



CIF E-Newsletter



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Chair's Message



Ministerial Level Talks Indicate Healthy Dialogues Between Canada and India

Hello friends,

Nothing says it as clearly as it does on the state of a relationship as when two countries are talking about a close collaboration in the defence sector. Yes, that's the latest bit of encouraging news to come out of the Canada India bilateral space. In the third week of April 2023, India's Defence Minister, Hon. Rajnath Singh, got on the phone to our own Minister of Defence, Hon. Anita Anand to have a frank exchange on current and future possibilities for the two countries.

Rajnath Singh tweeted: "Glad to speak with Canadian Defence Minister Ms. @AnitaAnandMP. Welcomed Canada's Indo-Pacific strategy. Excellent discussion on ways to develop the bilateral defence relations

including industrial collaboration. Invited Canadian defence companies to invest & manufacture in India."

Singh is reported to have told Anand that India welcomed Canada's increased naval presence in the Indo-Pacific besides discussing potential areas of defence cooperation - from UN peacekeeping training to defence industrial cooperation.

India today is one of the world's largest markets for defence related items, having budgeted almost a C\$ 100 billion in expenditure this year alone. This offers a great opportunity for entrepreneurs in friendly countries like Canada to explore co-production. Besides the attractive market size, Singh also explained the competitive land and labour costs available to potential Canadian investors in the two defence industrial corridors designated by the Government of India.

As a part of a very ambitious and unique PLI (production linked incentive) scheme, India has set up two defence industrial corridors (DICs) to attract a total investment worth ₹20,000 crore (C\$3.3 billion) by 2024-25 for defence industries and develop domestic supply chain and strengthen defence manufacturing ecosystem in the country. ([Read more](#))

Past Events

CIF Meets with India's HC Sanjay Kumar Verma



Canada India Foundation met High Commissioner of India in Canada, H.E. Sanjay Kumar Verma on April 22, 2023, for an exchange of views on the current state of Canada India bilateral relationship. High Commissioner Verma briefed the CIF team about several discussions

being initiated between India and Canada, some happening on the sidelines of the ongoing G20 meetings. According to Verma, Canada and India are working closely on a number of projects that have the potential to benefit both economies. Regular visits by leaders and officials from each side have helped in finding solutions and moving forward on important initiatives.

CIF Chair Mr. Satish Thakkar assured the High Commissioner full support of the organization in his attempts to advance the bilateral ties. He expressed hopes that the Early Progress Trade Agreement negotiations will be concluded soon. Mr. Thakkar also briefed the High Commissioner on CIF's India Mission in January 2023 and fruitful discussions held with various organizations and thought leaders of India.

CIF Annual General Meeting **Ambitious Targets, Fresh Priorities**

Canada India Foundation Annual General Meeting was held on April 22, 2023, to review past activities and take stock and set priorities for the years ahead.

The CIF Activities Report was presented to the membership. CIF Chair, Satish Thakkar, thanked the membership for the staunch support extended by the members that have led to successful outcomes on many fronts.

CIF Annual Charity Golf tournament has grown stronger each year. The proceeds have helped the establishment of a permanent scholarship fund to aid children of Fallen Soldiers.

Through 2022, CIF held over 60 events and over 100 meetings with key stakeholders to help build and expand the 360-degree engagement between Canada and India. CIF resolved to stay focused and not be derailed by distractions and work towards showcasing the best of each country.

An outreach to organizations and communities that feel positive about Canada and India relationship and supporting each other is a step forward for CIF to strengthen advocacy. Holding some CIF events outside GTA with local partners in other cities was mooted as an idea to follow up.

More targeted scholarship for needy students, food bank participation, steps to reduce mental health challenges among students were points discussed by the membership.

Proactive efforts to promote India's traditional medicine systems like Ayurved will continue now that under the aegis of CIF, there is coordination happening between ten different institutions /organizations dedicated to research and development of Ayurved from different parts of the worlds.

Members thanked the Executive Team for their dedication and resolved to work towards achieving bigger milestones to enhance the image of the Indo Canadian community as well as advancing Canada India ties.

