



CARING

Aug 2021 | Vol. 1 Issue 3

Aotearoa



BHARTIYA SAMAJ CHARITABLE TRUST MAGAZINE



BEHIND THE SCENES: COVID relief work by Bhartiya Samaj

INSIDE

COLUMN:
NZ POLICE
Be smarter than the scammers

COLUMN:
PILLDROP
Medicine at your doorstep

COLUMN:
LOVE FOOD, HATE WASTE
NEW ZEALAND

Find out how you can reduce food waste at home.

FEATURE:
BHARTIYA SAMAJ
CHARITABLE TRUST
Services and programmes

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OFFICE OF SENIORS
Making New Zealand a great place to age



CASE STUDY:
ABUSE SURVIVOR CONQUERS
TRAUMA

Unite
against
COVID-19

COVID-19 vaccination rollout

The rollout of the Covid-19 vaccination is well underway, are you ready for yours?



CONGRATULATORY MESSAGES
FROM SUPPORTERS ON INDIA'S
75th INDEPENDENCE DAY!



YEAR AT A GLANCE:
This is a special issue which includes the annual report for 2020-21



Happy Independence Day



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Te Tari Matawaka
 Office of Ethnic Communities



Prashant is a keen and hard working business broker with a strong belief that customer is supreme! He takes pride in understanding customer requirements and is confident in creating a positive engagement and outcome for them. He understands the importance of absolute trust and confidentiality and lives by it.

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From the Founders' Desk

Jeet Suchdev



When we launched in 1995, our vision was simple - to assist people in their times of need.

25 years on, Bhartiya Samaj has evolved into a well-respected, and recognised organisation for and by the Indian diaspora in New Zealand. We are often consulted by local and national authorities, ministries, industry bodies, corporates as well as community leaders who want to understand the pulse of the Indian community.

Providing space, time and aroha to the senior citizens of our community is the very foundation of our work at this organisation. Along with this, we focus on the wellbeing of our tamariki and our whanau. Working with our stakeholders, it is important to us to always be available and supportive of our communities to help make a positive difference to their lives.

This issue of the Caring Aotearoa magazine doubles up as our yearly annual report. The issue puts a spotlight on all the hard work done by the team and the impact felt and created due to the pandemic.

COVID-19 has transformed our lives and now, in this new normal, Bhartiya Samaj has evolved and adapted to continue to be there for our members. Over the next few pages, we put a spotlight on all that goes on behind the scenes at this organisation. While this year has been tough on our team as well as our volunteers, they have never been deterred from being present for our members and continued to organise events as well as support each other and our members. For this, I am thankful and would like to extend my gratitude for all their hard work.

I would like to extend a special thank you to all our stakeholders and funders for their support this year. I know it has been a tough one, but the fact that you have continued to help us help the community, shows of your commitment and aroha for our people.

In 2020, unexpectedly, we had to focus on survival. In this upcoming year, we will focus on recovery. Bhartiya Samaj along with its supporters is in talks to build initiatives, programs and funds that will provide aid and support for the welfare of the Indian community. Governed by leaders of the community, this welfare fund will provide support to the community in case of any future emergencies and hardships. Keep an eye out for more information about this in our future issues.

Lastly, I would like to thank you, our supporters. Whether you are a volunteer, funder, supporter or an event attendee, I want to thank you for being a part of our vibrant and diverse community. With your support, together we can, and we will.

Yours in service,
Jeet Suchdev



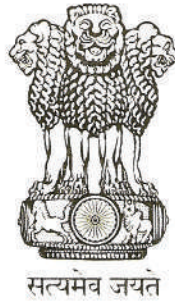
Message

On behalf of the High Commission of India, I would like to convey my warm greetings and best wishes to Shri Jeet Suchdev, all office bearers & members of Bhartiya Samaj Charitable Trust, Auckland, New Zealand on the occasion of publication of Annual Report for the year 2021-2022.

I would like to take this opportunity to commend the Bhartiya Samaj Charitable Trust for its incredible passion to provide all kind of help and support to the diverse communities of New Zealand, irrespective of age, color, region and religion. The Bhartiya Samaj Charitable Trust has been a pillar and hope for the elders, children, distressed and migrant people.

I wish the Bhartiya Samaj Charitable Trust of New Zealand all success in its future endeavors.

(Muktesh K. Pardeshi)



CONSULATE OF INDIA
Auckland, New Zealand

Level 1, 133A, Onehunga Mall,
Onehunga - 1061,
Auckland, New Zealand

Congratulatory Message

I would like to extend the warmest greetings and best wishes to the members of Bhartiya Samaj Charitable Trust on the momentous occasion of the 75th anniversary of India's Independence Day on 15th August 2021.

I also take the opportunity to acknowledge the work done by Bhartiya Samaj under the visionary and passionate leadership of Shri Jeet Sachdev, not only within our Kiwi-Indian community but also the wider South Asian communities for more than two decades.

Your consistent work within our communities in areas such as elder support, social services and families and distress support is phenomenal and deeply appreciated.

It is my privilege to continue to support your community service endeavours and provide all possible assistance.

Wishing you and your team Happy 75th India Indian Independence Day.


Bhav Dhillon 19/7/21

Hon Consul of India.



A message from Auckland Mayor Phil Goff

Thank you to the Bhartiya Samaj Charitable Trust for the important work you do on behalf of your communities and for all of your efforts to improve Aucklanders' lives.

For the last 25 years, Bhartiya Samaj Charitable Trust has been working to support children and young people, migrants, senior citizens and families by providing a range of free services, including language and culture classes, digital inclusion workshops, multicultural playgroups, advocacy and welfare programmes. Recent initiatives have also included delivery of prescribed medicines to people in need at no cost and providing social support to the victims of domestic violence.

To Auckland's Indian community—thank you for your contribution to the economic and cultural success of Auckland. By choosing to live here, you make our city a more diverse and vibrant place to live.

My best wishes to all Indian New Zealanders on India's 75th Independence Day. India has a rich and proud cultural heritage that dates back more than 5000 years, and we join you in celebrating this heritage on your national day.

Phil Goff
MAYOR OF AUCKLAND

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Namaste, Sat Sri Akal, Vanakkam, A-salaam-alaikum, Nisa Bula Vinaka, and warm greetings to you all!

I am delighted to acknowledge the work of Bhartiya Samaj in its 2021 Annual Report.

Bhartiya Samaj has worked tirelessly to bring positive change to the community since 1995, providing a wide range of services and support to thousands of people over that time. On a fortnightly basis, hundreds of Senior Citizens gather for fellowship with Bhartiya Samaj where they are entertained, informed, and connected with others across the community. In addition to this Bhartiya Samaj provides free services to children and young people, new migrants, and anyone else in the community who needs support or advice. Its advocacy was crucial in securing a culturally appropriate rest home for Seniors.

I really appreciate the way in which Bhartiya Samaj regularly adapts its services to meet changing needs. Over the past year the organisation has stepped forward to deal with the challenges of COVID-19, providing food and medical supplies to people in need, supporting and educating Seniors to stay safe, and looking after the welfare of stranded Indian tourists.

This work speaks to the values of kindness and community that our Prime Minister Jacinda Ardern and the Labour Party believe in. I thank Jeet and Roopa, the Board, patrons, and all Bhartiya Samaj volunteers for their tireless work in support of the community, and look forward to working with you in the years to come.

With very warmest wishes,

Michael Wood
MP for Mt Roskill





Dr Bruce Hucker QSO

Patron: Bhartiya Samaj Charitable Trust

Dear Jeet

It has been my pleasure to serve now for more than twenty-five years as patron of Bhartiya Samaj. During that time, I have witnessed its development, its growing contribution to the well-being of Indian and South Asian communities, and the diversification of its services to our city, region and nation. It is genuinely inclusive, adapts to changing needs and contributes to a sense of belonging among those whose lives it touches. This has been crucial during the continuing Covid-19 pandemic where the quality of its service has been excellent.

