



# CARING

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# Aotearoa



BHARTIYA SAMAJ CHARITABLE TRUST MAGAZINE



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Breaking the code of silence on family violence in South Asian communities

## NO WAY HOME AND NOWHERE TO GO Story of Indian tourists stranded in New Zealand

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Bhartiya Samaj  
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## MILESTONES Celebrating 25 years of Bhartiya Samaj



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# From the Founder's Desk

## *Jeet Suchdev*

These are unusual times. Times of great uncertainty and stress for many around the world. Times where our mettle is tested, and our bonds suffer under the immense pressure of distance and loss. And yet, these are also times, where we have witnessed great moments of humanity, sacrifice, moments of consciousness, connectedness and comfort.

And that is how I want to remember my 2020.

I want to remember 2020 as a year that brought us closer to our human side. A year where we all learnt to pause, to focus on our health and wellbeing, check up on our neighbours and reach out to each other. I want to tell our future generations that we won 2020 solely through the power of our humanity!

This has been a challenging year for all of us, including the Bhartiya Samaj Charitable Trust. It's not the 25th year celebration that we envisioned for our organisation. Even so, we want to celebrate this jubilee by acknowledging the work of Aotearoa's diverse team of 5 million who have come out stronger, better and more cohesive as a community.

It's been 25 years since Bhartiya Samaj took its first step towards supporting the diverse communities of Aotearoa New Zealand. Whether it was by establishing the first culturally appropriate rest home for the elders in our community, or by organising the first Mega Diwali Festival in Auckland in 2001, Bhartiya Samaj has always had a community-first approach.

We have never, nor will we ever discriminate against people based on their religion, caste, creed or social status. We believe God has created us equal, and that we are meant to live in harmony and not in our cocoons. Our core philosophy is that if you approach Bharatiya Samaj for any kind of help, you will always be looked after.

If COVID has taught us anything, it is that humans are capable of shining in the face of adversity. Just ask our senior citizens who aced their Zoom catch ups during lockdown. Despite their hangups about technology, we shared great moments of laughter, companionship and unity. Now, as we step into 2021, Bhartiya Samaj is keen to create a platform for future generations where they can be open and proud of who they are and where they have come from.

This quarterly magazine will not only share the triumphs, challenges, wins and frustrations of our diverse communities, but more importantly, it aims to inspire the younger generation to revel in the stories and history of our community. We want to encourage today's generation to take the baton and lead us into the future.

So, as I leave you to enjoy this first issue of Caring Aotearoa, I want to share with you a message of hope - think of how you want to remember your 2020. Is it the worst year you have ever experienced or is there still some sunshine at the end of the day? Summer is just around the corner and we have only to reach out to feel the sun.

*Yours in service,*  
**Jeet Suchdev**



*Caring Aotearoa will not only share the triumphs, challenges, wins and frustrations of our diverse communities, but more importantly, it aims to inspire the younger generation to revel in the stories and history of our community. We want to encourage today's generation to take the baton and lead us into the future.*





# No way home and nowhere to go: *Story of Indian tourists stranded in New Zealand*

BY PRITI GARUDE

*What life was like for 35 Indian tourists stranded in Auckland during the lockdown, and how Bhartiya Samaj came to their rescue.*

**T**hey say home is where the heart is, where your family is, where you feel loved, safe and taken care of. To feel at home in a land far away from your hometown, in the midst of a pandemic may be difficult for many to envision. However that is exactly what 35 Indian tourists, who were stranded in Auckland, felt like when they were given refuge at the luxury Three Palms Lodge in Manukau.

When these tourists arrived in New Zealand during the summer of 2020, life was pretty normal. We could still shake hands, visit each other and travel internationally. Some arrived in New Zealand for a once-in-a-lifetime experience, for others this was supposed to be a celebratory trip. But what was meant to be a unique experience turned into a nightmare, as life as we knew it changed in March 2020.

The fast spread of the pandemic caught many unawares including the 35 tourists who were now unable to return to their home country. India closed its borders to all international airlines and overseas travellers on March 22, 2020, along with New Zealand which went into full lockdown from March 21, 2020 for 4 full weeks. In a land, where they were just supposed to be mere visitors, they ended up staying for more than 70 days. With no end to an uncertain situation along with stress and

worries over depleting savings and dependent families in India, these tourists were backed into a corner.

## INDIAN COMMUNITY IN NEW ZEALAND STEPS UP

As a well-connected member of the Indian community, Bhartiya Samaj founder Jeet Suchdev became aware of this unexpected situation. Always the first to help someone in need, Mr. Suchdev put a plan into action and reached out within his network for anyone who could potentially assist these stranded tourists.

Help came from all quarters, and within no time, a temporary accommodation was arranged for the tourists at Three Palms Lodge in Manukau, Auckland. Owner of the hotel, Mr. Prithipal Singh Basra MNZM was more than happy to open the doors of his lodge to people in need. A benevolent personality, Mr. Basra is the founder of the NZ Sikh Society and is quite well-known for his social work within the community.

Speaking on an interview with Apna TV, Mr. Basra explained his purpose behind providing free lodging to the stranded tourists. He said, "It's great to serve people. That's what I have been doing for the last 53 years and so I think this is just part of that service which I have



extended to Indians here, and now to the people who have been stranded here as well.”

## CREATING A HOME AWAY FROM HOME

For the 35 tourists, life was a box of uncertainties. Some of them arrived in New Zealand in February and were scheduled to return in March. Commitments awaited them back home - work, family, pets were anxiously waiting for their return. But what could have been a rather difficult situation was saved by the team of the Bhartiya Samaj and Three Palms Lodge team, who went out of their way to take care of the visitors.

Pre-cooked home meals and basic necessities were provided free of cost. All guests were provided with individual rooms. A sense of camaraderie and trust had developed among the visitors who entertained themselves by playing games and learning more about each other.

In an article published by the NZ Herald in March 2020, Mr. Jeet Suchdev was quoted, “They (the tourists) are stuck here through no fault of their own, and are running out of money for food and accommodation. We are getting volunteers to help buy food and groceries, and drop them off - of course contactless - just to make sure these people don’t go hungry.”

## OF SHARED EXPERIENCES & FAMILY BONDS

Shared experiences created a sense of community and camaraderie among the visiting tourists.

Tanya who was visiting with her family from Kanpur said in the interview with Apna TV, “We have found a new family here. We have met and connected with people from all over India - people from Bangalore, Pune, Mumbai and they are all very nice. It feels good to be with them.”

The sentiment of feeling like a family was echoed by several other tourists, who being away from their own families, drew comfort from the elders and young ones within the group.

*35 Indian tourists were left to look after themselves after the Indian and New Zealand government closed borders to prevent the spread of COVID-19 in March 2020. With nowhere to go, Bhartiya Samaj jumped into action to create a home away from home for the guests.*

Their sense of gratitude knew no bounds, with a couple celebrating its silver jubilee in New Zealand, exclaiming that they would never have thought that they’d get such level of support all the way in New Zealand.

## COVID-19 RELIEF WORK BY BHARTIYA SAMAJ IN COLLABORATION WITH ROOPA AUR AAP CHARITABLE TRUST

Bhartiya Samaj initiated its COVID-19 Relief program in collaboration with the Indian High Commission in Wellington and the Consulate of India in Auckland. Working closely with the High Commissioner of India to New Zealand, Mr. Muktesh Pradeshi and Hon. Consul, Mr. Bhav Dhillon, Bhartiya Samaj quickly developed measures and actions to support stranded tourists, students and weekly wage earners on temporary visas as well as professionals.

They worked tirelessly to curb the psychological pressure faced by people amid these critical times. Through free online counselling and distress support service, their social workers helped those in need, manage and recover from stress and anxiety arising due to financial struggle, social and physical distancing.

According to the High Commission of India website, more than 2000 stranded Indians nationals have departed on repatriation flights since June 2020. While this may not be the trip any of these 35 people envisioned at the start of their trip, it certainly is one that will stay as memories and friendships for a lifetime.



Stranded Indian tourist at the airport and Three Palms Lodge in Auckland



# Breaking the code of silence on family violence in South Asian communities



Roopa Aur Aap has worked quite actively this year. Compared to the same time last year, we saw a big increase in cases of family violence and depression among the community as well as people who were stranded in New Zealand and could not return to their home countries.

