

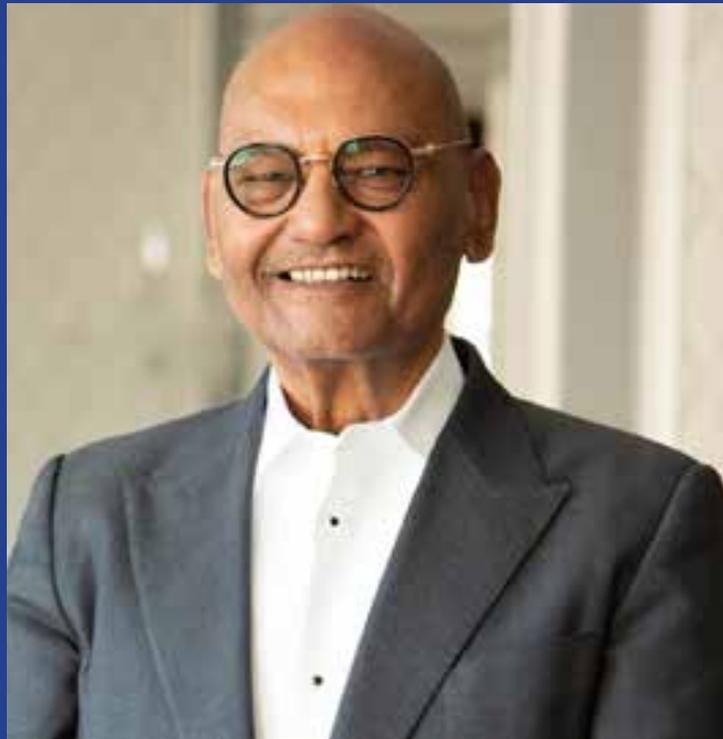
CANADA INDIA
FOUNDATION



Democracies Working Together

GLOBAL INDIAN AWARD GALA 2022

HONOURING



ANIL AGARWAL

Founder & Chairman
Vedanta Group



KOTHARI
GROUP

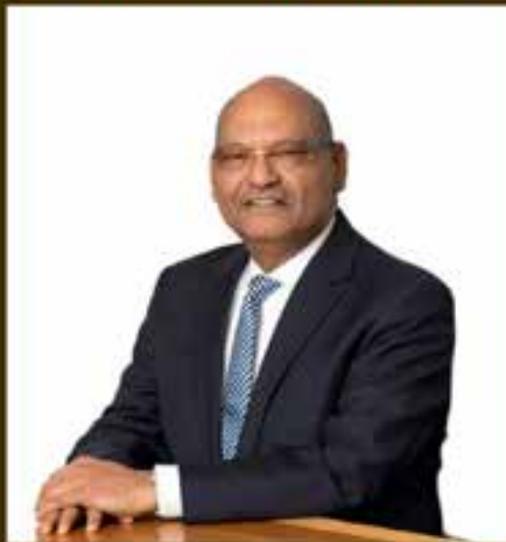


Canada-India Partnership
Engage-Evolve-Elevate



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ANIL AGARWAL



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CIF GLOBAL INDIAN AWARD GALA 2022





PRIME MINISTER · PREMIER MINISTRE

September 30, 2022

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 2022 Global Indian Award Gala, hosted by the Canada India Foundation (CIF).



The CIF Global Indian Award pays tribute to citizens who have demonstrated global leadership, vision and personal excellence. I would like to congratulate this year's award recipient, Mr. Anil Agarwal. Your many accomplishments make you most deserving of this prestigious honour.

The theme for this year's event, "Canada India Partnership: Engage – Evolve – Elevate," highlights the commitment of CIF to fostering Canada-India relations. Our two countries have a strong, longstanding and vibrant relationship built on our shared traditions of democracy and pluralism. Our close bond is strengthened by a community of more than 1.4 million Indo-Canadians who make important contributions to our country's multicultural fabric and prosperity.

Please accept my best wishes for a memorable evening.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada



16 September 2022

MESSAGE

I am delighted to learn that Canada India Foundation is continuing its wonderful tradition of organizing the CIF Annual Global Indian Gala Award, and this the event will take place on 30th September 2022 on the theme "Canada India Partnership: Engage. Evolve. Elevate."

Since its inception in 2007, Canada India Foundation has taken a leadership role in promoting bilateral relations between India and Canada by undertaking various activities to promote political, economic, cultural and people-to-people engagement between stakeholders in both the countries. I congratulate Canada India Foundation for actively advocating and promoting stronger relations between India and Canada and also carrying out fundraising activities for the welfare of our communities.

I am happy to note that this year's Gala Award will be the 10th edition of CIF Annual Global Indian Gala Awards. In past editions, business titans like Ratan Tata, N. Narayana Murthy and renowned personalities such as Rt. Hon'ble Stephen Harper and Baba Ramdev have been recipients of the award.

It is no surprise that the CIF Annual Global Indian Gala Award and the function have become a keenly anticipated event in the business circles in Canada.

I wish this year's 10th edition of CIF Annual Global Indian Gala Award event all the success and hope that Canada India Foundation will continue its stellar work.




(Manish)

Acting High Commissioner of India to Canada



I am pleased to extend my warm greetings and congratulations to the Canada India Foundation (CIF), and all of its members and supporters, on the occasion of your 2022 Global Indian Award Gala. You can all be proud that the CIF continues to make a valuable contribution to Canada-India relations through philanthropy, policy development and awareness raising.

At the heart of Canada's relationship with India are our strong and growing people-to-people ties. Canada is home to the world's largest Indian diaspora, *per capita*, and Indo-Canadians are leaders in every walk of life of Canadian society – from music and film, to law and medicine, to business and politics.



Together, Canadians and Indians are making each other more prosperous. The Canada-India economic partnership is now approaching \$100 billion, and our two governments are laying the foundation for even more mutual prosperity through the recently re-launched negotiations toward a Comprehensive Economic Partnership Agreement (CEPA), to be preceded by an Early Progress Trade Agreement (EPTA).

In 2023, as India hosts Canada and the world's other leading economic powers for the G20 Leaders Summit, our two governments' collaboration to tackle international challenges - from climate change to global economic stability – will deepen even further.

I look forward to CIF's continued contribution to our vibrant bilateral relationship, and wish you all the very best for the year ahead.

Sincerely,

Cameron MacKay
High Commissioner for Canada in India
Haut-commissaire du Canada en Inde

Canada



Premier of Ontario - Premier ministre de l'Ontario

September 30, 2022

A MESSAGE FROM PREMIER DOUG FORD

Namaste. I want to extend warm greetings to everyone taking part in Canada India Foundation's Annual Global Indian Award Gala 2022. I am thrilled to join you in honouring Mr. Anil Agarwal, one of the world's most prominent industrialists and philanthropists.

I thank the Canada India Foundation for giving the global Indian community the opportunity to pay tribute this remarkable person. This event is also an occasion to celebrate the strong ties between India and Ontario — a friendship and partnership built upon strong economic, cultural, and people-to-people ties. Ontario is proud to be home to over 830,000 people with roots in India. Their skills, talents and hard work have contributed so much to our strength and helped build this great province.

Events such as this help reinforce the ties between Ontario and India and remind us of the common values we cherish.

Best wishes for a memorable gala.

A handwritten signature in black ink, appearing to read "D. Ford".

Doug Ford
Premier





MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to send greetings to the Canada India Foundation's 2022 Global Indian Awards.

Alberta is proud to be home to thousands of Canadians of Indian heritage who have helped make our province one of the greatest places in the world to live, work, and raise a family. We treasure the cultural and economic ties we share with India, which play a significant role in the well-being and prosperity of the people of both our great nations.

The CIF Global Indian Award is a wonderful way to celebrate individuals who strengthen those bonds and whose accomplishments shine a bright light on India and the global Indian diaspora. Congratulations to Mr. Anil Agarwal, Founder and Chairman of the Vedanta Group, on being named to this prestigious group.

Thank you to all those who helped make this event possible, and to the leadership of the CIF for your steadfast commitment to strengthening bilateral relations between Canada and India.

Best wishes for a wonderful evening.



Hon Jason Kenney, Premier of Alberta





**PREMIER
OF MANITOBA**

Legislative Building
Winnipeg, Manitoba R3C 0V8
CANADA

A MESSAGE FROM THE PREMIER

On behalf of all Manitobans, I am pleased to welcome you to the Canada India Foundation (CIF) Global Indian Award Gala 2022.

Established in 2007, the CIF has helped strengthen bilateral relations between Canada and India while helping Indo-Canadians succeed in everything they do. The CIF Global Indian Award recognizes outstanding individuals who have demonstrated global leadership, vision, and personal excellence. It celebrates the many people who have helped to strengthen the bond between the great country of India and the other vibrant democracies of the world.

I wish to congratulate Mr. Anil Agarwal, Executive Chairman of the Vedanta Group, on receiving the 2022 CIF Global Indian Award. A self-made billionaire and proud Indian entrepreneur, Mr. Agarwal believes in the boundless potential of India's economy. Vedanta Group alone contributes 1% to India's GDP and continues to be an international leader in natural resource extraction and processing. Mr. Agarwal is also a generous philanthropist who has committed to donating 75% of his family's wealth to charity.

Our government fully supports the CIF in its mission to strengthen bilateral ties between Canada and India for the benefit of both our democracies. I extend my sincere congratulations again to Mr. Agarwal and all those involved in organizing the CIF Global Indian Award Gala 2022.



The Honourable Heather Stefanson



On behalf of the Government of New Brunswick, and our citizens, I am pleased to offer greetings to everyone attending the Canada India Foundation's 2022 Global Indian Award Gala.

I would also like to extend a warm Maritime welcome, and our sincere congratulations to Mr. Anil Agarwal as you receive this honour in recognition of your global economic leadership and philanthropy.

The CIF's Global Indian Award Gala also offers an occasion to celebrate the deep cultural, social, and economic ties between Canada and India, as well as the significant contributions of Indo-Canadians in our local communities.

Our Province has made it priority to strengthen ties with India. We were proud to open new trade and investment offices in Delhi and Bangalore as we work to forge new economic and social connections.

We look forward to continuing to build upon this strong foundation of friendship and respect, as we explore every opportunity that contributes to our mutual prosperity and quality of life.

Sincerely,



Blaine M. Higgs



September 13, 2022

Mr. Satish Thakkar
Chair, Canada India foundation
2939 PORTLAND DRIVE, SUITE # 300,
OAKVILLE ON L6H 5S4

Mr. Ritesh Malik
National Convener
2939 PORTLAND DRIVE, SUITE # 300
OAKVILLE ON L6H 5S4

Dear Mr. Thakkar and Mr. Malik:

Canada India Foundation Annual Global Indian Award Gala – Engage. Evolve. Elevate

Thank you for your letter of August 23, 2022, requesting the Government of the Northwest Territories (GNWT) to provide a traditional message of greeting on the occasion of the Canada India Foundation Global Indian Award Gala 2022. We appreciate your efforts to include the GNWT as part of this occasion that recognizes and celebrates the achievements of the Indo-Canadian community in promoting and furthering strong relations between Canada and India.

We believe that strong relationships and partnerships are key components to a brighter and prosperous future for everyone, whether it is supporting a specific cause or addressing existing barriers or enriching the lives of the people we serve on a national or global scale. The work undertaken by your organization to highlight opportunities for collaboration and to identify approaches to support welfare initiatives is commendable.

We wish you all the best in your future endeavors and much success with the upcoming Annual Global Gala.

Sincerely,

Caroline Cochrane
Premier

- c. Shaleen Woodward, Principal Secretary
Martin Goldney, Secretary to Cabinet/Deputy Minister
Executive and Indigenous Affairs





Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

A Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone to Canada India Foundation's 2022 Global Indian Award Gala.

I would like to congratulate the 2022 winner of the Canada India Foundation's Global Indian Award, Anil Agarwal, Executive Chairman, Vedanta Group. He has demonstrated global leadership, vision and personal excellence as a successful entrepreneur, inspirational leader and philanthropist.

Thank you to the Canada India Foundation for its work in fostering and promoting Canada-India relations, and to the many individuals who dedicated their time, energy, and hard work which makes this Award Gala possible. Themed "Canada India Partnership: Engage. Evolve. Elate.", this event allows for the renewal of acquaintances and the building of new relationships as we celebrate past achievements and plan for future successes.

Saskatchewan has enjoyed a strong, mutually beneficial relationship with India for many years, and we appreciate our thriving Indo-Canadian community. We look forward to further building upon Saskatchewan's connection with India.

Best wishes for a memorable evening.

Scott Moe
Premier



अपूर्वा श्रीवास्तव
भारत की प्रधान कौंसल
Apoorva Srivastava
Consul General of India



Consulate General of India
365 Bloor Street East, 7th Floor
Toronto, Ontario M4W 3L4
Tel: +1 (416) 960-0760
Fax: +1 (416) 960-9812
E-mail: cg.toronto@mea.gov.in



Message

I am extremely delighted to know that Canada India Foundation (CIF) is holding its annual CIF Global Indian Award Gala 2022, one of the most awaited events in Canada that brings together a large number of business and political leaders to explore new opportunities for collaboration between India and Canada.

2. I am extremely delighted to know that the recipient of this year's award is Shri Anil Agarwal, Executive Chairman of Vedanta Group, a globally respected businessman and philanthropist, who is contributing significantly to nation-building.

3. Since its inception in 2007, Canada India Foundation has been making a vital contribution in deepening relations between India and Canada. The Foundation is at the forefront of several bilateral initiatives for fostering closer economic and cultural linkages between the two countries. CIF also provides a platform for supporting worthy causes such as the welfare of the families of fallen soldiers in India and Canada.

4. I would like to commend CIF for their continued service to the community and wish them a successful gala event.


(Apoorva Srivastava)



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Peter & Pauls

VISION

ENGINEER





Look forward to the future with gusto...

Satish Thakkar, FCPA FCGA
Chair, Canada India Foundation

Distinguished guests,

We are gathered here at the Paramount Eventspace in the City of Vaughan, which we respectfully acknowledge as situated in the Territory and Treaty 13 Lands of the Mississaugas of the Credit First Nation. We also recognize the traditional territory of Huron-Wendat and the Haudenosaunee.

As Chair of Canada India Foundation, it is indeed an honour and privilege for me to greet the distinguished guests present here at the 2022 CIF Global Indian Award Gala, as we complete 15 years since the formation of CIF. The greetings also come with great relief and joy at being able to do so in person, after 3 years of COVID imposed social isolation. Thanks to our scientists and healthcare front line professionals, we have overcome and can now look forward to the future with gusto.

The challenges did not prevent CIF from being very productive in meeting its objectives. I want to briefly share highlights of what we achieved. Our most significant virtual event during this period was the 2021 Canada India Healthcare Summit, the 8th in the series of Canada India Forums organized by CIF since 2009. The Summit featured the first ever CIF Healthcare Innovation Awards, given to six young innovators, as well as announcement of a ground-breaking joint \$ 1 million research initiative with the University Health Network – Toronto Rehab on Integrated Disease Management.



One event that continued without interruption even during the COVID years was the annual CIF Charity Golf Tournament, the brainchild of CIF Member Anil Shah. The last 3 years saw the 5th, 6th and 7th tournaments. The latest event held in August, featured a record 288 golfers and raised over 100,000 dollars, which will help families of fallen soldiers in Canada and India. The tournament was only one of the many activities of CIF Charitable Foundation. The Foundation did yeoman service during the COVID years through the Thank You Meals program, in cooperation with the Hindu Federation, Ekal Vidyalaya and Tamarind Modern Bistro, serving over 25,000 freshly cooked vegetarian meals to front line workers and other needy people.

We are now embarking on the next phase of Canada India Foundation with a clear vision of our priorities and initiatives. I would like to share some of them here:

1. The impact of COVID-19 and the resulting supply chain management challenge has created inflationary pressure on the economy. In this context, India's Make in India initiative has considerable potential for both India and Canada. India's great strength is its demography, a largely young and knowledge hungry population, eager to learn any trade with employment potential. Canada is currently experiencing a skilled trade shortage in a number of professions, including doctors and nurses. A more streamlined training accreditation process in Canada,





combined with pilot training programs for selected skills in India could address Canada's current skilled resource crunch. CIF, with its ties with institutions in India and Canada could help organize the programs and accelerate the process.

2. So far, CIF's focus has been on stronger and more fruitful relations between Canada and India, mainly at the federal and provincial level. Earlier this year, CIF embarked on an ambitious mission to energize municipalities in the two countries to explore, identify and develop economic as well as cultural ties for mutual benefit. The program, titled Engaging Municipalities, was kicked off this year, identifying and interacting with select municipalities in Southern Ontario. In the coming years, the program will take the interactions to the next level, add more municipalities in Ontario and other provinces, while simultaneously doing the same with selected Indian municipalities, as well as engaging with Invest India. It has been said the 21st century belongs to India as an economic power. Its entrepreneurial environment has resulted in over 100 unicorns currently worth over \$300 billion, and a new unicorn created every week. Canada cannot miss an opportunity to partner and benefit from this growth story.

3. Canada is now the most desired destination for international students, because of the high caliber of its educational institutions, proactive initiatives by these institutions to attract international students and the opportunity provided for these students to not only get their education, but also be able to pay for it through authorization to work from the government of Canada. These students can also aspire to become permanent residents of Canada. There is consequently a flood of international Students, mostly from India who, despite taking the initiative to apply and secure admission to Canadian educational institutions, do not have the cultural grooming necessary to integrate well into their new environment and as a result suffer from mental stress. CIF can play a major role, with support from the institutions as well as government, to help the newly arriving students with the integration process.

4. During its early years, CIF had a long and fruitful interaction with the Canada India Parliamentary Friendship group, meeting the parliamentarians periodically in the Parliament Building as well as other venues and discuss ways in which the group could contribute to closer ties between Canada and India. CIF proposes to revive the group and interactions with it, in addition to complementing it with similar friendship groups at the provincial/state levels as well, to encourage and facilitate economic and other interactions between Canadian provinces and Indian states.

5. A major irritant that has developed in the post COVID days is the heavy backlog in the processing of immigration and other visa applications to Canada. The long delays in processing of all types of visas, including student and business visa, is a direct result of the heavy application volume due to Canada's popularity, and the lack of resources at the embassy level to process the applications. CIF hopes to engage with the government authorities to push for streamlining the visa issuance process, to ensure qualified students, investors, entrepreneurs and other applicants are able to obtain their visas in reasonable time.

6. CIF has long been a champion of wellness through prevention as a key public policy imperative, as evidenced by the three healthcare summits it has organized, the healthcare collaborations arising from those summits, the recent MOU between University Health Network (UHN) and All India Institute of Ayurveda (AIIA) for research in Integrated Disease Management that CIF facilitated, the organization of speaker series on Ayurveda and more. In the coming years, CIF will continue to push for greater research in Canada in the area of wellness through prevention, including collaboration with the Global Traditional Medicine Centre in India, to be set up jointly by India and World Health Organization.

7. Yoga, India's contribution to wellness of the world, is practiced in over 190 countries and through the celebration of International Yoga Day, has now become



a global phenomenon, practiced in over 190 countries. The combination of strength, conditioning and precision required in Yoga, along with clearly defined performance elements and evaluation criteria, make Yoga an ideal candidate to be a competitive sport in the Olympics, along the lines of gymnastics and figure skating which are judged on both qualitative and quantitative criteria. CIF recently celebrated International Yoga Day and will strongly advocate for this enhanced global profile for Yoga in the coming years as a competitive sport.

Today, of course, is the day that we honour the CIF Global Indian Award recipient for 2022, Mr. Anil Agarwal, Chairman of the Vedanta Group. Mr. Agarwal becomes the 10th recipient of the Award, after Stephen Harper, the former Prime Minister of Canada, who received the honour in 2019. Mr. Agarwal's life story is one that should inspire every youngster growing up, to dream big and persevere. As a person who has pledged to give 75% of his wealth to charity, Mr. Agarwal is also a philanthropic role model for all.

Major revelations about the Indian Residential Schools here during the past couple of years have opened the eyes of all Canadians to the great injustices suffered by the Indigenous people of Canada. Today, September 30, has been marked as the National Day for Truth and Reconciliation. CIF previously had the pleasure of celebrating International Yoga Day jointly with the Anishnawbe Health Foundation, on June 21, which was also the National Indigenous Peoples Day. Today, Canada India Foundation joins all of Canada in commemorating the National Day for Truth and Reconciliation by welcoming the Anishnawbe Health Foundation to the Gala. CIF expresses its sincere appreciation to Mr. Anil Agarwal for designating the \$50,000 Global Indian Award amount to the Anishnawbe Health Foundation.

The CIF Award Galas have been one of the most anticipated events in the Indo-Canadian calendar. CIF's first public event was the 2008 Award Gala, with then Prime Minister Stephen Harper as Chief Guest and India's former President Dr. Abdul Kalam. Since then, our Galas have welcomed all the Ontario Premiers during CIF's existence as well as

several high ranking federal and provincial ministers, and mayors.

As CIF completes its 15th year, it is appropriate to take pride in all that it has achieved to become the pre-eminent Indo-Canadian organization. The high profile Global Indian Award Galas, the distinctive and highly successful Canada India Forums, The Charity Golf Tournament, Interactions with the Canada India Interparliamentary Group, regular meetings with political and government leaders from both countries, sponsoring multiple visits of President Kalam to Canada, Speaker Series, Thank You Meals and many more have greatly enhanced the profile of the Indo-Canadian community. I would like to specially thank all the past Chairs and National Convenors, as well as past members for their contributions.

Everything CIF has accomplished over the past 15 years would not have been possible without the support of the offices of the High Commission of Canada in India and the High Commission of India in Canada, as well as the Consulates of India in Toronto and Vancouver. On behalf of CIF, I express my sincere thanks to them and look forward to their continued support in the future.

At a personal level, I am honoured to have been able to serve CIF as a National Convenor first and now as Chair. The past years have been very rewarding, despite many challenges, and I hope that the initiatives undertaken during this period have been worthwhile. I thank Ritesh Malik, National Convenor, Sunita Vyas, National Co-Convenor, Girish Kekre, Treasurer, Hema Bhatt, Secretary and Anil Shah, Past-Chair, as well as the Board of Governors, for their unstinting support in ensuring success of the events we have organized and the initiatives we have undertaken.

I am positive that relationships between Canada and India will flourish in the coming years, and also hope that the Indo-Canadian community will stand united for greater common good.

Satish Thakkar, FCPA, FCGA
Chair



Congratulations Anil Agarwal on receiving the 2022 CIF Global Indian Award.

Your bold vision and leadership
in creating a flourishing and
sustainable future is an inspiration
to us around the globe.

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Anil Agarwal

Chairman, Vedanta Resources Limited

Mr. Anil Agarwal's lofty status as one of India's most prominent industrialists with a base in London and presence globally, may be far removed from his humble beginnings but, such was his propensity to dream big as a youngster that, it is conceivable he had visualized his current status even decades back. Born in a small hamlet in Bihar, India, Mr. Anil Agarwal did not let his humble beginnings limit his ambition for high achievements. His father Dwarka Prasad Agarwal had a small aluminium conductor business. Anil Agarwal studied at Miller High School, Patna. After high school, he decided to join his father's business, making aluminium conductors, instead of going to university. At the age of 19, however, with dreams in his eyes, he left his small town with a lunch box and bedding for Mumbai, the City of Dreams, where he wished to start his own company. He founded Vedanta in 1979. In the next 10 years, he could barely make ends meet, as he tried his luck with nine different businesses but all of them failed, one after the other. With undying faith in himself, he, however, did not give up.

