

# CANADA INDIA FOUNDATION



## CIF E-Newsletter



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### Chair's Message



### Happy Canada Day!

Friends!

Wish you all a very happy Canada Day! Let us celebrate this day with all the respect and joy we feel for this land we call our home.

A few days ago, we celebrated the International Yoga Day, a celebration that is really close to our hearts. Canada India Foundation has been a strong proponent of adapting this ancient and proven health system, along with Ayurveda into our own modern healthcare. The benefits are well-known - from managing mental illness to much needed cost control. We held an event celebrating all aspects of yoga at Queen's Park on June 1, 2023. We were very encouraged by the support we received from both officials as well as our political leaders who showed a keenness to learn more about yoga and its possible benefits to the larger

society. CIF stands willing and able to collaborate with any organization or individual who wants to bring yoga education to their communities.

2023 Yoga Day was also very special as this was the year when the chief inspiration officer behind International Yoga Day, India's Prime Minister, Narendra Modi, was personally present at the UN to officiate the event. It was Modi Ji who in 2014 first proposed to the UN to declare a day exclusively to celebrate yoga. The suggestion was received with open arms and had garnered the support of an overwhelming majority of 175 members at the General Assembly.

Prime Minister Modi had noted then, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

The draft resolution establishing the International Day of Yoga stresses on "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." The World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes. ([Read more](#))

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## Past Events

**Ayurveda Virtual Speaker Series - Session 25**  
**Pharmacological & Therapeutic Effects of**  
**Rasayana Churna**



CIF Ayurveda Speaker Series session 25 on Pharmacological & Therapeutic Effects of Rasayana Churna was conducted virtually on 11 June 2023.

Rasayana Churna is a Traditional ayurvedic medicine containing three ingredients Amalaki, Guduchi and Gokshura, which are well known drugs for their rich antioxidant, immunomodulator and reno-protective properties. Amalaki (*Emblica officinalis*) is traditionally used as cardioprotective and Lipid lowering herbal drug. In one study - reductions have been noted in total cholesterol and LDL-C, as well as triglycerides, with oral intake of 3g of the fruits of *Emblica officinalis* daily for 21 days.

Recently, Guduchi (*Tinospora cordifolia*) is of great interest to researchers across the globe because of its reported medicinal properties like anti-diabetic, anti-inflammatory, anti-arthritic, anti-oxidant, anti-allergic, anti-stress, anti-malarial, hepatoprotective, immunomodulatory and anti-neoplastic activities.

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## CIF Celebrates 9th International Day of Yoga at Queens's Park





June 1, 2023 (Toronto): The International Yoga Day celebrations for 2023 got off to a great start on June 1, with a formal event hosted by Canada India Foundation, at Queen's Park, home of the Ontario Legislature. The event was graced by the Minister of Mental Health and Addiction for the Government of Ontario, Hon. Michael Tibollo and the Consul General of India in Toronto, Smt. Apoorva Srivastava, former Senator Dr. Asha Seth, as well as several MPPs, dignitaries and partnering organizations, Brahma Kumaris, Patanjali and the Vedic Spiritual Heritage Foundation.

The initial draft resolution, establishing the International Yoga Day at the United Nations, was proposed by India at the initiative of Prime Minister Narendra Modi and endorsed by a record 175 plus UN member states. Following the proposal, in 2015, the United Nations declared June 21 as the International Day of Yoga and since then CIF has had the pleasure of hosting Yoga Day celebrations in many venues across GTA, including the pandemic years, when the event went online with live telecast with a reach of couple of million people.



Welcoming the attendees, CIF Chair **Satish Thakkar** said that Yoga provided the perfect balance between mind, body and spirit. He referred to Patanjali's Yog Shastra and said that Yoga, with Asanas and Meditation, enabled one to have better control of thoughts, emotions & feelings and also develop ethical values. He acknowledged and thanked the sustained support and guidance provided to CIF by Consul General Srivastava, throughout her tenure in Toronto, with participation in all of CIF's events, particularly the online Ayurveda series of lectures. He also thanked Minister Tibollo for his appreciation of and support for Yoga and Ayurveda as complementing the mainstream healthcare ecosystem for a holistic solution.

Consul General of India in

Toronto, Mrs. **Apoorva Srivastava** thanked Canada India Foundation for its contributions to Canada India bilateral relations and recommended that Yoga and Meditation be introduced to children in schools, so that they can develop a healthy lifestyle early in life.



