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WISHES FOR MATARIKI: THE MĀORI NEW YEAR TE TAU HOU MĀORI

It's Jacinda vs Judith



now

(Page 4)

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Govt must give Kiwis stranded in India a time-frame for return:

Bala Beeram,
National's
Kiwi-Indian
candidate for
Kelston

(detailed interview on
page 5, stories of grief on
page 12 & 13)



What's
Inside?

- COVID help (Pg 6,7,14)
- Racism is no joke (Pg 3)
- Benefits of HIIT (Pg 21)

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RACISM IS NO JOKE**- Join the campaign!**

A campaign by the New Zealand Human Rights Commission and the Office of Ethnic Communities launching this week

More details at

www.facebook.com/NoJokeNZ

Commenting on the campaign in a Facebook post, Labour MP Michael Wood said, "New Zealand has done so well through the period of Covid-19 - but this is an issue we have to address. It is deeply concerning that we have had an increase in racist attacks over this period, and sadly I have had a number of reports of this happening locally. New Zealand's

diversity is a strength and it is both ignorant and wrong to lash out and blame people from different cultures when something goes wrong. It's great that the New Zealand Human Rights Commission is launching this campaign but we all have a responsibility to step up when we witness racism, support the person under attack, educate the attacker if safe to do so, and report if necessary."

-TIN Bureau

New foreign nationals package inadequate

A new package to help foreign nationals stuck in New Zealand due to COVID-19 is inadequate and needs to be supplemented with the emergency benefit, say Community Law Centres O Aotearoa (CLCA) and the Human Rights Commission (HRC). The assistance programme began this month but the CLCA and the HRC are urging the Social Development Minister Carmel Sepuloni to provide temporary migrants with emergency benefits, as

the welfare situation of at least 20,000 migrants becomes increasingly dire. "We predict that more than 30% of the fund [12 week \$37.6m programme] will be spent on administrative costs to assess the complex and restrictive eligibility requirements," says CLCA Chief Executive, Sue Moroney. Both Community Law and the Human Rights Commission wrote to the Minister early in the COVID-19 crisis, urging her to grant emergency benefits to migrants. She has declined to do so. Moroney said "this is precisely the situation that this provision of the Social Security Act 2018 was designed for".



Racism Is No Joke

7 hrs · 🌐

Race Relations Commissioner Meng Foon says Kiwis don't believe racism is widespread here.

"We are kidding ourselves. Until those people that say that they aren't racist, they need to put themselves into the shoes of those people who are being abused."

RACISM IS NO JOKE - Join the campaign!

Government must listen to Muslim community about the attack on Christchurch Mosques

The Government must listen to the Muslim community to rectify its failure to act in the past, says the Human Rights Commission. The Islamic Women's Council of New Zealand (IWCNZ) submission to the Royal Commission of Inquiry was released this week. Race Relations Commissioner Meng Foon said the IWCNZ submission details shortcomings by government and several public entities when exercising their duties and obligations. Chief Human Rights Commissioner

Paul Hunt said IWCNZ's submission was a timely reminder that the human rights responsibilities of the public service need to be briefly and explicitly recognised in new public service legislation. The Public Service Legislation Bill is before the Committee of the House. IWCNZ's submission calls for government to take a human rights approach to policy development stating: "If a human rights approach had been adopted by the Departments with whom IWCNZ was engaging, it is likely there would have been very different outcomes in the delivery of the respective and much-needed public services to the Muslim community."



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Keeping our communities safe and our economy moving

As I write it's been more than 70 days since a case of community transmission of COVID-19 in New Zealand. We are COVID-19 free inside our borders and we are all working to keep it that way.

Keeping us safe means keeping COVID-19 out. People returning to New Zealand must stay in a managed isolation facility for two weeks, and are only allowed to leave if they have had two negative COVID-19 tests. If a person refuses to be tested, they need to remain in isolation for four weeks.

At present, the costs of managed isolation are paid by the government. People coming home are placed in good quality hotels and all meals are supplied.

Some New Zealanders have negative attitudes towards those who are coming home. Thankfully these attitudes are not widespread and many people who live near isolation hotels have made welcome home signs or reached out to ensure that returnees feel welcome.

Most people arriving back in New Zealand have respected the rules for managed isolation. A small handful – less than 0.01% – have flouted the rules. We're all upset by this. As a nation, we all locked down hard for four weeks, and then kept going nearly as hard for another three weeks. Having communities free from COVID-19 means we are on track to keep our economy moving. We don't want to put that at risk again.

In these unprecedented times, I'm so impressed to see the resilience among small business owners in my electorate. We now have one of the most open economies in the world but we know it remains a challenging time for many. To help with this, the government has just provided a further \$40 million for the Regional Business Partners (RBP) Network so small business owners can continue to access free professional advice.

Eligibility criteria for this can be found at <https://covid19.nzte.govt.nz/page/regional-business-partner-network>

The best way to keep up the momentum of economic recovery, retain jobs, and adapt to COVID-19 is if we all

work together. We are all Kiwis, and we are all an important part of our team of 5 million. Let's continue to support each other as we keep New Zealand COVID free and our economy moving forward.



Deborah Russell
Labour MP based in New Lynn, Auckland.

Kiwi-Indian and former NF First List MP Mahesh Bindra to contest from Hutt South in Wellington

Informing this, the New Zealand (NZ) First party said in a release, "Former NZ First List MP Mahesh Bindra, who served as a New Zealand First List MP from 2014-2017, will be our party's candidate for the Hutt South electorate this coming election. Mr Bindra was born and raised in Mumbai, India but has made New Zealand his home for many years. He has extensive experience in the rehabilitation and reintegration of offenders into society, and

is a staunch advocate for providing high quality education to our youth. Mahesh is also heavily involved with the New Zealand Indian community, contributing vastly towards the Bhartiya Samaj Charitable Trust, Hindi Language and Culture Trust of New Zealand and Global Organisation of People of Indian Origin (GOPIO). We are delighted to see Mahesh again in politics and stand as our candidate for the Hutt South electorate." -*TIN Bureau*

New National Party leader is Judith Collins

In a day full of drama, senior National MP Judith Collins was elected the opposition National Party's leader on Tuesday, with Gerry Brownlee as her deputy

The National Party has elected Judith Collins as its new leader to replace Todd Muller, with Gerry Brownlee as her deputy.

Collins, 61, was first elected as an MP for Clevedon in 2002 and has been part of six Parliaments.

"I think it's really important that we all have a common goal ... to get rid of the current government and put in place a better government," she said after emerging from the caucus meeting.

"One of the things that unifies any party is if they see that we're getting the results that we want ... I think you're going to find that we're very focused on winning.

"There is no chance at all that I am going to allow ... Ardern to get away with any nonsense to do with our economy. I am going to hold her to account.

"I would say experience, toughness, the ability to make decisions ... that would be myself. Jacinda Ardern is someone we should not ever underestimate."

"We're actually better. If you look at our team, our experience ... it's all better

than Jacinda Ardern and her team."

She said the party's policies would not see any major changes.

Collins, the MP for Papakura has been the shadow Attorney General since May and holds the National party's spokesperson roles for several areas, including Economic Development, Regional Development and Pike River Re-Entry.

She has previously been the minister for ACC, Corrections, energy and resources, ethnic affairs, ethnic communities, justice, police, revenue and veterans' affairs.

According to her National Party profile, she holds a Bachelor of Laws, Master of Laws with Honours and a Master of Taxation Studies from the University of Auckland and was a lawyer and company director before being elected to parliament.

Brownlee said he was there to support Collins "and the rest of the team and that's what I'll be doing".

