

DIL

Walk

VOLUME 1 . ISSUE 3
NOVEMBER 2015

From Our Heart to Yours

GALA EDITION

TO SALT OR NOT TO SALT ?

INSIGHTS ON BLOOD PRESSURE

HIGH BLOOD PRESSURE, THE SILENT KILLER

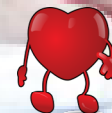
WHAT IS DIABETES

KNOW TO IMPROVE YOUR OVERALL HEALTH

RECIPE CORNER

CURRIED RED LENTIL & SPINACH SOUP

PrimaryCare
Network
MOSAIC



DIL Walk
From our Heart to yours



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BACKGROUND

Mosaic Primary Care Network is a group of family physicians in partnership with Alberta Health Services to provide comprehensive care to members of the community in north-east and southeast Calgary.

Created in 2008 as part of the Primary Care Initiative of Alberta, Mosaic PCN's mission is "Better Health for All" Primary care is the care patients receive at their first point of contact with the health care system, usually provided by family physicians or allied health care providers. Patients receive care for their everyday health needs, including health promotion and prevention, diagnosis and treatment of health conditions.

DIL WALK Magazine is a partnership between Mosaic PCN and DIL WALK Foundation that creates a publication aimed at educating patients of member physicians on new programs and initiatives available to them and their families.



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The DIL Walk Foundation (DWF) is a volunteer run charity, and an acronym for Do It for Life (DIL). DWF focuses on Wellness, Access, Linkages and Knowledge. Since it's inception, DIL Walk Foundation has touched the lives of over 10 000 people through educational activities, and has saved the health care system over \$5 million (this number is a rough estimate, based on the number of DIL Walk participants seen by specialists, GP's, Dentists, and Allied Health professionals, not billed to AHS, over the past 5 years).

DWF is committed to increasing the awareness of heart disease across the life continuum. With a focus starting on children, where prevention begins, to youth and into adulthood, the Foundation focuses on primary care prevention strategies to help individuals, lower their risk of heart disease.

Heart Disease is universal and affects everyone. DWF wants to help target people before they have a heart attack by providing access to resources (medical, community, print resources, testing and self-management) and teaching them about their risks for heart disease. To help achieve these goals, the DIL Walk Foundation has collaborated with the University of Calgary to focus its efforts on heart research, by establishing the Guru Nanak Dev Ji DIL Research Chair. The Foundation also holds a number of events throughout the year, including the annual DIL Walk. At this, participants get a free heart health screening, and an opportunity to learn how to reduce their risk by meeting with a variety of health professionals, and take home valuable resources. Other events include CPR training, supporting health initiatives in youth, and working in partnership with organizations such as the Heart and Stroke Foundation to educate the public. In March 2015, the Foundation, in partnership with the Mosaic PCN, launched the DIL Walk Magazine - the only dual language health magazine in Canada.

The success of DIL Walk can be attributed to you, community partners and the individuals that volunteer their time and resources to help make it a reality. Thank you to each and every one of you for helping to make this event a success.

Every seven minutes, someone in Canada dies from heart disease or stroke. Together, we can help all Canadians adopt a healthier lifestyle.

From our heart to yours....

Yours Sincerely,

DIL Walk Foundation

When your heart pumps, the force of the blood against your artery walls is at its highest. When your hearts, the top number is known as systolic blood pressure (pronounced “si-stall-ic”).

The bottom number is called diastolic blood pressure (pronounced “die-ah-stall-ic”).

When doctors talk to patients about blood pressure, they refer to the blood pressure reading as the top number “over” the bottom number, such as “120 over 80.”



High blood pressure is also known as hypertension.

Blood pressure that is consistently more than 140/90 mm Hg when measured in the doctor’s office or 135/85 mm Hg when measured at home is considered high.

In most cases, the exact cause of high blood pressure is not clear. One high reading does not mean that you have high blood pressure.

If you have one high reading, you will be asked to have your blood pressure tested a few more times on different days. This will help you and your doctor assess whether your blood pressure is truly high.

<i>Category</i>	<i>Systolic/Diastolic</i>
Normal	120-129/80-84
High-Normal	130-139/85-89
High	$\geq 140/90$
High Blood Pressure (Measured at Home with home monitoring device)	$\geq 135/85$
High Blood pressure for people with Diabetes	$\geq 130/80$

The Silent Killer

High blood pressure is called the silent killer because it:

- Often has no symptoms
- Can double or even triple your risk of heart disease and stroke
- Can increase your risk of kidney disease

South Asian adults are more likely to have high blood pressure and diabetes. This means you are at greater risk of heart disease and stroke than other ethnic groups. High blood pressure is strongly linked to heart disease and stroke. The effects of high blood pressure can also damage.