Depression - Need for Early Detection and Treatment



Dr. Venkat Bhat wears many hats in his remarkable career as a renowned expert on all things depression, a huge health challenge facing the world. He is a Psychiatrist at St. Michael's Hospital & University Health Network and Director, Interventional Psychiatry Program, St. Michael's Hospital. He also holds the position of AI & Analytics Lead, Institute of Biomedical Engineering & Technology. He is an Assistant Professor of Psychiatry, University of Toronto. Dr. Bhat made a detailed presentation on 'Understanding Depression & Emerging Treatments: An Introduction' via the CIF platform on April 8, 2023.

Introducing Dr. Bhat, Satish Thakkar, Chair, said: "According to the World Health Organization (WHO), over 280 million people are currently under some sort of depressive order. What is even more tragic is that almost 700,000, a lot of them young people, die by suicide every year following depressive episodes. [\(Read more\)](#)



CIF Hosts Farewell Dinner for Sandeep Goel



Canada India Foundation hosted a farewell dinner for Sandeep Goel, the outgoing President & CEO of ICICI Canada on April 6, 2023 at the Tamarind Restaurant in Mississauga. Members expressed appreciation for Goel's contributions to the financial sector in Canada as well as service to the Indo Canadian community. At the same event was also present the incoming head of ICICI Canada, Vikash Sharma, President and CEO. Canada India Foundation wishes Sharma and his team a great innings in Canada.

CIF Presents \$50,000 Cheque to Anishnawbe Health Toronto



Canada India Foundation presented a check for fifty-thousand dollars (\$50,000) to the Anishnawbe Health Toronto (AHT) on March 27, 2023, honoring the wishes of Anil Agarwal, the winner of the CIF Global Indian Award 2022. Presenting the check in the presence of the CIF Executive Team as well as the official representatives of AHT, Satish Thakkar, Chair, said: “This is a new day for us at CIF and a wonderful opportunity to show our gratitude to a great institution serving the needs of the indigenous communities of Greater Toronto Area. We look forward to this association growing in strength in the coming years. We wish you further strength in all the community outreach programs that you have in place.” [\(Read more\)](#)

Dr. V.I. Lakshmanan Featured on DD TV

Past Chair and a Founding Member of Canada India Foundation Dr. V.I. Lakshmanan was featured prominently recently in a new show launched by India's national TV channel Door Darshan, in a segment devoted to overseas Indian achievers, called Diaspora Diamonds. This has come in the wake of Dr. Lakshmanan receiving the Bhartiya Pravasi Samman Award, the highest honour given by the government of India to an overseas Indian during the Pravasi Divas held in Indore, Madhya Pradesh. Dr. Lakshmanan gave a detailed account of his lengthy life as a Scientist, Entrepreneur, Community Activist and Philanthropist, which led to the unique honor of being presented with the Pravasi Bharatiya Samman Award.



HEADLINES

Canada Names Envoy to Indo-Pacific Region



Canada has named Ian McKay, currently ambassador to Japan, as Canada's Special Envoy to the Indo-Pacific. Mr. McKay's career spans decades in key financial, political and economic development roles and is acknowledged as an expert on international trade. The Special Envoy will provide advice to the Government of Canada, as well as work with Canada's

network of diplomatic missions in the Indo-Pacific to ensure coordination of a whole-of-government approach and advance the strategic implementation of Canada's Indo-Pacific Strategy. ([Read more.](#))

India's First Water Metro Launched

India's first water metro was inaugurated in the state of Kerala by Prime Minister Narendra Modi on April 25. Using environment-friendly boats built at Cochin Shipyard, the metro system will offer easy and fast connectivity to



several remote islands to the city. [\(Read more.\)](#)

