

CANADA INDIA FOUNDATION



CIF E-Newsletter



Volume 30

Issue #17

July 2021

Chair's Message



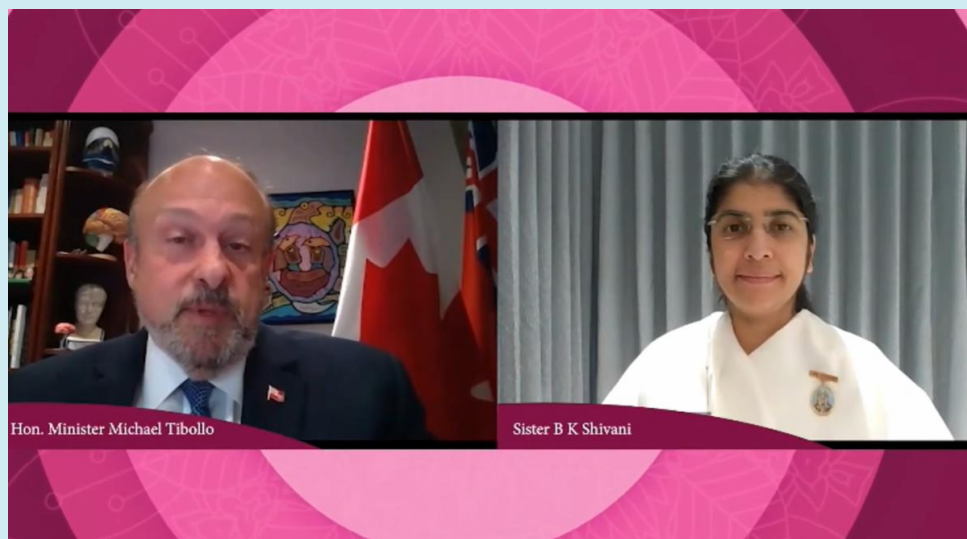
Time to Grow Stronger Together

Hello friends. Canada's vaccination record has been a mixed bag in the past one year. After being ahead of the curve globally in proactively acquiring the necessary doses for its citizens, we were hit with a series of challenges, most of which we had no control over, including supply issues and uncertainty regarding the various vaccine regimes. At last, we are on the right track, riding along at a fast pace, to meet targets. Over 50% of Canadians are now protected having received both the doses, and almost 70% have had their first doses as of middle of July.

We are very close to the ideal 75% mark of full vaccination targets recently set by our Public Safety Minister, Bill Blair, before we can start opening our borders. In the meanwhile, Ontario and other provinces are gearing for a gradual opening that would see robust economic activities resume, cautiously at first, but in the absence of any further surges and people still adhering to the needed preventive measures, we are good to

Celebration of 7th International Day of Yoga 2021

Open Minds-Healthy Minds



The Canada India Foundation celebration to mark International Yoga Day 2021 was held on June 20 in two sessions. The evening featured renowned spiritual teacher, Brahma Kumari Sister Shivani in conversation with Ontario's Associate Minister of Mental Health and Addiction, Michael Tibollo. Other dignitaries who joined the special evening, titled Open Minds, Healthy Minds, were Sister Mohini for Brahma Kumari organization, USA, India's High Commissioner, H.E. Ajay Bisaria and India's Consul General in Toronto, Apoorva Srivastava. ([Read more](#))

[Click here to watch recording of program](#)

CIF International Yoga Day Writes New Chapter in Integrated Medicine



Toronto: Canada India Foundation (CIF) marked the 7th Anniversary of International Yoga Day on Sunday June 20 with a virtual event that saw the participation of medical experts, diplomats and policy makers from Canada and India. The theme chosen for the Day was **Cardiovascular Prevention and Rehabilitation – an Integrated Approach**. The long-felt need for bringing different medicine systems together to overcome the huge health challenges has resulted in the recently announced initiative between CIF and the University Health Network (UHN). ([Read more](#))

[Click here to watch recording of Program](#)

Indian NGO Thanks CIF's Support for Food for Survival Program in Assam



#FOODFORSURVIVAL

Assam, Jorhat
Activity Report, Supported
by Canada-India
Foundation

CANADA INDIA
FOUNDATION



Democracies Working Together



Responding to the brutal situation in India following the second wave of Covid-19 that robbed millions of their livelihood, DevPro and IndiaDonates supported by Canada-India Foundation launched a project titled, Food for Survival, in the Indian state of Assam. As the country begins to unlock and people are trying to rebuild their lives, the urgent need is to provide food security.

