



RoopaAurAap  
Charitable Trust

# ANNUAL REPORT

2022 - 2023



Helping build

**SAFE & SECURE COMMUNITIES**

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Produced by



THE PARAKEETS  
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# Welcome note

On the behalf of Roopa Aur Aap (RAA) and its team, I am delighted to take you through the journey of our organisation during 2022-2023.

RAA has been at the forefront of fighting with the ever-increasing family harm cases during these difficult times New Zealand is going through. The cases of family harm are going up with New Zealand continuing to report one of the highest rates of family harm in the Organisation for Economic Co-operation and Development (OECD) countries.

In 2021/22, there were 175,573 family harm investigations recorded, which was a 47 per cent rise from 2017. However, only 33 per cent of family violence is reported. On average, police attend a family violence episode every four minutes. As many as 67 per cent of family violence episodes remain unreported. Owing to an increasing financial burden due to post covid challenges, Auckland Anniversary Floods, and Cyclone Gabrielle, we have been witnessing an increase in the number of family harm cases.

Even though a huge influx of cases from diverse ethnic communities are coming up every day, we are continuously ensuring that what we do and



how we do it make a significant difference to the lives of people, their Whānau and their communities. We are there for people at the times in their life when they need us the most – be it supporting abandoned brides, senior citizens in their later life to deal with abuse, or a couple struggling to make ends meet leading to family harm.

The contribution of our staff and volunteers is pivotal in dealing with the family harm cases. I have been constantly impressed by the way our staff, volunteers and stakeholders have responded to every challenge and kept the safety and welfare of families in New Zealand at the front and center of what we do. I am very pleased that RAA, and its team have been excelling in their work to serve the community and clients through these tough times.

I would like to say, once again, that dealing with family harm and domestic violence

are essential services and are always available at RAA, where we understand the need to deliver each of these services in different ways, leading to family unification ensuring happy families and communities in Aotearoa.

I want to give out a message, loud and clear, that Always Ask For Help if you or someone else is in danger.

Let's do our bit to make this country a safe and secure place for all the individuals and communities who call this beautiful nation a home.

Thank you

**Roshni Chadha**

Chairperson  
Roopa Aur Aap

# Foreword



नमस्कार

Kia Ora,

Over the last 15 years, Roopa Aur Aap (RAA) has emerged as a well-known not-for-profit organisation serving thousands of people going through any kind of family harm.

Looking back over the last year, families have been challenged by many hardships owing to post covid challenges, natural disasters and cost of living crisis. The cases of family harm have gone up many folds during and after large-scale disasters or crises. RAA's experience has shown that family violence (including

intimate partner violence, child abuse, isolating from family and elder abuse) and sexual violence escalated not only during covid restrictions- led isolation period but also post covid lockdowns as families continue to go through financial crisis.

These hardships escalated further in the aftermath of Auckland Floods in January 2023 and with Cyclone Gabrielle hitting North Island in February 2023. One after the other, Auckland was hit by a series of natural events leading to homelessness, economic downturn and violence in families.

During Auckland Floods, apart from dealing with the evacuation of flood-affected families, providing them with food, medicines and emergency services, RAA played a crucial role in dealing with family harm cases that saw a steep upward trend during the natural disasters. High food prices, job losses and inflation leading to a cost-of-living crisis is taking a toll on families.

Moreover, an increase in the number of cases is attributed to a huge backlog passed on to RAA from other agencies, stakeholders and NGOs that are struggling like us to keep afloat with the rising number of cases



*RAA Board of Advisors Barrister & Solicitor Bennet Castelino, Dr. Anil Channa, Dr. Vikas Sethi, Trustee Ami Chand QSM JP, Chairperson Roshni Chadha, Victim Support Manager Rani Singh, Trustee & Secretary Jeet Suchdev QSM JP, CEO Roopa Suchdev, and Trustee Pratima Ramesh Soma JP attend 'Yeh Jo Mohabbat Hai', a Bollywood musical at the SkyCity Theatre.*

of family harm in Auckland and beyond.

The cases have gone up tremendously making our staff and volunteers find it hard to deal with the overwhelming increase. However, the challenges have not proved to be a setback for us as we have continuously expanded our services and awareness campaigns.

RAA is proud to provide counseling to school children on family harm, as requested by Family Works Northern in Waitakere, Auckland. The opportunity can help children and young people build stronger families, and better bonds with their whānau and the communities.

RAA has also been

entrusted by New Zealand Police to participate in its Safety Assessment Meeting (SAM) table - to reduce family violence by ensuring decisions made are informed by family violence specialists, alongside government agencies.

Another achievement of RAA is the trust shown by many communities when they deal with the most difficult times of their lives and struggling to deal with their own family members. In the past year, RAA not only dealt with cases involving South Asian communities – which was the trend for many years, but we have seen a great influx of clients belonging to the Pacific, Māori and Pākehā communities.

With many accolades and achievements in such

challenging times, RAA is sailing through quite well. It is because of the commitment and hard work of RAA's staff, volunteers and stakeholders.

We understand the significant role that our organisation plays in these difficult times and we are committed to unify the families and communities in Aotearoa.

**भवदीय**

Ngā mihi nui  
Thank you

Roopa Suchdev QSM  
CEO  
Roopa Aur Aap

# Family Harm affecting health of New Zealanders

New Zealand records the highest rate of family harm cases in the OECD. Police attend, on an average, a family violence episode every four minutes.

Family harm cases come from across genders, ethnic backgrounds, regions, ages, abilities, and backgrounds.

According to a study by University of Auckland, one in three women in New Zealand experiences physical, sexual or coercive violence from an intimate partner in her lifetime.

Women who witness or are exposed to family harm, and their children or other family members, can experience negative health consequences. According to a paper published in JAMA Network Open, women who have experienced intimate partner violence are almost three times as likely to have a diagnosed mental health condition and almost twice as likely to have a chronic illness, compared with those who have not experienced intimate partner



*Half of New Zealand women have experienced domestic abuse and it increases their risk of being diagnosed with mental health by two times, reveals University of Auckland research.*

violence.

