



22[™] ANNUAL INTERNATIONAL **WOMEN'S DAY**

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

VIRTUAL BOOKLET

#INSPIREINCLUSION

WWW.PCHS4U.COM | CONTACT: (905) 677-0889 | INFO@PCHS4U.COM







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 heartfelt reconciliation.



Event Agenda

6:00PM	REGISTRATION
6:30PM	NETWORKING AND APPE
7:00PM	OPENING AND WELCOM
7:10PM	REMARKS FROM BOARD
7:20PM	SINGING PERFORMANCE
7:40 PM	KEYNOTE ADDRESS BY S
7:55PM	BOLLYWOOD PERFORMA
8:05 PM	RECOGNITION OF AWAR
8:20PM	RECOGNITION OF SPONS
8:30PM	NACHDI JAWANI BHANG
8:40PM	CLOSING REMARKS
9:00PM	DINNER AND DANCE



ETIZERS

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- CHAIR AND CEO
- E BY NITIN SHARMA
- SAPNA GOYAL
- ANCE
- **RDEES**
- SORS
- GRA PERFORMANCE



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 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 speaker Sapna Butany-Goyal. In addition their dedication to the cause of women's empowerment.





Amandeep Kaur Chief Executive Officer. PCHS

Message from CEO

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.





Dianne Douglas President & Board Chair, PCHS

Message from President and Chair of the Board

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.

pchs +++++ ++++

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



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





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.

Award Recipient

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.



Sukhdeep Kang

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

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

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

Award Recipient

ficer, As a ben- rio, brce- ce	safety for truck drivers. Recognized for her contributions, Sukhdeep has received presti- gious 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.
o eel I nd ips. ding - in, iabe-	Her influence extends to educational initia- tives 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 transfor- mative leadership and steadfast commitment makes her a true trailblazer in the community and beyond.



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.

Award Recipient

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.



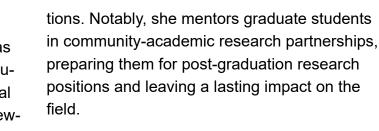
Nancy Mandell

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 Canada.

Nancy's work raises awareness about commutopics such as university-to-work transitions nity issues affecting vulnerable populations, among Chinese and South Asian international making her a prominent advocate for commustudents, caregiving for older adults, intergennity-academic research collaboration. Through erational exchanges in later life, aging bodies, partnerships with grassroots organizations, changing identities, and income inequality in she ensures her research remains connected to community realities. Her contributions have led to substantial policy recommenda-Holding two research grants, her focus is on tions addressing pressing issues, emphasizing economic, cultural, and social factors shaping her commitment to creating positive change migration, settlement, and resilience among through academia and community engage-Canadian newcomers. ment.

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

Award Recipient





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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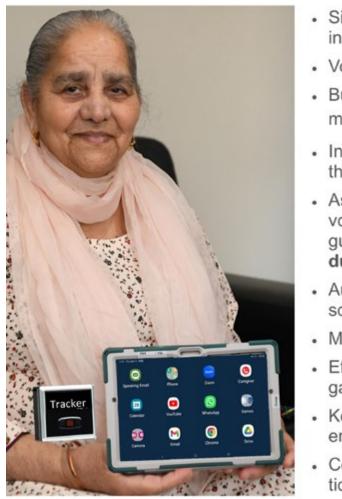
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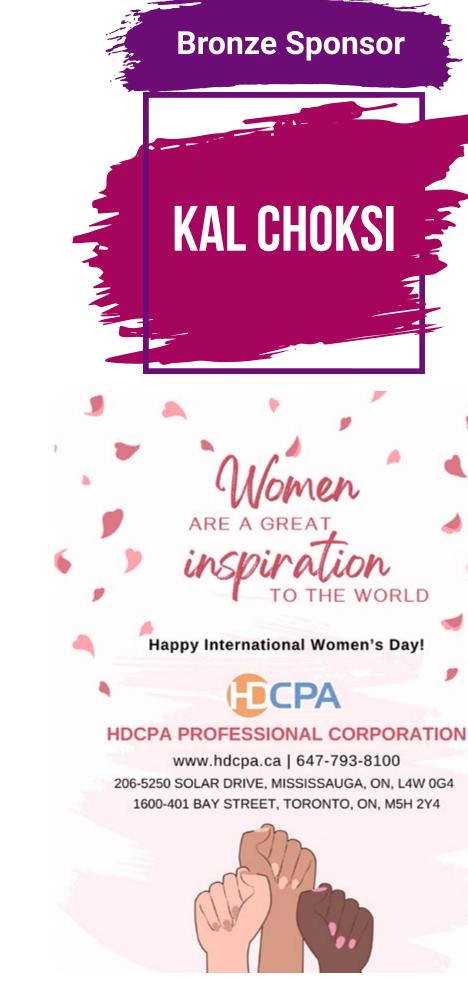
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