BY PRITI GARUDE

*Roopa Suchdev is a force to be reckoned with. Working tirelessly to help the vulnerable of our community, Roopa has been active on the social scene since her early days as a radio host.*

*Now, as the CEO of Roopa Aur Aap Charitable Trust, she speaks to us about the impact of COVID-19 on wellbeing of families and communities in New Zealand, the round-the-clock support work provided by her team of counsellors and social workers during these challenging times, the problems plaguing our community and the awareness work done by Roopa Aur Aap.*

## ■ Can you give us a brief history of Roopa Aur Aap?

For the past 12 years, Roopa Aur Aap has had the great honour of working tirelessly to help support survivors of family violence. It all started in 1995, when I was a RJ with Radio Tarana and used to run my own talkback show. It was quite a popular show back then, and as a result, I developed a good rapport with people. They would call in with their issues, concerns, frustration, with the belief that I would be able to do something about it.

Their trust and faith in me, enabled me and my brother, Jeet Suchdev to take up their causes and help ease some of their problems. Slowly, we had more people reaching out to us, so much so that I used to do my meetings in Wendy's or McDonalds because we didn't have an office space.

In 2008, we officially launched Roopa Aur Aap Charitable Trust and since then we have had the opportunity to serve the most vulnerable victims of family violence and family harm. In 2019 alone, we provided help and service to over 600 survivors of family harm.

## ■ What services do you provide at Roopa Aur Aap?

Roopa Aur Aap has a reputation of providing services that are stereotypically different in every aspect from other similar organisations. In the first instance, we use emotional intelligence and empathy to understand the dilemma of the survivors. We focus on therapeutic intervention programmes designed as per the needs of each individual seeking support in crisis.

Our services involve providing mediation and counselling support, crisis intervention system for survivors of family violence, legal support where our aids guide and support victims through civil and criminal legal matters, post traumatic recovery and support.

We work with anyone who approaches us and needs

our help. It doesn't matter if they are Indian or Maori or Chinese, whether they are based in Auckland, Queenstown or Christchurch - if they need help, I am available 24/7.

I have people calling me at odd hours, approaching me after events. Sometime I speak to them then and there, sometimes I ask them to call me later - but I always ensure that I pick up my phone because you never know who might need your help.

## ■ COVID has impacted our life in more ways than we imagined. What is the type of work or cases you have had to work with this year?

Roopa Aur Aap has worked quite actively this year. Compared to the same time last year, we saw a big increase in cases of family violence and depression among the community as well as people who were stranded in New Zealand and could not return to their home countries.

During a normal workday, you would be at work for 8 hours. At home, you were either tired, doing homework, watching TV, spending time with your children - time would pass away quickly.

But since the lockdown, people have been spending their entire day at home. The first two weeks were a honeymoon, where the government was paying your salary, and you were happy to be home.

But the moment this period increased, people's patience towards each other waned and so began the fights.

Since the lockdown, our team has been working quite tirelessly to ensure the safety of our community. Because of lockdown, physical meetings were not possible, our staff stayed in touch with clients through Whatsapp, Zoom, regular catch ups in any way that they could. It was never the case that we were not able to help





भारतीय उच्चायुक्त  
High Commissioner of India

8 December 2020

## Message

On behalf of the High Commission of India, I extend to the Bhartiya Samaj and Roop Aur Aap Charitable Trust my best wishes on the occasion of the launch of a new quarterly magazine.

I congratulate the two organizations for doing commendable work for the welfare of the elderly and the needy and hope that this magazine will provide useful and insightful information to the community, helping them in leading a life full of dignity and happiness.

I wish the organizations and the publication all success.

(Muktesh K. Pardeshi)

someone in need. If someone needed food, medicine, or just wanted to talk, our staff was always available.

### ■ What are the types of cases that Roopa Aur Aap dealt with on a day to day basis?

It's very difficult for me to name one case. We supported anyone that needs help - be that a relationship problem between a same-sex couple that led to a mental health issue, or helping men take the decision to move away from unsafe situations or the other way around, helping men take responsibility for their actions in creating a violent family environment.

We also took care of the elders in our community who were especially vulnerable to the tempers of their children and sons or daughters in laws. We were especially mindful in taking care of the most vulnerable in our community - the children, who weren't necessarily spared during this lockdown.

### ■ In Indian culture we have this thing where we don't want to discuss our problems with anyone. What do you have to say about that?

That is so true, and we are working towards educating and creating more awareness about this within the community. Roopa Aur Aap organises several workshops and seminars where we encourage people to talk, discuss their frustration or issues with others, with the highest regard for anonymity. We previously facilitated events for survivors of family violence which is called "Share your burden" where people who were willing, were asked to talk about their experience.

We organised "Resources and Services" events or "Know your Rights" events where we highlight the increase in family harm in south asian communities and explain NZ police law and rights of the citizens.

All our events are aimed at creating awareness and this is our way of conveying to people that keeping family matters within the four walls of a house does not necessarily help you.

It's like that saying if you stay stagnant in one place, and do not change your way of thinking, you will remain in one place, and your thinking will end up being narrow minded and not modern.

### ■ What do you see as a long term vision for Roopa Aur Aap?

The purpose of Roopa Aur Aap is simple - to be of service to anybody who needs help. Doesn't matter what their situation is, which part of the country they are based in, or what their social status is - if I have the capacity to help elevate some of their pain, I will try to do as much as I can through my own efforts and that of my network.

However to continue to support our communities, we need resources. Currently, we have one social worker, one counsellor, one legal aid and me. We have now reached a

stage where it's not possible for 3 or 4 people to manage our cases.

And we get a lot of cases - referrals from the police, mental health services, income support.

There are a lot of vulnerable people in our community - addicts, survivors of family violence, children who are caught in harmful situations. We see such cases on a daily basis and till we are able to receive more funding, we can only take on a few cases at a time.

So, our vision is to have a big office, where we can employ 3 or 4 counsellors, social workers who are able to help the at-risk in our community. As a non-profit organisation, we not only require support in the financial front, but also in terms of manpower.

## How Roopa Aur Aap completely changed my life

*Imagine arriving in a country to start your new married life. The excitement, the joy and the anticipation of it. Now, imagine all of that being shattered to pieces with every betrayal, slap across the face and abusive insults.*

As unfortunate as it is, this is the reality for many victims of family violence. Family violence also known as domestic violence is not just about physical violence. It is any behaviour that is aimed to exert power over someone, whether it is physical, mental, emotional, financial or sexual.

More women allegedly died at the hands of a partner or ex partner in 2019 than any year in the past decade. According to The Homicide Report published by Stuff, at least 126 people - 86 men, 27 women and 13 young people - died in suspicious or homicidal circumstances in 2019.

Domestic violence impacts people of ages, races, sexual orientation and socioeconomic status.

And for many survivors of family violence, recovery is also never easy. There is often a level of shame associated with being a victim of violence. The abuse often takes a toll on the mental and physical well being of a person. Victims reach a stage where they are unable to make their own decisions, often left to look after themselves and very seldom receive the level of support or counselling that they require.



**ROSHNI CHADHA, Chairperson, Roopa Aur Aap**

As the Chairperson and Trustee of Roopa Aur Aap, it is with great excitement that I delve into this first issue of the Caring Aotearoa magazine. I look forward to the impact and change it will bring to our community and the wider NZ society as a whole.

Over the past 12 years, Roopa Aur Aap has been working determinedly to implement efficient, innovative and constructive approaches and services to living without family harm in New Zealand. It is satisfying to look at the work we have done, as we endeavour to fulfil our primary focus to support people who are at potential risk of domestic violence, irrespective of age, ethnicity, gender or socio-economic status.

2020 has been a challenging year. We had several cases of family harm and depression that have seemed to multiply over the lockdown period. I am very proud of all the work, hours and effort put in by our team to ensure the wellbeing of our community. As the population is growing, the rate of family harm is also increasing. We have made a positive impact in Auckland and would like to see this translate into all of Aotearoa.