SLOW DEATH CAMPAIGN



Jessica - The red heart is powerful and shows a healthy heart. The hearts around it have been making bad decisions.

Medicines to control Blood Pressure

WHAT IS BLOOD PRESSURE?



Here is a list of some of the common medicines to help control high Blood pressure.

Angiotensin II Receptor Blockers (ARBs)

ARBs relax blood vessels by blocking a chemical (angiotensin II) that causes blood vessels to narrow or tighten. The drug's relaxing effect allows blood to flow more easily through the body. This helps to lower blood pressure. e.g Telmisartan, Irbesartan, Losartan, Olmesartan, Valsartan etc

Diuretics (Water Pill)

Diuretics are often called “water pills.” They increase the amount of salt (sodium) and water that your kidneys excrete. This reduces the volume of blood in your body and helps to lower blood pressure. e.g Hydrochlorothiazide, Chlorthalidone, Indapamide etc

Angiotensin II Converting Enzyme Inhibitors (ACE)

ACE inhibitors relax blood vessels by reducing the production of an enzyme needed to produce a chemical (angiotensin II) that causes blood vessels to narrow or tighten. This allows blood to flow more easily through the body, which helps to lower blood pressure. e.g Ramipril, Prindopril, Lisinopril, Enalapril, Trandolapril, Captopril, Fosinopril, Cilazapril, Quinapril etc

Calcium Channel Blockers (CCBs)

Calcium channel blockers widen (dilate) your blood vessels, letting blood flow through more easily. By relaxing your blood vessels, your blood pressure drops and your heart doesn't have to work as hard. Some calcium channel blockers also slow the heart. e.g Amlodipine, Nifedipine, Felodipine, Diltiazem etc

Beta Blockers

Beta Blockers slow down the rate of the heartbeat, the pumping force of the heart and hence decrease the workload on the heart muscle. These actions help to lower blood pressure. e.g Atenolol, Metoprolol, Carvedilol, Bisoprolol, Propranolol etc





Is salt really that important?

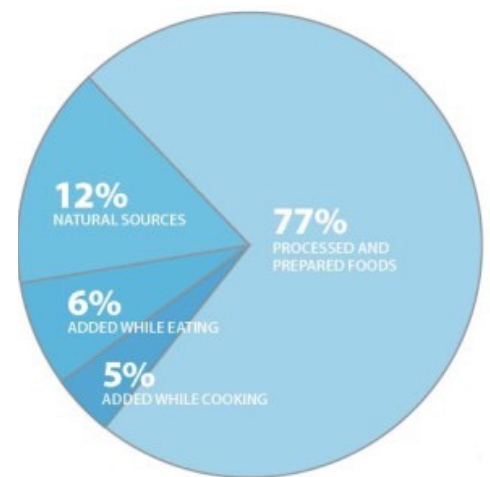
YES! Limiting salt is very important, especially for South Asians with high blood pressure. People of South Asian descent are particularly sensitive to the effects of too much salt and therefore are at higher risk of health conditions such as coronary heart disease and stroke. Salt has many negative effects on health. Of these, salt is one of the most important risk factors for high blood pressure.

High blood pressure can increase the risk of heart attacks, strokes and heart failure as well as stomach cancer, osteoporosis, and renal failure. High blood pressure is a silent killer, and usually has no obvious symptoms. In addition, once we are diagnosed with high blood pressure, our bodies hold onto the sodium more, further having a negative effect on the blood pressure.

Where does the salt in our diets come from?

In the **North American** diet, about 75% of salt comes from processed foods such as: pre-packaged foods like frozen pizza, fast foods (french fries, burgers, hot dogs and deli meats), canned goods (soups) and snack foods (potato chips, french fries, salted nuts).

Interestingly, in the **South Asian** population, in addition to the processed foods, a large amount of the salt consumed is added during cooking or at the table. Many add salt to their food without even tasting it first!



In South Asian cooking, the true level of salt added to food is often disguised by the hot spices used, or in the prepared spice mixtures available, such as MDH. Some research shows that South Asian people consume very high quantities of salt, almost 10 grams per day – this is almost three times the daily need for adults.

What can you do?

