

# CINS UPDATE

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Canada India  
Network Society

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# The Magic of



## CINI2014

Canada India  
Networking  
Initiative

By Daljit Pandher

Canada India Networking Initiative (CINI) 2014 was magical in that it not only met but exceeded the expectations set out in building relationship between Canada and India in the field of South Asian health.



Dr. Dan McCarthy, Dr. A. Garg, Dr. Doug McTaggart, Kelly McQuillen, Linda Larson, Parliament Secretary Dr. William Cavers & Dr. Dorairaj Prabhakaran in the Primary Care Session



Dr. Devendra Gupta, Dr. Arun Chockalingam, Hon. Michael DeJong, Dr. A. Garg and Patty Sahota



Dr. Andrew Webb, Dr. Milan Gupta, Minnie Downey, Dr. A. Garg, Dr. Devendra Gupta and Colleen Hart



South Asian Health Centre Hosts Community Open House As a Part of the Canada India Networking Initiative



Jessie Downey, Dr. Ostrow, Senator Dr. Asha Seth and Dr. Garg



Dr. A. Webb, Colleen Hart, Minnie Downey and Dr. Garg



Senator Seth and Dr Garg



CINI 2014 Speakers and Delegates



Post-Conference Delegate Dinner with Hon. Michael DeJong

**CINI 2014** organized by Canada India Network Society (CINS), and co-hosted by Fraser Health and Simon Fraser University (SFU) deepened South Asian health dialogue, built links, and provided action for transformation for health between Canada and India. "CINI 2014 was a great success. I was very pleased about the signing of the three memorandums and express gratitude for the contributions received at the conference. The conference provided an opportunity to provide global leadership in South Asian health, and through its partners and sponsors, a networking forum for South Asian health services was possible. CINS will encourage continued future collaboration with all stakeholders present at the conference. These activities will not only bring significant benefits to economy of British Columbia (B.C.) but also make an effective contribution to health systems in both countries and improve multilateral capacity for better health," says Dr. Arun Garg, Chair of CINI 2014 and CINS. The steering committee expresses its appreciation and thanks to all of the sponsors, volunteers and all agencies that came together to make CINI 2014 possible especially speakers, special thanks to co-chairs of the sessions and Minnie Downey, Scientific Chair of CINI 2014.

The focus of CINI 2014 was "Health and Civil Society" — building links between Canada and India through knowledge, wisdom sharing and action for transformation. "Our vision is simple — to build strong links between India and Canada, and also facilitate or engage the diaspora which is in Canada to make Canada a stronger and better engaged society. This is what we are trying to do and with that vision, we set out to organize CINI 2014," says Dr. Garg.

Session 1 of CINI 2014 focused on the training of nursing and allied health, specifically, the Government of India through Public Health Foundation of India (PHFI)'s establishment of a national and regional institution for allied health training. British Columbia Institute of Technology (BCIT) through its health sciences division highlighted their provision of knowledge transfer on standards and training requirements. The key component going forward with what we want to achieve is to continue to build on session 1, which was on closing the gap between allied health and nursing between Canada and India. CINS will continue to play a role in working with BCIT and PHFI. According to CINS, "It is important to be a catalyst in the relationship and we look forward to evolving this role in this project by bringing two major players to collaborate on a major theme..."

The next session focused on emerging technology and its relationship with health. Innovation Boulevard — City of Surrey, Surrey Board of Trade, SFU, Medtronic Canada, Roche Diagnostics Canada, University of British Columbia (UBC), and International Trade B.C. supported this session.

Technology, health and economy were the primary focus in this session. A memorandum with IC-Impacts, a major organization which is working on building healthier communities both in India and Canada, was signed and

it is expected to have collaboration with IC-Impacts in use of technology and innovation as an outcome of this memorandum. CINS will work with IC-Impacts to enhance the field of the role of technology in health and its impact on economy. "We hope to have a follow-up workshop early next year where we can take the topics discussed in the short span of three hours into a much more expanded and specific project," Dr. Garg made projections for next year, "for example, the use of social media, internet and e-health in self-management of chronic diseases." CINS will continue to work with partners like UBC, SFU, Fraser Health and the PHFI to discover some goal-oriented projects.