A few years of being a successful trader gave him an appetite for manufacturing, producing jelly-filled cables. Soon, his cable production business picked up and he realized that the two metals that he depended on critically for growth were aluminium and copper. In a case of classic synergetic integration, he began looking into expanding into metals and manufacture of raw materials.

Vedanta's meteoric rise in the Indian environment has very few parallels. Emboldened by the success, Mr. Agarwal decided to shift operations to London, UK, to aid in international expansion and capital acquisition. In 2003, Vedanta Resources PLC became the first Indian company to be listed on the London Stock Exchange.

The incorporation of Vedanta Resources plc was the culmination of visionary business initiatives by Mr. Agarwal, which began with the setting up of India's first private sector copper smelter and refinery in 1993. He later acquired Madras Aluminium, a private sector company. Mr. Agarwal's first major opportunity and test came in the early 2000s when India began moving towards divesting the poorly performing state-owned units. In 2001, he acquired 51 percent in Bharat Aluminium Company (BALCO). Within a year, he acquired a majority stake (nearly 65 per cent) in Hindustan Zinc Limited. The dramatic turnaround that he effected in both cases, turning them into success stories and cementing his reputation for first identifying and then turning around 'sick' units in India in the metals industry, is today an inspiring business story.

The incorporation of Vedanta Resources plc was followed by a global push, which saw the acquisition of copper mines in Zambia, zinc assets in Namibia, South Africa and Ireland as well as controlling interests in iron ore and oil resources companies. Currently, Vedanta, under the leadership of Mr. Agarwal, is a globally diversified natural resources conglomerate with interests in zinc, lead, silver, copper, iron ore, aluminium, power generation and oil and gas.

Mr. Agarwal's journey from being a metal trader to one of the top global leaders is an inspiration to many others across the world, not just because of Vedanta's success, but also because of his philanthropic work. In line with having a bigger purpose and a fulfilling legacy, he has pledged 75% of his wealth for social good. His flagship Anil Agarwal Foundation has rolled out a plan to invest INR 5000 crore over the next 5 years in social impact projects, focusing on healthcare, nutrition, women and child development, animal welfare, and grassroot level



In 2003, Vedanta Resources Plc became the first Indian company to be listed on the London Stock Exchange.

sports. While speaking to media announcing his decision to donate 75% of his family wealth to charity in 2014, Mr. Agarwal said these words: “It is important to give back what we earn for the greater good of society. Community programmes that work towards eradication of poverty, child welfare and women empowerment will be our focus for communities at large in our country (India). My family supports my decision that 75 per cent of our wealth, should be returned to society.”

Mr. Agarwal is the guiding force behind Vedanta’s Project Nand Ghar (Children’s House) and through his community development interventions in education, health & empowerment has transformed the lives of more than 17 million Indians in just the last 5 years. Nand Ghars are designed to be the hub for change within communities. Mr Agarwal aims to harness the power of renewables, digitalisation and technology, to positively impact 80 million children and 20 million women through the Nand Ghar program. He places special emphasis on local communities enjoying the same level of technological advancement as his business operations.

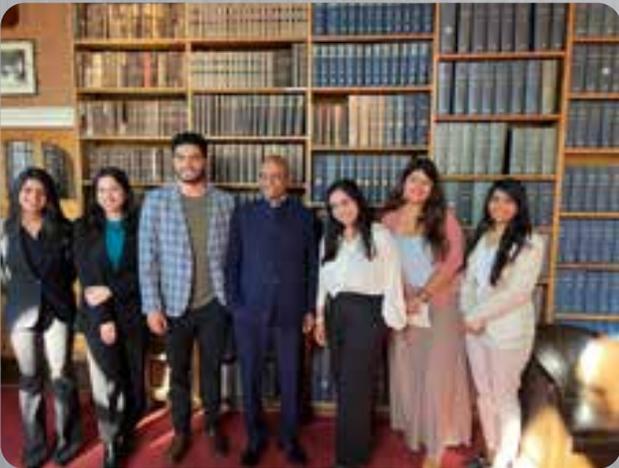
Mr. Agarwal is passionate about empowering young minds, he regularly mentors and guides entrepreneurs on how to make their business successful and enjoys interacting with students from across the world. He encourages the youth to work hard and shoot for the stars. A quote he lives by: “Be humble, be fearless.”

Mr. Agarwal describes himself as “an ordinary man, but one who always has big dreams”. He makes no secret of his humble beginnings, but he does not overplay it. He gives all credit to his mother, who was perfectly able to manage the household with 4 children, on a monthly budget of Rs. 400. Walking several kilometers to school, wearing only





Hawaii slippers, never shoes, were just part of growing up, and nothing to feel bad about. The dreams, however, stayed with him and the results are there for all to see.



Mr. Agarwal is very bullish on India. The bullishness comes from his belief that India's resources both above and below ground are so rich that India can make anything it imports now. He is also very conscious and supportive of environmental sustainability, again taking inspiration from the traditional Indian practice of coexisting with the environment.

The most recent investment by Mr. Agarwal is a perfect example of not only how bullish he is on India, but also of his passion for and commitment to his motherland. On September 12, Vedanta, together with global manufacturing giant Foxconn, signed a Memorandum of





Agreement with the Indian State of Gujarat to set up a \$20 billion semiconductor and display unit in Gujarat, setting the stage for India's push to become one of the world's leading semiconductor component providers. Vedanta will finance the project with Foxconn bringing the technical expertise and the state of Gujarat offering subsidies on capital expenditure and electricity. Maybe a day will come soon, when Vedanta would hopefully play a leading role in a Canada-India venture.

An Indian citizen, heading a natural resources conglomerate headquartered in London with assets spread around the world and a passionate philanthropist who has pledged most of his wealth for social good, Mr. Anil Agarwal is truly a Global Indian, that the global Indian diaspora can justifiably be proud of. Canada India Foundation is privileged to have Mr. Agarwal join the elite list of CIF Global Indian Award recipients.



Previous Award Recipients

2008

Sam Pitroda

Chairman
National Knowledge Commission, Government of India



2009

Tulsi Tanti

President & CEO
Suzlon Energy



2010

Ratan Tata

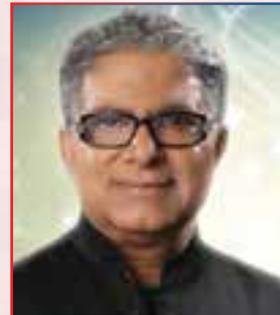
President & CEO
Tata Group



2012

Deepak Chopra

Author &
World Renowned Expert in Mind - Body Medicine



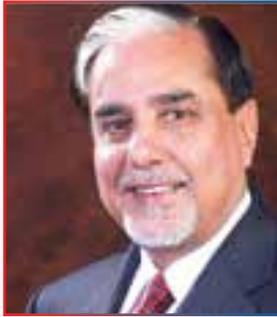
2014

N.R. Narayana Murthy

Founder
Infosys



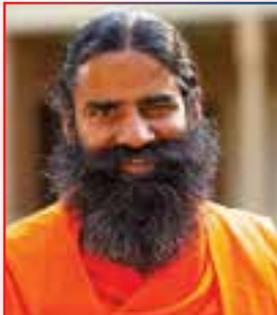
Previous Award Recipients



2016

Dr. Subhash Chandra

Media Mogul
Chairman - Essel Group



2017

Swami Ramdev

Yoga Guru
Founder- Patanjali Ayurved



2018

Sparsh Shah

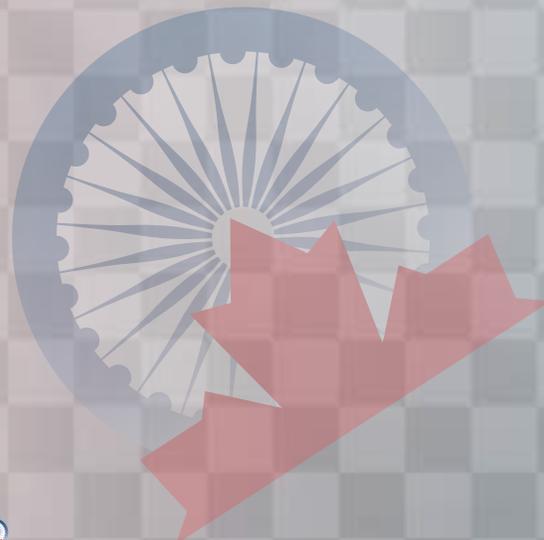
Child Prodigy



2019

Stephen Harper

22nd Prime Minister of Canada





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Canada- India: Good friends, solid global partners

By **Mary Ng**

(Minister of International Trade, Export Promotion, Small Business and Economic Development)

Congratulations to Satish Thakkar [CIF Chair] and the Canada India Foundation for a very successful 2022 Global Indian Award Gala!

And congratulations to Mr Anil Agarwal, the Executive Chairman of London England-based Vedanta Group, for receiving the CIF Global Indian Award!



The Honourable Mary Ng

This meeting speaks to the strength of our relationship.

More importantly, it speaks to the importance of our continued collaboration to ensure our future prosperity and reaffirms that India, like Canada, believes governments can and should play a key role in facilitating cooperation and collaboration among those involved in trade – businesses, entrepreneurs and stakeholders – for the benefit of all.

This past spring, I took my first trip to India as Minister of International Trade, Export Promotion, Small Business and Economic Development and met with several Ministers of the Indian government and representatives of Canadian and Indian businesses.

This was on the heels of a very successful virtual women-only trade mission which saw Canadian and Indian women entrepreneurs in a range of industries make important and valuable connections in both countries.

What I can tell you is, our countries have a strong, longstanding, and vibrant relationship built on deep people-to-people ties and shared values like democracy, innovation, and commitment to a rules-based international order.

We also work closely on priority areas including science and technology, finance, and education. And I believe that a deepening and strengthening the ties between us is key to our shared economic prosperity, trade resilience and recovery from the global pandemic.

Strengthening ties to promote economic recovery

Earlier this year, Prime Minister Justin Trudeau met with Prime Minister Narendra Modi to discuss common interests.

These included advancing a free, open and inclusive Indo-Pacific region, cooperation on climate change and the environment, the development of renewable energy sources, and the global response to the COVID-19 pandemic.

When more people trade, we all win

As Canada's minister for international trade, export promotion, small business and economic development, it's both my job and my honour to help Canadians succeed economically in international markets.

That means supporting people – that's really who we're talking about – to grow and succeed.

And this is where our goals align with those of the Canada India Foundation.

Further, it means opening doors and removing barriers so that more entrepreneurs from across the country can access bigger markets around the world.

Because when we open trade up – especially to entrepreneurs who have been typically under-represented, such as women, new Canadians, people with disabilities,





LGBTQ2, young people, and small business owners – we all benefit. Not just the entrepreneurs, but their families, their communities, their industries and indeed whole economies.

India – land of opportunities

I've witnessed first-hand the longstanding friendship between our two countries, and the wealth of new trade and investment opportunities for businesses and workers it creates in both our countries.

India's economic potential is impressive; it is poised to be the fastest-growing major economy in 2022, as well as the world's most populous country – and fifth-largest economy – by 2024.

In 2021, India was Canada's 13th-most important merchandise trading partner, with \$8.9 billion in bilateral trade.

In the five years leading up to 2020, Canadian direct investment in India grew by more than 50% to reach \$2.0 billion. And foreign investment from India in Canada amounted to \$2.7 billion in 2020.

And this is why last spring, following the fifth Canada-India Ministerial Dialogue on Trade and Investment – which I co-chaired with India's Minister of Commerce and Industry, Consumer Affairs, Food and Public Distribution and Textiles Piyush Goyal – we agreed to relaunch negotiations towards a Canada-India Comprehensive Economic Partnership Agreement, and to consider a Canada-India Early Progress Trade Agreement as a transitional step.

All of this is great news for Canadian businesses, who will have greater access to India's fast-growing market of 1.4 billion consumers. And, more importantly, to the one in four households that make up India's large-and-growing middle class, which is expected to double by 2030.

Not to mention for the more than 100 India-based companies who are not only finding success in Canadian markets but who are also providing thousands of good jobs for Canadians and Indians alike. Canada is also home to approximately 1.4 million Canadians of Indian heritage. That means 1.4 million opportunities to build bridges for innovative industries and entrepreneurs – not to mention workers – in both our countries.

So there is truly unlimited potential to build on this success while strengthening our shared values and people-to-people ties. That's why my colleagues in government and I are committed to doing everything we can to strengthen relationships and open new doors for Canadian businesses and exporters with one of Canada's most important trading partners in the Indo-Pacific region.

Canada is a great place to do business

I like to say that it's my job to help bring more Canada to the world.

In reality, Canada is one of the best places in the world to start and grow a business. And with the worst of the pandemic hopefully behind us, the time is right to get back



on track and help restore trade and commercial activity with valuable trading partners such as India.

Because the best way to recover from the effects of the pandemic, strengthen our economies and ensure our trade relationships are resilient is to expand and diversify not only what goods and services we trade, but also who does the trading, and with whom.

Canada's advantages are that we were the first G7 country to sign comprehensive trade agreements with all other G7 countries, and we are signatory to 15 free trade agreements with countries around the world. That means Canadian businesses – and those who do business with them – can have preferential access to more than 60% of the world's markets and 1.5 billion potential customers.

We also benefit from stable and transparent political and legal systems, business friendly governments, a highly educated and diverse workforce, and thriving high-growth industries, such as cleantech, agritech, healthtech, IT, and communications.

Success Stories

Just imagine what else Canada and India can accomplish for all our people by continuing to work together like this:

Growing Greener Innovations based in Edmonton, a women-owned and award-winning clean tech company. With the support of Canada's Trade Commissioner Service, Growing Greener Innovations is working with an Indian partner to supply, install, and maintain solar and battery systems in more than 1,400 villages in northeastern India.

Infosys is a digital services and consulting giant that

opened its first office in Canada in 1997. Today, it has locations in Vancouver, Calgary, Mississauga, Toronto, Ottawa, and Montreal, and expects to double its Canadian workforce to 4,000 people by 2023.

Help for entrepreneurs to reach bigger markets

Many entrepreneurs continue to face obstacles in accessing growing, dynamic markets abroad.

They are not alone. That's why I'm particularly proud of what I call Canada's trade toolkit – organizations like Business Development Canada, Export Development Canada, Invest in Canada, and Global Affairs Canada's own Trade Commissioner Service – who are there to help Canadian businesses grow and succeed internationally, as well as help foreign companies find success in Canadian markets.

And organizations like the Canada India Foundation are living proof of the values, solid people-to-people contacts and optimism for a safer, greener, cleaner future we share. Because first and foremost, Canada and India are good friends and solid global partners.

That is how we build strong, resilient communities and economies all Canadians and Indians can be proud of.

Here's to many more years of success and friendship!

Again, Congratulations to Satish Thakkar [CIF Chair] and the Canada India Foundation for a very successful 2022 Global Indian Award Gala!

Thank you! Merci! Dhanyavaad!

“Welcome, let’s explore trade ops”

Dear High Commissioner Verma,

Let me, first of all, welcome you to Canada. We are very fortunate to have someone of your experience and talent selected to be the Indian High Commissioner to Canada. I am sure that you have received several letters of welcome, extolling the wonderful virtues of Canada and the tremendous bond that exists between our two countries. While this is all true, my welcome letter is intended to launch a crusade to see the great potential between our two countries realized. To sum it up, there is much work to do and no time to waste.

Over the past twenty- five years, I have met every Trade Minister and High Commissioner from both India and Canada. Lifetime friendships have developed in some instances and to a person, all of these individuals had good intentions. But as I look over the last twenty- five years, Canada has not realized its true potential when it comes to trade with India. The simple fact is Canada has been playing on the edges and as a result have failed at accomplishing anything significant.

Over the course of my many visits to India, I have witnessed firsthand the power and creativity of India’s business community. As Canadians, we are at times a very cautious lot and can be too measured in our appetite for new initiatives. I can recall putting an investment proposal together in 1999 for a significant investment in India and the finance department insisting on an unrealistic 20% annual return. Thank goodness, more reasonable minds prevailed.

In 2006, I was very fortunate to meet Kumar Birla, The CEO of the Aditya Birla Group. Mr. Birla taught me many things, but probably the most beneficial was the importance and the possibility of creating significance in a business. As a nation of just 38 million Canadians, we do not have the firsthand knowledge and experience required to capitalize on a market of 1.38 billion consumers. The Birla companies target to be in the top three position of any business sector that they enter. While this goal is sometimes not achieved, it is always their focus.

In 2005, I was pleased to be invited to be part of the Canadian Council of Chief Executives visit to India. I witnessed first-hand the impact that a meaningful visit and collegial dialogue could achieve. As a direct result of



Gary Comerford

that visit, billions of dollars of investment have been made by those companies participating on that trip. But why has there not been more investment and why have we not been able to diversify the mix of business between our two countries?

If you look at the 2021 trade statistics between Canada and India, little has changed over the last twenty-five years. Yes, the numbers are larger but on a proportional basis, the growth is flat. India has grown exponentially to become the fifth largest economy in the world and economists are predicting that India will be the second fastest growing economy in 2022. What this means in simple terms is that Canada needs to be a meaningful strategic partner with India every step of the way or we will be left behind.

In 2010 during Prime Minister Manmohan Singh’s visit to Canada our two governments committed to expanding a range of activities and create an institutional framework that would contribute to the shared goal of increasing bilateral trade to \$15 billion annually over the next five years. The sad fact is the target has never been met. It is now time to take stock and address those issues that are preventing our two nations from meeting this realistic goal.

High Commissioner, I respectfully encourage you to help set the tone for discussions by embracing high expectations and a tremendous sense of urgency, to complete a comprehensive free trade agreement with Canada. Both sides have been polite and politically correct for far too long. It is now time to roll up our sleeves and actually accomplish what we have been debating for over a decade. The good news is that Minister Ng and Minister Goyal appear to be making progress and both have worked extremely hard to redefine the economic relationship between our two countries. Please ride this wave of good faith that currently exists and push to ensure that the maximum advantage can be achieved for both countries in a new far reaching trade agreement.

Let me conclude by yet again welcoming you to Canada. Be sure to get out and explore this beautiful country. While we have beautiful vistas, we are also a large complex country that relies on international trade to punch above our weight internationally. With the right agreement and the right attitude, the potential for success is limitless for Canada and India.

(Gary Comerford, International management and financial specialist, was Sun Life’s general manager for India and is a past president of the Canada India Business Council.

Mr. Sanjay Kumar Verma is the newly appointed High Commissioner of India to Canada)

Seneca

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David Agnew

Perhaps the wise souls at the Canada India Foundation were thinking of higher education when they settled on a theme for this year's Global Indian Award Gala, because I can't think of a more appropriate description for our bilateral relationship in education than Engage, Evolve, Elevate.

Seneca has been engaged with Indian universities and institutes for many years in a variety of partnerships. Recently, the environment has evolved rapidly as the number of Indian students in Canada has blossomed as Canada became a preferred destination for international students. And yes, the relationship has been elevated as India has become the number one source country for international students in Canada.

Seneca is proudly a leader in international education among Canadian institutions, forging relationships with several Indian partners.

It starts with tens of thousands of students from India coming to Seneca as part of a broad and diverse international population receiving a great polytechnic education. Even as others struggled, Seneca's international population grew over the pandemic.

Despite travel challenges, we maintained strong and durable institution-to-institution relationships, doing joint research and collaborative work among students separated by distance, but joined by technology.

We offer leading-edge training to public sector management professionals of the National Institute of Financial Management, an autonomous institute of the Ministry of Finance of the Government of India. Prior to the pandemic, we trained nearly 330 Indian public servants and military personnel, and we look forward to resuming the in-Canada sessions once travel restrictions are lifted.

Our longstanding partnership with INSCOL Healthcare has taken on a special importance today in the midst of a health care human resources crisis in Canada. The INSCOL partnership has given thousands of Indian nurses an opportunity to study graduate certificates at Seneca and prepare to write their Canadian nursing examinations.

At the national and provincial levels, India represents by far the largest number of international students studying at postsecondary institutions. The latest numbers indicate more than a third of international students across the country are from India, and the numbers are significant

In 2019 alone, 139,000 study permits were approved for students from India. According to the High Commission of India in Ottawa, more than 230,000 students are now enrolled in Canadian colleges, polytechnics and universities.

Those are numbers that mean a lot to Canadians, because we know that as a country we need to continue to attract immigrants to enrich our society and strengthen our strong economy. Thankfully, we have a broad consensus across all governments that a generous and purposeful immigration policy will benefit all parts of the country.

International students, with their newly acquired Canadian education and recent experience living in the country, are a wonderful source of newcomers and we need to be doing everything possible to smooth their path to post-graduate work and, if they wish, permanent residency and citizenship.

Educational institutions play a key role in preparing our students – international and domestic – to thrive in a rapidly changing economy, and meet the needs of a labour market that is experiencing shortages of key skills.

Polytechnics in Canada such as Seneca have always been known for our focus on career and professional skills, our emphasis on experiential learning and our strong relationships with industry. All these offer our students joining us from India opportunities to excel in the Canadian context.

But I can't resist taking the opportunity to speak directly to the readership of this article – leaders in business and the community – about how you can help build stronger futures for our students. And let me focus particularly on our international students coming from India.

First, let us know what you need: the specific skills you're looking for and how we can meet your talent deficits. Our role as an educational institution is to create relevant programs and prepare job-ready students to respond to the needs of the marketplace – that's in our DNA.

Second, we need you to open your doors to our co-op students, to our students in programs that offer internships and placement opportunities — and of course our graduates. Work-integrated learning is a vital part of making education relevant to our students, and ultimately to their employers.

Third, we need your engagement – as curriculum and program advisors, mentors to our young entrepreneurs, applied research partners — you have so much to offer our students.

The opportunities in the Canada-India relationship are boundless. And it is an exciting time in higher education, where our focus always must be on the success of our students.

On the occasion of this Gala, we extend our warmest congratulations to Mr. Anil Agarwal for this richly deserved award. He is an example to us all of what determination, innovation and boldness can do. So too does his selflessness and generosity serve as a model of what it means to give back to community.

Our thanks to the Canada India Foundation for its tireless work to expand and strengthen our bilateral bonds, and for the support it has extended to our students.

Engage. Evolve. Elevate. Yes, the future is bright.

By David Agnew
President, Seneca

About Seneca:

Seneca is a leading public post-secondary education institution committed to being a transformation leader in higher education in Canada. Combining career and professional skills training with theoretical knowledge, Seneca's expert faculty provide a polytechnic education to 30,000 full-time and 60,000 part-time students. With campuses in Toronto, York Region and Peterborough and education partners around the world, Seneca offers degrees, graduate certificates, diplomas, certificates and micro-credentials in more than 300 full-time, part-time, and online programs.

