

24th Annual International Women's Day Gala

Friday, March 27th, 2026

Grand Empire Banquet & Convention Centre
100 Nexus Avenue Brampton, ON L6P 3R6

Virtual Booklet

#GIVETOGAIN



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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

6:00 to 7:00 PM

Registration &
Networking



7:30 PM

Remarks by PCHS
CEO & Board Chair



8:05 PM

Mehfil Waale
Performance



8:45 PM

Recognition of
Sponsors



9:30 PM

Dinner & Open
Dance Floor



7:15 PM

Opening &
Welcome



7:45 PM

Keynote
Address



8:15 PM

Awardee
Recognition



9:05 PM

Closing Remarks &
Mehfil Waale
Perform



About the Event

Every year PCHS takes immense pride in organizing the 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 Rita Chahal, and award recognition, where outstanding women from various fields are honoured for their contributions.

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.

Proceeds from the IWD Gala go towards our Langar on Wheels Program, Project Khushi, and other under-funded programs at PCHS.

To learn more about our programs, please visit www.pchs4u.com





Arshdeep Phagoora

Board Chair

Sustaining Growing, & Expanding Gender Equality



Amandeep Kaur

Chief Executive Officer

As we celebrate the 24th Annual International Women's Day Gala on Friday, March 27, 2026, we are guided by the IWD 2026 theme, Give To Gain. This theme reflects what we see every day at Punjabi Community Health Services (PCHS): when we invest in women and girls, we build stronger, healthier, and more equitable communities. When women thrive, we all rise.

Our commitment to women's empowerment is rooted in our strategic pillars—Sustain, Grow, and Expand. We strive to sustain progress through culturally responsive and inclusive services; grow impact by supporting leadership, education, and economic opportunities; and expand equity by strengthening partnerships and amplifying women's voices across our communities.

For over two decades, these values have shaped our IWD celebrations. The Achievement Awards remain the heart of the Gala, honouring women whose leadership and courage inspire meaningful change. IWD is for everyone—a time to reflect, recommit, and come together to build a more inclusive future.

The success of the IWD Gala is truly a collective effort. We extend our sincere gratitude to our sponsors, partners, volunteers, planning committee, speakers, performers, honourees, and guests. Your generosity and solidarity make this celebration possible each year.

Warm regards,
Arshdeep Phagoora & Amandeep Kaur



Meet our Keynote Speaker



Rita Chahal

Keynote Speaker

Rita Chahal is a respected community leader and advocate with more than four decades of advancing equity, inclusion, and social well-being in Manitoba and across Canada. Her family immigrated from Northern India to Canada in 1966, becoming one of the first East Indian families to settle in Prince Edward Island. A graduate of Dalhousie University, she has built a 45-year career spanning academia, corporate leadership, and the charitable sector.

Rita currently serves as Executive Director of the Mood Disorders Association of Manitoba, championing mental health awareness and stigma reduction. She has held senior leadership roles with the Manitoba Interfaith Immigration Council, Employment Projects of Winnipeg, and the Women in Media Foundation, and made history as the first woman of colour to serve as General Manager of the Manitoba Chambers of Commerce.

She played a pivotal leadership role in Manitoba's response to the Syrian Refugee Crisis and the arrival of U.S. asylum seekers. Her contributions have earned national recognition, including being named one of Canada's Top 25 Immigrants and a Manitoba 150 Women Trailblazer. A proud Canadian, mother, and grandmother, Rita is committed to creating lasting, meaningful change.





Award Recipient



Alia Natt

Alia Natt is the Founder of the Comfort Kit Fundraiser, an initiative dedicated to supporting families experiencing the profound heartbreak of pregnancy and infant loss. With more than 18 years of experience in the human services sector, she brings deep expertise in community support, compassion, and advocacy to her work. In her current leadership role within Human Services at the Region of Peel, Alia is recognized for fostering collaboration, strengthening community well-being, and championing equitable, person-centered services. A proud graduate of McMaster University and Brock University, she balances her professional commitments with an active personal life filled with fitness, travel, and time with her family.

A devoted wife and mother, Alia's journey to founding the Comfort Kit Fundraiser was shaped by her own devastating pregnancy losses. Leaving the hospital without her baby—and with limited guidance—left a lasting impact. Determined that no family should navigate such grief alone, she created the Comfort Kit Fundraiser to provide meaningful comfort, resources, and connection to parents experiencing loss. Each comfort kit is thoughtfully curated to offer emotional support and practical tools, helping families feel seen, supported, and less alone during an unimaginable time.

Now in its seventh year, the initiative continues to grow through its annual raffle and walk. Through partnerships with Trillium Health Partners and William Osler hospitals, Alia remains steadfast in her mission to foster compassion, awareness, and healing within the pregnancy and infant loss community.



Award Recipient



Gulwinder is a proud mother, mother-in law, and a grandmother with a long-standing commitment to supporting her community. She began her journey with PCHS in January 2003 as a client and soon after started volunteering across various programs wherever help was needed. Her dedication led her to serve as a board member for three years before joining PCHS as a full-time Caregiver Support Worker in the Seniors Program in 2011.

In 2016, Gulwinder transitioned to the Family Enhancement Program, where she worked for two years as a case manager, supporting women and families in the community. In 2018, she returned to the Seniors Program and, in 2021, stepped into a supervisory role within the same program.