Session 3 facilitated the discussion on the extensive and sustainable transformation of primary care delivery in B.C. This session exemplified the leadership in an innovative model of chronic disease management. This session brought together diverse group of speakers and presented innovation in primary care in B.C. through Ministry of Health, Doctors of BC, divisions of primary care and health authorities. The innovations done by the Doctors of B.C., Ministry of Health and the health authorities of B.C. have global interest and implications. CINS will continue to work with the Surrey-North Delta Division of Family Practice in its innovative project on South Asian Health Centre.

The role and modernization of yoga within health care was the focus of the last session. This session highlighted the scientific basis of yoga in cardiac, metabolic diseases, and in mental health and addiction within the South Asian population. The session also highlighted the therapeutic use of yoga in these conditions. The session was supported by Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine through its sponsorships of the speakers. The next steps would include working with Neuroscience, Mental Health and Addiction Institute of CIHR, located at UBC, Department of Psychiatry at Faculty of Medicine at UBC and experts from India to better understand the science of yoga and its application in modern society, especially in chronic and metabolic diseases, including mental health. The Centre of Neuroscience/Mental Health and Addiction is also exploring joint collaboration in research between Canadian and Indian scientists.

CINI wrapped up on Sunday, June 22, with an Open House at the South Asian Health Centre — a partnership between the Surrey/North Delta Division of Family Practice and Fraser Health. "As community physicians, we see firsthand that many members of this community do not respond well to mainstream health care interventions," stated Dr. Saroj Kumar, the Physician Lead for the Centre. "These patient experiences plus research that we looked at from around the world showed us that there was a real need for culturally tailored, wraparound services to be provided at a centre such as this."

CINI 2014 conference delegates and members of the public attended the event to learn more about the services provided at the Centre. Information was provided on the Centre's Nurse Practitioner-led primary

care clinic for unattached patients, diabetes clinic and the Centre's Women's Health Clinic.

"A first of its kind, the Centre provides an opportunity to strengthen Fraser Health's programs with a focused population-based approach for South Asians. CINI identified a need for such a centre and congratulates the two founding organizations for innovation in primary care and chronic disease management," says Dr. Arun Garg, Chair of CINI 2014 and CINS.

At maturity, the vision is that the Centre will serve as a true health home for local South Asians, and will offer general physicians a one-stop referral point for a number of services, ranging from chronic disease management to elder health and fall prevention supports.

CINS will work with its partners to follow and facilitate recommendations. There was a consensus among participants (leaders in academia, healthcare professionals, physicians, industry professionals and community members) that advocacy efforts need to be intensified and South Asian health become mainstream at national and international levels, including among public and private sectors operating in both countries. According to Provincial Finance Minister Michael de Jong, "the agenda was amazing."

Other than that, a banquet was also organized by the Society on June 20, which was sold out and was as amazing as the conference; the highlight of the event being the inspiring presentation by Paviithra Mehta, the author of *Infinite Vision* on the world's greatest business case for compassion, Aravind Eye Hospital in Southern India.

The Canadian Association of Physicians of Indian Heritage (CAPIH) recognized Dr. Arun Garg with the CAPIH Lifetime Achievement Award at the CINI 2014 conference. The CAPIH Lifetime Achievement Award recognizes and celebrates outstanding contributions by individuals who have led the South Asian community forward and paved the way for new industry talent. Dr. Garg wears a cap feathered with a very long list of awards, including the Queen's Diamond Jubilee Medal, and has been a tireless champion of South Asian health both in Canada and in India. "We wish him ongoing success going forward," says Sunil V. Patel, President, CAPIH. "I'm exceptionally honoured to receive this Lifetime Achievement Award, in no small part on account of distinguished names of those who received the award before me," says Dr. Arun Garg, "I hope this award shines a light on the exemplary work being done within South Asian health in both Canada and India, which has been a source of inspiration and the greatest, most rewarding challenge I could have asked for." The conference held an invitational networking workshop of leading clinicians and scientists on Monday to explore collaboration opportunities amongst researchers in South Asian health. Twenty five members from India, USA and Canada attended the workshop, which was chaired by Michael Smith Research Foundation scholar Dr. Nadia Khan.

CINS web site [www.thecins.org](http://www.thecins.org) has full program, bio of speakers and presentations.





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