Ten Steps to Heart Health – A Collaborative Approach

The majority of Canadians are living with some type of chronic disease. By this we mean conditions affecting the heart, lungs, metabolism, mental health, cancer and rheumatologic conditions amongst others. These conditions have an enormous impact on healthcare costs, resource utilization and productivity in society.

Clinical investigations such as the Framingham Heart Study (<https://www.framinghamheartstudy.org>) and Interheart Study (<https://www.phri.ca/research/interheart/>) have shown the important role of common risk factors such as high cholesterol, high blood pressure, diabetes along with family history in contributing to the burden of cardiovascular and other conditions in North America and around the world. Other observations in communities around the world that enjoy remarkable longevity (see “Blue Zones”) also highlight the importance of health behaviours and cultural factors such as closely connected communities, active living, plant-based diets and having a higher purpose in one’s life. All of these contribute to warding off chronic conditions and improving the quantity and quality of life.

From these medical and anthropologic studies, we can then discern some useful ideas for each of us to embrace in order to achieve health in our own lives. In this article we present a top 10 list.

1. Healthy Bodies – In society today there is much focus on body weight and the promotion of weight reducing therapies and fat diets is rampant. The association with body weight and health is much more nuanced however. For instance, it isn’t so much the size of one’s body, but rather the shape of the body that might have more of an influence on cardiovascular and other health conditions. In particular a higher waist circumference may be a marker for internal fat deposition around the organs. This leads to metabolic imbalances and a propensity to heart disease. Another interesting observation is that fitness may trump body weight. That is, being overweight but still being fit is associated with a very good cardiovascular prognosis as opposed to being at a lower body weight and being unfit. Being “healthier at every size” has been an important shift in our thinking about weight.

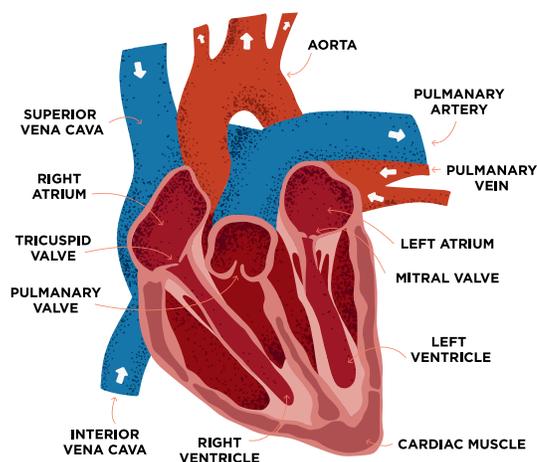


Dr. Paul Oh

2. Cholesterol – High levels of cholesterol have been associated with higher levels of heart disease in many communities around the world. Atherosclerosis, or hardening of the arteries, is a process that develops over decades. This can be modified however through good diet, regular activity and judicious use of medication. Knowing one’s cholesterol values is really important in the context of the medical conditions and other risk factors that one has. According to current Canadian guidelines, for persons living with established vascular disease, a more stringent target for low density lipoprotein cholesterol (also known as “LDL”) is less than 1.8 mmol per liter. For other persons a higher level of LDL may be quite acceptable. Discussing your values with your healthcare practitioner is really important and keeping a record of these levels over time is an important health marker.

3. The Power of Food – What we eat can have a tremendous impact on how are risk factors and heart health. For instance, the Dietary Approaches to Stop and Hypertension or “DASH” study compared a typical Western diet that might emphasize animal protein, unhealthy fats and sugars, with a diet that instead emphasized abundant

HEART ANATOMY



“The integration of western therapies with more traditional approaches in Ayurvedic medicine is very promising.”



intake of fruits, vegetables grains and healthy fats. After only eight weeks of this healthier eating pattern, blood pressure was seen to fall significantly by 11/6 mmHg. This magnitude of change is as powerful as we might see with any prescription medication. Other similar patterns of food intake such as the Mediterranean pattern of eating has also been associated with lower rates of heart disease and cancer in many communities around the world. For more information about heart healthy eating, please visit our program’s website at cardiaccollege.ca

4. Drink with caution – Alcohol may be an acceptable adjunct to a healthy pattern of eating such as the Mediterranean program. Previously there was even interest in the promotion of alcohol as a heart healthy remedy. However, more recent investigations have identified concerns around higher levels of alcohol intake and risk for cancers as well as adverse effects on the heart (such as heart failure and irregular heart rhythms) and challenges in body metabolism (such as worse diabetes control). Thus a cautious approach is warranted.

5. Diabetes Management – According to Diabetes Canada, about 29% of Canadians are currently living with diabetes or prediabetes and this number is steadily rising. There is a clear association of glucose levels with the development of complications including those affecting the heart as well as smaller blood vessels in the kidneys and eyes, and in addition conditions affecting the nerves. On the positive side, there have been remarkable advances in lifestyle as well as pharmacological approaches to improving diabetes management. Whether you’re living with or without diabetes, normal blood sugar should be

the goal. For more information, please visit our program website www.diabetescollege.ca

6. Normal Blood Pressure – High blood pressure, or hypertension, is a very strong risk factor for many cardiovascular conditions as well as stroke and cognitive decline in older years related to blood vessel problems (vascular dementia). We may all be aware of a definition of high blood pressure that suggests an upper levels of 140/90. However even under this threshold there is a gradient of risk over time and having a blood pressure more like 120/80 is healthier than having a blood pressure for instance of 139/89. This has been demonstrated in a number of recent studies which then leads us to think about a blood pressure target (i.e., 120/80) vs. a threshold (<140/90). Remember than diet (fruits, grains, healthy fat, low sodium) can have a strong influence on BP control. For more information about high blood pressure, you can view resources as www.hypertension.ca

7. Smoking is still an issue – Smoking tobacco remains an important cardiovascular risk factor. Although the prevalence of smoking behaviour has been declining over the last many years, 15 to 20% of the population still may engage in regular tobacco use. The availability of alternate formulations such as e-cigarettes or vaping may also propagate nicotine addiction and persistence of smoking behavior. Because nicotine is such a powerful addictive substance, it’s not easy to quit. On average people may try quitting up to 13 times before being successful. If you are a smoker, quitting is the most important thing that you can do to improve your own health status,. If you are supporting someone who is a smoker, please be encouraging as they



are on a difficult journey. Having a healthy meal together or going out for a walk as a substitute for smoking can be very helpful

8. Stress and Strain – Stress is a normal part of life. Indeed, many people thrive on stress and arguably may be more productive when driven to action. Ongoing chronic stressors however, especially those that are outside of our control, can lead to adverse mental and physiological states of strain and burn out. We can see higher levels of stress markers evident in the blood such as cortisol. This can manifest with higher levels of blood pressure, blood sugar and the development of heart conditions. There's even something called a broken heart syndrome (or "Takotsubo Cardiomyopathy"), that is like a type of heart attack induced by stress. The brain heart connection is therefore very strong. For daily health we need to take time for relaxation, meditation and mindfulness. Incorporation of yoga practices might be an excellent way dealing with the stresses of everyday life.

9. Sleep your way to health – Many people suffer from poor sleep on a nightly basis. Some medical disorders of sleep, such as sleep apnea, a condition where sleep actually stops frequently through the night because of obstruction of the upper airway, can have particularly bad consequences. This type of sleep disorder may lead to elevated blood pressure, worse heart function, increased stroke risk and irregularities of the heart rhythm. Signs that you are at risk for sleep apnea include an observation that you snore and then stop breathing at times, excessive daytime sleepiness, and a large neck size. Please check in with your healthcare practitioner and, if appropriate, organize a formal sleep study to sort this out.

10. Sit less, be active through the day, and exercise– There are many large studies that unequivocally show a relationship between higher levels or regular physical activity and better heart health. The majority of Canadians sit too much and don't get enough regular physical activity in the day. This is associated with higher rates of diabetes, cancer and heart disease. The Canadian physical activity guidelines have recently been updated and endorse more of a 24 hour movement pattern (see <https://csepguidelines.ca>) including limiting sedentary time, being active throughout the day, and aiming to get in regular bouts of exercise. The target for most adults is at least 150 minutes of moderate to vigorous physical activity per week. This can be achieved in shorter bouts of a few minutes at a time as well. It should also be noted that smaller amounts of physical activity can also be very helpful so this is not an all or none phenomenon. If you're living with a chronic condition, then adaptation of the physical activity and exercise program can also be extremely helpful to improve the management of your condition, and reduce the risk of future adverse events such as heart attack or stroke.

The health tips articulated above, are the core components of our heart health and rehabilitation programs at the University Health Network. WE hope that there is a least one useful tip for you to embrace in your own life. We are grateful to the Canada India Foundation for helping us build upon this work and seek exciting new collaborations, and expanding on our approaches in innovative ways. For instance, the integration of western therapies with more traditional approaches in Ayurvedic medicine is very promising. The shared interest in plant-based diets, physical activity practices in yoga, improvements in mental health through meditation and mindfulness are all very intriguing pathways for us to explore together. We are excited to see this work unfold over the next few years and look forward to providing updates through the CIF channels.

Dr. Paul Oh, Medical Director and GoodLife Fitness Chair, Cardiovascular Disease Prevention and Rehabilitation Program, Toronto Rehab Institute and Peter Munk Cardiac Centre, Associate Professor of Medicine, University of Toronto

Ni-Met

**With best wishes and compliments to
Canada India Foundation**

&

Congratulations to the award recipient

Mr. Anil Agarwal

Chairman, Vedanta Group

Anil Shah

Ni-Met Metals Inc.

www.ni-met.com



Traditional Ayurvedic Medicine gains WHO acceptance

Traditional Medicine in Global Health

According to the World Health Organization (WHO): *“Traditional medicine has a long history. It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness”*(<http://www.who.int/medicines/areas/traditional/definitions/en/>).

The World Health Organization also notes that around 80% of the world’s population is estimated to use traditional medicine. To date, traditional medicine is also increasingly prominent in the world of modern science. The World Health Organization (WHO) recommends the integration of traditional medicine into each country’s health systems by formulating and implementing national policies and laws in accordance with the country’s own situation. Ayurveda and AYUSH systems are increasing in acceptance among citizens globally. The establishment of the WHO Global Centre for Traditional Medicine in Jamnagar, Gujarat, India is a reflection of this global interest.

Traditional Ayurvedic Medicines

Innumerable formulations are described in Ayurveda texts. These formulations have been used effectively for the management of diseases over millennia and continue to be used today and offer benefits to users. Such Traditional Ayurvedic Medicines are an important part of Ayurveda’s wisdom.

The Traditional Ayurvedic Medicines are primarily derived from plants; some of



Dr. Madan Thangavelu



Vaidya Harish Verma

these formulations also use animal products like milk and

milk-derived yogurt, and ghee. Ayurvedic texts provide the therapeutic benefits of milk from as many as eight animal species. Aged Ghee of different ages are known to have different therapeutic value. Honey is another

important part of Ayurvedic formulations. Minerals and metals, which have been subjected to well described preparative steps, are also part of these formulations. One hallmark of such formulations is their long-standing and safe use to alleviate ailments and their relevance even today. Their mode of action is best appreciated using the terminology and worldview that forms the foundation of Ayurveda. Parallels with contemporary pharmacological descriptors are easy to see and the many layers of action of these formulations are appreciated in the two connected areas of *Dravyaguna vijnyan* and *Bhaishagayakalpana*.

Ayurveda Education and Research in India

Dravyaguna vijnyan and *Bhaishagayakalpana* and related areas of *Kayachikitsa*, method of treatment and several other related areas and specialisations in Ayurveda are today taught in almost 250 (247) colleges across India at the undergraduate, postgraduate and PhD levels. The Central Council for Research in Ayurveda (<http://www.ccras.nic.in/>), affiliated to the Ministry of AYUSH, Government of India (<http://www.ccras.nic.in/>) oversees and coordinates research in 30 research institutes studying many aspects of the science of Ayurveda. The Central Ayurveda Research Institute, Kolkata, West Bengal, for instance, is



Canada India Foundation's Virtual Lecture Series on Top 75 Traditional Ayurvedic Medicines

mandated to research Ayurvedic formulations. Skilled and experienced vaidyas are able to tailor and personalize each formulation to match individual needs, when required. In brief, Traditional Ayurvedic Medicines are a part of India's rich medical cultural heritage and a living tradition that benefits millions of people in India on a daily basis and used across the nation. The continued use and the confidence offered by the users for centuries is the best testament of both their efficacy and safety.

Traditional Medicines in Canada, Health Canada and Evidence of Safety for Natural Health Products

Evidence for safety of Natural Health Products in Canada and as stipulated by Health Canada is supported in several ways. History of use is an important consideration. References demonstrating that the ingredient has an extensive history of use are another proof. Although the indication need not be the same, other conditions of use (dose, duration of use, source material, method of preparation, etc. should be comparable to the conditions of use being proposed.

Cautions, warnings and contra-indications found in the accompanying references are a primary source of safety information. In many cases, safety concerns can be mitigated by limiting dose and/or duration of use, by adding risk statements or by limiting sub-populations, e.g., pregnant and breastfeeding women.

Finally, a search should be made of the totality of evidence to ensure that no new, unknown safety concerns have been identified by the findings outside of evidence for traditional use. In many cases other data will not exist to confirm safety, in which case existing safety data as described above will be considered sufficient.

Virtual Lecture Series on Traditional Ayurvedic Medicines

The Virtual Lecture Series on Top 75 Traditional Ayurvedic Medicines hosted by the Canada India Foundation with support of Consulate General of India, Toronto and Ayurvedic Practitioners Associations in The West. The series was inaugurated by The Consul General of India Toronto on June 19th, 2022. Twelve sessions on Pharmacological and Therapeutic Effects of Traditional Ayurvedic Medicines have been completed.

The aim of the series and open lectures is to introduce the community at large, from the non-specialist to specialists



about this richness and wealth of formulations and their ingredients, and method of use and efficacy of Traditional Ayurvedic Medicines. The larger wish is consistent with the WHO's vision for health for all and Health Canada's definitions and stipulations with an emphasis on traditional use.

Opportunities and the future for Traditional Ayurvedic Medicines

Worldwide recognition of Ayurveda is rapidly changing from general wellness centers to one of a significant system of therapeutic value comparable to contemporary modern medicine. In many instances Ayurveda and Traditional Ayurvedic Medicines offer treatment responses and outcomes for conditions where modern medicine is



not able to help. Academic courses in Ayurveda is fast becoming a need to cater for this increasing demand. This in turn demands standards for Ayurveda education in the West. Canada offers a model in such matters. Canada's recognition of Ayurveda is in many forms, most importantly a well defined Occupational Code.

Such activities are part of the essential steps now required for formalizing the regulations for the practice of Ayurveda in the west. The content of such a course to train a group of Ayurveda Practitioners could be along the lines of the 800-hour course framed by Rashtriya Ayurveda Vidyapeeth, an autonomous organisation under Ministry of AYUSH, Govt. of India (<http://www.ravdelhi.nic.in/en/Ayurveda-Training-Accreditation-Board-ATAB>). If modified appropriately to satisfy special local need and tailored to match local cultural nuances and sensitivities plus an additional 200 hours of clinical experience will provide a good start point for further revision as needed. One such course for Ayurveda Practitioner is now underway in the Canadian College of Ayurveda and Yoga.

There will also be immense scope for clinical research into the outcomes of the use of Traditional Ayurvedic Medicine. Such studies can be readily implemented as part of the ongoing interactions with The *University Health Network* (UHN, <https://www.uhn.ca/>) "*University Health Network is a public research and teaching hospital network in Toronto, Ontario, Canada. It is the largest health research organization in Canada and ranks first in Canada for total research funding. It was named Canada's top research hospital by Research Infosource from 2015 to 2021.*"

Ongoing interactions with University Health Networks and further interactions between India and Canada in Ayurveda can be envisaged along the lines of the planned activities between India and the UK as stipulated in the **Policy paper: 2030 Roadmap for India-UK future relations** (Published 4 May 2021, <https://www.gov.uk/government/publications/india-uk-virtual-summit-may-2021-roadmap-2030-for-a-comprehensive-strategic-partnership/2030-roadmap-for-india-uk-future-relations>).

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The Role of Civil Society in the 21st Century

The formation of Canada India Foundation in 2007 was an important milestone in the Indo-Canadian community's evolution in the area of civic responsibility. People of Indian origin had been migrating to Canada since the beginning of the 20th century, the rate of migration beginning to accelerate in the late 1960's and beyond, as a result of recognition in Canada that immigration was an essential element to sustaining the prosperity of Canada and keep its place among the leaders of the economic world. Since then, the population of the Indo-Canadian community has grown to more than 1.5 million. The early immigrants were mostly concerned with sustenance and personal/family welfare. As the community grew, it began to be identified as a community of communities, with each sub-community defined by parameters such as region of origin, language, religion etc., and the focus shifted to creating an identity of the sub-community in question, through religious, cultural and educational institutions.

These were mostly self-contained institutions serving a clientele almost entirely belonging to the common interest group. Even as communities grew and began to stamp their presence in the broader mosaic, many individuals in these communities excelled and prospered in their chosen endeavour and began to make a name for themselves. The combination of individual and collective prosperity of the Indo-Canadian community also resulted in a greater sense of social responsibility towards the society at large, not just their own. One example of this broader social responsibility was the push for greater ties between Canada and India at a holistic level for mutual benefit of all citizens of the two countries, resulting in the formation of Canada India Foundation, made up of successful and caring community leaders.

It is worthwhile to hop on the time machine and travel backwards to understand the evolution of social responsibility and involvement of civil society for greater common good. In the days before the advent of participatory democracy, the welfare of the society was at the whim of the rulers, whether benign or autocratic. Some rulers had good ministers/advisors who guided the rulers on responsible and inclusive governance.

The Chola Empire of South India at the turn of the



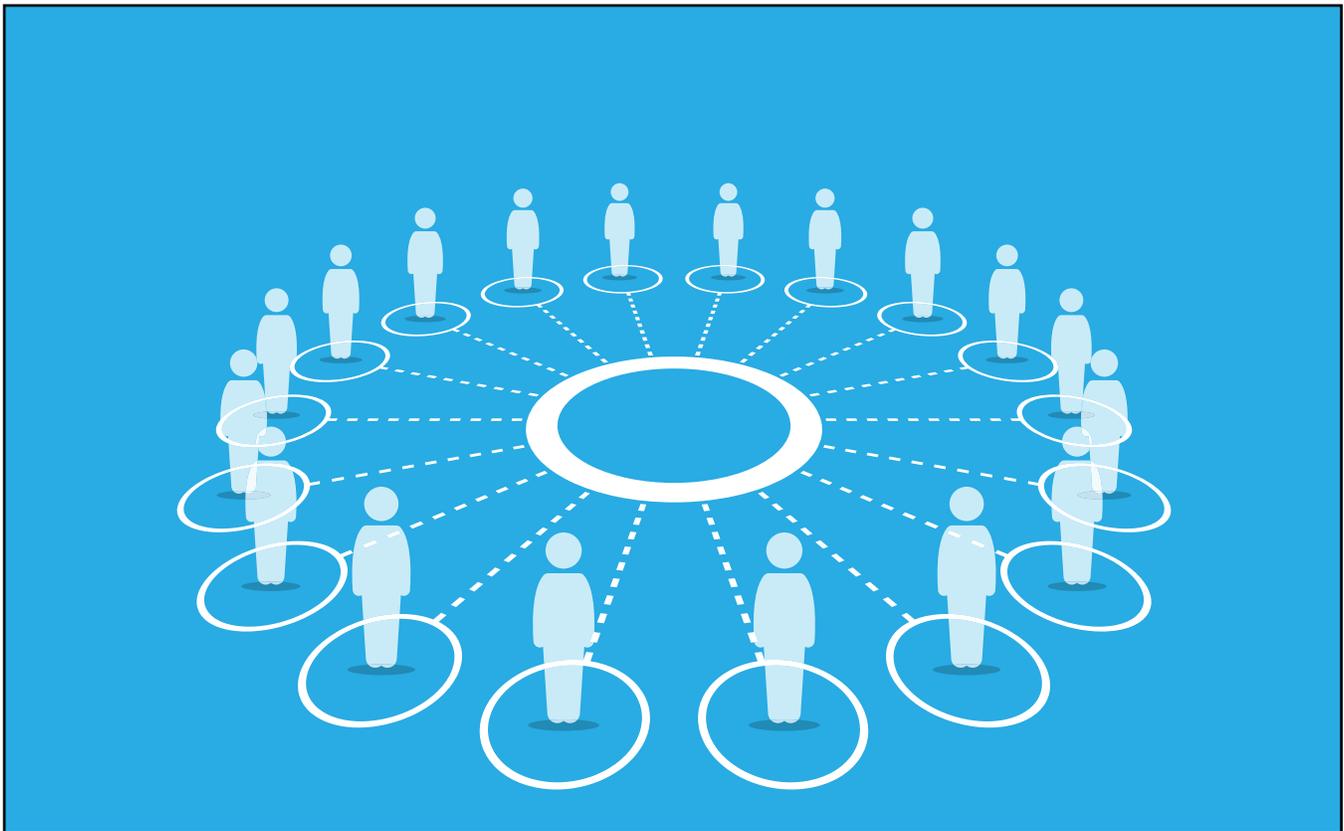
Dr. V.I. Lakshmanan, O.C

first millennium of the modern era, was known for its extensive village focused administrative and governance network, directed by a prime minister under control of the Chola King. Students of Indian history would also be familiar with names like Chanakya and Birbal. In modern times, the name of M. Visvesvarayya, who served as Dewan (Prime minister) to the Maharaja of Mysore, is synonymous with engineering focused development benefitting the larger community. In addition, there were also people in civil society, who led social change

and service of disadvantaged people, such as Florence Nightingale, Mother Teresa, Jyotiba Phule and others.

No phrase is more synonymous today with civil society's responsibility to the well-being of fellow citizens than Corporate Social Responsibility (CSR). CSR refers to the voluntary activities of companies, over and above regulation, that serve to integrate social, environmental and economic concerns into their activities. Many nations have legislated mandates to ensure that a percentage of corporate revenue is directed to social programs. For example, in India, the rules under Section 135 of Companies Act, 2013 made it mandatory for companies with certain net worth, turnover or profitability during the immediately preceding financial years, to spend two percent of their average net profit for the past three years on CSR.

Interestingly, Canada has no such mandates. Part of the reason may be the long history of voluntary corporate philanthropy in North America. The origins of CSR may be traced to wealthy American businessman and philanthropist Andrew Carnegie, who exhorted fellow businessmen to support social causes and led by example. He was followed by John Rockefeller, who donated more than half a billion dollars in the late 19th century. In the early days, philanthropy was essentially corporate in nature, however, in 1914, the Cleveland Foundation was founded by Frederick Goff, which accepted gifts from multiple donors rather than be dependent on one fortune. This was the first community foundation and set the stage for the eventual large-scale participation of the general population, i.e. civil society, in supporting the needs of the community.



The donations made by ordinary citizens in the early days carried no benefits for the donors such as tax breaks. The next milestone in philanthropy, in the 1940s, was the ability of businesses to directly contribute to charities, as opposed to through foundations or individual shareholders. All these initiatives were voluntary in nature and it was up to businesses to choose to participate in charitable causes. It was Harold Bowen, an American economist, who connected the responsibility of corporations to society and published a book in 1953, which advocated for business ethics and responsiveness to societal stakeholders. It was called “Social responsibilities of the Businessman” (Ref. Association of Corporate Citizenship Professionals).

