



YEAR AT A GLANCE 2020-2021



August | 2020

Felicitation Ceremony held at High Commission of India in Wellington, NZ

Bhartiya Samaj Chair, Mr. Jeet Suchdev QSM JP was felicitated by Indian High Commissioner H.E. Shri Muktesh Pardeshi Ji on 15th August 2020 for his contributions, support, and assistance rendered to the High Commission of India and Consulate in Auckland towards providing relief to the stranded Indian nationals and temporary migrant workers and assisting in repatriation flights to India.

H.E. Shri Muktesh Pardeshi Ji acclaimed the efforts of few individuals for their immediate support provided during the most difficult times of COVID lockdown.

August | 2020

Workshop on “Keys to Emotional wellbeing within our Bubbles”

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.

Dr. Vanitha Kalra, a consultant psychiatrist and a distinguished medical professional of our community who has been practicing in New Zealand for 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 and laid emphasis on maintaining a 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.

October | 2020

International day of Older Persons

Bhartiya Samaj Charitable Trust celebrated “International day Of Older Persons” through an online event to recognize the contributions of older persons towards society. This was attended by over 30 seniors.

With the help of a 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.



October | 2020

Virtual Musical Show

On 10th October 2020, the virtual zoom session of Bhartiya Samaj Charitable Trust had a performance by the leading singer of Auckland, Mr. Gopal Bhatia. He entertained the senior members by playing their on-demand requested songs. It was a pleasure to see that our senior members have participated in the music session wholeheartedly by singing and enjoyed it a lot. Afterwards, the members participated in a competition "Say a Filmi Bollywood Dialogue " where they enjoyed narrating the beautiful dialogues of old time Bollywood movies and reviving old

memories. Later they had a brief chit chat session where they appreciated the initiative taken by Bhartiya Samaj Charitable Trust of distributing free grocery boxes to the international students in order to support the community.



November | 2020

Diwali Celebrations



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

At the event, the attendees congratulated Minister of Transport and Workplace Relations and Safety, Hon Michael Wood for his new Ministerial role, and celebrated milestone birthdays of seniors

turning 80 and 90 years old. Entertainment programs, delicious cuisine, live music and the dance floor were the main attractions of this special event.

Bhartiya Samaj also hosted Diwali Celebrations for South Auckland, Flatbush Seniors which was attended by over 55 members.

The Children Wing of Bhartiya Samaj also celebrated Diwali at The Multicultural Playgroup and Language and Cultural School during the week.

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 the limitation of stepping out of the care home and celebrating the festival.



December | 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. The venue, ambience and beautifully dressed seniors in Christmas colours and Santa hats thronged the venue with lots of excitement to be a part of this special event. 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. The event was a fun-filled day attended by the mothers and children. There was a delicious spread of food items prepared by the mothers for everyone which made the celebration even more joyful.



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 event started with dignitaries expressing their appreciation towards Bhartiya Samaj's tireless contributions towards the people of the community thereby motivating us to continue the good work. 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.



This was followed by the stunning dance performances which was appreciated by one and all. It was a joyous to see the performances from the “Khottey Sikkey” Dance Group who made the audiences come alive with their energetic dance display of Bollywood numbers. Electrifying atmosphere was overflowing with words of deep gratitude and admiration for making the day memorable.

To end the wonderful day the lucky draw was taken out where the gifts were sponsored by NZ Police. After an exhaustive and highly participative performance all the members feasted on a delicious lunch organized by Bhartiya Samaj.



January | 2021

Annual Summer Camp

For over 18 years, Bhartiya Samaj Charitable Trust has organised its annual five-day Summer Camp for children in Auckland. A fixture in a local parents' calendar, this iconic programme has been created understanding the needs of Aotearoa's children, their environment and their wellbeing and development.



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

A popular programme, this year, the number of applicants for the camp surpassed the capacity. Bhartiya Samaj received 140+ applications but due to limitation in admission capacity, the

organisation was only able to select 110.

