

CIF E-Newsletter



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Chair's Message

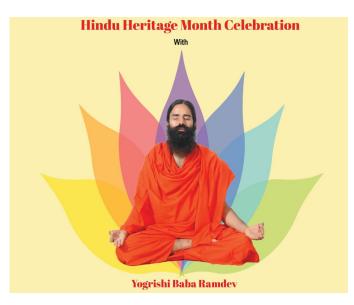


Looking forward to a newer and better year

Hello friends. We are going into what is traditionally called the festive season, a season of giving, of rejoicing and gratitude. It is also a time we are under the dark cloud cast by the pandemic. Canada is in the midst of a second wave as are several countries including India. We are far from free of this scourge. Governments everywhere are readjusting their priorities and budgets to bring relief to the people and businesses that have been robbed of their livelihoods. Canada's budget, announced recently, is an example of an effort by our government to cope with the crisis through fiscal measures. Yes, we are getting into unknown territories with this level of deficits, but what other options do we have?

It is not all dark on the Covid19 front. The arrival of fully tested vaccines is imminent. Government of Canada revealed plans to inoculate people in the high-risk groups, starting in the new year. In the following months, it is hoped that millions more will be vaccinated and protected. The light is visible at the end of the long tunnel. Let us be thankful for

Community Celebrates Hindu Heritage Month with Great Enthusiasm



The Hindu Heritage Month in Ontario was celebrated in a unique virtual event on November 29th, 2020 hosted by the Canada India Foundation and several Indo Canadian organisations. The event brought together close to fifty community and religious organizations on a common platform to present and promote the salient features of the millennia-old Hindu heritage. The main speaker was the revered spiritual guru Yogrishi Baba Ramdev Ji who spoke on Hindu Heritage and its relevance to the modern world. The event was sponsored by the ICICI Bank Canada and the Kothari Group. (Read more) Click here to watch

"Spirituality is the main culture and nature of India"

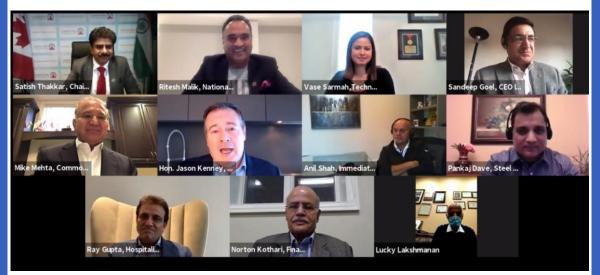
29 November 2020: Yogrishi Baba Ramdev was the Main Speaker at a virtual event on November 29, hosted by the Canada India Foundation, in collaboration with dozens of Hindu temples and Indo Canadian organizations to celebrate the Hindu Heritage Month in Ontario. The following are excerpts from his talk.



Today, our topic is Hindu Philosophy and its Relevance. What is the scientific basis of our Hindu culture? Today, we see two dominant themes, one is materialistic and the other spiritual. Material success is important, we deserve all the wealth and health in our lives. We must work toward achieving out goals in every sphere – technology, science, resources, prosperity, power – we should have all these. They are essential in order for you to be able to do more in your life. The whole world is engaged in that effort. What we refer to as pusharth or abhudaya. But you can have all these, but if you do not have peace, you are left with a feeling of incompleteness. Without a spiritual dimension, you cannot live a peaceful life. **(Read more)**

CIF Speaker Series

Out of this should emerge a reality that I have been talking about for 15 years which is that India obviously is and should be our closest ally, politically, strategically and commercially – Premier Jason Kenney



While welcoming Alberta Premier Jason Kenney, the Guest Speaker at

the CIF Virtual Speaker Series held on November 21, 2020, CIF Chair, Satish Thakkar offered to work with the Province and its Premier, "Jasonbhai" in every way possible to create and promote bilateral engagement between the Province and India. Thakkar added, "Alberta is facing some of the most difficult challenges in its history. But the inspirational leadership of Premier Kenney has kept the hopes of a revival alive among its citizens. Alberta was the key factor in Canada's economic recovery during the 90s and early part of the new century. Under Premier Kenney's able leadership, the Province may yet regain its preeminent position soon." (Read more.)

For the full presentation, click here.