Remove the salt shaker from the table, or substitute it with fresh herbs and spices. Reduce the amount added during cooking. If the food still tastes good, the salt is still too high. When your food tastes bland to you, then you have reduced the salt.

If you gradually add less salt, your taste buds will adjust (after only about 3 weeks) and you will not notice the difference. Sea salt, rock salt and garlic salt have the same negative effect as table salt and should all be avoided.

Most sauces and acharas used at the table are also very high in salt, e.g. Pachranga, chilli sauces, tomato ketchup and soy sauce. Look for reduced-salt versions or use less.

When cooking, do not add salt to the water used for cooking vegetables, pasta and rice. Add herbs and spices to boost the flavour. Reduce high-salt snacks such as nachos, chips, french fries, salted nuts, and South Asian snacks such as namkeen, Kurkure, and pakoras.

Frozen Peas	
Serving Size ½ cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Check food labels when you are in the grocery store. Find the Sodium and aim for less than 10% DV

Butter and ghee are both high in salt and fat. Cut these out of your cooking by replacing them with olive, or canola oil.

Choose fresh fruits, vegetables, low-fat dairy and natural foods prepared from home.

Using herbs and spices – both fresh and dried – in your cooking is one of the best and most flavourful ways to help you lower your salt intake.

Enjoy seasoning your foods with herbs and spices



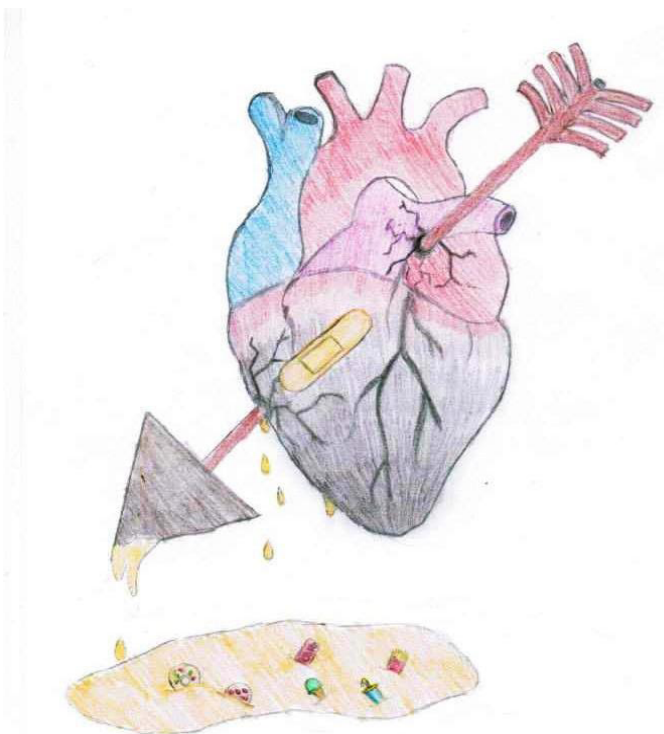
The DIL Walk Foundation teamed up with Sharen Sandhu and Jasmine Johal, 2 post-secondary students to launch the campaign “Slow Death”. The campaign began to give a better understanding about heart disease and to spread awareness in simple terminology. Even though heart disease is commonly understood to be a problem that occurs later in life, it is a problem for the youth too! Heart health starts now!

Consider the popular metaphor of a frog in a boiling pot of water. The frog would feel the intensity from the heat right away and jump out saving itself from danger. However, a frog in a cool pot of water with the heat gradually increasing, would not feel the temperature change and would stay in the pot slowly getting cooked from the inside. Such is the effects of heart disease. Because they are not as immediate as the boiling water they pose an even greater threat happening unnoticed, until it is too late. This is what slow death means to us!

The first initiative of the Campaign was to launch as an art competition for all ages to get there understanding of “Slow Death”. The competition was to create a piece of artwork, a painting, drawing, photograph and just about any visual representation that embodied slow death to the participants. Contestants were allowed to submit multiple pieces with a brief description explaining their Art Work. Over 20 submissions were received in various age groups and the top two Artists were promised to be featured in this year’s DilWalk Magazine.