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.

The children were taken out for a day picnic at Crystal Mountain in Swanson which was an exciting adventurous Journey through the Exotic Animal Park in the Crystal Mountain Express train, Feeding and learning about the friendly animals. They also had an opportunity to see New Zealand's largest selection of rare and exquisite crystals and minerals directly imported and sourced from mines around the world.



January | 2021

72nd Republic Day

26th January 1950 holds a great significance as on this day India's constitution came into effect and became a republic, which signifies complete freedom from any form of foreign rule. 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. Dressed in colourful ethnic dresses, everyone was at their best to welcome the new year and wished each other on this special day.



The celebrations commenced with Bhartiya Samaj Chair, Mr Jeet Suchdev Ji welcoming the gathering and greeting everyone on the occasion of Indian Republic Day. The dignitaries then wished the Indian community and thanked Bhartiya Samaj for their relentless efforts and commendable work to build a strong and connected Indian community. 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-colour flag by Hon. Bhav Dhillon Ji. Thereafter, the National Anthem was sung in unison by everyone present there which permeated the atmosphere with the patriotic feeling. The cultural programs were put up to pay tribute to Mother India where the performers took pride in glorifying and celebrating the spirit of unity. The dance and singing performances were put up by Bhartiya Samaj Senior citizen members, Auckland Tamil Association Dance group, dance performance by tiny tots and live singing by leading singer of Auckland Vidya Teke Ji.



February | 2021

Seniors Recreational Outing



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.

Our trip commenced on Saturday morning, with 4 busloads for our senior members and volunteers from Mount Roskill War Memorial Hall and Manukau ,

Auckland. Everyone was overly excited for this trip, and they fully enjoyed the bus journey by playing games, singing songs and mingling with one another. One hour bus ride was an absolute delight for everyone.

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. They were really happy with the mesmerizing natural beauty of the landscape, smooth and calm waves of the sea.

They relished the delicious lunch and snacks that we had arranged, but the highlight for everyone was the refreshing mango drink called 'Frooti', for many of them this drink reminded them of their childhood days.

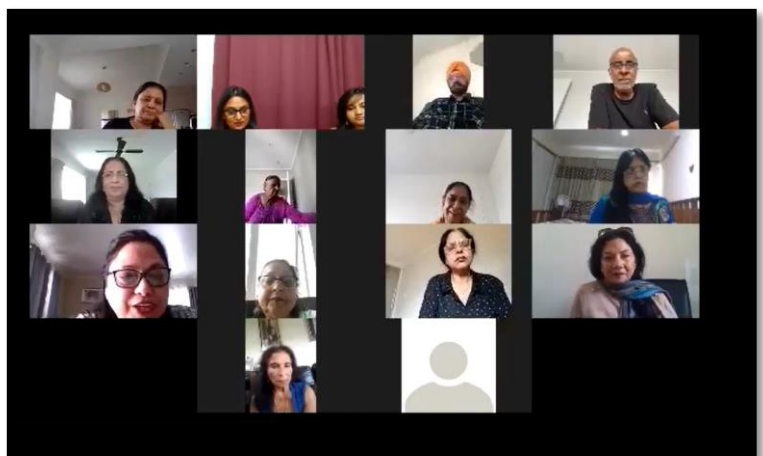


March | 2021

International Women's Day

Bhartiya Samaj and Roopa Aur Aap Charitable Trust is relentlessly working towards empowerment of the community. We passionately believe in gender equality, enlightening women of their fundamental human rights, rendering support against domestic violence and improving individual's status in society.

We celebrated this special day online on 8th of March where we discussed 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. A video medley was presented, portraying multiple success stories being written every moment of women conquering the world. and how women are inspiring a better tomorrow.



March | 2021

New Normal: Medicines at your doorstep

Bharatiya Samaj Charitable Trust in collaboration with PillDrop (NZ), brings to you a modern way to manage your daily medications. We constantly strive to explore ways of easy and comfortable living for the community.