The beginning of the 21st century saw another paradigm shift in civic social responsibility, when some of the world’s richest people, such as Bill Gates and Warren Buffett from the West, as well people from India, such as Ratan Tata, Azim Premji and this year’s CIF Global Indian Award recipient Anil Agarwal, made a public commitment to give away most of their wealth, some as much as 75% or more, to charitable causes. Public institutions such as hospitals, universities etc., also began to appeal to the philanthropic instincts of the wealthy entrepreneurs by offering them naming rights, in return for a sizable philanthropic investment in the institutions. Whereas in the past, public institutions typically received large corpus funding from major corporations in return for naming rights for those corporations, now there is a marked and

highly visible shift to individuals who make donations and receive naming rights. Someone who has driven along the hospital zone on University Avenue in Toronto a few decades back and now, would notice the proliferation of names of prominent philanthropists associated with the hospitals, for example the Peter Munk Cardiac Centre at the Toronto General Hospital. This scene is replicated elsewhere in Greater Toronto as well as rest of Canada.

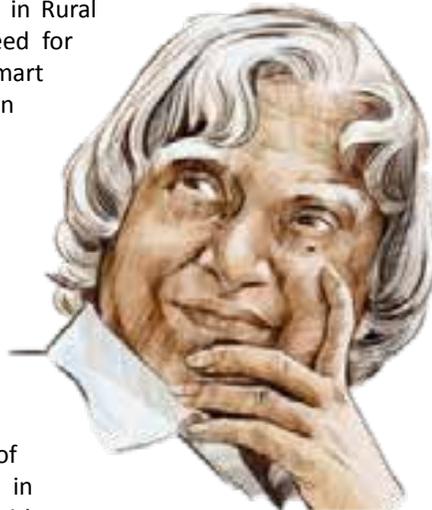
It is gratifying to see the names of several philanthropists of Indian origin joining this list, one of the earliest ones being the Chanchlani Research Centre at McMaster University, named after the late CIF member, Vasu Chanchlani. One disturbing aspect of this scenario, otherwise worthy of full praise, is that big corporations and big individual donors typically gravitate towards brand name institutions and charities with their contributions, whereas smaller charities and community organizations are mostly dependent on small businesses, such as auto body shops, car dealerships, pizza places etc. for their support. This disparity in charitable giving has been observed by urban studies experts such as Richard Florida, Professor at the Rotman School of Management. This is a trend that must change, so that a high-profile tech giant will be perfectly at ease having its name associated with a neighbourhood meeting place for underprivileged kids.

A unique and one of the most inspiring examples of corporate social responsibility and its integration with civil

society, is Sridhar Vembu, a billionaire Indian businessman, who founded Zoho, one of the world's most well-known CRM companies. A graduate of the prestigious Indian Institute of Technology, Madras and Princeton University, where he did his Ph.D, Vembu went the Silicon Valley start-up route, but with a difference, choosing to keep his company private, in sharp contrast to the trend of going Public. Even as he kept the company fortunes moving upwards, he did something revolutionary. He chose to make a personal return to India, not to the cozy confines of urban metropolises such as Mumbai or Chennai, but to the remote rural community of Tenkasi, in Tamil Nadu, India, where he not only set up the offices of Zoho, but also took a highly visible and proactive role in the activities of the rural community.

For the author, the defining personality in identifying the role of civil society, is the late Indian President, Dr. A.P.J. Abdul Kalam, who defined the concept of PURA (Providing Urban amenities in Rural Areas) and spoke widely on the need for rural development. The idea of Smart Villages can be said to be an evolution of the PURA concept. It is important to view human development in holistic terms. While Urban and rural development may have distinct characteristics, the underlying basic premise is the same, to create an environment of equal entitlement for all citizens to fulfilment of basic needs and equal opportunity for prosperity and non-binary quality of life. A holistic understanding of the issues and challenges involved in the transformation of rural communities into Smart Villages, taking advantage of advances in technology, but without sacrificing the identity of the community, is provided in the book "Smart Villages – Bridging the Urban-Rural Divide", co-authored and co-edited by the author.

Are there alternatives to civil society taking a prominent role in betterment of the community? Some may point to the Scandinavian model, where the government is committed to provide all the necessary social support needed by its citizens. While a laudable model, it comes with its own catch, in the form of very high taxes. The high tax form of governance is intrinsically not appealing to many western capitalistic democracies, and it is also not a feasible one in countries, where a sizeable percentage of



the population does not have the economic means to cope with high tax rates. This is why societal development must be a shared responsibility of the government, corporate private sector, philanthropic private sector/individuals and last but not the least, ordinary citizens collectively through non-profit or charitable outreach organizations, who must work in tandem to develop policy and execute plans. But it is not just new initiatives and visionary projects that define societal development, but also more mundane activities and life sustaining initiatives which affect day-to-day affairs of ordinary citizens, disadvantaged people as well as people on the fringe.

The role of civil society in the 21st century is no doubt an evolving one, but clearly with proper direction and dialogue, it has the potential to be a transformative one, ensuring equity among all segments of humanity.

It involves developing new leaders for successive generations, motivating youth to participate and moving beyond the digital islands to engage in person with the community. The past two decades have seen a virtual explosion of social media, in which billions of people participate, express themselves and engage in dialogue, sometime productive, often acrimonious. While this technology facilitated social engagement is good, it cannot take the place of person-to-person interaction, which is the corner stone of civil society.

The role of mentoring cannot be overstated in the transformational role of civil society and current community leaders have a great responsibility in identifying their successors. The tendency to delegate everything to government and consequently absolving oneself of any responsibility for betterment of society must be resisted. While the role of philanthropists and their financial contribution to civil society causes is admirable, it alone will not bring about the transformation needed.

The involvement of the general public is in the form of volunteerism, contributing by way of time, ideas, organization and tomorrow's institution builders and mentors. This continuous cycle of activism, philanthropy, institution building and not the least, continuous improvement through lessons learnt will ensure that each successive generation will enhance the quality of life in the global village.

Dr. V. I. Lakshmanan is an internationally renowned teacher, scientist and innovator in the area of sustainable development. He is one of the founding members of Canada India Foundation.

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Satish Thakkar

Chair, Canada India Foundation

Satish Thakkar, FCPA, FCGA, is President, Excelsior Group engaged in Real Estate Development & Management. He is a Canadian entrepreneur, a renowned professional, a committed community leader and a passionate philanthropist, with a number of accomplishments to his credit in a short span of time. He is a Past President, ICCA, Founding Chair of International Yoga Day Canada. He is a pioneer in popularizing Yoga, Ayurveda & mindful living in Canada.



Ritesh Malik

National Convener, Canada India Foundation

Ritesh Malik is a partner in Omtrans Logistics (Om Logistics Group), a leading logistics company of India, helping expand their international operations into China, Japan and North America. Ritesh has successfully diversified into real estate development (TFS Holdings), human resources and public relations (The Final Score) and a newest fresh fruits venture- Fruity. Ritesh helped Indian cricket star Yuvraj Singh to start his cricket academy – the Yuvraj Singh Centre of Excellence and played a key role to kickstart his cancer charity, YOUWECAN.



Sunita Vyas

National Co-convener, Canada India Foundation

Sunita Vyas is a serial entrepreneur with a drive for growth and a passion to build great companies. Over the last two decades she has forayed successfully into the Education, Entertainment and Marketing Sector. Currently, she is the CEO of Academy of Learning College, Mississauga and serves as a Board member of National Association of Career Colleges (the apex body in Canada that strives to promote the interest of Private Career Colleges at the Federal Level).

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Secretary, Canada India Foundation

Hema Bhatt is Vice-President, Natu'Oil Services & Co-Founder, Bhatt Group of Companies. Hema immigrated to Canada in 2003 and in the following year started Natu'oil Services in partnership with her husband. Following the initial success of Natu'Oil, they setup Global Agri-Trade Corporation in the US in 2006. Natu'oil Services specializes in international trade of palm oil-based ingredients for animal feed and food manufacturing industries.



Hema Bhatt

Treasurer, Canada India Foundation

Girish Kekre is the Vice President of Ni-Met Metals and Minerals Inc. as well as Ni-Met Resources Inc. Girish is a Chemical Engineer and brings in senior management experience and a very valuable expertise in non-ferrous metals and scrap metals. He also worked as a process superintendent for Agro-Chemicals and Food Company Limited, Kenya – a \$ 100 million joint venture between VEW of Austria, Nanji Kalidas Mehta of Kenya and the Kenyan Government.



Girish Kekre

Immediate Past Chair, Canada India Foundation

Anil Shah, CEO of Ni-Met a large nickel and alloys trading and supply house with multiple associated offices globally with headquarters in Canada, and a scrap processing facility in Italy. Anil served on the board of The Trillium Hospital group (A consortium of several large hospitals in Ontario) and has chaired the Trillium Diwali Gala twice in the last decade, raising large amount of funds for the benefit of the hospital.



Anil Shah

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Ajit Someshwar is an Indo-Canadian entrepreneur, philanthropist and social activist based in Toronto, Canada. He is President & CEO of CSI Group. Someshwar is an active fundraiser for hospitals, charities and the arts. In September 2010, Someshwar along with fellow businessmen donated a Maple-Leaf Shaped 17-ton monument to the Canadian Armed Forces for their exemplary service as global peacekeepers. He is the co-founder of Canada India Foundation and a past Chair.



Amar Bhatia is President and CEO of Illuminex Technologies, founded in 2009, and International Data Systems. He is a committed philanthropist who has been involved with grassroots movements in India to educate girls. He is actively engaged in mentoring and financing young entrepreneurs. He was an active member of Million Dollar Pledge that Indo-Canadian Friends of Osler made to donate \$1million to the William Osler Foundation.



Andy (Arjun) Jasuja is the founder and Chairman of the Sigma Group, a global conglomerate of companies with presence in Technology, Real Estate Development, Hospitality, Finance and Healthcare. As a serial entrepreneur, Andy has founded, acquired and successfully exited numerous companies with investments from world's leading Venture Capital and Private Equity firms including Kleiner Perkins, Morgan Stanley, Cisco, and Birch Hill Equity Partners.



Anil Bhasin is a realtor for the last three decades. His 'Ghar' brand is extremely popular amongst Canadians of Indian origin. He is a yoga enthusiast who was instrumental in getting Baba Ramdev to Canada in 2007 and was actively involved with the International Yoga Day Canada. A committed philanthropist, he was actively involved with the Million Dollar Pledge that the Indo-Canadian Friends of Osler made to donate \$1million to the William Osler Foundation and the Sunnybrook Hospital.



Anil Gupta immigrated to Canada in 2014 under the Investor Immigration program along with wife Raksha, two daughters and a son. All the family members are today involved in expanding their business in Ontario and New Brunswick. RAS, their corporate identity, is now a proud owner of two of the most beautiful golf courses in NB - St. Ignace-Golf and St. Margrets Golf. Currently, his group is working on various development projects including townships, condos, hotels, shopping plaza and a new golf course.



Anita Dalakoti is widely known for her expertise in finance and insurance and is recognized as a leading financial advisor, serving the Greater Vancouver Area. She is a Life Member of the Million Dollar Round Table (MDRT). She is currently the CEO of Apple Insurance & Financial Services Inc. providing general insurance to a range of clients in the GVA. Anita is also the President of Dalakoti Financial & Insurance Services Inc. that provides financial management services, estate planning, personal insurance, corporate and tax planning services.

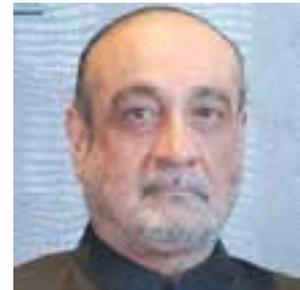
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Dr. Anoop Sayal graduated from the UofT Faculty of Dentistry with honours. He was the Secretary of the Faculty of Dentistry Alumni Association 1992-1993. He was elected to Omicron Kappa Upsilon Honours Dental Society. He has served the GTA community in his professional capacity as well as a volunteer. He was a constable of Peel Regional Police Auxiliary from 1993-1996. He has volunteered for organizations like Mississauga Food Bank, Sansar, Eden Food for Change.



Anshul Ruhil, a self-made successful entrepreneur, well-known for his extreme perceptiveness, his constantly dreaming and crafting a vision to shape a younger generation of professionals to take charge and adopt entrepreneurial strategies by offering coaching for the past 22 years. His expertise in technology, farming and prominent leadership qualities, creativity and futuristic views have helped so many young aspirants to start their investment careers and take it to the next level.



Bhupinder Singh Khalsa is the Founder & CEO of Ranee Impex. A Geo-technical engineer, he came to Canada in 1986 and is a pioneer in introducing Indian Marble and Granites to North America and Europe. Bhupinder also supported a Grand Memorial for Canada's fallen soldiers. Exquisitely carved in black granite and shaped as a Maple Leaf, this 15-tonne memorial is dedicated to Canadian Armed forces and placed at the premises of Canadian Museum of Hindu Civilization in Richmond Hill, Ontario.



Chetan Handa, a highly successful entrepreneur, first arrived in Canada in April 2014. He has diverse business interests spanning several sectors like FMCG, Real Estate, Jewellery, IT and manufacturing units spread across India and Canada. Recently he was chosen as the Entrepreneur of the Year by the prestigious Dubai-based Asia One magazine, which held its award function in Bangkok in February 2020.



Chinmay Thakkar of Thakkar Group runs a chain of Tim Hortons Restaurants - a network thriving today with the support of the whole family. Following in the footsteps of his late father Ambrish Thakkar, Chinmay has been actively involved in helping new immigrants, especially students, settle in Canada and helping them to build long term careers in management within Group's network of restaurants.



Chirag Shah is Founder and CEO of Subhtech Solutions Inc., an IT services company. Chirag is also actively involved in advising high net worth individuals and businesses in Canada and India through his boutique consulting and advisory service. A generous volunteer, Chirag has raised funds for Milton District Hospital Foundation, Vaishno Devi Temple, Oakville and other charities.

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Dr. Deepika Ruhil is a flourishing self-made entrepreneur constructing a fantastic future for the individuals around her. She's a medical graduate (MD) but aspired to create a difference in more lives; hence she joined IBM Watson Management and contributed taking medical software product to next level by helping team enhance more radiology features in the radiology solution for Innovative reading workflow. Now she has dual focus of consulting and managing the family real estate business.



Dinesh Jain immigrated to Canada in 1973, joined the consulting firm R.J. Black and Associates. In 1989, he bought the firm. In 1994, the name of the firm was changed to Jain and Associates, and he expanded the firm internationally with offices in Abu Dhabi and Shanghai. The firm's global expansion continued with offices in New Delhi, Dubai, Hong Kong and Amman. Jain Consultants currently operates ten offices worldwide employing approximately 300 people worldwide.



Hareesh Mehta is CEO and President of Eximcan Canada. His businesses provide employment to over 350 people in Canada, USA and India. He holds a Bachelor's in Marketing from St. Joseph University, Philadelphia, USA. His entrepreneurial journey started in the early 1970s, and since then, he has launched several successful businesses. His community development work is an adroit mix of public service and philanthropy.



Hariharan Gautam is the CEO of Grintex Technologies Inc. Canada (a subsidiary of Grintex India Ltd). He has been instrumental in introducing cutting edge technologies to India in the domain of Jelly filled & Optic Fiber telecommunications, Geo Augmented GPS aided navigation system for a satellite-based navigation system, Radar and the state-of-the-art Air Traffic Control systems for Aviation, strategic defense technologies etc.



Vaidya Harish Verma is the Founder-President of Canadian College of Ayurveda & Yoga Inc. in Ontario, and President of Best Ayurveda Limited, Canada. He was a Member of Governing Body of National Institute of Ayurveda, Jaipur and Member, Board of Ayurvedic and Unani Systems of Medicine, Punjab. He served as faculty of Honors program in Ayurveda at Thames Valley University, London. He is the author of two books on Ayurveda - A Comprehensive Book of Ayurvedic Medicine and Secrets of Ayurveda.



Dr. Indira Khurana obtained her doctorate in Atomic, Molecular, and Laser Physics from the University of Roorkee, India. Prior to starting her own business in Canada, she held a teaching and research position at the Florida State University. Her research papers published in prestigious journals have earned her acclaim in academic circles.

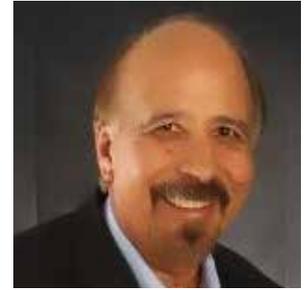
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John Jickling leads a global engineering organization as President and CEO of EPCM Services Ltd. An experienced professional with a proven history of working in the mining and metals industry, he is a specialist in Process Engineering, Engineering, Strategic Planning, Contract Negotiation, and Contract Management. He is a strong business development professional with a Bachelor of Applied Science (B.A.Sc.) focused on Mechanical Engineering from Queens University.



Joseph Selvaraj is President & CEO of SBI Canada Bank, a subsidiary of State Bank of India, the largest bank in India. From managing SBI's relationship with the largest corporates in India, to being the CFO & Corporate Secretary of a bank in USA, and now the P&CEO of a Canadian bank, he has strategic, governance, operational and risk experience of over three decades across India, USA, Canada and Panama.



Kamal Paul, CEO, K Paul Architect Inc. began his architectural career in Canada in 1971 in St. John's, Nfld. He held various positions at several architectural firms until he established K Paul Architect in 1978 in St. John's. He relocated to Oakville in 1989 where he currently resides. In 1994, Kamal in partnership with Ben Ignagni formed K Paul Architect Inc which has steadily grown into a premier North American architecture and design firm with offices in Ontario, B.C, Alberta and Florida.



Keval Shah Broker of Record and CEO, Savemax DreamHome Realty, Brokerage. Shah is a leading real estate broker with 12 years of experience dedicated to giving his clients "First Class" professional service and honest advice, enabling them to make sound financial decisions in the sale and purchase of real estate. He is also an entrepreneur, excellent communicator and a negotiations expert. He has been in the business of building custom /luxury homes since 2011.



Kuldeep Sharma, President & CEO of Crown Group of Hotels, migrated to Canada in 2002. He acquired his first hotel in Canada, Quality Hotel Burlington, in January 2013 and the second, Courtyard by Marriott Brampton, in 2014. Crown Group of Hotels today employs over 300 associates and has in its portfolio internationally recognized flagged hotels like Marriott, Hilton, Holiday Inn, and Choice Hotels.



Kundan Joshi is the founder and CEO of TheAppLabb, a leading app innovation firm focused on strategy, design and development of Apps and emerging technologies. TheAppLabb that employs over 150, has built over 650 apps in the last 15 years. TheAppLabb clients include Unilever, Samsung, Dell, Suncor, Petro Canada, RBC, JBS, Hudson's Bay, TIFF, among others.

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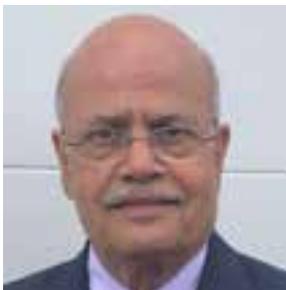
Dr. Lalita Malhotra, OC is an obstetrician and family physician. Based in Prince Albert, SK, she has delivered thousands of babies, helped to find a wellness clinic for women and advocated for skills-upgrading opportunities. She counsels teenagers at the Ranch Ehrlo Society treatment centre, volunteers with the YWCA's Family Futures Program and has raised funds for disaster relief in Southeast Asia. Affectionately referred to as the "Angel of the North", she is known as a great humanitarian.



Manoj Sharma is the Founder-President of East & West Transportation, established in 2002, a Transportation and Logistics company with operations across Canada. In 2015 he moved into Real Estate Investment and Development and currently has property development projects across various regions in North and South America and South Asia. His daughter is following in her father's entrepreneurial footsteps while his son has opted to serve in the Canadian Armed Forces.



Nirav Bhatt is the co-founder of Aastha Lawyers. Prior to starting his own practice, Nirav worked with small to mid-sized firms as well as a large Bay Street law firm in Toronto. Nirav was also featured in University of Toronto's 2011 edition of Nexus Magazine as part of immigrant lawyer success story. Nirav's skill and experience ensure that he delivers nuanced advice and creative solutions to help meet with his client's requirements and expectations.



Norton Kothari is Chairman of The Kothari Group. It has been successfully developing and managing Canadian real estate since its entry into Canada in 1996. He has established the Kothari Family Innovation Trust through a \$1 million gift to Trillium Health Partners. Apart from real estate developments & hotels, the Group has vast interest in real estate mortgage lending in Canadian & U.S. markets. The Group holds mortgage portfolio of over \$200 million.



Pankaj Dave is Founder and CEO, Manas International Inc., trading in Steel and Metal products internationally. Strongly rooted in Indian cultural traditions, he is also equally appreciative of the opportunities and values of Canada. While remaining a proud Canadian, he strongly believes in the idea of 'Vasudaiv Kutumbkam' (World is One) that allows him to easily adapt and improve his international trading business and personal life in Canada.



Pranav Patel is a prominent Indo Canadian Barrister, Solicitor and Notary Public, having expertise in Business Law, Property Law, Real Estate Transactions, Wills and Estates Law. Pranav successfully introduced a motion to recognize ancient Indian Sanskrit Language in Ontario with the Toronto District School Board (TDSB) becoming the first school board in Canada to start offer formal classes to learn Sanskrit.

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Prashant Srivastava, MBA, Director, South Asia, Seneca College, Toronto, Canada. He oversees international student recruitment, business development and strategic partnerships in South Asia. Prashant has worked extensively promoting Canadian education overseas and developing skills development and entrepreneurship exchanges between Seneca and reputed educational institutions around the world.



Rahul Shastri is a Senior Partner at law firm KAGAN SHASTRI, based in Toronto, Canada and heads the firm's litigation department. Rahul currently serves as counsel, or in an executive position, on several not-for-profit and charitable institutions. Rahul is a past National Convener of the Canada India Foundation.



Ramesh Chotai is the President of Bromed Pharmaceuticals with operations in several parts of the world. Educated in the UK and Switzerland as a pharmacist, his first job was with ICI Pharmaceuticals in Kampala, Uganda. He came to Canada in 1972 following the tumultuous events in Uganda during the reign of Idi Amin. Bromed Pharmaceuticals, has become one of the leading pharmaceutical companies, offering employment to several hundred and becoming the leader in formulation technology.



Ramnik Khurana, a successful entrepreneur, he is passionate about building an organization that has clear vision of its purpose, values and mission. Director at MST Global Inc., and Sakshem Exim Pvt. Ltd., he is an expert in providing management consultancy and is a great transformation leader. He graduated in commerce from Delhi University, India and has been providing consultancy services to various businesses in India and Canada for the past 20 years.