India Becomes World's Most Populous Nation

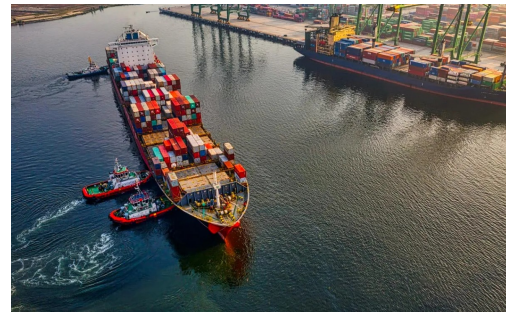


According to data released by the United Nations this month, India (1.428 billion) edged past China (1.425 billion) to become the most populous nation on earth. India's population is expected to keep

climbing till it plateaus at 1.66 billion by 2050. [\(Read more\)](#)

India's Total Exports Touches \$770 Billion

According to the latest estimates available for the year 2022-23, India's total exports will have touched a record \$770 billion. Both goods and services exports have shown considerable growth while imports have touched \$892 billion. [\(Read more.\)](#)



India in Free Trade Agreement talks with EU, UK and Canada



India's Finance Minister, Nirmala Sitharaman, has confirmed that India is simultaneously talking to EU, UK, and Canada on finalizing FTAs. India has just concluded FTAs with Australia, Mauritius, Japan, Korea, the UAE, and the ASEAN. [\(Read more.\)](#)

India Sets Ambitious Exports Target of \$2 Trillion by 2030

In its latest Foreign Trade Policy document, India has set out a plan to reach \$2 trillion exports target in the next seven years. Experts

consider this a realistic goal given the improvements in ease of doing business, streamlining of processes and reducing transaction costs, a greater focus on ecommerce exports and bringing on board district- and state-level players to raise outbound shipments. **(Read more.)**



Ajay Banga Set to Head World Bank



Ajay Banga, an internationally renowned corporate leader and former CEO of Mastercard Inc. has been nominated by the Biden administration to head the World Bank. When confirmed, he would become the first person of Indian origin to head the World Bank that plays a key role in development efforts in the Global South. **(Read more.)**

Popular Author/Commentator Tarek Fatah Dies at 73

Social activist and South Asia expert and author of several books, Tarek Fatah, passed away in Toronto after a long battle with cancer. Over the years, through his books, columns and appearances on social media, Fatah had become a popular public figure in India with a huge following. **(Read more.)**



Parkash Singh Badal, 5-Time Punjab Chief Minister, Dies At 95



Parkash Singh Badal, a five-time former chief minister of Punjab and Akali Dal patriarch, died at a private hospital in Mohali on Tuesday. He was 95. The veteran leader climbed his way up the political ladder, serving as a village sarpanch, before he contested assembly elections for the first time in 1957, when he was 30 years old. Parkash Singh Badal was the youngest Chief Minister, at 43, to hold office in the state of Punjab. **(Read more)**

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Spotlight

International Recognition for Indian Statistician

Equivalent to a Nobel Prize in Statistics, Indian American mathematician and statistician, Calyampudi Radhakrishna Rao, is this year's winner of the International Prize for Statistics. Rao, who is now 102, will receive the prize, which comes with a

USD 80,000 award, this July at the biennial International Statistical Institute World Statistics Congress in Ottawa. ([Read more.](#))



Congratulations to Dr. V.I. Lakshmanan



Congratulations to Dr. V.I. Lakshmanan, OC on being awarded by Society of Chemical Industries of Canada!! It was inspiring to see many distinguished awardees from Industry to academia, some of the very finest minds of Canada!

Upcoming Events

Virtual Speaker Series

Obesity and Type 2 Diabetes: Current & Emerging Treatments

Currently the twin epidemics of obesity and type 2 diabetes are major health concerns world-wide but particularly among South Asians.

Speaker will discuss the following:

1. Why some people are more prone to weight gain and why this increase the risk of type 2 diabetes?
2. Why some people, especially South Asians have a higher risk of type 2 diabetes?
3. Available treatments and barriers to accessing these.