He ruled out ever wanting the leadership. -*RNZ*

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Government must give Kiwis stranded in India a definite time-frame for return: Bala Beeram, National's Kiwi-Indian candidate for Kelston

The past President of the New Zealand Telugu Association, long-time National Party's member and two-time candidate from Kelston, was responding to the demand raised by over 450 Kiwis stuck in India of hiring a private charter to come home, with all other options – Air NZ repatriation flights and Vande Bharat Mission flights – no longer available. Till today, the New Zealand Government has rejected their request. Gaurav Sharma, Associate Editor of The Indian News, sat with him this week to know what drives him in politics.

If a single word could describe Bala Beeram's – once again National's candidate from Kelston – passion for joining politics, it would be education. Which actually is no surprise given, both he and his wife, were teachers in India before immigrating to New Zealand, some 21 years back. He comes from Andhra Pradesh and is a proud father of a 19-year-old daughter who is training to become a neuroscientist.

"See, education drives everything. It is the single most important factor responsible for social mobility. That's why I have worked extensively with Nikki Kaye, our spokesperson for education, for years. The Education (Strengthening Second Language Learning in Primary and Intermediate Schools) Amendment Bill, and National's promise to cut teacher registration fees if we come to power, are some of the issues very close to my heart," says Beeram, who joined the party in 2007.

Though politics was always in the family. "My father-in-law Madhav Reddy was a popular socialist leader in Andhra Pradesh. So family influence was there. After we moved here, and taking few years in settling down, when I started to take interest in the country's politics, I was immediately attracted towards National Party's philosophy of encouraging people to work hard and get rewards. Of supporting welfarism but with means tested. Unlike what Labour believes in."

Before officially joining politics, Beeram was involved in the multicultural communities of Auckland, as an active member of the Telugu community. He even became the President of the New Zealand Telugu Association (NZTA) for a term.

"I am still involved in both NZTA and the Telangana New Zealand

Association as a very active member.

For National, my major involvement started with Christopher Penk's 2014 election campaign. Then when I became the candidate in 2017, we did extensive campaigning for over five months. Door knocked almost 20 thousands homes. And I promised my voters whether win or lose, I won't go anywhere. And I didn't. Even though I lost the election, I did manage to increase the party vote."

While he came short of Labour's Minister Carmel Sepuloni, with 9,520 votes against her 16,789 votes, Beeram was number 57 on National's party list and just missed out getting into Parliament.

Meanwhile, like any migrant, Beeram also started his New Zealand journey humbly.

"My first job in New Zealand after we moved here in 1999, was as a promotional assistant working for a car park. Then I became a dealer in SkyCity Casino, and after almost six years of settling down in Avondale, I got a chance in my field of study when I was hired by AssureQuality. And it has been 15 years now, and I have not left them," he says.

Beeram is now employed as a supervisor for them.

On how will his campaign look like this time, Beeram says, "Once again I will refer to education. I want every child in my electorate to get at least NCEA Level 2 Qualification. That's why we need to invest in schools and teachers. With growing population, transport has also become a major issue, with the need for multi-storey car parks, especially near train stations."

On what he plans to do with the "growing crime stats" of his electorate, he objects to the idea. "Avondale is crime-prone is just a perception. It's not true at all. While it might have been the case few

years back, not any more. With real estate still affordable as compared to other parts of Auckland, and a growing business district, it is one of the bests places to settle in our biggest city."

"Believe you me, I have lived here for two decades," Beeram concludes.

For a more detailed interview, read our online story.



New Windsor now part of Mt Roskill Electorate this election

I am delighted the Mt Roskill electorate will include New Windsor and the main western boundary will be Whitney St. Go to www.vote.nz for detailed information.

Dr Parmjeet Parmar
National List MP
based in Mt Roskill

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New Zealand's 21st High Commissioner to India, David Pine, presents his credentials to India's President, virtually

In June, Foreign Affairs Minister Winston Peters announced David Pine as the new New Zealand High Commissioner to India. He then took the next available Vande Bharat Mission flight to New Delhi. Now, last week, he presented his credentials to the Indian President Ram Nath Kovind in a virtual ceremony. "The foundations of our relationship are strong: common democratic systems of government, historic ties through the Commonwealth. A love of cricket. And two shared languages: English and Hindi, now the fourth most widely spoken

language in NZ," noted Pine after the ceremony.

"Most importantly, we share a commitment to international peace. We look forward to building on the enduring New Zealand-India relationship."

His counterpart in New Zealand – the Indian High Commissioner based in Wellington – Muktesh Pardeshi, congratulating Pine on his appointment on Twitter added, "I look forward to working closely with you to advance India-New Zealand relations to newer heights." -*TIN Bureau*



1/3 New Zealand's 21st High Commissioner to India, David Pine, presented his credentials to Indian President Shri Ram Nath Kovind in a virtual ceremony today. #NZIndia #bilateral



Supreme Sikh Society of New Zealand to distribute over 2,000 blankets this weekend



SUPREME SIKH SOCIETY



After the success of FREE FOOD BAGS
Supreme Sikh Society is now going to distribute

FREE BLANKETS

to needy families with the help of other Sikh Societies.

Sunday, 19 July 2020
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After a massive food distribution drive during various alert levels, the Supreme Sikh Society of New Zealand is now gearing up to distribute over 2,000 blankets on Sunday, July 19, at 2pm. But this will be only for people in

real need, and all help will be provided on an approved application basis. The Blanket Request Form is available at the Takanini Gurdwara Sri Kalgidhar Sahib Facebook page here www.facebook.com/TakaniniGurdwara -*TIN Bureau*



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Ekta to start food distribution service in Porirua

Ekta, a Wellington-based charity will start distributing prepared and pre-packed vegetarian meals on a weekly basis in Porirua from July 18. In addition to the pre-packed food, there will also be breads from Pandoro bakery, which Ekta collects under its food rescue program.

Abhishek Sharma from Ekta, who is spearheading the project noted, "Initially, the intention was to carry out the activity from the front of the Little Theatre every Saturday afternoon. But getting Council

approval became challenging. We then approached Tony's Tyre Service, Porirua. They were just wonderful and very encouraging. Anthony the manager, not only allowed us the use of the space but also volunteered to help out if we wanted."

"Our intention is also to encourage migrant communities to come forward to help contribute towards helping some of the issues that our cities/towns are facing. This is home for us now and the issues that our city is facing are also for

us to help resolve by doing our little bit. Migrant communities need to look beyond their own as diversity will only have meaning if we break out of our own silos."

Ekta is supported by local Porirua residents Forum Shah, Avantika Turukapalli and Sonam Shrivastava, in the project. If anyone would want to volunteer

or donate vegetarian meals or groceries or pastries for either the Porirua or Wellington Service, please contact at

