

Sikh Heritage Museum Gets \$380,000 For Project

Money Will Be Used To Create A Travelling Exhibition Along With A Web Portal



MISSISSAUGA: The Minister of Innovation, Science and Economic Development and Member of Parliament (Mississauga-Malton), Navdeep Bains, has announced that Ottawa will be providing \$380,000 to the Sikh Heritage Museum of Canada for its project "Becoming Canadians Eh! The Sikhs."

Minister Bains made this announcement on behalf of the Honourable Pablo Rodriguez, Minister of Canadian Heritage and Multiculturalism.

The project will aim to create a Canadian Sikh Heritage Trail and a travelling Canadian Sikh

Timeline Exhibition, along with a web portal and interactive mobile application showcasing facts, figures and personalities that have shaped the civic life of Canada.

The project will allow current and future generations of Canadians to learn more about the struggles, sacrifices and successes of Sikhs in Canada.

Bains said: "This project will create virtual spaces that will help the Museum to reach a broader national and international audience through dynamic, interactive exhibits and cultural programming. The Government of Canada is working hard to

promote inclusion as a means of fostering innovation, social cohesion and economic prosperity. This funding is just one of the concrete steps we are taking to encourage Canadians to embrace their diversity."

This funding is being provided through the Canada History Fund, administered by Canadian Heritage. The Canada History Fund encourages Canadians to learn about this country's history, civics and public policy. The Fund supports the production of learning materials and the creation or maintenance of networks.

The Sikh Heritage Museum of

Canada is dedicated to advancing and promoting knowledge, understanding and preservation of the cultural and religious life of our people - through top quality museum exhibits, lectures and special programs.

Pablo Rodriguez, Minister of Canadian Heritage and Multiculturalism, said: "Our government is pleased to support projects like this one that provides all Canadians with opportunities to learn more about the people and events that have shaped the great country that we know today. As this year is the 30th anniversary of the Canadian Multiculturalism

Act, we are delighted to help create a tribute to the rich heritage of the Sikh community and to the achievements and contributions Sikh Canadians have made to this country's growth and prosperity."

On September 8, 2018, an exhibition titled During Doors Open, will allow visitors to explore three exhibits - a timeline of Sikhs and Canada dating back to 1890; Sikh suffragette Princess Sophia Duleep Singh; and Sikh flying ace Hardit Singh Malik, who flew with Lester B. Pearson.

The museum is located at 980 Drew Road, Unit 125, Mississauga.

Ayurvedic Head Massage Workshops In Toronto

TORONTO: Practitioners of alternative therapies are happy that the Canadian College of Naturopathic Medicine (CCNM), is starting Ayurveda education for students in North America.

Vaidya Harish Kumar Verma, an eminent Ayurveda Practitioner and President of Canadian College of Ayurveda & Yoga (CCAY) said in a statement that initially both CCAY and CCNM will jointly organize workshops on Ayurveda for professionals, but the ultimate objective is to run 1500 Hours Ayurvedic Diploma program based on W.H.O.-approved curriculum to train - students who want to become future Ayurveda practitioners in the West.

The diploma course will be completed in two years and practical training of 500 hours after course will be mandatory to learn clinical skills.

Vaidya Harish Kumar Verma (pictured) said that CCAY & CCNM will jointly organize two days' training workshop on Shirodhara Hydrotherapy (Ancient Head Massage Technique) for Naturopaths, Registered Massage Therapists, Occupational Therapists, Chiropractors, Kinesiologists and Physiotherapists. This workshop will be held on 11th & 12th August at the campus of Canadian College of Naturopathic Medicine (CCNM), 1255 Sheppard Avenue East, Toronto, Ontario M2K 1E2

Shirodhara is a classical Ayurvedic procedure of slowly dripping oils over the forehead. The name comes from the Sanskrit words shiro (head) and dhara (flow). Shi-



rodhara has been shown to induce relaxation and may be beneficial for conditions such as stress, anxiety, insomnia, migraine, tinnitus and other psychosomatic disorders.

This two-day workshop will cover the fundamental principles of Ayurvedic diagnosis as well as hands-on experience doing Shirodhara therapy using manual and automatic treatment methods. The participants will be able to learn:

- Differentiating between types of Shirodhara procedures and when to use them
- Learn to customize Shirodhara treatment to suit individuals and their conditions
- Learn benefits, Indications and contraindications of Shirodhara therapy

For more info, visit www.ccnm.edu or www.ccaycollege.org or can contact 'Continuing Education Deptt. Canadian College of Naturopathic Medicine.

Charges Laid In Alleged Hate-Related Incident

ORONTO: Religious groups and anti-racism advocates say they are pleased that Toronto police have laid charges after an incident described by officers as "hate-motivated" was caught on video.

A 50-year-old man, Lombray Ball of Toronto, is charged with two counts of assault and one count of threatening death after an altercation Monday evening at the Jack Layton Ferry Terminal, which acts as a hub for passenger boats connecting the city to Toronto Islands.

A video of the incident, viewed widely on social media, shows a man who appears to be white confronting two men and their families, which included women wearing head scarves.

The man repeatedly demands to know where the families are from, and refers several times to Ontario being "my (expletive) province."

He is seen exchanging shoves with the two men. He is also heard threatening to kill one of them, and to smash in his head.

"We are really pleased to see the police acting quite quickly to

bring charges against this individual," said Amira Elghawaby, board member for the Canadian Anti-Hate Network, which researches and monitors hate groups.

"It's very critical that authorities do send a signal to anyone who considers taking any hateful, harmful action against anyone."

"And of course we have also had a lot of rhetoric around immigration here in Ontario as well, so all of this often creates a climate where perhaps people feel emboldened to act out on their racist and Islamophobic tendencies."

Ihsaan Gardee, executive director of the National Council of Canadian Muslims, commended Toronto police "for demonstrating that such hateful actions will not be tolerated" in Toronto.

The charges are "much overdue," Black Action Defence Committee director Kingsley Gilliam wrote in a Facebook post.

The Centre for Israel and Jewish Affairs tweeted that it was pleased with the charges. "No place for hate in Canada," the group said.

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