I was delighted to see that you and Roopa were both included in this year's Indian Weekender Hall of Fame. This was a richly deserved Honour and is in part a tribute to your long-term roles in nurturing and sustaining Bhartiya Samaj, along with members of the executive, all the volunteers and our members.

Bhartiya Samaj has become one of the strongest and most resilient grassroots organisations in New Zealand's Indian community and diaspora. It has achieved widespread respect and the quality of its work is acknowledged by many.

It is my hope and expectation that it will continue to serve and encourage those it serves to flourish in the next twenty-five years!

Warmest greetings
Dr Bruce Hucker QSO.



Te Tari Kaumātua
Office for Seniors



A message from the Director of Te Tari Kaumātua the Office for Seniors Diane Turner

On behalf of Te Tari Kaumātua the Office for Seniors, I would like to acknowledge the significant contributions of Bhartiya Samaj Charitable Trust to the community, particularly in relation to supporting older people.

It's been a pleasure to see the positive impact the Trust has on the community it supports.

Recently, the Office for Seniors was given the opportunity to see the digital literacy training for seniors' class in action. As funders of the programme being delivered by Digital Inclusion Alliance Aotearoa in partnership with the Trust it was wonderful to see first-hand the enthusiasm for learning new skills.

Our Office's representative was warmly welcomed by the well-attended and social class. The visit was very insightful. It provided our Office with valuable information and a much better understanding of how these classes have been adapted within different groups and communities to best meet the needs of the students. The classes are making a huge difference in the lives of older people, to be able to access the benefits of the digital world.

Our Office looks forward to continuing work with the Trust to advocate, support and improve the wellbeing of older people.

Congratulations to Bhartiya Samaj Charitable Trust for all of your significant accomplishments. Wishing you all the very best for Indian Independence Day and your future endeavours to build socially inclusive and connected communities.

Warm regards,

Diane Turner

Director, Office for Seniors



Class of 2021

Digital Inclusion Program at Bhartiya Samaj Charitable Trust



Kia ora koutou,

Congratulations from the Puketāpapa Local Board to Bhartiya Samaj for their hard work in our local community and further afield. We appreciate the connections built, especially between South Asian seniors, and the contribution Bhartiya Samaj makes to the rich multicultural tapestry of Mt Roskill and Auckland.

Yours sincerely,
Julie Fairey
Chair



Dear Jeet Ji,

It has been a pleasure and an absolute privilege knowing you and to follow the tremendous contribution of the Bhartiya Samaj Charitable trust to the local community. You and your Trustees along with your team of volunteers have been a great support to our community through some extremely challenging times in the past few months. From helping stranded Indian Citizens during COVID lockdown to providing aid to Indian hospitals your team have lead the way. The Trust continues to engage with the local community and works tirelessly for the social development of the Senior Citizens.

I extend my best wishes to you and your fabulous team and also pray for your continued success in the future.

Warm regards

Rohit Mulki
ANZ Regional Manager, Auckland South & East Branches.



Tribute to Bhartiya Samaj & Indian Independence Day Celebrations

Subhag & I have been supportive of Bharatiya Samaj (BS) since its inauguration 25 years ago. On this very auspicious occasion, we pay special tribute to BS's founders, Jeet Bhai & Roopa Didi, as well its members, volunteers, sponsors & well-wishers.

As a community we are indeed very proud of BS's multi-faceted services to our plural society, particularly in nurturing children, mentoring our youth, supporting the vulnerable, including our seniors and victims of abuse. Even more importantly, BS has endeavoured to preserve and enhance our rich cultural heritage by regularly organising celebrations of our festivals, which we joyfully share with other communities.

Publication of BS's Annual Report on the auspicious occasion of Indian Independence Day Celebrations is an icing on the cake, sone pe suhaaga (सोना पर सुहागा).

To Bharatiya Samaj, India and the Indian Diaspora, our heartiest Congratulations on this momentous occasion.

Best Wishes From
Subhag & Ajit Swaran Singh



On behalf of my team at PillDrop, I would like to take this opportunity to congratulate Bhartiya Samaj Charitable Trust for another year of accomplishments!

All the work that you have done for our community is truly inspiring in particular, the services you offer to our senior citizens.

I also would like to thank Bhartiya Samaj for the hospitality and generosity that you have shown to each and everyone of us.

The recent collaboration with PillDrop in providing free medicines and free delivery to our senior citizens is beneficial to all. This only shows that Bhartiya Samaj constantly endeavours to add new services that will greatly benefit our seniors overall health and wellbeing and they have been doing so tirelessly for the last 25 years.

We wish you the best in all your future undertakings.

Happy 75th India Independence Day!

Yours sincerely,
Suzanne Burge
Founder, PillDrop Pharmacy





Dear Jeet Ji,

On behalf of the Unichem Pakuranga team, I would like to extend my heartiest congratulations on the tremendous work that you and your amazing team of volunteers have provided to the Indian community. I admire how tirelessly you all worked, during the 2020 Covid lockdown, to support food, housing needs and assist those who have been stranded in your motherland India.

On the occasion of the India's Independence Day, we should not forget that freedom came to us as the gift of our ancestors, and it came after years of struggles and sacrifices. Your work has been a true platform to empower our seniors, giving them a sense of value, and for our younger generations to connect with their roots.

It has been an absolute privilege, Jeet Ji, to have the opportunity to collaborate, through the Community Flu Fighters Programme and in 2021, the Covid Vaccination Programme. Your dedication, passion and commitment to your senior members and the wider diverse communities is truly inspiring. Congratulations once again and looking forward to many more successes and smiles.

Warmest regards and with a grateful heart,



Vicky Chan

**Pharmacist, Co-owner of Unichem Pakuranga
Programme Lead, Community Flu Fighter CMDHB**



The Auckland Indian Association Inc.



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PRESIDENT: Dhansukhbhai Lal; E-Mail: president@aiai.org.nz

GENERAL SECRETARY: Champa Patel; E-Mail: secretary@aiai.org.nz



Jeet Bhai,

On behalf of Auckland Indian Association, I would like to take this opportunity to congratulate you and your team at Bhartiya Samaj Charitable Trust for serving the local community for more than quarter of the century.

Bhartiya Samaj Charitable Trust has provided a range of free services to children and young people, Senior Citizens, Women, New Migrants and anyone else needing support or help.

Bhartiya Samaj and its Leadership makes a positive difference to our community and may you and your team continue to serve the Community in many more years to come.

I would also like to take this opportunity to congratulate and wish everyone a Happy India's Independence Day.

We wish you all the best in your future endeavours.

Dhansukh Lal | President
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25 Years and counting..

About Bhartiya Samaj Charitable Trust

Bhartiya Samaj Charitable Trust is a development organisation that is dedicated to enriching lives, and increasing people's choices and possibilities for realizing their potential.

It's vision is to bring "Positive Change" in the lives of Aotearoa's diverse communities to empower them to become strong, confident and in control of their lives.

A Not for Profit organisation serving the community since 1995, it was founded by Mr. Jeet Suchdev QSM JP and Ms. Roopa Suchdev QSM along with other like minded people. It is one of the largest multi-ethnic South Asian group in Auckland with over 1500+ members on record.

The organisation offers a wide range of services for all sections of the community. They work responsibly to ensure people of the community are benefited by fostering healthy relations among all members and catering to the social, cultural and emotional needs of these groups.

The wide range of services include Senior Citizens Wing, Children & Youth Wing, New Migrants Support Wing and Social Services Wing.

The services are available free to the South Asian community irrespective of their language, religion, region and social status.

Approach of Bhartiya Samaj

Bhartiya Samaj Charitable Trust supports bringing positive change to the South Asian community. They contribute to the efforts of the community to nurture positive change, and ensure local ownership so changes can be sustained well beyond the life of the project.