Addressing the attendees, **Minister Tibollo** thanked CIF for its contributions and spoke at length of his many visits to India, first in his private capacity as a lawyer, and later as a Minister for Mental Health, when he got exposed to the spiritual side of India as well as the ancient traditions of Yoga and Ayurveda. He spoke of his interactions with the Brahma Kumaris, Patanjali and Baba Ramdev and said that Yoga was now a part of his daily life. He said that the mind is the most important muscle of the body and Yoga and Meditation were essential for a healthy mind. Prior to the community event, Minister Tibollo announced in the Legislature that he would be introducing a private member's bill when the session reconvenes, declaring June as the International Yoga Month.

Parliamentary Assistant to the Minister of Labour, Immigration, Training and Skills Development, Mr. **Deepak Anand** applauded CIF for its continuous efforts and promotion of Ayurveda and Yoga in the Province of Ontario. He appreciated CIF Chair for his leadership for the promotion of age old Indian alternative health system. He looked forward to being part of CIF future initiatives in this and many other areas.



Other dignitaries of South Asian origin attending included Associate Minister **Nina Tangri**, **Logan Kanapathi**, **Adil Shamji**, **Sheref Sabawy** and **Vijay Thanigasalam**. Following the talks, **Uma Bhalla** from Vedic Spiritual Heritage Foundation, Canada and **Sister Shobna Obhrai** from Brahma Kumaris, Canada provided demonstrations of breathing exercise and meditation. Apart from the venue, the enchanting and soothing music, as performed by flautist Sahil Khan, provided the perfect ambience for the event.





CANADA INDIA  
FOUNDATION



## **Save the Date**

Annual Global Indian Award Gala

29 Sept 2023



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**Stay Tuned for Details:**

**[www.canadaindiafoundation.com](http://www.canadaindiafoundation.com)**

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## **HEADLINES**

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**US needs Modi to counter China's influence in  
the Indo-Pacific**





No bilateral relationship has deepened and strengthened more rapidly over the last two decades than the one between the United States and India. In fact, Narendra Modi's upcoming visit to the U.S. will be his eighth as India's Prime Minister, and his second since U.S. President Joe Biden took office. The U.S. has at least as much to gain from the growing closeness as India does. [\(Read more\)](#)

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### **Canada to 'significantly' enhance military presence in Indo-Pacific region, Anand says**



Defence Minister Anita Anand says Canada is committed to the support of a free, open and inclusive Indo-Pacific, and is reinforcing its military presence in the region. Speaking in Singapore at the Shangri-La Dialogue, an annual intergovernmental security conference, Anand announced Saturday that Canada will significantly enhance its military presence in the Indo-Pacific through Operation Horizon. Anand said the new operation will replace the Indo-Pacific portion of Canada's existing Operation Projection. [\(Read more\)](#)

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### **G20 Agri ministers meet: India-Canada hold**



## talks, discuss bilateral relations



Canada's minister of agriculture and agri-food Marie-Claude Bibeau took part in the G20 agriculture ministers meeting in Hyderabad last week where she also held a bilateral meeting with minister of agriculture and farmers welfare Narendra Singh Tomar on the sidelines of the multilateral event. India's agriculture minister said Canada has a huge agricultural production and Agro-technological advancements, which offer potential for cooperation with India. [\(Read more\)](#)

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## Canada Launches Category-based Express Entry Program

In a new push to attract even more professionals critically needed in Canada, Minister of Immigration, Sean Fraser, introduce a new point-based system. The move is expected to benefit besides health and STEM sectors, also trades like carpenters, plumbers and electricians. Transport jobs like pilots and truck drivers and Agri processing jobs are also included under the proposed changes. [\(Read more.\)](#)



## India Germany Joint Production of Submarines Hailed as a Landmark Deal



India's Defense Minister, Rajnath Singh, said recently India's highly skilled manpower and Germany's high-tech sector will come together in an ambitious program to build some of the world's most advanced submarines in India. [\(Read more.\)](#)

## Advanced Jet Engines to be Made in India

After facing years of uncertainty, it seems certain that the India and the US have found strong common interests to take their defense ties to the next level. In a major development announced during a recent visit to India by US Secretary of Defense, Lloyd Austin, India is set to make fighter jet engines with technology transfer from GE. [\(Read more.\)](#)



## “India Stands Ready to Take the Fight to the Enemy”



India's Army Chief, Manoj Pande, in a recent interview affirmed that India's military capabilities now include not only deterrence but an ability to offensively undertake operations against potential adversaries. [\(Read more.\)](#)

## Indians Top in UK's Skilled Worker, Student Visa Category

According to latest statistics available, Indian applicants were the largest recipients of visas issued by the UK in skilled worker and student categories. A total of 138000 student visas were issued registering a remarkable increase of over 60% from the previous year. [\(Read more.\)](#)



## India's Longest Sea Bridge Near Completion



Mumbai's ambitious multi-billion-dollar sea link project to build an alternate north south corridor in Mumbai is scheduled to open early next year. The bridge is expected to ease traffic woes dramatically once operational. [\(Read more.\)](#)



## India, US to launch joint mission to space in 2024

The National Aeronautics and Space Administration (NASA) of US and the Indian Space Research Organisation (ISRO) have agreed to launch a joint mission to the International Space Station (ISS) in 2024. India has also decided to join the Artemis Accords, which brings like-minded countries together on civil space exploration.

