



CIF E-Newsletter



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Chair's Message



India Is Full of Opportunities

Hello friends, I have so much to share with you this month. But I will control myself and stick to only the most important. Otherwise, it will take a book, but not this short message. As some of you are already aware, Canada India Foundation embarked on Mission India in January 2023. We spent most of this month travelling through our motherland which was under an unusually cold winter. But then, we were from Canada, and that did lead to many quips at our expense. We are back in Canada now and it is winter, but the warmth of the legendary Indian hospitality lingers!

We had a few priorities in mind before we finalized the plans, but none more important than getting to know in depth the latest advances India is making in holistic medicine systems like Ayurveda. It has long been a key objective of CIF to bridge the gap between modern medicine and traditional systems to enable and strengthen integrative medicine.

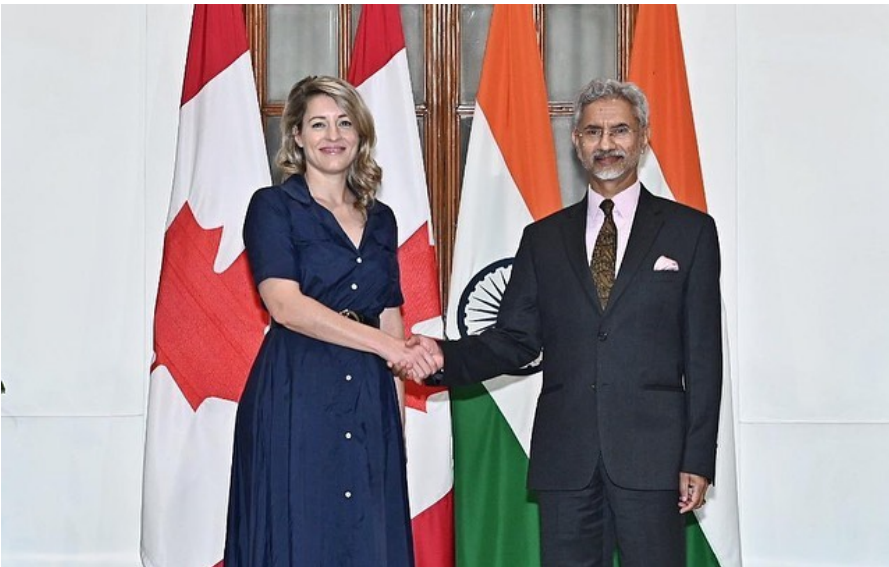
and public health, prevention, community-based or regional-level practice holds out definite promises, especially in costs reduction and long-term preventative measures to tackle non communicable diseases and mental illness.

With this in mind, we approached Ontario's Associate Minister of Mental Health and Addictions, Hon. Michael Tibollo, to join us in our mission to India. We are grateful that Minister Tibollo agreed to our request and effectively present the case for Ontario during the several meetings with key stakeholders in India.

Our team began the India engagement in Indore, Madhya Pradesh. The city hosted the first post-pandemic Pravasi Bharatiya Divas that drew an enthusiastic attendance from all over the world, who were not only committed to the India growth story, but keen to learn and exchange diaspora stories with each other. Our team got a chance to listen to several of these individuals who were contributing productively to the local communities and countries, while holding themselves as fine ambassadors of India. Prime Minister Narendra Modi, who addressed the inaugural session, reminded all of us that we were the real face of India abroad, or '*Rashtradhoots*', as he put it. ([Read more](#))

HEADLINES

Canada's Foreign Affairs Minister Joly Meets with S. Jaishankar



Following the meeting between Canada's Minister of Foreign Affairs, Mélanie Joly and India's External Affairs Minister, S. Jaishankar, the two countries agreed to work on seven key priorities including a comprehensive trade agreement and strengthen shared democratic values, growing economic linkages, security cooperation, mobility of students and professionals, and strong people-to-people ties. ([Read](#)

Air India to Buy 470 Planes from Airbus and Boeing



Air India, recently privatized, is setting itself a searing pace toward capturing its past glory. The airline, owned by the Tata Group, recently placed a record-setting order with Boeing for 220 passenger planes and 250 more from Airbus. The Boeing order alone is estimated to be worth \$45 billion, supporting one million jobs in the United States. ([Read more.](#))

India Plans to Become a Leading Defence Exporter

The five-day-long Aero India 2023, Asia's largest such air show, concluded in Bengaluru where 251 MoUs worth close to \$10 billion were signed. India's Prime Minister Modi said that India will soon become one of the leading exporters of defence equipment. ([Read more.](#))



\$400 Billion Commitment at UP Investor Summit

The UP Investors Summit, held recently has shattered all previous records in India by generating investment proposals to the tune of 32.92 lakh crore rupees (\$400



the initial target of 10 lakh crore set by Invest UP. [\(Read more.\)](#)

