



## Press Release

### **Ancient Health, Wellness and Immunity boosting secrets to be shared by renowned Ayurveda Practitioners**

#### ***CIF-CAPA-VSHF Sponsored Speaker Series on Ayurveda, Starting October 4, 2020***

Toronto, September 28, 2020: The ancient Indian system of medicine is set to get a huge boost of popularity when the Ayurveda Speaker Series (jointly presented by Canada India Foundation, Canadian Ayurvedic Practitioners Association & Vedic Spiritual Heritage Foundation) goes online, starting October 4, 2020, 10:00 am (Toronto time). Speaking on the initiative, CIF Chair, **Mr. Satish Thakkar**, noted: "Propagating the benefits of yoga and Ayurveda has always been one of our core goals. Recently, yoga has caught the eye of the world like never before, we need a similar push to allow Ayurveda to take its rightful place among the alternate medicine systems."

CANADA INDIA  
FOUNDATION



  
Consulate General of India  
Toronto, Canada

In Association with

 Canadian Ayurvedic  
Practitioners Association

  
Vedic Spiritual  
HERITAGE FOUNDATION

#### **Launch of Virtual Ayurveda Speaker Series**

#### **Session-1**

### **Ayurveda Guidelines for Selecting Healthy Food**

#### **Expert Speaker**



Prof. M S Baghel,  
MD (AY), Ph. D

#### **Guests of Honor**



Hon. Michael Tibollo  
Associate Minister, Ontario



Dr. Sudhanshu Trivedi  
Member Parliament  
(Rajya Sabha)



Ms. Apoorva Srivastava  
Consul General

#### **Program:**

**October 04, 2020**  
**Time: 10:00 am EST**  
**7:30 pm IST**

The Series comes at a critical time in the world history as countries and communities struggle to overcome the Covid19 pandemic, shutting down economies and playing havoc with healthcare budgets. Thakkar added,

health. We need the wisdom of Ayurveda to make preventive healthcare right and centre of our healthcare system. We hope this initiative will prepare the grounds for the eventual acceptance of Ayurveda as a regulated profession in Canada.”

**Ritesh Malik**, National Convenor, CIF, said, “Those of us who have grown up in India may be aware of Ayurveda. And yet, so often, many dismiss this very effective system of medicine as something archaic. In the past few decades, several initiatives have been undertaken to bring ayurvedic discoveries into line with modern science. We hope that the speakers will bring this up during their presentations to fill in the gaps for the benefit of the audience.”

India’s Consul General in Toronto, **Ms. Apoorva Srivastava**, said, “I congratulate CIF, CAPA & VSHF for this great initiative of connecting best Indian ayurvedic doctors with the audiences in the West. This Ayurvedic system of medicine is over 5000 years old and today it is more relevant than ever before as we are navigating through the pandemic phase like COVID-19. I hope this series of lectures will generate more awareness among the people regarding great system of Ayurveda and make it more acceptable to people here.”

Featured in the CIF Ayurveda Series are 25 of the most respected practitioners of Ayurveda from India and the rest of the world. Each expert will present a common health issue and detail how Ayurveda treats and manages them. Some of the concerns that will be taken up for discussion are:

- Ayurvedic management of Covid19 complications
- Ayurvedic management of anxiety and depression
- Immunity-enhancing effects of rasayana drugs mentioned in the ayurvedic literature
- Ayurvedic management of diabetes Type 1 and 2
- Role of ayurvedic detox procedures

The lecture series covers the whole spectrum of preventive health and common diseases from pulse reading to multiple sclerosis. **Vaidya Harish Verma**, President, Canadian Ayurvedic Practitioners Association, remarked, “Ayurveda has been recognized as a traditional holistic medicine system by the World Health Organization (WHO), which is widely practiced in India and Sri Lanka as a government-recognized & regulated Traditional System of Medicine. The primary aim of our Association is to make Ayurveda Traditional System of Health Care available for everybody in Canada, he said. Statutory regulations are required for ‘Ayurvedic Practitioners’ in Ontario to safeguard the public from incompetent practitioners.”

The CIF-CAPA-VSHF sponsored Ayurveda Speakers Series has already elicited considerable amount of curiosity and interest among the diaspora as well as concerned health professionals in Canada.

The inaugural address will be delivered by **Dr. M.S. Baghel** on the topic of healthy eating according to ayurvedic principles. On hand to bless and encourage the launch of the Series on October 4 will be a distinguished panel: **Hon. Michael Tibollo** (Ontario’s Associate Minister of Mental Health and Addiction; and **Dr. Sudhanshu Trivedi** (Member of Indian parliament and health activist); along with Consul General of India, **Ms. Apoorva Srivastava**.

The lecture series will be held on Zoom platform and will repeat every fortnight.

**To pre-register, click here.**



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