The ongoing support of the South Asian community has allowed Bhartiya Samaj Charitable Trust to deliver the highest caliber development programs. This is driven by relationships built on mutual respect with the community people. The organisation aims to have relationships that

ensure long-term engagement, enhance learning with partners, are adaptable, and attract and retain staff of the highest quality and integrity.

Bhartiya Samaj Charitable Trust gives the highest priority to the needs of the people they work with and are committed to any of the locations where they live in New Zealand. They work with our local partners in project identification, assessment, design and preparation, implementation, right through to completion and impact evaluation.

Life at BSCT

Bhartiya Samaj Charitable Trust is proud of its team of professional social workers and volunteers. The team works long hours and over weekends, to give a smooth service to all its stakeholders and clients. There is a lot that goes behind the scenes, to make work happen.

Open Work Culture

BSCT prides itself for having an open work culture and an open door policy. This allows employees to interact with the senior leadership team in a seamless manner. The open work culture additionally creates a sense of transparency, mutual trust and camaraderie among our people. Further, our participative culture is based on the voice of employees and fosters better employee engagement and work-life balance.

Learning & Development

The team effort ensures everyone stays abreast with the latest developments in the industry. A calendar schedule ensures all plans and activities are systematically and implemented in a regular manner. Along with internal group exercises, the team collectively works towards skill development along with industry interactions.

Volunteering

The entire organisation works on a volunteer based concept.

Our Services & Programmes



Senior Citizens

Seniors Wing

Mutual support and companionship for the Senior citizens through regular get togethers/programs, festival celebrations, recreational outings, Skill development programs and other services making them socially inclusive, connected, strong and confident. To empower them and enhance their skills we constantly keep adding new programs for their benefit.

Children and Youth Wing

Multicultural Playgroup for children from 0-5 years, where young children and their mothers get a space to express their creative play capabilities and have a safe space for learning and socializing. We bring new, migrant, and stay-at-home parents / grandparents and caregivers out of isolation into the sphere of social inclusion.

Language and Cultural classes, Annual summer camp and Holiday Program for Children 6- 14 years for building and nurturing skills, values and attributes of self-awareness, self-management and responsible decision making. It also helps them to keep them connected with their cultural roots thereby helping in stronger family bonds.



Children & Youth



Migrant Services

Migrant Settlement and Distress Support

Assisting New Migrants to settle down in New Zealand by providing them with relevant information and resources. To ensure the wellbeing of the people and community we offer support and professional advice to the people in distressed situations. Provide social services by resolving issues such as Family harm, Elder abuse by assisting them in seeking counselling or legal help etc. We also provide advocacy support to the people to efficiently access services from various government departments.

Culturally Appropriate Care Home

To address the cultural needs of older people requiring rest home care, we collaborated with Bupa David Lange Care Home to launch a culturally appropriate Aashirwad Wing for the South Asian Communities.

Community development programs through partnerships with other government/local organisations like Auckland Council, Wastewise, Electoral Commission and many more to deliver the outcomes outlined in their strategic plans and achieve their visions and goals.



Rest Homes





Behind the scenes: *COVID relief work by Bhartiya Samaj*

BY PRITI GARUDE

Since the onset of the pandemic, our lives have never been the same. Today, as we grapple towards normalcy and stability, we want to give a glimpse into the work that has gone behind the scenes at Bhartiya Samaj during this pandemic.

Since the onset of the pandemic, our lives have never been the same. Today, as we grapple towards normalcy and stability, we want to give a glimpse into the work that has gone behind the scenes at Bhartiya Samaj during this pandemic.

Over the past few months, we have collaborated with various stakeholders, leaders, corporates and individuals to ensure the wellbeing of the community.

In Collaboration with Indian High Commission

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



Supporting Stranded Tourists

The quick spread of the pandemic caught many unawares including the 35 tourists who had no one to turn to after 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 in an extremely tight spot.

As a well-connected member of the Indian community, Bhartiya Samaj founder, Jeet Suchdev became aware of this unexpected situation of these stranded tourists. 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 them. 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 the people in need and provided not just free individual accommodation but pre-cooked home meals and basic necessities were provided free of cost.

Counselling Services

Bhartiya Samaj also worked tirelessly to curb the psychological pressure of people suffering 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.

COVID Relief Fundraiser

The second wave of the pandemic in India and Fiji has had a far-reaching impact on the Indian diaspora in New Zealand.

India was ravaged by the second outbreak and thousands of Indians in New Zealand were affected due to this. To provide relief, support and a lending arm, Bhartiya Samaj in association Roopa Aur Aap Charitable Trust and the Fiji Girmit Foundation New Zealand organised a musical concert called "Saathi Haath Badhana" on June 11, proceeds from which were divided between India and Fiji COVID relief efforts.

This one of a kind concert raised \$20,000 which resulted in supplies and other essential items being sent to Fiji and India.

Abuse survivor conquers trauma

CASE STUDY

Providing space, time, and Aroha to the people of our community is the very foundation of the work of Bhartiya Samaj. The organisation looks after the community and over the last few months of COVID, unfortunately, has come across many cases of abuses, none as shocking and sad as abuse experienced by the people in our community. It is a saddening situation – reasons for which are complex, and often generational. Bhartiya Samaj provides support and help to those experiencing such situations.

COVID situation was overwhelming for the world, people were confined to their homes, some were isolated, and some got an opportunity to spend time with their families. But that was not the case with everyone.... for some, the home was not a safe place, especially for domestic violence victims who were at home with an abusive family member. That heightened the risk of abuse and Bhartiya Samaj did everything possible by lending a helping hand to provide help to the victims.

One such case was brought to light by a supporting organisation - a newly-married girl who had migrated to NZ after marriage was a victim of dowry/money harassment, discrimination, control, and emotional abuse. She had been reluctant to come out in open and share her story, but after her situation went out of control, she was referred to Bhartiya Samaj for an intervention.

Realising that time was of the essence, the team at Bhartiya Samaj placed the victim in a safe home.



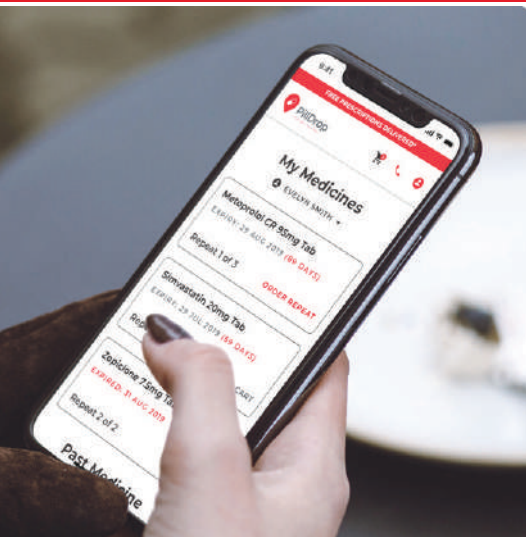
To ensure that the victim's mental and physical health was up to par, the organisation provided her with counselling services. Few months of counselling sessions, legal aid, safety, and mental health support made her strong and stable enough to go back to her parents in India.

It is heartening to see the victim is now happy and is now serving the people of Mumbai in their fight with COVID.

Doctor by profession, she is pursuing her higher studies to become independent and plans to come back to NZ.

Bhartiya Samaj and supporting organisation Roopa Aur Aap Charitable Trust continues to support the victim by providing online counselling to guide her and help her recover from the post-traumatic stress.

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multiple bottles. Easy to
read FREE Pill sachets.



REPEAT MEDICINES

Repeat medication
will be sent 5 days
before the medication
finishes.

By collaborating with PillDrop,
Bhartiya Samaj endeavour
to provide a complete
pharmacy experience to our
community with a secure and
easy way to get prescribed/
funded medicines delivered at
doorstep FREE of COST.