UP Global Investors Summit 2023 to Cement India-Canada Economic Ties

Canadian high commissioner Cameron MacKay met Uttar Pradesh chief minister Yogi Adityanath at the CM's official residence and discussed with him the strong cultural, commercial and strategic ties between the two countries. CM Yogi and MacKay also discussed ways to further improve bilateral relations and cooperation in existing fields in the context of UP. [\(Read more\)](#)



World's Second Largest Gamma Ray Telescope in Ladakh



4,300 m above sea level in Hanle, Ladakh, MACE became the world's second largest gamma-ray telescope, with a 21-m-diameter dish placed at the highest point on earth. The telescope offers huge benefits to researchers in cosmology

worldwide. [\(Read more.\)](#)

Another Hindu temple defaced in Canada; India seeks action

Toronto: Strongly condemning the defacing of a Hindu temple in Canada, India on Wednesday asked authorities in the country to investigate the incident and take swift action against the

Mississauga city was vandalised with anti-India slogans, sending shockwaves across the Indian community. ([Read more](#))



Treasury Leadership Forum 2023

Keynote Address by

Mr. Deepak Bagla, Managing Director & CEO, Invest India



An Appeal - Need a Living Liver Donor



Ajit Someshwar, founding convenor and member of Canada India

Indo Canadian community. He has now been advised of the need for an urgent liver transplant. We are sad to learn of this setback and appeal to the community in the hope that a Samaritan out there will be willing to take up the role of a living donor and bring happiness to the family of a wonderful human being. Ajit is also a past president of The Indo-Canada Chamber of Commerce.

The idea of a living donor is someone who can donate a part of his/her liver to another person, and yet continue life with no negative impact to his/her own health. The donor's liver regenerates fully within 4-6 weeks of the procedure.

Toronto General Hospital (TGH), where this procedure will take place, is a world leader in living donor liver transplantation. TGH has a hundred percent living donor success rate, and all donors have recovered fully. TGH has performed over one thousand living liver donor transplants.

To be a living liver donor for Ajit, a person must be:

- Aged 16 to 60.
- Healthy weight for their height
- In good health (no diabetes, cancer, kidney or heart disease)

Multiple donor volunteers may be needed to find a suitable match. The donor does not need to be a relative or the same ethnicity (this matters for stem cells, not organs), just a healthy person. A person who is not eligible to donate blood may still be a living organ donor. The rules are different.

For donors of the Indian community here are a few links that promote the ideals of organ and tissue donation that are an essential part of their way of life, as guided by the Holy Vedas, Shri Guru Granth Sahib Ji and other religious texts. In all religions the principle of helping and saving the lives of other is included in the core teachings.

[ORGAN DONATIONS - CLICK HERE](#)

[BE A DONOR - CLICK HERE](#)

Unfortunately for Ajit, no one in his immediate family is an eligible donor. As for his friends, they are mostly above 60, so they have been ruled out.

Ajit is in critical need, and you might be able to help. If you think you can make a difference and bring happiness to Ajit and his family, please forward this message far and wide. And consider applying to be his living liver donor.

All hospital expenses are covered by OHIP. The Trillium Gift of Life reimburses a donor's travel, accommodation, lost wages and other expenses up to \$5,500.

donor: [CLICK HERE](#)

Your application is private. You do not need to tell anyone that you have applied.

- Please contact the [UHN Centre for Living Organ Donation](#) with any questions. You can remain anonymous.
- Learn more about Ajit on this Facebook page: [Click here](#)
- You can read the stories of [Past living donors here:](#)

Thank you to everyone who forwards this message to help spread the word. Our heartfelt thanks to anyone who applied to be Ajit's donor

Spotlight

Guess Who is the Brightest of them All!



A 13-year-old schoolgirl, Natasha Perianayagam, has been named in the world's brightest students, by the Johns Hopkins Centre for Talented Youth after tallying the grades of 15,000 students in 76 countries. ([Read more.](#))

An Indian-American to become CEO of YouTube

Indian-American Neal Mohan will be the new CEO of Google's video division Youtube, replacing Susan Wojcicki who is stepping down from her role after nine years. Mohan will join a growing club of Indian-American executives who are at the helm of some of the biggest tech giants in the world. ([Read more](#))



Biden administration nominates Indian origin Ajay Banga to lead World Bank

The Biden administration has nominated Indian origin Ajay Banga, a former Mastercard



chairman at the private equity firm General Atlantic, to become the next president of the World Bank. Banga is still subject to a months-long confirmation process before the bank's board reaches its final decision. [\(Read more\)](#)

CIF Member in News

Dr. Lucky Lakshmanan, honored with Pravasi Bhartiya Award



Dr. V.I. Lakshmanan, a founding member and past chair of Canada India Foundation, has been conferred with the prestigious Pravasi Bharatiya Samman Award (PBSA) at the Pravasi Bharatiya Divas in Indore, Madhya Pradesh, India on 10 January 2023. PBSA is the highest honour conferred on overseas Indians by the government of India.