To improve food accessibility, DevPro-INDIAdonates launched its mega FoodForSurvival Mission across 13 states in India by kickstarting their campaign with the help of Canada-India Foundation in Jorhat, Assam, serving wholesome grocery kits to 270 families from ultra-poor communities. Partner NGO, North East Affected Area Development Society through its volunteers, was able to reach the families despite mobility and containment zone challenges. The initiative is currently in the process of mobilizing more resources to reach another 6600 needy families.

Sandeep Sharma, Founder, India donates, said while thanking CIF for their support, "In times like these the support from Canada-India

Foundation has immensely helped DevPro-INDIAdonates to reach to communities who are affected by multidimensional poverty. It gave the added impetus to the program to amplify our reach and maximize the output. I m truly thankful to CIF for this generous support and timely intervention."

To view their full activity report [click here](#)

Ayurveda Speaker series Session - 20

Ayurvedic Management of Anxiety & Depression



Vaidya Harish Verma, President CAPA



Vaidya Ashlesha Raut, Director Ayurveda for Healing, U...



Lesley Parnell, Councillor, City of Peterborough



Satish Thakkar, Chair, CIF

The 20th installment in the ongoing CIF Ayurveda Speaker Series was held on July 11, 2021, with Vaidya Ashlesha Raut as the expert speaker on the pressing issue of the day – Anxiety and Depression. ([Read more](#))

[Click here to watch the session](#)

Ayurveda Speaker series Session - 19

Ayurvedic Management of Anal Fissure



The 19th CIF Ayurveda Speaker Series was held on June 27th, 2021, the day Canada celebrates as Multiculturalism Day. On the virtual platform were Satish Thakkar, Chair and Ritesh Malik, National Convenor, CIF, Vaidya Harish Verma and the Ayurveda expert, Professor Hemant Kumar. [\(Read more\)](#)

[Click here to watch the session](#)

Ayurveda Speaker series Session - 18

Ayurvedic Management of Benign Prostate Enlargement and Urological Disorders



In the continuing series on CIF Ayurveda Series, Prof. Narayan G. Shahane, Medical Director, Brahma Ayurved Multispecialty Hospital, Gujarat, India, made an evidence-based presentation on how Ayurveda manages a most pressing health issue that affects a third of all men above 50 on CIF virtual platform on June 17. [\(Read more\)](#)

[Click here to watch the session](#)

HEADLINES

India's Covaxin Trial Data 'Good'



The chief scientist at WHO, Soumya Swaminathan, was recently quoted as saying that India's indigenously developed vaccine, Covaxin, is showing 'quite high' efficacy levels. ([Read more.](#))

India Mourns Passing of Legendary Actor Dilip Kumar



Describing him as a thespian whose charm transcended all boundaries, India's President Ram Nath Kovind tweeted, "Dilip Saab will live forever in the heart of India". ([Read more.](#))

India Set to Share its Co-Win Platform with the world

Indian Prime Minister, Narendra Modi, said that the locally developed Co-WIN platform for managing COVID-19 vaccination, will soon be Open Source for the benefit of other countries. ([Read more.](#))



India to Canada: Speed up study permits before new semester starts in September

India has conveyed its concerns to the Canadian government regarding hurdles that more than 33,000

Indian students are facing in their bid to reach Canada in time as the new semester at various universities start in September. [\(Read more\)](#)



India Announces Free Visas for Tourists



In an attempt to revive the tourism sector, India will be issuing half a million tourist visas free of cost on a first come first served basis. [\(Read more.\)](#)

Question Mark over Direct Flights from India

The current ban on direct flights from India to Canada is set to expire on July 21. Will Ottawa extend it a third time is the big question facing stakeholders. [\(Read more.\)](#)



CIF Member in News

Smart Villages Bridging the Global Urban - Rural Divide

Editors: Lakshmanan, V.I., Chockalingam, A., Murty, V.K., Kalyanasundaram, S. (Eds.)