OUR SERVICES

This service is for
people over 65 years or
people taking 4 or more
medicines.

Year at a glance: 2020-21

■ DEC 2020

Christmas and End of Year Celebrations

The year 2020, full of challenges, ended beautifully with Bhartiya Samaj Charitable Trust organizing a “Christmas and End of the Year Party” at various locations for its senior members, children, youth and families of the community. The first event was held for Bhartiya Samaj South Auckland Branch Senior members on 7th Dec 2020 at The Chawla's Restaurant, Manukau. The fun filled afternoon was graced by more than 55+ members who enjoyed the event with great fervour and enthusiasm. Entertainment programs, delicious cuisine and the dance floor were the main attractions of this special event.

For the Children of Bal Vikas Language and Cultural classes a fun filled party was organized on 6th Dec 2020 with them decorating their own Christmas tree, Carol Singing and Christmas craft making. We also had a fun filled Christmas celebration for our tiny tots and their mums of BSCT Multicultural Playgroup on 8th Dec 2020 at BSCT Activity Hall.

On Saturday, 19th Dec 2020, Christmas and End of Year party was hosted for Mt Roskill Senior Citizen members at Mt Roskill War Memorial hall. This fun filled day marked the presence of over 220 senior citizens and the gracious presence of many eminent guests and dignitaries who have made tremendous contributions to benefit the society. The highlight of the event was felicitation of MP of Hamilton West, Dr Gaurav Sharma for his new role, birthday celebrations of seniors followed by cultural performances.



The occasion also witnessed an official launch of Bhartiya Samaj Charitable Trust new initiative “Caring Aotearoa”, A quarterly Community magazine. This magazine highlights the philanthropic activities of Bhartiya Samaj and Roopa Aur Aap Charitable Trust. Through this magazine, we aim to reach out to a larger audience with information and resources available from our stakeholders. This is yet another milestone achieved and a new feather added to the organisation's cap.

■ JAN 2021

Summer Camp 2021

This year's 8th annual summer camp was held at Mt Roskill War Memorial Hall and Grounds from Monday, January 11 till Friday, January 15.

Supported by a team of volunteers and teachers, the summer camp focused on more than just fun activities. It was developed to ensure an all-round development of the children with activities like educational tours, poem and reading classes, art and crafts, morning exercises, yoga, aerobics, dance, outdoor sports, educational and motivational sessions, language classes and various life skills coaching. Experts from different industry, council and government departments provided children workshops on water safety, cyber scams, fire safety, home safety, road safety etc.



August 2021

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■ JAN 2021

72nd Republic Day at Bhartiya Samaj

Bhartiya Samaj Charitable Trust honoured this annual patriotic day at the Senior Citizens meeting at Mt Roskill War Memorial Hall on Saturday, 23rd Jan 2021.

More than 250 senior members, respectable dignitaries, community leaders and volunteers were brought together yet again by Bhartiya Samaj to celebrate this day.

Honorary Consul of India Bhav Dhillon ji in his speech paid respect to Netaji Subhash Chandra Bose on his 124th birthday, on January 23 2021. This was followed with the unfurling of the Indian Tri-color flag by Hon. Bhav Dhillon Ji.

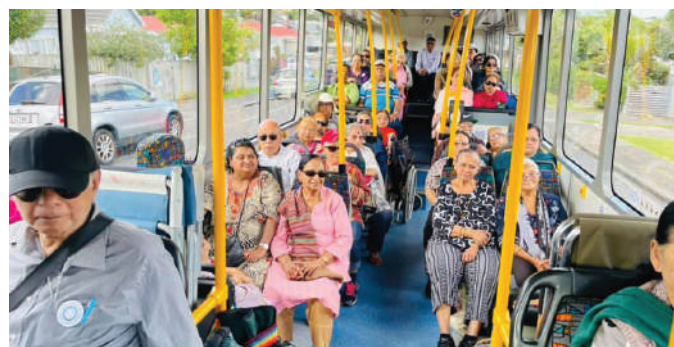


■ FEB 2021

Annual Summer Picnic

Annual summer picnic for Bhartiya Samaj Charitable Trust's Senior members was organized on 27th February 2021. More than 200 senior members of our community travelled to Maratei Beach, located in the easternmost suburb of Auckland Region.

The trip commenced on Saturday morning, with 4 busloads for our senior members and volunteers from Mount Roskill War Memorial Hall, Manukau Auckland. Maratei beach turned out to be an amazing location for our picnic with scenic views, beautiful weather, and good shade for our members to sit and relax. Seniors danced their hearts out on Bollywood beats, shared their food, some enjoyed strolling on the beach while others relaxed on the beach.



HAPPY Women's Day

■ MAR 2021

International Women's Day

Bhartiya Samaj and Roopa Aur Aap Charitable Trust celebrated International Women's Day Online

Bhartiya Samaj and Roopa Aur Aap Charitable Trust is relentlessly working towards empowerment of the community. The two organisations celebrated this special day online where the discussion revolved around the perception of a modern woman and their role in today's society. A very intriguing panel discussion of women contributing towards community development was conducted.

An essential subject was brought to light that the women will be empowered if women themselves change their ideology about equality and their position in society.



August 2021



■ MAR 2021

Bhartiya Samaj Holi celebrations

Bhartiya Samaj Charitable Trust celebrated "HOLI- The festival of colours" with utmost joy and enthusiasm in Auckland and Queenstown.

On 27th March 2021, Bhartiya Samaj Senior Citizens enjoyed playing Holi with fresh colorful flowers. Flowers were showered upon all and everyone danced their hearts out on Bollywood Holi numbers. The senior members cherished the idea of safe Holi with flowers and thoroughly enjoyed the festivities.

On 28th March 2021 Bhartiya Samaj Queenstown in collaboration with Bhartiya Samaj Auckland, Roopa Aur Aap Charitable Trust, Indian weekender and Radio Tarana, celebrated Holi in Queenstown with colours, music and dance. It was wonderful to have Southland MP Hon. Joseph Mooney graced the occasion and played Holi with all.

The event witnessed enthusiastic participation from over 500 people of all ages and cultures to enjoy the playful spray of colours.



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■ APR 2021

Silver Jubilee Celebrations of Bhartiya Samaj Charitable Trust

Bhartiya Samaj commemorated its 25 years of compassion, community service, diversity and community support by celebrating its Silver Jubilee on 24th April 2021 at the Trust Arena, Henderson. The glorious evening marked the presence of over 400 + guests. The event was blessed with the gracious presence of eminent guests, community leaders, sponsors, performers, media channels, Bhartiya Samaj Senior citizens, Bhartiya Samaj management and executive committee team and volunteers. The evening was glamorized by talented performers, cultural programs, live music and dance. The guests enjoyed the dance performances put together by various groups. All dignitaries launched the special issue of Samaj Bhartiya Samaj quarterly Community Magazine "Caring Aotearoa". This issue captured the success stories of 25 years of Bhartiya Samaj, its culture of service, its initiatives that have left a legacy and influence that has made an impact. There are countless others who have silently campaigned for Bhartiya Samaj's cause with passion.

■ MAY 2021

Flu Vaccination Campaign - Health Day at Bhartiya Samaj Charitable Trust

Bhartiya Samaj Charitable Trust in collaboration with Roopa Aur Aap, Prana Family Health, and Unichem, organized Health Day on 8th May 2021, at Mount Roskill War Memorial Hall during the Senior Citizens meeting.

The senior members and volunteers got a wonderful opportunity to avail Free flu vaccines to get immunised to influenza. Along with the flu vaccination campaign, Prana Health team conducted routine health checks such as blood pressure and diabetes, so as to monitor their vital levels and to ensure early detection of lifestyle diseases so as to consult with their GP's to get timely treatment.

A team of pharmacists from Unichem gave flu shots to over 60 Senior Members and volunteers.