Ray Gupta, Chairman & CEO of Sunray Group conducts stringent market studies to unearth underutilized, well-located assets with upside opportunities. Sunray is known for going that extra mile to surpass brand standards and has won the prestigious Pinnacle award for Regional Company of the Year. Ray started by strategically growing his portfolio along the 401 corridor and now has representation in almost every city from Windsor to Kingston, Ontario. His Group owns and manages 58 hotels.



Rupesh Kapadia is the Managing Partner of Kapadia LLP. He has over 24 years of public accounting experience dealing with multinational companies and owner-managed companies. This has provided him with vast knowledge of financial and accounting systems. Rupesh also has a law degree from India. It enables him to understand the legal aspects of the business keeping the numbers in mind. His working experience in India and Canada brings the global flavor to any assignment.

CIF Board of Governors



Sandeep Goel is the President and CEO of ICICI Bank Canada since July 2019. In this role, he is responsible for leading the growth of the bank in the Canadian marketplace. Previously, Mr. Goel was the Chief Risk Officer for the North American operations of ICICI Bank, overseeing all areas of risk management and regulatory relationships in both the United States and Canada.



Sandeep Gupta is a Textile Engineer from T.I.T & S, Bhiwani (B. Tech). He also holds an MBA degree from India. He worked a few years in India before migrating to Canada in 2002. After working in Canada for three years, he started his own business in 2005 which has since then grown into a conglomerate with presence in several countries - Argentina, Chile, Peru, Ecuador, Bolivia, Paraguay, Venezuela, Colombia, Mexico, Guatemala, Honduras, El Salvador, DR, USA and Canada.



Sanjay Jain is a Director at Latham, the Pool company, responsible for the Canadian market. Latham is the largest designer, manufacturer, and marketer of in-ground residential swimming pools in North America, Australia, and New Zealand. He is a dynamic business executive with over 3 decades of international leadership experience managing P&L and strategic business growth in three different countries and cultures.



Sanjay Makkar is the Founder and President of InSureU! Insurance & Investments Solutions Inc. and InSureU! Brokers Inc. in Mississauga, that offer premier professional financial services, providing consultation and solutions in Risk Strategies, Personal/Group Health Insurance, Estate and Succession planning, and Property & Casualty Insurance as part of Broker Distribution Channel. With over 20 years spent in insurance industry, Sanjay today leads a large team of professionals and staff members.



Sanjeev Chhibber is an accomplished entrepreneur and a lifelong learner. He graduated in Commerce from Delhi University. Sanjeev, along with two of his friends founded Glaze Trading India Private Limited in 2003, and always believed in venturing into the lesser-known territories and embrace novel, innovative initiatives to challenge the existing paradigms of business. This company has achieved annual turnover of Nine billion INR (C\$180 million).



Shivani Gupta, Director of Crown Group of Hotels, based in Mississauga, ON. She is also the Director at Prudent Law, based in Mississauga, specializing in Real Estate, Civil Litigation and Immigration. She graduated from the University of Toronto with an Honors Degree in Business Administration and a master's Diploma degree in Human Resource Management from Sheridan College. Shivani's educational pursuits have been grounded in her core belief that the employees of a company are the key to its success, no matter what industry.

CIF Board of Governors



Siddharth Kumawat is Director Overseas, Maneesh Media. Maneesh Media, earlier known as Manish Media Agency, established in 1999 in India and later forming base in New York (USA) and Toronto (Canada), are a media house with a difference leading with exclusive publications along with pioneering in Connecting Beyond Boundaries.



Surendra Gupta is Chairman of Gold Souk Group. He is president of Water Park Golf and country Club, Ontario and St-Ignace Golf Club. He is active in real estate business in India. He introduced the first franchise of McDonalds in his home state. He pioneered the concept of developing farmhouses as residences and was the first company to develop a shopping mall with a Multiplex cinema.



Surinder Sharma is President of Power Systems Inc. The Company is providing energy efficient solutions to save energy and reduce carbon emissions. In Canada, he successfully launched an Energy Conservation Services Company in technical collaboration with Energy Automation Systems Inc., US. His company assists commercial and industrial properties to conduct Energy Audits and do Project Management for retrofit and technology solutions. Surinder assisted Al Gore's "The Climate Reality Project" in Ontario.



Dr. Terry Papneja presents a model combination of professional excellence entrepreneurial success and philanthropic zeal. After graduating in Dentistry from Indore, India, he moved to Canada in 1981. He acquired his degree in Dentistry from University of Toronto and opened his first dental office in Brampton in 1986. Starting initially as a lone dentist, he applied his business and professional skills to grow the business steadily to the point today, where the office boasts of eight dentists and 50 staff members.



Dr. V. I. Lakshmanan, OC is an internationally renowned teacher, scientist and innovator in the area of sustainable development. Dr. Lakshmanan has been actively involved in serving the community for many years. He was one of the Founders of Sringeri Vidya Bharati Foundation Canada, an affiliate of the Sringeri Sarada Peetham, founded by Adi Sankara. He is one of the founding members of Canada India Foundation and a past Chair (2013-2015).



Vase Sarmah is Global Operations (Support Strategy) Leader at Lifion by ADP. She is technology transformation leader and an expert in driving global operational expansion for strategic positioning. She has over fifteen years of global experience in multi-national firms. She has a proven track record for standardizing business processes/services to create maximum value in compliance with organizational mission, vision and values.

CIF Board of Governors



Vijay Sastry Kotamarti is a Certified General Accountant practicing in Canada for the past 18 years. Vijay has served as a Trustee of Telugu Cultural Associations in Canada, India and Kenya and also sits on the boards of several cultural and charitable organizations.



Vijay Thomas, Founder CEO at Tangentia, a leading digital transformation company with operations in Canada, USA and India, serving clients such as Suncor, Jaguar Land Rover, Reliance Retail, Royal Bank of Canada, Canopy Growth, LCBO, Whirlpool. He also founded Tangentia Ventures which has investments including Clean Planet.



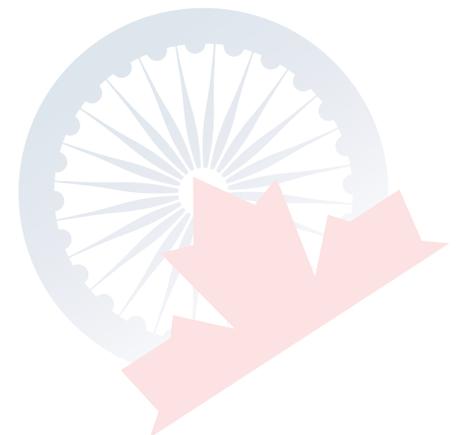
Vikram Dhadha graduated in Electrical Engineering and Electronics from Birla Institute of Technology and Science, Pilani, India and later earned an MBA from Ivey Business School of University of Western, London, Ontario. He has strong domain expertise in various industries like Telecom, Transport, Logistics, Hospitality and Healthcare. He founded Zenith System Solutions in 1997. As President and CEO, Vikram has overseen the growth of Zenith in Canada, USA, India, and Africa.



Vinod Vyas is the Founder of Partho Technologies Inc. Prior to Partho Technologies, he was the co-founder of 5Pillars Corp, a market leader in providing ERP solutions on the Microsoft DAX platform. Vinod recently forayed into the entertainment industry producing commercially successful movies. He has a strong passion for academia and research, having once taught as an Assistant Professor. Vinod has an engineering degree and an MBA from Imperial College, UK.



AV Terrace Bay is a part of the a US \$ 41billion Aditya Birla group, Located on the shores of Lake Superior, AV Terrace Bay is a NBSK pulp mill producing over 330,000 tonnes annually. With over 360+ employees and \$151 million invested over the last three years the company is focused on moving ahead and responding to future market change. The Terrace Bay Mill became the third Canadian company to join the Aditya Birla Group's pulp and fibre business (Grasim Industries Ltd.) in July 2012.



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CANADA INDIA
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Democracies Working Together



ABOUT US

The Aarti Group of Companies started with Aarti Textiles in 2005 which now manufactures and trades textiles, fabrics and yarns internationally.

The group has divested into the Canadian real estate market with a notable portfolio of commercial and industrial plazas and several real estate development projects along with a substantial financing portfolio.

congratulations

Mr. Anil Agarwal
on receiving the Canada India
Foundation Award



CIF Advisory Board

Stewart Beck

Canada-Asia Foreign Affairs and Trade Policy Expert



As a diplomat, a trade commissioner, and a policy expert, Stewart Beck has spent the last 40 years as one of the foremost advocates of Canada's interests in Asia. From 2014 to 2021, he was the President and CEO of the Asia Pacific Foundation of Canada, Canada's leading research institution on Asia. Before joining APF Canada, he had a distinguished 30+ year career with Canada's diplomatic corps. His diplomatic assignments have taken him to important centres in U.S. and Asia, culminating with an assignment as Canada's High Commissioner to India. Today he is recognized as one of Canada's top experts on Asia at a time Asia is becoming increasingly critical to Canada's own future. Applying his understanding and navigating the challenging geopolitical, economic, and trade environment is the value he brings to strategic conversations on the region.

Anil Arora

Chief Statistician, StatCan



Anil Arora is the Chief Statistician of Canada since September 2016. He has led significant transformational initiatives throughout his career, with experience and partnerships spanning all three levels of government, the private sector, and international organizations, including the UN and the OECD. He has led projects on high-profile policy issues, legislative and regulatory reform, and overseen large national programs. He was the Assistant Deputy Minister of Minerals and Metals Sector in 2010, the Assistant Deputy Minister of Science and Policy Integration in 2013, the Assistant Deputy Minister of Health Products and Food Branch in 2014. Mr. Arora has led several business missions to India and recently provided expert advice on the modernization of India's statistical system.

Gary Comerford

Board Member at Novelis



International management and financial specialist, Gary Comerford, is the Chair of Brock University's Board of Trustees. Currently the CEO of Comerford Management Consultants, his career has included appointments as Vice-President of Marketing for Canada Permanent Trust, and Senior Vice-President (International) for Sun Life of Canada. He served as Sun Life's general manager for India and is a past president of the Canada India Business Council. He is also a past chair of the Shaw Festival Board.

Ajit Bapat

Consultant



Ajit Bapat is actively involved in consulting through his company Power Solutions. He is well known in the electrical distribution field and is considered a world authority on ground fault protection. He holds a master's degrees in Business Administration and Electrical Engineering, specializing in power systems and power system protection. He is also recognized for this expertise on digital metering systems; microprocessor based integrated systems for protection; and the metering, monitoring, and control of power distribution systems. A member of Professional Engineers Ontario, he is also a senior life member of the IEEE.

CIF Advisory Board

Arvind Gupta PhD

Professor, University of Toronto, and University of British Columbia

Arvind Gupta is a Professor at the University of Toronto's Department of Computer Science. He was appointed as a Distinguished Visiting Professor at the UofT for a two-year term in 2015. He was the President of the University of British Columbia prior to his return to Toronto. Professor Gupta is an alumnus of the Computer Science department, having earned his master's and doctoral degrees at U of T in 1985 and 1991. Before serving as UBC's president, he was CEO and scientific director of Mitacs Canada, a national non-profit that develops collaborative research projects, between universities and industry, led by graduate students.



Arun Chockalingam MS, PhD, FACC, FAHA

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

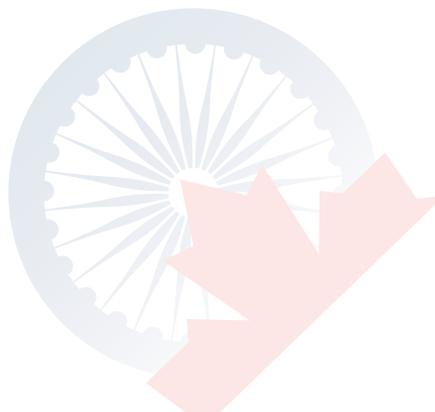
Dr. Chockalingam's experience encompasses a unique combination of global health research, policy, training, and administration in addition to international leadership within the global health community. He is extensively involved in promoting public health education and awareness on COVID-19 in the community. He is a mentor to senior cardiovascular scientists worldwide. He is the Editor-in-Chief of the International Journal of Noncommunicable Diseases (www.ijncd.org). He is a recipient of many national and international recognitions. He has published over two hundred articles in scientific/medical journals.



V. Kumar Murty Ph.D.

Professor of Mathematics, University of Toronto, and Director of the Fields Institute for Research in Mathematical Sciences.

Dr. Kumar Murty's contributions to the fields of number theory, algebraic geometry and their applications to Information Technology are well recognized by the scientific community. He received his Ph.D. from Harvard University and has held visiting positions at the Institute for Advanced Study (Princeton), the Tata Institute of Fundamental Research (Mumbai) and Concordia University (Montreal) before moving to Toronto. He has published over 120 scholarly articles and authored and edited seven books. His research has earned him several honours including election as a Fellow of the Royal Society of Canada, a Foreign Fellow of the National Academy of Sciences (India), and as a Fellow of the Canadian Mathematical Society. He was also awarded the prestigious E. W. R. Steacie Fellowship by NSERC and the Coxeter-James Prize by the CMS. Recently, he has embarked on a study of "smart villages" to mathematically understand the dynamics of communities and to derive the economic and social implications of various models of growth.



CIF Past Chairs



Surjit Babra



Ramesh Chotai



Barj Dhahan



Dr. V. I. Lakshmanan



Ajit Someshwar



Anil Shah

CIF Past National Conveners



Ajit Someshwar



Aditya Jha



Rahul Shastri



Laj Prasher



Anil Shah



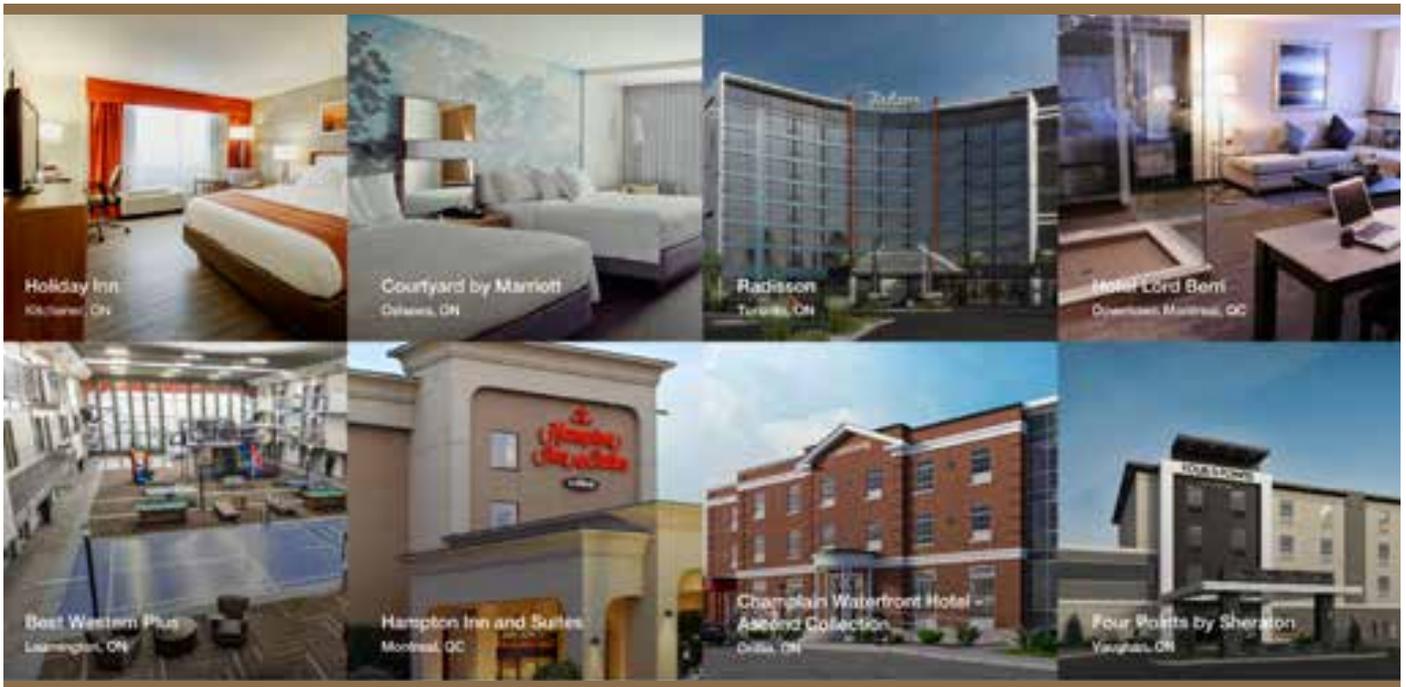
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CANADA INDIA FOUNDATION



Democracies Working Together

Objectives

Canada India Foundation (CIF) is a national, not-for-profit, nonpartisan, non-governmental organization established with the following objectives:

- Foster bilateral relations between Canada and India
- Create opportunities for qualified Indo-Canadians in the public sphere
- Create a better understanding of the new India among Canadians & protect Canada's interests in India
 - Annually recognize & honour a prominent global Indian achiever. CIF Global Indian Award is presented to an outstanding person who has demonstrated global leadership, vision, and personal excellence
- Organize sectoral forums that enable a better understanding of the expanding economic relations between Canada and India
- Position the need for a strategic partnership between Canada and India as critical to Canada's future.

Public policy

Since its inception in 2007, Canada India Foundation has taken a leadership role in fostering stronger bilateral relations between Canada and India through active participation in the public policy debate and engagement with Parliamentarians, CIF plays a pivotal role in transforming Canada's relations with India by emphasizing India's criticality to Canada's future

CIF works towards raising the profile of Indo-Canadian

community by facilitating:

- Participation by qualified Canadians of Indian origin in the policymaking and the legislative process and within crown agencies, government boards and judicial and quasi-judicial tribunals
- Engagement with federal and provincial elected representatives on crucial bilateral issues such as trade enhancement, national security, simplifying immigration procedures, professional accreditation

CIF takes an active role in increasing the awareness among Canadians about the changing face of India, and the promotion of Canada's interest in India. CIF members are among Canada's top industrialists, entrepreneurs, corporate executives, and top-tier professionals. Together, CIF members provide employment to a few thousand Canadians, and they are key influencers of Canadian public policy enjoying tremendous self and prestige in Canada.

CIF proactively assists in shaping a definitive pro-India policy framework in Canada by working with decision makers in the federal and provincial Canadian governments. Policy analysts following the amazing progress of Canada – India relations concur that substantial improvements have occurred in the last ten years – coinciding with the formation and growth of CIF.

Philanthropy

CIF members are dedicated philanthropists who continually donate for a cause globally and especially in Canada and in India.

Canada India Foundation

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CIF Years in Review

06 September 2019

Speaker Series - Premier Doug Ford



CIF met with Premier Doug Ford and several MPPs to discuss trade between Ontario and India, and to promote India as an attractive destination for Ontario based businesses. CIF members presented ideas on various opportunities available in India and identified Ontario's strengths that could help foster trade and relationships between them.

10 September 2019

Roundtable with FIEO Delegation



CIF hosted a roundtable with a visiting delegation from the Federation of Indian Exporting Organisations (FIEO). It was an engaging afternoon between the visitors and CIF members, all of whom walked away with more contacts than they came in with.

03 October 2019

Speaker Series - Dr. Manish Shah

Our Speaker Series lecture in October featured Otolaryngologist Dr. Manish Shah. Dr. Shah is an accomplished head and neck surgeon. He is an assistant professor in the Department of Otolaryngology – Head and Neck Surgery at the University of Toronto, and practises at North York General Hospital, University Health Network



and Mount Sinai Hospital in Toronto. He is a Fellow of the Royal College of Physicians and Surgeons of Canada. Dr. Shah's talk titled "Human Papilloma Virus associated Head & Neck Cancer: A Growing Epidemic", focused on understanding the epidemiology and diagnostic challenges of this disease. Over the course of his lecture, he also reviewed the shifting treatment paradigm for head & neck cancer.

29 October 2019

Meeting CG Apoorva Srivastava



CIF executives had a chance to sit down and meet with the new Consul General of India (CGI) in Toronto, Ms. Apoorva Srivastava. CIF – represented by its Chair Anil Shah, National Convener Satish Thakkar, and Co-Convener Pankaj Dave – gave an overview of the activities and achievements of the foundation. CIF and the CGI discussed ways to promote ties between Canada and India.

11 January 2020

Reception with Shri Om Birla, Speaker Lok Sabha



In January, the Consulate-General of India in Toronto gave

CIF Years in Review

CIF the privilege of organizing an exclusive round table with the Speaker of the Lok Sabha, Shri Om Birla, and Deputy Chair of the Rajya Sabha, Shri Harivansh. The roundtable was a gathering of some of the highest-achieving Indo-Canadians in the Toronto area, including former Senator Asha Seth, Order of Canada recipient Aditya Jha, and other luminaries.

11 January 2020

Roundtable Meeting with Minister Ahmed Hussen



CIF also met with the Hon. Ahmed Hussen, federal Minister of Families, Children and Social Development. The Minister discussed the federal government's initiatives to increase the supply of affordable housing, namely the \$13.75 billion Rental Construction Financing initiative that provides low cost loans encouraging construction of rental housing across Canada. CIF members gave their inputs on various ways the strategy could be improved.

19 February 2020

Meeting with Acting High Commissioner, Ottawa



CIF executive and members met with the Acting High Commissioner of India to Canada, Mr. Anshuman Gaur. In a wide-ranging discussion Mr. Gaur praised the Canada India Foundation for its excellent work and reiterated an

interest in working with CIF in the future. He outlined the various ways that Canadian companies could contribute to the Indian growth story and participate in India's journey to becoming a US\$ 5 trillion economy.

19 February 2020

Meeting with MPs in Ottawa



CIF met with several MPs at a meeting arranged by MP Ramesh Sangha. Members discussed the work that CIF has done so far and discussed upcoming initiatives and events. CIF met with, in addition to MP Ramesh Sangha, MP Jasraj Hallan, and MP Gagan Sikand.

19 February 2020

CIF starts Fellow Program with MLI



On the 19th of February 2020, CIF attended the Macdonald Laurier Institute's annual dinner. CIF Chair Mr. Anil Shah announced the establishment of the Canada India Foundation Fellows Program at the Institute. The program will help the development of the next generation of thought leaders who will help take relations between the two countries to the next level.

CIF Years in Review



22 February 2020

Reception with Premier Doug Ford, Niagara Falls

CIF continued its advocacy and public policy efforts by hosting a reception at the Ontario PC Party Policy Convention in Niagara Falls on Saturday, February 22. CIF members and executive team met with the Premier of Ontario, the Hon. Doug Ford, to underscore the vast untapped potential of the Ontario-India relationship. Various Ministers including the Minister of Education Hon. Stephen Lecce, and Minister of Transportation Hon. Caroline Mulroney, also attended.

23 May 2020

Webinar: Back to Good Days or to a New Normal?



Dr. Om Malik, Principal and CEO of ECOH Management Inc., a leading Environment, Health and Safety firm and Dr. Samir Patel clinical microbiologist and Deputy chief of microbiology at Public Health Ontario joined CIF to disseminate the information on the Covid-19 pandemic. They said that as we start to recover from the COVID-19 pandemic and stay-at-home restrictions are lifted, people will slowly but surely start to go back into the physical

places.

