



22ND ANNUAL INTERNATIONAL WOMEN'S DAY

FRIDAY, MARCH 22, 2024
SPERANZA BANQUET HALL
510 Deerhurst Dr, Brampton, ON L6T 5H9

VIRTUAL BOOKLET

#INSPIREINCLUSION

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Land Acknowledgement

We acknowledge that this meeting is taking place on the traditional territory of many nations, including the Mississaugas of the Credit First Nation, the Anishinaabe, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.

Long before today, Indigenous peoples have been the stewards of these lands. We also acknowledge the Dish with One Spoon Treaty, an agreement to peaceably share and care for the resources around the Great Lakes. Indigenous peoples in Ontario continue to care for this land and shape our province.

We recognize that these lands, both historically and currently, have been the home and gathering places of many Indigenous people from various Nations across Turtle Island. We are grateful for the opportunity to live, work and meet in this territory. We show our respect to the Indigenous Peoples of this land today and all days.

We stand in solidarity with murdered and missing Indigenous women, girls, transgender and Two-Spirited people, and we affirm our commitment to heart-felt reconciliation.



Event Agenda

- 6:00PM REGISTRATION
- 6:30PM NETWORKING AND APPETIZERS
- 7:00PM OPENING AND WELCOME
- 7:10PM REMARKS FROM BOARD CHAIR AND CEO
- 7:20PM SINGING PERFORMANCE BY NITIN SHARMA
- 7:40 PM KEYNOTE ADDRESS BY SAPNA GOYAL
- 7:55PM BOLLYWOOD PERFORMANCE
- 8:05 PM RECOGNITION OF AWARDEES
- 8:20PM RECOGNITION OF SPONSORS
- 8:30PM NACHDI JAWANI BHANGRA PERFORMANCE
- 8:40PM CLOSING REMARKS
- 9:00PM DINNER AND DANCE

About the Event

Every year PCHS takes immense pride in organizing International Women's Day (IWD) Gala to honour and celebrate the incredible and remarkable women within our community. We want to thank our sponsors, well-wishers, donors and stakeholders who make this event possible year after year.

The IWD committee works tirelessly to curate an educational and entertaining event that highlights the diverse talents and achievements of women. The Gala has diverse performances, moving keynote speech delivered by our keynote speaker Sapna Butany-Goyal. In addition to the captivating performances and insightful speeches, the gala also includes

award recognition, where outstanding women from various fields are honoured for their contributions.

None of this would be possible without the unwavering support of our sponsors, whose generous contributions help bring the PCHS IWD Gala to fruition. We extend our heartfelt gratitude to each sponsor for their invaluable support and commitment to promoting women's empowerment and gender equality. This virtual booklet serves as a token of appreciation to our sponsors, highlighting their contributions and showcasing their dedication to the cause of women's empowerment.



Message from CEO



Amandeep Kaur
Chief Executive Officer,
PCHS

Join Us at the 22nd Annual IWD Fundraising Gala: PCHS's #InspireInclusion Journey

I am delighted to extend my warmest invitation to you for PCHS's 22nd International Women's Day Gala 2024, themed #InspireInclusion. This year's theme is a definite declaration of our firm commitment to shaping a society where every woman's voice is acknowledged and celebrated. The theme also exemplifies Our Mission to improve the well-being of people, families, and communities by following an IDEA framework, which stands for Inclusion, Diversity, Equity, and Accessibility.

Three Significances of #InspireInclusion as it relates to women:

- 1. Breaking Barriers:** Our theme calls upon us to dismantle societal barriers and cultivate a welcoming atmosphere where women from all walks of life feel valued and embraced.
- 2. Celebrating Diversity:** It is an invitation to glory in the rich array of backgrounds, experiences, and perspectives each woman brings to our community.
- 3. Empowering Through Unity:** By inspiring inclusion, we amplify our collective strength to drive positive change, moving us closer to a more equitable and inclusive future.

This gala serves a dual purpose. Beyond celebrating the remarkable achievements of women, it serves as a fundraiser for our culturally responsive innovative programs which are designed to support and assist vulnerable individuals in their moments of greatest need. Your support for #InspireInclusion extends your care and compassion to those who require it most.

I humbly request your presence, as well as that of your family and friends, at the International Women's Day Gala 2024, taking place on Friday, March 22, 2024, at the Speranza Banquet Hall in Brampton. Let us come together to create an unforgettable evening, and make a meaningful difference in the lives of those we serve.

I eagerly anticipate celebrating the International Women's Day Gala 2024 with you, uniting in our theme to #InspireInclusion and lending support to PCHS's Culturally Responsive Innovative Programs, which are dedicated to addressing the needs of priority populations. Together, we can truly make a difference.

Message from President and Chair of the Board



Dianne Douglas
President & Board Chair,
PCHS

As we approach International Women's Day 2024, it brings me great joy to extend a warm invitation to our upcoming gala, an event that holds special significance for all of us at PCHS. I write to you today as the Board President, and I am thrilled to share details about this year's celebration under the theme "**Inspire Inclusion.**"

"Inspire Inclusion" is a call to action, and a commitment to creating an atmosphere where all women are made to feel essential, accepted, and included. It is more than just a theme. This theme is a perfect fit with our goal of empowering women from all backgrounds and promoting diversity. It's an honouring of the unique strength that comes from accepting one another's differences and cooperating to create a more diverse future.