■ MAY 2021

Mother's Day Celebration at Bhartiya Samaj

Bhartiya Samaj Charitable Trust had an elaborate celebration for Mother's Day at various locations. For the South Auckland senior group, we conducted the celebrations on 3rd May 2021. Senior Citizen members of South Auckland celebrated this day by playing 'Antakshari', singing Hindi and regional songs dedicated to their beloved mothers.

On 8th May, the celebrations were held at Mount Roskill War Memorial Hall for the Roskill Senior Citizen group where they celebrated by expressing their love for mothers through poetry, songs and everyone enjoyed dancing to Bollywood tunes.

On 9th May Sunday, Children at Bal Vikas Language and Cultural classes celebrated this day by making Mother's Day cards and special treats for mothers.



August 2021

■ JUNE 2021

Elder Abuse Awareness Day observed at Bhartiya Samaj Charitable Trust

Bhartiya Samaj Charitable Trust commemorated World Abuse Awareness Day on Saturday, 12th June 2021, at a Senior Citizens meeting held at Mt Roskill War Memorial Hall. The event became a great success with the presence of over 200 members and honourable dignitaries.

The meeting progressed with a short video compiled by the Bhartiya Samaj team, which aimed at spreading awareness about the types of elder abuse, how to be self-reliant, not be afraid to raise their voice, and talk to counsellors to seek aid in case of any kind of abuse. The main objective of the video was to show the two sides of the coin, one showing the kind of abuses the elders become victims by their families/society/caretakers, which includes physical, emotional or financial abuse and another where seniors are loved, respected and valued and how Bhartiya samaj is spreading happiness amongst the elders of our community by bringing them on a platform where they can form social relationships and enjoy their life.



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JUN 2021

Intergenerational Workshop

Bhartiya Samaj Charitable trust in collaboration with Roskill Together conducted an Intergenerational workshop on 27th June 2021 at Bhartiya Samaj hall, Mount Roskill. The workshop was aimed at building a bridge between two generations, Seniors and Youth, by exchanging ideas, sharing life experiences, and learning about the difference in ways of living their lives and doing their day-to-day chores.


JUL 2021

Bhartiya Samaj Charitable Trust – COVID-19 Vaccination Drive

Bhartiya Samaj Charitable Trust, in collaboration with Unichem Pharmacy and Woman Care Trust, initiated the COVID-19 vaccination drive for its Senior Citizens. The members received their first jab on 18th June and second jab on 16th July 2021.

Many seniors and their family members are fully vaccinated with utmost care and all safety precautions were observed while administering the vaccines.



Matariki Celebrations at Bhartiya Samaj

Bhartiya Samaj Charitable Trust in collaboration with Roopa Aur Aap Charitable Trust celebrated the Maori New Year “Matariki” on Saturday, 10th July 2021, during the Bhartiya Samaj Seniors meeting at Mount Roskill War Memorial Hall. To mark this important celebration, ‘Kapa-Haka’ group from Te Kura Kaupapa Maori A Rohe o Mangere were invited to give a few insights about the festival and its importance. They shared the significance and story of the Matariki through their traditional dance and songs.

The event concluded with a more socially aware audience and a celebratory note in the air – appreciating the local Maori culture and feeling united in diversity.



Healthy Mind Workshop

The Healthy Mind Workshop at the Bhartiya Samaj Seniors meeting on 24th July 2021 at Mount Roskill War Memorial Hall was conducted by Roopa Aur Aap Charitable Trust.

The purpose of the Healthy mind workshop was to create awareness as to how we can keep ourselves engaged for a healthy mind. Along with eating a healthy diet and staying physically active, it is very important to constantly do mind stimulation exercises which creates new brain cells resulting in the prevention of dementia and Alzheimer's condition.

Roopa Ji shared with everyone many techniques that our Seniors can practice regularly to maintain a healthy brain such as memorization techniques, building memory connections, challenging one's mind through the brain teasers and strategy games and retaining cognitive abilities. She also explained the importance of building strong social networks and meeting friends face-to-face on a regular basis which helps reduce the feeling of isolation in older people and being socially engaged helps them manage their stress levels and maintain a healthy mind.



Be smarter than the scammers!



Jessica Phuang QSM
Ethnic Responsiveness
Manager,
Tamaki Makaurau
Jessica.phuang@police.
govt.nz

Scammers will prepare all sorts of scenarios so that you fall prey to their scam. Be smart to identify that they are scammers and do not engage with them.

Scams can affect anyone at any time so being aware of what to look for and knowing what to do is important to protect yourself and your family.

Common types of online scams include :-

- Romance scams
- Cold calling scams
- Business email compromise
- Employment or work-at-home scams
- Investment opportunity scams

These scams leverage the inexpensive and effective use of technology and social networking applications to extend their reach to a wider audience and increase their likelihood of prospective victims. This can be achieved via the following delivery methods of unsolicited email, social networking profile or post, text message, advertised on a related web site, cold call, Instant messaging (e.g. Facebook Messenger, Windows Live Messenger, Yahoo! Messenger, Skype, Google Talk, WhatsApp).

Always remember that **NO** New Zealand Government agencies, the Consulates, or financial institutions will



contact you to ask you for your personal details or get you to transfer money to another account claiming that by doing so, they will make that trouble disappear for you. These scammers will prepare all sorts of scenarios so that you fall prey to their scam. Be smart to identify that they are scammers. Do not engage with them. If they have phoned you, hang up immediately. If you are unsure, after hanging up, find the phone number of the Office that they claim they were calling from, and check if that Office was wanting to speak to you. Do not use the phone number that they called you from. Some scammers have techniques to use their computer systems to generate phone numbers same with the Government office they planned to use to scam the people. This is called phishing.

Be Smart, Keep Safe!





The average NZ household throws out 86kg of uneaten food every year – that's \$644 worth of food that goes straight in the bin. It's not only a waste of money, it's a waste of all the resources. Find out how you can reduce food waste at home. Article contributed by Auckland Council.

Bindi Chouhan grew up in Zimbabwe within a culture of being mindful of waste. She says, “As children, we learnt to nurture and respect nature and life. Our grandma grew food on our property, and my mum, aunts, uncles and cousins were so creative in reusing, recycling and upcycling. Nothing went to waste. Families lived together and helped each other, you never felt that the responsibility was all on you.”

When her family moved to New Zealand almost 18 years ago, they had to learn how to adapt to a new climate and lifestyle. “There were a lot of adjustments we needed to make from living in a large family of more than twenty to being just four of us. I remember it took my mum a while to readjust to the quantity of food she cooked. We ate leftovers for days!”

Looking at their lifestyle choices, Bindi started to become more mindful of how much waste was being produced the world over. She attended a Compost Collective workshop through Auckland Council and bought a worm farm. Nowadays, Bindi and her family teach others through Love Food Hate Waste workshops to make more sustainable choices.

Bindi says that through her workshops, she's seen that before you start, living sustainably may seem harder than it is. “There's a habit of doing things a certain way and to change that feels difficult. There's a mental barrier of feeling like it's extra work, but it's not really. “It's about making small changes and then adopting and adapting them to make them part of your life. Then, taking on the next step and making it suit your life until it becomes effortless.”

The average NZ household throws out 86kg of uneaten food every year – that's \$644 worth of food that goes straight in the bin. It's not only a waste of money, it's a waste of all the resources that went into producing the food, and creates harmful greenhouse gas emissions when we send it to landfill.

Love Food Hate Waste is a campaign to help Kiwis reduce



food waste at home. Nobody buys food planning to throw it away, but you may be surprised by how much you waste and what you could save by doing things a little differently:

- If you threw out the bread ends of every loaf you buy, that could cost you about \$27 a year. Save money by eating the crusts or turn them into garlic bread chips.
- Do you find that at least one banana in a bunch gets brown on the outside before you get to it? Throwing away brown bananas could cost you \$30 a year. Store your bananas away from other fruit to stop them ripening so fast. Once they are too ripe, freeze them and use them for smoothies or baking.
- If you pay \$2.29 for a head of broccoli but only cook the florets, that's up to \$60 a year of wasted stalks. Broccoli stalks make a great addition to a stir fry or curry.