24 June 2020

Webinar: Indian MSME Minister P. C. Sarangi



Hon. Pratap Chandra Sarangi, Indian Minister of State for Micro, Small and Medium Enterprises, Government of India in his virtual interaction with the Canada India Foundation through a live webinar on 24th June 2020 said that Indian Government is looking to attract investment in industries from across the world to participate in the Make in India program. Indian industry is currently transforming itself to become the manufacturing hub of the world. India is willing to facilitate Canadian investors in sectors such as food processing, small solar power projects, animal husbandry, natural fertilizers, and other daily use products. Canadian high tech and innovation can help transform and upgrade Indian skilled workers.

27 June 2020

What Makes Canada Great? Brian Lee Crowley

Dr. Brian Lee Crowley was speaking at the Canada India Foundation's monthly webinar speaker series on 27th June 2020. People moved to Canada because there was something special about Canada that makes it attractive. Canada is also a creature of the New World. It is not an ancient civilization like India or Europe. Canada has

CIF Years in Review



escaped social and cultural barriers that disfigure the old world and social systems. Our life prospects are not determined by our religion, social class, or our party membership. These barriers are not impermeable in Canada as they are in many other societies. It was strength of Canada that attracted diversity and not the other way around, he said. He further said that there is something special about Canada that does not just make it a pleasant place to live, but one of a handful of societies that the rest of the world looks on in envy. If Canada opened the doors to the world tomorrow, torrent of humanity that would flow in would be beyond imagination, he said.

22 July 2020

Webinar: National Security, Democracy & 5G- Dr. Spalding



Canada India Foundation organised a webinar on National Security, Democracy and 5G. Dr. Rob Spalding, Brig Gen, USAF (Retd), is an Entrepreneur, Strategist and China expert. He spoke on how effective deployment and management of secure and reliable fifth generation (5G) Communications infrastructure can change the life of the individuals.

08 August 2020

Webinar: Sushil Pandit on Article 370

Sushil Pandit, a noted scholar and author of many



commentaries on the Kashmir issue, was recently a guest on the CIF Speakers virtual webinar series. Pandit who belongs to the minority Hindu pandit community in the Kashmir valley that came under attack by radical Islamists, spoke of the dark days in the late 1980s that led to the community's exile. "We became refugees in our own land," he recalled. August 5, 2020 was the one-year anniversary of the annulling of Article 370 regarding the special status accorded to J&K by the government of India. Pandit chose to present to the audience the beginning of the troubles and the situation post Article 370.

15 August 2020

CIF Celebrates with Seniors



Canada India Foundation, celebrated India's 74th Independence day on Saturday August 15, 2020 at 12:00 noon, at Mississauga Long Term Care Facility, 26 Peter Street North, Mississauga, ON L5H 2G7 with seniors. CIF delivered freshly cooked vegetarian meals to celebrate and commemorate Indian Independence Day. Consul General of India Ms. Apoorva Srivastava, MPP Nina Tangri & Deepak Anand joined among others.

CIF Years in Review



29 August 2020

Webinar with Hon. Minister Anurag Thakur

Hon. Anurag Thakur, India’s Minister of State for Finance and Corporate Affairs, stressed during his hour-long interaction on Aug.29, 2020, “I am saying it again, this is the optimum time to invest in India.” He was speaking to a large virtual audience during the webinar series on India’s current economic trajectory and the opportunities it presents to investors all over the world. The virtual session began with the Chair of CIF, Anil Shah, heartily congratulating Minister Thakur, and the government of India under Prime Minister Modi, for the historic decisions recently taken both on the political and economic fronts. Satish Thakkar, CIF National Convenor, briefed the Minister on some of the charitable activities undertaken by the organization in Canada. Thakkar noted the great potential of the Indo Canadian diaspora to act as a “bridge builder” between Canada and India. He announced the proposed Health Conference in May 2021 to be hosted by CIF. He hoped that this event would attract a robust participation from India as it covers related subjects like biotech and AI with opportunities for collaboration.

Ajay Bisaria, opened his address to a recent full quorum membership of the Canada India Foundation with a witty observation that ever since he came in, he has been a ‘virtual High Commissioner’ denied real contact with people! And yet, there he was in the midst of an enthusiastic group of supporters though much reduced in numbers due to Covid restrictions, detailing some of the challenges faced by India during the Covid-19 crisis and the opportunities that lie ahead for both countries. Outgoing Chair of CIF, Anil Shah, while welcoming the H C, said, “Our only mandate is pro India. We are nonpartisan and not for or against any particular group or section of people. We only wish to see Canada India reach its best potential.”

10 September 2020

Interaction with HC Ajay Bisaria



India’s newly appointed High Commissioner to Canada,

10 September 2020

Webinar: Hon. Caroline Mulroney, Minister



Caroline Mulroney, Ontario’s Minister of Transportation, joined the CIF Speaker Series on September 10, 2020 to talk about the many issues Ontarians face over its transit and transportation. Opening her address, she thanked the CIF team for its work, referring to the Thank You Meals

CIF Years in Review

program. "I want to thank you for what you've been doing in the past few months. What you have been doing to help the most needy and vulnerable, during the Covid19 outbreak has been truly touching. Your compassion and generosity showed the Ontario spirit, and this spirit is what will help us through this difficult period."

04 October 2020
Ayurvedic Lecture Series



The first in a series on Ayurveda, sponsored by Canada India Foundation, took off with an impressive panel of participants and an equally impressive number of viewers keen to learn more about Ayurveda in these trying times of Covid19. CIF Chair, while introducing the panels, gave a brief outline of the new initiative, and what it means for the future of Ayurveda in Canada. "We feel, a continuous effort to bring the best of Ayurveda to Canada is needed to reach both the members of the public as well as key decision makers. During this series, we will be presenting 24 very respected Ayurveda practitioners who will not only share the wisdom of this ancient system, but also dispel some of the misconceptions regarding Ayurveda."

16 October 2020
CIF donates School Bags



Canada India Foundation donated school bags to the

Beaumont Heights Junior Middle School, Toronto. Ms. Sunita Vyas, National Co-convenor CIF, handed over the bags to the school principal and assured them that CIF will continue its Charity work for helping them in future as well.

27 October 2020
Meeting with Michael Tibollo, Minister



CIF Chair Mr. Satish Thakkar and National Convener Mr. Ritesh Malik along with Consul General of India in Toronto Ms. Apoorva Srivastava had a great discussion with Hon. Michael Tibollo, Associate Minister for Mental Health and Addictions on role Ayurveda can play in tackling mental health and Addictions.

29 October 2020
Meeting with Hon. Stephen Lecce, Minister



Ontario's Minister of Education, Mr. Stephen Lecce, was the Guest Speaker at the ongoing CIF Virtual Speaker Series on Oct. 29. Introducing the Minister, Satish Thakkar, Chair of CIF, observed: "This pandemic has compelled governments across the globe to make changes to their

CIF Years in Review

systems in a very short span of time to be able to continue education in a safe environment for students, teachers and other staff. In this very difficult time, Minister Lecce has been a man of action who has put plans and resources in place to keep Ontario's education moving forward."

13 November 2020

World Ayurveda Day



Canada India Foundation celebrated World Ayurveda Day on 13 November 2020. Ayurveda is the oldest Indian medical system developed in an integrated fashion including Yoga, Food, and natural plant-based medicines for living a healthy and balanced life. It is more clearly the science of life as it transcends the mere treatment of disease and embraces a wide array of principles and practices which deals with everyone in its entirety. This over 6000 years old, Indian system of medicine is set to get a huge boost of popularity with the Ayurveda Speaker Series, initiated by Canada India Foundation, in association with Canadian Ayurvedic Practitioners Association & Vedic Spiritual Heritage Foundation. Consul General Apoorva Srivastava graced the session with her welcome remarks. Hon. Michael Tibollo, Associate Minister of Mental Health and Addictions was the special guest at the event.

21 November 2020

Webinar with Hon. 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."

29 November 2020

Hindu Heritage Month Celebrations



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. Yogrishi Baba Ramdev was the Main Speaker at a virtual event, 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.

24 February 2021

Role of Modern Technology in the Fight Against Covid-19

The first of the three webinars planned before the run up to the Canada India Healthcare Summit (CIHS), in May, held on February 24, 2021, focused attention on the role of biotechnology in the world's fight against the Covid-19 pandemic. Expertly moderated by Dr. Arun Chockalingam, Professor of Medicine and Global Health, University

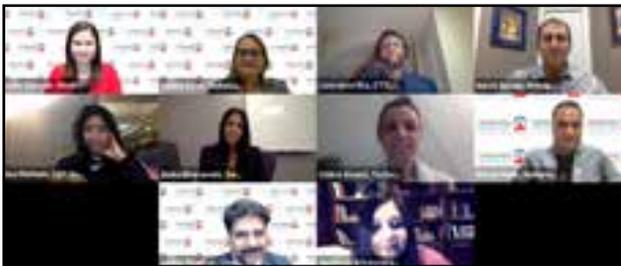
CIF Years in Review



of Toronto, the speakers from various backgrounds, addressed the audience and presented some key findings and developments in managing Covid-19.

4 March 2021

International Women Day 2021



Canada India Foundation marked the International Women's Day by hosting a webinar with the theme Diversity, Equity and Inclusion in keeping with the basic UN theme - Choose to Challenge. The virtual event held on March 4, drew a large audience, many of them new to the platform. Sunita Vyas, National Co-Convenor along with other members of the CIF Women's Committee, Hema Bhatt, Vase Sarmah, and Dr. Indira Khurana led the initiative by assembling a panel of highly accomplished women to speak on the current state of gender parity in Canada. Chair, Satish Thakkar, who opened the session, posed a question, "Today we have a situation where the laws of the land favour the growth and progress of women. But certain cultural norms and practices and entrenched attitudes may be holding women back from realizing their true potential."

10 March 2021

Pandemic: Responses and Initiatives

The second health webinar in the run up to the Canada India Foundation Health Forum in May 2021, was held on March 10 with a galaxy of experts weighing in on the many



aspects of Covid-19: Responses and Initiatives. Opening the session, Dr. Arun Chockalingam, pointed to the immensity of the challenges posed by the pandemic, that has affected 120 million to date and has taken the lives of two and a half million people. "This particular webinar is focusing on the Initiatives and Responses," he said.

11 March 2021

Benjamin Tal on the State of the Post-Covid-19 Economy



Benjamin Tal, Managing Director and Deputy Chief Economist, CIBC, was the Guest Speaker at the CIF Speaker Series, held virtually on March 11, 2021. During his presentation, titled Economy and the Virus, Tal took up three important questions to analyse and offer possible answers. First, how bad is the virus? We know there is a second wave. And we are starting to talk about a third wave. Second, how strong will the second half of this year will be? Third, the most important question of all, will there be 'scarring' or what economists refer to as 'condition'? Scarring refers to long-term damages due to Covid19.

15 March 2021

Meeting with Michelle Rempel, MP

CIF team met with Member of Parliament, Michelle Rempel Garner, virtually and discussed the potential of Canada India Relations, India's role in supply of world class vaccines and drugs during the pandemic and its outreach

CIF Years in Review



to over 70 countries by supplying vaccines. CIF chair Mr. Satish Thakkar said that both the countries can work together to overcome the post Covid challenges.

19 March 2021

Meeting with Hon. Minister Anita Anand



On the morning of March 19, Canada’s Minister for Public Service and Procurement, joined the members and the executive committee of Canada India Foundation in a meeting that, according to the Minister herself, “was long overdue”. CIF Chair, Satish Thakkar, welcomed this “champion of the moment working tirelessly on the Covid-19 file on behalf of the people of Canada”. The pride of the Indo-Canadian community, Minister Anand was introduced by immediate past chair of CIF, Anil Shah, as “our Friendly Neighborhood Member of Parliament from Oakville”

20 April 2021

Innovation for indoor community living

An exciting new technological invention out of India was the topic at a CIF Speaker series held on April 20, 2021, featuring a renowned biotech researcher and entrepreneur, Prof. Meena Augustus, based in Maryland, USA. The High Commission of India in Ottawa is among the early



adapters of this new technology that holds great promise for normal life to return to most indoor environment once it is fully approved. India’s High Commissioner in Canada, Ajay Bisaria, who was a Special Guest at the event, noted, “We are meeting in the shadow of the biggest crisis the world has seen in a hundred years and every step we take in the direction of fighting this pandemic is very welcome. This is the right time to talk of innovative new ways to reduce the transmission of this very dangerous virus. All of us are aware of the recent Lancet study that has alarmed everyone because the virus can easily transmit through air. We have installed this device at our Consulate wing.”

22 April 2021

Meeting with Michael Chong, MP



CIF team met Member of Parliament Hon. Michael Chong, virtually and discussed the present cooperation between Canada India Relations. He was first elected to Parliament in 2004 and represents the riding of Wellington-Halton Hills. He currently serves as Shadow Minister for Foreign Affairs for the Official Opposition.

28 April 2021

Meeting with Bob Saroya, MP

CIF team met with Member of Parliament Mr. Bob Saroya virtually and discussed the second wave of Covid 19 and its critical impact on India. Mr. Saroya showed his solidarity with India



CIF Years in Review

at a challenging time and assured CIF all help in its efforts to alleviate COVID-19 impact.

21 June 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.

21 June 2021

CIF Yoga Day Writes New Chapter in Integrated Medicine



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 resulted in the recently announced initiative between CIF and the University Health Network (UHN).

30 June 2021

Indian NGO Thanks CIF's Support for Food for Survival



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. 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 and INDIA donates to reach communities who are affected by multidimensional poverty. It gave the added impetus to the program to amplify our reach and maximize the output. I am truly thankful to CIF for this generous support and timely intervention."

12 July 2021

Meeting with High Commissioner Ajay Bisaria



CIF briefed High Commissioner, Ajay Bisaria, on the different activities of the Foundation to strengthen the Canada India bilateral ties. Bisaria in his remarks said that as India celebrates the 75th year of its independence, it has again reaffirmed a commitment to strong Canada India ties.

CIF Years in Review

30 July 2021

CIHS 2021 Volunteer Appreciation



CIF appreciated all its volunteers in a glittering ceremony on 30 July 2021. CIF Chair Mr. Satish Thakkar, said “There are so many of you who have selflessly given your time, energy and expertise toward making Virtual Health Summits (CIHS 2021) a grand success. Starting with our Chief Volunteer and the founder of this initiative, Dr. Lakshmanan, an impressive number of you came on board early in this venture to make yourselves available to help with whatever task was assigned.”

24 September 2021

CIF-UHN-AIIA-Ministry of Ayush Meeting



Canada India Foundation along with University Health Network (UHN), Toronto, the All-India Institute of Ayurveda and Ministry of AYUSH, New Delhi held a joint meeting to discuss the future steps needed to be taken to advance integrated medicine research. CIF Chair Mr. Thakkar suggested to draw up a roadmap with inputs from all stakeholders, to set priorities and timelines for the project. All members enthusiastically supported holding a joint webinar to mark the World Ayurveda Day with a theme of Integrated Approach in Management of Metabolic Syndrome.

02 October 2021

Annual General Meeting



Canada India Foundation (CIF) held its 14th Annual General Meeting on October 2, 2021 in the presence of the Executive Team and members. CIF Chair Mr. Satish Thakkar briefed the members on the activities that the Foundation engaged in during the past year under the current executive board. He shared with the members details of the major initiatives that were launched during the year.

06 November 2021

Ayurveda Day Celebrations



Canada India Foundation marked the 6th World Ayurveda Day with a virtual session on November 06, 2021 that saw the participation of key researchers and policy advisors from Canada and India. In CIF’s continuing efforts to bring together the ancient Indian medicine system and modern medical practices, the topic of discussion was - An Integrative Approach to Metabolic Syndrome. One of CIF’s key goals is to popularize the benefits of Ayurveda in Canada, pointed out CIF Chair, Satish Thakkar. He said, “In the past year and a half, we have hosted over twenty-four Ayurveda practitioners from across the world on the CIF Ayurveda Speakers virtual platform. They have contributed immensely to the promotion and better understanding of this most ancient of all medical systems.”

CIF Years in Review

15 November 2021
Nasscom Delegation



Canada India Foundation hosted a reception for the NASSCOM delegation, consisting of over 40 of India's talented IT leaders, who were on an 11-day tour of Canada. NASSCOM is India's premier IT industry association with over 3000 members. The 40+ strong delegation to Canada represented among them a wide gamut of IT and BPM services, across Software Development, Technology Outsourcing and Consultancy, AI-enabled automation, CRM, data science, cloud migration, data analytics, cyber security and game and app development. Welcoming the delegation to Canada, Chair of CIF, Satish Thakkar, said: "We consider this a privilege to be able to host you – you represent an industry that clearly has earned the respect and admiration of the world."

17 November 2021
Meeting with Shuban Krishen, Consul, Commercial
CIF Chair Mr. Satish Thakkar along with Dr. Lucky Lakshmanan and Mr. Vinod Vyas met Mr. Shuban Krishen, Consul (Com/Pol) & CSO, Consulate General of India,

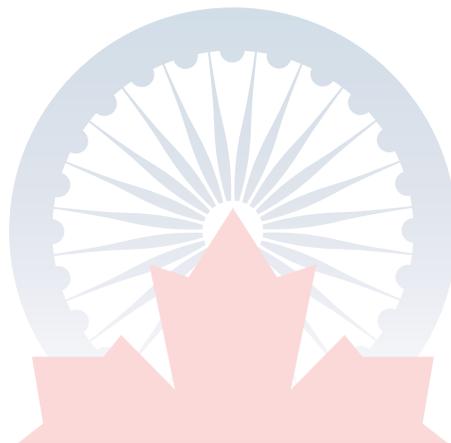
Toronto. They discussed the CIF's different initiatives to promote Canada India relations with special focus on exploring technology partnerships and cooperation.



23 November 2021
Peter Hall on Post-Covid-19 Economies



Peter Hall, Vice President and Chief Economist, Exports Development Canada, was the featured speaker on the CIF virtual platform on November 23 when he addressed key issues facing post Covid-19 economies. Titled To Immunity and Beyond: The Global Economic Outlook and the Impact on Canada India Business, Hall provided an economic update for Canada and the world, slowly emerging from the Covid-19 related slowdowns.



CIF Years in Review



11 January 2022

Pravasi Bharatiya Divas

Canada India Foundation (CIF) marked the 2022 Pravasi Bharatiya Divas (Global Indian Diaspora Day) with a webinar that saw participation from key people active in the Canada India economic bilateral space.

The event was divided into two separate sessions:

1. Stronger Canada India Engagement to Speed Up Economic Recovery.
2. Deepening Ties: Role of Diaspora.

Opening the session, Satish Thakkar, Chair, CIF, noted, “The Indo Canadian community remains extremely attached to India, having deep family and cultural roots there. We also take pride in being Canadians, enjoying a level of freedom and respect that few other societies offer. In building deeper ties between Canada and India, the role played by the Indo Canadian diaspora is and will be critical. The enormous goodwill and talent available among Indo Canadians, once united and channeled productively, can help strengthen the bonds between our governments and our peoples.”



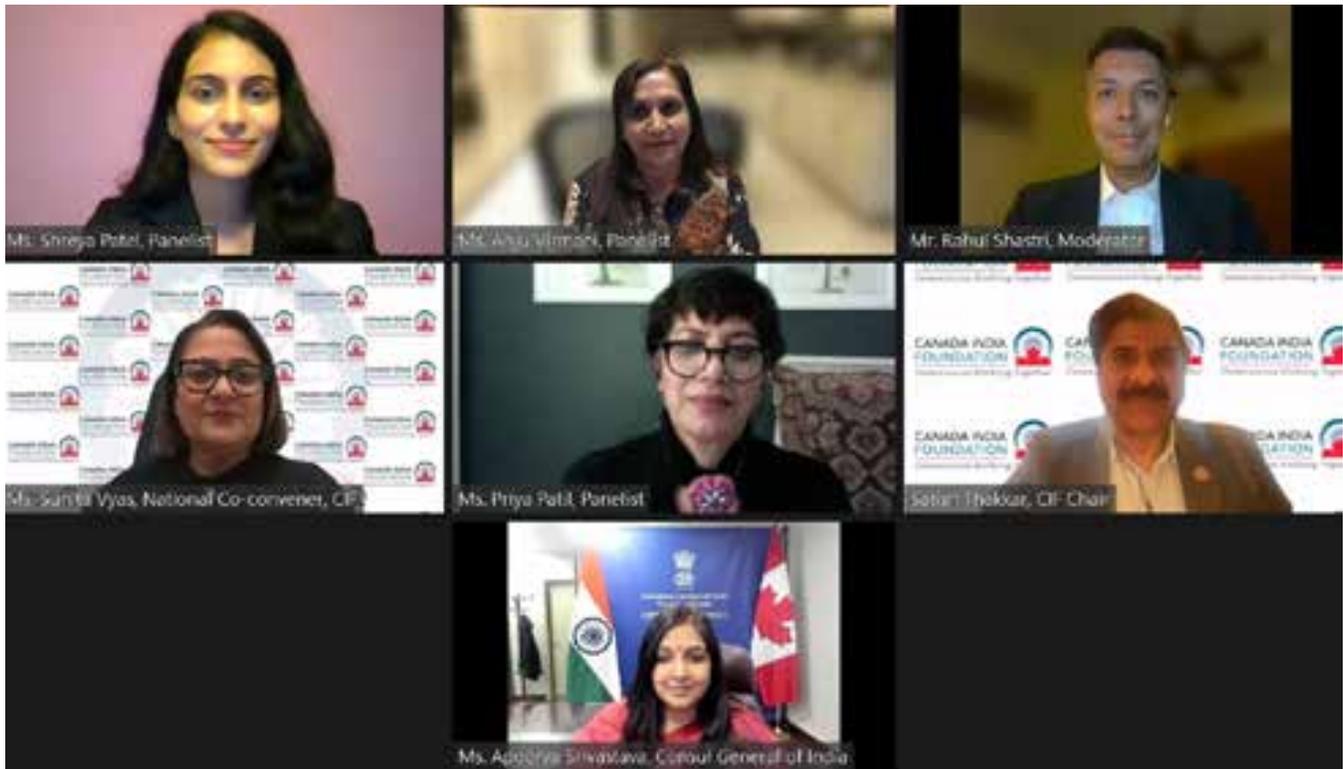
3 March 2022

Breakfast with Premier Doug Ford

Canada India Foundation held a breakfast meeting with Ontario Premier Doug Ford to share some of the initiatives taken by the organization that have a direct bearing on the province. Reflecting the sentiments of the members present, Satish Thakkar, Chair, CIF thanked the Premier for “being a strong and down to earth leader”. He added, “Times were tough, but you kept the province moving. Your straight from the heart approach is much appreciated by all.”

Special invitees present on the occasion were Associate Minister of Small Business and Red Tape Reduction, Ms. Nina Tangri, Deepak Anand MPP, & Stephen Crawford MPP.