abhishek@ekta.nz or contact-us@ekta.nz
-TIN Bureau



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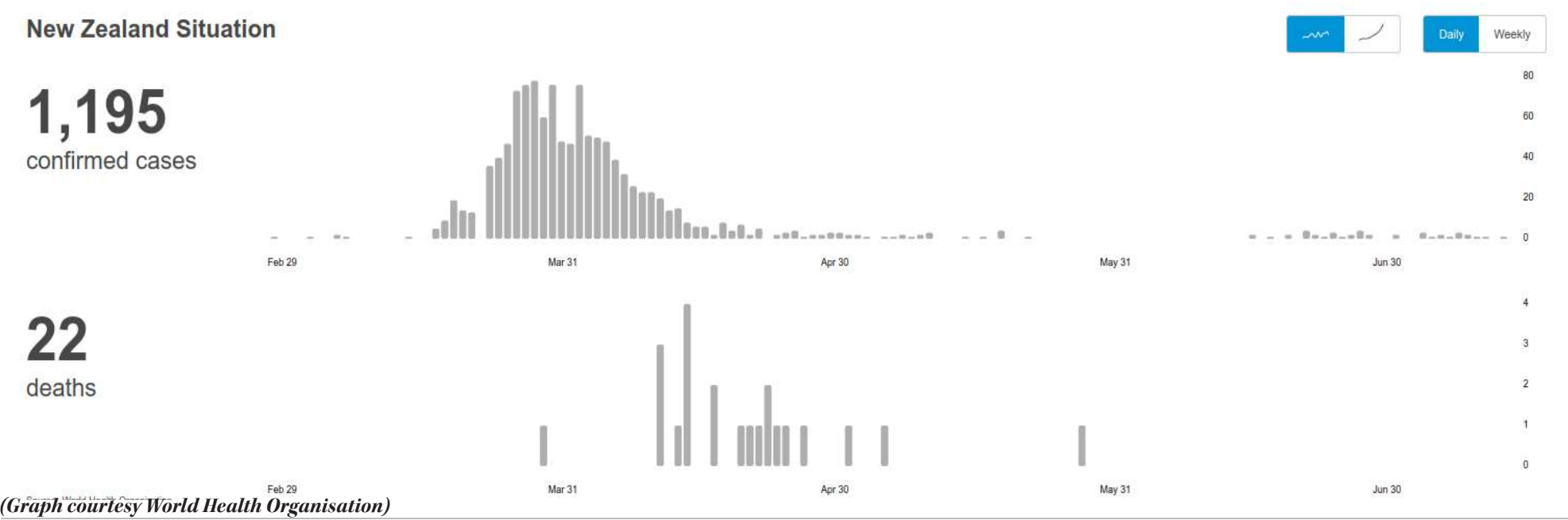
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 **New Zealand Government**

In New Zealand, from Feb 28 to 2:17pm CEST, 14 July 2020, there have been 1,195 confirmed cases of COVID-19 with 22 deaths.



PM outlines next steps in New Zealand’s COVID-19 response

In a speech delivered in Parliament on Wednesday, Prime Minister Jacinda Ardern outlined a “plan in the event we have a new case of community transmission of COVID-19 in New Zealand,” she said. We present the relevant excerpts. Full text can be read here www.beehive.govt.nz/speech/next-steps-covid-response

“We have been 75 days without community transmission here in New Zealand, but COVID is now exploding outside our borders and every country we have sought to replicate or have drawn from in the fight against COVID has now experienced further community outbreaks. We only need to look to Victoria, New South Wales, Hong Kong, Singapore and Korea to see examples of other places that like us had the virus under control at a point in time only to see it emerge again.”

“The World Health Organisation this week reported the global infection rate is nearing 13 million cases, with over 215,000 cases reported globally on Tuesday. To put that into perspective when we closed our borders on the 19th of March there were 240,000 cases in the world in total. It’s fifty times worse than that now.”

“In the main the pattern of returnees carrying the virus reflects the state of COVID in the world, with our cases

coming from places like India, the US and the UK. New modelling by Rodney Jones indicates there will be over 100,000 new cases a day in the US by the end of the month, nearly 70,000 cases a day in India and nearly 10,000 cases a day across Europe by early August. We will continue to welcome home New Zealanders from these places as citizens, as they have a right to come home to their legal place of residence. But with that right comes risk, and the need to continue ongoing stringent measures to keep them, and everyone around them, safe. Victoria in particular is a cautionary tale for New Zealand that we must learn from. It appears their current outbreak is linked to a managed isolation facility similar to the ones we run here and that the entire outbreak was seeded by just two cases.”

“And so today I am setting out the next stage in our COVID plan in the event we have new cases in the community.”

“So in the event of new community cases we would move immediately to implement our ‘Stamp it Out’ approach again.”

“There are three broad starting scenarios we can plan around - a case or a number of cases in a community, a larger number of cases or cluster in a region, and multiple clusters that have spread nationally.” -*TIN Bureau*



A case or a number of cases in a community

- Strong restrictions may be applied but only locally in a neighbourhood, town or city.
- Local measures would include contact tracing and isolation of cases and contacts, scaled up and targeted testing of people connected to the case, such as workmates, people in the house or neighbourhood.
- The rest of the country would likely remain at Level 1.

A larger number of cases or a cluster in a region

- Increase in testing a priority
- Health staff may go door to door to test people in affected areas
- Much wider community testing on top of contact testing
- Regional shift in alert level to restrict travel likely
- Local restrictions on gatherings and people asked to work from home

Multiple clusters that have spread nationally

- Likely a nationwide increase in alert level

(by Radio New Zealand)

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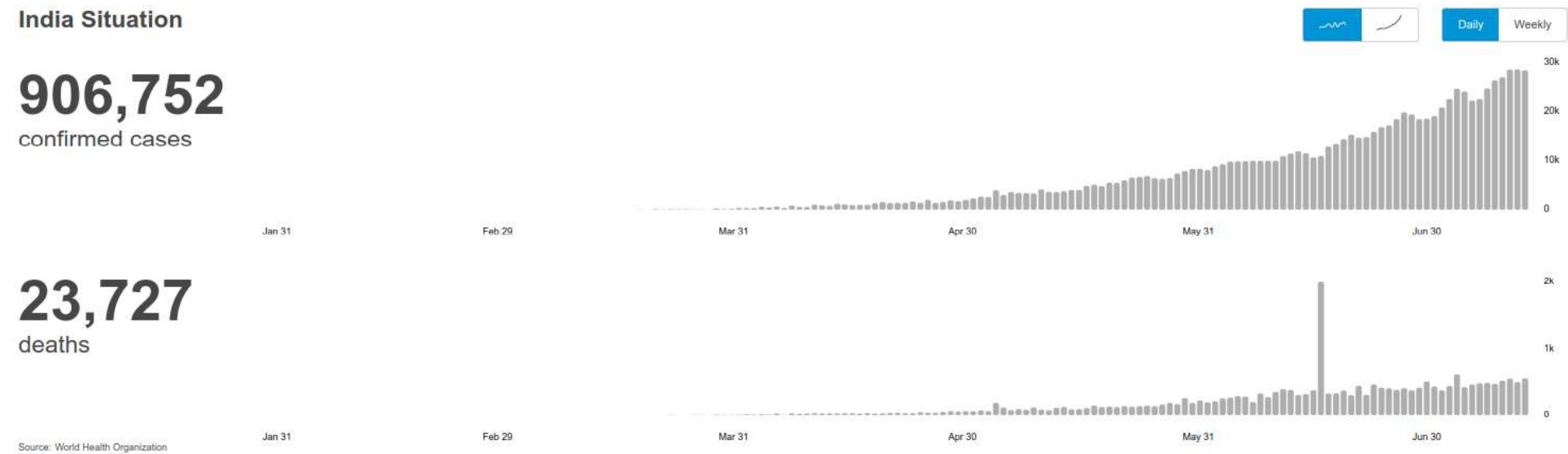
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In India, from Jan 30 to 2:17pm CEST, 14 July 2020, there have been 906,752 confirmed cases of COVID-19 with 23,727 deaths.



(Graph courtesy World Health Organisation)

Indian Railways launches a post-Covid coach to ensure safer journey

Carrying on the fight against COVID-19, Indian Railways' production unit, Rail Coach Factory, Kapurthala, has developed a Post-Covid coach to ensure safer journey for passengers. This Post-Covid coach has design improvements in the coach like hands-free amenities, copper-



Ministry of Railways
@RailMinIndia

Indian Railways is set to hit the tracks with 1st 'Post COVID Coach' to ensure a COVID free journey.

Amenities include:

- Handsfree
- Copper-coated handrails & latches
- Plasmdioxide
- Titanium di-oxide coating

coated handrails and latches, plasma air purification and titanium di-oxide coating for Covid free passenger journey.



HANDSFREE AMENITIES



COPPER COATED HANDRAILS & LATCHES




PLASMA AIR PURIFICATION



TITANIUM Di-Oxide COATING

Post-Covid Coach is having hands-free amenities like foot operated water tap and soap dispenser, foot operated lavatory door (outside), foot operated flush valve, foot operated latches in lavatory door, outside washbasin with foot operated water tap and soap dispenser and forearm operated handle on compartment door.