In March 2021, we collaborated with PillDrop to provide a complete pharmacy experience to the community with a secure and easy way to get prescribed/funded medicines delivered at doorstep FREE of COST. All the medicines are packed into personalised sachets and these sachets are rolled up and packed in a dispenser to ensure that the patient does not have to handle multiple medicine bottles. If you are taking more than 1 medicine, it comes in easy-to-use Pill sachets rolled up and packed into a dispenser. All one needs is a smart phone to send the prescription by email or whatsapp and your medicines will be delivered to your home.



This service is completely free for all Senior Citizens and also for individuals taking at least 4 routine medicines.

March | 2021

Holi celebrations

Bhartiya Samaj Charitable Trust celebrated “HOLI- The festival of colours” with utmost joy and enthusiasm in Auckland and Queenstown. Both the celebrations were unique in their own way. It is also an occasion for self-reflection, renewing bonds and celebrating life.

On 27th March 2021, Bhartiya Samaj Senior Citizens enjoyed playing Holi with fresh colourful flowers. Flowers were showered upon all, and every soul danced their hearts out on Bollywood Holi numbers. The celebration was a day filled with joy and happiness. Our senior members cherished the idea of safe Holi with flowers and thoroughly





enjoyed the festivities. The air was filled with blues and greens, reds, and yellows. The festivities came to an end with people feasting on a special Holi followed by a special delicacy called “Jalebis”.

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. Festivities were enjoyed by people from diverse communities of NZ. Not only people of Queenstown but their furry friends also enjoyed playing Holi with organic and safe colours.



The event witnessed enthusiastic participation from over 500 people of all ages and cultures to enjoy the playful spray of colours. The atmosphere was buzzing with laughter, fun, a wide variety of food and ice cream and brilliantly lively and stimulating music. Festivities filled with excitement and merriment made this event unforgettable.

A special thanks to Queenstown District Council and SK Finance for their support towards the event.



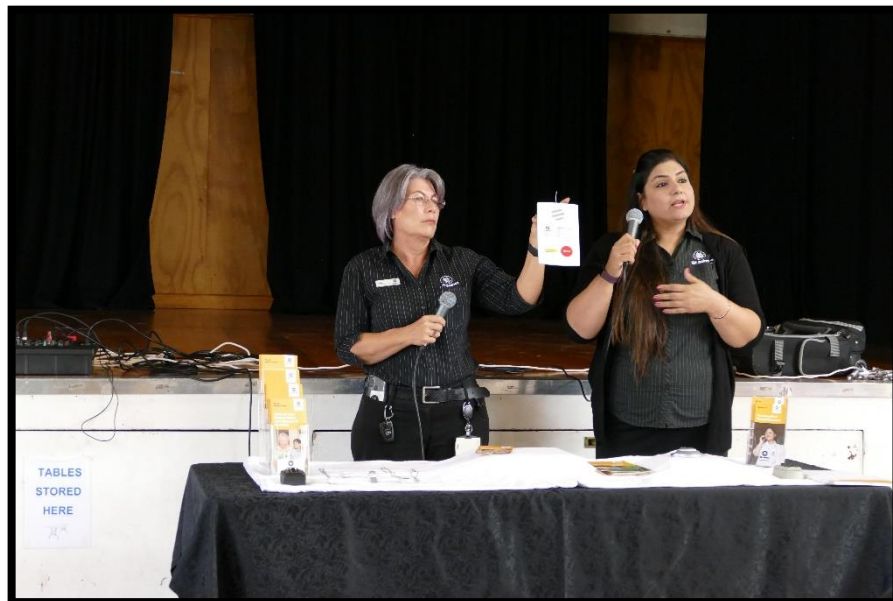
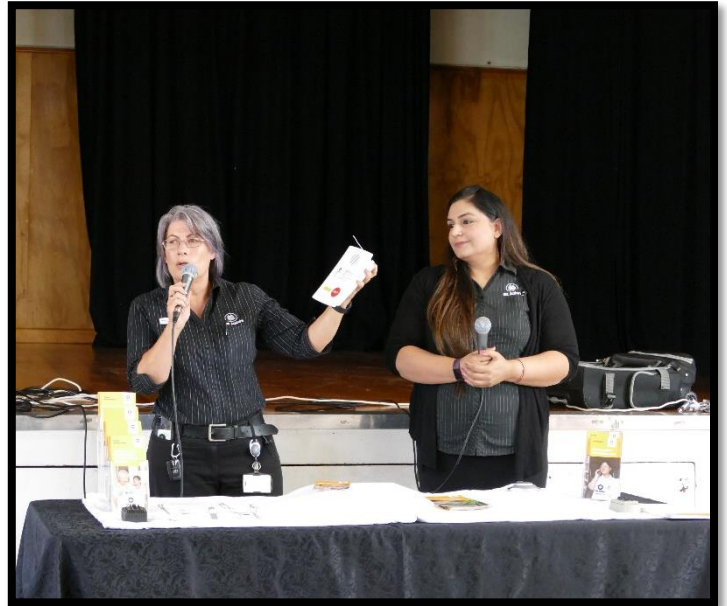
March | 2021