Pravasi Bharatiya Samman Awards were conferred by the President of India H.E. Droupadi Murmu at the PBD Convention in the valedictory session of the Pravasi

Bharatiya Divas celebrations on 10 January 2023.

Upcoming Events

Virtual Lecture Series

Pharmacological & Therapeutic Effects of Top 75 Traditional Ayurvedic Medicines (TAM)

Session 18

Expert Speaker



Dr. Sathyararanya B
BAMS, MD (Ay)
Principal, Medical
Superintendent and
Director R & D,
Muniyal Institute of
Ayurveda Medical
Sciences, Manipal.

Expert Speaker



Dr. Rajendra Deshpande
BAMS, MD, Ph. D (Ay)
Emeritus Professor
Ex Principal CARC College
Akurdi, India.

Special Guest



Mr. Satish Thakkar
FCPA, FCGA
Chair
Canada India Foundation
Toronto, Canada.

Special Guest



Dr. Girish Tillu
M.D. (Ayurveda), Ph.D.
Executive Director, World
Ashwagandha Council &
Principal Investigator,
Ayush Centre of Excellence
Savitribai Phule Pune
University, Pune

Special Guest



Dr. Tanmay Goswami
MD (Ayurveda), MA, Ph.D
Vice Chancellor
Sanskriti University
Mathura
Uttar Pradesh
India

Advisor



Dr. Ashlesha Raut
BAMS, M.D. (Ay)
President, Ayurveda Union
of Midwest, Chicago, USA

Moderator



Prof. Dr. Madan Thangavelu
PhD, Genome Scientist
European Ayurveda
Association
Cambridge, UK

Advisor



Dr. Pallavi Sodhi Patankar
BAMS, Ayurveda
Consultant
Co-Founder, International
Ayurveda League
Mumbai, India

Advisor



Dr. Bhaswati Bhattacharya
MD (Medicine), PhD (Ay)
American Association of
Ayurvedic Professionals,
Cornell Medical College,
New York, USA

Convenor & Host



Vaidya Harish Verma
B.A.M.S. (Gold Medalist)
President, Canadian
Ayurvedic Practitioners
Association
Toronto, Canada

Pharmacological & Therapeutic Effects of Ashwagandha Leyham

Ashwagandha Leyham is a semi-solid jam like Traditional Ayurvedic Medicine, which is prepared from herbs like Ashwagandha (Withania somnifera), Shveta Sariva (Hemidesmus indicus), Shveta Jeeraka (Cuminum cyminum), Madhusnuhi (Smilax china), Draksha (Vites vinifera), Ela (Elettaria cardamomum) by adding jaggery and Ghee. Traditional Ayurvedic Practitioners use this preparation for Raktavikara (disorder of blood), Krsatva (Cachexia), Arsa (Piles), Unmada (Mental Disorders) and also as Balya, Rasayana (Rejuvenating agent) and Vajikara (Aphrodisiac).

Ashwagandha (Withania somnifera) is considered a potent adaptogen and anti-stress agent that could have some potential to improve physical performance. Other ingredients mentioned in Ashwagandha Leyham, namely Shveta Sariva, Shveta Jeeraka, Madhusnuhi, Draksha, honey and Ghrita have strong appetizer, digestant, carminative and Rasayana properties. A combination of all these ingredients has helped in improving the appetite and nourishment of further Dhatus, through which the catabolic activity of the body was kept under control.

In a scientific study, Ashwagandha Leyham has been found very effective in reducing complaints related to aging like dizziness, aching muscles, Urge incontinence, generalised weakness in elderly population. The clinical parameters were analysed statistically to observe improvement in general sense of wellbeing. Other clinical parameters like dizziness, aching muscles, constipation, pain in joints, disturbed sleep, fatigue, urge incontinence and general weakness reduced showing statistically highly significant improvement with p value. **To know more, register here:**

Program	
Sunday, March 5th, 2023	Live on - Facebook
Time: 10:00 am to 11:30 am (EST in Canada & USA)	Zoom - Register Here
08:30 pm to 10:00 pm (IST in India)	

[Register here](#)

International Women's Day

“DigitALL: Innovation and technology for gender equality”



Topic: 'Cracking the Code'

Date: 9 March 2023

Time: 7:00pm onwards

Venue: Holiday Inn

Address: 970 Dixon Road, Toronto, ON

Stay connected for more details

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Contact Us

Satish Thakkar,
FCPA, FCGA
Chair
satish@efgcanada.ca

Ritesh Malik
National Convener
ritesh@riteshmalik.com

Sunita Vyas
National Co-convener
sunita@aolmississauga.com



Canada India Foundation

2939 Portland Drive, Suite #300
Oakville ON L6H 5S4, Ph: 289-291-0277
E-mail: info@canadaindiafoundation.com
www.canadaindiafoundation.com

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