-TIN Bureau



CORONA WATCH

Situation in India at 8:00 am on July 14

(↑ ↓ Change over the last 24 hours)

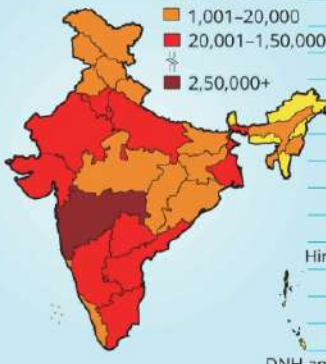
Confirmed cases
9,06,752 (↑ 28,498)

Recovered*
5,71,460 (↑ 17,989)

Deaths
23,727 (↑ 553)

Active cases
3,11,565 (↑ 9,956)

Confirmed cases



Samples tested

Cumulative total up to July 13: 1,20,92,503

On July 13: 2,86,247

	Confirmed cases	Recovered	Deaths	Active cases
Maharashtra	2,60,924 ↑ 6,497	1,44,507	10,482	1,05,935 ↑ 2,122
Tamil Nadu	1,42,798 ↑ 4,328	92,567	2,032	48,199 ↑ 1,227
Delhi	1,13,740 ↑ 1,246	91,312	3,411	19,017 ↓ -138
Gujarat	42,722 ↑ 902	29,770	2,055	10,897 ↑ 284
Karnataka	41,581 ↑ 2,738	16,248	757	24,576 ↑ 1,826
Uttar Pradesh	38,130 ↑ 1,654	24,203	955	12,972 ↑ 764
Telangana	36,221 ↑ 1,550	23,679	365	12,177 ↑ 344
West Bengal	31,448 ↑ 1,435	19,213	956	11,279 ↑ 779
Andhra Pradesh	31,103 ↑ 1,935	16,464	365	14,274 ↑ 846
Rajasthan	24,936 ↑ 544	18,630	525	5,781 ↑ 2
Haryana	21,894 ↑ 654	16,602	308	4,984 ↑ 28
Madhya Pradesh	18,207 ↑ 575	13,208	663	4,336 ↑ 233
Bihar	17,959 ↑ 1,317	12,317	160	5,482 ↑ 481
Assam	16,806 ↑ 735	10,894	36	5,876 ↑ 266
Odisha	13,737 ↑ 616	9,255	70	4,412 ↑ 105
Jammu & Kashmir	10,827 ↑ 314	6,095	187	4,545 ↑ 190
Kerala	8,322 ↑ 449	4,257	33	4,032 ↑ 285
Punjab	8,178 ↑ 357	5,586	204	2,388 ↑ 158
Chhattisgarh	4,217 ↑ 158	3,202	19	996 ↑ 109
Jharkhand	3,898 ↑ 142	2,351	33	1,514 ↑ 96
Uttarakhand	3,608 ↑ 71	2,856	49	703 ↓ -1
Goa	2,583 ↑ 130	1,540	17	1,026 ↑ 74
Tripura	2,080 ↑ 26	1,475	2	603 ↓ -28
Manipur	1,626 ↑ 17	970	0	656 ↓ -57
Puducherry	1,468 ↑ 50	785	18	665 ↑ 4
Himachal Pradesh	1,243 ↑ 30	940	11	292 ↑ 19
Ladakh	1,093 ↑ 7	946	1	146 ↓ -11
Nagaland	845 ↑ 71	340	0	505 ↑ 58
Chandigarh	588 ↑ 29	423	8	157 ↑ 23
DNH and Daman & Diu	495 ↑ 16	268	1	226 ↓ -8
Arunachal Pradesh	387 ↑ 28	145	2	240 ↑ 21
Meghalaya	318 ↑ 12	66	2	250 ↑ 12
Mizoram	233 ↑ 2	151	0	82 ↑ 1
Sikkim	192 ↑ 39	86	0	106 ↑ 34
A&N Islands	166 ↑ 3	109	0	57 ↓ -13

2,179 cases being reassigned to states

Figures are subject to further reconciliation

Source: Ministry of Health and Family Welfare & ICMR

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pib.gov.in

KBK

India has the 3rd most number of COVID-19 cases in the world



National, a party in disarray

National Party has been thrown into chaos by its leader Todd Muller with the shock resignation with only around two months in the job and so close to the elections. The reasons he cited for his abrupt resignation are stated to be personal and related to his health, saying that he could not take too much pressure of the events taking place in the party. Prime Minister Jacinda Ardern reacted to his resignation by saying that politics is a tough place to work, irrespective of whatever side in the parliament you may sit, one should be prepared to take on challenges.

National party has been having the leadership issues ever since John Key resigned, before even completing his tenure as PM and party members and its MPs are chasing his shadow ever since, failing miserably in all their experiments one after another. The resignation from Muller came after a brutal week of unsavoury events taking place where his leadership and integrity were severely tested as one of his MPs admitted of leaking the health details of Covid patients. It looks like Muller was not mentally prepared to face the challenges of the party leadership and even struggled to make his mark in the unrelenting world of political and media environment. Many members within the party mostly Simon Bridges loyalist like Paula Bennett and Judith Collins openly defied him and pointed finger at him, this can be very challenging and frustrating for a party leader. Muller had an awful run as a party leader ever since he took over from Simon Bridges in a swift coup, exactly 53 days ago, before his resigned. This is perhaps what happens when you do not have a deep political experience. Muller might have fancied the party leadership but did not envisage of the thorns attached with it.

With elections only two months away, National Party could not afford to waste

much time, hence they needed to decide urgently as who is going to take it from here to give a tough fight to almost invincible Jacinda Ardern. Lo and behold, who they have elected to lead their party, yes, its Judith Collins who got lucky in her third tilt at the leadership. She sounded full of confidence when first thing she said after her election was that she is absolutely and 100 percent ready to go. She, as president of the National Party and Gerry Brownlee as her deputy will lead the party into election. The election of Judith Collins as National Party leader will surely change the turf for her opponent Jacinda Ardern, who so far was going almost unchallenged. Anyone, who know Judith Collins would agree that she is a go getter and a no-nonsense person and a tough task master. Even if she is not able to make it to the top job, she will be a tough opponent to Jacinda, and she has the ability to turn the tide in her favour if she gets any opportunity.

Whichever party wins the elections, one thing is for sure that the party in power will have to face an uphill task of bringing the economy, back to track. It feels good to get support from the government during tough times which current government has done during the entire Covid crisis period. But this good will gesture has emptied government coffers and the surplus budget has turned into a budget full of borrowings, which are large enough for our future generations to keep paying it back.

Judith Collins will need to demonstrate her best political skills to strike a fine balance between making businesses sustainable and also making the common man happy along with fighting with the Covid-19 crisis at the same time. If she can manage to convince the voter on this, one should not be surprised if she puts a up tough challenge to Jacinda in coming election.

- Yugal Parashar

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HIGH COMMISSION OF INDIA
WELLINGTON



NOTICE FOR INDIAN PASSPORT HOLDERS APPLYING FOR POLICE CLEARANCE CERTIFICATE

As per latest rules, PCC can be issued only after receipt of fresh Police Clearance from the concerned authorities in India. Applicants are advised to apply for PCC well in advance. Most of the cases are cleared within a month. However, certain cases may take longer time to be completed.

2. We have been receiving a number of requests for withdrawal of passports for obtaining Medical Certificates. Applicants should obtain the Medical Certificate before applying for PCC as withdrawal of passport may lead to delay in processing of PCC application.

3. Also, applicants are advised to keep copy of front, back & Visa pages of passport and copies of entry and exit stamps in passport with them. They should not request High Commission for the scanned copies of these pages while their passport is with the High Commission for processing of PCC application.