The cases of domestic abuse among men and children are also on a rise. Any kind of abuse is damaging to individuals and relationships, irrespective of gender, economic

backgrounds and ages.

Many studies have established that key components of family harm and abuse are some attitudes and beliefs held by individuals, and sometimes societies.

### The impact

The impact of family harm can be both physical and psychological.

Family harm often leads to physical injuries such as bruises, cuts, broken bones, and internal injuries.

The trauma of living in an abusive environment can have long-lasting effects on their overall mental health and well-being including anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health conditions.

Women victims, in particular, undergo reproductive health issues such as unintended pregnancies, sexually transmitted infections, and gynecological problems.

### Prevention is key

RAA Chairperson Roshni Chadha says, “Repeated exposure to any kind of abuse, be it physical, psychological or financial, poses an increased risk of ill health. The key is to facilitate intervention programmes for prevention of family harm by organising awareness campaigns, workshops and reviews. We strongly believe in educating and empowering the weaker individuals and families.”

RAA CEO Roopa Suchdev says, “We are concerned to see a sharp rise in family harm cases. Addressing the issue of family harm not just needs counseling and involvement of victims, but we need to educate everyone to work towards prevention, identification and addressing family harm.”

### Support services

While prevention is the key, ensuring effective support for people who experience family harm and abuse is critical to ending abuse in New Zealand.

Roshni Chadha says, “We provide counseling and therapeutic services whenever required. We have certified and trained social workers who act as compassionate facilitators in providing culturally appropriate services to the individuals and families.”



*RAA CEO Roopa Suchdev poses with dignitaries from diverse communities at an event in Auckland.*

# टूटे स्वप्न

## A Story of an Abandoned Bride

By Roopa Suchdev QSM

अंतरा एक नई युग की सुसंस्कृत और पढ़ी-लिखी लड़की थी, जिसे कोई भी कार्य ऐसा नहीं था जो न आता हो वह हर काम काम में बड़बड़ कर भाग लेती थी, और उसकी सुंदरता की लोग प्रशंसा करते नहीं थकते। आज के समय में ऐसी लड़कियाँ बहुत कम देखने को मिलती हैं और उसकी नम्रता का तो कोई जवाब ही नहीं। लड़कों के परिवार उससे रिश्ता जोड़ने के लिए लगे रहते थे, सभी उसे अपने घर की लक्ष्मी बनाना चाहते थे। परंतु अंतरा के दिल में उसने विदेशी पति की छाया थी और उसके अपने परिवार के सामने भी अपनी मंशा रख दी थी।


कहते हैं कि कभी-कभी सोची हुई बात सत्य हो जाती है। उसकी इच्छा के साकार होने का समय आ गया। उसके कुछ दूर के रिश्तेदारों ने एक लड़के का सुझाव दिया, एक लड़का जो अच्छा है, पढ़ा लिखा है। और विदेश में काम करता है। अंतरा ने सुनते ही हाँ कह दी। उसके मन के स्वप्न पूरे होने का समय आ गया, और वह भी न्यूजीलैंड जैसी जगह, जिसकी तुलना लोग स्विट्जरलैंड से करते हैं।

शादी अगर मनपसंद जगह पर हो तो वैसे भी इंसान के पैर जमीन पर नहीं पड़ते,



बस अपनी सहेलियों के साथ लॉन्ग ड्राइव, शॉपिंग और मस्ती करना ही अंतरा को अच्छा लगने लगा। सहेलियाँ गाने लगीं, "मैं ससुराल नहीं जाऊँगी, डोली रख दो कहारों।"





आनन-फानन में अंतरा की शादी का दिन भी आ गया। उसकी माँ ने जितना हो सकता था विवाह की सारी सुविधाये ओर समान उपलब्ध करवा दिया। अंतरा तो मानों इस लोक में ही नहीं थी, न्यूजीलैंड की खूबसूरती दोनों बाहें फैला कर पुकार रही थी।

लेकिन हर बात इतनी आसान नहीं होती, अमन को वापस आना था। अंतरा का रो-रो कर बुरा हाल हो गया, पर अमन ने उसे बहुत प्यार से समझाया, "मैं जाते ही तुम्हारा वीजा एप्लाइ कर दूंगा और तुम वहाँ मेरे पास होगी।"

अमन के जाने के एक महीने बाद ही COVID की महामारी फैल गई और सब कुछ बंद हो गया। इसी में 3 साल लग गए और अमन के शुरुआती फोन धीरे-धीरे बंद हो गए। जब सब खुलने लगा, उसके बाद अंतरा ने विजिटर वीजा लिया ओर लेकर न्यूजीलैंड पहुँच गई जो घर का पता तो पता था, पर अमन इसके लिए तैयार नहीं था। उसने देखकर बेहद गुस्सा किया और उससे कहा, "मुझे बताना चाहिए था।" अंतरा तो हैरान रह गई। एक महीने में ही अमन ने उसे इतना परेशान किया था, कि उसकी साँसें ही रुक गई थीं।

और एक सुबह अपना सारा सामान बांधकर अमन ने कहा, "मैं जा रहा हूँ, तुम अपना देख लो," और चला गया। अंतरा तो मानों बेहोश हो गई, क्या करे, कहाँ जाए, उसके पास पैसे तक नहीं थे। इंतजार करते-करते एक हफ्ता बीत गया, फिर भी अमन का पता नहीं मिला और उसने अपना फोन भी ब्लॉक कर दिया। परेशान होकर अंतरा बाहर बस स्टॉप पर जा कर बैठ गई, इतनी सुंदर और पढ़ी-लिखी लड़की भिखारियों की तरह लग रही थी। सामने से पुलिस की गाड़ी उसके पास रुकी, और उसे एक refuge में ले जा कर छोड़ दिया, जहाँ पर उसके पहचान का कोई भी पता नहीं था। अंतरा इतनी कमजोर हो चुकी थी, कि उसके दिमाग ने काम करना बंद कर दिया, वहाँ बहुत सारी लड़कियाँ थीं जो एक ही कहानी भुगत रही थीं। अंतरा ने गहरी साँस ली और सोचने लगी "यहाँ एक नहीं, बहुत सारी अंतरा हैं।"