Congratulations to **Harleen Sandhu** and **Raman Gill**,

Raman Gill was Awarded “Runner Up” while Harleen Sandhu took first place. The foundation is grateful for all the artwork submitted and would like to congratulate the winners and the rest of the nominees. Tremendous effort and hard work was displayed within the artwork submitted, DilWalk looks forward to presenting them for future events



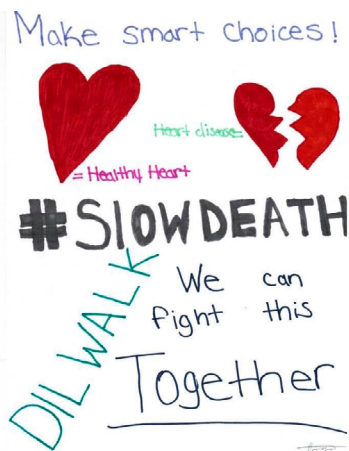
Harleen What does slow death mean to me? In my picture I am showing my representation of Slow Death. The arrow has made its way through went through the heart and is making it's way through the arteries. The liquid dripping from the heart is intoxicated, all the unhealthy decisions made are pouring the cracks into a puddle on the ground. I have placed a bandage on the heart as a sense of hope, even after the damage is done we put on a bandage to cover up our decisions. Slow death is making unhealthy decisions and knowing the outcome but making them anyways. By not eating healthy, exercising, regular checkups and smart decisions, we are paving our path to heart disease. #SLOWDEATH #DILWALK



Raman Gill

#SLOWDEATH can occur when people “want to ignore’ or ‘they are unaware’ or they ‘want to be part of the group following unhealthy lifestyles’ or they make bad choices. Gradually these bad choices or ignorance takes them towards slow death. My illustration depicts a pretty girl (metaphor) who is unaware of her deteriorating health. She thinks she is cool, slim and not giving a deep thought of what she is getting into her body. The happy devils of death patiently wait for her slow death. The tortoise in the illustration represents the ‘slow ride’ the girl is sitting on which is towards death. Be active, stay healthy, you don’t want to make choices that will eventually deteriorate your health DILWALK. Walk,run, exercise, take healthy foods and feel the bliss !!!

Honorable mentions



Nimrat No explanation with the ArtWork.



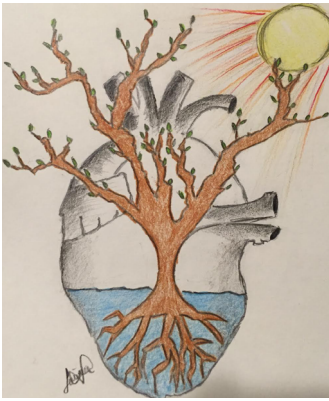
Sarah The black X is representing bad decisions, it is taking over and ripping the heart apart. Bad decisions represent slow death to me. It is important to make sure the heart stays in one piece to stay healthy,



Aisha My picture shows blood puddles raining from the sky and the blood gets dark and then the heart dies and is black because it has no blood.



This is my representation of slow death, some foods look and taste delicious but are actually really bad for you. Especially for young kids places like McDonalds make us want to eat them with all their toys. This drawing is showing how a young girl wants to eat delicious smiling burger but doesn’t know that he has a knife behind his back to kill her. It shows how something that looks good on the outside but is evil secretly.



Simona Singh

Taking care of your bodies by eating the right foods will help your heart bloom and grow its roots stronger, just like a tree. Change doesn't mean completing alerting your lifestyle overnight, if it was that easy everybody would be doing it, but it comes from making small decisions everyday by choosing what is feeding our body from the inside out.



Sarbkali Hayer

Going out on a date with a the Grim Reaper, my metaphor for death. At their table, you can see a bunch of cigarettes, some hamburgers and alcohol. Represent bad decisions that can lead to heart problems, and possibly death. That is why I wrote the saying "Don't flirt with Death, He's not worth it"



Sarbkali This is symbolism for how if you make good choices in life, like exercising and eating healthy, death will have a hard time catching up to you (quite literally!). The same goes for the man playing with his dog. This is what my cartoon means, and what #Slowdeath means to me.



Tashmeen This picture shows slow death of the heart. I drew a heart in the shape of a clock. The clock heart has 16 hours instead of 12 to show the slow process of the heart. even though it may have longer hours it doesn't have much time to live happy because it is dying.



Vikram

I am the confused lost looking kid with fries coming out of my mouth and hamburgers in my hands. why do i eat such things? You could say my expression is shocked at my own disgusting habits. the babas and bibiz around me are very angry.this has a double meaning. they are mad at my junk food eating habits and want me to stop.