This book brings together technical expertise, best practices, case studies and ground-level application of the ideas for empowering the rural population of the world to live economically prosperous, environmentally sustainable, and socially progressive lives, on par or comparable with the quality of life enjoyed by the global urban population.

- Consolidates all the aspects of creating/developing a Smart Village
- Delivers an effective tool-kit for practitioners in the area of Smart Villages

- Provides a policy-based framework for the development of an ideal Smart Village
- Illustrates, through case studies, the fulfillment of key requirements of a Smart Village
- Brings together experts from around the world to share their vision of a Smart Village
- Highlights the importance of balancing development with social/gender equity and cultural traditions

V. I. Lakshmanan
Arun Chockalingam
V. Kumar Murty
S. Kalyanasundaram *Editors*

Smart Villages

Bridging the Global Urban-Rural Divide

 Springer

Norton Kothari

CIF Board of Governor member
Mr. Norton Kothari, has been appointed as Board member of Trillium Health Partners Foundation.



Upcoming Events

Ayurveda Speaker Series Session 21

Ayurvedic Management of Dementia

Expert Speaker

Dr. Milind Patil

Sunday July 25th, 2021

Time: 10:00am to 11:00am EDT

[Register here](#)



Dementia, a state of memory deterioration and thinking, leads to impaired behavior and the inability to perform routine activities.

With increase in the longevity, the dementia prevalence is increasing the world-over. According to Ayurveda, as the person becomes old, there is increase in Vata dosha and this leads to a condition like dementia,

although, it is not normal part of aging.

Dementia is quite common, almost 60 to 70 percent, in patients of Alzheimer's disease. Ayurveda, the ancient science of life, offers not only the behavioral routine including certain spiritual practices, but also certain Nootropic medicines, like Withania somnifera, Tinospora cordifolia, Bacopa monnieri, and Glycyrrhiza glabra for treating and preventing deterioration in mental faculties.

CIF Annual Charity Golf Tournament Set for August 25th, 2021

The 6th annual charity gold tournament organized by Canada India Foundation in support of families of Fallen Heroes in Canada and India are set for tee-off on August 25, 2021, at the Royal Ontario Golf Club, Hornby, ON. The tournament will observe all the Covid-19 protocols in force at the time.

As usual, the support for this noble cause has been excellent with foursomes already fully sold out! The CIF charity golf has raised hundreds of thousands of dollars for the designated causes thanks to the active participation by the membership and supporters elsewhere. The man who has helmed this initiative for the past six years, and an avid golfer himself, **Anil Shah**, Chair CIF Golf Committee, thanked all who have joined the tournament and informed that there are still a few sponsorship opportunities available. Interested parties can contact Mr. Anil Shah at 289-291-1101.

CANADA INDIA
FOUNDATION



Democracies Working Together

6TH GOLF TOURNAMENT

We are counting on your support during these difficult times by joining us
on the golf course to help raise funds for the

*Families of the Fallen Soldiers in
Canada & India*

FOURSOMES SOLD OUT

**Wednesday
August 25th,
2021**

Royal Ontario Golf Club

Hornby, Ontario +1 (877) 769-2518

LIMITED SPONSORSHIP OPPORTUNITIES STILL AVAILABLE
Please call Anil Shah 289-291-1101

**Indian Fashion Jewellery & Accessories
Show (IFJAS 2021)**

Press Release

IFJAS 2021 - VIRTUAL : 27-30 JULY 2021

Source fashion jewellery & accessories from leading Indian manufacturers at
www.ifjas.in

Coordinated and contrasting fashionable jewellery, accessories and face covers have become the look definers today. Log on to IFJAS 2021 - The 14th edition of Indian Fashion Jewellery & Accessories Show, to be held from 27th to 30th July , 2021 online, and *find fashion to be!*

[Click here for details](#)

Spotlight

Indian-Origin Man First Person of Colour to Be Named for Canada SC



In a first, Canada Prime Minister Justin Trudeau on Thursday, 17 June, announced the nomination of a person of colour to the Supreme Court. The nominee, Mahmud Jamal, was born to an Indian family in Nairobi in 1967 and was brought up in Britain before his family migrated to Canada in 1981, as per an AFP report. [\(see more\)](#)

Experience India in one day in the safety of your car!