The importance of inclusion in a world that continually evolves cannot be overemphasized. Through encouraging inclusivity, we make a difference in the lives of the women we support, as well as the community at large. It is an acknowledgement that every voice counts, and that the diversity within our community is what gives us power as a whole.

Details of the Gala:

Date: Friday, March 22, 2024

Time: Door opens at 6:00 p.m.

Venue: Speranza Banquet Hall, 510 Deerhurst Dr, Brampton, ON, L6T 5H9.

Dress Code: Dress to impress

I urge each one of you to join us at the International Women's Day Gala 2024. Your presence will not only contribute to the vibrant atmosphere of the event but will also amplify the impact of our collective commitment to inspire inclusion. Together, we can celebrate the achievements of women, and inspire positive change in our community.

This year's gala is more than just a celebration; it is an opportunity to make a difference. We are proud to announce that the event will serve as a fundraiser for PCHS initiatives, including our commitment to the "Inspire Inclusion" cause.

I look forward to seeing you there, as we unite to celebrate the achievements of women, embrace diversity, and inspire inclusion. Your support ensures that PCHS continues to be a beacon of positive change in the lives of those we serve.

Langar on Wheels

The Langar on Wheels (LOW) program at Punjabi Community Health Services (PCHS), was established in year 2011, and focuses on isolated, frail seniors who cannot prepare food for themselves. PCHS delivers culturally appropriate, hot, fresh, nutritious, - and familiar - meals to the client's doorstep six days a week to meet their nutritional requirements.



Meet our Emcee



Meet the one and only MC Rohan, a professional MC that comes to you with years of experience specializing in weddings, corporate events, live shows, and special events all across North America. Rohan has been a part of the entertainment industry for 10+ years now, and continues to rock the stage.

Performances by Singer Nitin Sharma, Nachdi Jawani, & Bollywood Dance



Keynote Speaker



Sapna Butany-Goyal

Justice of the Peace Sapna Butany-Goyal assumed her role on the Ontario Court of Justice in Brampton in 2018. Currently serving as the Local Administrative Justice of the Peace, she oversees criminal and Provincial Offence matters across Peel Region. Holding a law degree from the University of Ottawa and a Master of Law from Osgoode Hall Law School, Justice of the Peace Butany-Goyal brings a robust legal background to her position.

Before her appointment, she garnered experience as an assistant crown attorney and senior staff lawyer at Legal Aid Ontario in Halton region. Committed to community service, she actively mentors aspiring individuals in the legal profession, volunteers with the Peel Justice Education Network, and contributes her time to various organizations such as the Crohn's and Colitis Foundation of Canada, the Mississauga Children's Choir, and the Canadian Chapter of

the International Association of Women Judges. Justice of the Peace Butany-Goyal's dedication extends beyond the courtroom, reflecting her strong commitment to both the legal field and the community at large.



Award Recipient

Hanna Konstantinova

Hanna Konstantinova hails from Ukraine and is a resilient soul whose life was disrupted by the war. An artist from a young age, she graduated from an art academy at sixteen, pursued Petrikivka painting courses, and has a degree in Marketing and Economics. Hanna's diverse career includes roles as an interior designer, art teacher, and landscaping designer.

Passionate about nature, Hanna and her husband transitioned from corporate life to establish a beekeeping farm in a village. Despite challenges on their farm, they educated youth about eco-friendly farming and beekeeping. The war in 2022 forced them to flee to the Baltic States, where they worked on a private reserve planting trees, wild grasses, and bushes and taking care of local bees before settling in Canada, where they have embarked on a beekeeping venture. Hanna and her husband fearlessly embrace any task, from fieldwork to learning English. Hanna, primarily responsible for paperwork and business, demonstrates

unwavering determination, even after setbacks with their beekeeping venture.

To support their aspirations, Hanna works as an art therapist in a retirement home, showcasing her caring nature. Despite facing financial challenges, she generously contributes her art and culinary skills when seeking assistance. Hanna's journey to build a life in Canada reflects her resilience, generosity, and commitment to continuous learning. A delicate and artistic soul, Hanna Konstantinova is a beacon of strength, embodying a profound respect for all work and a deep passion for nature.



Award Recipient

Sukhdeep Kang

Sukhdeep Kang, the first immigrant South Asian woman to serve as a Peel Police Officer, epitomizes resilience and empowerment. As a board member of the Criminal Injury Compensation Board with the Government of Ontario, she extends her influence beyond law enforcement. Her commitment to community service is evident in roles like community advisor to MP Brampton West and ambassador for Peel Crime Stoppers.

Passionate about empowering women and youth, Sukhdeep founded WAY (Women and Youth Empowerment Organization), supporting numerous students facing financial hardships. Her impact resonates across boards, including the Women's Trucking Federation of Canada and the William Osler Health Foundation, where she raised millions for cancer and diabetes research.