Caring Aotearoa spoke to one such survivor of family violence, Sonal Patel. Sonal, an educated woman from Gujarat, India moved to New Zealand after she got married. Her tumultuous three year relationship with her alcoholic husband resulted in several visits from the Police and Roopa Aur Aap.

But it was what happened when she left for India to take care of her father, who was recovering from his bypass surgery, that broke her and helped her rebuild a life that she is now proud of.

**THIS IS THE STORY OF SONAL PATEL**

A few years ago, Sonal's husband suggested that she go to India to look after her ailing father. With promises to follow her a few weeks down the line, Sonal left for India with a \$1000 in her bank account. Her savings, jewellery, and three years of holiday were safely tucked away either in the bank or a deposit box, with joint access to her husband.

Several days after she arrived in India, Sonal's husband stopped receiving her phone calls or messages. She got calls from her colleagues saying that her husband withdrew all her gold from her safe deposit box, and has closed her account. She also received a call from her landlord who also said that all her things in the house have been thrown away. Realising that something is fishy, Sonal decided to come back to New Zealand to understand what and why this is happening to her.

Having nowhere to go, no money and no one to turn to, Sonal bravely returned to New Zealand, to take control of her. And with the help of Roopa Aur Aap she indeed did.

**REACHING OUT TO ROOPA AUR AAP**

When you speak to Sonal now, she sounds like any other confident, young woman. It is hard to believe that this is the same woman who was broken and lacking in confidence, when she first arrived in New Zealand after her husband's betrayal.

Sonal talks, with only a slight quiver in her voice about the time, she called up Roopa Suchdev for help, upon arrival in New Zealand. Her words fill with gratitude when she outlines the details of how she was taken to a safe house where she stayed for almost a year. Sometimes



she still cannot comprehend the kindness shown to her by the team at Roopa Aur Aap who used to ferry her from the doctor's counselling appointment twice a week for almost a year.

She is ever so grateful for all the time, effort and money spent by all the doctors, social workers and Roopa Suchdev herself to pull her back from the brink of suicide. She now feels like she can take on anything. She is prepared not just for the present, but anything that gets thrown at her in the future.

**FAMILY VIOLENCE IS A SILENT EPIDEMIC**

The team at Roopa Aur Aap see such cases on a daily basis. For them, Sonal's situation is a silent epidemic that plagues modern society.

Over the last two decades, Roopa Aur Aap Charitable Trust has been working to provide culturally appropriate services to the victims of family violence so that they can recover and rebuild their lives. For them, Sonal is an individual who has every right to live her life to the fullest, and that is exactly what Roopa Aur Aap wants to help her achieve.

# Taking care of our Indian whanau

BY SANDEEP SINGH



*With scores of Indians in New Zealand reeling from the impact of COVID-19 on their personal and professional lives, the Consulate of India and the Indian High Commission along with Bhartiya Samaj joined forces to take care of its community.*

In this year of COVID-19, when the entire world was facing major disruption and distress, Auckland based Indian Consulate lived up to the expectation of its tag-line - Indian Embassy: Home away from home.

The office of the Consulate which is home to many Indians living in New Zealand, was able to indeed provide care and judgement-free support that we all associate only with our “home”, to Indians stranded in this region of the world.

The closure of India’s borders and the sudden dramatic halt of the entire global aviation industry left thousands of travellers stranded in New Zealand.

This accompanied with New Zealand’s Alert Level 4 lockdown put a large number of unsuspecting travellers, who were mostly in New Zealand on a short leisure trip or family visit, under immense level of distress.

It was during this challenging time that the office and the staff of the Consulate of India, under the leadership of Hon. Consul Bhav Dhillon spurred into action and worked rigorously and compassionately to offer support to temporary visitors from India.

Bhartiya Samaj Charitable Trust was one of the key organisations to have worked in close partnership with the Indian Consulate in Auckland and the Indian Embassy in Wellington to pool resources and volunteers together so as to make our stranded guests feel at home.

As the office of the Consulate remained open with its staff often working long hours to ensure ringing phone lines were always answered, Mr Dhillon in close cooperation with the High Commissioner of India, Muktesh Pardeshi and other senior officials worked diligently to develop a clear plan of action to help all Indians in New Zealand.

On one hand, there were scores of people who were stranded in New Zealand and were reeling with the uncertainty of travel, unplanned cost for extended accommodation and food. While, at the same time, there were hundreds of temporary migrants such as international students and people on work visas who became jobless almost overnight and were facing the crisis of putting food on the table and in some cases roof on top of their heads.

It was under this pressing situation that Hon. Consul and Mr Pardeshi finalised a comprehensive, multi-pronged plan.

First, it was decided to assuage the concerns of anxious travellers by providing them with certainty and direction about support from the government of India of a possible repatriation in the near future. Towards this goal, a social media group was established to keep the maximum number of stranded passengers informed in real-time and address any concerns.



COVID relief work for stranded tourists and food distribution to communities





Simultaneously, in Auckland, the Consulate worked overnight to put out a clear plan for food distribution in close partnership from prominent community organisations, and community and business leaders.

To ensure maximum disruption to New Zealand's strict lockdown rules and deliver maximum relief to those in desperate need, the Consulate office ensured that there was adequate media-advertisement to spread the word before the actual food distribution, and then strict social-distancing rules were enforced on the day of distribution.

The boxes of essential supplies included rice, pulse, sugar, tea, biscuits, canned tomatoes, fresh vegetables, fruits, noodles, oil, some spices, milk, hand sanitisers and masks.

Stranded Indian nationals were asked to register with the Consulate office, and slots were divided for each batch of hundreds to pick up the essentials to avoid creating a crowd at the office.

Subsequently, as the government of India decided to launch a global repatriation program to be carried out by the Indian national carrier Air India, the Consulate's office in Auckland spurred into action of scheduling the passengers based on compelling reasons to travel.

*As the office of the Consulate remained open with its staff often working at long hours to ensure the ringing phone lines of people in distress were adequately responded, Mr.Dhillon in close cooperation with the High Commissioner of India Muktesh Pardeshi and other senior officials to make a clear plan of dealing with the multiple facets of the crisis.*

In this regard, while the lead of registration, planning and scheduling of return travel of stranded passengers was taken by the office of the Indian High Commission in Wellington, the responsibility of smooth delivery fell upon the Consulate office in Auckland as all departing flights were scheduled from Auckland.

Hon. Consul in close cooperation with Bhartiya Samaj organised the much-needed doctor at the airport to provide the mandatory medical check-up required before being able to board on any flights to India.

This was a big exercise that required the generosity of many volunteers and team of doctors who had made themselves available at no cost, at the behest of Bhartiya Samaj's Jeet Suchdev and Mr Dhillon's personal request, to help the fellow Indians stranded in a foreign country.

Hon. Consul Mr Dhillon ensured that he was personally present at the Auckland airport to oversee all necessary departure-procedures including medical check-up, along with the staff from the Consulate and the High Commission in Wellington.

To put in perspective, over ten Vande Bharat Mission led Air India flights flew to New Zealand to repatriate stranded Indian nationals to nine different destinations in India from June to September 2020.

Summing up the intense relief and support activities in the last few months, Hon. Consul Mr Dhillon said, "The entire relief operations was planned under the leadership of the High Commissioner of India, Mr Pardeshi and was executed on ground in Auckland by Consulate's office with the support of all like-minded community organisation on the ground."

"We are delighted that our offices were able to live up to the expectation of being a home away from home at the most important hour of distress in our part of the world. However, this could not have been achieved without the generous support all like-minded community organisations, business leaders, and volunteers who generously donated their resources to make our collective endeavours successful," Mr Dhillon said.

**For more about Consulate of India, Auckland**  
visit [www.consulateofindia.in](http://www.consulateofindia.in)





**JESSICA PHUANG QSM, Ethnic Responsiveness Manager, Tamaki Makaurau**

Jessica Phuang is the Ethnic Responsiveness Manager at NZ Police. Jessica has a strong connection and links with the Indian community in Auckland. For several years now, Jessica has been working purposefully alongside Bharitya Samaj to address the issues and frustrations faced by the community.



# Holiday Safety Message

## From NZ Police

*This holiday season, NZ Police is urging us to celebrate, be with our families and loved ones, but to also be careful, take care of each other and enjoy this beautiful summer holiday.*

- Always lock your car, motorbike, bicycle or other vehicles. A car alarm, steering lock, or good quality chains are extra deterrents too. Ideally keep all vehicles in a garage or out of sight.