Throughout her career, Gulwinder has always placed her clients first, often answering their calls regardless of the time. She has played a key role in strengthening the overnight respite program by ensuring staff have support throughout the night whenever needed. In addition to her work at PCHS, Gulwinder has also supported programming with the Region of Peel on a casual basis since 2010.

Outside of work, Gulwinder actively supports community organizations such as the Malton Women Council and various seniors' groups. She also volunteers her personal time to assist international students by preparing warm, home-cooked meals to help them feel at home.



Award Recipient



Gurleen Gill

Gurleen Gill, known online as GlamByGilly, is a Toronto-based beauty and lifestyle content creator who has built a thriving community of over 800,000 followers across social platforms. Through her content, she shares bridal inspiration, accessible beauty tutorials, and authentic glimpses into motherhood and everyday life.

Her platform is rooted in empowerment-encouraging women to embrace beauty as a form of self-expression while prioritizing themselves in every season of life. Gurleen is especially passionate about representing South Asian culture in the beauty space, showcasing traditional fashion, bridal artistry, and modern South Asian style to a global audience.

As a professional makeup artist and digital creator, she has collaborated with leading beauty brands while maintaining a strong connection with her audience through honest storytelling and relatable experiences.

Most recently, Gurleen has embraced motherhood, sharing the joys and realities of balancing career, family, and personal growth. Through her platform, she continues to inspire women to feel confident, celebrated, and seen-both online and beyond.



Award Recipient



Manjinder Kaur Singh

Manjinder Kaur Singh's life has been defined by service, compassion, and an unwavering commitment to uplifting others. A respected leader in the Sikh community in the east end of the GTHA, she has dedicated more than 35 years of volunteer service to Gursikh Sabha Canada. Through her contributions to education, GGSCF, and outreach initiatives, she has strengthened communities across Scarborough, Markham, and the surrounding region.

Professionally, she spent over three decades in social services, including leadership roles such as Project Manager and Coordinator with Human Endeavour. For her, this work has always been more than a career—it is a calling. She has led workshops, camps, and programs focused on Sikhi, Gurmukhi education, and health and wellness, consistently empowering individuals and families. She often shares that the encouragement she receives from the sangat fuels her continued service.

A passionate advocate for equity, she has worked tirelessly to improve access to education, health information, and essential supports. She played a key role in expanding senior programming in Markham through Human Endeavour, helping reduce isolation and improve well-being among older adults.

During the COVID-19 pandemic, she ensured critical public health information reached Punjabi-speaking communities, supported vaccine awareness, assisted individuals with bookings, and volunteered at a Gursikh Sabha Canada pop-up vaccine clinic in partnership with Scarborough Health Network.

In 2017, she faced one of the greatest challenges of her life when she was diagnosed with ovarian cancer. Despite intensive treatment, she remained actively engaged in her community work, continuing to support seniors and develop programs. During this time, she established Gursikh Sabha Langar & Services, providing meals to individuals facing illness or hardship. The community's response reflected her impact—seniors and families rallied with prayers and support. Today, she continues to serve with dedication, fostering connection, resilience, and purpose.



Award Recipient



Dr. Nagina Parmar

Dr. Nagina Parmar is a distinguished educator, community leader, and advocate whose work embodies the values of empowerment, equity, and collective well-being. With more than 23 years at Toronto Metropolitan University, Dr. Parmar has championed inclusive, experiential education that uplifts diverse learners and strengthens leadership, confidence, and critical thinking across science, education, and public health programs. Her commitment to equity extends beyond the classroom, where she actively supports colleagues—especially women and newcomers—in navigating employment rights, professional development, and leadership pathways.

Dr. Parmar's impact reaches communities across Canada. As Director of International Student Relations at Brilliant Minds Group (BMG), she has enhanced support and engagement for international students through initiatives such as the "Beyond Borders" conference. As President of Spelling Bee of Canada, she has expanded outreach to underserved and newcomer families, fostering literacy and confidence among thousands of youth each year. She also contributes to national health advocacy as Grants Coordinator for the Thalassemia Foundation of Canada, supporting programs that advance research and patient care.

As Women's Lead for the Punjabi Chamber of Commerce's Women of Light group, Dr. Parmar champions women's leadership, entrepreneurship, and educational access through scholarships and empowerment programming. Dr. Parmar's dedication to mentorship, community service, and women's empowerment makes her an inspiring leader and distinguished educator.

Meet our Emcee



Gurleen

Emcee

MC Gurleen has professionally hosted over 150+ weddings over the past five years. Praised in her versatility, organizational skills and engaging style, she effortlessly transitions between Punjabi and English, creating a bridge to cultural roots and offering a touch of familiarity in a foreign setting.

Known for her curiosity and love for meeting new people, Gurleen adds vibrancy to every event she participates in. With a stage presence developed from a young age, she commands large audiences with ease. For those seeking the perfect blend of Western and Indian influences, Gurleen is the ideal choice.

Her experience includes wedding receptions, corporate events, birthday parties and private events. Gurleen ensures each occasion is uniquely memorable, infusing it with a tailored experience that resonates with the spirit of celebration.



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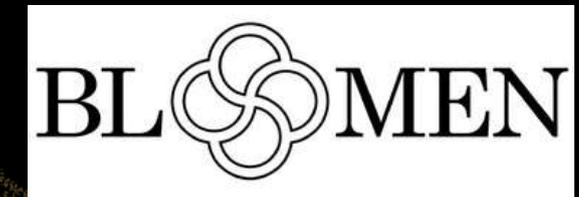
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