उसको पता चला कि वहाँ बहुत सारी संस्थाएं हैं जो इस तरह की लड़कियों की सहायता करती हैं। अंतरा सोच रही थी कि यह तो ठीक है, परंतु उन लोगों का क्या जो भारत जाकर लोगों को बेवकूफ बनाते हैं। उनके साथ क्या सुलूक होना चाहिए? किसी न किसी को तो कोई कदम उठाना पड़ेगा।

Photo by umesh-soni-hpklBuuel\_k-unsplash.jpg

Photo by [Pablo Heimplatz](https://unsplash.com/@pabloheimplatz?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText) on [Unsplash](https://unsplash.com/photos/fVL0zZdk-R4?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText)

# ROOPA AUR AAP

## WHAT WE DO



### Our Vision

Our vision is to help victims of domestic violence and sudden tragedies, and restore and enhance their quality of life while working to prevent further victimisation.

The main focus of Roopa Aur Aap is on the development of the South Asian community that face inequality and violence. The main aim of our organisation is to provide free counselling services along with interventions programmes for the victims of domestic violence and disputes.

### Our Mission

We envision a world with men and women regardless of race, ethnicity, income level or social status are nurtured and empowered to reach their fullest potential.

Roopa Aur Aap Charitable Trust, established in 2008, is the legal face of CEO Roopa Suchdev's efforts to further her endeavour in helping those without a voice of their own.

Since 1996 Roopa Suchdev has been passionately working to help the victims of domestic abuse across New Zealand. She has been a famous Indian radio and television personality in New Zealand. RAA continues its venture through its tenacious team members working towards its mission of developing a society nurturing and empowering individuals reach their ultimate potential.

RAA focuses on the development of the members of the South Asian Community who face inequality and violence.

The aim is to provide free counselling, offer interventions programmes to the victims of domestic abuse, and resolve family disputes with help of qualified and certified experts.

# OUR SUPPORT SERVICES

Roopa Aur Aap (RAA) cares for its clients through culturally-appropriate tailored services as per their needs. We have a wide area of operations. We provide varied services to the domestic violence victims.

## 1

### Culturally-appropriate Counselling/ Mediation

RAA provides a range of therapeutic services and acts as a compassionate facilitator, who are experts in providing culturally-appropriate services to the families. We also provide post traumatic solutions as a part of recovery and resilience.

## 2

### Community Services

RAA conducts several campaigns to create awareness and positively change the way people think and act on family harm. During the COVID-19 pandemic, RAA raised awareness about the benefits of getting vaccinated and also provided RAT kits, food parcels, medicines and other essential goods to hundreds of people to fight with covid in New Zealand.

# 3

## Crisis Intervention

We have well-crafted intervention system in place for victims of family violence. Through our services, we try to determine options to resolve the conflict, and counsel the victim as well as the perpetrator to help stabilise their emotions, enabling them to thrive in the face of chronic stress. It assists in reducing the incidences of family harm and forms a strong family bond.

# 4

## Legal Support

We have professional lawyers on board who assist and guide the victims about the civil and criminal legal matters. We help victims engage with the lawyers who help them resolve legal issues and issues relating to immigration.

# 5

## Immigration Support

We provide support on immigration matters with the help of certified immigration advisers. These immigration advisers guide the victims / clients obtain their visas.

# 6

## Elder Abuse Awareness

In collaboration with Bhartiya Samaj Charitable Trust, we carry out interactive workshops & activities for seniors to spread elder abuse awareness.

# 7

## Outreach services beyond New Zealand

Our services extend to those beyond New Zealand. Often, victims are not the only ones affected by violence, but also those related to them. RAA ensures that its actions have far-reaching impact and, therefore, we provide service to the victims' families in other countries as well.

# 8

## Awareness campaigns & Education Workshops

RAA conducts regular education workshops at various locations to create awareness on several social issues. These workshops encourage people to stand up for themselves and lead an independent life. Various activities/classes are also undertaken including English speaking lessons, computer skills, gardening, sewing, information on managing the finances to help the clients/victims to be up to date.

# 9

## Children Programmes

In collaboration with Bhartiya Samaj Charitable Trust and other community organisations, we organise workshops for children during summer holidays and school breaks. Also, RAA provides support to children who have been the victims of family violence.

# WHO WE ARE

Roopa Aur Aap Charitable Trust is an ensemble of highly qualified and experienced social workers and experts from diverse backgrounds including medical science, law, governance, immigration, and experts catering to the clients with special needs.