High Commission of India, Wellington

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For tenders log on to: www.gets.govt.nz
Follow customs/alerts/guidelines/rules at: www.customs.govt.nz



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Please include copies of the article and all correspondence with the publication.

New Zealand will always need migrants: Immigration Minister Iain Lees-Galloway

• Gaurav Sharma

The Immigration Minister Iain Lees-Galloway who was in Auckland earlier this week, met community leaders and the media, to listen to their concerns as regards to the plight of work visa holders, both onshore and offshore.

While to everything else, his reply was the now standard - wait and watch - he did acknowledge one thing.

When asked whether he thinks New Zealand appreciates the value migrant workers bring to the country's economy, especially in sectors such as dairy, tourism, hospitality, nursing and education, the Minister noted, "Those who come to New Zealand on temporary work

visas to work in these sectors provide huge value to our economy. So we need them. And I would say that New Zealand will always need migrants."

"But these are unprecedented times. So our government is working of a two-way plan. First and foremost, we need to train New Zealanders to take up all the available jobs to revive the economy. Something the National Government didn't do after the Christchurch Earthquakes. But we will. Secondly, once it is feasible and borders are open again, we can think about bringing in migrant workers in only those sectors where there is a still remaining need. What those

sectors may be, is difficult to say now, and that option is not available for the time-being in any case."

The Minister also criticised the previous John Key Government for opening the doors for migrants without putting in enough checks to prevent migrant exploitation. "This is also something we are not prepared to do," he added.

For the time being, his response to all



the migrants workers stuck offshore is to "stay where you are".

Two rallies, two cities, same demand – be kind

• Gaurav Sharma

Migrants Workers Association (MWA) of Aotearoa organized two rallies, in Auckland and in Wellington, over the weekend, to highlight the plight of work visa holders, both onshore and offshore. The main demands raised during the protests were:

- All temporary visa holders stranded offshore are given visa extensions equal to the duration of border closure
- All visas attached to employers are opened so that migrants have the flexibility to work wherever they can find jobs

- Emergency benefits are provided to all jobless migrants onshore and offshore by enacting section 64 of the Social Security Act
- Visa processing delays are minimised with immediate effect

To watch a video of the protest and know more details, read our online story.



Supreme Sikh Society of New Zealand raises visa concerns of Indians with the Immigration Minister



• Gaurav Sharma The text of the letter presented to the Minister (as in picture): "Indian migrants contribute significantly to the New Zealand economy by choosing New Zealand as a migration destination. To continue to promote New Zealand and in the interest of fairness to current migrants, we request that the

following be considered and addressed by your office:

- Grant a short-term work visa to migrants stranded outside of New Zealand due to COVID-19, once borders open. Including post-study work visa holders who have invested in New Zealand education and have completed their studies.
- Legalise the visa status of those who have become over-stayers during lockdown, specially

those former international students who were working towards a pathway to residency.

- Automatically extend the six months stay to 12 months for parents and grant parents onshore who hold multiple entry visitor visas and cannot depart from New Zealand during the lockdown."

“Can the plight of a brown mother be different from the plight of a white mother?”

- Rumi, a migrant mother unable to meet her child

“Be kind. That’s a lie.” - Joe Carolan

“Even before the Covid-19 pandemic, many migrants took to the streets to oppose Immigration New Zealand’s unacceptably long visa processing times. The issue of visa processing delays still remains largely unresolved.” - Anu Kaloti, President of MWA

“I use to say New Zealand is the land of new zeal. But where is that zeal now?” - A D Singh

Kiwis stuck in India demand a time-frame for allowing private charters to bring them home

With no Vande Bharat Mission and Air NZ flights scheduled as of now, Kiwis – citizens and PRs - stuck in India are looking towards their Government to give them a time-frame by which they will be allowed to board a charter flight and come back home. We highlight their plight.



Anu Verghese

Anu Verghese married Dr John in May 2019. After Dr John applied for his visa last year, the couple was looking forward to starting their lives together soon. After a rejection of his visa in October 2019, Dr John finally received his visa in February 2020, after providing 60 plus supporting documents to prove the genuineness and stability of the relationship.

Dhananjay Kumar

Every story is unique. Dhananjay, a citizen of New Zealand, had lived in New Zealand from 1998-2007. His son, Ruchir was born in Wellington. Due to a situation in the family, he had to return to India. In 2019, Dhananjay decided to come back to New Zealand. After finalizing a house in Wellington, where he lived earlier also, Dhananjay went to India to bring his wife and son in February. He had tickets booked for March 22, the day India suspended all its flights and closed down borders.

A dejected Dhananjay mentioned, "I haven't stayed a night in the house

In an ideal world, that would be the end of Anu's plight, but that was not the situation in a COVID-19 world. By the time, Dr John could wrap up his life in India and arrive in New Zealand, the borders of both the countries closed down. Being a principal at a reputed boarding school in India, Dr John had few responsibilities before he could apply for a leave without pay and come to New Zealand on a visitor visa. As the couple had faced an ordeal to obtain the visa, they weren't sure if the work visa, when eligible, would work out smoothly.

As destiny had its plans, Dr John got stuck in Kerala where he went to store their belongings at Anu's house. Anu very candidly mentioned, "For the last 5-6 years I haven't been in the best of health. But it had been improving since the last year. But with the stress of my husband not being able to join me here and New Zealand Immigration changing

its partnership policies now and then, my health has deteriorated massively. I have been off work since lockdown in New Zealand got over."

The couple who is in their 40s, want to get together soon so that they can start their family soon. With no signal from immigration and no clear answer on the timeframes, Anu and Dr John are losing hope with every passing day.

Dr John lost his job in India as he couldn't go back to Nashik, Maharashtra to the school where he was a principal. Both the partners are at their wit's end and feel that if Immigration NZ gave them a timeframe and a solution, they can hang on to that hope and be each other's hope.

Right now, they are being pushed to think that Anu, for whom New Zealand has been home for 19 years, might have to leave the country forever to go to India to be with her husband.

to which we were supposed to move in and now a, paying rent and utility bills month after month." Dhananjay who has earlier worked as a Prison Officer in New Zealand was hopeful that soon after he moves to Wellington, he will find a job, and thus, he left his job in India. That leaves Dhananjay without a job and in lockdown in India.

"Ruchir was scheduled to start his NCEA Year 1 this year. The school had to remove his name from their list of students but have promised that Ruchir can join when he is back in Wellington. "The 16-year-old has been positive and has been studying 5-6 hours



every day to stay ahead of New Zealand's study curriculum," said a proud father.



Rohit Sharma

Rohit has been living in New Zealand since 2013. He arrived in New Zealand as a student and soon after, he started working here. Rohit is a Permanent

Resident of New Zealand and has been looking forward to obtaining citizenship in 2021. He has a business based in Wellington. Rohit went to Pathankot, India on March 6, 2020, for his wedding when the scare of COVID-19 wasn't at its peak. He tied the knot on March 12, and was to return to New Zealand on March 22- the day when India closed its International borders. The happy occasion turned into an indefinite wait to get back to regular life.

Rohit has been anxiously waiting to get back to his business, that is being taken care of by two of his employees. As his computer repair business falls in the essential services category, the employees were of great support to keep it running

in Rohit's absence.

Rohit got to know about a private charter company, which told him about 250 Kiwi citizens and PRs like him waiting to fly back to New Zealand. "Through various social media channels, community contacts, and references, I brought 300 people together to be flown back to New Zealand but the New Zealand Government doesn't have enough isolation capacity to accommodate the number. Now, we don't have any definite time-frame for the flights to take us back to New Zealand," mentioned Rohit.

In completely uncertain times, Rohit is still hopeful that he will be able to get back to the country soon and start his newly married life with his partner.



