessed — both in Rishi's case and my own — met the threshold for a safeguarding referral under the **Care Act 2014**. If I had been informed of my rights and responsibilities under that law, **I would have acted**. But we weren't trained, we weren't empowered, and we weren't supported. That failure lies squarely with Sabras' leadership at the time.

I am therefore requesting the following:

1. A formal acknowledgement of this complaint by Sabras Radio.
2. Written confirmation that it has been **forwarded to Raj Baddhan**, as this occurred directly under his leadership.
3. A response addressing:
 - ^ What safeguarding and wellbeing protocols existed at Sabras



money.

This now makes it the THIRD official attempt to drive me to end my life, the common denominator being the abuse if words hurled at me at work. Now no more, i take my power back.

Whether we have ever spoken or not, i thank you, I appreciate you and hope together we can make the world a better place. If not in this lifetime maybe in the next.

Despite facing all that i have expressed above, i have had the opportunity to meet some incredible people through my work.

Individuals that i have Indirectly mentioned on this post will no doubt retaliate, however as i said i take my power back and barks that would previously affect me can do me no harm anymore as i say bye.