## BOARD ADVISORS



**DR. ANIL CHANNA**  
Mental health issues



**DR. VIKAS SETHI**  
Medical health issues



**BENNET CASTELINO**  
Barrister & Solicitor, Legal  
Advisor



**TAHSEEN SULTANA**  
Specialist-Sign Language



**AARON KASHYAP**  
Barrister & Solicitor

## BOARD OF TRUSTEES



**ROSHNI CHADHA**  
Trustee/Chairperson



**DR. CAMILLE NAKHID**  
Professor,  
Auckland University of  
Technology



**AMI CHAND**  
**QSM JP**  
Trustee



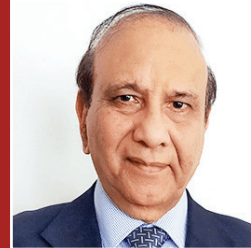
**PRATIMA RAMESH**  
**SOMA JP**  
Trustee



**GARIMA SINGH**  
Trustee



**JASPREET SINGH**  
**KANDHARI**  
Trustee



**JEET SUCHDEV**  
**QSM JP**  
Trustee/ Secretary

## STAFF MEMBERS



**ROOPA SUCHDEV QSM**  
CEO



**RANI SINGH**  
Victim Support Manager



**SAKINA S ALI**  
Registered Counsellor &  
Social worker



**GURPREET KAUR**  
Administrative Assistant

**BHARTIYA SAMAJ**  
CHARITABLE TRUST



# BAL VIKAS

## CULTURAL & LANGUAGE CLASSES

**EVERY SUNDAY** 

10:30am - 1:30pm

 **BSCT HALL**

13, May Road,  
Mt Roskill, Auckland



**FREE CLASSES**

**For registration, call**  
**0220398563/ 021665609**

The classes include teaching language, imparting cultural knowledge and inculcating interpersonal skills.

The hallmark of Bal Vikas Classes is that the programme is conducted under the guidance of Education Chairperson Ms Roopa Suchdev QSM, by teachers who are very knowledgeable, sincere, devoted and have tremendous commitment. The classes aim to foster overall personality development, discipline and cultivation of humility, respect, core human values and selfless service.

[www.bsct.org.nz](http://www.bsct.org.nz)



# RAA plans to educate children on Family Harm

“Learning about family harm provides children with a basis for understanding what constitutes a healthy relationship.”

- Roshni Chadha



RAA believes that teaching children about the importance of healthy relationships at a young age is crucial for raising awareness on family harm.

By educating children about family harm, they become aware of the various forms it can take, such as physical abuse, emotional abuse, neglect, or witnessing domestic violence. This knowledge helps them recognise when something is wrong and seek help if necessary. Understanding the signs and consequences of family harm can also empower children to protect themselves and others.

RAA Chair Roshni Chadha says, “Learning about family harm provides children with a basis for

understanding what constitutes a healthy relationship. They can learn about respect, trust, communication, empathy, and boundaries, which are vital for building positive relationships throughout their lives. It can prevent them from perpetuating harmful patterns in their own lives.”

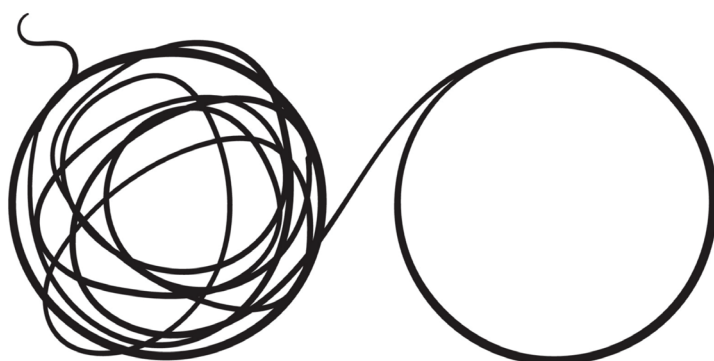
Moreover, discussing family harm with children can help develop empathy and compassion among them for others.

RAA CEO Roopa Suchdev says, “Understanding that some children may have different home environments helps foster kindness, support, and inclusivity. It also equips children with tools to navigate their own emotions and the emotions of others.

“They can better understand that certain behaviours are not acceptable and may cause harm. By promoting emotional intelligence, children can express their feelings in healthy ways, seek help when needed, and develop resilience.”

Educating children about forming and maintaining healthy relationships can break intergenerational cycles of violence. The right education can go a long way in making different choices and seeking healthier environments for themselves and future families.

Photo Credit: <a href="https://www.freepik.com/free-photo/happy-kids-elementary-school\_18416141.htm#query=classroom&position=6&from\_view=search&track=sph">Image by rawpixel.com</a> on Freepik



**COMMUNICATE BETTER!**



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RoopaAurAap

Charitable Trust

# The difference we make

Our work in  
2022 - 2023

# OUTCOME 1

## Commitment to end family harm in Aotearoa



*RAA CEO Roopa Suchdev, RAA Chairperson Roshni Chadha, Honorary Consul of India to Auckland Hon Bhav Dhillon, Minister of Prevention of Family and Sexual Violence Hon Marama Davidson, with Secretary & Trustee Jeet Suchdev, Dhansukh Lal of Auckland Indian Association, Inspector Director Auckland City District Family Harm Beth Houliston and Service Co-ordinator of Autism from Spectrum Care Maria Bernabe and other dignitaries.*

Roopa Aur Aap's mission to end family harm and spread awareness on domestic abuse took us to organising one of the biggest music concerts at SkyCity Theatre.

Titled 'Yeh Jo Mohabbat Hai', the aim of the event was to raise awareness on family harm and autism in the community.

Chair of Roopa Aur Aap (RAA) Roshni Chadha ji, RAA's CEO Roopa Suchdev ji and RAA's Trustee and Chairperson & Founder of Bhartiya Samaj Charitable Trust Jeet Suchdev ji welcomed the

audience and appreciated the house full of people who braved rain and thunderstorm for the massive support shown by people by turning in a good number despite rain and cold weather.

The event was attended by many dignitaries including Minister for the Prevention of Family and Sexual Violence Hon Marama Davidson MP ji; Honorary Consul of India in Auckland Hon Bhav Dhillon ji; Indian High Commission's Second Secretary Durga Dass ji; Inspector Director Auckland City District Family Harm Beth Houliston ji; and Service Co-ordinator of Autism from

Spectrum Care Maria Bernabe ji.

With the audience singing along and welcoming performers with a loud round of applause, the show was thoroughly enjoyed and applauded by a packed house of audience.

The event was organised by Roopa Aur Aap Charitable Trust in association with well-known singer Gopal Bhatia ji.