Arwinder Singh

Arwinder Singh came to New Zealand as a student in 2010. He is a permanent resident and is looking forward to becoming a citizen in 2021. Arwinder has a business in Putaruru and has worked as a manager at a supermarket.

Arwinder left his job before going to India in March 2020, to bring his wife who received her visa in January 2020. He got married last year. His plan was to settle down in Auckland upon their return and look at finding a job at a supermarket again as he has rich experience in the field.

As Arwinder's wife couldn't travel before April 30, 2020 as specified in her visa due to the lockdown and alert level 3 in New Zealand, the permit to enter New Zealand expired. They have to re-apply for a visa for her wife to travel to New Zealand. As the COVID-19 situation hasn't improved much in India, Arwinder is anxious to come back and start his life in New Zealand with his wife.



Vinodh Kumar

Vinodh and his family are stuck in India for the last 5 months. He and his son are Kiwi Residents and his wife has a Permanent Residency. As the child is quite young, they don't want to take the chance of him travelling. It's only Vinodh who wants to come back to New Zealand. They had gone to visit India for a family function and had no idea that there will be such a huge turn of events.

Vinodh has emailed the Ministry of Foreign Affairs and Trade a few times but hasn't heard anything from them. After living in New Zealand for 12 years, he thought New Zealand would be kind to them during this time of crisis. They are still hoping for things to change and return safely.



Sara Janvekar

Sara moved to New Zealand in 2014 after getting married to her Kiwi citizen, Sagar Janvekar. Her husband has spent almost 15 years in New Zealand. Sara says, "For us, NZ is our home. I can completely understand and see what NZ has been doing during these unprecedented times, to get stranded families back. But there are few restrictions and delays for many to get back to their homes and reunite with their families."

Sara's family is based in Rotorua and have other family members in Auckland. Sara's son was born in New Zealand and majorly for him and his education, she wants to come back as soon as possible. Sara had gone with her son to India so that he could spend some time with his grandparents and they were scheduled to come back in March after his 5th birthday.

Sagar is currently in NZ waiting for his family to join him back and the parents are mainly stressed and worried about their son. Sara was on maternity break but had planned to start working after she got back from India.

The uncertainty, feeling of being stuck, and not being able to plan anything further is making the family very anxious.



Savitha Rao

Savitha has been a Permanent Resident of New Zealand since 2015 and her child is a citizen. As she had no support during maternity, she moved to India for a brief couple of years. Savitha's husband is in Australia due to work and she wants to return to New Zealand now. But destiny had other plans.

Since the time she decided to move to New Zealand, COVID-19 enveloped the whole world, and borders of most of the nations have been closed down. Savitha is waiting with her child to take the flight back to New Zealand where she can restart her life. Being a PR, Savitha is hopeful that sooner or later, flights will start and she'll be back.

Reporting by Shivangi Rose, an independent writer based in Auckland. Pic courtesy: Douglas Bagg, Unsplash.





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Digital India AatmaNirbhar Bharat App Innovation Challenge ends this Saturday

The Indian Government's Ministry of Electronics and Information Technology in partnership with Atal Innovation Mission – Niti Aayog has launched the Digital India AatmaNirbhar Bharat App Innovation Challenge to identify the best Indian apps that are already being used by citizens and have the potential to scale and become world class apps in eight categories.

These include Office Productivity & Work from Home, Social Networking, E-Learning, Entertainment, Health & Wellness, Business including Agritech and Fintech, News, and Games.

The challenge comes with various cash awards and incentives of featuring apps on Leader Boards, and seek to create an ecosystem where Indian entrepreneurs and start-ups are

incentivised to ideate, incubate, build, nurture and sustain technology solutions for Indian and the world. All entries will be evaluated on ease of use, robustness, security features and scalability.

More details are available on www.innovate.mygov.in, and the last date of submission of entry is July 18, and results will be announced on August 7.



Google's Pichai announces company's 10 billion investment in India



Narendra Modi @narendramodi · Jul 13

This morning, had an extremely fruitful interaction with @sundarpichai. We spoke on a wide range of subjects, particularly leveraging the power of technology to transform the lives of India's farmers, youngsters and entrepreneurs.



Narendra Modi @narendramodi

During our interaction, @sundarpichai and I spoke about the new work culture that is emerging in the times of COVID-19. We discussed the challenges the global pandemic has brought to areas such as sports. We also talked about the importance of data security and cyber safety.

On Monday, Google CEO Sundar Pichai announced a \$10 billion Google for India Digitization Fund to help accelerate India's digital economy.

"Today, I'm excited to announce the Google for India Digitization Fund. Through this effort, we will invest ₹75,000 crore, or approximately \$10 billion, into India over the next 5-7 years. We'll do this through a mix of equity investments,

partnerships, and operational, infrastructure and ecosystem investments. This is a reflection of our confidence in the future of India and its digital economy," Pichai said.

Elaborating on these investments, he added, "We will focus on four areas. First, enabling affordable access and information for every Indian in their own language, whether it's Hindi, Tamil,

When we build for India, we build for the world: Pichai

In his speech, Pichai highlighted how his company has partnered in India's digitization journey since 2004. Few examples as below:

- Internet in rural villages through programs like Internet Saathi (www.internetsaathiindia.org), helping over 30 million women gain digital skills

internetsaathiindia.org), helping over 30 million women gain digital skills

- Gpay, integrated with BHIM-UPI, making digital payments easier
- AI-powered reading tutor app Bolo, now called Read Along
- AI flood forecasting system designed to keep people safe during India's monsoon season

Punjabi or any other. Second, building new products and services that are deeply relevant to India's unique needs. Third, empowering businesses as they continue or embark on their digital transformation. Fourth, leveraging technology and AI for social good, in areas like health, education, and agriculture."

This comes as India over time has become a key market for the search giant, where its entire range of products including search, YouTube and Android OS, is quite

popular among the 500 million Indians online now.

THE 2020 GENERAL ELECTION AND REFERENDUMS

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Sundar Pichai @sundarpichai

Today at #GoogleForIndia we announced a new \$10B digitization fund to help accelerate India's digital economy. We're proud to support PM @narendramodi's vision for Digital India - many thanks to Minister @rsprasad & Minister @DrRPNishank for joining us.

Google for
INDIA
Digitization Fund

Investing in India's digital future

Google CEO Sundar Pichai announces a \$10 billion Google for India Digitization Fund to accelerate India's digital economy.
blog.google




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We currently have opportunities in Stage Management, Costume, Makeup, Production Support and Graph8c Design.

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Four events get inaugural funding from the Creative and Cultural Events Incubator fund

Four celebrated Māori and Pasifika events will receive up to \$100,000 each in funding from the new Creative and Cultural Events Incubator fund, Economic Development Minister Phil Twyford has announced. The four events that were successful in the inaugural funding round are: Kia Mau Festival, Wellington; Māoriland Film Festival, Otaki; Te Tairāwhiti Arts Festival, Gisborne; and Te Matatini, Auckland 2021.

The fund was launched earlier this year to provide seed and development funding for creative and cultural events. It is part of the Major Events Fund and is a ring

fenced amount of up to \$1 million per annum or 10 per cent of available funds. Up to \$1.5 million is currently available for incubator investments for the first three rounds including this one. The new major events direction took effect on 1 July 2019, and follows a Statement of Investment Priority to guide and focus government investment in events. Incubator funding rounds will be held annually in November, and will be open for applications for approximately one month.

More details at www.majorevents.govt.nz/the-creative-and-cultural-events-incubator - **TIN Bureau**



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Property market shaking off post-covid winter blues as it springs back to life

Despite the ramifications of the lockdown and the annual expected winter dip, the property market is holding its own, with some welcomed good news in both the residential market and house price predictions.

Here's what you need to know: Property Market Remains Buoyant Throughout July

Property market is holding out strong as we pass the halfway mark of the year, with nearly twice as many homes being sold at auction in the first week of July as in the same time last year.