Pulse Reading As A Tool For Maintenance Of Health



Nadi Guru Acharya Vaidyaraj Sanjay Kumar Chhajed, founder and director of Nadi Guru Pulse Diagnostic Training and Research Centre in Mumbai was the main presenter on the virtual series on Ayurveda being hosted on the CIF platform. Dr. Sanjay Kumar, who was the 5th expert to feature on the series, explained a less known, but critical tool of diagnosis known to Ayurveda, called Nadi (pulse) reading. He said that self reading of one's pulse is one of the best methods to manage individual health. (**Read more.**)

For presentation <u>click here</u>. To see the video <u>click here.</u>

HEADLINES

Canada's Deficit to Hit \$381.6 Billion



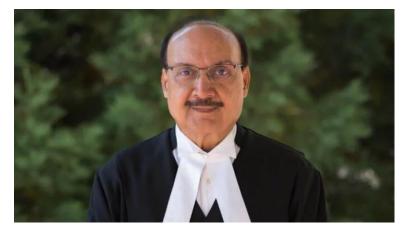
Ottawa unveiled a new round of financial supports to respond to the second wave of the COVID-19 pandemic in Canada, as the latest projections show the national deficit is projected to hit a new high: at least \$381.6 billion this fiscal year. The deficit is growing for several reasons: ongoing pandemic supports, \$25.1 billion in newly-announced programs aimed at getting badly-hit businesses through the next few months, as well as the early allocations being made to help rebuild the economy once the urgent health crisis passes. (**Read more.**)

Obama calls Trump era an 'anomaly' in Canada-U.S. relations



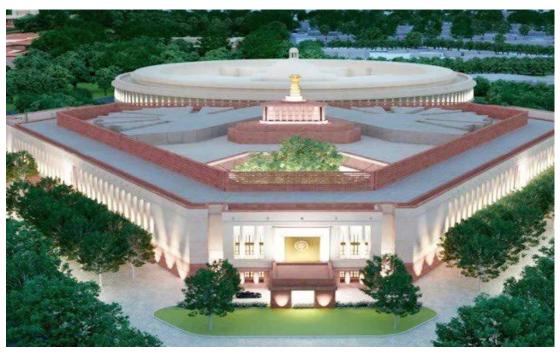
In a CBC Radio interview with host Matt Galloway, former US President Barack Obama, spoke on the state of the Canada US relationship and the implications of a Biden Presidency on bilateral ties. "I'll be honest with you: On my scale of worries, in the aftermath of the Trump administration, the relationship between the United States and Canada is not at the top of the list. I think that is one that actually can be mended relatively quickly." For interview on CBC Radio, <u>click here</u>.

Raj Chouhan becomes first Indo-Canadian Speaker of the B.C. Legislature



Raj Chouhan, five-time MLA for Burnaby-Edmonds, has been chosen Speaker of the B.C. Legislature, becoming the first Indo-Canadian to serve in the position in Canada. "I am truly grateful to have been entrusted with this role by all members of the legislative assembly," Chouhan said. "As a proud member of the Indo-Canadian community, I am tremendously proud of this historic occasion and honoured to continue my public service in this new role." Chouhan was first elected in 2005 and served as deputy Speaker in the previous legislature. He immigrated to Canada from the Punjab in 1973 and started working on a farm. (Read more)

Construction Begins on India's New Parliament Building



Almost a hundred years after its first parliament building was built by India's colonial masters, new India is getting a brand new facility that will rival the old in all its dimensions. Prime Minister, Narendra Modi, laid the foundation stone for a new building complex in New Delhi on

India Becomes 4th Country in the World with Its Own GPS



The International Maritime Organisation (IMO) has recognised India's NavIC as a component of the World-Wide Radio Navigation System (WWRNS), the Indian Space Research Organisation said. This makes only the fourth country in the world, after the US, Russia and China to have its own dedicated satellite mapping system. (**Read more.**)

India's Stocks Index Hit Record High



India's main stock market index extended its rally to scale new peaks in the second week of December, with the S&P BSE Sensex index crossing the 46,000 mark for the first time ever, amid optimism on a fast recovery from the coronavirus-caused economic slowdown. (<u>Read</u> <u>more.</u>)

Understanding India's Farm Bills



India's Farm Bills have not only got a section of Indian farmers agitated; they have come out to the highways and streets to show their displeasure, demanding total repeal of the laws. The government of India, while agreeing to negotiate, has sent the signal out that negotiations have to be done in a fair give and take manner and that genuine issues will be addressed. The following links are attempts to explain the Farm Bills, by the Minister of Agriculture in India in a recent **press conference** and another independent <u>commentator</u>.

Indian Origin MP Takes Oath in Sanskrit



New Zealand MP Gaurav Sharma took oath in Sanskrit, becoming the second overseas Indian-origin leader to do so after Suriname President Chandrikapersad Santokhi. Sharma said that he speaks multiple Indian languages and wanted to choose a language that would represent a wide range of current languages spoken in India. (**Read more.**)

Canada Visa Application Centres Open



Canada visa applicants who have submitted online applications for family class priority—spouses, partners and children category started enrolling biometrics at the Canada Visa Applications Centres in six Indian cities from November 25. Effective from December 2, visa applicants who have submitted online applications for student category and family class priority can enroll their biometrics at the visa applications centres. For full report, <u>click here</u>.