About Speaker:

Dr. Satya Dash is an Endocrinologist and Assistant Professor at University Health Network/University of Toronto. He is a clinician-scientist with an interest in obesity and cardiometabolic disease and is the Medical Director of the bariatric program at UHN. He graduated from St. Bartholomew's & The Royal London school of Medicine (UK) and did his PhD

and specialty training at Cambridge followed by a post-doctoral fellowship at Toronto. His current research interests are in understanding the etiology of obesity and cardiometabolic disease and

its response to weight loss treatment. He is funded by CIHR, Heart and Stroke Foundation, Banting and Best Diabetes Center and McLaughlin Center.

Program:

Date: Saturday 13 May 2023

Time: 10:30am - 11:30am

[Click here](#) for Registration.

Register here

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GOLF



288

GOLFERS

SHOT GUN

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[Click here for More Details](#)

Virtual Ayurveda Speaker Series



Virtual Lecture Series

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

Session 22

Pharmacological & Therapeutic Effects of Gokshuradi Guggul

Expert Speaker



Dr. Govind Sharma K.
BAMS, MD (Ay)
Associate professor
Rasashastra & Bhaishajya
Kalpana, SDM College of
Ayurveda, Hassan,
Karnataka, India

Expert Speaker



Prof. Dr. Manjunatha Adiga
BAMS, MD (Ay)
Professor Kayachikitsa
Sri Kalabyraveshwara Swamy
Ayurveda Medical College and
hospital Bangalore

Special Guest



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

Special Guest



Padma Shri Anup Jalota
Singer, Musician, Actor
(popularly known as Bhajan
Samraat) & Key Member of
Tathaastu Group, India.
'Tathaastu: So Be It' is a
unique source of eastern
wisdom for Mind-Body-Soul

Special Guest



Dr. Ashok K. Nandwani
Professor and HOD,
Formerly Principal &
Medical Superintendent
Shree Lakshmi Narayan
Ayurvedic College
Amritsar, Punjab, India

Advisor



Dr. Ashlesha Raut
B.A.M.S., 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, Ayurvedacharya
Obesity Consultant
Co-Founder, International
Ayurveda League
Mumbai, India

Advisor



Dr. Bhaswati Bhattacharya
MD (Medicine), PhD (Ayu)
National Consortium of
Ayurveda Medicine, Weill
Cornell Medical College,
New York City, USA

Convenor & Host



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

Gokshuradi Guggul is a polyherbal traditional Ayurvedic medicine prepared with Gokshura, Guggul, Mustaka, Trikatu and Triphala. It is commonly used for various urinary disorders including Urolithiasis, Urinary incontinence, and Diabetic Nephropathy. In addition to these benefits, it also improves joint flexibility. It helps in formation of synovial fluids in osteoarthritis. The traditional ayurvedic practitioners commonly use it in knee pain and backache caused due to osteoarthritis.

In traditional Ayurvedic medicines, guggul has been used for thousands of years in the treatment of arthritis, inflammation, gout, rheumatism, obesity, and disorders of lipids metabolism. Guggul is an oleo-gum resin obtained as an exudate from the tapping of stem and branches of Commiphora mukul plant, which is found in arid areas of India, Bangladesh, and Pakistan. It is a small, bushy tree with thorny branches and produces a yellowish gum resin (guggulu) in small ducts located throughout its bark. The lipid lowering effect of guggul with special reference to atherosclerosis and obesity (medoraga) was first reported in a doctorate thesis submitted to the Banaras Hindu University (BHU) in January 1966.

Lekhan (scraping) property of Gokshuradi Guggul is useful in removing any blockage in micro vessels as well as macro vessels. Gokshuradi Guggul was found effective in correcting srotorodha in Mootravaha as well as Medovaha srotas in madhumeha caused due to vitiated kapha dosha. In one clinical study Gokshuradi Guggul is found very useful in diabetic patients suffering from Nephropathy.

To know more, register here:

Program	
Sunday, April 30th, 2023	Live on - Facebook
Time: 10:00 am to 11:30 am (EST in Canada & USA)	Zoom - Register Here
7:30 pm to 9:00 pm (IST in India)	

[Register here](#)

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