- When out and about, keep your belongings secure and close to you. Separate your house and car keys, especially if you have an address on the key ring.

- Don't provide places for burglars to hide - keep bushes and trees trimmed.

- Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company. If you're outside for an extended time, e.g. in the garden, lock your front door.

- Keep valuables out of sight - If it can be seen, it can be a target. Keep receipts, warranties, valuations and serial numbers in a safe place. Take photos or videos of jewellery, art and other precious items.

- Secure your doors, windows, sheds and garages with good quality locks. Install security stays on windows, especially those on ground level.

**Protect your tools**

Do not leave your tools or valuables in your vehicle overnight. Instead, keep them secure and out of sight. Only buy tools from reputable businesses - if the price sounds too good to be true, it probably is.

Other tips include:

- Engrave: Engrave your tools with your driver's licence number - that way, if found, they are easier to return to you.

- Record: Record the serial numbers of your tools and keep the list in a safe place.

- Secure: Always secure your tools using good, strong locks.

- Report: Report any suspicious activity to Police.

A connected community is a safe community. Make your community a safer place by getting to know your neighbours.

- Help out your neighbours when they are going away, e.g. by bringing in their mail, mowing their lawn, or parking in their driveway. A "lived in" house is less likely to get burgled.

- Find ways to connect and bring your neighbours together. Discuss issues affecting your community.

- Look out for your neighbours and reach out to people who may not have a support network.

- If you're concerned about the welfare of someone in your community, don't hesitate to let Police know.

**More about NZ Police**

For more information, visit [www.police.govt.nz](http://www.police.govt.nz)



*A connected community is a safe community. Make your community a safer place by getting to know your neighbours.*







# Years of *Bhartiya Samaj* *Charitable Trust*



CELEBRATING 25 YEARS



## A HUMBLE BEGINNING

**W**hat started as means to help those in need has now grown into an influential community organisation. Bhartiya Samaj started with an idea to make a 'positive difference' in the lives of the people in our community.

With a focus on senior citizens, youth, and families and wellbeing, Bhartiya Samaj has been working tirelessly over the past 25 years to create a positive and happy life for all in the community.

A development organisation that is dedicated to enriching lives, Bhartiya Samaj has undertaken several ground breaking initiatives and programmes since its launch in 1995.



**Congratulations to Bhartiya Samaj and Roopa Aur Aap Charitable Trusts on the launch of your quarterly magazine. It is yet another milestone of your great achievements.**

**Your partnership and collaboration with the New Zealand Police helps to ensure the safety of our South Asian communities and I wish to specifically acknowledge Jeet and Roopa Suchdev for your tireless efforts over the years which is most admirable.**

**We are excited about the opportunity your new publication offers as a platform to share our stories and messages with your communities.**

**Jessica Phuang QSM**

**Ethnic Responsiveness Manager  
Tāmaki Makaurau**





1995

Bhartiya Samaj Founded  
in 1995 by Mr Jeet Suchdev  
QSM JP and Ms. Roopa  
Suchdev QSM in  
August 1995

2001

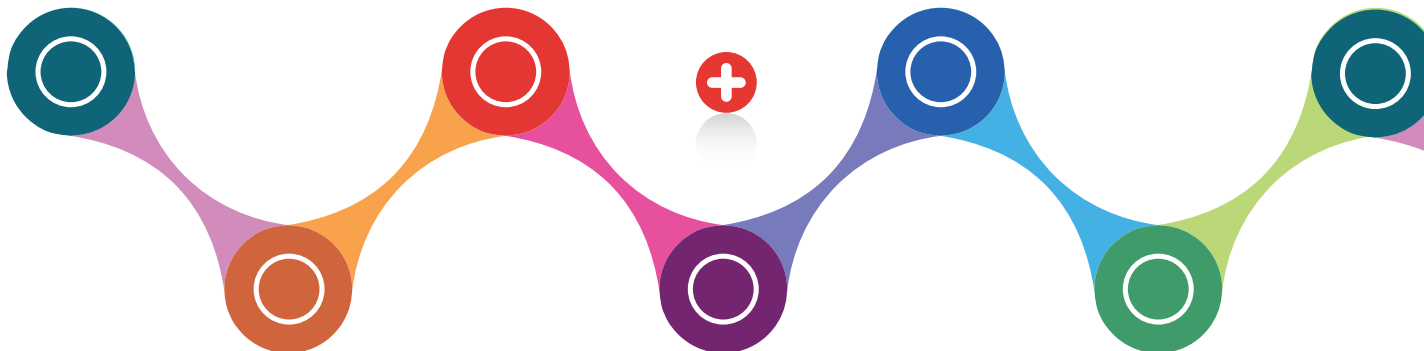
Became Incorporated  
as Charitable Trust in  
February 2001

2001

Balvikas Language and  
cultural school for  
Children 6-14 years  
started in 2001

2001

Cultural  
counselling  
started



1995

Senior Citizen  
Group started  
in 1995

2001

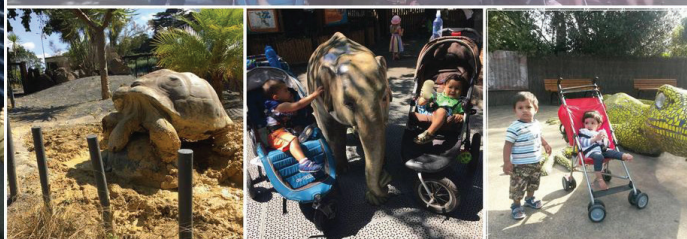
First Mega Diwali  
Festival in Auckland  
at Aotea Square

2003

First Summer Annual  
Camp for children was  
held in January 2003







2005

2013

2018

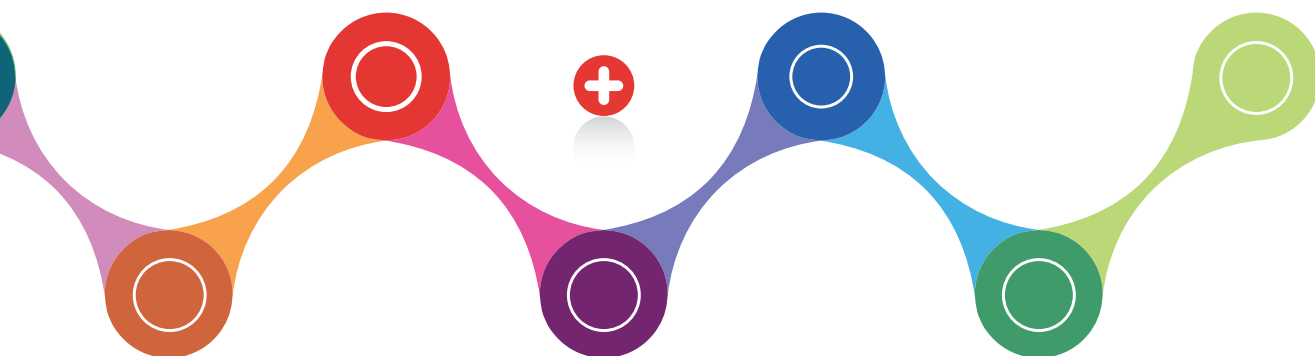
2019

Culturally Appropriate  
selling services  
started in 2005

Culturally appropriate,  
Ashirwad wing opened at  
BUPA, January 2013

First safe house  
was opened  
in June 2018

100 Abuse cases  
resolved in  
2018-2019



2010

2014

2018

Youth Group started  
in 2010

Multicultural Playgroup  
for 0-5years started  
in 2014

Bhartiya Samaj  
Queenstown Formed  
in July, 2018







### WHERE TO FROM HERE

In the pipeline are initiatives that are close to the founder, Jeet Suchdev's heart.

Bhartiya Samaj is currently in the development phase of building a skill bank.

This is a repository of information about leaders and champions within the community who are keen to offer their services for free, for a limited period of time, to those in need or fall within the low socio-economic segment of the society. The concept while still in its nascent stages, embodies the vision of Bhartiya Samaj.