Interest.co.nz monitored 230 residential property auctions in the week from June 29 to July 5, which saw more than twice as many sales achieved at auction compared to the equivalent week of last year. Of the 230 properties marketed for auction in the week of June 29 to July 5, sales were achieved on 132, giving an overall sales rate of 57%, in the week of July 1-7 last year sales were achieved on just 62 properties, giving an overall sales rate of 43%.

Prices have also remained strong, with 81% of properties sold higher than their

RVs, compared to 49% that were higher than their RVs in the equivalent week of last year.

Activity in Barfoot & Thompson's auction rooms is continuing in a reasonably solid fashion as well, with sales being achieved on 67 properties in the week from 29 June to 5 July, giving an overall sales rate of 54%, compared to 45% the previous week.

House Prices Defy Cold Predictions – Hold Strong Another Month

New data from the Real Estate Institute revealed that June marked 105 months in a row of prices increases for the country, defying predictions of a decline due to the pandemic, rising nationally 9.2 per cent last month from last June's \$585,000 to \$639,000.

Real Estate Institute chief executive Bindi Norwell commented that these positive numbers defy the gloomy predictions that house prices would fall significantly post-Covid, "With wage subsidies and mortgage holidays still in place, and demand for good property exceeding supply, we wouldn't be so bold as to say there won't be an easing of

pricing in the coming months when these support mechanisms come to an end. But right now, Kiwis' love affair with property continues unabated – especially with the low interest rates we currently have in the market."

In the Auckland region, prices increased when compared to the same time last year in all districts except Papakura which saw a 7.9 per cent fall in median price from \$710,000 to \$654,000.



Auckland city was the only area with double digit increases, with a 17.1 per cent rise to \$1,147,500, \$13,500 off the record set in March this year.

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India will tour Australia but want quarantine to be shortened: Ganguly



The President of Board of Control for Cricket in India (BCCI) and cricket legend

Sourav Ganguly this week confirmed that the India tour of Australia scheduled later this year will go ahead. The Virat Kohli-led India are scheduled to play three ODIs, four Tests and three T20Is in Australia in December-January.

"We have confirmed that tour. In December we will be coming. We just hope the number of quarantine days get reduced a bit because we don't want the players to go all that far and sit in hotel rooms for two weeks. It is very,

very depressing and disappointing,"

Ganguly was quoted by a leading Indian publication India Today. India toured Australia for a Test series in 2018/19 and won that series as the hosts were still reeling from the aftermath of the 2018 ball-tampering scandal and were without star batsmen Steve Smith and David Warner.

The BCCI chief also confirmed that the cash-rich Indian Premier League (IPL) is still searching for a window this season. Notably, the International Cricket Council will be deciding the future of the T20 World Cup, later this month, which is scheduled for October-November in Australia. According to Ganguly that decision will have a bearing on the fate of IPL. -*TIN Bureau*

Cricket Australia advertises for a mental health expert role

In a first, Cricket Australia (CA) is set to appoint a mental health professional soon, with the role – a new position of a mental health and well-being lead – reporting to the board's head of sports science and medicine Alex Kountouris, advertised last week. This comes as three active players including

star all-rounder Glenn Maxwell took sabbaticals last year citing mental health issues, due to high pressure nature of international cricket. Notably, CA has two sports psychologists, Michael Lloyd for the men's team and Peter Clarke for women's, and the new role will provide broader case management support to all CA contracted players.

Black players issue statement after Lungi Ngidi criticism, alleging racism in South African cricket

On Tuesday, 30 black former international players issued a statement alleging racism remains a factor in the game, after current fast bowler Lungi Ngidi supported Black Lives Matter movement last week, and called on his home board Cricket South Africa (CSA) to do the same. Signatories included fast bowler Makhaya Ntini, Vernon Philander, Herschelle Gibbs, Ashwell Prince, Paul Adams and JP Duminy. A total of 36 people, including five coaches, were named on the document, which said, "We commend Lungi Ngidi for supporting #BlackLivesMatter – and we'd like to add our support for it too. We note the criticism aimed at Lungi for expressing his views – and we hope that Cricket South Africa (CSA), together with fellow cricketers – both present and past – will come out strongly in support of #BLM".

"Given South Africa's well-known past, black cricketers have borne the brunt of subtle and overt racist behaviour for many years, including from some colleagues. Consequently, there is a need to understand how white privilege feeds into the perpetuation of these old attitudes and assumptions."

"Our attitude, mistakenly, we now believe, has always been to say: 'These are



Lewis Hamilton @LewisHamilton

We stand together 🇳🇮 the team today took the knee which was just amazing to see that together we can learn and be open minded of what's going on in the world. Thank you to everyone in my team and to you #TeamLH, I appreciate all of your support and your positive messages 🙏



teething problems, and that these will be resolved if we are patient.' But after almost three decades of cricket unity, the views expressed from one side of the racial divide are still very much part of our lives, and we now believe: 'Teething problems cannot be allowed to continue for this long'."

The group has now called on CSA to not just back the BLM movement, but implement lasting changes.

"We see this as an opportunity for CSA to be unequivocal about its position and to make sure the problem is confronted, and we also invite our fellow white cricketers to join in this move to defend human dignity. We represent, or have represented, South Africa on merit." -*TIN*



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HIIT for not only shedding those extra kilos but keeping your heart healthy

• Vritti Parasher

The current situations are no doubt stressful and the pandemic is gripping the entire world. Maintaining good health and improving immunity should be a definite focus of each person escaping this pandemic.

At the moment it is also hard to deny that lockdown has had effect even on general public health. One of these adverse health conditions and the most common is weight gain. Staying home has not helped anyone who have opted not to workout.

However, if you are wanting to get back to shape or maintain your fitness levels then HIIT is the answer for good results. High intensity involves interval training, a combination of exercises that are cardiovascular, where short periods of intense anaerobic exercise with less intense recovery periods. This kind of workout is repeated until too exhausted to continue.

As vox.com writes, "When researchers talk about HIIT, they're referring to workouts that alternate hard-charging intervals, during which a person's heart rate reaches at least 80 percent of its

maximum capacity usually for one to five minutes, with periods of rest or less intense exercise. (It's not easy to know that you're working at 80 percent, but a Fitbit or heart rate monitor can help.)"

If this sounds complicated, do not get triggered by the technical statements and definition. The best thing about starting HIIT routine is that it is easy and isn't hard to get started.

To begin with just select the exercise/activity that you like doing the most (running, walking, biking, cross training, jumping etc.) And then you can experiment with the different forms of exercise and their duration accompanied by recovery time. Basically, it is a combination of how long you are performing intense exercise and how long you are recovering.

According to Healthline, Here are a few simple examples of HIIT workouts:

- Using a stationary bike, pedal as hard and fast as possible for 30 seconds. Then, pedal at a slow, easy pace for two to four minutes. Repeat this pattern for 15 to 30 minutes.
- After jogging to warm up, sprint as fast

as you can for 15 seconds. Then, walk or jog at a slow pace for one to two minutes. Repeat this pattern for 10 to 20 minutes.

• Perform squat jumps (video) as quickly as possible for 30 to 90 seconds. Then, stand or walk for 30 to 90 seconds. Repeat this pattern for 10 to 20 minutes.