The Artemis Accords are a set of principles, guidelines and best practices applicable for the safe exploration of the Moon and ultimately expand space exploration to Mars and beyond. [\(Read more\)](#)



## CIF Members among 50 Under 50



Ritesh Malik, National Convener CIF





Vase Sarmah, Member CIF Board of Governors



Kundan Joshi, Member CIF Board of Governors



Vijay Thomas, Member CIF Board of Governors

Anshul Ruhil, Member CIF Board of Governors



### 50 under 50 Award Winners

Five CIF members got recognized and honored among 50 Under 50 at a glittering ceremony held on 30 June 2023 at Hotel Courtyard Marriot, Brampton. Maneesh Media honored prominent 50 Indo Canadians who excelled in different sectors and published their profiles in the form of book. These 50 young awardees were chosen for their entrepreneurial, professional, business leadership and social impact. It was a proud moment for all the Indo Canadians to witness their success. H.E. Sanjay Verma, High Commissioner of India to Canada, Mrs. Apoorva Srivastava, Consul General of India in Toronto, and Mr. Chandra Arya, Dr. Colin Carrie, Member of Parliament, Canada, Dr. V.I. Lakshmanan, OC, Former Chair CIF, Mr. Norton Kothari, Mr. Kuldeep Sharma, Mr. Sidharth Kumawat and Dr. Lalita Malhotra, Member CIF Board of Governor, were also present among other eminent guests. Mr.



## AN URGENT APPEAL FROM CIF FAMILY MEMBER

Dear friends and fellow humans,

I come to you today with a plea from the bottom of my heart. My beloved husband is in desperate need of a liver transplant to survive. Unfortunately, time is running out and in his current situation, he is unable to travel overseas. The only hope for his survival is finding a matching donor in Canada.

He has been battling liver disease for quite some time now, and it has been a challenging journey for us. Our family has endured many hospitalizations and medical procedures. Yet, despite all this, we have remained strong and hopeful, and have never given up on the fight for his life.

But now, his condition has worsened, and his only chance for survival is a liver transplant. As you can imagine, the waitlist for a liver transplant is long, and the chances of finding a matching donor are slim. But we refuse to give up hope, and we know that there are kind and selfless people out there who are willing to help.

WE ARE LOOKING FOR DONOR WITH

- O BLOOD GROUP (+ or -)
- 18 to 60 years old
- BMI (Body Mass Index) 30 or lower
- In Good Health

In liver transplantation, a portion of the donor's liver is removed and transplanted in the recipient.

Because of the liver's unique ability to regenerate, both the donor and recipient's liver grows back to almost normal size several weeks after transplantation.

We urge you to consider becoming a liver donor, as your selfless act of kindness could be the difference between life and death for my husband. It may seem like a daunting decision, but please know that you would be giving the ultimate gift of life to someone in need. The process is safe, and the medical team will ensure that you are comfortable and taken care of throughout the entire process.

If you are unable to donate, we ask that you help us spread the word by sharing this message with your friends and family. Please help us to find a liver donor for my husband so that he can continue to live, love, and thrive.

Thank you for taking the time to read our plea, and for considering donating to help save a life. Every little bit helps, and we appreciate any

support you can offer

Thank you

Please E-mail directly to family at:  
[liverdonation2023@gmail.com](mailto:liverdonation2023@gmail.com)

## Upcoming Events

### 8<sup>th</sup> annual golf TOURNAMENT

CANADA INDIA  
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*Democracies Working Together*



PRESENTED BY

**FRUITSY &**



Wednesday  
August 9, 2023

*Proceeds Going to  
Families  
of the  
Fallen Soldiers  
in  
Canada & India*

**Lionhead Golf Club**

8501 Mississauga Rd,  
Brampton

**36 HOLES**

**11:00 AM**

**SHOT GUN**

IT'S TIME TO PLAY

**GOLF**

**288  
GOLFERS**

**Please RSVP your attendance to:**

[sudha@canadaindiafoundation.com](mailto:sudha@canadaindiafoundation.com)

[silvana@ni-met.com](mailto:silvana@ni-met.com)

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## Award Sponsor



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