The few months since receiving the Guru Nanak Dev Ji DIL Research Chair have been particularly exciting! My team and I have recently completed a 4 year study of more than 2400 people (White, South Asian, Chinese) who have had heart pain (angina) or heart attack. We want to determine what, if any, differences exist between men and women and between these ethnic groups, in the symptoms they experience, or how they receive pre-hospital and hospital care. People were enrolled in this study from 14 hospitals in Canada as well as a hospital in India (Kolkata) and China (Changchun). We believe the findings will be the most comprehensive to date. We are just beginning the data analysis and are already seeing some results that will have particular impact for the South Asian community. We expect to have the analyses completed early in the New Year, ready to publish in a high profile medical journal, and then, take this information to the community.

We are also beginning preparation for a series of studies over the course of the next few years. In one study we aim to examine how best to communicate heart health information to the South Asian community. We have completed focus groups to get first-hand information and are nearing completion of an extensive review of the medical literature. We will soon begin a study to examine how time orientation may differ between ethnic groups. All of this information will help us form then test effective ways of providing heart health information. Using some of this same information, we will also develop and test a family focused program to help South Asian people reduce their heart disease risk.

I appreciated meeting many people from the community at the 2015 DIL Walk and to speak to the community as a guest on RED-FM. I look forward to many more such opportunities. I am very grateful for your support!

HOW DOES PHYSICAL ACTIVITY AFFECT MY BLOOD PRESSURE?

Regular physical activity makes your heart stronger so it can pump more blood with less effort. This means there will be less force on your arteries, lowering your blood pressure. If your blood pressure is normal, activity can keep it from rising. If you have hypertension, managing your blood pressure can help to prevent complications or other health problems.

There are both short and long-term benefits of physical activity in managing your blood pressure. While you are participating in an aerobic activity your blood pressure will change. The top number rises and the bottom number stays about the same.

Aerobic activity can include walking, biking, swimming or any movement that increases your heart and breathing rates (household chores, yard work, etc.). After you are finished an activity, your blood pressure will be lower and can last several hours.

Physical activity can be as effective as some medications! In fact, people who become regularly active can lower their systolic blood pressure (the top number) by 4-9 points (from 154 to 145, for example). It can take one to three months to see this impact on blood pressure.

However, the more often you are active, the sooner you may see these changes. Before starting a new activity, it's best to check with your doctor first. Ensure you stay within your own comfort level, always do a warm-up before and cool-down afterwards.

Don't forget to stay hydrated by drinking water. You can slowly increase how long you are active, how often you are active or how hard you are working to see further benefits.

The goal is to get 150 minutes per week of moderate to vigorous aerobic activity. Keep in mind – 10 minute sessions count too! Strength training can have long term benefits on blood pressure, however it is important to learn the proper form, do not hold your breath, lift lighter weights more times, and listen to your body.

We should aim to do strength exercises for all major muscle groups at least two days per week.

Monitoring your blood pressure at home or with your health care provider can let you know if your physical activity is helping you to lower your blood pressure. In addition, being more active gives you more control over your body weight, helps manage stress, improves sleep, and boosts energy. Mosaic Primary Care Network's kinesiologists provide patients with information and tools to increase their activity levels. Speak with your family physician for a referral to the program or visit www.mosaicpcn.ca to learn more about how our programs can help you get active!

Curried Red Lentil & Spinach Soup

- Preparation Time 15 min
- Cooking Time 30 min
- Recipe Serves 6

Ingredients

- 1 Tbsp. (15 mL) Becel or any Vegetable Oil
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 2 tsp. (10 mL) finely grated fresh ginger
- 1 1/2 tsp. (7 mL) curry powder
- 1/2 tsp. (2 mL) ground cumin
- 1 carrot, peeled and chopped
- 1 rib celery, chopped
- 1 cup (250 mL) red lentils, rinsed and drained
- 1 carton (900 mL.) reduced sodium chicken broth
- 1 cup (250 mL) water
- 2 cups (500 mL) baby spinach leaves, coarsely chopped
- 2 Tbsp. (30 mL) lemon juice
- 1/4 cup (50 mL) chopped fresh cilantro, (optional)

Preparation

Step 1

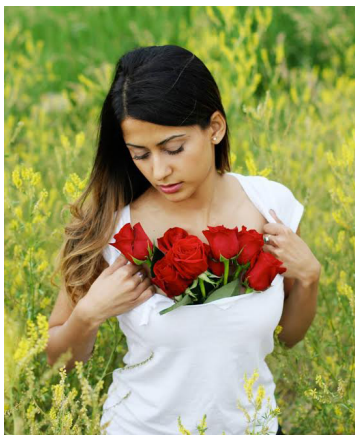
Melt Becel® Buttery Taste margarine* in large, heavy-duty pot over medium heat and cook onion, garlic and ginger, stirring occasionally, until onion is tender, about 7 minutes.