Going forward, the organisation will continue to develop unique programmes, events and workshops for all age groups but with a strong focus on creating awareness and education of our own impact on the environment.







### REZWANA NAZIR, Plunket Community Karitane

Rezwana Nazir joined Plunket in Aug 2004 as the Plunket Community Karitane. She works alongside plunket nurses to provide additional support to the families with young children in nutrition and safety to bring about a healthy outcome. Her work with Bhartiya Samaj involves recommending the services of Bhartiya Samaj playgroup to mothers with young children that appear isolated or shy.

Rezwana is the liaison for Plunket with Bhartiya Samaj. The below column is information about Plunket collated from their website and other sources.

## Raising a happy baby

Plunket is a charity and Aotearoa's largest support service for health and wellbeing of children under-five and their families.

There are children in New Zealand suffering from unacceptable health inequities. From Sudden Unexpected Death in Infancy (SUDI), to rheumatic fever, and obesity. Scientific research shows the greatest social good is achieved by investing in a child's earliest years. From brain development to learning physical skills, to developing attachments that help children learn to love and trust others, to speech development - all happen in these first 1000 days.

Research also suggests that getting things right in the first 1000 days of a child's life sets them up for better outcomes later in life. Plunket's mission is to give every New Zealand child the best possible start.

Plunket offers free health and development checks, a 24/7 parenting helpline, and a range of local services doing everything from antenatal classes to car seat installation. They visit over 85% of all newborn babies in Aotearoa through their Well Child/ Tamariki Ora programme. They are accredited through several organisations that recognise their qualifications to deliver services and support families across Aotearoa.

During COVID Alert Level 3 and 4, Plunket made the difficult decision to temporarily close all their face to face service, including all clinics, play groups, and parenting groups. However nurses were still available through video, online and phone services, while specialist PlunketLine team remained open and well-resourced to support families 24/7.



Home visits were either delivered virtually or rescheduled, with in-person service delivery by exception only where high needs have been identified. During Alert Level 2, community services were delivered in person or virtually ensuring all health & safety and physical distancing guidelines.

Plunket teams were in constant touch and shared consistent information with their whanau and community. They also created a resource bank, video chats on their website for new mothers.

Plunket's work with Bhartiya Samaj has been quite rewarding and has helped reach out to wider communities. The "Multicultural Playgroup" provides a place for new parents and young children to meet on a regular basis and provide a range of educational activities to foster children's learning and development consistent with the NZ ECE curriculum – Te Whariki. By having its pulse on the community and understanding their needs, Bhartiya Samaj also provides



*Research also suggests that getting things right in the first 1000 days of a child's life sets them up for better outcomes later in life. Plunket's mission is to give every New Zealand child the best possible start.*

transport services to new mums to come to their premises to be a part of this playgroup.

Raising children is an amazing journey, but it can be challenging too, especially if you don't have family or friends nearby. Plunket provides free checks for your baby from when they're six weeks old until they turn five years old.

If English is not your first language, they also arrange for an interpreter.

**For more about Plunket**  
visit [www.plunket.org.nz](http://www.plunket.org.nz)

# State of mind: Mental health stigma and awareness within the Indian community



*In my 25 years working in this field, I have seen a lot of elder and domestic abuse in our community. People who are victims of domestic abuse are not happy to go to a mainstream refuge or a place which is culturally quite different to their own.*

BY PRITI GARUDE

*Focusing on the impact of COVID on mental health of the Indian community, we interviewed **Anil Channa**, mental health specialist and psychiatrist who works with Roopa Aur Aap on family violence, elder abuse, mental health issues.*

**C**COVID has been a difficult time for a lot of people who have been at home, faced with a situation unlike any before. How do you think we are all coping with this new reality?

I would say communities have coped much better than what everyone expected at the beginning of the lockdown. Initially when we were in lockdown, there wasn't much of a fallout from COVID, so far as mental health was concerned. However, in the last 3 months, we have seen an increase in the number of patients who are coming in with anxiety or depression.

The cause for this is multifactorial. Some people who were on their work visa have lost their jobs, their whole livelihood. This has adversely affected them as far their mental health is concerned.

And for some others, stress about job security follows through into the family, their relationships, which affects the partners directly or indirectly, even though they themselves do not suffer from depression or anxiety.

So, financial reason, job reason, being confined in one place, frustration and anger, anger with the system, anger with themselves - we have seen cases as a result of all this in the last 3 months.

## ■ Can you share any details of any of your cases that you have seen as a result of COVID?

There are few cases. I am not at liberty to discuss particulars but I can tell you just the story.

A young lady with 2 kids came to our clinic one day. She was in such a state, and was shaking from head to toe. She was suffering from extreme anxiety because she thought she was going to lose her job in the next couple of weeks. She didn't have anything to fall back upon and that caused her a lot of anxiety. She was concerned for her two young children and didn't know what to do. She was quite distressed to the point where, I feel, had not intervened at the right time, things could have escalated quite quickly.

But luckily, we got her into a placement, along with her two kids and then supported her throughout. We sorted

her job issues wherein her bosses said that they weren't going to fire or make her redundant. Within the next 3 - 4 weeks, she settled quite well. So that was one case which was a result of the tremendous impact and pressure because of COVID.

And another case was of a young man who was in a very distressed state. I got a call from Roopa-ji to look after his case. We took care of him for two months, put him on medication and now he is quite settled.

## ■ We've spoken about the impact of COVID on young minds. Did you receive any cases of any senior citizens seeking mental health support?

Not directly. Most of the elderly stayed in since they do not have the same freedom of movement as the younger generation. They are dependent on their children, who have to go to work, so access to facilities, access to health is much poorer for elderly people. A lot of them don't drive, don't know the language, they face so many barriers.

I am in conversation with Jeet Suchdev to do a talk on mental health at Bhartiya Samaj. The thing with the senior citizens in our community is that they will not open up so easily. The older generation do not like to discuss mental health issues at all. It's something that's considered private and never to be spoken about to anyone. But I feel once I go there and talk about the issue, then maybe the older generation will feel comfortable and come and talk to me.

## ■ Can you tell us the importance of any organisation like Roopa Aur Aap?

I think Roopa Aur Aap is an organisation that is much needed. There are similar organisations like Roopa Aur Aap for the mainstream population. However, the problem for us, at such places is the access, language and culture. You go to a person, who's European who does not understand your culture, your problems will be different and their solutions will also be different. Because of this, I feel an organisation like Roopa Aur Aap is extremely valuable to the community, not only for mental health, but physical health and social wellbeing.



Roopa Aur Aap works with different types of people and cases. They have a counsellor who does a tremendous job talking to people, showing them the way. The whole Roopa Aur Aap team including Jeet Suchdev pitch in to look after new immigrants who do not know the culture, place or people.

In my 25 years working in this field, I have seen a lot of elder and domestic abuse in our community. People who are victims of domestic abuse are not happy to go to a Women's Refuge or a place which is culturally quite different to our own. The first thing they do when you go to a mainstream shelter is, they get you out, put you in a refuge, get a lawyer and ask you to go through a legal recourse. Whereas in our community, we work towards how we can keep the family together without the violence rather than separate the family at the first go.

Roopa Aur Aap is quite vital in the wellbeing of the community as they help men, women, the elderly, new migrants, students - just about any one and everyone who needs some help.

■ **What would you like Roopa Aur Aap to do in the future?**

I would like Roopa Aur Aap to work with men with reference to family violence. Most of the mainstream organisations also work with women, no one works with the men. I remember many years ago one case of family violence. When I spoke with the husband and the husband's brother, they could not see what was violent in their act. They thought that it was normal. So, it is

important to make them understand that yes, it might be normal where they came from, but here it's illegal. And once they understood that they were indeed very sorry.

■ **How can we take better care of our mental health as someone who comes from a collectivistic culture?**

Three steps - awareness, awareness and awareness. The more we talk about it, the more people will come out to openly speak about it. We need to talk about it and we need to give a platform to conversations on mental health. We need to reiterate that whatever is spoken during a session is confidential. Because confidentiality is one thing especially in our community that people get very scared of. Once people are convinced about confidentiality, then you should see how they pour out their hearts.

