

### **CIF E-Newsletter**











Volume 24

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### Chair's Message



### Vaccines Bring New Hope in the Fight Against Covid19

Friends let me start by wishing all of you, on behalf of everyone at CIF, a very happy and healthy new year.

The first weeks have not been very encouraging. In fact, we are facing some of the strictest lockdown measures in Ontario as the Province fights increasing number of Covid19 positive cases and the resulting fatality. At this time, let's remember those who have left us this past year, and take a solemn oath to do whatever is within our abilities to balance the situation and help save lives.

The need of the hour is to be good law-abiding citizens, always wear a mask in public or in common space, restrict unnecessary travel, take extra precautions to protect the old and the vulnerable. We all know the rule book on Covid-19; we just need to start following them in letter and spirit. (Read More)

> Citizens of the World by Ritesh Malik



All of us when we leave shores of our motherland, we all have very mixed emotions. There is anxiety, hope, lot of aspirations, dreams and above all expectation that we will be welcomed and made to feel at home. Canada has been the chosen home of millions in last so many years and rarely failed to meet their expectations. There are numerous stories all across communities of diverse backgrounds, where they proudly share rags to riches turnarounds with

their hard work and vision to make it big. But that has lot to do with resources, eco system and support base made available by a country and people already living here who opened their arms and heart for each one of us.

Canada has been love at first sight since I visited Canada for the first time about two decades ago on a business trip and every single trip since then pushed me towards me wanting to make it a home and raising a family here. And I'm glad eventually I took that decision. I always feel that sense of responsibility towards my new home and also cherish the love for my motherland which made me capable today to make some positive contribution to the society. We no longer are citizens of a specific county, the need of the hour is to be world citizens and make a positive contribution to humanity as a bigger goal.

Click here for full article

### **CIF Speaker Series**

**Ayurvedic Speaker Series Session - 8** 

### Six Tastes and their impact on Human Health



The 8<sup>th</sup> in the Ayurveda education series hosted by Canada India Foundation was held on January 3rd, 2021 with a presentation by Dr. Anupama Krishnan, Associate Professor Dept of Swasthavritta VPSV Ayurveda College, Kottakkal, Kerala. She has also been conducting classes for international students on Ayurveda. The topic of the day was the Six Tastes that humans enjoy and its implications on human health according to Ayurveda. The webinar series is being held in partnership with Canadian Ayurveda Practitioners Association, Vedic Spiritual Heritage Foundation and with the support of the Consulate General of India, Toronto. (Read more.)

### **Ayurvedic Speaker Series Session - 9**

### **Detoxification for a Healthy Body and Mind**



The 9<sup>th</sup> in the CIF Ayurveda Virtual webinar was held on January 17, 2021 with the main speaker being Dr. KSR Prasad. Among the many honours and positions he has held are Prof.& Head, Panchakarma, LN Ayurveda College & Hospital, Bhopal, Founder of Technoayurveda and Chief Faculty, Canadian College of Ayurveda and Yoga, Canada. Satish Thakkar, Chair, CIF welcomed him to the platform. Dr Prasad explained to the audience the practices of Detoxification through Panchakarma in Ayurveda and its many benefits. The webinar series is being held in partnership with Canadian Ayurveda Practitioners Association, Vedic Spiritual Heritage Foundation and with the support of the Consulate General of India, Toronto. (Read more.)

For presentation **click here**. To see the video **click here**.

### **HEADLINES**

Biden nominates 20 Indo-Americans, 13 of them women, to key positions



Washington, January 18 (Mint): US President-elect Joe Biden has nominated at least 20 Indian Americans, including 13 women, to key positions in his administration days before he is scheduled to be sworn in on 20 January. Among the Indians are Hindus, Muslims and Christians. (Read more)

### Declassified Document Mentions Key Role of India in Indo Pacific Region



A newly declassified document that lists the US foreign policy goals in the Indo Pacific states that India will play a key role in maintaining peace in the Indo Pacific region by being a counterbalance to China as well as be able to become a net provider of security in South Asia. (**Read more.**)

### India in Quest for Home-made Advanced Weapons Systems



India's Chief of Defence Staff General Bipin Rawat said that the country's ultimate objective is to reach a stage where it can win future conflicts with homemade weapon systems. His statement comes followed the government decision to purchase locally 83 indigenously-developed Tejas fighter jets for the Indian Air Force in a deal worth almost \$10 billion. (Read more.)