CIF Years in Review



10 March 2022

International Women's Day

Canada India Foundation hosted a special event to mark the International Women's Day with an esteemed panel of highly accomplished women from the Indo Canadian community. The theme chosen was 'break the bias.' Satish Thakkar, Chair, while asserting CIF's support to all initiatives to bring about gender equality, pointed to the ancient Indian tradition that held women in high regard, "If you go back to the values of ancient Indian civilization, it is perfectly clear that it held womanhood in the highest esteem, lifting it to the level of divinity. Wealth, wisdom and power are traditionally represented in India by three goddesses – Lakshmi, Saraswati and Durga." Sunita Vyas, National Convener, CIF, opening the discussion on the day's theme, break the bias, noted gender equality is still a long way off for women. The panelists were: Anju Virmani, Priya Patil and Shreya Patel.

11 March 2022

Engaging Municipalities

Canada India Foundation's ambitious new initiative to connect Ontario's smaller municipalities with India, got off to a rousing start at a webinar that brought the Mayor of Barrie, Jeff Lehman, and many important stakeholders



from Ontario and India together on the CIF platform on March 11, 2022. Speaking about the initiative, Satish Thakkar, Chair, CIF, stated, "Today is a special day for us at CIF. We have spent many weeks and months, strategizing and planning for this initiative to become a reality. This newest initiative we have launched fits perfectly into our goals. In Ontario, Greater Toronto Area is a huge magnet for investment and immigration. That is definitely good for all concerned. A while ago, some of us started wondering if we are missing the smaller towns and cities in this calculation. Though not as glamorous or dominant like the GTA, each of these municipalities must have their own unique strengths and offer special opportunities."

CIF Years in Review



25 March 2022

Roundtable with Minister Mary Ng

Canada's Minister for Small Business, Export Promotion & International Trade, Hon. Mary Ng, recently back from India, addressed the members of Canada India Foundation (CIF), detailing the progress made during her mission. Satish Thakkar, Chair, CIF, said, "All of us are here to congratulate our Minister for International Trade, Hon. Mary Ng, for her recent initiative that led to a breakthrough in the trade negotiations between our two countries. Thank you, Minister, it is truly an honour to host you this afternoon. We are confident that when negotiations are held in good faith, the vision for a deeper engagement shared by Minister Ng and others will become a reality soon." Thakkar also extended the full support of CIF to her endeavors to get early agreements signed.

Minister Ng thanked CIF for the "tremendous work you've done to strengthen the relationship between Canada and India over the past fifteen years." She said, "Relationships are often built on a people-to-people basis. The strength of the diaspora community, I would say, is the foundation on which we keep building this bilateral relationship."

visiting Minister of Infrastructure, Alberta, Prasad Panda, in Mississauga on April 14, 2022. Welcoming Minister Prasad Panda to the forum, Satish Thakkar, Chair, CIF, said that Alberta is a key priority area for CIF members. Minister Panda is a uniquely qualified individual in politics today as he has spent decades in top managerial positions in large private and public corporations before he decided to move into public service. Replying to the sentiments expressed by members, Panda listed the number of initiatives that Alberta has taken in recent years to not only overcome the Covid related slow down, but to come out of it in a manner that has surprised many experts here in Canada.



02 April 2022

Speaker Series: Dr. Mamatha Bhatt

Dr. Mamatha Bhat, Hepatologist & Clinician-Scientist, Ajmera Transplant Program, UHN, joined the CIF Zoom platform to present key factors regarding liver disease. Titled The Liver in Health, Disease & Transplant, Dr. Bhatt gave an overview of the various essential functions of the liver, liver diseases



and treatments, and the role of liver transplantation for end-stage liver disease and liver cancer. Welcoming Dr. Bhatt to the platform, Satish Thakkar, Chair, CIF, noted that liver diseases are on the rise world-wide, and it has become "an issue of great concern for Canadians, specially for Indo Canadians."

12 May 2022

Order of Canada Recipient, Dr. V.I. Lakshmanan, Feted

Canada India Foundation and members of the Indo Canadian community came together to congratulate Dr. V.I. Lakshmanan, OC, a past chair of CIF, eminent scientist and community activist, on his appointment as an Officer of the Order of Canada. The event also saw the official release of the full report that resulted from the CIF Canada India Healthcare Summit 2021, again an initiative conceptualized by Dr. Lakshmanan.



14 April 2022

Minister Prasad Panda meets with CIF Members

Canada India Foundation hosted a reception for the

CIF Years in Review

12 May 2022

Special Report on CIF Canada India Health Summit 2021



The full report of CIF Canada India Healthcare Summit 2021 was released through the International Journal of Noncommunicable Diseases that carried several papers presented during the Summit and provided a vast source of information and insights that would be beneficial to global healthcare community. Among the initiatives finalized during the CIHS 2021 included the decision by CIF and UHN to jointly set up a \$1 million fund to support research in holistic medicine. Recently, an MoU signed between UHN and the All India Institute of Ayurveda has given the project further momentum. Thakkar noted, "We can all feel thrilled that this MoU was signed in the presence of none other than the Prime Minister of India, Shri Narendra Modiji."

28 May 2022

Gita Mahotsav to be held in Toronto



Canada India Foundation hosted spiritual guide and founder of GIEO Gita, Shri Gyananand Maharaj on May 28, 2022, at the Tamarind Modern Indian Bistro in Mississauga. Known for his passion in spreading the message of Gita, he was in Canada as a part of a worldwide tour to schedule events to coincide with the upcoming Gita Mahotsav, sponsored by the State of Haryana in India. After being introduced by CIF Member, Sandeep Gupta, and welcomed by Chair, Satish Thakkar, Gyananand Maharaj gave a brief glimpse of the program highlights of the Gita Utsav to

be held in Toronto. The event is expected to strengthen awareness among Canadians about the Bhagwat Gita that is considered sacred by a billion Hindus worldwide. Dates to be announced in near future.

07 June 2022

CIF Team Wins India@75 Golf Cup



India has emerged as a major destination for international tourism. Indian High Commission in Ottawa organized a golf tournament for the promotion of tourism on June 07, 2022 at Cedarhill Golf & Country Club . India@75 Golf Cup saw enthusiastic participation of golfers not only from Ottawa but also Toronto & Montreal. CIF team won the 1st prize, the ICICI team won the 2nd prize.

09 June 2022

Ottawa Visit



CIF members visited Ottawa to attend the farewell reception organized by Mr. Chandra Arya, Member of Parliament, for the outgoing HC Ajay Bisaria. The CIF team also interacted with a number of other heads of organizations and decision makers during the day long visit to Ottawa. CIF Chair Mr. Satish Thakkar also addressed the gathering at the reception and appreciated the work done by the High Commissioner Bisaria for the promotion of bilateral strategic ties between Canada and India.

CIF Years in Review

15 June 2022

CIF Members Bid Fond Farewell to HC Ajay Bisaria



India's High Commissioner to Canada, H.E. Ajay Bisaria was accorded a warm send off by members and friends of Canada India Foundation as he ended his assignment in Canada. An enthusiastic group of admirers gathered at the Albany Club, downtown Toronto, to meet with the popular diplomat and bid him a fond farewell.

21 June 2022

Yoga Day and Indigenous Peoples Day Together



Canada India Foundation celebrated the International Day of Yoga and National Indigenous Peoples Day in collaboration with the Consulate General of India, Anishnawbe Health Toronto and Vedic Spiritual Heritage Foundation. A priority area for Canada India Foundation (CIF) has been the advancement of the many aspects of India's ancient wisdom to promote good health and wellbeing in Canada. Yoga today is not confined to India but has become internationally acknowledged for the benefits it brings to the citizens of the world.

21 June 2022

International Yoga Day



Canada India Foundation celebrated International Yoga Day celebrations on June 21, 2022 in an evening virtual session with Sister B K Shivani from Brahmakumaris who spoke on How do you Find Stillness in the busy-ness of Life? Sister Shivani patiently explained the measures needed to be taken for the world to keep one's mind under control even during a crisis.

13 July 2022

Visiting Minister JP Dalal, Invites Businesses to Haryana



Canada India Foundation hosted Hon. JP Dalal, Minister of Agriculture, Animal Husbandry, and Fisheries, Haryana, India, at a reception attended by prominent community leaders and businesses on July 13, 2022, in Mississauga. Welcoming Minister Dalal to the CIF Forum, Satish Thakkar, Chair, said, "Canada has always been a world leader in agriculture and related technologies. And Canada and India have enjoyed a long-standing friendly relationship in terms of sharing this knowledge. Canada has lots to contribute to Haryana's efforts to develop and implement even better and more sustainable processes and products."

CIF Years in Review



22 August 2022

Meeting with Om Birla, Speaker, Indian Lok Sabha

Canada India Foundation members met the Speaker of the Lok Sabha (Lower house of Parliament) Hon. Om Birla. Speaker Om Birla stopped on its way to Halifax to attend 65th Commonwealth Parliamentary Conference. He shared India's successful journey towards a robust economy, achievements in the areas of science & technology among other fields. He also shared that the ongoing development contributed towards biggest social change as well and uplifted the standard of living of common people. He appreciated the work done by Indo Canadians in all the sectors and invited them to contribute to the development of their motherland as well.

19 September 2022

International Gita Mahotsav held in Toronto

CIF executive team and members board of Governor met with a visiting delegation from the Indian state of Haryana on September 19, 2022. Among the dignitaries present were Haryana's Minister of Urban Development and Housing, Hon. Kamal Gupta, and Mr. Subhash Barala, Chairman of Entrepreneurs and Professional board, former President of the BJP State unit who currently leads several initiatives aimed at promoting the developmental and cultural aspects of Haryana. The meeting, held at Tamarind Bistro, Mississauga, was convened to mark the

successful completion of the international Gita festival (Gita Mahotsav), a pet project of the Chief Minister of Haryana, Hon. Manohar Lal Khattar, which was held over three days in Toronto and Ottawa for the first time. The event saw a major congregation at Dundas Square that listened to an eminent Gita proponent, Swami Gyananandji Maharaj, expound on the basic tenets of Gita. There were also many seminars and a grand procession through downtown Toronto held as a part of the celebrations. A large delegation also arrived at Parliament Hill in Ottawa to spread the core message of Gita to the Canadian leaders.



Experts Discuss the Efficacy of 75 Ingredients

CIF Virtual Series on Ayurveda continues...



The renewal of CIF Virtual Lecture Series on Ayurveda got off to a great start on June 19, 2022 with some of the most accomplished practitioners and policymakers coming on board to support the initiative aimed at bringing the benefits of this ancient medicine system to the people of Canada and elsewhere in the world.

The Speaker Series, being hosted by renowned Ayurveda practitioner, Vaidya Harish Verma, is jointly presented by Canada College of Ayurveda & Yoga, Canada India Foundation, Consulate General of India in Toronto, Tathaastu. It is also supported by International Ayurveda League, Canadian Ayurvedic Practitioners Association, European Ayurveda Association and Association Ayurveda Academy CIC.

The Series will feature dozens of speakers in the coming months under the common theme of 'Pharmacological & Therapeutic Effects of Top 75 Traditional Ayurvedic Medicines (TAM)'. The virtual series coincides with the ongoing celebrations in India and across the world to mark the 75 years of independent India.

Special guests who expressed support for the initiative were Ms. Apoorva Srivastava, Consul General of India in Toronto and Nina Tangri, MPP, and Satish Thakkar, Chair, CIF.

The Ayurveda Virtual Speaker Series is expected to run for the next seventy-five weeks, bringing on board experts from all over the world to talk on the special pharmacological

and therapeutic effects of the most popular traditional medicine ingredients known to Ayurveda. Harish Verma, who is fronting the series, revealed that the Ayurveda Series held during the pandemic years had given a huge boost to efforts to get Ayurveda popularised in Canada. He said, "So this year we decided to launch the series with the participation of organizations that wanted to see this become a reality. The series has created such excitement in the Ayurveda community that we are getting very high-quality speakers and guests to be present during these virtual sessions."

To date, the series have focused attention of many popular TAM like Triphala, Amritarishta, Ashwagandha Rishta, Guggul, Brahmi Ghrita, Dashmoolarishta and Ashokarishta.

2022 has been a crucial year for Ayurveda and other traditional medicine systems. The WHO Global Centre for Traditional Medicine (GCTM) was established in Jamnagar, Gujarat, India this year. In fact, the MoU between UHN and AIIA was signed during this important event attended by India's Prime Minister, Narendra Modi. It is a knowledge centre for traditional medicine. As part of WHO's overall traditional medicine strategy, it has a strategic focus on evidence and learning, data and analytics, sustainability and equity, and innovation and technology to optimize the contribution of traditional medicine to global health and sustainable development. At the same time, respect for local heritages, resources and rights is a guiding principle. Established with the support of the Government of India, the Centre reflects the WHO Director-General's leadership

The series have focused attention on Triphala, Amritarishta, Ashwagandha Rishta, Guggul, Brahmi Ghrita, Dashmoolarishta and Ashokarishta.

vision that harnessing the potential of traditional medicine would be a game changer for health when founded on evidence, innovation and sustainability. The Prime Minister and Government of India are supporting the establishment of the WHO Global Centre for Traditional Medicine in Jamnagar, Gujarat, India, as a global good and in the spirit of Vasudhaiva Kutumbakam: the world is one family.

The WHO goes on to state: 88% of all countries are estimated to use traditional medicine, such as herbal medicines, acupuncture, yoga, indigenous therapies and others. One hundred seventy Member States report the use of traditional medicine, and their priority request to WHO is for evidence and data to inform policies, standards and regulatory frameworks for safe, cost-effective and equitable use.

Traditional medicine has been an integral resource for health for centuries in communities around the world, and it is still a mainstay for some with inequities in access to conventional medicine. The sociocultural practice and biodiversity heritages of traditional medicine are invaluable resources to evolve inclusive, diverse sustainable development. Traditional medicine is also part of the



growing trillion-dollar global health, wellness, beauty, and pharmaceutical industries. Over 40% of pharmaceutical formulations are based on natural products and landmark drugs, including aspirin and artemisinin, originated from traditional medicine. The contribution of traditional medicine to national health systems is not yet fully realized, as millions of accredited traditional medicine workers, facilities, expenditures and products are not fully accounted for. Augmenting WHO's capacities to address these knowledge needs will be a main objective of WHO Global Centre for Traditional Medicine (GCTM).



World-renowned Ayurveda Experts Enrich CIF Ayurveda Speaker Series



The ancient Indian system of medicine received a huge image boost in the West as an Expert Speaker Series sponsored by the Canada and India Foundation and the Canadian Ayurvedic Practitioners Association, took off in a virtual format. The first in a series of twenty-five such presentations were held on October 4, 2020, coincidentally, as the world was still grappling with the questions thrown up by the pandemic.

At the time of launching 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."

The Series of lectures by experts that followed ran concurrently with the pandemic, as it moved through various stages, wreaking havoc on the health and wealth of the world citizenry. Thakkar had said at the time, "Ayurveda is about wellness and adopts a wholistic approach to the human 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, Mrs. Apoorva Srivastava, who has been a strong supporter of the Series from Day One, applauded the effort, saying, "I congratulate CIF and CAPA for this great initiative of connecting some of our best ayurvedic doctors with the audiences in the West. I hope this series of lectures will help dispel some of the myths surrounding the great system of Ayurveda and make it more acceptable to people here."

CIF Ayurveda Series featured 25 of the most respected

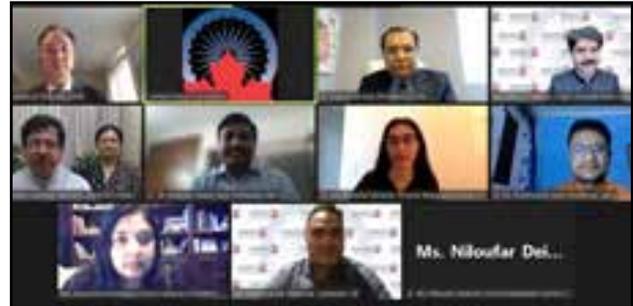
CIF Ayurveda Speaker Series

practitioners of Ayurveda from India and the rest of the world. Each expert chose a common health issue/illness and detailed how Ayurveda treated and managed them. Some of the topics tackled by the speakers were:

- Ayurveda Guidelines for Selecting Healthy Food
- Ayurveda Management of Various Types of Arthritis
- Ayurveda in Canada
- Fundamental Principles of Ayurveda Tridosha theory, concept of Prakriti, Agni and Oja
- Pulse Reading as a Tool for Maintenance of Health
- Ayurvedic Management of various types of Thyroid Disorders
- Six Tastes (Rasa) Importance & Effects of Tastes on our Body and Emotions
- Detoxification Through Panchakarma
- Ayurvedic Approach in Febrile Sickness & COVID-19
- Ayurvedic Management of Post COVID-19 Complications
- Immunity enhancing effect of Rasayana drugs mentioned in Ayurveda
- Ayurvedic Concepts & Management of Diabetes in day to day life
- Ayurveda Management of Metabolic Syndrome
- Fundamentals of Ayurveda Pharmaceuticals
- Ayurveda Management of Obesity
- Ayurveda Management of Cancer
- Ayurvedic Management of Benign Prostate Enlargement and Urological disorders
- Ayurveda Management of Anal Fissure
- Ayurvedic Management of Anxiety & Depression
- Ayurvedic Management of Dementia
- Ayurvedic Management of Polycystic Ovarian Syndrome
- Ayurveda Management of Breast Cancer
- Ayurvedic Marma Therapy and its role in Management of Musculoskeletal Pain

The lecture series covered the whole spectrum of preventive health and common diseases from pulse reading to multiple sclerosis. Vaidya Harish Verma, President, Canadian Ayurvedic Practitioners Association, remarked, "Our Speaker Series is a never before attempt to gain the trust and boost the credibility of Ayurveda within Canada. I hope that this can set the stage for the start of a dialogue with the authorities on the need for Ayurveda to be given a Regulated Profession status, so that practitioners like us can pass on the benefits to more citizens."

The CIF-CAPA sponsored Ayurveda Speakers Series drew considerable amount of curiosity and interest among the diaspora as well as concerned health professionals in



Canada.

On hand to bless and encourage the launch of the Series were a distinguished panel that included Hon. Michael Tibollo, Ontario's Associate Minister of Mental Health and Addiction; Dr. Sudhanshu Trivedi, Member of Indian parliament and health activist; and Vaidya Rajesh Kotecha, Secretary, India's Ministry of Ayush.

Canada India Foundation, as a part of its mandate, has strived to pick some of the most valuable aspects of the Indian way of life and culture, and project them to audiences in Canada with the hope that people of both our countries will be the ultimate beneficiaries of such exchanges.

Ayurveda, India's ancient system of medicine, and perhaps humanity's first ever organized medicine system, was a natural choice, ripe for introduction to the West. While a few other ancient systems of medicine, including Chinese, found a level of acceptance and got regulated, Ayurveda languished under a lack of appreciation or recognition by the local authorities in Canada.

Clearly, there was a need for an initiative that would help introduce Ayurveda, its theory and practice, to audiences here that comprise both South Asians as well as mainstream Canadians.





MoU between UHN and AIIA

CIF's efforts have also led to a unique agreement with the world-renowned Toronto Rehab/KITE Research Institute, under the University Health Network, to begin a multi-year-long research project that will explore Integrated Medicine solutions, which combine both modern and ancient medicine systems where Ayurveda will play a key role, to treat chronic diseases. CIF and University Health Network jointly launched a \$1 million fund that would support research and exchange. Their efforts resulted in the signing of an important MoU between UHN and India's All India Instituted of Ayurveda in 2021.



Dr. Paul Oh, Medical Director, Toronto Rehab (UHN), would say, "This may be the first such meeting in a long series of wonderful collaborative engagements. This meeting is also a nice opportunity, a symbol of how we might be able to present the Western approach and the Eastern/ Ayurvedic approaches and find common ground on how to move better together." Dr. Tanuja Nesari, Director, AIIA, added, "We (AIIA) are eager to join with CIF and UHN for meaningful research, faculty exchanges and for capacity building as well."

Efforts to Make Ayurveda Evidence-based

During the course of the Speaker Series, there were participants who weighed in with their suggestions. Dr. Manoj Nesari, Advisor to India's Minister of Ayush at time and a well-known Ayurveda clinician explained the current plans to give Ayurveda stronger legitimacy through sustained research and communication. He noted, "A lot of research has been done under the Ministry of Ayush in the past 12 years, especially after launching the International Cooperation Program.

Now Ayurveda is recognized in many more countries, apart from the Indian subcontinent. It is recognized as a formal system of medicine in Malaysia, Mauritius, several African nations, the UAE, Bahrain, Columbia, Switzerland and Hungary. Recently Brazil too has included Ayurveda



in its health plans. In Argentina, a bill has already been drafted that recognizes Ayurveda. We are also in dialogue with Peru and the US. We also have a strong collaboration with WHO South Asian Region.”

To the delight of the audience, as it was during the time of Covid-10, he revealed, “In Delhi hospitals, it was found that 35% of the healthcare workers caught Covid19. Against this, not a single service provider has caught Covid19 so far in our Ayurvedic hospitals because we are giving them prophylactic treatment. We have since supplied this medicine to many more countries. On one side there is evidence, and on the other hand there is a huge demand.” Dr. Nesari said that the Ministry of Ayush is also engaged in producing scientific evidence so that the system gets wider acceptance both in India and abroad. India has currently has 22 nations collaborating with it on yog, Ayurveda, siddha and homeopathy, the four systems administered by the Ministry of Ayush.

Hon. Michael Tibollo, Ontario’s Minister of Mental Illness and Addictions, while showing his support for the series said that the time was ripe to go beyond the tradition biomedical models and to look at the overall ‘psycho social’ aspects to deliver more effective care to patients. He said, “We need to have a holistic integrated approach that’s client-centred. As far as I or my government is concerned, we are not restricting our views to a very narrow field. We are interested in looking at alternative systems being used around the world. We are looking at the findings and the development work being done in other countries to see how they can be incorporated in what we do in the Province.”

Healthy Eating

The first in a series on Ayurveda took off with an impressive panel of participants and an equally impressive number of viewers keen to learn more about Ayurveda.

One of the earliest lectures that caught the attention of the audience was what Ayurveda has to say about healthy eating. Though it is a much-discussed topic today, Ayurveda highlighted it thousands of years ago. Professor-Vaidya Madhav Singh Baghel, Sr. Consultant, Arogya Laxmi, Jaipur and Ex Chair Ayurveda & Hon. Professor, Debrecen University, Hungary in a detailed presentation, took the audience through the many seasons, tastes and textures and even smells that food comes in, and shared what Ayurveda had to say in each situation.

One of the prominent guests invited to the panel was Dr. Sudhanshu Trivedi, Member of Indian Parliament. Dr. Trivedi. Though he has a PhD in Mechanical Engineering, he is also a scholar on the Hindu traditions and Vedas in particular. He gave an overview of the origins and development of Ayurveda. “I would like to say finally that Ayurveda, a gem from the ancient Indian culture, is a part of Vedas. Prime Minister Modi established yoga on the international platform a few years ago. Now it’s time to set up Ayurveda as a way of life for the benefit of all mankind.”