So awareness, giving the platform to have such open conversations and reiterating the confidentiality - we have to do these three things to give our community the confidence to come forward and seek help, rather than suffer.

■ **Last question, where should people go if they want to speak to you or a mental health counsellor?**

They should get in touch with Roopa Suchdev. She understands when it's time to call a doctor and when a chat with a counsellor is needed. I am always available and can be contacted through her at any time.

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# Bhartiya Samaj creates a *winning opportunity*

BY PRITI GARUDE

*In 2018, a group of senior volunteers dusted off an old sewing machine in a community hall in Sandringham and thus kicked off Bhartiya Samaj's sustainability project and social enterprise arm.*

*With an aim to create a greener and cleaner society, Bhartiya Samaj undertook a project to produce and sell sustainable fabric bags. What started as a project led by a group of volunteers has now taken a life of its own. With an increase in demand, the team now creates multiple product lines out of waste fabrics.*



Sale of fabric bags at community halls



## HOW DID IT START

The idea behind creating sustainable bags was born when the NZ government banned the use of single-use plastic shopping bags. Using this as an opportunity to educate and create awareness about reusable and environment friendly products, Bhartiya Samaj developed the idea to process waste fabrics by stitching them as reusable bags.

These bags are made from sustainable fabric donated by Supreme Sikh Society New Zealand are beautifully embroidered and are multi-purpose. They are durable, reusable, safe for the environment and tremendously cut down on the use of plastic bags.

Due to demand, the product range has now diversified, and the organisation sells cushion covers, table runner, table covers along with fabric bags.

## WHERE CAN YOU BUY IT

You can find the fabric bags for sale at community events and at the Bhartiya Samaj office in Mount Roskill. Recently, the team successfully sold many products at the Manukau Diwali celebration at the Vodafone Events Centre, Wesley Community centre and Flat Bush Hall. Any funds raised through the sale of the bags are being used towards the operations of the organisation.

Bhartiya Samaj encourages people from local communities to come and help them by applying basic sewing skills with little creativity and create these beautiful, sustainable products.




**SHAYAL MALA, Health Promotion Coordinator, Age Concern Auckland**

Shayal has a Post Graduate Diploma in Public Health from the Auckland University of Technology. She is excited to work within the community to increase education in a range of different topics which will improve the health and well-being of older adults in all communities of Auckland.

# Age Concern Auckland

## *making a difference to our older community members*

Age Concern is a charity that provides specialised services and support to older people across Auckland. Our work is focused on: Intervention Services that support people experiencing abuse, neglect and in need of social support; Ageing Well Services that assist older people to stay, independent, healthy and active; Social Connections Services that mitigate loneliness and enable mobility. We also have dedicated Asian Services that deliver support in Mandarin and Cantonese. Each year tens of thousands of older people access our services or contact us for information and advice.

During COVID-19 Alert Level 3 & 4 lockdowns Age Concern Auckland worked to ensure that isolated older people in our community had the support and practical assistance they needed. This involved calling 8,000 clients, members and recent members to check on their welfare and arrange any assistance they needed. We also responded to calls from older people for help and support.

During lockdown we supported an additional 400 isolated older people with grocery shopping, collecting prescriptions, accessing emergency food and clothing, and weekly welfare phone calls to prevent loneliness. Our Asian Services team delivered weekly conversational English lessons via Zoom, which 349 older Chinese people participated in, bringing routine and giving them something positive to focus on. We also spoke to hundreds of older people, answering their questions, reassuring them and directing them to appropriate community support and services, all



of which ensured they got through the lockdowns.

*During lockdown we supported an additional 400 isolated older people with grocery shopping, collecting prescriptions, accessing emergency food and clothing, and weekly welfare phone calls to prevent loneliness.*

This support was provided in addition to delivering our crucial Elder Abuse & Neglect Response Services and our Visiting Service. Our response to COVID-19 is simply part of our commitment to providing support to older adults across Auckland, however we can. We are equally committed to ensuring that all those people who need our help and support can receive it in a way that suits them.



Earlier this year I was privileged to visit the Bharitya Samaj Senior Citizen's group to promote positive ageing among the seniors. My presentation focused on Falls Prevention and I spoke about the causes of falls, the consequences of falls and provided tips and techniques which could help prevent falls. Following my presentation, some of your lovely seniors came up and shared experiences they had with a fall. The talk highlighted that there are small changes we can make to our daily lives which can continually help us build and maintain our strength and balance, which help prevent us from having a fall. This presentation was conducted in Hindi.

We look forward to collaborating with Bharitya Samaj again in 2021 to provide free educational presentations in Hindi on a variety of topics which will assist older people in the South Asian community to stay, independent, healthy and active.

**For more about Age Concern Auckland**

Visit [www.ageconcern.org.nz](http://www.ageconcern.org.nz)  
or call 09 820 0184 to talk to us.

## Class of 2020: A round-up of Bhartiya Samaj events

A slightly different look, but one that is bound to stay in memory for long, Bhartiya Samaj in 2020 quickly adapted to the changing needs and challenges by organising virtual events. From teaching senior citizens to log into Zoom, to celebrating the victory of light over darkness, Bhartiya Samaj designed several events that focused on the well-being and happiness of its supporters.



### APRIL-JUL 2020

In our continued effort to serve the Indian Community living in NZ, Bhartiya Samaj led an initiative “COVID 19 Indian relief support group” in collaboration with Indian high Commission in NZ along with other community organisations.

This was to support the most vulnerable and greatly impacted families due to loss of wages, non-qualification to wage subsidy, students and Indians stranded in NZ due to border restrictions.

Our aim was to supply essential items like food, transitional accommodation and basic supplies free of cost to support their stay in NZ.

We received numerous queries and requests from Indians affected because of lockdown, who were in need of financial assistance, care and right information for their survival in NZ during the coronavirus outbreak. In this gratuitous activity, we helped them stock up on much-needed food and household supplies, gave them access to navigate through health and safety guidelines and above all the support much needed during this critical time.



## WORKSHOP ON KEYS TO EMOTIONAL WELLBEING WITHIN OUR BUBBLES DURING VIRTUAL SENIORS MEETING

### AUG 2020

The importance of a healthy life cannot be emphasized enough, however, the control center of our bodies – the brain – deserves special attention and focus in order for us to lead better, more meaningful lives.

Bhartiya Samaj Charitable Trust organized a Webinar on “Keys to Emotional Wellbeing within our Bubbles” during the online Senior Citizens Meeting on 29th August 2020 which was well attended by over 40 Seniors.

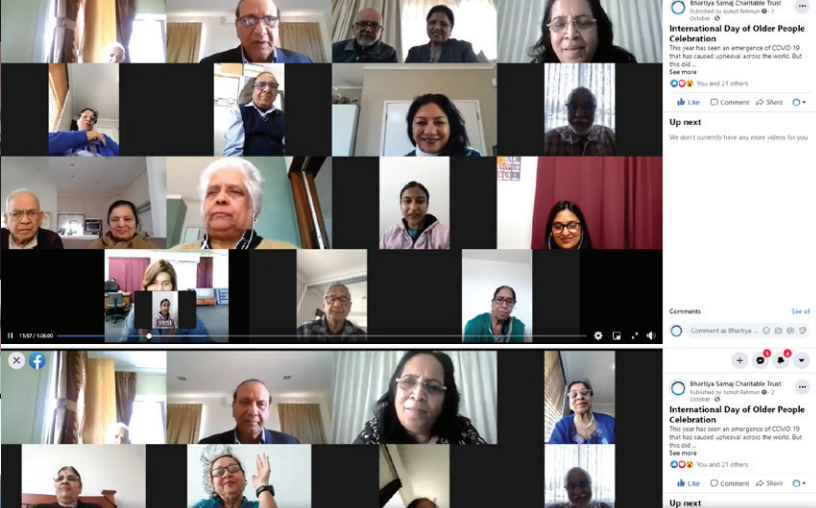
As we all are aware that COVID-19 has had a significant impact on how we interact with others, and many other aspects of our lives.

The stress and uncertainty arising from the present situation have a wide-reaching impact on the mental wellbeing of people.