As the founder and director of GAAC (Great Atlantic Assurance Company), she ensures road

safety for truck drivers. Recognized for her contributions, Sukhdeep has received prestigious awards such as Women Entrepreneur of the Year, CEO of the Year, Leader of Change, Women of Distinction, Peel Police Recognition, Young Achiever of the Year, and the Women Hero Award.

Her influence extends to educational initiatives as a key member of Toronto Metropolitan University, laying the groundwork for a medical school in Brampton. Sukhdeep Kang is now a nomination contestant from Brampton South for Conservative Party of Canada. She is currently the CEO of Armour Insurance; her transformative leadership and steadfast commitment makes her a true trailblazer in the community and beyond.



Award Recipient

Uzma Aziz Irfan

Uzma Aziz Irfan is a dynamic and compassionate individual, fulfilling diverse roles as a mother, mother-in-law, daughter, niece, friend, photographer, author, writer, philanthropist, activist, and community developer. With over a decade in the social service sector, she has contributed significantly in various capacities at PCHS, including settlement counselor, peer support coordinator, senior project coordinator, community development coordinator, and community engagement facilitator. Currently, she serves as the Executive Director of Malton Women’s Council (MWC).

Certified in TESL Ontario with a Master’s in English Literature and a background in Mathematics and Statistics, Uzma’s journey began in 1999 after working as a Montessori teacher and flight attendant for Pakistan International Airlines. A transformative phase in 2011 led her to live meaningfully, advocating for civic awareness, community engagement, and social justice, focusing on domestic violence survivors,

isolated seniors, unemployed youth, and underemployed newcomers.

Her dedication to her roots is evident through volunteering at her Pakistani alma mater and mentoring educators and developers. Uzma has received numerous awards, including the Laadliyan in Leadership Achievement Award (2023), the Ontario 10 Years Volunteer Service Award (2022), and recognition on CTV’s Marilyn Danis Show for International Women’s Day (2022). Notable accolades include the Martha Zenker Award for Leadership (2018–2019), the Rotary Leadership Award (2016–2018), the MWC Leadership Award (2015), and the Mississauga Safe City Hero’s Award (2013), reflecting her outstanding contributions and leadership in various community initiatives.



Award Recipient

Nancy Mandell

Nancy Mandell, a Professor of Sociology and Women’s Studies at York University, has dedicated her career to researching and educating about gender, aging, intergenerational relations, and migration issues for senior newcomers. She recently published articles on topics such as university-to-work transitions among Chinese and South Asian international students, caregiving for older adults, intergenerational exchanges in later life, aging bodies, changing identities, and income inequality in Canada.

Holding two research grants, her focus is on economic, cultural, and social factors shaping migration, settlement, and resilience among Canadian newcomers.

Beyond academia, Nancy collaborates with non-profit organizations, gaining grassroots insights into community challenges. Her efforts empower small initiatives to advocate for their communities and seek culturally suitable solu

tions. Notably, she mentors graduate students in community-academic research partnerships, preparing them for post-graduation research positions and leaving a lasting impact on the field.

Nancy’s work raises awareness about community issues affecting vulnerable populations, making her a prominent advocate for community-academic research collaboration. Through partnerships with grassroots organizations, she ensures her research remains connected to community realities. Her contributions have led to substantial policy recommendations addressing pressing issues, emphasizing her commitment to creating positive change through academia and community engagement.



Award Recipient

Sukhbir Singh

Ms. Sukhbir Singh was born and raised in Canada and possesses a Bachelor of Social Work degree. She is a community leader, event organizer, Brampton Residents Association Council Parliamentary Leader 2023, social worker, recognized in the Voice of Canada, and founder of Likeminded Positive Connections.

Being an Indo-Canadian, Ms. Sukhbir Singh's achievements have been recognized by Mayor Patrick Brown, MP Ruby Sahota of Brampton North, MPP Amarjot Sandhu of Brampton West, MPP Deepak Anand of Missisauga-Malton, and Councillor Navjit Kaur Brar of Brampton Wards 2 and 6. She was awarded a certificate by the Associate Minister of Small Business, MPP Nina Tangri of Missisauga-Streetsville, for coaching, mentoring, and highlighting businesses.

She has organized several events, both on a large and small scale, including business networking events, meet-and-greets, and an International Women's Day event. She coaches and mentors' businesses and individuals to achieve success collectively and grow together. She is a source of inspiration for thousands of individuals and believes in inclusion and diversity.

Sukhbir has worked for 16 years supporting individuals and youth with developmental disabilities, mental illness, and dual diagnoses. She leads, manages, and monitors several other groups.

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Higher quality of life, socioeconomic growth and greater prosperity across Brampton, Mississauga, Caledon, and Ontario.

Mission Statement

Promote social justice and citizen participation by identifying social issues and the delivery of direct, inclusive, and people-centered services to youths, seniors, immigrants, Indigenous communities, women, persons with disabilities, 2SLGBTQIA+, and equity-deserving groups for higher quality of life, socioeconomic growth, and greater prosperity.



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Contact Information



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