There are many simple things that you can do to reduce how much food goes in the bin: try storing your bread in the freezer to start, shop with a list and take leftovers for lunch. If you're not a fan of leftovers, learn about portion sizes to suit your family. You can even save excess cooked rice to make pudding or an easy fried rice for a completely different meal the next day.

For more tips and plenty of recipe ideas, visit www.lovefoodhatewaste.co.nz. The website also has an event calendar where you can find cooking classes run by facilitators like Bindi, who love to help families make the most of their food.



St John Caring Caller



St John
Here for Life

ABOUT THE SERVICE

Sometimes living alone or being house bound means that we miss out on daily human contact, someone to chat to, laugh with and share news with. Everyone needs this sort of contact and the St John Caring Caller service provides just that.

The Caring Caller service aims to provide the opportunity of friendship and regular contact over the telephone. On agreed days, a friendly Caring Caller can telephone you to check that all is well, and to have a chat.

People become clients for many different reasons. Sometimes their spouse has recently passed away, others have found that family members have moved away and they do not get regular contact with them anymore. Some clients stay with the service long term, several years in some cases, others may just need the service temporarily while family and/or friends are away.

This service is FREE and is part of the commitment that St John has made to support local communities by contributing towards the health and wellbeing of all New Zealanders.

THE BENEFITS

It can provide:

- a break from day to day activities
- a new found friend
- regular contact
- knowledge that someone out there is checking that you are ok
- Hindi and Chinese speakers available

ANONYMITY

There is a high level of anonymity in this service. Caring Callers are only provided with your first name, sometimes age, telephone number, and a short personal profile of you.

When the Caring Caller telephones you, it is the policy of the service that they do not disclose their surname, address, or telephone number.

CONTACT

For more information phone 0800 780 780.



Medicines at your doorstep

Do you suffer from diabetes, high blood pressure, heart problems, high cholesterol or hypertension? Do you regularly take four or more medications? Bharatiya Samaj Charitable Trust in collaboration with PillDrop (NZ), brings you a modern way to manage, organise and receive your daily medications.

PillDrop is New Zealand's first full-service digital pharmacy, created to make managing medication easy and convenient. It is a national pharmacy service provider that dispenses and delivers prescriptions to you, 7 days a week.

We know that going to the pharmacy to pick up repeats is never straightforward. That's why you need same-day delivery, seven days a week and access to an on-call pharmacist 24/7, so you know you will get the support you need when you need it.

Licensed by the Ministry of Health to supply funded and non-funded medicines, which includes: pharmacists only, pharmacy only and over-the-counter, Pilldrop service is available for free for anyone aged 65 years and above and for those under 65 years olds, who take at least 4 regular medications.

With Pilldrop, you not only have your medication delivered to you, free of cost but it is also pre-sorted

and packaged. One of the founders of Pilldrop, Suzanne explains further, "If they are taking 4 or more medications, this service is completely free. With Pilldrop, you never have to wait in line at the pharmacy. You will never have to sort your daily prescription. If you are suffering from arthritis, the pill sachets by Pilldrop are very easy to tear and you will never chase for your repeats because they will automatically be delivered to your door."

The medicines are pre-sorted by date and time into easy tear Pill Sachets®, giving you peace of mind that you are taking the right medication at the right time. All one needs to access this service is a smartphone and prescription to order medicines any time of the day. "This service is available for free to any senior citizen above the age of 65 who are taking 4 or more regular medications. It is funded by multiple DHBs across Auckland and I would like the members of Bhartiya Samaj to give it a try.", Suzanne concluded.

A simple and easy way to order your medicine via Whatsapp, WeChat or Line

**Send a photo of your prescription to
+64 21 027 98289**

**and receive your medicine for FREE if you are
65 years and above or take 4 or more
medications regularly.**



Our pharmacists are here to help

Pharmacists are available to visit you at home to answer any questions you may have about your medicines. PillDrop also collects any unused or expired medicines from you.



**Ring us anytime, 7 days
a week at 09 2769090**

**To use the service please send
prescriptions by fax or email:**

Fax 09 2769292

Email delivery@pilldrop.co.nz



Te Tari Kaumātua
Office for Seniors

Making New Zealand a great place to age

By 2034, it's expected that there will be 1.2 million people aged 65 and over in New Zealand - Office of Seniors wants all older people in New Zealand, now and in the future, to be able to lead valued, connected and fulfilling lives. Find out more about their initiatives.

The Office for Seniors is the key advisor in Government working to improve the lives of older people across New Zealand. We are focused on providing information, promoting the wellbeing and concerns of older people, and increasing awareness of the issues facing our ageing population.

This is a large group of people to represent and it's only going to get bigger. By 2034, it's expected that there will be 1.2 million people aged 65 and over in New Zealand, this will equate to just over a fifth of our population. We want all older people in New Zealand, now and in the future, to be able to lead valued, connected and fulfilling lives. One of the initiatives that the Office for Seniors has been delivering to help make this vision a reality is our digital literacy training for senior's programme.

The fact that many older people are not able to use technology is an issue that has come up time and time again, particularly because of the COVID-19 pandemic. When our usual freedoms to meet in person and travel became restricted, the value of the internet to stay connected to friends and family became even more apparent.

The Government's 2019 Wellbeing Budget allocated funding to deliver digital literacy training for seniors, to ensure that digitally excluded older people were given the opportunity to enjoy the benefits that the technological world has to offer.

Two providers, Digital Inclusion Alliance Aotearoa and the 20/20 Trust, were selected by the Office for Seniors to provide this training across the country. These classes

teach participants new skills, help them adapt and navigate many different types of technology, as well as build their confidence with using technology. Even though these courses are all designed for older learners, we are proud that the classes are recognising the diversity of our seniors and are being adapted to the needs of the students.

Digital Inclusion Alliance Aotearoa is delivering its Better Digital Futures programme through its partner network, including libraries, and community organisations such as Bhartiya Samaj Charitable Trust. The other initiative, which is run by the 20/20 Trust, delivers Pacific Senior CONNECT to seniors in Auckland and Christchurch. This programme is providing a series of modules at participants' churches and in their own language.

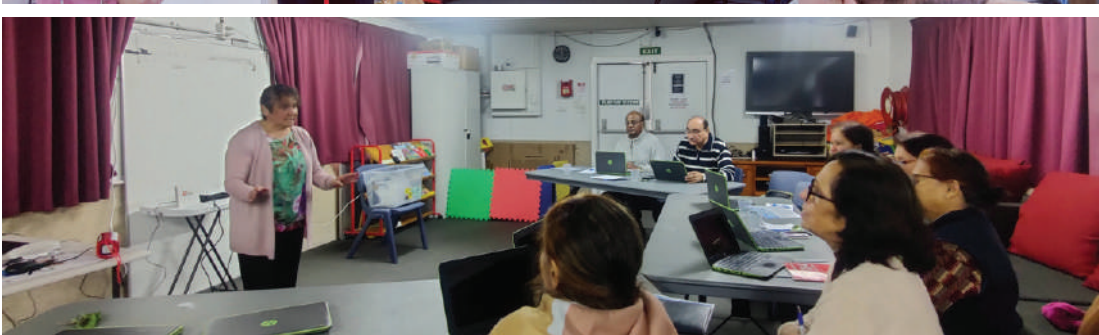
These programmes began part way through last year and we are already seeing a significant improvement in the understanding and use of technology by participants. The programme has also been recognised internationally. It won the IDC Smart City Asia Pacific Award in the Education Category earlier this year.