To address these concerns, Dr. Vanitha Kalra, a consultant psychiatrist and a distinguished medical professional of our community who has been practicing in New Zealand from the last 20 years, shared some wonderful tips on essentials required to keep a healthy mind and body working together. She focussed that Emotional well-being can be mastered by having a positive outlook which means finding the positive in others and being positive in the way you approach life. She also emphasized that It's important to talk and listen, share stories, and stay in touch with the people who matter to you as social connections are key to emotional wellbeing.

Lastly, an emphasis was laid on maintaining the morning routine of writing “Gratitude and Goal journal” which helps people feel more positive, relish good experiences, improve their health, deal with adversity, and build strong relationships. The members enjoyed a very interactive and conversational approach by Dr. Kalra. The session concluded with the main take-home point is recognizing the ability of the mind to change our emotional state.





## DIGITAL LIFE CERTIFICATES OF INDIAN PENSIONERS SENT



### ■ NOV 2020

Experienced “Jeevan Pramaan” facilitator, Dr Baljit Singh offered his voluntary service to Senior Citizen Members at Bhartiya Samaj Hall on 20th Nov 2020. This is the second consecutive year that he has extended support to the Indian pensioners by sending their Digital Life certificates online to their pension paying authorities. 22 members availed this facility today so that their pensions are not stopped due to lack of a life certificate. This hassle free service for the community helped the members by saving their time and money for submitting their annual life certificates. A few members also availed his advice about Indian banking issues, money remittances from India and OCI matters. A very big thanks to Dr Singh for supporting the community and his willingness to offer his services time and again whenever required.

## INTERNATIONAL DAY OF OLDER PERSONS CELEBRATED ONLINE

### ■ OCT 2020

This year has seen an emergence of COVID 19 that has caused upheaval across the world. But this did not deter Bhartiya Samaj Charitable Trust from celebrating “International day Of Older Persons”.

We organized an online event to mark this special day to recognize the contributions of older persons towards society. This was well attended by over 30 Seniors members.

The celebrations commenced with prayers as a tradition of all the Bhartiya Samaj meetings followed by singing performances by Rini Chakraborty and our senior member Dhansukhbhai Ji.

With the help of montage of videos we aimed to convey a message to the community that we must ensure that our elders grow old with love and dignity and continue to participate in society.

Everyone appreciated the heart warming videos and the electrifying atmosphere was overflowing with words of deep gratitude and admiration for making the day memorable.



Bhartiya Samaj Charitable Trust undertook an initiative of distributing free grocery boxes to needy international students, helping them through difficult times due to COVID. Over 290 boxes were distributed in three phases. Few boxes were donated to ARCC - Aotearoa Resettled Community Coalition who help support the resettled refugee communities of Aotearoa.

## FREE GROCERY BOX DISTRIBUTION





## DIWALI CELEBRATIONS AT BHARTIYA SAMAJ CHARITABLE TRUST



### ■ NOV 2020

One of the most significant festivals in Indian culture, Diwali, the festival of lights is a time to enjoy and experience the festivity of the year.

Bhartiya Samaj Charitable Trust celebrated Diwali at various venues for the people in our community. The biggest celebration was at the Senior Citizens Roskill Group that was held on Saturday, 28 th Nov 2020 at Mt Roskill War Memorial Hall with over 250 seniors and eminent dignitaries gracing the auspicious occasion.

It was wonderful to see all of our Seniors dressed up in their finery for this occasion. With a beautiful Diwali themed backdrop, celebrations started with Bhartiya Samaj Chair, Mr Jeet Suchdev wishing everyone present at the event, their families and loved ones a very Happy Diwali.

This was followed by dignitaries and invited guests wishing our Seniors and all present for a wonderful and joyous Diwali.

The highlights of the event were felicitation of Minister of Transport and Workplace Relations and safety Hon. Michael Wood for his new Ministerial role , milestone birthday celebrations of Seniors turning 80 and 90 years old, impromptu dhol performance by Mr KiranjitSingh ji that startled everyone and instilled a sense of enthusiasm into all the members which led them to the dance floor.

Stunning dance performances were put up by Simran Chaddha, Parul Juneja and the children of Sanskriti Dance Academy, which was appreciated by one and all.

Entertainment programs, delicious cuisine, live music and the dance floor were the main attractions of this special event. The fabulous success of the event was a result of contribution and unequivocal support of the Executive committee of Bhartiya Samaj, volunteers, organisers, performers and the community that collectively supported us to make this event a grand success.

The event concluded with everyone exchanging heartfelt greetings for the festival of Lights.

We hosted Diwali Celebrations for South Auckland, Flatbush Seniors which was attended by over 55 members. The festive mood was evident with the members singing and dancing to the best of their abilities.

The Children Wing of Bhartiya Samaj also celebrated Diwali at The Multicultural Playgroup and Language and Cultural School during the week. The traditionally attired children and shared lunch from different cultures added an extra festive feeling.

As a tradition of Bhartiya Samaj, a Diwali celebration was hosted at David Lange Care Home for the seniors residing there. It has always been a blessing to share this festive spirit with these Senior members who have limitations of stepping out of the care home and celebrating the festival. The rest home was beautifully decorated depicting our culture and we all cheered the Seniors to the tunes of famous Bollywood songs which they thoroughly enjoyed. It was wonderful to see them smile and rejoice in the beautiful moments.



# Summer camp brings out the hidden genius in children: *Bhartiya Samaj*

“Summer Camps are all about being away from home and parents, making new friends, being part of a team, and trying new things, but, Bhartiya Samaj’s summer camp is an assortment of fun activities with a view to building and nurturing skills, values and attributes of self-awareness, self-management, social awareness, relationship skills, and responsible decision making,” Jeet Suchdev, Chairperson of Bhartiya Samaj said.

“These skills are increasingly understood to be central to success in school and life beyond school. The outcomes achieved from the camp are numerous like children build relationships with other fellow campers from different backgrounds and schools thus learning diversity within the community, the fun activities enhance their socio-emotional skills and make them more independent and socially aware in a fun filled way,” he added.



## SUMMER CAMP 2021 ENROLMENT OPEN NOW

**Bhartiya Samaj Charitable Trust invites you to enroll your child/kids for the Annual Children & Youth Summer Camp 2021.**

*The camp includes:*

- An outing for a day under supervision
- Daily exercise / yoga and sports sessions
- Workshops & Activities by qualified teachers
- The children would be provided with Refreshments viz. Breakfast, Lunch & Afternoon Snacks.
- The 5 days of Summer Camp are heavily subsidized and the amount charged will be utilized to cover only a part of the expenses.

**OUR CAMP ACTIVITIES ARE AIMED AT:**

- **PERSONALITY DEVELOPMENT**
- **MUTUAL TOLERANCE/UNDERSTANDING.**
- **LEADERSHIP QUALITIES.**
- **INNER STRENGTH THROUGH YOGA**
- **INTERPERSONAL SKILLS**
- **CREATIVE ACTIVITIES LIKE DANCING, MUSIC, PAINTING ETC.**
- **CULTURAL AWARENESS**
- **SPORTS SESSION**

## HURRY & REGISTER NOW!

**AGE : 6 TO 14 YEARS**  
**DATES : 11<sup>TH</sup> TO 15<sup>TH</sup> JANUARY 2021**  
**VENUE : MT ROSKILL WAR MEMORIAL HALL,  
13 MAY ROAD, MT ROSKILL, AUCKLAND 1041**  
**TIMINGS : 8:00AM TO 5:00PM PARENTS TO DROP  
OFF AND PICK UP THE CHILDREN**

**TO REGISTER, CONTACT:**

Ruchika Agarwal  
Ph:09-6200579  
M:02108881461  
Email: bsct1995@gmail.com  
[www.bsct.org.nz](http://www.bsct.org.nz)

# Influencing *the wider community*



**A**s an influential personality who has his fingers on the pulse of the Indian community in New Zealand, we celebrate the appointment of Jeet Suchdev as a Trustee of Foundation North and a member of the Seniors Advisory Panel within Auckland Council.

Mr. Suchdev is a well-known figure not just within the Indian community but also among the wider New Zealand society. His extensive experience of over 25 years has seen him build strong relationships with ministers, leaders, stakeholders and businesspeople from all walks of life. This has helped build a solid foundation for Bhartiya Samaj that has evolved to become a vibrant and phenomenally successful community organisation.