CIF Marks World Ayurveda Day

World Ayurveda Day was celebrated during the Speaker Series, with experts in modern medicine and Ayurveda discussing integrative approaches to disease detection and

CIF Ayurveda Speaker Series

treatment. Themed An Integrative Approach to Metabolic Syndrome, a galaxy of experts presented their papers, highlighting the positive aspects of approaching metabolic syndrome from a holistic angle. Among them were: Dr. Paul Oh, Medical Director, Toronto Rehab (UHN), Ms. Niloufar Deilami, Nutritionist, Dr. Manoj Nesari, advisor to India's Ministry of Ayush, Dr. Tanuja Nesari, Director, All India Institute of Ayurveda (AIIA), Dr. Pramod Yadav, Asst. Prof. AIIA, Dr. Prasanth Dharmarajan, Asst. Prof. AIIA.

Dr. Manoj Nesari reported wonderful results in the efforts of government of India in integrating yoga and Ayurveda into the public healthcare system. "We observed that all those with borderline syndromes, their pathology could be stopped, or even reversed. At the same time, those who were already diabetic, their need for medication could be reduced."

In 2005, the government of India launched a mega research program to study the efficacy of ancient systems of medicine, as a New Millennium Initiative. One of the most important discoveries from that study was that intervention using turmeric and Indian gooseberry when given together at bedtime, helped prevent chromosomal damage among diabetic patients. There are many such areas that we can collaborate and do further research.

Another initiative was to declare 2023 as the Year of Millets, proposed by Prime Minister Modi to the UN. "The Indian diet as prescribed in Ayurveda is most scientific and beneficial because of the use of millets that contain a lot of micronutrients to help control the rising incidence of metabolic diseases."

Getting Ayurveda Recognized in Canada

During the webinar, Special Guest, Hon. Maninder Sidhu, MP (Brampton East), shared his thoughts on the push to get Ayurveda recognized in Canada.

He explained that the adoption of different systems of medicine needs to be done after careful study. "Health Canada understands the demand for natural remedies and treatments. Its goal is to provide accurate information to Canadians looking for a more natural approach to healthcare. They can do so by enforcement, regulation and consultations with the public, industry and other interested parties.

This process will better protect Canadians and give them peace of mind knowing that the product they are interacting with is safe, effective and do not negatively

interact with existing treatments. Although naturopathic doctors do not replace the role of primary care physicians, they do offer an alternate approach to medicine that aid in the road to recovery."

One Earth, One World Health Order

The 25th and the concluding session of CIF Ayurveda Speaker Series, held on Dec.5 2021 had as its theme - Basic and Fundamental Research for Ayurveda - Modern Medicine Integration.

Satish Thakkar, Chair, CIF, thanked the key people and organizations that made the series possible, like Vaidya Harish Verma of Canadian Ayurvedic Practitioners Association, Vedic Spiritual Heritage Foundation and the Consul General of India in Toronto. Stating that Ayurveda literally means the science of life, he pointed out the need for a well-designed, rigorous research program to validate many of the claims on behalf of Ayurveda. "That is why we launched a \$1 million dollar fund in partnership with the University Health Network that will undertake the necessary research projects in collaboration with leading institutions like All India Ayurveda Institute. The research will focus on the efficacy of integrated medicine approaches on chronic diseases like diabetes, cancer and cardiovascular diseases."

Apoorva Srivastava, CGI in Toronto, who has been a key promoter behind the CIF Ayurveda Speaker Series noted an increased interest in incorporating elements of Ayurveda into modern medicine. She observed that in the post Covid-19 world, there is an increasing emphasis on immunity building and Ayurveda is ideally placed to address a part of this challenge.

The expert speaker of the day, Prof. Madan Thangavelu PhD is a respected name in the cutting-edge field of genome research. His efforts spanning many research institutions are currently involved in a number of projects that he hopes to would link traditional health sciences like Ayurveda to modern medicine and help inform future global healthcare systems. He described that vision as 'One Earth, One World Health Order'.

Quoting from the ancient text by Nagarjuna, he described 15 requirements for a person to be certified as healthy under Ayurveda: Desire for food at the right time; proper digestion; timely elimination of body's waste; proper functioning of sense organs; peaceful tranquil mind; proper natural strength... Surprisingly, they are also the salient features of health as defined in modern times.

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Canada India Healthcare Summit 2021

An Executive Overview



The Canada India Healthcare Summit 2021, (“CIHS 2021”), was the latest in a series of thematic Canada India Forums/Summits that have been organized by Canada India Foundation (“CIF”) over the past 12 years to highlight opportunities for collaboration between Canada and India in key strategic sectors and make public policy recommendations to the respective governments. CIHS 2021 was the 8th event in the series and the 3rd focusing on healthcare.

The genesis of CIHS 2021 came from the excellent response to previous Canada India Healthcare Summits organized by CIF, in Toronto (2015) and New Delhi (2017) as well as by valuable outcomes from the Summits. Some of the outcomes included the first prominent visibility in Canada for AYUSH, the Government of India’s initiative to support the traditional forms of healthcare practiced in India, collaboration between India’s Apollo Hospitals and Canada’s William Osler Health Centre, opportunities for Toronto Rehab to identify and explore collaboration with India’s healthcare institutions and many others. Even as the planning for CIHS 2021 was underway, other institutions such as India’s Vee Technologies and Medanta Group were developing relationships with Canadian healthcare institutions, facilitated by the organizers of CIHS 2021.

More than 100 leading healthcare experts from Canada and India spoke at the first two healthcare summits, including Dr. Sowmya Swaminathan, currently Chief Scientist at the World Health Organization (“WHO”). Significant suggestions were made by key speakers at the Summit, notably by Dr. Preetha Reddy, Vice-

Chairperson of Apollo Hospitals, to continue the Summit series highlighting the need to minimize capital cost for healthcare with equipment and services, and by Dr. Srinath Reddy, President of the Public Health Foundation of India to focus on affordable and technology-enhanced primary and secondary healthcare.

CIHS 2021 began to take shape in early 2020 during discussions between the authors and the Consul General of India in Toronto (“CGI”), Smt. Apoorva Srivastava, who suggested making technology, particularly Artificial Intelligence and Biotechnology, as the themes for the Summit. The planned format of the Summit was originally intended to be the same as the earlier summits, that is, a physical event with in-person participation of speakers and attendees. With CIF and CGI already on board, the Federation of Indian Chambers of Commerce and Industry (“FICCI”) was invited to join the organizing team, as was Toronto Rehabilitation Institute – University Health Network (“TRI”). Both organizations readily and enthusiastically joined the organizing team and offered their expert guidance, both from an organizational and event management perspective as well as in identifying and confirming key speakers for the Summit. Dr. V.I. Lakshmanan was the overall Chair of the Summit and Dr. Arun Chockalingam, the Chair of the Technical Committee.

CIHS 2021 was the first all virtual Summit held, a situation made necessary by the onset and prolonged incidence of COVID-19. CIHS 2021 was conceived, planned and organized during a period of unprecedented global pandemic, and consequent economic crisis. Unlike the



Canada India Healthcare Summit 2021

previous 2 summits, which covered a range of diverse healthcare topics, CIHS 2021 was focused on three themes: 1) Artificial Intelligence (“AI”) and its contribution to overcome COVID-19, 2) Biotechnology and its contribution to overcome COVID-19, and 3) Pandemic Responses and Initiatives.

The Summit was held on May 20-21, 2021, and was preceded by three specialty webinars, between February and April 2021, with each webinar addressing one of the three themes. More than 60 healthcare experts and government leaders spoke at the Summit, to nearly 500 virtual attendees from Canada, India and countries as far away as Japan and Botswana. The quality and potential impact of the Summit can be gauged by the number of government leaders and industry healthcare experts who spoke at the Keynote, Plenary and Breakout Sessions of the Summit. The speakers included seven organizations involved with the manufacture and development of COVID-19 vaccines, as well as those heading the frontline of defense against the virus, namely the hospitals.

Two first-of-its-kind initiatives marked the conclusion of the Summit. The first-ever CIF Canada India Healthcare Innovation Awards were handed out to six deserving young healthcare entrepreneurs who were chosen from more than 30 submissions, by a panel of judges from Canada and India. It is significant to note that the sponsors of the awards, valued at \$5,000 each, were all people of Indian origin from India, Canada and the USA. Four of the Award recipients were from India and two from Canada.

The Award recipients were:

- Dr. Dinesh Krishna – Enabling Inclusion App – Amar Seva Global
- Mr. Kanishk Kharbanda – Multi-Mask – Med Interventions and Beyond
- Mr. Nikhil Kurele – Oxygen Concentrators – Noccarc Robotics
- Ms. Saanika Venkatesh – Lactiga
- Dr. Saugandha Das – UltraFreez – Edha Innovations
- Mr. Ravi Avasarala – Strl Air – Strl Air Biosystems

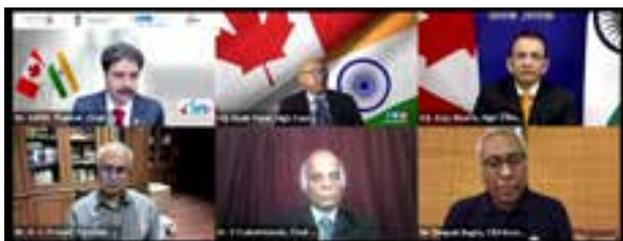


The Awards presentation was followed by a major announcement of a first-ever partnership on Integrated Disease Management between CIF and UHN, which would bring together the advanced technologies in healthcare rehabilitation being developed and practiced in Canada and the millennia-old knowledge and practices of traditional holistic healthcare available in India. Funds for the \$1 million program would be raised by CIF and UHN, with the program managed by Toronto Rehab.

Based on the discussions that took place during the Summit and further deliberations, the organizers of the CIHS 2021 took the opportunity to table a series of healthcare recommendations for consideration by Canadian and Indian governments and other healthcare stakeholders. The recommendations continue the tradition of presenting public policy recommendations for each of the previous eight Canada India Forums/Summits organized by Canada India Foundation.

A full report of the Summit with the policy recommendations was presented to the Canadian and Indian governments. The recommendations are provided below:

1. Collaborate on Integrated Healthcare Management offerings, focusing on lifestyle, prevention, cure and aftercare. Both countries should implement programs which recognize the importance of holistic healthcare, with emphasis on healthier living and disease prevention, along with technology enabled solutions for cure and



Canada India Healthcare Summit 2021

elimination of diseases. Combining India's rich and experience-based traditional healthcare knowledge focusing on prevention and sustenance, with advanced western innovations in healthcare delivery, standardization and practice, is recommended. The proposed partnership between Canada India Foundation and University Health Network to develop an Integrated Disease Management Program is a good example.

2. Accelerate the primary and secondary care implementation in both countries, and minimize the rush to tertiary care, when not needed, thereby not straining the cost-intensive tertiary care systems, but also addressing the healthcare issues closer to the source.

3. Utilize technology, specifically Artificial Intelligence (AI) and Biotechnology, as healthcare enablers and accelerators in not only developing solutions for healthcare, but also in delivering those solutions equitably around the world. The application of AI/Biotechnology should include breakthrough solutions for:

- a. All levels of healthcare, primary to secondary to tertiary. Currently, technology is mostly associated with tertiary healthcare, and this must change
- b. Continuous enhancement in treating patients with potentially terminal diseases, as well as chronic diseases
- c. Affordable quality healthcare for all citizens, irrespective of geographical location. This includes the ability to deliver care to remote locations with sparse populations, as well as dense urban locations with a poor population.
- d. Unique solutions to address the needs of the differently abled

4. Collaborate in the development of the Innovation-to-Commercialization-to-Delivery-to- Evaluation-to-feedback ecosystem in healthcare.

5. Collaborate in industry leadership in specific healthcare sectors, such as Pharma, knowledge-intensive and tailor-made Engineered Materials and equipment, and others.

6. Develop policies to balance intellectual rights of healthcare solution developers with rights of citizens for equitable and affordable healthcare

7. Consider emotional, family-based care, as a necessary complement to old age homes with appropriate governmental policy development and program support

8. Collaborate in leading edge healthcare research through Canadian and Indian healthcare institutions, benefitting from the unique geographic and demographic profiles of

Canada and India for case studies, modeling and trials.

The successful execution of the Canada India Healthcare Summit 2021 demonstrated that:

1. It was possible to organize and execute a high caliber technical conference virtually, with low cost and high impact

2. Experts from Canada and India are eager to share their knowledge and experience in combating COVID-19 thus enriching the participants

3. The combination of technical, operational and policy level presentations and discussions provided ample material for the organizers to form a meaningful set of public policy recommendations to the governments of the two countries

4. The journey to quality and equitable healthcare for all, which will help avoid or at worst mitigate the impact of a future pandemic, continues and will benefit from future events such as CIHS 2021.

The Summit organizers were ably supported by a dedicated team of volunteers, both from Canada and India, including staff members of FICCI, during the days leading up to the Webinars and the main Summit, as well as the Summit itself. Proceedings of the Summit were published in a special edition of the International Journal of Non-Communicable Diseases.

The Summit would not have succeeded without their dedication and professionalism. The Organizers would also like to express their sincere thanks to all speakers, organizing and technical committee members, volunteers, Judges of the Award competition, and all the participants for making the Summit a success. Special Thanks are due to the sponsors of both the Summit and the Awards for their financial support. Lastly, the Summit would not have been possible without the cooperation between the four organizing partners and their representatives.





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CIF CHARITABLE FOUNDATION



Democracies Working Together

CIF Charitable Foundation is a national non-partisan charitable organization serving the growing population of Canadians of Indian origin and the broader community by organising events, programs and campaigns aimed at ensuring their comprehensive and long-lasting integration into the Canadian mainstream.

Some of the major initiatives of CIF Charitable Foundation are:

- ▶ Co-organizing the CIF Global Indian Award with Canada India Foundation, with prize amount of the Award going to a charity of the Award recipient's choice
- ▶ Organizing the CIF Annual Charity Golf Tournament, with proceeds from the event going to worthy causes, such as supporting the families of the Fallen Soldiers of Canada and India.
- ▶ Organizing meals to be delivered to senior citizens in their homes
- ▶ Helping the students coming to Canada from India to adjust to their new environment
- ▶ In the coming years, CIF Charitable Foundation will be identifying other worthy causes to support, included support of the Indigenous People of Canada and their organizations.
- ▶ The Foundation's Golf Tournament and the Meals program are described in detail in subsequent pages.

CIF 7th Charity Golf 2022



On a picture-perfect day at the beautiful Woodington Lake Golf Club, Tottenham, ON, 288 avid golfers teed off at the 7th CIF charity golf tournament on August 11, 2022. Every year, the charity outing has been gaining more fairway yards, becoming one of the biggest golf events in the country.

Bowing to the growing demand, the CIF organizing committee, decided to make it a double, with 288 golfers playing simultaneously at two full courses. Anil Shah, an avid golfer himself and the primal force that has been

driving the event, expressed his gratitude to the hundreds of patrons: “We are overwhelmed by the participation levels this year. This gives us a further strength to continue on the course we have set for ourselves.”

The tournament raised over a hundred thousand dollars, each dollar committed to help the families of fallen heroes in Canada and India. A portion of the funds raised will also support the aspirations of students from these families to pursue higher education in Canada.

Present on the occasion to support the initiative was Canada’s Minister of National Defence, Hon. Anita Anand who congratulated the CIF for its efforts to reach out and undertake socially relevant projects. She especially was appreciative of the CIF commitment over the past few years of supporting the families of fallen soldiers in Canada.



LEGEND COURSE

- Winner:
Avtar Brar, Resham Sidhu, Joginder Singh, Vivek
- Runner:
Ralph Kiminnski, Jason S, Neeraj Bakshi, Vinod Vyas

LEGACY COURSE

- Winner:
Cameron Kearley, Jake Kearley, Jimmy Abels, Andrew Pacione
- Runner:
Jay Leet, John Mehlenbacher, Shane Preswood, Andre Robichard

CIF 7th Charity Golf 2022



CIF Thank You Meals Program



Canada India Foundation (CIF) and its membership and volunteers can look back on the earlier days of the pandemic when it swung into action to help alleviate the hardship imposed on the stranded Indian citizens, international students, and frontline workers. In the spring of 2020 as Canada was reeling under the pandemic, CIF launched its ambitious program to distribute over 25,000 hot vegetarian meals to workers in the frontlines of the battle against Covid-19.

Named 'CIF Thank You Meals', it was executed in partnership with the Hindu Federation, Ekal Vidyalaya and Tamarind Modern Indian Bistro in Mississauga.

Anil Shah, the then Chair of Canada India Foundation, recalls, "As the deadly Covid19 virus spread globally, bringing economic slowdown and misery to the world, we at CIF felt that this was a time of great challenge and also change. We at CIF which basically functioned as a Think Tank, felt that the time is now right to be proactive, and to make a positive contribution to the communities in which we live."

The CIF team got to work in early March 2020 as the pandemic was taking a firm grip; four priority areas were chosen: free grocery distribution; taking care of senior citizens and reaching out to them; giving financial assistance to needy Indian international students who found themselves in dire situation; and finding

accommodation for those stranded tourists in Canada due to the travel restrictions. Fifteen thousand dollars were raised initially from within CIF members for supporting the Hindu Federation of Canada in their efforts toward relief work relating to Covid19.

As the virus raged, an area that was most under stress was the hospital system. The frontline workers in hospitals were not only fighting to save lives but doing so at considerable risk to their own. And they were doing their job under never-before-seen challenges. "That's when we hit up on this idea of 'Thank You Meals' – free distribution of hot vegetarian meals to frontline workers," said Shah. Starting with Trillium Hospital system and Oakville Hospital it soon spread to cover most major hospital systems in Southern Ontario.

The response was so good that the CIF team began thinking on a larger scale by seeking donations from friends, supporters and well-wishers. "We were totally overwhelmed by the support extended by the community members. It was very encouraging for us to see so many people getting involved with the Thank You Meals program," noted Shah.

For example, a successful local architect, Kamal Paul, wanted to accompany the team to the distribution at the Peel Police headquarters. Seeing the enthusiasm of the volunteers and the appreciation from the men in uniform,



CIF Thank You Meals Program



he picked up the tab for the day on the spot!

The planning involved in the much expanded Thank You Meals program was quite formidable. As Shah put it, “worthy of the Canadian armed forces”. In comes Tamarind Bistro Restaurant with their efficient distribution system. With the help of several international students and community volunteers, the goals were met in a timely fashion. They designed a wholesome hot, hygienically packaged vegetarian meal for easy delivery.

From hospitals, the Thank You Meals program was expanded to include police, rehab centres, fire services and senior care homes. In the following weeks, teams of volunteers delivered over 25,000 meals to a total of over 42 large institutions spread across Southern Ontario. The list includes almost all major hospitals, Peel Police, Firefighters, and Caregivers.

CIF Vancouver chapter initiated a similar program in Vancouver under the guidance of Hema Bhatt, CIF Board of Governor Member, by distributing meals at Royal Columbian Hospital and City Reach Care Centre and other venues.

Early on in the Thank You Meals program, Ontario Premier Doug Ford, had these encouraging words for the CIF team: “Whether it is delivering groceries or free food or medical supplies and transportation, your compassion, your generosity shows the Ontario spirit. It is organizations like yours that will get us through this challenging time. I want to thank you from the bottom of my heart for opening your heart during this time. You are the real heroes, keep up the incredible work.”

CIF Thank You Meals program drew the attention and admiration of other public officials as well as common citizens. Mayor of Brampton, who was present when CIF distributed the meals at the Peel Police headquarters, noted, “The police are certainly on the frontline during this crisis, they face a higher risk keeping our community safe and the fact that our friends from CIF will provide 415 meals for our first responders here is a real morale booster. So, on behalf of the City of Brampton, I say thank you for that act of kindness and generosity.”

Mayor of Mississauga, who was also present on the occasion, echoed similar sentiments when she complimented the CIF team for the “generosity” shown “to our heroes”.

Other public officials and elected representatives who had complimented the CIF program include: Minister Caroline Mulroney, Mark Saunders, Toronto Police Chief; Dipika Damarla, Mississauga City Councillor; MPP Deepak Anand; MPP Amarjot Sandhu; Randy Patrick, Peel Region Deputy Chief of Police.

The program had its last stop at twin Grand River Hospitals in Kitchener. Accepting the meals on behalf of his staff, Ron Gagnon, CEO of Grand River Hospitals, thanked CIF, and its volunteers for this act of compassion and support.

Raj Saini, MP for Kitchener Centre, said at the time, “I know most of your work is in GTA. But thank you very much for driving up the 401 to support us in the Waterloo-Kitchener area.” While acknowledging the roles of governments at all levels, he added, “It is the



CIF Thank You Meals Program



members of the civil society like you who take the time and effort and chip in with their contributions that keep all of us safe and help us get through this pandemic. Thank you.”

The ‘Four Amigos’ that took upon the strenuous journey of being present personally at each of the forty-two locations, come rain or sunshine (and there was quite a bit of both in May and June!) are Anil Shah, Satish Thakkar, Ritesh Malik and Pankaj Dave. Speaking at the Grand River event, Thakkar, said, “Though we at CIF have been focused on the Canada India corridor and its development for over a decade and a half, this new initiative has given us extra energy and a new direction.”

Shah added that though it was a lot of time spent away from his own business responsibilities, it was one of the most satisfying experiences of his life. “My colleagues at CIF all feel the same. We were energized. Seeing those frontline workers, or the COVID19 warriors, as some would call them, working so hard, our first instinct was to give them a hug or at least shake their hands. In those circumstances that prevailed during the pandemic, both were not options! Thank You Meals program was our big hug of appreciation.”





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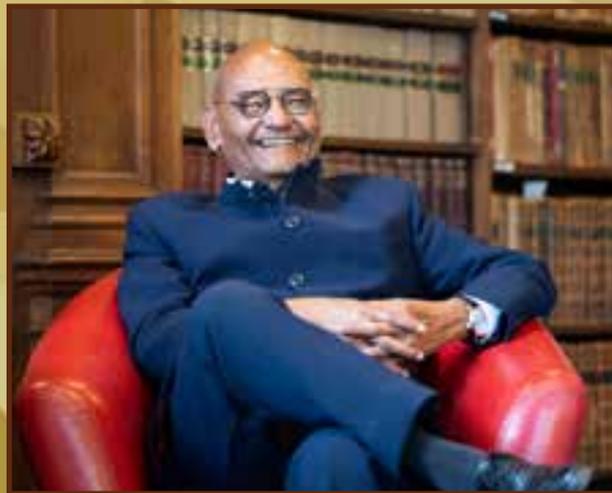
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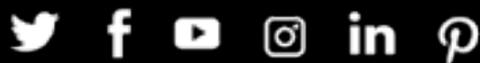
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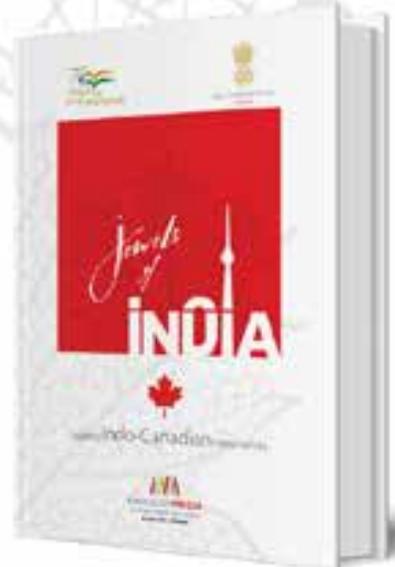


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