Although lacking the skills to use technology isn't the only barrier causing older people to be digitally excluded, it's a vital step in helping older people stay connected. If you want to find out more information about what the Office for Seniors is working on to make the future better for New Zealanders as we age, such as our Better Later Life strategy implementation and our Age friendly communities programme, go to our website www.superseniors.msd.govt.nz





Pictures from various computer classes held for senior citizens through the year..



Recycling made easy

You can recycle plastic, glass, metal and cardboard packaging containers. Only grocery packaging containers are recyclable, as well as paper and cardboard from the home. Simply empty and rinse all your recyclables and place them loose in your recycling bin.

- Please don't put soft plastics in your Auckland Council recycling bin – they get caught in the sorting machines. You can drop these to collection points at local participating retailers.
- Wondering what items can go in the recycling bin?

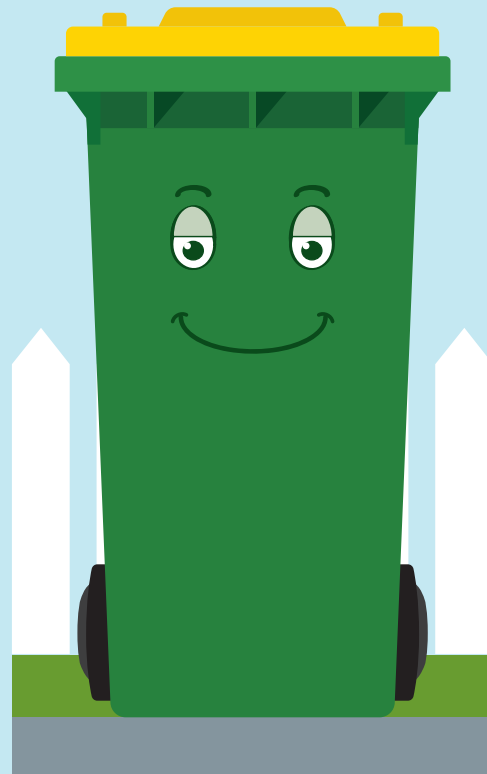
Just ask Binny!

Your recycling buddy.



Message Binny

Connect with Binny now



Please note:

- Rinse all containers.
- Leave the lids on all bottles and containers.
- Containers should be no larger than 4 litres.
- Include paper, cardboard, milk and juice cartons e.g. Tetra Pak cartons in your recycling bin.

Visit **aucklandcouncil.govt.nz**



Yes please!



plastic bottles



plastic bottles
from the bathroom
and laundry



plastic
containers



clear
plastic food
containers



glass bottles
and jars



aluminium cans
and empty aerosols



milk and juice cartons
e.g Tetra Pak®
cartons



steel and tin cans



advertising mail
and envelopes



newspapers
and magazines



paper and
cardboard
packaging



egg cartons

No thanks!



plastic bags
(full or empty)



food and
garden waste



hazardous waste
and chemicals



polystyrene meat
trays and packaging



all types of
batteries



nappies



clothing, shoes
and textiles



window glass, mirror
glass and lightbulbs



cookware, Pyrex
and drinking
glasses



electronic and
electrical items



building waste



medical waste



COVID-19 Vaccination Rollout

Studies show that about 95% of people who have received both doses of the vaccine are protected against getting COVID-19 symptoms. The rollout of the Covid-19 vaccination is well underway, are you ready for yours? Written by, Vicky Chan, Clinical Site Lead, Covid Vaccination Centre Unichem Pakuranga

When you get vaccinated, you are not just protecting yourself. You are also doing your bit to protect your whānau, friends and community. Rollout of Covid 19 vaccination is well underway, with more than 700 million doses given worldwide as of April 2021. At the time of writing this on 19th July 2021, 839554 first dose and 564789 second dose have been administered in New Zealand.

Vaccination is highly effective at reducing severe illness and death from Covid 19. Vaccines for Covid 19 are also safe, with extremely low risks of severe adverse events. A major threat to the impact of vaccination in preventing disease and death from Covid 19 is low uptake of vaccines. Lack of confidence in vaccines for Covid 19 poses direct and indirect threats to health and could derail efforts to end the current pandemic. Concerns about unknown future effects, side effects, and a lack of trust are common reasons given by people who say they are unlikely to have a Covid 19 vaccine. New Zealand's medicines safety authority Medsafe assesses applications for all new medicines. This includes vaccines. For Medsafe to recommend approval for use in New Zealand, a medicine must meet international standards and local requirements for quality, safety and efficacy. This is the same process used to assess other medicines, like the flu vaccine. The Pfizer vaccine has been used successfully by millions worldwide. It continues to be monitored for safety.

Studies show that about 95% of people who have received both doses of the vaccine are protected against getting COVID-19 symptoms. This means that once you are fully vaccinated, you are far less likely to fall seriously ill and less likely to transmit the virus to others. The Delta

variant is more readily transmitted than other variants but there is no evidence that it causes more severe disease. Data from England shows the Pfizer vaccine is highly effective against the Delta variant.

Getting vaccinated is the best way to protect yourself, your whānau and your community from COVID-19. There is some misleading information out there about the vaccine — here's what you can do to make sure you have the right information. Protect yourself and others by knowing how to spot misinformation.

- Ask yourself where the information is coming from, and what the author wants you to believe.
- Just because an article looks good or reads well does not mean the quality of the information in it is reliable. Many sources of misinformation are well produced.
- Before sharing a story it's important to check if it's credible. You can do this by checking where the original story appeared, who is promoting it, and what other people are saying. For instance, do a Google search of the information or the organisation it has come from, and read what trusted reliable sources (such as academics or the mainstream media) say about it.

I would like to take this opportunity to thank you all for your support and trust in the Covid 19 Vaccination Rollout. If you ever have any questions or concerns regarding the vaccination programme, I am only a phone call or email away.

Our Founders



Jeet Suchdev



Roopa Suchdev

Patrons



Dr Bruce Hucker

PATRON
Bhartiya Samaj Charitabale Trust



Dr Ashraf Choudhary

PATRON
Bhartiya Samaj Charitabale Trust

Trustees



Ami Chand

Trustee



Harish Lodhia

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Roshni Chadha

Trustee



Mangal Behal

President Bhartiya Samaj Queenstown

Queenstown Branch

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Amol Chadha

Executive Board Member



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Executive Board Member



Ranjana Gupta

Executive Board Member



Prashant Vijan

Executive Board Member



Santanu Roy

Executive Board Member

Staff



Vanitha Kalra

Executive Board Member



Sadguna Patel

Seniors' Coordinator



Ruchika Agarwal

Business Administration Manager

Our Partners & Stakeholders

Bhartiya Samaj Charitable Trust would like to thank all partners and stakeholders for their support.





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



GIVE A DIGITAL BOOST TO YOUR MARKETING

CONTACT US FOR ADDING A **WOW FACTOR** TO YOUR MARKETING.

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Roopa Aur Aap Charitable Trust (RAACT) has been working for domestic violence victims since 2008. The organisation focuses on the development of South Asian Community experiencing inequality and violence. RAACT adopts non-judgemental, non-political, and non-religious approach. The confidentiality of the client is strictly followed by the team. The organisation has multi-lingual skilled, experienced, and knowledgeable staff. We work hand in hand with immigration advisors, lawyers, police officials to provide services to our clients. The team has been continuously conducting workshops to empower and educate the society about domestic violence in various forms. All our services are free of cost.

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ये क्या हुआ!