Medical Alarm demonstration by St. Johns

Bhartiya Samaj collaborated with St. Johns to provide seniors with advanced medical alarm systems which can assist them to avail immediate help in case of emergencies.

This informative session enlightened our members with various St. Johns medical alarm plans and different models which can be used either at home or when outside they can also use mobile equipment. Through this demonstration, our seniors were very happy to practically learn how the product works and could experience the functioning of each medical alarm equipment and how it communicates with St. Johns medical centre.

Many of our Senior members registered to avail the service.



April | 2021

Silver Jubilee Celebrations

In 1995, a small initiative started by Jeet Suchdev and Roopa Suchdev to support individuals and families, newly migrated to New Zealand, has now come a long way.

Over the years, Bhartiya Samaj has achieved many significant milestones, bringing a positive difference in the Aotearoa community by enriching the lives of our community. Not only did it play a vital role as friend, philosopher, and guide to thousands of souls, but it became a safe haven for those in crisis. Community leaders, volunteers, staff, and countless others have contributed immensely to the 25 years journey of this organisation.

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. We were 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.

We would like to express our sincere gratitude to the Gold Sponsor Supreme Sikh Society NZ, Silver Sponsor Pill Drop Pharmacy and all other sponsors for their generous contributions. Their valuable support helps us make a positive difference and encourages our continued commitment to enrich the lives of the community.

The evening was glamorized by talented performers, cultural programs, live music and dance. The guests enjoyed the dance performances put together by various groups such as the Grandiose Group, Indiance group and Khottey Sikke. Indian heritage was magnificently exhibited by these groups in their own unique way. A breath-taking performance by Simran Chadha on the pulsating beats of Bollywood dance numbers, brought a wave of energy among the audience. The Gracious 'Kathak' dance was displayed by Kathak Kendra Nrityashalya which was applauded by everyone.



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

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.

Our 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.



May | 2021

Mother's Day Celebrations

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. Many of them expressed their gratitude for the love and affection a mother makes in bringing up her child.

They also shared their experiences and relationships with their mother. The atmosphere was filled with emotions, one and all cherished their childhood memories.

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. Everyone surprised their mums by taking home healthy rice bubble slices and candies and handcrafted cards.



June | 2021

Elder Abuse Awareness Day



Bhartiya Samaj Charitable Trust Commemorated World Elder 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 day started with the traditional rituals of Bhartiya Samaj meetings followed by enjoying the fitness session by Ella Kumar. 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. The narratives created a deep impact on all the spectators, rendering them in tears.