Now, Mr. Suchdev will be able to extend the voice of the community a bit further with his appointment as a trustee of the biggest community trust of New Zealand, Foundation North.

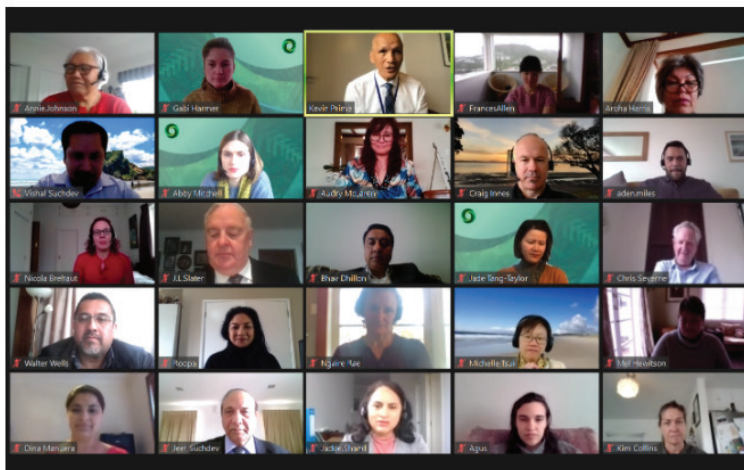
The Foundation's trustees are appointed by the Minister of Finance, Hon Grant Robertson, and are responsible for endowments to the Auckland and Northland communities.

Mr. Suchdev was also appointed as a member of the Seniors Advisory Panel in Auckland Council governing body. The Senior's Advisory Panel identifies issues that are important to senior citizens, engages with them and offers advice based on their experiences to help improve outcomes for the communities and bring about social cohesion as set out in the Auckland Plan. Through this appointment and the work of Bhartiya Samaj with elders in the community, Mr. Suchdev is certainly in a position to influence positive change within the community.



## Foundation North acknowledges exiting and incoming Trustees

Monday 7 September 2020



APPLICATIONS  
CLOSE  
05 February 2021

## Neighbours Day 2021

[Apply for a grant to support your event](#)

Puketāpapa Local Board is partnering with Auckland Emergency management to celebrate the annual Neighbours Day Aotearoa 27 March-12 April 2021. We want to help create fun, safe and respectful neighbourhoods, with a great sense of belonging and identity.

Small grants will be awarded for events or activities such as local street BBQs, picnics, brunches or other neighbourly gatherings which fit these objectives.

Your event can be held any time between **27 March to 12 April 2021**.

Applications must be received by **05 February 2021**.

Visit: [aucklandcouncil.govt.nz/puketapapa](http://aucklandcouncil.govt.nz/puketapapa) (see grants section) for more and to apply.

Or email [davlyn.braganza@aucklandcouncil.govt.nz](mailto:davlyn.braganza@aucklandcouncil.govt.nz)





# Prana Family Health

Be Healthy. Be Happy. See the Good.

We are a family owned and operated GP clinic based in Mount Roskill. Prana is the creation of Dr. Vikas Sethi who has always had the passion to provide excellent health care in a safety and quality driven environment.

Our name Prana comes from a Sanskrit word meaning Life Force.

Our work ethic and vision comes from the universal prayer

Om Sarve Bhavantu Sukhinah, Sarve Santu Niraamayaah, Sarve Bhadraanni Pashyantu , Maa Kashcid-Duhkha-Bhaag-Bhavet

Om Shanti Shanti Shanti - May all the happy, may all be free from illness, may all see what is auspicious and may no one suffer – 'Be Healthy, Be Happy and See the Good'.



1<sup>st</sup> Place Auckland PHO – Excellence in Quality Performance 2020  
Silver Award 2020 - System Level Measures & Commitment to Equity



Our clinic is located at **1492 Dominion Road Extension in Mount Roskill**

Our facilities include an on-site Unichem Pharmacy, physiotherapy, acupuncture, visiting podiatrist and psychologist. We have sheltered parking underneath our building and are wheel chair accessible.

To book an appointment to see the doctor/nurse you can email [info@pranafamilyhealth.co.nz](mailto:info@pranafamilyhealth.co.nz) or call us on (09) 869 5550 or 021 475 550.

[www.pranafamilyhealth.co.nz](http://www.pranafamilyhealth.co.nz)

#### Languages spoken by our team at Prana:

English, Hindi, Punjabi, Gujarati, Kannada, Tamil, Malayalam, Farsi, Urdu, Bengali and Swahili.

We can also organise for interpreters who can help facilitate your consults if need be.



# In case of emergency, *reach out*

## Senior Citizens:

Bhartiya Samaj Charitable Trust  
0212221020 / 096200579

Age Concern New Zealand  
0800652105

NZ aged care association  
044733159

Elder Abuse  
08003266865

Retirement villages association of NZ  
044997090

## Emergency:

Police, Fire and Ambulance- 111  
Police Non Emergency contact- 105

## Health:

Healthline (Ministry of Health)  
0800611116

Mental Health foundation of NZ  
08006885463

Suicide crisis helpline  
0508828865

Anxiety Phone line  
08002694389

Health and disability Commissioner  
0800112233

## Family Violence and Distress Support:

Roopa Aur Aap Charitable Trust  
021665609/ 09-620 4606

Bhartiya Samaj Distress Support  
0212221020

Victim Support  
0800842846 (Volunteer-  
0800865868)

Are You Ok (Family Violence  
Helpline)  
0800456450

National Network of Stopping  
Violence  
0276941051

## Children:

Bhartiya Samaj Multicultural  
Playgroup  
096200579 / 02108881461

Plunket Line  
0800933922

Parent Helpline  
0800568856

Grandparents Raising Grandchildren  
0800472637

## General:

Youthline- 0800376633

Alcohol Drug Helpline- 0800787797

Arthritis New Zealand- 0800663463

Banking Ombudsman (Fixing bank  
problems)  
0800805950

Births, Deaths and Marriages  
0800225252

Citizens Advice Bureau- 0800367222

Housing New Zealand- 0800801601

Inland Revenue- 0800775247

Insurance and Financial services  
0800888202

Lifeline (24/7 support by qualified  
counsellors and volunteers)  
0800543354

Motor vehicle licensing and  
registration 0800108809

Bond enquiries  
0800737666

Mediation  
0800836262

St John's Hindi Carer Calling Service  
0800780780

Auckland Justice of Peace  
Association  
099169276



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# ये है मेरी कहानी -



सेंट जॉन  
ज़िन्दगी भर का साथ



## दोस्ती का तोहफा



मेरा नाम माइकल है और मैं पिछले दो सालों से एक केयरिंग कॉलर हूँ।

मुझे फ़ोन पर लोगों के साथ अपने अनुभव साझा करना अच्छा लगता है साथ ही इस बात से बेहद खुशी मिलती है कि मैं किसी का दोस्त बन कर, उन से बात करके उनका अकेलापन बाँट रहा हूँ।

मैं एक केयरिंग कॉलर हूँ क्योंकि मुझे ये जान कर अच्छा लगता है कि मैं किसी की ज़िन्दगी में एक सुखद बदलाव लाने की कोशिश में हूँ।

stjohn.org.nz  
0800 ST JOHN (0800 785 646)



CC000015EP19 Hindi

## AGE CONCERN AUCKLAND

### SERVING THE NEEDS OF OLDER PEOPLE ACROSS AUCKLAND



#### CENTRAL AND WEST OFFICE

57 Rosebank Road, Avondale  
Auckland 1026  
Phone: (09) 820 0184

#### COUNTIES MANUKAU OFFICE

Cambria Park Homestead, 250 Puhinui Road,  
Papatoetoe 2025  
Phone: (09) 279 4331

#### NORTH SHORE OFFICE

177B Shakespeare Road, Milford  
Auckland 0620  
Phone: (09) 489 4975

- \*Accredited Visiting Service
- \*Total Mobility Assessments
- \*Elder Abuse Response Service
- \*Health Promotion
- \*Field Social Work
- \*Asian Service
- \*Information and Advice

Email: [ageconcern@ageconak.org.nz](mailto:ageconcern@ageconak.org.nz)  
[www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)





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