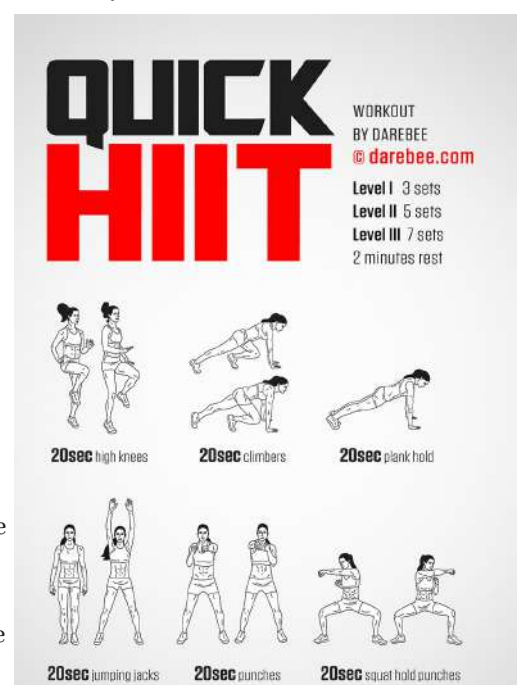
While these examples can get you started, you should modify your own routine based on your own preferences.

It is all in the mind, and this is nothing but the truth when it comes to an assumption that HIIT training programme are difficult to perform. High-intensity interval training is a very efficient way to exercise, and may help you burn more calories than you would with other forms of exercise.

As stated in Healthline, some of the calories burned from high-intensity intervals come from a higher metabolism, which lasts for hours after exercise. HIIT produces many of the same health benefits as other forms of exercise in a shorter amount of time. These benefits include lower body fat, heart rate and blood pressure. HIIT may also help lower blood sugar and improve insulin

sensitivity.

So, if you are short on time and want to get active, consider trying high-intensity interval training. This advice is not only coming from people in this business, but also from ordinary people who have tried out this workout programme. Try it and see it yourself!




Pic courtesy: www.darebee.com

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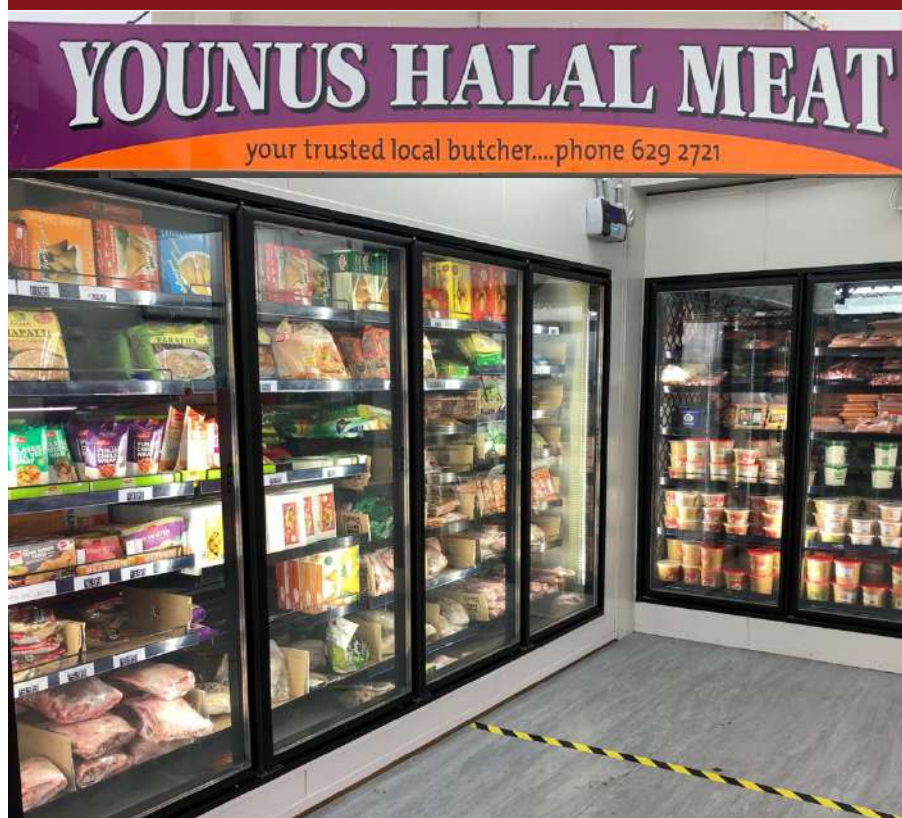


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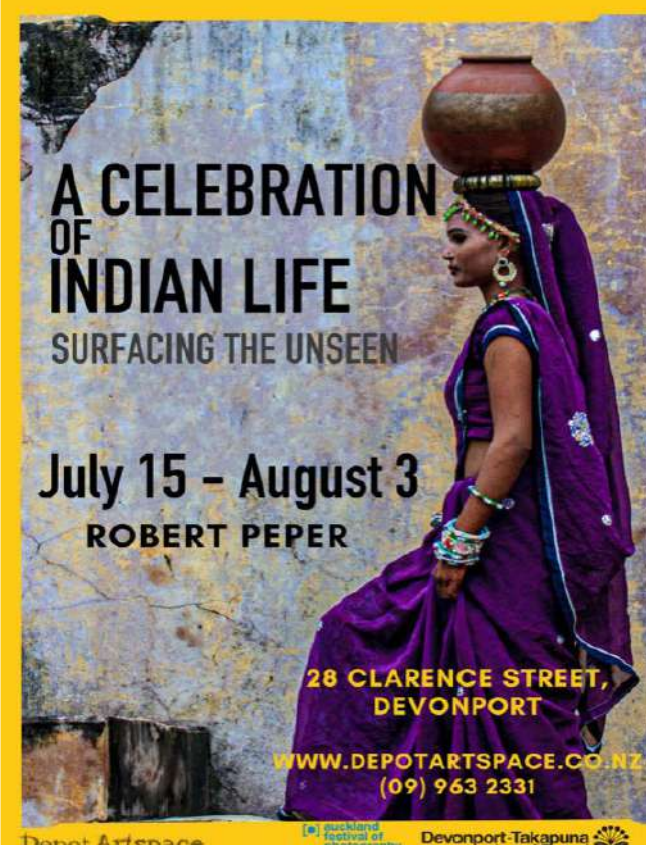
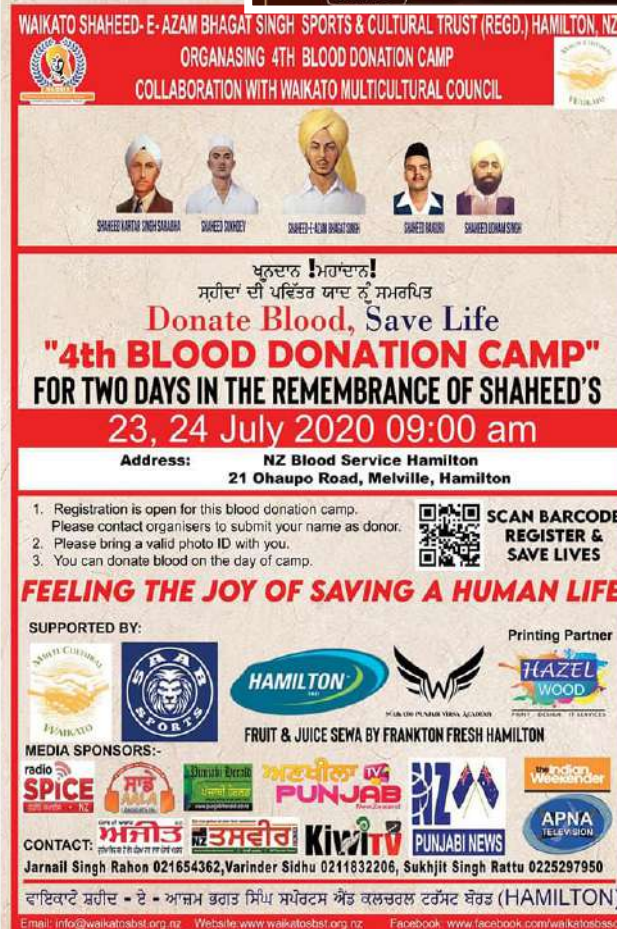
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