*Honourary Consul of India to Auckland Hon Bhav Dhillon addresses the audience at 'Yeh Jo Mohabbat Hai', a Bollywood musical to raise awareness on Family Harm and Autism. He shares the stage with other dignitaries.*



*RAA Secretary & Trustee Jeet Suchdev QSM JP with Minister of Prevention of Family and Sexual Violence Hon Marama Davidson at "Yeh Jo Mohabbat Hai", a Bollywood musical organised by RAA with well-known singer Gopal Bhatia to raise awareness on family harm and autism in Aotearoa.*

# OUTCOME 2

## We are Community VAX Hero!



Roopa Aur Aap Charitable Trust, along with several community welfare organisations, encouraged thousands of people to take covid vaccine.

To promote COVID-19 vaccination, RAA made sure to raise awareness about the significance and urgency in taking COVID-19 vaccination. RAA

promoted the vaccination through various channels including during community meetings, through social media posts, and online meetings with people.

RAA spreaded awareness over the importance of vaccination in ensuring overall health and wellbeing of individuals, their families and communities.

# OUTCOME 3

## Raising Awareness through Health Workshops



*Bhartiya Samaj Charitable Trust's seniors' group coordinator Gurdev Kuka with Roshni Chadha, and Roopa Suchdev create awareness among elderly over importance of good diet and healthy lifestyle.*

### Good Diet - Healthy Mind

Roopa Aur Aap conducted a workshop aimed at creating awareness as to how people can keep themselves engaged for a healthy mind.

The workshop was attended by many senior members. Some activities and games including crosswords were organised to offer simple mind training exercises.

### Healthy Mind Workshop

Roopa Aur Aap Charitable Trust (RAA) in collaboration with Women Care Trust (WCT) organised a health and wellbeing session at Women Care Trust, Papatoetoe, Auckland.

Guest speaker Dr Ajit from Planet Ayurveda shared his knowledge on how people can benefit from the goodness of Ayurveda. He took an informative session on Ayurveda. He answered questions of attendees patiently and raised



*Dr Ajit from Planet Ayurveda (second from left) was felicitated by Roopa Suchdev along with RAA's team members Rani Singh, Sakina S Ali and Gurpreet Kaur after a health and wellbeing organised by RAA in collaboration with Women Care Trust, Papatoetoe, Auckland.*

awareness about Ayurveda and Ayurvedic practices.

He shared his knowledge on Ayurveda required to maintain women's health, manage diabetes and blood pressure, boost immunity, dealing with humidity, understanding skin diseases and

influence of change of season on human health.

Dr Ajit has more than 30 years of experience in the field of Ayurveda.

# OUTCOME 4

## Empowering Elderly with Knowledge & Awareness

Roopa Aur Aap Charitable Trust (RAA) in collaboration with Bhartiya Samaj Charitable Trust (BSCT) organised a workshop “Unity in Diversity” on April 22, 2023 at Mount Roskill War Memorial Hall.

BSCT’s senior members were asked to showcase their knowledge about festivals celebrated in various states of India.

The activity helped raising awareness among senior members on the importance and understanding of different festivals celebrated across Indian subcontinent.

RAA thanked the BSCT team and all the volunteers who worked tirelessly throughout the workshop.



*Seniors participate in an activity called “Unity in Diversity” organised by Roopa Aur Aap during Bhartiya Samaj Charitable Trust’s seniors meeting at Mt Roskill War Memorial Hall in April 2023.*



*RAA’s CEO Roopa Suchdev and team member Gurpreet Kaur acknowledge a senior member who answered the quiz correctly during Bhartiya Samaj Charitable Trust’s seniors fortnightly meeting at Mt Roskill War Memorial Hall in April 2023.*

*Hundreds of senior members take part in RAA’s activities and workshops that are often organised during Bhartiya Samaj Charitable Trust’s fortnightly meetings.*







*RAA's chair Roshni Chadha helps senior members solve a quiz on New Zealand during fortnightly meeting of Bhartiya Samaj Charitable Trust at Mt Roskill War Memorial Hall in June 2023.*

## Seniors experience the magic of New Zealand



*RAA's CEO Roopa Suchdev interacts with senior members as they solve a quiz on New Zealand during fortnightly meeting of Bhartiya Samaj Charitable Trust at Mt Roskill War Memorial Hall in June 2023.*

Roopa Aur Aap Charitable Trust (RAA) in collaboration with Bhartiya Samaj Charitable Trust (BSCT) organised a workshop June 24, 2023 on the theme of "Magical NZ".

Held at Mount Roskill War Memorial Hall, the workshop was all about understanding New Zealand better by answering questions in a quiz.

The seniors had a wonderful time interacting with RAA Chair Roshni Chadha ji to solve the questions asked in the activity.

# OUTCOME 5

## Promoting Culture

### Hindi & Shikshak Divas

Roopa Aur Aap Charitable Trust (RAA) in collaboration with Bhartiya Samaj Charitable Trust (BSCT) organised Hindi and Shikshak Divas.

The aim was to raise awareness over contribution of teachers in our society and promote the Hindi language.

National Hindi Day is celebrated every year on September 14 to mark the adaptation of Hindi (written in Devanagari script) as the official language by the Constituent Assembly on September 14, 1949. The first Prime Minister of the country, Jawaharlal Nehru, decided to celebrate Hindi Divas on September 14.

Hindi got its name from the Persian word Hind, meaning 'land of the Indus River'. Turkish invaders in the



Roopa Suchdev and Jeet Suchdev invite Hindi teachers and Hindi language enthusiasts during Hindi & Shikshak Divas organised by RAA at BSCT Hall.

early 11th century named the language of the region Hindi, 'language of the land of the Indus River'.

Hindi is one of the official languages of India, spoken in India and in many countries outside India,

such as in Mauritius, Fiji, Suriname, Guyana, Trinidad & Tobago and Nepal.

Hindi is the fourth most spoken language in the world after English, Spanish and Mandarin.