Step 2

Add curry powder and cumin and cook, stirring constantly, 1 minute. Add carrot, celery, lentils, chicken broth and water. Bring to a boil over high heat. Reduce heat and simmer covered 20 minutes or until lentils and vegetables are tender.

Step 3

Process lentil mixture with hand-held blender*until still chunky. Stir in spinach and simmer 5 minutes. Stir in lemon juice and cilantro.



Simona Singh

The ripped shirt represents the struggle that comes from changing eating and living lifestyles along with the power it takes to choose to eat what nourishes the body everyday, despite the cravings and tempting. The red blooming flowers represent the result from choosing to follow a nutritious lifestyle.



Simona Singh

Prevention > Cure

If you haven't already, get a thorough health check to see where your body and heart are at today. Knowing will take you a step ahead and by taking all the precautions you can start the prevention of any heart diseases rather than the cure.

WHAT IS DIABETES?



Diabetes can happen to anyone! Today, diabetes takes more lives than AIDS and Breast Cancer combined and is a problem people are experiencing worldwide. So what exactly is diabetes? In order to understand that we first need to understand what happens to the body when we do something as simple as eat a meal.

After eating a meal, sugars (or glucose) are released into the blood. When sensing the sugar

levels in the blood, a regular functioning body would then release insulin from the pancreas which allows blood cells to open so that they can absorb the glucose from the blood. It is important to be able to absorb the glucose from the blood so that it can be converted into energy which we need to function. So, without insulin, blood cells would not be able to absorb the necessary sugars from a meal and thus would not provide the amount of energy a body needs to survive.

This is what happens to a person who has diabetes. A diabetic is lacking the appropriate amount of insulin in their body to open up their blood cells. Without insulin, the sugar stays in the blood and does not convert into energy. This can be very dangerous because the person is starved from the amount of energy that they need from their food and the excessive sugar in their blood can cause a variety of problems.

The most common types of diabetes are Type 1 diabetes, and Type 2 diabetes.

Type 1 diabetes is the more serious of the two. In this condition the immune system attacks the pancreas. When the insulin is released from the pancreas the immune system mistakes the insulin as a foreign substance and removes it from the blood. Without the insulin, the blood sugar levels remain very high. Type 1 diabetes requires consistent insulin injections so that the blood can absorb the sugar from a meal. Because food portions, exercise, and stress all factor in, it is a difficult balancing act to ensure the blood has the appropriate amount of sugar levels. If you inject too much insulin, blood sugar levels can drop to dangerously low levels, a condition known as hypoglycemia and if you do not inject enough, blood sugar levels remain too high.

Type 2 diabetes is the most common kind of diabetes and is often linked to people who are obese. People with type 2 can produce some of their own insulin but not enough, or their blood cells will resist the insulin and not open up to absorb the sugars. With the blood cells resisting the insulin the person is unable to burn the sugars which, again, deprives the body of energy and leaves the blood sugar levels very high. Treatment for type 2 generally focuses on diet and exercise and, in some cases, oral medications or injections are used if necessary.

Diabetes is the leading cause of blindness, kidney failure, heart failure, amputations, stroke, and even death, so it is extremely important to maintain a healthy diet and regularly exercise in order to prevent diseases like diabetes and improve your overall quality of life.



DIL Walk
from our heart to yours

**Happiness does not result from what we get, but from what we give.
Thank you to all the individuals and organizations that donated this evening...**

Accentric Hair Salon
Anmol and Raman Kapoor
Atlas Appliances
Bell Media
Bernard Callebaut
Bhatia Cloth House
BMW
BODO
Bunty Kombo
Calaway Park
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Sephora
Sirena Salon
Sport Chek
Suman Virk
TD Bank
Tim Hortons
Total Cardiology
Travelocity
Vivo
West Jet

**And many, many more
THANK YOU, FROM OUR HEART TO YOURS...**

**THANK YOU TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS FOR MAKING
DIL GALA 2015 - RYTHM OF THE NIGHT A SUCCESS....**



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**THANK YOU TO THE PLANNING COMMITTEE FOR HELPING TO MAKE THIS
EVENT A SUCCESS.**

*Dr. Flora Aladi
Mridul Burgi
Harmeet Gill
Raman Kapoor
Roop Rai
Rippy Saini
Suman Virk*