### **Canada Sets Ambitious Vaccination Target**



According to a CTV report, Canada has given 387,899 vaccinations in the first month after the program was started. Prime Minister Justin Trudeau has said repeatedly that his goal is to have vaccines administered to every Canadian who wants them by September, and that between 40 and 50 per cent of the Canadian population could be vaccinated by the end of June. (Read more.)

### India to Supply 20 Million Coronavirus Vaccine Doses to Neighboring Countries



India, one of the world's largest manufacturers of inoculations, plans to offer 20 million doses of Coronavirus vaccine to its neighbors as it draws up a policy to supply vials to countries across the globe. An Indian staterun company will buy vaccines from the Serum Institute of India Ltd and Bharat Biotech International Ltd for supplying to Nepal, Bangladesh, Sri Lanka, Afghanistan, Seychelles and Mauritius. Prime Minister Narendra Modi launched the vaccine program inside India on Jan. 16. (Read more.)



# SPECIAL RELATIONSHIP WITH SIKHS



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### **Upcoming Events**





### In Association with





Virtual Ayurveda Speaker Series

Session - 10

# Ayurvedic Approach in Febrile Sickness and COVID -19

**Expert Speaker** 



Dr. Somendra Mishra

**Webinar Details** 

Sunday 31 January 2021 Time: 10:00 am EST 08:30 pm IST

**REGISTER HERE** 









## CANADA - INDIA HEALTH FORUM 2021

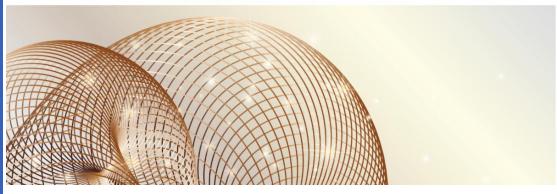
20- 21 MAY (Thu/Fri) 2021, Toronto

In partnership with

Consulate General of India, Toronto Rehab Institute and Federation of Indian Chambers of Commerce & Industry (FICCI)

### CIHF 2021 deliverables are:

- 1. Enabling private sector, government, universities and research institutions in Canada and India to collaborate in exploring Biotechnology & Al driven healthcare solutions
- Understanding lessons learnt from managing the COVID-19 healthcare crisis
- 3. Leveraging R&D in Healthcare, Biotechnology & AI to create economic opportunities and ensure better universal healthcare
- 4. Helping to shape public policy in Canada and India to provide optimum healthcare to its residents through Public-Private Partnership (PPP)



Indian Silk and Silk Blend Products Sourcing Virtual Fair



Indian Silk Export Promotion Council (ISEPC) is organizing its 8  $^{\rm th}$  & 9  $^{\rm th}$  editions of India International Silk Fairs cum RBSMs and are the exclusive premier National and International Shows, exhibiting pure silk and silk blended products including GI Products from 31  $^{\rm st}$  January to 4  $^{\rm th}$  February 2021 and 26  $^{\rm th}$  -30  $^{\rm th}$  March 2021. Click here for brochure

Click here to register

### **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 <a href="mailto:info@canadaindiafoundation.com">info@canadaindiafoundation.com</a>

### **Contact Us**

Satish Thakkar Chair satish@efgcanada.ca Ritesh Malik National Convener ritesh@riteshmalik.com **Sunita Vyas**National Co-convener
sunita@aolmississauga.co











### **Canada India Foundation**

2939 Portland Drive, Suite #300 Oakville ON L6H 5S4 Ph: 289-291-0277

E-mail: info@canadaindiafoundation.com www.canadaindiafoundation.com

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