Roopa Suchdev
CEO
RoopaAurAap
Charitable Trust

अलंकृत की दादी को अमेरिका से आए हुए बस कुछ दिन हुए थे, वह आई भी इसलिए थी कि उसकी प्यारी सी पोती की शादी थी। घर का माहौल भरा पूरा था बहुत सारे रिश्तेदार साथी संगी सब आए थे, लेकिन अलंकृत की दादी तो खुशी के मारे पागल थी क्योंकि वह 20 सालों बाद भारत आई थी। सब कुछ बदला बदला था अरे जैसे मैं छोड़ कर गई थी वैसे तो कुछ भी नहीं रहा। हाँ, सब कुछ बदल गया है लेकिन तरक्की भी तो बहुत हुई है। कौन कहता है कि दुनिया का अंत आ गया है ? देखो ना हमारा भारत किस तरह से जगमग कर रहा है, कितनी तरक्की हुई है। सोशल मीडिया देख लो कंप्यूटर देख लो फोन देख रहे हो हर चीज देख लो हम तो रोज ही बात करते थे ना तुम्हारे साथ लगता ही नहीं था कि हम इतनी दूर हैं। चलो वापस आकर कुछ ही दिन ही सही लेकिन बहुत अच्छा लग रहा है। एक-दो दिन आराम करूँगी फिर भगवान जी के दर्शन करने मंदिर जाऊँगी कितना बड़ा कृष्ण जी का मंदिर है हमारे घर के साथ मैं तो दर्शनों को तरस गई थी।

चलो बच्चों मुझे आराम करने दो थोड़ा कल सारी गिफ्ट दिखाऊँगी और फिर हम सब मिलकर भगवान जी का आशीर्वाद लेने जाएंगे। बहुत रात हो गई रात के 2:00 बज गए सब खा पीकर बातें करके सो गए अपने अपने कमरों में जाकर।

सुबह उठकर दादी मां थोड़ा अच्छी तरह से नहाई फ्रेश होकर तैयार हो गई। चलो चलो उठो बच्चों हमने भगवान जी के दर्शन करने जाना है सारे तैयार होते हैं नाश्ता करते हैं। 11:00 तो बज ही गए थे जैसे तैयार होकर जाने को हुए अरे दादी बाहर नहीं निकलना है रात को लॉक डाउन लग गया है कोरोना हो गया है कोरोना !

क्या भाई कौन सा कोरोना मैंने तो भगवान जी के दर्शन करने जाना है मैं नहीं जानती कोरोना वरुणा को ! अरे दादी नहीं जा सकते हैं पूरी तरह से लॉक डाउन हो गया है अगर बाहर गए तो पुलिस बैठी है पकड़ लेगी।

फटाफट टीवी चलाया देखा वाकई मैं ब्रेकिंग न्यूज़ बहुत बुरी हालत हो गई है पूरे संसार के घर से बाहर नहीं निकलना जो भी है घर के अंदर ही रहो जितना खाना है राशन पानी है उसी से गुजारा करना है थोड़े दिन में हालात सुधर जाएंगे शादी ब्याह सब कैसिल।

यह क्या मैं तो इतने दिल से इतने मन से यहां आई थी कि इंडिया का भ्रमण करूँगी सब जगह घूमूँगी भगवान जी के दर्शन करूँगी अपनी पोती की शादी करूँगी। क्या हो गया क्या है सचमुच में कलयुग आ गया क्या ? मैंने भी तो अमेरिका जाना है वापस 1 महीने के बाद, मेरा क्या होगा सब के सब सर पकड़ के घेरा बनाकर बैठे हे। भगवान यह हो क्या गया है हम बाहर नहीं जा सकते किसी से मिल नहीं सकते किसी से बात नहीं कर सकते हैं अगर जाओगे तो मासुक डालकर जाओगे लेकिन जाना नहीं अभी जा ही नहीं सकते हमारे घर में कोई नहीं आ सकता हम किसी के घर नहीं जा सकते भगवान के दर्शन तो कर ही नहीं सकते मंदिर बंद हो चुके हैं गुरुद्वारे बंद हो चुके हैं क्या होगा हमारा आखिर कब तक । दादी आई तो थी 1 महीने के लिए लेकिन होते-होते दादी को 6 महीने हो गए। दादी बीमार हो गई मेरी दवाइयां मेरा खाना क्योंकि

दादी को तो आदत है अमेरिका का खाना खाने की वहां रहने की, हाइजीन का बहुत ध्यान रखती थी साफ सफाई अपनी दवाइयों का अब क्या होगा मेरा मैं यही मर जाऊँगी ऐसे ही मर जाऊँगी ! जब थोड़ा सा कोरोना कुछ कम हुआ तो दादी ने तो कान पर हाथ लगाए मैं यहां नहीं रहूँगी मुझे वापस जाना है मैं नहीं रहूँगी बच्चों की तरह जदि करने लगा। सब समझाने लगे दादी खाली यहां पर ही कोरोना नहीं पूरी दुनिया में है यह दादी यहां सब के बीच में हो तो हम आपका ध्यान रख सकते हैं, वहां पर प्लेन बंद हो चुके हैं कैसे जाओगे ना कोई जा सकता है ना आ सकते हैं अगर जाओगे भी तो quarantine मैं 14 दिन रहना पड़ेगा दादी तो बिचारी सर पकड़ कर बैठ गए भगवान ये क्या समय दिखा रहा है मुझे।

एक बेचारी दादी की नहीं सारी दुनिया की हालत ऐसी हो गई थी। जहां लोग जाते थे फस जाते थे ऐसे लगता था जैसे अनाथ हो गए हैं सारे। पता नहीं वह क्या क्या सारी दुनिया को ना कहीं जाना ना दूसरी कंट्री में जाना घूमना फरिना जहां जाओ डर लगा रहता था कि हे भगवान यह क्या हो गया ।

कितने साल होने को आए कोविड-19 मार्च से शुरू हुआ था और अब तक डर के मारे लोगों ने कहीं भी आना जाना छोड़ दिया क्योंकि फ्लाइट तो है ही नहीं लोग डरते हैं कि अगर कहीं गए तो फस जाएंगे इससे अच्छा अपने घर में ही रहो कम से कम हमारे अपने तो हमारे साथ हैं। फिर वही गाना याद आता है “रामचंद्र कह गए सिया से ऐसा कलयुग आएगा हंस चुगेगा दाना तुनका कौवा मोती खायेगा “ सचमुच क्या कलयुग आ गया है इंसानों का पता नहीं कब क्या होने वाला है हम रहेंगे या नहीं रहेंगे हम जाएंगे या नहीं जाएंगे भगवान जाने । आखिर मैं हर इंसान यही सोच रहा था नेकनीयती पर चलें, अच्छे कर्म करो लोगों की सेवा करो किसी का दिल ना दुखाओ पता नहीं कौन सा दिन मेरा आखरी दिन हो कहीं जाकर भगवान को कौन सा मुह दिखाना पड़े कि मैंने किसी के लिए कोई भी हेलप नहीं की।

हर इंसान इंतजार में है कि शायद कल सब सुधर जाएगा और कहते हैं ना उम्मीद पर दुनिया जीती है हो सकता है सब ठीक-ठाक हो जाए हम फिर वैसे ही जैसे पहले जीते थे।

आखिर मैं इतना ही कहूँगी - “ माना कि धरती को न गुलज़ार कर सके, कुछ खार कम कर गए गुजरें जिधर से हम।

समय कैसा भी हो बस घबराना नहीं है अपना ख्याल रखना है दूसरों का ख्याल रखना है अपनी सेहत का ख्याल रखना है अपनी सेहत का ख्याल रखना है और जो गवर्नमेंट नियम बनाती है उस पर चलना है जरूर। हम कहते तो बहुत कुछ है कि हम यह करते हैं वह करते हैं लेकिन फिर आखिर मैं वही करते हैं जो नहीं करना चाहिए कोशिश वही करनी है जो हमारे हित में हो जो सबके हित में हो जो भी उत्सव आए उसे दिल से मनाएं बाहर जा सके तो बाहर जाकर मनाएं नहीं जा सके तो घर में ही मनाएं, मंदिर जा सके तो बहुत अच्छी बात है लेकिन दिल में भी मंदिर होता है भगवान उसमें भी विराजमान होते हैं वही पूजा करें और सब का ख्याल रखें !
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