The gathering was then addressed by Bhartiya Samaj Chair Mr. Jeet Suchdev QSM JP and other dignitaries to highlight the importance and need of Elder Abuse awareness and encouraged all to be more vocal in expressing any issues they might be facing or if they know someone who is a victim of abuse. Mr Jeet Suchdev said, “Bhartiya Samaj and Roopa Aur Aap has been actively involved in resolving cases of family harm and elder abuse for many years, lending a supporting hand to the community and a platform where they can confidentially share their concerns.” The dignitaries emphasized the importance of coming forward to organizations such as Bhartiya Samaj Charitable Trust, Roopa aur Aap Charitable Trust and the local organizations viz NZ Police when faced with abusive and harassment situations, and not suffer silently.



July | 2021

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. Our 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.

A special appreciation to Woman Care Trust for facilitating FREE transport service for our Seniors to Pakuranga Vaccination Centre, 4 complete trips were organised to accommodate all members who required a transport facility.

We would like to acknowledge the active participation from our Senior members for making this initiative a success. We are delighted that many of our Seniors and their family members are fully immunised against Covid-19 and will be protected against the chronic conditions of the disease.



July | 2021

Matariki Celebrations

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.

The celebrations commenced with traditional rituals of all the Bhartiya Samaj meetings followed by the Chair, Mr. Jeet Suchdev QSM JP welcoming the members and wishing each on the occasion of Maori New Year.



Matariki is the Maori celebration of a New Year, celebrated on the first new moon after the appearance of the Matariki star. 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. All Senior members enjoyed and were delighted to learn about the story, the names of the stars and how each star influences the land and the sea and their well-being. At the end the group taught a few dance steps to Senior members on which they danced enthusiastically. Seniors were ecstatic to learn the new dance form of the Maori culture and came forward to have an enlightening discussion about the similarities in Indian and Maori culture and heritage. This was followed by members singing and dancing on their favourite Bollywood 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. After such an astounding event, all the members feasted on the delicacies arranged by the Bhartiya Samaj team. We are very grateful to the ‘Kapa-Haka’ group, our volunteers and beloved members for making this celebration a memorable event.



July | 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.

The program started with a commencement speech from Mr. Jeet Suchdev QSM and Ms. Eleanor Ah Chee from Roskill Together.

Workshop started with an ice-breaker game where the seniors and the youth were randomly selected to form two teams and were asked to solve a puzzle. Everyone played the activity with



utmost enthusiasm and sporting spirit where an amazing team coordination and great effort of communicating with one another nullifying the age barrier was evident. This was followed by an interactive session between the Seniors and the Youth who had one-on-one conversations within the teams where the Seniors talked about their life experiences, told them moral stories about Indian culture and heritage, and taught them some kitchen and household hacks.



On the other side, the youth enlightened the Seniors with a few smartphone applications like Life 360, Pill Monitor app, health and fitness app and helped them understand technology better. This exchange of ideas really helped to learn new things from a different generation to bridge the gap. Later a fun trivia round was played with all, where questions pertaining to various domains were asked to both seniors and the youth.

July | 2021

Healthy Mind Workshop



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

The meeting started with the traditional rituals of Bhartiya Samaj meetings followed by an energetic fitness session by Ella Kumar Ji. The session progressed with the Healthy mind workshop aimed at creating 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.



A hearty thanks to Roopa Suchdev Ji and her team for putting together a unique workshop for our Senior members where they charged their minds by solving an interesting crossword puzzle to search as many Indian food items as possible. Everyone participated with great enthusiasm and enjoyed the mind training exercise. Most of the teams could find more than 25 names with one team celebrating their victory with 31 correct names.





Chairperson

Mr Jeet Suchdev QSM JP

Mobile: 0212221020

Email: jeet@xtra.co.nz

Postal Address

10, Rohi Place, Flatbush, Auckland- 2019

Office Contact

Address: 13 May Rd, Mount Roskill,
Auckland 1041, New Zealand

Phone: 096200579

Email: bsct1995@gmail.com