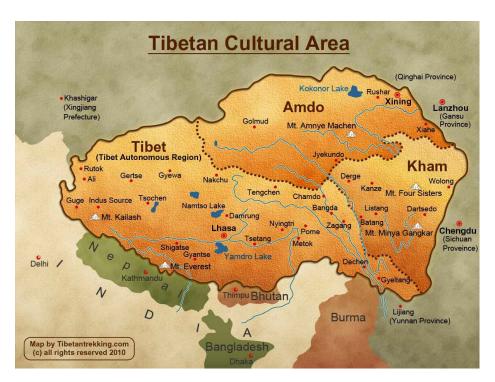
Gitanjali Rao, a 15-year-old Indo-American named Time Magazine's Kid of the Year



Gitanjali Rao, a 15-year-old Indian-American scientist and inventor has been named Time Magazine's first-ever Kid of the Year. The US-based publication announced the award on Thursday and selected Rao from a field of more than 5,000 nominees. It cited her ability to use technology to tackle "issues ranging from contaminated drinking water to opioid addiction and cyberbullying". As well as her mission to create a "global community of young innovators to solve problems the world over." (Read more)

US House passes bipartisan resolution on

'autonomous Tibet'



The US House of Representatives has passed a bipartisan resolution recognising the cultural and religious significance of an autonomous Tibet and seeking peaceful solutions to the conflict. The resolution recognised the significance of the "genuine autonomy of Tibet and the Tibetan people" and the work done by 14th Dalai Lama to promote global peace, harmony and understanding. **(Read more)**

Canada to Return Stolen Statue to India



India will soon get back its unique statue of Hindu goddess Annapoorna that was stolen from a shrine in the northern Indian city of Varanasi over a century ago and transported to Canada.

The statue is a part of the University of Regina's collection at the MacKenzie Art Gallery. It was a part of the original 1936 bequest by Norman MacKenzie, the gallery's namesake. While going through MacKenzie's permanent collection and preparing for her exhibition, it was artist Divya Mehra who drew attention to the fact that the statue had been wrongfully taken over a century ago. The University's interim president and vice-chancellor Dr Thomas Chase had a virtual meeting with the High Commissioner of India to Canada, Ajay Bisaria, to officially repatriate the statue, on November 19. For full report, <u>click here</u>

CIF Welcomes New Members





Nirav is co-founder of Aastha Lawyers. Prior to starting his own practice, Nirav has worked with a large Bay Street law firm in downtown Toronto. Nirav was featured in University of Toronto's 2011 edition in Nexus Magazine as part of immigrant lawyer success story. **See details**



Kamal Paul holds the position of CEO for K Paul Architect Inc. He began his architectural career in Canada in 1971 in St. John's, Nfld. He held various progressing positions at several architectural firms until he established K Paul Architect in 1978 in St. John's. **See details**

CIF Welcomes New Advisory Board Member



Arun Chockalingam, Ms, PhD

Dr. Chockalingam is Professor of Medicine and Global Health, University of Toronto; Professor and advisor to the Dean on Global Health, Faculty of Health, York University, Toronto, Canada. His experience encompasses a unique combination of global health research, policy, training, and administration in addition to international leadership within the global health community. <u>See details</u>

Dr. V. Kumar Murty, Ph.D

Dr. Kumar Murty is Professor of Mathematics at the University of Toronto and Director of the Fields Institute for Research in Mathematical Sciences. His fields of





research are number theory, algebraic geometry and their applications to Information Technology. <u>See Details</u>

Upcoming Events

CANADA INDIA





In Association with





Virtual Ayurveda Speaker Series

Session - 6 Ayurvedic Management of Various Types of Thyroid Disorders

Expert Speaker



Dr. Sadhana Babel

Special Guest



<u>Mr. Raj Saini</u> Member of Parliament

Webinar Details

Sunday 13 December 2020 Time: 10:00 am EST 08:30 pm IST

REGISTER HERE

Thyroid Disorders are very common health problems in our society today. One in five females and one in ten males are suffering from some kind of Thyroid problem. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism. Beside the abnormal functioning of Thyroid Gland, the changes in the thyroid gland's size and shape can often be felt, which can be Thyroid Nodules or Thyroid Cancer. The most common thyroid problems involve insufficient production of thyroid hormones, which is called Hypothyroidism. How hypothyroidism is treated through Ayurvedic Panchakarma (Detox) Therapy, Ayurvedic herbal medicines, dietary regimen and lifestyle modifications. A study on 120 patients revealed that the Ayurvedic Therapy is capable of reversing pathology of hypothyroidism, reducing TSH values, tapering off the levothyroxine doses even in autoimmune hypothyroid cases.



Save The Date

Sunday 27th DEC 2020 Time: 6:30 PM To 8:00 PM EST

CIF Global Indian Award 2020 Live On You Tube & f /canadaindiafoundation

More Information please visit www.canadaindiafoundation.com

Community Spotlight

Panorama India Republic Day Celebrations 2021



We sincerely appreciate any comments, feedback and suggestions from our readers and supporters. Please write to us at <u>info@canadaindiafoundation.com</u>

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<u>om</u>



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