Hindi poetry enthusiasts Rohit Kumar 'Happy', Roshni Chadha, Roopa Suchdev, Dr Sunita Sharma, Promila Dua, Jaspreet Singh Kandhari and Ghouse Majeed take part in a poetry session celebrating New Year of many regions along with Holi & Ramadan.

# Promoting Language

## Hindi in the Pacific

Roopa Aur Aap Charitable Trust's chairperson Roshni Chadha ji and CEO Roopa Suchdev ji attended the 12th World Hindi Conference in Nadi, Fiji.

It was a moment of immense pride for Roopa Aur Aap to be a part of an event that celebrates the promotion of the Hindi language across the world.

Roopa Suchdev said, "The time has gone when the world was copying western languages and traditions. It is an era when we should promote the use of Hindi in the Pacific and across the globe."

The three-day conference discussed how artificial intelligence can be used to preserve advancing multilingualism, and support the diversity of languages.

The conference, attended by several Hindi scholars, writers and laureates from different parts of the world.



RAA's Chair Roshni Chadha and CEO Roopa Suchdev attend the 12th World Hindi Conference was held in Nadi, Fiji organised in February 2023.

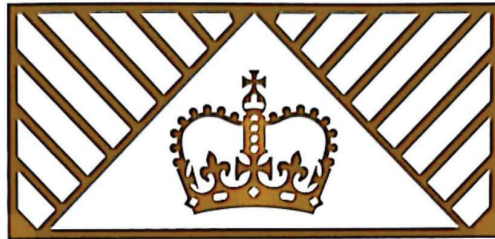


RAA CEO Roopa Suchdev QSM with Fiji's former Prime Minister and Leader of Labour Mahendra Pal Chaudhry (third from right) and other dignitaries.



# OUTCOME 6

## Acknowledged by PM Office



COVID-19 Response Recognition Award  
Te Tohu Urupare KOWHEORI-19

**Roopa Aur Aap Charitable Trust**

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In recognition of your service in support of the national COVID-19 response  
Hei whakanui i tā koutou mahi tautoko i te urupare ā-motu ki te KOWHEORI-19

A handwritten signature in black ink, appearing to be 'C. Hipkins'.