ICICI Bank | Canada
**INDIAN @
HEART CLUB**

FIRST
TIME
EVER



**FREE
ENTRY**

REGISTRATION
Link to Follow



Live
Performances

Indian
State pavilions

Give Aways

Diamond Sponsors



mississauga
tourism

Gold Sponsors



SBI Canada Bank



THE KOTAMARTI GROUP
Chartered Professional Accountants

Presents



in partnership with
**mississauga
tourism**

JOIN THE
HISTORIC
RIDE!



Date & Time

Sunday, 15th August 2021
11:00 am - 7:00 pm

Location:

PARAMOUNT FINE FOODS CENTRE
5500 Rose Cherry Pl, Mississauga.

Mera India, Humara India



www.panoramaindia.org | info@panoramaindia.org

[panoramaindia](#) [panoramaindiao](#) [panoramaindia](#)



Consulate General of India
Toronto

GLOBAL PRAVASI RISHTA PORTAL



CONSULAR



COMMUNITY WELFARE



EVENTS & CULTURE



EDUCATION

REGISTER

Register on
<https://pravasirishta.gov.in/home>

INFORMATION

Learn all the latest information
about government schemes for
Indians abroad.

RAISE QUERY

Raise queries on Consular issues,
community welfare and current
events.

GIVE FEEDBACK

Communicate your opinion
and ideas about policy issues
to the government.



HelpAge Canada has raised \$5,448 on a goal of \$12,000 for our India COVID-19 Emergency Relief Campaign.

The next arm of our campaign is focusing on Rajasthan. COVID-19 is having a devastating effect on older people in Rajasthan, including the dire economic and social repercussions. Older people are struggling to meet their basic needs with a loss of income, returning unemployed family members, and limited access to social, health and economic support.

HelpAge Canada is working with our local partners to provide:

- food and hygiene kits for older men and women and their households to support their food and hygiene needs for two months
- home isolation kits for older people who have tested COVID-19 positive

The **food and hygiene kits** will include wheat flour, pulses, edible oil and spices and hygiene supplies such as masks, sanitizer, and soap.

The **home isolation kits** will include a pulse oximeter, thermometer, vitamin C and zinc tablets, masks, sanitizer and a printed guide on COVID (prevention, protection and vaccination information).

HelpAge Canada works in partnership with others to improve and maintain the quality of life of vulnerable older persons and their communities in Canada and around the world. We are partnering on this emergency effort for India with HelpAge USA, Age International, HelpAge Korea, HelpAge Germany, DEC, and GRAVIS.

Please help us reach our goal by giving a gift at helpagecanada.ca/india today.



FOLLOW US



205-1300 Carling Avenue, Ottawa, ON K1Z 7L2 | 613-232-0727 | 1-800-648-1111
www.helpagecanada.ca | info@helpagecanada.ca

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

Contact Us

Satish Thakkar
Chair
satish@efgcanada.ca

Ritesh Malik
National Convener
ritesh@riteshmalik.com

Sunita Vyas
National Co-convenor
sunita@aolmississauga.com



Canada India Foundation

2939 Portland Drive, Suite #300

Oakville ON L6H 5S4, Ph: 289-291-0277

E-mail: info@canadaindiafoundation.com

www.canadaindiafoundation.com

Disclaimer: This monthly e-newsletter is produced by the Canada India Foundation (CIF), a registered not-for-profit organisation with an aim to provide meaningful communication between its own board of governors and with a larger audience of policy makers and industry leaders. Views expressed by writers are their own and the CIF does not necessarily agree with them. We do not claim to provide any advice on any subject. Similarly, we are not liable for any misrepresentation or misleading claims made by an advertiser. Content provided in this newsletter is for general information purposes only.