**Rt Hon Chris Hipkins**  
Prime Minister of New Zealand

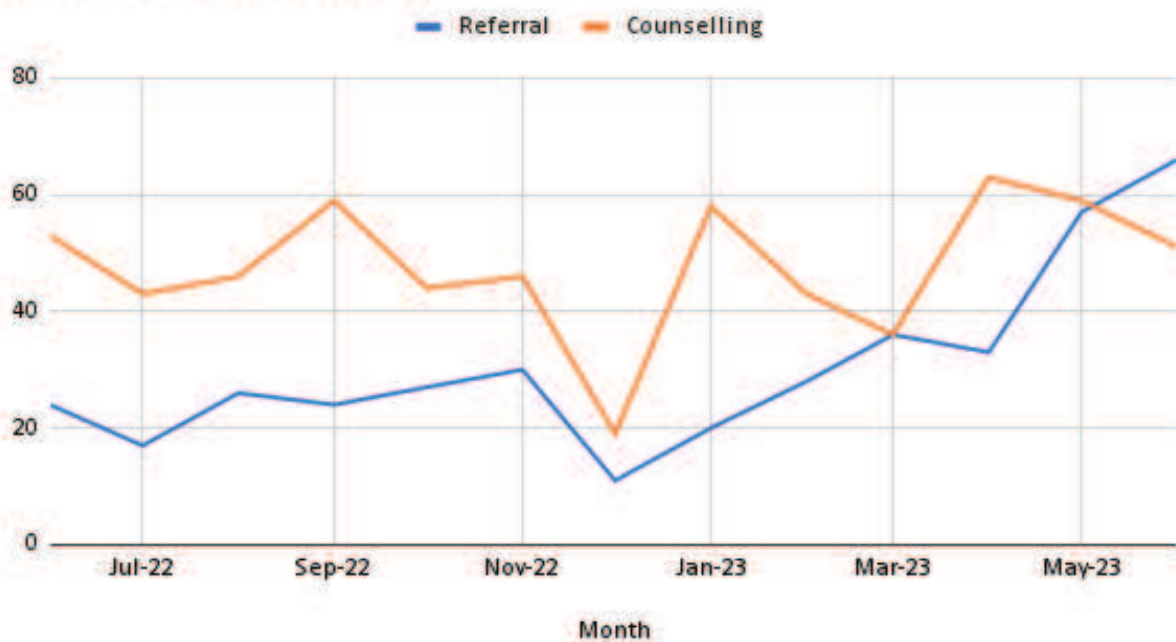


**Te Kāwanatanga o Aotearoa**  
New Zealand Government

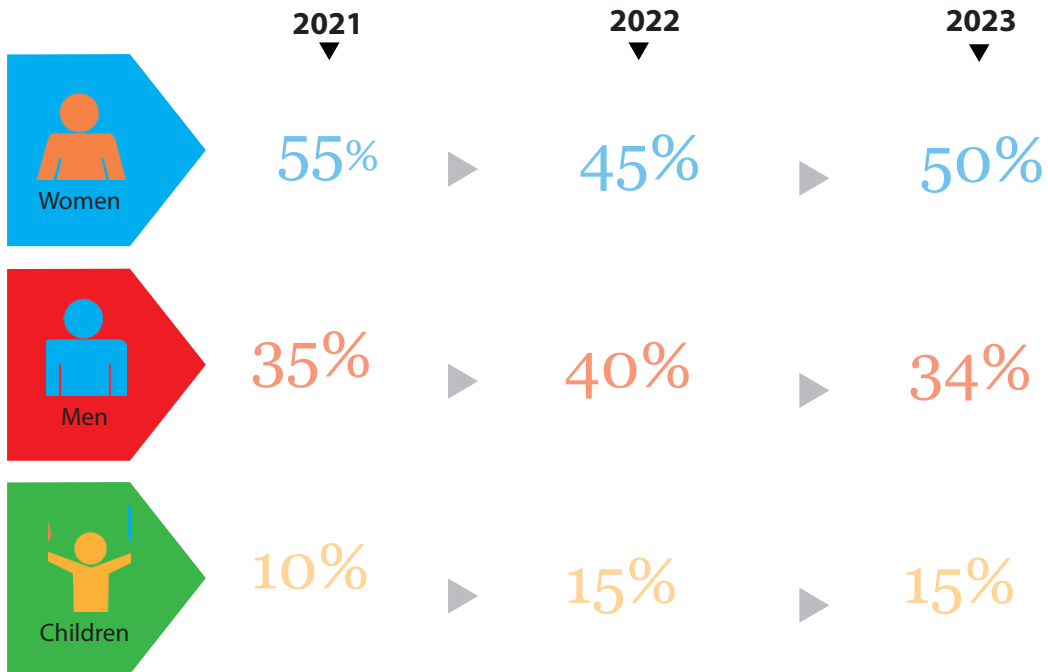
# RAA's Achievements in 2022-23

**About 399 Referrals & 620 Counselling Sessions were provided by RAA during June 2022 - June 2023**

Referral and Counselling

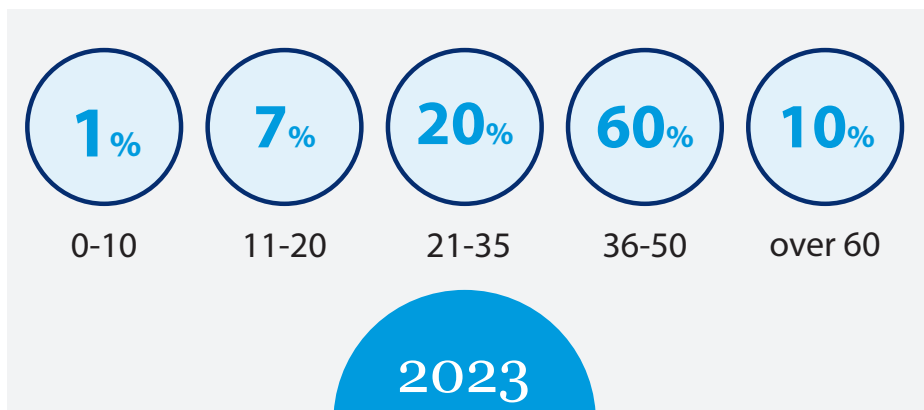


**There has been an increase in child clientele in 2022 & 2023.**



\*Note: Remaining clientele is gender diverse

**Most people supported were in the age groups of 36 to 50.**

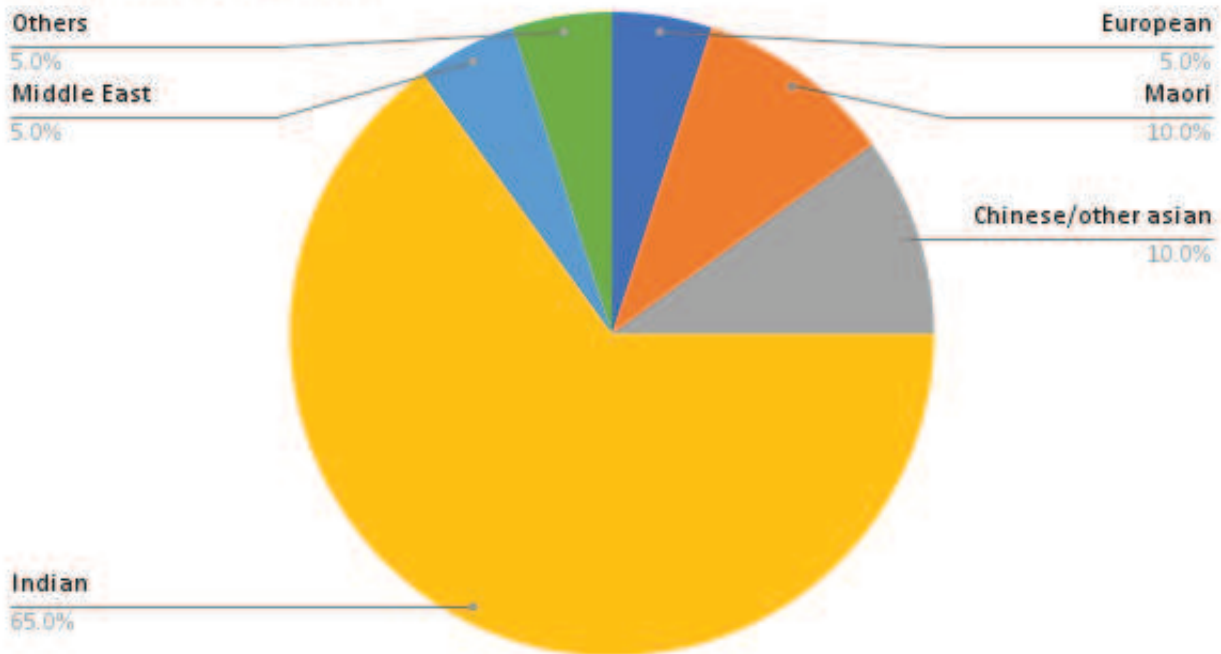


**Age groups**

\*Note: Age group of 2% clients is unknown.

**People from different ethnicities in New Zealand  
were supported and catered to.**

Ethnicities of clients



**RAA gets referrals from different parts of Auckland**

- |                      |                       |
|----------------------|-----------------------|
| <b>Mt Wellington</b> | <b>Three Kings</b>    |
| <b>Glenfield</b>     | <b>Avondale</b>       |
| <b>Sandringham</b>   | <b>Blockhouse Bay</b> |
| <b>Mt Albert</b>     | <b>Hillsborough</b>   |
| <b>Mt Roskill</b>    | <b>Weymouth</b>       |
| <b>CBD</b>           | <b>Manukau</b>        |
| <b>Greenlane</b>     | <b>Papatoetoe</b>     |
| <b>Epsom</b>         | <b>Remuera</b>        |
| <b>Onehunga</b>      | <b>New Windsor</b>    |
| <b>Ellerslie</b>     | <b>Lynfield</b>       |
| <b>Karaka</b>        | <b>Papakura</b>       |

# RAA's Plan for 2023-24: Mitigating Family Harm & Abuse



RAA focuses on the development of the South Asian Community who are facing inequality and violence. Our main aim is to provide free counselling, give interventions programmes for the victims of domestic violence and disputes. We strive to improve our services for survivors through our prevention and awareness campaigns, workshops and reviews. We also educate and empower the weaker individuals and families of the South Asian community

Our qualified team of Counsellors, Social workers, Administrative Staff and IT professionals have again delivered their

best in supporting and helping the victims of domestic violence.

We focus on six specific strategic targets for the year 2023-2024:

- Expand our services
- Need more staff
- Create awareness through workshops
- Source and secure sustainable funding from government sources.
- More collaborations with groups providing services to the Southeast Asian communities.
- Securing accreditation from the Ministry of Social Development.
- Taking our services to more cities of New Zealand and overseas to

raise awareness about the needs of the Asian communities.

- Secure resources to provide safe emergency housing to the clients.
- Maintain 24/7 professional and culturally responsive service.

RAA has made a significant progress during the year 2021-2022. If ample financial support is provided to the trust, there is a scope to increase the workforce to reach out to more family harm victims, thereby making a positive difference in the community. Finally, we are grateful to all the members of RAA for making themselves available and helping the organisation grow.



# TESTIMONIALS & FEEDBACK

## Providing Legal Assistance & Counselling

### A testimonial from a family harm victim

Hi

I am a victim of domestic violence. I was all alone over there. One day I got to know about your organisation from Bhav Dhillon, Consulate of India. They told me about Jeet Suchdev and Roopa Suchdev. Then I decided to go with them for my case. Their whole team are very supportive, encourageous . Roopa Suchdev provided me their proper guidance all the time. Rani G is very helpful and doing so much efforts for my case. Mr. Bennet Castelino is my lawyer, they suggested me, their hardwork pays off. He guided me so much for my case

and immigration help.

I got my work visa approved today because of their whole team efforts . My legal process is going on. They are helping me that all the time.

I am so happy that I got my visa and so thankful to them too. I can't express my happiness in words. It all happens because of Roopa Aur Aap teamwork.

Please suggest me with some work. If you can help me with that . I shall be very grateful to you.

Thanks, and regards

## Life-Changing Emotional Support by RAA

### A testimonial from an individual in distress

Hi,

I am looking for closure of my case.

My experience with RAA was very illuminating. I came in touch with you guys a year ago and I can feel a lot of changes in me. It helped me overcome my negative thoughts. My counselor, Sakina, allowed me to be myself and analyze my emotions. She also helped me with making me understand that I can only change

myself, not the world. Her advice was life-changing for me and now I find myself flexible and I have control over my actions.

Thank you isn't enough to express how grateful and delighted you guys made me feel !!

Much obliged :)

## Helping People With Disabilities

### A feedback by Yeng Bernabe from Spectrum Care Limited

I've been working for Spectrum Care Limited for the past 12 ½ years. The people with disabilities that I support made a huge impact in my life. They taught me the best lessons in life like, humility, patience and to appreciate whatever I have e.g. freedom.

It's sad that a huge part of the community has not accepted these people (with disabilities) and I can't blame them because they don't understand people with disabilities. They best way to know these people better is; imagine that you are at one end of the bridge and they are at the other end. Don't force them to cross the bridge and come into your world but go and cross the bridge so you can enter their world. I'm hoping that one day, the community will see and accept people with

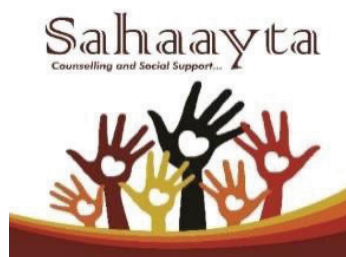
disabilities as one of us.

Roopa Aur Aap has been a huge help not only to some houses of Spectrum Care Limited but to the Filipino community as well. During the Covid 19 lockdown, Roopa Aur Aap supplied us with food and groceries, they also assisted us get a schedule for Covid 19 vaccine from the first vaccine up to the booster shots. And after the flood in Auckland, the affected houses of Spectrum Care received Pak N Save vouchers from Roopa Aur Aap and some struggling Filipino families as well.



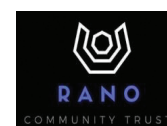
# SUPPORTING COLLABORATIONS

We collaborate and partner with other organisations providing similar type of services. This helps us mutually support and share the resources in delivering the services.



# SPONSORS

We acknowledge and thank the organisations and government departments who fund and support our work.



# OUR REFLECTION



**YOU ARE NOT ALONE  
TAKE A STAND AGAINST**

## **DOMESTIC VIOLENCE**

**Talk to Us: 021-665-609  
09-620-4606**

### *Together We Can & We Will*

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.

#### **Services Include**

- **Counselling / Mediation**
- **Crisis Intervention**
- **Legal Support**
- **Ongoing Personal/Individual Services**
- **Elder Abuse Awareness**
- **Networking**

*Roopa aur aap*  
CHARITABLE TRUST  
www.roopaaurap.org.nz



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Email: info@roopaaurap.org.nz



Don't feel safe?  
Safety & support is just a call away..

Contact: 021-665-609 (24x7)

027 296 6785 (Mon-Fri 10am to 4pm)

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